



A highly coveted position within the police force, bike patrol units are now part of an increasing number of law enforcement departments across the country, and they do much more than chase runaway horses. Photo courtesy of Seattle Police Department Photo Lab

Two-Wheeled Patrollers

By ALEXA STRABUK

In June, shots rang out at Seattle Pacific University's campus on the north slope of Queen Anne Hill. Officers on bikes were the first responders to control the situation and were later assisted by arriving patrol cars. The two-wheeling front line of the police force has proven to be a fundamental part of keeping Seattle's streets clean and safe. Stealth and speed in high-stress situations are important reasons why these patrolmen reach crime scenes first. Illicit activity often takes place in off-street, hidden locations, which blinds driving patrols that simply can't reach those areas.

Alternatively, these bike cops are not only able to monitor parts of the city inaccessible by car, but also give a face to the police department, building trust with the community they are charged with protecting. Unless the windows are down in a police car, officers may be unable to hear screams or breaking glass that could indicate public disruption nearby. Those working on bike are more physically and tactically equipped to respond to sounds and sights silently, without lights or sirens, giving law enforcement an element of surprise. Utilizing bikes is also more cost efficient, eliminating gas expenses and embracing an exemplary, environmentally conscious, health oriented, emission-free philosophy.

The idea to coalesce bicycles into the police department started as early as the 1800s. Law enforcement used bikes to patrol, to respond and to catch the occasional runaway horse. Though accounts and photographs evidence the historical employment of non-motorized vehicles, it wasn't until the invention of the modern mountain bike, some 30 years ago, that the Seattle Police Department (SPD) saw the day-to-day practicality of a bicycle as an advantageous, valuable and essential policing tool.

After a year of brainstorming, Seattle's bicycle patrol unit began as an experiment in the summer of 1987 when there was an increasing need for an easy, convenient way to maneuver through the congested city center. With the construction of the metro bus tunnel downtown, many residents were faced with a daily traffic gridlock, making the city a mess, and for police, hindering patrol car effectiveness and foot patrols simply weren't adequate enough to keep up with a rising crime rate.

Inspired, Sergeant Paul Grady and his partner, Mike Miller, set out on their own personal mountain bikes as SPD's first ever bike unit on July 10, 1987. According to the Law Enforcement Bicycle Association (LEBA), the program's success was immediate: 30 minutes into the first patrol, the officers executed three narcotics-related arrests. In the first month, 500 more misdemeanor arrests were made ... five times more than the average number for foot patrols. The two reached out to Raleigh Bicycles and the company donated four new bicycles. Soon, SPD added two more full-time bike patrolmen and started placing them in other parts of the city like Alki Beach. The International Police Mountain Biking Association (IPMBA) reports that by 1993, Seattle had 70 officers riding the streets.

Though not the first, Seattle is credited with spearheading the widely publicized effort to promote bicycle units as vital to everyday law enforcement and as a useful PR/outreach method. Requests from other departments flooded in during the preliminary years of the program and in 1991, the League of American Bicyclists, then called the League of American Wheelmen, organized the first annual Police on Bikes Conference in Tucson, Ariz. A year later, the aforementioned International Police Mountain Bike Association was founded followed by the 1993 establishment of a second major training consortium: the Law Enforcement Bicycle Association (LEBA). The latter organization's inception was inspired by Grady's cardinal national training seminar,

SEE "BIKE COPS" ON PAGE 9

All in a Day: Ride, Climb, Ride

By CHRIS RAGSDALE

The idea was conceived by Jason Connell, but I'm not sure when it first came to him. I was brought into the plan back in January of this year. The pitch was to ride bikes from Seattle to Mount Rainier, summit the mountain, and then return to Seattle the same way. By our calculations, and if all went according to plan, it might be possible to accomplish this feat in 24 hours or less. It didn't take me long to answer, "Yes, I'm in."

Having some experience in mountaineering, including one Rainier summit and plenty of ultra distance racing experience, this seemed like a perfect fit and an exciting challenge. The first thing that clearly came to mind after I had committed was remembering how after summiting last time I told myself that I would never do it again. The altitude, exposure and danger on the higher parts of the mountain were just not worth it, but this was too cool of an idea to pass up and to do it with such a great team would be awesome, so the planning began.

Originally it was Jason and Travis Biechele who then brought on Michael "Bliz" Blizniak, Bill Booth and myself — all members of the CycleU/Apex racing team. Shortly into the planning, Bliz was injured and faced a slow recovery process. Bill was blanketed with obligations and could only commit to the climb. So it would be Jason, Travis and me going for the full effort.

During March and April, the plan quickly started to become a reality.

We were making weekly training hikes up Mount Si and Mailbox Peak, and even jogging and running stairs. The gear lists were made and the route refined. The only way to get something like this done in this kind of time frame is with support, so we reached out to friends and teammates and assembled our crew. Jason's wife Lynn and Travis's girlfriend Lindsey, along with Jason's brother-in-law Paul, would be our support team for the first biking leg from the Space Needle up to Paradise. We would then need a crew to climb ahead of us to Camp Muir (10,080')



Riding from Seattle to Mt. Rainier National Park's boundaries in under five hours.

Photo courtesy of Chris Ragsdale

SEE "RAINIER" ON PAGE 8



RACING

It's short, fast, intense, and might make you puke in front of a crowd — what is it?

See Page 5



HEALTH

Be kind to your GI. It's better for your health and can be less embarrassing.

See Page 7



OPINION

Wait ... Wait ... Wait ... Read all about Maynard's first cyclo-camping trip.

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Seattle Bike Share Set for September Launch

By ALEXA STRABUK

The Pronto! Emerald City Cycle Share is expected to be up and running in September 2014. The opening was scheduled earlier this year but was delayed due to a combination of finalizing the funding and various industry-wide changes in the equipment supply chain. The city council is unanimously supportive of the initiative and with help from grants, donors and supporters the bike share has seen progress. The project is now in the homestretch thanks, in part, to two new major sponsors joining the cause: Alaska Airlines and Group Health.

Pronto! partnered with local design firm, Urban Influence, in early 2014 to brand the program. The bikes will certainly be identifiable, painted bright green and blue—classic Pacific Northwest colors. All equipment and

marketing materials, kiosks included, will have visible sponsor logos.

The imminent network of stations will make it so it's convenient to pickup and return bikes anywhere in the system and will eventually provide community access to other parts of the city as more installations are added. To adhere to King County's helmet laws, a separate helmet station will be located at each bike share facility where users can rent one for \$2.00 or \$1.50 if they're an annual member. Holly Houser, executive director of the project adds, "Members may also receive discounts to purchase helmets at local retailers."

Houser reports, "Everything is on schedule. The expected date is still set for the end of September." She adds that they are



Photo courtesy of Puget Sound Bike Share

probably a week or so out from making a final announcement. Keep a look out for these stations as you make your way across town.

Membership drive starts August 25th. For more info visit prontocycleshare.com.

L.L. "Stub" Stewart State Park Gets \$10,000

By ALEXA STRABUK

In May of this year, the Northwest Trail Alliance (NWTa) announced that outdoor equipment retailer REI has awarded a \$10,000 grant to improve and maintain the trails at L.L. "Stub" Stewart State Park. Located in Buxton, Ore., about 34 miles west of Portland, the park opened in 2007 and provides equestrians, hikers, cyclists, campers and adventurers with 1,800 acres of forest, streams and wildlife to explore. The area boasts over 25 miles of trail, including six miles of cross-country, freeride and all-mountain singletrack dedicated to mountain biking.

NWTa turned its focus toward Stub Stewart State Park in 2009, with volunteers helping to build the singletrack, improve the routes, and advocate for a designated bike area. In a detailed proposal, they designed trails and potential locations for construction whilst strategizing how to distribute the work. The plan addresses logistical factors like funding, liabilities pertaining to land use, disability access, environmental sensitivity and educational benefits. NWTa's ultimate objective was to integrate cross-country and all-mountain trails with other more technical routes intended as freeride sections, which the Westside Trail Federation was simultaneously planning as a separate trail project in 2008.

In 2010, NWTa presented the plan to Oregon Parks & Recreation (ORPD), ultimately reaching a consensus, which granted NWTa full control of construction and improvement efforts within the park. The agreement was the first of its kind, since ORPD traditionally partners with proponent groups for purposes of trail maintenance — not trail



Trail crew, lead by Robert Clark (2nd from right), completes the final section linking the north to south mountain bike areas at Stub Stewart. Photo courtesy of Joe Rykowski

construction. Work began in March 2010 and the facilities were available for use in September of that same year. More routes have been added each year since. Funds from the invitation-only REI grant will go towards trail improvement costs at Stub Stewart and some will help cover material costs in other areas of focus.

Joe Rykowski, the vice president of NWTa and the manager of the Trail Development Partnership Program summarizes, "Better water mitigation, better connections and better routes equals improved trails and habitat for all." Though immense progress has already been made, the project is still ongoing. NWTa has written agreements with half a dozen agencies and is always looking to take lead on improvement projects. Rykowski says that he is mostly finished authoring an application for a federal Recreation Trails Program (RTP) grant for \$69,000. He says, "We're also going after a Washington County Visitors Association tourism grant as part of matching towards RTP." The ultimate goal is to not only improve the overall character of the trail system in Stub, but also to eventually construct log stringer bridges that link the park to the existing Banks-Veronica trail.

When asked about Stub Stewart's trails, NWTa's current president, Kelsey Cardwell, says, "One of my favorite parts about this trail system [is] that it's [at] low elevation and super well-built, so that means it's rideable and in great shape just about every day out of the year."

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Salmonberry Corridor Rail Trail Hits A New Milestone

By ALEXA STRABUK

From the city streets to the Pacific coast, more legislative progress on the construction of a biking super trail has been made in Oregon. In 2012, interested parties including Oregon State Senator Betsy Johnson, representatives of Tillamook County, Port Tillamook Bay Railroad, Cycle Oregon and the two lead partners, the Oregon Parks and Recreation Department (ORPD) and the Oregon Department of Forestry, came together to explore the possibility of an 86-mile bike trail extending from Banks to Tillamook and to discuss if efforts to make this a reality would have outstanding value.

The proposed route would run from Washington County, through the stunning Willamette Valley, down the scenic Pacific coastline and end in the forests of Tillamook, ultimately connecting eight cities and two counties in the Salmonberry Corridor. The new addition would also link to the already existing Banks-Vernonia trail, which runs about 25 miles northwest of Portland, and would encompass the Port of Tillamook Bay Railway that closed in 2007 due to repetitive flooding and massive storm damage.

Following preliminary discussions, the Salmonberry Corridor Coalition received a report from landscape and design firm, Walker Macy, which detailed some very high level issues associated with the trail development. This first feasibility study assessed the history, current conditions, future challenges and potential opportunities whilst identifying alternatives and flaws found in the rails and trails project. Still, the report helped the coalition better understand the requirements and limitations and in the summer of 2013, planning began. Efforts were led by ORPD with financial support from Cycle Oregon and the Oregon Department of Forestry.

The initiative organized several public community meetings to outline the plan and open discourse. By January of 2014, the ORPD design team had conducted Resource and Regional Recreation Assessments in an effort to further clarify the realities of the enterprise to help inform local residents and participants of the project's potential.

Skeptics raise questions regarding breaches of private property, traffic increases and ability for anyone to camp along the trail as well as perhaps the biggest factor: the price tag. According to the *Portland Tribune*, John Hamel of Buxton, Ore., said in protest, "Our schools are crowded and our roads and bridges are falling apart, but we can find the time and money to spend on an unnecessary project like this." No monetary estimate has been made public though estimates suggest that costs would likely run into the millions. Supporters of the cause claim that the money will come from private donations and grants.

For the most part, the venture has garnered positive feedback and with Senator Johnson backing the plan, it seems that many Oregon lawmakers are on board too. Senate Bill 1516 was passed by the state Senate and House in March 2014 and requires a finalized plan for the Salmonberry Trail that must include options, alternatives, maintenance, funding and public concern to be submitted to the legislative assembly no later than October 1, 2015.

More landmark success came this past June when it was announced that the project had been awarded a \$400,000 EPA grant. The repurposing of the railway will undoubtedly impact the environment, so funding from EPA will be used for remediation planning, assessment and organizing public education on brownfields and community health. Later that month, the rails and trails proposal reached the ears of state legislators in Salem. State officials met with around 65 local residents to begin answering key questions surrounding the construction of the Salmonberry Corridor Rail Trail.

Meetings of this nature are expected to continue, with official dates and times yet to be determined. Indeed, opposing parties' concerns do bring other considerations to the table. Trail projects like these, especially ambitious ones, can take years to come together and be implemented. Still, the Salmonberry Trail Coalition has made immense progress since 2012 and with backers persevering and pressuring the government, the hopes of a trail through Oregon's beautiful backcountry seems promising.

The Critérium Du Dauphiné

As the final tune-up for the "Grande Boucle," the Dauphiné covers some of the same climbs traditionally found at the Tour de France and features many of the same top contenders. It has also seen many American successes. Let's take a look at the Critérium du Dauphiné.

- Q1. Taking into consideration the results that have now been removed from the record book for doping offenses, how many Americans have won the Dauphiné? Can you name them?
- Q2. Both Bradley Wiggins in 2012 and Chris Froome last year went from Dauphiné success on to victory in France and this was widely reported. Beyond the two Brits, how many other times have Dauphiné winners gone on to triumph in France? Who were they?
- Q3. American Greg Lemond rode the Dauphiné in his rookie season (1981) at the age of 19. How did he do?
- Q4. Who has won the most Dauphinés? *Hint:* Three victories is the record.
- Q5. Bradley Wiggins' victories in 2011 and 2012 were surprisingly not the first British triumphs. Who claimed the first UK victory and when did it happen?

Answers on page 15

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.

Newly Crowned National Champions

Riders from both sides of the Canada/USA border participated in their respective National Championships in various disciplines. Many Northwest riders took top honors.

Canadian National Champions

Leah Kirchamann, Squamish, BC – Elite Women: Road, TT and Criterium
Svein Tuft, Langley, BC – Elite Men: Road and TT
Geoff Kabush, Courtenay, BC – Elite Men: Cross-Country
Catharine Pendrel, Kamloops, BC – Elite Women: Cross-Country
 Downhill: **Vaea Berbeeck**, N. Vancouver, BC – Elite Women; **Steve Smith**, Nanaimo, BC – Elite Men; **Daniel Shaw**, N. Vancouver, BC – Junior Expert Men

USA National Champions

Megan Doherty, Boise, ID – Junior 13-14 Women: TT
Keelan Ontiveros, Portland, OR – Junior 13-14 Men: Criterium
Aaron Keith, Woodinville, WA – C2 Para Men: TT, Road and Criterium
William Groulx, Portland, OR – C5 Para Men: TT and Road
Jill Kintner, Seattle, WA – Elite Women: Downhill and Dual Slalom
Chris Bentley, Fall City, WA – Master 50-54 Men: Downhill
Stephen Ettinger, Bozeman, MT – Elite Men: Short Track
 Marathon: **John Reuter**, Ketchum, ID – Master 30-34 Men; **Kristin Duyn**, Portland, OR – Master 35-39 Women; **Michelle Andersen**, Boise, ID – Master 40-44 Women; **Jennifer Everhard**, Bellevue, WA – Master 50-54 Women; **Jon Gould**, Boise, ID – Master 50-54 Men; **Muffy Ritz**, Ketchum, ID – Master 55-59 Women; **James Wagner**, Auber, WA – Master 70+ Men; **Tina Brubaker**, Bend, OR – Singlespeed Women
Thorsten Askevold, Lake Stevens, WA – Junior 17-18 Men: Track Omnium and Scratch
Grant McElroy, Portland, OR – Junior 15-16 Men: Track Team Pursuit

In addition, riders from the region earned multiple podium spots in all disciplines. Of note, British Columbia riders captured all but two podium steps, all categories included, during the Downhill Championships.

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Brianna Walle On The Fast Track

By Dave Campbell



Brianna Walle.

Brianna Walle is a 30-year-old dynamo of a bike racer based in Portland, Ore. She is in her second full season of racing professionally for Optum Pro Cycling p/b Kelly Benefit Strategies. After a short but intense domination of the Oregon scene, she has competed internationally in the Giro Rosa (Women's Giro d'Italia), placed top 10 at Nationals, and most recently had strong rides in the Women's Amgen Tour of California. We caught up with her when she was back in Oregon, hanging out at the State Team Time Trial Championship.

BP: What drew you to bicycle racing?

BW: The collective team effort to work toward wins. The strategies involved and the sense of freedom being on a bike.

BP: How did you get started? Many of us watched you win OBRA races a few years ago and then it seemed like, boom! You were on the national scene. Where did your "big breakthrough" come?

BW: Some co-workers at Yakima (rack company) introduced me to the OBRA Portland International Raceway beginners clinic. I started winning local races and joined the Ironclad cycling team. When I worked up to a Cat 2 and raced in the 2011 Mount Hood Cycling Classic was when I first realized I wanted to go pro. A few pro teams were in town that year (including Kristen Armstrong) which made the race challenging. By 2012, I traveled to San Jose, Calif., with former teammate Anna Christensen and won the San Jose Omnium, which was a qualifier race for placement on a composite team to race at Nature Valley Grand Prix [now called North Star]. The composite team was called the "Pro Chase" team and former pro, Micheal Engleman, was the director. The team provided an opportunity for both men and women to compete in one of the most prestigious national races, where a jersey to the best amateur is presented. It's an opportunity to get noticed and get the pro experience. I placed 8th in the opening prologue and kept the amateur jersey the entire week. It opened some doors with media exposure. I raced Cascade Cycling Classic next and placed well. By the end of the summer, I started talking with teams and landed a spot on Optum Pro Cycling p/b Kelly Benefit Strategies that fall.

BP: Outside of your race results the past few years, I feel like I know very little about you. What was your athletic background prior to cycling?

BW: I've always enjoyed racing but in different sports. I downhill skied (Giant Slalom and Slalom) and ran cross-country in high school and college. I wanted to go pro with ski racing but didn't have the mental discipline at the time. I was running halves and marathons before cycling. I even did a triathlon but road cycling is more my style.

BP: What does a typical in-season training and travel week look like for you?

BW: Team training camp is a couple weeks in February. I'm on and off the road traveling and racing from March until the end of August or September, mostly doing domestic races but also some international events. Usually I'm home every two weeks where I'm training, resting and working part time at Yakima.

BP: The disparity between men's and women's cycling in terms of compensation is starting to come more to light. Despite "making it" to the elite level of your sport here in America, can you still focus year-round on your training?

BW: Not 100%, but I make it work by working part-time at Yakima. They have been supportive over the past two years, allowing me to travel for races and accommodating my training schedule at home.

BP: How about the off-season? How much riding and cross training and what sorts of activities do you do to prep for the season?

BW: I spend roughly 15-20-ish hours riding base and some intensity. My coach, Kendra Wenzel of Wenzel Coaching, has a very specific training plan for me, which includes weight training. I spend a third of my time each week at the gym lifting and weight training.

BP: At first, you seemed like primarily a sprinter, but now you really are an all-rounder. Do you feel this is an accurate description?

BW: I consider myself an all-rounder with strengths in time-trialing, sprinting and power climbs (short and grades over 15%).

BP: What is the race result you are most proud of?

BW: Most recently at the Amgen Tour of California Pro Women's Time Trial and Circuit Race (placed 2nd and 3rd respectively).



2014 Tour of California.

BP: What has been your lowest or most challenging moment as an elite cyclist?

BW: I'm still new in the sport so I don't have years to look back on and reflect. I think my ongoing challenge is having to balance my training, travel and racing and working a part-time job. Coming home to work at a desk sounds easy but it's not ideal after a stage race, where you just want to sleep and recover. Balancing and being good about time management is key.

BP: Optum has a plethora of Northwest riders on their roster. What is the connection with this team and riders from our region?

BW: I think we have a unique grass roots organization here in Oregon-OBRA. Races are accessible, affordable and we have a



Team training camp.

Photos courtesy of Optum / Circuit Sports

tight-knit community of folks who are really passionate about the sport. That helps for developing riders tremendously.

BP: You had a very successful Tour of California, finishing on the podium in both stages. Tell us about this event and the experience of competing on such a big stage.

BW: I was honored to have been chosen to represent Optum and Kelly Benefit Strategies along with my teammates Annie Etwart and Courteney Lowe. The rest of the team was racing at the inaugural Tour of Britain, where they placed 1st in the team GC!

AToC is a huge event here in the states, often referred to as the "Tour de France of America." It's awesome that Amgen added a 2nd pro women's stage with the circuit races.

The circuit race was a fast, flat rounded "4 corners" course with many spectators along the way cheering us on. The TT was a rolling course, windy and fast. There was never a dull moment.

We had lots of support by sponsors stepping up to support the event, including our sponsor SRAM. There were lots of spectators watching so that got you amped up. Hopefully we can keep the momentum going and additional stages will be added in 2015.

BP: What are your long-term goals for cycling?

BW: I'm enjoying every second and don't take it for granted because it's short-lived. In terms of long-term, I would like to bring home more wins and support my teammates.

[Editorial Note: Since this interview, Brianna went on to win the final stage, the sprint competition and the overall title of the Czech Tour de Feminin as a member of the USA National Team, the biggest victory of her career.]



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The Kilo

...It's only a 5/8 of a mile time trial, how hard can it be, right?

By GORDON MORRIS

Well let me tell you, while the Kilo is less than a 90-second dash, it is also a self-inflicted Dantesque examination of every fiber of one's inner psyche to extract any sadomasochistic tendencies a person may have.

It hurts. A lot.

A Kilo is a microcosm of human existence. In its infancy it begins with a standing start — using a fixed gear which you need to be capable of spinning at up to 40 miles an hour — and a deathly slow crawl as you expend a ton of energy fighting to turn the cranks over, faster and faster. In its adolescence, after about 50 meters, you start trading the grind for spin while accelerating. At some point you need to think about sitting down and tucking into the aero bars. Leaning on tri-bars on deep wheels you've never raced with before on a steep angled track bike is a revelation in how easily a single twitch can send you flying across the track and off into the car park.

In its prime, after about 300 meters, you find your top speed and you are flying, flying, flying. This is the fastest you will ever go on the flat and under your own steam. It's glorious and exhilarating and utterly addictive. But sadly it breezes by far too quickly because then there is the sad, long fade through to the end of life.

In a Kilo, the lactate starts to bite around 600 meters in, and on a big track like Redmond's Marymoor Velodrome, this hilariously coincides with the bell indicating the final lap. For whom the bell tolls? It tolls for you, sucker! Because inside the next 1 to 200 meters the lactate is going to go through your thighs and, fast as flicking a switch, ascend upwards through your body to crush the internal organs in alphabetical order. Your brain explodes as "the man with the hammer*" hits you so hard your breakfast appears in the back of your throat at the same time your temples burst and your vision goes black.

The last 200 meters is desolation. The legs stop working; the upper body cannot keep the bike straight as you cannon around the last two corners. The throat is caught between sucking in oxygen and spewing out bile. The eyes look for the black line,

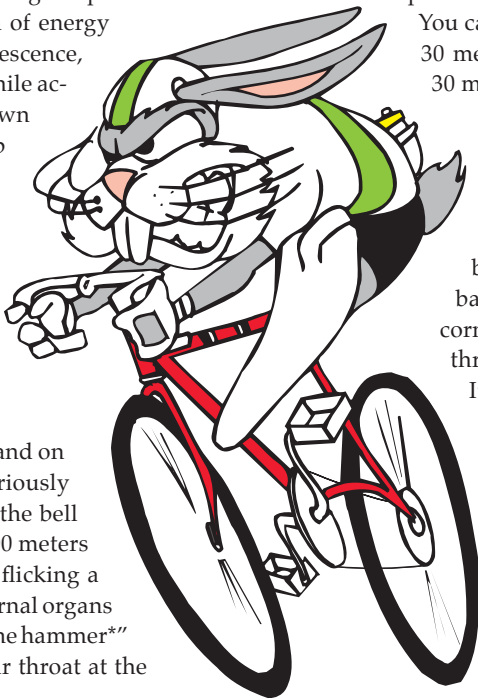
but it's all black, everywhere. The last few strokes turn into an exercise in Einstein's relativity theory; everybody else sees a rider going through the last few seconds of their race while for you time slows to a crawl as pedal strokes mire through molasses.

You can see the finish line, it's only 30 meters away! Might as well be 30 miles.

The party doesn't stop after the finish line either. The fixed wheel keeps turning so you can't stop pedaling. Your arms are jelly but you need to get off the aero bars. You need to make the next corners but you can barely see through the haze and the stars.

It's all you can do to not just fall off; it wouldn't hurt any more, after all. Once you do eventually come to a stop the blood rushing through your temples makes it feel like there's a metal band wrapped around your head being systematically tightened by the hand of Torquemada. A cough brings a taste of last night's

carrots to the back of your mouth. Why is it always carrots?



The elusive finish line. Bicycle Paper archives

My final time for the Washington State Masters Track Championships Kilo event was 1:17, which is nearly three seconds faster than my previous best, and good enough for second place in the 40-44 age group and good enough to make a go of it at the forthcoming Masters Track National Championships held at Marymoor on August 19-24. After all, it's quite a lot of fun, eh?

*This was a phrase an East European rowing coach of mine once used. His English wasn't so good, so before one race visualization session he said, "Now after two minutes, comes the man with the hammer. He will be waiting for you, and will hit you — on your legs, your arms. But he will hit all the people, so you will only feel the same as the others."

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Discover Snohomish County

BY BLAKE TRASK, STATEWIDE POLICY DIRECTOR, WASHINGTON BIKES



Old mining gravel roads provide opportunities to get away from vehicular traffic and enjoy the surrounding beauty of the Stillaguamish Valley. Photo courtesy of George Winters

When Washington Bikes' staff decided to focus on Snohomish County bicycling for a special content series, we knew we had some great trails and towns to highlight. We had no idea just how much more we would find. The stories and destinations just kept unfolding as we met with everyone from Mayor Dan Rankin of Darrington to Mayor Barb Tolbert of Arlington, Snohomish County Parks Director Tom Teigen to Forest Service employee George Winters, who has spent years exploring and mapping great gravel rides.

Washington Bikes' exploration of Snohomish County is part of building a central information source on great Washington State bike routes for travellers and locals alike. From the publication of *Cycling Sojourner Washington*, to recently achieving the state's first US Bicycle Route designation for State Route 20 from Anacortes to Newport (USBR 10), Washington Bikes connects riders to the great destinations.

Snohomish County holds a diversity of landscapes, adventures and bicycle rides. Below are highlights of what's great about bicycling in Washington State's third most populous county.

More than 1,500 working farms dominate the landscape of Snohomish County alongside scenic beauties that range from water to wilderness. The bays and inlets of the Puget Sound flank the western edge and offer spectacular water views and vistas out to the Olympic Mountains beyond. Face east and the striking North Cascades frame the sky. In short, Snohomish County is a great destination and a short trip for many living in the region.

The 52-mile **Everett-Lake Roesiger Loop** captures a lot of what's great about country riding: the bucolic scenery of pastures, barns, and farm animals (Snohomish has a surprising number of donkeys, for the record); quiet roads with low traffic; and relatively little climbing. It is a delightful way to spend a weekend morning.

Looking for a backcountry adventure that is catching the biking world by storm? Try **gravel grinding in the Stillaguamish Valley**. Nestled between impressive Cascade peaks at the northern tip of the valley, the town of Darrington is a hotbed for adventure riding opportunities. Over 100 years of mining and logging industry have left a large network of gravel roads that snake their way through the forests close by. Routes range from five to 23 miles and because they all loop back to town, they can easily be combined for longer days in the saddle. When in Darrington, be sure to stop by one of the two new

breweries — Whiskey Ridge Brewing and River Time Brewing — and the great coffee shop and bookstore.

The **Centennial Trail** is a gem of a multi-use path in Snohomish County. The paved trail runs from the City of Snohomish to Nakashima Farm, 8 miles north of the City of Arlington. At 30 miles, the Centennial is longer than the Burke Gilman and the Sammamish River Trails combined, making it one of the longest continuous paved trails in Washington. It connects two small towns that feature great central districts for food and shopping.

The **Camano Island loop** is a classic western Washington cycling route. The 50-mile ride traces the perimeter of the island, offering scenic Puget Sound vistas, quiet roads, and punchy ups and downs to keep things interesting (not to mention the occasional roadside kitsch). While Camano is technically in Island County, Snohomish County's Stanwood is the perfect start and finish and is also a stop on the Amtrak Cascades line, making it an excellent option for car-free cyclists or for those who simply want to leave the car behind for the day.

There is promising work underway to grow bicycling in Snohomish County. Already, many elected officials and civic leaders are positioned and see the opportunity of promoting non-motorized travel in the county while acknowledging the linkages to economic development that bicycling affords; tourism is recognized as Snohomish County's third largest industry.

In the wake of the Oso landslide this past spring, county leaders are working on short- and long-term economic recovery and redevelopment opportunities in the Stillaguamish Valley. The potential for cycling and the travel and tourism opportunities figure prominently in the discussions.

Great initiatives are underway to expand and connect the county's trail system to make it world-class, including the White Horse Rail Trail, which has gained traction in response to the tragedy near Oso. When completed, the largely undeveloped 27-mile trail will connect Arlington and Darrington through Stillaguamish Valley and will tie into the Centennial Trail system. As the residents of the Stillaguamish Valley seek to recover from the disaster, completing the Whitehorse

Trail serves as one economic redevelopment strategy to attract bike travelers and tourism to the area. It holds the promise of becoming a riding destination, providing non-motorized access to some of the greatest Cascade Mountain Range panoramas and wilderness in the state.

That said, securing funding in the upcoming state legislative session will be necessary for the trail's completion. Washington Bikes is committed to working with local, county, state and federal partners to ensure coordination and funding to make this incredible regional asset a reality. Already the statewide non-profit organization has worked at the Puget Sound Regional Council level, with multiple state grant programs, and with partners from across jurisdictions.

Additionally, Snohomish County's recent purchase of the Snohomish County section of the Eastside Rail Corridor means that with adequate funding, a dedicated trail network from cities like Seattle and Kirkland will ultimately extend to over 70 to 80 miles north up to Darrington. With the 12-mile extension, the Centennial Trail will stretch across the entirety of Snohomish County, reaching King and Skagit county borders.



Combine trails and country roads for an outstanding day in Snohomish County. Photo courtesy of Josh Cohen

Bicyclists are wallets on wheels. Biking customers are fueled by calories and typically stop — and spend — in every town they pass through. Now is the time to get up to Snohomish County to explore its great trails, farm rides and mountainous landscape. Your riding and support of local businesses and destinations can help grow support for new and exciting bicycle routes in the county for years to come.

We can't begin to capture it all in one article. Follow our "Snohomish County Bikes" series on our blog at wabikes.org. On Twitter look for #bikesnoco.

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Gastrointestinal Distress During Intense Endurance Exercise

By ELLEN CHOW, MS, RD, CSSD, CD

Gastrointestinal (GI) complaints in endurance athletes are more common than one may think. Symptoms may include nausea, vomiting, abdominal pain, flatulence, frequent bowel movements, and bloody diarrhea varying in severity. GI problems can hinder training and make recovery more difficult, leading to underperformance. An estimated 30 to 90 percent of long distance runners report some sort of exercise-induced GI issues, marking them the group with the highest prevalence. This number is almost twice that of cyclists and swimmers who experience it.

Exercise and the Gut

The human small intestine is approximately 20 feet long and the large intestine about five feet long. They are made of several layers of thin muscles that contract to push digested food along while the high permeability of the intestinal wall allows for nutrient absorption. As it turns out, moderate exercise has little effect on visceral motility and nutrient absorption. However, the rate of gastric emptying of fluid was reduced by up to 50 percent¹. Gastric emptying rate and blood flow is reduced for exercise intensity exceeding 70% VO₂ max, dehydration, and hyperthermia.

Mechanical causes refer to posture and impact. While running results in repetitive and greater impact on the bowels, cycling often increases “swallowing” of air, thus causing stomach distress. In addition, small bowel and colonic transit time was observed to increase significantly during exercise compared to resting periods². Stool frequency increased from 1.3 to 1.5 per day in well-trained healthy athletes during training weeks, with looser consistency. Such observations confirmed that heavy exercise alters transit time of digested food in the GI track. When this is combined with long training hours and the amount of food intake to satisfy athletes’ high energy requirement, it is not surprising that bowels seemed more active during training sessions.

Nutrition

Although GI problems can occur with or without food intake, fat, protein, fructose, and fiber are associated with the development of symptoms. Dehydration alone may not induce symptoms, but it certainly exacerbates them. In exercise sessions lasting less than two hours, the effects of carbohydrates and their concentration were minor.

Many athletes find a low residual meal before training easier to tolerate. Residue refers to undigested food as well as food that remains in the GI track for a long period of time. A low residual diet generally refers to low fat and insoluble fiber content, thus making digestion and transit through the GI track faster. Depending on the training schedule, eating a low residue meal or snack within the hours before exercising and for the days leading up to a race may reduce GI symptoms³. It can be tricky though, since insoluble fiber helps to form bulk, it is still essential in the diet.

Dietary Supplements

Creatine supplementation is popular among athletes. In an animal study, Brazilian researchers found that overall muscle layers and duodenal villus heights — both critical to absorption — were reduced by creatine intake in treadmill-running rats⁴. However, it

was unclear whether these morphological changes had long-term consequences.



In the case of injured intestines from inflammation or mechanical impact, some athletes found probiotic supplementation helpful in speeding up recovery. Given that there is no data suggesting any particular strain of bacteria more beneficial than others, a multi-strain formula ingested consistently during training season may help along with a low residual diet.

However, keep in mind that the human gut hosts over 100 trillion microbes. This means even some of the best products on the market, providing two to three billions of microbial per serving, are only a supplementation. Ultimately, the gut flora reflects the habitual diet and relies on balanced food choices.

Ibuprofen

Nonsteroidal anti-inflammatory drugs like ibuprofen are commonly used by athletes for pain relief. However, in a study using 800 mg of ibuprofen before and after strenuous exercise showed increased small intestinal injury when it was taken before cycling⁵. Furthermore, small intestinal permeability increased, reflecting reduced gut barrier integrity. Athletes should discuss with their healthcare provider if a particular training schedule is causing chronic use of pain relievers; they may be able to identify options and solutions.

Training the Gut for Competition

GI issues and overactive bowels are unpleasant at best and debilitating at worst. The good news is that the human gut is capable of adapting. In a publication by Dr. Robert Murray from the Gatorade Sports Science Institute⁶, he summarized the following:

- Maintain low fiber intake on the day of, or a few days leading up to the race
- Maintain normal to high fiber intake during off-season and less intense training
- Avoid foods and drinks that are exclusively fructose
- Avoid dehydration, acclimate to exercise with fluid in the stomach
- Consume carbohydrates with ample water to avoid high osmolality in the stomach
- Experiment and practice individualized strategies

Cyclists with GI issues should work with a healthcare provider and sport nutritionist to rule out chronic conditions such as inflammatory bowel disease, ulcerative colitis, irritable bowel syndrome, etc. Once the causes are identified, improving or eliminating the symptoms will create a more enjoyable training experience.

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.

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"RAINIER" FROM PAGE 1

to help lug up some of our gear and to get things set up for us.

I recruited Matt Smith, a longtime friend and crew support person of mine, and we got Jason Cemanski and Carmi Schulman as well as Bill Booth who would be coming along for the summit bid. Bill has a lot of climbing experience which, along with Jason's experience, made for two solid guys who would know how to get us out of trouble should it arise. For the last leg of the adventure from Paradise back to the Needle, a co-worker of Travis's named Peter Senter would drive up to assist with our return leg. The team was finalized. We would do it on July 5 — the date was decided upon for historical weather

conditions on the mountain but was mainly based on all of our individual schedules; we all have a very full itinerary of road and track racing as well as distance events so that date just happen to fit really well.

As we finalized logistics, we talked with rangers both at REI and at the Paradise Ranger Station. We needed to get our climb-

ing permits in person at the ranger station the day of or the day before climbing. It had been confirmed and double checked that the rangers station at Paradise closed for permits at 7 p.m. Nobody really wanted to go down the day before so we decided to schedule accordingly, departing the Space Needle at 12 noon, giving us plenty of time to cover the 105 miles and reach the station before closing.

On the morning of, everyone met at my house to sort through gear and go over the final plan — and eat some bacon! We car-pooled to the Needle, took photos and chatted with friends who had come to see us off. Noon came and off we went on our road bikes as we cut through the waterfront to Marginal Way. Our crew met us on the Interurban Trail at Emerald Downs so we could switch to our

TT bikes. We blasted through Sumner, Ortling and Eatonville on our way to the park. At one point our support vehicle took off to get to the park entrance and pay for our fee in order to save us time. Upon arriving just shy of 4:45 p.m., Lindsey was standing alone. The ranger told us we were clear and we stopped for a second. He and Lindsey

then told us that the climbing permits office at Paradise closed at 5:30 p.m.

"What? No! We checked. Uhh let's keep riding." As we rode on, Lindsey waited for the support car to pick her up. Afterward they caught up to us and informed us that registration closed at 6:30 p.m. OK, that was better but we needed to ride fast to make it, so we kept a solid pace and at 6:25 p.m. we arrived. The crew had beaten us there to get the paperwork started. It was a close call but we made it. Out of the chamois and into some shorts, we threw our packs on and headed out to make our way up to Camp Muir.

We hiked at a steady pace, nothing crazy, as we needed to save energy for later. All three of us were really excited to finally be on the mountain. At one point near Pebble Creek we got on the radios to contact the Muir team. They answered that they weren't there yet, but at about 8,000' feet.

"What? They should have been there already." It turns out they got stuck in a line getting into the park and had probably taken more time than necessary in the parking lot. Add to that, Matt was suffering a bit on the climb and things were moving slower than expected. We maintained radio contact and basically caught up to them at camp.

We needed to melt snow, sort gear and get organized for the climb. We soon realized that a bag had been left behind and we didn't have Jason's crampons so he asked Bill if he could take Travis and I to the top. Travis quickly jumped in and said, "No way, you should take my crampons and go up, this was your idea." After all the training and prep, Travis selflessly gave his spot up to allow Jason to complete the goal. So that's how it would go. Jason, Bill and I were ready just before midnight but rather than being ahead of traffic, we found ourselves in the middle of it.

We went across the Cowlitz Glacier under Gibraltar Rock and onto the Ingram Flats. By the time we hit the Disappointment Cleaver route, we were among all the RMI teams and everyone else going up. We stopped a couple times to let a team through and later they returned the favor. Things were pretty uneventful for the most part but there were a few snow bridges and a couple of crevasse jumps. When we got above 13,500' the sun rose and with it came the winds. When we reached the summit around 7 a.m. the winds were nearing 50 mph, so we quickly got our picture taken and, after Jason signed the summit registry, got the heck out of there.

Just as we crested the crater rim to head down I saw Bill's legs buckle and him fall to the ground. He stood up but only made it a couple steps before falling again. "What was going on?" I wondered. He could barely stand and when he did he only got a step or two before falling again. Quickly we coiled up and chatted. He simply felt weak and his legs couldn't hold him. We had no options to offer, only that he needed to do his best

and keep at it. Things were suddenly in a very different mode.

Jason and I would watch and keep the rope taut as Bill continued to struggle to make it down. We realized that it was going to take much longer than anticipated and we were all concerned about the amount of food and water we had brought with us. We trudged through the softening mush the consistency of mashed potatoes while being scorched by the sun. The temperature was rising and we knew the crew would be worried, as we were hours behind schedule.

By the time we reached 12,000', Bill was feeling much better so we resumed traveling at a normal rate. Soon we had radio contact and were back to Muir. While at the summit, both Jason and I realized our phones had died so we had no time reference. We both guessed it was nearing 2 p.m., but upon arrival the crew told us it was only 11 a.m. Travis was

the first to say, "Let's get out of here guys, we got bikes to ride. I'll pull you all the way home if I have to."

Jason and I looked at each other and both knew we needed to do it even though we were hours behind from our original goal. Matt would climb down with us and be our support on the way back. As for Peter, who was supposed to be at Paradise at 5 a.m., we had no idea if he would still be waiting since we would now be arriving six hours late. We marched on in the heat of the day and when we got to the lodge, Jason got a calling card and we phoned everyone. Not having heard from us at all, our family and friends had been at the Needle since before noon. We also learned that Peter had gotten into a car accident, hitting a horse on his way up to the park. He was fine but needed to take care of things. We changed, packed up and hopped on the bikes at around 2 p.m.

As promised, Travis was killing it on the front and riding at a freakish pace. Strangely, Jason and I also felt pretty good. After the first few minutes of getting acclimated to the bike it was actually refreshing and fun to be going fast so we rode like hell, averaging 27 mph for the first two hours. Eventually we got to Eatonville and it had warmed up quite a bit. We met the crew for a sandwich and sprayed ourselves with cold water. By the time we reached the trail again we had settled down and were content to just roll it in. Of course we got caught at a crazy number of traffic lights coming through town and the wind was blowing right into our faces. At 8:08 p.m. we arrived at the Space Needle to friends and family and sat down in the grass on a warm summer night, the mountain off in the distance looming large and as majestic as ever.

Chris is a five-time National 24-hour champion and overall record holder. He set the 1000km Road Record in 2010, was the top American at the 2011 Paris-Brest-Paris and the 2014 Race Across America. He has also won numerous ultra cycling races including the Furnace Creek 508 and the Race Across Oregon.



Travis Biechele leads Jason Connell (left) and Chris Ragsdale (right).



Mount Rainier, the second leg of the challenge, awaits Chris (front) and Jason. Photos courtesy of Chris Ragsdale

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"BIKE COPS" FROM PAGE 1

a gathering of officers to learn about the techniques and benefits of bike patrols at the Westin Hotel in downtown Seattle in September of 1993.

The initiative has grown patently and presently, most major cities have similar mountain bike units. Statistics provided by the US Department of Justice Bureau indicate that in 2003 around 10% of sheriffs officers used frequent bike patrols to operate a total of 3,354 bicycles. Meanwhile in that same year, local police departments operated a total of 28,724 bicycles, an average of six bikes per 100 officers. The most updated information, dating 2007, reported that 4,024 agencies of 12,575 (32%) surveyed were regularly using bikes.

The bicycle program at SPD is one of the largest of its kind and remains intrinsic to the force. Sgt. James Dyment, currently in charge of organizing bicycle training and maintenance programs in Seattle, says, "We're the most advanced as far as how we deploy and the technology we use. Downtown, we have 35 full-time bike riders that patrol [in shifts that cover the city for] 18 hours of the 24-hour day." The squad works long hours performing a high pressure, physically taxing job that requires them to operate as a cohesive team. Though only 35 are full-time, SPD trains hundreds of officers to step up if needed. In February, the department called on 105 bicycle policemen to manage crowds and protect floats during the Seahawks' Superbowl victory parade.

Home to a handful of the best IPMBA certified instructors, Seattle's bicycle prestige lies in the department's meticulously perfected program. SPD follows basic IPMBA training protocol and integrates some of their own. Each trainee goes through intensive week-long instruction, though no prior biking experience is necessary. Participants learn about bicycle fitting, how to appropriately wear a helmet and the right way to shift gears. They practice descending and ascending staircases as well as maneuvering through slow-speed cone and balancing courses. Nutrition and fitness elements are also taught since duties can be very physically demanding. To qualify and be selected full-time, candidates must have been an officer for at least a year and pass both a written and a series of bicycle-skill proficiency tests.

Other municipalities approach bike policing a little differently. Though Idaho's

Boise Police Department also references IPMBA for training guidelines, their unit is considerably smaller so the predominant responsibilities and levels of intimacy shift. Officer Blake Slater, one of six full-time bike cops in Boise, says, "Prior to 1989, the department utilized horse mounted patrols, which were expensive, and since horses can only work six hours, we could not cover the necessary amount of distance efficiently." Now with bikes, the police can patrol from six in the morning until ten at night unrestricted. After a competitive bid process, they partner with George's Cycles, a local shop, who leases them bikes for two-year increments of time. By leasing, the city doesn't need to keep buying new, upgraded bicycles and ultimately returns the used ones to the shop for resale, receiving a new batch in their place and avoiding a loss of operation time for repair/maintenance.

Boise's program differs from other departments in its mission. Slater explains, "I'm not attached to a patrol necessarily, which allows me a lot more latitude in the way I work." Slater says that he is much more approachable on a bike, "[Bike patrols in Boise] are the perfect PR tool. I'm off my bike 50% of the time interacting with the community. I can cover more of the city two times faster than a patrol car. During the winter, I'd say I bike 20-25 miles [a day] and in the summer it's something like 40-70."

With Boise being a major refuge city, Slater sees and interacts with a lot of homelessness. Increased emphasis on outreach

is a trend among less populated, more intimate civic centers. Similar to Boise, Oregon's Beaverton Police Department's bicycle unit cultivates and maintains a very strong relationship with the local community. Not only do they canvass the area but they also spend time at Beaverton schools to teach students basic principles of bicycle safety and to organize educational sessions for people of all ages.

No matter whether it's a big city or small town, Dyment says the position is highly coveted, in part because biking is healthier and because "people enjoy riding and being outdoors." He agrees with Slater's perspective, adding, "[Bike cops] have a lot more freedom to be proactive and to engage with the public. That's the major draw."

Testimony from police addressing the positive impact of routine bike implementation is unrelenting and other evidence seems to concur. Chris Menton, Associate Professor at Roger Williams University's School of Justice Studies conducted an investigation in 2006 that observed patrols in Charlotte, N.C., and Hartford, Conn., to measure the effectiveness of officers patrolling on bikes versus cars. The research looked at the number of radio calls each type of patrol officer answered, how many contacts were achieved per hour and whether those interactions were positive, negative or serious. Menton concluded that bicycle units are equally, if not more, effective in most patrol duties.

Bike cops bridge the gap between the people and the city, enforcing a united front from which to operate. Their presence strengthens the justice system by being more efficient and opens a line of communication for citizens to express concerns, opinions or ideas. These individuals protect and control the streets, handling everything from high-stress crises to the occasional lost tourist or worried civilian. In nearly all ways, bicycle patrolmen are the overlooked superheroes... just maybe without the cape, which would, undoubtedly, run a high risk of getting caught in the spokes of those fast-turning wheels.



Ready for action! A conglomerate of police bikes lines the sidewalk in front of Bicycle Paper's office.



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Rudy Project Airstorm Helmet and Spinhawk Sunglasses

BY DARREN DENCKLAU

The Sterling helmet by Rudy Project has been my favorite lid for the past four years; I like it so much I own two. They're lightweight, feature a low-profile look, keep my head cool when it's hot, and fit me perfectly. I've been testing the company's latest high performance offering, the Airstorm, for several months. Here's my take.



The helmet came with an optional visor for mountain biking, keeping the sun and rain out of the eyes, or for those who simply prefer the look. Like the Sterling, all padding is removable for washing and the front portion features a built-in bug screen. I received the same small/medium size I am accustomed to with Rudy Project. Out of the box, the Airstorm fit a bit more snug than the Sterling, but after some adjustments of the RSR8 Disc Retention System, it was dialed in and fit like it was meant specifically for my head; I

especially like that the retention system can be pulled down low to cradle the occipital bone at the back of the skull.

While riding, the Airstorm lives up to its name. The ample vents — 16 front and 6 rear — provide adequate ventilation, especially the front vertical cutout that grabs air and forces it down then outward, effectively cooling the head. At only 260 grams, its lightweight and comfortable fit make it a pleasure to ride in all day long. The only discrepancy I found with this specific helmet is that the straps were cut too short during production. Because of this, I have to check them before each ride to make sure they're adequately through the male-end buckle. Overall, it's another winner by Rudy Project.

Spinhawk Sunglasses

The Spinhawk is a casual sunglass that I've worn on and off the bike for a few months now. Though they are designed for more mellow pursuits like hanging out on the beach after a fun surf session or chilling



at a barbecue, they are great for riding in as well. The large polycarbonate lenses reflect the sun and repel the wind — actually better than some of my bike-specific shades. The crystal ash frame with multi-laser green lenses are stylish and I regularly get compliments while wearing them, proving the "technically cool" theme that Rudy Project is going for is working.

Cost for the Airstorm is \$175 and it comes in white matte (tested), black-white matte, and yellow fluorescent-matte black colors. MSRP for the Spinhawk is \$149 and they're available in several frame and lens color options. Visit rudyproject.com or e-rudy.com for more information.

ProBar Fuel Bars and Bolt Chews

BY DARREN DENCKLAU

Thanks to more people exercising and competing than ever before, the energy bar market is continually growing. What was once a few companies making up the majority market share, and limiting options, newcomers are popping up with products that cater to most anyone's diet and/or restrictions. Non-GMO and organic, ProBar offers several types of energy and protein bars as well as energy chews. For this review, I was sent a box of the blueberry and cran-raspberry Fuel bars, as well as several packages of raspberry, berry blast and orange Bolt energy chews. The bars are gluten-free and contain chia seeds, while the latter product features organic "superfruit," antioxidants, caffeine from yerba mate and they are packed with B vitamins and electrolytes.



Let's cut to the chase and get to what most people want to know: the taste. While I did enjoy the Fuel bars' nice consistency and naturally fruity taste that wasn't overly sweet, it was the Bolt energy chews that really got my attention. On a recent all-day mountain bike ride with some friends, I pulled out a pouch of the orange flavored chews when I was about to implode after a particularly nasty climb a few hours in. As the name states, the chews got my attention the minute they hit my tongue. Sweet and juicy, they definitely put a little pep in my step and kept my mind off of how bad I was suffering while also giving me much needed energy for the long haul.

For more information on all products including prices, visit theprobar.com.

Schwinn's The Biking Game

BY CHRISTIAN DOWNES

Do cleverly disguised ad campaigns make your heart flutter with excitement? How about bike parts, history and etiquette? Schwinn has brought obscure cycling trivia and the opportunity to spin some tour-yarns to a board game.

Schwinn proudly says, "The Biking Game was created to inspire families and bike enthusiasts to get outside and enjoy one of America's greatest recreational activities together." Though somewhat attracted to commenting on the inherent irony of that statement, I chose to suppress my urge to go outside and decided to stay in the great indoors and hammer down on this game.

Now first, allow me to proudly state my affection for puzzles, board and card games. I'm old school, but not an apprenticing curmudgeon or anything. I decided to gather a few friends with mixed motivations to help me assess the game's potential.

We cracked the box and set up "Schwinn-town" ... think-*Trivial Pursuit* meets *Candyland*. Players choose their ride — six of the eight Schwinn models are from 2013; only one, the *Grey Ghost Stingray* (1971) seems evocative of the



Schwinn tradition. Each player chooses a level of difficulty, 1-4. To play, roll the die, move the number of spaces. Land on a red circle, the turn ends. Land on a yellow circle, answer one of the Biking Game's questions associated with the player's level of difficulty. If the correct answer is given, the player rolls again. Land on the "Go to the Schwinn Bike Shop," proceed as directed and read a "Fun Fact" aloud. Some cards require players to tell a story.

A picture of off-road tires can be found on some of the cards. If a player answers one of these special questions, it allows them to utilize trails as shortcuts home. If a player lands on the "turn here" space with the off-road tire diagram and doesn't have them, it completes their turn. To win, a player must roll the exact number of spaces to enter "home."

The game is an ad campaign aimed at young bike enthusiasts (ages four and up) and is a great source for Schwinn and cycling info, but at \$24.99, it might be better served by taking the family peloton on a ride for some ice cream.

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ATTORNEY AT LAW

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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

AUGUST

Aug 10: Bicycle Sunday
Seattle, WA. Ride along Lake Washington Blvd. from Seward Park to Mount Baker Beach on a road closed to motorized traffic. 10am - 6pm. seattle.gov

Aug 24: Bicycle Sunday
Seattle, WA. Ride along Lake Washington Blvd. from Seward Park to Mount Baker Beach on a road closed to motorized traffic. 10am - 6pm. seattle.gov

Aug 24: Portland Sunday Parkways - Southeast
Portland, OR. Southeast 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

Aug 24: WWCW Women Cyclocross Festival
Kenmore, WA. Presented at Saint Edward Park. Features expo, meet the team, skills clinics, cross-a-thon, races for mom and the kids and a World Bicycle Relief Men's race. Amanda McNabb, Washington Women of Cross, womencx.com

CAMPS

AUGUST

Aug 1-3: BetterRide MTB Skills Camp
Hood River, 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

Aug 2-3: Trek Dirt Series
Hood River, OR. 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 8/9-10 in Fernie, BC and 8/23-24 in Silver Star, BC. Lu Furber, Dirt Series, 604-484-6238, dirtseries.com

Aug 5-Sep 30: UEF Cyclocross Clinic
Portland, OR. Weekly clinic. Small groups, hands-on instruction to finer points of 'cross technique. Open to all. Covers all aspects from equipment selection to training and preparation. Presented every Tuesday at the Alpenrose Velodrome in August and September. Russell Cree, Upper Echelon Fitness, 503-501-8121, uperechelonfitness.com

Aug 5-Sep 30: Upper Echelon Fitness Skills Series
Portland, OR. 'Cross clinics focusing on small groups and hands-on instruction. Open to all skill levels. Includes discussion and on-bike training. Presented at Alpenrose velodrome every Tuesday and Thursday from 6:30-8pm. OBRA sanctioned. Russell Cree, Upper Echelon Fitness, 503-501-8121, uperechelonfitness.com

Aug 7-Sep 25: UEF Cyclocross Clinic
Portland, OR. Weekly clinic. Small groups, hands-on instruction to finer points of 'cross technique. Open to all. Covers all aspects from equipment selection to training and preparation. Presented every Thursday at the Alpenrose Velodrome in August and September. Russell Cree, Upper Echelon Fitness, 503-501-8121, uperechelonfitness.com

Aug 13-27: Wenzel Coaching CX Clinic
Bend, OR. Wednesday evenings weekly. Skills clinics with coaches Anne Linton at Portland International Raceway between 6-8pm. Different program each week. Anne Linton, 503-928-0226, wenzelcoaching.com

Aug 14-18: Larry Kemp Jr. Memorial Camp
Cle Elum, WA. WSBA Junior Program in conjunction with the Larry Kemp Memorial Fund is hosting a 4-day cycling camp. Enthusiastic cyclists from ages of 10 to 18 are welcome to join an experienced staff of coaches, team managers, racers and mechanics. Supports MTB, road, BMX, track and cyclocross. Includes 3 nights lodging and all meals. WSBA, wsbaracing.com

Aug 29-31: Axel Merckx Youth Devo Camp
Victoria, BC. Axel Merckx Events, amydf.org

BMX

AUGUST

Aug 23-24: Canada Cup BMX #3/4
St Albert, AB. UCI C1 event. cyclingcanada.ca

Aug 30-31: Canada Cup BMX #5/6
Abbotsford, BC. UCI C1 event. cyclingcanada.ca

MULTISPORT

AUGUST

Aug 1-2: Cascade Lakes Relay
Bend, OR. Sold out. Scott Douglas, Cascade Lakes Race Group, LLC, 541-350-4635, cascadelakesrelay.com

Aug 2: Long Bridge Swim
Sandpoint, ID. 1.76-mile swim across Lake Pend Oreille stands as the premier open water swimming event in the NW. trisandpoint.org

Aug 7: Dirty Feet - Trail Run
Revelstoke, BC. 21, 10 and 5km trail run. Limit 275. Phil Hiom, dirtyfeet.ca

Aug 8-9: Emmett's Most Excellent Triathlon
Emmett, ID. Kid's tri on Friday, Olympic/Aquabike, Sprint on Saturday. Aquabike event: 1.5km swim, 40km bike. Black Canyon Reservoir. Kristen Seitz, 208-365-5748, emmetttri.com

Aug 8: 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. Awards 3 deep in each race and division. Win race and take home an apple pie. Packet pick-up 5pm, race 6:15pm. Kathy Morrisson, Raise the Bar Events, 206-779-7727, fridaynightswimraces.com

Aug 9: Big Hole Challenge
Driggs, ID. 9.75-mile with 1160' vertical MTB race, and either race a second loop or run 6.13-mile duathlon. Horsehoe Trail, 11 miles west of Driggs. Dick Weinbrandt, 208-354-2354, peakedsports.com

Aug 9: CitySolve Urban Race
Seattle, WA. Unique urban adventure race. Solve clever clues, face challenges while discovering the city. Start/finish at 88 Keys on 2nd Ave. Start 11:30am. citysolveurbanrace.com

Aug 9: Haulin' Aspen
Bend, OR. Half and full trail marathon on redesigned courses. Start at Wanago Sno-Park. Singletrack, trails and forest roads. Shorter 6.5-mile race available. Limit 500 runners. Gina Miller, Lay It Out Events, 541-318-7388, haulinaspen.com

Aug 9-10: Tough Mudder
Portland, OR. 25 obstacles spread over 10- to 12-mile course designed by British Special Forces. Test strength, stamina and mental grit. Solo or team entry. Party to follow. Tough Mudder, toughmudder.com

Aug 10: The Mighty Tightly Whitey
Kirkland, WA. New event. 5km Undie fun run/walk. Stefan Newbury, 253-245-9240, trifreak.com

Aug 10: Whidbey Island Triathlon
Langley, WA. Scenic course: .5-mile swim in Goss Lake; 19.5-mile ride on country roads with views of Saratoga Passage; 3.8-mile run through forest trails, country roads. Carrie Monforte, South Whidbey Parks & Recreation District, 360-221-6788, whidbeytriathlon.com

Aug 15-16: Spokane to Sandpoint Relay
Spokane, WA. 200-mile run done as team relay. Start at Mt Spokane, follows Centennial Trail to end at the beach in Sandpoint, ID. Also 139-mile relay walk from Mirabeau. Scott Douglas, Cascade Lakes Race Group, LLC, 541-350-4635, cascadelakesrelay.com

Aug 17: Iron Girl Women's Triathlon
Seattle, WA. Staged at Genesee Park. 1/3-mile swim in Lake Washington, 12-mile bike, 3-mile run. Start 6:45am. Enter as solo, 2- or 3-person teams. 877-221-9665, irongirl.com

Aug 17: West Plains WunderWoman Triathlon
Medical Lake, WA. Women's sprint distance event. Start 9am. .25-mile swim, 10.2-mile

bike, 3-mile run. Marla Emde, 509-326-6983, emdesports.com

Aug 22-23: Hood to Coast Relay
Hood, OR. Teams of 8-12 relay through 36 legs, varying in length from 3.5 to 7.75 miles. Covers 199 miles that separate Hood to the Coast. Limit 1050 teams. hoodtothecoast.com

Aug 22-23: Vikingman
Heyburn, ID. Friday: family fun run. Saturday: Half and Olympic distance triathlon, duathlon, aquabike, 5k run, half-marathon. Solo and team events. Viking Man Triathlon, 208-431-0463, vikingman.org

Aug 23: Cutthroat Classic
Mazama, WA. 11.1-mile trail run through North Cascades. Follows Pacific Crest Trail over Cutthroat Pass. Start 4800', top out at 6800'. Start 8am. MVSTA, 509-996-3287, mvsta.com

Aug 24: Lake Meridian Triathlon #2
Kent, WA. Super sprint, sprint, and Olympic distances at Lake Meridian Park. Enthusiastic volunteers, scenic, accurate, well-marked courses and breakfast after. T-shirt, medals and giveaways. Kathy Morrisson, Raise the Bar Events, 206-639-8031, lakemeridiantri.com

Aug 24: XTERRA Wild Ride Triathlon
McCall, ID. 8th annual. Off-road triathlon featuring 3/4-mile swim, new 20-mile MTB course, 6-mile trail run. Individual and 2- to 3-person teams. Youth triathlon. Ponderosa State Park. Great prep for Nationals. Can use road bike. Wild Rockies, 208-608-6444, wildrockiesracing.com

Aug 30: Wild Mountain Fernie Enduro
Langview, AB. Solo or teams up to 6 runners. Enduro race featuring 6 legs covers 80km with 3000m of climbing. 16-hr limit. Aaron McConnell, 403-668-7537, transrockies.com

Aug 31: Walk in the Park
Kamloops, BC. Ultra-marathon. 54km, 3 loops on hilly double and singletrack trails. Also 18 and 36km distances. Limit 100. members.shaw.ca/witp

CYCLOCROSS

Series

MFG Cyclocross
Sep 7, 28; Oct 5, 19; Nov 2, 9
Various, WA. Tentative dates. Events open to all from beginner to National level. Overall standings calculated on points. Relay Team = 3 riders of any category wearing unique jerseys. Category du Jour entry level themed race to try cross racing. First race at 9:30am, last start at 2:30pm. Terry Buchanan, mfgcyclocross.com

Psycho Cross Series
Sep 6; Oct 4-5; Nov 30; Dec 7
Eugene, OR. Series of 6 events presented at Camp Harlow. Combination of grass, gravel, pavement and singletrack, barriers and run-up, no major climbs. 7 start groups. Kiddie Cross. Sal Collura, 541-521-6529, salcollura@hotmail.com

Weekly Series

MONDAY

Keizer Rapids Cross
Aug 11-25
Keizer, OR. Dustin Miller, 503-984-3855, obra.org

TUESDAY

Rapha Trophy Cup
Sep 2-Oct 7
Portland, OR. William Laubernds, 503-545-9083, obra.org

WEDNESDAY

Blind Date at the Dairy
Sep 17-Oct 15
Portland, OR. 5 race series raced under the lights at Alpenrose Velodrome. Kiddie Cross and Toddler Cross at 5pm. First start at 5:15pm - 5:50pm - Stampede race, last start at 7:20pm. Women can race in any of the starts. Reg up to 10 min before each start. Leader jerseys. No series prizes. Weekly: Elite racers 3 deep. Course features steep descents and quick changes in direction. Bike and helmet lights allowed. Joe Field, 503-228-2665, crossseries.com

THURSDAY

MBSEF Thrilla 'Cross Series
Sep 4-25
Bend, OR. Series consists of 4 events to be raced next to Summit HS at NW Crossing Neighborhood. Start 5:25pm for Junior and beginners, second start at 6:15pm for others. Nightly prizes and overall winners get trophies. Kevin Gorman, 541-318-6188, webcyclery.com

SUNDAY

Twilight Cross Series
Aug 17-Sep 29
Eugene, OR. Racing for every level. 2-mile course on various terrain. Series prizes for all categories. First start 6pm. Presented at Camp Harlow. No dogs allowed. Sal Collura, 541-521-6529, obra.org

Cyclocross

AUGUST

Aug 30: DDCX 1
Vancouver, WA. David Saltzberg, Zone5 Promotions, 360-823-9778, zone5promotions.com

Aug 30-Sep 1: Kootenay Suffer Fest
New Denver, BC. Pick your pleasure (40 or 100km). Enter solo or as a team. Make it a weekend and warm up with the Saturday denim criterium, race mountain bikes on Sunday. Beginner 14km, Experienced 40km on singletrack trails or the 100km which combines the best Kaslo and New Denver trails. Janis Neufeld, 250-265-8707, kaslosufferfest.com

SEPTEMBER

Sep 6: Het Meer CX Race
Vancouver, WA. Vancouver Lake Park. Flat fast Euro course with 200 meters of beach front sand, flat fast grass sections, paved trails, gravel roads, open field singletrack, tricky off-camber sections. First race 8:40am, last start 3:15pm. Kiddie Cross at 12:20. David Saltzberg, Zone5 Promotions, 360-823-9778, zone5promotions.com

Sep 6: Psycho Cross #1
Eugene, OR. See race series for details. Sal Collura, 541-521-6529, salcollura@hotmail.com

Sep 7: Fazio Farms CX
Portland, OR. Gravel, dirt, mud and grass on top for a race close to downtown at Fazio Farms. Prizes to top 3. Unicycles, beginners to Pros welcome. Limited parking. David Alderbaes, 310-591-9415, obra.org

Sep 7: Kick-Off Cross - MFG #1
Kirkland, WA. See race series for details. Terry Buchanan, MFG Cyclocross, mfgcyclocross.com

Sep 10: CrossVegas
Las Vegas, NV. Categories for USAC and UCI women and men Elite. Held in the evening after the 1st day of Interbike. Part of Cross After Dark series. Brook Watts, Watts Marketing, 303-907-3133, crossvegas.com

Sep 13-14: Hood River Double Cross
Hood River, OR. Double weekend of 'cross at Cascade Locks. Saturday more technical than Sunday. Kiddie Cross. Jeff Lorenzen, Breakaway Promotions, 541-490-6837, breakawaypromotions.com

Sep 13: Rapha StarCrossed
Redmond, WA. UCI 2 event presented at Marymoor Park. Part of Rapha Super Cross Series. Limit 80 riders per field. Starts at 2pm, Elite women at 7pm, Elite men at 8pm. Terry Buchanan, Low Pressure Promotions, 425-503-2333, starcrossedcx.com

Sep 14: KFCX Moore Cowbell #1
Klamath Falls, OR. Moore Park. Lillian Schiavo-Gilmore, 541-892-7894, obra.org

MOUNTAIN BIKE

Series

Cascadia Dirt Cup Enduro Series
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

Enduro BC Series

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 that vary between 1.5 to 30 minutes in length. 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 Pentlitzon, 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

Island Cup Enduro
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

Knobby Tire Series

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

Aug 20-22; Sep 12-14
Various. Series of 7 DH events. Overall calculated on 5 best results. USA Cycling sanctioned. nwcup.com

NW Epic Series

Aug 23
Various, WA. 2 distances - short 30 and 50 miles, long 60-100 miles. 6 categories: men Open, men 40-49, men 50+, women Open, women 40+, and Singlespeed. Standing calculated on points. Best 2 out of 3 events counts. If there's a tie - 3rd race results decide. Custom awards, cash for Open men and women long distances. Roger Michel, 425-301-7009, NWEpicSeries.com

NW MTB Series

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

Aug 23-24; 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

Tensegrity STXC Race

Aug 6, 13, 20, 27
Eugene, OR. Short 1-mile course for MTB or cross bike. Staged at Crest Elementary school. Points 15 deep in each race, 3 out of 4 counts for overall classification. Prizing for top 3 overall in all categories. First race at 6:15pm. Richard Sweet, bkinjoe@gmail.com

Weekly Series

WEDNESDAY

Wednesday Night Worlds
Apr 16-Sep 17
Seattle, 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, 206-498-7604, nwmtbseries.com

Racing

AUGUST

Aug 2: Pomerelle Pounder DH
Albion, ID. Idaho's oldest and gnarliest downhill races. Uses 1-mile Wiley Fuhrman/Ron Lindley course that loses 1,000' vertical. Second course's speed will keep you on your toes. Part of Go-Ride Gravity MTB Series. go-ride.com

Aug 2: Stottlemeyer
Port Gamble, WA. Part of NW MTB Series. Russell Stevenson, nwmtbseries.com

Aug 2-3: Tamarack Resort 8 Hour Enduro
Donnelly, ID. 8-hour team or solo enduro race. Ride up the lift for different runs as the start location rotates during the day. Training on Saturday, racing from 9-5 on Sunday. Everyone races the same courses. Wild Rockies, 208-608-6444, wildrockiesracing.com

Aug 2-3: World Cup XC/DH
Beaupre, QC. World Cup event with races for all categories. Gesteve, gesteve.com

Aug 3: Enduro BC/KR Series - Rossland Rubberhead
Rossland, BC. See race series for details. Part of Enduro KR Series. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

Aug 6: Tensegrity STXC Race
Eugene, OR. See race series for details. Richard Sweet, Sweet Sports, 514-517-0685, obra.org

Aug 8-17: Crankworx
Whistler, BC. DS, DH, Fat Tire Crit, Air DH, trick showdown, jump jam, enduro and more. August 17 - Freestyle World Tour Diamond event. Whistler Events Bureau, 604-938-7376, crankworx.com

Aug 9: Big Hole Challenge
Driggs, ID. 2 loop of a 9.75-mile with 1160' vertical MTB race, or make it a duathlon with 6.13-mile run. Horsehoe Trail, 11 miles west of Driggs. Dick Weinbrandt, 208-354-2354, peakedsports.com

CALENDAR

Aug 9–10: Capitol Forest Classic Festival

Olympia, WA. Saturday: XC race, Klunker run and guided rides. Sunday: all new Double D, featuring two descending stages and series awards. BBQ, kids races, raffles and free on-site camping both days. Erin Roe, Friends of Capitol Forest, 360-223-0860, capitolforestclassic.com

Aug 9: Scoggins Valley Scramble XC
Gaston, OR. 13-mile clockwise loop around the Hagg Lake Trail, race once or twice depending on category. Open meadow trails, closed canopy, and some of the most scenic old growth forests in Oregon. Moderately hilly with some short steep climbs and descents, roots, rocks and bridges. Start in waves at 2pm. Novice to Elite welcome. Jake Linford, 503-572-9447, xtterrapdx.com

Aug 13: Tensegrity STXC Race
Eugene, OR. See race series for details.

Richard Sweet, Sweet Sports, 514-517-0685, obra.org

Aug 16–17: Canada Cup Finals

Whistler, BC. DH and XC Finals. UCI C2 event. Whistlerblackcomb, whistlerblackcomb.com

Aug 16: Canadian Marathon Championship

Squamish, BC. New date and location UCI CN event. Dwayne Kress, cyclingcanada.ca

Aug 16: Cascadia Dirt Cup #3

TBD, WA. See race series for details. Stacy Karacostas, Evergreen Mountain Bike Alliance, 206-200-7594, evergreenmtb.org

Aug 16–17: Enduro BC Series - Sunshine

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

Aug 16: Just Another Bike Race (JABR)

Squamish, BC. An in-between Test of Metal and Gear Jammer. 40km marathon. Dwayne Kress, Test of Metal, testofmetal.com

Aug 16: Pierre's Hole 50 & 100

Alta, WY. 33-mile loop is the ultimate test for a 100km/100-mile race. Each lap has over 4200' of climbing on mostly single and double track trails. Also a 2-lap race for 100km and 1 lap 50km event. Part of NUE Series. Andy Williams, Grand Targhee Resort, 307-353-2300, grandtarghee.com

Aug 17: Hartland Enduro #2

Victoria, BC. See race series for details. Scott Mitchell, Pro City Racing, 250-380-7877, procityracing.com

Aug 20: Blitz 2 the Barrel Dash for Cash

Bend, OR. Starts Wanoga Snow Park ends at 10 Barrel Brew Pub with intermediate primes for: hole shot, big air and fastest speed. Ends with arm wrestling contest. Men and women categories. Erik Eastland, 310-261-4791, blitz2thebarrel.com

Aug 20–22: Stevens Pass / NW Cup #5

Stevens Pass, WA. 3-day event. See race series for details. N-Dub, nwcup.com

Aug 20: Tensegrity STXC Race

Eugene, OR. See race series for details. Richard Sweet, Sweet Sports, 514-517-0685, obra.org

Aug 23: Capitol Forest 50/100 Mile MTB - NWES #3

Olympia, WA. 50- and 100-mile options. Race on 80-90% amazing singletrack with little overlap. Fully stocked aid stations. Men Open, women Open, men 40-49, men 50+, and Singlespeed. Free camping. Limit 400. 100 miles start 6am, 50 miles 8am. Discovery Pass required to access the park. See race series for details. Roger Michel, 4th Dimension Racing LLC, 425-301-7009, CapitolForest100.com

Aug 23: Crazy Miner - KTS #6

Idaho City, ID. Marathon and XC style races. See race series for details. Hal Miller, Knobby Tire Series, 208-869-4055, knobbytireseries.com

Aug 23: Fernie Enduro

Fernie, BC. Features descents on Big Money, Roots Hyperextension and Slunt; long, challenging and technical descents. No uphill or flats on the timed sections. Dan Savage, Fernie TransRockies Society, fernie.com/transrockies/fernie-enduro

Aug 23–24: Oregon Enduro #4 - Ashland

Ashland, OR. Tentative. See race series for details. Devon Lyons, 541-301-0132, oregonenduro.com

Aug 23–24: Sullivan Shakedown

Kimberley, BC. New event at the Kimberley Nature Park and Nordic Centre. 22km, 44km solo or duo races. Youth 3 and 6km for riders aged 5-14. rmevents.com

Aug 23: The Battle for Bond

Whistler, BC. Tentative date. Women's only 5 stage enduro race on Whistler's surrounding trails. Party and auction follows. 604-938-1799, worca.com

Aug 24: Bearclaw Invitational

Mount Washington, BC. Freestyle World Tour Gold event. Mike Manara, Mount Washington Resort, 888-231-1499 Ext. 744, mountwashington.ca

Aug 27: Tensegrity STXC Race

Eugene, OR. See race series for details. Richard Sweet, Sweet Sports, 514-517-0685, obra.org

Aug 29–Sep 1: Wydaho Rendezvous MTB Festival

Alta, WY. At Grand Targhee Resort and Teton Valley, ID. Super D (4300' descent from chair-lift), DH, HC and XC trail races. For fun Strava events with prizes. Fat bike race, including "high mark." All races included with reg. Tim Adams, 208-201-1622, tetonbikefest.org

Aug 30–31: Grand Targhee Enduro Championships

Alta, WY. Darren Lightfield, Wild Rockies, 208-608-6444, wildrockiesracing.com

Aug 30–Sep 1: Kootenay Suffer Fest

New Denver, BC. Pick your pleasure. Beginner 14km. Experienced 40km on singletrack trails or the 100km that combines the best Kaslo and New Denver trails. Make it a weekend and enter very serious Saturday denim criterium or stay Monday for the long distance (40 or 100km) cyclocross races. Janis Neufeld, 250-265-8707, kaslosufferfest.com

Aug 30–31: Legendary Summer - BC Cup Finals

Fernie, BC. Fernie Alpine Resort. Back after years of absence. Great course described as World Cup-esque that showcases loose steps to wide open road gap to tight turns. Also DS event. Stephen Exley, SE Racing and Promotions, 403-473-3817, serring.ca

Aug 30: Wam Bam Dirt Jump Jam

Fernie, BC. Tricks, stunts and dirt jumps competition at Fernie MTB Park. FMB bronze. skiferne.com

Aug 31: Hartland Enduro #3

Victoria, BC. See race series for details. Scott Mitchell, Pro City Racing, 250-380-7877, procityracing.com

SEPTEMBER

Sep 6: Avimor Demo Day XC

Avimor, ID. World Cup-style racing. Mass start, 45 minutes plus one lap race. Top 3 take home cash. All categories combined. Knobby Tire Series, knobbytireseries.com

Sep 7: Cumberland Enduro

Cumberland, BC. See race series for details. islandcupseries.com

Sep 7: Holly Park Pump Track Race

Surrey, BC. SORCE, sorcebikeclub.org

Sep 7: Mt. Ashland Hillclimb

Ashland, OR. TT up Mt. Ashland. Starts at Lithia Park. 25 miles. All categories. First 10 miles rolling, the rest climbing. 6500' elevation. MTB and road divisions. William Roussel, 541-499-2298, obra.org

Sep 12–14: NW Cup Finals

Port Angeles, WA. Downhill at Dry Hill. Series finals. See race series for details. Scott Tucker, N-Dub, nwcup.com

Sep 13–14: Enduro BC/KR Series - Revelstoke

Revelstoke, BC. See race series for details. Part of Enduro KR Series. Megan Rose, Global Riding Adventures, 604-724-6558, bcenduro.com

Sep 13: Oakridge Fat 55

Oakridge, OR. One sweet riding day. Point to point 55 miles with 10,099' of climbing/descending over Oakridge's best trails. 40% singletrack, 40% dirt, 20% paved roads. Start at Oakridge High School. Sunday fun free ride open to kids. Benefits GOATS and local youth unicycle club. Eugene Carthart, 541-736-6424, fatfiftyfive.com

Touring

AUGUST

Aug 2–10: 4th Annual Blomfest

Salmon, ID. Dubbed "the most unorganized MTB gathering in Idaho." 9 days of high alpine, primitive trail riding throughout Lemhi County. All rides will challenge you physically and technically. No set itinerary; we make it up as we go. Ride at your own risk. Marc Landblom, The Hub of Salmon, 208-357-9109, ridesalmon.com

Aug 8–10: Umpqua River Adventure

Bend, OR. Riding point to point along the North Fork of the Umpqua River. Camping with access to swimming. Meals included. Guided. 56 miles over 3 days for strong intermediate to advanced riders. Also 6/20, 7/11, 7/28, 8/18, 8/25, 9/1, 9/26, and 10/6. Naomi Fisher, Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

Aug 15–17: Mt Bike Oregon - August

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. Campground along the bank of Willamette River. Socks and T-shirt included. Randy Dreiling, Mt Bike Oregon, 541-968-8870, mtbikeoregon.com

Aug 22–24: SHIFT (Helens Fest)

Mt St Helens, WA. A work party sandwiched between 2 days of awesome riding. A 3-day event is a terrific way to experience the other worldly riding at Mt St Helens. Find mountain biking, trail work and camping at this fun, informal event. Come when you can, leave when you must. David Anderson, NWTAA and EMBA, evergreenmtb.org

Aug 23–29: Sea to Sky MTB Tour

Vancouver, BC. 7-day all inclusive fully guided MTB trip showcases the best trails of the west

coast of Canada. Riding you will remember for the rest of your life. Intermediate and above. Global Riding Adventures, 604-902-1807, ridebig.com

Aug 25–29: 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 9/5, 9/22, and 10/6. Naomi Fisher, 541-385-7002, cogwild.com

Aug 29–Sep 1: Wydaho Rendezvous MTB Festival

Alta, WY. 3 days of group rides, demos, skill parks, clinics and racing activities. Tim Adams, 208-201-1622, tetonmountainbikefest.tvtap.org

ROAD

Series

BC Masters Series - BCMCA

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

Northwest Kermesse Cup Series

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 can be used. 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

Aug 23

Various, OR. Series of 3 challenging events showcasing the long courses of epic rides: Oregon GF, Aufferheide 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

Rainbow Road TT

May 7–Aug 6

Pocatello, ID. A flat out-and-back TT of 10km. Meet at the Rainbow Road interchange. Free to ICE members. Start at 5:30pm. First Wednesday of the month: 5/7, 6/4, 7/2, 8/6. Tony Chesrow, idahocycling.com

Revenge of the Disc Wheel

Aug 3

Albany, OR. 2-race series. Points awarded to the top 10 finishers in each category for each race. Ties will be determined by time. Kenny Graham, Revenge Cycling and Promotions, 541-967-3670, obra.org

Scout Mountain HC

May 7–Aug 6

Pocatello, ID. An uphill time trial of 5 miles up East Fork Mink Creek Rd. Meet at Cherry Springs. Free to ICE members. Start at 5:30pm. Third Wednesday of the month: 5/21, 6/18, 7/23, 8/20. Tony Chesrow, idahocycling.com

Seattle JR Road Dev. Race Series

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 the end of the season. Part of USA Cycling development pathway. Enumclaw and Junior stage races count double. Tricia Lawrence, WSBA, wsbaracing.org/seattle-road-development-series.html

Sportif Series

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 at 10:30am. Course varies each week. Prize money at every race. Stuart Lynne, 604-461-7351, escapevelocity.bc.ca

TNT Series (Thursday Night Throwdown)

Apr 17–Aug 28

Murphy, ID. Thursday night training series. 20-mile long course. A and B group, self-seeding. First start at 7pm. Retro Racer, rettoracer80@gmail.com

WSBA Masters BARR

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

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 member can score points. wsbaracing.com

Weekly Series

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 the Portland International Raceway. 5 categories. Course is a flat, wide, 1.9-mile loop, closed to traffic with excellent pavement. No tight corners. Great place to learn bicycle racing. Designed to provide fast, fun and exciting racing for any ability, skill and experience level. 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

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 26

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

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

Racing

AUGUST

Aug 2: Mashel Nisqually Kermesse
Eatonville, WA. Mashel Loop Field. 13 laps of Mashel-Nisqually loop. 1-mile road, 1-mile dirt per lap; 25 miles total. First start 10am. Open to all. Registration closed 40 minutes before start. Neutral wheel support. Bring WSBA numbers. See race series for details. Michael Pruitt, Stramantani Cycling, 206-227-7111, wsbaracing.org

Aug 2: OBRA Championships Criterium

Portland, OR. 1.1km course features winding technical downhill, 40' of climbing and fun points race-style format. Charles Warner, 360-624-1801, franzbakerycrit.com

Aug 2-3: Rapha NW Juniors Classic Stage Race

Elma, WA. Juniors only. 3 stages over 2 days at Satsop Development Park. Day 1: TT and crit. Day 2: RR on 12.6-mile loop. Travel incentive available for out of state teams. Part of Seattle JR Road Dev. Race Series. Erik Anderson, Road Racing, wsbaracing.com

Aug 3: BC Contender

White Rock, BC. 1600km single stage ultra-endurance race. Solo and relay teams of 2 to 4. Over 27,000m of climbing. Route goes through Chiliwack, Princeton, Castlegar, Nelson, Vernon, Kamloops, Whistler and back to Vancouver. Perry Stone, Ultraletic Sports Ltd., 778-292-7525, powercrankscontender.com

Aug 3: BC Masters Series #21

Abbotsford, BC. Tentative. 32km ITT. See race series for details. Kelly J, BC Masters Assoc., bcmasterscycling.net

Aug 3: Revenge of the Disc #2

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

Aug 3: Tigard Criterium

Tigard, OR. Features a four corner course with fast turns and smooth pavement along with a wide finishing straight. All categories. Kevin Thompson, Half Fast Velo Team, 503-481-7662, halffastvelo.com

Aug 9: Boston Harbor Circuit Race

Boston Harbor, MA. Brings the high speed of crits with characteristics of RR. 6-mile loop with rolling profile. Action-packed, anything can happen, from early or late break to bunch sprint. Start at Boston Harbor Elementary School. First start 9am. Part of Seattle JR Road Dev. Race Series. Erik Anderson, ssvr.weebly.com

Aug 16: Bogus Basin Hillclimb
Boise, ID. 41st annual. Mass start with separate time for all age groups. 14.5 miles/3500' elevation gain. Time limit 3 hrs, 500 riders only. Pre-reg mandatory. Prime halfway up. Mike Cooley, George's Lightweight Cycles, 208-343-3782, georgescycles.com

Aug 16: Bremerton Kermesse
Bremerton, WA. See race series for details. Michael Pruitt, 206-227-7111, wsbaracing.org

Aug 16: Cypress Challenge
Vancouver, BC. 5km or 12km mass start hill climb up Cypress, open to everyone. Solo and team entries, multiple categories for all ages and abilities. Benefits Pancreatic Cancer Research Fund at BC Cancer Foundation. Gotman Simpson Cycling, glomansimpsoncycling.ca

Aug 18: Pacific Raceway Kermesse
Seattle, WA. See race series for details. Michael Pruitt, 206-227-7111, wsbaracing.org

Aug 18-24: USA Pro Cycling Challenge
Various, CO. UCI race. 600 miles in 7 days for 128 of the world's best Pro Tour riders. Covers some of the toughest terrain in the region. Starts in Aspen, travels through Crested Butte, Gunnison, Colorado Springs, Breckenridge, Vail, Boulder and finishes in Denver. Eric Smith, US Pro Cycling Challenge, usaproccyclingchallenge.com

Aug 23: Hagerman-Buhl-Hagerman RR
Hagerman, ID. Mike Cooley, georgescycles.com

Aug 23-24: Sportif Series #8/7
Abbotsford, BC. Bradner course. Sunday in Langley using the River Road course. See race series for details. Escape Velocity, escapevelocity.bc.ca

Aug 23: Therapeutic Associates Criterium
Portland, OR. Presented at PIR. Smooth, flat pavement. All categories, tandems welcome. Scott Jones, 971-998-2132, obra.org

Aug 24: Kruger's Kermesse Farm Crit
Portland, OR. Crit-style race on farm roads. Same location as Kruger's Crossing 'cross race, so expect a fun and spectator-friendly event. All ages, all levels, all bikes allowed. Free kids races. Kris Schamp, Portland Racing, 503-466-9007, obra.org

Aug 25: Pacific Raceway Kermesse
Seattle, WA. See race series for details. Michael Pruitt, 206-227-7111, wsbaracing.org

Aug 29-31: Axel Merckx Youth Devo Camp
Victoria, BC. Axel Merckx Events, amydf.org

Aug 30: Ronde Ohop
Eatonville, WA. Starts at Mashel Loop Field. 2-4 x 6-mile paved circuit, plus 10 laps of the Mashel loop (1 mile paved, 1 mile dirt). Men Cat 1/3, Cat 4/5, Masters 35+ and women. See race series for details. Michael Pruitt, 360-832-2434, michaelpru@outlook.com

Aug 31: BC Masters Series #24
Cobble Hill, BC. 65km RR with one big hill. Start 11am. Final series event and awards at Cherry Point Vineyards. See race series for details. Kim Gard, BC Masters Assoc., 250-370-2689, bcmasterscycling.net

Aug 31: Rebecca's Private Idaho
Sun Valley, ID. A gravel-grinding dirt fondo. 100 miles through the wild west. Chad Sperry, Breakaway Promotions, goldruschtour.com/rebeccas-private-idaho

SEPTEMBER

Sep 1: Lewis and Clark Ultra Cross
Vancouver, WA. Glenn Johnson, obra.org

Sep 3-7: USAC Masters Road National Championships
Ogden, UT. usacycling.org

Sep 5-6: Ring of Fire 12/24hr TT
Maupin, OR. Non-stop individual or TTT. 24, 12- or 6-hour duration. Most distance wins. Race the new longer day loop or just the night loop. Not a RAAM qualifier. Start at Imperial Lodge. George Thomas, 541-354-1520, raceacrossoregon.com

Sep 6: Cascade Lake 120 Gravel Grinder
Cascade, ID. idahobikeracing.org

Sep 6: USAC Pro Criterium National Championships
High Point, NC. usacycling.org

Sep 7: Mt. Ashland Hillclimb
Ashland, OR. TT up Mt. Ashland. Start at Lithia Park. 25 miles. All categories. First 10 miles rolling, the rest climbing. 6500' elevation. MTB and road divisions. William Roussel, 541-499-2298, obra.org

Sep 9-14: BC Senior Games
Langley, BC. 16km TT. Road race - distance varies. Hill climb. Open to anyone 55 and over. 5-year age group categories. 778-426-2940, bcseniorgames.org

Sep 26: Pacific Raceway Roubaix
Seattle, WA. See race series for details. Michael Pruitt, 206-227-7111, wsbaracing.org

Touring Series

Oregon Triple Crown - RT

Aug 23
Various, OR. Series of 3 challenging event 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. Dark30 Sports, 541-505-3060 x701, dark30sports.com

Touring

AUGUST

Aug 1-3: Bike MS: Willamette Valley

Monmouth, OR. 30th annual. Enjoy a cycling adventure with 1000 of your closest friends. Options for all levels, 30-150 miles. Benefits programs/services for people affected by MS in OR and SW WA. Fully supported. Min fundraising \$250. Mike Paulsen, 503-223-9511, bikeMSoregon.com

Aug 1-3: Tour de Lane
Junction City, OR. Ride 2 centuries in one weekend. 3 days of supported rides showcasing many beautiful routes of Lane County (Richardson Park, Fern Ridge Lake and Junction City). Choose from multiple distances, visit high-end bike manufacturers, winery ride with tasting and much more. Anne Hallinan, Marrone Hallian Event Management, 541-896-3088, tourdelane.com

Aug 2-5: 1000km Brevet
TBD, BC. Will Danicek, BC Randonneurs, 778-549-5147, randonneurs.bc.ca

Aug 2: 300km Summer Brevet
Renton, WA. Seattle Int'l Randonneurs, seattlerando.org

Aug 2: 8 Lakes Leg Aches Bike Ride
Spokane, WA. Scenic 15-, 30-, 45- or 75-mile routes through Spokane, Medical Lake and Cheney. Raise \$185 - receive 8 Lakes jacket. Benefits ACT for Kids, a program of the Sexual Assault & Family Trauma (SAFeT) Response Center of Lutheran Community Services NW. Christie McKee, Lutheran Community Services NW, 509-343-5020, lcsnw.org/8lakesride

Aug 2-4: Courage Classic
Snoqualmie, WA. 3-day, 173-mile fully supported tour. Snoqualmie, Blewett and Stevens passes, averaging 60 miles/day. Exceptional rest stops and meals. New first day fat tire route option along John Wayne Pioneer Trail open to 200 riders. Benefits Child Abuse Intervention Dept at Mary Bridge Children's Hospital. Karlan Jessen, Mary Bridge Children's Hospital, 253-403-4374, courageclassic.org

Aug 2-3: Double Divide Ride
Helena, MT. 130-mile loop from Helena to Lincoln, MT and back. May be ridden as 1- or 2-day. Fully supported. Crosses Continental Divide twice. Rob Purny, Helena Bicycle Club, 406-449-7439, helenabicycleclub.org

Aug 2-10: Fuller Center Bicycle Adventure - Leg 9
Lewiston, ID. Travel to Astoria, OR. Part of the larger cross-country bike ride. Can also join in for a day or two. Allen Slabaugh, Fuller Center for Housing, 229-924-2900, fullercenter.org/bikeadventure

Aug 2: Midnight Century
Spokane, WA. Epic 100 miles on lots of dirt roads. Starts at the Elk at 11:59pm and ends at Central Foods. Free, self-supported, no swag. Bring the map/GPS. Cyclocross bike or 35mm tires on triple-ring road bike work best. Rigid MTB OK. midnightcentury.com

Aug 2: Tour de Lavender
Sequim, WA. New metric century course. Family fun ride and metric century showcasing the Sequim-Dungeness Valley, the Sequim Lavender Farms, the new Port Angeles waterfront and the Elwha River Bridge using the Olympic Discovery Trail. Fully supported. Finish this Pedal Power Weekend off with Ride the Hurricane. Scott Nagel, Sequim Lavender Farmers Association, tourdelavender.org

Aug 2-9: Washington Cascades Epic Tour
Seattle, WA. For avid cyclists. North Cascade Range to the apple orchards and wine regions of eastern Washington, onward to the crystal waters of Lake Chelan and the remote Okanogan Valley, then back over the Cascades to a Pacific coastline finale. Average 55 miles per day. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Aug 3-10: Bike Glacier, Banff & Jasper Nat'l Parks
Billings, MT. 8 days, 541 miles, 26,500' elevation gain. Bike in 2 countries, 4 national parks. Richard Merrick, Cycling Escapes, 714-267-4591, CyclingEscapes.com

Aug 3: Bike Oregon Wine Country
Rickreall, OR. Northern route. 45- or 52-mile moderate to difficult ride through scenic Eola Hills. Guided through 7 local wineries. Food, SAG, wine tasting and salmon BBQ post-ride. Rich Washburn, Eola Hills Wine Cellars, 503-623-2405, eolahillswinery.com

Aug 3: BlackBerry bRamble Century
Eugene, OR. 100-mile century, 62-mile metric century, and 39-mile route through scenic forest and farm land of SW Eugene. Also 10- and 20-mile community rides. Extraordinary rest stops, full support and bike

celebration at finish. GEARs Cycling Club, edu.eugenegears.org/bramble

Aug 3: Mt. Shasta Summit Century
Mt. Shasta, CA. 30-, 60-, 100-, 139-mile routes (16,500' climbing on super century). Cloverleaf course, challenging climbs and breathtaking views. Tom Chandler, Mountain Wheelers, 800-926-4865, shastasummitcentury.com

Aug 3-9: RAW - Ride Around Washington
La Conner, WA. 7-day fully supported. Olympic Peninsula and coast ride, designed with newbies in mind. Route is mostly shorter (47-70 miles daily) and less hilly daily routes. Peter Verbrugge, Cascade Bicycle Club, 206-517-4826, cascade.org

Aug 3-9: Ride Idaho
Twin Falls, ID. 400 miles of riding in southern/central Idaho. Start with Snake River Canyon to Castle Rock State Park, Hailey, Hagerman Valley and more. Limit 350. Fully supported. Susy Hobson, Ride Idaho, 208-830-9564, rideidaho.org

Aug 3: Ride the Hurricane
Port Angeles, WA. This unique event uses the famed Hurricane Ridge Road of Olympic National Park. Road closed to vehicle traffic from 7am-noon. 24-mile RT or 36-mile options. Reg is \$35 and limited to 700. Russ Veenema, Port Angeles Regional Chamber of Commerce, 360-452-2363, portangeles.org

Aug 3: Wine Women and Wheels Bicycle Tour
Sherwood, OR. Tour the beautiful Washington County Wine Country. 30- and 45-mile routes start at Laurel Ridge Middle School, finish at Hawks View Cellars. Women's only ride celebrating healthy hearts through cycling and wine tasting. 4 wineries stops, finish line lunch and wine tasting. Benefits American Heart Association. Breakaway Promotions, winewomenwheels.com

Aug 9: BCRD Sawtooth Century
Ketchum, ID. Ketchum Town Plaza to Alturas Lake and back. 50-miler turns around at Galena Lodge, century goes over Galena summit to Alturas. Courses open 8am-5pm. Rest station and lunch. Brett Stevenson, Blaine County Recreation District, 208-720-8336, wroviderbike.org

Aug 9-13: BOTOB0
Bozeman, MT. 5 days, 5 centuries - no relay! Bozeman to West Yellowstone, West Yellowstone to Jackson Hole, Jackson Hole to Montpelier, ID, Montpelier to Brigham City, Brigham City to Bountiful. 20,000' elevation gain. Jason Unruh, 801-390-0036, botobocycling.com

Aug 9: Brevet Series - Pillar Lake
Sorrento, BC. 200, 300, 400 or 600km brevet series. Start between 5-7am. Route varies based on distance. Mara, Armstrong, Chase, Pillar Lake, Chase, Falkland, Salmon Arm, Kamloops, Enderby, Revelstoke, Merritt, Princeton, Peniticon. Bob Goodison, BC Randonneurs, 250-675-2879, randonneurs.bc.ca

Aug 9: HeArt of Idaho Century
Idaho Falls, ID. Flat to rolling 25-, 62-, and 100-mile options through scenic Snake River Valley. Great Teton views and desert vistas. Fully supported, benefits Art Museum of Eastern Idaho. Miyai Abe Griggs, Art Museum of Eastern Idaho, 208-524-7777, theartmuseum.org/Century.htm

Aug 9: Le Tour de Kocanusa
Libby, MT. Follows the 83-mile bike ride, which tours breathtaking Lake Kocanusa. BBQ post-ride, music and raffles. Benefits David Thompson Search and Rescue. Dejon Raines, 406-291-3635, letourdekocanusa.com

Aug 9: O'Donnell's Tour de Poker
Everett, WA. Bicycle poker run. \$25 pre-reg., \$30 day-of. Routes: 25 (5 cards) or 44 (7 cards) miles, best hand wins. Start/finish at Shawn O'Donnell's American Grill. Benefits American Heart Association. 425-338-5700, bicyclepokerrun.com/odonnells

Aug 9-10: Obliteride
Seattle, WA. 25-, 50-, 65-, 85-, 100- and 150-mile routes on mixed terrain in and around western WA. Choose 1 or 2 days. Relay or solo style. Start at Magnuson Park. Fully supported, festival, meals. Min \$1,000 fundraising required. 100% of money raised goes to cancer research at Fred Hutch. Fred Hutchinson Cancer Research Center, 206-667-1338, obliteride.org

Aug 9-16: Oregon Bicycle Ride
Spray, OR. Rolling through time. Epic ride. Mix of old and new roads. 463 miles. Spray to Heppner, Prairie City, John Day loops. Sanna Phinney, Bicycle Rides Northwest, 541-382-2633, bicycleridesnw.org

Aug 9-16: Volcanoes of Washington Challenge
Seattle, WA. 2 wheels, 4 mountains, 8 days and a million memories. Washington's Mt. Rainier, Mt. Adams, Mt. St. Helens and Oregon's Mt. Hood. Intermediate to advanced. Average 55 miles per day. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Aug 10: Bike for Your Life
Parkville, BC. 15th annual. For all ages and abilities. 15, 35, 50, 70 and 100km options on designated routes in Oceanside area of central Vancouver Island. Benefits Oceanside Stroke

Recovery and Cops For Cancer organizations. Bruce Perry, 877-348-0647, bikeforyourlife.org

Aug 10: Bike Oregon Wine Country
Rickreall, OR. Southern route. Easy to moderate 45- or 70-mile options. Stop at 2 wineries, a covered bridge, and enjoy a ferry ride across the Willamette River. Fully supported. Start 8am. Rich Washburn, Eola Hills Wine Cellars, 503-623-2405, eolahillswinery.com

Aug 10: Covered Bridge Bicycle Tour
Albany, OR. Linn County Fairground. Relaxing country ride of either 40, 68, 85 or 101 miles in the heart of the Willamette Valley. Flat 40 features 2 bridges, 68 has 4 bridges, longer rides are more challenging with 5 bridges. Well-stocked rest stops, SAG and a "real" lunch. Tim Corbett, Mid-Valley Bicycle Club, 541-207-7925, mvbc.com

Aug 10: Glenn Erickson Pedaling for Parkinson's Benefit Ride
Redmond, WA. 33, 65 and 75 miles through the Snoqualmie Valley lead by Nancy, Glenn and Galen Erickson, respectively. Min. donation \$20. Limited support. Start at Perrigo Park, 3 miles east of Marymoor Park, 9am. Everyone welcome. Benefit ride for Pedaling for Parkinson's. Glen Erickson, Erickson Cycle Tours, 206-910-0922, ericksoncycletours.com

Aug 10-21: Klondike Gold Rush Ride
Dawson City, AK. 8 days cycling over 12-day trip. Follow the route of the 1897 Klondike Gold Rush. Paved roads, light to moderate traffic, mountainous terrain. Average 73 miles daily. Includes rental bike and camping gear. Pedalers Pub & Grille, 877-998-0008, pedalerspubandgrille.com

Aug 10: MS Bike - Vancouver Scenic City Tour
Vancouver, BC. 15, 30 or 60km routes. Min fundraising \$300, \$75 for youth. Food, entertainment, road support crews and awards for fundraising. Jason Hulbert, MS Society of Canada, 604-602-3211, mssociety.ca

Aug 10: Providence Bridge Pedal
Portland, OR. Annual bike ride and walk over Portland's 10 Willamette River bridges, including top decks of Marquam and Fremont Bridges. 13-36 miles. Wellness expo on Saturday. Rick Bauman, Bridge Pedal, Inc., 503-281-9198, providencebridgepedal.org

Aug 10-16: San Juan Islands - Victoria
Seattle, WA. Experience many of the best features of the Pacific Northwest, San Juan Islands and Victoria. Energetic beginners to advanced. Average 35 miles per day. Other dates available. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Aug 14-18: Crater Lake 1000K
Crater Lake, OR. 1000km ACP brevet. Seattle Int'l Randonneurs, seattlerando.org

Aug 15-17: Recumbent Retreat
Warrenton, OR. A gathering of recumbent riders from across the country at Fort Stevens State Park. Camping, riding and lots of socializing. Reg. opens online in January and it normally fills up by April. Don't wait. Keith Kohan, 503-603-4277, RecumbentRetreat.org

Aug 15-Jun 16: Ride4US - Around the Sound 4 Ultrasound
Lakewood, WA. Features 2 scenic, safe, challenging routes of 21 and 42 miles highlighting the South Sound and 4-mile family ride. Fully supported w/free pancake breakfast, SAG, rest stops, massages. Weekend festival includes running event, concert, family fun fest and world's largest squirt gun fight! Benefits Pregnancy Resource Centers. Diego Wendt, 4us.org

Aug 15-16: RSVP
Seattle, WA. 188 miles of scenic Pacific NW back roads. Start on Friday in Seattle from UW and finish in downtown Vancouver, BC, on Saturday. Finish line festival includes no-host bar, BBQ and music. Cascade Bicycle Club, 206-522-3222, cascade.org

Aug 16: 200km Brevet
TBA, BC. Start 7am. Keith Fletcher, BC Randonneurs, 604-530-9273, randonneurs.bc.ca

Aug 16: Alki Street Scramble
Seattle, 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

Aug 16-17: Bike MS - Montana
Bozeman, MT. Unforgettable journey through Big Sky. 12- to 100-mile courses. Full meals, stunning landscapes, fully stocked rest stops and spirited festivities. Min \$250 fundraising. Supports programs, services and research of the National MS Society. 406-252-5927 x 5, bikeMSnorthwest.org

Aug 16-23: COGS 7 Day Tour of the Panhandle
Coeur d'Alene, ID. Sold out. 375-mile loop, 7-day bike tour in the Panhandle region of Idaho. Cyclists of Greater Seattle, cyclistsofgreaterseattle.org

Aug 16: Crater Lake Century
Klamath Falls, OR. Begins/ends at historic Fort Klamath Museum. 62 or 100 miles with over 3000' of climbing to Crater Lake rim and

another 3000' the next 30 miles. Limit 300. Benefits Klamath/Lake County Food Bank and Klamath County Museums. Bill Haskins, 800-347-1343, craterlakecentury.com

Aug 16-17: MS Bike - West Kootenay Glacier Challenge
New Denver, BC. 2 days of epic scenery along a 117 and 105km route. Start in New Denver and loop through Slocan, Kaslo, and back to New Denver. Lots of climbing. Rest stops, food, and entertainment. Leona Dimock, MS Society of Canada, 866-352-3997, mssociety.ca

Aug 16-22: Oregon Coast Loop
Eugene, OR. Alternates between charming backcountry roads and picturesque sandy beaches on relatively gentle grades. 5 riding days. Average 62 miles per day while visiting coastal towns. Fully supported. Adventure Cycling Association, 800-755-2453, adventurecycling.org

Aug 16: Portland Century
Portland, OR. Explore the fringe of Portland. 50-, 70- and 100-mile rides. Mostly flat. Take advantage of city pathways, bike lanes and less-traveled roads. 3 meals, snacks, free beer, festival. Starts at PSU-Smith Hall. Good Sport Promotion, 503-459-4508, portlandcentury.com

Aug 16: Ripple Rock Ramble
Victoria, BC. Ride from Victoria to Campbell River, 600km brevet. Start 5am. Jim Runkel, BC Randonneurs, 250-893-6767, randonneurs.bc.ca

Aug 16-17: RSVP #2
Seattle, WA. 188 miles of scenic Pacific NW back roads. Start on Saturday from UW and finish in downtown Vancouver, Canada on Sunday. Finish line festival includes no-host bar, BBQ and music. Cascade Bicycle Club, 206-522-3222, cascade.org

Aug 16: Yaquina Lighthouse Century
Newport, OR. 27, 68 or 100 miles. All rides start/end at the Yaquina Head Visitor Center. Only organized ride on the Oregon Coast and follows both the Yaquina and Siletz rivers. Matt Hawkyard, Yaquina Wheels Bicycle Club, 541-961-5720, yaquinawheels.org

Aug 17-23: Bicycle Tour of Oregon's Crater Lake
Cottage Grove, OR. 7 days, 5 scenic byways, 500 miles with 27,000' elevation gain. Lush ancient forests, waterfalls, covered bridges. Cycling Escapes, 714-267-4591, CyclingEscapes.com

Aug 17: Bike Oregon Wine Country
Rickreall, OR. Northern route. 45- or 52-mile moderate to difficult ride through scenic Eola Hills. Guided through 7 local wineries. Food, SAG, wine tasting and salmon BBQ post-ride. Rich Washburn, Eola Hills Wine Cellars, 503-623-2405, eolahillswinery.com

Aug 17-23: Cycle Greater Yellowstone
West Yellowstone, WY. Fully supported, large-scale road tour in the majestic Yellowstone region. Seven days of breathtaking scenery plus every amenity for 1000 riders. Epic-plus. Travel through Wyoming and Montana. Jim Moore, 503-281-1526, cyclegreateryellowstone.com

Aug 17: King Of The Hills
Olympia, WA. New event. Ride 9 of the toughest hills in downtown Olympia. A beer garden, yummy food, and a good cause. What more could you ask for? A souvenir T-Shirt? A rider's lanyard with hill markers? You got it! David Ross, 360-705-1658, KingOfTheHills.org

Aug 23: 600km Brevet
Princeton, BC. Start 6am. Guido Van Duyn, BC Randonneurs, randonneurs.bc.ca

Aug 23-24: Barlow Road Ride
Oregon City, OR. Aka Mt. Hood Century. Ride Barlow Road on this 2-day out-and-back century from Oregon City to Government Camp with optional ride up to Timberline Lodge or shorter distances for beginners. Goes from sea level to 4000' and back. One grueling day option. Fully supported. Hostel-type accommodation available. Live music and party. Benefits Mt Hood Cultural Center & Museum. Gene Grant, Mt. Hood Cultural Center and Museum, 503-272-3301, barlowroadride.com

Aug 23: Beaverton, Banks and Beyond
Beaverton, OR. Scenic, moderately challenging 32-, 64-, 86- and 100-mile routes. Explore beautiful farmlands on North Plains' country roads toward Banks. Return features sweeping smooth descents through forested corridors. Start/finish at Papa's Pizza Parlor where lunch is provided. Bruce Buffington, NW Bicycle Safety Council, 971-570-4791, nwbicyclesafetycouncil.org

Aug 23: CF Cycle for Life - Tri-Cities
Richland, WA. Choice of a 23-, 42- or 65-mile route in Benton County. All are well marked and fully supported with rest stops, SAG, on-site medical volunteers and mobile mechanics. Help fund a cure for cystic fibrosis. Amie Lerch, Cystic Fibrosis Foundation, 800-647-7774, washington.cff.org

Aug 23: Crater Lake Rim Tour
Diamond Lake, OR. 61 miles from Diamond Lake to the rim, around it and back. 7500' of climbing. Alpine gearing recommended. Camping available. SAG. Limited entries. Mid-Valley Bicycle Club, mvbc.com

Aug 23-24: Gigantic Bicycle Festival
Snoqualmie, WA. Formerly Sound to Mountains bike ride. Century and 77-mile routes. Ends with two-day festival celebrating Pacific NW bike culture. Live music, bike-inspired art galleries, handbuilt bicycles and more. Music starts afternoon of 23rd, continues until evening of 24th. Camping at festival grounds. Jesse Perrell, The Levee Breaking, 425-442-7105, giganticbicycelfestival.org

Aug 23: Oregon Coast Gravel Epic - Triple Crown #3

Waldport, OR. Gravel road cycling event on steep, remote coastal mountain roads. 2 route options: 73 miles (10,000') or 37 miles (5000'). Final stage of the Oregon Triple Crown series. See race series for details. Alan Cline, Dark30 Sports, 541-505-3060 x701, dark30sports.com

Aug 23: Pedal for Patients

Fruitland, ID. 20-, 40-, 68- and 100-mile options starting at Saint Alphonsus Fruitland Health Plaza. From flat to rolling through orchards and vineyards. Fundraiser for St Lukes MSTI. Lunch, rest stops, SAG, snacks. Routes open at 7:30am. Ken Hart, 541-881-7295, pedalforpatients.com

Aug 23-24: RAPSody - Ride Around Puget Sound
Tacoma, WA. Canceled for 2014.

Aug 23-25: Summer 400km Brevet
TBD, WA. Seattle Int'l Randonneurs, seattlerando.org

Aug 23: Three Rivers Century
Bozeman, MT. Ride either 34, 62 or 100 miles. Pre-ride food, lunch and post-ride feed. Benefits the Bozeman Bike Kitchen. Roberta, Ballatin Valley Bicycle Club, 586-7690, gallatinvalleybicyclub.org

Aug 23: Tour de Lentil
Pullman, WA. Enjoy the scenic Palouse Hills on this 50 and 100km ride. Course is challenging with many hills. Starts at 9am at the Pullman City Playfield. Part of the National Lentil Festival. Come for the ride, stay for the parade, food and other weekend activities. Benefits the WSU Cycling Club. Washington State University, 503-993-4933, lentilfest.com

Aug 24: Bike Oregon Wine Country
Rickreall, OR. Southern route. Easy to moderate 45- or 70-mile options. Stop at 2 wineries, a covered bridge, and enjoy a ferry ride across the Willamette River. Fully supported. Start 8am. Rich Washburn, Eola Hills Wine Cellars, 503-623-2405, eolahillswinery.com

Aug 24: MS Wine Ride
Nampa, ID. Ride 35 to 50 miles through the beautiful scenery of the Sawtooth Winery and raise money for multiple sclerosis programs. Megan Nettleton, 208-336-0555, georgescycles.com

Aug 24: Ryder Hesjedal's Tour de Victoria

Victoria, BC. Distances for all ages and abilities. Showcases the best of Victoria's roads - scenic waterfront, quiet rural roads, challenging climbs through majestic rainforest. Limit 3000. Seamus McGrath, 250-590-6325, tourdevictoria.com

Aug 30-Sept 2: 1000km Brevet
Coquitlam, BC. 6am start. BC Randonneurs, randonneurs.bc.ca

Aug 30: 'Couve2Coast
Vancouver, WA. Ride from Vancouver to Astoria, Ore. 110 miles through Clastop State Forest. Starts at 6am at the River Front parking lot. Includes lunch, snacks and drinks. Minimal support. Limit 30 riders. couve2coast.com

Aug 30: Hutch's 100km
Bend, OR. Metric century begins/ends at Tumalo State Park. Mostly small rollers, some of the best views of the Cascades. One food stop. Includes maps, energy food, drink. \$15. Start 9am. Half of entry fee goes to the Humane Society of Central Oregon. Mike McMackin, Hutch's Bicycles, 530-382-6248, hutchsbicycles.com

Aug 31: Bike Oregon Wine Country
Rickreall, OR. Northern route. 45- or 52-mile moderate to difficult ride through scenic Eola Hills. Guided through 7 local wineries. Food, SAG, wine tasting and salmon BBQ post-ride. Rich Washburn, Eola Hills Wine Cellars, 503-623-2405, eolahillswinery.com

Aug 31: Great Northwest Fall Tour
Newport, WA. A Labor Day tradition. Choose the 15-, 30-, 50- or 85-mile route on paved county roads. T-shirt option, food/water stops and meal at finish. Check-in begins at 7am. Starts at Newport City Park. Fully supported. Nadine Parker, Newport/Priest River Rotary Club, 208-597-5748, gnwft.homestead.com

Aug 31: Rebecca's Private Idaho
Sun Valley, ID. Gravel-grinding dirt fondo of 100 miles through the wild west. Wider tires recommended. Chad Sperry, Breakaway Promotions, goldruschtour.com/rebeccas-private-idaho

SEPTEMBER
Sept 1: PROS Perimeter Ride of Seattle
Seattle, WA. A challenging ride with water views. 80 miles / 4200' or the shorter 60 miles / 2700'. Begins at Discovery Park and

runs counter clockwise to W Seattle, Tukwila, Renton, Seward Park, Shoreline, Blue Ridge and back to Magnolia. Start 8am. Louise Kornreich, Cyclists of Greater Seattle, 206-200-1502, cyclistsofgreaterseattle.org

Sept 6: Bend Brevet
Bend, OR. 200km randonneur event. ACP brevet. Oregon Randonneurs, orrandonneurs.org

Sept 6-7: Bicycle Trek for Life and Breath
White Rock, BC. 2-day, fully supported, 200km ride through BC's picturesque Fraser Valley in support of lung health and clean air. White Rock to Cultus Lake. Min. fundraising \$500. Emily Wall, BC Lung Association, 604-731-5864, bicycletrek.ca

Sept 6-7: Bike MS: Ride in Washington
Mt Vernon, WA. Unforgettable journey through Skagit, Whatcom and Island Counties. 2000 riders cruise along scenic courses ranging from 22-97 miles. Full meals, stunning landscapes, well stocked rest stops and spirited festivities. Min. \$250 fundraising supports programs, services and research of the National MS Society. Sarah Chromy, 206-284-4254 x 5, bikeMSnorthwest.org

Sept 6: Bike the Rogue River
Gold Beach, OR. Follow the banks of the Rogue River then ride along the Pacific Ocean in this spectacular SW corner of Oregon. Metric century, 40- and 25-mile routes. Fully supported. Start at Buffington Park. In conjunction with Brewfest. Bryan Grummon, Golden Beach Rotary, goldbeachbiketherogue.org

Sept 6-7: Cino Heroica
Kalispell, MT. 60 miles of dirt roads from Kila to Hot Springs. Return the next day on a different route. A reminder of what cycling used to be. You must ride a "heroic" bike (see website). Dress the part. Reed Gregerson, the ZaneRay Group, 406-270-0590, cinorider.com

Sept 6-13: Cycle Oregon
The Dalles, OR. A seven-day excursion through a different part of Oregon each year. This year travel from The Dalles to Glenwood, WA; Dufur, Tygh Valley and Madras. Includes beautiful campsites, plentiful food, hot showers, live entertainment. Fully supported. Massage, cold microbrews and Oregon wine and cheese, gourmet coffee and more. Chris Knott, 503-287-0405, cycleoregon.com

Sept 6-8: Kamloops - Barkerville 1000
Kamloops, BC. 75-hour limit. Start 5am. Clinton, Quesnel, Barkerville, Little Fort. Bob Goodison, BC Randonneurs, 250-675-2879, randonneurs.bc.ca

Sept 6-8: Mt Bachelor Classic
Bend, OR. 3 days of cycling. Light support. Day 1: Bend to Mt Bachelor, 64 miles. Day 2: Twin Lakes loop, 40-65 miles depending on route taken. Day 3: explores Twin Bridges Scenic Bikeway, 36 miles. Ann Morrow, 360-608-3173, pwtc.com

Sept 6: Quiche Brevet
Fort St. John, BC. 200km brevet. 75km and 150km also available. Wim Kok, BC Randonneurs, 250-785-4589, randonneurs.bc.ca

Sept 6: RBC Gran Fondo Whistler
Vancouver, BC. Ride 122km from Sea to Sky on dedicated bike lanes from downtown Vancouver to Whistler. Also new 152km option with tons more elevation gain. For recreational riders and racers alike. 60km also available. Fully supported. RBCGranFondoWhistler.com

Sept 6-12: Ride the West
Astoria, OR. Start in Astoria for an exciting 23-day, 1398-mile ride to Newport Beach, CA along beautiful gold coast beaches and through Redwood National Forest. Challenging ride that has something for everyone. Fully supported. America By Bicycle, 888-797-7057, abbike.com

Sept 6: Siskiyou Century
Yreka, CA. One of the best bicycle tours in southern Oregon and northern CA. Well-supported, scenic ride for all levels. 34, 64 and 103 miles. Many rest stops, hot meal following. Magnificent views of Mt. Shasta. Very little traffic. Linda Freeze, Yreka Chamber, 530-842-1649, siskiyoucentury.com

Sept 6-8: Summer 600km Brevet
TBD, WA. Seattle Int'l Randonneurs, seattlerando.org

Sept 6: The Vineyard Tour
Roseburg, OR. Ride along the beautiful Umpqua River on lightly traveled and scenic roads. Explore award winning wineries. Choose from 15, 30, 50, 75 and 100 miles with multiple rest stops. Kids ride. Finish line festival. Troy Mullins, 541-391-3533, thevineyardtour.com

Sept 6: Tour de Cariboo
Williams Lake, BC. Challenging 75km ride from Williams Lake to Gavin Lake. Spectacular scenery, varied terrain, great fun. Fully supported. Lorraine Levitt, 250-398-8391, bbswlake.com

Sept 7: Bike the Bluff
Seattle, WA. Walk or ride a 4- or 7-mile loop around Magnolia, with picnic and dip pool. Start between 10am-2pm. 1-mile ride for small kids. Fundraiser for 5th grade class trip to environment science day camp. Nancy Gilbert, Catharine Blaine K-8 School, 206-252-1920, bikethebluff.org

Sept 7: High Pass Challenge - HPC
Seattle, WA. 114 miles with 7500' elevation gain through pristine Gifford Pinchot Wilderness Area. Novices should abstain. Limit 600. Cascade Bicycle Club, 206-522-3222, cascade.org

Sept 7: Kootenay Rockies Gran Fondo
Cranbrook, BC. New event. 57, 102 or 152 km utilize the fabulous Rails to Trails system between the cities of Cranbrook and Kimberley. Start/finish at the St. Eugene Golf Resort & Casino. Cranbrook Sunrise Rotary Club, krgf.ca

Sept 7-13: Park-2-Park Montana (P2P)
West Yellowstone, MT. West Yellowstone to West Glacier. Fully supported ride. Shawn Decareaux, CASA of Montana, 860-428-9301, park2parkmontana.org

Sept 7-12: People's Coast Classic
Astoria, OR. Astoria to Brookings Harbor. 6-day event benefits Arthritis Foundation. Daily 50-70 miles, rest stops, activities, dinner and camping included. 2- and 4-day options available. Beth Miller, Arthritis Foundation, 888-391-9389 x 13, thepeoplescoastclassic.org

Sept 7: Ride 542 - Mount Baker Hill Climb
Bellingham, WA. Tentative date. 24.5-, 50- or 100-mile cycling challenge for recreation and competitive cyclists of all ages. Follows Mt Baker Highway (SR542) from Glacier (955') about 24 miles to its terminus at Artist Point (5140'), on the border of North Cascades National Park. Norika Recreation, 360-303-1717, FESTIVAL542.com

Sept 7: Ride for the Red
Boise, ID. 50, 75 or 100 miles. Ride through the vineyards and orchards of the southern Treasure Valley. Staged at Barber Park, offers exceptional food. Check-in 8am. Limit 1000. Mike Cooley, 208-343-3782, redcross.org

Sept 7: Ride the South Sound (RSS)
Olympia, WA. Canceled for 2014.

Sept 7: SpokeFest
Spokane, WA. Largest cycling event in the inland NW, catering to all riders. 1-, Spok 9-, Classic 21- and Four Mounds 47-mile loops through scenic Spokane River Gorge finishing atop Spokane Falls. 1-mile loop in Riverfront Park. Celebrates health, fitness and the great outdoors. Anna Bresnahn, Bike to Work Spokane and SpokeFest Association, 509-251-8053, spokefest.org

Sept 7: Tour de Lab
Portland, OR. Choose either the easy Puppy 19-mile ride and visit 3 pubs, the Big Dog Challenge features 40 hilly miles and 4 pubs. Hot dog feast. Supports Dove Lewis Animal Hospital. Good Sport Promotion, 503-998-6182, tourdelab.com

Sept 13: Bike for Your Life - Salmon Arm
Salmon Arm, BC. Established to promote good health and cleaner environment through cycling. Routes for all levels. 10, 35, 75, and 100km options. Ian Wickett, Bike for Your Life Society, 250-833-2889, bikeforyourlife.com

Sept 13-14: Bike MS: Cycle the Silver Valley
Kellogg, ID. Features 20- to 100-mile route options for all levels of experience along with a festival atmosphere, great food, music, a beer garden and a Saturday evening rally. A minimum of \$200 in fundraising is required to participate. Laurel Bennett, 253-583-6505, bikeMSnorthwest.org

Sept 13-14: MS Bike - Okanagan Grape Escape
Kelowna, BC. Spend 2 days pedaling to wineries on the Upper Bench and Mission enjoying fantastic views of the lake. Sunday visit the west side's picturesque locations. Wine purchases brought to the finish for you. Min fundraising. Miriam A. King, MS Society of Canada, 250-762-5850, mssociety.ca

Sept 13: Passport to Pain (P2P)
Vashon Island, WA. 4th annual. Toughest, most fun ride in the Puget Sound. 10,000' of climbing over 80 miles, shorter 30- and 50-mile options and 3-mile kiddie ride. Links all the island hills together to make it an epic circuit. Get your passport stamped at 18 strategic checkpoints. Starts at Jensen Pt., ends with nice flat BBQ. Bruce Morser, Vashon Island Rowing Club, 206-463-3221, passport2pain.org

Sept 13: Ride Around the Sound
Seattle, WA. Fully-supported one-day bicycle tour benefiting the American Lung Association to support healthy lungs and air. Sweeping views of Puget Sound on multiple distance options perfect for all abilities. Anne Wiltgen, American Lung Assoc. of WA, 206-512-3291, ridearoundthesound.org

Sept 13: Tour de Blast
Toutle, WA. Ride the blast zone up and back down a state highway to the flanks of Mt St. Helens. 3 distances: 53, 87 and 132km. Start/finish at Toutle Lake High School. Fee includes T-shirt, food, drink, support, pasta feed. 360-673-6356, tourdeblast.com

Sept 13: Tour de Cure - Montana
Three Forks, MT. Staged at Missouri Headwaters State Park. 12, 25, 50 and 100

miles, also 5km run/walk. Fully supported. Min. fundraising required. Elise Morris, 888-DIABETES x 7014, tour.diabetes.org

Sept 14: Bainbridge Island Summer Challenge
Winslow, WA. 5th annual. 3-route choices: 16-mile family challenge, 34-mile original summer challenge (hilly, but not so chilly) or 64-mile hill climbers special. Start/finish at Waterfront Park. Registration open 7:30am. Fred Grimm, 888-667-7747, summerchallengeride.org

Sept 14: Chuckanut Century
Bellingham, WA. One of the most scenic rides in Washington where the Cascade Mountains meet the sea with views of Mt Baker. 25, 38, 50, 62, 100, or the double metric century (124 miles). Ride support and food stops. Shorter ride perfect for family. Start/finish at Boundary Bay Brewery. Benefits Whatcom Hospice Foundation. Mt Baker Bicycle Club, chuckanutcentury.org

Sept 14: Cycle the WAVE
Bellevue, WA. Women's ride. All levels welcome. 15-mile Little Sister, 25-mile Girly Girl, 42-mile Middle Sister or the 59-mile metric century with lot of climbs. We pamper you with an experience you won't forget, including finish line festival. Benefits domestic violence programs. Staged at Bellevue College. Sharon Anderson, 425-891-3523, cyclethewave.org

Sept 14: Jordan's Ride
Eagle, ID. Fully supported 10, 30, 50 and 100 miles s/f Eagle Sports Complex. Benefits SIDS/SUDC research and support for the families affected by the tragic loss of their child. Candi Zappia, Barefoot Media Ministries, 208-459-5879, jordansride.org

Sept 14: Last Blast of Summer
Qualicum Beach, BC. 7am start. John McIlvray, BC Randonneurs, randonneur.bc.ca

Sept 14: Retro Ride & Concours d'Elegance
Anacortes, WA. Begins at 10am w/ review and judging of bikes and costumes with awards followed by 1h45 bicycle ride and a restaurant lunch. Event is part of the Anacortes Street Festival. Free except for lunch. Open to all. Ken Rasmussen, 360-766-8720, kayakhit@idalgo.net

Sept 14: Ride the Rim
Liberty Lake, WA. 5, 15, 25, 50, 100 miles. The 50 and 100 travel to Post Falls, around Hauser Lake and Newman Lake. 5-miler uses the trails of Liberty Lake. Mandy Desgrosellier, 509-869-9624, rotaryinmotion.com

Sept 15-20: WaCanId - Selkirk Loop
Sandpoint, ID. 6-days, 350 miles in 2 states, 2 countries. Fully supported ride on Int'l Selkirk Loop's incredible Scenic Byway through WA, Canada and Idaho. Start location: Sandpoint, ID or Nelson, BC. Benefits Rotary Club supported enhancements within communities of the WaCanId Ride. Int'l Selkirk Loop & Rotary Clubs of the Selkirk Loop, 888-823-2626, WaCanId.org

Sept 20: Omak Kiwanis Ride the Roc
Omak, WA. Choose from two 50-mile loops or ride both for 100 miles plus new flat 20-mile Slack Course. 70-mile option also available. Ride Okanogan County and Riverside Omak Concomully. Omak Lake is a paved rural loop. Fully supported, home-baked goodies. Andi Ervin, kiwanisomak.org

Sept 20: Tour de Whidbey
Whidbey Island, WA. 5 routes: rural roads, beautiful scenery, great rest stops. 10-mile family ride, also moderate 30- and 40-mile options. 50-mile is challenging, 100-mile is one of the most demanding in Washington. Benefits Whidbey General Hospital Foundation. Whidbey General Hospital Foundation, 360-678-7656 ext. 4021, tourdewhidbey.com

Sept 27: Bridges to Breakers
Portland, OR. 3rd annual. 50 miles or full century from Portland to Gearhart. Revenue generated going toward bicycle safety and the Harrington Family Foundation's initiatives to educate and prevent injuries to children. Limit 500 riders. Nancy Marshall, 503-929-9405, bridgestobreakers.com

Sept 27: Coeur d'Fondo
Coeur d'Alene, ID. A spirited fall ride showcasing beautiful Lake Coeur d'Alene. Distances: 15, 37, 47, 87, 107 miles. 37 and 47 include boat ride. Post-event Oktoberfest celebration for participants and their friends and family. cdagranfondo.com

Sept 28: Harvest Century
Hillsboro, OR. Family friendly 3-mile ride and 45-, 75- and 100-mile routes. Start/finish at Civic Center Hillsboro. Fully supported. Finish line party. Benefits Community Vision to help adults with developmental disabilities in the community. Valerie Plummer, Community Vision - Harvest Century, 503-292-4964 x124, harvestcentury.org

TRACK
Weekly Series

MONDAY
GVVA Sprint Night
Apr 14-Sep 8
Victoria, BC. 200m, 500m, Kilo, Match Sprint. Weekly points calculated based on num-

ber of riders attending each event plus 1. Season overall for A, B and C categories. Weekly program varies. Race from 6:45-8:30pm. Cancel if raining. No race 6/23, 7/25. Kurt Innes, gvva.bc.ca

Monday Night Racing
Jun 2-Aug 25
Redmond, WA. Junior racing. Program varies each week. Start 7pm. Rental bikes available. USA Cycling license or 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. Canceled 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

GVVA Group Night
Apr 17-Sep 11
Victoria, BC. Mass start events, Scratch, Points, Miss and Out, Keirin, Madison and Omnium. Season overall for A, B and C categories. Weekly program varies. Race from 6:30-8:30pm. Canceled if raining. No race on 6/19, 8/14, 8/21. Kurt Innes, gvva.bc.ca

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. Canceled 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. Canceled if raining. No race 7/4, 7/25, 8/22. Amara Edwards, Marymoor Velodrome Assoc., velodrome.org

Track
AUGUST

Aug 9: Husky Throw-Down Invitational
Redmond, WA. Collegiate event open to USAC categories. Mass start and individual events such as 200m, 500m, Kilo, Individual Pursuit, unknown distances, Points and Scratch races. University of WA Cycling Team, wsbaracing.org

Aug 9: PDW Omnium
Portland, OR. Clint Culpepper, 503-548-8672, obra.org

Aug 12-17: USAC Elite Track National Championships
Rock Hill, SC. usacycling.org

Aug 14-15: Organic Athlete Omnium
Victoria, BC. Greater Victoria Velodrome Association, gvva.bc.ca

Aug 16-17: OBRA Masters Track Championships
Portland, OR. obra.org

Aug 19-24: USAC Masters Track National Championships
Redmond, WA. Individual and team events where the best Master racers in the nation challenge each other for a shot at coveted champion title and jersey. Multiple age groups. Marymoor Velodrome. Amara Edwards, Marymoor Velodrome Assoc., velodrome.org

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

The Shakedown Ride

BY MAYNARD HERSHON

The idea was a sort-of shakedown ride, a one-night camping trip. We'd ride, oh, 20 miles, to a state park south of Denver on a Sunday afternoon. We'd stop for dinner on the way, arriving at our camping space well before sundown, pitch our tents and make tea ... all very civilized.

We'd sleep soundly in our tents, his borrowed, mine a newly bought REI one-person model. We'd pack our bikes in the morning, linger over tea and pedal home, arriving mid-morning on Monday.

I figured if we left at 4 p.m. and got home at 10 a.m., we'd only be gone 18 hours but it'd seem like we'd been away for days. Right?

I did everything correctly in the week before our trip. I set up and took down my tent twice. I blew up my sleeping pad and aired it. I mounted the front and rear racks and front and rear bags onto my Long Haul Trucker. I rode the bike with the racks and empty bags and realized that, heavy as the bike had become, it would still roll along okay.

My ride partner was a friend from the studio where I'm learning tai chi. He's an instructor there, quiet guy, fifties, has that calmness you associate with practitioners of Asian arts. We'd talked about cycling so I knew he rides a bike around town.

But I had never seen his bike nor seen him ride. I will say that he **looks** like a rider, slender and well-muscled. He certainly doesn't smoke or display bad habits of any sort. This'll work out great, I felt sure. Why ... What could go wrong?

We met at a tiny street-corner park near our homes. He had a Trek mountain bike, not new and not shiny. He wore a wide brimmed sun hat, no helmet, and Birkenstocks. I had a moment of misgiving there, but I decided I was in for the trip, Birnies or whatever.

My wife Tamar shot a photo or two of us standing with our bikes, sturdy adventurers off on a first bike camping trip (for both of us). Waving goodbye to Tamar, we pedaled off into the great state-park unknown.

Right away, I realized I had a problem. My friend uses his bike for around-town transport and has done a few longer rides in anticipation of our trip. He's a fine guy, don't mistake me, without a molecule of meanness in his wiry body.

He just rides slow. I don't mean slowish, or slower than one would expect. I mean dead, nearly motionless slow. On the flat bike trail, he rode as fast as a jogger might run.

If you're one of the millions of insecure cyclists out there who **thinks** he is slow, trust me. I'm not talking about that kind of slow. Both a winter day and outer space are cold,

but they're not comparable. My friend is outer space slow. You're Mark Cavendish by contrast.

I saw that I had a two-day test of patience in front of me. I'll do the best I can, I thought. We have plenty of time to get to our camping spot before sundown. I'll just stay in my middle chainring, twiddle along. I'll chill, enjoy the riverside bike trail. I'll ride his speed.

I couldn't do it. So slowly did he ride, that if I chose the lowest gear that still provided some resistance to the pedals, and I pedaled just hard enough to keep my chain from rattling on the cogs, I left him behind as if I were Contador and he were ... not.

So I'd ride ahead and stop each time there was a question about how to follow the trail. I would wait for what seemed like forever, stopped alongside the trail, looking back over my shoulder. When I rode, I tried to ride as slowly and patiently as I could, but it was no use. I'd wait ... and wait.

Finally, after what seemed like forever, we reached our dinner spot. It was there at our table in a Panera Bread just off the bike trail that he told me that he never shifts the front derailleur. Only the rear. He said he always rides in the one chainring, the inner one, and he has **three**.

Like driving a four-wheel drive truck in compound low. Like riding the flats and downhill in the gear you'd use to climb a mountain while carrying all your stuff. I reacted inside when he told me but I kept the dismay off my face. I was committed to the ride. Nothing I could do. I had to tough it out.

We reached the state park and set off for the camping area on the other side of a

lake. My friend had his pad with him and brought up a map. We'll go this way, he said, counterclockwise around the lake.

We set off on a paved road that turned into a gravel road that turned into a dead end. We'd ridden several miles in the wrong direction. We had to pedal back to the park entrance and then ride X-number of miles to the campground, each mile taking, oh, an eternity plus 10 percent. The sun, as someone said, was sinking low. So were my spirits.

We rode back to where we'd started, then foolishly asked a car driver how to get to the camping area. Easy-peasy, he said, just around **there**. It was just around there, if you rode and rode and rode around there ... uh, and waited and waited and waited.

We got to our space in the campground and pitched our tents with daylight to spare. I heated water and we drank tea on the nice picnic table. Neither of us slept all that well but while I was awake I could look up through the screen panels of my tent at a clear sky full of stars.

The trip home was much the same as the trip down, minus the urgency I'd felt to get to the campground and get set up in daylight. I feel sure I spent as many minutes coasting or waiting at trail-side as I did pedaling. I never said anything critical or acted impatient, a personal victory.

I thought about this story for several days before writing it. I don't know what the right thing to do is in circumstances like these. I slowed down considerably to try not to disappear from my friend in seconds. I'm sure he felt no need to ride a bit faster so as not to cause me to wait ... and wait.

We're still friends, happy to see one another at the tai chi center. I would go camping with him again, truth be told. We'd pick a spot and I'd meet him there.



Maynard (right) and his friend shortly before departing for an overnight camping trip. Photo courtesy of Tamar Miller

Trivia

Answers from page 3

- A1. Five! The first was Greg Lemond in 1983 (rewarded retroactively after Frenchman Pascal Simon had a doping offense). This was followed by Armstrong's then US Postal lieutenant Tyler Hamilton in 2000. Big Tex himself in 2002 and 2003 (now stricken although fellow confessors before and after him remain listed), Levi Leipheimer in 2006 with the German team Gerolsteiner, and finally Garmin-Sharp's Andrew Talansky triumphed this year. Interesting group isn't it? An American rider gets the first win after a doper is disqualified, three more American wins now removed due to doping offenses, and finally a young American on cycling's first "clean team" (we all hope!) triumphs!
- A2. Ten times by eight riders. The list reads like a who's who of the sports greatest champions. The first was Frenchman Louison Bobet in 1955, then his countryman Jacques Anquetil in 1963, Belgian Eddy Merckx in 1971, Spaniard Luis Ocana in 1973, Frenchman Bernard Thevenet in 1975, his countryman Bernard Hinault in both '79 and '81, Spaniard Miguel Indurain in '95, and finally American Lance Armstrong (now stricken from the record) in 2002 and 2003.
- A3. The young Lemond rode in support of Renault-Elf-Gitane team captain Bernard Hinault, who went on to win that year's Tour, his third, and finished an incredible fourth overall.
- A4. Four men: The first was Frenchman Nello Lauredi (1950, '51 and '54), followed by Luis Ocana (1970, '72 and '73), then diminutive Frenchman Charly Mottet triumphed in 1987, '89, and '92, and finally his countryman Bernard Hinault (1977, '79, and '81).
- A5. Brian Robinson won in 1961 to make history for England. Interestingly, Brit TT legend Chris Boardman finished second in 1995, only 2'21" behind Miguel Indurain.

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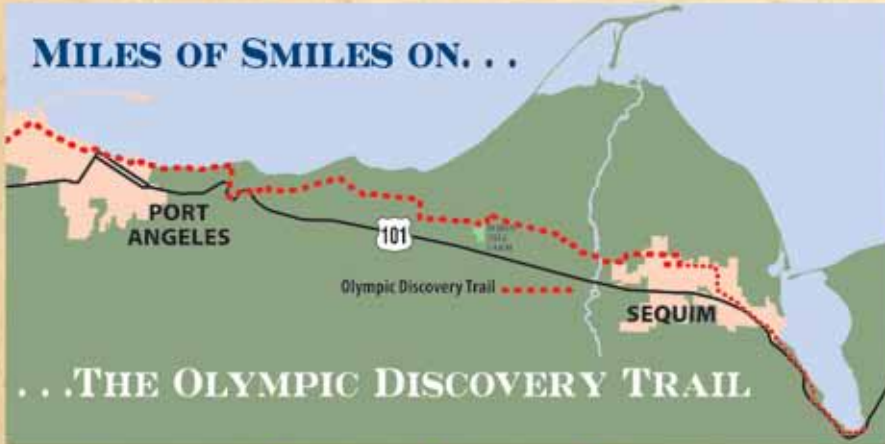
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