

BIKE LIKE AN EGYPTIAN

AS OWNER OF THE TOURING COMPANY BEYOND BOUNDARIES, Doug Lofland has organized bike trips all around the world. So last year, he was surprised to find out that Egypt, one of the world's top tourist destinations, prohibited cycling tours "for security reasons," according to government officials. No stranger to uphill climbs, the Colorado resident set out to win over Egyptian bureaucrats. The agreement they reached could be summed

up in three words: Uzis and bribes. In order to ride there, a group must pre-apply to each provincial government along the route—and be escorted by a submachine-gun-equipped police car and a local guide. Even with the proper paperwork, riders might need to pay off the guards at security checkpoints.

Fortunately, the riding is worth it. Last summer I joined Lofland's first group of cyclists along the road bordering the Red Sea, through the Eastern Desert, and between the port villages of the Nile. Besides a run-in



with a spitting camel, the trip unfolded effortlessly. Bedouin tribes offered us snacks of camel cheese, bread and coffee to ease our grind through the sand. My favorite part of the trip was when a local cyclist in Edfu challenged me to a race. He showed his admiration for my win with a huge smile and a high five. Lofland plans to bring more cyclists to Egypt with his new spin-off company; for tour dates, visit egyptbikeandsail.com.—Jayme Otto

Hot List



***On July 11, MARA ABBOTT became the first American to win the Giro Donne, or women's Giro d'Italia.**

***Bring on the mud and slime: Starting this season, the UCI will allow DISC BRAKES IN CYCLO-CROSS races.**



***CLIF BAR'S fall flavors—Cranberry Orange Nut Bread, Iced Gingerbread and Spiced Pumpkin Pie—hit stores in October. Some of the profits will benefit the Winter Wildlands Alliance.**

Could Your Town Ban Bikes?

THE IDEA OF BIKING BEING ILLEGAL SOUNDS absurd, but it's the reality in Black Hawk, Colorado. The town's board of aldermen recently banned cyclists from riding on most city streets, due to safety concerns—or, more likely, so that bus tourists and truckers traveling to local casinos wouldn't be inconvenienced by having to wait to pass bikes safely on narrow mountain roads. (Fight the ruling at bicyclecolo.org.) If it stands, the ban will set a dangerous precedent: A few months later, a councilman in St. Charles County, Missouri, proposed an ordinance that would bar cyclists from some state highways.

Wheel Sucker

A bike makes the perfect getaway vehicle for a snatch and run—unless, of course, the object you pilfer happens to be an iPhone loaded with GPS tracking software. After grabbing an Apple phone from a woman's hands in San Francisco, Horatio Toure, 31, was apprehended about 10 minutes later.

Jersey of the Month

CORAL SNAKE

Even if passing motorists don't recognize the message behind the snake stripes—nature's way of saying "I need my space"—they'll definitely notice you in Eleven Gear's sublimated microfiber jersey, which comes in seven men's and four women's sizes, and has reflective trim on the back and sleeves. \$78; elevengear.com



HEALING WHEELS

MELANIE KEATS BELIEVES THAT BEING IN SHAPE FROM biking and hiking helped her survive cancer—twice. Today, the 38-year-old assistant professor in the department of health and human performance at Dalhousie University in Nova Scotia encourages kids with cancer to exercise—before they even leave the hospital. Thanks to two foundation grants, Keats's research initiative, Milestones, brings stationary-bike-powered video games into the hospital rooms of pediatric cancer patients. "With bikes, we can tailor programs for all ages and abilities," says Keats. "If a child is too fatigued for the upright bike, we can use recumbent bikes for greater safety and comfort. We can also use arm-pedaled bikes that can be pulled up next to the bed."

Keats says that combining bikes with games—which let kids ride up hills, pedal solo or race another person—helps patients regain strength, then stay active. Her ultimate goal? "We'd like to transition them to cycling outdoors."—Linda Melone

DALE STEPHANOS: USA CYCLING/WWW.CJPHOTO.COM; KWIKEE SYSTEMS; COURTESY