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Prepping for the Big Tour



Photo courtesy of Arkel OverDesigns

Things to do before you go: Choose a destination, pick a date and book time off at work, then find a friend to go along (optional). Find a map, plan the route, train, check your equipment, pack and go. Remember to take photos.

By MICHAEL MCCOY, ADVENTURE CYCLING ASSOCIATION

An epic bicycle tour can be an eye-opener, even a life-changer. Consider my own experience: In the summer of 1974, I set out with the girl I'd met the previous winter at Grand Targhee Ski Resort (we both were working there) on a long-distance ride that began in her hometown of Bellevue, Wash. On that unforgettable trip 35 years ago, I discovered the fledgling non-profit known then as Bikecentennial, now Adventure Cycling Association. I've been working for that organization ever since, and Nancy and I have been married for nearly as long.

A life-changing experience? I guess so!

To prepare and train for our ride, Nancy and I purchased a pair of Peugeot UO8 ten-speed bicycles at Redmond Cyclery, along with some primitive panniers and camping gear at REI in Seattle (the only REI at the time, I believe). Then we packed up and went for a shakedown ride around Lake Sammamish. At 30 miles, it was the farthest either of us had ever ridden in one sitting. The next day we set off for the ride up and over Stevens Pass and points eastward, but as of then still unknown.

I've learned quite a bit since then. How Nancy and I did it is definitely not the way I would advise a person to get ready for their own epic bicycle tour today.

"Epic" is, of course, a relative term. Depending on the individual, it might mean two years, two months, two weeks, or even two days. (For some enlightening and entertaining thoughts on how to make a two-day trip approach epic status, visit Russ Roca's epicureancyclist.blogspot.com and search for "weekend adventures.") There's also a large range of tour styles possible — from roughing it by cooking over a camp stove and sleeping in a tent, to light touring where you carry little more than a credit card and change of clothing. For the purposes of this article, I'll focus on self-contained, campground touring.

Choosing a Route

Few resources existed in the mid-'70s that helped traveling bicyclists find their way across the country, so Nancy and I devised our own route as we pedaled our way from Seattle to northeast Wisconsin. (Or, you could say the route chose us; we'd intended to bicycle across Canada, but the border guards protecting our neighbor to the north denied us entry into the country because we lacked the minimum amount of cash required. So, we rode across the northern United States instead.)

That situation has changed a great deal, thanks in large part to Adventure Cycling's ongoing efforts to map cycling routes throughout the states and parts of Canada. It is still possible, of course, to pick one's own way, turning left or right at that next junction on

SEE BIG TOUR ON PAGE 5

RIDE FOR A CAUSE

Pick Your Passion and Cycle For It!

By MEGHAN MCCAUSLAND

Many people around the Northwest are putting their passion for cycling to use, riding for more than just personal health and enjoyment. Charity rides are a rampant part of touring and this summer offers an array of events to choose from.

In Washington, Women Against Violence Everywhere (WAVE) is pedaling for women's empowerment on September 20, 2009, in Issaquah. Aiming to increase awareness

about domestic violence, "Cycle the Wave" is a women's-only event, raising money for the Eastside Domestic Violence Program (EDVP), whose main goal is to, "provide services to people, primarily women and children, who have experienced physical, emotional or sexual abuse." Statistics show that in 2000 there were 4,999 reported domestic violence incidents in King County alone; that number

doesn't include unknown or unreported incidents.

Ride director Sharon Anderson describes that the event is mainly about finding balance and educating women and stated, "So many of the women don't even realize that they're being abused." Clinics will be held prior to the ride when volunteers will inform women about domestic abuse.



The Ride for Crohn's & Colitis

Also, WAVE is placing educational signs on the 25-mile "Girly-Girl" route in Bellevue to further raise awareness to both bikers and curious motorists who use the busy corridor.

The ride begins and ends in Tibbetts Valley Park. There's a 40-mile "Middle Sister" and a 62-mile "Burly Girl" route in addition to the 25-mile "Girly Girl" distance for those who are excited to be a part of the event but are more moderate riders. Find out more at cyclethewave.com.

SEE PASSION ON PAGE 6

MOUNTAIN BIKE TOURING

Change of Scenery — Ride the Kokopelli Trail

By DAN NORTON

There are many "classic" must-do rides on all riders' wish lists. What follows is a how-to for riding one of the West's classic mountain bike epics, The Kokopelli Trail. Many of your friends or riding companions have heard of the trail, have ridden the trail, or know someone who has. So let's pump up the tires, fill the water bottles and go!

The Kokopelli goes from Fruita, Colo. to Moab, Utah — approximately 140 miles. The trail travels through the Colorado River Basin, the La Sal Mountains and some very awe-inspiring terrain along the way. The trail is best travelled in April/May or September/October, as riding the very exposed route in the summer months would not be unlike riding a

trainer in a microwave. The sun there is very intense. A full suspension bike, hydration pack and long sleeve jersey will add to your riding enjoyment.



Courtesy of Douglas Bousu

The trail can be ridden in one stupidly long 24-hour day or it can be better enjoyed as a multi-day ride. I recommend a 5-day ride to enjoy the scenery, have fun with friends, and bask in the beauty of the area. The campgrounds are all accessible by automobile, but

SEE KOKOPELLI ON PAGE 8

PRODUCT REVIEWS

Two of them: The Jango 7.1 and its accessories, as well as Serfas baggy shorts.

PG 3

MATERIAL WORLD

Titanium: Light and strong, it makes for versatile, smooth and responsive bikes.

PG 7

UP NORTH

Vancouver's North Shore trails welcome the first MTB races in more than five years.

PG 9



2009 Northwest Cyclocross Expo

By DAN NORTON

Now that the heat of summer is here, some riders are thinking ahead and planning for the joy of riding in the mud, rain and cold of fall/winter. Yes, it is time to open the doors of the asylum and let the 'cross crazies out. In anticipation of the weather turning and the release of the inmates, Seattlecyclocross.com will hold the first Northwest Cyclocross Expo, on August 1, 2009. The event is not a race, rather it will be a chance for riders to look at equipment, talk to manufacturers, and meet riders. The event will take place at the long time Seattle mountain bike course at South SeaTac Park. The site will enable riders to ride and try out different bikes and equipment in real life terrain.

Rather than talk about which bike is better or handles the conditions better, everyone attending will be able to demo 'cross bikes from Redline, Raleigh, Kona, Giant, and Ridley. Riders of all levels will be able to look at, touch and try out everything from Northwave shoes,

Kore components, Limar helmets, FSA bicycle components, Selle Italia saddles and Shimano components.

Cycle U will be on hand holding training clinics and cross demos for riders of all abilities. Special guest Ryan Trebon, the dominant rider on the American scene, will be holding court, signing autographs and talking with young riders about the excitement of cyclocross racing.

New Belgium Brewing Company, a long-time supporter of cycling events around the country, is sponsoring the event.

Seattle Cyclocross promoters will be on hand to pre-register racers for the upcoming season, answer questions about the how's and why's of putting on the series, the history of it all and what we hope to accomplish in the future.

Everyone is welcome to come on out, try some products, enjoy a frothy New Belgium beer, and find out why a 'cross bike makes sense — whether it is used for racing, training in the wet, or commuting. These very versatile bikes should be on every rider's wish list.

Cycling Community Loses One of its Greats

One of the best endurance athletes in the country, Steve Larsen, died on May 19, 2009, when he collapsed shortly after starting a running workout at the Cascade Middle School in Bend, Ore. A professional road racer turned mountain bike rider, then triathlete, Larsen competed in multiple World Championships, in six different disciplines — road, track, cyclocross, mountain bike, off-road and road triathlon.

His death, initially thought to be from a heart attack, may have been viral or linked to allergies. Sources close to the athlete stated that he was having respiratory problems prior to the day he collapsed.

A native of Davis, Calif., he and his family first lived in Bend from 1995–2000, before making it their permanent home in 2003. The athlete turned real estate agent was just 39. He leaves behind his wife, Carrie, and five children.

The Other Side

By DARREN DENCKLAU

On Monday, June 15, 2009, former Marine Corps officer Tyler Boudreau set out from Gasworks Park in Seattle, Wash. to ride his bike across the country to his home in Massachusetts. Along the way he will be joined by other cyclists and also riding on his own.

For the combat veteran who saw action as an infantryman and took part in the Battle of Fallujah in 2004, it isn't so much about protesting war, rather, it's to get people to think — and talk — about war and its effects. Boudreau especially wants to address veterans who suffer from ailments such as Post Traumatic Stress Disorder (PTSD), which he has also suffered from as a result of his experience.

"If you look at how many troops have gone over to fight, let's say one million, and then add in their families, that's still only five percent of the population who are affected and who think about it [war] every day. That's 95 percent who are unaffected," he stated.

Boudreau recently completed his first novel, *Packing Inferno: The Unmaking of a Marine*. The book is a memoir of his experience in the Iraq war and as an officer in one of the most elite fighting forces in the world.

He realizes that the media's spotlight hasn't been on the current wars in Iraq and Afghanistan. He wants to engage people and talk about it. It's his therapy.

"I want to move forward on my own terms and to stir the pot ... to get people thinking. We need to resolve this [war] as a nation. To me it's a journey about healing. And riding home."

When I asked him where he got the idea to ride across the country he stated, "from a collection of inspirations." As a former Marine who is well familiarized with physical challenges, he wanted to bring something physical to the situation. He openly admits that it's not going to be easy.

"I don't know s#%t about biking!" he readily acknowledged. His loaded touring bike is painted flat gray, which he did himself. He calls it "asphalt camouflage," noting how the color he chose is the same color as the roads he will be staring at and riding on for the next three months.

Joining Boudreau and riding with him as far as Spokane, Wash., is Ron Toppi, a former Marine who served from 1983-1989. Toppi has done the TransAm ride three consecutive years, the first in 2005, and represents Bike 4 Peace, an organization he founded. He is also the director of Sharing Wheels in Everett, Wash.

You can follow Tyler's journey at www.tylerboudreau.com/the_other_side.



Tyler Boudreau on his journey home to Massachusetts.

Photo by Bicycle Paper



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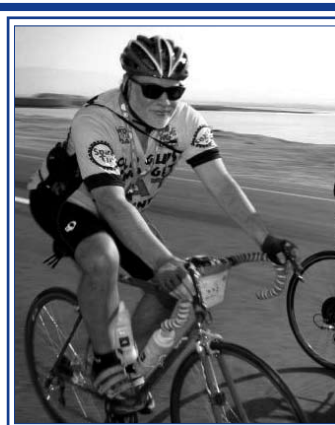
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PRODUCT REVIEW

Jango Bike: Lifestyle = Life + Style!

By TAI LEE

Many cyclists are already familiar with Topeak's well thought out line of bicycle accessories (racks, bags, locks, lights, computers,



etc.) Now they bring that attention to detail to a complete bike designed for the lifestyle cyclist. The top of the line Jango 7.1 test bike we received for review is suitable for commuting, leisure riding and light trail riding, all while oozing a German-inspired sense of style (think VW Beetle). The Jango line also includes a vast array of optional proprietary accessories designed to meld nicely with the bikes.

Out of the box the Jango 7.1 is well-equipped. A full Shimano Alivio 24 speed (3 x 8) drivetrain is more than adequate for city riding. As a nod to rider safety, Topeak also throws in a set of front and rear LED blinker lights and a handlebar bell. Other urban-friendly features include a kickstand, flat pedals and semi-slick 700c x 38c tires.

The geometry of the Jango line is stable for city riding, but not too far off from 29'er

mountain bikes. The taller headtube and riser handlebars allow for a more upright riding position without excessive use of spacers. On Seattle's pothole infested roads the suspension fork is a huge bonus. I particularly appreciated the easy-to-reach lockout and damping dials on either side of the crown, which means ride quality can be adjusted on the fly. I wouldn't hesitate to take the Jango on gravel trails like the John Wayne Pioneer Trail (somewhat open as of early June), however, there isn't sufficient tire clearance in the back for much more than the stock tires, which may rule out any sort of technical singletrack riding.

There are some very nice features designed into the 7.1 that deserve applause. Topeak has designed a mechanical front disc brake with a built-in lock, which doesn't replace the need for a conventional lock to secure a bike to a rack, but does demobilize the bike. A button on the front brake caliper housing activates the lock, which has a small cylinder that mates with the proprietary 160mm rotor. While this means you'll always have to replace with Topeak's own rotors, it's a small price to pay for an easy-to-access security feature that ensures no one rides off with your bike while you're a few yards away playing hoops with your friends (yes... it happened to me). Topeak includes their fantastic ergonomic handlebar grips, which I



already use on my own bikes. These are shaped more like a paddle than a cylinder, which helps with hand numbness on long rides.

Topeak also sent us some of the most commonly used accessories in the Jango line. I particularly love the Panoram computer with its easy to see numbers on a large display. The computer's handlebar mount also has a built-in bracket for a very nice two watt LED headlight. The battery pack for the light mounts functionally and oh-so stylishly to a bracket on top of the headset cap. These are items that I would likely get for my own bike. The Jango 7.1 also has a proprietary rack mount that allows for quick installation and removal of Jango's own rear rack and can be used with any of Topeak's trunk bags that slide directly into the quick-release-equipped channel. The Jango MTX TrunkBag was big enough to fit a business/casual outfit of slacks and polo shirt, with room to spare for some fruit and frozen burritos.

The Jango 7.1 retails for \$1,200. While other Alivio-equipped bicycles can be purchased for less, the thoughtful design, high-quality construction, and ease of use compensates for the upcharge. For more information visit www.jangobikes.com.

Tai Lee is a former BP staffer and continues to promote the cycling lifestyle at the Arthritis Foundation as the Joints in Motion cycling coach. Find out more at <http://clubjimseattle.blogspot.com>.

Serfas Zip Cargo Men's Shorts

By DARREN DENCKLAU

As a "non-traditional" cyclist, I have my ups and downs concerning cycling specific clothing. Yes, they are usually more practical than wearing a pair of jeans and an '80s concert t-shirt, and of course a chamois is necessary for rides longer than five miles, but wearing a "kit" is something I go back and forth with for personal reasons. And for mountain biking, more often than not I prefer wearing more loose fitting shorts as opposed to skin tight lycra; I am using the word "loose," loosely. There is such thing as too loose.

The Serfas Zip Cargo Baggy Shorts are a loose fitting garment with a removable chamois liner designed for mountain biking, road

riding or casual around town type riding. The outer shorts are made from a mix of stretchable nylon, rayon and spandex. The Zip Cargo's are black and have reflective tabs on the front and back, providing a little added visibility for later-than-expected rides. Additionally, they feature two side pockets with a full zip enclosure above a smaller Velcro-fastened pocket. The waist is outfitted with Velcro-adjustable tabs that help fine-tune the fit.

Mountain bike shorts can be too baggy, especially if you spend a lot of time out of the



saddle on climbs and when it's necessary to shift your weight over the rear wheel on steep descents. These particular shorts are baggier than what I normally prefer, however, if they are cinched correctly, they didn't often catch on my saddle when standing on the pedals or navigating the slick, technical trails I tested them on. Much of that can be attributed to the stretchy spandex material that quickly snaps back to mold around your legs and butt. They are, for the most part, baggy in the right spots, i.e. not in the crotch. In spite of this, the legs are a bit loose for my liking — I have skinny climber's legs and the shorts often

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Where to ride – the road or the trail?

By MIMY A. BAILEY

"The driver failed to look before turning and cut off a cyclist." "A cyclist takes a Superman dive over their bars at a railroad crossing." The cyclist always loses in these scenarios. Broken bones, torn tissue, and strained joints don't heal with a fresh coat of asphalt or a trip to the auto body shop. Keeping cyclists safe is a group effort between the government, cyclists, and drivers. Let us look at how the law encourages government to be a part of this effort.

Safety as a cyclist is paramount. Our safety is ensured by our cautious actions, those of drivers, and proper design of the roadways on which

we travel. We must obey traffic laws, pay attention to our surroundings, and assume that drivers do see us. We all hope that drivers are looking for us and respecting our right to be on the road and we rely on government to accommodate our right to be on the road by designing proper bike lanes, bike paths and traffic control devices to minimize the conflict between bicycles and cars.

So is it safer to take the bike trail or the adjacent roadway? Transportation engineers

agree that bicycle routes that are separate from vehicle traffic are ideal — think bike trails over sharrows and bike lanes. In Seattle, the Burke-Gilman Trail is the best example of a respite from vehicle traffic. It is a paved multi-use trail that runs north-south for more than 25 miles on the path of old railroad tracks.

Ride the Burke-Gilman and you are less likely to come face-to-face with a bumper or a windshield on your way to work, but what about

the surface of the trail? What about its design and especially the intersections with streets and drive-ways? When you ride on the roadway you can rely on the state, county or city

government to provide a reasonably safe road. Bicycles, cars and trucks are all "vehicles" under Washington law. Roads, highways and streets must be kept reasonably safe for ordinary travel. It is the duty of the government to make roadways safe. If the duty is breached and that breach causes injury, the government may be held accountable.

However, the laws in Washington State are vastly different when it comes to recreational land, including bike paths, as opposed to road-

ways designed primarily for motor vehicle traffic. The latest case, considering the status of a bike path, viewed it as recreational land and therefore applied the Washington statute that immunizes recreational landowners from liability (RCW 4.24.210).

The purpose of the statute is to encourage private and public landowners to open their land for recreational use. To fall under the statute, the landowner must keep the land open primarily for recreational purposes. It strikes a balance between protecting the public and shielding the landowner from liability. Only when there is a known condition that is dangerous, artificial and not obvious to the user will liability potentially exist. If such a condition exists, at a minimum, warning signs must be posted.

It is an exciting time for cyclists as people in ... or the road.

In the Northwest turn to two-wheeled transportation as a fun, efficient, and green alternative to sitting behind the wheel in frustration. Bike paths are used for both recreation and transportation purposes. In light of the dual use of bike paths, does it make sense for recreational immunity to apply?

The law encourages and discourages conduct. Without a duty to keep bike paths safe for ordinary travel, are paths being properly maintained? Hundreds of cyclists use Seattle area bike trails everyday and most without incident, but without a law that encourages specific

conduct in designing and maintaining bike trails, will they be maintained to the same level that we require for highways, roads, and streets? Laws evolve — sometimes ahead of our social, moral, and political values — and other times behind them. If we consider biking to be a legitimate form of transportation, does it make sense that bike paths should be kept as "reasonably safe" like highways, roads and streets?

Mimy is a personal injury attorney

with Stritmatter Kessler Whelan Coluccio in Seattle, Wash. Her practice includes a variety of cases and she takes a special interest in representing injured cyclists. Mimy races for Team Group Health, a Seattle women's racing team. She can be reached at (206) 448-1777 or visit www.yourbikeattorney.com.



Where to ride? The choice is yours - the trail...

Photo courtesy of Mimy A. Bailey




Photo by Bicycle Paper

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"BIG TOUR" FROM PAGE 1

a whim or a prayer. By doing it this way you may indeed introduce more serendipity into your tour, but you'll also have a much greater chance of occasionally finding yourself in places you wish you weren't — such as busy, narrow roads carrying a lot of car and truck traffic. Adventure Cycling's routes are mapped expressly to avoid such roads, as much as possible, following instead low-traffic rural roads whenever they are available.

The organization's cartographer, Jenn Milyko, also points to the bike-routing websites active today, such as mapmyride.com and bikely.com. Google Maps and MapQuest can also be used, but they don't come with any kind of bike-specific information.

"I consider the bike-specific sites like mapmyride.com to be somewhere midway between Adventure Cycling's paper maps and online maps like Google's and MapQuest's. The routes shown on them are user-entered, so there is a cyclist-centered value to them," says Milyko.

She also offers these words of warning: "I believe those maps can be annotated with additional information, such as riding conditions, but I don't often see that sort of thing on them. Their best use for traveling cyclists may be for navigating through urban areas or for any time someone needs to go off one of our

nity barbecue, or use it to reminisce after you get home about the great times you had on the road," explains Milyko.

The Adventure Cycling Route Network presently encompasses more than twenty distinct routes, totaling more than 38,000 miles. They range from what anyone would acknowledge as truly epic — like the 4,262-mile TransAmerica Bicycle Trail and the rugged, 2,708-mile Great Divide Mountain Bike Route — to such relatively tame routes as the Green Mountains Loop in Vermont and the Tidewater Potomac Heritage Route in the Washington, D.C./Chesapeake Bay region. Both of these are around 375 miles in length. The maps for all of the routes are attractive, waterproof, and researched and designed just for bicycle travelers. They include information not available on other maps, like the locations of bike shops, sources for food and water, and listings of overnight accommodations (especially camping facilities and small motels). Terrain and road conditions as well as weather patterns are also covered.

If you're starting from scratch, you'll be confronted by three primary questions about routing: 1) How long, in both days and miles, do you intend to be on the road? 2) In what part of the country or the world do you wish to ride? and 3) Do you want a researched, mapped route, or would you prefer to find your own way as you go?

The answer to the first question hinges not only on how long you want to be out there, but on how far you want to (or are able to) ride each day. This, in turn, depends on such factors as your overall fitness level and the terrain you'll encounter on your chosen route. With a bit of bicycle-specific training, an average physically fit adult carrying less than 20 pounds of additional gear on his or her bike can expect to travel at

an average pace of 65 miles per day on paved roads and still have time to stop and smell plenty of roses. With a load of gear totaling 20 to 45 pounds (more likely for the camping bike traveler), the average pace to plan for should be lowered to around 55 miles per day. If the terrain is particularly flat or mountainous, the average will increase or decrease accordingly.

Regardless of your answers to the second and third questions, or even if you don't know

the answers, a great place to start exploring is at the Adventure Cycling Route Network online at www.adventurecycling.org (click on "Routes and Maps"). If you want to ride in Europe or elsewhere beyond the borders of the United States, you should go to the equally indispensable Cyclists' Yellow Pages. If you don't yet know where you want to ride, and you're looking for some inspiration and/or guidance, go to the home page and click on "Forums" or "Register Your Ride." There you'll find stories and tips from dozens of individuals who collectively have covered the globe by bicycle.

When to Ride

The weather you are likely to confront is a major concern; few things can break or make a tour like inclement weather, or the lack of it, can. That said, you'll also want to consider certain other factors. For example, whereas a fall foliage leaf-peeping bicycle tour in the crisp autumn of Vermont may sound unbeatable, a lot of motorists are thinking along the same lines. You may find the rural roads of the Green Mountains crowded with more cars in October than they see over the Fourth of July weekend.

Obviously, the time of year you'll be riding also relates to the geography you choose to visit. You're not going to plan a tour of Minnesota in February; likewise, an August ride across the Arizona desert probably is not the best idea. Weather Underground (www.wunderground.com) is an outstanding online resource for conducting weather research.

Tracking Down a Companion or Two

If I begin sounding like a stuck record in repeating the mantra "Adventure Cycling Association," that is because the organization is the premier source of all types of information relevant to traveling cyclists. For more than 30 years, our large and energetic staff, now numbering more than two dozen, has been collecting and disseminating information about how to successfully and happily travel by bicycle.

If you're not already planning to ride with friends or family, begin by visiting the "Companions Wanted" classifieds, found both at the Adventure Cycling website and in the pages of our member magazine, Adventure Cyclist. There you may find a compatible-sounding person planning a trip similar to yours; if not, you can post your own classified ad telling

about your plans and what you're looking for in a riding companion.

Another great option for the inexperienced bicycle traveler is to join a group tour, whether it's one organized by our organization or by one of the many other reputable tour companies out there.

Other Ways to Get Your Feet Wet

In 2009, Adventure Cycling offered its Intro to Road Touring (IRT) course at three different locations in Virginia, Oregon, and Wisconsin. At these courses, two days of classroom instruction provided by some of our most seasoned trip leaders is followed by a four-day tour through the countryside. This gives participants the opportunity to test ride what they've learned during classroom sessions. After "graduating," you'll be ready to hit the road on a loaded tour, whether it's a solo outing, a trip with friends,



Boulder, "only" 42 more miles to go.

Photo courtesy of Darren Dencklau

or as a member of a group of like-minded adventurers on an organized tour.

The "How To Department" on our website is a handy resource for those wishing to travel on two wheels. John Weyrich, Adventure Cycling's Tours Team Leader, also recommends the online publication titled Before You Go. "We have them for both self-contained and supported tours," John says. "The manuals are a handy resource for folks new to touring."

Planning a tour is half the fun, and you can do it at any time. So start planning, and have fun!

Adventure Cycling Association is the premier bicycle travel organization in North America with over 44,000 members. A nonprofit organization, Adventure Cycling's mission is to inspire people of all ages to travel by bicycle. They produce routes and maps for cycling in North America and organize more than 40 tours annually. Contact them at (800) 755-BIKE (2453) or visit adventurecycling.org.



Darren Dencklau and friends on a self supported tour.

routes — say, to visit Aunt Sally, who lives 50 miles off the TransAm."

Perhaps the biggest value of Adventure Cycling's maps is the ongoing efforts to update and verify services.

"Some riders, especially younger people, will jump online — or better yet, grab their phone — and download the 'answer' without considering the utility of a paper map. You can write on it, show it to the shopkeeper who will help you find your way to that night's commu-

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A Benefit Ride for the Sexual Assault & Family Trauma (SAFeT) Response Center, a program of Lutheran Community Services NW

"PASSION" FROM PAGE 1

Another "Evergreen State" charity event is the Get Your Guts in Gear Ride (GYGIG). Contrary to what its name may imply, GYGIG does not furnish participants with rock-hard abs — instead, this August 7-9 ride focuses on the potentially debilitating intestinal diseases of Crohn's and Colitis. Both diseases have similar conditions marked by chronic inflammation of the bowels, a common side effect being ulcers and severe pain in the gastrointestinal tract (ccfa.org).

"Patients and caregivers are able to come together and share experiences," states Washington ride organizer, Karen Harris. The organization also promotes events in New York (June 12-14) and Wisconsin (October 2-4). The ride aims to create awareness about the diseases as well as build up a network of support for patients. Since most of the participants are affected by one of the diseases, the ride crew offers assistance, making it possible for many to complete what may have otherwise been an impossible 210-mile bike journey.

"We have rest-stops every 12-15 miles and we always have doctors and nurses riding or crewing," Harris explains. Additionally, the meals are catered to each participant's condition.

The proceeds go to various beneficiaries, including the Crohn's and Colitis Foundation of America. The money is given directly back to the cause by way of advocacy and awareness, insurance for chronic patients, and research for a cure. Each rider must raise \$1,800 to participate.

The picturesque GYGIG ride begins and ends in Edmonds and loops around Whidbey Island and the Skagit Valley. For specifics visit gygig.org.

Washington is not the only state with big-hearted bikers. This summer, Oregon once again hosts the Tour des Chutes ride in support of cancer survivors. The goal is to increase awareness about the emotional aftershocks of cancer and to raise money to sponsor programs that help those affected by the disease.

Brain cancer survivor and ride founder Gary Bonacker stated, "I decided I needed a focus once I was done with treatment." He began the ride in 2005 in order to benefit the Lance Armstrong Foundation and the St. Charles Cancer Survivorship Program at the St. Charles Medical Center in Bend. The programs are meant to, "help hold [patients'] hands and give emotional support during and after chemotherapy," proclaims Bonacker.

The ride's motto is, "Ride for yourself. Ride for someone you love."

Bonacker observes that many cyclists attach tags to their bikes and write the name of a loved one whom they are riding for, or add a tag for themselves. "That day is one of my favorite days of the year."

"Cancer touches so many of us. The event is meant to draw the community together and help make it a bigger cause," exclaims Cindy Lewellen, a representative of Tour de Chutes.



Cyclists will start from Bend on a trek of hope on July 18, 2009. The ride has multiple route options of 7-, 25-, 48-, 70- and 100-miles. For more information go to tourdeschutes.org.

Later in the season, Community Vision organizes the Harvest Century road ride. The non-profit organization helps adults with developmental disabilities find homes, employment and live relatively independent lives. Their goal is to provide individualized assistance so that people with disabilities can, "live productively with dignity and greater self-determination."

Rebecca Miller, Community Vision's development director, explained that for developmentally disabled adults, riding a bike is an important form of freedom and independence. With a bike, people are able to go to work or to the store instead of relying on a friend to drive them. Therefore it is fitting that the non-profit hosts a ride in support of cycling, their programs and social connections within the community.

The event includes both volunteers and participants from the Community Vision program and proceeds go to the non-profit. Starting from the Washington County Fairgrounds in Hillsboro on October 10, riders can choose from a family friendly 2.5-mile ride or 45-, 75-, and 100-mile routes. To learn more about the event and Community Vision visit harvestcentury.org or cvision.org.

In Idaho, residents also participate in cycling for a purpose, this time in support of the area's multi-purpose trails. Blue Cruise of Idaho is a Blue Cross-sponsored event, which offers four separate rides; the first two were held in May and June while August features rides in Pocatello and Coeur d'Alene.

Blue Cross's dedication to health and wellness spreads to the community through these organized rides. Not only do they promote individual health through cycling, but also

long-term society health via the development of more multi-purpose trails. Olympic gold medalist Kristin Armstrong joins each of the four tours in support of the non-profit.

The Pocatello ride on August 8, 2009, offers 15-, 30- and 50-mile routes and benefits the Portneuf Greenway Foundation, an organization dedicated to the development of the greenway. The Foundation believes, "By enhancing the quality of life for Pocatello's citizens and visitors, we promote economic growth and help create a more attractive and vibrant community." The greenway boasts a place for visitors and residents to exercise and enjoy being outdoors as well as "an alternative non-motorized transportation route."

The August 15, 2009 ride in Coeur d'Alene supports the North Idaho Centennial Trail System — a 24-mile stretch of recreational path that was designated as a Millennium Trail by Hillary Clinton in 1999 (North Idaho Centennial Trail Foundation). There will be 15-, 30- and 62-mile options. For more information see bluecruiseidaho.com.

On August 22-23, in McCall, Idaho, the Northwest Chapter of the National Multiple Sclerosis Society (NMSS) will present the Road, Sweat and Gears Ride in support of those affected by Multiple Sclerosis (MS). The NMSS is dedicated to ending the devastating effects of MS. They simultaneously fund research for a cure while also helping people who currently live with MS lead more fulfilling lives.

The disease affects the body's immune system, creating a serious condition, which still has no known cure. Road, Sweat and Gears raises money and awareness and about 60% of the funds benefit the Northwest Chapter and the other 40% goes to the National Chapter for research.

Locally, the money is used to help those directly affected by the disease by means of "providing families with activities, advocacy and equipment loans, such as air conditioning and cooling vests," states Chris Poletto. She explains that the heat of Idaho summers takes its toll on patients with MS and the cooling vests help ease their discomfort. A portion of the proceeds also goes towards educational material, conferences and seminars.

Participants must raise \$250 each for the ride, which offers a route suitable for everyone, including a 20-, 25-, 40-, 50- and 60-mile option. For more details look up bikems.org.

Moving up to the vast province of British Columbia, cyclists are also riding to support

a cause. In the greater Vancouver area, the Canadian Cancer Society's (CCS) Ride – Cops for Cancer Tour de Coast – elicits local police officers, Royal Canadian Mounted Police, emergency services personnel and military police to ride for pediatric cancer research.

Cancer is the second leading cause of death for children in Canada. Many pediatric patients struggle with not only the debilitating issues of cancer and chemotherapy, but the effects of hair loss and "being different."

On the 10-12-day ride, participants stop in communities and join in activities such as publicly shaving their heads to illustrate the normality of being bald and spreading awareness not only to children, but adults as well. The proceeds go towards research and also helps with programs such as B.C.'s Camp Goodtimes, a free camp for children living with cancer. The ride is September 23 – October 1, 2009, and although it is strictly for Canadian law enforcement and emergency personnel, the general public also donates to the cause by supporting riders and volunteering their time. To find out more visit copsforcancer.ca.

Rides that support causes have been around for a long time and on September 12-13, the 25th Anniversary of the B.C. Lung Association's Bicycle Trek for Life and Breath will take place. The event has collectively raised more than \$4 million over the past 25 years it has been around.

"Clean air has become a huge deal because air pollution is causing increased asthma and lung disease," states B.C. Lung Association's Marissa Waghorn. The event promotes



tobacco education, tobacco cessation programs and clean air initiatives. Lung research is also an important part of the Trek's cause, as it helps medical specialists understand the causes of lung disease and potentially discovering problems that are connected to the environment.

This two-day, 200km ride takes cyclists from White Rock to Cultus Lake and back. Each rider must raise \$425 prior to the event. For more details go to bc.lung.ca.

More and more people throughout the Northwest are combining their passion for cycling with their desire to help their communities by supporting rides for a cause, making it a win-win situation for everyone. So if you want to be involved, get out there this summer and join an event. If local rides are not enough, visit tourde-thailand.com and alynride.org for information on several international charity tours.

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Material World –Titanium (Ti)

By DAN TOWLE, R+E CYCLES

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

If you asked me 10 years ago to make a bet on the preferred frame material of 2009, I would have said titanium. It has been used for building high-end bicycles since the 1970s (and probably earlier if one did some looking). It only took me about five minutes to come up with this advertisement from August 1975 for a Ti

FOLLIS TITAN

frame that was going to “change the world of cycling forever.” Titanium rides great, doesn’t need paint, and the sun won’t damage it. [See sun reference in the Material Article – Carbon Fiber in June BP.]

Early Ti frames proved to be a disappointment for me because the metal was so strong, they were built too light. Too light, you ask? Yes, too light. Titanium is very strong, but also very springy. I remember getting some tubes for \$1 each at Boeing Surplus and setting one across a pair of milk crates. I jumped up and down on the thin-walled, super light tube to bend it several inches, but it sprung back every time. No matter how hard I jumped, the tube wouldn’t bend to its “crumple point” (technical bike shop terminology). Well, when a bicycle frame is built from titanium to its ultimate

“light-weightness” (more bike shop technical terminology) it acts like this thin-walled tube. This results in a frame that’s very light, but rides like a wet noodle. My first experience on a Ti bike was an “uber light” frame in the ‘80s. This colored my judgement until I rode a heavier Merlin Ti frame in the late ‘90s.

Note that Titanium didn’t take off like I thought it would, as steel evolved so much that we can now build steel frames that ride great and are lighter than three pounds. That darn evolution, I didn’t take that into account.

Modern Titanium Frames

At the shop, we offered Ti frames in the late ‘80s for a short time. We only recently started selling them again (back by popular demand).

You can still find some “uber light” Ti frames advertised out there, and even see a few of them on the road. Most of them, however, are built around three pounds or so and ride very much like a high-end steel frame. Although it’s completely possible to build a Ti frame well below that, if you’re my weight, height and riding style, you’ll prefer a Ti frame that’s 3 – 3.25 pounds.

Cost

Well, I would say that titanium is on par with carbon fiber as far as custom frame pricing goes. Expect to pay between \$2,500 to \$4,000 for a custom-made titanium frame and fork built to your specifications.

Ti is difficult to machine and requires a lot of extra steps to be taken during the welding process. The material is not as readily available as steel or aluminum and is much more expensive. When you purchase a Ti frame you’re paying for

the added labor cost. The materials run about three times that of a high-end steel frame.

Durability

A little more myth busting — In the bike industry, most people think of titanium as indestructible. While I believe that titanium is the most durable of all modern bicycle frame materials, it’s not completely indestructible. This winter alone we’ve fixed three cracked titanium road bike frame of various makes. Some of the cracks were due to extreme circumstances, but some were just from regular wear and tear. As far as misalignment goes, the material has such a memory that it’s very difficult to bend it out of shape permanently.

I would expect a Ti frame to last forever. The bikes have been around for the last 40 years, and I have no horror stories to report: when they break, they break like a steel frame. A tube might break at the welding point, but I have never seen a Ti frame sever in half and result in a catastrophic failure.

Versatility

Ti is a versatile material to work with, although its limited availability and difficulty to machine result in compromised aesthetics in my opinion. If my prediction would’ve come true, there would be hundreds of different dropouts



The Moots Psychlo-X is crazy for ‘cross.

there are carbon shops, however that number is still very limited. We have been able to fix Ti frames that come to us for repair, but the ease

of the job is somewhat limited to the materials available. For instance, if we need a certain tube diameter to maintain the original look of the damaged bike and that diameter is not available, then we have to improvise. This can result in a different look, maybe even a “wow, has that been repaired?” look, but nonetheless it’s fixed. As long as you are in a fairly large modern city, you can most likely get a Ti frame repaired.

Riding Characteristics

If the frame is built heavy enough for the rider, then the riding characteristics are fantastic. Ti frames ride smooth, they’re responsive and stable. As I mentioned before, if the frame is too light then the ride is like a wet noodle. We have lots of customers who ride Ti and love it. Titanium and steel are my personal favorites for ride characteristics.

[Editor’s note: Next month Dan will complete the material article series with the pros and cons of steel frames.]

Repairability

There’s probably more shops in the U.S. insured and set-up to repair titanium frames than



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"KOKOPELLI" FROM PAGE 1

the last campsite I mention should be reached with 4-wheel drive only.

You can start the trip in Fruita. Try to spend a few days camping and riding in the area, you will not be disappointed. Fruita has done an amazing job of working with local landowners, the Forest Service, and various mountain bike groups to create a wonderful place to take a cycling vacation. Over the Edge Sports has maps and the staff can help with any questions you might have regarding your upcoming adventure.

To get to the Kokopelli Trail, head west on the freeway [I-70] for a couple of miles to the Loma exit. Here is where the fun begins. The trail is very well marked with 4-foot-high brown plastic markers that point you in the right direction. Between the start and the next car access, Rabbit Valley, the trail will meander along the rocks above the Colorado River. There are several trail loops along this section, all of them are fun — try Steve's Loop for extra credit. Eventually the trail will come to Rabbit



Photo courtesy of Douglas Bousu

Kokopelli Trail, a must for any mountain bike rider.

Valley, which has easy highway access for sag support. This is a good spot to eat and refill water. When leaving Rabbit Valley, the route becomes a mixture of singletrack, sand and jeep roads. The first day ends with a paved

road section that takes you to the Westwater Campground on the Colorado River, which offers nice campsites, fire pits and it's free! This is a wonderful spot to eat, drink and swap stories with you riding companions.

Day 2 leaves Westwater and follows a sandy 2-lane jeep road along the river until it eventually reaches Highway 128, which will take you down to the evening campsite of Dewey Bridge. Take the Yellow Jacket Loop from the paved road so that you can finish your day on

a wonderful up-and-down trail that will come out at the Dewey Bridge Campsite.

Here is where I would spend an extra day of riding, relaxing or sightseeing, as day 3 could consist of following the Kokopelli as it climbs up

to Fisher Canyon and then connects with a nice dirt road, Onion Creek. Follow the road down through a beautiful canyon, which features numerous water crossings, until you come to Highway 128 again. Turn right and head back to Dewey Bridge and your campsite.

On day 4, retrace the road to Onion Creek and climb back up the draw. At the top you go through Fisher Valley and eventually to the Hideout Campsite. This site is well marked and very remote and is a great place to relax.

The last day features many big climbs so eat a good breakfast, as you will soon be on top of the surrounding cliffs. The road for the next several miles is very tough on a car and should only be attempted with a 4-wheel drive. The views as you climb up over 8,000 feet are amazing and worthy of many pictures. When you reach the top the road will change over to pavement and become a long screamer of a descent. What goes down must go up, and you will, in time, have to regain all the lost elevation. The road eventually connects with the Porcupine Rim Trail, which features some incredibly twisty singletrack and exposed trail along the rim's edge. Falling here is not an option. The Porcupine Rim Trail connects into Sand Flats Road and takes you into Moab. There is camping above town and adjacent to the Slickrock Trail.

Most commercial outfitters charge around \$1,000 for such a trip, but with some friends, a large cooler and a sense of adventure, it's do-able by anyone with an intermediate level of riding skill. The Kokopelli Trail is a journey that all riders will remember for a long time and a must for any Northwest rider in search of new scenery.

"SHORTS" FROM PAGE 3

snagged on the front of my seat while navigating a few steep sections of singletrack. On more than one occasion I had to readjust and pick my butt up higher to clear the saddle.

The gel chamois liner is made of a 95% polyester, 5% spandex blend and attaches to the outer shorts via two plastic snaps. The polyester is well ventilated – so much so that there are perforations every few millimeters throughout the material, and if it wasn't for the holes the liner shorts could be used on their own (your riding friends would probably see a little more of you than they'd wish if you choose to wear them this way). The chamois is comfortable and amply padded; in fact, the gel used in the chamois is probably the thickest I have worn in cycling shorts. Although skeptical of the thickness at first, once I was mid-ride I hardly noticed.

The shorts are designed for biking, but by unsnapping the liner short and removing it from the shell, the outer short can be used for everyday activities or sitting around the campfire, après ride. They look good, they dry quickly, and are incredibly functional. I will definitely be using them during summer commutes and mellow rides. I would not race in them or ride extremely technical trails in them because of the snagging, though this may be an issue reserved solely for skinny people like me.

Serfas also make a women's version of the Zip Baggy that has similar features. According to our female tester they fit well, are comfortable to ride in, and are more attractive than regular lycra shorts. MSRP for the Serfas Zip Cargo shorts is \$80. For more information visit serfas.com.

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North Shore Bikefest 2009: The Resurrection

By PAUL SALES

Mountain bike racing on the North Shore has not happened since I was too young to remember, but thanks to a group of incredibly dedicated individuals, much to the delight of local racers, racing returned to the Shore this spring through an event aptly named North Shore Bike Fest: The Resurrection. Cycling BC sanctioned two events, a marathon and a downhill race. The races were held May 23 and 24, respectively. In addition, there were several festival-type events all based out of the Inter River Bike Park near the base of Mt. Seymour.

The festival spanned three fun-packed days and incorporated many activities for cyclists of all ages including races on a portable wooden pumptrack, and a barbecue for nutritional needs. BC Bike Race, one of the event sponsors, also lent a hand and brought their inflatable tents to help participants stay out of the sun.

As soon as I saw the races on the calendar I registered for the marathon and the downhill. Both events filled quickly to the maximum 200-rider field limit set by the race promoters, who wanted to ensure that the new event ran smoothly for this inaugural edition. Many people didn't register soon enough and missed out,

this wasn't just a beginner's mistake though, even ex-world cup racer Andrew Shandro managed to miss entering the DH. Better sign up a bit earlier next year.

The Opus Bikes Double Crosser Cyclocross kicked off the weekend on Friday evening at the Inter River Bike Park. Clearly not in cyclocross season, they chose to mix it up and use the BMX track. It was also decided that instead of the traditional hour-long, mass start race, the event format would be much more like a dual slalom with two racers competing in one-lap heats. Races were very close with times around 40 seconds. Beers were available and it turned out to be a great way to start off



Two hundred anxious racers, ready for the resurrection.

the weekend, not exactly customary, but it was won on a cyclocross bike and it sure was fun, so it must have been cyclocross.

I was really impressed with the way the organizers laid out the courses. I never felt unsure of which way to go during the cross-country race and from my experience that isn't to be taken for granted. I think everyone agreed that they made excellent use of the trails considering all that is available in the area. As for the downhill, Ned's Atomic Dustbin was a no-brainer with multiple line choice options,

and overall it's one of the most flowing trails on the mountain.

The marathon was in memory of Richard Juryn, an avid mountain bike advocate and trail builder and the key personality in organizing the original Bike Fest many years ago. I was impressed by the amount of effort organizers put into the event. The races were very well coordinated with volunteers at all the intersections. Additionally, the feed stations were well equipped. The race began with a neutral start up Seymour Demonstration Forest Pathway and quickly led into some of the most challenging cross-country trails around. The course climbed up 900 meters on trails such as Bridal Path, Baden Powel, and Old Buck, and then dropped us into Severed, a trail mostly frequented by freeride bikes. From there things didn't get any easier, as a hike-a-bike section, a couple more climbs and a high speed descent spit us out at the festival area for the finish. The whole ordeal clocked in at 40 kilometers and took the average rider (i.e. me) about two and a half hours to complete.

The Smackdown downhill was a provincially sanctioned BC Cup race and the course, although unorthodox, turned out to be a blast. The race covered most of Ned's without any climbing, as it worked its way down Seymour. Ned's is a quintessential North Shore trail with nearly continuous cobblestone-style terrain. Throw in a drop and a gap jump and you have yourself a nice little race course. The timing system was spot-on and thanks to the help

of volunteers I don't think anyone's time got mixed up. The course was unusually short and created some grumbling among the downhill race community before the event, but registration still filled up weeks in advance. The world-renowned characteristics of Ned's Atomic Dustbin, with its tight corners and numerous features, kept the racing tight and fun. BC legend Tyler Morland set the fastest time of just over two minutes forty seconds. Unfortunately the race took place far from the festival area so I didn't get to spend any time on the pumptrack or doing any of the other Sunday activities.



Photo courtesy of Joe Sales

Ned's trail offered a great challenge to all.

The Festival was a great hit with strong attendance at both the races and at the awards presentations, which were handed out each night at the festival area. Special prizes were awarded on the last night to competitors that participated in all three races. There was tons of swag to be won with great sponsors like Obsession Bikes, BC Bike Race and Lezyne. Overall the event was a huge success and the organizers made sure that there was something for everyone — from hardcore racers to families and kids — out for a weekend of mountain biking. I know I had a great time and I'm sure I will be there next year.

Son of Joe Sales, our regular Up North columnist, Paul is 17 years old. His first race was at Mammoth Mountain at age two. He raced in one of the kid's events sponsored by Shimano and finished dead last, but he was so far behind the other kids that he still thinks he won that race. Paul now competes in 'cross, cross-country and downhill races.

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Into Africa to Help the Kids

By Joe "METAL COWBOY" KURMASKIE

Summer is when we let the child inside us come out to play. For me, the bicycle has always been the best way to show myself and other adults a path back to those carefree days that stretch out from June to somewhere in September, and to help kids discover adventure and confidence in the saddle, on trail-a-bikes and tucked into trailers.

I know, I know, if there was a twelve step program for outdoor enthusiasts and two-wheeled addicts, I'd have been tackled to the ground long ago.

Thank God the only interventions I have to wrestle with are a few short-on-daylight, bitterly cold days each February.

I think of adventure cycling, especially the summertime variety, as a public service — channeling my addiction for a greater good; rescuing kids of all ages from the couch, reacquainting them with what their bodies can do, the simple mysteries still residing in the natural world and, in the case of hardcore desk jockeying adults rusty and brittle from seasons of striving, it's my sworn duty to reunite them with their former selves or introduce them to the kid they never met.

About those kids.

First, it was my own sons I hooked on the open road. It started with rides to school, then weekend trips, graduating to an epic ride across America by bike, followed by a madcap adventure across Canada with their mother along for the first time. Note to those who believe it's

folly to try to get your spouse onto a bike; she's rarely been seen out of the saddle since.

The natural evolution was to fund a program called Camp Creative: No Child Left Inside, through my direct book sales, grants and loads of community support. We take kids, and often their parents, onto the open road, into the woods and on waterways, blending creative arts with physical activities, environmental education, and a blend of social service wrapped in a historical and cultural sense of place.

What does any of this have to do with Africa? Trust me, everything.

When August rolls around and the summer is ripe and full in this hemisphere, after we've wrapped up another season of trips for Camp Creative, I will travel half-way around the world to help raise awareness and funds for a program that, in many ways, mirrors the one we've started in the Pacific Northwest.

Children In The Wilderness takes youth from across southern Africa into the woods and bush so, in the words of the organizers, "they can become passionate about the environment, and learn that there are sustainable ways of creating income from the environment and conservation." They've been doing it successfully for years now, bringing more than 3,000 children through their programs and helping to create future generations with some vision and leadership.

And talk about walking that talk. The funding to run these kids programs comes largely from an eco-tourism wing of the organization called Children In The Wilderness Safaris. It hosts biking adventures through game preserves and national parks in Botswana, Zimbabwe and Malawi, with each participant raising money for the youth programs.

This is where I come in, and the kid in me comes out to play.

Groups go on fully staffed and routed adventures such as the Tour de Tuli. A mountain bike epic, it will put me and a couple hundred other adventurers in staggered teams on what organizers like to call "Fundraisers." The Mapungubwe

Route puts us in the middle of the Northern Tuli Game Reserve in Botswana, the Tuli Safari Area in Zimbabwe, Zimbabwe's community areas, Sentinel Ranch, and the Mapungubwe National Park.

Details and negotiations get worked out between the three respective governments to make two informal border posts. It's the only time cyclists get the opportunity to pedal on these trails. Over 300 kilometers of predominantly singletrack cycling will put us eye-to-eye with elephants, zebras, historic forts, dinosaur beds and sunsets that stretch out forever across the open plains.

One of the organizers who planned this year's adventure put it best, "I can confidently say that this route is going to blow people's minds!"

A few highlights include setting out from the remote eastern corner of Botswana, at the confluence of the Limpopo and Shashe Rivers, an area known historically as the Tuli enclave — a wilderness of savannah, forests, marshland, open plains and sandstone outcrops. It is home to no less than seven of Africa's giants: the African elephant, the lion, giraffe, the baobab tree, the eland, the ostrich, and the kori bustard. Some 175,000 acres of pristine game land has been set aside for these animals.

Riding will start early each morning to take advantage of cooler temps. We'll pedal through the Northern Tuli Game Reserve on ancient elephant paths, which also now serve as singletrack. The terrain varies from undulating savannah to rocky outcrops and wooded flood plains with a few technical stages and some excellent wildlife habitat. Due to the high abundance of big animals on this reserve, we'll use extreme caution when cycling on this day. We're expected to stay together and cycling leaders will ride with each group.

We will also traverse the Mmamagwa Ruins on the Mashatu Game Reserve, a culturally significant site that pre-dated the Mapungubwe Dynasty and Great Zimbabwe.

We'll then cross the Motloutse River in a northeasterly direction towards Zimbabwe; a river of historic significance as it's here that the first diamonds were discovered in the country. Cyclists will follow "elephant singletrack" approximating the Zeederberg Trail, the old wagon route that connected Pretoria in South

Africa with Bulawayo in Southern Rhodesia (Zimbabwe) in the 1800's.

Fort Tuli, on the banks of the Shashe River, serves as an overnight stop. Established by Cecil John Rhodes and his "Pioneer Column" in July 1890, the remains of the Fort can still be clearly seen.

Perched on the banks of the Limpopo River, Sentinel Ranch is named after the rocky outcrop that depicts a "Sentinel". One popular attraction of Sentinel is the numerous dinosaur remains and sand rock art.

Cycling upstream on the northern side of the Limpopo River, we will cross into South Africa at an unofficial border post known as "Poachers Corner." We'll also get to visit remote villages,

including Maramani community areas in Southeastern Zimbabwe — many miles from tourism and urban areas.

Mapungubwe National Park is a hidden jewel on this tour and will offer good game viewing with lunar landscapes of sandstone formations. One thousand years ago Mapungubwe was the center of the largest kingdom in the subcontinent, where highly sophisticated people traded gold and ivory with China, India and Egypt. It has now been declared a World Heritage Site.

It's rare when a solid, sustainable business brings together adventure, ecological protection, opportunities for youth education, funds and fun for adults.

So it's into Africa for me, to bring back the stories, images and ideas for Camp Creative and other youth programs in the Pacific Northwest, and to let you ride shotgun around some of that distant continent with me.

And if this doesn't bring out the twelve-year-old boy in my summer, then just avoid it and speak in hushed tones, because there's no hope for me.

For information about Children In The Wilderness and to look into one of their fundraising tour events or safaris visit www.tourdetuli.com or www.citw.co.za.

Joe Kurmaskie rides a bike for the joy of it. His next book, "Mud, Sweat and Gears: One Family's Rowdy Adventure Across Canada on Seven Wheels," will be on bookshelves July 2009. For more information go to www.metalcowboy.com.



A few small river crossings.

For more info, visit www.tourdevine.com or call 509-663-0425

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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

JULY

Jul 6: 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

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 Sports Promotion, 503-459-4508, thenightride.com

AUGUST

Aug 3: 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

Aug 8, 15, 22: Tour de Fat

Seattle, WA. (Gas Works Park), Portland, OR. (Waterfront Park), Boise, ID. (Ann Morrison Park). Beer garden, bands, bike rides, live music. Starts at 11am, parade at noon. Benefits Bicycle Alliance, Bike Works, Bicycle Transportation Alliance, SWIMBA and Treasure Valley Cycling Alliance. New Belgium Brewery, newbelgium.com

Aug 19-21: Safe Routes to School

National Conference
Portland, OR. Hands-on workshops, discussion panels, interactive training, walking, biking and transit tours and fun evening events including a parade and dance party. Learn how Safe Routes to School programs across the nation are changing habits of an entire generation. Scott Yelton, 503-226-0676 x 27, saferoutesconference.org

Aug 22: Mitsubishi City Chase

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

CAMPS

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. Adventure Cycling Association, 800-744-2453, 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

Jul 29-31: Fluidride Whistler Camp #1

Whistler, BC. Learn in a small group setting (1 coach per 5 riders). Includes 15 hours of instruction, headcam video review, one on one time with Simon, DVD, snacks and drinks, BBQ dinner each night. Runs Wednesday to Friday, includes lift passes. Simon Lawton, Fluidride, fluidride.com

AUGUST

Aug 20-23: Larry Kemp Jr. Memorial Camp

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

Aug 26-28: Fluidride Whistler Camp #2

Whistler, BC. See descriptions on July 29-31. Simon Lawton, Fluidride, fluidride.com/instructionclinics

CAMPS

JULY

Jul 8: BEAST Adventure Race Series #4
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

Jul 11-12: Ocean Shore Big Weekend Tri
Ocean Shores, WA. Sprint, Olympic, half iron, kids and running races. Staged at North Bay Park. Multiple categories for serious racers to kids. Trifreak, 206-380-0529, trifreak.com

Jul 12: XTERRA Vashon Offroad Triathlon
Vashon Island, WA. Quartermaster Harbor. Course: 0.5-mile swim, 12-mile mtb, 3.5-mile trail run. Standard USAT categories, Clydesdale, Athena and Challenged athletes. Registration opens at 7am, closes at 8:45am. Race starts at 9am. Relay option available. Part of XTERRA America Tour. BuDu Racing, 206-920-3983, buduracing.com

Jul 18-19: ChelanMan Multisport

Weekend

Chelan, WA. Events from beginner to Olympic distance triathletes - best of the US championships. Swim in Lake Chelan, run around it and bike along the Columbia River. Off-road events from short to long. Julie Pittsinger, Chelan Multisport Foundation, 509-669-5733, chelanman.com

Jul 18: Seattle Night & Day Challenge

Seattle, WA. 60 checkpoints marked on Seattle map. Visit as many as you can, in any order, for 16 hours. 3-hour and 7-hour options available. Participate solo or in a teams of 2-5. Start at 4pm. Eric Bone, Cascade Orienteering Club, 206-291-8250, nightanddaychallenge.com

Jul 18: Valley Kids Triathlon

Liberty Lake, WA. Event for 7-15 year olds. 4 age classes. Start at LLVHA beachfront, finish at Pavilion Park. No day of registration. Marla Emde, Emde Sports, 509-326-6983, emdesports.com

Jul 19-20: Deschutes Dash

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

Jul 19: Girlfriends and the Dudes Tri

Vancouver, WA. Perfect distance for novice and veteran triathletes. Short distance. Ladies go first. Staging at Frenchman's Bar. Northwest Women's Fitness Club, 503-287-0655, nwomensfitness.com

Jul 19: Valley Girl Triathlon

Liberty Lake, WA. Women's only triathlon. 1/3-mile swim, 10.5-mile bike, 3-mile run. Emde Sports, 509-326-6983, emdesports.com

Jul 25: Lake Padden Duathlon

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

Jul 25: My First Triathlon

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

Jul 26: Salmon Arm Classic Triathlon

Salmon Arm, BC. The second oldest triathlon in BC. 1.5km swim out and back on Shuswap Lake - temperature 70 degrees. 10.5km run on a hilly course, and 40km mainly flat bike leg. No drafting. Tiffany Lomabert, Salmon Arm Triathlon Association, 250-832-0998, salmonarmtriathlon.com

Jul 26: XTERRA Wild Horse Creek

Bozeman, MT. Hyalite Canyon Reservoir. 8:30am start: 1200-yard swim, 15-mile mtb, 6-mile trail run. Mtb is mostly singletrack, running is undulating singletrack through forest. Also short distance and team events. BBQ and awards party. Katen Lefebvre, 406-539-5218, bigskytrip.com

Jul 31-Aug 1: Paddle Kitsap

Poulsbo, WA. 2-day fully supported paddle from Port Gamble to Poulsbo. Help establish the North Kitsap Water Trail. Kayak, canoe, rowing. Includes all food, transportation and accommodation. All levels. Olympic Outdoor Center, paddlekitsap.com

Jul 31-Aug 9: World Police & Fire Games

Vancouver area, BC. 40 venues, 65 sports. Open to firefighters, policemen, customs and correction officers from around the world as a chance to test their skills and abilities against an international group of peers. Includes cycling, running, rowing, triathlon and much more. BC 2009 World Police and Fire Games, 604-659-2009, 2009wpgf.ca

AUGUST

Aug 29: Oyster Race Series

Seattle, WA. Cure triathlon monotony and the swim-bike-run routine; come have fun with our run-bike-paddle-skate-trek-climb and other stuff that makes this event so darn fun. 3 divisions - traditional, 6-person teams and family fun. TeamStage Productions, Inc., 970-221-5007, oysterracing-series.com

Aug 29: The Great Urban Race

Seattle, WA. Teams of two solve twelve clues. Wild city adventure and fun challenges while discovering Seattle. Start at noon. Limit 500 teams. The Great Urban Race, 773-770-6032, greaturbanrace.com

MOUNTAIN BIKE SERIES

BC Cup DH Series

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

Jul 19, 25-26; Aug 1-2, 22

Various, BC. 7-event series. Events are organized throughout the province. Points system determines the overall winners. 5 of 7 count. Finals mandatory. All categories. Leader's jersey for Elite category. Event listed as BC Cup XC. Tanya Composano, Cycling BC, 604-737-3034, cyclingbcmib.ca

Fluidride Cup

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-minute 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

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

Knobby Tire Series

Jul 25; Aug 29

Various, ID. Series of 6 events. Overall standings calculated on points. If move up on points, half points will follow you. Davey Moore, Knobby Tire Series, 208-338-1016, knobbytireseries.com

Oregon MTB Series

Jul 4; Jul 18;

Various, OR. Series of 14 XC, ST and MXC events, with points awarded to overall series winner. 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

Pistis Short Track Series

Aug 16, 23, 30; Sep 13, 20

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

Wild Rockies Series

Jul 11-12; Aug 1-2, 13, 20; 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 race. XC events on 7/11-12, 9/12, 9/19, 9/20. DH events on: 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

SISNA Mountain Bike Series

July 8-29

Join 100 riders on Wednesday evenings at Farragut State Park, starting at 4:30pm, for a non-traditional, individual time trial style mountain bike ride. No license or experience necessary, all ages on 2 wheels welcome. Free kids rides with gifts at 6pm, rider participant raffle and fundraiser BBQ follow the ride. Ken Barrett, All About Adventures, Inc, 866-Go-Idaho, allaboutadventures.com

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

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

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 Championships. All categories, Juniors and Beginners do 14 miles. Jeff Westcott, Maverick Sports Promotions, 970-390-4760, 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, skibowl.com

Jul 10: Tamarack Resort Double Down DH

McCull, ID. Canceled.

Jul 11-12: Brundage MTB Festival

McCull, ID. XC, SD, DH. XC race at 11:30am on Saturday. Racers start out 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 of 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. Wild Rockies, wildrockies.com

Jul 12: Cascade Cream Puff 100

Oakridge, OR. America's toughest 100-mile MTB race. Riders complete three 33-mile loops. Climbing on gravel road, 50% singletrack and 18,000' of climbing. 110-rider limit. Time limit: 15 hours. Register early. Scott Taylor, 541-517-4278, cascadecreamuff.com

Jul 12: Kicking Horse DH

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

Jul 12: Padden MTN Pedal - Indie #6

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

Jul 16-19: MTB National Championship

Granby, CO. Short track and cross-country events at Sol Vista Resort. UCI points. 719-866-4668, usacycling.org

Jul 18: Coast Hill Crush

TBD, OR. Part of Oregon MTB Series. Kevin Thompson, obra.org

Jul 19: Whistler Olympic Park

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

Jul 25-26: Bear Mountain Challenge

Mission, BC. Nice challenging courses. Open to all categories. Saturday XC, Sunday DH. Part of BC Cup XC & DH Series. Gary Harder, FVMB, fvmba.com

Jul 25: Galena Grinder Marathon & XC

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

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 Se-

ries. 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 sweet singletrack and off road riding. Intermontane Challenge, chuck@intermontanechallenge.com

AUGUST

Aug 1-2: Mt Washington

Mount Washington, BC. Vancouver Island premier mountain bike race. Saturday XC: The course is challenging and features tons of singletrack. Sunday DH: fastest time around 4 minutes, tons of singletrack to test your skills. Part of BC Cup XC & DH Series. Mike Manara, Mount Washington Resort, 888-231-1499 Ext. 744, mountwashington.ca

Aug 1-2: Pomerelle Pounder

DH Stage Race

Albion, ID. 2-day DH event with 2 different but equally challenging courses. Pros compete for Pro Pounder title with extra cash at stake. Raffle going out to all and breakfast/lunch available at the main lodge. Start times around 1pm on both days. Saturday's course is steep and rocky, while Sunday is flat-out speed and tight slalom-style run. Utah State Championship DH Series. Part of Wild Rockies Series. Darren Lightfield, Wild Rockies, wildrockies.com

Aug 4-6: World Police & Fire Games

Whistler, BC. Blackcomb Mountain location. BC 2009 World Police and Fire Games, 2009wpgf.ca

Aug 8: Big Hole Challenge

Driggs, ID. 15-mile MTB race, 7.5-mile bike and 5-mile run duathlon. Horseshoe Trail, 11 miles west of Driggs. Dick Weinbrandt, 208-354-2354, peakedsports.com

Aug 8-16: Kokanee Crankworx

Whistler, BC. The most groundbreaking gravity-fueled mountain bike festival in the history of all things badass. 9 action packed days featuring the sport's most fearless and talented athletes. Jeremy Roche, Events Whistler, 604-938-7376, crankworx.com

Aug 8: White River Rival - Indie #8

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

Aug 9-15: TransRockies

Panorama, BC. An epic 7-day MTB stage race through the majestic Canadian Rockies. 550km of wilderness trails, 12,000 vertical meters of elevation, 300 riders spread over 6 team categories. Limit 150 teams. 3-day solo event available. Panorama to Fernie with a few detours. Aaron McConnell, Transrockies Inc, 403-668-7537, transrockies.com

Aug 9: Working 9-5 Jarolimek Memorial
TBC, OR. Cross country race in memory of Brett Jarolimek. Matt Cardinal, 503-313-9800, mgcardinal@yahoo.com

Aug 16: Pistis Short Track Series #1

Grants Pass, OR. See race series for details. Steve Law, Pistis Ministries, 541-944-5566, pistis.us

Aug 21-23: Fluidride Cup #6

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

MOUNTAIN BIKE CALENDAR

Jul 11-17: Kettle Valley Trail 2

Beaverdell, BC. Beaverdell to Coalmont. Classic Kettle Valley line with overnights at McCulloch Lake, Chute Lake, West Summerland, Chain Lake and Coalmont. We'll average 34 miles per day. Need hybrid or MTB bike. Great Explorations, 800-242-1825, great-explorations.com

Jul 11-12: Sea to Sky Trail Ride

Squamish, BC. 150km of off-road trail riding 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, 800-242-1825, great-explorations.com

Jul 12-25: Denali Adventure

Anchorage, AK. As far as dream destinations go, Alaska should be near the top of any cyclist's list. 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. Follow the verdant Tulameen River Valley, stopping at idyllic Otter Lake before reaching the

Coley Creek Ranch and Coquihalla Lakes the next day. Need hybrid or MTB bike. Great Explorations, 800-242-1825, great-explorations.com

Jul 17-19: Mt Bike Oregon I

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

AUGUST

Aug 8-9: Sunshine Coast Trail Ride

Halfmoon Bay, BC. Off-road trail riding that features beginner to intermediate singletrack trails

and outstanding scenery. This event promises to be exciting with intermediate single-track and outstanding scenery. 90km total. Great Explorations, 800-242-1825, great-explorations.com

Aug 14-16: Women's Camping Weekend

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

Aug 21-23: Mt Bike Oregon II

Oakridge, OR. See July 17-19 listing for description. Randy Dreiling, 503-459-4508, mtbikeoregon.com

ROAD CALENDAR

SERIES

BC Cup Road Series

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 Finals for team and individuals. Cash prize. Identified as BC Cup. Cycling BC, 604-737-3137, cycling.bc.ca

BC Masters Assoc.

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

Comox Cup

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

Jul 8, 15, 22, 29; Aug 5

Comox, BC. Held every Wednesday. Course varies each week. 16km out and back race on Headquaters and Rennington Rd, (HQ) on 7/15. The more difficult Forbidden Plateau (FP), 12km out and back course is used on 7/29. Dove Creek (DC) lap course used on 7/22. Double DC (32.5km) on 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

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

Lake Washington Velo Circuit Series

Aug 1, 15, 29

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

Norm Babcock Cat 4 Women Series

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. Kenji Sugahara, OBRA, www.obra.org

Oregon Cup - Road

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. Listed as OR Cup. OBRA, obra.org

Seattle LAJRS Series

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. David Schilling, Northwest Junior Racing Series, 206-619-1355, radracingnw.org

SWICA BAR / BAT Competition

Mar 8-Aug 1

Various, ID. Best all-around rider and team competition. Points allocated based on the level of the event. Open to Idaho riders with USAC road license. 14 different categories. Riders with the most points win. BAT winner is the team with the most combined points from all its eligible riders. Points do no carry over with upgrade. No points for GC in stage race, but for each event. Event listed as ID BAR. idahobikeracing.org

Triple Crown Series

May 16; Aug 1; Sep 5

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

Volk! Cat 3 Women's Race Series

Jul 12; Aug 30

Various, WA. Series of 10 events where Cat 3 women race on their own or with Cat 1/2 but are scored separately. Points to top 10 finishers. Listed as Cat 3 W in event description. WSBA, wsbaracing.com/women_cat3.asp

WSBA BARR

Jul 4, 18-19, 25; Aug 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. 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

Badlands 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. Badlands Cycling Club, 509-456-0432, badlands.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

 Family Friendly Ride or Event

 Supports Bicycle Alliance of WA

 Supports Bicycle Transportation Alliance of Oregon

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

Mt. Tabor Series

June 10-July 15

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, mttaborseries.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

Vanport Summer Kermesse Series

August 5-26

Portland, OR. 4-event series in and around PIR. This course contains no dirt, it will be messy and bumpy and could be raced on either road (w/ 25+c tires) or cross bike (w/ big ring, no knobbies). The road surface is smooth to broken asphalt, with approximately 500 m of gravel per lap (good kind). There will be no follow vehicles and no pits, flat = done. 1 lap = 6km. First start at 9am. Jeff Mitchem, obra.org

THURSDAY

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 Macherina. 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

Logan Race TT Series

May 21-August 20

Logan, UT. Thursdays, 6:30p.m. Training tool for cyclists of all levels and abilities. Logan Race Club, 435-787-2534, loganraceclub.org

So Oregon Champion Series

May 21-September 10

Ashland, OR. Thursday night racing. Southern Oregon Dragway - Circuit racing. 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

JULY

Jul 1: BC Masters Assoc. - #12

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

Jul 1: Yaletown Grand Prix

Vancouver, BC. Downtown Criterium on cool circuit. Fast and exciting 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 Association, 250-764-7313, bcmasterscycling.net

Jul 4: Joe Matava Memorial Classic Crit

Burien, WA. Junior State Championships. Flat course, non-technical, wide lane on smooth pavement. First start at 8am, last race at 2:15pm. Part of Seattle LAJRS Series, WSBA BARR. Jeff Brain, Wheelsport Cycling Team, wheelsportcycling.com

Jul 4-5: Tour de Kootenays

Rossland, BC. Canceled For '09.

Jul 5: Des Moines Criterium

Des Moines, WA. Canceled.

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 5: Harbour City Grand Prix Criterium

Nanaimo, BC. Canceled for 2009.

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. 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 Brenco TT, Saturday: Lehigh Cement Twilight Criterium, Sunday: White Spot road race - 140km men, 85km women. Cash prize. 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, tourdelata.bc.ca

Jul 11-12: Comox Cup #4

Comox, BC. 3 stages 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 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

Burnaby, BC. Canceled for 2009.

Jul 17-19: Tour de White Rock - BC Superweek

White Rock, BC. Friday: 2-up hill climbs (700m/16%) start at 7pm. Saturday: twilight

criterium - 1km circuit. Sunday: RR with long steep climb and quick descent. \$15,000 in cash. White Rock Leisure Services, 604-541-2161, city.whiterock.bc.ca

Jul 18-19: BC Masters 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 Crit

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, boisetwilightcriterium.com

Jul 18: Seattle to Spokane (S2S)

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

Jul 18-19: Skagit Valley Masters / Junior State Race Championship Omnium

Sedro Wooley, WA. Omnium format. Master C and D race separately in their own fields. No separate Cat 1-3 women's field at this race. 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

ROAD CALENDAR

AUGUST

Aug 1: Allan Butler Memorial Twilight Crit
Idaho Falls, ID. Downtown 1km flat, technical, L-shape criterium. Race for Juniors, all Senior men and women categories, Masters and kids. Intermediate prizes. ID BAR event. Part of UCA Series. Rob Van Kirk, Idaho Cycling Enthusiasts, 208-652-3532, idahocycling.com

Aug 1: Lake Washington Velo Circuit Series #1
Silvana, WA. A flat course and sometimes cross winds make this a fun and fast course. See race series for details. Part of Garmin Cat 4 Women's Race Series. Lake Washington Velo, 206-527-9345, hagensbermancycling.com

Aug 1: Mt. Harrison Hill Climb
Albion, ID. Triple crown series #2. ID BAR event. Part of Triple Crown Series. 208-323-2376, aerocyclos.com

Aug 1-8: Southeast Idaho Senior Games
Pocatello, ID. Criterium, hill climb, road race and TT. Open to adults 50+. Jody Olson, 208-233-2034, seidahoseniorgames.org

Aug 1: Swan Island Criterium
Portland, OR. Criterium race featuring all categories & kids event. Registration opens at 7am. Course is flat and very safe (only 2 corners), wide-open streets. Racing starts at 8:30am. Part of Norm Babcock Cat 4 Women Series. David Hart, 360-241-8463, obra.org

Aug 2: Cougar Mountain Climb for Cancer
Issaquah, WA. Individual TT up "Zoo Hill." 2.5-mile, 7.2% average gradient. Start at 9am at SE 54th St and NW Newport Way. In lieu of registration, optional charitable donation to American Cancer Society gladly accepted. Open to all. Course record 11:34. Joel M. Blatt, 425-246-6699, climb4cancer.net

Aug 2: OBRA Time Trial Championships
Peoria, OR. Steve Holland, 360-891-3924, obra.org

Aug 5: Comox Valley TT Series
Comox, BC. DC course x 2. See race series for details. Comox Valley Cycling Club, cvcc.ca

Aug 7: Healthnet Twilight Criterium
Portland, OR. Friday evening racing with top pros showing off what they are made of. Start/finish near North Park Block. Cash purse and prizes. Music start 5pm, race at 6:30pm. Porter Childs, 503-459-4508, portlandtwilight.com

Aug 7: Portland Twilight Criterium
Portland, OR. Friday evening racing. Start/finish near Portland Art Museum. Cash prize and prizes. Good Sports Promotions, 503-806-6943, orbike.com

Aug 8: BC Provincial TT Championship
TBC, BC. Time trial event to crown the fastest rider in the province. All categories. Tanya, Cycling BC, cyclingbc.net

Aug 8: Bike for Sight Criterium
Portland, OR. Criterium and family and kids ride, music, bike parade, and exhibitors. Benefits the Oregon Lions Sight and Hearing Foundation. Part of Norm Babcock Cat 4 Women Series. Jim Anderson, 503-975-8229, bikeforsightrace.org

Aug 8: Elma TTT State Championship
Elma, WA. Vance Creek Park. 32-mile out and back course, flat. Start at 9am. Team of 3 or 4 members, time taken on 3rd rider to cross the line. Part of WSBA BARR. Erik Anderson, wsba.org

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

Aug 9: Kirkland Criterium
Kirkland, WA. Race for Cat 4 men, Cat 3 men, Women 1/3 and Pro 1/2 men. Kids race. First race off at 5, last race ends 8:45. Six-corner course. Limit field 100. Start/finish at Central Way/Lake Street. Cash prizes. Expo at Marina Park. Registration at uBRDO Cycle and Mountain Supply. David Visintainer, kirklandcriterium.com

Aug 9: Seymour Challenge
N. Vancouver, BC. 12.2km ascending the steep, unforgiving and twisting road to the summit of Mt. Seymour at 1,020m. Start at Parkgate Community Centre at base of Mt. Seymour. Junior series event. Zimich Coaching, zimich.freeshell.org

Aug 14-16: Senior Championships
Boise, ID. Time trial and road race event. George's Cycles, 208-343-3782, georgescycles.com

Aug 15-16: BC Provincial Road Championship
Abbotsford, BC. South Bradner course. All categories. Team Coastal, teamcoastalcycling.com

Aug 15: Lake Washington Velo Circuit Series #2
Gig Harbor, WA. Short and steep climbs make for an eventful day. With rolling hills and some fast speed sections, make sure you are ready for this course. See race series for details. Lake Washington Velo, 206-527-9345, hagensbermancycling.com

Aug 15: OBRA Criterium Championships
Albany, OR. Robert Hughes, 503-481-7662, obra.org

Aug 16: BC Masters Assoc. - #20
Lake Cowichan, BC. 70km road race with 2 big hills. Sign up at Scout Hall. Start at 1pm. See race series for details. Dean Steen, BC Masters Cycling Association, 250-246-3530, bcmasterscycling.net

Aug 16: Brad Lewis Memorial Crit II
Seattle, WA. Boat Street criterium part 2. recycledcyclesracing.wordpress.com

Aug 16: Oregon Hillclimb Championship
Government Camp, OR. Time trial. Erik Voldengen, 503-819-4985, obra.org

Aug 18-23: Larry H. Miller Tour of Utah
Nephi, UT. NRC category 2.4 event. Men only. \$45,000 in cash. 5 days, 6 stages (4 RR, 1TT, 1 Crit), 325 miles, more than 30,000' of climbing. Travel through SLC, Ogden, Mount Nebo, Park City, and more. Terry McGinnis, 801-558-2136, tourofutah.com

Aug 20-23: Co-Motion Classic Tandem Stage Race
Eugene, OR. The big daddy of all tandem races is in its 7th year. 5-stage event, a prologue, a TT, a Criterium and 2 road. Sal Collura, 541-747-3336, co-motion.com

Aug 22: Co-Motion Criterium
Eugene, OR. Same day and course as the Tandem Stage Race Criterium. Race your single, and then stick around to watch the greatest spectacle in bike racing. Sal Collura, Co-Motion Classic Racing, 541-747-3336, co-motion.com/crcrit.html

Aug 22: Crystal Mountain Hill Climb TT Championships
Crystal Mountain, WA. 6 miles, with approximately 1,612ft. elevation gain. The course is on US Nat'l Service Land. First rider off at 11am. No day-of registration, prizes for heaviest bike, slowest time and weight ratio. Jr Tour event. Dave Bachman, Wheelsport Cycling Team, wheelsportscycling.com

Aug 23: BC Masters Assoc. - #21
Langley, BC. 65km criterium on rolling terrain. Starts at 11am. See race series for details. Peter Reichman, BC Masters Cycling Association, 604-924-3671, bcmasterscycling.net

Aug 23: Comox Cup #5
Cumberland, BC. Location TBD. See race series for details. Comox Valley Cycling Club, cvcc.ca

Aug 23: Krugers Kermesse Farm Crit
Savvie Island, OR. Criterium-style race on farm roads! Same great location as the Kruger's Crossing cyclocross race, so expect a fun and spectator-friendly event. All ages - all levels - all bikes allowed. Kris Schamp, 503-466-9007, obra.org

Aug 25-26: Tour de Bozeman
Bozeman, MT. 3 stage event. montanacycling.net

Aug 28-30: Eugene Celebration Stage Race
Eugene, OR. 4 stages over 3 days. TT, criterium, road race and circuit race. Challenging courses in the beautiful Willamette Valley. Cash prizes. Part of Norm Babcock Cat 4 Women Series. Sal Collura, 541-747-3336, obra.org

Aug 29: BC Masters Assoc. - #22
Cedar, BC. 63km road race on flat roads with some rollers, starts at noon at Cedar School. See race series for details. BC Masters Cycling Association, 250-748-6457, bcmasterscycling.net

Aug 29: Lake Washington Velo Circuit Series #3
Carnation, WA. Carnation Farms circuit. The speed and intensity of criterium racing meets the wide open tactics of road racing. Flat and fast. See race series for details. Lake Washington Velo, 206-527-9345, hagensbermancycling.com

Aug 30: BC Masters Assoc. - #23
Cowichan, BC. 80km time trial or 2-up on rolling roads. Starts at noon at Duncan Meadows Golf Club. Double points. See race series for details. Ian Birch, BC Masters Cycling Association, 250-477-6475, bcmasterscycling.net

Aug 30: First Rate Mtg. Season End Classic
Seattle, WA. Criterium on a 0.8-mile loop inside Seward Park, 1 120-degree turn and 1 hill. All categories. Overall season awards. Cat 3 W Series event. Part of Seattle LAJRS Series. David Douglas, Pazzo Velo, 206-932-5921, pazzovelo.com

Aug 30: Krugers Kermesse Farm Crit
Savvie Island, OR. Criterium-style race on farm roads! Same great location as the Kruger's Crossing cyclocross race, so expect a fun and spectator-friendly event. All ages - all levels - all bikes allowed. Kris Schamp, 503-466-9007, obra.org

TOURING

JULY

Jul 1: Canada Day Populaire
Fort Langley, BC. Ride 142km to celebrate Canada's 142nd 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, 604-946-8438, randonneurs.bc.ca

Jul 4: 200km Brevet
Fort St. John, BC. Starts at 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, 941-981-1398, 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 120km ride on Monday. Benefits 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 via a free train ride. Cycle along some of the most beautiful scenery in northern BC. Fully supported. Nicole Leblanc, Prince George CC, 250-552-1612, pgcyclingclub.ca

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, 206-522-3222, cascade.org

Jul 10-14: Oregon Sampler Bike Tour
Eugene, OR. Delicious fresh local produce, orchards of fruit and nut trees, coastal rain forest and crashing ocean surf. 4-day lodge-based tour. Also available: 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. 400km 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 west flank to arid plains of the east slope. 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. Sold out. Ride 200 miles in 1 or 2 days. cascade.org

Jul 11: Mayor's Ride
Ladner, BC. Fun family-oriented 20km ride along scenic Boundary Bay Dyke, finishes at Holly Park School in Ladner. Start 10am. BBQ, clowns & activities for all. Free. Part of the Tour de Delta. Municipality of Delta, 604-952-3000, tourdedelta.bc.ca

Jul 11: Mt. Adams Country Bicycle Tour
Trout Lake, WA. 11.5-mile family ride, 51-mile Glenwood-Bz-Trout Lake loop, 54-mile Trout Lake to Trout Lake loop, 105-mile loop combo. Backcountry paved roads, fully supported, benzo feed at finish. Benefits Trout Lake School. Trout Lake Business Owners Association, 509-637-4995, 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, VA. 200km ACP brevet. Oregon Randonneurs, orrandonneurs.org

Jul 11: The Night Ride
Portland, OR. Start at the Portland Train Station at 9pm. 15-mile ride. Only group night ride. Music, movies, donut feast, dress-up costume contests & more. 503-459-4508, thenightride.com

Jul 12-25: Denali Adventure
Anchorage, AK. Cyclist's dream ride. 14-day Alaskan tour along Glenn and Richardson Highways, lush farmlands, glaciers, mountains. Turn west onto gravel, Denali Hwy for 140 miles to Cantwell, George Parks Hwy & Denali National Park. Adventure Cycling Association, adventurecycling.org

Jul 12-21: Glacier Waterton Loop
Whitefish, MT. Ride north from Whitefish into BC's resort village of Fernie, east over the Continental Divide at Crownswest Pass, then roll through Alberta prairie en route to Waterton Lakes National Park, a UNESCO World Heritage Site. 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
Troutdale, OR. 408 miles over 8 days. Trace Lewis & Clark's journey through the Columbia Gorge to Florence. Timberline Adventures, 800-417-2453, timbertours.com

Jul 13-16: San Juan Islands 4-Day
Seattle, WA. Best for people with limited time or who are newer to bicycle touring but want to explore the Islands. Designed for new cyclists. Fully supported. Also available in August and 9/14. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jul 15-19: RedSpoke
Redmond, WA. Tour beautiful Washington State. 5-day, 300-mile ride from Redmond to Spokane. Enjoy the splendor of the Cascade Mountains, river canyons & rolling wheat fields. Fully supported, limit 100 riders. \$575 fundraising min. required. Redmond Rotary Club, 206-298-9288, redspoke.org

Jul 16-18: 1000km ACP Brevet
TBD, WA. Seattle International Randonneurs, seattlerandonneur.org

Jul 17-19: Cycle Oregon: The Weekend
Monmouth, OR. Cycle Oregon University. A family-friendly ride with a variety of course/mileage options each day. Based on the OU campus, loop 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, 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 heritage and history, economical and environmental diversity and geological complexity. Ibike Cultural Tours, 206-767-0848, ibike.org/ibike

Jul 18: Tour des Chutes
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. 300km brevet. Start at 6am at Marina Park. Roger Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

Jul 19-24: Elkhorn Ridge Rambler
Baker City, OR. Ride Oregon's least traveled paved roads. 17-day camping tour. Intermediate and above. Also available: 8/17, 9/6. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

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 100km 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. Mark Cress, Helena Bicycle Club, 406-443-1838, helenabicycleclub.org

Jul 19-25: Tour BC - Kootenays
Creston, BC. 7 days, 850km from Creston to Kimberley in beautiful BC, cresting Roger Pass. Camping, meals, mechanic, medical and luggage transfer support provided. Hot springs. Motel option available. Danelle Laidlaw, DPL Consulting, 877-606-2453, 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: 200km ACP Brevet
TBD, WA. Mark Roehrig, Seattle International Randonneurs, seattlerandonneur.org

Jul 25: 600km Brevet
TBC, BC. Raymond Parker, BC Randonneurs, 250-388-5365, randonneurs.bc.ca

Jul 25-26: ALS DoubleDay Bike Ride & Fundraiser
Mount Vernon, WA. Pedal 85 miles in 2 days through beautiful Skagit Valley. Fundraiser to empower people with Lou Gehrig's disease & their families and to lead the fight to cure & treat ALS through global, cutting-edge research. Robin Hartman, The ALS Association Evergreen Chapter, 425-656-1650, alsacoreg.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

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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.

*The cost is \$25 -- \$10 for seniors and students
Visit capitalbicyclingclub.org and click "Events" for details.
Register at Active.com*



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ROAD CALENDAR

Jul 25: Summer 300km ACP
TBC, OR. 300-km ACP randonneur event. Michael Wolfe, Oregon Randonneurs, orrandonneurs.org

Jul 25: Tour de Cure
Hillsboro, OR. New routes in the Willamette Valley from 10, 27, 63 and 100 miles, with fun day in the stadium for kids. Starts at Hillsboro Stadium. Min. \$150 fundraising. Big finish party. Fund raising event of the ADA. 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, 800-443-6060, bicycleadventures.com

Jul 26: 16th Annual Loreen Miller Bike Ride
Spokane, WA. Flat 12-mile family ride on less-traveled side roads, harder 50- & 100-mile courses, beautiful scenery amid foothills of the Green Bluff & Mt. Spokane areas. Breakfast & lunch included. Benefits eastern WA & north ID cancer patients. Cancer Patient Care, cancerpatientcare.org

Jul 26-31: Family Fun Idaho
Plummer, ID. Explore 2 heralded, car-free rail trails in the West, Trail of the Coeur d'Alenes & Route of the Hiawatha. Enjoy historic towns, swimming holes and spectacular views. Fully-supported. Adventure Cycling Association, adventurecycling.org

Jul 26: Tour de Kitsap
Silverdale, WA. Scenic 12-, 30-, 65- and 100-mile courses in lovely Kitsap County. Rest stops and full sag. New family-friendly route. Runs in conjunction with Silverdale Annual Whaling Days Festival. 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 - Ride Around Mt. Rainier, One Day
Enumclaw, WA. Circumnavigate Mt. Rainier for 154 miles and 10,000' elevation gain. Lottery entry. Redmond Cycling Club, redmondcyclingclub.org

Aug 1-4: 1000km Brevet
TBD, BC. Roger Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

Aug 1: 8 Lakes Leg Aches Bike Ride
Spokane, WA. 30-, 50- or 80-mile route. David's Gourmet Pizza & prizes at the end of the ride. Pledge riders raising \$175 receive 8 Lakes designer jersey. Ride around Spokane and Cheney. Start and finish at Group Health Corp. office. Christie McKee, Lutheran Community Services NW, 509-343-5020, lcsnw.org/events.html

Aug 1-2: Bike MS 2009
Stayton, OR. 25th annual, 2-day fundraising bike ride, through scenic rolling farms, covered bridges and Silver Falls State Park. Enjoy figure 8 courses from 30-150 miles, finish line festivities and camping options at rider village. Fully supported. Start/finish at Regis High School. Register teams or individuals. National MS Society, Oregon Chapter, 503-223-9511, bikeMSoregon.com

Aug 1: CASA's Ride Through Paradise
Klamath Falls, OR. One of the Northwest's premier cycling events with 4 routes that wind through beautiful rustic countryside along seldom traveled roads. "This is the best kept secret in Southern Oregon." CASA for Children of Klamath County, 541-885-6017, klamathfallscasa.org

Aug 1-3: Courage Classic
Snoqualmie, WA. 3-day, 172-mile, fully supported bicycle tour. Ride Snoqualmie, Blewett & Stevens passes, average 60 miles/day, exceptional food stops. Benefits Child Abuse Intervention Dept. Mark Grantor, Mary Bridge Children's Hospital, 253-403-4374, courageclassic.org

Aug 1-7: Oregon - Crater Lake
Oakridge, OR. Tall timber, clear rivers and snow-clad peaks. Tour includes cycling and hiking. Cycle over the Cascade Mountains to Crater Lake. Also available: August through mid-September. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Aug 1: Tour de Whatcom
Bellingham, WA. Bike ride to benefit Boys & Girls Clubs of Whatcom County. In 2008 we raised over \$15,000 for the kids! Choose the length of your ride - 25, 50 or 105 miles, perfect for a family outing and serious riders alike. G. Todd Williams, 360-739-9953, tourdewhatcom.com

Aug 1-8: Glacier - Banff - Jasper
Whitefish, MT. Fully supported luxury tour of the dazzling national parks in Canadian & U.S. Rockies. Intermediate to advanced levels. Also available: August. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Aug 2: Bike Oregon Wine Country
Rickreall, OR. Intermediate to difficult ride through the scenic Eola Hills and Mid-Willamette Valley Wine Country. Surrounded by lush vineyards and picturesque countryside, ride 45 or 52 miles (Northern Route). Travels through 7 wineries. Starts at 8am. Sag, lunch, BBQ. Also available Aug 16 & 30. Eola Hills Wine Cellars. 503-623-2405, eolahillswinery.com

Aug 2: Blackberry Ramble Century
Eugene, OR. Full century, metric century and 43-mile routes in beautiful coastal range of SW Eugene. New route in 2009. Fully supported with special blackberry treat and ice cream at the finish.

Aug 2: Mt. Shasta Summit Century
Mt. Shasta, CA. 30-, 60-, 100-, 135-mile routes (16,500' of climbing). Challenging climb, breathtaking views. Mountain Wheelers, 800-326-4865, shastasummitcentury.com

Aug 2-8: RAW - Ride Around Washington
Various, WA. Sold Out. cascade.org

Aug 2-11: Selkirk Splendor
Sandpoint, ID. 280-mile International Selkirk Loop. Vast playground encompasses 2 countries, 3 states/provinces & more than 65 small towns. Adventure Cycling Association, adventurecycling.org

Aug 2: Slip N' Ride
Portland, OR. Formerly called the "Hottest Day of the Year Ride," this 15- and 40-mile urban ride starts and finishes at Lucky Labrador Brew Hall. Tons of fun in the sun and water games. Good Sports Promotion, hottestdayride.com

Aug 7-9: Get Your Guts in Gear - GYGIG
Edmonds, WA. This 3-day, 210-mile journey begins in Edmonds and loops through Snohomish, Island and Skagit counties. Rest stops, sag, baggage transport, hot breakfasts and dinners. Lunch along the route. Suitable for novice riders with proper training and challenging enough for seasoned cyclists. \$85 reg. fee, plus \$1,800 fundraising. Must be 18+. Raise awareness about Crohn's disease. Karen Harris, Get Your Guts into Gear, 425-879-4756, 1BDrise.org

Aug 7-9: Long Beach Weekend
Long Beach, OR. Saturday's scenic tour heads up the Columbia River to Naselle and beyond, then returns along Willapa Bay. Options of 45-, 50- and 62-mile rides. Sunday's ride is up one side of the Long Beach Peninsula to Oysterville, then returns on the other side. Options from 15 to 35 miles. Portland Wheelmen Touring Club, pwtc.com

Aug 7-11: Oregon Sampler Bike Tour
Eugene, OR. Delicious fresh local produce, orchards of fruit and nut trees, coastal rain forest and crashing ocean surf. 4-day lodge-based tour. Tour is also available 8/28. Wild Heart Cycling, 1-877-8GO-WILD, wildheartcycling.com

Aug 8: 200km Brevet
Fort St. John, BC. Wim Kok, BC Randonneurs, 250-785-4589, randonneurs.bc.ca

Aug 8: 300km ACP Brevet
TBD, WA. Starts at 7am. Dan Turner, Seattle International Randonneurs, seattlerandonneur.org

Aug 8: American Cancer Society Bike to Battle Cancer
Bellingham, WA. 30-mile ride. Starts at the Bloedel Donovan Park in Bellingham, 9am start. Raise awareness and funds for cancer research. Casey Hansen, American Cancer Society, Great West Division, Inc., 425-322-1116, biketobattlecancer.org

Aug 8: Blue Cruise Wheels for Wellness
Pocatello, ID. Charity ride. 15, 30 & 50 mile options. Includes a nice lunch and live blues music. Benefits health education programs. Karri Ryan, Blue Cross of Idaho Foundation for Health, 208-331-7317, bicidahofoundation.org

Aug 8: Summer 400km ACP
tbc, OR. 400km ACP randonneur event. Philippe Andree, Oregon Randonneurs, orrandonneurs.org

Aug 8: Third Annual Retro Ride
LaConnor, WA. A lighthearted celebration of cycling history and eccentricity. Bring your oldest, most stylish, or most unusual bicycle and costume. Meet at 11:15am at the Rexville Grocery, 19271 Best Road, for brunch, bicycle and costume review, the promenade consisting of 11, 15, 19 or 25 leisurely flat miles will be followed by tea. Ken Rasmussen, 360-766-8720, kayakfit@fidalgo.net

Aug 9: 21st Annual Tour de Peaks
North Bend, WA. Snoqualmie Valley CoF/Tour de Peaks joins Festival at Mt Si and City of North Bend/ Centennial celebrations. New start/finish, Kiwanis pancake breakfast, Rotary beer garden, tour de feast at festival food vendors. Rides meander highways and byways in beautiful Snoqualmie Valley. 4 fully-supported rides - 5-mile family ride w/Kids Zone, 15-mile intermediate, 35-mile half-century, 75-mile century. Check-in from 7-10am. Title sponsor: Snoqualmie Valley Hospital. Karren Granger, Snoqualmie Valley Chamber of Commerce, 425-888-4440, tourdepeaks.com

Aug 9: Bike for Your Life
Parksville, BC. Our 10th anniversary tour offers distances for all levels of experience up to 100km, with prizes, refreshment stations and scenic routes on Vancouver Island. Pancake breakfast, refreshments, prizes, T-shirt. bikeforyourlife.org

Aug 9: Bike Oregon Wine Country
Rickreall, OR. Easy to moderate ride through the scenic Eola Hills and Mid-Willamette Valley Wine Country. Surrounded by lush vineyards and picturesque countryside, ride 45 or 70 miles (Southern Route). Stops at 2 wineries. Start at 8am. Sag, lunch, BBQ. Also available Aug 23. Eola Hills Wine Cellars, 503-623-2405, eolahillswinery.com

Aug 9: Covered Bridge Bicycle Tour
Albany, OR. Linn County Fairground. Relaxing country ride event, choose from 40-, 68-, 85- & 101-mile distances. Lightly-traveled road in heart of beautiful Willamette Valley. Good food and support. The 40 is flat (2 bridges), the 68 has 1

Aug 16: Portland Century
Portland, OR. 25-, 50- and 100-mile rides. Mostly flat, take advantage of the city pathways, bike lanes and less-traveled roads that ring Rose City. Finish line feast, massages, festival. Starts at PSU-Smith Hall. 503-459-4508, portlandcentury.com

Aug 16: Yaquina Lighthouse Century
Newport, OR. Century, 100km and 22-mile rides. Starts in Newport at 7am. 100km goes to Toledo and Elk City, century keeps going to Kernville and back to Newport. Generally flat with some hills. Limit 200 riders. Yaquina Wheels Bicycle Club, yaquinawheels.com

Aug 20-23: 1000km / 400km Brevet
TBD, WA. Starts at 6am. 400km run in conjunction, start on 8/22. Elaine Jameson, Seattle International Randonneurs, seattlerandonneur.org

Aug 22: 600km Brevet
Fort Langley, BC. Start at the Lions Hall at 7am. Goes to Glacier, Arlington, Fort Langley and Hope. Cross into the USA. 200 - 400km Brevet also available. Roger Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

Aug 22-23: Bike MS: Road, Sweat & Gears Ride
McCall, ID. Spectacular scenery and camaraderie. Routes for all levels, 20-, 40-, 50- and 60-mile options. Option: MTB ride out of Jug Mountain Ranch on Sunday. Fully supported with sag vehicles, rest areas and enjoyable meals. Erin Farrell, National MS Society - Idaho Division, 208-388-4253, msidaho.org

Aug 22: Blue Cruise Wheels for Wellness
Coeur d'Alene, ID. Charity ride. 62, 30 & 15 miles. Includes a nice lunch and live blues music. Benefits health education programs. Blue Cross of Idaho Foundation for Health, bicidahofoundation.org

Aug 22-23: RAPSoody - Ride Around Puget Sound
Tacoma, WA. A challenging 1- or 2-day ride. 175 miles of rolling hills. No ferries, uses Narrows bridge. Great food, sag, cue sheet, socks, rest stops. \$10 discount to BAW members. Bicycle Alliance of Washington, 206-577-6999, rapsoodybikeride.com

Aug 22: Round the Lake 2009
Sandpoint, ID. Beautiful 100-mile ride, 60 on pavement and 40 on dirt/gravel roads, circles beautiful Lake Pend Oreille. Brian, Sandpoint Sport & Sports Plus, 208-265-6163, sandpointssports@verizon.net

Aug 22: Tour de Lentil
Pullman, WA. Enjoy the scenic Palouse Hills on this 100-km ride. Course is challenging with many hills. Starts at 9am. Part of the National Lentil Festival. Come for the ride, stay for the parade, food and other weekend activities. Mary Barstow, Pullman Chamber of Commerce, 509-334-3565, lentilfest.com

Aug 29: 200km: Sunshine Coast
Gibson, BC. Roger Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

Aug 29: 600km / 1000km Brevet
TBD, OR. Marcello Napolitano, Oregon Randonneurs, 503-628-7324, orrandonneurs.org

Aug 29-Sep 6: San Juan Islands 6-Day
Cle Elum, WA. For avid cyclists. Average 60 miles per day. Ride Washington and Rainy passes. Travel from Cle Elum to Omak, to LaConner and Whidbey Island. Also available: 9/19. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Aug 29-30: Vela Bella
Leavenworth, WA. Women only ride with dinner and hosted win bar to follow. Yoga on Sunday morning. Supported 25, 50, or 75 miles of very low-traffic paved roads around Lake Wenatchee. Start at the Lake Wenatchee Recreation Club at 8am. Proceeds benefit cancer research. Ian Crossland, Annie's Fun, velabellaride.com

Aug 30: Summits of Bothell (SOB)
Bothell, WA. Canceled for 2009.

Aug 30-Sep 12: The Wild Coast
Eugene, OR. From OR to San Francisco, CA. Experience the cream of the West Coast. Ride through Eureka, Crescent City, Trinidad and Petrolia. Van supported. Adventure Cycling Association, 800-744-2453, adventurecycling.org

Aug 30: Tour de Coeur
Osburn, ID. A full day of rides in beautiful Coeur d'Alene Idaho along the Centennial Trail. Rides range from 1 - 50 miles. Food, entertainment, massages, family fun. All proceeds benefit the American Cancer Society. Cynthia Rozyla, Tour de Coeur Organizing Committee, acsidaho.org

Aug 31: Hutch's 100km
Bend, OR. Metric century (62 miles) beginning and ending at Tumalo State Park. Mostly small rollers, has some of the best views of the Cascades. 1 food stop. Entry includes maps, energy food and drink. \$5. Leaves at 9am. Hutch's Bicycles, 530-382-6248, hutchsbicycles.com

Aug 9: Providence Bridge Pedal
Portland, OR. Community bike ride over all 10 of Portland's Willamette River bridges, including the top decks of the Marquam and Fremont bridges. Route options 14 to 36 miles. Wellness expo on Saturday. Bridge Pedal, Inc., providence.org/bridgepedal

Aug 9-15: Ride Idaho
Nampa, ID. Annual 7-day, fully supported, bicycle tour. Nampa to Boise the long way. Provide cyclists with a community on wheels as they tour Idaho, experiencing its beauty and history. Limit 240. Emily Williams, Ride Idaho, 208-344-5501, rideidaho.org

Aug 9: Rona MS Bike Tour - Scenic City
Vancouver, BC. Gear up for fun, for a challenge, for a cure. 30 or 60 km rides. Minimum fundraising is \$100. Food, entertainment, road support crews and awards for fundraising. MS Society of Canada, 604-602-3200, mssociety.ca

Aug 9: TRYBR
Tenino, WA. A supported ride that offers 5 loops from 20 to 100 miles. Revel in the quiet of rural Thurston and Lewis Counties, enjoy views of the Skookumchuck and Deschutes River, the Llama farm and Mt. Rainier. All rides are along scenic, low traffic roads. Jeff Cook, Capital Bicycling Club, 360-561-2567, capitalbicyclingclub.org

Aug 9-16: Wallowa Mountain Rambler
Baker City, OR. Circumnavigate the Wallowa Mountains, the "Alps of Oregon," ride the rim of Hells Canyon, enjoy delicious meals. 7-day camping tour. Also available: 9/6, 9/13. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

Aug 10-13: San Juan Islands 4-Day
San Juan Islands, WA. Ideal for people with limited time or who are newer to bicycle touring, tour takes in the best of Washington's gemlike San Juan Islands while featuring luxurious lodging and fine dining. Bicycle Adventures, bicycleadventures.com

Aug 14-16: Recumbent Retreat
Astoria, OR. Fort Stevens State Park. West Coast Recumbent event with rides, games, bike light parade, breakfast rides, potluck & fireside chats. 1 free event T-shirt per registration. Bob Porter, recumbentreteat.org

Aug 14-15: RSVP - Ride from Seattle to Vancouver, BC & Party
Seattle, WA. 183 miles of scenic back roads in western Washington. Sold Out. cascade.org

Aug 15: Alpine Century
Alpine, OR. Beautiful, rolling, challenging, and fun, 4,000' elevation gain. This loop goes from Alpine to Alsea and over the Alsea River Scenic Byway to the finish. Benefit for the Alpine Community Center. New - full century through Lobster Valley. Alpine Community Center, 541-847-6028, alpinecommunity.net

Aug 15: BCRD Sawtooth Century Tour
Ketchum, ID. Do the Classic 50 miles, the Climb of 100km or the Ultimate 100 miles. Enjoy the beauty of the Ketchum, Sun Valley and Boulder Mountains. Fee includes T-shirt and support. Blaine County Recreation District, 208-788-9142, bcrd.org

Aug 15: Crater Lake Century
Klamath Falls, OR. 4th annual. Start at Fort Klamath Museum. Century and 62-mile rides include a 3000' climb to the Crater Lake Rim and another 3000' over the next 30 miles. The century is rated as extremely difficult, the half is difficult. Fee includes BBQ. Limited to 225 riders. Bill Haskins, Great Basin Visitor Association, 888-445-6728, craterlakecentury.com

Aug 15: Hot August Days - Tour of the Columbia Basin
Wenatchee, WA. 50-, 100- or 150-mile bike ride from Wenatchee to Quincy, Ephrata, Dry Lakes, Waterville & back. Stops every 25 miles, meal at end of ride. Start at Riverfront Park. Brian Ropp, NWC Sports Events, 509-662-8799, hotaugustdays.com

Aug 15: Crater Lake Rim Ride
Roseburg, OR. A gorgeous ride from Diamond Lake to the Crater Lake Rim. Strenuous 60-mile ride with 6500' vertical. 9am departure. Pizza and beer after the ride. Dave Anderson, Umpqua Velo Club, 541-496-4833, umpquavelo.com

Aug 15: The Vine Ride
Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 65 and 100 miles. Fully supported. Finish line festivities, chance to win a 2009 bike. Start location: Newberg High School. Benefits the Children's Cancer Association. Karl White, Wheel Help Rides, 866-262-8339, vineride.com

Aug 15: Tour of Nanaimo
Nanaimo, BC. 200km. Nanaimo to Genoa Bay to Yalalo Point. Stephen Hinde, BC Randonneurs, 250-756-4756, randonneurs.bc.ca

Aug 16-22: Coastline & Covered Bridges
Eugene, OR. Alternate between charming backcountry roads and picturesque pedaling alongside sandy beaches. Cycle beneath covered bridges and past bucolic Christmas-tree farms and vineyards. Adventure Cycling Association, 800-744-2453, adventurecycling.org

Aug 16: Ice Cream Classic
Bend, OR. 65-mile ride around Mt. Bachelor followed by ice cream at Goldy's. Starts 9am. Gina Miller, Fresh Air Sports, freshairsports.com

Aug 11-12: Oregon State 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. Group Health Velodrome, Marymoor Park. 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. Chad Sperry, usacycling.com

AUGUST

Aug 1-2: BC Provincial Championships
Victoria, BC. Juan de Fuca Velodrome. Greater Victoria Velodrome Association, gvva.bc.ca

Aug 8: Team Beer Track Race
Portland, OR. Clint Culpepper, 503-548-8672

Aug 18-23: Masters Track National Championship
Colorado Springs, CO. usacycling.org

Aug 22-23: Canadian Track Nationals
Burnaby, BC. Competition for Para, Masters and U17. May change to Aug 23-25. Burnaby Velodrome Club, burnabyvelodrome.ca

Aug 22: Track Nationals Qualifier
Portland, OR. Alpenrose Velodrome. This is a USCF event. Qualification details: Top 3 men/ top 2 women in each event qualify for that discipline (sprint or endurance). Jen Featheringill, 503-227-4439, obra.org

Aug 27-30: Canadian Track Nationals
Burnaby, BC. Competition for Junior and Elite riders. Burnaby Velodrome Club, burnabyvelodrome.ca

Aug 29-30: OBRA Masters Track Championships
Portland, OR. Candi Murray, obra.org

WEEKLY SERIES

MONDAY

Monday Night Track Racing
June 1-August 29
Redmond, WA. Track racing for Juniors, Cat 4 W, Cat 5 M. 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. Marymoor Velodrome Assoc., 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, 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. Steve Garcia, velodromeracing@yahoo.com

Wednesday Night Track Racing
June 3-August 26
Redmond, WA. Marymoor Velodrome. Women, Cat 4 M 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. Marymoor Velodrome Assoc., 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, 503-227-4439, obra.org

Friday Night Racing
June 5-September 11
Redmond, WA. Marymoor Velodrome. Racing for Cat 1/4 men, Cat 1/3 women. Entry fee \$15. Spectator admission \$4, under 16 free. USA Cycling license required. Kiddie kilo on the 1st and 3rd Friday of each month. Racing starts at 7:30pm. See website for evening program. No race on 7/31. Marymoor Velodrome Assoc., velodrome.org

TRACK

SERIES

JULY

Jul 2-5: Junior Track National Championship
Carson, CA. usacycling.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

What Would Nancy Do?

By MAYNARD HERSHON

Both my bikes are steel. They're old. Both have older Shimano parts on them. Do I love my bikes? I do. Am I married to steel as a frame material? Or to bike parts of some bygone era? No and no.

I see the charm of old — or old-style — bicycles. Handcrafted older or older-tech bikes are more evocative than most new carbon racing bikes. People say old bikes can be repaired after crashes, that steel frame bikes feel better on the road. Older bikes attract the attention and approval of folks their owners want to call peers — folks who've "been around" and are not seduced by the latest thing.

When you hear people call new-tech bikes names like throwaway bikes, "fragile bikes" or "compromised bikes," ask them if they have owned any recent bikes or have ridden them a few miles. It's my hunch that the honest answer will be no.

Some people bad-mouth equipment they haven't owned or even used. They absorb opinions about bikes from other "experts" and hold those opinions as gospel, never examining them. They don't want to ride the bikes they love to hate. They already know all they need to know.

I hope I've never fallen into that trap in my columns. I say that after a recent epiphany, a surprise discovery ride on a slick new bike.

I see that many newer, lighter, more "alternative" (than my 20-year-old Lighthouse or 10 year-old Rivendell) bikes are terrific. We're not going backwards. New bikes are not junk,

not cheap-to-make techno-trash. No one frame material or parts group is an essential element of a great bike.

I walked into Turin Bikes here in Denver on some errand I can't recall. The guys there treat me like family, I'm delighted to report. They said "hi" and introduced me to one of the reps who calls on the store. I believe he represents Shimano and Scott Bicycles among other outfits.

He had his own bike with him, a Scott "Addict," equipped with the first Shimano electronic Dura-Ace components I'd ever seen. I didn't know the Scott models and didn't know where the Addict fits in their line. I'd seen Scott ads and knew that they are among the lightest bikes one can buy. My tendency is to discount extreme lightness or extreme anything in bicycle design. I'd rather ride the middle of the road.

I'd read about the new Dura-Ace system but wasn't all that interested — and I didn't know then what I know now regarding how expensive it is.

Riders vary in their ideas about what's important in a bike, the money moments, you could say. I suspect that some cyclists feel that the instant they take their new superbike off the roof of their car and their bike club friends see it, it is the money moment. I'd rather my bike attract no attention at all. Just owning a bike says nothing about me. The world's full of bike owners. There aren't nearly so many riders.

When does my bike earn its keep? When I'm riding up a long grade into a headwind, pedaling an 80 cadence — that's the money moment for me. That's when my bike matters

to me most. Does it feel alive and responsive to each pedal stroke? Does it fit me so that I hardly notice the machine? Does it feel as if it'd never ever waste a bit of my effort?

In that uphill headwind moment, you will note, I am already in the correct gear. A big-bucks magic shifting system won't help. I don't know if a bike five pounds lighter would help, I've never been able to duplicate that situation on a borrowed 17-pound racing bike.

Because there is no equivalent to the Bicycle Paper in Colorado, and because my work seldom appears in VeloNews these days, Turin's rep did not know me by name or as a bigshot media star. He must've thought I was a favored customer, a "friend of the shop." And I am, I guess.

"Would you like to ride the bike?" he asked.

I seldom ride other people's bikes, but I looked at the Scott and the new parts. I saw that the bike was almost exactly my size. The Turin guys urged me to do it. I said, "sure, be my pleasure."

The bike was not almost my size, it was precisely my size. The saddle felt like one of mine in both shape and placement. The bars were a bit lower in relation to the saddle than mine are, but they weren't way down there. I fit on the bike just fine.

And when I rolled out Turin's door and into the street, I realized that I could simply ride off into the sunset on it. It "disappeared under me," as the cliché goes. As I pedaled — light, precise, responsive and shock-absorbing as it was — I

wanted to ride away on it and not go back. I rode it for the novelty of riding it — after years on steel frames and old Shimano parts. Who'd have imagined I'd want to own it?

As I hinted above, I don't believe I'd spring for electronic shifting even if I could afford it. I've always been able to find the gear I wanted, even with frame-mounted shift levers that didn't click [friction shifters]. The magic of the new Dura-Ace shifters worked fine but did not charm me.

The Scott charmed my socks right off. I don't believe that there's something about that particular Scott that's superior to other cool new bikes; it could have been any evolved bicycle. Did I think the Scott was pretty? Uh-uh. Did it remind me of Fausto Coppi's bicycles or the 7-Eleven Team's Serottas? Nah. It isn't a period piece or an artifact from a niche in some museum. It's a riding tool, the best one I've used.

If you'd like to remain blissfully happy with your old bike, as I was with mine, and the rep offers you a ride, do as Nancy Reagan suggested. Just say no.

Maynard has been writing about cycling for the Bicycle Paper (and the Rivendell Reader) almost forever. He says he'll keep doing it as long as he can get away with it. "I do it for the money," the Denver-dweller says, but we think there must be something about cycling that interests him.



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Session #1, 10:00 a.m. - Pursuits
Session #2, 6:00 p.m. - 500m and Kilo
Saturday, July 18th
Session #3, Sprints, Men's and Women's Madison
Session #4, Kilois Kilo, Elite Men's Keirin, Sprints, Misc & O.C., Elite Men's Points Race
Sunday, July 19th
Session #5, Sprints, Keirin
Session #6, Sprints, Points Race
*Schedule subject to change

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- Age categories: A (17-18), B (15-16), C (13-14), D (10-12)

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| April 12 | Brad Lewis Memorial Criterium | Seattle |
| June 20 | Capitol Criterium | Olympia |
| July 4 | Joe Matava Criterium | Burien |
| Aug 30 | Seward Park | Seattle |
| Sept 6 | Blackberry Criterium | Bremerton |

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