

SPECIAL EDITION

ANNUAL ISSUE

NORTHWEST

2015

Cyclist

OutdoorsNW 

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FAT BIKES

Evolution of
a Revolution

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Top Cycling Award

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Lindsey Voreis

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COVER PHOTO: Retired professional mountain bike racer and current Fat Back Bikes brand manager, John "FuzzyJohn" Mylne, rides a Fatback Corvus in Bend, Ore. Photograph by Colin Michael, www.colinmichael.com, courtesy of Fat Back Bikes, www.fatbackbikes.com

Mountain bikers, Dave Stergar and Emmett Purcell, pedal through the hills surrounding Helena, Mont. Photo by Bob Allen

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A Writer's Life Post Training Wheels

By Kris Parfitt

To say that I am excited to introduce myself as the new editor of *OutdoorsNW* magazine, a sister publication of *NW Cyclist*, would be a gross injustice to the word "excited." If I had a tail, it would be wagging uncontrollably.

Our annual *NW Cyclist* edition inspired me to think back to my first experience on a bike. Over Christmas of 1973 I was given my first two-wheeler (with a groovy green and yellow banana-seat, no less!).

It was clear from the start that until I mastered the art of balance while pedaling and braking (minor details in the mind of a five-year-old), training wheels were in order.

As stubborn as I was about learning to ride without training wheels (I wanted to keep them on), my mom didn't give up on me. And despite the mutual frustration with each other that sunny April afternoon when we took them off, we were both elated when I successfully rode to the end of the cul-de-sac without falling.

Oh the freedom! The wind tussling my short blonde hair (bike helmets were unheard of in the early 1970s), and my big toothless grin were evidence that I had graduated into Big Girl status.

Now some—ahem—40 years later I'm feeling the same excitement. I've been a writer since the same age I learned to ride, and a published writer for a little less than a decade. My editors have been my training wheels for making my work look like it came from a somewhat decent writer.

Now that I've graduated to editor-status it's my publisher and you, dear *OutdoorsNW* readers, who will keep me balanced and pedaling forward. You see,



Managing Editor Kris Parfitt is all smiles after removing her training wheels. Circa 1974

it still requires a certain type of support to edit our outstanding contributors' stories, upgrade the magazine and engage with a broader readership.

While the *OutdoorsNW* team has big plans for the future of this magazine, we will not lose sight of the fact that we are writing for you, our adventurous outdoors-loving readers.

I invite you to help us share the stories you find most inspiring, engaging and educational by connecting with us by email, Facebook, Twitter, Pinterest, and soon via Instagram. We love hearing from you about the good, the bad and the ugly because our commitment to a quality publication is anchored in your voices.

Thanks for the support and I look forward to seeing your photos, hearing about your road-trips and race experiences, and reading your pitches for story ideas.

With tail a'wagging,

Kris Parfitt

Kris@OutdoorsNW.com

NORTHWEST 2015
Cyclist

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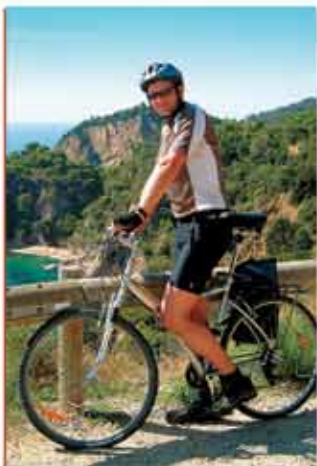
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Fat Biking

THE EVOLUTION OF A REVOLUTION

By Dutch Franz



Jame Stull rides a Fat Bike 9:ZERO:7 Carbon Whiteout on a ridge in Kincaid Park, Anchorage, Alaska. Photo by John Lynn Photography, courtesy of Fat Bikes, www.fatbikes.com

You will wonder, sometime soon, when the sport of fat biking became so popular. The answer is: Now.

For the uninitiated, fat-biking is like mountain biking only done on sand, snow or ice, and the sport is fast becoming popular.

What makes these bikes unique are the extra-wide tires inflated to just 4–10 psi and mounted on light poly-carbon frames. The wide tires and low tire pressure keep the bikes stable in traditionally hazardous conditions and help bikers enjoy environments formerly reserved for skiers, snowshoers and hikers.

Continued on page 10



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Members of the Northwest Fat Bike Club take a break outside a Rendezvous Hut in the Methow Valley, Wash. Photo by Kristen Smith, courtesy of Methow Trails, www.methowtrails.org

Originally developed in Alaska as reliable transportation during winter months, the fat bike migrated south a few years back and is quickly becoming popular with biking enthusiasts in the Northwest.

Pioneers of Fat Biking

Shawn Pedersen of Seattle and Ward Whitmire of Yakima are two local and early pioneers of fat biking.

Pedersen, a long-time REI bike-shop

guru, started looking at fat bikes to compete in the grueling Susitna 100, an endurance bike race outside of Anchorage. Both Pedersen and Whitmire were seeking ways to extend their cycling experience in all conditions and they found it with the fat bike.

Now Pedersen and Whitmire, along with the help of resident fat biking trail expert David Nelson of Spokane, run the Fat Biking Northwest Club and Facebook page. The group plans meet-ups several times a year in different parts of Washington state to ride and discuss trends in the sport. Members come from throughout the state, Oregon and Canada.

The Secret to Fat Biking

Bike shop owner Julie Muylaert of Methow Cycle and Sport in Winthrop, Wash. says, "You can't ride one of these things without smiling."

Besides the grins, another big reason for fat bike success is that

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families can do it together with no additional skills or lessons required; if you can ride a bike, you can fat bike. The activity is also resistant to weather and environmental conditions, making it an easy addition to any family vacation.

Where to Fat Bike in the Northwest

Since fat biking is relatively new, it's wise to call ahead and make sure fat biking is allowed where you are traveling and to make reservations for bikes if you are renting—they go fast.

Canada

In British Columbia there is always Whistler-Blackcomb Resort, but also try areas less traveled. Diana Ducs of Nelson Kootenay Lake Tourism suggests Mountain Station above Nelson, B.C. The area has trails for all abilities with locals favoring Espresso, Rez, Badger, and Raccoon.

Washington

The Methow Valley, on the eastern slopes of the North Cascades, has the most groomed trails and fat bike access of any area in the region. Methow Trails allows fat bikes on most of its 120 miles of groomed snow trails. Rentals are available at Methow Cycle and Sport and Goat's Beard outfitters in the nearby village of Mazama. Reservations are recommended.

For winter riding, David Nelson recommends Riverside

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Finding the road less traveled, Oregon Dunes National Recreation Area offers plenty of fat bike sand. Photo by Ward Whitmire

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State Park, 11 miles northwest of Spokane. In warmer months, he suggests heading to the dunes south of Moses Lake or Frenchmen Coulee (about 40 miles and 72 miles, respectively, east of Ellensburg), where you can find the best sand-riding in the area.

Fat bikes also handle loose gravel and ballast rock well, so the Columbia Plateau Trail (northeast of the Tri-Cities outside Washtucna) and John Wayne Pioneer Trail in the Iron Horse State Park (near North Bend), are also great options.

Pedersen adds that there are many new trails open this year. Crystal Springs (eight miles east of Snoqualmie Summit) allows fat bikes on the groomed dog-mushing trails. The Ski Hill in Leavenworth has opened up some trails to fat bikers on Sunday and Monday nights for cycling under the lights.

Also check out the Northwest Bicycle Improvement Co. bike shop in Roslyn for rentals, trail advice and tours. Loup Loup Bear Mountain Nordic (12 miles from Twisp and 18 miles from Okanogan), has multi-use trails open to fat bikes, but check at the ticket window when purchasing a trail pass for approved routes.

Oregon

Bend is the center of fat biking in Oregon, and T.J. Jordan of The Hub Cyclery in Bend says there are a number of trails for all riding conditions and skills. He recommends

nearby Wanoga Sno-Park and Tumalo Falls. These areas are on U.S. Forest Service and park land so check for land-use permits before arriving.

Summer riding possibilities are nearly endless, but try the bike park at Mt. Bachelor which offered downhill biking for the first time last year. Besides Bachelor, Jordan recommends Phil's Trail (seven miles west of Bend), which is managed by the Central Oregon Trail Alliance.

Whitmire includes the Oregon Dunes National Recreation Area—located about 90 miles southwest of Eugene on the Oregon Coast, and Christmas Valley Dunes (about 100 miles south of Bend in Oregon's high desert)—on his list of epic fat bike rides.

Dutch Franz is a Seattle-based freelance journalist, avid outdoor adventurer and short-story writer. His work has appeared in regional recreational magazines and short-story anthologies.

Resources

Central Cascades Winter Recreation Council:

www.snowrec.org

Fat Biking Northwest Club:

www.facebook.com/northwestfatbike

Methow Trails: www.methowtrails.org

Methow Cycle and Sport: www.methowcyclesport.com

Northwest Bicycle Improvement Co.:

www.nwbicycleimprovement.com

Ski Leavenworth Fat Biking:

www.skileavenworth.com/activities/fat-bike

Columbia Plateau Trail:

www.parks.wa.gov/490/Columbia-Plateau-Trail

John Wayne Trail (Iron Horse State Park):

www.parks.wa.gov/521/Iron-Horse

Central Oregon Trail Alliance: www.cotamtb.com

U.S. Forest Service: www.fs.fed.us

Whistler-Blackcomb Resort: www.whistlerblackcomb.com

Nelson, B.C.: www.nelsonkootenaylake.com

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PROFILE: Lindsey Voreis



Top: Lindsey Voreis leads a group of cyclists through a path in the woods. Photo courtesy of Lindsey Voreis; Middle: Lindsey Voreis. Photo by Kirt Voreis; Bottom: A group of cyclists at the Ladies AllRide clinic work on rock-drop technique. Photo by Sarah Rawley

The 'Oprah of Mountain Biking'

Ladies AllRide Coach

By Suzanne Myhre Johnson

“Boobs to the bar!” called out our coach, Lindsey Voreis. What may have sounded like a call to Ladies Night Happy Hour was actually instruction for hill climbing on a mountain bike.

Two friends and I were well into our three-hour clinic, and catching on to Lindsey’s unique way of teaching mountain biking skills. In this case, the bar is the handlebars, and boobs to the bar is an easy way to remember the correct body position while climbing: moving the upper body forward and positioning low over the handlebars.

We’re riding just outside Bend, Ore., in a mountain meadow where Lindsey has developed a skills course with a short pump track, rock ledges, wooden trials and grassy knolls. It’s the ideal scenario to introduce her students to techniques used to get up, over and past obstacles they’ll face out on the trails.

Before our afternoon ends, we’ll have learned to tame these hurdles that seemed intimidating just a few hours ago: bank up around curves without braking, and pop wheelies that would make my kids’ jaws hang open.

Lindsey’s clinic is called the Ladies AllRide, and her mission is to bring more women into the sport she loves.

Athlete, Survivor, Coach

Lindsey knows a few things about facing obstacles and challenges, as well as about finding herself through biking.

She grew up an athlete, but like many women lost that part of her identity during college and while building a career. Her dad inspired her to reclaim her athletic side by taking her trail riding along the fire roads in Portland’s Forest Park.

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A cyclist gets pointers for taming a trail obstacle from Lindsey Voreis at the Ladies AllRide clinic. Photo by Suzanne Myhre Johnson

“I want to inspire women to challenge themselves and teach them how to do it...”

“It helped me remember how much I loved biking,” she recalls. “Pretty soon I was chasing teams of mountain bikers up the hills, and because I’ve always been a goal-setter, riding for fitness evolved into racing.”

Even as her racing career accelerated, the dot-com crash of 2000 left Lindsey out of a job and in need of a change. She was selected as a competitor on *2001 Survivor: Africa* and was billed as the pro-mountain biker with an attitude, known for throwing class-A tantrums.

“I became a celebrity but I lost myself again, and turned into a person I didn’t like so much.” Again, Lindsey returned to her bike, channeling her temper and energy into mountain biking and racing.

The inspiration for creating her clinics came when Lindsey joined her husband, pro-biker Kirt Voreis, on his AllRide promotional tour. The tour featured all kinds of riding from BMX to trail to downhill, but Lindsey noticed one thing missing...there were no women.

Spurred on by the positive aspects that mountain biking brought to her own life, Lindsey worked to become certified as a coach through the PMBIA (Professional Mountain Bike Instructors Association). She developed her own version of the AllRide tour—the Ladies AllRide—designed to draw more women into the sport and help them build skills without intimidation.

Ladies AllRide

These days, in between her own races and doing photo shoots for sponsors, Lindsey travels the country sharing her approach to trail riding with as many women as possible, through the Ladies AllRide clinics.

Her students range from middle school to middle-aged, and from beginners to experienced. Each clinic begins with a review of the basics.

“It’s all about body position on the bike, moving forward and back to stay centered as the angle of the hill changes,” says Lindsey. She coaches riders through a progression of balance techniques, all revolving around one theme: the rider is in charge; the rider gives the bike life.

“Women forget that they are the ones in control of the bike,” she says. “The bike doesn’t have a brain; it only goes where you tell it to go.”

To reinforce this message, riders practice moving the bike beneath them, angling the frame side to side to maneuver around rocks. As my friends and I worked on this technique during our clinic in Bend, the frowns of concentration turned to smiles.

Melanie Fisher, co-owner of Cog Wild Bicycle Tours in Bend, has coordinated clinics in Bend and has seen the impact of Lindsey’s coaching.

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“Women connect with her style because she’s all heart, no ego,” says Fisher. “It’s all about ride bikes, be happy, not ride bikes, keep up with the guys.”

In between the skills and the techniques, the clinics pack in what Lindsey considers the most important aspects of biking for women: a good dose of confidence-building, a little Zen, and a whole lot of fun.

“I want to inspire women to challenge themselves and teach them how to do it,” says Lindsey. “I want to be the Oprah of mountain biking.”

To find a Ladies AllRide clinic near you, check www.ladiesallride.com

Suzanne Myhre Johnson lives, writes and plays in the mountains of Central Oregon. When not writing, she can be found practicing wheelies on the trail.

Lindsey's Tips for Mountain Bikers



A mountain biker speeds down a trail during a Ladies AllRide clinic. Photo by Bryan Cole

- Keep only one finger on each brake lever. The goal is to keep the wheels rolling. Hesitation equals devastation.
- Look ahead of you, down the road, not just below you.
- Stay loose in the arms. If you're too stiff, you can't adapt your position.
- Stay light on the bike and off the seat in order to move the bike beneath you.
- Get forward on climbing; shift weight back on the downhill.



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Details for Down Hugger

Buying Your First Bike

By Rebecca Agiewich

Regardless of whether a first bike is gifted at a young age, acquired in the teen years, or purchased as an adult, when it comes to buying your first bike, the advice that local bike shop owners have might surprise you.

Think ahead

Davey Oil, co-owner of G&O Family Cyclery in Seattle, advises those in the market for a first bike to think ahead.

"Bikes offer more mobility than you think," says Oil, whose shop focuses on family and cargo bikes. And once you start biking, he says, it will "expand your conception of what biking can do."

For now, he says, you might just want a bike for easy trips around town. Later, you might very likely want a bike to "carry all your groceries" or even to replace many of your car trips.

Think now and later

Similarly, Joe Brown, owner of Methow Cycle & Sport in Winthrop, Wash., advises newbie cyclists to start by thinking about what they want to do now on their bikes, and then to think beyond that.

"Don't necessarily limit yourself



Methow Cycle and Sport owner, Joe Brown, talks about what to look for in your first bike with customer Larry Miller. Photo courtesy of Methow Cycle Sport, www.methowcyclesport.com

to what you know," he says. "Think about what you might be doing three years from now, too."

He also stresses the importance of finding a bike shop that has good service.

"Seek out a shop that has some expertise in bicycle fitting," says Brown. "One that puts you on a bike that fits both your budget and your body."

As for researching your new bike, Brown recommends splitting your time between the internet and in-person conversations.

"There are a lot of good resources online," says Brown. "But, if you research online exclusively, it can be overwhelming. I recommend that you start the conversation in a bike shop and then do a bit of research online."

Buzz

Oregon's Green Pedal-Powered Tree Planting

Ever wonder why western Oregon has so many trees? Thank Friends of the Trees, local cyclists and the cities of Portland, Vancouver, Salem, Eugene and Springfield for the gorgeous deciduous and coniferous canopies that shelter you from the elements now, and into the distant future.

In 2014, Friends of the Trees celebrated its 25th anniversary by selling trees for \$25 and Ninkasi Brewing Company joined the party by creating and distributing a beer appropriately called Friends of the Trees Pale Ale. All profits from the beer support Friends of Trees and its mission to bring people together to plant trees and improve the natural world around us.

The combined efforts between staff and volunteers from Friends of Trees and their Neighborhood Trees and the Green Space Initiative programs have resulted in the installment of over half a million trees and native plants since its beginnings in 1989.

Raise a pint of the pale ale to the cyclists of western Oregon who have volunteered thousands of hours riding to sites, hauling trees and tools in their bike trailers, and planting the trees and shrubs in front yards, parking strips and public parks. Cheers to green pedal-powered advocacy for a cause that lowers CO₂, mitigates storm run-off and provides beauty, shade and shelter around western Oregon.



Volunteers Bill Stites (center), Paul Cone (left), and Aaron Tarfman (behind Paul), join others on bikes to plant trees. Photo by Naomi Tsurumi.

Want to know more?

Friend of Trees: www.FriendsofTrees.org

Tree Benefits Calculator:

www.treebenefits.com/calculator

Ninkasi Brewing Co.: www.ninkasibrewing.com

Choosing a Bike for a Child

The first time our then-7-year-old tried gravity-based mountain biking, he was placed on the smallest bike in the rental shop...which was at least two inches too tall for his height.

While everyone else focused on getting their bikes up the chairlift and getting used to the feel of their tires under the single-track dirt, he concentrated all of his energy on simply staying upright.

In hindsight, this improper sizing was not only a disservice to him, but downright unsafe. Here's how to choose a bike for your child—before you're on the trail or road.

Hybrid Heroes

Unless they're heavily into a particular type of cycling, and therefore ready to specialize, most parents will want to buy their child a bike that can perform well on both roads and dirt.

Hybrid bikes are ideal for families who may like to take excursions on local bike paths and city streets, but also enjoy mountain biking (either on single-track or via chairlifts at mountain resorts). Plus, hybrids make for great day-to-day bikes for those trips around the block.

Start your hybrid bike search at your local cycle shop. Your child's bike will not be used as a toy, so avoid buying a bike at a toy store. Bring your child with you, so the experts at the cycle shop can correctly size him or her to a bike.

Look for a hybrid model with gears (but not too many, six is enough for most kids under age 12) and shocks. Buy for quality, but there's no need to spring for the most expensive model:



While mountain biking, kids need to have a helmet with face protection. Photo by Amy Whitley

our favorite hybrid bikes for kids are Trek and Diamondback, in the \$200-\$300 price range. Once outgrown, these quality bikes can easily be resold.

Tires and Tubes

Once you've selected a bike, ask the salesperson for the correct psi (tire pressure) for the tires, so you can ensure they're always inflated to that pressure. On most hybrids, you'll want the tires inflated more for road biking, and less for mountain biking. Usually the correct psi can be found on the outside of the tire walls.

We find it helpful to get our tires treated with a tube sealant, which can be done at home or right at the shop. Tube sealants help prevent flats by coating the inner tube, quickly sealing small leaks that may occur.

Bike Rentals

If you're renting a bike, learn from our mistake and call the cycle shop or

on-mountain bike center before arriving with kids under age 12. Many carry models suitable for young kids, but if yours does not (as was the case with our gravity-based mountain biking excursion), you'll have time to find a bike rental for your child elsewhere.

Ask about protective gear as well. While mountain biking, kids need a helmet with face protection, plus shin guards. (Chest guard is optional.) If road biking, bring your child's usual helmet to ensure correct sizing.

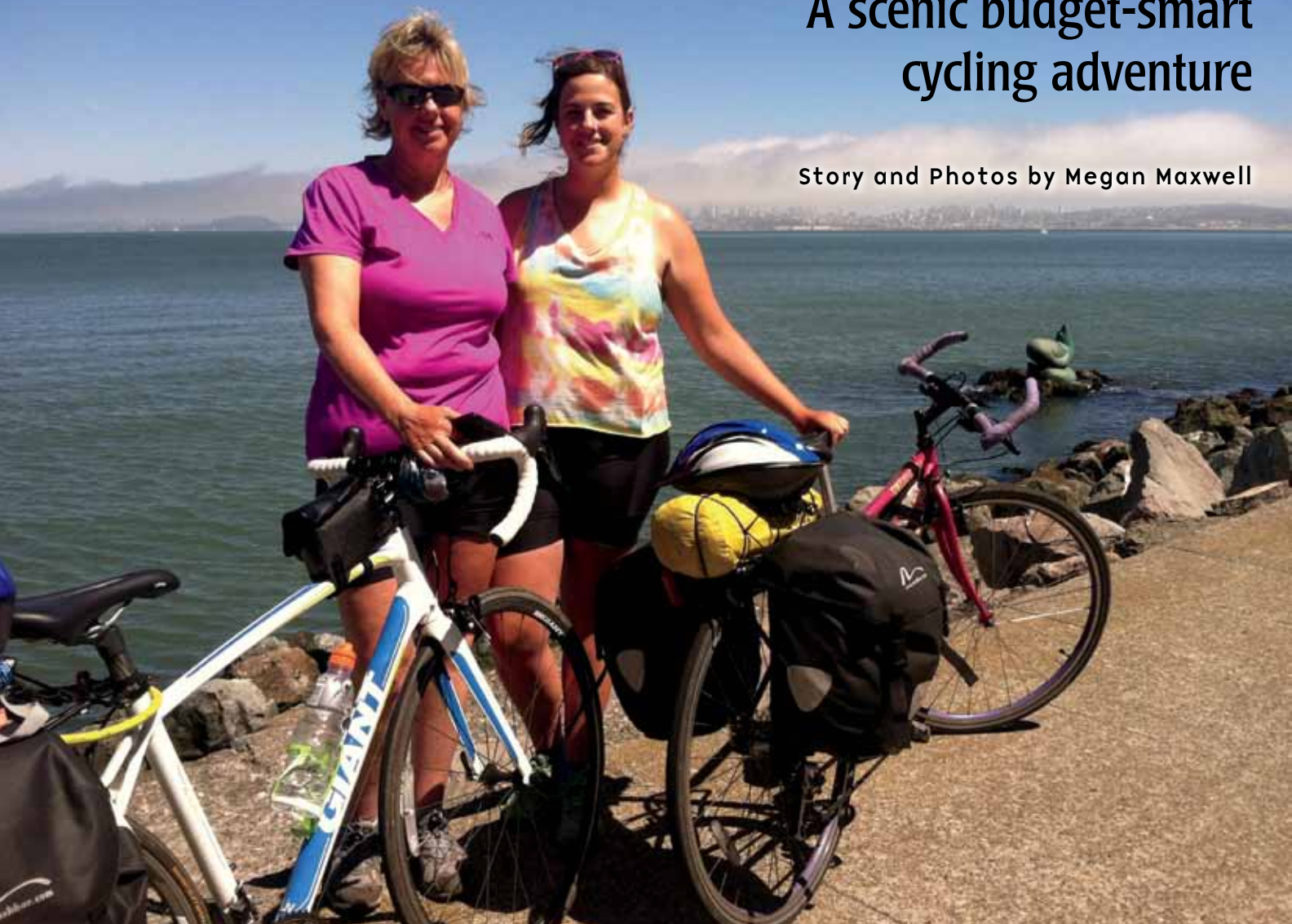
Cycling with kids is an affordable, easy family activity once everyone is properly geared up and outfitted. Now the biggest challenge is loading all the bikes in the car or on the bike rack!

Amy Whitley of Medford, Ore., writes about her family adventures in NW Kids every edition in *OutdoorsNW*. Miss a column? Log onto www.OutdoorsNW.com and search NW Kids. You can follow more of Amy's adventures at www.PitStopsforKids.com

Touring Oregon's Bike-Friendly Coast

A scenic budget-smart cycling adventure

Story and Photos by Megan Maxwell



The author and her mom toured the Pacific Coast by bike, and Oregon was their favorite section.

It was a small detail that neither my mom nor I had any biking experience—or had been to the west coast—when we decided to bike from Canada to Mexico along the Pacific Coast Highway.

Imagining sunny beaches and leisurely afternoons, we expected a scenic bike ride that would be moderately difficult. While it wasn't the relaxing beach vacation we had hoped for, it was a charming and unique adventure.

Out of the entire length of the U.S. Pacific Coast, Oregon was our favorite

section. It seems that biking is the perfect pace to see Oregon's coast.

Why Bike the Oregon Coast?

Oregon is such a friendly place for bikers. One day when my mom popped a tube, a couple picked her up and drove her ahead to where I was on the road and then repaired the damage as

well. I never felt worried for my safety while biking because the shoulders were wide and drivers gave us plenty of space.

We traveled slow enough that we had time to appreciate each rock formation rising up from the Pacific Ocean. And, a bowl of clam chowder from Mo's Restaurant (it has six locations along the Oregon Coast) seemed to taste even better after traversing 20, windy miles to get to it.

Oregon might be well known for its wet weather, but we had mostly dry days during our ride down the coast,

with the exception near the end of our trip. Note to future riders: invest in a good raincoat! My Showers Pass rain jacket kept my skin dry from the ongoing spray of passing cars and semi-trucks.

Where to Stay

The Oregon coast state parks offered the most affordable accommodations for both hikers and bikers, averaging \$6 a night for campsites, hot showers and great conversations. The abundance of these parks provided us many options for short or long biking days because they were conveniently spaced 15–25 miles apart. While summer is busy along the Oregon coast, no reservations are needed for the hiker/biker sites.

Most of the parks have beach access, and sometimes campsites are right by the water. My mom and I liked to end our days early so we could spend the evening with our feet in the sand, watching the sun set over the Pacific.

Continued on page 20



The sun sets over South Beach State Park near Lincoln City, Ore.

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Clear weather provides a stunning view of Otter Rock, outside Newport, Ore.

The Bike Route

We followed U.S. Route 101, that runs the entire length of the 347-mile Oregon Coast route, as suggested by the Adventure Cycling Association. The ACA route sticks close to Highway 101 and often veers onto less trafficked roads and cyclist-only trails. The maps were extremely accurate with only one or two times during the entire trip that it seemed off.

More often than I would like to admit, we got lost on a side road. The only downfall of the ACA maps is that they only label the roads you are supposed to be on, not the surrounding roads. In times like that, I used my Google Maps app to navigate back to the actual route.

Regardless of a sense of navigation, having a GPS app was useful. We went to the grocery store regularly to buy dinner and breakfast items, and we often wanted to eat lunch at restaurants. Since we were already biking 40 miles a day, it seemed counter-productive to aimlessly bike around town to find what we needed.

Overall, the Oregon Coast route would be perfect for anyone who is looking for an outdoor-centered budget-friendly adventure where they can enjoy ocean breezes, scenic views, and meet friendly locals.

Megan Maxwell is a writer based in Colorado and is the author of The Appalachian Trail Girl's Guide. She blogs at www.AppalachianTrailGirl.com and can be found on Twitter @hashbrownhikes.



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Gear Checklist

Biking Necessities

- ☐ Bike with 21 gears (ideally)
- ☐ Rack and two panniers (waterproof, at least 40 liters total)
- ☐ Repair and maintenance tools: *tire pump, spare tube, patch kit, chain oil and multi-tool*
- ☐ Safety items: *bike lights, helmet and first-aid kit*

Camping Necessities

- ☐ Lightweight backpacking tent
- ☐ Sleeping bag and sleeping pad
- ☐ Cookware: *camp stove, fuel, and cooking pot*
- ☐ Water Bottle(s)

Clothing

- ☐ Reflective rain jacket
- ☐ Padded bike shorts
- ☐ Long-sleeve and short-sleeve synthetic shirt
- ☐ Long pants
- ☐ Padded bike gloves
- ☐ Hat or Buff (or something similar) to cover ears
- ☐ Change of clothes for camp

Navigation

- ☐ The Adventure Cycling Association's Oregon Coast map, \$15.95
- ☐ Smart phone with Google Maps or other GPS app
- ☐ Backup charger for phone

~ Megan Maxwell

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Pro Tips for First-Time Bicycle Vacationers

By Todd Starnes



Smooth roads are a cyclist's dream. Photo courtesy of Bicycle Adventures

Do you want to go on your first bicycle vacation but aren't sure how to get started? Here are four tips to get you pedaling in the right direction.

Choose a fully supported tour

Instead of camping and carrying related gear, a supported tour allows you to focus on enjoying the ride, landscape, lodges and, of course, well-earned food. You save yourself a ton of pre-trip legwork and a fair amount of suffering.

Go shopping

Padding is a good thing if you want to keep sensitive areas comfortable (and who doesn't?). To avoid the "monkey-butt" look of padded shorts, head for the nearest bike shop and ask for mountain-biking shorts, which look like regular shorts but hide the padding inside. Or buy the padded liners that hide inside your regular baggy shorts.

Ditto with the cycling top; just spend a few bucks to get a quality product that is comfortable both on the bike—and off.

Cotton gets sticky and bunchy and doesn't dry very fast, so I don't recommend your favorite Saturday t-shirt. But if you have a technical-fabric t-shirt or two—like polyester that wicks—you're off to a great start.

Finally, let's face it: this is the Pacific "North-wet." So if you're planning to be outside on a bike anytime in, say, the next 12 months, you'll need a jacket.

There are multiple choices for rain/wind-resistant jackets: the starting price point for a decent cycling jacket is about \$35. Yellow makes for great visibility on our grey days, and the longer backside keeps your waist dry

when you're hunched over on the bike. I'd recommend something not too baggy that you can scrunch up small and stash between squalls.

Ride a bike

This doesn't mean start training; just ride with purpose to help get in better physical condition for your tour.

Think back to those days as a kid with wind in your hair (but please wear a helmet). Think about the freedom, the separation and distance.

There was always a reward at the end of my rides. As a kid it was riding with friends to the A&W for a root beer, or riding to a friend's house to play or riding to practice. But I was never riding to train.

Ride for the enjoyment; minimize pressure on yourself. The distance and pace aren't really important. Your guides will help you through the trip and get you just the right number of miles and difficulty for your level.



Cyclists celebrate their ride through Death Valley.
Photo courtesy of Bicycle Adventures

Partner Up

Finding a partner or two to ride with is important and creates a fun way to have a buddy. Find a friend, mentor or spouse who will go along for the ride. Preferably it is someone who embraces the joys of riding a bike. They're not going to try to impress you with their abilities on that first little incline or race you to the destination. They'll actually ride by your side, chatting and stopping to smell the roses.

Prefer to partner with a group? Join a local bicycle club or bike-touring company that can prepare you to get the most out of your bicycle vacation.

Most large cities have bike clubs with novice classes and groups. If you join one, ask lots of questions and just ride for the pleasure of it. Make sure they understand you just want to go for a bike ride and enjoy the experience.

Todd Starnes is a former bike racer and coach with an MBA and Sports Science degree. In 2009, following a career in sports science and marketing which took him touring throughout the U.S., South and Central America and Europe, he and a partner acquired Bicycle Adventures and today he serves as company president and visionary.
www.bicycleadventures.com

The 10 Bike Essentials

Reprint courtesy of the Cascade Bicycle Club, www.cascade.org

The 10 most important items to have on your bike in case of emergency:

1. Identification
2. Cell phone
3. First-Aid kit
4. Patch kit
5. Spare tube
6. Tire inflation system
7. Tire levers
8. Map
9. Multi-tool
10. Energy bar or other small snack



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Spring Cycling Gear!

By OutdoorsNW Staff

CYCLING JERSEYS

Retro Image Apparel Two



Founded in Seattle in 2002 by Roger Malette, Retro Image Apparel's mission was to make cycling jerseys functional and fun. After Roger's untimely death, the family company was moved to St.

Louis and rebranded as **Retro Image Apparel Two** in 2014.

Today, the company still succeeds in carrying on Roger's jersey creations in classic art, pop culture icons and historical cycling imagery to create unique and expressive cycling apparel for men and women of all experience levels.

Among our favorites, you'll find the Rosie the Riveter, Smokey the Bear and NASA designs. There's also a colorful line of jerseys featuring popular craft beer labels—relevant to cyclists of the hoppy Northwest variety.

Retro Two jerseys are 100 percent dye-sublimated, and they're made from high-tech fabric that does a great job of regulating temperature and moisture. They're made with four-way stretch fabric and mesh side panels for ultimate flexibility and comfort. Other jersey features include three rear pockets for easy stash-on-the-go riding, non-elastic sleeves, silicone grips to keep jerseys down in the back, and a full hidden YKK zipper. As of 2015, many designs are also available as Performance Tees, in both men's and women's cuts.

\$84.99 short-sleeve jerseys; \$94.99 long-sleeve jerseys, \$49.99 short-sleeve performance tees; \$59.99 long-sleeve performance tees. www.retro2ride.com

REFLECTIVE SPRAY

Albedo 100

Advancements in aerosols and paints have come together in this great reflective spray.

Albedo100 Invisible Bright Spray is invisible in daylight but light-reflective in the dark, in car headlights or camera flashes. The reflective effect is perfect for the evening walk, jog or bike ride. Increase the visibility and safety of children as well by spraying clothing, shoes, baby strollers, backpacks and hats. It washes out easily and is not durable in the rain so requires reapplication. They do sell a Permanent Metallic light-reflective spray that sticks to most surfaces and is wind, rain and UV-resistant. They also offer Horse and Pet spray that is fur-friendly and washes off easily.

\$13.99 2.3oz, \$18.99 4.6oz

www.albedo100us.com



SEE'EM LED MINI SPOKE LIGHTS

Nite Ize



Nite Ize has an extensive offering of high-visibility products for cyclists—including the fun **See'em LED Mini Spoke Lights**.

These small, colorful lights clip easily and securely onto bicycle spokes. Once attached, you can easily turn each light on and off by rotating the face of the light. If your fingertips are covered by gloves, this can be challenging, but is easy otherwise.

What makes these LED lights so darn fun is that they create glowing light trails that follow the circular motion of your bike while you ride, increasing side visibility. Fun fact: A friend of our tester saw her riding her bike with these lights and asked about them right away. They're tester- and friend-approved.

If you want to be seen cycling or running, check out their two-pack (\$6.99) or four-pack (\$13.99) and create a pretty fantastic visibility kit!

www.niteize.com

NEW SEATTLE BIKE DESIGN

The Denny

Arthur Denny would have been proud. The founding Father of Seattle in 1851 now has a bicycle named after him, **The Denny**, a commuter bike designed exactly for Seattle bike commuters.



Chosen by voters as the best design from five design firms around the country in a contest sponsored by Oregon Manifest and Levi's, The Denny was created by the Seattle firm Teage and frame maker Tony Sizemore. The collaboration is known as Teage x Sizemore.

The Denny addresses all things bikers face riding in Seattle: unpredictable terrain and climate, with security, safety and convenience integrated into the design. Coolest feature: A removable handlebar that you can use for a lock!

The Denny will be manufactured by Fuji Bikes with shipments projected to arrive on showroom floors this spring. The Denny will retail between \$3,000 – \$5,000.

oregonmanifest.com/and-the-winner-isdenny

The Bohemian Guide to Urban Cycling

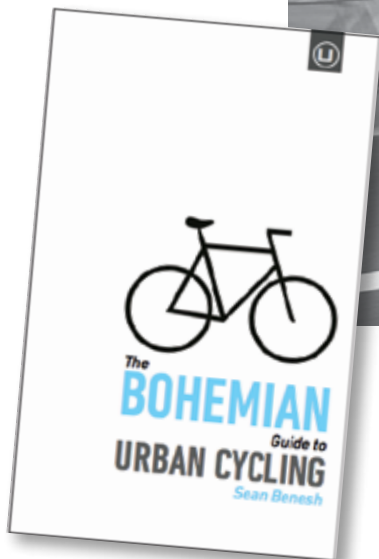
BY SEAN BENESH, SELF-PUBLISHED

The cycling guide sleeper of the year, *The Bohemian Guide to Urban Cycling* is a five-star read. Humor and honesty weave through Benesh's personal stories of struggle as both an urban commuter and devout mountain biker.

Benesh offers wise and sound tips on selecting the best bike, accessories, fashion and gear for new and veteran commuters. I especially loved the story about making grandpa's pants into trend-setting bike fashion.

With an engaging but more serious tone, Benesh addresses the planning that underscores urban bicycle infrastructure, along with the ethics of being an urban rider and car driver. He dives into equality, discrimination and the social justices surrounding cycling.

He drives home that, regardless of social class, the amount of people who prefer or rely on bicycle commuting and urban cycling is on a sharp steady increase and that it is time for this choice in transportation to be taken seriously.



Author Sean Benesh is a committed advocate for safe urban cycling.
Photo courtesy of Sean Benesh

Goggles and Dust

BY SHELLEY AND BRETT HORTON, VELOPRESS

Shelly and Brett Horton have compiled a selection of fine-art quality photographs from cycling's early history in the 1920–30s from their extensive collection of cycling photographs. Many have not been published and if they ever were, it was for but a brief moment in newspapers and magazines at the time.



"It is only when one studies the etched lines on the faces of the riders as they toil up a rutted, muddy mountain road that one appreciates the true difficulty of the era's contests," write the Hortons. This is the perfect gift for any history buff who loves the golden age of cycling.

Fast After 50

BY JOE FRIEL, VELOPRESS

A popular holiday gift in 2014, athletes are devouring Joe Friel's book not only because it's an informative read, but because it's currently the only resource for older athletes. While it is well researched and articulately written, it is not a book for beginners.

Friel dives deep into the physiologic changes that impact an athlete's performance after age 50. The first part of the book details both scientific studies alongside his experiences as a training coach and athlete himself.

He provides his readers with a practical training approach proposing that high-intensity workouts, detailed methods for reduction of body fat, and heavy-load strength workouts are the key to combating age-related decline of athletic performance.





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How Vision and Hard Work are Shaping Cycling



By Rebecca Agiewich

Bicycle tourists find the amenities they need along the Old West Scenic Bikeway in Oregon. Photo courtesy of The Path Less Pedaled

Cyclists who live in the Northwest think it's a great place for two-wheeled adventures. The League of American Bicyclists agrees. In 2014, they named Washington the No. 1 state for biking (for the second year in the row); Oregon ranked fifth.

Yes, our corner of the country is stunningly beautiful and practically made for biking. But, it isn't just our jaw-dropping scenery and diverse landscape that has won us this recognition.

It's vision and plain old-fashioned hard work.

A slew of advocates in both states are working their (spandex-padded) butts off to make sure that cyclists can bike safely and comfortably in their home cities and beyond. These advocates work in government and in bike shops. They volunteer for bike clubs, grassroots organizations and neighborhood-based groups. You might never know their names, but you'll definitely appreciate the results of their hard work.

From protected bike lanes to neighborhood greenways; from bike-friendly businesses to bike-aware mayors; here are just a few of the recent improvements making biking safer, more accessible, and more fun in Washington and Oregon.

Pronto Cycle Share in Seattle

In October 2014, Seattle unveiled Pronto—the first bike share program in the Northwest. Pronto launched with 500 distinctive green bikes at 50 docking stations around Seattle.

As of December 2014, Pronto reported that enthusiastic users had ridden its bikes over 39,000 miles—or six times around the moon. And, that

period included one of the wettest Octobers on record!

The program germinated years ago with a group called the King County Bike Share Partnership. This group evolved into Puget Sound Bike Share (now Pronto Cycle Share), which incorporated as a non-profit and made Pronto a reality with the help of many local partners and donors.

For Seattleites who might want to give Pronto a try, the Cascade Bicycle Club offers a class called "Pronto Street Skills" to teach the basics of urban biking and bike commuting.

Neighborhood Greenways

Maybe you've stumbled upon one of these greenways by accident (like I have in Seattle).

You see a sign with a bike symbol on it that says "Neighborhood Greenway," and you follow it. What you find is a quiet, low-traffic street with speed bumps, helpful signs, crosswalks for bicycles, and sharrows.

In other words, a safer route home than you might have otherwise taken.

Neighborhood greenways—which create safer streets for cyclists and pedestrians—are a huge focus for the cycling communities in both Seattle and Portland.

Alex Reed, founder of the Portland advocacy group BikeLoudPDX, says that while Portland helped pioneer the neighborhood greenway concept in the '80s, it now has a lot of older greenways that need updating. That's one of the projects BikeLoudPDX is focusing on, says Reed.

Similarly, the Bicycle Transportation Alliance—a statewide advocacy group located in Portland—is also focusing on improved neighborhood greenways. BTA's Communications Manager, Hatham Al-Shabibi, says that the group is especially interested in expanding greenways in east Portland so that they connect to other parts of town.

Seattle, meanwhile, has its own advocacy group dedicated to greenways. Founded in 2011, Seattle Neighborhood Greenways was a crucial player in getting 245 miles of greenways into Seattle's updated bike master plan.

Cathy Tuttle, the Greenways' executive director, explains that the Greenways group is composed of 20 smaller, "hyper-local" groups that advocate for their own neighborhoods.

"The City of Seattle has invested about \$16 million in safe street improvements based on our recommendations," she says. "So we're having a very direct influence. The model is working well."

Master Plan; Protected Lanes

Cycling advocates around Seattle have lots of respect for Seattle Mayor Ed Murray and the new bicycle master plan that he (aided by many agencies and volunteers) helped to pass in spring 2014.

The plan includes 475 miles of new bike infrastructure, which was "huge," says Anne-Marije Rook, Communications Director for Cascade Bicycle Club.

The master plan "kicked off with a protected bike lane in the heart of downtown, which is a pretty bold move on the city's part," says Tom Fucoloro, the publisher of the Seattle Bike Blog.

Fucoloro is referring to the two-way protected bike lane on Second Avenue, where cyclists are physically separated from traffic by either bollards or parked cars, and have bike-only signals that help protect them from turning vehicles.

Completed last September, the protected bike lane has been a success.

"Use of Second Avenue by cyclists tripled after the protected route went in," says Jeff Aken, Advocacy Director for Cascade Bicycle Club. It's also garnered national attention. PeopleForBikes named it No. 2 in its list of top 10 bike lanes for 2014. Not far behind were Seattle's Broadway protected bike lane at No. 6 and Portland's SW Multnomah Boulevard at No. 7. (See "Seattle, Portland Bike Lanes" story on page 28.)

Oregon's Bike Tourism Boom

Oregon has become a leader in bike tourism, thanks in part to the Oregon Scenic Bikeways program that was masterminded by Cycle Oregon, Oregon Parks and Recreation, Travel Oregon and ODOT.

A recent study done by Travel Oregon—the state's destination marketing organization—showed that bike tourism brought in \$400 million to Oregon in 2012. To encourage this trend, Travel Oregon has recently launched a state Bike Friendly Business recognition program that trains businesses along the Scenic Bikeways (and elsewhere) to be more bike-friendly.

To earn the "Oregon Bike Friendly" recognition, businesses must meet certain requirements. Bike-friendly lodging, for example, must let cyclists bring their bikes into their rooms or provide a secure, dry place to park them. Designated bike-friendly campgrounds must allow cyclists to stay there regardless of a reservation.

Pedal into a rural town like John Day, Ore.—a stop along the Old West Scenic Bikeway—and you'll find more than 50 recognized bike-friendly businesses. This means you'll be able to find a place to change a tire, fill your water bottle and use the bathroom. Best of all, you'll experience a more welcoming vibe and better customer service than you might in other, less bike-aware areas.

"The real bottom line," says Alex Phillips, Bicycle Recreation Coordinator for Oregon Parks and Recreation, "is a certain friendliness and understanding that cyclists are tourists just like other tourists."

Seattle writer Rebecca Agiewich is a regular contributor to OutdoorsNW. Even though she has ridden bikes around the world from Patagonia to Portugal, Rebecca still thinks the Northwest is one of the best places to ride.

Resources

Pronto Cycle Share: www.prontocycleshare.com

Seattle Neighborhood Greenways:

www.seattlegreenways.org

Seattle Bike Master Plan:

www.seattle.gov/transportation/bikemaster.htm

PeopleForBikes: America's 10 Best New Bike Lanes of 2014 www.peopleforbikes.org/blog/entry/americas-10-best-new-bike-lanes-of-2014

Bike-friendly businesses in Oregon:

www.rideoregonride.com/resources/bike-friendly-businesses

Oregon's designated scenic bikeways:

www.oregon.gov/oprd/BIKE/Pages/index.aspx

www.outdoorsnw.com/2012/oregons-designated-scenic-bikeways

Ride from Seattle to Snoqualmie on one trail

As part of a scenic 50-mile journey, cyclists can now ride from Seattle to Snoqualmie Falls along part of King County's 175-mile Regional Trails System. The newest link connected Issaquah and Preston late last summer, thanks to the Mountains to Sound Greenway.

This means cyclists can hop on the Burke-Gilman Trail in Seattle and ride connected trails via the 11-mile Sammamish River Trail starting in Bothell, the 1.6-mile Marymoor (Park) Connector Trail, the 11-mile East Lake Sammamish Trail, the seven-mile Issaquah-Preston Trail and finally to the existing seven-mile Preston-Snoqualmie Trail.

"The Mountains to Sound Greenway encompasses a world-class regional trail system," says Cynthia Welti, Executive Director of the Mountains to Sound Greenway Trust. "Our vision is that a walker or bicyclist could travel on safe, enjoyable, off-road routes that connect Puget Sound urban areas to the Cascades and central Washington."

The Mountains to Sound Greenway is the 1.5 million-acre landscape connecting Puget Sound and central Washington.

Resources:

King County Regional Trails System:

www.kingcounty.gov/recreation/parks/trails/regionaltrailssystem.aspx

Mountains to Sound Greenway:

www.mtsgreenway.org

King County Parks and 4Culture Art Program:

<http://bit.ly/1EMaYLU>



King County Parks and 4Culture artist-in-residence, Brian Borrello, stops at Snoqualmie Falls while on a 100-mi/four-day trip photo-documenting the Regional Trails System experience. Photo courtesy of Brian Borrello, www.brianborrello.com

Washington State's First U.S. Bike Route

Statewide

Bicycling in the nation's No. 1 Bicycle Friendly State just got a boost. In summer 2014 Washington state received official designation of its first interstate bike route in the U.S. Bicycle Route System, it was announced by the Adventure Cycling Association.

The 407-mile route follows the northern cross-state-highway corridor, State Route 20, from Newport, Wash. at the Idaho border to Washington's international ferry terminal in Anacortes. The USBR 10 interstate route will eventually connect Washington state to Maine, thus linking the Pacific to the Atlantic Ocean.

For more information about the U.S. Bicycle Route System: www.adventurecycling.org/usbrs



Seattle, Portland bike lanes make top 10 national list

In an unprecedented acknowledgement, Seattle made the top 10—twice—in a list of America's Best New Bike Lanes. Portland also made the list. The list was released by People for Bikes last December.

Seattle's Second Avenue bike lane was listed as second best, and Capitol Hill's Broadway Boulevard bike lane landed in the sixth spot. Portland's SW Multnomah Boulevard was the third jewel in the PNW's crown of award-winning bike infrastructure, taking seventh place on the nation-wide list.

The non-profit, Peopleforbikes.org, counts 184 protected bike lanes in the United States ranging from those separated from vehicular traffic by planters and curbs to those separated by parked cars, flexible plastic posts known as bollards, or simply delineated by painted lines or lanes.

Way to go Seattle and Portland, let's make this an annual trend!

Additional details about the list can be found here:

www.peopleforbikes.org/blog/entry/americas-10-best-new-bike-lanes-of-2014



A cyclist rides along the winning bike lane on Broadway Avenue E., Capitol Hill, Seattle

End of an Era – Beginning of a New One

Elliott Bay Bicycles – Davidson Handbuilt Frames

By Carolyn Price

Located at the north end of Pike Place Market, Elliott Bay Bicycles was a fixture for 31 years for Seattle bike enthusiasts, commuters and tourists, and those seeking service or repairs. Visitors would marvel at vintage bikes hanging gracefully from the ceiling. They could also peek into the shop where Davidson Handbuilt Frames were crafted.

A cyclists' gathering place in the hub of downtown Seattle, the old-school bike shop closed last Sept. 30.

Owned by Bob Freeman and iconic framemaker Bill Davidson, it was an end of an era for a well-known and trusted bike shop.

"All good things must come to an end," said the partners. "Bob will start enjoying retirement and riding his vintage bikes. Bill will start a new fabrication shop to do what he loves the most, building a custom bicycle."

Davidson, who has fabricated Davidson Handbuilt Frames since 1973, continues on in his new digs in the Fremont/Wallingford area of Seattle with a new name and new business partner.

Davidson's new partner, Maxell Kullaway, has honed his welding skills on steel and titanium bikes for the past 20 years for such companies as Merlin and Seven Cycles. He has also welded Davidson frames for nearly a decade and served as the frame-builder for the Hampsten bike brand. He started his fabrication shop, 333fab, in 2008.

"Bill is a legend," says Kullaway. "There is so much I can learn from him. It's a huge honor (to work with Bill)."

Rounding out the new team is longtime Elliott Bay Bicycle mechanic Mark Villegas.

The shop, **Davidson-Kullaway**



Bill Davidson, left, and Bob Freeman, far right, share a laugh with author Geoff Drake at Elliott Bay Bicycles a few years back. The store closed its doors last fall. Photo by Carolyn Price

Custom Bicycles (DKCB), is located at 3425 Stone Way N. in Seattle next to the new location of Recycled Cycles and just a couple blocks from the

Burke-Gilman Trail. The shop is open to the public and will serve a custom-only clientele. Call: (206) 441-9998.

www.davidsonbicycles.com

Speedy Reedy moves to new location

Speedy Reedy, the triathlon-specific store serving the community since 2000, has recently moved from its Burke-Gilman Trail curbside location in Fremont to a bigger space in Kenmore near Logboom Park.

What hasn't changed is the store's location to the Burke-Gilman Trail where it relocated just across the street from the popular trail near the north side of Lake Washington.

Owners Reed and Brooke Sillers say the store is housed in a temporary space while the build-out for the new store is underway. The big move to the permanent space is projected to be at

the end of April.

In addition to everything triathlon, Speedy Reedy will expand its running and cycling departments as well as offer a new training studio.

"And," says Brooke, "hopefully a café as well."

The new store's address is 6620 NE 181st St., Kenmore, Wash.

Contact the store at: (206) 632-9879; www.speedyreedy.com

Comments? Submissions? Please email Carolyn@OutdoorsNW.com

A Cyclist's Food Guide

Tips for before, during and after your ride

What you eat before, during and after a bike ride or race plays a vital role in your performance and recovery.

Think of three ingredients—carbohydrates, proteins and fats—as the essential components to keep a fire burning: Carbs are the kindling, fats the oxygen and protein the logs. Human bodies cannot have a long-burning fire without all three.

Carbohydrates

Carbs are a cell's main fuel source. To prevent low-blood sugar levels, also known as “bonking,” eat high carb foods before, during and after a cycling event. Before a ride or race load up on oatmeal, whole grain cereal without milk, granola with almonds, an apple, and whole-wheat toast with a nut butter.

During the event, consume carb-rich calories with bananas, energy drinks and no-to-low protein bars and gels.

After a race is equally important—this is the refueling period for your cells. Begin eating within 30 minutes of finishing. Try a nut-butter and banana smoothie, baked potato, or any powder or bar that is higher in carbs than protein. Within two-to-three hours eat pancakes, bagels, fruit, low-fat cheese or yogurt, and whole wheat pasta.

Protein

Protein repairs tissue and helps build muscle. However, it is slow to digest so avoid consuming before and during a ride. Overall benefits are gained from eating protein within 30 minutes after an intense cycling event to support tissue repair and muscle growth.

For example, consume no more than a tablespoon of nut-butter with a whole wheat carb before the ride. Within 30 minutes after a ride eat any foods higher in carbs than protein. Within two–three hours after a ride, mix a higher percentage of carbs with poultry, fish or quinoa.

Healthy Fats

Healthy fats help clean cells in the brain and nervous system. Avoid all fats before and during a cycling event because, like protein, they use extra energy to digest. At the very most, eat no more than a tablespoon of nut-butter.

Hydration

While water isn't in these three categories, it is vital to the body's need for hydration. Before a race or long ride it's great to “camel up” and drink plenty of hydrating fluids.



What you eat before, during and after a bike ride or race plays a vital role in your performance and recovery.

During the ride hydrate often with commercial energy drinks, or water mixed with lemon, sugar and salt. The best post-ride fluids contain sodium, sugars and proteins. Try chocolate milk, it's one of the best recovery drinks!

Find Your Ratio

Keep a food log while training to help develop a well-tested menu of what to eat before, during and after rides. Track what you eat and how you feel throughout the event. Keep in mind that ratios are not the same for everyone due to the length and intensity of a race, training schedule, body type, weight, age and rate of metabolism.

When Kris Parfitt, a certified nutritional educator, isn't telling cyclists about nutrition she spends her time as the new managing editor and social media director for OutdoorsNW. Send comments to Editor@OutdoorsNW.com or Tweet [@OutdoorsNWmag](https://twitter.com/OutdoorsNWmag)

2015 Northwest Cycling and Multisport Calendar

Visit www.OutdoorsNW.com for more events and resources

For a complete calendar listing of bicycle events, log onto www.OutdoorsNW.com > events
Don't see your event? Please send us your event listing and we will add it to our online calendar! (Events@OutdoorsNW.com)

Those events highlighted in yellow also have an accompanying ad elsewhere in the magazine. Thank you for supporting our advertisers.

Those events in green have paid to have their event highlighted.

Bicycling

February

Feb. 26: Women on Wheels, Seattle, WA, www.greggscycles.com
Feb. 28: Cucina Fresca Ice Breaker TT, Auburn, WA, 10 Mi, www.supersquadra.com
Feb. 28: Snowy 45 Fat Tire Relay, McCall, ID, www.snowy45.com
Feb. 28: Tapeworm TTT #13, Renton, WA, www.tapewormtimetrial.wordpress.com
Feb. 28 - Mar. 1: Seattle Bicycle Expo, Seattle, WA, Seattle's biggest bike expo, www.cascade.org

March

Mar. 1: Securite' Luxury Gun Club West Side Mountain Bike Series-Swan Creek, Tacoma, WA, Bi-monthly race series, www.buduracing.com
Mar. 7: Mussels in the Kettles, Whidbey Island, WA, www.musselsinthekettles.net
Mar. 7: Southern Oregon Time Trial Series, Medford, OR, www.obra.org
Mar. 7: Tour de Dung #1, Sequim, WA, www.racing.garagebilliards.com
Mar. 14: Solvang Century, Century Metric, and Half Century, Solvang, CA, www.bikescor.com
Mar. 14-15: Tour de Dung #2, Sequim, WA, Road race series, www.gcracingllc.com
Mar. 15: Gran Fondo Ephrata, Ephrata, WA, www.rideviciouscycle.com
Mar. 15: McClinchy Mile Oso Strong Ride, Arlington, WA, 34 & 56 miles, www.active.com
Mar. 21: Kidical Mass, Eugene, OR, www.rideoregonride.com
Mar. 22: Singletrack Cycles West Side Mountain Bike Series-Soaring Eagle Trails, Sammamish, WA, www.buduracing.com
Mar. 28: The Dandy Daffodil Tweed Ride, La Conner, WA, www.active.com
Mar. 28-29: Gorge Roubaix, The Dalles, OR, www.GorgeRoubaix.com
Mar. 29: Securite' Luxury Gun Club West Side Mountain Bike Series-Lord Hill Trails, Snohomish, WA, www.buduracing.com

April

Apr. 4: Sage Brush Scramble, Boise, ID, www.knobbytireseries.com
Apr. 10-11: Fleche Northwest, Olympia, WA, www.seattlerandonneur.org
Apr. 11-12: Spokane Bike Swap, Spokane, WA, www.spokanebikeswap.com
Apr. 12: Mudslinger, Blodgett, OR, www.mudslingerxc.com
Apr. 12: Singletrack Cycles West Side Mountain Bike Series - Key Pen, Gig Harbor, WA, www.buduracing.com
Apr. 12: Vance Creek Road Race, Elma, WA, 13.25 mi, www.wsbaracing.com
Apr. 17-19: Tour of Walla Walla, Walla Walla, WA, www.tofwww.org



A happy fat bike rider enjoys the spring thaw in Alaska. Photo by Greg Herman, courtesy of Fat Bikes. www.fatbikes.com

Apr. 18: Safe Kids Tullip Pedal, La Conner, WA, www.active.com
Apr. 18: Tulip Pedal, La Conner, WA, 20, 40, 60 mi, www.tulipfestival.org/calendar/event/522/
Apr. 20-Aug. 31: Monday Night PIR Race Series, Portland, OR, www.facebook.com/MondayPIR
Apr. 23-26: Northwest Crank Festival, Wenatchee, WA, www.northwestcrank.com
Apr. 25: Tour de Lopez Bicycle Rally, Lopez Island, WA, 5, 12, 17, 31mi, www.visitsanjuans.com/events
Apr. 25-26: Bear Springs MTB ST/XC, Mt. Hood, OR, www.obra.org
Apr. 26: Lilac Century, Spokane, WA, 15, 25, 50, 66 and 100 mi, www.northdivision.com
Apr. 26: Monster Cookie Metric Century, Salem, OR, 62 mi, www.salembicycleclub.org

May

May. 1-31: May is National Bike Month!, Nationwide, www.bikemonth.com
May. 2: Camano Climb, Camano Island, WA, www.snohomishkiwanis.org/Stam.htm
May. 2: Ride Around Clark County (RACC), Vancouver, WA, 18, 34, 65, 100 mi, www.vbc-usa.com
May. 2-3: Tour de Bloom Cycling Weekend, Wenatchee, WA, www.adventurewenatchee.com
May. 2-3: Tour de Bloom Omnium, Wenatchee, WA, www.wenatcheevalleyvelo.org
May. 3: Securite' Luxury Gun Club West Side Mountain Bike Series-Cookin in the Kettles, Fort Ebey, WA, www.buduracing.com
May. 7: Bike to Work Breakfast, Seattle, WA, www.cascade.org
May. 9: Cascade Chainbreaker Mountain Bike Race, Bend, OR, www.obra.org
May. 9: Inland Empire Century, Richland, WA, 25, 50, 75 mi, www.inlandempirecentury.com
May. 9: OSLP Pedal for the People Metric Century, Eugene, OR, 60km, 100km, www.pedalforpeople.org
May. 9: Ravensdale Road Race, Ravensdale, WA, 9 mi, www.gcracingllc.com
May. 9: Skagit Spring Classic, Burlington, WA, 25, 45, 62, and 100 mi rides, www.skagitbicycleclub.org/

May. 9: Stottlemeyer 30 and 60 Mile Mountain Bike Race, Port Gamble, WA, www.nwepicseries.com
May. 9: Women's Living the Dream Ride, Snohomish, WA, www.livingthedreamfoundation.com/
May. 11-15: Bike to Work Week, Nationwide, www.bikeleague.org
May. 15: National Bike to Work Day, Nationwide, www.bikeleague.org
May. 16: Coyote Classic, Boise, ID, 10, 15, 24 mi, www.knobbytireseries.com
May. 16: Haul Ash- Redhook, Woodinville, WA, www.redhook.com/calendar/
May. 16: Reach the Beach, Portland, OR, 100 mi, www.reachthebeach.org
May. 16: Streets+Beets 2015, Vashon, WA, www.alleycat-acres.org
May. 16: Tour de Cure, Airway Heights, WA, www.diabetes.org/tourdecure
May. 16: Tour de Cure Spokane, Spokane, WA, www.tour.diabetes.org
May. 16-17: Enumclaw Stage Race, Enumclaw, WA, www.mutualofenumclaw.com
May. 16-17: Spring Thaw MTB, Ashland, OR, www.obra.org
May. 17: Kruger's Kermesse Spring Relay, Portland, OR, www.obra.org
May. 17: Your Canyon for a Day Ride, Yakima, WA, 35 mi, www.crimestoppersyakco.org
May. 19: Poulsbo Viking Tour, www.poulsbovikingtour.com
May. 20: Ride of Silence, Seattle, WA, 10 mi, free, www.rideofsilence.org
May. 22-23: Filmed By Bike Film Festival, Portland, OR, www.filmedbybike.org
May. 22-25: Columbia Gorge Explorer, Vancouver, WA, www.vbctouring.com
May. 22-25: Great Western Bicycle Rally, Paso Robles, CA www.greatwesternbicyclerally.com
May. 23: 24 Hours Around the Clock, Spokane, WA, Solo, team, www.roundandround.com
May. 23-24: Dirt Series Canada, Whistler, BC, www.dirtseries.com

Continued on page 32

20TH ANNUAL HAULASH 2015

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May. 24: Sisters Stampede, Sisters, OR
www.sistersstampede.com
May. 25: EvergreenHealth 7 Hills of Kirkland Cycling to End Homelessness, Kirkland, WA, 40, 60, 100 mi, www.7hillskirkland.org
May. 28: Alice Awards and Auction, Portland, OR, www.bta4bikes.org
May. 30: Echo Valley 30/60 Mile MTB Race, Chelan, WA, 30, 60 mi, www.evergreentrailruns.com
May. 30: Flying Wheels Summer Century, Redmond, WA, 25, 50, 70 and 100 mi, www.cascade.org
May. 30-31: Capital Stage Race, Olympia, WA, www.capitalstagerace.com
May. 31: Seattle Tour De Cure, Seattle, WA, 10, 25, 40, 70, 100 mi, www.main.diabetes.org/site/TR/TourDeCure
May. 31: Securite' Gun Luxury Club West Side Mountain Bike Series-Henry's Ridge Trails, Maple Valley, WA, www.buduracing.com
May. 31: The Oregon Gran Fondo, Cottage Grove, OR, www.oregontriplecrown.com
May. 31: Tour de Cure Redmond, Redmond, WA, www.tour.diabetes.org

June

Jun. 3: Mt. Tabor Circuit, Portland, OR, 1.3 mi hilly circuit, www.obra.org
Jun. 3-7: Central Oregon 500+, Bend, OR, 100k or 100 mi/day, www.mbsef.org

Jun. 6: 28th Annual Apple Century Bike Ride, Wenatchee, WA, www.wenatcheesunriserotary.org/
Jun. 6: Bavarian Bike & Brews, Leavenworth, WA, www.dasradhaus.com/events.htm
Jun. 6: Knobby Tire 9-5 Marathon, Boise, ID, 8-hr ride, www.knobbytireseries.com
Jun. 6: Pioneer Century, Canby, OR, www.pwtc.com/pioneer
Jun. 6: Ride for Two Rivers, Sisters, OR, 77mi, 6300' gain, www.sisterscountry.com
Jun. 6: The Woodrat 25er, Priest Lake, ID, 12, 25 mi, www.priestlakerace.com
Jun. 6: Wenatchee Sunrise Rotary Apple Century Bike Ride, Wenatchee, WA, 100 mi, www.applebikeride.com
Jun. 6-8: Columbia Gorge and Beyond Bicycle Tour, Troutdale, OR, www.cascade.org/
Jun. 13: Lake to Lake, Bellevue, WA, Father's Day, www.bellevuewa.gov/lake-to-lake-bike-ride.htm
Jun. 13: Strawberry Century, Lebanon, OR, 53, 72, 101 mi, www.santiamspokes.org
Jun. 13: Tour de Eagle Point, Eagle Point, OR, 10K, 30K, 50K, 100K tours, www.cityofeaglepoint.org
Jun. 20: Chafe 150 Gran Fondo, Sandpoint, ID, www.chafe150.org
Jun. 20: Chelan Century Challenge and Cycle de Vine, Chelan, WA, 40, 100 mi, www.centuryride.com

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Jun. 20: Gorge Ride, Gorge Discovery Center, OR, 38.5 mi, www.hchr.org
Jun. 20: Test of Metal Mountain Bike Festival, Squamish, BC, www.testofmetal.com
Jun. 20: Tour de Fronds, Powers, OR, 30-102 mi, www.tourdefronds.com
Jun. 24-26: Suncadia Cycling Festival, Cle Elum, WA, 12, 18, 20, 40, 45, 65mi, www.suncadiacyclingfestival.com
Jun. 26-28: Baker City Cycling Classic, Baker City, OR, 3-day, 4 stage race, www.bakercitycycling.org
Jun. 27: Victoria Gran Fondo Doppio, www.victoriagrandfondo.com
Jun. 27: Capitol Forest 50/100 Mile Mountain Bike Race, Olympia, WA, 50, 100 Mi, www.nwepicseries.com
Jun. 27: Mt Adams Country Bicycle Tour, Trout Lake, OR, www.troutlakewashington.com/mt-adams-bicycle-tour/
Jun. 27: Petal Pedal, Silverton, OR, 30, 62 and 100 mile options, www.petalpedal.com
Jun. 27: Silver Valley Ride to Defeat ALS, Kingston, ID, www.rideals.org
Jun. 27: Tour de Paws Bike Ride, Auburn, WA, www.auburnvalleyhs.org
Jun. 27: World Bicycle Relief Red-Bell 100, Redmond, WA, www.cascade.org/world-bicycle-relief-red-bell-100
Jun. 27-28: Dry Hill Enduro, Port Angeles, WA, Downhill, www.cascadiadirtcup.org
Jun. 27-28: Gran Fondo Kootenai, Libby, MT, 2-day ride, www.gfkootenai.com
Jun. 28: 2-County Double Metric Century, Tumwater, WA, Up to 200mi, www.capitalbicyclclub.org/2County
Jun. 28: CF Cycle for Life Portland, Portland, OR, 35, 65 & 100 mi, www.fightcf.cff.org
Jun. 28: Tour De Pierce, Puyallup, WA, 12, 30, 50 mile, www.co.pierce.wa.us/index.aspx?NID=1277

July

Jul. 2-6: NW Tandem Rally, Bellingham, WA, www.nwtr.org/2015/
Jul. 5: Okanagan Trestles Tour, Okanagan, WA, 40, 80k, www.okanagantrestlestour.com
Jul. 5-11: Oregon Crater Lake, Oakridge, OR, www.bicycleadventures.com
Jul. 10-11: Derby Days, Redmond, WA, www.redmondderbydays.com
Jul. 10-12: Cycle Oregon Weekend Ride, Monmouth, OR, www.cycleoregon.com/weekend-ride
Jul. 11: 2015 Redmond Derby Days Criterium, Redmond, WA, Fast paced, www.gcracingllc.com
Jul. 11: Tour Des Chutes, Bend, OR www.greatwesternbicyclerally.com
Jul. 11-12: Oregon 12/24, Bend, OR, www.oregonmtb24.com
Jul. 11-12: Seattle to Portland Bicycle Classic, Seattle to Portland, 200-mi, www.cascade.org
Jul. 12: Prospera Granfondo Axel Merckx Okanagan, Penticton, BC, www.granfondoaxelmerckx.com
Jul. 15-19: Redmond Rotary's Bicycle Tour (Redspoke), Redmond to Spokane, WA, 300 mi, www.redspoke.org

Jul. 17-19: Alpenrose Velodrome Challenge, Portland, OR, www.omniuevents.com
Jul. 17-19: Mountain Bike Oregon, Oakridge, OR, Festival, www.mtbikeoregon.com
Jul. 18: High Cascades 100, Bend, OR, www.mudslingerevents.com
Jul. 18: Tour de Whatcom, Bellingham, WA, 25, 50, 105 mi, www.tourdewhatcom.com
Jul. 22-26: Cascade Cycling Classic, Bend, OR, 6-stages, www.cascade-classic.org
Jul. 25: Jedermann Gran Fondo Bike Ride, Cheney, WA, 100, 66 and 30 mi, www.emdesports.com
Jul. 25: Tour De Cure, Hillsboro, OR, 10M, 29M, 49M, 69M, 104M supporting the American Diabetes Association, www.tour.diabetes.org
Jul. 25-Aug. 1: Oregon Bicycle Ride, Roseburg, OR, 471 miles, www.facebook.com/BicycleRidesNW
Jul. 26: Tour de Kitsap, www.westsoundcycling.com
Jul. 26: Seattle CF Cycle for Life, Woodinville, WA, 20, 65 mile routes, www.tour.diabetes.org
Jul. 26: Spokane Valley Cycle Celebration, Spokane, WA www.cyclecelebration.com
Jul. 28: Spoke & Food, Seattle, WA, www.spokeandfood.com
Jul. 30: RAMROD, Enumclaw, WA, Ride around Mount Rainier in 1 Day, www.redmondcyclingclub.org
Jul. 31-Aug. 2: Oregon MS Bike Ride, Monmouth, OR, 30-150 mi, supported, www.bikeorc.nationalmssociety.org
Jul. 31-Aug. 2: Tour de Lane, Eugene, OR, 3-Days, www.tourdelane.com
Jul. 31-Aug. 2: Tour de Lane Bike Rally, Junction City, OR, 32-104 mi, www.tourdelane.com

August

Aug. 1: 8 Lakes Leg Aches Bike Ride, Spokane, WA, 15, 30, 45, 75 mi, www.lcsnw.org/8lakesride/
Aug. 1: Eight Lakes Leg Aches, Spokane, WA, 15, 30, 45, 75 mi, www.lcsnw.org
Aug. 1-2: Cascade Cream Puff, Westfir, OR, www.cascadecream puff.com/
Aug. 1-2: Dirt Series Oregon, Hood River, OR, www.dirtseries.com
Aug. 1-2: Dirt Series Oregon Hood River, Hood River, OR, www.dirtseries.com
Aug. 1-2: Tour de Lavender, Kingston, WA, 100k, www.tourdelavender.com
Aug. 2: Ride the Hurricane, Port Angeles, WA, 18 mi up hill, www.portangeles.org
Aug. 2: Willamette Gran Fondo, www.oregontriplecrown.com
Aug. 2-3: Courage Classic, Snoqualmie, WA, 3-day, 173-mile, www.multicare.org
Aug. 2-8: Ride Around Washington (RAW), Oroville to Columbia Gorge, WA, 70-105 mi/day, www.cascade.org

Continued on page 34

The 19th Annual Camano Climb MAY 2, 2015

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Aug. 7-16: Crankworx Mountain Bike Festival, Whistler, BC, 9-days, www.crankworx.com
Aug. 7-9: Obliteride, Seattle, WA, 25, 50, 100, 150 mi, www.obliterate.org/
Aug. 8: Alsea Falls Switchback, Alpine, OR www.mudslingerevents.com
Aug. 8: Ride D'Vine, Yakima, WA, 25, 50, 70 mi, www.ridedvine.org
Aug. 8-15: Idaho Bicycle Ride, Blackfoot, ID, 474 miles, www.facebook.com/BicycleRidesNW
Aug. 9: Bike for Pie, Bainbridge Island, WA, 32 mi, www.squeakywheels.org
Aug. 9: Providence Bridge Pedal, Portland, OR, www.providence.org/bridgepedal
Aug. 14-15: RSVP1, Seattle to Vancouver, BC, 183-mi, www.cascade.org
Aug. 14-16: Recumbent Retreat, Fort Stevens State Park, OR, www.recumbentretreat.org
Aug. 15: Beaverton Banks and Beyond Bicycle Tour, Beaverton, OR, 32, 64, 86, 100 mi, www.nwbicyclesafetycouncil.org
Aug. 15: Crater Lake Century, Klamath Falls, OR, 62, 100 mi, www.craterlakecentury.com
Aug. 15-16: RSVP2, Seattle to Vancouver, BC, 183 mi, www.cascade.org
Aug. 15-22: Cycle Greater Yellowstone, West Yellowstone, MT, Up to 460 mi, www.cyclegreateryellowstone.com
Aug. 16-22: Ride Idaho, Sun Valley, ID, 410 mi, supported, www.rideidaho.org
Aug. 20-Sep. 17: Wednesday Night Worlds, SeaTac, WA, www.nwmtbseries.com
Aug. 22: CF Cycle for Life Tri-Cities, Richland, WA, 23, 42, 65 mi, www.fighttcf.cff.org
Aug. 23: Tour de Victoria, Victoria, BC, 50k, 100k, or 140k routes, www.tourdevictoria.com
Aug. 29-30: Ride to Conquer Cancer, Vancouver, BC, www.conquercancer.ca
Aug. 31: High Pass Challenge, Gifford Pinchot Wilderness Area, WA, 114 mi, www.cascade.org

September

Sep. 5: 17k Vert in One Day, Oakridge, OR, 17,000ft descent, 3,500ft climb, 45mi single track course, www.oregon-adventures.com/shuttlefest
Sep. 12: Cycle Umpqua Vineyard Tour, Roseburg, OR, 15, 30, 50, 75, 100 mi, www.umpquavelo.org
Sep. 12: Passport 2 Pain, Vashon Island, WA, 30, 50, 80 mi, www.passport2pain.org/
Sep. 12: RBC GranFondo Whistler, Whistler, BC, 122k, www.granfondocanada.com
Sep. 12: Tour de Blast, Mt. St. Helens, WA, 50, 100, 135k, www.tourdeblast.com
Sep. 12-13: Dirt Series Canada, Whistler, BC, www.dirtseries.com
Sep. 12-19: Cycle Oregon Week Ride, Ore, www.cycleoregon.com/week-ride/
Sep. 13: Peach of a Century, Salem, OR, 65, 74, 100 mi, www.salembicycleclub.org
Sep. 13: SpokeFest, Spokane, WA, 1, 9, 21, 47 mi, www.spokefest.org

Sep. 14-19: WaCanId Ride, Newport, WA, 344 mi, www.wacanid.org
Sep. 19: Cascadia Dirt Cup - Tiger Mt. Enduro, Issaquah, WA, www.cascadiadirtcup.org
Sep. 19: Cycle the Lakes, Cottage Grove, OR, 32, 42, 67, 77, 102 mi, www.cyclethelakes.org
Sep. 19: Gran Fondo Walla Walla, Walla Walla, WA, Cycling & wine, www.washington.providence.org
Sep. 19: Huckleberry 100, Kalispell, MT, 100, 50, 25 mi, www.huckleberry100.com
Sep. 19: Ride Around the Sound, Seattle, WA, 30, 75, 100 mi, www.lung.org
Sep. 19: Tour de Whidbey, Whidbey Island, WA, 30, 40, 50, 100 mi, www.whidbeyen.org/wgh-foundation/tour-de-whidbey
Sep. 20: Chuckanut Century, Bellingham, WA, 25, 38, 50, 62, 100 mi, www.chuckanutcentury.org/top.html
Sep. 20: Cycle the Wave, Issaquah, WA, www.cyclethewave.org
Sep. 26: Oregon Coast Gravel Epic, www.oregontriplecrown.com
Sep. 26: Coeur d'Fondo & Oktoberfest, Coeur d'Alene, ID, www.northidahocentennialtrail.org
Sep. 27: Harvest Century, Hillsboro, OR, www.harvestcentury.org
Sep. 27: Kitsap Color Classic Kitsap Peninsula, Kitsap Peninsula, WA, 33, 43, 44, or 64 mi, www.cascade.org

October

Oct. 3: Manastash Metric, Ellensburg, WA, www.drier-ride.org/
Oct. 7-11: Walla Walla Wine Bike Tour, www.seattle-cycling-tours.com

November

Nov. 7: Verboort Sausage Populaire, Forest Grove, OR, It's all about the sausage, www.orrandonneurs.org
Nov. 21: Seattle's 6th Annual Cranksgiving, Seattle, WA, www.seattlebikeblog.com

Multisport

February

Feb. 28: Lost River Winter Triathlon, Mazama, WA, www.lostriverwintertriathlon.blogspot.com

March

Mar. 7: UBC Triathlon, Vancouver, BC, Canada, www.recreation.ubc.ca/intramurals/events/ubc-tri-du/
Mar. 8: Walla Walla Dirty Duathlon, Walla Walla, WA, R 2.7 mi/B 14.8 mi, www.runningintheusa.com/Race/
Mar. 22: La Camas Swim & Sport - RainMan Indoor Triathlon, Camas, WA, All levels and ages, www.trifreak.com
Mar. 22: RainMan Triathlon Seattle, Seattle, WA, Indoor, www.trifreak.com
Mar. 22: Seattle Evans Pool - RainMan Indoor Triathlon, Seattle, WA, All ages, www.trifreak.com
Mar. 22: Seattle Evans Pool RainMan Indoor Triathlon, Seattle, WA, www.trifreaks.com

April

Apr. 3: YMCA Spring Sprint Triathlon, Boise, ID, Sprint, www.ymcatvidaho.org
Apr. 4: Beaver Freezer Triathlon, Corvallis, OR, 15 mi, www.osubeaverfreezer.com
Apr. 11: Powerman USA Duathlon - Washington, Camano Island, WA, www.powermannorthamerica.com/
Apr. 11: Powerman Washington, Stanwood, WA, www.powerman-northamerica.com
Apr. 11: Rage in the Sage Duathlon, Benton City, WA, 2.5miR/10miMtB/2.5miR, www.3RRR.org
Apr. 18: Dirty Dozen 5K Adventure Challenge, Albany, OR, Obstacles, www.runwildadventures.com
Apr. 26: Mt. Rainier Long and Short Course Duathlon, Enumclaw, WA, 8.5kR/50kR/6kR, www.buduracing.com

May

May. 9: Gator Grinder, Canby, OR, 500ydS/12miB/3.1miR, www.canbygators.com
May. 9: Oregon Dunes Triathlon & Duathlon, Dunes City, OR, www.oregondunestriathlon.com
May. 13: First Timers Cold Water Swim and Clinic, Lakewood, WA, www.trisportcoach.com

May. 16: Fiasco in Pasco, Pasco, WA, 5kR/30kR/5kR, www.racecenter.com
May. 16: Pole Pedal Paddle, Mt. Bachelor to Bend, OR, DH/XC ski, bike, run, paddle, www.pppbend.com
May. 16: Ski to Sea Jr. Race, Bellingham, WA, Kids, www.skitosea.com
May. 18: North Shore Spring Triathlon, North Vancouver, BC, 740mS/20kR/5kR, www.northshoretriathlon.ca
May. 23: The BEAST Adventure Race, Port Gamble, WA, www.unleashthebeastnw.com
May. 24: Onion Man Triathlon, Walla Walla, WA, www.wvmultisports.com
May. 24: Shawnigan Lake Triathlon, Shawnigan Lake, BC, Sprint, Olympic, 1/2-IM, www.ap.ironman.com
May. 24: Ski to Sea, Bellingham, WA, www.skitosea.com
May. 25: Spring Festival Duathlon and Triathlon, Moses Lake, WA, www.buduracing.com
May. 29-31: Wild Canyon Game, Antelope, OR, Tri w/geocaching, www.wildcanyongames.org
May. 30: JrGap2Gap, Yakima, WA, Run, bike, steeple chase, kayak, obstacle course, www.yakimagreenway.org
May. 30: McMinnville Sprint Tri, McMinnville, OR, www.mactriathlon.com
May. 30: The Slime Run - Portland, Portland, OR, www.theslimerun.com

May. 30: Troika Triathlon, Spokane, WA, www.troikatriathlon.com
May. 31: Gap2Gap, Yakima, WA, 3.5kR/18miB/7miMtB/5.5kR/3-4miPaddle, www.yakimagreenway.org

June

Jun. 6: Issaquah Triathlon, Issaquah, WA, www.issaquahtri.com
Jun. 6: Lake Wilderness Triathlon, Maple Valley, WA, Sprint, Olympic, www.workoutfitness.com
Jun. 6: Survivor Mud Run - Seattle, Seattle, WA, 5k, mud, obstacles, www.survivormudrun.com
Jun. 7: Pine Hollow Tri, Wamic, OR, 750mS/15kR/5kR, www.pinehollowtri.com
Jun. 13: Moses Lake Triathlon, Moses Lake, WA, Sprint, Olympic, kids, www.buduracing.com
Jun. 13: Granite Man, Jackson, OR, Tri, du, runs, www.granite-man.com
Jun. 14: Victoria Triathlon, Victoria, BC, Olympic, Sprint, 1/2, relay, www.triseries.ca
Jun. 19-28: Adventure Sports Week, Rathrun, ID, www.adventuresportsweek.com
Jun. 20: Summer Solstice Amazing Urban Scavenger Race, Vancouver, WA, www.nwpersonaltraining.com

Jun. 20: The Dirty Dash Garden City, Garden City, ID, Mud, www.thedirtydash.com
Jun. 20: TriMonroe Triathlon, Monroe, WA, Ages 13-19, www.trimonroe.com
Jun. 20-21: Tough Mudder - Whistler, Whistler, BC, www.toughmudder.com
Jun. 21: Clackamas Cove Triathlon, Oregon City, OR, www.clackamascovetriathlon.com/
Jun. 21: Lake Meridian Triathlon June, Kent, WA, www.lakemeridiantri.com
Jun. 26: Pacific Crest Weekend Sports Festival, Sunriver, OR, www.racecenter.com/pacificcrest
Jun. 27: Pacific Crest Long Course Triathlon, Sunriver, OR, Cash prizes, www.aasportsltd.com
Jun. 27: Padden Duathlon, Bellingham, WA, 2.6miR/14.5miB/2.6miR, www.cob.org/races
Jun. 27: Padden Triathlon-Competitive, Bellingham, WA, .5miS/21miB/5.2miR, 25miS/10miB/2.6miR, www.cob.org
Jun. 27: The Dirty Dash Olympia, Olympia, WA, Mud, obstacles, www.thedirtydash.com
Jun. 28: Black Hills Triathlon, Lacey, WA, Sprint, www.active.com
Jun. 28: Ironman Coeur d'Alene, Coeur d'Alene, ID,

Continued on page 37

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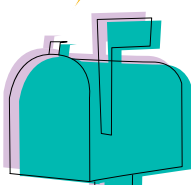
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Compiled by NW Cyclist staff

RESOURCES	WASHINGTON	OREGON	IDAHO
Street/Road Closures	wsdot.wa.gov	oregon.gov/ODOT/Pages/visiting.aspx	www.itd.idaho.gov/bike_ped/
	seattle.gov/transportation	portlandonline.com/transportation	
Maps	Cascade Bicycle Club (list of Washington maps): cascade.org/explore/maps	oregon.gov/oprd/BIKE/Pages/index.aspx	parksandrecreation.idaho.gov/activities/biking
Report a Pothole	Seattle: seattle.gov/Transportation/potholereport.htm	Portland: portlandonline.com/transportation (503) 823-1700	All of Idaho: tellus@achdidaho.org
	(206) 684-ROAD	Clackamas County — 503-650-3262	Boise:
	King County: kingcounty.gov/transportation	Multnomah County — 503-988-5050	(208) 387-6325 (E. of Cole Road)
	(206) 296-8100 or (800) KCROADS	Washington County — 503-846-7623	(208) 387-6350 (W. of Cole Road)
	bicyclewatchdog.org	ODOT Freeways — 503-283-5859	Phone App: achdidaho.org/GC/SmartphoneApp.aspx
Stolen Bikes	stolenbicycleregistry.com @GetYourBikeBack	bikeportland.org/biketheft @StolenBikesPDX	stolen.bikeindex.org/
Other Resources	Bike to Work Spokane: spokanebikes.net	Bicycle Transportation Alliance: btaoregon.org/	Idaho Bicycle Commuter Guide: www.itd.idaho.gov/bike_ped/bike_commuter_guide.pdf
	Commute Seattle: commuteseattle.com	Drive Less. Save More: driveless.savemore.com/pages/biking	Idaho Mtn. Biking: visitidaho.org/mountain-biking/
	Evergreen Mountain Bike Alliance: evergreenmtb.org	ORbike: orbike.com	Idaho Cycling Enthusiasts: idahocycling.com/
	Washington Bikes: wabikes.org	Ride Oregon: rideoregonride.com	Ride Idaho: rideidaho.org/
	http://bikeworks.org/us/	Friends of Trees, plant by bike: friendsoftrees.org/volunteering/how-can-you-help/plant-trees-by-bike	Trail Link: traillink.com/stateactivity/id-bike-trails.aspx
	The Bikery: thebikery.org/about	Bike Bend: visitbend.com/Bend_Oregon_Activities_Recreation/Summer-Fun/Biking/	Southwest Idaho Mountain Biking Association: swimba.org/
	Bike Wise (international): bikewise.org/	Bike Wise (international): .bikewise.org/	Bike Wise (international): bikewise.org/
BIKE BLOGGERS AND TWEETERS			
Bloggers and Tweeters	Seattle Bike Blog: seattlebikeblog.com @SeaBikeBlog	Kent's Bike: kentsbike.blogspot.com @KentsBike	Family Ride: familyride.us @FamilyRide
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	The Bike About: http://www.bikabout.com/press/ @bikabout	Fat Cyclist: http://www.fatcyclist.com/ @fatcyclist	Bike Hacks: http://www.bikehacks.com

2.4miS/112miB/26.2miR,
www.ironmanca.com

Jun. 28: Pacific Crest Olympic Triathlon & Duathlon, Sunriver, OR, 1.5Ks/28miB/3miR, www.aasportsltd.com/event/pacificcrest

July

Jul. 4: Righteous Richland Sprint Tri, Richland, WA, Solo, team, www.racecenter.com

Jul. 5: Subaru Vancouver Triathlon, Vancouver, BC, Sprint, Olympic and half-IM, www.ironman.com

Jul. 9: Multisports Canada Vancouver Triathlon, Vancouver, BC, www.aasportsltd.com/event/pacificcrest/

Jul. 11: Clear Lake Triathlon, Clear Lake, WA, Adult, youth, www.skagitcounty.net

Jul. 11-12: Ocean Shores Big Weekend Tri and Foot Fest, Ocean Shores, WA, www.trifreak.com

Jul. 11-12: Rigby Lake Triathlon, Rigby, ID, Triathlon, Duathlon, www.pb-performance.com

Jul. 11-12: Sinister 7, Crownest Pass, AB, 148k, www.sinister7.com

Jul. 11-12: Toughman Half Washington Ocean Shores Triathlon, Ocean Shores, WA, Iron Duathlon 5K, 10K, Half Marathon & Kids/Youth Tri, www.trifreaks.com

Jul. 12: Squamish Triathlon, Squamish, BC, www.squamishtriathlon.org

Jul. 12: Valley Girl Triathlon, Liberty Lake, WA, .3miS/12miB/3miR, www.valleygirltri.com

Jul. 18: Down & Dirty Mud Run, Fort Lewis, WA, 5k, mud, obstacles, www.jblmmwr.com/races

Jul. 18: Iron Warrior Dash Bonney Lake, Bonney Lake, WA, Mud, fire, obstacles, www.warriordash.com

Jul. 18: The Dirty Dash Spokane, Spokane, WA, Mud, obstacles, www.thedirtydash.com

Jul. 18-19: ChelanMan Multisport Weekend, Lake Chelan, WA, www.chelanman.com

Jul. 18-19: Deschutes Dash, Bend, OR, 14miB/3.1miR, www.deschutesdash.com

Jul. 19: Peach City Tri, Penticton, BC, Olympic, sprint, www.peachclassic.ca

Jul. 25: Ellensburg Sprint Triathlon, Ellensburg, WA, www.buduracing.com

Jul. 25: Kulshan Quest, Bellingham, WA, www.recreationnorthwest.org

Jul. 25: Rolf Prima Tri at the Grove, Cottage Grove, OR, Sprint, Olympic, www.dark30sports.com

Jul. 25: Spudman Triathlon, Boise, ID, U.S. Nationals Qualifier, www.burleylions.org

Jul. 25: The Dirty Dash Oregon, Albany, OR, Mud, obstacles, www.thedirtydash.com

Jul. 26: Whiskey Dick Triathlon, Ellensburg, WA, 1miS/28miB/6.2miR, www.buduracing.com

August

Aug. 1: Power of Pasco Tri, Pasco, WA, USAT sanctioned, www.racecenter.com

Aug. 1: Wahine Triathlon / Duathlon, Portland, OR, Hawaiian themed, www.aasportsltd.com

Aug. 1: Whidbey Island Triathlon, Langley, WA, .5miS/19.5miB/3.8miR, www.whidbeytriathlon.com

Aug. 2: Bellingham Youth Triathlon, Bellingham, WA, Ages 6-13, www.cob.org

Aug. 2: Midsummer Triathlon/Duathlon, Portland, OR, Olympic, sprint, duathlon, youth, www.racecenter.com

Aug. 2: Self Transcendence Triathlon/Duathlon, Victoria, BC, www.victoriatriathlon.com

Aug. 7-9: XTERRA PDX Epic Off Road Weekend, Portland, OR, 10, 22k, www.xterraplanet.com

Continued on page 38

Rotary Club of Cottage Grove Presents
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Aug. 8: Coeur D'Alene Triathlon, Coeur D'Alene, ID, Triathlon & Duathlon, www.cdatriathlon.com
Aug. 8: Emmett's Most Excellent Triathlon, Emmett, ID, 1.5Ks/40K/10K, www.boiseaeros.com
Aug. 8: Lake Tye Triathlon, Monroe, WA, Sprint, Olympic, www.laketyetri.com
Aug. 8: Rexburg Rush, Rexburg, ID, Sprint, www.rushtriathlon.com
Aug. 8: XTERRA Portland, Portland, OR, Off-road, www.xterraplanet.com
Aug. 9: The Oregon Challenge - Triathlon Eugene, Eugene, OR, Sprint, relay, Olympic, www.triathloneugene.com
Aug. 15: 5k Foam Fest Seattle, Issaquah, WA, www.5kfoamfest.com
Aug. 16: Ironman 70.3 Lake Stevens, Lake Stevens, WA, Tri World Qualifier, www.ironmanlakestevens.com
Aug. 16: West Plains Wunderwoman Triathlon, Spokane, WA, Sprint, Olympic, www.emdesports.com
Aug. 21: Aquaman Duathlon, Richland, WA, , www.3RRR.org
Aug. 21-23: Kelowna Triathlon, Kelowna, BC, Sprint, Olympic, www.appletriathlon.com
Aug. 22: Titanium Man Jr. Triathlon, Richland, WA, 50 ydS/5miB/1miR, www.racecenter.com
Aug. 23: Iron Girl, Seattle, WA, .5miS/12miB/3.1miR, www.irongirl.com
Aug. 23: Lake Meridian Triathlon, August, Kent, WA, www.lakemeridiantri.com
Aug. 29: Iron Horse Traverse, North Bend, WA, Formerly Iron Horse Relay, www.recreationnorthwest.com
Aug. 29: Muds to Suds Race, Ferndale, WA, 3 mi, mud, obstacles, www.mudstosuds.com

September

Sep. 5: Bonney Lake Chamber of Commerce Triathlon, Bonney Lake, WA, www.buduracing.com
Sep. 5: Titanium Man Triathlon, Richland, WA, 1.5Ks/40miB/10K, www.racecenter.com
Sep. 12: Iron Warrior Dash North Plains, North Plains, OR, Mud, fire, obstacles, www.warriordash.com
Sep. 12: Lake Stevens Olympic and Sprint Triathlon, Lake Stevens, WA,

Olympic, sprint, www.buduracing.com
Sep. 12: The Slime Run - Seattle, Seattle, WA, Obstacles, slime, www.theslimerun.com
Sep. 12-13: Best in the West Half Iron/ Triathlon, Sweet Home, OR, www.bestinthewesttriathlon.com
Sep. 13: Lincoln City Sprint Triathlon, Lincoln City, OR, www.lincolncity.org
Sep. 13: Ole's Assault, Astoria, OR, 2-hour & 6-hour races, www.xdogevents.com
Sep. 19: Bellingham Traverse, Bellingham, WA, 35.5 mi, bike, run, paddle, www.bellinghamtraverse.com
Sep. 19-20: Tough Mudder - Seattle, Seattle, WA, 10-12 mi, www.toughmudder.com
Sep. 20: Fremont Oktoberfest Street Scramble, Seattle, WA, 5k, www.fremontoktoberfest.com
Sep. 20: Kirkland Triathlon, Kirkland, WA, Sprint triathlon duathlon, aquabike, www.trifreaks.com
Sep. 20: Portland Triathlon, Portland, OR, Sprint, Olympic, www.portlandtri.com
Sep. 20: TriFreaks Kirkland Triathlon, Kirkland, WA, Mini, sprint triathlon, -duathlon, -aquabike, www.trifreaks.com
Sep. 26: Island Quest AR, San Juan Islands, WA, Multi-island, www.recreationnorthwest.org
Sep. 26: Methow Valley Off-Road Duathlon, Winthrop, WA, 40K Mtn Bike/10K Trail Run,

Sprint 20K bike/5K run, www.northcascademountainhostel.com
Sep. 26: Mind Over Mountain Adventure Race, Cumberland, BC, Canada, www.mindovermountain.com
Sep. 26: Race the Reaper Yamhill, Yamhill, OR, 6 mi, obstacle, www.racethereaper.org

October

Oct. 17: Seattle Super Spartan, Seattle, WA, 8 mi, extreme obstacle course, www.spartan.com

November

Nov. 28: Street Scramble, Kirkland, WA, Urban Adventure, www.streetscramble.com



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Weight Lifting Improves Cycling Strength



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As an endurance athlete, should you be lifting weights in the gym?

Absolutely! The time to lift weights is now, during the off-season, well before your key summer cycling events.

Cycling is a sport primarily focused on cardiovascular endurance, so cyclists tend to spend most of their time working their cardiovascular endurance. But for substantial improvements in your cycling ability, it is important not to ignore your muscular strength. If you want to ride your bike faster or climb hills better, your

two options are to lose a significant amount of body weight or improve the power your body can generate. This is where weight lifting fits in. It may sound counterintuitive, but heavy weight lifting is a fantastic way to improve your cycling performance. Lifting heavy in the gym conditions your body to generate more power – which is just what you need to ride faster or get through that climb easier. Highly effective lifts for cyclists include squats, dead lifts, and lunges.

When starting a strengthening program, there are a few things to consider. First is the awareness of any history of injury. Second, perfect form is critical when lifting heavy weights. Third, if you are new to weight lifting, or haven't done it in a while, don't start out with heavy weight. You should spend at least 4 weeks with light weights and allow your body to adapt.

What basic concepts of form should you keep in mind when weight lifting? Keep your back straight, bend forward by hinging at the hip, keep your knee over the mid part of your foot, and keep weight distributed between the heel and ball of your foot. Breathe evenly and keep your neck and shoulders relaxed.

Your physical therapist can help screen for any potential musculoskeletal areas of concern, help you improve your lifting form and mechanics, and guide you with starting a strength program.

Enjoy your ride!

SQUAT

Feet shoulder width apart, back straight, heels down, bend hips and knees to almost 90°. Keep knees parallel. Lower slowly, then return.

Perform 3-4 sets of 10 repetitions.

As you increase weight over time, decrease # of repetitions you perform.

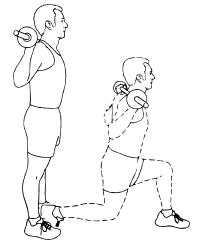


LUNGE

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.

Perform 3-4 sets of 10 repetitions on each leg.

As you increase weight over time, decrease # of repetitions you perform.

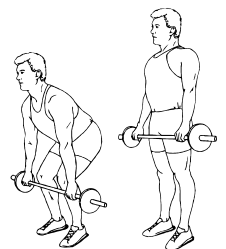


DEADLIFT

From squat position, straighten legs, keeping head up and back straight. Return down and repeat.

Perform 3-4 sets of 10 repetitions.

As you increase weight over time, decrease # of repetitions you perform.



If you have any questions, have pain preventing you from enjoying your cycling, or are interested in more personal and specific programs, you can find your local Physical Therapist at:

www.therapeuticassociates.com/Locations



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