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SPEAKING OF SPOKES

Reducing Conflicts in Emigration

By David Ward

I know it is now spring. Having a home in Emigration Canyon, affectionately known by those of us who live here simply as "the Canyon", I am personal witness to the Canyon as by far the most popular ride in Salt Lake County, if not the entire State of Utah. And while they have been fairly rare through the winter months, in the last two weeks, the Canyon has been inundated with cyclists.

I, too, am an avid cyclist, and the Canyon is now also my favorite ride, if for no other reason than it is convenient. But there are other reasons. It is a beautiful ride. The road winds and meanders through the Canyon and alongside Emigration Creek at an incline that is doable for most cyclists. And it tops out at Little Mountain with a scenic view of Mt. Dell Reservoir in front and the Canyon just behind. In springtime,

you can feel and smell the freshness in the air. In the summer, it is much more pleasant than down in the valley. In autumn, the fall colors are captivating. And in the winter, though few cyclists are around to experience it, a blue sky and a freshly fallen blanket of snow make the Canyon a fantastically beautiful and exhilarating place. I know why everyone loves it.

However, the popularity of Emigration Canyon as a place to ride is also the source of a frequent amount of friction. In addition to the regular vehicular traffic of residents and others, which is substantial by itself, the Canyon is also popular with pedestrians, joggers, motorcyclists and those out for a lovely drive. This makes Emigration Canyon rather busy, particularly on weekends.

The biggest issue relates to cyclists who block traffic by not riding single file. This is both a safety

and courtesy issue. For both reasons, many believe you should ride single file all the time. Personally, I think 2-abreast is usually safe. Also, it is allowed generally by law, with restrictions, but Emigration Canyon has signs, first appearing about two miles up the Canyon, that read, "Ride Single File".

There is an issue as to whether or not this is required, or even enforceable. That is a topic for another day. But it is apparently being enforced by the police. So, if you choose to ride 2-abreast, know that you may be cited. For the sake of courtesy, caution and avoiding citations, you should ride single file in the Canyon. Additionally, it is winding road, and cars approaching from behind as you ride uphill can be upon you before you or they realize it. At a minimum, if you are riding 2-abreast, you should quickly move into single file when a car approaches from behind.

I interact regularly with people

who complain about cyclists in the Canyon, and I can tell you that the single biggest complaint is with cyclists who block the flow of traffic while going up the Canyon. And nothing gets their gall more than a group of cyclists riding and chatting as they occupy not only the shoulder but the better part of the traffic lane. By my observations, that is quite rare, but it is especially irritating. As one who also drives as well as rides in the Canyon, I can empathize with these frustrations.

Most of the Canyon has a good shoulder, separated by a solid white line, and efforts are being made to make that the case all the way up and down the Canyon. At most times, two cyclists can ride abreast on the shoulder without being in the lane of traffic. That being said, a cyclist riding on the shoulder but extremely close to the white line, alone or 2-abreast, creates a sense of anxiety in drivers approaching from behind. Indeed, it is difficult for such a driver to give a cyclist the required 3-foot berth when passing without hugging the centerline of the road. And when traffic is approaching from the opposite direction, or when a driver cannot see very far as the road winds ahead, hugging the centerline is not something that driver wants to do.

So I plead with those who ride in Emigration Canyon, that you ride single file, and that if you do choose to ride 2-abreast, immediately move into single file, reasonably to the right of the white line, when you hear traffic approaching from behind. I ask this as both a cyclist and a driver, and as a resident who likes and wants to peacefully co-exist with my fellow Canyon residents. And I ask it, not only for reasons of safety, but for equally important reasons of courtesy and peaceful co-existence.

Emigration Canyon is a beautiful place to ride a bike. I love riding here, and I welcome all others who ride in this Canyon. But for the sake of those of us who live in the Canyon and who are constantly defending cycling in the Canyon, please ride safely and courteously, and avoid impeding traffic and causing angst to drivers. It makes our efforts as defenders of cycling easier and more effective.



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Administrative Assistant: Lindsay Ross

cycling utah is published eight times a year beginning in March and continuing monthly through October.

Annual Subscription rate: \$15

(Send in a check to our P.O. Box) No refunds on Subscriptions.

Postage paid in Murray, UT

Editorial and photographic contributions are welcome. Send via email to dave@cyclingutah.com. Or, send via mail and please include a stamped, self-addressed envelope to return unused material. Submission of articles and accompanying artwork to **cycling utah** is the author's warranty that the material is in no way an infringement upon the rights of others and that the material may be published without additional approval. Permission is required to reprint any of the contents of this publication.

cycling utah is printed on 40% post-consumer recycled paper with soy-based ink.

cycling utah is free, limit one copy per person.

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Cover: Nate King flies through the chicane at the Rocky Mountain Raceway Criterium on March 10, 2012.

Photo: Dave Iltis
See complete photo gallery at gallery.cyclingutah.com

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COMMUNITY

Remembering Matt Bradley

By Jared Eborn

Matt Bradley was more than just a cyclist. He was more than an educator. And more than a friend.

Matt Bradley -- a cancer survivor who lost a leg to the dreaded disease and refused to slow down as a result -- was an inspiration to countless people in the Utah cycling community, at the University of Utah where he taught and among the civic and social causes he championed.

Matt Bradley passed away March 20 after an accident at his home. He was 41.

And though Bradley is no longer physically in the peloton at races or cracking wise from the announcer's table at cyclocross races, Bradley's influence is still felt.

"I just can't believe he's gone," Jim Noble, a cyclist who shared the common bond with Bradley of surviving cancer is his leg, said after an impromptu memorial ride up Emigration Canyon to Little Mountain after learning the tragic news. "I just had to hammer it a little hard up that hill for him. That was something we had together, we hit those hills hard."

Bradley is best known among Utah cyclists as the guy with one leg who raced his heart out and didn't let something like a missing foot keep him from enjoying life to the fullest. In fact, Bradley embraced his situ-



Matt Bradley was Cycling Utah's 2011 Rider of the Year. Always cheerful and supportive, his presence will be deeply missed in the community. Photo: Dave Iltis

ation with grace and humor -- even having the name 'Gimpy' printed on his cycling gear.

A competitor to the end, Bradley was named Cycling Utah's Utah Overall Rider of the Year in 2011 (see the Fall/Winter 2012 issue online at cyclingutah.com).

While it might be easy to focus an article on Bradley's cycling life, he was far more than just another member, albeit a one-legged one, of the local peloton. Matt Bradley was a role model, a mentor to many and

a leader.

"He was the most genuine human being ever," friend and elite athlete Kelsey Withrow said. "He was an inspiration to be around and someone who could make anyone laugh. I took away a lot from him. With all the crappy things that had happened to him he continued to stay positive and always figure out a way to look at the bright side."

He was also uniquely adept at looking at things from the viewpoint of others.



Matt was a fierce competitor. Photo: Chris See.

Actively involved in community organizations that championed the human rights of others, especially the local Hispanic community, Bradley sought to make a difference.

"One of the greatest mentors I've had the privilege of learning from has left this world physically," is how Mariana Ramiro-Gomez remembered Bradley in one of countless posts from friends on his Facebook wall. "And I didn't learn enough from him. Matt Bradley changed my life. His love, passion and dedica-

tion to social justice was a catalyst that not only kept me engaged as an undergraduate student - but continues to do so now."

After word of his passing got around, his Facebook pages were inundated with dozens of photos and memories from friends. The first, a short but heart-breaking post from his brother, Seth, announced his death.

Continued on page 11



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Contact us at events@huntsmancancerfoundation.org or 801.584.5815

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IN LOVING MEMORY
MATTHEW WADE BRADLEY
8/19/70-3/20/12



WHAT'S YOUR EXCUSE?

cycling utah's 2012 Bicycle Club Guide

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Editor's Note: The first installment of our club guide is in our April 2010 issue online at cyclingutah.com or visit the clubs page. If you would like your club listed (it's free), please email clubs@cyclingutah.com for details.

4Life/Mad Dog Cycles Race Team!

Sponsors: 4Life Research, Mad Dog Cycles, AtTask, Trek, Maxxis, Powerbar, Tifosi, Stans No Tubes, Crank Bros., Camelbak, Doug Smith Subaru, Dumonde Tech, X-Tech Computer Services, Dairy Council of Utah, 4Life Research, Maxxis, Powerbar, Tifosi, Stans No Tubes, Crank Bros., Camelbak, Alexander's Print Advantage, Blackbottoms Cyclewear, Guru's, Intermountain Urological Institute, Northwestern Mutual, LW Coaching, High Energy Labs, Doug Smith Subaru, DZNuts, Dumonde Tech, X-Tech Computer Services, Team-Give, Jakob Marketing Partners
Contact: Keith Payne, keith@maddogcycles.com, 801-368-5321
Website: maddograceteam.com
Type of Cycling: MTB, Cyclocross and Road
Base Location: Orem, UT

Club Statement: We are a Utah-based team with every level of rider in multiple disciplines. Entering our 12th season, we have riders competing in MTB and Road events in Utah and the Western Region. Our club is not only full of fast, competitive riders, but also has a large number of cyclists that just like to ride for fitness and recreation. While we are organized to race, we also work hard to give back to our community. We organize two trail building days each year with the USFS, offer monthly, free guided rides for the community. All levels of riders are welcome to come join the team. Celebrate our 12th year by riding with us in 2012.

Animal Liberation Racing!

Sponsors: Raw Revolution, Tofurky, Vega, 3T, Plan 7 Coaching, animalliberationracing.com
Contact: Cris Pereira, animalliberationracing@gmail.com, 801-898-8875
Website: animalliberationracing.com
Type of Cycling: Any and all forms of cycling enthusiasts and racers welcome.
Base Location: Salt Lake City, UT
Club Statement: We are a grassroots group focussed on debunking the myth that you can't be a strong athlete on a vegan diet and to bringing awareness to animal rights and other environmental causes. We want to be a voice of defense for animals suffering not only for consumption, but for vivisection, the clothing trade, "entertainment" industries, and anywhere else senseless brutality occurs. Vegetarians and Vegans Welcomed!

Bohemian Brewery Cycling Team!

Sponsors: Bohemian Brewery, Saturday Cycles, Enve Composites, Canfield Brothers Bicycles, Rack and Road
Contact: Vaughn Martinez, bohemianracingteam@gmail.com, 801-941-5621
Website:
Type of Cycling: Wasatch Front, UT
Base Location: Wasatch Front, UT
Club Statement: We are excited to offer Wasatch Front cyclists a new opportunity for the 2012 season. The Bohemian Brewery Cycling Team is looking for like-minded cyclists to become part of this great new squad. Not a racer? Not a problem. Riders of all skill levels and disciplines are

welcome and encouraged to join. Whether you enjoy a post-ride beer or not, come out and ride with us. We love bikes and riders of all kinds and hope to see you flying the Bohemian Brewery Lion in 2012.

Bonneville Cycling Club!

Sponsors:
Contact: Mary Margaret Williams, president@bccutah.org, 801-641-4120
Website: bccutah.org
Type of Cycling: We offer road rides with a pace rating system ranging from easy relaxed pace to race pace.
Base Location: Salt Lake City, UT
Club Statement: We are Utah's largest and oldest cycling club; A 501c3 Utah non-profit with all volunteer staff. An umbrella club for all cyclists in Utah with active members from Logan to Las Vegas. We have rides all year long and every day through the season. Bonneville accommodates all levels and skills including beginner, recreational, touring, mountain, racing and Ultra-marathon riders. We host 2 event rides annually, both running for more than 25 years: Little Red Riding hood, held in June, and ULCER, held in August, as well as ride series that include the Superseries century challenge, the Metric mid-distance series and the relaxed pace Social series. BCC donates thousands of dollars annually to charitable organizations using the funds raised at our events and provides Ride Marshals for the MS ride and other events. BCC supports Bike Utah as an active member organization. If you ride a bike in Utah, you should be a BCC member.

Bountiful Mazda/Bountiful Bicycle Center Cycling Club!

Sponsors: Bountiful Mazda, Bountiful Bicycle Center
Contact: Larry Peterson, peterslw50@gmail.com, 801-683-7443
Website: bmbbc.com
Type of Cycling: Group Road Rides, Road touring, MTB, Recreational, Road and MTB Racing
Base Location: South Davis County, UT
Club Statement: Growing from a "house-of-pain, you'll-never-drop-me" core of head-to-head road cyclists in the mid-90's, BMBBC

Cycling Club has grown into a diverse group of both social and racing enthusiasts of road and mountain biking. With >125 members we provide regular weekly rides for cyclists of all abilities as well as several off-season training opportunities. The Club participates in many events including races to raise money and awareness for local causes and charities. Our primary focus is to provide opportunities for members to ride in a club environment while enjoying the camaraderie of like-minded individuals. Stop by Bountiful Bicycle Center to get to know one of our sponsors and talk to the staff about our Club and cycling in the Davis County area.

Cache Valley Veloists Bicycle Touring Club!

Sponsors:
Contact: Bob Jardine, info@cvveloists.org, 435-757-2889
Website: cvveloists.org
Type of Cycling: Road Touring and Recreational Mountain Biking
Base Location: Logan, UT
Club Statement: The Cache Valley Veloists Bicycle Touring Club is committed to fun, moderately paced recreational bicycle touring. The tours are member-led, and designed to meet a wide range of bicycling interests and ability levels. Every fall, their Cache Valley Century event raises funds to help support Common Ground Outdoor Adventures as well as other bicycle advocacy groups throughout the Cache Valley area.

Canyon Bicycles Racing Team!

Sponsors: Canyon Bicycles, Specialized, Larry H. Miller Dealerships, DZ Nuts, First Endurance, Easton, Vittoria, CEP Compression Wear, Capo, Look
Contact: Mike Pratt, mike@canyonbicycles.us, 801-576-8844
Website: canyonbicyclesracing.com
Type of Cycling: Road Racing, Cyclocross, Mountain Bike Racing
Base Location: Draper, UT
Club Statement: The Canyon Bicycles Racing Team is a club/racing team that focuses on developing riders to race at their full potential. We have open club rides on non-racing Saturdays and Sundays and

recreational rides on Thursday evenings. Our team members race road, mountain bike and cyclocross disciplines in a range of categories. We are a tight-knit group of friends who enjoy racing and training together.

Chick-fil-a/Excellerator Sports!

Sponsors: The Bike Shoppe, Chick-fil-a, Sun Valley Mortgage, Harristone, Blue Iguana, The Joint, The Jersey Bag, Cache Valley Women's Center, Excellerator Sports
Contact: Ben Towery, teamexcellerator@gmail.com, 801-389-7247
Website: teamexcellerator.com
Type of Cycling: Road Racing
Base Location: Ogden, UT
Club Statement: Chick-fil-a/Excellerator Sports was founded in 2008 to support racers of all abilities in improving their access to racing, increase their skills and fitness and to provide a fun group of riders to train and race with. We host the Powder Mountain Hillclimb, Tour de Park City and the Harvest Moon Criterium.

Color Country Cycling Club!

Sponsors: Cedar Cycle
Contact: Chad Horman, colorcountrycyclingclub@gmail.com, 435-867-5116
Website: colorcountrycycling.org
Type of Cycling: Road Racing, MTB Racing, Road Touring, MTN Recreational or any combo
Base Location: Cedar City, UT
Club Statement: Founded in 1996, our club is active in many aspects of cycling from technical slickrock riding to touring to racing, as well as trail maintenance, and local event support. We support an IMBA affiliated National Mountain Bike Patrol group and work closely with local National Forest and BLM officials on trail access issues. We have adopted and maintain many miles of trails in our area, and as the leading cycling advocate in southern Utah, we are always looking to expand riding opportunities in our area. We offer weekly rides through the year. Check our web site and ride calendar.

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Contact: Alison Littlefield, club@contender-bicycles.com, 801-364-0344

Website: contenderbicycles.com

Type of Cycling: MTB Racing, Road Racing, MTB Recreational or any combo of the above.

Base Location: Salt Lake City, UT

Club Statement: The Contender Bicycles Cycling Club provides an opportunity to participate in all aspects of the sport of cycling from racing to recreational riding to advocacy. Along with our partners, we are excited about the future of the club and we invite you to join for 2012.

Cutthroat Racing!

Sponsors: Uinta Brewing Company, Brewvies Cinema Pub, Beehive Bicycles, Saturday Cycles, Legal Messengers, Inc., PieHole Pizza Salt Lake, Wasatch Crest Shuttle, Light and Motion, Maxxis, Brubar Energy Bars, Bumazing Natural Skin Stick, Osprey Packs, Hayes Brakes, Sun Ringle, Manitou, Carbo Rocket, Genuine Innovations, ProLink and Ryders Eyewear

Contact: Joe Wiggins, cutthroatracing@gmail.com, 801-609-VELO

Website: cutthroatracing.org

Type of Cycling: You name it. We're a home

for racers (MTN, CX, RD) and also lots of 'fun only' riders, cyclomuturs, tours etc.

Base Location: Salt Lake City, UT
Club Statement: Founded in 2005, we have grown every year and currently have around 50 members. Our primary goal is to provide a fun 'team' for folks who want to be on a team, but don't really want to be on a 'team'. Make sense? We have organized trail work days, some camping trips and nice big camps at 24 hr races. We really are a team of the people. Come join us and see for yourself. Team meetings: First Wednesday of each month at the Uinta Brewpub @ 6pm. Gatherings at Brewvies and PieHole most other Wednesdays @ 6pm.

Evanston, Wyoming Cycling Club!

Sponsors: Titanium Benefactors: Cook-SandersAssociates, Inc., Professional Engineers & Surveyors; and The Spence Law Firm and Bootworks.Associates, Inc., Professional Engineers & Surveyors; and The Spence Law Firm.

Contact: Paul Knopf, pknopf@evanstonwy.org, 307-783-6458

Website: evanstoncycling.org

Type of Cycling: Road Racing, MTB Racing, Road Touring, Mtn Recreational or any combo.

Base Location: Evanston, WY

Club Statement: The Evanston, WY Cycling Club is a 501(c)(3) non-profit public charity. Primary purposes of the Cycling Club include promoting bicycle safety and community education of bicycle related issues, establishing community partnerships, encouraging the development of pathways for bicycle and pedestrian use, and advocating the sport of bicycling as healthy outdoor recreation. The Cycling Club promotes bicycle education and safety through SAFE Kids and other community programs. The Club considers PEDAL (Promoting Educational Development and Learning) scholarships in the amount of \$500 each to graduating Evanston High School seniors for post-secondary education. In partnership with the City of Evanston and other benefactors, the Cycling Club helps to coordinate the High Uintas Classic (HUC) Stage Race. The HUC has been suspended for 2012.

Huntsman Hometown Heroes!

Sponsors: Contact: Jen Murano, JMurano@huntsmanfoundation.org, 801-584-5815

Website: huntsmancancerfoundation.org

Type of Cycling: Road Racing, Road

Touring

Base Location: Salt Lake City, UT

Club Statement: Huntsman Hometown Heroes is a program designed to help you reach your endurance goals while raising much-needed funds for cancer research at Huntsman Cancer Institute. We have reserved charity spots for LOTOJA, Skinny Tire Festival, and the Salt Lake City Marathon Bike Tour, as well as host our own signature bike ride from Delta, UT to Salt Lake City, UT, dubbed the "Huntsman 140/75/25." Find complete club information at: huntsmancancerfoundation.org/hhh

Idaho Cycling Enthusiasts (ICE)

Sponsors: Idaho Kidney Institute, Southeast Idaho Gastroenterology, Idaho Orthopaedics, Barrie's Ski and Sports, Kirk's Cruisers, Portneuf Medical Center, Poky Triathlon Club

Contact: David Hachey, dmhachey@gmail.com, 208-241-0034

Website: idahocycling.com

Continued on page 8



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Club Guide -

continued from page 7

Type of Cycling: Road Racing and Touring, Commuting, and Advocacy
Base Location: Pocatello, ID
Club Statement: Idaho Cycling Enthusiasts (ICE) was founded in 1997 "to encourage bicycle riding, to promote a healthy lifestyle, provide recreational opportunities and demonstrate that cycling is a practical means of transportation." ICE is the current incarnation of what over the years has been a sequence of bicycle clubs in the Pocatello area. Cycling has a long history in Pocatello, and the roots of current club activities, rides and members date back at least 30 years.

Infinite Cycles Team and Club!

Sponsors: Infinite Cycles
Contact: Brad Rowberry, email@infinite-cycles.com, 801-523-8268
Website: infinitecycles.com
Type of Cycling: Road racing, road touring, mountain recreational, mountain racing, cyclocross.
Base Location: Riverton, UT
Club Statement: Infinite Cycles has grown as a club and team over the last four years. Our goal is to get people riding together, improve skills, and build racers. Our club road rides leave from Infinite Cycles on Saturday mornings. Our mountain bike race group has a strong showing at many of the local races in all age and experience categories. More information and calendar can be found on our website.

KUHL/Rocky Mountain!

Sponsors: KUHL Clothing, Rocky Mountain Bikes, Slim & Knobby's
Contact: Ryan Krusemark, ryan@kuhl-usa.com, 800-252-3185
Website: kuhl-usa.com
Type of Cycling: Mountain Bike Racing, Road Racing, and Cross
Base Location: Northern Utah, UT
Club Statement: We are a diverse group of mountain, cross and road cyclists brought together by one common thread- a healthy obsession with the outdoors. More like a family than a team, we aspire to promote the sport of cycling in races, rides, and in the communities in which we live, with maybe some friendly competition to go along with it. Swing by our tent and kick back on our couch at the races- we're a family that's always growing!

Logan Race Club!

Sponsors: Pro Form, Alpine Cleaning and Restoration, Camp Chef, Immaculate Homes, Sports Academy and Racquet Club, MDSC, AI's Sporting Goods, Wimmer's Ultimate Bicycles, and Wheelzrack
Contact: Ben Kofoed, benhkof@hotmail.com, 435-753-0757
Website: loganraceclub.org
Type of Cycling: All Forms of Cycling, and Triathlon and Running
Base Location: Logan, UT
Club Statement: The Logan Race Club includes a vast array of riders from the Cache Valley area that range from experts to those that are new to the racing scene. This team includes youth riders that we hope will be inspired to have the same passion for riding bikes as the veteran racers on the team.

Mi Duole Cycling Club!

Sponsors: Barbacoa Mexican Grill, Evergreen Construction, Diamond Wireless, Jones Waldo, Durham Jones and Pineger, Voler, South Mountain Sports Medicine, Millcreek Bicycles

Contact: Geno Smith, genesmailbox@comcast.net, 801-557-5437

Website: miduole.com

Type of Cycling: Road Racing and some Mountain Bike Racing
Base Location: Salt Lake City, UT
Club Statement: Mi Duole roughly translates from Italian as "I suffer." Mi Duole is one of the oldest racing teams in the Intermountain West, having formed in Salt Lake City in 1984. Our membership includes mostly road riders and a few mountain bikers. Mostly men and a few women in their 30s, 40s, and 50s who are experienced, fit riders. It includes avid racers as well as those who don't ride competitively much any more, but still hammer out 100+ mile rides every weekend, typically with lots of climbing.

Mountain View High School!

Sponsors: Fezzari Performance Bicycles, Utah Spine and Sport
Contact: Dennis Jones, shrubbeck@gmail.com,
Website: bruincycling.org
Type of Cycling: MTB racing, MTB Recreational, Advocacy
Base Location: Orem, UT
Club Statement: As an NICA sanctioned High School Mountain Bike Team, we take riders of all abilities and backgrounds and teach them the life-long love of cycling and mountain bike racing. We're developing riders and enhancing lives.

OCEF (Ogden Cycling Education Foundation) AKA: Autoliv Cycling Club!

Sponsors: Autoliv, Total Rehab, The Bike Shoppe, Fezzari Bicycles, Tutor Doctor, State of Utah/Road Respect, Nor-Med, Dr. Naylor's Udder Balm
Contact: Kurt Gammill, kurt.gammill@autoliv.com, 801-625-9370
Website: ogdencycling.com
Type of Cycling: Charity work, Masters and Juniors MTB and 24 hr racing, Cat 5/4 Masters RoadRacing, Recreational and training rides
Base Location: Ogden, UT
Club Statement: For 2012, Autoliv Cycling Club is now OCEF (Ogden Cycling Education Foundation), a 501(c)(3) public charity. Autoliv and OCEF are sponsoring both LOTOJA and Huntsman Cancer Foundation's "Hometown Heroes" program, which has raised over \$700,000 in total. Also, in conjunction with Fezzari, we are donating 12 mountain bikes for underprivileged riders in this year's High School Cycling League, plus we have a separate juniors MTB team. 2012 will be our 12th year as a USCF and NORBA sponsored club, and don't forget the legendary noon ride, now in its 18th year.

P.A.S.S. (Price Area Singletrack Society)!

Sponsors: BicycleWorks in Price, Utah
Contact: Fuzzy TheBikeGuy, fuzzythebikeguy@msn.com, 435-650-0639
Website: PASStrails.com
Type of Cycling: MTB Riding and Trail Building/Advocacy
Base Location: Price, UT
Club Statement: PASS was founded in 2002 and their first trail project was LUKE'S TRAIL, which was designed by LUKE THE PIT-BULL and has become a favorite of locals and travelers alike. Recent additions like ShamRockAndRoll, Smokin' Joe's and Yoo-Hoo make several loop-options and the campground at the Luke's Trailhead has great sunsets. Weekly "Big Wednesday" group rides and annual events like TrailFest (1st Weekend in May) and the 4th of July rides and Barbeque are how we introduce riders to our ever-growing trail system. PASS is also involved in Trail-Building and

Land-Access issues, working to educate users and prevent trail and area closures throughout Castle Country.

Pocatello Women's Cycling!

Sponsors: Barrie's Ski and Sport, ICE (Idaho Cycling Enthusiasts), Portneuf Home Health, Idaho Kidney Institute
Contact: DaNae Young, spinderella33@gmail.com, 208-221-9300
Website: spinderellaride.com
Type of Cycling: Road touring and riding
Base Location: Pocatello, ID
Club Statement: Pocatello Women's Cycling was organized in February 2012. The goal of the club is to encourage women of all ages to get out and ride. We want to promote a fun and healthy lifestyle, while giving back to the community we live in.

Pocatello's Women Cycling/Spinderella!

Sponsors: Barries Ski and Sport, ICE (Idaho Climbing Enthusiasts), Portneuf Home Health, Idaho Kidney Institute
Contact: DaNae Young, spinderella33@gmail.com, 208-221-9300
Website: spinderellaride.com
Type of Cycling: Road Touring
Base Location: Pocatello, Idaho
Club Statement: Pocatello Women's Cycling was organized in February 2012. The goal of the club is to encourage women of all ages to get out and ride. We want to promote a fun and healthy lifestyle, while giving back to the community we live in.

Porcupine Cycling!

Sponsors: Porcupine Pub & Grille, The Dodo Restaurant, Pile Wheel & Brake, NuSkin, Cityworks, Squatters/Wasatch Beers, Axiom Energy, Halliday & Watkins, Tim Dahle Nissan, The Gooch Firm, Sysco, Bicycle Center
Contact: George Mastakas, georgem@cityworks.com, 801-560-1936
Website: porcupinecycling.com
Type of Cycling: Road & Mountain Biking and Recreational/Casual riding
Base Location: Salt Lake City, UT
Club Statement: Porcupine Cycling Club is dedicated to bettering the appreciation and enjoyment of cycling while having fun. Our club consists of cycling and mountain bike enthusiast ranging from highly competitive racers to those who are simply looking for riding partners. We also put on the Porcupine Big Cottonwood Hill Climb to raise funds for local cancer research and victims. We will once again be running the annual Chalk Creek Road Race in Coalville UT, which is the State Championships for Masters & Junior categories.

Primal Utah Cycling!

Sponsors: Primal Cycling clothing, Bingham Cyclery, Specialized, Rudy Project, North Wave Cycling ShoesBingham CyclerySpecializedRudy ProjectNorth Wave Cycling Shoes
Contact: Nisie Antacle, nisie77@gmail.com, 801-440-0290
Website: karvecycling.com
Type of Cycling: Road Racing, Cyclocross
Base Location: Park City, UT
Club Statement: Primal Utah Cycling is a cohesive group of competitive, energetic, diverse, well-rounded women and men dedicated to: promoting sponsors in both competition and the community, developing junior riders, and striving for athletic excellence through healthy and supportive means. Our focus is road racing on the local scene; in addition to supporting teammates that race nationally. We look forward to another competitive year with our seasoned sponsors and teammates.

Revolution Café Rio Racing Team!

Sponsors: Revolution Bicycles, Café Rio Mexican Grill, Garner D. Jensen Insurance Group, Kipp & Christian P.C. Trial Lawyers, Control 4, S-Works Audio Visual Installation, Hammer Nutrition, Cannondale, Enve Composites
Contact: Alex Kim, manager@revolution-racing.org, 801-503-9064
Website: revolutionracing.org
Website: [facebook.com/groups/262701995905/](https://www.facebook.com/groups/262701995905/)
Type of Cycling: Road Racing, Triathlon, Road Touring, Recreational Riding, Cyclocross, Advocacy
Base Location: Salt Lake City, UT
Club Statement: Welcome to the Revolution Cafe Rio Race Team. We are a group of road bike riders and racers with a passion for cycling and the great things it brings to our lives. Our goal is to foster a team environment that promotes camaraderie, learning and health while achieving the highest potential in the sport. While we are competitive and strive to excel in our respective categories, we understand the importance of simple participation in this hobby, being level-headed and avoiding elitism. We are proud to be a USA Cycling and Utah Cycling Association Club in good standing. We are the sponsoring club for the Salt Lake Valley B4K Stage Race and affiliated with mountain biking through Team Revolution Fasteners.

Rocky Mountain Cycling Club!

Sponsors: City Pet Club, Fiddler's Elbow, Christopher Kia, Stark Mortuary, Blue Star Coffee, and Cyclesmith
Contact: Erik Harrington, RMCCutah@gmail.com, 801-487-1189
Website: rmcc-utah.blogspot.com
Type of Cycling: Road Racing and Cyclocross
Base Location: Salt Lake City, UT
Club Statement: RMCC is a road racing club based in Salt Lake City, UT. We have been a staple in Utah racing for many years. We are a smaller club and have riders of all different levels. Many of us ride cyclocross in the fall because it's a super fun way to stay in shape after the road season. Not all of us race but we all love to ride. RMCC is collectively friendly and welcoming...no attitude here. So, join RMCC's polka dot army today!

Rooster's-Biker's Edge!

Sponsors: Rooster's, Biker's Edge, Calton-Harrison Sports & Orthopedic Center, Ken Garff Nissan, Destination Homes, John Henry Smith Insurance, TeamGive, ENVE Composites, Intermountain T-Shirt Co., Old School Body Shop, Quality Disaster Cleanup, Mountain Luxury Real-Estate, Lincoln Financial.
Contact: Brandon Bingham, bbbboy76@hotmail.com, 801-726-4411
Website: roostersbikersedge.com
Type of Cycling: MTB Racing, Road Racing, Cyclocross, and Triathlon
Base Location: Ogden, UT
Club Statement: The Rooster's-Biker's Edge cycling team and club was established in 2011 in order to promote racing and riding in Northern Utah. Cycling disciplines promoted by the team are mountain, road, cyclocross, triathlon, as well as supporting a Junior Team. While the team's goals, like any other race team is to compete and win, it is secondary to promoting the healthy lifestyle, camaraderie, and high quality of life that cycling creates. Club rides are held in Ogden on Tuesday nights from the Roosters restaurant and in Kaysville on Thursday nights from the Biker's Edge store.

RubySnap Cycling!

Sponsors: RubySnap.com
Contact: Tami Mowen Cromar, RubyRiders@rubysnap.com, 801-834-6111
Website:
Type of Cycling: Road Touring
Base Location: Salt Lake City, UT
Club Statement: RubySnap Cycling provides camaraderie and challenge for Class B and C riders. We create a support network of scheduled training rides to prep non-competitive riders for organized century and double century events, as well as teaching road safety and responsibility, flat repair, navigation, food and water, and self sufficiency for competitive riders. Class C riders (13-15 mph moderate social riders) will enjoy riding and mentoring with more experienced riders.

Salt Lake Cycling Club, Millcreek Bicycles!

Sponsors: Millcreek Bicycles
Contact: Mike Hanseen, mig@millcreek-cycles.com, 801-278-1500
Website: millcreekcycles.com
Type of Cycling: Road Racing, MTB Racing, Club rides
Base Location: Holladay, UT
Club Statement: Millcreek Bicycles inhouse club is Salt Lake City Cycling or SLCC. We are an open club and anyone can join. We are about equal opportunity and having a blast on and off our bikes. We offer weekly club rides, annual training camps, exclusive sales and much more.

Salty Spokes!

Sponsors: Saturday Cycles, Velo City Bags
Contact: Esther Merono, saltyspokes@gmail.com, 801-896-4679
Website: saltyspokes.com
Type of Cycling: Recreational, Advocacy
Base Location: Salt Lake City, UT
Club Statement: We're a bunch of awesome women from Salt Lake City who enjoy riding our bikes. We host female-oriented bike events and urban races, and we have a slow, casual ride for ladies only every month called Sundae Shuffle. Please email us or check us out on Facebook for more info.

Simply Mac Racing!

Sponsors: All Seasons Resort Lodging, Bountiful Bicycle, Cornerstone, DNA Cycling, Dr. Craig Hatton, ENVE Composites, FLEXPAC, Gold's Gym, Intermountain Healthcare, Lincoln Title, Reason 2 Ride, Simply Mac, Sonora Grill, teamgive
Contact: Austin Scott, austin@simplymac-racing.org, 801-510-0629
Website: simplymacracing.org
Type of Cycling: Road, MTB, Touring, Cyclocross and triathlons.
Base Location: Salt Lake City, Ogden, St. George, Park City, UT
Club Statement: To be a premier cycling club, race team and triathlete club with a focus on sportsmanship, performance, and [camaraderie.Promoting](#) the sport of cycling through weekly group rides, coaching, race and training support, clinics, and support for local charities. Our members range from recreational riders, runners and swimmers to advanced category racers.

Skullcandy/THINK Architecture!

Sponsors: Skullcandy, THINK Architecture, DNA Cycling, Stowell and Crayk, KUAT racks, Revolution Bicycles, Slim and Knobby's Bike Shop, Winder Farms, Entech, Rudy Project, and Physical Therapy & Sports Medicine.
Contact: Tyler Kirk, skullcandyrcing@gmail.com, 801-864-8927
Website: skullcandyrcing.blogspot.com
Type of Cycling: Road, MTB, Cyclocross, recreational, advocacy
Base Location: Sandy, UT
Club Statement: The Skullcandy/THINK Architecture club has been around for several years and has a focus on racing and recreational riding for all levels. Team members race in the UCA circuit, the Intermountain Cup mtb series, and the Utah cyclocross series. We also welcome recreational riders and weekend warriors interested in century rides, charity rides, or who just want a group to ride with. Check our blog for club and team ride schedules.

SLC Grassroots Cycling!

Sponsors: Este Pizzeria & BlueStar Coffee
Contact: Doug Peterson, DougPeterson99@gmail.com, 801-523-6010
Website: SLCGrassroots.com
Type of Cycling: Mountain (XC & DH) / Road
Base Location: Salt Lake City, UT
Club Statement: For 14 years our team has committed to grueling training regimens allowing us to dominate the local race circuit and...oh wait, that's all the other teams. We just ride bikes, a lot. We also like to drink beer (preferably Shades of Pale). If you like bikes and beer, join us for a Tuesday night mountain bike ride. You'll find the rides laid back and the cooler filled for all to share. We also like coffee with our road rides Sunday mornings from Bluestar Coffee on 28th South and 23rd East. Our social group rides are focused on having a good time, and intermediate to advanced riders are welcome to join.

Team Bad Ass Coffee!

Sponsors: Bad Ass Coffee Company, Millcreek Bicycles, Wilson Law Office, Alasco, Abra Auto Body, Ivory Homes, Holiday Oil, Smith Powell CPAs, Elements Wilderness Program, Spectra Capital, Michael Deraedt & Associates, Inc Financial Services
Contact: Ann Hoffman, annhoffman@comcast.net, 801-706-2237
Website: slcbadasscoffee.com
Website: [sports.groups.yahoo.com/group/badasscycles/](https://www.sports.groups.yahoo.com/group/badasscycles/)
Type of Cycling: Road Touring with a mission
Base Location: Salt Lake City, UT
Club Statement: Team Bad Ass Coffee was created for the purpose of raising funds and awareness to combat devastating diseases. The team consists of friends of all ages and abilities who meet 3 times weekly at various locations throughout Northern Utah to promote fun, healthy living and encourage philanthropy through social cycling. Become a Bad Ass and make an impact on your community.

Team Fast Lane!

Sponsors: Ames Construction, AsMaster, Crank Sports, GRAY Wheels,Raw Revolution, Inov-8, Sigvaris, Studio Cove Health & Fitness, Synergy Sport, Wild Rose MountainSports
Contact: Scott Kelly, teamfastlane@comcast.net, 801-558-2230
Website: teamfastlane.com
Type of Cycling: Triathlon, XTERRA, Duathlon, Running, Road and Mountain-



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Base Location: Salt Lake City, UT
Club Statement: Team Fast Lane is a USA Triathlon sanctioned club open to individuals of ALL ages and ability levels. Member benefits include access to year round, weekly, coached training sessions, support services, equipment discounts, racing, fellowship, and FUN! Although our primary purpose is as a training program for those interested in participating in the sport of triathlon, many members also train and compete in other sports like duathlon, road and mountain bike racing, alpine, telemark and nordic skiing, long and short distance running, climbing, kayaking, adventure racing, etc. TFL also provides personal, event specific, training for endurance athletes.

Team in Training!

Sponsors: Runner's World, Nike, United Healthcare, NuunNike, Powerbar, Seagate, American Airlines, Nissan
Contact: Stacie Kulp, stacie.kulp@lls.org, 801-281-6618

Website: teamintraining.org

Type of Cycling: Road Racing and Non-Competitive Road Biking
Base Location: Salt Lake City, UT
Club Statement: The Leukemia and Lymphoma Society's Team In Training (TNT) program began in 1988 and has grown into the world's largest charity sports training program. TNT offers various sport programs with supported training in a team atmosphere. The teams meet weekly and train over a 3-5 month period to help you reach your goal. Team In Training's cycling program offers the opportunity to take on the challenge of 100 miles and make a difference in the lives of 985,000 Americans living with blood cancers. Along with a customized training program and expert coaching, participants train and fundraise in honor of individuals fighting blood cancers.

Team Plan7

Sponsors: Cannondale, ENVE Composites, Plan 7 Endurance Coaching, Rudy Project, Bontrager Footwear, Back in Motion, CAPO, GU Energy, Personal Best Products (betwixt & zealios), KT Tape
Contact: Mark Deterline, contact@plan-7coaching.com, 925-978-6774

Website: [facebook.com/TeamPlan7](https://www.facebook.com/TeamPlan7)

Type of Cycling: Road, MTB & cyclocross racing
Base Location: Salt Lake City, UT
Club Statement: Our teammates participate in Plan7 group rides and compete in a minimum of 25 mountain bike, road racing and/or cyclocross races per season while representing sponsors and creating good will throughout the cycling community. Within our cycling circles we seek to serve as role models and ambassadors of good sportsmanship, as well as provide positive leadership. We also organize free mentoring sessions to the public designed to help riders of all levels learn skills, safe riding practices, and competitive tactics.

Team Revolution Peak Fasteners!

Sponsors: Revolution Bicycles, Peak Fasteners, Silver Bean Coffee, Epic Brewing, Cannondale, Giant, Professional Electrical Services, Redwood Rd. Endontics, Carbo-Rocket, Continental, GU, Crank Brothers, Cafe Rio
Contact: Bob Saffell, stupidbikebs@mac.com, 801-233-1400

Website: teamrevolutionracing.com

Type of Cycling: Mountainbike and Cyclocross

Base Location: Salt Lake City, UT
Club Statement: THE Dirt team in Utah, several team championships since 2004, several individual champions and wins. 1000s of hours of trail work, camaraderie and fun. In 2011 we were the UTCX Champions and the repeat Unofficial Utah Cycling Omnium Champions.

Team Sugar / White Pine Touring!

Sponsors: White Pine Touring, Camelbak, Smith, Clifbar, Silver Mountain
Contact: Kari Murray, kgs skier@msn.com, 801-232-8354

Website: teamsugar.org

Type of Cycling: Mountain Bike Recreational/Advocacy

Base Location: Park City, UT
Club Statement: Team Sugar, established in 2003, is a dedicated group of women mountain bikers devoted to introducing as many women as possible to the sport. Team Sugar

provides free women's rides every Tuesday night throughout the summer, which allows women to learn mountain bike skills, local trails, etc. in a non-competitive environment. Team Sugar rides begin the first Tuesday after Memorial Day and leave at 6 p.m. sharp from White Pine Touring in Park City. The first ride will be May 29, 2012.

Team Wannabe!

Sponsors:

Contact: Wanda Bates, wanda@teamwannabe.com, 801-362-1911

Website: teamwannabe.com

Type of Cycling: Road Tours and Charity Events.

Base Location: Payson, UT

Club Statement: Teamwannabe.com was founded in 2007 by Wanda Bates. She was 46 at the time and had recently been reintroduced to the joy of cycling while participating in the local Tour de Cure. The purpose of Team Wannabe is to encourage individuals of any age to get off the couch and go for a ride! We are an all inclusive group. Any one of any skill level is encouraged to join us for a ride.

teamgive!

Sponsors: Sentersix, Maverik, Diversified Flooring Inc., TID Demolition, Bluehouse Ski Company, ENVE Composites, John Henry Smith Insurance, Biker's Edge, Newpark Resort, Bartile, Paradise Bakery, Interform, Miller Motorsports Park, Lin Socks, Modern Display, Rockwell, Tour of Utah, Lotoja, BlackBottoms Cyclewear, Yakima, Spring Mobile, Shaka Laka Diversified Flooring, Inc. TID Demolition, bluehouse ski company, ENVE composites,

John Henry Smith Insurance, Biker's Edge, newparkresort, Bartile, Paradise Bakery, Interform, Miller Motorsports Park, Lin Socks, Modern Display, Rockwell, Tour of Utah, Lotoja, BlackBottoms Cyclewear, Yakima, SpringMobile, Shaka Laka, Sentersix.

Contact: David Watkins, david@teamgive.org, 801-448-3228

Website: teamgive.org

Type of Cycling: Road Racing, Road Touring MTB Racing and Touring, Recreational, Advocacy

Base Location: Salt Lake City, UT

Club Statement: Mission: To enhance the lives of children with rare diseases by participating, organizing, and supporting charitable activities. teamgive is an organization of successful professionals with a shared passion for cycling and sports, for service to their community, and for excellence in all we do. teamgive combines its members' active lifestyles, professional abilities and backgrounds with a desire to support research for treatment and cures of rare neurological diseases. teamgive continues to raise awareness and funds by partnering with various bike clubs throughout the intermountain west who share teamgive's core beliefs and values. In 2009 teamgive sponsored the official "yellow jersey" for the Tour of Utah. teamgive returned in 2010 by partnering with the Tour of Utah as the official sponsor of the "teamgive Time Trial" at Miller Motorsports Park. During the 2011 calendar year teamgive continued to raise awareness by partnering with a variety of groups and organizations such as the Tour of Utah, The Ultimate Challenge and Lotoja Classic. In addition, throughout

2012 teamgive will once again host various "Pedal Power Festivals" designed for children of all ages.

The Church of the Big Ring-RealCyclist!

Sponsors: RealCyclist.com, VeloThreads

Contact: Brian Cadman, bcadman@mac.com, 541-914-7397

Website: thechurchofthebigring.com

Type of Cycling: Road Racing, Cyclocross, MTB

Base Location: Salt Lake City/Park City, UT

Club Statement: We are a small group of riders that want to race, and have fun doing so. Our mission is to spread the word of the Big Ring in a respectable, PRO manner. Membership is currently by invitation only.

The X-Men!

Sponsors: Squadra

Contact: Thomas Cooke, info@x-mencyclingteam.com, 435-901-1752

Website: x-mencyclingteam.com

Website: [facebook.com/xmencycling](https://www.facebook.com/xmencycling)

Type of Cycling: All types of riding.

Base Location: Park City, UT

Club Statement: Founded in 1995, The X-Men is a Park City based road, mountain bike, and cyclocross club, with individual members and pockets of resistance all over the country. We're open to riders of all ages and abilities who are brave enough to don our iconic stripes and lightning bolt kits, and make a statement. The problem with non-conformity, is pretty soon people want to join and be part of your movement. Because we don't conform, we've been deliberate about making ourselves hard to understand, and even harder to get in

touch with. We're not super organized, and all mostly have real lives outside cycling. Not a single member rides with an SRM. Power is in the heart. Races are won with willpower, not a spreadsheet.

The Young Riders!

Sponsors: Mountain Trails Foundation, Jans, White Pine Touring, Deer Valley Resort, Canyons, Park City Coffee Roaster, Snyderville Basin Recreation, BackCountry.com

Contact: Heinrich Deters, Julie.Minahan@gmail.com, 435-640-8642

Website: youngriders.com

Type of Cycling: Mountain, Road, Down-hill

Base Location: Park City, UT

Club Statement: The Young Riders recreational program is dedicated to the promotion of mountain biking, for juniors ages 6-18, through a series of fun, safe and developmentally rewarding rides. Qualified instruction, training and coaching allows for a logical progression of aptitude and the pursuit of individual goals for the beginner to advanced and competitive rider. Technical skills, responsible riding, proper trail etiquette, and respect for the environment as well as for self and others, are impressed to ensure a future generation of respectful riders. Qualified instruction, training and coaching allows for a logical progression of aptitude and the pursuit of individual goals for the beginner to advanced and competi-

Continued on page 33



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ADVOCACY

The Changing Landscape for Bike Advocacy - Lessons from the 2012 National Bike Summit

By Charles Pekow

The landscape is changing and this means the Utah bicycling community is going to have to switch gears to adapt. No, not just to ride the reconstructed roads, new trails and bridges or added mountain bike trails throughout the state. Bicycle advocates are going to have to change the thrust of their advocacy efforts to keep up with the changing political landscape. Control is shifting from federal to state and local officials. Cyclists will have to take up the political issues of the day and show how cycling helps solve the related problems if they want to continue to improve cycling conditions in Utah. It no longer suffices to say we like to ride to get from here or there or because we enjoy it.

Or so warned speakers at the 2012 National Bike Summit in March in Washington, DC, sponsored by the League of American Bicyclists (LAB). The future of surface transportation law was nowhere near the ground upon which we ride at the time – but rather still up in the air as Congress couldn't agree on a plan for a new transportation bill to bring down to earth. But whatever emerges probably would leave increased decision making about whether to fund bike projects – not merely which ones to pay for – up to state and local governments.

But it's not too early to ensure that state attitudes favor bicycling. "We have to create a backstop to make sure states still spend (federal) money on biking and spend state money on it," warned Shailen Bhatt, Delaware Secretary of

Transportation. Delaware put a bicycling advocate right on the top of its transportation department. And already, he noted, federal money only accounts for 22 percent of government bicycle/pedestrian funding. States are responsible for most of it, and they decide where to use the federal money, he pointed out.

He said that between 2008 and 2010, 17 states passed 29 funding bills involving surface transportation. "If you're not talking to your state legislators to make these funds eligible for bicycling, required for bicycling, you are not doing your job," he warned state bicycle advocates.

Delaware even includes a bicycle representative on its state Council on Transportation. (Utah, however, can't name a specific bike rep as its Transportation Commission is appointed by district. Still, members can be bicycle enthusiasts, or at least understand cycling.)

Bhatt said the way governments promote bicycling needs updating. "At the state level, we do biking as an amenity. 'If you buy in this little subdivision over here, there is a bike path so you can ride with your children after a long day of work.' I think that is the wrong way to look at it."

Rather, we need to take a look at the current economic realities. Gas costs about \$4 a gallon now and we need to promote bicycling as a way to save on energy costs," Bhatt stated.

"Some people are biking for recreation. Others are because they cannot afford to put gas in their car to get to their service jobs," he said. "You have to sell more than bicycling. You have to know your audience. Somebody may not have ever rode a bike."

"There are 20 different arguments you can make," LAB President Andy Clarke told Cycling Utah. "The way you can be effective is to do your homework." He said what while the bicycle industry is "huge" in Utah, "no one has ever really studied that. When they do, they'll wake up to the fact that it's an incredibly valuable part of the Utah economy and that it will go away if the state ever does anything to take money away from bicycling and walking."

Ivette Rivera, the new vice president of government relations for Bikes Belong, adds "the most important thing is to talk about the tourism that it brings." (The bicycle industry-funded Bikes Belong Campaign, based in Colorado, is designed to get people to ride bikes. It recently opened a Washington office to lobby for bicycle causes.)

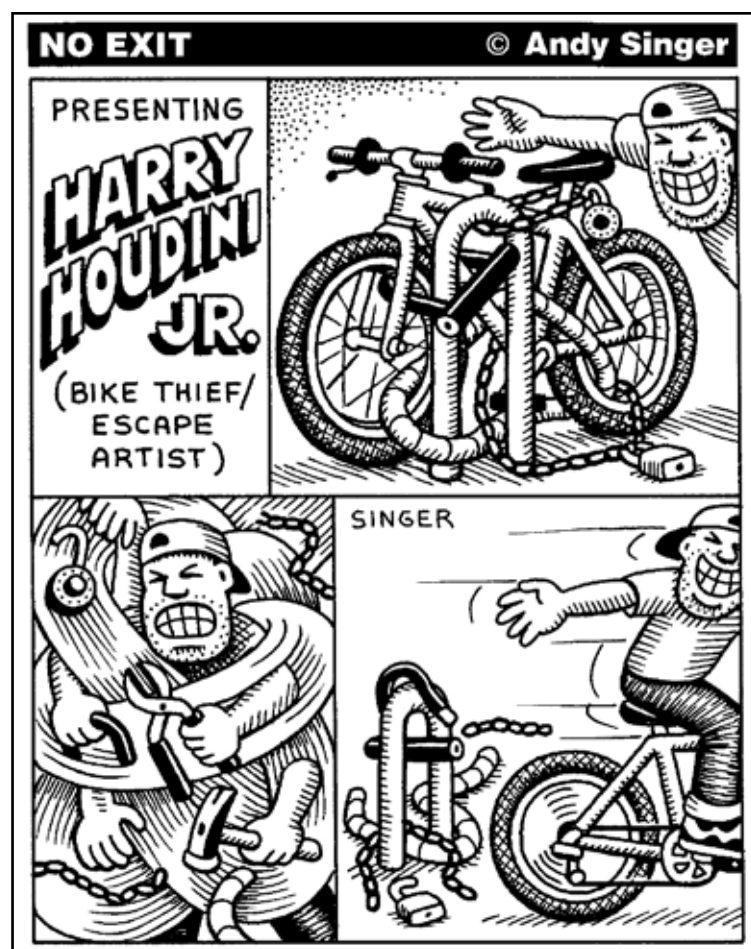
State and local advocates need to set priorities, but they don't need to reinvent the bike wheel to set them. When setting goals, don't be afraid to borrow from other lists. Dorian Grille, executive director of the Bicycle Alliance of Minnesota, said "we borrowed from Bikes Belong for our goals." Check them out at www.bikesbelong.org. Or see what other state bike lobbies have set as their goals.

It's been well known that you have to make alliances with other groups, ranging from the business community to other recreational enthusiasts. But remember that you needn't confine alliances to one issue or time period. Of course, bicyclists can work with parent groups to promote Safe Routes to School (SRS). But "maybe you can talk moms into (remaining) advocates" for biking, suggested Robert Ping, technical assistance director at the SRS National Partnership.

Many schools sponsor walk to school or bike to school days. Get politicians and the media to attend. "You can't beat kids in action," Ping said. They look great on TV and in council meetings, Ping added. "Get kids to speak. There is nothing more powerful than getting a kid to sell the program." They won't sound like policy wonks making technical arguments.

To get politicians to understand cycling, "invite these folks out for a ride. Invite them to watch children get to school in rush hour," advised Caron Whitaker, campaign director for America Bikes. You win in any event. If it is safe, they'll see the kids enjoying themselves. If it's not, they'll see the need to make it safe.

In addition to rising gas prices and economics, think of the health care aspects of promoting bicycling. The issue very much preoccupies the public debate as Obamacare is getting challenged in the courts and



by politicians even before it is fully implemented. "People hate the health care law," noted Jay Keese, founding partner of Capitol Advocates, a lobbying firm in Washington, DC. Either the U.S. Supreme Court or a new Congress or president are likely to change it.

"So explain some of the big causes of skyrocketing health care costs. You come up with back trouble, diabetes, obesity and others that would be reduced significantly if people did more bicycling, and therefore health care costs will go down if we get more people to ride," Keese said. Even Republicans can buy that.

And, of course, legislators are talking more about jobs than anything else these days. So bicycle advocates must show how many jobs bicycling will provide. For politicians, the number of jobs created, even as the unemployment rate is slowly falling, seems to trump the original purpose of legislation. In fact, the original chief highway bill in the House this year was called the American Energy and Infrastructure Jobs Act of 2012, as if providing jobs was more important than moving people.

Likewise the Senate recently passed a bill designed to ease regulatory burdens on small businesses. In previous eras, senators would have called it a regulatory relief act. This year, they called it the Jumpstart Our Business Startups, or JOBS Act. And even the attempt to repeal Obamacare was called – guess what – the Repealing the Job-Killing Health Care Law Act. Other examples about, but you get the picture.

Megan Blackwelder, manager of Dead Horse Point State Park in Moab, where a mountain bike trail opened three years ago, spoke at the conference about how trails can spur economic recovery. She told Cycling Utah that the park has contributed \$4.1 billion to the local economy in general.

So you have to count or estimate how many jobs will be created by improving bicycle infrastructure. Count how many jobs for truck drivers and mechanics a Bikeshare program provides, Keese recommended.

Utah's state government is trying to do at least some of that. The

Utah Department of Transportation (UDOT) and Utah Department of Health are collaborating on a study to try to gauge the economic and health impact of building bicycle and pedestrian infrastructure in part of the state, reports Evelyn Tuddenham, bicycle and pedestrian coordinator at UDOT. The state hopes a contractor will provide a report by the end of the year.

The two agencies have worked together before, Tuddenham said, noting that several state agencies worked together to put out a state bicycle and pedestrian master plan, which helps people get around and exercise.

While it's necessary to partner with other interests and fit bicycling into other topical issues, it seems the number of groups in Washington dedicated to promoting bicycling and walking has mushroomed: in addition to the league, we've got Bikes Belong, America Bikes, Transportation Alternatives, the Rails-to-Trails Conservancy, the Alliance for Biking & Walking and others that promote cycling as part of their strategy.

"The era of fiefdoms is kind of over," remarked Jonathan Morrison of the Bicycle Collective of Salt Lake City upon returning from the summit. "A new breed of advocate is emerging, which is what you see with (these organizations) partnering up."

The summit always includes a day of lobbying Congress on behalf of bicycling issues. Morrison reported that "we didn't thank any of our senators because they voted against the transportation bill" (the bill passed the Senate and protects local say in funding).

"The angle for us," Morrison said, "is talking about why most of us live in Utah and that is recreation....We have to lobby (officials in Utah) and say we don't want you to take away the reason we moved here in the first place and that's recreation....Most of us who didn't grow up here moved here for the outdoors and a lot of them are for biking."

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TYLER'S JOURNAL

There's Always Another Opportunity

By Tyler Wren

Last month I wrote about the highlights of the domestic cycling calendar, and since then I learned that my squad Jamis/Sutter Home was left off the premier event Amgen Tour of California invitation list. It's easy to understand how teams left out can feel frustrated by the decision. I was disappointed, like most of my teammates. Sutter Home is a California-based sponsor who has invested a lot of money into our team and the race; we feel that we have been consistently and sufficiently competitive at this level; we had the highest placed domestic rider (Luis Amaran in 16th) in last year's edition; team member Philip Mooney lives near the start town of Santa Rosa; etc. etc. The truth is that all of the top domestic Continental teams that were left out (Jelly Belly, Kenda/5hr Energy, and Salt Lake City's own Competitive Cyclist) have similar compelling arguments as to why they should have been picked to compete in the country's most important cycling event.

Professional cycling, to me, is this interesting and beautiful intersection of the sporting and marketing worlds. The truth is, as I see it, that all of the domestic teams bring essentially the same sporting merit to the table at this event. We all can and consistently do put riders in the breakaways, in the ancillary jerseys, near the top five in stages, and near the top twenty in the general classification — competitive, but not for the overall win. While there is an often-distinct hierarchy between us all during the regular season at NRC and smaller UCI races, we all bring a similar amount to the table at AToC from a sporting point of view. Another assumption I will make from this viewpoint is that we all cannot be included in this race, even if there is in fact room for us all on the

road and in the hotels. The reason Amgen Tour of California is so successful is because of the World Tour teams and star athletes that it attracts, not because of us Continental teams. It's a grim reality for us, but the race earns its prestige in large part because it is very selective.

If you take those arguments as given, as race promoters AEG & Medalist may, the discussion naturally turns to which of the smaller teams offer the race the most marketing value. Amgen Tour of California is a sporting event, but also, as its branded name suggests, an expensive, valuable marketing endeavor for a quiver of well-paying sponsors. The supply ceiling created by the promoters, combined with Continental teams' growing collective demand to participate in the race, naturally creates the sponsor 'activation' price that AEG's Michael Roth commented on in the press. So it seems to me that the collective shock that the promoters' decisions are not purely based on sporting merit is unwarranted.

Amgen Tour of California is a phenomenal event that challenges all the cyclists and brings substantial publicity to all the sponsors, as evidenced by the fact that the world's and country's best teams clamor to take part. It's easy to criticize AEG & Medalist, but the fact remains that they have created a lasting, world-class event that has brought a lot of sponsor exposure and sporting opportunity to each of our domestic squads. I for one am very thankful for that, and recognize that we can't all take part every year and have it still be a top-level event.

Personally, I can see the silver lining here — Jamis/Sutter Home instead gets to race a world-class event in Spain - Castilla y Leon, and, perhaps I will be better prepared for an assault on the national championships in Greenville the week after AToC without the immense suffering

Matt Bradley - Continued from page 3

"Matthew Wade Bradley (8/19/70-3/20/12). Activist, Cancer Survivor, Scholar, Writer, Educator, Athlete, Friend, Brother, Uncle, Son," it read. "You have touched the lives of more than you will know and will be greatly missed."

Passionate about many things, cycling held a special place in Bradley's heart. Indeed, even after discovering he had a fast-acting form of cancer in his leg, he chose to ride his bike with friends to the Huntsman Cancer Institute where he had the leg amputated below the knee. Almost immediately upon his return home from the hospital, one of the first things he did was arrange his bicycle, a trainer and some furniture to support him while he displayed the determination and fire he was known for by turning the pedals for a few miles.

Rather than downgrading as a cyclist, Bradley continued to race as a Cat 3 and was among the fiercest competitors on the road. Less than a year after having his right leg amputated, Bradley was racing at the USA Paracycling Championships and competed in the World Paracycling Championships as well.

"We are shocked and saddened by this tragic news," said Charlie Huebner, U.S. Olympic Committee Chief of Paralympics. "Matt was a valued Paralympic team member who inspired others and was the epitome of class. He was not only passionate about cycling, but also dedicated to teaching, mentoring and giving back to his community. He will be greatly missed."

Numerous memorial rides were organized in the hours following Bradley's death. Dozens of cyclists

the race inevitably inflicts. That's the thing about bike racing- there are always more chances to throw down.

Tyler Wren is a professional cyclist for the Jamis/Sutter Home Professional Men's Cycling Team living in downtown Salt Lake City.

hit the road with heavy hearts and shared memories of their friend.

"Matt and I came up through the categories together, 5's, 4's, 3's and some masters," Shane Dunleavy said. "We did a ton of races together, he was always the guy you wanted to be near in the peloton; upbeat, positive, smiling, aware and considerate."

"He would let you in in an echelon and never put you in the gutter," Dunleavy said. "He'd always try to slow the field if someone had a mechanical or crash so they had a chance of getting back in. I remember when he flatted a few miles into the Capitol Reef Road Race, I was so happy to go to the front and slow everybody down so I could repay him for all the times he had done the same."

Bradley, in addition to his work as an educator at the University of Utah, was a partner with his brothers and friends at the DNA Cycling clothing company.

With a bachelor's degree from Brigham Young University, Bradley continued his education at Indiana University where he earned masters and doctorate degrees.

His activism was not limited to the Mestizo Arts and Activism Collective. He was a frequent volunteer at a variety of causes ranging from political rallies to community 5K runs where he helped serve cups of water to runners in an effort to raise awareness of cyber-bullying at Utah schools.

Bradley won numerous awards and honors at the University of Utah for his education, mentoring and activism.

Most importantly, though, Bradley won the hearts of many as he served them.

"The one thing I'll always remember about Matt is his smile,

it was always there and just radiated kindness. I can close my eyes and see it now," Dunleavy said. "Funny, the only time I saw him not smiling was one day in the parking lot before (the) Hell of the North (race). I could tell something was wrong and stopped to ask him what was up and if he needed any help. Turns out his dog was injured and needed surgery and he was stressed out and worried about her - he smiled all the way through his cancer and amputation fight, and comeback but his dog's injury had him down. Don't know why this sticks in my mind but it does and it made me like him even more. I mentioned it to some teammates and before I knew it everyone was passing the hat to help him out and we came up with enough to cover a good chunk of the surgery. I don't think I've ever seen someone so appreciative in my life, he literally thanked me every time he saw me for the next year, and brought fresh veggies from his garden for me (and others) to the cyclocross races."

Bradley raced as recently as the weekend before his death, competing as a Cat 3 in the prestigious San Dimas Stage Race in California. The local racing community remembered Bradley with fondness at a criterium at Rocky Mountain Raceway where each field held a one-legged lap in his honor.

Bradley leaves behind brothers, nieces, nephews, parents and many friends.

"Not going to be the same in the peloton without him in there," Dunleavy said.

It's a sentiment shared by many.

Feedback? Issues? Comments? Send letters to the editor to dave@cyclingutah.com

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13

MECHANIC'S CORNER

Do Your Homework Before Purchasing a New Bicycle

By Tom Jow

Last month I had the opportunity to work a booth at the annual Sports-Am Bike Swap. This colorful event brings together many bike sellers with even more potential bike buyers. After speaking with several shoppers, and observing many more, I came to the conclusion that having so many choices under one roof may be a little overwhelming for the inexperienced shopper. In fact, bicycle technology changes so quickly that all bike shoppers can benefit from doing some homework before setting out into the sea of bicycle offerings. This homework includes interviewing oneself about how this new bike will be used and then researching specific categories of bicycles. Afterward, prepare to spend some time asking questions and trying out a couple bikes at local shops before making your purchase.

The most obvious questions asked about purchasing a new bicycle are what type and how much to spend. There are, however, so many more questions to be asked. Even leading in with the question "how will this bike be used?" is just one of many more. Is the bike going to be used for commuting, fitness, or something more? Two or three times a week or everyday? Will you be riding at a casual pace with just a couple friends or with large groups that are often pushing the pace? What kind of rides do your friends do? All day cross-country rides or hair-raising downhill runs preceded by a car shuttle to the top? Do you have any goals for cycling? One hundred miles, two hundred miles, twenty-four hours? These are just some of the questions which can help you narrow down your search for a new bike.

Once you have figured out how this bike will really be used, research into different brands and models can begin. Thanks to the internet, shoppers can research every brand and model available before stepping into a bike shop. Keep in mind that in the current bicycle climate, it is difficult to purchase a "bad" bike but easy to purchase the wrong one. There are many bikes available for nearly every use and budget and the line between categories is often unclear. The important thing is to find the correct category, then select the the best bike for your needs that your budget can handle.

Road cyclists, for example, can choose between the basic categories of touring/commuting, sport or performance/racing models. Commuters can use any bicycle, but a touring bike or hybrid with rack mounts are best for serious load carrying. Expect to spend up to or around \$1000 for one of these. People riding on the road for fitness may use either of these, or step up to a sport

or performance road bike. For the person intending to stay on the lower end of the speed/ mileage scale, a good entry level sport bike can be purchased for under \$1000. The rider with a bigger budget and more performance in mind will find the best value between \$2000-\$3000. Bikes available at this level have most of the technology features of top of the line road bikes without the price.

Mountain bikers have a different set of categories to work with. Front suspension mountain bikes, or hard tails, have become the entry level mountain bike with the exception of top of the line racing models. A good trail worthy hard tail starts at approximately \$1000. A race worthy rig will cost \$2000 or more. For someone who wants to ride fast on steep, rocky trails there is no choice but full suspension. The basic full suspension bike has 4 inches of wheel travel and will cost \$1200+. More wheel travel costs more, but also allows the rider to do more in terms of speed and types of terrain. In addition, there are three wheel sizes (26", 650B, and 29"), and different categories of bikes for uphill, downhill and everything in between.

With all that information at our fingertips, there are bound to be questions. Now it is time to head over to the bike shop. Prepare yourself to spend a little time there. Dress in comfortable clothes for riding and bring helmet, bike shoes, and your pedals if you have them. The process of selecting bikes and getting them setup try out takes a little time so be patient. If possible, leave distractions such as kids, dogs and phone at home or in the car. Be sure to try out at least two bikes and if you test more than that, don't expect to find the "one" on your first go around. If you're lucky, you'll just figure out which ones you don't like. Another thing to consider when making your purchase is the dealer. Your local bike shop is a valuable resource so you will want to a) resist shopping purely by price (i.e. internet), b) trust the people there and c) be in close proximity either at home, work or commute route.

Buying a new bike can be a confusing and time consuming process. Like any investment it worthy of some research prior to purchase. Taking some time to assess your cycling needs, goals and budget prior to visiting the bike shop will make selecting a bicycle much easier. Preparation for visiting the shop will make the process of choosing bikes to test ride more direct and distraction free. Purchasing can then be done with more confidence. Riding the correct bicycle for your needs will ensure hours (days, months, years) of enjoyment riding to come.

Got a bike question? Email Tom at 1tomjow@gmail.com.



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12 & Under
1. Britton Dexter 0:20:31
2. Lauren Bingham; DNA Cycling 0:21:06
3. Jack Youngblood 0:21:20
4. Noah Jensen; Team Red Rock 0:21:34
5. Jared Jensen; BCS 0:22:15

9 & Under 1 Parker Christensen; Zion Cycles 0:07:35
2. Maggie Youngblood 0:08:10
3. Jansen Payne; Mad Dog Cycles 0:08:20
4. Boston Bracken; Team Red Rock 0:08:49
5. Josh Jensen; Team Red Rock 0:08:50

Beginner 13-15
1. Adam Lee; UtahMountainBiking.com 0:34:03
2. Riley Stewart 0:34:09
3. Jon Jon Drain; Contender Bicycles 0:35:57
4. Bryn Bingham; DNA Cycling 0:36:35
5. Nye Yackle; Yackle Brothers Racing 0:41:48

Beginner 16-18
1. Andrew Flake 0:31:59
2. Kale Lopez; Simply Mac Racing 0:34:52
3. Landon Ashton; UtahMountainBiking.com 0:36:54
4. Garrett Hays; UtahMountainBiking.com 0:42:58

Beg Men 19-29
1. Jonathan Lozon; COTBR 0:34:27
2. Chase Birks 0:36:06
3. Keith Burton 0:38:39
4. Colin Hunsaker; UtahMountainBiking.com 0:50:19
5. Mike Olson; 4Life/Mad Dog Cycles 0:50:20

Beg Men 30-39
1. Ryan Galbraith 0:32:33
3. Christian Burrell; UtahMountainBiking.com 0:34:09
2. Ryan Fenton 0:37:06
4. Ryan Darling 0:37:47
5. Edward Villanueva 0:40:36

Beg Men 40+
1. Roger Mann 0:37:45
2. Shane Christensen; Zion Cycles 0:37:56
3. Ron Eikenbary; Bountiful Cycle 0:39:10
4. Paul G. Ermer; UtahMountainBiking.com 0:39:30
5. Steve Seckinger 0:42:12

Beginner Women
1. Rachel Hutchings; UtahMountainBiking.com 0:40:06
2. Debbie Drain; Simpy Agave 0:41:39
3. Elisa Jones; 4Life/Mad Dog Cycles 0:44:37
4. Kim Thompson; Revolution/Peak Fasteners 0:48:13
5. Jessica Walker; 4Life/Mad Dog Cycles 0:48:55

Clydesdale
1. Chris Douglass; Logan Race Club 1:04:29
2. Greg Johnson; Mad Dog Cycles 1:12:42
3. Weston Voth; Logan Race Club 1:14:22
4. Aaron Mullins; Racer's Cycle Service 1:16:37
5. John Twitchell; UtahMountainBiking.com 1:25:58

Exp Men 19-29
1. Justin Griffin; UtahMountainBiking.com 1:17:41
2. Eric Ellis; UtahMountainBiking.com 1:20:46
3. Zachary Peterson; KUHL/Rocky Mountain 1:21:22
4. Alex Smith; Noble Sports 1:22:40
5. Jake Stocking; Revolution/Peak Fasteners 1:25:19

Exp Men 30-39
1. Von Edwards; Life Time Fitness 1:22:14
2. Brian Tolbert; KUHL/Rocky Mountain 1:23:55
3. Stewart Goodwin; KUHL/Rocky Mountain 1:24:39
4. Trevor Greenwood; KUHL/Rocky Mountain 1:26:21
5. Ryan Blaney; KUHL/Rocky Mountain 1:26:35

Exp Men 40+

1. Craig Kidd; ICE/Barries Sports 1:21:04
2. Zan Treasure; Bountiful Mazda 1:21:10
3. Dennis Barrett; Lifetime Fitness 1:22:15
4. Ty Hopkins; 4Life/Mad Dog Cycles 1:22:16
5. Art O'Connor; COTBR 1:22:18

Exp Women
1. Heather Clarke; 4Life/Mad Dog Cycles 1:05:39
2. Chanda Jeppson; Cedar Cycles/UMB 1:06:44
3. Lori Harward; Ski Utah 1:08:28
4. Jill Damman; Moots/GU 1:11:36
5. Amy Arriola; Roosters/Bikers Edge 1:17:04

Men 50+
1. Jay Griffin; UtahMountainBiking.com 0:57:17
2. Brad Snead; Las Vegas Cyclery 0:57:36
3. Craig Terry; Team Red Rock 0:57:46
4. Jeff Sumsion; Park City Orthodontics 1:00:45
5. Jody Bailey; Mad Dog Cycles 1:03:18

Men 57+
1. Steve Moss; Mad Dog Cycles 1:02:24
2. Bill Peterson; Revolution/Peak Fasteners 1:05:42
3. Joel Quinn; UtahMountainBiking.com 1:06:42
4. Bruce R. Argyle; UtahMountainBiking.com 1:07:19
5. Byron Kosick; Specialized 1:08:20

Pro Men
1. Brent Pontius; Roosters/Bikers Edge 1:42:15
2. Bryson Perry; Life Time Fitness 1:43:25
3. Mitchell Peterson; Revolution/Peak Fasteners 1:43:48
4. David Harward; Team Plan 7 1:44:13
5. Chris Holley; 4Life/Mad Dog Cycles 1:45:09

Pro Women
1. Kathy Sherwin; StansNoTubes EliteWoman's 1:29:53
2. Kara Holley; 4Life/Mad Dog 1:31:59
3. Jen Hanks; MTBacenews.com/Epic Brewing 1:32:46
4. Kelsy Bingham; Team Jamis 1:34:27
5. Erika Powers; Revolution/Peak Fasteners 2:04:29

Single Speed
1. Kenny Jones; Cutthroat Racing 0:55:10
2. Shannon Boffeli; Epic Brewing MTB 0:56:14
3. Mike Kracht; COTBR 0:58:07
4. Brad Newby; Team Red Rock 0:58:25
5. Durke Gordon; Farm Bureau Fin'l Svcs 2:04:29

Sport Women
1. Jan Holding; Bountiful Bicycle 1:10:17
2. Gayle Olpin; 4Life/Mad Dog Cycles 1:10:38
3. Stephanie Earls; Revolution/Peak Fastener 1:10:40
4. Ali Knutson; Cutthroat Racing 1:11:16
5. Lyna Saffell; Revolution/Peak Fasteners 1:13:48

Sport/Expert 13-15
1. Jake Yackle; Yackle Brothers Racing 1:03:42
2. Brayden Nielsen; Skyline Cycle/Ogden Subaru 1:04:56
3. Tyler Mullins; Racer's Cycle Service 1:05:10
4. Haley Batten; White Pine Touring/Jans 1:09:15
5. Joshua Peterson; KUHL/Rocky Mountain 1:09:16

Sport/Expert 16-18
1. Hunter Tolbert; KUHL/Rocky Mountain 1:02:37
2. Matthew Turner; Summit Bike Club 1:03:37
3. Chandler Harr; Bradley C Harr 1:05:43
4. Brad Thurgood; SBR/Timpanogas Cyclery 1:10:17
5. Parker Goodwin; Mad Dog Cycles 1:17:50

Spt Men 19-29
1. David Sheeran; UtahMountainBiking.com 0:57:48
2. Adam Kollgaard 0:58:35
3. Darrell Rounly; Mad Dog Cycles 1:00:00
4. Bryson Deppe 1:00:49
5. Connor Barrett; Lifetime Fitness 1:01:42

Spt Men 30-34
1. Nathan Baldwin; The Bike Shoppe 1:00:43

2. Dennis Jones; 4Life/Mad Dog Cycles 1:04:30
3. Jed Clarke; 4Life/Mad Dog Cycles 1:05:43
4. Jacob Case; Bountiful Bicycle 1:08:25
5. Mitchell Curves; Team Red Rock 1:14:46

Spt Men 35-39
1. Ben Schmalz; UtahMountainBiking.com 0:59:49
2. Jason Scarbrough; Bountiful Bicycle Racing 1:00:46
3. Jared Royer; Team Red Rock 1:01:09
4. Tyler Carlson; Bicycle Center 1:01:37
5. Kevin O'Keefe 1:02:16

Spt Men 40+
1. Mike Bergen; Team Red Rock 0:58:19
2. David Wood; COTBR 0:59:19
3. Douglas Schack; Team Red Rock 0:59:45
4. Rob Brasher 1:00:08
5. Stephen Berger; UtahMountainBiking.com 1:00:33

Women 35+
1. Misti L. Timpson; Mad Dog Cycles 0:38:09
2. Angela Johnson; Revolution/Peak Fasteners 0:41:11
3. Sally Reynders; UtahMountainBiking.com 0:50:00
4. Cathy Benson 0:51:01
5. Shauna Kay; Lifetime Fitness 0:53:39

True Grit Bike Race, St. George, Utah, March 17, 2012
Challenge Open Female
1. Hanks, Jen 02:14:26
2. Morissette, DJ 02:23:53
3. spiegel, betsy 02:29:14
4. Kallwies, Catherine 02:35:32
5. Knowlton-Fredette, Leslie 02:42:13
6. Tillotson, Scott 02:45:43
7. McIntyre, Catherine 02:48:52
8. Larabee, Blyth 02:52:25
9. holmes, Emily 02:56:20
10. Witman, Karen 02:57:35

Challenge Open Male
1. Phillips, Arron 01:51:44
2. Barret, Connor 02:10:08
3. Black, Robert 02:25:34
4. Henderson, Richard 02:28:57
5. Carey, James 02:29:08
6. Hadley, Curtis 02:30:18
7. Salisbury, David 02:31:18
8. Nieves, Richard 02:36:24
9. Nielsen, Brayden 02:37:22
10. Little, Adam 02:37:29

Epic 50 50+ Male
1. Terry, Craig; Team Red Rock 04:31:30
2. Hershberger, Mark; Team Jackson Hole 04:47:45
3. hibdon, dwight; mad dog cycles 05:06:37
4. Mower, Steve; EUCLID 05:06:42
5. Profsky, Michael; Canyon Cycles Draper 05:09:51
6. Fisher, Tim; Mad Dog Cycles 05:27:26
7. wagner, James; Cycle Therapy/4-Corners Racing 05:30:26
8. Kutina, Steve; Bicycle Butler Spokane 05:32:15
9. Mullen, Brad; Brad Mullen 05:33:12
10. Moss, Steve; Mad Dog Race Team 05:47:41

Epic 50 14 - 35 Female
1. Mortensen, Debbie; Diamond Peak Mountain Sports 06:14:34
Epic 50 14 - 35 Male
1. Rico, Nick; Life Time Fitness 04:30:35
2. Peterson, Zach; KUHL - Rocky Mountain 04:40:36
3. Felt, Taylor; Bountiful Bicycle Racing 04:43:16
4. Hawke, Britt; Hawke Inc. 04:52:41
5. mcgrew, jason; Specialized Bicycles 04:54:00
6. Roundy, Darrell; Mad Dog Cycles 04:54:21
7. Carlson, Craig; Rose Printing 04:58:36
8. Larkin, Kevin; SLE 05:22:47
9. Montague, Frank; Wild Child Cycles 05:23:35
10. Hunt, McKay; 05:23:50

Epic 50 Open Female
1. Sherwin, Kathy 04:43:53
2. Swenson, Erin; Swensonator 04:53:04
3. Ridgeway, kimberly; LV 05:15:07
4. Baltz, Priscilla 05:39:22
5. foss, mary; kuhl 05:41:10
6. Garvie, Kimberly Anne; Logan Race

Club 05:41:26
7. Krusemark, Meg; Kuhl - Rocky Mountain 06:01:36
8. Hosmanek, Suzie; Southwest Bikes 06:42:50
Epic 100 Open Female
1. Carey, Amanda; Kenda/Felt 09:40:43
Epic 100 Open Male
1. smith, cary; team cf 07:44:13
2. Zaugg, Casey; CocoNutz Fuel / UMB 07:59:32
3. Davis, Jonathan; Trek Bike Store Boulder Racing Team 08:46:13
4. Mallow, John; Ruby Canyon Cycles 08:54:57
5. Higham, Jeff Epic Endurance 09:21:02
6. Whitehead, Jamon; frotando son las carreras 09:40:46
7. Reiter, Steve; Big Wheel Racing 10:10:46
8. Loechell, Thru; Team Carborocket 10:14:21
9. Johnson, Samuel; Shimano 10:31:55
10. Maines, Rich

Epic 50 Open Male
1. Edsall, Drew; Kenda-Felt 03:53:04
2. Riveros, Hector Fernando; Acli-Mate/Bandwagon Racing 03:55:10
3. Gillespie, Bart; revolution 03:55:18
4. Johnson, Duff; KUHL 03:55:41
5. Arnell, Roger; M 04:06:54
6. Day, Kevin; Kuhl / Rocky Mountain 04:07:10
7. Bezecry, Josh; Trek Bike Store 04:07:42
9. Johnson, Doug; Bandwagon/Acli-mate 04:09:20
8. Perry, Bryson; Life Time Fitness 04:09:40
10. Free, Drew; Revolution/ RaceUSCS.com 04:12:24

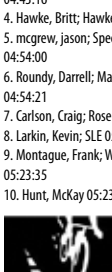
Epic 50 Singlespeed Female
1. gilbert, heather; Cutthroat Racing 06:03:13
Epic 50 Singlespeed Male
1. Larabee, Corey; Revolution/Peak Fastners 02:27:02
2. jones, kenny; Cutthroat Racing 04:32:52
3. Bagley, Dave; Domo 04:34:19
4. Shane, Mike; Club Ride 04:44:09
5. Stevenson, Brian; Willas Wheels 05:09:55
5. Destjery, Brian 5:36:51
6. Jacoby, Alan; Dirty Teeth 05:41:20
7. Cornely, Adam; Cornely 05:45:13
8. Miller, Ryan; cutthroat Racing 06:11:06
9. steale, greg; wattagetraining.com/cutthroat racing 06:33:29

Epic 50 35+ Female
1. Morse, Maraya; Las Vegas Cyclery 05:56:56
2. Knutson, Alison; Cutthroat Racing 06:02:52
3. Fairbairn, Sally; Revolution/Peak Fasteners 06:36:07
4. Saffell, Lyna; Revolution/Peak Fasteners 06:40:12
5. Bryant, Ahoni 06:49:36

Epic 50 14 - 35 Male
1. Sparks, Jason; UtahMountainBiking.com 04:21:45
2. Lenhart, Bill; Las Vegas Cyclery 04:23:18
3. Barrett, Dennis 04:24:08
4. Messer, Mark; Utah Mountain Biking, UtahMountainBiking.com 04:24:36
5. Saffell, Bob; Revolution Peak Fasteners 04:28:19
6. Staker, Matt; Carpets America 04:32:22
7. Lisonbee, Adam; Mad Dog Cycles 04:41:03
8. Skousen, Mark; Domo 04:42:24
9. Skousen, Jeff; Domo 04:42:28
10. Newby, Brad; Red Rock Bicycle Co.

04:44:23
Epic 50 50+ Male
1. Terry, Craig; Team Red Rock 04:31:30
2. Hershberger, Mark; Team Jackson Hole 04:47:45
3. hibdon, dwight; mad dog cycles 05:06:37
4. Mower, Steve; EUCLID 05:06:42
5. Profsky, Michael; Canyon Cycles Draper 05:09:51
6. Fisher, Tim; Mad Dog Cycles 05:27:26
7. wagner, James; Cycle Therapy/4-Corners Racing 05:30:26
8. Kutina, Steve; Bicycle Butler Spokane 05:32:15
9. Mullen, Brad; Brad Mullen 05:33:12
10. Moss, Steve; Mad Dog Race Team 05:47:41

Epic 50 14 - 35 Female
1. Mortensen, Debbie; Diamond Peak Mountain Sports 06:14:34
Epic 50 14 - 35 Male
1. Rico, Nick; Life Time Fitness 04:30:35
2. Peterson, Zach; KUHL - Rocky Mountain 04:40:36
3. Felt, Taylor; Bountiful Bicycle Racing 04:43:16
4. Hawke, Britt; Hawke Inc. 04:52:41
5. mcgrew, jason; Specialized Bicycles 04:54:00
6. Roundy, Darrell; Mad Dog Cycles 04:54:21
7. Carlson, Craig; Rose Printing 04:58:36
8. Larkin, Kevin; SLE 05:22:47
9. Montague, Frank; Wild Child Cycles 05:23:35
10. Hunt, McKay 05:23:50



Road Racing

Rocky Mountain Raceway, West Valley City, Utah, March 3, 2012

A Flite Results
1. Tyler Riedesel; Canyon Bicycles Draper
2. Justin Wilson; Revolution Cafe Rio
3. Michael Booth; Ski Utah
4. Jason Castor; Contender Bicycles
5. Mike Pratt; Canyon Bicycles Draper
6. Elliott Smith; Revolution Cafe Rio
7. Cody Haroldsen; Ski Utah
8. Dennis Porter; Ogden One
9. Cortlan Brown; Ski Utah
10. Joe Waters; Canyon Bicycles Draper

B Flite Results
1. Mike Underhill; infinite Cycles
2. Nolan Finlayson; Dialogue
3. Mark Miller; Canyon Bicycles Draper
4. Eric Gardiner; Revolution Cafe Rio
5. Guy Roudy; CAPools CFS Mortgage
6. Michael Yount; Canyon Bicycles Draper
7. Dave Sharp; Cyclesmith RMCC
8. Ryan Woolston; Revolution Cafe Rio
9. Nathan Barnes; infinite Cycles
10. Scott Mathewson; Contender Bicycles

C Flite Results
1. Don McClure; infinite Cycles
2. Jared Brewer; FFKR
3. Paul Watson; Skull Candy JSA Architects
4. Jeff Flick; Cyclesmith RMCC
5. Darryll Ervin; FFKR
6. Bryce Olsen; Masherz
7. Trent Watkins; Cyclesmith RMCC
8. Ryan Christensen
9. Ronnie Boutte; Church of the Big Ring
10. Bryan Lepinski; Revolution Cafe Rio

D Flite Results

1. German Moyano; Revolution Cafe Rio
2. Kyle Anderson; Revolution Cafe Rio
3. Brandon Fry; infinite Cycles
4. Tom Pace; infinite Cycles
5. Jon Larsen; infinite Cycles
6. Scott Johnston; infinite Cycles
7. Steve Young
8. Daren Campbell; infinite Cycles
9. Sara Baker; Canyon Bicycles Draper
10. Trevor Stevens

Rocky Mountain Raceway, West Valley City, Utah, March 10, 2012

A Flite Results
1. Chase Pinkham; BISSELL
2. David Harward; Team Plan7
3. Ryan Littlefield; Contender Bicycles
4. Joe Waters; Canyon Bicycles Draper
5. Ben Nichols; FFKR
6. Mike Cooper; Canyon Bicycles Draper
7. Mike Pratt; Canyon Bicycles Draper
8. Cody Rohovit; FFKR
9. Jeff Ure; Bountiful Mazda
10. Jason Castor; Contender Bicycles
B Flite Results
1. Eric Gardiner; Revolution Cafe Rio
2. Mike Underhill; infinite Cycles
3. Mark Miller; Canyon Bicycles Draper
4. Gary Hurst Animal Liberation Racing
5. Adam Catmull; Revolution Cafe Rio
6. Justin Griffin; FFKR
7. Dave Sharp; Cyclesmith RMCC
8. Ira Sorensen; infinite Cycles
9. Alan Takemori; Dialogue
10. Matt Bradley; DNA Cycling

C Flite Results
1. Bryce Olsen; Masherz
2. Don McClure; infinite Cycles
3. Stephen Hestor; Mi Duole
4. Trey O'Neal; Contender Bicycles
5. Scott Buccambuso; Revolution Cafe Rio
6. Kurt Frankenburg; Mi Duole
7. Paul Watson; Skull Candy JSA Architects 04:54:00
8. Jason Hawks; infinite Cycles
9. Chris Hard; Contender Bicycles
10. Brandon Fry; infinite Cycles
D Flite Results
1. Graham Abrams; Saltcycle
2. German Moyano; Revolution Cafe Rio
3. Weaver Ross; Bike Shoppe Chick-Fil-A
4. Steve Young
5. Charles Harworth; Cyclesmith RMCC
6. Dragan Filipovic; Ski Utah
7. Alex Headman; Saltcycle
8. Justin Pedersen; Cyclesmith RMCC
9. Steven Donnelly; Revolution Cafe Rio
10. Steve Wilson; CERT

Rocky Mountain Raceway, West Valley City, Utah March 17, 2012
A Flite Results
1. David Harward; Team Plan7
2. Tyler Riedesel; Canyon Bicycles Draper
3. Billy Allen; FFKR
4. Jason Castor; Contender Bicycles
5. Aaron Olsen; FFKR
6. Ryan Littlefield; Contender Bicycles
7. Cameron Patch; Revolution Cafe Rio
8. Michael Booth; Ski Utah
9. Mike Wilcox; FFKR
10. Teal Buchi; FFKR

B Flite Results
1. Adam Catmull; Revolution Cafe Rio
2. Nolan Finlayson; Dialogue
3. Alex Kim; Revolution Cafe Rio
4. Dave Swensen; infinite Cycles
5. Mark Miller; Canyon Bicycles Draper
6. Mike Hales; Revolution Cafe Rio
7. Shane Dunleavy; Ski Utah
8. Eric Taylor; Contender Bicycles
9. Ira Sorensen; infinite Cycles
10. Bonn Turkington; Canyon Bicycles Draper
C Flite Results
1. Don McClure; infinite Cycles
2. Jared Brewer; FFKR
3. Paul Watson; Skull Candy JSA Architects
4. Jeff Flick; Cyclesmith RMCC
5. Darryll Ervin; FFKR
6. Bryce Olsen; Masherz
7. Trent Watkins; Cyclesmith RMCC
8. Ryan Christensen
9. Ronnie Boutte; Church of the Big Ring
10. Bryan Lepinski; Revolution Cafe Rio

D Flite Results
1. Don McClure; infinite Cycles
2. Jared Brewer; FFKR
3. Paul Watson; Skull Candy JSA Architects
4. Jeff Flick; Cyclesmith RMCC
5. Darryll Ervin; FFKR
6. Bryce Olsen; Masherz
7. Trent Watkins; Cyclesmith RMCC
8. Ryan Christensen
9. Ronnie Boutte; Church of the Big Ring
10. Bryan Lepinski; Revolution Cafe Rio
1. Don McClure; infinite Cycles
2. Jared Brewer; FFKR
3. Paul Watson; Skull Candy JSA Architects
4. Jeff Flick; Cyclesmith RMCC
5. Darryll Ervin; FFKR
6. Bryce Olsen; Masherz
7. Trent Watkins; Cyclesmith RMCC
8. Ryan Christensen
9. Ronnie Boutte; Church of the Big Ring
10. Bryan Lepinski; Revolution Cafe Rio

True Grit - Continued from page 20

The men's 50-mile race was tight and competitive. Drew Edsall (Kenda/Felt) edged out Hector Fernando Riveros (Acli-Mate/Bandwagon Racing) and Bart Gillespie (Revolution/Peak Fasteners), to take the early season win. Duff Johnson (Kuhl) and Roger Arnell (M) rounded out the top 5. "My legs were completely shot at the end of the race," recounted Edsall. "But I loved the technical terrain and the amazing views."

Kathy Sherwin (No Tubes) won the women's 50-mile race, with Erin Swenson (Swensonator) second, and Kimberly Ridgeway (LV) third. Priscilla Baltz and Mary Foss (Kuhl) finished out the long podium, finishing fourth and fifth. "I'm happy with the result," Sherwin said afterward, "it was a last minute decision to come to St. George to race, so I think I'm lucky to have finished feeling so strong."

The True Grit course was one 50-mile lap. The 100-mile racers had to ride the grueling course twice. "What's more difficult than one lap of the True Grit course?" asked 100-mile runner-up Casey Zaugg, "Two laps."

Race promoter Cimarron Chacon designed the course, worked with local land managers, and organized nearly 40 volunteers who marked the route, manned aid stations, and stood by as emergency personnel. The collective effort resulted in a memorable, challenging, and gritty day in the desert. Chacon said that as she stood at the finish line "I was struck with the looks on people's faces as they came through. It was a combination of pain and pure joy." Pain and joy. Is there a better way to describe mountain bike racing?

For complete results, visit www.gropro-motions.com

1. Bryant Rueder; Bountiful Mazda
2. Sheyn Love; Contender Bicycles
3. Weaver Ross; Bike Shoppe Chick-Fil-A
4. Steve Coons; Saltcycle
5. Chad Bradford; Cyclesmith RMCC
6. Heidi Roundy; CAPools CFS Mortgage
7. Chelsea Smith; Revolution Cafe Rio
8. Ray Thom; Cyclesmith RMCC
9. Steve Wilson; CERT
10. Alex Headman; Saltcycle
Rocky Mountain Raceway, West Valley City, Utah, March 24, 2012
A Flite Results
1. Tyler Riedesel; Canyon Bicycles Draper
2. Mike Wilcox; FFKR
3. Brent Cannon; Canyon Bicycles Draper
4. Joe Waters; Canyon Bicycles Draper
5. Scott Patten; Ski Utah
6. Mike Pratt; Canyon Bicycles Draper
7. Nathan Armin; FFKR
8. Mike Cooper; Canyon Bicycles Draper
9. Cody Rohovit; FFKR
10. John McKone; Cole Sport

B Flite Results
1. Adam Catmull; Revolution Cafe Rio
2. Bart Carlson; Revolution Cafe Rio
3. Todd Taft; Ski Utah
4. Michael Yount; Canyon Bicycles Draper
5. Eric Martin; Canyon Bicycles Draper
6. Alex Kim; Revolution Cafe Rio
7. Mark Miller; Canyon Bicycles Draper
8. Mike Underhill; infinite Cycles
9. Kris Pereira; Animal Liberation Racing
10. Jeremy Ward; Ski Utah
C Flite Results
1. Bryce Olsen; Masherz
2. Brandon Blockwell; Simply Mac Racing
3. Scott Johnston; infinite Cycles
4. Zach Peterson; KUHL SCOTT
5. Bryan Lepinski; Revolution Cafe Rio
6. David Brinton; infinite Cycles
7. Ryan Christensen
8. Trent Watkins; Cyclesmith RMCC
9. Tom Pace; infinite Cycles
10. Ed Clouse; Cole Sport
D Flite Results
1. Paul Burger
2. Sheyn Love; Contender Bicycles
3. Adam Deibert
4. Graham Abrams; Saltcycle
5. Steve Wilson; CERT
6. Scott Glover; Saltcycle
7. Dragan Filipovic; Ski Utah
8. Steve Coons; Saltcycle
9. Adam Ware; Saltcycle
10. Alex Headman; Saltcycle

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COMMUTER COLUMN

The Rasmusons Have Made Commuting by Bike a Lifelong Habit



Nancy and John Rasmuson commute regularly.

By Ashley Patterson

Nancy and John Rasmuson grew up in Salt Lake City but spent a couple of decades away from here while

they raised children in Massachusetts. They moved back to Salt Lake City a few years back to help care for aging parents and have integrated bike commuting and walking as their regular modes of transportation.

The Rasmusons spent fifteen years in Massachusetts, but after their children were grown, they were eager for an adventure and Nancy, who had been a school teacher for many years, went to Kenya for one year to teach. John schemed to join her and they spent three years teaching in Pakistan before September 11, 2001 took them out of Pakistan and relocated them in Venezuela. While living in these locales, cars were not a big part of their lives and so going to one car when they moved back to Salt Lake City was an easy decision.

They've been riding bikes recreationally for most of their adult lives. They lived in Ethiopia from 1968-1970 and had no car. They also had no water at their house so they hauled their water in the front basket of their bicycles. In their words, this was an unwitting foray into bike commuting but amazingly, they kept riding after moving to Massachusetts and having children. "We had seats on the back of our bicycles and we rode recreationally with the kids while they were growing up."

Today, living in Salt Lake City as active and engaged retired citizens, they each take classes at the University of Utah a couple of days a week and ride the three miles to campus for class. "Not only do we like the exercise of riding, we can't understand why anyone would drive to the university with the parking as challenging as it is. We save time and hassles by riding our bikes." When the weather is challenging, they take the bus to campus.

Nancy and John also ride their bikes or walk to the grocery store, their aging mother and mother-in-law's house, church on Sundays, and yoga classes. Nancy prefers walking to riding when the terrain is flat as she feels it is better exercise but they also both enjoy recreational riding on the Jordan River Parkway and the bike path adjacent to the Legacy Highway.

They own one car for the two of them but according to John, "We could live without a car and suffer no deprivation. We can walk, ride or take mass transit to restaurants, shops, the liquor store, grocery store, yoga, the University and church. It's nice to have for getting to the mountains, fly fishing, and visiting our grandchildren in California, but we could figure out other options for those instances." For those who think it's not possible to live in Salt Lake City without a car, that seems to be changing.

"A good day is when the car doesn't get started" says John. We couldn't agree more. John and Nancy and for those of us who breathe, we thank you for your efforts.

BOOK REVIEW

The Doper Next Door: My Strange and Scandalous Year on Performance Enhancing Drugs.

By Lou Melini

The supplement industry is a multi-billion dollar business. Everyone wants that edge in beauty, health, longevity, and for some, athletic performance. Have you ever thought about what it would be like to be able to not only stay with the pack but to attack the peloton and obtain a podium finish. Have you ever dreamed to see what effects testosterone, human growth hormone or erythropoietin (EPO) would have on your racing performance, maybe for just one year?

Andrew Tilin looked for someone that would admit to using performance-enhancing drugs (PED) in order to chronicle what life was like on the drugs. His search resulted in a lot of dead ends or at least no one that would fit his need for a good story. So he was stuck, without a subject; that is until he decided to become the doper. So he became his own subject to find out why an average racer takes the drugs and does the stuff work.

Andrew's next puzzle was to figure out how to obtain drugs, which drugs to take and yet preserve his health. Through lots of research, Andrew comes to the conclusion that testosterone is his drug of choice along with DHEA, though testosterone is the primary drug discussed in the book. He obtains his drugs through the medical subculture of anti-aging physicians who dispense hormones as replacement therapy. Finally after making his decision Andrew faced his anxieties over the concerns about the possible contamination of his family (his wife's testosterone level at one time became twice the normal reference range as a possible result of cross-contamination) and the relationship of his friends that he raced with.

The book is almost an autobiographical story of the life of Andrew Tilin. You will learn a lot about his life, his mom who spent every dime of money plus some and his father who divorced his mom and said he was gay, eventually dying from AIDS. These tidbits of his life are interspersed among the primary topic of the book: doping for performance enhancement. You will also visit the world of anti-aging medicine, which is in itself a worthwhile reason to read the book.

Overall the book is an easy read. This book was good, though it did

bog down at times. Being somewhat conservative, I wasn't particularly interested in the details of his wife's abortion, but it was included to further discuss the role of hormones in our lives. On the other hand, there was a lot I was interested in. Reviews of scientific articles regarding testosterone, Andrew's continual self-analysis about what he was doing, his moods, and whether the effects he was feeling were real or placebo.

From the book: "Where does the training benefit end and the doping benefit begin? Scientists admit that there's a dearth of evidence arguing for or against testosterone's performance effect on the well-trained endurance athlete's body. The researchers can't ethically, and perhaps safely, load up a bunch of great riders' bodies on testosterone and let 'em rip for weeks or months on end. For the same reasons, science has little knowledge of how the T fully affects an athlete psychologically."

Although Andrew did "T" to help write the book, he at first seemed to like the effects. No he didn't get on a podium, but it did change him. It took some time for his "experiment" to consume his life, but after nearly a year he realized he like the Andrew off the testosterone.

There are numerous articles about the loss of testosterone as one ages. As an upper middle-aged male of 61, it has certainly crossed my mind to ask my physician if I should have my testosterone level checked. On the other hand, I know that I'm fine just as I am. Reading this book was an eye-opener and confirmed that I'm OK and don't need testosterone. I'm glad I read The Doper Next Door.

The Doper Next Door: My Strange and Scandalous Year on Performance Enhancing Drugs

By: Andrew Tilin

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Counterpoint Press
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RIDER PROFILE

Erica Tingey Juggles Motherhood and Mountain Bike Racing

Erica Tingey balances life and mountain bike racing. Photo: Dave Iltis

By Jared Eborn

Her racing career began, essentially, on a dare.

After giving birth to her son, Kirkham, Erica Tingey hadn't spent much time on a bike. She thought her fitness was pretty much a thing of the past and didn't really give much thought to her entry in Sport category of the Red Rock Rampage a couple of years ago.

Then she won.

And everything changed.

"A year after my first bike race, I got my pro license," Tingey said.

Tingey is a rarity on the professional mountain biking circuit. Not only is she, at just 34 years, one of the oldest racers everytime she lines

up, she's almost always the only mother.

Maybe it's because of that distinction that she appreciates where she is as a cyclist. Though she had raced a little bit as a road cyclist before Kirkham was born – she'd completed LOTOJA a couple of times and was competing in a stage race when she pulled the plug on her season after finding out she was pregnant – racing was not a high priority in her life.

"After I delivered, I was heavier than I'd ever been," Tingey, who rides for Rocky Mountain Bikes and Kuhl as her primary sponsors, said. "I really thought that biking and my athletic career was over."

She was wrong – and couldn't be happier about the premature assessment.

Tingey, who grew up in Salt Lake City and now calls Las Vegas her winter home while spending her racing season in Utah, was so excited about her finish in the Red Rock Rampage in 2010, she upgraded quickly and frequently with similar success rates.

"I found out there was definitely a fire in me," she said.

With the encouragement and support of her husband, John, she has devoted her life to racing. While juggling motherhood and her training schedules places a constant demand on evaluation, cooperation and time management skills, the pro is handling it well.

"Every day revolves around biking," Tingey said. "Everyday has a negotiation or what rides I can do and when I can do them."

Growing up, Tingey was a competitive swimmer and had dreams of participating in the Olympics. An injury, marriage, motherhood, etc., all forced a change in her outlook but didn't completely extinguish the competitive flame.

But she also still is in awe of how far and how fast she's come.

"In my first pro race, I was sure I was going to get lapped," Tingey said. "But, that never happened and now I know that it's not going to happen."

She'll be joined in the pro races by fellow new mother Willow Koerber Rockwell at races this year so she won't be quite so alone in that category. But Tingey still finds herself racing against World Cup veterans such as Georgia Gould, Kathy Sherwin and Heather Erminger.

That can be a little intimidating, she admits, but she's excited for the opportunity to race and she has set her sites on a World Cup race in New York as her new 'Olympics.'

"That's my big goal," Tingey said. "The World Cup is the top of the game. I just want to focus on that race and give it everything I have."

Because the Las Vegas area has a fairly limited racing calendar, Tingey moves back to Utah during the spring and summer to take advantage of cooler temperatures, more races and grandparents that are willing to babysit as she trains.

She credits her coach, Lynda Wallenfels, with fine tuning her training schedule and providing a road

map to success. She lined up as the only mother in the Mellow Johnny's race in Texas a few weeks ago and finished 15th in a highly-competitive pro field. She placed 6th at the Bonelli Park U.S. Cup race in March.

She's finding the mountain bike community across the country provides an incredible support network even though she's not part of huge team. No matter where she races, she's able to find support from

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friends and strangers.

"That's what I love about bike racing," Tingey said. "I have all these people that I know now that I wouldn't know if I didn't race bikes."

With support from sponsors such as CarboRocket, Stan's No Tubes sealant, ESI Grips, Julbo glasses, Mountain Velo and Lazer Helmets, Tingey said she feels well prepared to tackle the 2012 season as she focuses on key races such as the Mt. Ogden 50, the Park City Point to Point and others.

Her family life revolves around bike races. Family vacation must be planned around and including races. Family reunions, too.

"I don't go anywhere now without there being a bike race to be in," she said.

"I plan to race for as many years as I can foresee," she said. "Right now, my focus is on cross country. But maybe in a couple of years as I get older and my body changes, I'll switch over a little bit to endurance."

Whatever she does, Tingey is going to do it with enthusiasm.

After all, this career as a professional mountain biker wasn't something she planned. It just sort of happened after her husband challenged her to enter a race – a race she won.

"It's tons of fun and beyond anything I could ever have dreamed," she said. "I didn't expect my biker career to explode the way it has. But I'm going to take advantage of it."

RIDER PROFILE

Nate King Isn't Your Average Professional Cyclist

By Jared Eborn

He is every parent's nightmare – sort of.

"I like to play in traffic," Nate King, a neo-pro cyclist for the Utah-based Competitive Cyclist Racing Team, said.

Then again, maybe King is every parent's dream.

"I'm driven to see how far I can go and see how good I can be," he said. "I know there's still a lot of room for me to grow."

King isn't your average professional cyclist. The Utah native grew up in Taylorsville near the Jordan River Parkway, graduated from Logan High School and then the University of Utah.

Always fairly healthy and fit – "I didn't really play many sports, but I always did well in the President's fitness tests" -- it wasn't until the last year or two that King decided he'd turn his love of bicycles into a career.

Sure, King had been using bikes to earn money for a few years already as a bicycle messenger in Salt Lake City and San Francisco. He currently works for Backcountry.com – home of RealCyclist.com, CompetitiveCyclist.com and other online gear outlets -- as a photographer. But it wasn't until the long winter of 2010-11 that King decided he wanted to try out racing.

So, while many novice cyclists – King started 2011 as a meager Cat

5 – were patiently waiting for Mother Nature to ease back on her relentless assault of that record-breaking winter, King parked his bike on a trainer and would often spend hours in the saddle cranking out a few thousand miles without going anywhere at all.

"It was kind of a little goal I had in the back of my head," King said of his grueling winter of training. "I wanted to see how far I could go and how fast I could get there."

King said he was looking for a new thrill and a way to release some of his boundless energy in a competitive setting. The sport of cycling was a natural fit. In addition to his fitness from his job as a messenger, he was drawn to the intensely competitive nature of bike racing that he didn't think he could find elsewhere.

"I wanted to do something really, really hard," King said. "So I picked up road racing. I liked the pain aspect of it. I liked the highly competitive nature of bikes and I really wanted to go out and win against other people."

How far and how fast has been nothing short of remarkable.

After starting the season as a Cat 5 at some of the local races, King rapidly left his competitors behind. He moved up to Cat 4, then Cat 3 in a matter of a few weeks and set his sights higher. He won a stage as a Cat 3 at the Tour of the Gila in New Mexico and finished second overall in the GC. He moved on to Oregon where he won the Cascade Classic as a Cat 2.

Those hammerfests on the training turned his legs into pistons and King has excelled in time trials and hill climbs where he can simply focus his efforts on cranking out watts at an incredible rate.

His remarkable ascension in the sport caught the attention of his employer and he was offered a spot on the CompetitiveCyclist.com team. That means his focus is changing simply crushing every race he enters. Now, the 24-year-old neo-pro is thrust into a role he's unfamiliar with – that of a domestique whose job is to work for the good of the team.

While that may not always mean sacrificing his individual goals to help someone such as Paco Mancebo, King knows he's in for an adjustment or two as a cyclist.

"It's a very different dynamic than the amateur scene, that's for sure," King said. "The team is a cohesive unit and we work for a common goal more often. ... I'm just looking forward to experiencing everything there is to experience."

King's first true test as a professional came at the San Dimas Stage Race and he's hoping his team gets invitations to the Tour of Utah, the US Pro Cycling Challenge in Colorado and that he gets a chance to show himself at the USA Pro Cycling Championships.

If his path from bike messenger to Cat 5 to Pro in barely a year is any indication, King – despite his relatively late start in the bike racing business -- may have a long and successful road ahead of him.

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MOUNTAIN BIKE RACING

Carey and Smith Top True Grit Field

Left: Amanda Carey was the sole finisher in the women's 100 miler. Above: Kimberly Ridgeway finished third in the women's 50 miler. Photos: Find these and more photos at CrawlingSpider.com.

By Adam Lisonbee

The 2nd annual True Grit Epic

Bike Race was held March 17th in Saint George, Utah. This year's event featured 23, 50, and 100-mile options, and was touted by its promoters as

"long, technical, and tough!" Truer words were never spoken. The race is exactly those things, and a lot more. The True Grit is also relentless, expansive, and beautiful. Shortly after finishing the 50 miler, Ryan

Miller (Cutthroat Racing) said that he had "never known hell had such a beautiful view." Indeed. The difficult nature of the course was offset by the red rock desert, tabled mesas, and scrubby tamarisk of Utah's Dixie.

In 2011 torrential rain and extreme cold shut the race down midway through the day. Racers were muddy, hypothermic, and ornery. This year a rainy forecast once again threatened the race. But mountain bikers, optimistic as they are, enthusiastically lined up to race the iconic course. At the start line were men and women who clearly had, if nothing else, true grit. But this year the rain never fell. The dark grey clouds lingered ominously, and occasionally the wind blustered arrogantly, but nothing came of it. The weather turned out to be nearly ideal for a long day of springtime desert mountain bike racing.

Nevertheless, the race hurt Amanda Carey (Kenda/Felt), the only woman to complete the 100-mile race, remarked that "events as hard as this one make you feel more alive! I'll remember that feeling through the rest of the season, probably forever." Jeff Higham (Epic Endurance), a veteran of several hundred-mile mountain bike races, said that "this was the most technical 100-miler I've raced."

The men's 100-mile field was small, but super competitive. Some of the regions most accomplished endurance racers lined up to take on the demanding route. Cary Smith (Team CF) rode to victory, with Casey Zaugg (CocoNutz Fuel/UMB) 2nd, and Jonathan Davis (Trek Store Boulder) third.

Continued on page 14

 A large advertisement for the Gran Fondo Moab event. The background is a photograph of a cyclist's legs and hands on a red and black road bike, pedaling on a paved road. The sky is blue with some clouds.

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ADVOCACY

Plan to Attend the 2012 Utah Bike Summit

By Tara McKee

The theme of the fourth annual Utah Bike Summit, lovingly adapted from Utah's tourism theme is Bike Elevated. It's a theme meant to inspire us all to reach higher in striving to build a better bicycling future for our state. Utah's road cyclists, commuters and mountain bikers can all find something they can enjoy and learn from at this year's Summit. In an effort to bring the Summit to other parts of the state, this year's annual gathering will be held on Friday, May 4th at Ogden's Union Station. It promises to be an inspiring and informative day that brings Utah's bicycling community together to help improve cycling and biking across the state.

UTA, a sponsor of this year's Summit will be offering Summit attendees a free ride on Frontrunner to and from Ogden to attend the bike Summit. Once there, use the bike valet service, provided by the Ogden Bike Collective. The Summit registration fee includes breakfast, lunch, snacks and a sweet SWAG bag plus the opportunity to network with bicycle and trail advocates and others from around the state who enjoy getting around on two wheels!

Ogden's new mayor, Mike Caldwell, an avid cyclist himself, will be there to welcome attendees and help kick-off this year's Summit. The keynote will be given by SRAM's advocacy director,

Randy Neufeld. Randy has been involved with active transportation and bike advocacy work for many years. Not only does he direct SRAM's Cycling Fund, which supports national advocacy both in the US and Europe, but he works with the Alliance for Biking and Walking and is the strategy manager for the National Complete Streets Coalition. His message for Utah will be drawn from his experience gained from over two decades in state, national and international bike advocacy.

Ryan Schutz from the International Mountain Biking Association (IMBA) will be at the Summit to speak on the subject of how Utah can get more people on mountain bikes. A few of the points that Ryan will be touching on are that too often novice bikers have a hard time finding trails suited to their skill level and lessons to help polish their technical skills aren't widely available. Fewer bikers joining the sport can only hurt in the long run. Ryan will also be joining Riley Cutler from Utah's Governor's Office of Economic Development, to delve into the subject of how communities which offer great mountain biking and road cycling can reap economic benefits from tourism.

The Summit will be a great chance to hear about the new high school mountain biking league from its Utah director, Lori Harward. Next fall, high school teams around the state will be competing in the sport of mountain biking under the banner of the National Interscholastic

Cycling Association (NICA). As other states have shown, past NICA alums continue to ride for years after graduating and often get their families into biking as well. A few of the students who have raced in NICA's leagues have gone on to race in college or in professional circuits. The growth of Utah's NICA league will leave a strong imprint on a new generation of bikers and cyclists.

Michael Allegra, UTA's new general manager, will be at the Summit to speak about the future of active transportation in Utah. Active transportation provides people the ability to travel freely by walking and bicycling to their destination. When the right investments are made for pedestrians and cyclists, more people choose to use non-motorized transportation. It's important that it is planned as a part of Utah's transportation systems of tomorrow. Keri Gibson of Road Respect and Utah Highway Safety, will be joined on the podium by Tami Cromar who is an avid cyclist and also the owner of the gourmet cookie bakery Ruby Snap. They will be speaking about ways to improve the relationship between cyclists and motorists in Utah. Other Summit highlights will include hearing from some of our state legislators about new and future legislation that directly affects cyclists and an overview of how Utah is doing as a state by Bike Utah chair, Brad Woods.

Summit attendees can choose from afternoon breakout sessions on moving bike advocacy forward in our

Dixie Mountain Bike Trails Association Update

Over the winter the DMBTA has been working on key issues to bring advocacy awareness and new trails and access to Southern Utah. Below are some of the highlights.

•Following a successful showing of Pedal Driven, and IMBA supported bike documentary shown as part of DOC UTAH, where local land managers were present and watching side by side with active mountain bikers, the group was able to get a permanent seat at the planning table and now conducts monthly up-date meetings with the BLM as part of the Travel and Transportation planning process.

•DMBTA conducted a workshop to more closely examine areas near the city of St George and Leeds, where bikers, land managers, and City officials thought new trail routes could be proposed for inclusion into the SFGO Comprehensive Travel and Transportation Management Plan and NCA Resource Management

Plan (being evaluated concurrently). The DMBTA then produced a map proposal, written proposal and GIS routes for 12 new or modified trails in the Leeds area and 11 new or modified routes in the St George/Bloomington area for a total of 23 new urban interface trails proposed for inclusion into the designated trails system. These routes will be evaluated along with the 300+ miles of trail that were submitted by DMBTA back in 2010 during the Environmental review process this summer. There will be plenty more opportunities for mountain bikers to get involved as the draft Travel and Transportation Plan is released for comment. For information and updates on the plan see http://www.blm.gov/ut/st/en/fo/st_george/planning2.html

DMBTA will announce when the draft plan is ready for comment on their new feed and Facebook page.

•DMBTA rallied County and City officials, along with key individuals in the business community to weigh in on a critical Environmental Assessment DOI-BLM-UT-CO30-2011-0012-EA that would affect the long term continuation of

state, a panel to discuss ways of making businesses bicycle friendly, as well as a focus on the positive impact that cycling and mountain biking tourism can bring to areas around the state. In addition the Summit will be bringing back the very popular State of the Bike reports that bring focus and attention to communities around the state. These reports show what communities are doing to encour-

age cycling and biking in their area and the infrastructure improvements they are planning and building. The spotlight at this year's Summit will fall on Draper, Vernal, Beaver, and Brigham City.

Registration information plus all the fine Summit details can be found on Bike Utah's website: www.BikeUtah.org

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events in the St George Area. The evaluation showed that mountain bike racing is compatible with sensitive resources and that mountain bikers are responsible land users. The study also showed that 5 events, True Grit Epic, Red Rock Rampage, Huntsman Senior Games, the Hurty Dirty (actually trail running) and the new Cactus Huger race, bring in a total over half a million dollars in 5 days to the St George economy; a figure that made many take notice. The formula is based on DOI visitation figure averages for the amount a person spends in our region during an event for 1 day, overnight or multi night stays and then compares that to the events average draw (in-state, local, etc.) multiplied by the number of participants. The chart can be found on p. 36 of the study. The result was the issuance of several race permits for new and continued mountain biking events. A full copy of the EA is posted on the DMBTA web site under planning.

•DMBTA has voted to become a chapter of IMBA. Beginning in June 2012 IMBA members in the Southern Utah Territory will also be members of DMBTA.

If you would like more information on what DMBTA does, want to become a member, get involved, or donate check out the new web site www.DMBTA.org or follow us [facebook.com/DMBTA](https://www.facebook.com/DMBTA)

-Cimarron Chacon

TRIATHLON

A Preview of Ironman St. George

By Jared Eborn

Starting at 140.6 miles from the start line is intimidating enough.

Throw in two trips up the Veyo Wall and a mind-crushing run through the scenic but grueling streets of St. George and it is little wonder Ironman St. George is considered by many as the most difficult event on the World Triathlon Corporation calendar.

"The thing that I love about this course is that it is what I call a true Ironman," Utah professional triathlete Heath Thurston said. "Nowadays there are too many marathons and other races that are trying to be the race that can accommodate everyone and they are trying to make everyone happy with the course, this is why so many marathons are mostly downhill or flat, whereas Ironman St. George is really none of this."

Indeed, the St. George course scares off a lot of participants.

Though road construction has forced a change on the run course – making it a little more tame – there will be no shortage of suffering during the day.

And that, perhaps, is what makes Ironman St. George so unique.

In its third year, MSG has yet to sell out – an extreme anomaly for North American Ironman races which typically sell out their approx-

imately 1,500 spots in 48 hours or less. St. George, because of the course and the early season date attracts plenty of locals and professionals trying to record a qualifying placing for the Ironman World Championships in Hawaii – but the hundreds of participants from around the country that are the hallmark of many other 140.6 races have been a little more difficult to attract.

That doesn't bother those who relish what Ironman St. George has become in just a few short years.

"I really really wish the old run was still there and I hope that it comes back," Thurston said. "I do think the switch to this new run hurt the race a bit, but also helped a little because a lot of people that never considered doing St George because of the bike/run combination now are doing it because of the change."

Thurston said the seasonably cool temperatures in the water at Sand Hollow State Park present the first challenge racers must deal with, especially if there is a late spring snowstorm in the mountains that feed the reservoir.

"The swim is awesome and amazing one of the best lakes to swim in," he said. "It can be tough if we continue to get cold temps in the water."

After the refreshing 2.4 mile swim, things really get interesting.

"The first section is just 22 miles and then it's done and over with," Thurston said. "Although that sec-

tion is still very challenging to get through, once you do it your done, and you can check it off the list."

After passing through St. George, triathletes hit the wall – almost literally.

A ride through Ivins and Gunlock takes Ironman St. George racers to the Veyo Wall, a short but brutal climb. It's not uncommon to see weary cyclists walking their bikes up this section – especially on the second loop. Instead of stopping for pastries at Veyo Pies, however, athletes are sent downhill on a blazing return to St. George to begin the second loop.

"You are rewarded for the climbing with the decent down from Veyo which is very much needed because you can get that rest before you have to do that loop again," Thurston said.

The second loop provides a much-needed recovery ride into St. George where the marathon beings.

"This is where it will be kind of funny," Thurston said. "Because this new run course isn't all that easy for a number of reasons. First, you are never running flat, it is either slightly uphill or slightly downhill the entire 26.2 miles. And this type of running will really work the body a lot and will break down a lot of people that didn't expect this kind of difficulty."

The new course, however, will make the final 26.2 miles much more enjoyable for spectators and fans. By sending runners on a three-lap cir-

cuit up and down several downtown streets, runners will see their supporters frequently.

"A lot of people think this changed run is going to be easy or a piece of cake. I almost think it is a harder run in many ways than the old course," Thurston said. "Yes, it is maybe a physically easier and faster course but mentally this will really come into play."

For those racing with a podium, trip to Kona or a personal record in mind, the course change will present a challenge unlike years past.

"The mental side of doing three loops is very monotonous. Having to run down a road then right back up that same road then over to another one and doing the same thing then to a third road and down and back then running up to Diagonal Street and running up it and back and then right next to the finish line will just absolutely play and mess with your mind," Thurston said. "Because you have to do this three times which is you are running by the finish line about 12 times before you finish the race."

But actually reaching that finish line, for most, is a feeling like none other.

Ironman St. George takes place on May 5, 2012. For more information, visit ironmanst-george.com.

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XTERRA Moab (a National XPS Points Series event) is back (Sport and Full distances), as well as the Moab Road Triathlon (Sprint/Olympic), the XTERRA Moab Trail Run and a Kids Triathlon! The amazing run course leading to Faux Falls and back is definitely one to remember.

Friday, June 8th

- XTERRA Moab Trail Run (3.4 miles)
- XTERRA Kids Triathlon

Saturday, June 9th

- XTERRA Full (1.5K/15mi/6.8miles)
- XTERRA Sport (0.75K/7.5mi/3.4miles)
- Road Olympic (1.5K/40K/6.8miles)
- Road Sprint (0.75K/20K/3.4miles)



www.XTERRAMoab.com

www.triutah.com

Ken's Lake, Moab, UT

June 8-9, 2012



XTERRA

MOAB



For more information or to register visit: www.XTERRAMoab.com

For other 2012 TriUtah events visit: www.triutah.com

cycling utah

CALENDAR OF EVENTS

Calendar Guidelines:

Listings are free on a space available basis and at our discretion.

Submit your event to: calendar@cyclingutah.com with date, name of event, website, phone number and contact person and other appropriate information.

Let us know about any corrections to existing listings!

Utah BMX

Deseret Peak BMX — Tooele, UT, 1200 foot long track, ABA sanctioned, open to public for practice daily, fee is \$2 per rider. Sign ups 5:30 to 7:00 on race day. Races: May 8, 22, June 12, 26, July 10 - Race for Life, 17 - State Qualifier, August 14, 28, September 18, 25., Darrin Cook, 435-843-4049, deseretpeakbmx@msn.com, deseretpeakcomplex.com

April 11, 2012 — USA Cycling BMX National Championships, Chula Vista, CA, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

Utah Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Ken Johnson, ubcinfo@utahbikes.org, bikeutah.org

Salt Lake City Mayor's Bicycle Advisory Committee (MBAC) — Salt Lake City, UT, Meetings are on the second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 335. All are welcome. Visit the website to join the email listserv., Dave Iltis, 801-328-2066, dave@cyclingutah.com, Julian Tippetts, 801-535-7704, Julian.Tippetts@slcgov.com, slcgov.com/bike

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, Bicycle Facilities Planning Meetings are third Wednesday each month from 4-6 p.m., with the exception of the month when the Quarterly County Advisory Committee is meeting on the third Wednesday from 6-8 p.m. (see website for meeting details). Meetings are held in Suite N-3001 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT. 801-468-3351, MHillyard@slco.org, bicycle.slco.org

Weber County Pathways — Ogden, UT, Weber County's Trails Group. We are committed to the idea that non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life., Mark Bedel, 801-393-2304, wp@weber-pathways.org, Rod Kramer, 801-393-2304, rod@weberpathways.org, weberpathways.org

Park City Alternative Transportation Committee — Park City, UT, Normally meets the second Tuesday of the month at Miner's Hospital, 9 a.m., Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

Mountain Trails Foundation — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

Bonneville Shoreline Trail Committee — Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.org

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, parleysttrail@gmail.com, parleysttrail.org

Holladay Bicycle Advisory Committee — Holladay, UT, The Holladay Bicycle Advisory Committee (HBAC) works to make Holladay bicycle friendly. The HBAC meets on the first Tuesday of every month from 6:00 p.m. to 6:45 p.m. in the Hy Nielson Room of the city building at 4580 S. 2300 E., Greg Hoole, 801-272-7556, gregh@hoole-king.com, tinyurl.com/holladaybac

Provo Bike Committee — Provo, Utah, Come join us every 2nd and 4th Tuesday at 5 pm in the Conference Room in the Provo City Building on 351 W. Center Street. We promote bike safety, culture, and better relations between bikes and cars., Carole Ann Litster, 208-283-6756, carolannlitster@gmail.com

Events, Swaps, Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None, noemail@cyclingutah.com, slccriticalmass.org

Bike Polo League — Salt Lake City, UT, March to November - Come and play bike polo! Tuesdays at Liberty Park, Salt Lake City, 6:30 pm, enter from 13th S. and come up the 7th East side to the road entering the center of the park. All welcome, bring bike, gloves, and helmet. Mallets provided., Scott Brown, 801-870-9292, sbrown@redrocks.com

July Bike Maintenance Clinics — Cottonwood Heights, UT, Join us for our free weekly maintenance clinics Tuesday evenings this July. Come learn two of the most basic and important, bicycle maintenance skills in an informative, comfortable and hands-on setting. TUESDAYS at 6:30pm, July 5: Flat repair, July 12: Drivetrain Cleaning, July 19: Flat repair, July 26: Drivetrain Cleaning, Clinics are limited to 20 participants each so please call or email to reserve your spot., Chris Skolnick, 801-942-1015, info@cottonwoodcyclery.com

Beehive Bike Polo Club — Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801-688-7268, heatpolo-company@gmail.com

Cole Sport Weekly Road Ride — Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com, mountaintrails.org

April 11, 2012 — Salt Lake City Bicycle Co. Ladies Night, Salt Lake City, UT, 7 pm at Salt Lake City Bicycle Co., 177 E. 200 S. Mini Classes on bicycle maintenance, bicycle fitting and women's bicycle equipment. Food and prizes., Brent Hulme, 801-746-8366, brent@slcbike.com, slcbike.com

April 14, 2012 — COPMOBA Bike Swap, Grand Junction, CO, 9th annual MOG outdoor gear sale + COPMOBA bike swap in downtown Grand Junction. Over 45 booths. Live music., Jen Taylor, 970-250-9682, Jen.Taylor@mountainkhakis.com, copmoba.org, mogoutdoorfest.com

April 25, 2012 — Traveling By Bike: How to do it; Where to go, Salt Lake City, UT, Join Lou Melini who has been bike touring over 30 years, to learn how to get started or get tips to take it to the next level @ REI (3300 South and 3300 East), Lou Melini, lou@cyclingutah.com, rei.com

May 4, 2012 — Utah Bike Summit - Bike Elevated, Utah Bike Month, Ogden, UT, 4th Annual. The summit brings together Utah's top bicycle and trail advocates, representatives from Utah bike industries, cycling event promoters, city

planners, representatives from Utah's tourism industry, local and state government officials. It's a great opportunity to network, collaborate, educate and empower all cycling enthusiasts. The goal is to come together with these joint interests to improve cycling infrastructure and safety, get more Utahns on bikes and bring more cycling tourism to our state., Tara McKee, 801-870-8504, taramckee1@msn.com, utahbikesummit.com, bikeutah.org

May 5, 2012 — GOTS, Bike and Outdoor Toy Swap, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday., Tim Metos, 801-533-8671, vtshopdog@earthlink.net, wildrose-sports.com

May 12-13, 2012 — Young Riders Bike Swap, Park City, UT, Annual Bike Swap to benefit Young Riders Youth Mountain Biking Program. Located at The Yard, 1255 Kearns Blvd Park City, UT., Heinrich Deters, 435-649-8710, 435-659-1188, deters.heinrich@gmail.com, Julie Minahan, 435-640-8642, julie.minahan@gmail.com, youngriders.com

May 12-19, 2012 — Cycle Salt Lake Week, Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work Day, and more., Jon Smith, 801-596-8430, 801-322-5056, cslcen-tury@mac.com, utahbikemonth.com, cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 12, 2012 — Herriman Pedal Palooza, Herriman, UT, Cycling Event for the whole family, kids safety rodeo, Goldilocks Ride, bike parade, helmet safety inspection (not sure what the blanket term for this event would be). 10 am, Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com, pp.infinitecycles.com

May 15, 2012 — Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, A mellow ride with Mayor Peter Corroon / Mayor Ralph Becker and other city mayors under police escort from Liberty Park to the County Complex and then the City & County Building. Liberty Park (700 E 900 S, northeast corner) to the Salt Lake County Government Center (2100 S State St) then continuing to the City & County Building (451 S State St), 7:30 am., Tyler Curtis, 801-535-6118, tyler.curtis@slcgov.com, bicycle.slco.org, utahbikemonth.com

May 15, 2012 — UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. Historic County Courthouse, west lawn,

University Avenue/Center Street in Provo., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 16, 2012 — Ride of Silence, Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 7 pm, Gallivan Center. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Laila Bremner, 801-654-0323, gasele2002@yahoo.com, rideofsilence.org, utahbikemonth.com

May 16, 2012 — Ride of Silence, Flagstaff, AZ, 7 pm, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, flagstaffcycling.squarespace.com, rideofsilence.org

May 17, 2012 — UTA Bike to Work Day in Orem City, Utah Bike Month, Orem, UT, UTA Bike to Work Day in Orem City, time and place TBD., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 18, 2012 — UTA Bike Bonanza, Utah Bike Month, Salt Lake City, UT, Free to public 2012 Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring family, bring friends!, Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utarideshare.com

May 18, 2012 — Bike To Work Day, TENTATIVE, Utah Bike Month, Park City, UT, Free continental breakfast provided for bikers outside the Yarrow Hotel and Basin Recreation Field House from 7 am to 9 am. Small raffle for some great prizes!, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, Dawn Bowling, 435-649-6839, dawn@mountaintrails.org, basinrecreation.com

May 18, 2012 — Bike Art Gallery Roll, Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9pm in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries., Brent Hulme, 801-746-8366, brent@slcbike.com, galleryroll.com, utahbikemonth.com

May 18, 2012 — National Bike to Work Day, Utah Bike Month, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utahbikemonth.com

May 19-20, 2012 — Cole Sport Bike Swap, Park City, UT, 9-5 Sat., 9-3 Sun. \$10 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615



Road Racing

UCA
UTAH CYCLING ASSOCIATION

utahcycling.com

APRIL	May continued
7 Hell of the North	26 Sugarhouse Criterium
14 Tour of the Depot	28 State TT Championships
21 East Canyon Road Race	MAY
28 Tax Day Circuit Race	1-2 B4K Stage Race
	9 Little Mtn. State Road Race
	16 High Uintas Road Race
	23 Salt Palace State Criterium
	24 Mystery Hill Climb
	30 Heck and Back Road Race



G.O.T.S.
OUTDOOR EQUIPMENT SWAP

Bike Gear • Camping Gear • Clothing
Watersport & Climbing Equipment

Registration:	Fri. May 4	3:00 PM to 6:30 PM
	Sat. May 5	8:00 AM to 10:00 AM
Swap:	Sat. May 5	9:00 AM to 5:00 PM
Pickup:	Sat. May 5	4:00 PM to 6:00 PM

Wild Rose
702 Third Avenue
801 533-8671
wildrosesports.com

Park Ave. on 5/18. Pick up is by 3 pm on 5/20., Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org, colesport.com

May 19, 2012 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W, Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cscentury@mac.com, cyclesallakecentury.com

June 2, 2012 — Bike Prom 2012, tentative, Salt Lake City, UT, 8 pm, Jonathan Morrison, 801-FAT-BIKE, jonathan@slcbikecollective.org, bicyclecollective.org

June 4, 2012 — Joe Kurmaskie, The Metal Cowboy Talk, Salt Lake City, UT, A talk by Joe Kurmaskie, the Metal Cowboy, on bicycle use as alternative transportation and bicycle awareness, Tania Taylor, ttaylor@slcpl.org, slcpl.org

June 9, 2012 — Urban Challenge Utah, Salt Lake City, UT, 9 am, Using clues, teams of two navigate through SLC, competing in tasks that challenge the body, mind and senses. Benefits the Make-A-Wish Foundation of Utah., Jessica Linville, 801-262-9474, events@utah.wish.org, urbanchallengeutah.com

June 11, 2012 — 6th annual Share the Road Ride, Park City, UT, A 17 mile road ride to spread awareness in sharing the road between cyclists and motorists. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com, mountaintrails.org

June 16, 2012 — Edible Wasatch - Bites & Bikes, TENTATIVE, Utah Bike Month, Salt Lake City, UT, Chantelle Bourdeaux, chant8@gmail.com, ediblecommunities.com/wasatch/events/treasure-hunt-for-local-food.htm

June 23, 2012 — Volunteer Trail Day, Brian Head, UT, Brian Head Mtn Bike Park, meet at 10 am. Tools, transportation on the mountain and lunch will be provided. Volunteers eligible for a discounted summer season pass. Time permitting we will work on clearing Dark Hollow and Bunker Creek trails. Also looking for input on new trails and features., Bruce Niedrauer, 866-930-1010, bruce@brianhead.com, brianhead.com

August 18, 2012 — Tour de Fat, Boise, ID, Rolling Revival of Sustainable Folly!, Various Western Locations., 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat

September 22, 2012 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclingutah.com, worldcarfree.net

Mountain Bike

Tours and Festivals

April 20-22, 2012 — BetterRide MTB Skills Camp, Fruita, CO, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

April 26-29, 2012 — New Belgium Brewing Company Fruita Fat Tire Festival, Fruita, CO, 17th Annual festival which is the kickoff to Mtn bike season in CO, World renowned trails, expo, Clunker Crit, Prizes, and live music in downtown Fruita., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com

emgcolorado.com, fruita-mountainbike.com

April 27-29, 2012 — BetterRide MTB Camp, Moab, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

May 1-5, 2012 — Alison Dunlap Adventure Camp, Moab, UT, Five-day Beginner/Intermediate MTB Skills Clinic, Rim Village condos at 4 pm., Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

May 4-6, 2012 — P.A.S.S. Bookcliffs Trailfest, Price, UT, Trail Rides (New Trails Debuted), Free Camping (Bring your acoustic instruments for the Campfire-Jam), Food, Live Music, Chaos & Mayhem, Friday afternoon warm-up ride will be pretty mellow with a party atmosphere, Saturday & Sunday we ride for REAL - Rides range from short & mellow to ridiculous., Fuzzy Nance, 435-637-2453, fuzzythebikeguy@msn.com, PASstrails.com

May 4-6, 2012 — BetterRide Women's MTB Skills Camp, Fruita, CO, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

May 11-13, 2012 — BetterRide XC Race Camp, Fruita, CO, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

May 13-October 13, 2012 — Cycling Bryce, Zion, and Grand Canyon National Parks, St. George, UT, 7-day, 400-mi guided road biking tour of the Bryce, Zion and Grand Canyon National Parks areas, including Brian Head, Panguitch Lake, Red Canyon and Kanab. Tour includes 6 nights camping with last night at Inn or 6 nights inn stay, transportation and food. Available every Sun.-Sat. from May 13-Oct. 13., Barbara Goff, 800-596-2953 x4, 702-596-2953, Info@escapeadventures.com, escapeadventures.com

May 18-20, 2012 — BetterRide MTB Camp, Moab, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

May 18-20, 2012 — MECCA Spring MTB Festival, Green River, UT,

Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, meccabikeclub@etv.net, biketheswell.org

May 19, 2012 — 6th Annual Amazing Earthfest, Fredonia, AZ, Joy Jordan Woodhill Trail Ride (BLM): 10, 20 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and Grand Staircase. Fredonia Welcome Center, US 89-A, Fredonia, AZ, 8 am Arizona time., Rich Csenge, 435-644-3735, jlw@gwi.net, amazingearthfest.com

May 19, 2012 — 14th Annual Buena Vista Bike Fest, McPhelamy Park, 112-134 West Lake Street, CO, The Colorado Springs Cycling Club announces their fourteenth annual Buena Vista Bike Fest, a recreational ride featuring scenic and challenging routes through some of Colorado's highest mountain peaks. Registration includes rest stops and SAG support, a colorful t-shirt for the first 800 registrants, detailed route maps, Saturday afternoon party presented by Bristol Brewing Company of Colorado Springs, and post-ride meal provided by Jan's. More information is available at www.bvbf.org, Aaron Rosenthal, 719-313-2994, arj04pedal@hotmail.com, www.bvbf.org

May 19, 2012 — Mike the Headless Chicken Poker Ride, Fruita, CO, Urban Poker Ride, Fruita, Colorado, Mike the Headless Chicken Festival, Mike Driver, 970-904-5708, mdriver@livetrainrace.com, lirsports.com

May 25-27, 2012 — Black Hills Fat Tire Festival, Rapid City, SD, Trail rides, races (hill climb, XC, Super-D), Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Kelly Combs, 605-431-8989, 605-343-9534, kelly-combs@hotmail.com, bhfattirefestival.com

May 26-28, 2012 — NUMB Fest, Vernal, UT, Four fun and action packed days of organized riding and festivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, there is no charge or entry fee., Troy Lupcho, 435-781-2595, troyboy@altitudecycle.com, altitudecycle.com

May 29-June 2, 2012 — Alison Dunlap Adventure Camp, Moab, UT, Five-day Intermediate/Advanced MTB Skills Camp, Rim Village condos at 4 pm., Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

June 2, 2012 — National Trails Day, Park City, UT, Meet at 9am, coffee and bagels. Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

June 2, 2012 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

June 2, 2012 — National Trails Day, Weber County, UT, Weber Pathways Trail Day., Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

June 10-September 21, 2012 — Bryce and Zion National Parks (MTB), St. George, UT, 6-day, 140-mi guided Mtn Biking Tour thru Brian Head, Red Canyon, Navajo Lake Trail, Virgin River Rim and Hiking the Zion Narrows. Tour includes 5-night camping and 1 inn or 5-night all inns, transportation and food. Also available throughout the summer., Barbara Goff, 800-596-2953 x4, 702-596-2953, Info@escapeadventures.com, escapeadventures.com

June 16-17, 2012 — Wild Rockies Boise to Idaho City Tour, Wild Rockies Series, Boise, ID, Starts and finishes at the Old Armory on Reserve Rd. 7 am Boise to Idaho City (camp overnight) and back to Boise. Full support and SAG wagon included for a low price. We are raising trail awareness and providing a low cost trip for all levels., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, swimba.org

June 16-17, 2012 — BetterRide MTB Camp, Park City, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

June 17-22, 2012 — Grand Staircase Escalante Singletrack (MTB), Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and back-country mountain biking opportunities so vast and picturesque that the rest of the world will seem to shrink in comparison. Also available 6/17-22, 7/8-13, 8/5-10, 9/2-7, Barbara Goff, 800-596-2953 x4, 702-596-2953, Info@escapeadventures.com, escapeadventures.com

June 24-29, 2012 — Grand Staircase Escalante Intro (MTB), Panguitch, UT, 6-days, Also available 6/24-29, 7/10-15, 7/16-20, 8/7-12, 8/19-24,

9/4-9, 9/16-21., Barbara Goff, 800-596-2953 x4, 702-596-2953, Info@escapeadventures.com, escapeadventures.com

June 30-July 8, 2012 — Ride Sun Valley Mountain Bike Festival, Sun Valley, ID, Centered around the USA Cycling XC Mountain Bike National Championships. Other events include the Galena Grinder, Baldy Super Duper Downhill, Locally guided and shuttled trail rides, Fat Tire Critrium, pump track events, concerts, a film and photo shoot-out and more! , Greg Randolph, 800-634-3347, Info@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

July 27-29, 2012 — 3rd Annual TVTAP WYDAHO Rendezvous Mountain Bike Festival, Teton Valley, ID, Three-Day Mountain Bike Festival DH & XC races, group rides, bike/trials demos, pump tracks, skill clinics, music, parties. 5hr race 7/29. Grand Targhee Resort & Idaho, Tim Adams, 208-201-1622, tim@TVTAP.org, BikeFest@TVTAP.org, tetonbikefest.org, tvtap.org

July 28-29, 2012 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-905-8177 (Canada), lu@dirseries.com, dirseries.com

September 22-23, 2012 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-905-8177 (Canada), lu@dirseries.com, dirseries.com

September 25-29, 2012 — Alison Dunlap Adventure Camp, Moab, UT, Five-day Intermediate/Advanced MTB Skills Camp, Rim Village condos at 4 pm. , Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

Utah Weekly MTB

Race Series

Sundance/Soldier Hollow Weekly Race Series — Soldier Hollow, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 45mins, Beginners 30mins., Tyson, 435-200-3239, races@euclidoutdoors.com, weeklyraceseries.com

April 28th
100km 62 miles

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WWW.SAINTSTOSINNERS.COM

Sundance/Soldier Hollow Weekly Race Series — Soldier Hollow, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 45mins, Beginners 30mins., Tyson, 435-200-3239, aces@euclidoutdoors.com, weeklyraceseries.com

Mt. Ogden Midweek XC Race Series — Snowbasin Resort, UT, Dates June 8, 15, 22, 29; July 6, 13, 20, 27;

Aug. 3, 10, 17, 24. Registration- 5pm- 6:30pm at Grizzly Center, Race Start: 6:30., Jonny Hintze, 801-230-2995, jonnyhintze@yahoo.com, mtogdenraceseries.com, bebikes.com

May 15-August 21, 2012 — Mid-Week Mountain Bike Race Series, Mid-Week MTB Race Series, Park City, Draper, and Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:30, kids race at 6:00

and main event at 6:30., Brooke Howard, 801-935-1092, jibhoward@hotmail.com, midweekmtb.com, facebook.com/midweekmtb

Regional Weekly

MTB Race Series

Laramie Mountain Bike Series — Laramie, WY, May 20, June 19, June 26, July 10, July 24, August 7, August 14., Laramie, info@laramiemtb-series.com, laramiemtbseries.com

Utah Mountain

Bike Racing

April 7, 2012 — Red Rock Cactus Hugger, Intermountain Cup, St. George, UT, ICS #2, Ed Chauner, icupracing@yahoo.com, intermountaincup.com, chollachallenge.com

April 14, 2012 — Adventure Xstream Moab, Moab, UT, Solo racers and teams will kayak, trek, rappel, and mountain bike through the Moab Canyon Country, 50 miles of multi-sport racing., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

April 28, 2012 — Lambert Park Dirt Circuit Race, USC Series, Alpine, UT, High Speed, single track racing, blow the winter cobwebs out by racing fast and furious. Some double track to help passing., Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffell, shannon@mtbracenews.com, raceuscs.com

May 5, 2012 — 18th Annual Showdown at 5-Mile Pass, Intermountain Cup, Lehi, UT, 18th Annual, ICS #3, XC-Fun XC course, 11-mile loop with rolling hills, First start at 9 am for Under 12, others at 10 am., Ed Chauner, icupracing@yahoo.com, intermountaincup.com

May 12, 2012 — 8th Annual Sundance Spin, Intermountain Cup, Sundance Resort, UT, ICS #4, XC, 2 loops: a 7.1-mile topping out at 7100 ft, and the small 0.5-mile lowest part of Archies Loop, First race starts at 8 am for U9, 8:30 am for U12, others 9:30 am., Ed Chauner, icupracing@yahoo.com, intermountaincup.com

May 19, 2012 — 10th Annual Hammerfest at the Hollow, Intermountain Cup, Midway, UT, ICS #5, Soldier Hollow, 9-mi loop with 1100' vertical per lap. Climbs and fast descents through a maze of ski trails at the Olympic venue of Soldier Hollow, new single track added, 9 am for U12, others at 10 am., Ed Chauner, icupracing@yahoo.com, intermountaincup.com

May 26-28, 2012 — Sundance Showdown, UT Downhill Series, Sundance Resort, UT, Super-D Saturday, DH Monday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

May 26, 2012 — Mountain Ranch XC at Eagle Mountain Pony Express Days, Eagle Mountain, UT, New 8+ mile race course includes nearly 3 miles of fast single track with ladder bridges and technical features., Darrin Garrett, 801-420-1340, mountainranchxc@hotmail.com, mountainranchbikepark.com

May 28, 2012 — 7th Annual Stan Crane Memorial XC, Intermountain Cup, Draper, UT, ICS #6, 6th annual. Monday race, Great XC course start/finish at the equestrian center, about 80% single-track on a 9.8-mi loop, Total elevation 1100' /lap, first start at 8:15 am for U12, others at 9 am., Ed Chauner, icupracing@yahoo.com, intermountaincup.com

June 9, 2012 — 21st Annual Deer Valley Pedalfest, Intermountain Cup, Deer Valley, UT, National Championship Qualifying Event. Multi-lap course, climbs and twisty single-track downhill. First start at 8:15am for U12, others 9 am. (Not an ICS Points Race), Ed Chauner, icupracing@yahoo.com, intermountaincup.com

June 16-17, 2012 — Wolf Creek Mountain Mayhem, UT Downhill Series, Wolf Mountain Resort, UT, Saturday Super D (afternoon start), Sunday Downhill (morning start), Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 23-24, 2012 — 6-Hour of Wolf Creek Enduro Downhill Race, UT Downhill Series, Wolf Mountain Resort, UT, Lift served, multi-lap downhill MTB race, 60 person limit. Saturday qualifying run for lift line order, Sunday 6-hour enduro race.,

Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 23, 2012 — Dixie 200, Cedar City, UT, Self-supported, 200 miles of trail and remote terrain between Bryce Canyon and Brian Head in southern UT. Virgin River Rim, Thunder Mountain, Grandview and several other trails., Dave Harris, hairball.dh@gmail.com, 2-epic.com/events/dixie200.html

June 23, 2012 — Round Valley Cross Country, USC Series, Park City, UT, 10-12 mile laps, mostly single-track. Rolling hills, swoopy turns., Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffell, shannon@mtbracenews.com, raceuscs.com

June 30, 2012 — Wimmer's Bicycle Race XC @ Sherwood, Intermountain Cup, Logan, UT, ICS #7, Sherwood Hills Resort, Multiple laps, winding single track through trees, 9 am., Kayleen Ames, 435-757-4310, amespromoting.com, cast.net, intermountaincup.com, amespromoting.com

July 7, 2012 — 25th Annual Mountain Bout, Intermountain Cup, Snowbird, UT, ICS #8, Snowbird, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap, First race starts at 8:10am for U9, 8:30am next start., Ed Chauner, icupracing@yahoo.com, intermountaincup.com

July 7, 2012 — Fire Road Cycling, Cedar City, UT, 25k, 60k, 100k distances, 4 start corrals, beginner to serious riders, starts at Main Street Park, 8am, 7000 ft. total for 100km; 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km., Paul Huddle, 858-518-0042, 760-635-1795, huddle@multisports.com, fireroadcycling.com

July 14, 2012 — The Crusher in the Tushars, Beaver, UT, A 70 mile "roadit" race exploring Southern Utah's =Tushar Mt. range. 10,500+ ft. of climbing! A perfect 50/50% split between pavement and dirt fire-roads and a traverse of some of Utah's highest and most scenic roads., Burke Swindlehurst, roadit@msn.com, tusharcrusher.com

July 21, 2012 — Wasatch Back 50, USC Series, Wasatch County, UT, Exciting new Race course starts east of US 40, finishes at the Homestead Resort., Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffell, shannon@mtbracenews.com, raceuscs.com

July 28, 2012 — 16th Annual Chris Allaire Memorial, Intermountain Cup, Solitude Resort, UT, Utah State Open XC Championship, ICS #9, Course combines Cruiser (upper) and Serenity (lower) loops, Registration closed 7/13, First start at 8:15am., Ed Chauner, icupracing@yahoo.com, intermountaincup.com

August 2, 2012 — Orchard Days Mountain Bike Race, Santaquin, UT, Men's and Women's division for Beginner, Intermediate, and Advanced races, Youth race; Race starts at 6:30 pm., Greg Flint, (801) 754-3211, office@santaquin.org, santaquin.org

August 4, 2012 — 3rd Annual Basin Bash XC, Intermountain Cup, Snowbasin, UT, ICS #10, series finals, an 8.5-mile loop consisting of 90% wide single-track that winds across the lower mountain with about 1,300' of climbing per lap, Ed Chauner, icupracing@yahoo.com, intermountaincup.com

August 18-19, 2012 — Flyin' Brian Gravity Festival, UT Downhill Series, Brian Head, UT, Downhill and Super-D Schedule of events T.B.D., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 18, 2012 — Mt. Ogden 100 K MTB Race, Snowbasin, UT, We will have 3 race divisions for 2012. They are 25K, 50k and 100k., Steve

Andrus, 801-620-1014, sandrus@snowbasin.com, mtogden100k.com

August 22, 2012 — Utah High School Cycling League Race #2, Sherwood Hills Resort, UT, Race for 9th through 12 graders only. Sherwood Hills Resort. First wave going off at 10 am, with 3 waves during the day. Spectator friendly 4-6 mile laps, total length depends on category. Both individual scoring and team scoring., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, www.utahmtb.org

September 1, 2012 — Park City Point 2 Point, NUE Series, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 78 miles & 14,000' of climbing., Jay Burke, 801-330-3214, info@thepcpp.com, thepcpp.com

September 1-3, 2012 — Great Utah Bike Festival, Cedar City, UT, Benefiting Hemophilia. 4 stages mountain bike race or the 4 stage USAC road race; double or single track trails; join the bike parade, take a bike safety or riding clinic, or join street race., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 8, 2012 — 6 Hours of Bear Lake, Garden City, UT, 6 Hour MTB Race, Part of Garden City Harvest Days Festival, Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com

September 8, 2012 — Utah High School Cycling League Race #1, Utah High School Cycling League Race Series, Park City, Round Valley, UT, Races are 9th through 12th grades only. Categories for individual scoring are Freshman, Sophomore, JV, and Varsity for boys and girls separately. Team scoring for division I and II teams. Race starts Saturday at 10 am. Bring your family and cowbells for a great day of fun cheering your local high school team at our spectator-friendly 4-6 mile lap courses., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, www.utahmtb.org

September 15, 2012 — 12 Hours of Sundance, Sundance Resort, UT, With Solo, 2-Man, 4-Man and Coed options this event has something for everyone. Race goes from 7am - 7pm., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, John Woodruff, 801-223-4044, johnw@sundance-utah.com, sundanceresort.com

September 15, 2012 — Widowmaker Hill Climb, Snowbird, UT, 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort., James Zwick, 801-583-6281, sports-am.com, sports-am.com

September 15, 2012 — Draper Fall Classic 50, USC Series, Draper, UT, 50 miler, lap format. makes use of best of Corner Canyon., Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffell, shannon@mtbracenews.com, raceuscs.com

September 16, 2012 — Tour de Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain. Participants are urged to don 'festive' costumes and celebrate the beginning of the fall mountain bike season in a spirited manner., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 28-30, 2012 — Big Mountain Enduro #3, The Whole Enchilada, Big Mountain Enduro Series, Moab, UT, These events focus on epic, backcountry rides that challenge riders to push their limits on raw, uncut courses that Mother Nature designed. As the horizons of racing continue to broaden, this enduro style of racing



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speaks to all riders—spandex, baggies and full-faced., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

September 29-October 1, 2012 — Furious3, Furious3, Moab, UT, Furious3 mountain bike race is a 3 day, multi staged event that is for anyone interested in an epic mountain bike adventure. They are perfect for anyone looking to step into multi day racing for amateurs and pros alike., Mark Kaltenbach, 888-880-8846, mark@furious3.com, www.furious3.com

Regional Mountain

Bike Racing

April 7, 2012 — Sage Brush Scramble, Knobby Tire Series, Boise, ID, STXC. Action-packed short track racing just 23 miles SE of Boise Racing and BBQ starts at noon., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

April 14, 2012 — 17th Annual Barking Spider Bash, Wild Rockies Series, Nampa, ID, AMBC Race, than 1000 vertical ft per lap, elevation gain for hill climbs. We are using the original 2 hr XC course and 1 hour trail run, includes roller coaster single track and wide open fire road. FREE kids race, awards ceremony, food and beverages, part of the national AMBC series, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

April 14, 2012 — Rumble at 18 Road, Fruita, CO, Mountain Bike Race, Fruita, Colorado, Cross Country, Spring Rumble at 18 Road! Nationals Qualifier., Mike Driver, 970-904-5708, mddriver@livefrain-race.com, fruitsports.com

May 4-5, 2012 — New Belgium Brewing Company 18 Hours of Fruita, Loma, CO, 8th Annual, Highline Lake State Park, mid-nightstart, 18 Hr race on 6.5 mile loop., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com, emgcolorado.com, fruitamountainbike.com

May 12, 2012 — 10th Annual Avimor Coyote Classic, Knobby Tire Series, Boise, ID, High speed rolling double-track. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com, brokenspokecycling.com

May 12, 2012 — Desert Rats Classic, Fruita, CO, 100 km out and back mtb race., Reid Delman, 303-249-1112, reid_delman@geminiadventures.com, geminiadventures.com

May 18-20, 2012 — Riverside Rampage - MSC #1, Mountain States Cup, Salida, CO, Cross country, time trial and short track races. Sign up for each race or for entire stage race. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

May 19, 2012 — 12 Hours of Disco, Salmon, ID, Mountain Bike Endurance Race, Dave Lingle, 208-756-7613, info@ridesalmon.com, ridesalmon.com/12-hrs-of-disco

May 25-27, 2012 — Black Hills Fat Tire Festival, Rapid City, SD, Races (XC, SD, DH), Guided Rides, Demo Bikes, Fun Socials, and plenty of fantastic single track all waiting for you to kick off the summer., Kelly Combs, 605-431-8989, 605-343-9534, kelly-combs@hotmail.com, bhfat tirefestival.com

May 25-28, 2012 — Velopark STATE Dual Slalom and STXC Championships, Wild Rockies Series, Eagle, ID, Two-person dual slalom course are built by World Champion Eric Carter. You'll find everything you expect at a National course with a grassroots feeling. Short track XC and DH as well., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

May 25-28, 2012 — Eagle Bike Park Festival, Wild Rockies Series, Eagle, ID, 10K trail run Friday night. Saturday- we have Two-person dual slalom course that was built by World Champion Eric Carter. Sunday's Short track XC supported by the BYRDS program. Also, we are having a XC mtb on Saturday organized by the BYRDS and dont forget to do the mini DH on Sunday, as well., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, byrdscycling.com

May 26-27, 2012 — BYRDS Mtn Bike Event, Boise, ID, Douglas Tobin, douglas@tobincoaching.com, byrdscycling.com

May 30, 2012 — 10th Annual Wood River Cup Race #1, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 6, 2012 — 10th Annual Wood River Cup Race #2, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 8-10, 2012 — The Chile Challenge - MSC #2, Mountain States Cup, Angel Fire, NM, Cross country, downhill, dual slalom and super d at the infamous Angel Fire Resort. Qualifier for USA Cycling Mountain Bike National Championships and part of the Pro GRT Series for 2012., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

June 9-10, 2012 — Beti Bike Bash, Mountain States Cup, Lakewood, CO, 3rd annual women's only mountain bike race and festival. Run by women, for women. Encouraging women mountain bikers to enter their first race. Expo, prizes and a great schwag bag with entry. CASH purse for pros., Sarah Rawley, 720-407-6142, info@racemsc.com, betibikebash.com

June 9, 2012 — Fear, Tears & Beers 2012, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, krobeg@mwpower.net, greatbasintrails.org

June 9, 2012 — Knobby 9 to 5, Knobby Tire Series, Avimor, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 13, 2012 — 10th Annual Wood River Cup Race #3, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 16, 2012 — Soldier Mountain, Knobby Tire Series, Fairfield, ID, Soldier Mountain Resort XC course, known for the big climbs and big descents. Racers will climb over 8000' to see views that others dream about., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 20, 2012 — 10th Annual Wood River Cup Race #4, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184,

billy@powerhouseidaho.com, powerhouseidaho.com

June 21-24, 2012 — Crested Butte Bike Week, Crested Butte, CO, 32nd Anniversary year: Fat Tire 40 endurance race, Aided Rides, Mountain States Cup Wildflower Rush races, pure Crested Butte classics like the Chainless Race & the 24 Hour Bridges of the Butte, as well as some premiere entertainment., Scott , scott@cbchamber.com, ftbw.com

June 22-24, 2012 — Wildflower Rush-MSC #3, Mountain States Cup, Crested Butte, CO, Fat Tire 40 cross country, downhill, and super d part of the Fat Tire Festival. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

June 23-24, 2012 — Jug Mountain Ranch XC and Marathon, Wild Rockies Series, McCall, ID, 2-3 hr XC course and 1.5 hr trail run. 5 min Super D-- XC on fast, flowing single track route and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide-open fire road. Qualifier for USA Cycling Mountain Bike National Championships., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 24-30, 2012 — San Juan Huts 200, Durango, CO, 7-Day supported stage race from Durango, CO to Moab, UT. (6 nights, 7 days staying overnight in tents using the San Juan Huts southern route and hut system for community camp area). Finish to a celebration party in Moab, UT, 214 miles of fun, Kathy Hudson, 972-966-1300, kathy@terrafirmaracing.com, terrafirmaracing.com

June 27, 2012 — 10th annual Wood River Cup Finals, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 30, 2012 — Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 30, 2012 — 5 Hours of Grand Targhee MTB Race, Alta, WY, XC race, ten mile single track loop racing through the fields of wild flowers and aspens at Grand Targhee Resort., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

June 30, 2012 — BYRDS Junior Stage Race, ID, Douglas Tobin, douglas@tobincoaching.com, byrdscycling.com

June 30, 2012 — Big Jugs 44mi MTB Marathon, Wild Rockies Series,

McCall, ID, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 30-July 2, 2012 — Furious3, Furious3, Fernie, British Columbia, Canada, Furious3 mountain bike race is a 3 day, multi staged event that is for anyone interested in an epic mountain bike adventure. They are perfect for anyone looking to step into multi day racing for amateurs and pros alike., Mark Kaltenbach, 888-880-8846, mark@furious3.com, www.furious3.com

July 5-8, 2012 — NORBA XC MTB Nationals, Sun Valley, ID, Includes three race disciplines - Short Track, Super D and the Olympic Cross Country, Kelli Lusk, 719-434-4200, klusk@usacycling.org, Aly Swindley, 800-634-3347, info@visitsunvalley.com, usacycling.org, visitsunvalley.com

July 7-14, 2012 — Southeast Idaho Senior Games, Pocatello, ID, Cross country MTB., Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidahoseniorgames.org

July 11, 2012 — Tamarack SUPER D, TENTATIVE, Wild Rockies Series, Tamarack, ID, 20-30 min SUPER-D course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find small drop-offs, and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

July 14, 2012 — Adventure Xstream Summit County, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

July 20-22, 2012 — Storm Peak Stampede - MSC #4, Mountain States Cup, Steamboat Springs, CO, New venue for 2012, Steamboat Springs Bike Park brings new cross country, downhill and super d to the MSC. Colorado State Championships and qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

July 20-22, 2012 — USA Cycling Gravity MTB National Championships, Beech Mountain, NC, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

July 27-29, 2012 — 3rd Annual TVTAP WYDAHO Rendezvous Mountain Bike Festival, Teton Valley, ID, Three-Day Mountain Bike Festival DH & XC races, group rides, bike/trials demos, pump tracks, skill clinics, music, parties. 5hr race 7/29. Grand Targhee Resort & Idaho, Tim Adams, 208-201-1622, tim@TVTAP.org, Bridget Lyons, 208-201-1622, BikeFest@TVTAP.org, tetonbikefest.org, tvtap.org

July 28, 2012 — Laramie Enduro, Wyoming Marathon Championship, Laramie, WY, 111K (72 miles), Happy Jack Recreation Area, 8600' elevation gain, 7 am start., Richard

Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

July 28, 2012 — Butte 100, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options., Gina Evans, 406-498-9653, eatdirtpigpen@hotmail.com, www.butte100.com

July 28-29, 2012 — 20th Brundage Mountain Bike Fest XC/Super D/DH, Wild Rockies Series, Brundage Resort, ID, State Championship for Super-D and Downhill and qualifier for Nationals for downhill, 20 min super D. 5-6 min DH course., deep woods single track and wide open fire road, super easy shuttle with high speed lift for the Super D and DH events., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

August 4-5, 2012 — Pomerelle Pounder, UT Downhill Series, Wild Rockies Series, Albion, ID, Two-day DH race, Saturday DH race and Sunday DH., Ron Lindley, 801-375-3231, info@utahdh.org, utahdh.org, go-ride.com

August 4, 2012 — Pierre's Hole MTB Race, NUE Series, Alta, WY, The course on a 25 mile loop will be the ultimate test for a 50/100 mile race, each lap will have over 4200' of climbing on mostly single and double track trails. National Ultra Endurance Series (usmtb100.com), Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Troy Barry, 208-201-9933, twbarry@juno.com, grandtarghee.com, ph100.org

August 10-12, 2012 — Full Tilt in Telluride - MSC #5, Mountain States Cup, Telluride, CO, Series finale for Mountain States Cup—endurance and gravity finals. Includes cross country, downhill and super d. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

August 11, 2012 — Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Net proceeds benefit Teton Valley Trails and Pathways. Mountain bike mass start first, at 10 am, 9.4 miles, then either bike a second lap or run 6 miles. Awards, Raffle and results 1 pm at the South Horseshoe Trail Head., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

August 24-26, 2012 — Furious3, Furious3, Whistler, British Columbia, Canada, Furious3 mountain bike race is a 3 day, multi staged event that is for anyone interested in an epic mountain bike adventure. They are perfect for anyone looking to step into multi day racing for amateurs and pros alike., Mark Kaltenbach, 888-880-8846, mark@furious3.com, www.furious3.com

September 15-16, 2012 — Eagle Bike Park, Wild Rockies Series, Eagle, ID, 12K trail run. Saturday morning. Then we have Two-person dual slalom course on Sunday, that was built by World Champion Eric Carter., Darren Lightfield, 208-608-

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6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 15-16, 2012 — Targhee Enduro DH and Super-D, Alta, WY, The DH races will be run on a 1.75 mile long single track DH course, with race times around 9-plus minutes for the winners, DH race, chainless DH and a Super D., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

Utah Weekly

Road Race Series

Cyclesmith Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, Saturdays A and B Flite off at Noon C and D Flite off at 12:50, 6555 W. 2100 S. March 3, 10, 17, 24 Tuesdays at 6pm April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5, 12, 19, 26 July 10, 17, 24, 31 August 14, 21, 28 September 4, 11., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April 5 - September 6, I-80 Frontage Road West of the International Center., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Emigration Canyon Hillclimb Series — Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April 19 thru August 30., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

SBR Time Trial Series — Orem, UT, Starts at 7pm, free to participate Flat 6 mile out and back, 321 South Vineyard Road Orem, UT 84058, updates on facebook, 5/2 to 9/5, Joe Johnson, 801-225-0076, 949-412 0587, joe@sbrrtah.com, sbrrtah.com, facebook.com/sbrrtah

April 4-September 5, 2012 — DLD (DMV) Criterium Presented by Ski Utah, Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com, skitahcycling.com

July 11-August 22, 2012 — Simply Mac Racing Criterium Series p/b Bountiful Bicycle and MyReason2Ride, TENTATIVE, Threshold Sports Criterium Series, Ogden, UT, Fast flat 4 corner course. Perfect venue for pre-race fitness or introduction to racing in the C-Flight. Wednesdays, Ogden BDO - 7/11, 7/18, 7/25, 8/01, 8/08, 8/15, & 8/22 - Women's Flight - 5:15pm (25min), C flight: 5:50 pm (30 min), KIDS CRIT: 6:20pm (10 min), B flight: 6:30pm (40min), A Flight: 7:20pm (50min), TBD., Joel Rackham, 801.721.6952, joel@simplymacracing.org, Russ Parry, russ@simplymacracing.org, simplymacracing.org

Utah Road Racing

April 7, 2012 — Hell of the North Road Race, UCA Series, Salt Lake City, UT, Just north of the Salt Lake Int'l Airport, 5 mile circuit. includes 1.75 mile stretch of dirt road. Bring your 53x12., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

April 14-15, 2012 — Tour of the Depot, UCA Series, Tooele, UT, Sat. -Tour of

the Depot RR, Anaconda Road TT. Sun. - Pine Canyon Circuit Race., Jeremy Smith, 801-558-7215, info@tourofthedepot.com, tourofthedepot.com

April 21, 2012 — East Canyon Echo Road Race, UCA Series, Henefer, UT, 10 AM, Henefer to East Canyon Resort and back to Echo Canyon to Hogsback, Sign up at Canyon Bicycles 3969 S. Wasatch Blvd., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

May 4-6, 2012 — USA Cycling Collegiate Road National Championships, Ogden, UT, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

May 5, 2012 — Antelope Island Classic, UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net, bmbbc.com

May 11, 2012 — Bear Lake Climb to the Stars, Garden City, UT, 3.4 mile uphill climb from Garden City Office to the Rocky Point look out pull-off. Racers will start on 60-second intervals and will climb right hand side of road, single file. Racers will yield to traffic for return back to The Inn at the Lake (Start location), Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com

May 12, 2012 — Bear Lake Classic, UCA Series, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a FLAT and FAST finish - a beautiful race around Bear Lake., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, bearlake.com

May 13, 2012 — Bear Lake Classic Team Time Trial, UCA Series, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a FLAT and FAST finish. TTT 5-man teams, scoring on 3rd wheel. Each event is scored independently, and Sunday's 5-man TTT is slated to be the Utah State TTT Championship., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, bearlake.com

May 19, 2012 — SLC Downtown Criterium, UCA Series, Salt Lake City, UT, Fun and fast 4 corner crit around Pioneer Park, 300 W and 300 S., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

May 19, 2012 — Hammer at the Slammer, UCA Series, Salt Lake City, UT, Hammer at the Slammer, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

May 26, 2012 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

May 26, 2012 — Sun Crest Hill Climb Challenge Race, Draper Trail Days, Draper, UT, Benefit Water For People Foundation Draper UT, 8 am Draper Equestrian Center 1600 E. Highland Drive (13500 South), road race 15 miles with two hill climbs. Ends at the top of Sun Crest., Ken Murdock, 801-205-3700, ken.murdock@utah-homes.com, Brad Gilson, 801-684-

7770, 801-694-8859, brad@gilson-engineering.com, drapertrails.com

May 28, 2012 — Utah State Time Trial Championship, UCA Series, Salt Lake City, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

June 1-2, 2012 — Salt Lake Valley B4K Stage Race, UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required- one-day licenses available. Proceeds from the race go to benefit Bikes for Kids Utah., Alex Kim, 801-503-9064, alexander@epluribus.org, bikesforkidsutah.com/bikes-for-kids-stage-race, utahcycling.org

June 8-9, 2012 — Rockwell Relay: Moab to St. George, Moab, UT, Four person relay, three legs per rider, covering 528 miles. Starts 8 am at Sweeney Park in Moab and goes non-stop to St. George., Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

June 9, 2012 — Little Mountain Road Race (Utah State Championship), UCA Series, Clarkston, UT, Challenging, yet fun, 16-mile circuit race with one major climb (1 mile, 7-10% grade between Trenton and Clarkston) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Total elevation gain - 600 feet/lap., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com

June 16, 2012 — High Uintas 10,000 Road Race, Tentative, UCA Series, Kamas/Evanston, UT/WY, 1 Day, 80 mile, point to point road race from Kamas, UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citizen riders and touring riders., Marek Shon, 801-209-2479, utcritseries@gmail.com, evanston-cycling.org

June 16, 2012 — Three Kings Cycling Event, North Salt Lake, UT, Winding through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings. The cyclist who tackles them fastest will take home the prize. 7:30am, Matt Jensen, 801-550-0778, mattjensensnsl@gmail.com, threekings.nslcity.org

June 23, 2012 — Downtown Salt Palace Criterium, UCA Series, Salt Lake City, UT, Eric Thompson, 801-541-3840, ethompson@visitsaltlake.com, skitahcycling.com

June 28-30, 2012 — Utah Summer Games, Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium., Casey McClellan, 435-865-8421, 435-559-2925, usgpress@suu.edu, utahsummergames.org

June 30, 2012 — Hell and Back RR, UCA Series, Salt Lake City, UT, Out and back road course north of the Great Salt Lake., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

July 1, 2012 — Terry McGinnis Memorial Criterium - Midvale, Utah City Crits, Bountiful, UT, Located in old downtown Midvale, this venue is a fast, four corner criterium and should be a real crowd pleaser. The course will start/finish on Old Main Street., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

July 2, 2012 — Terry McGinnis Memorial Criterium - TBD, Utah City Crits, TBD, UT, Located adjacent to I-15 near the Lehi Roller Mills, this venue is best for breakaway riders with its long straight-aways. The course will start/finish on 1000 East., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

July 3, 2012 — Terry McGinnis Memorial Criterium - TBD, Utah City Crits, TBD, UT, In the heart of Bountiful, this will be a flat, four corner rectangular course that will provide thrills and chills as riders try to out sprint each other for the win. The course will start/finish on Main., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

July 4, 2012 — Terry McGinnis Memorial Criterium - Holladay, Utah City Crits, Holladay, UT, With a start/finish on Holladay Blvd, this course incorporates a hill climb on 4500 South, a descent down 2300 East and a wicked turn on to Laney Avenue back onto Holladay Blvd. This course has something for every racer., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com

com_races2race.com, utahcitycrits.com

July 6, 2012 — Brighton Twilight Criterium, UCA Series, Salt Lake City, UT, Twilight criterium at the Brighton Ski Resort, Big Cottonwood Canyon., Jared Eborn, 801-599-9268, jared@extramileracing.com, porcupinecycling.com

July 7, 2012 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 11 Year Anniversary of the Porcupine Hill Climb for the Fight Against Cancer. Starting at the Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 7, 2012 — Utah Tour de Donut, American Fork, UT, 5th Annual, family-friendly, three laps, flat course, 21 miles total. Donuts between laps reduce time. Ind & Teamst Starts at 9 AM, fundraiser., Rodney Martin, 801-427-6400, rotaryrod@live.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, utah-tourdedonut.org

July 14, 2012 — Pony Express Road Race, UCA Series, Fairfield, UT, Road race following the Pony Express route in Utah's west desert. Starting and finishing at the Stage Coach Inn in Fairfield., Jared Eborn, 801-599-9268, jared@extramileracing.com, porcupinecycling.com

July 21, 2012 — Chalk Creek Road Race, UCA Series, Coalville, UT, Utah State Championships for Juniors and Masters., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 21, 2012 — Rockwell Relay: Ladies Pamperfest, Wasatch Front, UT, Four- and two-lady relay teams race or ride, with massages, manicures, etc. at exchanges. Begins 8 am at Snowbasin, 160 miles finishing in Provo. For all levels!, Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

July 27-28, 2012 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/ Lou Gehrig's Disease., Steven Tew, 801-822-4870, steven@saintstosinnersbikerelay.com, saintstosinnersbikerelay.com

July 28, 2012 — Sundance Hill Climb, UCA Series, Provo, UT, Starts at the bottom of SR92, climbs 8.2 miles, over 3000' of climbing, passing Sundance and finishing at the Alpine Loop Summit. Great event for riders and racers of all ability levels., Czar Johnson, 801-223-4121, czar@sundance-utah.com, John Woodruff, 801-223-4044, johnw@sundance-utah.com, sundance-utah.com

July 28, 2012 — Tour de Park City, UCA Series, Park City, UT, Classic Road Race and Tour starting and finishing in Park City. 170, 100, 50 and 15 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, teamex-celerator@gmail.com, tourdeparkcity.com, teamexcelerator.com

August 1, 2012 — Lindon City Criterium, TENTATIVE, Utah City Crits, Lindon, UT, Part of the Lindon Days Celebration. This course takes place in the heart of the neighborhoods in Lindon and is very unique with a quick hill climb right before the finish line that will give the riders an added challenge. The uphill to the finish will be a great sprint that will exact the neighborhood fans as well as the riders going for the win. The course is 1.45 miles in length and fairly flat. You will have people from the neighborhood sitting out on their lawns cheering as you race by each time!, Ryan LeMone, 801-785-3828, 801-921-3133, ryan@ozon-efit.com, utahcitycrits.com

August 7-12, 2012 — Larry H. Miller Tour of Utah Presented by Zions Bank, UCI, UT, America's toughest stage race. Elevated to UCI 2.1 for 2011, 6 stages, 325 miles, \$45,000 purse, Pro/1 Men only, Salt Lake, Ogden, Provo, Tooele, Park City, Snowbird, Salt Lake. Come and watch the best!, Jackie Tyson, 801-325-2500, tourofutahpr@pelotonsports.net, tourofutah.com

August 11, 2012 — The Death Match RR, UCA Series, Salt Lake City, UT, The Death Match RR, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

August 18, 2012 — Snowbird Hill Climb, Snowbird, UT, 33rd Annual, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry ll., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com/events/summer/hillclimb.html

August 18, 2012 — Double M Road Race, Morgan, UT, A recreational charity ride benefiting the Cystic Fibrosis Foundation (CFF), 3 ride lengths, 28, 56 and 84 miles. Fun ride at 8 am, race at 9 am. Morgan fairgrounds, over \$2000 in cash and prizes., Daniel Lilly, 801-657-2627, daniel@mycyclingsource.com, mycyclingsource.com/double-m-bike-race.html

August 18, 2012 — Wildflower Hill Climb, Mountain Green, UT, During the Wildflower Pedalfest, a woman-only bike ride through the scenic Morgan Valley. Those women who choose the 75 mile course will be eligible to compete in the Wildflower Hill Climb - a 5.5 mile climb to the top of Big Mountain where Morgan County meets Salt Lake County., Stacie Palmer, 801-628-6416, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 24-26, 2012 — Hoodoo 500, St. George, UT, 500 mile loop race along the best roads in Southern Utah. Solo and relay team divisions., Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 1, 2012 — Powder Mountain Hill Climb, UCA Series, Eden, UT, 6 miles and 3000 feet up Powder Mountain Road, start at Wolf Creek Balloon Festival Park, finish in Timberline parking lot., Ben Towery, 801-389-7247, teamexcelerator@gmail.com, teamexcelerator.com

September 8, 2012 — LOTOJA Classic RR, Logan, UT, 30th Annual, 1 day, 3 states, 206 miles from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, info@lotojaclassic.com, lotojaclassic.com

September 21-22, 2012 — Salt to Saint Relay, Salt Lake City, UT, Utah's most exciting bicycle relay, 400ish mile relay race from Salt Lake City to St. George following Hwy 89, passing through Zion National Park. Solo, 2, 4 and 8 person team categories. Riders will push themselves, their sleeping habits, their cycling abilities and their idea of a good time to new limits., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 30, 2012 — Harvest Moon Criterium, UCA, Ogden, UT, UCA Points Race, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets., Ben Towery, 801-389-7247, teamexcelerator@gmail.com, teamexcelerator.com

Regional Weekly

Road Race Series

Idaho Cycling Enthusiasts Time Trial/ Hillclimb Series — tentative, ICE Series, Pocatello, ID, Time Trials are flat, hill climb is up either Scout Mountain or Pebble, dates TBA., Bryan Gee, 208-406-8477, bryan_gee_otr@yahoo.com, idahocycling.com

SWICA Criterium Series — SWICA Criterium Series, Boise, ID, Tuesdays starting in May 2012. Local training crit series at Expo Idaho West lot., Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Racing

April 15, 2012 — Chicken Dinner Road Race (BCC Spring Series #3), Nampa, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

April 20-22, 2012 — Tour of Walla Walla Stage Race, Walla Walla, WA, Stage race - 2 RRs, crit, TT. Eight fields in 2011, 5 for men and 3 for women- Men Pro-1,2, 3, 4, 5, Mstrs 40+ cats 1-4; Wom 1-2, 3, 4, Stage Race - 2 RRs, Crit, TT. Men Pro 1-2, 3, 4, 5, Mstrs 40+ Cats 1-4, Wom 1-2, 3, 4., Steve Rapp, 509-520-9779, steve@allegrocyclery.com, tofww.org

April 21, 2012 — Arizona State Road Race Championship, Hillside, AZ, Arizona State Road Race Championship, out and back road race with big rollers and climbing. Distances of 25, 44, 64 and 84 miles., Eric Prosnier, 602-381-3581, skullvalley@wmrc.org, wmrc.org

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April 28, 2012 — Tax Day Circuit Race, UCA Series, Pocatello, ID, Great circuit race, start and finish in Inkom with a 1.2 mile neutral roll out of town, followed by 4.5 mile rolling to the circuit (7.3 mi). Riders will do a specified number of laps, followed by another half lap to finish at the top of the climb. Climb per lap is 750 ft., David Hatchey, hachey@fmed.isu.edu, idahocy-cling.com

April 29, 2012 — Emmett-Roubaix Road Race (Spring RR #4), Emmett, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 6, 2012 — Jason Broome ITT (BCC Spring Series #1), Boise, ID, Ten Mile Time Trial over rolling terrain. Start:Stage stop truck stop on I-84, 16 miles east of Boise., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 11-12, 2012 — Idaho Time Trial Festival, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, teamrace.obccwd.com, idahobikeracing.org

May 17, 2012 — Meridian Speedway Omnium, Meridian, ID, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, idomnium.com

May 19, 2012 — Ride for the Pass, Aspen, CO, Part of the Aspen Cycling Festival, Benefits the Independence Pass Foundation. 18th Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970-963-4959, fulcon@comcast.net, independencespass.org, aspencyclingfestival.com

May 20, 2012 — Aspen Cycling Criterium, Aspen, CO, Fast paced, energy packed race held on closed streets in the heart of downtown Aspen. Speeds of 28 mph and higher around a .8 mile track with sharp curves on road bikes., Kristin Drake, 970-429-2098, kristin.drake@ci.aspen.co.us, aspencyclingfestival.com

May 20, 2012 — Belle District Criterium, Nampa, ID, Located in Belle District at the heart of historical Nampa, this spectator orientated 1.1 km Criterium course has long straightaways with fast left- and right-hand turns., Vernon Padaca, 208-571-1730, dobbiacoboard@cablone.net, teamdobbiaco.com

May 25-28, 2012 — Iron Horse Bicycle Classic, Durango, CO, 41th Annual, Road Race from Durango to Silverton, Criterium, Time Trial 25/50 mile tour, kids race and Mountain Bike Race., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 26-28, 2012 — USA Cycling Professional Road and TT National Championships, Greenville, SC, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

May 27, 2012 — ICO Criterium Series #1, Twin Falls, ID, Rudy Estrada, 208-713-3705, elitacycling@msn.com, idahobikeracing.org

June 2, 2012 — 6th Annual Lyle Pearson 200-mile Team Challenge, Boise to Sun Valley, ID, Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 10, 2012 — Dirt Bag Dash #3, Mountain Home, ID, Sign in 11am. Race start 11am, 99% dirt road course, post-race party., James Lang, 208-571-1853, 208-344-9182, jlange83702@yahoo.com, joyride-cycles.com/dirt_bag_dash

June 16, 2012 — Sick Hill Climb, Rupert, ID, Alice Schenk, 208-436-4514, runnerschenk@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

June 16, 2012 — Idaho State District Road Race, TBD, ID, Vernon Padaca, 208-571-1730, dobbiacoboard@cablone.net, teamdobbiaco.com

June 17, 2012 — Idaho State Time Trial Championships, ID, Gary Casella, 208-340-7224, gcasella@aol.com, idahobikeracing.org

June 20-24, 2012 — USA Cycling Road National Championships, Augusta, GA, Elite, U23 and Junior Road National Championships.,

Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

June 23-24, 2012 — Dead Dog Classic Memorial Stage Race, Laramie, WY, Sat: RR (85 miles or 53 miles), Sun: Crit and TT (10 miles), \$8000 purse, awards points for the American Cycling Association Best All-around Rider and Best All-around Team competition., Kim Viner, 307-742-4565, kdviner@msn.com, Michael Harokopis, 307-760-4797, deaddog-classic@hotmail.com, deaddog-classic.com, laramiebikenet.com

June 23, 2012 — ICO Criterium Series #2, Mountain Home, ID, Rudy Estrada, 208-713-3705, elitacycling@msn.com, idahobikeracing.org

June 24, 2012 — Blazing Saddles Omnium, Philipsburg, MT, 40km ITT and 8 mile climb of Rock Creek Road, Don Russell, 406-531-4033, biking-coach@gmail.com, montanacycling.net

June 29-July 1, 2012 — Baker City Cycling Classic, Baker City, OR, Baker City and Baker Loves Bikes invite you to race one of the best stage races in the country. Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery., Brian Vegter, dogbri@q.com, bakercity-cycling.org

June 30, 2012 — ICO Criterium Series #3, Boise, ID, Rudy Estrada, 208-713-3705, elitacycling@msn.com, idahobikeracing.org

July 4, 2012 — 4th of July Hailey Criterium, Hailey, ID, Downtown Hailey Criterium, Exciting four corner course. \$5,000 in cash prizes., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcd.org, bcd.org

July 6-8, 2012 — Single Track Bicycle Shop Road Race, Flagstaff, AZ, Saturday 8 am: Road Race, Sunset/Wupatki National Monument, Flagstaff, 75 or 45 miles. Sunday 7 am: Snow Bowl Hill Climb, 6.6 mile hill climb, categorical starts at noon, Foxboro Circuit Race, flat 2 mile closed course with two covered bridges., Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Flagstaffcycling.Squarespace.com

July 7, 2012 — Allan Butler Criterium, Idaho Falls, ID, Twilight Criterium in downtown Idaho Falls in memory of Allan Butler. Course is flat, technical, L-shape, 1 km in length, 5 pm., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, ucjh.org

July 7-14, 2012 — Southeast Idaho Senior Games, Pocatello, ID, Criterium, hill climb, 10k TT/20k RR, 5k TT/40k RR. Cross country MTB., Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidahosenior-games.org

July 7-8, 2012 — Tour de Bozeman, Bozeman, MT, Two day, 3-stage omnium in the mountains. Stages include: 20k Time Trial, criterium, and 70 mile Road Race with 4600+ ft of climbing, \$5000.00 + cash purse., Amy Frykman, 406-579-0944, info@tourdebozeman.com, tour-debozeman.com

July 8, 2012 — Blue Ribbon Road Race, UCA Series, Osgood, ID, This was a staple of racing in Southeast Idaho back in the day. It was known as a rollers race as the course is thru the potato fields. You will find that is course is a challenge and will favor the rider who is not afraid to go on the attack., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com

July 14, 2012 — Exergy Twilight Criterium, NRC, Boise, ID, 24th Annual, NRC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisettwilight-criterium.com, georgescycles.com

July 15, 2012 — St. Luke's Sports Medicine Idaho State Criterium Championship, Hidden Springs, ID, Start/Finish at Hidden Springs Community-Village Green., 9 am., Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com, lostrivercycling.org

July 28, 2012 — Grand Targhee Hill Climb, Driggs, ID, Net proceeds benefit Teton Valley Trails and Pathways. Time trial at 10 am with 30 sec intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. Course covers 12 miles and 2200 vertical feet., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peaked-sports.com

August 11, 2012 — Lamoille Canyon Hill Climb, Lamoille, NV, 12 mile 3000 ft hill climb road race up beautiful Lamoille Canyon Road in Nevada's Ruby Mountains; post event picnic, awards., Jeff White, 775-842-9125, trona@mac.com, Tracy Shelley, 775-777-8729, elko-velo.com

August 18, 2012 — Bogus Basin Hill Climb, Boise, ID, 39th Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 18-19, 2012 — Pronghorn Classic Stage Race, Gillette, WY, 2 days and 3 stages. 55 or 75 mile Road race, criterium, 10 mile time trial., Christopher Kozlowski, 307-670-3833, ckozlowski@sheridan.edu

August 18, 2012 — Sick 55 Road Race, Rupert, ID, 55 mile road race., Alice Schenk, 208-436-4514, runner-schenk@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

August 25, 2012 — Garden Creek Gap, UCA Series, Pocatello, ID, Garden Creek Gap, Courtney Larson, courtars@gmail.com

August 25, 2012 — The West Race, LaGrande, OR, Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com, lagrandeide.com

September 5-9, 2012 — USA Cycling Masters Road National Championships, Bend, OR, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

September 8, 2012 — Race to the Angel, Wells, NV, 2.6 mile course climbs 2,784 feet to Angel Lake, entirely on pavement. Runner and walkers at 8 am, road bikers at 8:30. Shirt, Lunch, water and fruit provided in entry fee., Matt Holford, 775-752-3540, 775-934-1481, wellschamber@wellsnevada.com, racetotheangel.org, wellsnevada.com

September 10-15, 2012 — World Human Powered Speed Challenge, Battle Mountain, NV, Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the fastest cyclist in the world. The 2009 record was 82.19 mph!, Al Krause, 707-443-8261, al@hum-boldt1.com, recumbents.com/wisil/whpsc2012

Utah Road Touring

April 7, 2012 — Legacy Homecoming Century, BCC SuperSeries, North Salt Lake, UT, Start center Street NSL flattest 100 ever 4 trips up and back on the Legacy parkway bike path. Free self-supported event with a cookout at the start point. Shorter leg options of 25 and 50 miles for one or two trips up and back., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

April 14, 2012 — Spring Tour de St. George, St. George, UT, Beginners and pros alike will enjoy the all-new route while appreciating the well-stocked rest stations. Fully supported with sag vehicles, rest stops and lunch. Three route options for all skill levels; 30, 65 and 100 miles!, Ryan Gurr, 435-674-3185, info@spingeeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, spingeeeks.com

April 21, 2012 — Willard Bay 100 Mile/200K, BCC SuperSeries, Centerville, UT, Self-supported. Plenty of Store stops. No Entry Fee. Start Centerville JHS to Willard Bay Truck Stop, 200K route continues to Corrine through Brigham City. Shorter leg options of 30 and 75 miles cover Layton and Syracuse. Randonneuring, certified brevet., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Richard Stum, 435-462-2275, richard@distancebiker.com, bccutah.org, SaltLakeRandos.org

April 21, 2012 — Salt Lake City Marathon Bike Tour, Salt Lake City, UT, 25 miles without stoplights through the streets of Salt Lake on the SLC Marathon course, start: 6:00 a.m. at the Olympic Legacy Bridge near the Fort Douglas TRAX stop., Steve Bingham, 773-290-0684, slcm@usroadsports.com, saltlakecitymarathon.com

April 28, 2012 — Zion Canyon 200K, Southern Utah Brevet Series, St. George, UT, Brevets are self-supported, timed distance cycling events. This route begins in St. George, continues on to Zion and returns via Toquerville and Leeds., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, rusa.org

April 28, 2012 — Spokes for Hope Women's Ride, St. George, UT, Fully supported century ride with rest stops, lunch, & sag, 8 am @ the new St. George Town Square. Four different distance options. All women's century ride, multiple ride options., Ryan Gurr, 435-674-3185, info@spingeeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, spingeeeks.com

April 28, 2012 — Front Runner Metric Century Ride, Salt Lake City, UT, Front Runner Century Ride is a point to point bicycle ride with a return FrontRunner train ride. Your bicycle will be transported via private truck to SLC at your return location., Matt Storms, 801-448-6061, matt@forth-ewinracing.com, frontrunnercentury.com

May 5, 2012 — Ghost Town Century, Utah Bike Month, Tooele, UT, Ride through some of Utah's historical Ghost Towns. Few hills, mostly flat country, little traffic, benefitting Valley Mental Health, 7:30 am. 100 mi, 65 mi, 50 mi, options, fully supported, starting from Deseret Peaks, 2930 West Hwy 112., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 5, 2012 — Moonshadows in Moab, Moab, UT, Watch the full moon rise briskly above the mountains; take in the sweet sage of the desert as you make your way to the Earth's edge overlooking the Colorado River two thousand feet below. A fully supported ride in the magic scenery of Moab., Beth Logan, 435-259-3193, info@skinnytireevents.com, skinnytireevents.com

May 5, 2012 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour of the local micro-breweries in the valley to support local non-profit agencies., Tim Stempel, 602-463-1547, tdstempel@gmail.com, tourdebrewtah.org, utahbike-month.com

May 5, 2012 — Back Roads of the Great Basin 300K Brevet, Saratoga Springs, UT, Self-supported loop route starts in Saratoga Springs, climbs up to Eureka, out to the West Desert, through Nephi and finally travels along the west side of Utah to the finish., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

May 12, 2012 — Springville to Nephi 100, BCC SuperSeries, Springville, UT, Start Cracker Barrel to Nephi and back thru orchards. FREE Self Supported with shorter 30 and 60 mile options. Store stops enroute, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 12, 2012 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Poison Spider, 435-259-7882, shop@poisonspiderbicycles.com, granfondo-moab.com

May 12, 2012 — Goldilocks Herriman, Herriman, UT, Fully supported, non competitive, women only bike ride

with 20, 40, 60, 80 and 100 mile route options. W&M Butterfield Park in Herriman, staggered start times beginning at 7 am., Dani Lassiter, 801-635-9422, dani@goldilockside.com, goldilockside.com

May 13-18, 2012 — Bicycle Tour of Arches & Canyonlands, Moab, UT, UT, 5 riding days, 350 mi, distance from 40-110 mi per day. Travel through Arches Nat'l Park Canyonlands Nat'l Park, follow the Colorado River and the La Sal Mountain loop., Cycling Escapes, 714-267-4591, info@cyclinges-capes.com, CyclingEscapes.com

May 19, 2012 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, csllcentury@mac.com, cyclesaltlakecentury.com

May 20-26, 2012 — Bicycle Tour of Utah - Color Country to Canyonlands, Springdale, UT, Ride through 6 parks in 6 days, 454 mi, 26,000' elevation gain. 65-113 mi/day., Cycling Escapes, 714-267-4591, info@cyclinges-capes.com, CyclingEscapes.com

May 26, 2012 — Steeple Chase Bike Relay, Ogden, UT, Ride in teams of 3 or prove you are tough doing it solo on this 150 mile relay from Ogden to Provo., Steven Tew, 801-822-4870, steven@saintstosinners-bikerelay.com, saintstosinnersbikerelay.com

May 26, 2012 — Raspberry Ramble 400K Brevet, Brigham City, UT, This minimally supported rural route starts in Brigham City and travels to Logan, climbs up and over to Bear Lake via Logan Canyon, then makes a large loop in Southern Idaho before returning to the start., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

May 28, 2012 — Antelope Island 100, BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park 1100 N 2 blocks west of Redwood road 1800 west to Antelope Island Ranch and back, shorter options of 65 to Syracuse., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 2, 2012 — Little Red Riding Hood, Lewiston, UT, Women only century ride, 15, 35, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute., Penny Perkins, 801-474-2282, penperk@xmission.com, Curt Griffin, 801-474-2282, lrrh@bbtc.net, bccutah.org

June 2-17, 2012 — Bike Ride Across-Scenic Utah, St. George, UT, Bike Ride Across Scenic Utah Tour, 3 states, 3 National Monuments, 7 National Parks, 5 Nations, Start in Cedar City. Fully Supported tour., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org



nevada's best bicycling events



Sunday - June 3, 2012
Stateline, South Shore Lake Tahoe, NV - 21st Annual.
A great Century Ride around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program. 3000 participants.



Sunday - June 24, 2012
Genoa, NV - 5th Annual Tour of the beautiful Carson Valley.
44-Mile, 20- Mile Bike & Hike & Family Fun Ride. Live music, BBQ & Ice Cream Social.



Sunday - Sept 9, 2012
Lake Tahoe, NV - 10th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline. 2000 participants.

Sept 23 - 29, 2012
21st Annual "One Awesome Tour Bike Ride Across Nevada."
Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park. Limited to 50 riders.

For More Info call 1-800-565-2704
or go to bikethewest.com

June 2, 2012 — Pony Express Century, Saratoga Springs, UT, Starting in Eagle Mountain and visiting Saratoga Springs, Elberta, Eureka and Vernon, then returning along the Pony Express route. This is a fully supported ride including lunch in Eureka. 100 and 66 mile options available., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

June 9, 2012 — American Diabetes Association Tour de Cure, Brigham City, UT, Fully supported 100, 65, 25 and family-fun mile with rest stops, food, medical support, SAG vehicles. Funds American Diabetes Association research, education and advocacy., Kendall Hill, velofreak89@gmail.com, main.diabetes.org/utahfourdecure

June 9, 2012 — Tour de Habitat Lakes to Peaks Ride, Orem, UT, The official ride of Orem SummerFest. Utah Lake to top of Squaw Peak, South Fork and Alpine Loop. 65 miles, 4,000+ climbing, well supported. Proceeds benefit Habitat of Utah County, 9 am., Eric Bennett, 801-796-9888, eric@thebarefootgroup.com, habitatuc.org

June 9-10, 2012 — Bike-Touring 101, Salt Lake City, UT, 6th annual overnight self-supported bike tour to Wasatch St. Park (bike-touring 101). Start in Salt Lake City area or Park City., Louis Melini, lvmelini@comcast.net

June 11-13, 2012 — Mormon Pioneer National Heritage Area Bicycle Barnstorming Tour, Richfield, UT, A historic tour of the barns of Sevier and Sanpete counties., Susan Crook, 435-773-5336, susan@utah-heritagefoundation.org, utahheritagefoundation.org

June 14-22, 2012 — Rocky Mountain Tour, Cross Country Challenge, Salt Lake City, UT, Tackle the Wasatch Mountains, Soldier Summit, pass Book Cliffs and north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 594 miles, 9 riding days., Bill Lannon, 888-797-7057, abbike@aol.com, abbike.com

June 15, 2012 — Double Loop Four 400K Brevet, Nephi, UT, This minimally supported figure-8 route begins in Nephi and travels south past Gunnison, climbs to Kooshare and returns via Richfield., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakekerandos.org

June 15-16, 2012 — Triple Loop Six 600K Brevet, Nephi, UT, Minimally supported rural route starting in Nephi. The first two loops travel south past Gunnison, climb to Kooshare and return via Richfield. The final loop is a lap around Utah Lake. , Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakekerandos.org

June 16, 2012 — Three Kings Cycling Event, North Salt Lake, UT, Winding through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings. The cyclist who tackles them fastest will take home the prize. 7:30am, Matt Jensen, 801-550-0778, mattjensensl@gmail.com, threekings.nslcity.org

June 16, 2012 — Huntsman 140 Cycling Event, Delta, UT, A road cycling, non-competitive 140-mile ride from Delta to SLC, UT and a 75- & 25-mile out-and-back ride beginning and ending in SLC, UT., Jen Murano, 801-584-5815, jmurano@huntsmanfoundation.org, hcf.kintera.org/h140

June 23-24, 2012 — Bike MS: Harmon's Best Dam Bike Ride, Logan, UT, Don't Just Ride, Bike MS. 40, 75, or 100 miles on Saturday, 40 or 75 on Sunday. Friendly to all abilities with rest stops every 8-12 miles. One of the most scenic routes in Utah! Camping, meals and entertainment based out of Cache Valley Fairgrounds (400 South 500 West)., Becky Woolley, 801-424-0112, becky.woolley@nmss.org, bikemsutah.org

June 23-30, 2012 — Bike Ride Across-Northern Utah, Bountiful, UT, Starting in Brigham City. See country that varies from the western desert to mountainous forest. From Golden Spike National Historic Monument to Dinosaur National Monument. Travel along well paved rural roads through ranches and summer range, and by breath taking vistas and views of the mountains and valleys., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

June 25, 2012 — R.A.N.A.T.A.D., Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000feet of climbing, 100 mile option., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

June 30, 2012 — Mt. Nebo Century, Payson, UT, Benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Challenge yourself over one of the highest and most picturesque peaks in Utah, enjoying mountain scenery and the secret Goshen Canyon. Fully supported. 8am start with 30, 65, and 100 options. (Payson High 1050 South Main Street Payson, UT.) , Jeff Sherrod, 801-654-2886, jeff@myreasonforide.org, Shawn Snow, 801-230-0914, shawn@myreasonforide.org, reason2ride.org

July 1, 2012 — In the Valley 100, BCC SuperSeries, Richmond, UT, Draper Pioneer Park, northward to Syracuse and back - Sunday morning event over quiet urban route, self-supported, 100 miles., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, bccutah.org

July 4, 2012 — Tour de Riverton, Riverton, UT, 12th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, tldr@infinitecycles.com, tourderiverton.com, infinitecycles.com

July 6, 2012 — 19th Annual Antelope by Moonlight Bike Ride, Antelope Island, UT, 10pm. Open to participants of all ages and starts at the Antelope Island Marina. The half way point is the historic Fielding Garr Ranch where refreshments are served and prizes are awarded. The entire route is 22 miles on an asphalt road. , Neka Roundy, 801-451-3286, tour@co.davis.ut.us, daviscountyutah.gov

July 7, 2012 — Canyons of Cache, BCC SuperSeries, Logan, UT, Meet Wellsville Park & Climb Blacksmith Fork Canyon, Sardine Canyon, and the northern passage. Numerous store stops for water and food. 40 mile option available by only riding Blacksmith Fork Canyon., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, pecan314@xmission.com, bccutah.org

July 14, 2012 — Color Country Century, TENTATIVE, Cedar City,

UT, 100 mile or 65 mile options. Non-paid club event, self-supported ride, but plenty of people to ride with., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycycling.org

July 14, 2012 — RACER Century, Roy, UT, Ride through Weber and Davis County, 7 am, 100 mi, 75 mi, 55 mi, 30 mi, and 2 mi kids fun ride with local school mascots, options, fully supported, starting from Roy High School, 2150 West 4800 South. Benefits Huntsman Cancer Institute., Tim Bell, 801-476-3631, royalriders.rhs@gmail.com, TheRacer.org

July 14, 2012 — Killer Loop, Tentative, Cedar City, UT, 8am, 65 & 100 mile options., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycycling.org

July 14, 2012 — GLMR Ride for Hope, Healing, Happiness, Payson, UT, 62.5 mile ride in honor of Gary Ludlow. Proceeds raised go to support the National Alliance on Mental Illness (NAMI Utah) and the American Foundation for Suicide Prevention (AFSP Utah). Start 6:30-7:30am, 143 W. 900 N., at the Park & Ride., Zach Ludlow, 801-808-2569, glmrinfo@gmail.com, Stan Sadowski, 801-830-6655, glmrinfo@gmail.com, theglmr.com

July 14, 2012 — Cache Valley Gran Fondo, Logan, UT, 100+ mile gran fondo style ride & tour. Canyons, hills, long flats & beautiful Cache Valley vistas. Benefits Logan Regional Hospital Foundation. Join us for Gran Fun & Gran Prizes., Troy Oldham, 435-716-5378, 435-764-2979, Troy.Oldham@mail.org, cachegranfondo.com, loganhospitalfoundation.org

July 14, 2012 — Capitol Reef Classic Gran Fondo, Tentative, Torrey, UT, The Gran Fondo distance will be about 90 miles and there will also be a Medio Fondo with a distance of about 50 miles. Prizes for overall and age groups. Part of a new series of a "triple crown" sorts, along with The Moab Gran Fondo and the Tri States Gran Fondo. More information will come soon., Tina Anderson, 435-425-3491, 435-691-1696, trifcrazy@live.com, capitolreefclassic.com

July 21, 2012 — Desperado Dual, Panguitch, UT, 200 mile double century in Southern Utah, 100 and 50 mile option, Utah's only fully supported, 200 mile, one-day cycling adventure., Ryan Gurr, 435-674-3185, info@spingeeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, spingeeeks.com

July 21, 2012 — Rockwell Relay: Ladies Pamperfest, Wasatch Front, UT, Four- and two-lady relay teams race or ride, with massages, mini-manicures, etc. at exchanges. Begins 8 am at Snowbasin, 160 miles finishing in Provo. For all levels!, Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

July 21, 2012 — RAW (Ride Around the Wellsvilles), Logan, UT, 71.6 mile Rotary RAW (Metric Century plus) is a challengingly beautiful ride circumnavigating the Wellsvilles, the steepest mountains in North America, Larry Hogge, 435-757-0977, larry.hogge@comcast.net, rotaryraw.com

July 24, 2012 — Pedal Away Parkinson's, TENTATIVE, Kaysville, UT, The 6th Annual 10 mile family fun ride begins at 8 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Healey, 801-451-6566, 801-336-6579, senditmyway@gmail.com, pedalawayparkinsons.com

July 27-28, 2012 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/ Lou Gehrig's Disease., Steven Tew, 801-822-4870, steven@saintstosinnersbikerelay.com, saintstosinnersbikerelay.com

July 28, 2012 — Tour de Park City, Park City, UT, Fully supported Tour starting and finishing in Park City. 170, 100 and 50 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, teamaccelerator@gmail.com, tourdeparkcity.com, teamaccelerator.com

August 4, 2012 — ULCER, Lehi, UT, 27th annual, 4th year for Gran Fondo style timed Century Tour around Utah Lake, 100, 65 mile, 30 mile options, start at Thanksgiving Point in Lehi., Mary-Margaret Williams, 801-641-4020, president@bbtc.net, Stan Milstein, 801-330-1400, ulcer@bccutah.org, bccutah.org

August 4, 2012 — Reason2ride East from Eden Century, Huntsville, UT, Benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Start and finish at Snowbasin Ski Resort. Enjoy mountain vistas as you wind your way down into Eden, then back up and over to the halfway mark at East Canyon Reservoir, with 4500 ft. of elevation. Fully supported. 8am start with a 65, and 100 options. (Snowbasin Resort 3925 E. Snowbasin Rd. Huntsville, UT.) , Jeff Sherrod, 801-654-2886, jeff@myreasonforide.org, Shawn Snow, 801-230-0914, shawn@myreasonforide.org, reason2ride.org

August 11, 2012 — The Ultimate Challenge Presented by the Tour of Utah, Park City, UT, Park City to Snowbird Ski and Summer Resort 100 miles, with shorter options., Jackie Tyson, 801-325-2500, tourofutahpr@pelotonsports.net, tourofutah.com

August 11, 2012 — Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 120 miles self-supported, shorter loop options available., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, pecan314@xmission.com, bccutah.org

August 17-18, 2012 — Bear Pa Challenge Charity Cycling Tour, Park City, UT, Challenging, fun, and fully supported ride from Bear Lake to Park City over the Mirror Lake Highway. Benefits Shriners Hospitals for Children., Tyler Hooper, 801-292-9146, 801-927-8310, tyler.hooper@gmail.com, bearpachallenge.com

August 18, 2012 — Bike the Bear Century, Garden City, UT, 100 and 50 mile rides. Begins at Camp Hunt on Bear Lake, UT., Jason Eborn, 801-479-5460, jeborn@bsamail.org, trappertrails.org

August 18, 2012 — The Big Ride 150-Wasatch Back Route, BCC SuperSeries, Salt Lake, UT, Start Draper Park climb Emigration and Big Mtn to Park City loop Brown Canyon Peoa Oakley Kamas Heber City, west to Provo Canyon thru Provo and Lehi and Pt of the Mtn. 100 mile option omits Browns Canyon loop., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, bccutah.org

August 18, 2012 — I Think I CANYons, Salt Lake City, UT, Benefit ride for the Fourth Street Clinic. Option to ride 2 or 4 canyons in the Salt Lake area. Start/finish at Skyline High School, 6:30 am., Alex Rock, 801-913-3282, alrock85@gmail.com, Nate Page, 801-589-1645, natepage1@msn.com, ithinkicanyons.com

August 18, 2012 — Wildflower Pedal Fest, Mounain Green, UT, Fully-supported, women only ride. 20,35,50 & 75 mile courses thru scenic Morgan Valley. Gift for those who complete the Wildflower Hill Climb. T-shirt, goodie bag, catered lunch, raffle, live band. Limit 500., Stacie Palmer, 801-628-6416, 801-391-2819, wildflowerpedalfest@gmail.com

August 25, 2012 — Cache Valley Century Tour, Logan, UT, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, in Richmond (12 mi north of Logan on Hwy 91)., Bob Jardine, 435-752-2253, 435-757-2889, info@CacheValleyCentury.com, cvveloists.org, CacheValleyCentury.com

August 25, 2012 — Riding for a Reason, Salt Lake City, UT, Charity Bike ride, Emigration Canyon to East Canyon to Henefer to Coalville and back., Briana Lake, 801-463-0044, 801-506-1815, briana.lake@alpinheme.com, riding4areason.com

August 25, 2012 — FrontRunner Century Ride, Salt Lake City, UT,

Join 1,200 of your friends on two wheels traveling from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via UTA FrontRunner train service. Metric century option available., Matt Storms, 801-448-6061, matt@forthewinracing.com, forthewinracing.com

August 25, 2012 — Epic 200, Saratoga Springs, UT, The Epic 200 is a fully supported one day 200 mile cycling adventure. We also offer a 160 100, and 66 mile options., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

August 25, 2012 — 2nd Annual Life Time Gran Fondo Utah, Snowbasin, UT, 100, 45, 15 mile timed events. The 100 Mile loop will have 3 timed sections, TT, Hillclimb and a sprint. There will be prizes for each timed section for each category. Close to 7,000' of climbing for the 100 Mile loop., Ed Chauner, icupracing@yahoo.com, lifetimfitness.com

August 26, 2012 — Chalk Creek 100, BCC SuperSeries, Park City, UT, Start Treasure Mtn Middle School Park City to Browns Cyn, Coalville, Chalk Creek, self-supported, 50 mile option starts at Coalville Courthouse., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 30-September 8, 2012 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Moab, UT, "World's most scenic bicycle ride," 10-day ride (7-day, and 3-day options) including up to 5 national parks, 6 amazing state parks, 2 national monuments, and various national forests., Les Titus, 801-654-1144, lestitus@lagbrau.com, lagbrau.com

September 1, 2012 — Hooper Horizontal 100, BCC SuperSeries, Salt Lake City, UT, West Point Park (SLC) to West Weber and Hooper, self-supported century, 30 and 65 mile options, 8 am., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 1-3, 2012 — Great Utah Bike Festival, Cedar City, UT, Benefiting Hemophilia. 4 stages mountain bike race or the 4 stage USAC road race; double or single track trails; join the bike parade, take a bike safety or riding clinic, or join street race., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 2-8, 2012 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deb Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 15, 2012 — Wonder Woman Century, Payson, UT, Ride for women by women, fun surprises, great food and awesome finisher's jewelry. 7:30 am 100 millers, 9 am 70 millers, 10 am 30 millers., Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, foreverfivevents.com


September 16-22, 2012 — Bicycle Tour of Utah - Color Country to Canyonlands, Springdale, UT, Ride through 6 parks in 6 days, 454 mi, 26,000' elevation gain. 65-113 mi/day., Cycling Escapes, 714-267-4591, info@cyclingescapes.com, CyclingEscapes.com

September 21-23, 2012 — Moab Century Tour, Moab, UT, Weekend of road cycling with rolling and climbing route options including the infamous "big Nasty" (3000 feet elevation in 7 miles). Warm Up ride Friday, recovery ride Sunday, century route and timing chip option., Beth Logan, 435-259-3193, info@skinnytireevents.com, skinnytireevents.com

September 22, 2012 — Heber Valley Century, Heber, UT, Only Biathlon century in the USA. Benefiting Hess Cancer, 8 am. 100 mi, 65 mi, 50 mi, 25 mi options, fully supported, starting from Southfield Park (1000 W 100 S)., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 22, 2012 — Million Miles at Miller, Tooele, UT, Benefit ride at Miller Motorsports Park to include a century ride, choice of different ride lengths and a family fun ride. Event will benefit women and children's health and education programs., Carisa Miller, 801-563-4139, camiller@lhm.com, Anne Marie Gunther, 801-563-4140, amgunther@lhm.com, millionmilesatmiller.com

September 29, 2012 — Josie Johnson Memorial Ride, Salt Lake City, UT, This low key, causal memorial ride



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dward@cyclingutah.com

is dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety. Sugarhouse Park at 10:30 am, to mouth of Big Cottonwood Canyon and back., Ken Johnson, 801-205-1039, kjlivetobike@gmail.com, josiejohnsonride.com

September 29, 2012 — Penny's Legacy Bike Ride. Farmington, UT, Start: Farmington Frontrunner Station parking lot), benefits Sego Lily programs to raise awareness of domestic abuse in our community, ride follows the Legacy Parkway trail, 10, 15, 25 mile options, Sego Lily, 801-590-4920, info@slcad.org.

September 29, 2012 — The Watchman 100. St. George, UT, A beautiful fall century ride from Washington Utah to Springdale Utah near Zion National Park. Fully supported with sag vehicles, rest stops and lunch., Ryan Gurr, 435-674-3185, info@spin-geeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com

September 29, 2012 — Apatlis Cystic Fibrosis Cycle For Life. Ogden, UT, Ogden Valley, Laura Hadley, (801) 532-2335, utah@cff.org, cff.org/Chapters/utah

Regional Road Touring

April 7, 2012 — Gran Fondo Las Vegas. Las Vegas, NV, Las Vegas to Lovell Canyon (via Red Rock Scenic Drive) and back, 100 miles - 8000 of climbing. A Gran Fondo is a long distance, timed cycling event that welcomes competitive, amateur and recreational cyclists of all abilities. Fully supported., Deb Bowling, 818-889-2453, embassy@planetultra.com, granfondolasvegas.com

April 14, 2012 — American Diabetes Association Tour de Cure. Las Vegas, NV, Start in Henderson, enjoy views of Lake Mead and canyons in fully supported fundraiser. Three options: 15-mile, 45-mile and 65-mile., Tracie Patten, 702-369-9995 x7483, tpatten@diabetes.org, main.diabetes.org/site/TR/TourdeCure/UtahArea?pg=entry&fr_id=8081

April 22, 2012 — Rhonde Van Boise Fun Ride. Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

April 28, 2012 — Tour de Summerlin. Las Vegas, NV, 50, 100 mile routes, Vistas Community Park, circumnavigate Las Vegas., Randy Mcghee, 702-252-8077, randy@mcghies.com, toursdesummerlin.com

May 5, 2012 — Tour de Fire. Boulder City, NV, Century Ride with a 20, 48, 60, 74, 99 and 134 distance to choose from. Starts at Boulder Beach and goes out to the Valley of Fire where you will return. Well stocked rest stops and beautiful scenery Benefits the Nevada Childhood Cancer Foundation., Debra Craig, 702-228-9460, procy-clery@cox.net, tdfire.com

May 5, 2012 — Bike MS 2011 Las Vegas. Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported. 30,65,100 mile on Saturday to Red Rock Canyon Loop, 35, 65 miles on Sunday to Lake Mead. Start/Finish Ruvo Center for Brain Health., Linda Lott, 775-827-4257, 702-736-1478, linda.lott@nmss.org, bikemsnevada.org

May 9, 2012 — Santa Fe Trail Bicyclist Trek. Santa Fe, NM, Multi-day ride, Willard Chilcott, 505-982-1282, willard@cybermesa.com, SantaFeTrailBicycleTrek.com

May 13, 2012 — 6th Annual Amazing Earthfest. Fredonia, AZ, Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved), 7:45 am, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles. MTB rides also., Rich Csege, 435-644-3735, jw@gwi.net, amaz-ingearthfest.com

May 13, 2012 — Redrock Canyons Tour. Grand Junction, CO, May 13th, 27th and September 30th, 5-day tours that includes Dolores River Canyon and Monument Valley., John Humphries, 970-728-5891, info@lizardheadcycling-guides.com, lizardheadcycling-guides.com

May 19, 2012 — Cycle for Independence. Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10, 25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-

5333, cycleforindependence@gmail.com, tvcblindidaho.org

May 19, 2012 — Ride for the Pass. Aspen, CO, Part of the Aspen Cycling Festival, Benefits the Independence Pass Foundation. 18th Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970-963-4959, fulcon@comcast.net, independencepass.org, aspencyclingfestival.com

May 19, 2012 — BCRD Ride the Rails. Hailey, ID, 20 mile ride on the BCRD Wood River Trail., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcd.org, bcd.org

May 19, 2012 — Rupert Century Bike Ride. Rupert, ID, The scenic course is a loop of 33 miles starting from the Rupert Square. The route takes you through country roads to Walcott State Park where you will loop the main park then return to Rupert, benefit ride, 9 am., Alice Schenk, 208-436-4514, runnerschenk@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

May 19, 2012 — Mike the Headless Chicken Poker Ride. Fruita, CO, Urban Poker Ride, Fruita, Colorado, Mike the Headless Chicken Festival, Mike Driver, 970-904-5708, mldriver@livetainrace.com, lfrsports.com

May 20, 2012 — Santa Fe Century. Santa Fe, NM, 27th Year, 3,000 riders. 25, 50, 75, and 100 mile routes. Terrain is flat, rolling, moderately hilly, 6 food stops, SAG support vehicles., Willard Chilcott, 505-982-1282, willard@cybermesa.com, santafecentury.com

June 2, 2012 — Spinderella. Pocatello, ID, Spinderella is a women's only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 7:30 AM at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 3, 2012 — America's Most Beautiful Bike Ride - Lake Tahoe. Lake Tahoe, NV, 20th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethestwest.com, bikethestwest.com, bikeandskitahoe.com

June 3, 2012 — Whiterock Canyons Tour. Grand Junction, CO, June 3rd, 17th, September 23rd and October 7th, 5-day tours .Less miles, but with more climbing than Redrock Canyons Tour., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 4-28, 2012 — Great Alaska Highway Ride. Dawson Creek, BC, AK, Annual supported ride up the full length of the Al-Can Highway, Dawson Creek, BC to Delta Junction, AK. The ultimate wilderness road bike trip., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Great_Alaska_Highway_Ride.htm

June 9, 2012 — Bob LeBow Bike Tour. Nampa, ID, Routes from 3-100 miles, ride benefits the Terry Reilly Zero Pay Fund, helping support primary health care for our neediest patients., Ann Sandven, 208-467-4431, asandven@trhs.org, trhs.org

June 9, 2012 — Fremont Area Road Tour (FART). Lander, WY, 25m,100k,100mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Cade Maestas, 307-349-5734, cade@bridgeoutdoors.com, landercycling.org

June 16, 2012 — Tour of Marsh Creek Valley. Pocatello, ID, Fully supported ride with snack and drinks at Inkom, McCammon and the Downey turns. Options of 25, 62, or 100 miles between Pocatello and Malad Pass., Mike Collaer, 208-681-0919, 208-533-5445, dadcollaer2@hotmail.com, idahocycling.com

June 23, 2012 — RATPOD (Ride Around the Pioneers in One Day). Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Mak-A-Dream. The ride takes place in the beautiful Big Hole Valley of SW Montana., Jennifer Benton, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 23, 2012 — Blue Cruise - Meridian. Blue Cruise of Idaho, Meridian, ID, Recreational bike ride with 15, 30, 50 and 100 distances. Beginning at 7 am. Lunch & t-shirt included in registration. Benefits Garden City Community Clinic., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcdidaho.com, bluecruiseidaho.com

June 23, 2012 — Boulder Sunrise Century. Boulder, CO, Plains cruising, canyon carving & high-alpine rollers with views for miles. 75, 100 mile option., Traci Brown, 303-875-9000, traci@tracibrown.com, biker-pelli.com

June 23, 2012 — Tour de Prairie. Cheyenne, WY, Course heads west out of Cheyenne along Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lyons Park, road and dirt., Scott Phillips, 307-637-6423, spills@cheyennecity.org, cheyennecity.org

June 24, 2012 — Tour of the Carson Valley - Barbecue & Ice Cream Social. Genoa, NV, Mormon Station State Park, 4th Annual. Fully supported with rest stops, tech support and SAG. 11 mile Family Fun Ride, 20-mile Bike & Hike & 44 miles., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethestwest.com, bikethestwest.com, bikeandskitahoe.com

June 29-July 2, 2012 — Northwest Tandem Rally. Salem, OR, A week-end of tandem fun!, Marla Emde, 509.363.6825, marlae@spokanesports.org, nwtrf.org

June 30, 2012 — Bear Lake Monster Century Ride. Montpelier, UT/ID, Bear Lake Monster is a 100, 75, 62 or 50 mile fully supported ride from Montpelier, ID. A climb to Minnetonka Cave awaits each 100-mile rider and a backyard barbeque with raspberry milkshakes welcomes every finisher., Jared Eborn, 801-599-9268, jared@extramileracing.com, BearLakeMonsterRide.com, forth-ewinracing.com

July 1-13, 2012 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads. Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and motels., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Bears.htm

July 4, 2012 — Boulder Roubaix Road Race. Boulder, CO, An amazing 19 mile course w/mix of pavement and hard pack dirt roads., Chris Grealish, 303-619-9419, chris@dbcevents.com, dbcevents.com

July 14, 2012 — Goldilocks Idaho. Meridian, ID, Fully supported, beautiful route, yummy food, pretty t-shirt. Settlers Park in Meridian at 7:30 am., Dani Lassiter, 801-635-9422, dani@goldilockslide.com, goldilockslide.com

July 15-20, 2012 — Tour de Wyoming. Jackson, WY, 16th year, start and end in Jackson Hole. Terrain is varied but includes three mountain passes, including a crank up and over Teton Pass on the final day. Day 3 is a long distance day, covering over 100 miles. By the time the tour comes to an end in Jackson, we will have pedaled 360 miles., Amber Travyk, 307-742-5840, atravsky@wyoming.com, cyclewyoming.org

July 21-28, 2012 — Oregon Bicycle Ride. Prineville, OR, Participate in our 7-day fully-supported road tour beginning and ending in Prineville, OR visiting Madras, Maupin, Deschutes River State Rec Area, Condon, and Mitchell., Sanna Phinney, 541-382-2633, 541-410-1031, info@oregonbicycleride.org, oregonbicycleride.org

July 21, 2012 — Absolute Bikes Taylor House Benefit Century Ride. Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolutebikes.net/taylor

July 21, 2012 — Bike for Kids Idaho. Idaho Falls, ID, 2, 4, 15, 63 & 100 mile cycling options, 25 mile/10K Duathlon, food, games and activities for families. All proceeds help special needs children receive adaptable bicycles., Kristy

Mickelsen, 208-522-1205, 208-680-9397, kristy@rideforkidsidaho.com, rideforkidsidaho.blogspot.com

July 24-August 3, 2012 — Klondike Gold. Dawson, YT, Ride through history, retracing the route of the notorious 1897 Klondike Gold Rush, in reverse from Dawson, YT to Skagway, AK., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Klondike_Gold_Rush.htm

July 28, 2012 — Four-Summit GranFondo Challenge. Cascade, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 3-4, 2012 — Pebble Creek Hill Climb. UCA Series, Inkom, ID, Start in Inkom, just south of Pocatello, at 11 am, will have approximately a 1.5 mile flat lead in to 4 mile, 2000 foot elevation gain, to the base of Pebble Creek Ski Area., David Hatchey, hachey@fmed.isu.edu, idahocycling.com

August 4-11, 2012 — Montana Bicycle Ride. Plains, MT, 7-day fully-supported road tour beginning and ending in Plains, Montana - visiting Polson Kalispell, Eureka, Libby & Noxon., Sanna Phinney, 541-382-2633, 541-410-1031, info@oregonbicycleride.org, bicycleridesnw.org

August 5-11, 2012 — Ride Idaho. Central Idaho, ID, 7-day supported bicycle tour, 400+ total miles, New Meadows, White Bird, Cottonwood, Elk City, Grangeville, Winchester, Genesee, Moscow., Susy Hobson, 208-830-9564, ridaoh@rideidaho.org, rideidaho.org

August 6-24, 2012 — AK.CAN.AK Adventure. Haines, AK, Four of Alaska & the Yukon's most scenic highways in a fully supported, awesome wilderness ride - Haines Highway, Al-Can, Tok Cutoff & Richardson Highway., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Alaska_Canada_Adventure.htm

August 10-15, 2012 — BOTOTBO. Bozeman, MT, 5 days, 5 centuries - no relay! Bozeman to West Yellowstone, West Yellowstone to Jackson Hole, Jackson Hole to Montpelier Idaho, Montpelier to Brigham City, Brigham City to Bountiful. 20,000 feet of elevation gain., Jaon Unruh, 801-390-0036, jason@botobocycling.com, botobocycling.com

August 11, 2012 — BCRD Sawtooth Century Tour. Hailey, ID, Benefit for BCRD Galena Summer Trails. Road bike tour from Ketchum to Alturas Lake and back. 50 or 100 mile tour options. Aid stations along the way. Optional timed hill climb up Galena Summit., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcd.org, bcd.org

August 11, 2012 — HeART of Idaho Century Ride. Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485,

mabe@theartmuseum.org, theart-museum.org/Century.htm

August 11, 2012 — Le Tour de Koocanusa. Libby, MT, Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Includes post ride BBQ with live music. Fundraiser for the Search & Rescue., Dejon Raines, 406-291-3635, dejonraines@hotmail.com, letourdekoocanusa.com

August 18-19, 2012 — Bike MS Road, Sweat, and Gears. McCall, ID, Known for its spectacular scenery and the close knit camaraderie of 250 cyclists. Pinewood Village, McCall., Erin Farrell, 208-388-1998, idi@nmss.org, Courtney Frost, 208-388-4253, courtney.frost@nmss.org, bikeMSIdaho.org

August 18-19, 2012 — Bike MS Wyoming: Close Encounters Ride. Sundance, WY, Two days, 150 miles routing through the countryside of Northern Wyoming on Day One and the Black Hills of South Dakota on Day Two., Alexis Bradley, 303-698-5403, alexis.bradley@nmss.org, bikemswyoming.org

August 18, 2012 — Wonder Woman Century. Central Point, OR, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, foreverffevents.com

August 25, 2012 — CASVAR 2012. Afton, WY, Pony Express 20, Colt 45, Pioneer 65, Blazing Saddle 85 and Saddle Sore Century rides, Star Valley., Howard Jones, 307-883-9779, 307-413-0622, info@casv.org, casv.org

August 25, 2012 — Snake River Metric Century. TBD, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

September 8, 2012 — Wild Horse Century. Cody, WY, Century ride, proceeds support care of wild horses., Werner Noesner, pcbike@tctwest.net, wildhorsecentury.com

September 9, 2012 — Tour de Tahoe - Bike Big Blue. Lake Tahoe, NV, 9th Annual, ride around Lake Tahoe on the shoreline, fully supported with rest stops, tech support and SAG. 72 miles, 2600 vertical gain. Boat Cruise & 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethestwest.com, bikethestwest.com

September 9-14, 2012 — The Amgen People's Coast Classic. Astoria, OR, The Amgen People's Coast Classic bicycle tour is a six-day charity event benefiting the Arthritis Foundation. Join us for 2, 4, and 6-day options along the beautiful Oregon Coast., Tai Lee, 206-547-2707, tleee@arthritis.org, thepeople-scoastclassic.org, arthritis.org

September 15, 2012 — Tour de Vins. Pocatello, ID, Bike Tour - 16.5, 25, 32, 48, & 58 mile options, ride through Buckskin and Rapid Creek, fundraiser for Family Service Alliance (family violence prevention), start at 8 am at corner of Humbolt & 5th Ave in Pocatello., Sarah Leeds, 208-232-0742, sarahl@fsalliance.org, FSAlliance.org

September 22, 2012 — RTC Viva Bike Vegas Gran Fondo. Las Vegas, NV, The RTC 2012 Viva Bike Vegas Gran Fondo will follow the conclusion of

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Lean vs. Mean: Emphasize Nutrition to Fuel Optimal Fitness

By Mark Deterline

Priorities

My coaching business partner, Dave Harward, and I are receiving an increasing number of inquiries regarding nutrition from potential as well as existing clients. Many are feeling pressure to lose weight now that the event season is underway and temperatures are rising.

Although determining a healthy target weight, as well as a reasonable path to losing it, is part of what we do as coaches, our primary objective for each of our clients is a healthy path to fitness – the real focus is on training fueled by quality foods.

We strive to keep our athletes from obsessing about being “super lean”, focusing instead on a structured training plan – including recovery cycles. Individuals need to sustain high energy levels in order to accomplish quality workouts.

In simplified terms, our nutritional priorities should always emphasize:

1. Health
2. Sustained Energy
3. Motivation

“Lean and mean” is a great idiom, and in the context of this discussion I’d like to add some dimension to the expression by broadening the interpretation of the word mean. Look in a dictionary and you’ll find that mean can connote other things, like greed, baseness and even a state of being in between extremes. The implications of those other definitions have particular relevance to our discussion of those three priorities.

Above all we should strive to be healthy. Exercise and training fit nicely into that objective, with the added benefit that a healthy body is generally a more attractive one. Proper nutrition dictates proper consumption of key nutrients through a healthy and well-rounded diet. We are looking for a balance, and so are our bodies.

Finding that healthy mean between extremes is not only key to good health, it is also key to being a good athlete. Structured workouts designed to tax an athlete’s physiology and effect adaptations to make it stronger require energy.

Most of our clients tend to understand the notion of quality over quantity, and that too much emphasis on quantity – in either direction – detracts from our physiological need to replenish our bodies each day with sufficient nutrients in order to minimize stresses on our system and to recovery from physical exertion. These clients recognize immediately when inadequate energy (calorie) and nutrient intakes begin to negatively affect their energy levels. Not only can these conditions result in an inability to train effectively, they can also affect an athlete’s mood and motivation. Undermining workouts undermines training, which undermines the ability to burn calories... You get the point.

Explains Katherine Beals, Exercise Physiology and Nutrition PhD at the University of Utah, “carbohydrate is needed during exercise to support muscular ‘work’; it is needed after exercise to replenish glycogen stores in order to prepare the athletes for the next training bout. Protein is required for muscle tissue repair—inadequate protein intake will lead to poor training adaptation as well as increase the risk of injury. Vitamins and minerals are needed to support the metabolic processes involved in training and recovery. Failure to meet your nutritional needs can undermine the larger goal of increased strength and fitness.”

Training as the foundation

With those three priorities in mind, our lifestyle will naturally fixate on training. In other words, by following a good training program, weight loss and weight management usually come naturally.

For our coaching clients particularly concerned about their weight or eating habits, we often recommend they meet with a sports dietitian (a certified specialist in sports dietetics, or CSSD) to map out a healthy – as well as realistic and sustainable – diet. Athletes share with the dietitian the goals they’ve set for themselves, or have worked with us to establish. That goes for fitness as well as moderate and gradual weight loss in combination with structured training. Then we help them stay on track as they provide feedback each week along with their completed workout updates.

Having guidance and regular support as well as supervision can prove immensely helpful, though individuals can effectively self-supervise and moderate. Either way, having a scale is generally beneficial. Not to become obsessive with, quite the contrary; as with many things, taking the uncertainty out of the equation can actually serve to keep one from worrying.

The emphasis should be a solid training plan. We consider this approach ideal since the focus is less about diet or preoccupation with weight, and more about getting fit, strong and healthy. An individual who is training in a smart and dedicated fashion is usually lean or getting leaner.

Energy is the key

Our overall philosophy is one of moderation and balance, emphasizing health and sufficient energy to fuel effective workouts. Some of our clients have taken an aggressive approach to weight loss that we don’t recommend for most athletes. Through a training plan, Garmin HR and power uploads, as well as post-workout interaction via software like TrainingPeaks, we strive to ensure that our athletes are not undermining their well-being or energy levels.

Individuals should give themselves plenty of time, gradually working toward a healthy and sustainable per-

centage of body fat, then maintaining it through an active lifestyle. For those with high expectations regarding fitness and athletic performance, proper nutrition and sufficient caloric intake are essential in order to fuel what can be demanding structured workouts, as well as fuel recovery. Recovery is a huge part of fitness, and nutrition is a huge part of proper recovery.

A good place to start is calculating one’s Basal Metabolic Rate using a simple online calculator. For a male who is 40 years old, 5’9” tall and weighs 175lbs, for example, his BMR would be about 1,761 calories per day. That is what he would need in the way of nutritional replenishment at a constant state of rest – i.e. just to lay around all day! Typically, he could expect to burn an additional ~400-1,000 calories through modest exercise. He would also want to factor in calories burned through movement at work, keeping busy around the house, etc.

Patience is the virtue

We suggest setting a flexible goal of approximately pound of weight loss per week based on however many hours of exercise an individual is regularly getting each week. “With athletes we generally recommend .5 lb per week by incurring a 250-500 kcal energy deficit by a combination of decreasing energy intake and increasing energy expenditure,” notes Beals.

Keeping it real

A good training plan can help you sustain or transition to a nice balance where you won’t feel like you’re sacrificing – we certainly don’t! Dave is vegan and I am not. We love a variety of foods, and certainly identify with many of our clients’ love of pizza, desserts and/or spirits. We’ve both gone through phases of our lives where we have imbibed alcohol, and when we have not. So many viable roads lead to healthful leanness.

Give yourself time, enjoy good food and get out for some quality exercise. You’ll get there before you know it.

Katherine Beals is a Certified Specialist in Sports Dietetics, a fellow of the American College of Sports Medicine and a Certified Specialist in Sports Dietetics. She is completing work on a new book, Nutrition and the Female Athlete: From Research to Practice.

Dave Harward and Mark Deterline offer over thirty years of combined endurance training and competitive experience. Plan 7 Endurance Coaching provides professional coaching, biomechanics (bike fitting) and testing services for athletes of all levels. Reach Dave and Mark via email contact@plan7coaching.com or call 801-661-7988.

UT, Beginner, Sprint, and Tuff Kids races, starting between 7 am and noon. Indoor swim, outdoor route for run and bike legs. Cap of 300 each category., Aaron Metler, 435-627-4560, aaron.metler@sgcity.org, sgcityrec.org

April 14, 2012 — Adventure Xstream Moab, Moab, UT, Solo racers and teams will kayak, trek, rappel, and mountain bike through the Moab Canyon Country, 50 miles of multi-sport racing., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

April 14, 2012 — Telos Timp Triathlon, T3TRI EVENTS, Orem, UT, Orem Fitness Center, Splash, Swim: 350 M, Run: 5k, Bike 12 miles., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

Florida Keys Tour - continued from page 31

quite good, lower 80s for the high, not bad for end of November. Most of this day’s route was on the US-1 shoulder. In general, the bridges had a fairly nice shoulder (5-6 ft), but the sections on the islands and on the fills between them had a shoulder as narrow as 2 ft. With the headwind and more dense truck traffic (it was Monday), this made for the least favorite part of the trip as the motorists tended to give us less space than we would have wanted. Thankfully, it looks like a few of the next improvement projects include trail construction in this area.

There were a few highlights, such as seeing green iguanas, up to 1 m long, run for cover in the mangroves after seeing us ride by (they did not seem to mind the cars). Only later we found out that they are an invasive species. Also, the trail section between miles 15 and 10 is finished and goes over several historic bridges. Soon after mile 5, we got sight of the first Key West’s beach - Smather’s beach. The beach is long and wide but the sand only lasts ca. 2 m into the water, further on is mud. This is a common thing in the Keys. That was not all that pleasant but we still ended up swimming around a bit. Then we put the shirts back on and rode to our accommodations at the south end of the town, in Spanish Gardens Motel, one of the budget oriented outfits just a few blocks from South Beach, the closest point to Cuba.

Two days in Key West were just about right to cover the sights there. Not to be missed is civil war era Fort Zachary Taylor Historical State Park with a nice beach next to the fort, excellent NOAA run Keys Eco Discovery Center nearby, and botanical gardens with interesting display of Cuban refugee boats at the east edge of the town. And, of course, the famous Duval Street with a number of restaurants and bars that entertain late into the night. Having a bike comes in handy in Key West since the streets are narrow, traffic slow and car parking scarce. Plus, it’s also safer for the second most common creatures after humans that roam the streets of Key West – the chicken.

The Keys are a great escape from the dreary early winter in our town. So, next November, when the high pressure settles over Utah, the snow is bad and the inversions even worse, head to the Keys. A week on the bike and on the beach in this tropical paradise will recharge your batteries to keep you running through the rest of the winter.

April 14, 2012 — Legacy Duathlon, North Salt Lake, UT, Short and Long Distances, course is flat and straight on the Legacy Parkway Trail System., Joe Coles, 801-335-4940, joe@onhillevents.com, onhillevents.com, legacyduathlon.com

April 14, 2012 — XTERRA Lake Las Vegas - Sport, XTERRA America Tour, Las Vegas, NV, XTERRA West Championship, 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport, 750m swim / 15k mountain bike / 5k trail run, Ann Mickey, 877-751-8880, info@xterraplanet.com, xterraplanet.com

April 21, 2012 — RAGE Triathlons Presented by Safelite AutoGlass, Boulder City, NV, Begin your season with 80° temps at one of the most scenic triathlons in the country at Lake Mead, with Sprint, Olympic, and Half distances., D Weideman,

303.955.4135, info@bbsctri.com, bbsctri.com

April 28, 2012 — Balanced Man Triathlon, Logan, UT, 750 Meter swim, 20 K bicycle course and a 5 K run. Promoted by USU’s SigEp Fraternity, 7th Annual, Garrett White, 509-710-8557, garrett.r.white@gmail.com, bmtriathlon.org

April 28, 2012 — Fourth Street Clinic Triathlon and 5k Triathlon and 5K, TENTATIVE, Salt Lake City, UT, 300 yard swim, 8 mile mountain bike ride, 5K run, Huntsman Center, University of Utah. All proceeds benefit the Fourth Street Clinic, which provides free health care to homeless Utahans., Bryce Snow, 801-369-6433, bryce.snow@hsc.utah.edu, Ashley Crum, 435-770-2704, fourthstreetclinic.org

April 28, 2012 — Icebreaker Triathlon, Vernal, UT, Uintah Community Center at 9 am, 250 yard snake swim, 8 mile bike of moderate difficulty, and a 3 mile run., Scott Wardle, 435-781-0982, scottw@uintahrecreation.org, uintahrecreation.org

May 5, 2012 — Ford Ironman St. George, St. George, UT, 2.4 mile swim, 112 mile bike, 26.2mile run., Helen, (905) 415-8484, helen@ironman.com, ironmanstgeorge.com

May 12, 2012 — Spring Sprint, Salt Lake City, UT, Fantastic bike course and a run that finishes in the Olympic Oval making this course the most spectator-friendly venue in the state., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

May 12, 2012 — SDRC Splash and Sprint Triathlon, South Davis Racing Series, Bountiful, UT, Perfect for every level of athlete, at the South Davis Recreation Center, John Miller, 801-298-6220, john@southdavisrecreation.com, southdavisrecreation.com

May 18-19, 2012 — Bank of American Fork Woman of Steel Triathlon & 5K, American Fork, UT, Friday expo, motivational speakers and registration. Sat. 8 am start, American Fork Recreation Center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run. Awards are presented to overall finishers as well as the top 3 in each age group., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatlah.com, John Anderson, 801-631-2624, 801-631-2614, info@triatlah.com, triatlah.com

May 19, 2012 — St. George Triathlon, BBSC Twin Tri Series, St. George, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids’ distances., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

May 19, 2012 — Lifetime Triathlon Las Vegas Showdown At Sundown, Boulder City, NV, Sprint, Intermediate, and Long Courses, Keith Hughes, 702-525-1087, khughes@lifetimetrifitness.com, lifetimetrifitness.com

May 19, 2012 — Be Well/Joyride Spring Triathlon, Logan, UT, Sprint-length event in Cache Valley. Families and first time competitors to serious competitors will enjoy a pool swim, a flat bike course out to Smithfield Canyon, and a run portion that features a section of trail., Kory, 435-753-7175, weheartbikes@gmail.com, joyridebikes.com/triathlon

May 19, 2012 — Rhino Relay, Yuba State Park, UT, Ultimate team relay adventure race, navigate 70 miles of backcountry with your team of 6 - trail running, mountain biking, basic orienteering, and a short swim, Rhino, 801-251-6585, 760-613-4510, info@rhinorelay.com, rhinorelay.com

May 26, 2012 — Timp Trail Marathon, T3TRI EVENTS, Orem, UT, This course is all run on mountain trail and fire road. There are sections of accent and decent that are very technical; possible snow, possible stream crossings, and rocky/steep areas with exposed cliffs. This is trail marathon that is set up like an ultra marathon., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

June 2, 2012 — Salem Spring Triathlon, RACE TRI, Salem, UT, Sprint distance triathlon. 10-year anniversary., Aaron Shamy, 801-518-4541, aaron-shamy@hotmail.com, racetri.com

June 2, 2012 — Cache Valley Super Sprint Triathlon, Logan, UT, 8th year, short distances, course is flat and straight in Logan City. Swim is in Logan Aquatic Center 500 Meters, bike is out and back on farm roads, and run is out and back in a park

Interbike on Sept. 22 and feature three spectacular routes - 118, 72, and 17-mile courses - for cyclists of all skill levels. The ride begins under the bright lights of the Las Vegas Strip, and century riders will have the additional opportunity to ride over the Hoover Dam., Amy Maier, 702-967-2296, amaier@bpadlv.com, rtcsnv.com, vivabikevegas.com

September 22, 2012 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, Supported ride., Molra Dow, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 22, 2012 — Tahoe Sierra Century, Squaw Valley, CA, 30-60-

100 mile routes with 2500-6800 vertical gain. Starts at Squaw Valley Ski Resort, goes to Donner Lake and over the Donner Summit, Nancy Lancaster, ridedirector@tahoesierracentury.com, tahoesierracentury.com

September 23-29, 2012 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 20th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9660, tgtf@bikethewest.com, bikethewest.com

Multisport Races

April 7, 2012 — Sand Hollow Aquatic Center (SHAC) Triathlon, St. George,

area with trees and stream., Joe Coles, 801-335-4940, joe@onhillevents.com, cvssf.com, onhillevents.com

June 8-9, 2012 — Moab Triathlon Festival, 2011 TriUtah Points Series, Moab, UT, XTERRA sport and full open water off-road triathlons, Moab sprint and Olympic open water road triathlons, Trail Run, and Kids' Triathlon. , Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

June 9, 2012 — Ironman Boise, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, ironmanboise.com

June 9, 2012 — Aspen Triathlon and Duathlon, Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. USAI sanctioned event. , Sandra Doeber, 970-920-5140, aspenspecialevents@ci.aspen.co.us, aspenrecreation.com

June 16, 2012 — Utah Summer Games Triathlon, St. George, UT, 7 am, swim and T-1 area will be at the Gunlock Reservoir, T-2 and finish area will be at the Snow Canyon High School track in St. George. USAI sanctioned., Jeff Gardner, 435-635-6012, tailwindraces@gmail.com, utahsummergames.org/sports/triathlon.html

June 16, 2012 — Desert Sharks Shark Attack Triathlon and Kids Triathlon, Riverton, UT, Pool sprint distance triathlon with a kids' distance triathlon, tool, Steve Avery, 801-450-4136, stevea@desert-sharks.com, Heather Woichick, 801-558-7687, verret_hm@hotmail.com, desert-sharks.com/shark_attack

June 16, 2012 — Magicman Triathlon, Murtaugh, ID, Sprint and Olympic Triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com, magicmantriathlon.com

June 20-August 10, 2012 — Youth Triathlon Team, TENTATIVE, Murray, UT, For youth with tri experience or team experience in another sport such as swimming, track or cycling. Team meets twice per week on Tuesday and Thursday mornings., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

June 23, 2012 — Provo Triathlon, T3TRI EVENTS, Provo, UT, 7th annual race. Provo Tri is a premier local event put on by triathlon professional. Family-friendly, open water event which offers both Sprint and Olympic distances. We also have a fun kids race following the Sprint and Olympic races. , Shaun Christian, 801-678-4032, shaun@t3triathlon.com, provotri.com

June 23, 2012 — DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Huge cash purse for 1, 2, 3 place winners of Olympic Distance. Many speed prizes for sprint distance. Race starts at Red Fleet State Park in Vernal, 7 am, Finishes at Uintah High School. Kids Tri on 6/22., Mark Mason, 435-828-6436, mmason@macu.com, dinotri.com

June 23, 2012 — Rock Cliff Tri at Jordanelle, Salt Lake Triathlon Series, Salt Lake City, UT, Sprint and Olympic Distances: Fresh Mountain Water, Scenic Bike course, Run on the beautiful boardwalks at the Utah State Park. , Cody Ford, 801-558-2503, cody@ustrisports.com, Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, ustrisports.com

June 23-24, 2012 — West Yellowstone Mountain Bike Biatlon, tentative, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Sara Hoovler, 406-599-4465, randlesara@yahoo.com, Dan Cantrell, 406-600-3354, info@rendez-vouskitrails.com, rendez-vouskitrails.com/events

June 24, 2012 — XTERRA Curt Gowdy Triathlon, Curt Gowdy State Park, WY, 1200m swim, 1-Lap 14.1 mile mountain bike, and finishes with a 5.3 mile run, Lance Panigutti, lance@withoutlimits.co, withoutlimits.co/page-0#!_xterra-curt-gowdy/race-info

June 28-29, 2012 — Great Basin Tri Clinic, TENTATIVE, Murray, UT, This program is geared towards kids who

have never participated in a triathlon or children who have done one or two, but without formal instruction., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

June 30, 2012 — River Rampage Triathlon, 2011 TriUtah Points Series, Green River, UT, Downriver swim! Sprint and Olympic open water road triathlons. Come and enjoy a bike ride along the river at the base of the Book Cliffs Mountains. The Green River State Park is the site for the run, transition area and finish line. No two transition area hassle!, Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

June 30, 2012 — Mountain Tropic Triathlon, PowerTri Trifecta Series, Garden City, UT, Experience the "Caribbean of the Rockies" at the first race of the Trifecta Series at Bear Lake State Park; Sprint, Olympic, and Half distances., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

June 30, 2012 — The Point Adventure Race, South Jordan, UT, Multi-discipline Adventure race including mountain biking, orienteering, running, and water sport., Scott Browning, 801-867-5039, graffitiracing@gmail.com, graffitiracing.com

July 7-14, 2012 — Southeast Idaho Senior Games, Pocatello, ID, Triathlon, Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidahoseniorgames.org

July 9, 2012 — Daybreak Triathlon, Salt Lake Triathlon Series, Salt Lake City, UT, Get ready for the best spectator swim around, a killer bike course near the Oquirrh Mountains and a run that is unparalleled., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

July 14, 2012 — Echo Triathlon, 2011 TriUtah Points Series, Coalville, UT, Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail. The perfect event for both seasoned athletes and beginners. , Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

July 14, 2012 — Adventure Xstream Summit County, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

July 14, 2012 — Rigby Triathlon, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 14, 2012 — XTERRA Mountain Championship, XTERRA America Tour, Avon, CO, The XTERRA Mountain Champs is the last of four regionals in the XTERRA America Tour...featuring sprint and championship distance off-road triathlon options., Ann Mickey, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterrautah.com

July 20-21, 2012 — Blanding Hillman Triathlon, Blanding, UT, Swim .50 mile, Bike 15 miles, Run 3.2 miles, (Kids' triathlon July 20), Recapture Reservoir., Stephen Olsen, 801-243-3559, 208-258-3145, solsen@gmail.com, hillmantriathlon.info

July 21, 2012 — Stansbury Tri, Salt Lake Triathlon Series, Stansbury Park, UT, The fastest growing Triathlon event in the Western Region., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com, stansbury.htm

July 28, 2012 — Burley Idaho Lions Spudman Triathlon, Burley, ID, 7 am, spudman@burleylions.org, burleylions.org/spudman.html

July 28, 2012 — Layton Triathlon, Layton, UT, Sprint, Mini Sprint, Relay Sprint, and Kids Triathlon options in the Layton Surf N Swim and Layton City Parks. Great event that repeats the entire course on the Sprint., Joe Coles, 801-335-4940, joe@onhillevents.com, laytontriathlon.com, onhillevents.com

August 3-4, 2012 — Layton Midnight Run, North Salt Lake, UT, Run at night under a full moon to beat the midnight hour on the Legacy Parkway Trail System. Included in your registration fee is glow sticks and glow body paint., Joe Coles, 801-335-4940, joe@onhillevents.com, legacymidnight-run.com, onhillevents.com

August 4, 2012 — Ultimate Relay Triathlon, 2011 TriUtah Points Series,

Ogden, UT, Single-day triathlon relay covering over 126.5 miles of Northern Utah's best water, roads, and trails! Four ultimate swims, four ultimate bike rides, and four ultimate trail runs! Teams will consist of 3 to 6 athletes and as many spectators as you can fit into 2 vehicles., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

August 10-11, 2012 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, gemccountyrecreationdistrict@gmail.com, emmettfri.com

August 11, 2012 — Escape from Black Ridge Herriman Triathlon, RACE TRI, Herriman, UT, The Escape from Blackridge is fast and fun! Athletes swim 500 yds in the reservoir, ride a 14 mile bike and run a 5k run loop., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 18, 2012 — Rush Triathlon, Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, bobby@rexburg.org, rushtriathlon.com, rexburg.org

August 18, 2012 — Jordanelle Triathlon, 2011 TriUtah Points Series, Park City, UT, You'll enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland. , Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

August 18, 2012 — Saratoga Springs Tri, Saratoga Springs, UT, USAI sanctioned Sprint Tri, 600 meter swim, 12 mile bike, 3.1 mile run, held at the Saratoga Springs Marina at Pelican Bay, 200 E Harbor Parkway., Gabe Granata, splash@saratogaspringstri.com, Jared Mason, 801-310-0609, splash@masonfam.net, saratogaspringstri.com

August 19, 2012 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), Wild Rockies Series, McCall, ID, Ponderosa State Park @ Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplanet.com

August 25, 2012 — Vikingman, Heyburn, ID, 1/2 and Olympic distance triathlon and aquabike.teams welcomed for either distance event. Also, Olympic distance duathlon., Lisa Clines, 214-236-1917, info@vikingman.org, vikingman.org

August 25, 2012 — Utah Half Triathlon, RACE TRI, Provo, UT, Longest multi-sport race on the Wasatch Front 70.3 Ironman. 1.2 mile swim, 56 mile bike, and 13.1 mile run triathlon., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 25, 2012 — Bear Lake Brawl Triathlon, Gold Medal Racing Championship, Laketown, UT, Half, Olympic, and Sprint distances over the prettiest water in Utah. , Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

August 25, 2012 — Hurt in the Dirt, Ogden, UT, Offroad Duathlon at Ft. Buenaventura. Individuals and Relay Teams welcome. MTB race and trail run combined. 3 Full events in one day!, Goal Foundation, 801-399-1773, info@goalfoundation.com, hurtinginthedirt.com

August 25, 2012 — Women Rock Triathlon, Peoa, UT, Close to Salt Lake City at Rockport State Park, the only lake swim event in Utah exclusively for women! Perfect for beginners; swim buddies available., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

August 25, 2012 — Expedition Man, Sparks, NV, Expedition Man would like to introduce the inaugural Endurance Festival featuring Northern Nevada's 1st Ultra Distance Triathlon. A unique course that starts swimmers at Zephyr Cove Resort in the beautiful southern part of Lake Tahoe, Ca. The 112 mile bike ride will utilize a variety of Northern Nevada's scenery including a 1,400 ft elevation drop into Carson City. The day ends with a run along the Truckee River Trail finishing at the Legends at Sparks, Ryan Kolodge, 775-762-8526, info@expeditionman.com, expeditionman.com

Club Guide - continued from page 9

tive rider. Technical skills, responsible riding, proper trail etiquette, and respect for the environment as well as for self and others, are impressed to ensure a future generation of respectful riders.

University of Utah Cycling!
Sponsors: DNA Cycling, Cyclesmith, Rudy Project Cyclesmith, Ritchey Design, Quarq Technology, Rudy Project
Contact: Mitchell Peterson, uofucycling@gmail.com, 801-414-6820

Website: utahcycling.org
Type of Cycling: Collegiate Road and Mountain Racing, Road and Mountain Recreational, Cyclocross
Base Location: Salt Lake City, UT
Club Statement: The University of Utah Cycling team and club is for any student with a desire to ride/race and improve his or her skills. Those wishing for an opportunity to travel and experience competitive races are invited to participate in collegiate USA Cycling races. People who simply wish to support the team are welcome to purchase U of U Cycling paraphernalia.

Utah Premier Cycling Club/ Ski Utah-Marketstar Cycling Team!
Sponsors: Ski Utah, Marketstar, Millcreek Bicycles, Easton
Contact: Bill Cutting, bcutting@twio-brand.com, 801-949-4080
Website: skiutahcycling.com
Type of Cycling: Primarily road, road racing, and cyclocross racing: Cat 1 Elite team, plus all registered categories and Masters.

Base Location: Salt Lake City, UT
Club Statement: All in all, we're a group of about 100 road and mountain cycling enthusiasts. Most of us race-some more seriously, some less-but we count fitness riders, long-distance tourers and connoisseurs of classy uniforms among our ranks too. Whether you are an aggressive competitor looking for teammates and support, a newcomer hoping to try racing for the first time, or a weekender in search of riding partners, our team and club atmosphere will enrich your cycling experience. Co-sponsors of the Tour of the Depot State Race, and the Downtown Critrium.

Utah State University Cycling (USU Cycling!)
Sponsors: The National Guard, Multi Media Data Services (MDSC), AI's Cyclery, Carmichael Training Systems, Evan Lefevre Chiropractic, IMCCC
Contact: David Clyde, david.clyde@gmail.com, 435-237-7609
Website: usucycling.com

Type of Cycling: Collegiate Mountain, Cyclocross, and Road
Base Location: Logan, UT
Club Statement: The goals of USU Cycling are: To provide an opportunity for fair and safe competition for collegiate cyclists; to support a diverse group of events including road racing, cyclocross and mountain biking, and to promote an increase in the number of members of the club, the number of events promoted by the club and the level of competition.

Utah Velo Club!
Sponsors: The Bike Peddler
Contact: Stan Swallow, stanswallow@att.net, 801-808-4426
Website: utahveloclub.com

Type of Cycling: Road Cycling in groups with up to 50 riders and there is a MTB group as well as a beginners group.
Base Location: American Fork, UT
Club Statement: The Utah Velo Club is primarily a road cycling club with three (3) group rides per week during the year. During the winter we snowshoe as cross training. Mission: To promote cycling and organize free events for serious intermediate and advanced road cyclists. History: The club was started in October 2003 and now has 660 members with about half of them participating in at least one event per year.

UtahMountainBiking.com!
Sponsors: Mad Scientist Software, Inc., Box Home Loans, KSL Outdoors, CocoNutz Fuel, American Classic, Cedar Cycle, Epic Biking, Slim & Knobbies, CarboRocket, UtahMountainBiking.com
Contact: Michael Engberson, umb@madsci.com, 801-653-2589
Website: UtahMountainBiking.com
Type of Cycling: MTB Racing, MTB Recreational Riding, Cyclocross, Trail Advocacy, Road Racing, Road Touring
Base Location: Lehi and Alpine, UT
Club Statement: UtahMountainBiking.com won the I.M.B.A. trophy for the team with the most trailwork hours. Not just mountain biking, our team also participates in the Utah Cyclocross series, as well as some road racing events. UtahMountainBiking.com is a very

friendly bunch, willing to accept bikers of all levels. Team membership has many benefits including friendship, group rides, bike repair assistance, discount parts and nutritional, etc. The UtahMountainBiking.com website is a valuable resource for the cycling community.

Velosport Racing!
Sponsors: FFKR Architects, Sports-BaseOnline, Tour of Utah, Café Rio, Axis41, Axis Insurance Agency
Contact: Travis Horton, travis@velosport-racing.com, 801-230-5904
Website: velosportracing.com
Type of Cycling: Road Racing, Cyclocross, MTB Recreational
Base Location: Salt Lake City, UT
Club Statement: Our ranks include the complete spectrum of racers from talented juniors to Cat 1-4s to world and national champion masters racers. Our team offers the perfect environment to hone your riding skills, improve your fitness, learn how to race as a team, and meet great people. We take the sport of cycling seriously and have a lot of fun along the way.

Wasatch Mountain Club!
Sponsors:
Contact: Beverly Hanson, beverly@slcgreenhomes.com, 801-680-4325
Website: wasatchmountainclub.org
Type of Cycling: Recreational road and mountain biking; self contained road touring; road and mountain bike camping/motel trips.
Base Location: Salt Lake City, UT
Club Statement: Established in 1920, the Wasatch Mountain Club is an outdoor recreation club for adults. Activities include road and mountain biking, hiking, backpacking, climbing, skiing, snowshoeing, boating, social programs and conservation efforts. Rides and other activities are listed each month in the club publication, "The Rambler" and posted on the club's activity calendar which can be viewed on the club's website.

Wasatch Wheelmen!
Sponsors: The Bike Shoppe, Biker's Edge, Saturday Cycles, M&T Bank, Media Bang
Contact: Layne Packer, wasatchwheelmen@gmail.com, 801-725-8351
Website: wasatchwheelmen.org
Type of Cycling: Recreational Road Touring
Base Location: Davis County, UT
Club Statement: The Wasatch Wheelmen cycling club is made of dedicated cyclists who love to ride and appreciate the camaraderie and extra motivation that comes with riding in a group. Riders of all abilities are welcome, but our niche is gathering cyclists who may be slightly past their prime, but certainly are not over the hill. If you like to ride aggressively within your comfort level with a group of like-minded riders, then this club is for you.

White Pine Racing Powered by Jans.com!
Sponsors: Moab Brewery, Resorts West, Park City Coffee Roasters, PC MARC, Costa Rica Escapes, Mountain Medical
Contact: Scott House, shouse@whitepine-touring.com, 435-649-8710
Website: JANS.com
Type of Cycling: XC Racing, Super-D, Downhill, Road, Cyclocross, Enduro, BMX and Advocacy.
Base Location: Park City, UT
Club Statement: Our mission is to promote cycling within Northern Utah communities through participating in races, fundraisers, trail work days and group rides. We will focus on having a strong competitive presence, while still having fun and showing our love and passion for two wheeled, human powered sports.

Zions Bank Z-Team!
Sponsors: Zions Bank
Contact: Marty Nowling, Marty.Nowling@zionsbankcorp.com, martynowling@gmail.com, 801-844-5107
Website: zteamcycling.org
Type of Cycling: Charity Road Team and Triathlon Team
Base Location: Salt Lake City/Boise, UT/ID
Club Statement: The Z-team is comprised of riders of all abilities and welcomes all riders (employees, clients, friends, and family members, etc.). The team holds one training ride per month and participates in many different cycling events from March through October including: Skinny Tire Festival, Salt Lake City Marathon, Penny's Legacy Ride, Ghost Town Century, Salt Lake City Century, Tour de Cure, Harmon's MS 150, ULCER, LOTOJA, Moab Century, Heber Valley Century, and Park City Century. All riders are welcome to join the team!

COMMUNITY

The Bicycle Collective Celebrates 10 Years of Making Rides Happen



Above: A typical night at the Community Bike Shop. Volunteers are on hand to teach people to fix their bikes. The shop has open hours at various times throughout the week. Photo: Kevin Dwyer

Right: The current staff of the Salt Lake City Bicycle Collective. Left to right: Jonathan Lloyd Morrison, Hailey Gilley, Stephen Rowbottom, James Kirk, Jace Burbidge. Photo: David DeAustin.

By Jason Bultman, Founder and Past Board Chair, Jonathan Morrison, Founder and Executive Director, Kevin Dwyer, Past Board Chair, Brian Price, Founder

History

The origin of the Salt Lake City Bicycle Collective dates to a 2001 Mayor's Bicycle Advisory Committee (MBAC) meeting, where Brenton Chu described the community bike shop concept and asked the MBAC to support him in creating one in Salt Lake City. While the concept was well received by the MBAC it was felt that they did not have the resources to support it. Brian Price, who was in attendance at that meeting, invited Brenton to meet some of his bicycle advocate friends from the Critical Mass group whom he thought might help create such an organization. These bicycle advocate friends, Edward Whitney, Jason Bultman, Jesse Ratzkin, and Jonathan Morrison started meeting weekly with Brenton and Brian to create the vision for how a service-oriented, nonprofit bicycle advocacy organization could become a reality. After months of input from the weekly meetings and research of similar organizations in other states, Brian filled out and submitted Form 1023 (Application for Recognition of Exemption Under Section 501(c)(3) of the Internal Revenue Code) in April 2002, which was approved a few months later after some minor revisions. One necessary revision was changing the name of the organization from a cooperative, as the organization did not quite meet the legal requirements of a cooperative. During a brainstorming session with the other advocates, Brian suggested calling the organization a collective, and hence, the Bicycle Collective was born as a 501(c)(3). Thanks to the initial fundraising of Edward Whitney and the continued fundraising and reporting of Jason Bultman, the Collective began to soar.

The Collective's first official activity was an Earn-A-Bike program launched at the City Center building, thanks to the support of Ken Perko and Mayor Rocky Anderson's after-school YouthCity program. With a small shop space and an amazing group of kids, the organization's

first volunteers Jesse Ratzkin, Tim Bowman, Meara McClenehan, Keith Anderson, Jonathan Morrison, and Jason Bultman assisted each child in choosing a bike, stripping all its parts, powder coating, rebuilding it, and taking it home with a huge smile and sense of accomplishment. Still lacking many bike-specific tools and ability to order parts from distributors, they received the gracious help from Ryan Littlefield, owner of Contender Bicycles.

Another early activity of the Collective was providing Valet Bicycle Parking at the Downtown Alliance's Farmer's Market at Pioneer Park. Brian, Edward, Jonathan and later Ron Ferrucci and Michael Wise largely headed this effort, parking dozens of patron's bicycles while also accepting bicycle donations from the community at large. This effort created a buzz in the community and served to quickly raise visibility.

The first Community Bike Shop was attempted at the Glendale Plaza, which due to its remoteness and the lack of traffic, was not viable. The current space at 2312 West Temple was offered by the late and great bicycle advocate, Bill Delvie, to the Collective after a presentation given at an Exchange Club meeting. Thanks to the Richard Hurst, Calvert Cruz, Gary Hurst, Michael McGlothlen, Steve Rowbottom, James Kirk, Jace Burbidge and too many volunteers to mention the location has continued to be improved and added to, with additional space for Salt Lake City operations under consideration. The Salt Lake City location is excited about the coming PRATT trail, the only Class 1 East-West bikeway in the valley, which will pass right by the Collective, on Haven Street in 2013.

Notable milestones for the organization include the award of a transportation enhancements and cooperative agreement with UDOT in May 2006 for a bicycle safety project, which provided the funding to hire the first full-time bicycle advocate in the state of Utah, and an IRS letter confirming our standing as a public charity in May 2007. Full time staff was added in 2006, and additional locations in 2008 (University of Utah), 2009 (Westminster College), 2010 (Ogden) and 2011 (Provo.) Today, the Bicycle Collective is directed by Jonathan Morrison with



a staff of four running the programs at the Salt Lake City site. In addition to an active Board of Directors and important efforts by managers of satellite locations, the Collective has been fortunate to benefit from hundreds of volunteers, donating thousands of hours, to ensuring everyone's access to bicycles.

The tremendous support for the organization and some very scrappy talent has expanded the Collective's reach to five locations, with its hub in Salt Lake City, at 2312 West Temple, which also houses administrative offices, a Community Bike Shop, Valet Bicycle Parking, Trips for Kids and Earn-a-Bike programs. The Ogden site, 2404 Wall St., in sight of the Front Runner station, is home to an eclectic mix of DIY projects in addition to a Community Bike Shop. Provo is the Collective's newest location, downtown at 49 North 1100 West, in a cool historic building, with a low-key community shop vibe. The Bicycle Collective also supports Campus Bike Shops at the University of Utah and at Westminster College, where they also feature bike sharing. The Collective hopes to add future locations, potentially in Moab, St. George, or Cedar City.

Impacts

Becka Roelf Salt Lake City's Transportation Division, Bicycle/Pedestrian Coordinator first heard wind of the Collective in 2002 at the National Bicycle Summit where she met (to become) Executive Director Jonathan Morrison. Becka likes the Collective's "grass roots approach and recycling bicycles." More significantly, the Collective's community shop, "education initiatives and valet bike parking are good uses of community resources working with and to support the City."

Ken Perko is Program Coordinator at Central City Recreation Center in Salt Lake City, where more than 50 kids have participated in the Earn-a-bike program, taking home a bike they built from the ground up. Now at four Youth City locations, Ken says that the 100 or so kids who have gone through the program gain a sense of "accomplishment, the open road, pride and freedom". Ken notes that for most of the kids, "the confidence in knowing the inner workings of something mysterious, using tools and taking apart and putting together successfully transfers into how the (whole) world works."

Kim Angeli, Director of Special Events for Salt Lake City's Downtown

Alliance notes that the organization's 8 year relationship with the Collective, through the Farmer's Market valet bicycle parking, has "helped alleviate parking pressure, increase urban navigation and promote healthy living." With more than 3000 bicycles parked last year, the program has been a resounding success for the Collective, farmers and cyclists. This success feeds into Kim's bigger goal of, "improving Salt Lake City's air quality by encouraging local communities and opportunities for one less car."

Donations Coordinator for the International Rescue Committee-Salt Lake City, Sarah Callicutt, relishes the long relationship with the Collective and the more than 100 bicycles that Collective has delivered to her refugee clients. Sarah says that these bikes are necessary forms of transportation enabling her clients to work, go to school and kids to have some fun. An important part of acculturating, "For many of them it's one of their first experiences here as a consumer, it's important that it happen positively. The Collective does that."

Programs

Over the years, the Collective has facilitated a number of one-off and annual events, including Tour de Brewtah, Bicycle Film Festivals, Bike Proms (June 2nd, our 10 year anniversary party!) and fundraisers for fallen or injured cyclists. Other community projects include working with UTA to establish the Bicycle Transit Center and UDOT on Safe Routes to Schools and the Road Respect campaigns. Given that the Bicycle Collective was the first brick and mortar bicycle advocacy organization in Utah, with their arrival pedaled in the grand expectation that they would cover all things bicycle advocacy. While they did say "yes" to just about anything at first, over time bike culture grew and new organizations like Bike Utah, Salt Cycle, and the Salt Lake City's Mayor and City Council's commitment to increased Bicycle and Pedestrian staff allowed the Collective to focus on their core programs. The Bicycle Collective has developed a focus on Youth Programs, Classes, Community Bike Shop and Valet Bike Parking.

Their first youth program, Earn-a-Bike, was the direct result of a "yes" that Ken Perko received in 2003 when he asked if the Collective would be willing to teach an after-school class at YouthCity's location at the Central City Recreation Center. Earn-a-Bike, loosely modeled after

Bikes Not Bombs in Boston, MA, was a mechanical training course for at-risk youth, where students select a bike to keep, and spend 4-6 weeks rebuilding it from scratch. Under the supervision of role models who double as qualified mechanics, they learn to use the proper tools and techniques. Earn-A-Bike classes demystify the concept of mechanics and repair, provide an affordable means of transportation, promote a sustainable and healthy lifestyle, teach safety, instill self-confidence and pride. Thanks to the direction of Krisha Pessa, Hailey Broussard and amazing volunteers the Earn-a-Bike has been a huge success and has since been extended to other after and summer school programs such as the YWCA, Boys and Girls Clubs, and Boy Scouts of America.

In 2006 Matt Peterson received a "yes" when he asked if the Collective would be willing to apply for a Trips for Kids (www.tripsforkids.org/) chapter, an introduction to mountain biking for at-risk youth program. This became their second official Youth Program. As one of many International TFK Chapters, it combines mountain bikes, fun, and the Wasatch Front to encourage lessons in confidence building, practical skills, and personal achievement. Under the guidance of Krisha Pessa, Hailey Broussard, Evan Mitchell, as well as fabulous volunteers this program has become a model program for other cities.

Valet Bike Parking was a fairly new concept without a name, and in 2002 the Downtown Alliance contacted the Collective asking if they would offer monitored bike parking, at the then small, Downtown Farmers' Market — keeping bikes safe while reducing traffic congestion and car parking. The first markets had an average 20 bikes every Saturday; now eight years later the program has grown into a valuable service used at the Twilight, Red Butte and Gallivan Concert series in addition to the Arts Festival and events at Library Square, parking over 10,000 bikes over the course of last summer.

At the heart of the Collective's mission has always been education. In 2006, Jason Bultman secured a quarter million dollars in UDOT transportation enhancements funding to run an education pilot which would certify 50 League Cycling Instructors and offer two years worth of free bicycle education classes. This grant also enabled the Collective to hire the first full-time bicycle advocate in the state of Utah. In addition to bicycle safety classes, since 2010, the Collective has offered well-attended free mechanic classes using the Park Tool School curriculum, teaching a chapter of the Park Tool's Big Blue Book of Bicycle Repair each class. These classes have been used as a tool to train volunteers, a resource for other bike shops to train their staff, and a structured learning environment compared to self-guided Community Bike Shop hours.

All of the Bicycle Collective locations feature Community/Do-It-Yourself bike shops and act as bike donation drop off locations. Bikes are primarily donated from individuals in the community, but other sources include Eagle Scout Project Bike Drives and unclaimed police evidence — thanks to the MBAC, SLCPD, SLC City Council, Mayor Ralph Becker, Sheriff Winder and Dave Iltis. Donated bikes are then

refurbished by volunteers in training and then given to those in need through our ongoing Bikes for Goodwill Organizations referral program and holiday giveaways. Most of these bikes provide affordable transportation to those in need that come to us through referrals from other local non-profits, while some are sold through the community bike shop to help fund operations. In 2011, the Bicycle Collective Earn-a-Bike program distributed 250 bicycles which, combined with 750 bikes donated to charitable clients, totals over 1000 bicycles put on the street! The Community Bike Shops are also a place where anyone can learn to fix their bike using the proper tools and expertise, buy used bikes and parts, or volunteer-in-trade as another way to earn a bike. Regardless of the method, since the birth of the organization, the Collective has put over 10,000 people on bikes.

In 2006, the Bicycle Collective helped establish the Bicycle Collective Network (www.bike-collectives.org). "The mission of the Bike Collective Network is to strengthen and encourage communication and resource sharing between existing and future community bike shops. Collectively we can improve a bigger wheel as opposed to re-inventing smaller ones." At that time, there were only a dozen or so organizations involved in asking and answering questions through a Wikipedia style page and an email list. Since that time, the shared information has grown and helped the establishment and growth of over 350 organizations. In addition to the community shop and youth programs featured at most bicycle collectives, some organizations engage in free helmet distribution, bicycle art, bike rack manufacturing and bicycle advocacy. This rapidly growing movement stages an annual conference, Bike!Bike! — which in 2012 will be held in Vancouver, Canada — where organizations pool strategies and methods.

The Bicycle Collective's future is very much in the hands of those who choose to become involved. You might want to join the Collective at one of the Community Bike Shops open to the general public several times a week (www.bicyclecollective.org). As an organization looking to make a permanent difference in its communities, the Collective needs stable, affordable locations. Plans to secure a building of its own in Ogden are well under way. The Collective is building its Trips for Kids program through new partner organizations and donations of vehicles and equipment. In planning right now, The Collective is developing new educational offerings including expanded mechanic training and frame building classes.

You can make these plans a reality through your donation of bikes and tools, time and money at www.bicyclecollective.org/en/donate. Many thanks go out to all the volunteers and donors over the last 10 years that have made the Collective, truly a Collective.

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BIKE THEFT

Uh-Oh, Where'd My Bike Go??

By Detective Lisa Pascadlo, Salt Lake City Police Department

With spring weather comes more ridership and an unfortunate and unwanted partner — theft. The old adage that you don't know what you have until it's gone holds just as true once your beloved means of transportation makes a disappearing act. While theft cannot always be prevented, you can improve your odds of not only keeping your bike, but also recovering it if the sticky fingers in your neighborhood happen to get lucky.

Go to any place cyclists congregate and you'll hear conversations that to outsiders sound like a foreign language. Terms like "fixie," "groupo" and "Cateye" will mean absolutely nothing unless you own a bike — and I guarantee you that any one of you, right now, can explain in minute detail every part of your bike, right down to the epic scrape on the top tube you got when trying to follow Crazy Eric down the Subway. The problem with this is that when your bike goes bye-bye, trying to articulate said detail so that it would be identifiable to a police officer on the street is problematic. Do the following and improve your odds significantly toward recovering your bicycle if it should be stolen.

- Document EVERYTHING! And I do mean everything, not just your serial number. This means the type and style of every component, factory or your own, that you have added to the bike. Save it on paper, parchment, or even a jump drive. Put this information in a safe place in your home in the event you need it later. Keep the list updated as you accessorize your ride.

- Take photos. Document with your camera everything you wrote down. Serial number, components, and most especially the location of damage. This is particularly important if your bike has been modified, updated or customized. Keep the photos and the written documentation together.

- Register and License your bike. This involves a small portion of your time and money, but it saves a lot of heartache later. Take your bike to your local police station (sometimes fire stations do this as well, check with your local jurisdiction) and register the bike. This will record your serial number and personal information that can be retrieved once a bike is taken or, on the other end, found. Without a serial number, your bicycle cannot be entered into a missing bikes database, nor could a search warrant be issued for internet sites should your stolen bike show up on them. I cannot tell you how many times I receive a call asking to check if a bike someone wants to buy is stolen. It may be, but I can't be sure without a serial number entered in a database somewhere!

The next step to protect yourself is to consider where you leave your bike, but more importantly, how you leave your bike. Most of our bikes live in a house, some might live on a porch, some just live in a car. Wherever your bike lives, THE most important factor that makes or breaks you becoming a victim of theft is the type of lock.

- Buy the best lock you can afford. I will tell you that if you make it easy for a thief, you virtually guarantee becoming a victim. Cable locks are

often specifically targeted by thieves because they are ridiculously easy to cut. Some of the U-locks with a circular key can be defeated, but take some time. The key here is to make it just difficult enough to make the thief think twice, and move on. I know some folks who use two locks for that exact reason. I use a set of handcuffs, because I figure that alone might give a thief reason to think long and hard about the consequences.

- Lock it up, even at home. You would be surprised how many home burglaries account for the total number of bike thefts in any city. Don't assume that just because it is in your home that it won't be stolen. One suggestion is to install a U-bolt to a wall stud, then use it like a locking ring. The only thing you lose is a tiny amount of time in your day, but at least you will still have your bike! This goes for leaving it on a deck, veranda or in an unsecured garage or shed.

- Pick your parking place carefully. Not every location has a bike rack. Not every location with a bike rack is necessarily a great place to leave your bike. The rule here is visibility. Is the location highly visible to passersby? Is the location a high-traffic area? A general rule to follow is that if it doesn't feel good, it probably isn't! Make sure that what you are locking your bicycle to is also solidly fixed, e.g., in the ground or to something else. Shake it before you lock to it, some thieves have gone so far as to modify popular racks — fences, signposts, and railings — so that they can undo a bolt or separate the metal and just walk away with the bike, lock and all.

Now say that you've done all you can do to protect yourself, but the unfortunate still happens and some thief makes off with your ride. Follow these steps to increase the odds of having your bike returned.

- File a theft report. This is dependent on where the bicycle was stolen from, not where you live. This is when you will need all that documentation. The sooner you can provide the detailed information on your bicycle to the police, the sooner it will be placed on the nationwide theft database (called NCIC). Gather your data, and make that call as soon as you can.

- Spread the word. There are usually social media sites or other networking avenues that are cycling specific. Post your stolen bike information! If you can have 200 other people aware that your bicycle is stolen, that's 200 more sets of eyes watching out for it.

- Check the classifieds, old and new. Don't just look for your bike, look for your components. High-end bikes can be parted out and sold in pieces. This is why it is so important

to know the very specific details of every piece of your bike. Don't forget the online classifieds, too.

- Check the pawnshops and secondhand dealers.

So what do you do if you find your bike in the classifieds?

- Notify the police. Call the same police department to which you reported the theft and ask for the detective assigned to your case. You will need your case number to save time. If it is on a weekend, ask to speak with an officer. Please understand that in order to obtain the contact information of the seller, law enforcement usually has to apply for a search warrant.

- Take a screenshot of the ad. This could be difficult if you are on a mobile device, but sometimes these ads are up for an hour, and then gone. It is helpful to the detective to have a copy of the ad, particularly if there is a photo of your bike on it, as ads are quickly pulled by these sellers. Once out of public view, law enforcement must apply for a search warrant to see it.

- To contact the seller or not? This is entirely up to you, and I don't recommend it. Remember, the person you are calling is a thief. They may be just a thief or they may be supporting other criminal activity. Odds are, they're the latter.

Some bicycles end up at pawnshops or secondhand dealers. These are unique situations that are not "victim-friendly." In Utah, these businesses in particular are regulated to some extent. Whenever a person sells or pawns an item, the shop must record and enter the seller's personal information into a database. If the item is sold to the shop, it is held in an area out of public view for 15 days, after which it may be placed into the merchandise area. If the item is pawned (meaning held as collateral for a cash advance), it must be held 30 days before which it may be sold.

To understand what happens when stolen property is pawned at a pawnshop, a little discussion of law is in order. In layman's terms, when a bike is stolen the crime is theft and the victim is the bicycle owner

(you). When the stolen bicycle is then pawned at a business, the crime is theft by receiving stolen property and/or possession of stolen property, and the victim is the pawnshop. The person pawning the item may not be the person who stole the bike, and it is up to law enforcement to determine who did. It can be very difficult to accumulate enough evidence to charge the actual thief, but fairly easy to charge the person pawning the property. Confusing, huh!

If you choose to look for your bicycle in these types of businesses, please be aware of the following:

- You can ask to see the held items, but expect to be denied. There is no expectation of cooperation with a victim, nor with law enforcement without a search warrant.

- If you do happen to find your bike, notify the shop manager and call the police department to whom you reported the theft.

- The only certain way you will be able to get your bike back when you find it is to pay for it. You will not be paying what the shop paid; you will be paying what the shop would sell it for! If you do so, you are eliminating the pawnshop as a victim. You still need to notify not only the agency to whom you reported the theft, but the police department in whose jurisdiction the shop does business.

- If you choose not to pay for your bicycle, you still need to notify both police agencies. Since the pawnshop is also a victim, the bicycle is held as evidence until a conviction is gained, at which time restitution will be paid to the pawnshop and you get your bike. This process is not speedy, nor is it guaranteed.

Following these steps will serve not only you by making it more likely that you remain in possession of your bike, but also the community as a whole by making bike theft less appealing.

Note: In the 2012 Utah Legislative session, a modification to the pawnshop law was proposed that would have eliminated the requirement that a victim pay for their own property. It did not pass, unfortunately.

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MOUNTAIN BIKING

An Argument for Less



Enjoying less on Little Creek Mesa. Photos: Lukas Brinkerhoff

By Lukas Brinkerhoff

I used to hate to ride Prospector to Church Rocks. I found nothing interesting about the trail. It was slow, sluggish and made me tired without giving anything back. I would pedal to the top of one of the hills only to slowly coast back down. And then repeat. I avoided the trail almost as much as I now avoid Paradise Canyon. It was boring.

Then I rode it on a Saturday morning on a bike that was being treated to its first bout of dirt. Suddenly, Prospector turned into a quick, flowy trail that left me with this strange sensation. Without me knowing it, my lips had turned upward. My eyes started to twinkle and my heartbeat was up and running. I was having fun. The ups were quick and I spun out on the backside grinning and

laughing all the way to the next up. I had to stay on top of it to keep from missing a turn. I was hooked.

Now Prospector is one of my favorite local trails.

An Argument for Less

In the great impulse-buying society in which we reside, we are told time and time again that for us to be able to have fun or to have a certain experience, we must purchase the newest and the best that is currently available. Regardless of what we have experienced with what we currently own, there is no fix for the desire to have something new. For as soon as you have something new, it suddenly isn't and you need the next best thing. It's an endless, vicious cycle.

The first time I pedaled a rigid singlespeed on dirt I was hooked. After six weeks or so, I sold every



other bike I owned and pedaled with a grin on my face for years. It was this rigid singlespeed that turned my sluggish trail into a fast, flowy love fest. This wasn't a new feeling for me. I grew up on rigid bikes. They were the only bikes I could afford.

All of the trails I rode until 2002 were on a rigid bike or a hardtail.

I fell in love with mountain biking well before I owned any suspension. Well before drivetrains had one more, well before dually boinging machines could weigh less than my tricked out 90's hardtail.

Sometimes that experience of just loving to ride is best found on the bike with the least bells and whistles. To feel every bump in the trail, have to strain up every climb and to watch the front wheel and precisely guide it through the rock gardens, that is how mountain biking started and that's why I fell in love with riding.

Less Maintenance

Not only do rigid singlespeed bikes offer an enjoyable alternative to the boing crowd, they also offer a serious advantage in the maintenance to riding time ratio. Maintenance on a singlespeed means you lube the chain and pump the tires up. Once a year you might want to tear the thing down and grease and tighten everything. Even this once a year maintenance will only take you about an hour.

And isn't that the point of owning a bike, to be able to ride it.

Less is Sexy

There is something inherently

beautiful about simplicity. No springs attached. No extra links in the chain to wrap around those movey things that change gears. No cables running the length of the bike to connect the levers to the movey things. Just simple round tubes, a couple of wheels, a set of cranks and some brakes.

I love the way a singlespeed chain looks as it symmetrically wraps around the chain stay.

Let's admit it, if your bike is sexy, you will be sexy. In the grand scheme of things on this earth, isn't that what we are all desperately trying to accomplish. Think of your sexy bike as your peacock feathers.

Less Teaches

Inches of travel or inches of error control? However you look at it, suspension makes riding technical trails easier. That rock that looked like it would toss you to your demise, can easily be bounced over with the right amount of squish. "Fixie" Dave Nice, local simple bike aficionado, likes to point out how easy it is to recognize riders who grew up on hardtails and those who were born into cycling via full suspension bikes. Not only are the lines picked with more caution and control on a hardtail, but the rider tends to have bent knees and elbows and uses body English to control the rough stuff even when aboard a double boinger.

Being forced to feel every rock and rut in the trail teaches riders to watch their lines, float over the rocks and use the body for suspension. All skills that can be transferred to most types of riding.

Less is Rebellious

Taking out all the marketing and hype from your ride is the equivalent of raising an angry fist to the man. The man is the one propagating the need for new shiny parts. The man would prefer you spent your riding time sitting in front of a computer screen geeking out over the newest and the greatest. He is not concerned with whether you get to ride or not, he just wants your money. Eliminate the majority of those shiny parts and the man starts to fade into the background and you can, once again, just ride.

If I had to pick one thing about modern society that I despise, it would be marketing. Here's my raised fist.

Less is Love

So give it a try. I will bet that if you swing your leg over a simple bike that you will find your boring trails transformed into fun and your life will be better. You will have more friends, more riding time, be able to clean that demon section of trail and afford that tattoo you've been wanting so you can show everyone just how rebellious you are.

What do you have to lose but your derailleurs?

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RIDE OF THE MONTH

Arches National Park Cruise



No arches here, but a nonetheless intriguing landscape of petrified dunes and rock sculptures

By Wayne Cottrell

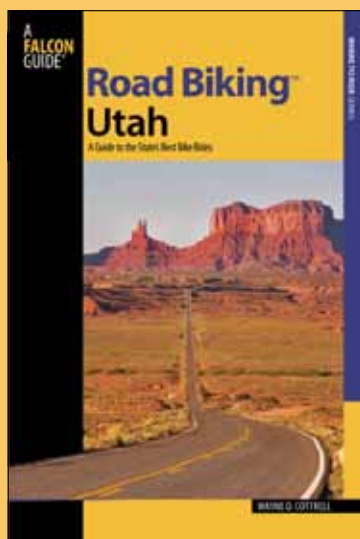
The Arches Cruise is a 46-mile out-and-back ride over rolling hills in Arches National Park, including a couple of out-and-back spurs. The stunning scenery—exotic enough for an Indiana Jones film (opening sequences in Indiana Jones and the Last Crusade)—makes this a must-do ride. The route opens with a dramatic climb—and closes with a similarly dramatic descent—on switchbacks. The route is entirely on National Park roads; hence, the pavement is generally smooth. The elevation ranges from 4,097 feet at the Arches National Park Visitors Center to 5,173 feet approaching Devils Garden.

Start at Arches National Park Visitors Center. Park here and get on your bicycle. Note that there is a \$10 entrance fee for motor vehicles. There is a \$5 entrance fee for bicycles, so an alternative is to ride to the park from Moab, about 5 miles to the south, along US 191. Start from Swanny City Park (400 North 100 West in Moab). Note that starting from this park adds about 10 miles to the ride. There were 780,000 visitors to Arches National Park in 2005. There is no park shuttle bus, so nearly all of the visitors – except you, of course – drive the park roads.

Arches is the fourth most visited National Park in Utah, after Zion, Glen, and Bryce. The layout of the

park is extremely thoughtful of the tourist who wants to see the majestic scenery but who is not particularly into hiking, climbing, rappelling, or fording his or her way to a viewpoint. The roads through Arches practically provide drive-through scenery. At only a few selected spots is it necessary to get out of the car—or off the bicycle—and walk to see what's out there. In that sense, bicycling through Arches National Park is fun. Plenty of signs provide information about what you are seeing.

Turn right to exit the Arches National Park Visitors Center and begin a 2-mile climb, via switchbacks. At the top of the switchbacks, enjoy the panorama of the La Sal Mountains, which are to the southeast. From here, you may be challenged to keep your eyes on the road, because Arches is a smorgasbord of eye candy. Various counts estimate that there are from 1,500 to 2,000 arches within the compact 116-square-mile park. (Arches are sandstone formations that have been hollowed out through the erosive action of wind and water.) In addition to arches, there are numerous other rock formations, along with varied, tantalizing landscapes. Most



of the prominent formations have names that incite the imagination. At mile 2.7 (from the park entrance), you enter the eerie landscape of “petrified dunes,” red-hued sandstone, buckled and shifted over an unstable bed of salt after exposure to wind, water, freezing, and thawing. The road is primarily downhill here.

At mile 3.7, you are surrounded by five outstanding rock formations, including The Organ, Courthouse Towers, and, a little farther up, the Tower of Babel on the right; Three Gossips and Sheep Rock are on the left. Continue descending to the crossing of Courthouse Wash, then begin to climb. Petrified dunes are on the right; rock pinnacles and The Great Wall are on the left. Balanced Rock is on the right at mile 9.0. Turn right at mile 9.2 (from the park entrance) to head toward The Windows (there are no street signs within the park). The road continues for 2.5 miles before emptying into the parking area for The Windows. Presuming that you are not planning to dismount, continue through the parking lot, around the loop, and return to the road for the return trip. Although you may not see any “Windows,” you will see Ham Rock on the right on the way in, and the Parade of Elephants on the right on the way out are on the right on the way out.

At the main road, turn right and



The route starts at the Visitor Center, just off highway 191, and heads all the way to Devil's Garden via the two out-and-backs. The ride stays on the solid “red” roads. Map: Courtesy Arches National Park.

continue toward the interior of the park. You have now covered 14.3 miles. The road descends, getting steeper at mile 15.5. Turn right at mile 17.6 to head toward Delicate Arch. This is Arches’ most photographed arch. If you do not dismount and walk the trail at the end of the 2.2-mile road, however, you will not see the arch. On the way to the Delicate Arch parking area, you will pass by Wolfe Ranch, where the Wolfe family lived from 1888 to 1910, attending to their cattle. Just beyond the ranch, on the way to Delicate Arch, is a floodwater crossing.

Return to the main road and turn right to continue into the park. You have now covered 22.3 miles. The road climbs; the arches and rock formations disappear for a while as you pass through a desert scrub landscape. Off to the right is the Fiery Furnace, an intricate maze of deep slots and narrow canyons. Spires appear on the right at mile 25.0; the road crests at mile 26.3. Skyline Arch is on the right at mile 27.2. One-half mile later, you enter Devils Garden, a truly extraterrestrial landscape. If you want to see the staggering collection of arches in this area, you must get off the bicycle and hike out. Otherwise, continue through the parking area, around the loop, and return to the main road. The return trip allows a different perspective

on the memorable sights seen on the outbound trip. You will not ride any of the spurs on the return. Your inspired legs probably will not even feel as if they have just ridden 46.4 miles!

Editor’s Note: Because of the lack of shoulders on the park road, this ride is recommended for those comfortable in traffic. Consider riding early in the morning to avoid traffic. For more info, visit: <http://www.nps.gov/arch/playourvisit/biking.htm>

Excerpted from Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book’s coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.

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TOURING

A Tour through the Florida Keys



Left: One of the best beaches in the Keys is at the Bahia Honda State Park. Right: On one of the restored historic bridges in the Lower Keys.



By Martin Cuma

What to do with frequent flyer miles when they are about to expire? That's the dilemma that my wife Shelly and I were facing last spring. The consensus was to go

as far south as possible within the continental US when the weather turns cold. Thus we ended up with two tickets to Miami flying out on Thanksgiving Day in the morning and coming back on Friday the following week. The idea was to get some beach time on the Florida Keys,

I figured we'd rent a car like every normal couple would do and explore the Keys from behind the windshield. However, in late summer, as the time of departure came closer, I found out about the existence of the Florida Keys Overseas Heritage Trail (FKOHT) (<http://www.dep.state.fl.us/gwt/state/keystrail/default.htm>), which runs along the Keys from northernmost Key Largo to southernmost Key West. Thus an idea was born to take our tandem along and

ride the Keys on two instead of four wheels.

We have an S&S (sandsmachine.com) coupled tandem which makes air travel easier since the tandem and accessories fit into two suitcases that can move through the airport unrecognized by the ticket agents and avoid the multi-hundred dollar fees that airlines charge these days for flying a bike. I was bending over to spend the extra \$1200 on the S&S option years back, but in retrospect it was one of the best investments I have ever made. As our tours are usually a short vacation away from our busy lives, we tend to stay at hotels and eat out, which makes packing relatively easy, we can fit and carry all our stuff on the rear rack of the tandem. The places we stayed during the week in the Keys ranged from resort like to budget motels depending on what we could find along the way, for the more budget minded there are also several state parks dispersed along the way that offer camping and beach in one package.

The FKOHT website provides excellent information about the trail status. While the trail is still a work in progress, the plan is to have a continuous non-motorized trail running the whole length of the Keys, utilizing the historic bridges built originally for a railroad, then repurposed for a highway after the railroad was destroyed by a hurricane in 1935, and now abandoned as the new, much wider highway bridges have been built. A quick look at the map from the website may make one think that the trail is mostly finished, the reality is far from it. There are numerous gaps, plus most of the trail in the urban environment (Islamorada, Marathon) is sub-standard with narrow path and barely marked driveway and business crossings. Motorists not aware of the trail existence tend to stop right on the trail waiting for a break in the busy traffic on US-1 highway, effectively rendering the trail unusable. Oftentimes, it is safer and more convenient to stay on the parallel US-1 highway, which has a reasonable shoulder most of the time.

There are also some beautiful trail sections on the rehabilitated historic bridges and on a few islands, where the trail has been done recently and the profile is wider (10-12 ft). Beach opportunities are somewhat scarce since the environment is mangrove swamps, but, in the middle and lower Keys (from ca. mile 80 down), there is something every 5 miles or so. So, taking it easy and stopping for a swim is definitely a good idea. Overall, for a seasoned biker without small kids, the whole trip is fairly

good, at least for the US standards. I am looking forward to the progress on the trail construction which seems to have picked up a pace lately. If the trail is finished in the way it's planned, it will be a world class cycling destination for anyone who can keep a balance on two wheels.

Our plan for this trip was to take an airport shuttle to Key Largo, ride leisurely 30-40 miles a day to get to Key West in three days, stay there for a couple of days, and rent a car for the last day's drive back to Miami. It is about 100 miles from Key Largo to Key West, with the highway mileage numbers starting at Key West. Pretty much any location in the Keys, including FKOHT, is referenced by a mile number.

At the arrival we spent a day in Key Largo resting, assembling the bike and taking a snorkeling tour. That lazy day got us quite wired up to get on the bike the next day. We started right out of our hotel at Marina Del Mar, which grudgingly let us store our luggage in the hotel lobby. As we headed south, the scenery improved from semi-trashy businesses along the highway in Key Largo to a tropical vegetation right next to the trail with occasional peeks at the water. The views soon offered a lot of vistas towards the sea on both sides of the road. Throughout Islamorada, there were sections of old narrow trail. At points we chose to ride the trail, at others we stayed on the shoulder, which seemed safer than risking a collision with cars pulling in and out of driveways.

On Lower Matecumbe Key and the following causeways is a good trail on the Bay side with stunning views of the blue waters, palms and mangroves. Then follows the first restored historic bridge - channel 2. It was quite fun to ride through it, despite being full of fishermen many of which did not use the extended fishing platforms so we had to be careful while passing them. The second bridge, channel 5, has a break in it so we had to use the highway, the tailwinds made it a quick passage. Then we continued another few miles to our first overnight stop at the Lime Tree Bay Resort, near mile marker 70. The second half of the day was devoted to non-cycling activities, such as swimming and kayaking, in the fairly fancy resort.

The second day we started late, extending our stay at the Lime Tree Bay Resort till the checkout at 11am. Then we made a mad dash across US-1 to get on the path that runs on the Atlantic (south) side of the highway. The trail parallels the highway along the Long Key State Park and the vegetation from the park provided a good shade. The park also has a few good trails, including a marked canoe trail through the mangrove swamps. South of the state park is the Long Key bridge which is a historic bridge used for the trail and fishing. The bridge is a couple miles long, the longest restored so far. Then follows another gap in the trail and a few miles on the highway, followed by another four pleasant miles on Grassy Key, on a wide path that is most of the way separated from the highway by dense tropical trees and bushes.

The pleasure ended with entry to Marathon around mile post 54, which is the largest town in the middle Keys. It would be a good overnight stay place for those who would like to do the ride in two days, 50 miles each day. Most of the town is cov-

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Above: The Florida Keys Overseas Heritage Trail.
Right: Shelly Roalstad and Martin Cuma enjoy the sunset at the southernmost point in the Continental US in Key West.



Bridge and onto the Big Pine Key. Here lives the endangered Key Deer whose highest mortality rate is due to collisions with motorists so the speed limit is lowered to 45 mph. This consequently made riding on the road more pleasant. We made it to Big Pine Motel near mile post 30 an hour before the sunset. Big Pine Key is not very touristy, and it was quite dead on Sunday night. We ended up doing some food shopping in the local supermarket and had a dinner at a Mexican restaurant run by Vietnamese, the only restaurant open that night.

We started the next day by a leisurely exploration of the Key Deer National Refuge. The visitor center is conveniently located in the local strip mall. I was surprised to learn that the refuge only has about a dozen employees. It is run by US Fish and Wildlife, which has a bunch of refuges in the Keys. Despite their small

numbers, they seem to be doing a good job in preserving the area and limiting the development (though with the climate change it may not be the best idea to invest here in real estate anyway). From the visitors center we rode to the Blue Hole, which is a freshwater lake formed after mining out the limestone. Many of the keys have freshwater lense aquifers that provide fresh water. Then we rode to No Name Key, which apart from its name did not have anything appealing and it was getting close to our motel checkout time so we turned around and rode back to the motel to check out.

Then we set off to the last leg of our tour. The situation changed some as the pre-frontal winds shifted to south-west and it was noticeably more humid. Still, the weather was

Continued on page 32

ered by sub-standard trail; again, the biggest issue is business access and drivers clueless about what the zebra marking means. Worth stopping by is the Turtle Hospital, which specializes in caring for sick or injured sea turtles. They have a nice visitor center with interesting displays of their work, and life and dangers for sea

turtles. End of Marathon near mile post 47 is signalized by Knight's Key rest area, which is a good lunch spot. Then follows the Sevenmile Bridge, which is as long as the name says. Cyclists have to ride on the highway bridge as the old historic bridge is not rehabilitated yet. We again had tail winds and managed to clock 20-25

mph speeds. Another three quick miles on the highway brought us to Bahia Honda State Park, which is known for the best beaches in the Keys. It was getting fairly hot (lower 80s), so, we were ready for the beach. After few hours we continued on the road across the four-lane Bahia Honda

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