



A truck can come in handy for shuttling large groups of riders and their bikes. The payoff is getting to check out the views on the way up and having fresh legs for the miles to come. Photo courtesy of Chad Cheeney

## Tales from the Syncline Trail and How to Deal with Poison Oak

BY CHAD CHEENEY

I was lying there on my back, tangled up in both bike and bushes. All my riding friends could do was laugh and point with mouths agape while I squirmed in the ill-placed foliage. My wife and I, new to the Northwest, had just gotten the seven-minute debriefing about the seriousness of poison oak from our Portland friends Rachel Bagley and Ira Ryan, yet there I was, rolling around in it. The first words out of Ira's mouth were, "I think you're fine. The green, three-leafed plant doesn't look like poison oak."

Turns out I should have followed Ira, our ride guide for the day, when he pulled out at the last minute before a skinny bush-lined, wood-planked stream crossing. I instead went for it, then ended up crashing and christening myself on this amazing trail called Syncline, located on the Washington side of the Columbia River.

It was fine by me, as I was humbled but not broken. At the time, I had no idea what was in store for me during the next three weeks, so we rolled on, Ira gifting me the final lead through the technical and rocky bottom section of Hidden Canyon. Arching turns like Sam Hill down steep chutes, straight lining over volcanic rock



Getting some air time with the Columbia River in the background. Photo courtesy of Chad Cheeney

and boosting roots to step-ups to back sides over rollers, I was in the zone. Pretty sure everyone else was, too.

Let me get to the point: the Syncline Trail network is radical, giving mountain bikers that "photo shoot on top of the world" feeling the entire ride. Sections of the trail include waterfalls, the jagged cliffs of Coyote Wall with huge Columbia River views below, singletrack that is so perfectly single, and ample little yellow and white flowers are lined up at trail's edge to see the action up close. The dirt is packed and slippery up top and takes riders through narrow rock-lined portions in between serious high-speed, full-throttle-type sections, finishing with some loamy ex-goat path tight turns through a lush little gnome of a forest. The trail keeps riders on edge the entire time.

For this particular ride, we shuttled up to the top of Courtney Road, then took the double track east until we reached upper Crybaby where we hit an incredible photo opportunity jump before traveling

SEE "SYNCLINE" ON PAGE 8

## Shifting Times

BY PAUL JOHNSON, CLASSIC CYCLE

These days, modern engineering greets us every time we walk into a local bike shop. Steel tubing is a rare sight compared with the amount of carbon fiber littered about the showroom floor. Many bikes now utilize hydraulic fluid to activate disc brakes and modern suspension keeps the tires on the trail. Once clunky mechanical contraptions, derailleurs are now sleek and smooth, some with battery-operated electronics controlling the action. Nowadays you can get a couple dozen gear choices all operated by push buttons. Ever wonder how we arrived at this point? Let's take a look at the technological progression bicycle derailleurs have made over the decades.



A. The Vittoria Margherita: a simple and elegant style. Photo courtesy of Paul Johnson

In the beginning, bikes were direct-drive and the only way to get a different gear ratio was to change the size of the wheels. One gear dictated the action, but since the days of the high-wheeler, it was obvious that a single gear was less than ideal when faced with big hills or stiff winds.

The earliest multiple-gear bicycles usually employed flip-flop hubs with two or three cogs or internal gear boxes in the rear hub or the bottom bracket shell. These designs still survive 100 years later but have never offered much gear range, and they sure don't offer the visual fun that external derailleurs give us.

Devices we would recognize as derailleurs really started to appear in the 1930s. Two popular shifters were the Vittoria Margherita (a) and the Osgear. The Osgear, fully known as the Constrictor Osgear Super Champion(b), was named after designer Oscar Egg, a famous Swiss-French cyclist from the era. The system was light yet sturdy and fairly

SEE "SHIFTING" ON PAGE 9

### PERCEPTIONS

How judgmental are you of other bike commuters?

See Page 4



### WED NIGHT WORLDS

Spark Plug Promotions brings mountain bike racing back to North SeaTac Park.

See Page 7



### MAYNARD

There is no substitute for a good bike shop; every cyclist needs one.

See Page 15



## The Giro d'Italia

The first Grand Tour of the season is held in one of the world's most beautiful countries. With incredible food, wine, spectacular scenery and history, cycling mad fans, and both stunning geography and topography, it is time to see how much you know about the Giro d'Italia.

- Q1. So it goes without saying that the most successful nation at the Giro is Italy (68 wins out of the 97 editions), but can you name the winningest region?
- Q2. Colombian Nairo Quintana is an impressive climber and not only a favorite to win the overall at his first Giro, but the King of the Mountains (KOM) title as well. After all, he was King of the Mountains at last year's Tour de France. Who was the last rider to take home both these prestigious jerseys from the Giro? Who was the last foreigner?
- Q3. Australian Cadel Evans, recent winner of the Tour of Trentino, is a favorite to claim the 2014 Giro crown as well. However, history is not in his favor, as an Australian has never won the race, and Aussies have only taken home two jerseys over the last 97 editions! Can you name who, which jersey, and when?
- Q4. Joaquin Rodriguez of Spain won the Points Jersey in 2012 based on his high finishes on mountain stages (the Giro scores the points title differently than the Tour, which favors flat finishes) and is also a perennial overall and mountains contender. Has anyone ever won all three of these jerseys at the Giro?
- Q5. Two riders from the hilly but decidedly non-mountainous United Kingdom have claimed KOM titles here. Can you name them?

### Answers on page 14

*Dave Campbell has been writing race trivia since 1992. He began racing in 1982 in Wyoming, moving to Oregon in 1987. After years of racing triathlons, he returned to his roots as a competitive cyclist, now racing in the Masters category. Dave is a high school science and health teacher and cross-country coach in Newport, Ore.*

## A Successful Year for Pedaler's Fair

By SONIA MCBRIDE

Held on May 3 in Seattle, the 3rd Annual Pedaler's Fair was a smashing success according to the organizers and many of the vendors and attendees. Visitors were able to participate in a full day of programming between visits to the roughly 20 exhibitor's booths.

To kick off the day, The Levee Breaking hosted a screening of the Gigantic Bicycle Film Series, a collection of bicycle inspired independent and short films from the Pacific Northwest, which will be playing around the region this summer. Following the screening, Kelli Refer, author of *Pedal, Stretch, Breathe*, hosted a bike-specific yoga class covering poses for stretching and rejuvenating and demonstrated how to use the bicycle as a yoga prop. The next feature presentation saw Get Lost Academy teach a camp stove-cooking class aimed to help those interested in bike camping or touring. The biggest draw of the day was the fireside chat with author Willie Weir, who answered questions from the audience centered around the theme, "Everything you wanted to know about touring but were afraid to ask." Even though the

weather didn't cooperate, Elysian Brewing Company made the Dayglow.

A variety of products and services were represented by vendors participating in the fair and included panniers and bags, reflective iron-on patches, clothing, jewelry, leather accessories, mud flaps, and custom bike frames and wheel builds. Protected from the rain in the Russian Community Center on Capitol Hill, many visitors stopped by and Critical Lass lead a ride to the event.

Madi Carlson, co-founder of Seattle's Critical Lass, had this to say about her experience: "Being able to pull up to a covered and secure bike valet right at the front door was just terrific and the venue itself was great this year. Several of us Critical Lass riders participated in Kelli Refer's Yoga for Bikers session."

As one of the organizers and vendors at the event, one of the highlights for me was reconnecting with the returning vendors, some of whom I've only seen at this event in years past. There is a strong sense of community among those participating and visiting, but it's also an open atmosphere to welcome the uninitiated Pedaler's Fair goers or people who are new to cycling and

looking for products, resources, or more often than not, new friends to ride with.

The fair is also often a place for small businesses to debut new merchandise. "I loved Hub and Bespoke's new reflective sash, Bictoro's craft table, and T Leather-

works' mud flaps—I already have one from the inaugural Pedaler's Fair, but made plans with Tarik to add a front flap," says Carlson.

Encouraged by the momentum built in this third year, the organizing committee is already setting the wheels in motion for 2015.



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## Portland-based High Tech Startup Puts the Brakes on Bike Theft

By ÜMA KLEPPINGER

Long after Lance Armstrong has faded from the limelight, the interest in cycling in the U.S. continues to grow. That growth has spurred a new sort of cancer: an epidemic of bike theft. Estimated to be a \$400 million annual industry, bike thieves are organized, crafty, and quick. They'll nip your beloved vintage Schwinn cruiser from the parking meter in front of the café faster than you can say "There's an app for that."

Well, now there is an app for that. Portland-based Project 529 aims to put a dent in the stolen bike market through an innovative registration and recovery service called the 529 Garage. Although it won't prevent your bike from being stolen, the 529 Garage allows cyclists to record the information necessary to file effective and quick police reports and insurance claims in the event of theft.

Using the app, riders can register their bikes by serial number, record identifying features and details, and take photos of themselves with the bike. Currently, there is a preview version for the iPhone app, which is functional and free to download and begin using. The company is working on adding additional features to the official launch of the app, scheduled for May 29, 2014. An Android version is expected to be released by mid-summer.

"We're software developers who ride bikes," says J. Allard, the company's founder. Necessity being the mother of invention, Allard conceived 529 Garage after having bikes stolen, then recovered after two solid months of tracking the thief — by himself.

"My personal experience revealed the scope of the problem. There are other registries out there — other initiatives to help curb theft — but no one had yet tapped into the power of networking resources, so I engaged law enforcement and rallied the support of cycling industry leaders, and Project 529 Garage was born."

Allard is driving a community-based, high-tech approach to solving the problem of bike theft. Perhaps the greatest advantage built-in to the system is the activated alert network. Ultimately, as more cyclists "park" their bikes in the 529 Garage, the network grows. When a bike is reported stolen, the entire community is alerted, mobilizing users to

keep their eyes peeled within a geo-specific region, kind of like an Amber Alert system.

The company partnered with local bike shops throughout the Portland metropolitan area to provide free bike registration on May 29 as a pilot program. The event will kick off a summer tour to other urban cycling communities such as Seattle and San Francisco, as well as select road and mountain biking events and races. The industry participation is a large part of the strategy to curb bike theft through informed networking.

"We were excited to be included in this pilot to register bikes using the 529 Garage," states Bill Larson, owner of

Cyclepath bike shop located in Portland. "Using technology to enable grassroots community activation is something that hasn't been done before ... I'm happy to work with Project 529 on this mission."



Photos courtesy of Lara Ferron

As cyclists, the investment we make in our bikes is more than financial, whether we ride a cheap and battered fixie for commuting or a \$9,000 full suspension mountain bike. The real value of bicycles is the memories associated with them, the places they've taken us, and the experiences we've had with them.

Losing a bike to theft is nothing short of heartbreaking. There's no app for mending a broken heart, but if Project 529 has anything to say about it, that particular kind of heartache will soon be a thing of the past.

To register your bike in the 529 Garage or for more info, please visit [project529.com](http://project529.com).

*Üma Kleppinger is a Portland-based writer and advocate for full-contact anti-bummer living. She is a recovering sesquipedalian who writes about life in the saddle ([umabomber.com](http://umabomber.com)) and outdoor adventure. She is also the creator and author of BikeYoga, a yoga program for cyclists. When not writing, she can be found riding her bicycle in the mountains around the Pacific Northwest, and vice versa.*

## Plaid Pantry Adds Bike Aid Stations

Beaverton, Ore. — As of May 16, Plaid Pantries, Inc. has added Bike Aid Stations to its entire chain of 108 convenience stores. Locally owned and operated for more than 50 years, Plaid Pantry has committed to offering cyclists all the essentials needed to get a disabled bike back on the road. Each store has a floor pump, tire patch kit and basic tools.

Owners know that they have a lot of cyclists who already support Plaid Pantry so they realized it's a great way to offer something in addition to the bike racks they already have at many of their locations. The company also has a mobile app with a location finder, so any cyclist with an iPhone or Android can quickly get directions to the nearest Plaid. Text "PLAID1" to 99000 to download the app.



## Routley Crowned KOM in California

Will Routley of Optum Pro Cycling p/b Kelly Benefit Strategies, hit the trifecta during stage 4 of the Amgen Tour of California on May 14. The 30-year-old Whistler, BC native won the 102.6-mile stage along the Pacific Coast Highway from Monterey to Cambria while also picking up the Visit California Sprint jersey and Michelob Ultra King of the Mountain jersey.

"Things worked out a little better than planned," said Routley. "I've been feeling really good sprinting at the top of climbs the past three days. I came here to win a stage, that's what I've wanted to do every time I've come to the Amgen Tour of California. I wasn't expecting today was going to be that day."

Routley donned the jersey after the Tour's first stage and never relinquished it over the course of eight-day event.



Routley completes a 149km breakaway effort with a win during stage 4.  
Photo by Optum / Circuit Sport

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# Riders' Perceptions and the Spirit of Cycling

By CHRISTIAN DOWNES

The culture of cycling is as complex as the people who keep it thriving. People from all walks of life choose to bike for one reason or another, and the menagerie of personalities is what makes its spirit great. There are more daily riders than ever, and with people eager to enter and enjoy the community of cycling through bike share, will their perceptions of different cyclists help or hurt its popularity?

Many American cities are encouraging their citizens to ride for exercise and recreation with bike paths and greenways. These initiatives also serve to meet public transportation challenges in congested areas and those without access to these services in rural, low-income and suburban neighborhoods. But in some places, the public's view of riding a bike seems less purposeful.

For Bryan Bliss, a writer living in Oregon, his Surly Long Haul Trucker is his beloved mode of transportation. "Luckily, in Oregon, I'd say that there isn't much of a stigma attached with being a cyclist. Not so much as in a place like Tennessee, where I used to live. I'd go out riding and people would pull up next to me and ask, 'Is your car broke? Do you need a ride?'"

When asked about his experience with the jersey-wearing roadies, he says, "I'm not much on the spandex gang, frankly. While I own a road bike and really enjoy going on long rides, I've never really enjoyed the community. That said, I'm happy to see anybody on a bike. So while I don't really jive with their group rides and clothing choices, to each their own, right?"

Bike Share programs are helping to support the use of bicycles for transportation around their respective cities and help to foster growth of the cycling culture. Those who had not previously considered cycling gravitate toward the notion of short trips and leisurely rides without the need to purchase a new bicycle or the necessary gear.

Bliss voiced a concern about the program that many citizens share. "I think from a public transit perspective, it's probably a good thing, but in a city like Portland, I wonder if it makes a huge impact. Plus, and I realize this is going to sound really arrogant, I worry about who actually ends up using those bikes. Are they people who ride regularly and do they know how to be safe?"

Hannah Fisher, a Seattle graphic designer and comic book artist, self-identifies as a daily commuter, but finds the longer trips and routes like the Lake Washington loop to be one of the more enjoyable qualities of cycling. Like many others, she rides to work in regular clothes and shoes — rain or shine. Fisher explains how she sees her niche in contrast to other types of cycling communities: "I think the stigma is that we're a little slower on the roads and get in the way with our backpacks and heavier bikes, racks and panniers. But I try to be respectful of other riders on the road, work on upping my commute speeds and reprimand my friends who don't wear helmets."

Fisher continues, "However, I do get really grumpy about spandex-wearers on week-days. Your commute should be more than 30 minutes if you're going to parade around in a bright-yellow skin-tight suit plastered with logos. Cycling is just a necessary way of getting around for me, so it doesn't feel like it deserves all the fanfare, unless you're riding far and need to stay comfortable — more power to you, I-90 commuters."

After some speculation about the absence of such riders on cold and rainy days, she continued with another ever-present group of riders with auspicious mystique — bike messengers. "I'm usually just impressed that they manage to stay alive. They are skilled enough that they rarely get in the way of other cyclists and drivers, so they really seem to only be a danger to themselves."

With the increasing popularity of bike share programs, more commuters will be present around the cities that have them. Will these people meet any oblique intimidation from other cyclists?



A casual Heather Mercier and her \$40 bike.  
Photo courtesy Christian Downes



Some prefer a kit even for short commutes.  
Photo Bicycle Paper Archives

"In my opinion, the more people bicycling the better!" Fisher says. "Bike share programs make the city more accessible for more people and remind them that it's not too much work after all!"

From a racer who spends a lot of time in a team kit, Jason Bavuso states, "I always feel a bit of kinship with the hordes that

gather at the Dexter/Nickerson [in Seattle] interchange on my way to work. I often 'judge' those in the lineup by predicting who will be in front/behind me at the top of the climb. I'm usually right, but sometimes a guy in slacks and a jacket will blow by me ... then I start looking for signs that they're a racer in disguise, and usually I can find some evidence, whether it be a particularly well-tuned/clean bike or the hint of kit underneath their casual garb."

Female road and cyclocross racer Jessica Emard has an opinion about the spandex commuter group that may come as a surprise: "I bike commute every day and my admittedly highly-judgmental self always considers the people wearing kit on their way to work a little overboard ... When they buzz by me with their skinny tires, full-on kit, and commuter backpack I sneer, but maybe that's because I'm relatively trudging along normally clothed ... I'd be lying if the competitive beast within me didn't try to race them from time to time though, especially the old guys. It's the cycling equivalent of attempting to beat a Porche with your Ford truck, only to be enhanced further by the gender difference if I actually pass them!"

Bicycling has been engrained in the cultures of Europe and Asia, and is one of the most popular means of transport. For Heather Mercier of Seattle's *Le Caviste*, a high-end wine bar, biking is an everyday affair. It is an aspect of French culture that she loves. Mercier cycled various parts of France and Europe in 2009 and 2012 and plans to return this summer. "I remember a girl in Amsterdam, wearing nice clothes and a coat, talking on the phone and riding her bike so casually. You don't require anything special; biking is fashionable and sexy — as it should be."

When asked about the popularity and stigma of "fixies," Mercier pauses, then smiles as she describes her cruiser — one she bought at Goodwill for \$40. "I modified the handle bars, but it definitely has gears, lots of gears, and hand brakes, of course; it's like a Cadillac." She also zip-tied a basket and bell to her bike. "They sell them for bikes, but it costs way more. Fixies, that's something different. I just don't see the point. You have to keep pedaling the whole time? That doesn't sound relaxing at all, having to plan your every move — no way."

Mercier's friends fall into various types of ridership. She summed up her perspec-

SEE "PERCEPTIONS" ON PAGE 5

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"PERCEPTIONS" FROM PAGE 4



Bike commuters can be seen wearing all kinds of clothes. Do drivers or other cyclists care?  
Photo Bicycle Paper Archives

tive on personality and the type of riders: "The more bikes on the road the better; the more the merrier. My friend who works in tech is super modern and likes riding really fast on his titanium bike. It suits him. Bike messengers who wear studs and the chain — whatever that look is — that's just their style, and this is my style, casual and fun."

Iván Cruz, Creative Lead at a Seattle design agency, agrees. Cruz has lived and cycled in Mexico, New Zealand and British Columbia. His experience as a competitive cyclist and now as a father and an avid daily commuter offers a perspective on the positive and negative aspects of riders as representatives.

"All types of riders definitely contribute to the cycling culture," he states, "and although I would dare to say that some riders out there contribute in a negative way to the perception of cyclists, I would not say that it's because they belong to any of our perceived cliques, but that they are not respectful riders. Just like there are good drivers and bad drivers out there — the way they dress does not matter."

Cruz started cycling in Vancouver and found it to be a fulfilling and affirming experience. "There is a lot of respect both here [Washington] and in Vancouver towards cyclists, which makes it easier to continue being part of the culture." But his experience abroad tempered that perspective: "I trained

competitively for a triathlon back when I lived in New Zealand and it wasn't a pleasant experience. Cyclists are not respected there, which I found really odd when you account for the reputation of New Zealand triathletes, considered to be among some of the best in the world."

When asked what prompted his departure from the competitive field, Cruz explains, "You hear all the time of cyclists and pelotons being hit by cars. The fear of getting badly injured made me stop cycling in Auckland. Having a little girl made me change my perspective and priorities."

He continues, driving home one of the best benefits of riding: family. "I have been the spandex-wearing rider and the daily commuter at different times in my life. Now, to fellow cyclists, I am just another guy riding towards my destination regardless of the weather. Some people would think I'm crazy for riding when it's pouring down — to me it's normal. My favorite cycling experience now is taking my daughter for a ride in her bike trailer."

Whether a person loves their bike for its utility, leisure, as a means of exercise, or because it is simply as much a part of them as their personality, the community is expanding to include ridership comprising of all ages and backgrounds, whose differences — we mustn't forget — go a long way to promote the spirit of unity, rather than prove divisive and exclusory.

## Moo Motion Sports — Madison Cycling Jersey

By JILL VON BUSKIRK

**M**elissa Moo Harkins, a triathlete and the founder of Moo Motion, has produced a line of women-specific athletic wear that combines a fashion forward approach with both comfort and function.

As with all Moo Motion apparel, the Madison jersey is made in the U.S. from Italian technical fabric. I was immediately impressed by how incredibly soft and lightweight the fabric felt next to my skin. The striking and vibrant violet color, without any logos or patterns, was also very appealing to me. With simple black piping and black stitching along sleek contours, the only "flash" is the reflective trim that lines the deep rear pockets, which run the length of the shirt. There's also a beautiful ruching detail that adds to the feminine look while offering generous storage space. I found the darting neckline to fit a bit snug, but a little tug on the half-length zipper took care of any discomfort. There is a delicate gathering along the short sleeves, which prevents the shirt from tucking up into the armpits and also provides a smooth line down the side panel of the shirt. The soft binding is

another understated feature that only adds to the seamless and almost undetectable feel of this beautifully designed top.

More important though is the overall performance when it came to bike rides. I began wearing this garment while Seattle was still

transitioning from winter to spring, so there were some cooler, windy days on my ride to and from work and I discovered that the Madison jersey did a decent job of wind blocking. I was even more impressed though as the temperature climbed. Whether it was my daily commute or long distance rides, on hot days I found

that the moisture wicking and quick-dry features of the Lycra SPORT fabric were second to none. I was never left with the feeling of a sweaty shirt clinging to my back and by the time my body cooled down the jersey was already bone dry and ready for round two. As an added bonus, the fabric also provides UPF 50 sun protection.

The Madison jersey comes in violet or jade and has an MSRP of \$88. Hand wash, hang dry is recommended. Visit [moomotionsports.com](http://moomotionsports.com) for additional products or to locate a retailer near you.



Photo courtesy Moo Motion

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# Pros and Cons of Fasting Exercise

BY ELLEN CHOW, MS, RD, CSSD, CD

Science has long been able to demonstrate the fueling mechanism of exercise by studying energy stored in the body and food intake. Until recently, athletes were almost always instructed to eat well before exercising. A typical eating schedule for endurance sports, such as running and cycling, includes some form of carbohydrate loading the previous night and a “good” meal two to four hours before training and competing.

However, there is a growing trend of manipulating one’s metabolism to preferentially burn fat rather than carbohydrates. Fat burning, or carbohydrate-sparing, depending on the point of view, is perceived to aid in reducing body fat and extending time-to-exhaustion. This is also frequently employed in conjunction with building lean muscle mass, or at least the intention to do so. As sports physiologists and nutritionists cautiously explore exercise in a fasting state, I would like to examine the current science and safety related to this topic. Please note that this discussion pertains to healthy people without any chronic illness and metabolic alterations. Always have a regular and thorough checkup that includes glycemic markers before undertaking such a change.

In general, glucose (blood sugar) returns to pre-meal level approximately four hours after food intake. This is particularly true during the day when we are physically active, even standing or performing office work requires energy. In the case of overnight fasting, glucose remains relatively stable given there was no physical activities. Blood glucose and liver glycogen store is expected to be at a low point 8–12 hours following the last meal.

While there are no standard definitions for the terms “athletes,” “trained,” or “active,” in general those qualified as “athletes” will train 12-25+ hours a week year-round, while “trained” refers to a person that averages 10 hours of training each week for at least three consecutive months and “active” people may put in 4 to 10 hours per week of exercise most of the time. This is an important difference because trained individuals have higher muscle mass, higher glycogen storage capacity, better utilization of both carbohydrates and fat, and are more familiar with their personal capabilities.

Not surprisingly, much of the research on fasting exercise performance was carried out with Muslim athletes who observed Ramadan, a month-long religious fasting from dawn to dusk. When athletes adjusted training time and employed proper recovery nutrition, performance did not appear to suffer<sup>1</sup> from it. However, researchers found that soccer players who observed Ramadan with intermittent fasting suffered non-contact and overuse injuries at significantly higher rates<sup>2</sup>. Extended period of food abstinence also resulted in reports of sleep and mood disturbances as well as increased stress. Be aware that fasting

exercise may be a disadvantage to activities that require considerable mental focus, precision, or very high intensity.

The brain needs glucose. Science has repeatedly demonstrated that prolonged fasting impairs cognitive functions, memory, and mood<sup>3</sup>. Although fasting training may promote fat loss in some people, it is never recommended for endurance races. As this is a new area of sport nutrition and exercise science, research studies are relatively small in scale and the data is inconclusive.

When deprived of carbohydrate intake, the body has two energy options: either use protein or fat to fuel the activity. At the beginning, the body will catabolize muscle and use protein. As the training session progresses and the person becomes well-trained, the body is able to oxidize fat more readily. However, in doing so, the source of fat oxidized for exercise shifts toward intramuscular triglycerides rather than free fatty acids released from subcutaneous fat<sup>4</sup>—the type that affects our appearance. This means when using fasting exercise as a means to lose fat, one should start sensibly and stick with it. For example, begin at a moderate intensity working out three times each week and gradually extend the length of those training sessions to 90+ minutes. The fat burning advantage may take as long as 90 minutes to manifest. Stay hydrated and plan ahead for recovery nutrition. Additionally, eat a healthy diet that supports fat burning throughout the day. In short, training status has everything to do with the body’s capability to preferentially burn fat while preserving lean tissues.

Emerging evidence is beginning to validate the safety of fasting exercise in healthy, trained athletes with a carefully planned nutrition regiment. For many nutritionists, this is a revolutionary step. In terms of preferential fat loss to improve body composition and aesthetics, bodybuilders who perform mostly anaerobic exercise have reported anecdotal successes; keep in mind that fat loss is not the same as muscle gain. However, endurance athletes (aerobic exercise) have yet to achieve consistent results. For performance, once again there is insufficient data to justify fasting as a way to improve time or endurance besides individual claims that it may feel better on an empty stomach. Although it is no longer considered harmful, fasting exercise has yet to show enhancement to one’s wellness.

*Ellen is a Seattle-based sports and wellness nutritionist. She works with athletes of all ages. She also works extensively with athletes who have stable cardiovascular and metabolic diseases. Ellen can be contacted at endgamenutrition.com.*

#### References:

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4. Schoenfeld B. Does cardio after an overnight fat maximize fat loss? *Strength and Conditioning Journal*, 2011;33(1):23-5.

## Equal Prize Money at BC Races

BC Superweek, scheduled for July 4-13, will be offering a \$120,000 cash purse in 2014, the largest in the region. To help continue the growth of cycling and close the disparity gap, the top three men’s and women’s finishers in all nine races will receive equal prize money.

“Equality in the sport is very important for us to foster,” says Race Director Mark Ernsting. “We couldn’t ignore the increase in women’s participation and quality of performance over the last two seasons — and equal prize money to the top three men’s and women’s podium finishers is a great step to continue to recognize the growth of women’s cycling.”

In addition to the \$120,000 in prize money, each of the nine races features thousands more in crowd prizes available to the riders.

The week’s lineup features Tour de Delta on the opening weekend followed by UBC Grand Prix, Global Relay Gastown Grand Prix, Giro di Burnaby and ends with Tour de White Rock. For more information and to register visit [bcsuperweek.ca](http://bcsuperweek.ca).

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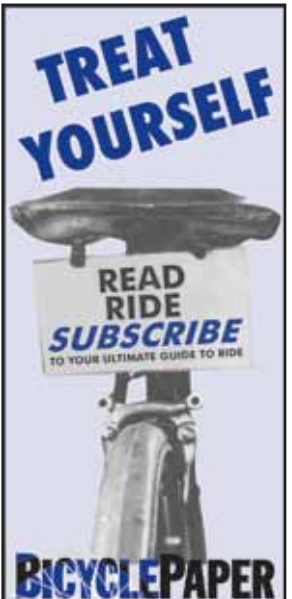
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# The Wednesday Night Worlds' Comeback

By SAMANTHA SHIMOGAWA

After a three-year hiatus, the Wednesday Night World Championships (WNWC) have finally returned, bringing back those fun races cyclists have known and loved for nearly two decades. From the beginning, the Championships have been bringing together mountain bikers of all levels for an after work or after school night of excitement, racing, and — yes — local pizza. The series has proved to be popular and beloved by many in King County, and with good reason: it's the only series to provide racers in the area with mid-week cross-country mountain bike events.



(Top) Brian Volkert fighting for the finish line. (Bottom) Paul Claeys (Cucina Fresca) leads the B group. Photos courtesy of NWMTB Series

Race director Russell Stevenson notes, "There are no other weekday dirt racing options, everything else is on paved roads." Participants couldn't agree more. Kyle McGilvray of Old Town Bicycle says he loves the Wednesday races "because you cannot get a better workout or a harder mountain bike ride in after work on a weekday."

But that's not the only reason riders love the series so much. Mark Landsaat, Senior Product Manager at Raleigh America and avid cyclist for 30+ years, moved to Seattle in 2001 from Holland. His friends at work told him about the Wednesday Night World

Championships and it was one of the first events he decided to look into. "It immediately got me involved in the local bike riding community, and a lot of my friendships today started at WNWC races," he says. The series found a way to foster and serve the cycling populace with challenging and exciting trails and has continued to do so since its inception.

Dan Norton and Wick spearheaded the series in the mid-90s that was originally held in South SeaTac Park where the series ran smoothly for 16 years until the South Correctional Entity Multijurisdictional Misdemeanor Jail (SCORE) was built in 2010. According to Stevenson, the facility cut the trail footprint in half and divided much of the land with a paved, public road that would have been challenging to cross during a race. As a result, events were canceled but later the entire series moved to North SeaTac Park. Unfortunately, the transition to its new location didn't come easy and caused some controversy with other park users and community members so organizers were forced to discontinue it once more.

In August of 2013, Stevenson moved back to Seattle from Boulder, Colo., and, realizing that the Wednesday Night Championships had yet to resume, worked to breathe life back into them. "I asked the right questions to the right people and jumped through the hoops to get access to the park again," Stevenson explains. "It was a lot of political mongering, but it worked out and the Parks Department and community at large are happy we're there."

Of course, the support from the community comes with a cost and an expectation of responsibility. Stevenson reiterates the necessity to keep up with trail maintenance, park cleanliness, and communications regarding any issues with the city. "A large part of our success lies in how well we conduct ourselves, especially with other park users," he says. This is notably true when remembering the conflicts that previously shut it down for the second time. According to Landsaat, the courses are now well marked to keep folks aware that there is a bike race in progress, which is good for riders as well as other park enjoyers.

Beyond that, the return of what is now called Wed Night Worlds has brought a new beginning for the series. While it is still a source for fun, exciting mid-week races, it now

offers a new format, new location, and a new promoter, Spark Plug Promotions. Stevenson explains that while the old series' format was more basic, Wed Worlds now has a website, a Facebook page, photographers, online registration, professional timing, series overall points, and prizes.

Landsaat says that it has evolved since the return, and for the better: "The races have a little more formal feel to them. They are better organized in my opinion and the addition of instant online results through Webscorer is great. I really like the new format."

As for the races themselves, the new location and trails have only gotten better. Stevenson says that the South "had more of an authentic mountain bike feel to it but was very congested, had less room to pass, and little elevation change. At North there are hills! And racers are regularly humbled out there."

Yet even with all this change, Wed Night Worlds has managed to preserve the atmosphere and the original series' mission. McGilvray says, "It doesn't feel like [the series has] changed a lot since three years ago. There are a lot of the same people, and it's still really fast and fun riding."

Landsaat concurs and says it still fills exactly the same purpose as it did before

the hiatus: "You get a nice, high intensity workout in the middle of the week, close to home, and after you cross the finish line, you hang out with like-minded people, talking about all things bike while eating some pizza. It's a great social experience and one of the highlights of my week."

This social aspect has been and always will be an important element. "Wednesday Night Worlds is really about having fun with your friends and enjoying racing," Stevenson says. "We welcome all levels and work to accommodate everyone at every level. The racing is the draw, but ask most of the regulars and it's the camaraderie that brings them back."

The 2014 Worlds began April 16 and will continue through September 17 with two races per night. B and C Class riders start at 6 p.m. for a 45-minute effort while A Class goes at 7 p.m. for a 60-minute competition. Men and women categories are combined. On-line registration is just \$15 and on-site registration after 5 p.m. the day-of is \$20. Junior racers under 15 pay half price and season passes are also available for everyone. Registration covers insurance, park permit fees, timing and results, website costs, number plates, prizes, park clean up, trail maintenance, and staffing. Beginning August 20, the series will switch to cyclo-cross mode. The start line can be found at the end of 18th Ave. S, off S. 136th Street and the BMX track in SeaTac. For more information concerning the races, timing and results, prizes, race format, schedules, costs, registration and CX nights, please visit [nwmtbseries.com/Home/WedWorlds](http://nwmtbseries.com/Home/WedWorlds).

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"SYNCLINE" FROM PAGE 1



The group takes a break and shares a few precious moments before bombing the downhill.

over to Hidden Canyon to ride tasty, techy singletrack to the bottom. This seems to be the popular route, or the "enduro" thing to do. We were there to ride our big bikes, so we had two cars. We also wanted a sunset glory ride to finish the day after riding Post Canyon in the morning.

The parking lot was filled with a mixed bag of trail users. It was a Sunday evening, so tons of families were out for day hikes. There were beginners on rental bikes looking for spectacular views, cross-country guys and gals in packs, enduro gangs with candy colored kits and more. The trailhead is a little more than an hour away from Portland, a

touch under three hours from Bend, and a dedicated four hours from Seattle, so it seems to be more of a Portland-area destination than anything else. You get there from Oregon by crossing the bridge out of Hood River, so it's a great finish after a morning of riding Hood River's trails.

With its southern facing hillside and the setting sun to the west, the locals talked of Syncline's winter riding awesomeness. This is the trail to head to in the winter, spring and fall, as it dries out significantly in the summertime; it gets sketchy slippery and the sun and heat beat down on you. We rode it in early April and the dirt had seen some

rain in the previous week, so flowers were peeking out, the grass was green, and the dirt was riding on the fine line of "grip-it and rip-it."

Our shuttle drive to the top of Courtney Road was like something out of a movie. Sitting in the back of the truck looking out to the orchards of Oregon across the Columbia felt special and we all had our phones out taking photos. Riding this road would not be that bad, as it offers a consistent climb but is never too steep. The locals claim it takes about an hour and a half from the bottom if one is motivated and somewhat fit,

and up to two hours for those who are "ill chillin'," as "Endurons" say. Everyone in our group was fairly anti-shuttle when the day began, but our decision to use a vehicle felt right and we all just let it happen. I'd certainly recommend it to those with the means.

The route we did is perfect for the big enduro bike shredder seeking a glorious 20-minute downhill run, but our man Ira rode it on his custom steel Breadwinner Cycles 29er hardtail and was smiling just as much as the rest of us. There are several climbs on the transfer from Upper Crybaby over to the Hidden Canyon Trail, but none of them cracked our group; several ascents were under three minutes at the most.

Crybaby has flowing corners with high-speed straights that let riders open it up. There aren't many trees up there so visibility is great and one can really feel confident and gather speed. I wouldn't say the corners have berms, but the track is so old and used that the trail edge provides a good last bit of security to bank off of.

The real action began at Hidden Canyon. Here the trail features more rock outcroppings that make it feel like a tame downhill track. This section is between lush zones of green, unicorn and gnome-spotting stretches that make most people want to stop and take pictures. To finish, there's a glorious technical ending right into the parking lot next to a retired livestock-loading corral. It's an old wooden elevated ramp that offers about three feet to a flat landing on the pavement and it just begs to be aired out of. It's so sweet for photos.

The highlight for me has to be the little jump along the Coyote Wall on the upper Crybaby singletrack. Picture a rolling hillside of flowers with a section of 20-inch-wide perfect singletrack cut along a steep cliff that drops down to the Columbia River with Oregon's rolling hills as the backdrop. Add a sunset and perfect spring conditions and this tasty launch ramp makes one feel like they are on the cover of this month's action bike rag. I don't know what it is called, but the locals say numerous Pacific Northwest cycling companies have been going there for years to shoot pre-season glory photos for their products and riders. Definitely take the time to stop and session this feature; it's not too big and anyone can look like a hero. Throw a photo up on Facebook and look rad.

So it turns out that I did get poison oak that day. I spent the next three weeks itching, scratching and spreading the horrible oil all over my body, but it was well worth



Singletrack and greenery equals perfection.

it. I learned that before heading out to ride in this area, one should first apply Technu or sunscreen to exposed skin, as just barley rubbing up to this plant will be enough to get oaked. Wear tall socks, knee warmers and long sleeves. Also, try not to fall in the lush green vegetation during the ride, and when taking photos, look before frolicking along the trailside. Soon after finishing, change clothes, put them in a bag, then apply another round of Technu. Most importantly, drive straight home and shower immediately: don't drive straight to White Salmon, eat an amazing XXX-size burger with peanut butter and pickles, drink a few beers, drive back to Bend and go to bed without showering.



An opportunity for air may come in unlikely places. Photos courtesy Chad Cheeney

Chad Cheeney is a Bend native and recently moved back after spending the past 16 years in Durango, Colorado. A wearer of numerous baseball caps, Chad is what you could call a top secret cycling pastor, spreading the good word wherever he goes. Riding, racing, loving and laughing is what he knows and his wake is shredderville. He also believes that John Elway just might be the best quarterback in the world.

## "SHIFTING" FROM PAGE 1



b. The 1930s Constrictor Osgear Super Champion.

Photos courtesy of Paul Johnson / Cycling Classic Museum

c. The one pulley 1947 Conloy.

simple to operate. Fitted to the chainstay was a cable-operated guide arm that moved the chain right or left across three sprockets. A tension arm near the crankset took up the slack of the chain and a guide-loop of metal on the tension pulley kept the chain from coming off. The Vittoria Margherita was a simple and wonderfully designed Italian system from the same era. In order to use the gears, the rider would simply reach down to the lever and move it forward, releasing some of the chain tension. Next, it was necessary to back-pedal while pushing on the chain with the right hand. The chain would jump to the next cog over and then the bicyclist would take the slack back out of the chain by moving the lever rearward again.

Early race organizers worried that wide variations in equipment would skew the results of their events. Singlespeed bikes were standard at the Tour de France up until 1937, when teams with derailleur systems were first allowed to compete.

The Osgear and the Margherita look exotic and still don't seem that familiar to us. The 1940s saw the development of derailleurs like those from Simplex, Cyclo, and Conloy, and in these systems we see steps toward modern parallelogram designs and controls that use a single shift wire. These devices seem kind of similar to what we have today, but some like the Conloy (c) only had a single pulley, so the total gear difference could only be about six teeth.

In the middle of the last century there were a few missteps as well as leaps forward. One of the goofier ideas was the Trivelox (d) shifter, a derailleur that operated by pulling the freewheel cogs side-to-side under a stationary derailleur. If you can imagine holding a pen over a piece of paper and writing by moving the paper underneath it, you can understand the limitations of this system. The more gears the Trivelox was asked to shift between, the wider and heavier the rear wheel had to become.

Campagnolo also had the bike world take a technological step backward in the late '40s with their Cambio Corsa and Paris-Roubaix "suicide shifters." To use these shifters, the rider flipped a lever on the seat stay that disconnected the rear wheel (while the bike was moving). The chain was then pushed onto the next cog over with a guide lever and then the cyclist would re-tighten the lever to secure the rear wheel. The first version, the Cambio Corsa, had

two levers managing this action and care had to be taken not to lose the wheel out of the dropouts. The later Paris-Roubaix (e) version operated everything with a single lever and some refinements made this system slightly safer. In both of these examples, long serrated dropouts would keep the rear wheel aligned while the shift was being completed and rearward force on the wheel would keep the chain tensioned. To anyone who has dropped a chain while shifting their



d. Trivelox shifters moved the cogs and kept the derailleur in a fixed position.



f. Campagnolo's Gran Sport offered reliable shifting.

modern bike, it is understandable that these mechanisms required quite a bit of finesse to operate.

Derailleurs that came out in the 1950s look pretty close to what we see today. Some popular models like the Simplex Touriste had two cables to operate them. On this derailleur there is a steel pull chain (like on a 3-speed hub) actuating a telescoping pulley arm. A second cable rotates the pulley arm, thereby fine-tuning the chain tension. Derailleur pulleys were still smooth and round in the '50s and didn't acquire their toothed profiles until the '60s. Typically, derailleurs like the Simplex could handle four or five cogs on the back wheel with a 12-tooth spread. Rod-actuated front shifters required reaching down to the seat tube by the water bottle to operate them and they managed the chainrings with a range of just a few teeth.

The '60s brought us Campagnolo's Gran Sport (f) and Nuovo Record derailleurs. Popular for decades due to their smooth shifts, good durability and lighter weight, these beautiful derailleurs have become icons in our sport. It's easy to see these were hits, as typing "Campy derailleur tattoo" into an image search engine will yield lots of results. Reliable shifting systems like these also meant that road bicycles became known as "10-speeds" in popular



e. Single lever Campagnolo Paris-Roubaix. Not for the faint of heart.



g. Dura-Ace STI levers.

vernacular during the '60s and '70s as gear capacity expanded.

Positron indexed shifting came out in the '70s. The predecessor to Shimano's Indexed Shifting (SIS) system of the late '80s, it was the first good "click" shifter. Shimano built the freewheeling mechanism into the crankset so users could shift gears anytime the bike was moving, not only while pedaling. This feature made Positron pretty heavy and use was limited to lower-level utility and sport bikes, not racers.

In the 1980s, Shimano took over the bike world with click shifting and Shimano Total Integration (STI) levers (g), which moved the shifters up to the handlebars where cyclists could easily reach them. This idea kept a rider's hands on the bars and was a stroke of genius that made road cycling safer, more fun and certainly faster.

Mavic unveiled the first commercially viable electronic derailleur in the '90s with its Zap system. The Zap derailleur (h) received signals from battery-powered buttons on the handlebars, but the spinning upper derailleur pulley generated the juice to move the chain. When Zap worked, it worked perfectly. Unfortunately, it wasn't protected from water and vibration all that well. Today's electronic shifting builds upon Mavic's foundation. Shimano's Di2 and Campagnolo's EPS derailleurs add



h. The electronic activated 1994 Mavic Zap.

automated front derailleurs and give us push button, customizable gear shifts across a wide range of gear ratios.

In the early days, a cyclist was lucky to have more than three gears. The difference between a low and a high gear could mean only a few teeth on a chainring. Today, bikes with 30 "speeds" are available and there are electronic derailleurs from Japanese and Italian companies as well as "infinite" ratio hub shifting systems and computer-controlled automatic shifting. We now take indexed shifting for granted and demand that controls are placed right at our fingertips; all of this precision is expected, along with knee-friendly gear ratios spanning dozens of chainring teeth. Times, and gears, change.

Paul Johnson and his wife Jaime own Classic Cycle on Bainbridge Island. Featured derailleurs can be seen on bikes in the Classic Cycle museum. For the museum opening hours and details visit [classiccycleus.com](http://classiccycleus.com)

# Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

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

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## EVENTS

### JUNE

#### Jun 22: Portland Sunday Parkways - North

Portland, OR. North Portland area. A free community event opening the city's largest public space - its streets - for people to walk, bike, roll and discover active transportation. PortlandSundayParkways.org

### JULY

#### Jul 9-13: Kettle Fest 2014

Republic, WA. Five days of mountain biking fun on the Colville N.F. Ride seemingly endless miles of trail through stunning alpine landscapes; donate a day of trail work; and have a good time. Come when you can, leave when you must. Peter Jantz, Evergreen Mountain Bike Alliance, evergreenmtb.org

#### Jul 26: Tour de Fat

Boise, ID. Beer garden, bands, bike rides, live music and entertainment at Ann Morrison Park. Benefits SWIMBA and Treasure Valley Cycling Alliance. New Belgium Brewery, newbelgium.com

#### Jul 27: Portland Sunday Parkways - Northeast

Portland, OR. Northeast Portland area. A free community event opening the city's largest public space - its streets - for people to walk, bike, roll and discover active transportation. PortlandSundayParkways.org

## CAMPS

### JUNE

#### Jun 1-3: Women's Allride Clinic

Bend, OR. Three days with MTB instructor Lindsey Voreis. Progression specific to riding level, daily bike ride. Naomi Fisher, Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

#### Jun 14-15: Trek Dirt Series

Whistler, BC. Learn new skills, increase confidence on the bike or simply enjoy the sport like never before. World class women's only instructional weekend camps for beginner, intermediate, and advanced riders. Also available co-ed format 7/21-22 in Whistler, BC. Women only 7/28-29 in Winthrop, WA. Lu Furber, Dirt Series, 604-484-6238, dirtseries.com

#### Jun 20-22: BetterRide MTB Skills Camp

Bend, OR. BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control and have more fun on their bikes. Gene Hamilton, BetterRide, 970-335-8226, betterride.net

### JULY

#### Jul 12-13: Trek Dirt Series

Whistler, BC. Learn new skills, increase confidence on the bike or simply enjoy the sport like never before. World class women's only instructional weekend camps for beginner, intermediate, and advanced riders. Lu Furber, Dirt Series, 604-484-6238, dirtseries.com

#### Jul 18-20: BetterRide MTB Skills Camp

Bellingham, WA. BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control and have more fun on their bikes. Gene Hamilton, BetterRide, 970-335-8226, betterride.net

## MULTISPORT

### JUNE

#### Jun 1: North Olympic Discovery Marathon (NODM)

Port Angeles, WA. Point to point marathon and half-marathon from Sequim to Port Angeles on Olympic Discovery Trail. Also 5, 10km and kids marathon, walk marathon and relay. PAMA, nodm.com

#### Jun 7: Echo Valley Trail Run

Chelan, WA. Distances: 10k, half-marathon, 50k, and 50 miles. Raffle prizes, fully stocked aid stations. Roger Michel, 4th Dimension Racing LLC, 425-301-7009, evergreentrailruns.com

#### Jun 7: Ironman 70.3 Boise

Boise, ID. Half-Ironman. 1.2-mile swim in Lucky Peak Reservoir, 56-mile bike, 13.1-mile run. Bike and run course along Boise Greenbelt, finish in downtown Boise. Ironman North America, ironmanboise.com

#### Jun 7: Issaquah Triathlon

Issaquah, WA. Lake Sammamish State Park. Sprint distance triathlon and duathlon (bike and run only), 5km and 10km race, kids triathlon. 425-392-3866, issaquahtri.com

#### Jun 7: Moses Lake Family Triathlon

Moses Lake, WA. Blue Heron Park. Age groups, relay teams of 2 or 3, Junior category. Olympic distances (1, 24, 6.2 miles), Sprint (.5, 12, 3.1 miles), Family (.25, 12, 3.1 miles). First start 8am. Post-event food. Rory Mueller, 206-920-3983, buduracing.com

#### Jun 13: Friday Night Swim Race

Kent, WA. Lake Meridian Park. 0.5-, 1.2- and 2.4-mile open water swim races. Wetsuit or non-wetsuit division. BBQ after. Awards 3 deep in each race and division. Win and take home an apple pie. Kathy Morrison, Raise the Bar Events, 206-779-7727, fridaynightswimraces.com

#### Jun 14: Cottage Lake Tri

Woodinville, WA. Cottage Lake. Swim 400 yards, bike 9 miles, run 2 miles. Start 8am. Various options including friends and family wave, relay and elite races. Kids distance available. Mary Meyer Life Fitness, 206-282-3959, marymeyerlifefitness.com

#### Jun 14-15: Gerick's Wasa Triathlon

Cranbrook, BC. Wasa Lake. TriKids Tri, Short Course Tri and Olympic Tri. Spectacular for entire family. BC Olympic Championships. Solo and relay categories. Qualifier for BC Summer Games. rmevents.com

#### Jun 14: Winthrop Traverse

Winthrop, WA. Start at Pearygin Lake State Park. 3-mile run, 8-mile bike, 4-mile paddle, 20-mile road bike. Todd Elsworth, Bellingham Benefits, 360-739-8458, recreationnorthwest.org/winthrop-traverse

#### Jun 15: Mt Hood Scramble

Mt Hood, OR. The Grandfather of Filth. 6-mile adventure run with hills, creeks crossings, rock, dirt, heavy brush and more. 503-741-9364, xdogevents.com

#### Jun 18-22: Oregon Senior Games

Bend, OR. 50 and over friendly competition featuring 5k run/walk, track and field, swimming, archery, badminton, golf and more. visitbend.com

#### Jun 21: Kulshan Quest Adventure Race

Bellingham, WA. Mountain biking and trekking on the trails of Chuckanut Mountains and Fairhaven with paddling in Bellingham Bay. Race based out of Fairhaven. Qualifier for the US Adventure Racing Assoc. Nat'l Championships (10/2-4). Recreation Northwest, 360-739-8457, recreationnorthwest.org

#### Jun 21: Rock n' Roll Seattle

Seattle, WA. Half-marathon and marathon. Start/finish at Seattle Center. 800-311-1255, nrseattle.com

#### Jun 21-22: Tough Mudder

Whistler, BC. 25 obstacles over 10- to 12-mile course designed by British Special Forces. Test strength, stamina and mental grit. Solo or team entry. At Olympic Park. Party to follow. Tough Mudder, toughmudder.com

#### Jun 22: Lake Meridian Triathlon #1

Kent, WA. Includes super sprint, sprint, and Olympic distances. Based at Lake Meridian Park. Enthusiastic volunteers, scenic, accurate, well-marked courses, breakfast after. T-shirt, medals, giveaways. Kathy Morrison, Raise the Bar Events, 206-639-8031, lakemeridiantri.com

#### Jun 22: San Juan Marathon

Friday Harbor, WA. New course. Marathon, half-marathon, 10km. sjmarathon.org

#### Jun 27-29: Pacific Crest Sports Weekend

Sunriver, OR. Sunriver Resort. Kids triathlon and dash, 5k and 10k walk/runs, adult long course and Olympic distance triathlon/duathlon, marathon and half-marathon. Marathon is Boston qualifier. Health & Fitness Expo, food, beer garden, live entertainment, fun, camaraderie. 503-644-6822, racecenter.com/pacificcrest

#### Jun 28: Five Mile Lake Sprint Co-Ed Triathlon

Federal Way, WA. Course: .25-mile lake swim in Five Mile Lake, 14-mile bike on mainly residential roads, 3.1-mile run. Also Super Spring distance. Start 8am. Age groups, 2- and 3-person relay, Athena categories. Rory Muller, 206-920-3983, buduracing.com

#### Jun 28: Lake Padden Duathlon / Triathlon

Bellingham, WA. Run 2.6 miles, bike 14.5 road miles, run 2.6 miles. Start 9am. Tri: swim 1/2-mile, bike 21, run 5.2. Start 8:30am. Fun, inexpensive event on great course. Competitive and recreational divisions. Lance Romo, Bellingham Park and Recreation, 360-778-7000, cob.or

#### Jun 28-29: Scorched Sole Ultra

Kelowna, BC. New this year, 2 x 100km stage race. Run Kelowna to Naramata and back. Can Crockett, 250-861-1092, scorchedsole.com

#### Jun 29: Ironman Coeur D'Alene

Coeur d'Alene, ID. 2.4-mile swim, 112-mile bike, 26.2-mile run. Pre-reg only. 50 qualifying slots for Ironman WC in Kailua-Kona, HI. 888-280-9097 x 27, ironman.com

## MOUNTAIN BIKE

### Weekly

#### MONDAY

##### Portland MTB Short Track Series

Jun 2-Jul 28

Portland, OR. Multiple laps on fun and challenging 3-5 minute course with lots of bumps and turns from 5:40-7:30pm on the infield of PIR. MTB or cyclocross bike. All ages, abilities, free kiddie races. Points 30 deep. Best 7 out of 8 count towards overall cash. Weekly prizes. Two sets of Oregon BAR points. Kris Schamp, 503-466-9007, portlandracing.com

#### TUESDAY

##### School Bike League

Apr 15-Jun 2

Victoria, BC. Series of 8 events from various disciplines for high and middle school students. Points per category and school rankings. Eric Simonson, schoolbikeleague.com

#### WEDNESDAY

##### 5 in July - Team MTB Racing

Jul 2-30

Athol, ID. Team mountain bike racing every Wednesday night in July. Five members per team, first 3 finish, score. 8-mile singletrack lap. Teams do 1 or 2 laps. Cross country scoring. 6:30pm start at Farragut State Park. Kent Eggleston, 208-667-8969, bicycleservice.com

##### Wed Night Worlds

Apr 16 - Sep 17

SeaTac, WA. Short course MTB racing at N. Seatac Park (13699 18th Ave). Register online or at the event. 2 races per night. B/C men and women combined, all categories scored separately, beginners do 1 less lap. Junior half price. Start 6pm, 45 min race. A race for expert and Cat 1 racers, starts at 7pm for 60 min. Overall prizes for best of 15 races. Food and drink after each event. Supports Evergreen High School series. Russell Stevenson, Spark Plug Promotions, nwmtbseries.com

##### Wood River Cup

May 28-Jun 24

Hailey, ID. Series of 5 short track XC events for the whole family with nightly and overall prizes. Shimano Youth series for kids 12 and under. Course varies each week, distance between 25-40 minutes depending on category. First start at 5:30pm. Hailey Community Bike Park. Bill Olson, 208-788-9184, powerhouseidaho.com

### Series

#### Cascadia Dirt Cup Enduro Series

Jun 28; Jul 19; Aug 16; Sep 20; Oct 19

Various, WA. A series of five, one-day, enduro-style stage races around Washington State. Race classes for Junior, Veteran, Novice, Sport,

Expert and Pro. Stacy Karacostas, Evergreen Mountain Bike Alliance, 206-200-7594, cascadiadirtcup.org

#### Dirty Feet MTB Series

Jun 8

Various, BC. 3-race series. Points system counts all 3. Top 11 in each race get points; if tied, best average speed wins. Must participate in 2 out of 3 to be eligible for points. Men and women categories. Third event TBD. Phil Hiom, dirtyfeet.ca

#### Enduro BC Series

Jun 7-8, 28; Aug 3, 16-17; Sep 13-14

Various, BC. Series of 6 enduro events (non-timed climbs, timed descents). 2 to 5 hours of total riding time and features 2 to 5 timed stages between 1.5 to 30 minutes. Shuttle possible at some venues but mostly riding. Best 5 of 6 results counts toward overall. \$1500 cash prize per race, \$2100 for series. Events in Pentiction, N. Vancouver, Kelowna, Rossland, Sunshine Coast and Revelstoke (finale). Companion series Enduro KR. Cycling BC sanctioned event. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

#### Enduro KR Series

Jun 21; Jul 12, 19-20

Kootenay, BC & Rockies, AB. Series of 5 enduro racing events (non-timed climbs, time descents). 2 to 5 hrs of total riding time and features 2 to 5 timed stages between 1.5 to 30 minutes. Shuttle possible at some venues but mostly riding. Best 4 of 5 results counts toward overall. \$1500 cash prize per race, \$2100 for series. Events in Canmore, AB, Kimberly, Golden, Rossland and Revelstoke (finale). Companion series Enduro BC. Cycling BC sanctioned event. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

#### Fat Tire Revolution Series

Jun 7, 28

Various, WA. FTR. 5-event series in western Washington. Point system determines overall. Jake Maedke, 509-754-6361, rideviciouscycle.com

#### FVMBAA Trailblazer Series

Jun 22

Various, BC. Series of 3 enduro-style events between Maple Ridge and Chilliwack. Fantastic races, kids races, festival feel. All events offer multiple fun, fast, flowy, loamy, singletrack descents with gradual non-timed road climbs between stages. Registration opens at 8:30am. Race start 10am. Karla Stowards, FVMBAA, 604-556-4660, fvmbaa.com

#### Island Cup Enduro

Jul 27; Aug 17, 31; Sep 7, 21

Vancouver Island, BC. 4-event series. Enduro is a mix of DH and XC using longer more "all-mountain" friendly courses which can appeal to a greater number of riders. Uphill sections may be present and course times are as long as 15 minutes. islandcupseries.com

#### Island Cup Series Marathon

Jun 21

Vancouver Island, BC. 3-event series on some of the best courses from Cowichan to Cumberland. Open to all. Point system determines the winner in each category. Bring non-perishable food bank donation. islandcupseries.com

#### Knobby Tire Series

Jun 14, 28; Jul 26; Aug 23

Various, ID. Series of 6 events. Overall standings calculated on points, counting the best 5. Must do 3 races to get in GC. If you move up on points, half points will follow. Top 15 in each category. All races are national qualifying events. Hal Miller, knobbytireseries.com

#### NW Cup

Jun 20-22; Jul 18-20; Aug 20-22; Sep 12-14

Various. Series of 7 DH events. Overall calculated on 5 best results. USA Cycling sanctioned. nwcup.com

#### NW MTB Series

May 3; Jul 13; Aug 2

Various, WA. New series. 3-race format. 2-3hr racing time depending on course. Multiple categories. Top 3 podiums at each race and overall. GC calculated on points, all races count. Chip timing. Free beer! Benefits EMBA. Russell Stevenson, nwmtbseries.com

#### Oregon Enduro Series

Jun 7-8; Jul 5-6, 19-20; Aug 30-31; Sep 27-28; Oct 11-12

Various, OR. Series of 5 events. Points awarded 20 deep. Highest points total wins. 3 to 6 Super D stages per weekend, reduced timed climbs, non-timed transition. Devon Lyons, 503-222-2851, oregonenduro.com

#### Oregon MTB XC Series

Jun 1; Jun 7, 28, 29

Various, OR. Series of 10 XC races with points awarded and Champion Jerseys for 20 series winners starting in April. Best 6 results counts toward overall, ties decide placement at final race. Team competition awards points to best 4 riders' results per race for overall post series awards. See individual events for location and start time. Individual and team standings

provided by Athlete Path. Mike Ripley, oregonxcseries.org

#### Pro XCT Series

Jun 14, 20-22, 21; Jul 12, 26

Various. Series of 7 XC events across the nation. \$15,000 prize purse. Includes 4 UCI sanctioned events (USA Cycling US Cup). Overall standings for men and women pro racers. usacycling.org

## Race

### JUNE

#### Jun 1: Campbell River XC

Campbell River, BC. Part of Island Cup Series XC. River City Cycling Club, islandcupseries.com

#### Jun 7: Alesia Falls Switchback XC - OXCS #8

Alesia Falls, OR. 8-mile loop offers 1500' per lap. Trails on BLM land showcasing more rock than normally but fast and fun. New: 2-mile section of amazing roller coaster trails. Great camping, waterfall and swimming after. See race series for details. Mike Ripley, Mudslinger Events, 541-225-7946, mudslingerevents.com

#### Jun 7: Bavarian Bike & Brew Fest - FTRS #4

Leavenworth, WA. Gibbs Organic Farms. Rigorous 8.6-mile loop with 1800' gain per lap. Four creek crossings, challenging singletrack, water bars, spectacular scenery. Camping on-site, brew, music and more. First start 9am. Part of Fat Tire Revolution Series. Das Rad Haus and Der Sportsmann, 509-548-5615, dasradhaus.com

#### Jun 7-8: Enduro BC Series - N. Van

N. Vancouver, BC. See race series for details. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

#### Jun 7: Evergreen MTB Festival

Issaquah, WA. At Duthie Hill. Grand Ridge poker ride, dual slalom, jump jam competition, pump track race, new bike demos. Bring the whole family for fun-filled day of demos from top brands, raffles with killer prizes, Duthie tours, special kids events and more. Trails will be open to ride. Stacy Karacostas, Evergreen Mountain Bike Alliance, 206-200-7594, evergreenmtb.org

#### Jun 7: Kootenay Krusher

Radium Hot Springs, BC. 50km singletrack race at Nipika Mountain Resort. Follows Kootenay and Cross Rivers. Options for entire family: 50km team, 25km, 5km, 3km and run/bike event. First start 10am. 250-342-6516, nipika.com

#### Jun 7-8: Oregon Enduro #1 - Hood River (NAET)

Hood River, OR. Part of North American Enduro Tour. See race series for details. Devon Lyons, 541-301-0132, oregonenduro.com

#### Jun 8: Dirty Feet - 6 Hour Enduro

Kamloops, BC. Kenna Cartwright Park. Race as team of 2 or 4 or go solo. Prizes. Start 10am. No day-of registration. See race series for details. Phil Hiom, dirtyfeet.ca

#### Jun 8: Duncan Prevost DH

Duncan, BC. Mt. Prevost is home to a fast, flowy trail called Memphis, but bring your lungs because it isn't short. Cowichan Cycles, islandcupseries.com

#### Jun 8: SSBP Kids Race

Surrey, BC. Toonie race at South Surrey Bike Park. SORCE, sorcebikeclub.org

#### Jun 14: City Creek Pedalfest

Pocatello, ID. A great MTB race on some of the best singletrack around. Open, Sport and Beginner classes ranging from 12-27 miles. Also, Hot Rock race for kids and spaghetti dinner the night before. Lindi Smedley, 208-479-7659, pocatellopedalfest.com

#### Jun 14: Knobby 9 to 5 - KTS #3

Boise, ID. 9 to 5 ... need we say more? Great trails, ride as many laps as you can. Team or solo. Limit 95 riders. See race series for details. Hal Miller, Knobby Tire Series, 208-869-4055, knobbytireseries.com

#### Jun 14: Sturdy Dirty Enduro

Olympia, WA. New event. First ever women-only enduro race at Capitol Forest. Timed sections intertwined with transition sections. Smooth singletrack, some technical and great fun. All levels welcome. Angela Suchich, Sturdy Bitch Racing, sturdybitchracing.com

#### Jun 14: Test of Metal

Squamish, BC. Sold Out. Marathon event. Very demanding XC course with over 1200m of climbing and 35km of singletrack. Brennan Park. Start 11am. Cliff Miller, Test of Metal, 604-898-5195, testofmetal.com

#### Jun 19: Sheeptown Drag Race

Hailey, ID. Kickoff event of the Ride Sun Valley MTB Festival. Bill Olson, 208-788-9184, roadanddirt.org

#### Jun 20-22: Missoula XC

Missoula, MT. Pro XCT UCI C1 event. Training Friday, racing Saturday. All categories. Part of UCI Junior World Series. See race series for details. Ben Horan, 406-544-5270, missoulaxc.org

#### Jun 20-22: Ski Bowl / NW Cup #3

Mt Hood, OR. DH training Saturday, race Sunday. Course varies based on categories. See race series for details. Petr Kakes, Hurricane Racing, nwcup.com

#### Jun 20-22: USAC Gravity MTB National Championships

Angel Fire, NM. usacycling.org

**Jun 21: 12 Hours of Cumberland**  
Cumberland, BC. Solo or team relay event staged out of beautiful No. 6 Mine Park. Laps are approx. 1 hour for the average rider. 8am to 8pm. Part of Island Cup Series Marathon. Jeremy Grasby, 253-336-8250, islandcupseries.com

**Jun 21: Enduro KR Series - Canmore**  
Canmore, AB. See race series for details. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

**Jun 21: Humberg Hurry-up**  
Yreka, CA. 6- to 8-mile circuit on multi-loop courses at Greenhorn Park. Monster Mile, climbs, chutes, descents, smooth to rough trails, service roads, singletrack, trees, shade and sun. Elite: 42 miles. Cat 1: 24 miles. Cat 2: 15 miles; Cat 3: 7 miles. Jill Harris, JMBA, 530-340-1000, humberghurry-up.com

**Jun 21-22: Jug Mountain Ranch XC and Enduro Championships**  
McCall, ID. XC plus 3-stage Enduro. National qualifier. 12-mile loop with single and double track, some gnarly short climbs and descents. Enduro is 2.5 miles long, plus 2 others mostly downhill. Darren Lightfield, Wild Rockies, 208-608-6444, wildrockiesracing.com

**Jun 21: Missoula XC**  
Missoula, MT. Pro XCT UCI C1 event. Training Friday, racing Saturday. All categories. Part of UCI Junior World Series. See race series for details. Ben Horan, 406-544-5270, missoulaxc.org

**Jun 21-22: Rundle Revenge**  
Canmore, AB. MTB enduro and trail running ultra. transrockies.com

**Jun 22: FVMBA Trailblazer #3**  
Abbotsford, BC. Sumas Mountain. See race series for details. Karla Stowards, FVMBA, 604-556-4660, fvmba.com

**Jun 22: Stoked to Get Spanked**  
Revelstoke, BC. Marathon. 35km of sweet, relentless singletrack and logging road at Mount MacPherson Nordic Ski Trails. Kids race for 3+. U11, U15 an U17 categories race shorter courses. Tom Peasgood, Skookum Cycle & Ski, 250-814-0090, spanked@skookumcycle.com

**Jun 25-29: USAC Juniors Track National Championships**  
Carson, CA. usacycling.org

**Jun 26-Jul 5: Ride Sun Valley Fat Tire Festival**  
Sun Valley, ID. Multiple events over a week for riders of all ages and abilities, including Idaho Pump State Championships and kids MTB race on July 5. Culminates with National Marathon Championships. Seth Delorey, Sun Valley Events, 508-414-9150, ridesunvalley.com

**Jun 27-29: Sun Valley Shimano Super Enduro**  
Sun Valley, ID. 4-stage enduro race on Bald Mountain Peak in Sun Valley. 11,000'+ of descending with bike park test. Fast and flowy. Lift access. Pro Open purse. Part of Enduro Cup. Greg Randolph, 208-726-3423, ridesunvalley.com

**Jun 28-29: Ashland Mtn Challenge Enduro**  
Ashland, OR. One-day enduro-style race. 4 to 5 timed stages of ripping singletrack on Mt Ashland. Reg open March 1. All categories from Junior 13-18 to 55+, amateurs and Pros. Bill Roussel, 541-499-2298, ashlandmountainadventures.com

**Jun 28-Jul 5: BC Bike Race**  
N. Vancouver, BC. Epic 7-day on some of the world's sweetest singletrack. Solo, and teams. Dean Payne, 778-846-5746, bcbikerace.com

**Jun 28: Cascadia Dirt Cup #1**  
Battle Ground, WA. Yaacolt Burn Enduro. See race series for details. Stacy Karacostas, Evergreen Mountain Bike Alliance, 206-200-7594, evergreenmtb.org

**Jun 28: Enduro BC Series - Kelowna**  
Kelowna, BC. See race series for details. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

**Jun 28-30: Fernie 3**  
Fernie, BC. Cross country stage race that averages 30km per day. Limit 300. Dan Savage, fernie.com/transrockies/fernie-schedule

**Jun 28: Soldier Mountain XC - KTS #4**  
Fairfield, ID. Soldier Mountain Resort's "epic" XC course. Known for big climbs and big descents. Qualifier for Nationals. See race series for details. Hal Miller, Knobby Tire Series, 208-869-4055, knobbytireseries.com

**Jun 28: Test of Endurance 50/100 - OXCS #9**  
Blodgett, OR. Amazing amount of singletrack. Race 2000' and 20 miles for Novice (Cat 3) and Juniors, 4500' and 32 miles or the 62 with 11,000' of climbing. 62-miler limited to 125, other categories a combined 200. Only the 50 is part of series. See race series for details. Mike Ripley, Mudslinger Events, 541-225-7946, mudslingerevents.com

**Jun 28: White River Remix - FTR #5**  
Greenwater, WA. Sure to please, the White River Remix is the perfect balance of tech, grind, and flow. Part of Fat Tire Revolution Series. Jake Maedke, Vicious Cycle, 509-754-6361, rideviciouscycle.com

**Jun 29: 6 Hours of Skibowl**  
Government Camp, OR. Multiple 40' to 50' laps on an up-and-down loop around Skibowl East. Great views, fully-stocked aid station, DJ

and more. 2-person, 3- to 6-person or solo. Start 10am. All ages, abilities. Petr Kakes, Hurricane Racing, hurricaneracingoregon.com

**Jun 29: Pickett's Charge - OXCS #10**  
Bend, OR. New course. XC racing for all levels. Pro/Elite/Expert: 30-35 miles. Sport: 20 miles. Beginner: 10-15 miles. Day-of reg 8:30-9:30am. Start 10am. Cash purse and raffles. Held on west side trails, start/finish at Phil's Trailhead. Tandem class. See race series for details. Gina Miller, 541-318-7388, sunnysidesports.com

JULY

**Jul 5-6: Oregon Enduro #2 - Bend**  
Bend, OR. See race series for details. Devon Lyons, 541-301-0132, oregonenduro.com

**Jul 5: USAC Marathon MTB National Championships**  
Sun Valley, ID. usacycling.org

**Jul 6: Canada Cup DH #2**  
Panorama Resort, BC. UCI C2 event. Offers all categories and citizen events. Panorama Resort, cyclingcanada.ca

**Jul 6: Invergray Pump Track Race**  
Surrey, BC. SORCE, sorcebikclub.org

**Jul 11-13: Canadian Downhill Championship**  
Sun Peaks, BC. Sun Peaks Resort. 2.6km with 500m of lost elevation. Features fun, fast, technical sections. UCI CN event. Henry Pejril, Sun Peak Resort, 250-578-5411, sunpeaksresort.com

**Jul 12: Enduro KR Series - Kimberley**  
Kimberley, BC. See race series for details. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

**Jul 12: Freeride Festival Silver Star Jump Jam**  
Vernon, BC. Slopestyle and chainless races. FMB Bronze event. summer.skisilverstar.com

**Jul 12: Lost Boys Lungebuster**  
Fernie, BC. The ultimate challenge for hardcore climbers. Grueling race starts at Fernie's base area and climbs to top of Timber Express Chairlift - 2100 vertical feet. skifermie.com

**Jul 12-13: Oregon 24**  
Bend, OR. 24-hour MTB relay race. \$1000 cash prize, raffle and more. Also 12-hour format available but limited to 50 teams. Mike Ripley, Mudslinger Events, 541-225-7946, mudslingerevents.com

**Jul 12: Roundabout Spout XC**  
Tollgate, OR. Sprout Springs Ski Area. 23, 17 and 11 miles. Challenging climb and blissful fast singletrack. Start 11am. Brian Sather, 915-247-2633, lagranderide.com/events/ne-oregon

**Jul 12: Southeast Idaho Senior Games**  
Pocatello, ID. Open to adults 50+.  
MTB XC. Jody Olson, 208-233-2034, seidahoseniorgames.org

**Jul 12: Subaru Cup**  
WI. Part of USA Cycling's PRO XCT and a UCI C1 event. Top points to participants. See race series for details. usacycling.org

**Jul 13: Padden MTN Pedal**  
Bellingham, WA. XC - multiple laps, steep climbs and technical descents. For all levels, food, music and more. Part of NW MTB Series. Mark Peterson, 360-738-0679, markomb13@comcast.net

**Jul 17-20: USAC Cross-country MTB National Championships**  
Bear Creek Resort, PA. usacycling.org

**Jul 18-19: 12 hours of Eagle**  
Eagle, ID. Sunset to sunrise 12-hour MTB endurance race. 9-mile singletrack loop with 700' of climbing. Solo, 2 or 4 rider teams. Some sex or co-ed. No license required. Dirt Bag Promotions, 208-695-0816, 12hoursofeagle.com

**Jul 18-20: Momentum BC Cup / NW Cup #4**  
Silver Star, BC. Course marked Friday. Practice Saturday 10-4:45pm. Sunday: racing. Steep descent, rock gardens and tight turns. Ample camping. Results count towards BC Cup and NW Cup. See race series for details. Stephen Exley, N-Dub, 403-473-3817, seracing.ca

**Jul 19-20: Canadian XC Championship**  
Barry, ON. Hardwood Hill. UCI CN event. Pulse Racing, cyclingcanada.ca

**Jul 19: Cascadia Dirt Cup #2**  
Port Angeles, WA. Drill Hill Enduro. See race series for details. Stacy Karacostas, Evergreen Mountain Bike Alliance, 206-200-7594, evergreenmtb.org

**Jul 19-20: Enduro KR Series - Golden**  
Golden, BC. See race series for details. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

**Jul 19: Gear Jammer XC**  
Squamish, BC. 45km point-to-point epic for singletrack lovers. Mass start. Limit 500. No U14. Curtis Roberts, SORCA, gearjammer.ca

**Jul 19: High Cascades 100**  
Bend, OR. 100 miles, 1 loop and 75 miles that crests at 7000'. Amazing test of fitness and riding ability. Keep the pace to finish in 10-15 hrs. Part of the NUE Series. Limited entry. Mike Ripley, Mudslinger Events, 541-225-7946, mudslingerevents.com

**Jul 19-20: Oregon Enduro #3 - Camas**  
Camas, OR. See race series for details. Devon Lyons, 541-301-0132, oregonenduro.com

**Jul 25-27: Western Open - BC Cup**  
Golden, BC. Kicking Horse Resort. Twisty singletrack and plunging descents. DH, dirt jump, long jump and trials competition. Sunday racing. Master the 4-minute+ course. Kids race. Cash purse plus swag. Alberta Cup and BC Provincial Championships. Stephen Exley, SE Racing and Promotions, 403-473-3817, seracing.ca

**Jul 26: Butte 100**  
Butte, MT. 100-mile race with 16,000' elevation gain. Full figure-eight course nearly the pedaling equivalent of climbing Mt Rainier. 50-mile option with 8500' elevation gain. 70% trails, 30% road and jeep trails. S/F Basin Creek Reservoir picnic area. Gina Evans, TripleRing Productions, 406-498-9653, butte100.com

**Jul 26-27: Canadian Marathon Championship**  
Sun Peaks, BC. Sun Peaks Resort. Elite class 70-90km. UCI CN event. 20, 40, 60km marathon - a MTB race for everyone. Solo or teams. 60km = 3 loops. Awards to top 2 in each category. Part of Dirty Feet MTB Series. Henry Pejril, Sun Peak Resort, 250-578-5411, sunpeaksresort.com

**Jul 26: Galena Grinder - KTS #5**  
Ketchum, ID. White Henry Memorial at Galena Lodge. Marathon: 22.5-mile loops with 50% singletrack. XC distance: 10-22.5 miles, depending on category. For shorter distance, do the regular XC. See race series for details. Hal Miller, Knobby Tire Series, 208-869-4055, knobbytireseries.com

**Jul 26: Nine2Five**  
Roslyn, WA. New event. 7-mile course around Roslyn. Solo, 2-and 3-person categories. Limit 250. Terry Buchanan, Low Pressure Promotions, mtgyclocross.com

**Jul 27: Hartland Enduro #1**  
Victoria, BC. See race series for details. Scott Mitchell, Pro City Racing, 250-380-7877, procityracing.com

Touring

JUNE

**Jun 7: National Trails Day**  
Various. Events of all sorts, including trail building and rides, presented by various organizations in all parts of the country. imba.com

**Jun 14: Gourmet Century**  
Bend, OR. Explores the singletrack of Bend's classic trails. Chefs Chris DiMinno, Scott Ketterman and Jeff McCarthy. Chris DiStefano, Chris King Precision Components, 503-758-5924, gourmetcentury.com

**Jun 22: Longest Day of Trails**  
Port Townsend, WA. Choose your distance. 3 checkpoints. 1st at 1.5-mile marker, 2nd at Cape George Trailhead, 3rd at the current "end" of the Larry Scott Trail. Select your charity. Supports Quimper Trails Assoc., Jefferson Trails Coalition, and Pacific NW Trails Assoc. Runners/walkers welcome. Nicole Sexton, Jefferson Trails Coalition, Peninsula Trails Coalition, longestdayoftrailspt.wordpress.com

**Jun 23-26: Best of Bend**  
Bend, OR. Singletrack XC. Ride through Bend's network of trails. Also canoe and float the Deschutes River. Includes all meals and accommodations. 75 miles over 4 days. Beginner to expert riders. Also 7/14, 8/11, 8/25, 9/5, 9/22, and 10/6. Naomi Fisher, Cog Wild Bicycle Tours, 541-385-7002, cogwild.com

**Jun 27-29: Ride Sun Valley Mountain Bike Festival**  
Sun Valley, ID. Showcases the area's 400+ miles of singletrack. Sun Valley Events, 208-726-2777, ridesunvalley.com

JULY

**Jul 6: Okanagan Trestle Tour**  
Ride the historic Kettle Valley Railway bed starting at the famous Myra Canyon. 80km to Penticton or 40km when starting at Chute Lake. Shuttle back. Glenn Bond, 250-309-2611, okanaganrestletour.com

**Jul 7-13: Kettle Valley Trail 1**  
Castlegar, BC. Starts in historical Castlegar, ends in Beaverdell via Grand Forks, Greenwood and Rock Creek. Incredible views of Lower Arrow Lake. Mostly on rail bed. Hybrid or MTB. Great Explorations, 800-242-1825, great-explorations.com

**Jul 9-13: Kettle Fest 2014**  
Republic, WA. Five days of mountain biking fun on the Colville N.F. Ride seemingly endless miles of trail through stunning alpine landscapes; donate a day of trail work and have a good time. Come when you can, leave when you must. Peter Jantz, evergreenmtb.org

**Jul 17-20: Kettle Valley Trail 3**  
Princeton, BC. Princeton to Hope, sampler of the tour. Follow the Tulameen River Valley, stopping at idyllic Otter Lake before reaching Coley Creek Ranch and Coquihalla Lakes the next day. Hybrid or MTB. Great Explorations, 800-242-1825, great-explorations.com

**Jul 18-20: Hood River Bike & Brew**  
Hood River, OR. XC riding on singletrack and other great trails in Hood River area. Hotel accommodation, meals included, guided. Distance: 85 miles over 3 days. Also 8/15, 9/12. Naomi Fisher, Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

**Jul 18-20: Mt Bike Oregon - July**  
Oakridge, OR. 10th anniversary ride. Enjoy 3 days of unequaled singletrack that will leave you both exhausted and replenished. Each day offers supported ride options. Camp along banks of Willamette River. Socks and T-shirt included. Mt Bike Oregon, 541-968-8870, mtbikeoregon.com

**Jul 20: Ride The Pass**  
Coeur d'Alene, Idaho. 10-, 17-, 35-, 50-mile distances. Supported aid stations. New course, more singletrack on longer routes. Drawings and lunch at finish. Kent Eggleston, 4th St. Cycling Club, 208-667-8969, bicycleservice.com

**Jul 26-Aug 1: Sea to Sky MTB Tour**  
Vancouver, BC. 7-day all inclusive fully guided trip showcasing the best trails of the west coast of Canada. Trails and riding you will remember for the rest of your life. Intermediate and above. Also 8/23. Global Riding Adventures, 604-902-1807, ridebig.com

**Jul 26-31: Singletrack 6**  
Longview, AB. Ride the West. 6 days of single-track showcasing the Rockies and Kootenays regions. Nipika, Revelstoke, Radium, Kananakis and Golden legs. Fully supported. Aaron McConnell, 403-668-7537, transrockies.com

ROAD

Weekly

MONDAY

**Monday PIR**  
Apr 14-Aug 25  
Portland, OR. For Masters 30+ men (novice and experienced) and all women (any age/ability, including Juniors) at Portland International Raceway. 5 categories. Course is a flat, wide, 1.9-mile loop, closed to traffic with excellent pavement. No tight corners. Great place to learn bicycle racing. Fast, fun and exciting racing for any ability, skill and experience level. New racers are welcome and encouraged, women's first time rider clinics 2nd Monday of each month. Registration at start/finish line open at 5pm, first race at 6:15pm. GC at the end of each month. Jim Anderson, Team Oregon, 503-975-8229, racemondaynight.com

TUESDAY

**Baddlands Twilight Series**  
Apr 22-Aug 26  
Spokane, WA. All races start 6pm, registration open 4:45pm. Event and location varies each week. Yellow centerline rule in effect in all TT and RR. Awards after last race. Locations include Spokane, Cheney and Coeur d'Alene. Points for individual and team classification. USAC license. Alex Renner, 509-456-0432, baddlands.org

Pacific Raceways Series

Mar 18-Aug 26  
Kent, WA. 2.25-mile closed course. Reg from 5:30pm. Start 6:45pm in March, 7pm from April on. Open to Cat 1/2/3, Masters 35+ and Cat 4/5. Course and direction varies weekly. Monthly 30-minute clinic presented by Cycle U starting 4/1 for those new to racing or wanting to improve. No race 4/8, 6/3 or 7/29. Rory Muller, 260-920-3983, buduracing.com

SWICA Criterium Series

May 13-Jul 8  
Boise, ID. 8 races at Expo-Idaho West lot, south of Hawks Stadium. All events count towards SWICA points in each category. 5 different groups. First start: E flight 5:45pm, A flight 8pm. Registration starts at 5:15pm. Monthly rankings. Kurt Holzer, 208-890-3118, idahobikeracing.org

Tuesday PIR

Apr 15-Aug 26  
Portland, OR. RR circuit at PIR. Genders combined for Cat 1/2/3, Cat 3/4, Cat 4/5. Flat 1.9-mile loop, wide road with excellent pavement, closed to traffic. Race direction alternates weekly. Distances and hot spots vary depending on daylight. Cash and merchandise prizes. Monthly prizes. Start times: Juniors 6pm; Cat 4/5 6:20pm; Cat 5 6:25pm; Cat 1/2/3 6:40pm; Cat 3/4 6:45pm. Team and individual season passes available. William Laubernds, 503-545-9083, tuesdaynightpir.com

Twilight Criterium Series

Jun 3-Aug 12  
Eugene, OR. Traditional flat, fast, 4-corner, wide open 1km course at Greenhill Technology Park. Primes every night. Monthly prizes. Open to all. Registration opens at 5:30pm. First race 6pm. Women only, 6:30 Cat 4/5, Kiddie Kilo at 7pm, Cat 1/2/3 at 7:15pm. New location 100 Premier St. Sal Collura, 541-521-6529, obra.org

World Tuesday Night Championship

May 6-Aug 26  
Burnaby, BC. Midweek criterium racing every dry Tuesday (rain = no race) from 6:30pm to 8:30pm. Registration 6pm. Women and men 4/5 race at 6:30pm, Cat 3/4 men at 7pm and Cat 1/2 men at 7:30pm. Course at Glenlyon Business Park. 604-734-4241, escapevelocity.bc.ca

WEDNESDAY

**ICE TT / HC Series**  
May 7-Aug 20  
Pocatello, ID. TT are flat, HC is up either Scout Mountain or Crystal Mountain. Must be ICE or Snake River Triathlon Club member. First event free for non-members. Raffle for swag at each race. End of season awards ceremony for top rider in HC, TT and overall. Combined time from best 3 TTs and best of each hill climb. A, B, 50+, Women, Triathlete, Junior, and Recreational. Bryan Gee, 208-406-8477, idahocycling.com

Mt. Tabor Series

Jun 4-Jul 15  
Portland, OR. Challenging 6-week circuit race series held on a 1.3-mile hilly loop closed to traffic around the upper reservoir in Mt. Tabor Park. All categories, including fixed gear. Points 15 deep. Overall best 5 of 6. Final race: double points. Start 5:50pm. Benefits the Oregon Food Bank - up to \$3 discount if you bring canned food. Clark Ritchie, 503-936-2575, mtaborseries.com

THURSDAY

Champion Thursdays

May 8-Aug 28  
Medford, OR. Distance varies. A: 18+ laps. B: 5 races each distance - 10, 12, 14 laps. Each lap is 1.2 miles with an elevation gain of 50'. A: Cat 1/2/3; B: Cat 4/5; Juniors. Good event to work on team strategy. No race on 7/3. Glen Gann, 541-779-6986, obra.org

Seward Park Criterium Series

Apr 3-Aug 28  
Seattle, WA. Short 0.8-mile raindrop-shaped loop in the park. Very good pavement, 200m hill each lap, 140-degree turn. Race directions vary. Registration on race day only. Opens at 4:30pm, starts at 5:30pm, 6pm and 7pm. Nightly cash and primes. Points 6 deep. firststrikevelo.com

Series

BC Masters Series - BCMCA

Jun 8, 15, 22, 28-29; Jul 6, 12-13, 18-20; Aug 3, 16-17, 31

Various, BC. Series of 24 races. Best 15 results count toward overall. Open to men and women 30+. Staged in Lower Mainland, Vancouver Island or Interior. Age group categories: 30-34 and all subsequent in 5-year increments. VTTA handicap system applied. Relaxed and fun atmosphere. BCMCA membership, CBC Citizen or UCI license needed. Bill Yearwood, 604-267-7338, bcmasterscycling.net

BC Premier Road Series

May 30-Jun 1; July 8, 12  
Various, BC. Cycling BC, cyclingbc.ca

BC Superweek

Jul 4-6, 8, 9, 10, 11-13  
Lower Mainland, BC. Full week of racing features 9 days of racing over 10 days in 7 communities. 3 weekday criteriums (Tuesday, Wednesday and Thursday) are book-ended by two 3-day weekend stage races. \$110,000 cash up for grabs. Race them all or just some. Mark Ernstrim, bcsuperweek.ca

Great Western Cycling Series - Project 14

Jun 14, 27-28; Jul 12  
Various. Series of 8 criterium or circuit races in Idaho and Utah. Open to 19+ men and women, split over 5 categories. Omnium points scoring. \$12,000 pay-out for team and solo racers at the end of series. racedayeventmanagement.com

Northwest Kermesse Cup Series

Jul 26; Aug 2, 11, 16, 18, 25, 30; Sep 26; Oct 4  
Various, WA. Series. Races include a mix of 50/50 road and dirt sections. Road or cross bikes. 25 or 28c tires advised depending on the course difficulty. Roubaix or Ronde-style races usually include longer road sections. Michael Pruitt, wsbaracing.org

Oregon Triple Crown - RR

Jun 1; Jul 13; Aug 23  
Various, OR. Series of 3 challenging events showcasing the long courses of epic rides: Oregon GF, Audferheide and Gravel Epic. These are among the most challenging in Oregon and require more than 290 miles of hard cycling and 21,000+ feet of climbing. Those completing the feat receive a jersey and lifetime benefits. 541-505-3060 x701, dark30sports.com

Revenge of the Disc Wheel

Jun 7, 14, 21  
Albany, OR. Series of 3 events in Brownsville. Kenny Graham, 541-967-3670, obra.org

Seattle JR Road Dev. Race Series

Jun 1; Jul 4, 25-27; Aug 2-3, 9  
Greater Seattle, WA. 11-race points series features RR and crit for U18 age groups: 10/12, 13/14, 15/16 and 17/18. Not all age groups are offered at some events. 10/11 results count towards GC. Awards at end of season. Part of USA Cycling development pathway. Enumclaw and Junior stage race count double. Tricia Lawrence, WSBA, wsbaracing.org/seattle-road-development-series.html

**Sportif Series**

Jun 6, 28; Aug 23-24

Various, BC. Series comprised of 8 events. 4 racing groups: A, B, C, Youth and Novice. Distance varies depending on group. Overall calculated on points. UCI, Cycling BC or day licence. First start 10:30am. Course varies each week. Prize money at every race. Stuart Lynne, 604-461-7351, escapevelocity.bc.ca

**WSBA Masters BARR**

Jul 20; Aug 10

Various, WA. Best all around road rider for Masters class only. 35-39, 40-49, 50-59, 60+. Members only get points. Top 15 get points at the 3 Championships events. wsbaracing.com

**WSBA Senior BARR**

Jun 7, 14; Jul 12, 20; Aug 10

Various, WA. Best all around road rider for Senior class only. 8 races including State Championships which carry double points. Members only get points. Top 15 get points at championship events, top 10 at other races. Only active WSBA members can score points. wsbaracing.com

**Racing**

**JUNE**

**Jun 1: Cow Country Classic**

Wolf Creek, MT. On some of the least traveled and scenic roads in Montana. Start/finish near Wolf Creek. Open to Juniors and up. Cat 1/2 course 87 miles, others 50. Juniors 19/39. Joel Gerhart, teamgreatdivide.wordpress.com

**Jun 1: Gran Fondo Leavenworth**

Leavenworth, WA. 87 miles starts at Cascade HS at 8am. Perfect mix of pavement, forest service roads and 3 mega-mountain passes with 8400' of climbing. Hard ride with cut off time. Jake Maedke, Vicious Cycle, 509-754-6361, rideviciouscycle.com

**Jun 1: Oregon Gran Fondo - Triple Crown #1**

Cottage Grove, OR. Oregon's largest Gran Fondo. Challenging, remote course in the coast range of the Siuslaw National Forest. 117-(5800'), 71-(3900') and 31-mile routes. 1st stage in the Oregon Triple Crown series. See race series for details. Alan Cline, 541-505-3060 x701, dark30sports.com

**Jun 6: Sportif Series #5 - Thunderbird Long**

Langley, BC. Thunderbird long course. See race series for details. Escape Velocity, escapevelocity.bc.ca

**Jun 7: BC Youth Road Championships**

Courtenay, BC. Richard Ellsary, VIPYRS, cyclingbc.net

**Jun 7: Dirt Bag Dash / Gravel Grinder RR**

Mountain Home, ID. Test your legs on hard packed dirt roads sprinkled with punchy climbs and the occasional roaming cow. At Dream River Ranch. Start 10am. Distances: 23 to 54 miles depending on category. Pre-reg only. James Lang, 208-571-1853, dirtbagdash.com

**Jun 7: Green Bluff Circuit Race**

Mead, WA. Road race. Henry Hamby, 509-688-4152, rivercityred.blogspot.com

**Jun 7: Revenge of the Disc #1**

Brownsville, OR. See race series for details. Kenneth Graham, 541-967-3670, obra.org

**Jun 7: Rotary Ride for Rescue**

Vancouver, BC. Climb Cypress Mountain in W. Vancouver. Register 7:45 am, start 9am. All abilities welcome. Supporting NS Rescue & Rotary Projects. Bob Michieli, Rotary Club of W. Vancouver Sunrise, 778-868-3465, rotaryrideforrescue.org

**Jun 7: Second Ascent Ballard Criterium**

Ballard, WA. A classic. 1km, almost flat, 4-corner crit course. Slight raise to finish on cobbles. Cat 5 limited to 50 riders. Part of WSBA Senior BARR. Nik Rebhuhn, Step Down Racing, stepdownracing.com

**Jun 8: BC Masters Series #9**

Mill Bay, BC. 61km RR on rolling/hilly terrain. Start at Kerry Park arena. See race series for details. Larry Pommen, BC Masters Assoc., 250-652-5815, bcmasterscycling.net

**Jun 8: BC TT Championships**

Courtenay, BC. Richard Ellsary, VIPYRS, cyclingbc.net

**Jun 8: Montinore Circuit Race**

Forest Grove, OR. Staged at Montinore Vineyard. RR on 10km lush rolling loop with 316' elev gain per lap. Uphill finish, Strava climb challenge. All categories. Medals 3 deep. Distance based on category. First start 9am. Jeff Mitchem, Pedal Event, 971-400-1840, pedalvent.com

**Jun 10-23: Race Across America (RAAM)**

Oceanside, CA. World's toughest bicycle race. Non-stop 3000 miles coast-to-coast with over 100,000' of climbing. Open to solo racers and 2-, 4- and 8-person teams. Finish in Annapolis, MD. Rick Boethling, RAAM, 303-442-7223, raceacrossamerica.org

**Jun 12-15: Banff Nat'l Park Bike Fest**

Banff, AB. Five challenging races in Banff National Park. More than \$21,500 in prize money. 5 stages for Cat 1/2 men, Cat 1/3

women, Cat 3/4 men. Individual races open to Cat 3/4 men, Cat 5 men. Cruise for a Cause and Little Crits race Saturday. Julia Freeman, Banff Lake Louise Tourism, 403-762-0284, banfflakelouise.com/bikefest

**Jun 14: Mary's Peak Hill Climb (MPHCTT)**

Philomath, OR. Gain 3478' on 12-mile climb up wide, smooth Mary's Peak Rd. Averages about 6-8% grade. Start at intersection of Mary's Peak Rd and Hwy 34 (1200'), ends at parking lot on top (3600'). All categories, including tandems. Running race as well. Adam Kennedy, Vertebrata Chiropractic Cycling Team, vccycling.com/mphctt

**Jun 14: Mt. Hood Cycling Classic Kid's Race**

Hood River, OR. Largest kids race in the NW. Kid-a-gories to choose from: <4, 4-5, 6-7, 8-9, 10-12. Closed circuit with good pavement. Chad Sperry, Breakaway Promotions, 541-296-8908, mthoodcyclingclassic.com

**Jun 14: Nampa Downtown Twilight Criterium**

Nampa, ID. Belle District 1.1km spectator-oriented course. Long straightaways, fast left- and right-hand turns. All categories including citizens. Kids race per age group: 3-4, 5-6, 7-10. Part of Great Western Cycling Series - Project 14. Vernon Padaca, Team Dobbiano, 208-571-1730, teamdobbiano.com

**Jun 14: Northshore Road Race - Senior Championships**

Bellingham, WA. 26-60 miles depending on category. Steep rollers, false flats, fast downhill, headwind, and difficult 200m finish on 8-mile loop. Includes Masters 40+ Cat 4/5, Junior 13/14, 15/16 race free. Part of WSBA Senior BARR. Stewart Bowmer, Shuksan Velo Club, wsbaracing.org

**Jun 14: Revenge of the Disc #2**

Brownsville, OR. See race series for details. Kenneth Graham, 541-967-3670, obra.org

**Jun 15: BC Masters Series #10**

Langley, BC. 70km flat to rolling. See race series for details. Robert Pasion, BC Masters Assoc., bcmasterscycling.net

**Jun 15: Project 14 Nampa Circuit**

Boise, ID. Road race. Mike Cooley, Boise CC / George's Cycles, georgescycles.com

**Jun 21: Mt. Tabor Circuit Race**

Portland, OR. Tough, 1.3-mile hilly and curvy circuit encircles upper reservoir and passes the neck of the ancient volcano that formed Mt. Tabor. Each lap has 136.6' of climbing. Kevin Thompson, 503-481-7662, obra.org

**Jun 21: Revenge of the Disc #3**

Brownsville, OR. See race series for details. Kenneth Graham, 541-967-3670, obra.org

**Jun 21: The VGF Doppio (Victoria Gran Fondo)**

Victoria, BC. 5th annual. Ride southern Vancouver Island, up the west coast to Port Renfrew, across the island then back to Victoria. 268km loop. Support stations every 60km. Hot meals, sports bars, gels and real food. Support vehicles. David Sudbury, 250-389-6177, victoriagranfondo.com

**Jun 21-22: Two Days of Pain**

TBD, WA. Michael Pruitt, wsbaracing.org

**Jun 22: BC Masters Series #11**

Victoria, BC. 40-80km of rolling terrain and hills on Rocky Point Rd. Double points. See race series for details. Kim Gard, BC Masters Assoc., 250-370-2689, bcmasterscycling.net

**Jun 22: Gran Fondo Winthrop**

Winthrop, WA. 80-mile ride intended for experienced cyclists. Nearly 10,000' of climbing and descending, much of it on rough Forest Service roads. It will likely be hot as well. Jake Maedke, Vicious Cycle, 509-754-6361, rideviciouscycle.com

**Jun 22: Rainier Road Race / Women RR Championship**

Rainier, OR. Staged at Rainier HS. 16-mile loop with 730' of climbing, one long gradual climb. Distances vary 16-80 miles. All Senior and Masters men's categories. 4 separate women start groups including Novice and Juniors racing shorter distance. Stefanie Bergh, obra.org

**Jun 26-28: Canadian Road Nationals - Elite**

Lac Megantic, QC. cyclingcanada.ca

**Jun 27-29: Baker City Cycling Classic**

Baker City, OR. 3 days and 4 stages with 8000+' of climbing. Pros and amateurs race same course. Stage 1: Catherine Creek RR. Stage 2: Historic Baker City 12-mile TT. Stage 3: Tour d'Town Criterium, 30-60 minutes. Stage 4: 101-mile Tour d'Horn RR. Brian Vegter, BCCC, 541-523-5265, bakercitycycling.org

**Jun 27: NWX Criterium**

Bend, OR. Mostly flat neighborhood streets, 2 lanes wide. Men Pro 1/2, Cat 3, Cat 4/5, women, Junior, Tandem and kids. Start/finish on John Fremont/NW Crossing Dr. Part of NorthWest Crossing Hullabaloo. Shane Johnson, 541-231-3035, obra.org

**Jun 27-28: Snake River Landing's Cycle Fest**

Idaho Falls, ID. Crit and road circuit. Part of Great Western Cycling Series - Project 14. Dirk Cowley, 801-699-5126, racedayeventmanagement.com

**Jun 28-29: BC Masters Series #12/13**

Kelowna, BC. Saturday: crit in Windfield. Sunday: Kelowna RR, start at S Kelowna

Elementary School. See race series for details. Ray, ChainLine Cycle Club, 250-491-2205, bcmasterscycling.net

**Jun 28: Cannonball**

Seattle, WA. Canceled for 2014. Duane Wright, Redmond Cycling Club, 206-523-7404, redmondcyclingclub.org

**Jun 28: Sick Hill Climb**

Twin Falls, ID. Start at Rock Creek Store - 22 miles with 3000' of climbing, summit finish. First 15 miles is gradual, last 7 climbs 1800'. Ken Stephens, Southern Idaho Cycling Klub, 208-430-4514, sickriders.com

**Jun 28: Sportif Series #6 - Bradner**

Langley, BC. Bradner road course. See race series for details. Escape Velocity, escapevelocity.bc.ca

**Jun 28: Tacoma Twilight Criterium**

Tacoma, WA. Night racing in Proctor Business District. 4-corner, .4-mile course on smooth pavement. Slight side hill and one challenging corner. All categories, kids race. Mike Brown, 253-272-1351, tacomatwilight.com

**Jun 29: Baker City Gran Fondo**

Baker City, OR. Dooley Mountain. Follow the same challenging route as the Baker City Cycling Classic. 85 miles through beautiful eastern Oregon. Ends at Anthony Lakes Mountain Resort. Limit 200. Brian Vegter, BCCC, 541-523-5265, bakercitycycling.org

**Jun 29: SCCA/ Starbucks Omnium**

Seattle, WA. sccacycling.com

**July**

**Jul 2-7: Canadian Road Nationals - Juniors/Masters/Para**

St. George de Beauve, QC. cyclingcanada.ca

**Jul 2-6: USAC Amateur & Para Road Nationals**

Madison, WI. Elite, U23, Juniors and Para. usacycling.org

**Jul 4: Hailey July 4 Criterium**

Hailey, ID. 4-corner course in downtown Hailey following parade. U12 race free. Start 1pm. Bill Olson, Sun Valley Road & Dirt Cycling Club, 208-788-9184, powerhouseidaho.com

**Jul 4: Joe Matava Memorial Criterium**

Burien, WA. 1km, 4-corner, closed course in downtown Burien. All categories. Part of Seattle JR Road Dev. Race Series. David Tollefson, Wheelsport Cycling Team, 253-445-6660, wheelsportcycling.com

**Jul 4-6: Tour de Delta**

Delta, BC. 3 days, 3 races. MK Delta Criterium, Brenco Criterium and new UCI 1.2 White Spot RR - 140km men, 85km women. \$25,000 cash prize. Activities for family and kids. Categories: women Open, men Pro 1, 2. Part of BC Superweek. Mark Ernstring, Municipality of Delta, tourdedelta.com

**Jul 5-6: High Desert Omnium / Road Championships**

Bend, OR. 3 events. Saturday: morning 30-50 min criterium, 9-mile TT in the afternoon. Sunday: road race at Edison Sno-Park near Mt Bachelor. Omnium format. Open to all, tandem category, no separate Junior class. Cate Hass, Bend Bella Cyclists, 541-241-4787, obra.org

**Jul 5: Idaho State TT Championships**

TBA, ID. idahobikeracing.org

**Jul 5: St Honoré Criterium**

Portland, OR. Celebrate French cycling on 1km flat long course with 8 corners. Great for beginners and seasoned pros. Elaine Bothe, 503-335-0808, obra.org

**Jul 6: BC Masters Series #14**

N. Cowichan, BC. 40km ITT. Rolling. Double points. Start at Duncan Meadows Golf Club. See race series for details. Ian Birch, Sidney Velo, 250-477-6475, bcmasterscycling.net

**Jul 8: UBC Grand Prix Criterium**

Vancouver, BC. Open to Pro/Am men and women. Around 1km circuit for 40-65 laps. Primes and \$10k cash prize. Kids race and corporate challenge. Part of BC Superweek, BC Premier Road Series. Mark Ernstring, 604-760-7373, ubcgrandprix.com

**Jul 9: Global Relay Gastown Grand Prix**

Vancouver, BC. Crit in historic downtown Vancouver. Spectator-packed, super fast, exciting 1.2km course with hairpin turn. 2 races, men Pro 1/2 (50 laps), women Pro 1/3 (30 laps). First place pays \$15k men, \$8000 women. Part of USA Crit Series and BC Superweek. Mark Ernstring, globalrelayGGP.org

**Jul 10: Giro di Burnaby**

Burnaby, BC. 1.3km fast, challenging crit course in heart of Burnaby's Italian district. Prize purse \$15,000. Evening race. Part of BC Superweek. Mark Ernstring, 604-760-7373, girodiurnaby.com

**Jul 11-13: Tour de White Rock**

White Rock, BC. 3 days, 3 races. Hill Climb, Criterium, and RR through the hilly seaside. 130km men, 80km women. \$20k cash prize. Family Fun Zone at crit. Women open, men Pro 1,2. Part of BC Superweek, BC Premier Road Series. John Stech, City of White Rock, 604-541-2161, tourdewhiterock.ca

**Jul 12-13: BC Masters Series #15/17**

Courtenay, BC. Saturday: prologue and Dove Cove flat 16km TT. Sunday: 65km flat in Dove Creek. See race series for details. Ray Wagner, Comox Valley Cycling Club, bcmasterscycling.net

**Jul 12: Boise Twilight Criterium**

Boise, ID. Flat, 4-corner classic 1km loop through downtown. 1 hour plus 5 laps for main event, 30 to 45' plus 1 lap for preliminary races. Cash and merch. Start 3:15pm, awards 10pm. Kids ride 2:30pm. NCC event. Part of Great Western Cycling Series - Project 14. Mike Cooley, 208-343-3782, boisetwilightcriterium.com

**Jul 12: Redmond Derby Days**

Redmond, WA. America's longest running bicycle race. Some of the fastest cyclists in the NW race on flat fast 0.5-mile loop in downtown Redmond from 2-8pm. Kids parade, live concert, carnival and fireworks. Part of WSBA Senior BARR. Lisa Rhodes, Pro-Motion Sports, 425-556-2360, redmonderbydays.com

**Jul 12: Redmond Downtown Criterium**

Redmond, OR. Held on a fast L-shaped 6-corner course in the heart of downtown. Great primes and cash purse. Tandems welcome. Shane Johnson, Trinity Bikes, 541-231-3035, trinitybikescycling.com

**Jul 13: Idaho State Criterium Championships**

Hidden Springs, ID. 1km, 8-corner course. Staged at Hidden Springs Community Village Green 9am. Kurt Holzer, Lost River Cycling, 208-890-3118, lostrivercycling.org

**Jul 13: Prospera Gran Fondo Axel Merckx**

Peniticon, BC. 3 distances: Granfondo 160km, Mediofondo 92km, Cortofondo 55km. Start/finish at Gyro Park. Fully supported, traffic controlled. Jeff Plant, Axel Merckx Events, granfondoaxelmerckx.com

**Jul 13: Tour of Audferheide - Triple Crown #2**

Westfir, OR. 2nd annual. 3 route options: Alpine - 100 miles (5900'); Box Canyon - 64 miles (2660'), Kiahane - 10 to 40 miles (up to 1100'). 2nd stage in the Oregon Triple Crown series. See race series for details. Alan Cline, Dark30 Sports, 541-505-3060 x701, dark30sports.com

**Jul 13: Wildcat Mtn Uphill Challenge**

Eagle Creek, OR. 11.4 miles, 1944' of elevation gain. Most pavement in good condition. Start at Kitzmiller Rd/Eagle Fern Rd. All categories U10 to Cat 1, tandem included. Steve Long, 503-652-1202, obra.org

**Jul 15-20: Cascade Cycling Classic**

Bend, OR. NRC event. 5-day stage race for Pro USAC races, 3 days for the Cat 2, 3, 4, and Masters. NRC 2.2 event M/W. Chad Sperry, Breakaway Promotions, 541-388-0002, cascade-classic.org

**Jul 18-20: BC Masters Series #18/20**

Grand Forks, BC. Friday: 4.4km half n' half TT/HC. Saturday: 40km ITT. Sunday: 74km RR. RR counts for double points. See race series for details. Bob Maclean, Grand Forks Cycling Club, 250-442-3071, grandforkscyclingclub.com

**Jul 18-21: Race Across Oregon**

Hood River, OR. 515-mile route through eastern OR with more rolling hills, steeper grades and 40,000' of climbing. RAAM qualifier. Solo, 2- and 4-person relay teams. 200-mile option run concurrently to taste what it's like before committing to full distance. Terri Gooch, Race Across Oregon, 541-354-1520, raceacrossoregon.com

**Jul 19-20: Kicking Horse Cup**

Golden, BC. Saturday: 13.4km hill climb UCI Cat 2 climb. Start at Spirit Square, finish at Kicking Horse Resort. Sunday: 90km race Australian pursuit style. ABA sanctioned races. 403-609-8997, kickinghorsecup.com

**Jul 20: Georgetown Criterium / WA Championships**

Seattle, WA. Flat, fast 4-corner course on smooth pavement. Run counterclockwise, starts on Denver Ave. Pre-reg and day-of reg. All categories. Kids races. First start 11am, last 4:45pm. Benefits Ronald McDonald House of Western WA. Part of WSBA Senior BARR, WSBA Masters BARR. Ian Mensher, Stranamanti Cycling, imensher@gmail.com

**Jul 20: Nanaimo Time Trial**

Nanaimo, BC. Mid Island Velo Association, bikeracing.ca

**Jul 20: Pringle Creek Criterium**

Salem, OR. Earl Hazekamp, 503-871-5839, obra.org

**Jul 20: Prospera Valley Gran Fondo**

Fort Langley, BC. 160km GranFondo, 88km MedioFondo, 50km PrestoFondo, or Team Challenge. Fully supported, chip timing, swag and finish line festival. Canadian Velo Events, valleygranfondo.com

**Jul 25-27: Tripleshot Youth 3-Day**

Victoria, BC. Friday: TT race and clinic. Saturday: track clinic with Olympian Kurt Innes and racing. Sunday: crit on 1.2km circuit. No experience required. Part of Axel Merckx Youth Development Foundation initiative. Lister Farrar, Tripleshot Cycling, tripleshotcycling.com

**Jul 26: Grand Targhee Hill Climb**

Driggs, ID. Starts at Peaked Sports, climbs Ski Hill Rd and ends .5 mile from Resort. 12 miles, 2200' of climbing. Start 10am, 30' intervals. Benefits Teton Valley Trails and Pathways. Dick Weinbrandt, 208-354-2354, peakedsports.com

**Jul 26: Lilac City Twilight Criterium**

Spokane, WA. Downtown crit kick-off event of Spokefest. First race 5pm. Also, kids race and citizen's ragtag rally. Lilac City Crit Expo on the sidelines of the course. Race on 0.8-mile

L-shape, counterclockwise. Alan Jacob, 509-270-8347, spokanerocketvelo.com

**Jul 26: Summer Buckley Roubaix**

Buckley, WA. See race series for details. Michael Pruitt, 206-227-7111, wsbaracing.org

**Jul 27: OUCH**

Corbett, OR. 16.53 miles, 3816' uphill from Corbett School Complex up to Larch Mt summit at Sherrard Point. Start 9:30am. Open to all. Benefits Corbett School District, NEMCCA and OBRA. Ernie Conway, 503-329-7978, Consistency.Net/OBRA/OUCH

**Jul 27: Vancouver Courthouse Criterium**

Vancouver, WA. Flat 8-corner course with wide turns and fast finish. Races for all plus kids and tandems

miles begin/end at Anacortes Waterfront Festival at 8am. 5-mile family ride. Benefits North Islands Young Life. Liz Jenkins, North Islands Young Life, 360-840-8778, hightideride.com

**Jun 7: Just for the Hill of It**

White Bird, ID. 13 miles with challenging switchbacks of Old White Bird Grade. Begins at Hammer Creek Rec Park w/ gentle climb starting at 1600' and summiting at 3800'. All ages. Lunch. Start 9am. Benefits Hospice Program of Syringa Hospital and Clinics. Cindy Higgins, Syringa General Hospital, 208-983-8550, syringahospital.org

**Jun 7-8: MS Bike - Fraser Valley Grape Escape**

Langley, BC. 2-day ride through Fraser Valley with visits to great wineries. Long distance 135km, short 100km over 2 days. Min fundraising \$300. Fully supported. Jason Hulbert, MS Society of Canada, 604-602-3211, mssociety.ca

**Jun 7: Nimpomaniac**

Williams Lake, BC. 600km brevet. Nimpo Lake route. Richard Blair, BC Randonneurs, 250-372-1873, randonneurs.bc.ca

**Jun 7: Pioneer Century**

Canby, OR. Experience the beauty of the Cascade foothills and the bucolic farmland of the Champoug region. 32, 45, 55, 77, 100 miles on low traffic roads. Exceptional rest stops, lunch by an expert crew, SAG. Loops begin/end at Clackamas Fairgrounds. Ann Morrow, Portland Wheelmen Touring Club, 503-666-5796, pwtc.com

**Jun 7: Rotary Ride for Rescue**

Vancouver, BC. Cypress mountain hill climb. Start 9am. Supporting NS Rescue & Rotary projects. Bob Michielli, Rotary Club of W. Vancouver Sunrise, 778-868-3465, rotaryrideforrescue.org

**Jun 8: Spring 600**

TBA, OR. 600km, 2-day event. ACP sanctioned. Oregon Randonneurs, orrandonneurs.org

**Jun 7-8: Stampede Bike-a-thon**

San Juan Island, WA. Fun, recreational event provides riders with a chance to see San Juans in a whole new way. Distances vary, something for all levels. Dinner and breakfast included. Benefits Stanley Stamm Summer Camp for kids 6-14 who have terminal or chronic illness. 206-987-2267, seattlechildrens.org/clinics-programs/stanley-stamm-summer-camp

**Jun 8: Double Dawg Ride**

Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. Great views, food stop with deluxe snacks, no brutally long climbs, some short steep ones. Half of entry fee goes to Humane Society of Central Oregon. Start 9am at Hutch's on Columbia St. Mike McMackin, Hutch's Bicycles, 503-382-6248, hutchsbicycles.com

**Jun 8: Gorge-Us Gals Ride**

The Dalles, OR. Women-only ride in fun and gorgeous setting along Columbia River Gorge. 20-, 40- or 60-mile loop to help "brake" the cycle of violence. Start/finish at Lewis & Clark Festival Park. Benefit for Haven (Help Against Violent Encounters Now). Tara Koch, Breakaway Promotions, 541-296-2065, gorge-usgalsride.com

**Jun 8: Gran Fondo Vernon**

Vernon, BC. 100-mile (161km) or 135km loop along Kalamalka, Wood, and Okanagan Lakes and through pastoral Armstrong/Spallmucheer rural areas. 2 start locations (Vernon and Kelowna), 3 riding groups based on group speeds. Benefits Independent Living Vernon. Gary Horsting, 250-549-4478, members.shaw.ca/mybike/index.htm

**Jun 8: Tour de Mason Lake**

Shelton, WA. 3 different courses: 20, 32 or 44 miles. Moderate rolling hills and beautiful scenery. Check in 8:30am at Anytime Fitness. Start 9am. T-shirt, Olympic Mountain ice cream included. Part of Mason County Forest Festival. Jessica Smith, 360-462-2600, masoncountystatefestival.org/bike-ride

**Jun 14: Anaconda Festival: Pedal the Pintlers**

Anaconda, MT. 25, 50 and 100 miles, or ride the Turbo 20 with shuttle ride back to finish. Fully supported. Fee includes exciting 10th annual gift. Weekend includes Discovery Basin XC MTB race. Benefits Washoe Park. Pete Kurtz, 406-563-7988, anacondabikefest.org

**Jun 14-15: Boomer's Legacy Ride**

Comox, BC. 2-day, 250km ride raises awareness and funds for Boomer's Legacy. Gorgeous setting winding along the Inland Island Hwy from Comox to Victoria. Follows the ocean right to the heart of BC's capital city. Boomer's Legacy, boomerslegacy.ca

**Jun 14: Cowichan Populaire**

Duncan, BC. 50, 100, and 161km open to all. Start 10am at Whippitree Junction. Dave Macmurchie, BC Randonneurs, 250-733-2211, randonneurs.bc.ca

**Jun 14: Eagle Rock Century / Mountain View Hospital**

Idaho Falls, ID. 25-, 50- and 100-mile options with a club BBQ to follow. Start/finish at Mountain View Hospital. Mike Collaer, 208-557-2823, eaglerockcycling.com

**Jun 14-17: Eureka**

Victoria, BC. 1000km Brevet. Gold River, Port Alberni, Lake Cowichan route. BC Randonneurs, 250-595-6790, randonneurs.bc.ca

**Jun 14: Gorge Ride I&II**

The Dalles, OR. 8th annual. Starts from Gorge Discovery Center. 19.25 miles along historic

highway and state trail west to Senator Mark O. Hatfield West Trailhead and returns. SAG. Course opens 7am, closes 4pm. Reg opens in Feb. Jeannette Kloos, Friends of the Historic Columbia River, 503-227-5638, hchr.org

**Jun 14: I Made the Grade I&II**

Clarkston, WA. 18 miles. Starts at Chief Timothy State Park and travels along the Old Spiral Highway to top of Lewiston Hill - 2000' gain. For all riders. Beautiful vistas. Gwen Smith, The Clarkston Performing Arts Boosters, 208-758-6682, prideofclarkston.com

**Jun 14: Lake to Lake Bike Ride I&II**

Bellevue, WA. Unique recreational ride throughout Bellevue. 3rd annual event is on a combo of roads and trails. 2 loops: 8-mile family friendly course and a 22-mile challenging loop. \$15 pre-reg. /\$20 day-of-reg. Ted Mittelstaedt, City of Bellevue, 425-452-4882, bellevuewa.gov

**Jun 14: Petal Pedal**

Silverton, OR. Cycle the summer solstice and tour the Willamette Valley riding less-traveled roads. Options: 30, 62, 71 and 100 miles. Start/finish at the Oregon Gardens, includes dinner. Good Sport Promotion, petalpedal.com

**Jun 14-15: Ride to Conquer Cancer**

Vancouver, BC. Ride the classic 200km route from Vancouver to Seattle or 300-mile Challenge and follow rural roads at foothills of Cascade Mountains. Min fundraising required. Benefits BC Cancer Foundation. S. Richards, BC Cancer Foundation, 888-771-2453, conquercancer.ca

**Jun 14: Run, Walk or Ride for Habitat I&II**

McMinnville, OR. Family friendly 5k, 10k and 40-mile rides (14- and 27-mile options) through Yamhill Valley foothills and some of Willamette Valley's beautiful farmland and wine country. 5k, 10k open to runners, walkers and riders. Start at Duniway Middle School. Supports McMinnville Area Habitat for Humanity. Diane Longaker, 503-472-9637, machabitat.org

**Jun 14: Strawberry Century I&II B&A**

Lebanon, OR. Scenery, clean air, low-traffic roads, food and strawberry dessert at finish. 13-mile family route, 53-, 72- and 101-mile options. Fully supported. Benefits Samaritan Lebanon Community Hospital and Build Lebanon Trails. Start at Lebanon HS. Courses open 7am. Santiam Spokes, Inc., 541-928-6311, santiamspokes.org

**Jun 14: Tour de Clack**

Estacada, OR. 30- and 50-mile loops through the watershed on rural low traffic roads and rolling hills. Start at River Mill Reservoir. Must be 15 and up. 503-303-4372, clackamasriver.org

**Jun 14: Triple S**

Vancouver, BC. 200km brevet. Start 7am. Rick den Braber, BC Randonneurs, randonneurs.bc.ca

**Jun 15-Aug 4: Across America North I&II**

Astoria, OR. Terrific touring pace for cyclists who want to see the US from their saddle or have dreamed of riding coast to coast. 3667 miles, 75 miles/day average. Fully supported. America By Bicycle, 888-797-7057, abbike.com

**Jun 15-23: Northwestern Tour**

Astoria, OR. Astoria to Boise, ID. 644 miles, fully supported. America By Bicycle, 888-797-7057, abbike.com

**Jun 15: Tacoma Street Scramble I&II**

Tacoma, WA. How many of the 30 checkpoints marked on a map can you find in 90 or 180 minutes? Solo or team, fun way to explore the neighborhood. Great family activity. Various categories. Start 1:30pm. Eric Bone, Meridian Geographics, 206-291-8250, streetscramble.com

**Jun 16-Aug 2: Big Ride Across America**

Seattle, WA. Fully-supported, 3300-mile ride benefits American Lung Association. See America from the seat of your bike. Proceeds fund critical research, education and advocacy for clean air and healthy lungs. Charlton DuRant, 828-545-1039, bigride.org

**Jun 19-23: Bend and Central Oregon Tour**

Bend, OR. Registration full. Wait list available. Loretta Goetsch, Cascade Bicycle Club, 206-522-3222, cascade.org

**Jun 19-22: Columbia River Gorge Biennial Classic**

Cascade Locks, OR. 1 bike ride, 13 walks to choose from. Ride from Marine Park through the Mosier Tunnels to Mosier and Memorial Overlook then back through Old Columbia River Highway. Carolyn, Columbia River Volkssport Club, 503-679-9473, columbiagorgewalks.com

**Jun 21-24: 1000km Brevet**

Vancouver, BC. 1000km brevet. Ali Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

**Jun 21: Ann Weatherill Cycling Classic**

Walla Walla, WA. 9th annual "Ann Ride" with 30-, 60- and 100-mile options. Ride, wine and dine in the road riding capital of WA. Fully supported with end of ride party. Register at active.com. J. Andrew Rodriguez, Wheatland Wheelers CC, 509-520-1838, wheatlandwheelers.com

**Jun 21: Bear Lake Monster Century**

Montpelier, ID. 100-, 75-, 50- or 25-mile fully supported ride. Climb to Minnetonka Cave for prizes and BBQ. Utah's best century ride is in Idaho. Jared Eborn, 801-599-9268, BearLakeMonsterRide.com

**Jun 21: Blue Cruise Idaho - Meridian I&II**

Meridian, ID. Canceled.

**Jun 21-24: Cascade 1200**

Monroe, WA. Monroe to Eatonville, Carson, Goldendale, Ephrata, Winthrop Marblemount, Monroe loop. Most likely through Gifford Pinchot Forest, road conditions permitting. Seattle Int'l Randonneurs, seattlerando.org

**Jun 21: CHAFFE 150 Gran Fondo**

Sandpoint, ID. Starts on shores of Lake Pend Oreille. Winds into Montana through lush river valleys of the Cabinet Mountains. Challenging distance, modest elevations, no mountain passes. 150 miles, 1/2 CHAFe 80-mile and 30 miles. Also benefits students with autism in the Lake Pend Oreille School District. Limit 500. Michelle Woodward, Rotary Club of Sandpoint, 208-304-8811, chaffe150.org

**Jun 21: Chelan Century Challenge**

Chelan, WA. 3 loops (30 to 40 miles each) combine challenging hills with scenery. Each loop climbs 2500'+, total 8606' elevation. Shorter distances available. Cycle through orchards, vineyards and lake. Lester Cooper, Lake Chelan Rotary Club, 509-682-4699, centuryride.com

**Jun 21: Cycle de Vine I&II**

Chelan, WA. 35-mile ride through breathtaking scenery, selected wineries host rest stops. Start at Don Morse Park. Get 2 free glasses of wine at venue of your choosing. Lester Cooper, Lake Chelan Rotary Club, 509-682-4699, chelancycledevine.com

**Jun 21-28: Cycle Montana - Bozeman**

Bozeman, MT. One week through Big Sky Country's spectacular mountain ranges and broad scenic valleys. Average 50 miles per day. Adventure Cycling Association, 800-755-2453, adventurecycling.org

**Jun 21-22: Foothills Randonnee**

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

**Jun 21: High Uintas 10,000 Gran Fondo**

Kamas, UT. 1-day, 80-mile, point to point from Kamas, UT to Evanston, WY over Bald Mountain Pass. Limit 500. Dirk Cowley, RaceDay Event Management, 801-699-5126, racedayeventmanagement.com

**Jun 21: Lemhi Valley Century**

Salmon, ID. Choose 100-mile ride from Reno Point to Salmon or 65 miles from Gilmore Summit to Salmon (all downhill) along the majestic Lemhi Valley. Shuttle to start provided. Fully supported, BBQ afterward. Marla Huntman, 208-303-0106, lemhivalleycenturyride.weebly.com

**Jun 21: Look! Save a Life Awareness Ride**

TBA, ID. 6/21/2014, looksavealife.com

**Jun 21-22: Mazama 2014**

Marblemount, WA. 75 miles on N Cascade Hwy climbing 6800' over Rainy and Washington Passes to Mazama. Return the next day with only 4800'. 150 miles/11,600' climbing. Redmond Cycling Club, redmondcyclingclub.org

**Jun 21: Ride the Roza Century**

Prosser, WA. Enjoy the solstice! Century ride along Roza Canal irrigation district in Yakima Valley. 25, 50, 60 or 100 miles. Routes meander through vineyards and orchards. Rest stops, spaghetti feed and more. Visit the heart of Washington Wine Country. Barbara Anderson, Kiwanis Club of Prosser, 509-786-8973, kiwaniswinecountrytrek.com

**Jun 21: Ride2Survive**

Kelowna, BC. 1-day 400km epic ride over 2 mountain passes to raise funds for Canadian Cancer Society. Leaves Kelowna at 3:30am, arrives in Delta before 10pm. Pedal 15 hrs, climb 12,000' under police escort. Min donation required. Fully supported. Kerry Kunzli, Ride2Survive, 604-230-7068, ride2survive.ca

**Jun 21: Rock and Ride I&II**

Quincy, WA. 10, 30, 70 and 100 miles on country roads through Quincy Valley. Routes are flat to rolling hills with one optional 4-mile climb. Lunch supplied after ride. Non-profit event. Todd Wurl, Quincy Valley Chamber of Commerce, 509-398-5090, quincyvalley.org

**Jun 21: Spinderella Ride**

Pocatello, ID. Women's ride featuring 5 scenic routes from 10, 22, 50, 70 and 100 miles. New 60-mile 2-person relay. Century group starts at 6am at Ross Park. DaNae Young, Pocatello Women's Cycling, 208-221-9300, spinderellaride.com

**Jun 21: The Great Owyhee Ride I&II**

Ontario, OR. Scenic century ride through rural Oregon, winds from Ontario up to base of Owyhee Dam. 30-mile family ride, 50 miles, metric century and century. Start/finish at Historic Train Depot. All proceeds benefit Southeast Oregon Regional Food Bank. Kevin Goade, Southeast Oregon Regional Food Bank, 541-889-9206, greatowyheeride.com

**Jun 21: The VGF Doppio (Victoria Gran Fondo)**

Victoria, BC. 5th annual. Ride southern Vancouver Island, up the west coast to Port Renfrew, across the island then back to Victoria. 268km loop. Support stations every 60km. Hot meals, sports bars, gels and real food. Support vehicles. David Sudbury, 250-389-6177, victoriagrandfondo.com

**Jun 21: Tour de Fronds XVII I&II**

Powers, OR. 17th annual. 7 beautiful ride options from 30-116 miles with variable elevations up to 10,000' over coastal range between Powers and Glendale on low-traffic roads. Two new gravel rides, 33 and 45 miles, are difficult to extreme. Starts at Powers County Park. Under permit with USFS, Rogue-Siskiyou National Forest. Slim Stauffer, Powers Lion Club, 541-598-5087, tourdefronds.com

**Jun 21: Wheels to Meals I&II**

Puyallup, WA. 8th annual ride through Puyallup Valley and surrounding area. 10, 20, 32, 46, 56 or 75 miles. Min fundraising \$100. Start WSU-Puyallup campus. Numerous rest stops, finish line festival. Proceeds support emergency food programs in Pierce County. Kevin Glackin-Coley, 253-383-5048 x 102, wheelstomeals.org

**Jun 22: Gran Fondo Ellensburg**

Winthrop, WA. 80-mile hard ride intended for experienced cyclists. Nearly 10,000' of climbing and descending much on rough Forest Service roads. It will likely be hot as well. Jake Maedke, Vicious Cycle, 509-754-6361, rideviciouscycle.com

**Jun 22-27: Oregon's Covered Bridges I&II**

Eugene, OR. Oregon's Willamette Valley pioneers built covered bridges in the 1800s. Many are still used today - watching over the peaceful flat-to-rolling farmlands of the region. Average 38 miles per day. Also available 7/6. Bicycle Adventures, 800-443-6060, bicycleadventures.com

**Jun 22: Ronde Van Ketchum**

Ketchum, ID. Starts in Ketchum at Durance. Loop of roads in Warm Springs, then north on Trail Creek in Sun Valley, loop around Elkhorn, finish at Elephant's Perch to catch almost all hills in the area. 122km/1433m climbing. Fee \$20. Pre-reg only. Sign up at the Perch or Durance. Richard Feldman, 208-726-7693, usacycling.org

**Jun 22: Tour de Hood Challenge**

Hood River, OR. Chad Sperry, Breakaway Promotions, 541-980-2338, tourdehoodride.com

**Jun 22: Two County Double Metric Century B&W**

Trumwater, WA. Include this event in your STP training regimen. Five well-marked and fully supported routes. Choose from 23, 32, 76, 105 or 125 scenic miles in Thurston and Lewis counties. Capital Cycling Club, capitalbicycleclub.org

**Jun 24-Jul 3: Northern Rockies Ride I&II**

Boise, ID. Ride through Snake River Valley and up the Grand Tetons to Casper, WY. 710 miles, 8 riding days. Bill Lannon, America By Bicycle, 888-797-7057, abbike.com

**Jun 27: RATPOD**

Dillon, MT. 1 day, 130 miles with 5500' of climbing to benefit Camp Make-A-Dream, a cost-free medically supervised program for children, teens, young adults and families affected by cancer. Limit 650. Visit scenic Big Hole Valley. Min fundraising \$100. Jennifer Benton, Camp Make-A-Dream, 406-549-5987, ratpod.org

**Jun 27-29: Suncadia Cycling Festival**

Roslyn, WA. Inaugural 3-day event celebrating all things bicycle. A road ride (20, 40, 65 miles), a mountain-bike ride, a gravel ride (45 miles) - even a family ride are offered during the long weekend. VIP treatment, a tour guide to assist with logistics, bike mechanics and support, and tons of fun in the Suncadia sunshine. suncadiaresort.com

**Jun 27: Tour de Crest I&II**

Sunriver, OR. 26- and 55-mile tours. Short distance is an out-and-back, longer is a loop. Part of Pacific Crest Weekend. Start at Athletes Village. Tour runs concurrently with the Pacific Crest Festival triathlon, biathlon, marathon and kids events. AA Sports Ltd., 503-644-6822, aasportsltd.com/event/pacificcrest

**Jun 28-30: 3 x 200km Brevet**

Vancouver, BC. Three 200km brevets. Start 7am. Route through Vancouver, Lyton, and Pemberton. Susan Allen, BC Randonneurs, randonneurs.bc.ca

**Jun 28: Bob LeBow Bike Tour I&II**

Nampa, ID. New date. 3, 10, 25, 35, 62 and 100 miles winding through southwestern Idaho's farm land and Snake River wine region. Fully supported. Team challenge. Benefits Terry Reilly Health Services Zero Pay Fund. Start at Nampa High School. Heidi Traylor, Terry Reilly Health Services, 208-467-4431, trhs.org

**Jun 28: Gran Fondo Badlands**

Drumheller, AB. 50, 75, 140 and 160km options on rolling terrain. granfondobadlands.ca

**Jun 28: Mt. Adams Country Bicycle Tour I&II**

Trout Lake, WA. 4 ride options include an 11.5-mile family friendly ride, a 51-mile Valley loop, a 54-mile Forest loop and a 105-mile Infinity ride. Meal served from noon to 5pm. Benefits Trout Lake School. Rick Allen, Trout Lake Business Owners Association, 503-803-2766, troutlakewashington.com

**Jun 28: Ride for Schools**

Beaverton, OR. Choose from 25-mile route with 460' of climbing or 40-mile option with 1640' of climbing. Fully supported, meals provided. Fundraiser for local public schools. Steve Lechleiter, 503-703-0701, rideforschools.com

**Jun 28: Silver Valley Ride to Defeat ALS**

Enaville, ID. Picturesque and memorable ride on the Trail of the Coeur d'Alenes. Fully sup-

ported, 28- or 43-mile option. Lunch provided. Proceeds provide compassionate care and research for Lou Gehrig's Disease. Nichole Castro, ALS Association Evergreen Chapter, 425-656-1650, rideals.org

**Jun 28: Tour of Cowichan & Nanaimo**

Duncan, BC. Start 7am. 200km brevet. Glenora, Cedar, Mill Bay route. Stephen Hinde, BC Randonneurs, 250-756-4756, randonneurs.bc.ca

**Jun 28: Umpqua Ultimate Bike Ride**

Sutherlin, OR. Choose from lightly traveled, scenic routes from 20-65 miles with a possible century. Enjoy Umpqua Valley's excellent biking country, cross a covered bridge, ride past farms, vineyards and along famed Umpqua River. Full support. Tami Trochbridge, 541-459-4845, sutherlinareachamber.com

**Jun 28: World Bicycle Relief Red-Bell 100**

Redmond, WA. Fully supported century from Redmond to Bellingham. Fundraiser for World Bicycle Relief and CBC Education Foundation. Cascade Bicycle Club, 206-522-3222, cascade.org

**Jun 29: Baker City Gran Fondo**

Baker City, OR. Dooley Mountain. Follow the same challenging route as the Baker City Cycling Classic. 85 miles through beautiful eastern Oregon. Ends at Anthony Lakes Mountain Resort. Limit 200. Brian Vegter, BCCC, 541-523-5265, bakercitycycling.org

**Jun 29: Tour de Pierce I&II**

Puyallup, WA. 12-, 30- and 50-mile routes for all levels of riders. Starts at the Fairgrounds. Well-marked course, maps with descriptions, rest stops and SAG. For first time event riders, the 12-mile is an easy flat course. The 50-mile route offers challenges as well as alternatives. Cara Cross, Pierce County Parks Department, 253-798-4177, piercecountywa.org/parks

**JULY**

**Jul 11-20: Washington Coast Tour**  
Colville, WA. 530-mile loop. Start/finish in Colville. Travels along beautiful valleys, quiet roads and along pristine lakes of the Kootenai Mountains. Intermediate/advanced. Rod Lee, Heartcycle, 206-604-7145, heartcycle.org

**Jul 12: Arthritis Bike Classic**  
San Francisco, CA. 35-, 62- and 100-mile routes. Fully supported, scenic tour through Marin Headlands and wine country. Beth Miller, Arthritis Foundation, 888-391-9389 x 13, MarinHeadlandsBikeClassic.org

**Jul 12: Bike for Kids Idaho**  
Idaho Falls, ID. Snake River Landing. Fully supported 15-, 25-, 50-, 65- and 100-mile routes. Also 2- or 4-mile family ride. Family friendly BBQ and carnival to follow. Reg fee includes T-shirt, lunch and activities. Benefits Children with Disabilities Foundation. Kristy Meckelsen, Children with Disabilities Foundation, 208-680-9397, bikeforkidsidaho.com

**Jul 12: Goldilocks Idaho**  
Meridian, ID. Women's only event. 20-, 40-, 60-, 80-, 100-mile options. Includes lunch, fully stocked rest stops, swag bag, T-shirt, finish line party. Limit 600. Start from Settlers Park 6:30am. Dani Lassiter, Brooksee, LLC, 208-884-1613, goldilocksride.com

**Jul 12: One Helena Hundred**  
Cascade, MT. 60- or 100-mile fully supported ride along scenic Missouri River. Retrace steps of Lewis & Clark. Proceeds help support the advancement of cycling in the Helena area. Rob Purny, Helena Bicycle Club, 406-449-7439, helenabicycleclub.org

**Jul 12: Ride de Root**  
Darby, MT. 42-, 60- or 100-mile loops in the spectacular Bitterroot Valley. Enjoy breathtaking scenery, travel fully paved highways and back roads in western Montana. Reg fee includes T-shirt. Heidi Kaminski, 406-529-7887, ridederoot.com

**Jul 12: Ride to Defeat ALS**  
Mt Angel, OR. Century, metric century, 50- and 25-mile routes. Also 3-mile family fun ride. Fully supported. Finish line celebration. Start/finish at Mt. Angel Community Festhalle. Fundraising min \$150. Benefits the fight against Lou Gehrig's Disease. Rebecca Pace, ALS Association Oregon & SW Washington, 800-681-9851 x 106, OregonRideToDefeatALS.org

**Jul 12-13: Ride4CAP**  
Seattle, WA. Run concurrently with Seattle to Portland. Register for STP, Ride4CAP and join the fight against HIV/AIDS. Cascade AIDS Project, 503-223-9255, ride4cap.org

**Jul 12-13: Seattle to Portland (STP)**  
Seattle, WA. Largest multi-day ride in the Northwest. Ride 200 miles in 1 or 2 days. Scenic views of western Washington and Oregon. Start UW parking lot. Cascade Bicycle Club, 206-522-3222, cascade.org

**Jul 12: Seattle to Spokane (S2S)**  
Lake City, WA. Canceled for 2014.

**Jul 12-13: Summer 300 / 200**  
TBA, OR. Saturday 300km, Sunday 200km randonneur events. ACP brevet. Oregon Randonneurs, orrandonneurs.org

**Jul 12: Summer Populaire**  
TBD, WA. 100km event open to all. RUSA sanctioned. Seattle Int'l Randonneurs, seattlerando.org

**Jul 12: Tour des Chutes**  
Bend, OR. 10th annual. 7-, 25-, 50-, 75- or 100-mile ride on central Oregon's finest roads. Fee includes burrito lunch, post-ride party. Fully supported fundraiser for St Charles Cancer Survivorship Program and LiveStrong. Start at High Lakes Elementary School. Leslie Cogswell, Tour des Chutes committee, 541-400-0341, tourdeschutes.org

**Jul 13: Huckleberry Ride**  
Deary Park, ID. 50+-mile club ride from Deary Idaho to Elk River and back through backcountry with huckleberry ice cream in Elk River. Some of the best of wild Idaho. Register online. Carrie Rosetti, Twin Rivers Cyclists, 509-758-9303, twinriverscyclists.org

**Jul 13: Prospera Gran Fondo Axel Merckx**  
Penticton, BC. 3 distances: Granfondo 160km, Mediofondo 92km, Cortofondo 55km. Start/finish at Gyro Park. Piccolofondo for kids under 12. Fully supported, traffic controlled. Join Axel Merckx and friends on this scenic valley ride. Finish line festivities and prizes. Jeff Plant, Axel Merckx Events, granfondoaxelmerckx.com

**Jul 13-26: Rolling the Islands of the Salish Sea**  
Seattle, WA. 2-week tour across 6 islands from Seattle to Victoria exploring the rich history and heritage, geographical and environmental diversity, and geological and cultural complexity of the region. David Mozer, Ibike, LLC, 206-767-0848, ibike.org/ibike

**Jul 13-19: San Juan Islands - Victoria**  
Seattle, WA. Experience many of the best features of the Pacific NW, San Juan Islands and Victoria. Energetic beginners to advanced. Average 35 miles per day. Other dates available. Bicycle Adventures, 800-443-6060, bicycleadventures.com

**Jul 13: Tour of Auferdeide - Triple Crown #2**  
Westfir, OR. 2nd annual. 3 route options: Alpine - 100 miles (5900'); Box Canyon - 64 miles

(2660'), Kiahane - 10 to 40 miles (up to 1100'). 2nd stage in the Oregon Triple Crown series. See race series for details. Alan Cline, Dark30 Sports, 541-505-3060 x701, dark30sports.com

**Jul 14-18: VanIsle 1200**  
Chemainus, BC. 1200km brevet. Golden River to Port Hardy route. Steve Mahovic, BC Randonneurs, 250-294-0547, randonneurs.bc.ca

**Jul 16-20: RedSpoke**  
Redmond, WA. The "Cadillac of bicycle tours." 5-day, 300-mile fully supported tour from Redmond to Spokane. Supports Hopelink and the Little Bit Therapeutic Riding Center. Limit 150. \$675 fundraising required. Jay Vander Pol, 425-827-3375, redspoke.org

**Jul 16-20: Tour de Jasper**  
Prince George, BC. Canceled for 2014.

**Jul 18-20: 1000km Brevet**  
Fort St. John, BC. Wim Kok, BC Randonneurs, 250-785-4589, randonneurs.bc.ca

**Jul 19: 200km Summer Brevet**  
TBD, WA. Seattle Int'l Randonneurs, seattlerando.org

**Jul 19: CF Cycle for Life**  
Forest Grove, OR. Join us at the historic McMenamins Grand Lodge in Forest Grove and ride to cure CF through some of Oregon's most scenic farmland. 35-, 65- or 100-mile rides, fully supported. Joe Boyd, Cystic Fibrosis Foundation, 800-448-8404, cycle.cff.org

**Jul 19: Jedermann Gran Fondo**  
Cheney, WA. 3rd annual. 112-, 66- and 30-mile routes through charming farm towns of Cheney, Sprague, Tokio, Harrington and Edwall. Pancake breakfast, T-shirt, pint glass, medals, live music, beer garden, gourmet BBQ. Fully supported. Benefits Let's Move Cheney and Spokane Osteoporosis with free bone density screenings. Michael Emde, 509-326-6983, emdesports.com

**Jul 19: Tour de Peaks**  
North Bend, WA. 100 miles: the entire Valley, North Bend to Duvall (includes Sno Falls hill). 50 miles: mostly country roads from North Bend to Carnation. 25 miles: upper Snoqualmie Valley. Fully supported. Downtown block party at the end. Snoqualmie Valley Chamber of Commerce, 425-888-6362, tourdepeaks.org

**Jul 19: Triple Crown for Heart**  
North Vancouver, BC. New date. 5th annual. A unique challenge. Route includes riding up 3 North Shore mountains: Seymour, Grouse and Cypress. Fully supported, post-event party on top of Cypress Mountain. Benefits BC Children's Hospital. Charitable receipt available. Stuart Lew, Triple Crown For Heart Association, 778-709-2373, triplecrownforheart.ca

**Jul 20-27: Fuller Center Bicycle Adventure - Leg 7**  
Billings, MT. Travel from Billings to Missoula. Part of the larger cross-country bike ride. Can also join in for a day. Allen Slabaugh, Fuller Center for Housing, 229-924-2900, fullercenter.org/bikeadventure

**Jul 20: Prospera Valley Gran Fondo**  
Fort Langley, BC. 160km GranFondo, 88km MedioFondo, 50km PrestoFondo or Team Challenge. Fully supported, chip timing, swag and finish line festival. Canadian Velo Events, valleygranfondo.com

**Jul 20: Rapha Women's 100**  
Various. Join thousands of women around the world to ride 100km. Organized event or solo ride. Sign up through the website, find a ride near you. Everyone that completes the distance will receive a badge. pages.rapha.cc/womens100

**Jul 26: 4 Summit Challenge Gran Fondo**  
Cascade, ID. Ride like a goat on a beautiful alpine trek through Valley County. 4 challenging summits, 30, 50, 60 and 75 miles, one summit per distance. 8.2-mile family fun ride. Prize for fastest up last summit (optional). Start 8am. Limit 750. Fully supported, T-shirt and BBQ. Mike Cooley, George's Cycles, 208-343-3782, 4summitchallenge.com

**Jul 26: Backroads 400**  
Nanaimo, BC. 400km brevet. Start 6am. Dave Cambell, BC Randonneurs, randonneurs.bc.ca

**Jul 26-Aug 2: California Bicycle Ride**  
Ashland, OR. Ashland, Weed, Etna, Orleans, Happy Camp, Lake Selmac. 428 miles total. Sanna Phinney, Bicycle Rides Northwest, 541-382-2633, bicycleridesnw.org

**Jul 26-27: DoubleDay Ride to Defeat ALS**  
Mount Vernon, WA. Get ready for the ride of someone else's life. Tour the breathtaking Skagit Valley. Fully supported. 30-100 mile routes. Staged at Mount Vernon HS. Proceeds provide compassionate care and research for Lou Gehrig's Disease. Robin Hartman, ALS Association Evergreen Chapter, 1-866-786-7257, web.alsa.org/DoubleDayRide

**Jul 26: Gourmet Century**  
McMinnville, OR. 100km non-competitive ride through the pastoral roads outside of Portland. Delightful rest stops, lunch, gourmet apres dinner. Chefs Jason French, Matt Christianson, Patrick McKee, Robert McSpadden and Chris DiMinno. French theme ride. Chris DiStefano, Chris King Precision Components, 503-758-5924, gourmetcentury.com

**Jul 26-Aug 2: Oregon Coast Tour**  
McMinnville, OR. Relaxed ride along the coast with time to enjoy the rocky overlooks and long

sandy beaches. Intermediate. 62 miles daily average. Ralph & Carol Nussbaum, Colorado HeartCycle Association, 206-783-6450, heartcycle.org

**Jul 26: Thunder's Family Fun Ride**  
Cascade, ID. Fully supported, register as solo for 30-, 50-, 60- or 75-mile ride. 8.2-mile family ride under police escort through town up to Warm Lake Weigh Station and back. Start at American Legion. Ideal for family supporting a 4-Summit Challenge rider. Bill Wheeler, Cascade School District Athletic Dept., 208-634-9234, 4summitchallenge.com

**Jul 26: Tour de Cure OR/SW WA**  
Hillsboro, OR. Fundraiser for American Diabetes Association. 5 routes ranging from 5-100 miles, winding through vineyards, hazelnut orchards and farms. Fun for whole family and all riding levels. Kris Bockmier, American Diabetes Assoc. of OR, 503-736-2770, diabetes.org/portlandtourdecure

**Jul 26: Tour de Whatcom**  
Bellingham, WA. Fun charity ride in Whatcom County. The rides - 25, 50 or 105 miles - are awesome. See everything: Mt Baker, Lake Whatcom, valleys, rivers, lush farmland, beaches and Puget Sound all in one fairly level grade. Free pictures. Mel Monkelis, 360-746-8861, whatcomevents.org

**Jul 26: Whatcom Wamble**  
Fort Langley, BC. 300km brevet. Start 6am at Marina Park. Follows the Glacier, Alger, Lummi, Semiahmoo route. Barry Chase, BC Randonneurs, 604-266-4214, randonneurs.bc.ca

**Jul 27: CF Cycle for Life - Seattle**  
Woodinville, WA. Start at Redhook Brewery for 1-day, 20- or 65-mile route through some of the most scenic terrain in western WA. Fully supported, rest stops, memorable Post Pedal Party with craft beer, gourmet food, live music at the brewery. T-shirt, swag. Must be 18. Benefits Cystic Fibrosis Foundation. Jaclynn Simpson, 800-647-7774, cycle.cff.org

**Jul 27-Aug 3: Fuller Center Bicycle Adventure - Leg 8**

Missoula, MT. Travel from Missoula, MT to Lewiston, ID. Part of the larger cross-country bike ride. Can also join in for a day. Allen Slabaugh, Fuller Center for Housing, 229-924-2900, fullercenter.org/bikeadventure

**Jul 27-Aug 1: Glacier National Park**

Whitefish, MT. Tour offers exceptional cycling and the best hiking in North America. 150-325 miles in 6 days. Also 8/3 and 8/10. Lizard Head Cycling Guides, 970-728-5891, lizardheadcyclingguides.com

**Jul 27: Spokane Valley Cycle Celebration**  
Spokane, WA. Part of the Valleyfest. Family friendly 10-mile ride, 25-mile Adventure, or Hills Around the Valley 50-miler. All start at the Mirabeau Meadows Park. Course opens at 8am. T-shirt included. Bill Gothmann, 509-922-3299, valleyfest.org

**Jul 27: Tour de Kitsap**  
Silverdale, WA. Get out of the city and enjoy some of Puget Sound's finest rural riding in Kitsap County. Start in Silverdale or from downtown Bremerton at the ferry terminal. A challenging and fun road cycling event with 33- or 72-mile routes and themed rest stops. Don Czekoz, 360-434-0434, westsoundcycling.com

**Jul 31: RAMROD**  
Enumclaw, WA. Circumnavigate Mt Rainier for 152 miles and 10,000' elevation gain. Incomparable scenery. Lottery entry system. Limit 800. Reg opens in March. Redmond Cycling Club, 206-781-3903, redmondcyclingclub.org

TRACK

Weekly

MONDAY

Monday Night Racing

Jun 2-Aug 25  
Redmond, WA. Junior racing. Program varies each week. Start 7pm. Rental bikes available. USA Cycling license or a one-day license required. Canceled if raining. Free spectator admission. No race on 7/28, 8/18. Amara Edwards, Marymoor Velodrome Assoc., velodrome.org

TUESDAY

Masters / Juniors Track

Jun 3-Aug 19  
Portland, OR. Track racing for Juniors and Masters only. Schedule changes weekly. Paul Mautner, 503-706-8006, obra.org

WEDNESDAY

Wednesday Night Racing

Jun 4-Sep 10  
Redmond, WA. Marymoor Velodrome. Women/men Cat 4 and Masters A and B (35+ and 60+). Start 7pm. USA Cycling license or one-day license required. Bike rental available. Free spectator admission. See website for nightly program. Cancel if raining. No race on 8/20. Amara Edwards, Marymoor Velodrome Assoc., velodrome.org

THURSDAY

Alpenrose Thursday Series

May 1-Sep 25  
Portland, OR. Alpenrose Velodrome. Event schedule posted on website a few days before each race. No race on 6/26. Charles Warner, 360-624-1801, obra.org

Thursday Night Racing

May 1-Aug 28  
Redmond, WA. Marymoor Velodrome. Designed for beginners (Cat 4 women and 5 men). Program determined nightly. Must have completed a MVA Track class, hold a racing license and be MVA member. Bike rental available. Cancel if raining. No race 7/24, 7/21. 206-957-4555, velodrome.org

FRIDAY

Fast Twitch Fridays

May 2-Aug 29  
Portland, OR. Match sprinting for Cat 1-4. Separate Omnium racing for beginner men and women. Registration 5pm, racing 6:30pm. Presented at Alpenrose Velodrome. No racing 6/27, 7/5, 7/18. Jen Featheringill, 503-267-5359, bike-central.com

Friday Night at MVA

May 30-Sep 19  
Redmond, WA. Marymoor Velodrome. Racing for men 1/2, men 3, women 1/3. Spectators \$5, under 16 free. Beer garden. USA Cycling license required. Kiddie Kilo (2-12 years old) on 1st and 3rd Friday of each month. Jeremy Storie Memorial Series for advanced Juniors twice a month. Start 7pm. See website for evening program. Cancel if raining. No race 7/4, 7/25, 8/22. Amara Edwards, Marymoor Velodrome Assoc., velodrome.org

Track

JUNE

Jun 1: Alpenrose Heartbreaker

Portland, OR. Full day of racing for all skill levels and a women's only Madison. Cash and merchandise. Program includes Points races, Keirins, Madisons. 503-317-5836, obra.org

Jun 13-14: Midway Challenge

Indianapolis, IN. Endurance and sprint events. NTC event.

Jun 14: The Athletic Omnium - Sprint Championships

Portland, OR. State Sprint and Keirin championships. Clint Culpepper, 503-548-8672, obra.org

Jun 20-22: GVVA Track Fest #1

Victoria, BC. Greater Victoria Velodrome Association, gvva.bc.ca

Jun 22: Blue Ribbon Race

Portland, OR. Phil Sanders, 503-649-4632, obra.org

Jun 23-28: Alpenrose Six-Day

Portland, OR. Only outdoor 6-day race in North America. Full program of exciting racing, including Madison events. See website for schedule. Mike Murray, 503-661-5874, obra.org

JULY

Jul 11-13: Oregon Senior Championships

Portland, OR. Saturday: 500/Kilo, Junior and team races. Sunday: Pursuit and Points race. Candi Murray, 503-667-6220, obra.org

Jul 11-13: US Grand Prix of Sprinting

Colorado Springs, CO. Tentative date. Match Sprint, Team Sprint, Keirin. NTC event. UCI C2 sanctioned. csvelodrome.org

Jul 12-13: Fred Rehberger Memorial / WA Jr & Master Championships

Redmond, WA. State Championships for Masters and Junior racers. Timed and mass start races, individual and team events. All categories. Fred C Rehberger team Omnium trophy presented to team with highest number of podiums across all categories. Kiddie Kilo on day 1. fredsrace.com

Jul 18-20: Alpenrose Challenge

Portland, OR. 3-day event bringing former and future Olympians, World and National Champions to Portland for a race extravaganza. Includes sprint and endurance events, as well as fastest lap competition and kids races. ATRA NCS event. Charlie Warner, 360-624-1801, alpenrosechallenge.com

Jul 25-27: Marymoor Grand Prix

Redmond, WA. Daytime features individual and team timed events. Nighttime showcases mass start racing. Open to Elite men and women and Masters. \$10,000+ cash purse. Sunday is rain delay day. NTC event. Part of Seattle JR Road Dev. Race Series. Dave Mann, Marymoor Velodrome Assoc., velodrome.org

Jul 26: The Athletic Spring Omnium

Portland, OR. Clint Culpepper, 971-235-5994, obra.org

Trivia

Answers from page 2

1. Lombardia, with 31 of those 68 victories.
2. Italian Marco Pantani back in 1998. Pantani died 10 years ago and this year's route pays tribute to the fallen and tragic hero. The last foreigner to take both KOM and overall titles was none other than American Andrew Hampsten.
3. Trailblazer Phil "The Kangaroo" Anderson won the Intergiro (then a Blue Jersey with prize money second only to the Pink Jersey) competition back in 1990. Held from 1989 through 2005 as a second general classification, times were calculated from "finish lines" midway through the stages. The only other Aussie to ever don a Giro jersey was none other than Mr. Cadel Evans himself, who claimed the mountain competition in 2010.
4. Only one and it only happened once. You know who ... Belgian Eddy Merckx! The Cannibal did the hat trick back in 1968. Wow.
5. Robert Millar (actually a Scot) in 1987 and Brit Matthew Lloyd in 2010.

Classifieds

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# The Good Bike Shop

BY MAYNARD HERSHON

I've been riding to Golden from our home in Denver once or twice a week. I ride the Clear Creek bike trail, a narrow trail with many turnings, some of them quite tight. In the last couple of weeks I've noticed a change in my bike's handling, in its steering—a glitch you could say.

I'll be turning a long corner, almost a hairpin turn, in which the road turns back on itself. I'll be midway through that corner, not going especially fast, just sweeping through the bend, when my bike will abruptly but subtly want to stand up straight ... or lean over further.

Each time it happened, I'd be alarmed for an instant, and wonder what could be going on. When I reached my destination, I'd look at my bike, at the top of the fork tubes under the crown, at the bottom bracket and at the chainstays, searching for cracks and praying that I saw none.

I'd lift the front end of the bike off the ground and swing the bars back and forth, trying in vain to sense a tight or loose spot in the bearings of my Chris King headset, the bearings that the front end pivots on.

I'd hold the front end a few inches from the pavement and drop the front tire to the ground. No rattle. No problem with my King headset; not a surprise. I'd take the front

wheel out of the fork and gently squeeze the fork tips together. No movement. Probably no cracks in the fork tubes.

I'd wiggle the front wheel in the fork to see if there was slop in the bearings of the front hub. I'd flick both tires with a fingertip to see if they were fully inflated. I found nothing amiss.

My bike is 12 years old, old enough certainly to develop a crack. I've ridden it thousands of miles, not brutal miles, but all sorts of miles, flat and hilly and even mountainous. Maybe, I thought, it's telling me gently, as steel does, that something is wrong. Warning me, you could say.

So I stopped at Turin Bikes, a few blocks from Tamar's and my home. I berated myself on the way there for not having the bike with me. It was dumb not to take it, like trying to get a mechanical diagnosis on the phone, but I was out for a walk and Turin was right there so I stopped.

Dave was behind the service counter as usual. I told him pretty much what I've told you in the paragraphs above except for the feeling foolish for not having the bike with me. Told him how the bike had felt and what I'd checked. He listened and said almost nothing as I described the problem and my efforts to diagnose it.

He asked me what kind of tires I ride. I

told him I use Specialized Armadillos, not needing to mention that I don't mind losing ride quality and gaining wheel weight in exchange for long life and flat resistance. There was no need to tell him that stuff; he knows it perfectly well.

He told me to look at the Armadillos, to note the peaked shape of the tire, how it isn't completely round as you look at the tread, but high in the center. He said that tires that are peaked that way can create little (harmless) handling glitches.

Peaked tires won't put you on the ground but they can lack a bit of sure-footedness in turns.

I told him I'd recently replaced my rear tire with a new Armadillo. The front tire was worn in the center and much rounder than it had been when it was new. The peaked rear and round front contributed to the tiny instability I'd felt mid-corner.

As the new rear tire wears down its center tread, the peak will wear away—and my predictable handling will return, Dave told me.

As I thought about what he'd said, his description of the problem and its symptoms made sense; it "felt" right. I thanked him and walked out of Turin into the sunshine, happy for the 100th time that I have such a shop in my neighborhood.

After all, when I walked into Turin, I was afraid I might have a crack in my frame or fork. I was wondering how long my warranty might last. I was afraid I might lose my beautiful bike.

Here's the thing about a good bike shop. They have seen so many bicycles, so many bicycle problems, listened to so many perplexed bicycle owners.... Whatever you have experienced with your bike, they've almost certainly seen and dealt with it before.

They know the problem and how to talk with you about it and if necessary, fix it.

There is no substitute for a good bike shop. There are lots of places to buy tubes and bar tape, some of them for less money than a good shop can afford to sell them. But when your bike starts behaving in a weird way or making strange noises and you can't figure out why, who're you gonna call?

You're gonna go to your bike shop and because you're smarter than me you're gonna take your bike with you. If it's a good shop the service person will ask you questions and listen to you as you talk about your bike. That person will suggest why your bike may be acting the way it is.

He or she may tell you how to deal with your problem yourself or may write up a work order so the shop can fix your problem. Either way, it'll get handled.

My head was full of concerns about my beautiful old blue bike when I walked into Turin. I was full of relief after hearing Dave's explanation, the considered diagnosis of an expert. No charge—for assurance worth more than I can describe.

Think how lucky you are to have a good shop nearby. Think about that shop even when you aren't faced with what you imagine may be life-and-death issues with your bike. Think about that shop when you realize you've used your last tube or your bars are showing through your tape.



## Revolights: Be Seen!

BY CHRISTIAN DOWNES



The Revolights City (v2.0) is the first legal, bicycle wheel-mounted headlight/tail-light system and continues to receive high marks from reviewers while hauling in loads of questions and compliments from cyclists and pedestrians alike. *Men's Journal* calls it "the best bike lighting system in the world."

Revolights earned a spot as an Innovation Finalist for the James Dyson Award for

engineering and was featured on the television program, *Shark Tank*, where it landed a \$300,000 investment. Revolights provide cyclists with excellent sighting, grabbing the attention of distracted drivers approaching from nearly every angle. Due to a focus on visibility, the set-up has a comparatively weak beam in comparison to typical (forward headlight) illumination. It should therefore

be considered a supplement to equipment with an appropriate throw.

Full installation takes approximately three hours. Minor issues involving difficulty in correctly orienting the fixed-magnets in the proper position and adapting to the rear wheel have been reported by users. Narrow chain stays often cause the mounting screws to make contact, so a different set of hardware may be required. If installation seems too daunting a task, Revolights offers wheels pre-installed with the lighting system, drastically reducing the installation time with a fractional increase in price. The product is made in California and is only designed for road and hybrid 700 series (700c/622mm/24.5in) and 27-inch rims. The company provides an online fit chart to determine bike's compatibility.

Still in its infancy, the system is currently incompatible with mountain bikes and the wheels of tricycles, unicycles, folding bikes and cargo bikes.

With its integrated, hub-mounted battery pack there is no need for proprietary chargers. The pack uses rechargeable lithium

batteries to power the eight LED bulbs and weighs approximately one and a half pounds (700g). The removable battery packs are chargeable through two micro USB cables

(included), providing four hours of continuous use from three hours of charging time. The wiring components are water resistant—fully sealed and coated to help deter the elements.

The Revolights team has earned renown for customer service. Reviewers rave about their efficient, responsive and hospitable rapport and overall product quality. Free domestic shipping is included in the overall price, \$229. International shipping is also available at an additional cost. Customers receive a 90-day limited warranty that includes free replacement of batteries, magnets, and

hardware included in the original product, as well as one year of parts and labor. Should you discover a need to return your Revolights, the process is typically underway in 48 hours.

For more information about Revolights products and services, visit [revolights.com](http://revolights.com).



Photos courtesy of Revolights

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