

## The New 'Cross on the Block



Photo courtesy of Joe Sales

Raced under all weather conditions — rain, blistering sun or snow — nothing stops cyclocross racers from taking on a new challenging course or just rediscovering just how much fun it is to play in the mud. Supporters always line up in numbers, no matter what, to provide encouragement.

By **DARREN DENCKLAU**

Depending on whom you ask, cyclocross is without a doubt one of the most popular racing disciplines in competitive cycling. In the past few years the sport has really taken off, particularly in the Northwest, with regional series like Seattle Cyclocross, Oregon's Cross Crusade, The Cube Cyclocross and Eagle Island Cyclocross in Idaho, and British Columbia's BC Cup. From late August through mid-December you'll find races every weekend, and sometimes there are several to choose from on the same day.

In addition to these regional series, devoted organizers have created numerous stand-alone events. Two Seattleites saw a need to organize their local cyclocross scene and recently partnered up to form a new competitive series, MFG Cyclocross.

Terry Buchanan and Zac Daab, co-founders of Low Pressure Promotions, LLC, believe that organizers in and around Seattle were holding outstanding events, but also felt it was necessary to collaborate if those races were going to stick around and prosper. The pair created a new 6-race series, which includes otherwise independently run events, such as the uBRDO Kick-Off Cross, Rad Racing GP and the Starbucks Gran Prix.

"We saw that a lot of different events were taking place... we wanted to consolidate independent race organizers and work together," said Buchanan, co-promoter of MFG Cyclocross.

Buchanan and Daab have a great deal of experience managing cyclocross events, including the famed "Star Crossed," an annual race that's held under the lights at Marymoor Park in Redmond, Wash. Star Crossed is lauded as the Northwest's premiere season opener; scheduled for September 19 this year, it is also the first stop of the North American Cyclocross Trophy (NACT) series.

Recognizing a need for more organization and larger representation in and around Seattle, Buchanan stated, "Many [independent] race organizers were having problems with attaining venues." Working with other promoters gave them more leverage while trying to secure new venues and he added, "We convinced park managers to take a risk."

Buchanan also realized that races were getting further and further away from Seattle, making it more difficult for both racers and spectators to make it to events.

"We wanted to bring cyclocross closer to the city," stated Buchanan.

And that's just what they did, as several MFG events are scheduled within city limits. One venue in particular, Woodland Park, in Seattle's Green Lake neighborhood, is seen as a small triumph due to city park managers' previous unwillingness to host a 'cross race there. Apparently they (park managers) believed bike races would cause irreparable damage to the area, although they have hosted other events such as running races in the past.

SEE NEW 'CROSS ON PAGE 7

### RACING

## Jennie Reed Reflects on her Illustrious Career

By **IBTIHAL MAHMOOD**

After more than a decade being among the international elite sprinters, American track star athlete, Jennie Reed, announced her retirement earlier this year.

Reed began cycling in the Seattle area at the age of 16, and consistently appeared on the podium in local and international events throughout her career and captured two medals and a World title at the 2008 UCI Track Cycling World Championships in Manchester, England. With this last achievement, she has become America's most accomplished female sprinter to date, with a remarkable collection of 17 UCI World Cup medals.

*Bicycle Paper* recently had the chance to talk with the Keirin World Champion about her long and successful career, her reasons to call it quits, and her plans for the future.

**BP:** What are the reasons that lead you to making the decision to retire at this time?

**JR:** I actually retired after the Olympics in September of 2008, but didn't make an announcement for a while after. I wanted to make sure I was in the right mindset for

such a big decision, although I knew in my gut it felt right.

**BP:** How satisfied are you with your journey as a professional sprinter?

SEE JENNIE ON PAGE 6



Photo courtesy of CanadianCyclist.com

A champion proudly showing her medal.

### UP NORTH

## Learning from the Pros at Summer Gravity Camp

By **PAUL SALES**

Last year I had the chance to ride Whistler Mountain Bike Park for the first time. I knew right away that I loved the incredible trails the Park had to offer, but also realized I had a lot to learn. The Bike Park consists of over 200km of trails, from easy to incredibly challenging, to satisfy all ability levels, from the beginners to the very skilled.

Seven years ago, downhill mountain bike racer and freeride pioneer, Andrew Shandro, started a mountain bike camp at Whistler, aptly named Summer Gravity Camp (SGC). Earlier this summer I had the chance to attend the first of five weekly camp sessions. In addition to riding this world-famous park for a week, the camp provided me with the oppor-

tunity to learn from the very best in the sport.

In early July, along with about forty other participants, I showed up at Summer Gravity Camp headquarters and was greeted by none other than Shandro himself. I was handed a pair of Nike 6.0 riding shoes, a SGC jersey, a room key and a Whistler Mountain lift pass. As you probably guess I was pumped to ride, but I wasn't quite ready. I had some time to unpack my bike and meet my roommates before dinner. The first night was spent eating the camp supplied pizza dinner while the coaches explained the plan for the week.

One component that was entirely unexpected for me was how many people had flown in from other coun-

SEE UP NORTH ON PAGE 8



### PRODUCT REVIEW

Summit to Surf Mammoth Rack Pack put to the test.

PG 4



### MECHANIC'S CORNER

Are your wheels wobbly? Learn how to perform basic wheel maintenance.

PG 5



### SPECTATORS NEEDED

A cyclocross event is not complete without a crowd. Find out how to follow the action.

PG 7

## Felt Bicycles Recalls Cyclocross Bicycles Due to Fall Hazard

FROM U.S. CPSC

The U.S. Consumer Product Safety Commission, in cooperation with Felt Bicycles of Irving, Calif., announced a voluntary recall of 2007/2008 Felt F1X Cyclocross Bicycles.

The bike's fork steerer tube can break, causing the rider to lose control and fall, posing a risk of injury. So far Felt Bicycles has received six reports of these forks breaking, including two reports of minor cuts and scrapes.

The recall includes all 2007/2008 Felt F1X Cyclocross Bicycles. These bicycles are semi-

matte black and have aluminum frames with carbon fiber forks with aluminum steerer tubes. 1,500 bikes were sold at bicycle specialty stores nationwide from July 2006 through April 2009 for between \$1,400 and \$1,500.

Consumers should immediately stop using the recalled bicycles and contact a local Felt Bicycles dealer to receive a free inspection and repair.

For additional information contact Felt Bicycles toll-free at (866) 433-5887 between 8 a.m. and 5 p.m. PT Monday through Friday, or visit [www.feltracing.com](http://www.feltracing.com).

## NW Representation at Vuelta a España

Garmin-Slipstream is sending four of its five Northwest racers to the 64th edition of the Tour of Spain. This famous event is the last of 2009's three grand tours. It starts on August 29 in Assen, Netherlands, and will conclude on September 20 in Madrid, Spain.

Garmin's designated sprinter Tyler Farrar (Wenatchee, WA), whose recent successes in the Tour de France (four podium appearances) and three subsequent stage victories during the Eneco Tour raced in the Netherlands and Belgium, is expected to showcase his team colors on the podiums of the flat stages.

Farrar will be able to count on strongman Ryder Hesjedal (Victoria, BC), who concluded his second run at the Tour de France in 49th place, while working in support of teammates Bradley Wiggins and Christian Vande Velde helping to secure both of their top 10 overall placings.

Canadian time trial champion Svein Tuft (Langley, BC), and Christian Meier (Langley, BC) are both novices when it comes to three-week-long events and will assume domestic roles. The team is expected to continue the string of success it has been experiencing since the beginning of July.

Oregon's Chris Horner will also be traveling through Spain's countryside, along with his Astana teammate and returning pro, Alexander Vinokourov. The Bend resident, who was left off the team's 2009 Tour de France roster, used his July break to recover from the first half of the season. While finalizing his preparation for the Tour de Spain, Horner found himself leading the French Tour de l'Ain, only to lose his leader's jersey on the ultimate climb of the last racing day. Although he came in second overall, Horner still took home the overall points classification.

## Geoff Kabush Wins Bromont World Cup

Team Maxxis-Rocky Mountain's Geoff Kabush secured the biggest win of his career on Sunday, August 2, claiming the Bromont World Cup amid a stacked field. Kabush has had eight previous World Cup podium finishes, including a third place in Mont Ste Anne the previous weekend, but had never stood at the top of the World Cup podium before.

The men's race began under miserable conditions, with officials reducing the distance to six laps. The rain and mud made the climbs an even harder grind than usual. Racing at the front from the start, Kabush took advantage of Julian Absalon's mechanical to take the lead

outright. He continued to power away from the chasers to finish over 90 seconds ahead of his closest competitors, Jose Hermida and Ralph Naf. Adam Craig (Bend, Ore./Giant) moved up in the latter half of the race to place tenth.

### ... And He Established a New Record

In winning the Mount Snow, Vermont, ProXCT race on August 8, BC rider Geoff Kabush set the record for all-time US National Series cross-country race victories. He now boasts 15 wins, surpassing the total of his childhood idol, John Tomac. Kabush also holds the record for the most short track wins.

## Masters Track National Recap

From August 18 to 23, riders from around the nation gathered in Colorado Springs, Colo., to attend the 2009 USA Cycling Masters Track National Championships. Designed for riders aged 30 to 75+ years old, the categories are divided in five-year increments. Renowned for being an extremely fast track, the 7-Eleven Velodrome did not disappoint, as fourteen world records were broken during the week.

Kenny Williams (Kenmore, Wash./First Rate Mortgage) established one such record in the men's 40-44 category when he clocked a 3.26.097 in the Three-Kilometer Time Trial event, acquiring his second Stars and Stripes jersey of the competition in the process.

A strong contingent of Northwest riders made the trip to Colorado and posted excellent performances. Here's a recap of their accomplishments.

In the final Kilometer Time Trial of the first night's competition, Kenny Williams took over the winning spot on his last lap. With a time of 1:07.02, he took the gold medal in the 40-44 age group, while his teammate Pekka Jaske (Sammamish, Wash.) placed fifth.

Later in the week, Williams established a Pursuit world record time, amassed 14 points to claim fourth place in the Points Race, and concluded the Championships with a 4:34.290 gold medal performance in the Four-Kilometer Team Pursuit. He also grabbed the Omnium title in his category.

In the women's 30-34 category, Heather Van Valkenburg (Vancouver, Wash./Land Rover-Orbea) added a few more national champion jerseys to her collection. She took home the Sprint title and, teaming up with Kimberly Nuffer (Denver, Colo.), claimed the

Team Sprint honors in the 30+ division. Van Valkenburg ended the Omnium competition in second place.

Per Bjesse (Portland, Ore.) clocked the fastest time of the Kilometer Time Trial in the men's 35-39 division, posting a 1:07.438, while Wesley Pierce (Seattle, Wash./Wines of Washington) landed in fourth place with a 1.09.9. Pierce also finished fourth in the Three-Kilometer Pursuit and the Sprint. His consistency propelled him to the top of the Omnium ranking. Pierce, Brian Abers (Aloha, Ore.), and Jaske, united under the Northwest Mafia colors, combined their efforts to land fifth place in the Team Sprint competition.

The men's 35-39 Three-Kilometer Pursuit group saw Guy Tucker (Bellingham, Wash./IJM.org) round out the podium with a fifth place finish.

Barbara Thiele (Hillsboro, Ore./Team Rose City) made multiple trips to the women's 55-59 age group podium. She finished second in the Sprint, third in the 500-Meter Time Trial and the Omnium competition, as well as fourth in the Two-Kilometer Pursuit and Points Race.

Jane Chateaubriand (Seattle, Wash./Starbucks) took fifth among the women's 45-49 division's 500-Meter Time Trial, the Sprint Competition and Points Race. Meg Mautner (Portland, Ore.) rounded out the Two-Kilometer Pursuit and Points Race podium with two fifth place finishes in that same category.

Now that the Masters have concluded their event, the Collegiate and Elite riders will be next to battle for their Championships titles. Both competitions will take place at the end of September in Trexlertown, Pa., and Carson, Calif.

## European Racing Suits Oregon Riders

Three Oregon riders seem to enjoy racing on the Old Continent. Part of the USA Cycling Development Program, Jacob Rathe (Portland, Ore.), Ian Boswell (Bend, Ore.) and Carson Miller (Bend, Ore.) have been competing on the roads of Europe and showing what they are capable of.

Following his 17th place finish in the UCI Junior Road World Championships in the beginning of August, Rathe (CMG Racing) claimed tenth place at the Omloop Der Vlaamse Gewesten in Wuustwezel, Belgium. He also went on to win the first of four stages of the Regio Tour

on August 19-23 in Germany. The UCI 2.1 event concluded with Rathe placing sixth overall in the general classification, 43 seconds back from the winning time.

Also competing with the USA Cycling Junior National Team is Ian Boswell (Hot Tubes) who finished 68th at the Worlds and 24th in Belgium.

Racing amid the National Development Team in the Vuelta Palencia in Spain on August 20-25, Carson Miller (Bend, Ore.) ranked eighth in the second stage. He also finished 18th at the Vuelta Zamora, which took place August 12-16 in Spain.

7th Annual  
**HARVEST CENTURY**  
Saturday, October 10, 2009  
Hillsboro, Oregon



HarvestCentury.org  
Fully Supported 45, 75, or 100-Mile Options

**HARVEY GRAD**  
Attorney at Law  
Cycling accident? Injury claim?



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

135 Park Ave. N Suite 200  
Renton, WA 98055  
**425.204.1890**  
e-mail: [harv@lawyeraseattle.com](mailto:harv@lawyeraseattle.com)

**RECYCLED CYCLES™**.COM

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

IN ITS 14TH YEAR OF BUYING, SELLING, TRADING & CONSIGNING BICYCLES AND BIKE GEAR.



1007 NE BOAT STREET SEATTLE WA 98105  
206.547.4491 877.298.4683

## Editorial

**Editor** Claire Bonin

**Assistant Editor** Darren Dencklau

**Editorial Intern** Ibtihal Mahmood

**Writers** Claire Bonin  
Darren Dencklau  
Maynard Hershon  
Jeanne Higgins  
Joe Kurmaskie  
Ibtihal Mahmood  
Eric Moen  
Dan Norton  
Paul Sales  
Joe Wilson

**Photographers** Bicycle Paper  
CanadianCyclist.com  
Darren Dencklau  
Joe Sales  
Surf to Summit

## Art and Production

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

## Advertising

**Contact** Darren Dencklau  
Claire Bonin  
**Phone** 206.903.1333  
Toll Free: 1-888-836-5720

**Email** Darren@bicyclepaper.com  
Claire@bicyclepaper.com  
sales@bicyclepaper.com

## Distribution

**Distribution & Mailing** Amber Zapffel  
Seattle Publishing



Calendar Powered by  
**Gutenberg**  
Publishing System

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

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

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



**President** Jay Stilwell  
jay@seattlepub.com

**Vice President** Ryan Price  
ryan@seattlepub.com

**Project Coordinator** Claire Bonin  
claire@seattlepub.com

**Production Coordinator** Rick Peterson  
rick@seattlepub.com

# Steps to Take Following an Accident

By Ibtihal Mahmood

Enjoyed by thousands of people around the world, bicycling is a fun activity. Unfortunately, there are situations where accidents are inevitable and even the most experienced and alert cyclists can find themselves involved in a circumstance beyond their control.

One of the greatest dangers cyclists face on the road is a collision with an automobile. In fact, the possibility of being hit by a motorized vehicle hinders many people from riding a bike at all. The good news is that most cycling accidents do not involve vehicles. Solo mishaps caused by rider negligence, defects or other hazards in the road or trail account for the majority of non-fatal crashes.

If you do find yourself involved in an accident with a motor vehicle, your actions immediately afterwards may be crucial to recovering from your injuries and being compensated for the damages caused to your bike. It may also have an impact on the outcome of any lawsuits resulting from the accident.

As hard as it sounds, it is important that you remain calm and avoid arguing or negotiating with the driver. While the driver might apologize and accept the blame at the beginning, he/she might change their mind after realizing the ramifications, and, deny their responsibility or even their presence at the scene.

A police report is vital to ensuring the protection of your rights as a victim. If possible, make sure nothing is moved after the crash. This helps officers with their report and may be critical to an investigation and collecting evidence. Always wait for the police to arrive at the scene even if you think you have not been hurt. Bikers are often unable to judge the severity of their own injuries and, in many cases, do not realize that they have been injured until hours after the accident, when it is too late to identify or contact others who were involved.

The police report will gather and document important information and evidence needed for your case, including the driver's statement and testimony from all witnesses. It should also include your description of what happened, which means making sure the responding officer includes your side of the story. In case the police refuse to do so despite your efforts, remember that you can amend the report later by contacting the same officer and ask to attach a submission to clarify any information you do not agree with.

Regardless of whether a police report is written, you should obtain the driver's information, including: name, address, phone number, driver's license number, license plate number, make of the vehicle and insurance policy number. You also need to get the reference code from the police officer if there is a report. If you are physically unable to do so after the accident, you may ask one of the witnesses to collect the information for you. Additionally, compile the names, phone numbers and addresses from all witnesses if possible. Taking photos of the scene is another good idea. This should be easily attained, as most modern cell phones are equipped with cameras.

After the police report has been filed and all the necessary information is gathered, the first thing you need to do is seek medical attention. This will be very helpful in processing your claim for damages, as it will prove you were in fact

harmful. If an ambulance arrives at the scene and you are seriously injured, let them take you to a hospital. Only a medical professional can make a full assessment of your injuries and provide you with a medical record.

Document your injuries by taking photos from different angles and start keeping a journal of your symptoms. You should also take pictures of all damaged equipment and leave any bike parts or clothing in the same condition following the accident. Photographs of your wrecked bike along with a written report from a reputable bike shop are particularly important if you need to repair it before your case is settled.

You should not try to negotiate with the driver's insurance company, just like you should not negotiate with the driver. Some insurance companies may be eager to contact you in an attempt to reach a settlement. Never rush into a resolution before talking to an attorney; insurance companies could use anything you say against you later. A lawyer knows how to negotiate on your behalf and represent you to maximize the application of insurance policies and, as a result, protect your rights and make sure you are not taken advantage of. A percentage of any recovery obtained by an attorney, even after his or her fee deduction, is usually higher than what you might get if you arbitrate with the insurance company on your own. Many cases are concluded without a trial, saving you time and money.

As the saying goes, "An ounce of prevention is worth a pound of cure." Do everything you can to avoid having an accident. Wear your helmet, follow the rules of the road, use hand signals to inform drivers of your intentions, use reflective tape and lights for visibility, and make sure your bike is in good and safe condition.

Whether you use your bicycle for fitness, commuting or leisure, joining a bike education program is always a good idea. Bicycle Alliance of Washington, Vancouver Area Cycling Coalition, Bicycle Transportation Alliance and Treasure Valley Cycling Alliance offer cycling courses in Washington, Vancouver, B.C., Oregon and Idaho, respectively.



Photo by Bicycle Paper/D. Dencklau



Photo by Bicycle Paper/D. Dencklau

Take photos of the accident scene "as is" to fortify your case.

# BICYCLEPAPER

Northwest Source of Cycling Information since 1972

- The most comprehensive rides calendar
- Coverage of the people, places and events
- Coverage of all aspects of cycling

Subscribe and receive a complimentary 2009 Racing Guide or Tour Guide

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

Bicycle Paper  
68 S. Washington St.  
Seattle WA 98104

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

Come along for the ride...

## SUBSCRIBE!

Subscribe for (choose one)

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

and receive (choose one)

- Free Tour Guide  
 Free Race Guide

name

address

city

state

zip

phone #

email

## A Study of Cyclocross Injuries

By ERIK MOEN, PT AND JEANNE HIGGINS

Cyclocross is a dynamic sport that encompasses high speeds, loose and slippery surfaces, stubborn obstacles and unpredictable weather. So, you may ask yourself, "What is my risk of injury when training and racing cyclocross? Is it a sport for me? How different is it from road racing?"

A recent study of the 2008 Seattle Cyclocross Series (SCS) was conducted to discover the relative injury risks associated with 'cross racing. The series consisted of eight events held in various weather conditions including sun, rain, and snow. Each course was unique and consisted of typical cyclocross surfaces and obstacles: dirt, sand, mud, barriers/barricades, and run-ups. The participants' skills ranged from entry level (beginner) to Category 1 (elite racers) and included riders from Juniors to Masters age categories.

A record number of cyclists took part in last season's series, with an average of 546 participants per race (ranging from 441 to 647) with a combined total of 4,373 registered riders. For the past eight seasons, the series has shown an annual average participation gain of 18% per year.

For this study, the only injuries recorded were those necessitating interaction with the events' emergency medical technicians (EMTs). Minimal injuries such as abrasions/scrapes, contusions/bruises, minor strains (muscle pulls) and over-use injuries were most likely

not observed or recorded, as there was no option for self-reported injuries.

### Key findings:

- The most common injury was the abrasion/contusion (32 occurrences or 0.7% chance). Less than half (44%) of these abrasions/contusions occurred during overcast/wet weather conditions.
- The most common area for abrasions was the knee (44%); it was also the most commonly injured body location in general.
- The most serious injuries, at four events (0.0009% chance), involved the shoulder (acromio-clavicular separations and clavicle fractures) and, at one event (0.0002% chance), the head (concussion).
- There was an interesting occurrence of bee stings. Spectators and course workers (stationary targets) sustained four out of the five occurrences on, predictably, dry weather days.
- Not surprisingly, the weather and course conditions that resulted in the highest number of injuries (16) came during overcast and partially wet conditions. Wet and muddy as well as partly cloudy and dry conditions were a close second, totaling 14 injuries each.
- Category 4 riders sustained the most injuries (12 or 1.9% chance of getting injured) followed by Category 3 racers (9 injuries or 2.0%). These categories had higher participation numbers than Category 1/2, who had a 3.0% chance of injury.

### Summary

Cyclocross injury patterns are not well documented in scientific and medical literature. Initial findings demonstrate a decreased severity of injuries compared to road cycling. The relative risk of knee and shoulder injuries is, however, similar to data reported for road and mountain biking. The rate of abrasions/contusions is most likely higher than these findings show, as these numbers reflect only occurrences where interactions with EMTs were necessary (most likely the more serious injuries), while self-managed incidents were not recorded. It is likely that all serious injuries were reported and recorded by the EMTs.

Weather and course conditions did not seem to play a significant role in the rate of injuries. Wet and muddy conditions obviously slow the pace of the race, and thus may decrease the chance of force related trauma. Drier conditions allow for faster racing and may increase the chances for accidents.

The relative risk of injury appears to be increased among the upper categorized racers (Cat 1/2). These riders carry more speed and typically take more chances on unstable surfaces.

I find it surprising that there were no reported foot and ankle injuries, as cyclo-

cross mandates jumping off and onto the bicycle at speed and requires a racer to run on uneven surfaces. According to anecdotal evidence, this has not been the case in previous years' events.

The most traumatic injuries happened to the head and shoulder region. This finding is consistent with mountain biking data, which suggests these injuries are concurrent with incidents that involve an "over-the-bars" crash.

Sports do not come without relative risk. Understanding them may better prepare you for the upcoming season. Obvious precautions to decrease your chances of injury include wearing a helmet, practicing skills

and racing within your abilities. A traumatic injury will definitely limit your ability to finish races, let alone your season. Race safe, race smart!



Photo courtesy of Joe Sales

Giving a new meaning to "slippery slope."

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

## PRODUCT REVIEW

### Surf to Summit Mammoth Rack Pack

By DARREN DENCKLAU

On a recent self-supported tour of Vancouver Island and the Sunshine Coast, I had the chance to test Surf to Summit's Mammoth Rack Pack. Primarily known for their high-end kayak accessories, Surf to Summit has branched out and are now making functional products for cyclists, motorcyclists and hikers.

Mammoth Rack Packs are made in the U.S.A. and are constructed with a four-layer system consisting of high-density plastic,

heat molded EVA foam and terry cloth fabric for protecting contents, and a weatherproof outer fabric. The 335-cubic-inch pack attaches via two sturdy Velcro straps located on its underside.

Although designed for mounting atop a rear-mounted bike rack, I used the pack instead on my recently purchased Jandd Extreme Front Rack — saving the space on the rear rack for my sleeping pad.

This turned out to be extremely beneficial, as

the adjustable bungee straps worked perfectly for holding and viewing maps while riding — a great option for those who choose to forego a handlebar bag. Whether mounted on a front or rear rack platform, securing odd-shaped groceries, clothing, and even a bottle of wine is simple.

Inside I kept important items like tools, extra tubes, a first aid kit, hand pump, extra sunglasses, sunscreen and more. Throughout our trip I was able to quickly access my gear and keep it organized, thanks to the double zipper that runs laterally around three sides of the pack.

All and all, the Mammoth Rack Pack worked incredibly well throughout our adventure and came in handy on numerous occasions when I needed gear on the fly and didn't want to go digging into my panniers. It kept everything protected from the elements and due to its ample padding and plastic molding, I would trust the pack to keep it that way in case of an accident or in severe weather conditions.

MSRP for the Mammoth Rack Pack is \$34.99. They also make the smaller Moab Rack Pack (185 cu. inch) that retails for \$24.99. Visit [www.surftosummit.com](http://www.surftosummit.com) for more information.



Photo by Surf to Summit

Compact, sturdy and waterproofed.



Photo by Surf to Summit

The view from the cockpit.

**Davidson**  
36 YEARS OF HANDBUILT BICYCLES  
[davidsonbicycles.com](http://davidsonbicycles.com)

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

**MISSING**

OL Case# 4823  
**JOSELYNNE TORRES**

MISSING FROM: SALINAS, CA  
MISSING SINCE: 07/14/2008

OPERATION  
**LOOKOUT**  
National Center for Missing Youth

**1-800-LOOKOUT**  
1-800-566-5688  
[www.operationlookout.org](http://www.operationlookout.org)

**J & G CYCLEWEAR**

**J&G**  
CYCLEWEAR

**Quality Bicycle Clothing**  
Made in Oregon

Rainwear • Shorts • Jerseys  
Patrol Wear

800-452-3938

[bicycleclothing.com](http://bicycleclothing.com)

# A Glance at Bicycle Wheel Truing

By JOE WILSON

Wheel truing is in many ways the most difficult repair/adjustment that can be performed on a bicycle. This is due to the types and range of adjustments that can be made. This article is directed at the home mechanic that is laterally truing traditional J-bend spoke wheels and is in no way meant as a substitute for wheel services provided by professional bicycle shops.

Over the course of riding, obstacles will be encountered that will take a toll on the true of your wheels. It is important to monitor the true of the rims and spoke tension in order to ensure safety and longevity of the wheels. [Classes are available and highly recommended prior to attempting any of the following. Use an older wheel to practice with and have someone with wheel building experience supervise.]

### In order to perform this repair, a few tools are required.

1. Find the appropriately sized spoke nipple wrench. Park Tool produces the SW-10, an adjustable spoke wrench of good quality.



With so many different sizes of spoke wrenches, it is important to choose the right one.

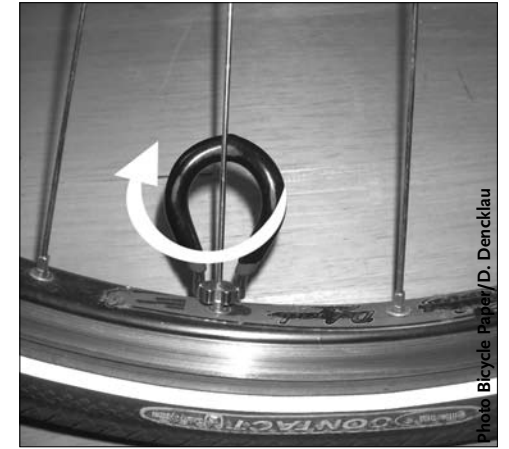
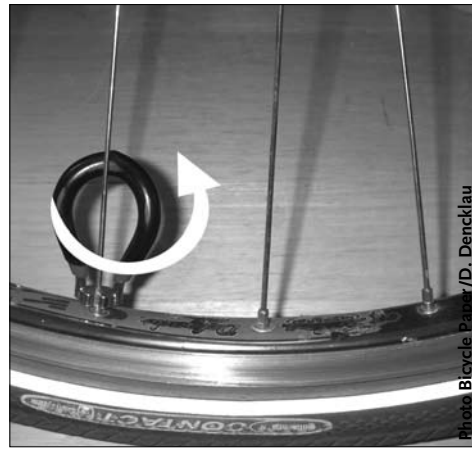
If you are unsure of the size you need for your particular wheels, ask a mechanic. [The right size wrench is extremely important because a loose fitting key could ruin the spoke nipple].

2. There must be some sort of accurate reference point; therefore a wheel-truing stand is invaluable in this respect. If one is not available, you will need to improvise. If your bicycle uses rim brakes, the brake pads can be used as a reference point. For disc brakes you can place a zip tie on the seatstay/fork leg and cut it near the rim for reference. Also, if you are not using a truing stand you will need to hang the bicycle; if no bike stand is available use a rear mounted car rack or a railing to hang the bike by the nose of

the saddle. [You could also place the bike upside down, resting it on the handlebars and saddle, although it's more difficult to adjust this way].

### A simple truing operation can be performed as follows:

1. Once you have a reference point, slowly spin the wheel. Find the point where the rim is the most out of true and begin from there.



Working three spokes at a time, turn the outside ones 1/8 turn, while the middle one gets 1/4.

Start from the side that is bulging outwards. [It is a good idea to mark the rim where you start for reference]. Be sure to work in small increments in order to maintain uniform tension - this will require patience but will pay off in the long run. If the rim touches your reference point on the right at a spoke which runs from the right side flange of the hub, loosen that spoke 1/4 turn and tighten the spokes on either side of it an 1/8 turn (these spokes will run to the left side hub flange).

2. If the rim touches on the right between two spokes, loosen the right side spoke 1/4 turn and tighten the left side spoke 1/4 turn. [Note: spokes have a right-hand thread so if you use your right hand, turn the wrench towards you to tighten and away from you to loosen].
3. Continue working in small increments around the wheel until the true of the rim

is satisfactory. Reverse these instructions for the left side of the wheel.

This article approaches the lateral truing aspect of wheel service. If you feel as though the spoke tension or vertical true is suspect I recommend taking the wheel to a shop to have it properly serviced. The adjustments above are meant to be performed on a wheel that has a run-out of true approximately 5-6 mm, anything more should also be attended to by a professional mechanic.

Joe Wilson is a professional bike mechanic at River City Bicycles in Portland, OR. He is also an event mechanic for Best Buddies Int'l. and a race mechanic for team Mosaic Smalti. Joe has also instructed clinics and administered mountain biking curriculum. He may be reached at River City Bicycles in Portland or via email at joseph-wilson81@gmail.com.

**RACE IN**

**Seriously custom jerseys**

no minimums, no maximums  
recycled fabrics available

Race in JL • 3425 Stone Way N • Seattle • 800-474-1626 • jlvelo.com

**WALLINGFORD**  
BICYCLE PARTS

NICE TOURING GEAR!

1-888-731-3537 www.WALLBIKE.COM  
- NEW ORLEANS -

**Discover Bellingham and Northwest Washington:**

- \* Spectacular views of Mt. Baker
- \* Scenic inland lakes
- \* Rolling valleys of farmland
- \* Beautiful ocean vistas

**Whatcom County has great cycling waiting for you!**

Join us for the **2009**  
**CHUCKANUT CENTURY**  
SUNDAY SEPTEMBER 20

Well-supported routes of 25, 50, 62, 100 & 124 miles,  
with classic views including Birch Bay and Chuckanut Drive!

**MOUNT BAKER**  
BICYCLE CLUB

**mtbakerbikeclub.org**  
chuckanutcentury@mtbakerbikeclub.org

Register online at **active.com** or mail in form at **mtbakerbikeclub.org**.

Or, register 7am day-of-ride at the start/finish:  
Boundary Bay Brewery – 1107 Railroad Ave, B'ham  
Finish festivities also at Boundary Bay!

Ride for Hospice!

"JENNIE" FROM PAGE 1

**JR:** I feel very proud of my career as a sprinter. Being from the U.S., it was challenging to find a program that was consistent. USA Cycling was hiring and firing coaches every couple of years and as an athlete, putting everything into the coaches and programs, it was at times very frustrating. I had to create my own path and find a program that would work for me. The athletes from European countries didn't have to deal with that and I think it was more of a steady build for them. My career was up and down, but it also made me that much more hungry for winning.

**BP:** You started racing in national events at an early age. What gave you the inspiration to begin your career as a professional sprinter?

**JR:** I actually started at [age] 16 with Gregg's Cycle and just rode all events. It wasn't until I turned 18 and was at the University of Washington that I got a phone call from the national team coach and he asked me to join the Sprint Team. He said he saw me at the Junior Worlds doing the pursuit and thought I had talent for the Sprint events.

**BP:** Going back to the Beijing Olympics in 2008, you and your teammates went through a hard time with the U.S. Olympic Committee over wearing protective masks, which they provided you with upon arriving in the Beijing airport. Do you believe that incident had any impact on your achievements?

**JR:** I think that goes without saying! What happened at the Olympics was very unfortunate and it wore me out. I came down with a really bad respiratory infection in the end. There are so many factors that affect performance at the Olympics, but I can say that not feeling the support of your own country was quite devastating. I did have one of the best years of my career leading up to Beijing, so I still had an incredibly rewarding year despite the Olympics!

**BP:** Do you believe the U.S. Olympic Committee should have handled the situation differently?

**JR:** Of course! The USOC wasn't thinking about us athletes at all. They were only worried about politics. There is no question that

the Olympic Games are about politics, but the athletes shouldn't have to even think about it.... I think what disappointed me the most was the fact that I had to see the ugly side of politics instead of just racing my bike and trying to have my best performance.

If the USOC was smarter, they could have handled the situation completely different and could have gotten a better outcome on both sides. When the four of us wore the masks, the USOC should have nicely spoken with us and told us that it may have been perceived as a protest and that they need to clear up the situation, [that] they were on our side since they recommended we wear the masks. Instead, they yelled at us behind closed doors and told us that we had to apologize to the Chinese or we would be "shipped back home." They took no responsibility and just threw us under the bus.... Your country should stand behind you at the Olympic Games. And in the end, the Chinese never even said anything about the masks; everyone assumed the Chinese complained but they didn't!

**BP:** What do you think of the status of bicycling in the U.S. – Washington, Oregon and British Columbia in particular?

**JR:** Honestly, I haven't been around the Northwest on a regular basis for some years, so I don't have a fair say. The Northwest has always had a good amount of followers for road racing and cyclocross but not for track racing. I think it's hard for riders to focus on the track since there are fewer races, and it takes very specific training to be at a good level.

**BP:** Do you have any suggestions to promote and improve bicycling as well as track riding in the Northwest?

**JR:** I think first we just need awareness of the track. It'll always be hard to get awareness out until it's advertised more. I think if road riders knew how much the track could improve their road racing, they'd be more inclined to try the track. The women's National Road Team (specifically Kristen Armstrong) got on the track two years ago and saw huge improvements in their Road Time Trial after a week of track specific



A well-deserved victory lap in Manchester. Photo courtesy of CanadianCyclist.com

training. After that, it became part of all of the women's preparation for their TT's.

Also, the one thing that I would love to do is to try and get a program going with public schools.

**BP:** Would you consider starting a coaching career on the regional, national or international level?

**JR:** At the moment I am coaching a few riders locally and I really enjoy it. I have thought about coaching at the international level. There aren't any women on the international level on the track, so it is on my radar!

**BP:** Do you think you have succeeded in leaving a personal impact on bicycling in the U.S.?

**JR:** Well, that's hard to say! I think that I have inspired a lot of women in the sport. Most people that have followed my career have seen that it was up and down, so for me to eventually win a world title was huge! I have heard from lots of women that feel inspired to do great things after seeing me achieve such success. That being said, I am not done with cycling. I am working on starting a junior academy in the Seattle area and I am coaching local riders. I have learned so much from my career and want to share my knowledge with others. If you are interested in the junior program or coaching you can email me: jenniereed@hotmail.com.

**BP:** As a professional athlete, would you like to give some advice to beginners who wish to follow your career path?

**JR:** Sprinting requires very specific training, so I would suggest to someone who

**BP:** Based on your rich experience in the field, what does it take in order to become a successful international sprinter?

**JR:** I think the most crucial element is to have a training group of sprinters. I am a big believer in "training with world class if you want to be world class." I think it's always a good idea to train with people faster than you.

**BP:** Having spent more than a decade on the track, what have you gained from your journey?

**JR:** I trained with several coaches living in different countries. I learned so many approaches to training and it took me a long time to find the best way. I had several highs and lows, and through them all learned to have confidence in myself as an athlete and to trust myself. I met people along the way that believed in my dreams and people that didn't, but in the end, I always tried to surround myself by a group that believed in my dreams; you can't do it alone. And when you're all done, you realize how it really is about the journey and not the destination. Of course, I always was striving for success, but if you're not happy along the way you should change something, because you are really the only person that cares the most about the results.

**BP:** How important was your family and friends' support to becoming a successful athlete?

**JR:** I got into the sport because of my dad, Duane. My family always supported me with anything I wanted to do. They were excited about my cycling, but at the same time it was always up to me. Another huge support system I had when I first started was from Gregg's Cycle. They had a very successful Master's team and they really built me up. I had so much help from Stan, his daughter Julie, the club coach Dan Norton, and everyone else on the team. It was a great time to get started in cycling because these people gave me so much [of their] time and effort and encouragement. Once the foundation is laid, it takes off from there.

**BP:** Tell us about the most memorable moment in your athletic journey.

**JR:** That would definitely be winning the World Championship in the Keirin in 2008. Everything came together at the right time and I felt unstoppable. I had a great support system and awesome training partners and my head was clear. That whole World Championship was just awesome and so much fun! It was worth any years that were a struggle.



Reed (left) leading the pack on her way to her 2008 Keirin World Championship victory in Manchester, UK. Photo courtesy of CanadianCyclist.com

thinks they have talent, start working with a sprint coach. Since very few riders specialize in sprinting, it's hard to find a coach that understands track sprinting. It's very different from road sprinting, so the training has to be very different.

**OUR NEW  
ONLINE STORE  
IS NOW OPEN**

[www.tufonorthamerica.biz](http://www.tufonorthamerica.biz)






**Visit us for all of your cycling needs!**

**Top Level Products at Ground Level Prices**

**CYCLING ACCIDENT ATTORNEY**



**JOHN DUGGAN**  
CYCLING ATTORNEY

Member of Cascade Bicycle Club and Bicycle Alliance of Washington  
 Sponsor of ByrneInvent, Caffe Appassionato, IJM.org/Thumbprint Racing  
 and Lakemont Ladies Cycling Teams

**206-343-1888 or 206-714-1085**  
[johnd@warrenduggan.com](mailto:johnd@warrenduggan.com)  
 Free Consultation

## "NEW 'CROSS" FROM PAGE 1

"Woodland Park is the 'holy grail' of the movement. We want to show people that races like these can be done without creating a huge environmental impact," Buchanan stated. He noted that hundreds of sledders took advantage of last year's snowstorms and used the area for recreation. "If hundreds of kids sledding on the grass doesn't damage the park, certainly a bike race won't."

Green Lake is also home to many local retailers such as Gregg's Cycles, Super Jock & Jill, Title Nine and Road Runner Sports, all of whom cater to the area's many outdoor enthusiasts. The inaugural event could potentially open doors for future 'cross races at Woodland Park.

Additionally, support from local communities, the cyclocross population, King County Parks, Washington State Parks and Seattle Parks has been excellent so far, and all have been working with promoters to ensure everyone's concerns are resolved.

Besides organizing races, Buchanan has another reason for being so dedicated to the 'cross scene.

"My ten-year old is now into it, so that gets me out there. I like the puzzle of 'cross and it is completely different than my focus was as a [road] racer when I was trying to be 'great,'" he said.

When asked what MFG stood for he replied, "It is really up to you ... The name came up in a discussion between me, Zac and my wife." Daab confirmed that statement, adding such taglines as "Mud, Fame, Glory" and "Made for Grass." It's a reflection of their "we're doing this for you" attitude – in other words, it is what you want it to be.

The series promotes the idea of "quid pro quo," or something for something. They prom-

ise to listen to any input from participants and make sure races are affordable, fair and fun for everyone, regardless of age, gender or skill level. Their website states: "We'll give fair play to ladies, the newbies, and the fast ones."

Another vision MFG has by holding events within city limits is to make cyclocross racing more visible to those who have never seen the sport.

"We want to minimize and expose cyclocross, bringing the events to places that outsiders are more apt to stumble across a race and become interested and then hopefully want to get involved," explained Buchanan.

In cyclocross, audience participation is almost as big as the race itself, due to its

ease of viewing and festival-type atmosphere. Unlike road races and cross country mountain bike races that have the field spread out soon after the start, 'cross races are kept in a relatively confined area, with many switchbacks and obstacles to maneuver – sometimes through, over, under and around. This close proximity between spectators and racers allows for a bird's eye view of the action on course.

The most unique races of the season promises to be on October 10-11, when two events will pit Washington vs. Oregon to decide which state wins the title, bragging rights and the coveted "Grail de la Grunge," a trophy similar to the Stanley Cup in its significance. Racers from ten categories will be scored ten deep and the total points will determine the winner. The battle for the Grail starts on Saturday with the Cross Clash and concludes on Sunday with the presentation of the second Cross Crusade race at Rainier High School in Rainier, Ore.



Photo courtesy of Joe Sales

Short and fast, the races offer few resting sections.



Photo courtesy of Joe Sales

Run-ups test riders' fitness level and technical skills.

Buchanan believes the most technical courses of the season will be the uBRDO Kick-Off Cross race on September 13, at King County's Big Finn Hill Park, and the Starbucks Gran Prix on October 4 at Lake Sammamish State Park in Issaquah, which will include a long stretch of beach (anyone who has navigated sand on skinny tires knows how difficult this can be). Starbucks has partnered with the Seattle Cancer Care Alliance (SCCA) and the proceeds from the event will go towards treatment and care for breast cancer patients at SCCA.

The MFG series will also feature a "Category Du Jour" for participants who are new to the sport or just want to try it without the perceived racer pretentiousness. The idea is to initiate those who are unfamiliar to bike racing or may be intimidated by high-tech bicycles, clothing and equipment. Category Du Jour riders will pay a smaller entry fee and are encouraged to "wear whatever you want" (perfect for those uncomfortable with sporting Lycra).

Several of 2009's races include theme days, where riders are incited to dress up in costumes which represent topics like "My Co-Worker Races Cross," "Politicians," "Witches and Wizards," and "Joggers of All Sorts."

There will also be 3-person relay races. To do well in the relays Buchanan recommended, "Make sure the anchor rider is fast and doesn't mind waiting for two laps to join the race." The only requirement for a team is to have similar jerseys or t-shirts; it should quickly become a favorite among the not-so-serious riders and a fun spectator event.

Speaking of the not-so-serious set, when asked what he would tell someone who is watch-

ing the sport for the first time and wants to get involved, Buchanan replied, "Get your bike and just go for it. Don't worry about embarrassing yourself. We have all embarrassed ourselves on a 'cross bike before."

There will also be some big names participating in the MFG series. The Rad Racing GP, scheduled on September 20, will feature current US National Cyclocross and NACT Champion, Oregonian Ryan Trebon. Jonathan Page, the 2007 World Cyclocross silver medalist, as well as Swiss Cyclocross champion, Christian Huele, will also be on deck. For the ladies, we should expect another legendary battle between BC's Wendy Simms of Team Kona and Portland standout and Mona Vie-Cannondale rider, Sue Butler – much like 2008's action-packed finish in which Simms claimed a narrow victory.

Prizes will be given to riders every week and

results will be posted soon after on each race's individual website and on www.mfgcyclocross.com. The weekly results will then be tallied for an end-of-season dance party that promises to be "off-the-hook," with prizes – some

of the planned festivities still remain a secret at this point.

Whether you are racing, watching, or simply interested in the sport of cyclocross, MFG is shaping up to be one of the premiere series in the Northwest. Daab and Buchanan want to invite everyone to take part and support Seattle's vibrant cyclocross scene.

For a full list of events and locations, see our calendar section in this month's issue.

## FEATURE

## Where is the best place to watch?

By DAN NORTON

Competition is a very big part of cycling, and being a spectator is as important as being a racer. But is there a better spot than others to see the action as riders maneuver through the mud and obstacles of a 'cross course?

A spectator friendly sport, cyclocross events are raced on short loops, which allows the crowd to see the riders multiple times, and as the race progresses, cyclists get spread out over the length of the course, providing almost nonstop action. A race can be broken down into several smaller segments, all of which offer interesting viewpoints.

**The Start**

A field sprint at the beginning of the race is very important to the racers as they enter the trails and the body of the course. Stand about 200 yards from the start, at the first pinch point (where the course narrows) and watch the pushing and shoving as participants try to get a prime position among the field.

**Technical Sections**

A good 'cross course will also have sections that challenge the abilities of riders as they go

through sand, mud, off camber, or other terrain features that are difficult to ride at speed. Many good racers will pre-ride these sections and they will also watch some of the earlier categories, hoping to find the right line.

**Run-ups**

A crowd favorite. At any large 'cross race it is usually the most frantic and the most crowded place on the course. Spectators will wait for hours to secure a spot at the run-ups during large European races. This is the place to watch the athleticism of the riders. The dismounting, the running, and the remounting all done at great speed, and at an anaerobic level, makes this a prime viewing area. The run-up at Ft. Steilacoom Park is well known in the area. The run is long, steep and has a slight uphill after the remount. Evergreen High School has a nice run-up too, with the added pleasure of being able to see a great deal of the rest of the course from its vantage point.

**The Finish**

When a couple of riders are still together with a few laps to go, move to the finish line and watch the sprint unravel.

**Don't Limit Yourself**

A nice part of a 'cross race is the spectator's ability to move around and watch from various locations. Put some boots on and take advantage of this luxury. The riders and promoters do not want you to stake out a single spot, move around and cheer the riders on at some of the tougher points.

**Spectator Fun**

Behind every mild mannered casual observer lurks the heart of a loud shouter, just waiting to call out the sandbaggers and cheer on the riders. Join in the cowbell frenzy and the fan lunacy. Make noise and contribute to the excitement that is cyclocross racing.

Precision. Craftsmanship. Durability.

Titanium

MOOTS

ROAD  
MOUNTAIN  
CROSS  
CUSTOMS

MOOTS  
HANDBUILT IN THE ROCKIES

MOOTS Ti  
Silky yet Stiff.  
Longest Fatigue Life.  
Superior Hand-Built Quality.

STEAMBOAT SPRINGS

Ti Experts...Quality leaders since 1981

moots.com

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

By JOE "METAL COWBOY" KURMASKIE

[Editor Note: In this issue we continue with the Metal Cowboy's "Chapter 13: James and the Giant Peach Bicycle," which is an excerpt from his new book, *Mud, Sweat and Gears*. Last month's article left off with James the giant Irishman playing "I do believe" with Joe and the children.]

We locked eyes at seventeen mph. For a few seconds I thought I could see behind his, to the darker corners. His shoulder sported a USMC tattoo and the scar running the length of his thigh was unmistakably made by a bullet. He offered the slightest nod. Before I could ask anything he winked, rang the bell and announced, "Lightening round. Ten seconds on the clock."

The boys loved this guy. Bipolar perhaps, but he brought it — crackling energy, games on demand, and more than a pinch of danger on the fly. Get in a car on a Friday after work with James and you'd come back with some stories or you might not come back at all.

He looked at me.

"And ... go."

I breathed deep, like a contender about to start a breakaway.

"I believe in peak oil, short skirts, cantaloupe, Italian food cooked by Italians and that only some of us get what we deserve."

Quinn came right back with, "I believe in wall ball, climbing too high in trees, most of the music my Dad put on my iPod, and that Dots better not be the ice cream of the future."

"They're all air, no cream," Enzo whined. "What a jip."

"Ten seconds," James prompted my middle son.

"I believe in wall ball too, summer vacation, bike rides across countries, smores with the marshmallows browned but not burnt, and Mom's goodnight kisses."

I don't know why the last bit cut me so deep. Make no mistake, life will try to break you, and often succeed, but having boys who let you inside their heads, who hand over their hopes and their well being, trusting you to safeguard them while they go about trying to be kids, like getting up each day to keep pedaling just because their Dad asks them to ... well, love that bone marrow deep is the only force I know capable of breaking your fall.

"Your turn, Mr. James," said Enzo. We'd almost reached the top of a long, steady climb. The type that, if you're talking, goes unnoticed until you look behind you. The water was on our right, thick evergreen forest on our left, as James slowed the pace for the first time since we'd met.

"I believe ... lads like you three give me some good reasons to carry on."

James rode a bike for reasons that had nothing to do with garden-variety exercise, on this one thing, I was sure.

"Four." Quinn pointed out. "Our baby brother's back there sleeping in the trailer."

James peered into the chariot as we slowed at the crest. An incredulous look appeared on his face.

"Brilliant." His voice was down just above a whisper for the first time.

"Bonus round," he shouted, and then launched right in.

"I believe ... you could best me to the top of the next rise if you had the mind to; object lesson on balls and vigor. That's what you boys turned out to be."

Enzo took the bait.

"You're on."

I shifted to our second hardest gear. Quinn timed his pedal stroke as though he'd been stroking all his life. We got the jump on James, but he came roaring back. It's quite difficult to outpace a 16-foot, 438-pound bike train going downhill. James rang his bells as he went by on the rise. We'd used our momentum — every bit

of team pedaling — and fluid downshifting to hold him off, but three quarters of the way up he chugged by. His size cannot be understated. When James spread his arms at the crest he resembled a condor about to catch a thermal updraft.

We finished out the climb as if it were a points sprint in the Tour de France. I thanked the boys for their effort, but that was lost in the parting waves to James. He looked back as he hit the flats, gave one more nod, then leaned over the straight bars of his mountain bike in a ridiculous effort to gain some aerodynamics. But then again, can't every effort be seen as ridiculous by someone?

"I believe that man's gonna make it," Enzo said.

Now, I know my son was referring to the distance to his car or home or wherever James was off to that day. And maybe he meant before

weather or nightfall caught him. But it made me smile thinking perhaps my boys and our own ridiculous effort reached something forgotten and unsullied for James and his Giant peach bike...

Beth rolled up quiet as a ninja. Twice in one day I'd been caught from behind without an inkling. We took mercy on her, waiting at the top while she and two sweet and salty granola bars communed.

"Did you see that biker about as big as Paul Bunyan go by?" She got around to asking. "Gold tooth, no pants. Ringing his freakin' bell like a madman?"

A silent signal passed between me and the boys, in this case a wink. I can always count on them for the harmless con.

"Wouldn't have missed something like that," Quinn said.

"Ring, ring. Baby Matteo, with less than a ten-word vocabulary, sold us out.

"He was great," Enzo confessed. "We played 'I believe' and sang 'The Night Pat Murphy Died.' It had some swear words."

I smiled at Beth.

"Big, unstable, but not crazy."

She pedaled out, looking over her shoulder as she went.

"Like you would know."

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 September 2009. For more information go to [metalcowboy.com](http://metalcowboy.com)

### Literary Rides With



### The Metal Cowboy

## UP NORTH

### "UP NORTH" FROM PAGE 1

tries. I shared a room with one kid from Japan and another from Mexico. Like me, going to the camp was a dream come true and we were all super excited to be there.

Our days began with breakfast at the Longhorn Cafe, followed by rides on the mountain until lunch was served at the Bike and Bean. We then had the opportunity to either return to the hotel to rest or continue riding the mountain until three o'clock. At that point, we had the option of going to the Whistler AirDome. The Dome is a large indoor facility, which houses a 26-foot quarter pipe and wooden jumps ramps of various degrees of steepness that project you into a huge foam pit. As part of the Summer Gravity Camp, participants can take part in a daily hour-long session at the Dome where coaches are on hand to give tips and help riders learn new tricks. After all this riding most kids are exhausted, and



Plenty of steep technical sections like this will test your abilities, if you so desire.

Photo courtesy of Joe Sales

many chose to go back to the hotel for some well deserved relaxation time on the couch. Campers are expected to provide their own dinner; some cook their own meals while others choose to eat at one of the many Whistler restaurants.

What was great about the camp is that I rode with kids my own age and I received instructions from some of the best riders from the Northwest, most of whom have appeared in films and/or raced on the international scene. The roster of coaches included Andrew Cho, Jordi Lunn, Brandon Semenuk, Wade Simmons, Thomas Vanderham, Cam McCaul,

Geoff Gulevich, Tyler Morland, Matt Hunter, Joe Schwartz, Kyle Jameson, Dave Watson, Katrina Strand and Adam Billingham. Most of these professional riders rotate each week,

while Shandro stays for all five weeks. The opportunity to ride with mountain bikers of such high caliber provides a great atmosphere to improve and to have fun while doing it.

The coaches either rode behind us to give pointers or they traveled ahead to show us the trails. The group I was in mostly worked with Shandro and Lunn. We rode both the upper and lower mountain trails, which presented us with a large variety of riding styles — from steep, root covered singletrack, to the super smooth, wide, flowing trails that Whistler has become famous for. It is amazing how quickly you can learn when it only takes a few minutes on the lift to reach the top. You get to do a single trail many times over the course of the week and it's easy to improve because you can warm up on an easy trail and then move to harder ones as you feel more comfortable. After a full week at the camp I'm a more confident rider and my new skills have opened up even more of the mountain for me to experience.

Ever since that first run last year, I have fallen in love with the incredible thrill and flow of descending on the myriad of great trails the Whistler park offers. I spent the past year learning as much as I could about the sport, including watching many of the well-known freeride videos. I even attempted to wear out my copy of "Seasons," especially the scenes that feature Shandro

and other riders at the Whistler Mountain Bike Park. I feel like a rider can learn a lot by watching the very best, but at Summer Gravity Camp you not only get to watch the best, you get to ride with them.

For more information on the SGC visit [summergravitycamps.com](http://summergravitycamps.com).

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.



# 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.

All aspects of this event calendar are copyright 2009 *Bicycle Paper*. This calendar may not be transmitted or reproduced by any means, electronically or printed, without written consent of the publisher.

## EVENTS

### SEPTEMBER

#### Sep 1-30: Bike Commute Challenge

Various, OR. Friendly competition – workplace against workplace – with benefits for companies and individual cyclists when employees bike to work during this month. The workplaces with the highest percentage of commuters by bicycle during the month wins! Bicycle Transportation Alliance, 503 226 0676, bta4bikes.com

#### Sep 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

#### Sep 20: Brew Ha-Ha Street Scramble

Fremont, WA. 30 locations circled on a map. Visit as many as you can, in any order, in 90 minutes on foot. Team and solo. Part of Fremont Oktoberfest. Meridian Geographics, streetscramble.com

### OCTOBER

#### Oct 3: Take a Kid Mountain Biking Day

Various. 6th annual ride celebrates the life of Jack Doub and helps disadvantaged children discover mountain biking. Benefits the Jack Doub Memorial Endowment. IMBA, imba.com

#### Oct 5: 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

#### Oct 22-25: SportsWise Seattle

Seattle, WA. Presented at Magnus Park in Hangar 30. Warehouse sale of fall and winter active wear, apparel and footwear. Prices 50-75% off regular retail prices. Lara Dittoe, SportsWise, 425-776-1575, beSportsWise.com

#### Oct 24: Bicycle Alliance Annual Auction

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

#### Oct 31: Messquerade

Seattle, WA. Tentative. Halloween Bicycle Scavenger Hunt. messmannsmessquerade.net

## CAMPS

### AUGUST

#### Aug 11 - Oct 1: Upper Echelon Fitness Skills Series

Portland, OR. Cross clinics focusing on small groups and hands-on instruction. Open to all skill levels. Includes discussion and on bike training. Presented at Alpenrose velodrome every Tuesday and Thursday from 6:30-8pm. OBRA sanctioned. Russell Cree, Upper Echelon Fitness, 503-501-8121, upperechelonfitness.com

### SEPTEMBER

#### Sep 2-16: Alpenrose Cross Clinic

Portland, OR. 3 weekly skill clinics to refresh your skills before the season (or learn new ones). \$25 registration for the series, single clinic \$10. Start at 6:30pm. Registration opens at 6:00pm. OBRA sanctioned. Erik Tonkin, Sellwood Cycle Repair, 503-233-9392, sellwoodcycle.com

#### Sep 16-Nov 25: Cyclocross Training

Seattle, WA. Weekly training at Marymoor Velodrome to help improve your skills and abilities. Stiff Wick Productions, stiffwick@comcast.net

### OCTOBER

#### Oct 17: Southern Oregon Outlaw Cyclocross Clinic

Ashland, OR. Clinic to prepare for the series. Jena Jensen, 541-899-9190, obra.org

## MULTISPORT

### SEPTEMBER

#### Sep 5: Titanium Man Olympic Triathlon

Kennewick, WA. Staging in Columbia Park. Swim in the Columbia River, ride toward Benton City and back for the run along the footpath of Columbia Park. Team or individual. Limit 225 individual, 30 teams. Age group categories. Start at 9am. Eric Greager, 3 Rivers Road Runners, 3rrr.org

#### Sep 5: Umpqua Ultimate Triathlon & Duathlon

Sutherlin, OR. Du: 40km mtb & 10km run. Triathlon: 1.5km swim, 40km bike, 10km run. Also sprint version and trail run. Rogue Multi-sport LLC, 503-327-5531, roguemultisport.com

#### Sep 12: Lake Stevens Triathlon

Lake Stevens, WA. Age groups, 2- & 3-person relay, Clydesdale and Athena. Olympic and sprint distances. Registration from 6am. Race starts at 8am for Olympic, 9am for Sprint. Distance: 4.25/1 mile swim, 10/24.5-mile bike, 3/6-mile run. Limit 500 racers. Deanna Muller, BuDu Racing, 206-920-3983, buduracing.com

#### Sep 14: Ole's Assault

Astoria, OR. Adventure race that will challenge you with 10 obstacles. Simple navigation. X Dog Events, 971-223-2825, xdogevents.com

#### Sep 18-19: Island Quest

Friday Harbor, WA. Adventure race. 6-hour and 24-hour race format. Navigate to various check points. Kayak, trek, run, mtb and more. Paul Hopkins, 360-472-0908, islandathleticvents.com

#### Sep 19: Bellingham Traverse

Bellingham, WA. Run, mtb, road bike, trail run, paddle and trek. Registration opens June 1. Start at 12:30pm. Solo, tandem or relay. Choose a group to give your pledges to. Todd Elsworth, Bellingham Benefits, bellinghamtraverse.com

#### Sep 19: Cottage Lake Tri

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

#### Sep 19: Grand Columbian

Grand Coulee, WA. Ultra, full and half distances. Amazing high desert scenery. Swim in Banks Lake. Ride across the dam. USAT National Championship qualifier. Total Health Events, 206-499-1903, thegrandcolumbian.com

#### Sep 19: Oyster Race Series

Portland, OR. 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 team and family fun. TeamSage Productions, Inc., oysterracingseries.com

#### Sep 20: Trek Women's Trathlon Series

Seattle, WA. Originally scheduled for 7/5. Gene-see Park. .5-mile swim, 12-mile bicycle ride, and 3.1-mile run/walk. Anne Demetrio, 877-221-9665, trekwomenstriathlonseries.com

#### Sep 20: XTC Squamish

Squamish, BC. Off-road multisport race. Alice Lake, full XTC 1000m swim, 24km mtb and a 10km trail run. Open to all levels, from new to off-road triathlon to pro athlete. Half XTC distance also available. Teri Taylor, Cove Communications, 888-788-4645, xtccanada.com

#### Sep 26: MOMAR - Cumberland

Cumberland, BC. 30-50km course. Kayak, mtb, trail running, trekking, and mystery challenges. For beginners to advanced racers. Moderate navigation. Solo or teams of 2 or 4. Approximate finish time 4-8 hours. MOMAR, mindovermountain.com

## CYCLOCROSS

## SERIES

### BC Cup CX

Sep 6; Oct 4, 17, 25; Nov 1, 15, 24, 28

Series of 8 events spread over 3 months in and around Vancouver. Open to all, BC Cup points awarded to applicable categories. Full licence or one day licence mandatory. Cycling BC, cyclingbc.net

### Cross Crusade I

Oct 4, 11, 18, 25; Nov 1-2, 8, 15

Portland, OR. Largest cyclo-cross race series in the nation. Category A, B, C, Beginner and Master 35+. All bikes are legal. Pre-registration recommended, day of race registration available. Overall winner calculated on points. Also Team competition - top 8 results across all categories count. Kiddie Kross for 12 and under, prizes for all categories. Overall cash prize \$20,000. Brad Ross, Club Vivo, 503-806-6943, crosscrusade.com

### Eagle Island Cross

Oct 3, 17; Nov 7

Eagle, ID. 3-event series at Eagle Island State Park. MTB friendly but remove bar-ends. All categories. A, B, C and D groups. Points to top 15. Overall GC based on points. Prize: 1/3 entry fee given back to top 3 in each category. First start at 11am, last at 2pm. Registration from 10am-1:45pm. \$60 for the

series or \$25 per race, Junior \$15 (includes Park entry fee). USCF sanctioned. Team Reel Theatre, 208-866-3384, idahocyclocross.com

### Fresh Air Cross

October 10-December 5

Bend, OR. Series of 3 cross events race around Bend. Gina Miller, Fresh Air Sports, 541-318-7388, freshairsports.com

### Inland NW CX

Oct 11, 18, 25, 31-Nov 1; Nov 8, 15, 21

TDB, WA. Day of registration only, opens at 10am. 3 race at each event. Starts at 11:30am, 12:30pm and 1:30pm. Points 10 deep. Before each race a drawing will determine if it will be scored double or single points. Cash and merchandise at the end of the series. Emde Sports, 509-326-6983, emdesports.com

### MFG Cyclocross I

Sep 20, 13; Oct 4, 10, 31; Nov 15

Various, WA. Series of 6 events open to all categories from Beginner to National level. First start at 9:30am, last one at 2:30pm. \$20 entry fee, no licence required. Day of registration closes 20 minutes before each start. Overall standings calculated on points. Relay Team = 3 riders of any category wearing unique jerseys. Category du Jour entry level theme race for anyone who wishes to try cross racing. Terry Buchanan, Low Pressure Promotions, mfgcyclocross.com

### Psycho Cross Pseries

Sep 13; Oct 17; Nov 21, 29; Dec 13

Series of 5 events presented at Camp Harlow. 7 start groups. First at 10am for Beginners. Oregon Junior cyclocross series race starts at noon and at 12:30pm - Kiddie Cross. Last race at 3pm. Series prizes 3 deep gift certificates for all categories. OBRA sanctioned. CoMotion Classic Racing, 541-747-3336, comotionclassic@comcast.net

### Seattle Cyclocross Series

Sep 27; Oct 11, 18, 25; Nov 1, 8, 22, 29

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

### Southern Oregon Outlaw Cyclocross I

Oct 24, 31; Nov 7, 14, 21

Series of 5-event races around the south end of Oregon. Jana Jensen, 541-899-9190, obra.org

## WEEKLY

### THURSDAY

#### Thrilla Cross Series

September 3-October 2

Bend, OR. Thursday night race series (3 events). At the Cascade Lakes Brewing Co. Lodge. Start at 6pm. Categories: A, B and Women. No race 9/17, 9/24. Henry Abel, Webcyclery, 541-318-6188, webcyclery.com

### SEPTEMBER

#### Sep 6-7: Cross Over Stage Race

Eugene, OR. This is the ultimate "Cross" race. Come test your skills in the NW's first-ever Cyclocross Stage Race. TT and two mass start races. Some road, some gravel and some mud. All categories. Sal Collura, 541-747-3336, obra.org

#### Sep 6: Langley Cyclocross Classic

Langley, BC. BC Cup #1. Registration opens at 9am. 3 starts 10am, 11am and noon. Entry fee \$25. All proceeds donated to MS Society of BC. No pets allowed on property. See race series for details. Team H&R Block - Kona

#### Sep 7: Labor Day Cyclocross Championships

Seatac, WA. North Seatac Park. Not part of Seattle Cyclocross Series. Proceeds to support ASC junior development racing team. Registration opens at 8am. MTB without bar ends ok. Racing starts at 9am. Dirt and paved sections, complete with short climbs and sand segments. Brian Volkert, ASC Junior Development Racing Team, ascracing.org

#### Sep 12: 542 Cross

Bellingham, WA. Silver Lake State Park. A, B, C classes. An early season test designed for all abilities. First time cross racers welcome. Cyclocrazed, NorKa Recreation, 360-303-1717, norkarecreation.com

#### Sep 12: Pain on the Peak

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

#### Sep 13: Psycho Cross Pseries

Eugene, OR. See race series for details. Sal Collura, obra.org/flyers/2008/psycho\_cross.html

#### Sep 13: uBRDO Kick-off Cross

Kirkland, WA. Big Finn Hill Park. Category du Jour: "My Co-worker Races Cross". Part of MFG Cyclocross. Terry Buchanan, Low Pressure Promotions, mfgcyclocross.com

#### Sep 19: FSA StarCrossed

Redmond, WA. Twilight cyclocross event presented at Marymoor Velodrome. Fast and spectator friendly course surrounded by a festive atmosphere. Beer garden, raffle, food and music. NACT Trophy #1 race. Spectators \$5. Terry Buchanan, Broadmark Capital / Lake Washington Velo, 425-503-2333, hagensbermancycling.com

#### Sep 19-20: Hood River Double Cross

Hood River, OR. Double weekend of cross. Hood River Valley High School on Saturday and County Fairgrounds on Sunday. All categories, including kids kross. Cash and merchandise for all categories. Points are given each day to the top 10 in each category. Overall winner receive trophy. Registration opens 7:30am. OBRA sanctioned. Jeff Lorenzon, 541-490-6387, obra369@yahoo.com

#### Sep 20: Rad Racing Grand Prix

Lakewood, WA. At Ft. Steilacoom Park. Race #2 of NACT Trophy. Part of MFG Cyclocross. Jim Brown, Rad Racing NW, radracingnw.org

#### Sep 27: Battle at Barlow

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

#### Sep 27: Seattle Cyclocross Series #1

Burien, WA. Evergreen High School. See race series for details. Dan Norton, seattlecyclocross.com

### OCTOBER

#### Oct 3: Bikes and Brews Cross Race

Tamarack Resort, ID. Tentative. Jessica Joy, idahocyclocross.com

#### Oct 3: Crosstoberfest

Kenmore, WA. Generous cash payouts and swag, pre-race trail run, beer garden and of course, the wild and crazy team relay race. Ragnarok Racing and Second Ascent, ragnarokracing.com

#### Oct 3: Eagle Island Cross #1

Eagle, ID. See race series for details. Team Reel Theatre, idahocyclocross.com

#### Oct 3: Willamette Valley Cross #1

Willamette Valley, OR. Chad Cherefko, 503-367-3695, obra.org

#### Oct 4: Cross Crusade #1

Portland, OR. Alpenrose Dairy location. See race series for details. Brad Ross, Club Vivo, 503-806-6943, crosscrusade.com

#### Oct 4: Starbucks GP

Issaquah, WA. Lake Sammamish State Park. The event has partnered with Seattle Cancer Care Alliance (SCCA), based in Seattle, WA. Proceeds will go towards treatment and care for breast cancer patients of SCCA. Part of MFG Cyclocross. Low Pressure Promotions, mfgcyclocross.com

#### Oct 4: West Coast Racing

Vancouver, BC. Vanier Park. BC Cup #2. See race series for details. westcoastracing.ca

#### Oct 10: Cross Clash Grunge #1

Tumwater, WA. Airport Golf Center. A one-of-a-kind race which will pit Oregon versus Washington, with ten select categories being scored ten deep, to crown an overall Cross Clash winner. The weekend continues with stop #2 of Oregon's Cross Crusade. Part of MFG Cyclocross. Terry Buchanan, Low Pressure Promotions, mfgcyclocross.com

#### Oct 10-11: Cyclocross Nat'l Championship

Bend, OR. usacycling.org

#### Oct 11: Cross Crusade #2

Portland, OR. Rainier High School location. Part of Border Clash weekend. Cross Clash Grunge #2. See race series for details. Brad Ross, Club Vivo, 503-806-6943, crosscrusade.com

#### Oct 11: Inland NW CX #1

Coeur d'Arle, ID. The Village at Riverstone. See race series for details. Emde Sports, 509-326-6983, emdesports.com

#### Oct 11: Seattle Cyclocross Series #2

Carnation, WA. Carnation Farm (to be confirmed). See race series for details. Dan Norton, seattlecyclocross.com

#### Oct 17: Cyclocrazed #1

Bellingham, WA. Tentative. cyclocrazed.com

#### Oct 17: Eagle Island Cross #2

Eagle, ID. See race series for details. idahocyclocross.com

#### Oct 17: New Brighton CX

Vancouver, BC. BC Cup #3. See race series for details. teamwedgewood.com

#### Oct 17: Psycho Cross Pseries

Eugene, OR. See race series for details. Sal Collura, obra.org/flyers/2008/psycho\_cross.html

#### Oct 18: Cross Crusade #3

Sherwood, OR. Sherwood Equestrian Park location. See race series for details. Brad Ross, Club Vivo, 503-806-6943, crosscrusade.com

#### Oct 18: Inland NW CX #2

Liberty Lake, WA. Liberty Lake County Park. See race series for details. Emde Sports, 509-326-6983, emdesports.com

#### Oct 18: Seattle Cyclocross Series #3

Everett, WA. Silver Lake course. See race series for details. Dan Norton, seattlecyclocross.com

#### Oct 24: Belly Cross

Bellingham, WA. Tentative. Cornwall Park. Cascade Cyclocross, cascadedcross.com

#### Oct 24: Southern Oregon Outlaw Cyclocross #1

Yreka, OR. See race series for details. Jena Jensen, 541-899-9190, obra.org

#### Oct 24-25: Crosstoberfest

Ketchum, ID. Idaho State Cyclocross championships. Staging at the Base of Bald Mountain. All categories. Cash prize for Cat 1/2 men and women. Live music. Sun Valley Road & Dirt, 208-788-9184, powerhousefitness.com

#### Oct 24: Willamette Valley Cross #2

Willamette Valley, OR. Chad Cherefko, 503-367-3695, obra.org

#### Oct 25: Cross Crusade #4

Hillsboro, OR. Washington County Fairgrounds location. See race series for details. Brad Ross, Club Vivo, 503-806-6943, crosscrusade.com

#### Oct 25: Inland NW CX #3

Spokane, WA. Riverside State Park, 7-mile area. See race series for details. Emde Sports, 509-326-6983, emdesports.com

#### Oct 25: Pumpkin Cross

Burnaby, BC. BC Cup #5. See race series for details. Local Ride, bicycling.bc.ca

#### Oct 25: Seattle Cyclocross Series #4

Lakewood, WA. Fort Steilacoom. See race series for details. Dan Norton, seattlecyclocross.com

#### Oct 31: Cyclocrazed #2

Bellingham, WA. Tentative. cyclocrazed.com

#### Oct 31-Nov 1: Inland NW CX #4/5

Walla Walla, WA. Two-day weekend event at Stanger Farm. See race series for details. Emde Sports, 509-326-6983, emdesports.com

#### Oct 31: Lincoln Park CX

# MOUNTAIN BIKE CALENDAR

## SERIES

### Fluidride Cup

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

### Island Cup Series XC

Sep 6

Vancouver Island, BC. 10-event series that features some of the best courses on the Island from Victoria to Port Albernie. Open to all. Most races \$10. Start time around noon. Point system determine the winner in each category. Identified as Island Cup XC. islandcupseries.com

### 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

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: 9/12, 9/19, 9/20. Wild Rockies, wildrockies.com

## RACING

### SEPTEMBER

#### Sep 5: Diamond Lake NW Challenge

Diamond Lake, OR. Cross country event. Mike Allen, 541-689-3612, northwestchallenge.com

#### Sep 6: Campbell River Marathon

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

#### Sep 12: Endurance Festival

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

#### Sep 12: Samurai XC & SS

##### Championships

Boise, ID. Climb more than 2,500' per 11-mile lap. Course uses the best of the old course and some new trails. SS race one lap to determine the state champion. Start at 11:30am. Part of WRS XC. Part of Wild Rockies Series. Darren Lightfield, Wild Rockies, wildrockies.com

#### Sep 12-13: Super D

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

#### Sep 13: Bogus Basin Kamikaze 2

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

#### Sep 13: Mt. Ashland Hill Climb

##### Championships

Ashland, OR. TT up Mt. Ashland. Start at Lithia Park. 18 miles. All categories start at 9am. Regis-

tration opens at 7:30am. Follows old Spring Thaw route on 2060, then 2080 to join access road after Bull Gap. Last two miles paved. 6500' elevation. Richard Hogan, hogie0101@yahoo.com

#### Sep 13: Pistis Short Track Series #4

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

#### Sep 13: Suffer'n on the Summit

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

#### Sep 16-20: Singlespeed World

##### Championships

Durango, CO. Who's gonna get the tattoo? sswc09.wordpress.com

#### Sep 19: Cheakamus Challenge

##### Fall Classic

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

#### Sep 19-20: FOCC Capitol Forest Classic

Fall Creek, WA. Super D and XC events. Friday - practice, no shuttle provided. Saturday: Super D 6 miles, 2400'; first rider off at 10:30am. Sunday: XC beginner/junior 9 miles / 2000' of climbing, sport/open 17 miles/ 3200' of climbing. Expert/Open start at 10:30am. Bike giveaway. Max 150 riders per event. Camping available on site. Matthieu Denuelle, Friends of Capitol Forest, 360-204-6207, capitolforest.com

#### Sep 19: Hari-Kari ST and XC

Boise, ID. Bogus Basin Mountain Resort. ST starts at 10am for a 20-30 minute race depending on category. XC 3 starts C group at 12:30pm, B at 1:15pm and A at 2:15pm. Part of WRS XC. Part of Wild Rockies Series. Darren Lightfield, Wild Rockies, wildrockies.com

## WEEKLY

### TUESDAY

#### PIR Handicap Series

September 1-29

Portland, OR. 5-event race series at the speedway track. Handicap format. 3 groups starting 2 minutes apart. Cat 4 riders start first, followed by Cat 3, and Cat 1/2. All riders race the same number of laps, and contest the same sprint. All finish as a single group. Cat 3 riders may choose to start with the 1/2s. Prizes awarded based on points accumulated in primes and at the finish. Start at 6pm. Charles Warner, 360-624-1801, obra.org

### THURSDAY

#### First Rate Mortgage Criterium Series

April 2-September 3

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

#### So Oregon Champion Series

May 21-September 10

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

## SERIES

### BC Masters Assoc.

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

### Seattle LAJRS Series

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 a jersey at the end of the season. Best 4 out of 5 count towards final standings. Event identified as LAJRS. Event on 4/12, 6/20, 7/11, 8/20, 9/6. David Schilling, Northwest Junior Racing Series, 206-619-1355, radracingnw.org

### Triple Crown Series

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

Family Friendly Ride or Event

Supports Bicycle Alliance of WA

Supports Bicycle Transportation Alliance of Oregon

### WSBA BARR

Sep 6

Various, WA. Best All around Road Rider. 11 state championships events count towards overall BARR results. Points allocated to top 10 in each category. Only WSBA members get points. Team points calculated on sum of top 5 riders. Events on 9/6. Listed as WA BARR. WSBA, wsbaracing.com

## ROAD RACING

### SEPTEMBER

#### Sep 1: Renegade Criterium

Eugene, OR. Win and out. Sal Collura, 541-747-3336, salcollura@hotmail.com

#### Sep 4-7: Great Utah Bicycle Festival - GRUB Fest

Minersville, Utah. Entire weekend of all kinds of cycling. 2 road races, time trial and criterium. Mountain biking, road biking, cyclocross, randonnee, and recreational biking. Bob Kinney, Bike 2 Bike, 801-677-0134, bike2bike.org

#### Sep 5: Bogus Basin Hillclimb

Boise, ID. Part of Triple Crown Series. Mike, George's Cycles, 208-343-3782, georgescycles.com

#### Sep 6: BC Masters Assoc. - #24

Victoria, BC. 65-km road race on rolling terrain with some hills. Start at Cherry Point Vineyards. Counts for double points. See race series for details. Kim Gard, BC Masters Cycling Association, 250-370-2689, bcmasterscycling.net

#### Sep 6: Blackberry Criterium

Bremerton, WA. Senior Criterium Championship. Great course in downtown Bremerton! 1 downhill and 1 uphill make this non-technical race an end-of-road-season must do! Part of Seattle LAJRS Series, WSBA BARR. Ridge Racing, ridgeracing.com

#### Sep 6: Krugers Kermesse Farm Crit #1

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

#### Sep 12-13: Ring of Fire 12/24hr TT

Maupin, OR. 24-hour racers complete a 157-mile day loop and turn circles around Maupin all night long. 12-hour racers do a shorter version of the day route, and then rip around Maupin, toting up miles for the win. Register as solo, team or tandem for either event. raceacrossoregon.com

#### Sep 13, 20, 27: Group Health Kids Bike Series

Spokane, WA. Kids from 5 to 11 years old race various distances, any bike will do. Marla Emde, Emde Sports, 509-326-6983, emdesports.com

#### Sep 13: Krugers Kermesse Farm Crit #2

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

#### Sep 13: Mt. Baker Hill Climb - Ride 542

Bellingham, WA. 24.5 miles, 4,300' of climbing from Glacier to Artist's Point on Route 542. Gradual grades dominate until the last 2.5 miles, where it turns skyward. Recreational riders start at 8am, racers between 8:30 and 9m. Supports the Ken Meyer Memorial Foundation. Charlie Heggem, NorKa Recreation, 360-303-1717, norkarecreation.com

## ROAD TOURING

### SEPTEMBER

#### Sep 5: 18th Annual Bike the Bluff

Seattle, WA. Popular neighborhood fundraiser gives participants the option to walk or ride a 4- or 6.5-mile loop around Magnolia, then enjoy a picnic and a dip in "Pop" Mounger pool. Starts at 10am at the Pop Mounger Pool. Damien Godon, 206-675-7480, bikethebluff.org

#### Sep 5: Emerald City Lights Bike Ride

Auburn, WA. Features 18-, 30- or 65-mile routes. 5km walk. Starts at 8am at the Auburn Game Farm Park. Proceeds to benefit "Our Daily Bread Basket," helping to feed families in need. Patricia Hansen, 253-709-1530, emeraldcitylightsbikeride.org

#### Sep 5-8: Kamloops - Kootenay 1000

Kamloops, BC. Kamloops, Kelowna, Rock Creek, Salmo, Kaslo, Nakusp, Sicamous and back to Kamloops. 75-hour limit. Richard Blair, BC Randonneurs, 250-372-1873, randonneurs.bc.ca

#### Sep 5-28: Ride the West

Astoria, OR. Begins in Astoria for an exciting 23-day, 1,375-mile ride to Newport Beach, CA. Tour along beautiful gold coast beaches, enter the Redwood National Forest. The Ride the West tour is a challenging bicycle ride that has something for every cyclist. America by Bicycle, abbike.com

#### Sep 6: 100km Mountain Populaire

Issaquah, WA. This is the classic Issaquah Alps ride, possibly with a couple extra climbs added. Jan Heine, Seattle International Randonneurs, seattlerandonneur.org

#### Sep 6: Black Diamond Ride to Cure Diabetes

Black Diamond, WA. Multiple routes from 20 to 100 miles in scenic Black Diamond area. Raise money and awareness for Juvenile Diabetes Research Foundation. Susan Horst, JDRF, 206-838-5153, jdrfnwride.org

#### Sep 6-11: Bryce-Zion Bike

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

#### Sep 6-13: Elkhorn Ridge Rambler

Baker City, OR. Ride Oregon's least-traveled paved roads. Impressive canyons, remote mountains, high meadows, outstanding meals. 7-day camping tour. Intermediate and above. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

#### Sep 6: Great Northwest Fall Tour

Newport, WA. Choose the 15-, 30-, 50- or 85-mile route on paved county roads. T-shirt option, food/water stops and meal at the finish. Starts at the Newport City Park (1st & Colisep). Melody Gaddas, Newport/Priest River Rotary Club, 509-292-5099, gnwft.homestead.com

#### Sep 12-26: Big Ride Pacific Coast

Seattle, WA. A 15-day bicycle adventure along the majestic Pacific Coast of Washington, Oregon and Northern California. From Seattle, WA to San Francisco, CA. Fully supported and staffed fundraising ride to benefit the American Lung Association. Brent Ruth, American Lung Association of the Northwest, 206-441-5100, cleanairadventures.org/big\_ride\_pacific\_coast

#### Sep 12-13: Bike MS 2009: Trail of Coeur d'Alenes

Mullan, ID. 150 miles, 75, 150 miles. Stacey Rasmussen, WAI National MS Society, 5059-482-2022, bikewai.nationalsmsociety.org

#### Sep 20: Bogus to Boise BANZAI Super D

Boise, ID. Bogus Basin Mountain Resort. New course, new format. All categories. Singlespeeds and 6-in. travel full-suspension bikes compete for fastest times each! Starts from an undisclosed location. ITT style racing. Finish near the Bogus Basin Rd. Part of WRS DH. Part of Wild Rockies Series. Wild Rockies, wildrockies.com

#### Sep 20: Pistis Short Track Series #5

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

#### Sep 25-27: Fluidride Cup #7

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

### OCTOBER

#### Oct 2-4: Methow Valley Fall Bike Festival

Winthrop, WA. Biking opportunities for everybody: cross country races, road rides of 35, 70, or 100 miles through some of North Central Washington's most inviting scenery, and awesome mountain bike rides for different skill levels and ages. Also kids' race, and a bike rodeo for riders ten years and under. Kristen Smith, MVSTA, mvsta.com

#### Oct 16-18: Collegiate MTB National Championship

Truckee, CA. usacycling.org

## TOURING

### SEPTEMBER

#### Sep 6-10: Cascade Mountains

##### Singletrack Camping

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

#### Sep 12-13: Bike MS presented by Point B Solution Group

Mt Vernon, WA. Featuring an unbelievable 2-day ride through Skagit, Whatcom and Island Counties. 6 catered meals, many memorable rest stops, a refreshing beer garden and a full program of events in Columbia Athletic Clubs' Rider Village, this is a can't-miss event! All proceeds benefit the National MS Society. Alison Ogliore, National MS Society of WA, 800-344-4867, nationalsmsociety.org/was

#### Sep 12-19: Cycle Oregon

Medford OR. Mythical State of Jefferson in southern Oregon and northern California. A fully supported, 7-day bicycle tour that travels 300-400 miles through Oregon. Spend the night in 7 different communities. Registration includes support, campsites and some of the best scenery in the West. 384-437 miles. Limit 2,000. Cycle Oregon, 503-287-0405, cycleoregon.com

#### Sep 12: GFCC Century Fun Ride

Grand Forks, BC. "Where did the summer go?" century. Choice of 50 and 100km rides through beautiful Grand Forks area. Anton Kew, Grand Forks Cycling Club, grandforkscyclingclub.com

#### Sep 12: Golden Valley Bike Pedal

Goldendale, WA. Tour scenic Klickitat County back roads through fields and canyons. Choose from century, metric century or 35-mile rides and support Soroptimist Int'l of Goldendale's projects, improving the lives of women and children at home and abroad. Naomi Fisher, Soroptimist Int'l of Goldendale, 509-773-6091, goldenbikeride@myway.com

#### Sep 12: Pedaling the Muse Century

Seattle, WA. A recreational century from the Seattle Art Museum's Olympic Sculpture Park to Webster's Woods Outdoor Sculpture Park in Port Angeles. The most scenic century, it includes a ferry ride to Bainbridge Island, coastal Puget Sound vistas, rural country roads and a spectacular 30-mile finish on the paved (and vehicle-less) Olympic Discovery Trail. Rob Sorensen, The Port Angeles Fine Arts Center, 360-775-4423, pafac.org

#### Sep 12: Tour de Cariboo

Williams Lake, BC. Fun ride, race or relay that takes participants over beautiful scenery and varied terrain. Banquet following ride with free overnight accommodation. Lorraine Levitt, Big Brothers Big Sisters of Williams Lake, 250-398-8391, bbsslake.com

#### Sep 13: Fall Isle-Lander

Victoria, BC. 200km brevet. Victoria, Sooke, Saanich route. Mike Croy, BC Randonneurs, 250-385-2769, randonneurs.bc.ca

#### Sep 13: High Pass Challenge - HPC

Seattle, WA. 114 miles with 7,500' elevation gain through the pristine Gifford Pinchot Wilderness Area. Novices should abstain. Cascade Bicycle Club, 206-522-3222, cascade.org

#### Sep 13: Mt. Baker Hill Climb - Ride 542

Bellingham, WA. 24.5 miles, 4,300' of climbing from Glacier to Artist's Point on Route 542. Gradual grades dominate until the last 2.5 miles, where it turns skyward. Recreational riders start at 8am, racers between 8:30 and 9am. Supports the Ken Meyer Memorial Foundation. Charlie Heggem, NorKa Recreation, 360-303-1717, norkarecreation.com

#### Sep 13: Quiche Brevet

Fort St. John, BC. Randonneur event. 200-km brevet. 75km and 150km also available. Wim Kok, BC Randonneurs, 250-785-4589, randonneurs.bc.ca

#### Sep 13: Rona MS Bike Tour - Kamloops

Kamloops, BC. Gear up for fun, for a challenge, for a cure. Minimum fundraising \$100. Food,

#### Sep 12: 7th Annual Kootenai River Ride

Bonnars Ferry, ID. Spectacular scenery along the Kootenai River and Boundary County. 100, 60 or 16km routes. First start at 8am at the County Fairgrounds. Fully supported, long sleeve T-shirt and baked potato feed included. Andrea Kramer, Bonnars Ferry Rotary Club, ruralnorthwest.com

#### Sep 18-20: Bike and Brew Weekend

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

#### Sep 26-27: Fly and Bike Festival

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

#### Sep 26: The Ramble Marathon

Parksville, BC. 60km epic mountain bike ride. Part of Island Cup XC. Arrowsmith MTB Club, arrowsmithmtbclub.com/events.htm

### OCTOBER

#### Oct 2-4: Umpqua River MTB Adventure

Bend, OR. Three days of roots, rocks, waterfalls, steep climbs and fast, fun descents on one of IM-BA's Epic Rides. Camp on the river with a natural hot spring nearby. Also available 8/21. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

#### Oct 16-18: Bend's Big Fat Tour

Bend, OR. 1, 2 or 3 days of guided mountain bike rides in Central Oregon. Fully supported group rides that encourage you to leave your high-tech devices at home and just enjoy the ride. Earn your "No Whiners" patch by completing all 3 days. 800-818-1902, bendsbigfattour.com

entertainment, road support crews and awards for fundraising. Great scenery. MS Society of Canada, 250-314-0773, mssociety.ca

#### Sep 13: SpokeFest

Spokane, WA. 21-mile scenic loop from downtown Spokane to the Spokane River, west of town and back, or a 1-mile loop through Riverfront Park. David Silver, SpokeFest Organization, spokefest.org

#### Sep 13: Sunnyside Century

Bend, OR. One of the oldest Oregon centuries. 100-mile ride around Mt. Bachelor. Susan Bonacker, Sunnyside Sports, sunnysidesports.com

#### Sep 13: The Century Ride

Comox, BC. 3 separate loops. 100 or 160km, or shorter family friendly distance available. Visit the Comox Valley like never before. Starts at 9am. Supports YANA, a nonprofit organization that supports families facing children's medical crisis. Les Black, Black's Cycle, 250-339-7011, blackscycle.ca

#### Sep 13: Tour de Lab

Portland, OR. A bicycle tour for the puppy (18 miles) and the big dogs (40 miles). Visit all 3 Lucky Lab brew pubs. In support of the Don Lewis non-profit animal hospital. Good Sport Promotion, 503-998-6182, tourdelab.com

# Put in Some Distance

By MAYNARD HERSHON

Cyclists who share roads with cars suffer abuse from the drivers of those cars. Who knows why? It's been that way as long as anyone can remember, since WWII certainly, since before SUVs and in-car gadgets, before cell phones and text messaging.

Drivers imagine that the roads belong to them. Trying to understand why they feel that way, how they got that way, won't help us much. Abuse from drivers is like gravity; it sucks whether you understand it or not.

Driving makes most people feel rushed even when they have plenty of time. They're in a hurry even when they aren't looking forward to getting where they're going. It's a disease and it's an epidemic.

Though drivers hurry, traffic seldom does. So drivers sit tense, frustrated behind the wheel, anger barely suppressed, primed, tight-jawed, ready to act out that anger.

Cyclists are different. We feel unjustly persecuted on the road, abused by callous motorists. So we ride tense, anger barely suppressed, tight-jawed, primed, ready for someone, anyone, to offend, so we can act out that anger.

Clearly, cycling in such a wound-tight state does nothing for our health, happiness or fit-

ness. Why are we so tense? On some level we choose to be.

We choose to react to each motorist offense as if it were personal, as if it were directed at us as individuals by someone who knows us. As if the offense were committed on purpose, and we, you or I, were chosen to be its victim.

If we didn't take each offense personally, would we fly off the handle, screaming and gesturing the way many of us do? We'd never get that upset over motorist stupidity and carelessness directed at somebody else. Would we? When it happens to the other guy, it's no big thing. Right?

In moments of clarity, we know better than to take motorist abuse personally; we know it's not personal, but we forget ourselves. We lose that precious distance, that gap between the thing that happens in the instant - the driver cutting us off, maybe - and our reaction to it.

I do better, I know, when I can keep that dash in there, that instant of detachment.

During that instant, I remind myself that, sure enough, still another driver has acted stupidly. No doubt drivers will, after all, occasionally act stupidly. I try to remember that no screaming, gesturing cyclist has cured any driver of acting stupidly. Not yet.

If we each could detach for just an instant,

we could defuse those personal explosions in traffic. We could watch the action from a distance, as if we were in a car two freeway lanes away, watching one driver cut off another.

We could shake our heads at driver stupidity; gosh, they really do stupid stuff.

We could remember that we drive too, and we've done stupid, careless stuff. That once or twice we've scared ourselves, not seeing a cyclist until almost too late. We could remember being surprised by a daring urban cyclist with limited imagination and thinking: that guy's crazy.

If we could keep a little distance, we could remember that people in cars don't know us or hate us as individuals. They lump us together: all the same, always in the way, clogging their roads.

If we could keep a little distance, we might remember that we too sometimes lump individuals into categories, pigeonholes, so we can dislike them more conveniently. We can dislike them without the bother of getting to know them.

If we learned to keep a little distance, we could relax on our bikes. Cycling friends would see that we're no longer so ready to yell at drivers. When they'd ask us what happened to calm us, we'd explain about the distance. Many things might change - if we could keep just a little emotional distance.

Can we change drivers in any way? Not likely. We can change ourselves. We can relax

our jaws. We can drain our pools of standing resentment. We can ride looser, physically and emotionally.

We can stop wasting energy resenting people who don't think or care about us, individuals who share nothing but an unreasoning, angry need to get someplace 15 minutes away in 10 minutes - without focusing on what they're doing.

Remember, we cyclists came from the same places drivers did, went to the same churches and schools, had many of the same life experiences. At times, you couldn't have told us apart. Honest.

Our paths split when they chose to continue traveling in dirty, shockingly expensive, lethal steel and glass cages, listening to shock-jocks and traffic reports, breathing the AC, picking their noses, talking to themselves or merely staring out tight-jawed at the world.

While we evolved.

*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.*



## MARKET PLACE

### The BICYCLE DOCTOR

Mobile Repair Service

206-789-7336

www.BIKEDOC.com

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



### Cycles LaMoure

Custom handcrafted bicycles. Frame repair, Painting, S&S coupling retrofits. Visit our website or call Mitch.

Phone: 360.477.0257

Website: www.lamourebikes.com

perfect wheels  
the conscientious bicycle shop.

- custom handbuilt wheels -
- authorized moots dealer -
- custom fitting services -

www.perfectwheels.net 206.522.1933

News updated daily at [BicyclePaper.com](http://BicyclePaper.com)

NEED A  
**BIKE HELMET?**

A collaboration between Bicycle Paper and Harvey Grad, Attorney at Law.

**WEAR YOUR HELMET.ORG**

YOUR SOURCE FOR EVERYTHING HELMET RELATED

CycleItalia.com

## ROAD CALENDAR

day and Sunday night. Ride a different island each day. Must raise \$500 to participate plus registration fee. Breakfast and dinner, rest stops, and ride support provided. Put in the code "bicyclepaper" to get a \$20 discount. Carna Lapping, American Lung Assoc. of WA, cleanairadventures.org

**Sep 20: Cascade Spawning Cycle** Seattle, WA. 30-mile recreational ride around Seattle, following the salmon migration. Great for families. Cascade Bicycle Club, cascade.org

**Sep 20: Chuckanut Century Ride for Hospice** Bellingham, WA. Ride one of the most scenic rides in Washington. Distances range from 25, 50, 62, 100 or the double metric century of 124 miles. Ride support and food stops. Doug Schoonover, Mt Baker Cycling Club, 360-410-6431, mtbakerbikeclub.org

**Sep 20: Cycle the WAVE** Issaquah, WA. An all-women bike ride benefiting Eastside Domestic Violence Program. Ride the Girly Girl 25 miles, the Middle Sister 40 miles or the Burly Girl 62-mile metric century. Training rides for all levels also offered. Kick-off party May 7th. Sharon Anderson, cyclethewave.com

**Sep 26: Dam2Dam Thumbs Up! Bike Tour** Wenatchee, WA. Help find a cure for paralysis! 25-, 50- or 100-mile ride along the beautiful Columbia River. Rocky Reach Dam to Well Dam and back. Benefits the Mike Utley Foundation for spinal cord research. Mike Utley Foundation, 800-294-4683, mikeutley.org

**Sep 26: Gran Fondo** Walla Walla, WA. 22-, 30- or 60-mile ride through wine country. Optional stops at wineries. Starts at Walla Walla Community College Campus. Other events include wine tasting, horseback riding, walk of strength. Benefits patients of the Cancer Center. Mardi Hagerman, St. Mary Regional Cancer Center, 509-522-5783, smcc.com

**Sep 26-27: Group Health Wine Country Trek** Yakima, WA. Yakima to Prosser and back. Fully supported 2-day ride in conjunction with the Prosser Hot Air Balloon Festival. Gourmet dinner, lots of fun, limited to the first 250 riders. \$110 online only. David Severson, Apple Valley Kiwanis, 509-972-8803, desertvalley.com/rides

**Sep 26: Tour de Whidbey** Whidbey Island, WA. Choose 10-, 40-, 50-, 60- or 100-mile routes on mostly rural roads, with beautiful scenery, great rest stops, pancake breakfast, post-ride chili feed. Supported ride benefits the Whidbey General Hospital Foundation. Whidbey General Hospital Foundation, whidbeygen.org

**Sep 27-Oct 2: California Wine Country Budget** Santa Rosa, CA. Cycle both Napa and Sonoma Valleys, with sun-drenched roads, abundant route options and marvelous wineries. A vintage tour at a pint price. Bicycle Adventures, 800-443-6060, bicycleadventures.com

**Sep 27: Headwaters Century** Enumclaw, WA. Choose from 45-, 65- or 100-mile loops starting at Enumclaw High School. All routes are generally flat with some rolling hills. There is one 1.5-mile long hill near Black Diamond. The 100 includes a Mud Mountain Dam climb and descent. 2-3 rest stops per routes, mechanical and sag support. Don't miss the finish line dessert. Anita Beninger, Tacoma Wheelmen's Bicycle Club, 253-759-2800, twbc.org

**Sep 27: Olympic Discovery Bike Adventure** Port Angeles, WA. New metric century plus 10 and 25 miles on the Olympic Discovery Trail that winds through valleys and along shoreline. Port Angeles to Sequim. MTB with semi-slick or smooth tires, or road bike with wider tires recommended. Starts at

City Pier. Dan, City of Port Angeles Park and Rec, 360-417-4557, olympicdiscoverybike.com

**Sep 27: Peach of a Century** Salem, OR. 100-mile and 100km routes. Start/finish at Chemeketa Community College. The 100-mile goes through Jefferson, Roaring River, Mehama & Stayton. The 100km is generally flat and goes through Jefferson and Stayton. Rest stations have food, water & sport drinks, restrooms. Larry Miles, Salem Bicycle Club, salembicycleclub.org

### OCTOBER

**Oct 2-4: Methow Valley Fall Bike Festival** Winthrop, WA. Biking opportunities for everybody: cross country races, road rides of 35, 70, or 100 miles through some of North Central Washington's most inviting scenery, and awesome mountain bike rides for different skill levels and ages. Also kids' race, and a bike rodeo for riders ten years and under. Kristen Smith, MVSTA, mvsta.com

**Oct 3-10: Arthritis Foundation's California Coast Classic Bicycle Tour** San Francisco, CA. Incredible, fully supported 8-day, 500-mile coastal charity ride from San Francisco to Los Angeles. Money raised supports the important work of the Arthritis Foundation. It truly is the ride of a lifetime. Amy Robertson, Arthritis Foundation, californiacoastclassic.org

**Oct 3: Manastash Metric Century** Ellensburg, WA. Annual tour through the Kittitas county. 100 miles to Suncadia, 62 miles to Cle Elum, 33 miles to Thorpe, and 11-mile rides available. Weather is usually sunny and pleasant. Registration 7:30-9am at Wing Central's Roadhouse Grill. Carol Findley, RSVP Kittitas County, 509-962-4311, rsvp-wa.org/ellensburg

**Oct 4-11: Hawaii** Kona, HI. Ride parts of the Ironman course, explore coffee country and the volcano lands and

cycle little-known routes many others miss. Luxury tour includes biking, hiking and boat cruise! Budget tour dates also offered. Also available: Oct 18, 25; Nov, Dec 27. Bicycle Adventures, 800-443-6060, bicycleadventures.com

**Oct 4: Kitsap Color Classic** Edmonds, WA. Multiple loops from 14 to 64 miles around Kitsap Peninsula. Registration includes ferry fare. Start from Kingston or Edmonds. Cascade Bicycle Club, 206-522-3222, cascade.org

**Oct 7: Gourmet Century** McMinnville, OR. 103km through Yamhill County. Breakfast at community center before rolling west through farmlands and vineyards. Delight rest stops and lunch at the top of the hill. Gourmet après dinner tailored for the efforts of the day. Course open at 8am. \$145 per person, 350 riders limit. Support the Lance Armstrong Foundation. Chris DiStefano, Chris King Precision Components, 503-758-5924

**Oct 10: Harvest Century** Hillsboro, OR. Various routes, 45, 75 and 100 miles or try the new 3-mile family route. Fully-supported with energy-rich food, water, and energy drinks, at all of the rest stops. Finish line party will have cold beer from Rogue Ales, hot cider and pumpkin painting for the kids along with entertainment. Start/finish at the Washington County Fairgrounds. Proceeds benefit Community Vision. Rebecca Miller, Community Vision, 503-292-4964 x116, harvestcentury.org

### NOVEMBER

**Nov 7: Solvang Prelude** Solvang, CA. A metric century, 50- or 25-mile ride around the beautiful Santa Ynez Valley. Finish line features a Bicycle Expo, BBQ lunch, raffle & live DJ. SCOR, Randy Ice P.T., C.C.S., bicescor.com

## TRACK

### WEEKLY

#### THURSDAY

**Alpenrose Thursday Series**  
May 7-September 24  
Portland, OR. Alpenrose Velodrome. Event schedule posted on website a few days before each race night. OBRA, 503-661-5874, obra.org

**Thursday Night Racing**  
May 7-September 3  
Redmond, WA. Marymoor Velodrome. Marymoor Velodrome Assoc., 206-957-4555, velodrome.org

#### FRIDAY

**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. Marymoor Velodrome Assoc., 206-957-4555, velodrome.org

## RACING

### SEPTEMBER

**Sep 24-26: Collegiate Track National Championship**  
Trexlerstown, PA. usacycling.org

**Sep 30-Oct 4: Elite Track National Championship**  
Carson, CA. usacycling.org



**BikeEventPromos.com**

BikeEventPromos.com has the products you need ... for less!

- Unique sign-up Incentives
- Swag Bag Gifts
- Event Souvenirs
- Eco-Friendly BioGreen Water Bottles & Carriers
- Tire Changers
- Flashlights
- Reusable Mugs
- Key Chains, Carabiners
- Luggage & ID Tags
- & More ...

... all imprinted with your event logo, date and sponsor information.

BikeEventPromos.com features personalized service, quality products and precise imprinting ... all within your budget and delivered on time.

**50 FREE BOTTLES**  
Details on Web Site



Featuring BioGreen Biodegradable Bike Bottles

- Wide Mouth • Soft Poppet
- Leakproof Twist Cap
- EZ to Squeeze • 20 oz. & 26 oz.



**Back to School Special!**  
**SAVE 10%**

**Save on Backpacks, Panniers, Messenger Bags and More!**




Save 10% off all Backpacks, Panniers, Messenger Bags, Saddle Bags & Bike-Mounted Racks with BikeTiresDirect's Back To School Special. Plus save more with your VIP discount.

Enter Discount Code: **BTS0909** During Checkout

Limited to stock on hand  
Offer Ends 9/30/09

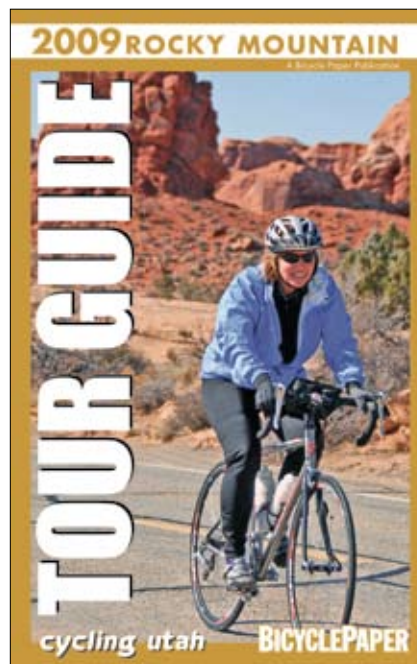


**Toll Free**  
**[800] 682-0570**

**5741 NE 87th Ave. Portland, OR**  
On the corner of NE Columbia Blvd & NE 87th Ave

# START THINKING **2010**

Get your event listed in the **2010 Northwest Tour Guide & the Northwest Racing Guide**



To submit an event go online at [bicyclepaper.com](http://bicyclepaper.com), send an email to [editor@bicyclepaper.com](mailto:editor@bicyclepaper.com) or mail the details to Bicycle Paper, 68 S. Washington St, Seattle. WA 98104. Guides will be distributed at the end of February 2010.

**Send us your best shot, it may land on the cover of the 2010 guides or get you one of three consolation prizes.**

Tell us what you think by taking a quick survey at [Bicyclepaper.com](http://Bicyclepaper.com)

**BICYCLEPAPER**