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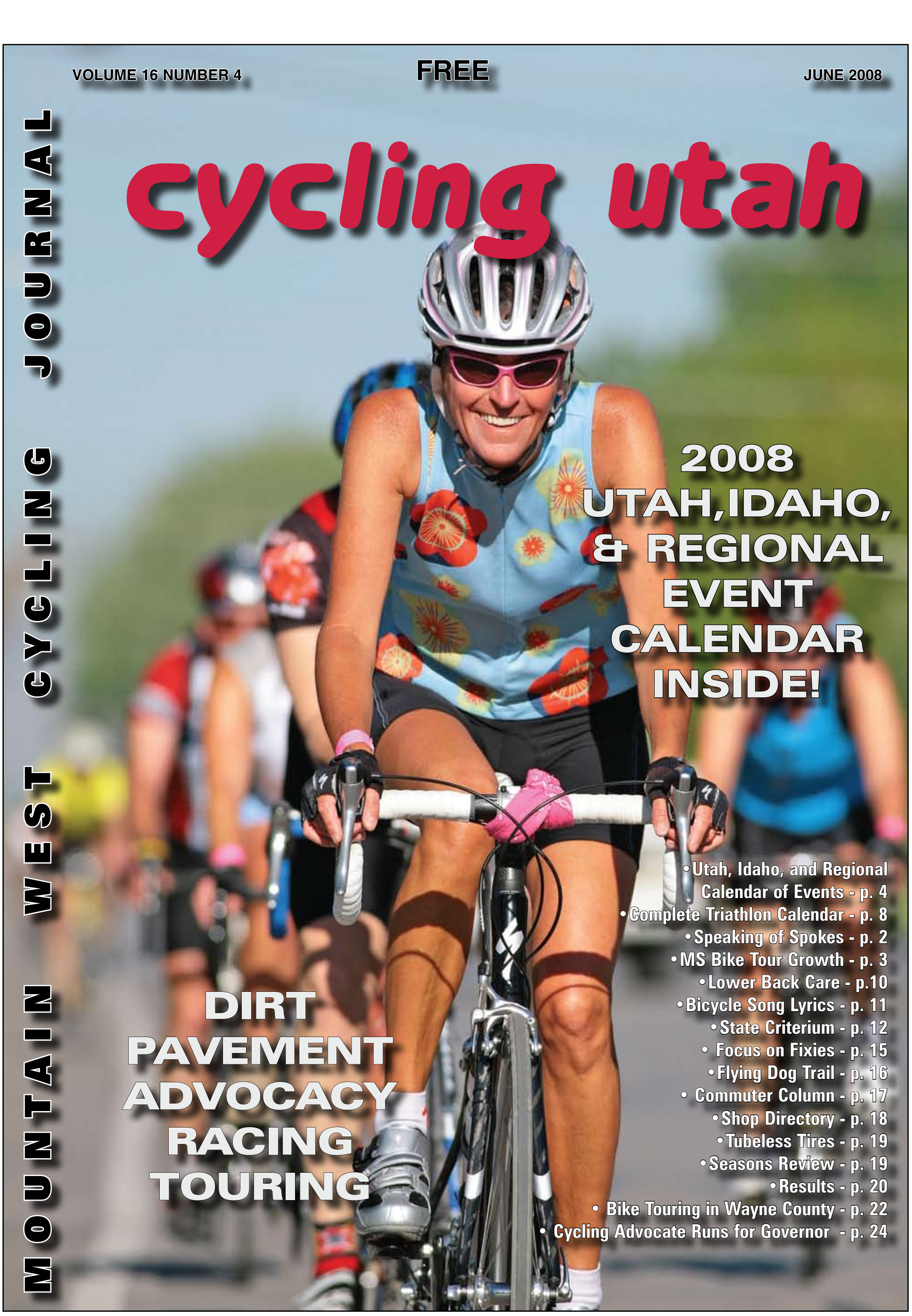
MOUNTAIN WEST CYCLING JOURNAL

cycling utah



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RACING
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SPEAKING OF SPOKES

Some Personal Guidelines for Riding in Urban Areas

By David Ward
Publisher

I had my red-neck relatives visiting from Oregon a few weeks ago, during which an interesting conversation occurred. I had returned from a bike ride in the morning, as a result of which the conversation turned to cycling. Someone made a comment about bicyclists in Oregon being obnoxious. My nephew then related an incident about driving around a bend on a main road and suddenly coming upon four cyclists fanned out across the lane. Someone else said that both cyclists and pedestrians go along that road regularly and related that someone was killed there. My brother-in-law explained how there is no shoulder on the road and cyclists and pedestrians should not even be there.

I responded that the lesson for motorists is that there are going to be pedestrians and cyclists on that stretch of road and so they need to slow down. We then bantered back and forth about cyclists, pedestrians and motorists, the rural, gas-powered red-necks versus the urban new age alternative transportation liberal. In truth, these relatives are wonderful people, and I could not write this if I did not know of their goodness and good humor. I love them, and I love being with them.

But it was an interesting experience to be at opposite sides of this debate with people for whom I care deeply, and whose opinions I indeed value. They are intelligent people with a different set of experiences and background to draw upon as we view and compare our ideas and attitudes.

This conversation was brought back to mind as I observed a recent email exchange on the MBAC (Mayor's Bicycle Advisory Committee) email list. Without getting into that debate, it was nevertheless interesting to observe the attitudes of the various posters. They ranged from the attitude of those who see motorists as the enemy, referring to cars as "cages" and drivers as "cagers", to the pacifiers, promoting peaceful coexistence, courtesy, and world love.

The combination of the foregoing has made me reflect again on being a cyclist in an urban setting where, while cycling is becoming more accepted, it is still a sometimes hostile environment. I have been cycling regularly on the Salt Lake Valley roads for over 25 years, and while I do not deem myself an expert, I do have certain ideas and guidelines I have developed.

First, never tangle with a "cage". They will always win. I did that once, very unintentionally, and survived it amazingly well. But I will never forget that, while I had the right-of-way, the car had the mass, and I took all the consequences.

Second, find the best routes, and avoid busy streets and streets with

A high bike at the UTA Bike Bonanza. Photo: Dave Iltis

no shoulder. My office is on 700 East and about 4500 South, and my window looks out on the six lanes of busy traffic on 700 East, three in each direction, no shoulder. Occasionally, I will see a cyclist riding on 700 East, bucking the traffic, and in my mind, putting limb and life at risk. Just two blocks over is 500 East, a two lane road, wide enough to accommodate cyclists. If I am heading north or south, I will take either that or 1100 East to the north. There is still traffic, but it is not going 55 mph, vehicles are not weaving in and out of traffic, and I do not have to brave taking up a whole lane to try to protect myself. In my mind, it is just plain stupid to ride on 700 East.

Third, and in contradiction to the previous paragraph, take up the whole lane when you have no shoulder. I prefer making vehicles wait till I can reasonably move over or they have sufficient room to go around, than trying to hug a few inches of pavement on the right while getting buzzed and abused by vehicles within a few inches on the left. I prefer honking, verbal and visual abuse to that.

Fourth, obey all traffic rules (most of the time). I know I will be criticized for the caveat, but I have no issue with blowing a stop sign or stoplight if there is no traffic. That being said, traffic laws are necessary for the efficient and safe flow of traffic. Your greatest safety is in obeying them. And you will score more points and engender much good will with motorists in doing so.

Fifth, always, always be courteous. As cyclists, we want drivers to like us. Without that, we will never gain their respect or courtesy. I am not suggesting we not assert our rights. But in the end, even civil disobedience is grounded in a respect for those whose attitudes are sought to be changed. But in truth, most drivers drive respectfully and courteously. Like cyclists, there is that minority who create problems for the rest of us. Often, when I have the right-of-way, I will nevertheless wave a car through because it makes sense to do so.

All of the foregoing are, I believe, just common sense. But I am often amazed at some people's lack of this precious attribute. So, occasionally, it is good to review these principles, examine one's own attitudes and habits and adjust them accordingly.

I love riding my bike, and I have never feared riding in urban areas. But I have learned that by following this set of guidelines, I increase both my safety, my confidence and my enjoyment in riding my bike.

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Cover Photo: Fun at the Cycle Salt Lake Century on May 17, 2008. Over 1500 riders participated.
Photo: Kevin Winzeler
Find your photo at Zazoosh.com

BIKE EVENTS

MS Bike Tour Sees Explosive Growth

By Griffin Wilder

Twenty-two years ago, 125 do-gooders started a Bike MS: Utah event with a goal of $30,000. This small but active bunch of bikers decided that your typical short ride wasn't good enough—they opted to create a 150-mile haul that was the longest ride in the state. This month, this ride has exploded to boast not only 3,000 riders, but a fundraising goal of $1.7 million.

The staff at the National Multiple Sclerosis Society will explain that it's all due to teams. "It's simply incredible how teams grow and fundraise," says Michael Mozdy, Director of Communications. "We know that the event has a magic that brings people back year after year, but it's the personal connections to friends and family who have MS that make the fundraising."

Connection to the Cause

Kitty LeValley, a rider and team captain since 1997, can vouch for that. She started Team Jewels, named after her sister, Julie, who was diagnosed with MS in 1996. The team was just her and her daughter, Marcé, riding on mountain bikes with knobby tires. "We decided these biker people were crazy for riding 150 miles in two days," she jokes. "Our butts were raw on the second day and we sagged it back to the fairgrounds," she adds, referring to the Safety, Assist and Gear vehicles that pick up tired bikers along the route.

Over the next six years, Team Jewels never grew beyond eleven riders, although their fundraising did go up from a few hundred the first year to over six thousand. Around the time Kitty's cousin was also diagnosed with MS, her team started growing as did her fundraising. They started a backyard BBQ, which continues to this day, and amazingly it raised their donations to five figures.

But that wasn't the end of it. Kitty herself was diagnosed three years ago, and as the connections to MS piled up, so did the money. Last year, 24 riders on Team Jewels raised an incredible $50,000, thanks to their supportive friends and a successful backyard BBQ.

"If you don't know anyone who has MS, eventually you will," Kitty explains. "No one is immune. Be active as much as you can," she recommends, "because someday you may not be able to move. And Bike MS is a way to be active and support a cause that impacts so many people around you."

Kitty realizes that in 10 years, it's come full circle for her. "I started this because my sister got diagnosed, and now this year, my daughters are riding in the Colorado Bike MS on Team Kitty for me."

Big Hitters

Some teams have grown slowly, and others have grown astronomically. Take Team ATK, headed by Dr. Matthew Kriech, rocket scientist. His team skyrocketed from him and a buddy in 2004 to 131 riders this year, thanks to Matt's intense and likeable energy. Like Kitty, Matt had a connection to MS: His wife Emily works for an MS clinic at Western Neurological Associates. Half of the team is employees from ATK and half are friends and family. The real break came in 2006, he explains, when ATK offered free jerseys to anyone who registered and raised the $250 minimum for the event. Something about getting the jersey made people join in droves. But that didn't keep them coming back. "Bike MS sells itself," Matt claims convincingly. "There's so much to do and people are so friendly and nice. It's not a hardcore race - you can join any pace line you want. It appeals to riders of all levels.

He notes that he doesn't push fundraising for first-time riders. He lets them enjoy the event and get pulled in by how fun it is. "Returning team members take it to the next level," he says, which is something Matt knows a lot about.

"The most common objections you hear are 'I can't ride 150 miles' and 'I can't raise $250.' Well, you don't have to ride 150 miles. I ride with guys who pull out their 1980s rigid mountain bikes once a year for this ride. They make it a few miles and let the SAG wagons take them back to the party. As for the money,

John Drury leading a paceline.

it's a lot easier to look at it as raising $25 ten times. Really, who can't find ten friends and family to ask for 25 bucks?"

Team Espoir-Merrill Lynch is another big hitter, growing from four women associated with the Cottonwood Heights Recreation Center in 2003 to an amazing 150 people just four years later. John Drury, team captain and husband of one of those founding four women, attributes the growth to simple salesmanship. "Some of our riders were clients from the rec center, others were friends," he says, "but frankly we just asked anyone we would meet while out riding. You know - you recruit them with the 15-second elevator speech." Then there was the sponsorship by Merrill Lynch, where another offer of a jersey made the team double in size.

John's stance towards fundraising is refreshingly aggressive. "I tell my team that $250 is a minimum. It's like getting a 'C' in high school. You can do better." This comfort level with fundraising comes from his own experience. "I have a couple of co-workers with MS, so I had a connection, but I was amazed to find out that nearly everyone I spoke to about Bike MS knew someone else with MS. People are actually happy to support your team on the ride because it seems like everyone has a connection."

John was so good at team building last year that he beat another team with a dizzying climb in numbers, Team Lifetime Fitness, for the largest team honor. It was Lifetime Fitness's first year as a team, but they had people "spinoff" from other teams to get it jumpstarted, and they showed up to the ride with 130 riders. Lifetime Fitness has come back with a vengeance this year, though, and leads the pack with an astounding 170 registered riders as of the end of May

Pete Taylor, co-founder of the event back in 1986, said, "No matter how many years you've ridden, whether 14 or 22, you just don't get

Continued on page 13

cycling utah

CALENDAR OF EVENTS

Calendar Guidelines:
Listings are free on a space available basis and at our discretion.
Submit your event to: dave@cyclingutah.com with date, name of event, website, phone number and contact person and other appropiate information
Let us know about any corrections to existing listings!

Bicycle Motocross

Rad Canyon BMX — (801) 824-0095

Deseret Peak BMX — www.deseret-peakcomplex.com, Tooele

Calendar of Events sponsored by

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May - October — Rad Canyon BMX, Practice Tuesdays 6:30-8:30 pm. 9700 S. 5250 W., South Jordan, (801) 824-0095.

May - October — Rad Canyon BMX, Single Point Races Thursdays, Registration 6-7 pm, racing ASAP (7:30pm). 9700 S. 5250 W., South Jordan, (801) 824-0095.

TBA — Rad Canyon BMX, Race For Life, Double Point Race. Registration 9-10 am, racing ASAP (11am) 9700 S. 5250 W., South Jordan, (801) 824-0095.

July 25-28 — Rad Canyon BMX, ABA GREAT SALT LAKE NATIONALS. radcanyonbmx.com, 9700 S. 5250 W., South Jordan, (801) 824-0095

For more BMX track info, visit cyclingutah.com

Cycling Events

Advocacy Groups

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7939 or (801) 487-6318.

Salt Lake County Bicycle Advisory Committee — Meetings are the second Monday of each month from 5-7 p.m. in suite N-4010 of the Salt Lake County Government **Center**, 2001 S. State, SLC, (801) 485-2906

Weber County Pathways — Weber County's Advocacy Group, (801) 393-2304 or www.weberpathways.org

Provo Bike Committee — Meetings are the first Wednesday of each month, 5:00 p.m. in the City Council office, 351 West Center Street, Provo, Call the City Council offices at 801-852-6120 or email gilbert.bradshaw@gmail.com or duncanish@gmail.com

Davis Bicycle Advisory and Advocacy Committee — Contact Bob Kinney at (801) 677-0134 or Bob@bike2bike.org

Mooseknuckler Alliance — St. George's Advocacy Group, www.mooseknuckleralliance.org

Mountain Trails Foundation — Park City's Trails Group, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

Park City Alternative Transportation Committee — normally meets on the second Tuesday of the month at Miner's Hospital at 9:00am**,** call to confirm, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

Utah Bicycle Coalition — Statewide advocacy group, utahbikes.org

Volunteer to help build the Bonneville Shoreline Trail (801) 485-6975 or visit www.bonneville-trail.org.

2008 Cycling Events

Salt Lake Critical Mass — Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC, for more info, if you have a bike to lend, etc.: email slccriticalmass@yahoo.com

Tuesdays — Bike Polo League, Liberty Park, Salt Lake City, 7 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. More info: Scott at (801) 870-9292.

June 7 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

June 7 — National Trails Day, 9 am, Meet at White Pine Touring at the Rail Trailhead, Coffee and bagels, Project TBA, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

June 14 — Venture Outdoors Festival, 3-10 pm, Millcreek Township Festival, cycling clinics, cycling gurus on hand, Canyon Rim Park, 3100 S. 2900 E, (801) 466-0686, millcreekoutdoors.org

June 18-21 — IMBA World Trails Summit, IMBA Summits bring mountain biking advocates, land managers, ski resort professionals, trailbuilders, tourism officials and the bike industry together for collaboration, planning and celebration, Patti Bonnet patti@imba.com, 303-545-9011, IMBA.com

July 12 — Utah Tour de Donut, 21 mile circuit race and donut eating (subtract time for eating donuts each lap), bike safety rodeo, kids race, American Fork, UT, (801) 763-1216, utahtourdedonut.com

September 22 — World Car Free Day, worldcarfree.net

September 27 — Endurance Festival, run, trail run, road cycling, mountain biking, duathlon and off-road duathlon events, entertainment and more, Old Town Pocatello, ID. www.EnduranceFestival.com, info@EnduranceFestival.com, (866) 8-ECO-FUN or 208-233-3798

Mountain Bike

Tours and Festivals

2008 Events

June 7 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

June 7 — National Trails Day, Biker's Edge Trail Crew and the Forest Service are sponsoring a trail maintenance day. Starts at 2:30 P.M. at the Pineview West / South Skyline Trailhead. Bring pruners and hand saws. Food will be provided with extra water on hand. Group ride afterwards. Call Steve for more information 801-528-2907 or e-mail at Sessions11@msn.com

June 19 — Seasons Bike Film Premiere, a look at the lives of downhill racers, slopestyle competitors, and big mountain freeriders from the producers of Roam, Jim Santy Auditorium - Park City Library, 8:00 pm, Jason Mitchell 801-358-3315, www.FeedTheHabit.com - $7 advance tickets available online, jason@feedthehabit.com

June 21-22 — Wild Rockies 11th Annual Boise to Idaho City Tour, Boise to Idaho City (camp over night) and back to Boise, Darren Lightfield 208-388-1971, wildrockies.com

June 18-21 — IMBA World Trails Summit, IMBA Summit will bring mountain biking advocates, land managers, ski resort professionals, trailbuilders, tourism officials and the bike industry together for collaboration, planning and celebration, Trail Care Crew too, Patti Bonnet patti@imba.com, 303-545-9011, IMBA.com

July 14-15 and July 17-18— Rocky Mountain Bicycles Dirt Series Women's Mtn Bike Camp, Park City. Contact (604) 905-8177 (canada) or info@dirtseries.com for more info.

July 21-22— Rocky Mountain Bicycles Dirt Series Women's Mtn Bike Camp, Sun Valley, ID. Contact (604) 905-8177 (canada) or info@dirtseries.com for more info.

June 15 - September 5 — Great Divide , Canada to Texas, dirt, Adv. Cycling Association, (800) 755-2453

July 9-13 — Girlfriends Go Tours: Park City Mtn Experience. Mountain Bike Clinic & Summer Camp for Women. All inclusive 5-day bike camp. For more info,

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www.girlfriendsgo.com or Lynn, (435) 640-3931

August 14-24 — IMBA Trail Care and School, Long Valley, ID, IMBA.com

August 16-22— Cycle the Divide, starts in Steamboat Springs, CO, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

August 28-31 — IMBA Trail Care and School, McCall, ID, IMBA.com

September 13-19— Base Camp Fruita, mountain biking camp, Fruita, CO, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

September 21-28 — Colorado/Utah Canyon Country, Fruita-Moab-Fruita, Kokopelli Trail and more, dirt, 335 miles in the dirt, Southern Utah, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

September 27 — Endurance Festival, run, trail run, road cycling, mountain biking, duathlon and off-road duathlon events, entertainment and more, Old Town Pocatello, ID. www.EnduranceFestival.com, info@EnduranceFestival.com, (866) 8-ECO-FUN or 208-233-3798

October 2-5 — Take Your Kid on a Mountain Bike Ride and IMBA Trail Care Crew, Boise, ID, byrdscycling.com, merlinxlm@cableone.net

October 24-26 – Chile Ho-Down Bike Festival, 3rd annual festival includes group rides, a dirt jump contest, Halloween costume party, prize giveaways and just an all around good time, possibly a DH race, Chile Pepper Bike Shop, 435-259-4688, www.chilebikes.com

Mountain Bike Racing

General Info

Intermountain Cup information (Utah) (801) 942-3498.

USA Cycling, Mountain Region,(UT, AZ,NM,CO,WY,SD), (719) 866-4581

Weekly Series Races

Tuesdays — Solitude Full Throttle Midweek Mountain Bike Race Series, June 24, July 1, 8, 15, 22, 29, August 5 Registration at 5:45, race at 6:30, 4, 8, and 12 mile options, Solitude Mountain Resort, Entry 1 (Moonbeam Lot), SkiSolitude.com or call Nick or Jay at (801) 536-5784

Wednesdays — May 7,14, June 4, 18, July 2, 16, 30 August 13, 27, Soldier Hollow Training Series, (alternates with Sundance) 6 p.m., (801) 358-1145

Wednesdays — May 21,28, June 11,25, July 9,23, August 6,20, Sundance Weekly MTB series, 6:30 pm, alternates with Soldier Hollow Training Series, Kids' Races on May 21, June 25, July 23, August 20, Sundance Resort, (801) 223-4121

2008 Utah MTB Races

June 1 — Bountiful Bomber Downhill Race, Utah DH Series, Bountiful, UT, (801) 375-3231, go-ride.com

June 7 — Deer Valley Pedalfest, Intermountain Cup #8, Deer Valley, UT - Ed Chauner, 801-942-3498, intermountaincup.com

June 14 — Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #9, Solitude, UT, XC - Ed Chauner, 801-942-3498, intermountaincup.com

June 21-22 — Wolf Mountain Mayhem Downhill Race, DH/Super-D/Dual/Quad X, Utah DH Series, Wolf Mountain Resort, (801) 375-3231, go-ride.com

June 21 — The 12 Hours of the E100, 12 hour endurance race with site fee to benefit National Ability Center, Individual and Two and Four person Team Categories, Park City, thee100.com, (435) 649-2129, thee100.com

June 21 — Sundance/Parks Sportsman Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849, sundanceresort.com

June 26-29 — NORBA National Mountain Bike Series #4, XC, STXC, DH, Dual Slalom, Deer Valley, UT, XC/ST/, (435) 884-3515, mtbnationals.com

July 5-6 — White Pine Downhill Race, DH/Super-D, Utah DH Series, White Pine Resort, Palmdale, Wyoming, (801) 375-3231, go-ride.com

July 12 — Blue Mountain Bike Chase, 25 mile XC race, Monticello City Recreation, Monticello, UT, (435) 587-2029, monticelloutah.org

July 12 — Park City Perfect 10 Endurance MTB Race, 7 a.m. to 5 p.m., solo M/F/SS, duo M/F/Co-ed/SS, 4-person M/F/Co-ed (no SS) categories, Deer Valley Resort at Silver Lake Village, Park City, (435) 659-1188 or visit parkcityperfect10.com

July 19 — Snowbird Mountain Bout, 21st Annual, Intermountain Cup #10, Snowbird, Ed Chauner at (801) 942-3498, intermountaincup.com

July 19 — Sundance/Parks Sportsman Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849 or sundanceresort.com

July 19-20 — Bald Mountain Challenge Downhill, DH and Super-D, Utah DH Series, Deer Valley, UT, (801) 375-3231, go-ride.com

July 26 — Taming the Tetons, Intermountain Cup #11, Jackson Hole, WY, Ed Chauner at (801) 942-3498, intermountaincup.com

July 26 — The Endurance 100/Mind Over Mountains, 100 mile team relay, 50 mile solo, Park City, thee100.com, (435) 649-2129

August 2-3 — Pomerelle Pounder, 2 DH, Utah DH Series, Wild Rockies Series #5, Burley, ID, (208) 388-1971, (801) 375-3231, go-ride.com, wildrockies.com

August 9— Cook-Sanders Associates Wolverine Ridge XC Race, 15th Annual, Intermountain Cup #12, Series Finals, Jill Smith, jsmith@evanstonwy.org 307-783-6459 or Paul Knopf, pknopf@evanstonwy.org 307-783-6458; or 1-866-783-6300 ext. 470., evanstoncycling.org, intermountaincup.com

August 16 — Altra Widowmaker Hill Climb 8 AM, Ride to the top of the Tram from 9400 S and 2000 E, Snowbird Resort, (801) 583-6281, sports-am.com

August 16 — Sundance/Parks Sportsman Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849 or sundanceresort.com

August 16-17 — Flyin' Brian Downhill Race, DH and Super-D, Utah DH Series, Brian Head, UT, (801) 375-3231, go-ride.com

August 21-24 — Great American Mountain Bike Stage Race, 4 stages, 280 miles, Brian Head, Utah, Tom Spiegel, teambigbear@aol.com or Jeff at (435) 884-3515 or teambigbear.com

August 23 — The Race for Everyone, a low pressure, easy entry event for any mountain biker, from ICUP regulars to 1st Timers, families and kids encouraged to attend, bike safety, bike setup, and more, benefits Kids on the Move, Sundance Resort, Contact Keith Payne 801.368.5321 or Mad Dog Cycles at (801) 222-9577, sundanceresort.com

August 23 — The Endurance 100/Mind Over Mountains, 100 mile, 100 km, and 50 mile individual races, Park City, thee100.com, (435) 649-2129

August 29-31 — Brian Head NMBS Championship Finals, race #6, XC/DH/4Xor DS/ST/Super D, (435) 884-3515, mtbnationals.com

August 31 - September 1 — Sundance Showdown, Super-D and DH, Utah DH Series, Sundance, UT, (801) 375-3231, sundanceresort.com

September 6 — 5th Annual Sundance Single Speed Challenge, 10 am start, Sundance Resort, Sundanceresort.com or (801) 223-4121

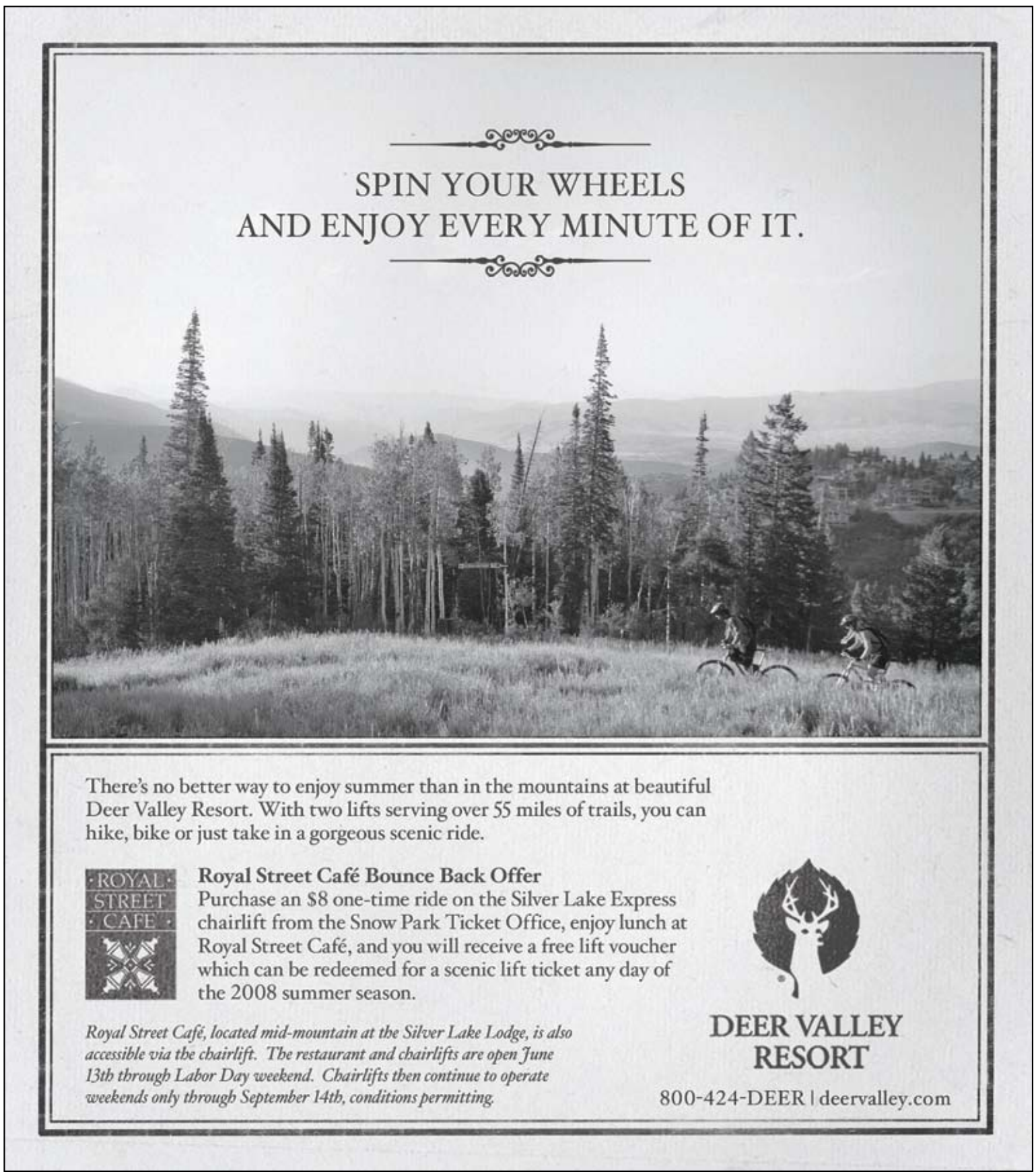
September 13 — 12 hours of Sundance, 7 am - 7 pm, Sundance Resort, (801) 223-4849 or sundanceresort.com

September 14 — Tour des Suds, 26th Annual, Park City, (435) 649-6839 or mountaintrails.org

September 14-20 TENTATIVE — The Endurance 100 ULTRA, Park City, thee100.com, (435) 649-2129

September 20 — Widowmaker Hill Climb 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort, (801) 583-6281 or sports-am.com

October 13-14 — Huntsman World Senior Games. Must be 50 years or older. three events: hill climb, downhill, and cross country, St. George, UT, 800-562-1268 or hwsg@infowest.com or seniorgames.net



October 11-12 — 24 Hours of Moab, 13th Annual, Moab, UT, (304) 259-5533 or grannygear.com

2008 Idaho and Regional MTB Races

June 2-3 — Janna Brimmer Memorial Salmon Idaho Slammer, Wild Rockies Series, XC, DH, Salmon, ID, (208) 388-1971, wildrockies.com

June 14 — Pocatello City Creek XC, Knobby Tire Series, Pocatello,ID, (208) 338-1016, knobbytireseries.com

June 18 — Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 733-5056

June 21-22 — Soldier Mountain XC and DH, Knobby Tire Series, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016, knobbytireseries.com

July 4 — 13th Annual WYDAHO Bike Race, XC, Grand Targhee Ski and Summer Resort Alta, WY, Andy at 1-800-TARGHEE ext. 1309 or awilliams@grandtarghee.com, grandtraghee.com

July 5-6 — White Pine Downhill Race, DH/Super-D, Utah DH Series, White Pine Resort, Palmdale, Wyoming, (801) 375-3231, goride.com

July 11-13 — Brundage Mountain Bike Festival, Wild Rockies Series, XC and DH, trail run, McCall, ID, (208) 388-1971, wildrockies.com

July 11-13 — Blast the Mass, Mountain States Cup, Snowmass Resort, Aspen, CO, racemsc.com

July 26 — Taming the Tetons, Intermountain Cup #11, Jackson Hole, WY, (801) 942-3498, intermountaincup.com

July 26 — Galena Grinder Whit Henry Memorial Race XC and Marathon, Knobby Tire Series, Ketchum, ID, Don Shepler (208) 720-3019, (208) 726-4010 or don@galenalodge.com or 208-338-1016, knobbytireseries.com

July 26 — Laramie Enduro, 111 K mountain bike race, Happy Jack, Laramie, WY, 307-745-4499, laramieenduro.com

July 27 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 690-9896, ucjh.org

July 30, August 6,13,20?? — Teton Village Short Track XC Series, 6:30 pm, Teton Village, WY, (307) 690-9896, ucjh.org

August 2 — 24th White Knob Challenge, Knobby Tire Series, Mackay, ID, Kurt Holzer at (208) 890-3118 or 208-338-1016, knobbytireseries.com

August TBA — Durango MTB 100, Durango, CO, (970) 259-7771, gravityplay.com

August 2-3 — Pomerelle Pounder, 2 DH, Utah DH Series, Wild Rockies Series #5, Burley, ID, (208) 388-1971, (801) 375-3231, wildrockies.com

August 9 — Butte 100, Fundraiser for Mariah's Challenge, Butte, MT, Gina Evans, eatdirtpigpen@hotmail.com or 406-498-9653 and Bob Wagoner, bwtripleringprod@hotmail.com or 406-490-5641, tripleringprod.com

August 16 — Silver Creek Pedal and Plunge XC, Knobby Tire Series, Garden Valley, ID (208) 338-1016, knobbytireseries.com

August 16 — Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 690-9896, ucjh.org

August 29-31 — Tamarack Twister Idaho State, Knobby Tire Series Final, XC, STXC, DH, Dual Slalom, Tamarack Ski Resort, Tamarack, ID (208) 338-1016 or (208) 325-1035, knobbytireseries.com

August 23-24 — 24 Hours of Grand Targhee Mountain Bike Race, XC, Grand Targhee Ski and Summer Resort Alta, WY, Andy at 1-800-TARGHEE ext. 1309 or awilliams@grandtarghee.com, grandtraghee.com

September 14 — Boise to Bogus Banzai, 16.5 mile, 4100 vertical foot descent, Wild Rockies Series, Boise, ID, (208) 388-1971, wildrockies.com

September 19-21 – Cactus Cup MTB Race, Las Vegas, NV gobike1.com, (706) 549-6632

September 20-21 — Wild Rockies Series Finals and NW Collegiate MTB Conference Race, Open to all riders, Wildrockies Series Finals, Bogus Basin, Boise, ID, (208) 388-1971, wildrockies.com

September 27 — Endurance Festival, run, trail run, road cycling, mountain biking, duathlon and off-road duathlon events, entertainment and more, Old Town Pocatello, ID. www.EnduranceFestival.com, info@EnduranceFestival.com, (866) 8-ECO-FUN or 208-233-3798

Road Racing

General Info

Utah Road Racing - USCF, Utah Cycling Association - James Ferguson, 801-476-9476, utahcycling.com

USA Cycling, Mountain Region Road Racing (UT,AZ,NM,CO, WY,SD), George Heagerty, (719) 535-8113.

Utah Weekly Race Series

Cyclesmith Rocky Mountain Raceways Criterium — Saturdays at 12 noon in March (8,15,22,29), Tuesdays in April 1 - September 30, 6 pm, 6555 W. 2100 S., West Valley City, UT, Map, (801) 209-2479, utahcritseries.com

Salt Air Time Trial — Every other Thursday April 3 - September 18 (April 3,17, May1,15, June 12,26, July 10,24, August 7,21, September 4,18), I-80 Frontage Road West of the International Center, (801) 209-2479, utahcritseries.com

DMV Criterium — Wednesdays (April 16 - September 24), Driver's Training Center, Where: 4700 S. 2780 W., West Valley City Times: A Flite - 6pm. B Flite - 6:55 pm. (April 16 - September 24), Map, 801-651-8333 or cdcarter44@msn.com, utahcritseries.com

Royal Street Hillclimb TT — Every other Thursday (6/12, 6/26, 7/17, 7/31, 8/21, 9/4), 5:30 p.m., 900 ft. elevation gain, Royal Street and Deer Valley Drive, Park City, (435) 901-8872, utahcritseries.com

Ogden Cash Crit — Thursdays, May 8- July 31, 6 pm, ,C flight: 6:00pm (30 min), B flight: 6:40pm (40min), A Flight: 7:30pm (50min), BDO (600 W 12th St), Ogden, UT, westonvw@yahoo.com, (801) 388-0517

Logan Race Club Time Trial Series — Thursdays, 6:30 pm, Logan, UT, (435) 787-2534

2008 Utah Road Races

June 7 — Draper Challenge Hillclimb Race. Starts 8:00 am at Equestrian Center located at 1600 E. Highland Drive. Draper, UT, DraperTrailsDay.com or Ken Murdock at (801) 205-3700.

June 7 — Sugarhouse Crit, UCA Series, Sugarhouse Park, SLC, UT, (801) 209-2479

June 14 — Little Mountain Road Race, UCA Series, Utah State Road Race Championship (category riders), Logan (Newton), UT, loganraceclub.org, 435-563-6489

June 19-21 — Utah Summer Games, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound?, Checkshani Cliffs, Cedar City, (435) 865-8421 or (435) 559-2925, utahsummergames.org

June 21-22 — Cook-Sanders Associates High Uintas Classic Stage Race, UCA Series, 20th Annual!, Kamas, UT to Evanston, WY, contact Jill Smith, jsmith@evanstonwy.org 307-783-6459 or Paul Knopf, pknopf@evanstonwy.org 307-783-6458; or 1-866-783-6300 ext. 470, evanstoncycling.org

June 28-29 — Gate City Grind Stage Race, UCA Series, Pocatello, ID, (208) 652-3532or (208) 233-0951 or idahocycling.com

July 11 — Farmington Festival Days Criterium, UCA Series, Farmington, UT, Tyler Servoss velo11@gmail.com or (949) 637-0159 or bebikes.com

July 12 — Porcupine Hillclimb, UCA Series, Big Cottonwood Canyon, Salt Lake City, 801-424-9216 or porcupinecycling.com

July 18-19 — Capital Reef Classic Stage Race, UCA Series, ITT, Criterium, 120 mile road race, Torrey, Utah, tasbrcrazy@hotmail.com, 435-425-3491, capitolreefclassic.com

July 19 — Sundance Hillclimb, UCA Series, Provo, UT, (801) 223-4849 or sundanceresort.com

July 26 — Chalk Creek Road Race, UCA Series, also, juniors and masters Utah State Championship, Coalville, UT, 801-424-9216, porcupinecycling.com

August 2 — Mt. Ogden Road Race, UCA Series, UCA Series, 9 am start at Snowcrest Jr. High, Eden, UT, 801-528-2907 or sessions11@msn.com, or mountainelementsutah.com

August 2 — Felt Tour de Park City, 170 mile race through Northern Utah's beautiful mountain valleys, raffle. All men's and women's categories and masters. Contact: info@mountainraceworks.com, tourdeparkcity.com or Riley at 435-671-5053

August 9 — Huntsville 100 Road Race, UCA Series, Huntsville, UT, (801) 576-1531, rmcconline.com

August 13-17 — Tour of Utah, America's toughest stage race, five stages, Pro/1 Men only, (801) 558-2136 or tourofutah.com

August 15 — Tour of Utah, Downtown Salt Lake City Criterium for cat2/3 men, master's 3+, (801) 558-2136 or tourofutah.com

August 16 — Snowbird Hill Climb, 8 AM, registration from 6-7:30 am, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 933-2110, snowbird.com

August TBD — Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 477-8380 or (435) 590.0196 or tourdegap.net

August 23 — Jeff Rogers Memorial Sanpete Classic Road Race, UCA Series, Spring City, UT, jeremysmithslc@yahoo.com or 801-558-7215, skiutahcycling.com

August 30 — Antelope Island Time Trial, UCA Series, Antelope Island, Utah, 10, km, 20km or ~40km depending on your category, 801-476-9476, ferg@natca.net, bmbbc.com

September 6 — LOTOJA, 206 miles from Logan, UT to Jackson, WY, (801) 546-0090 or lotojaclassic.com

September 13 — The Climber's Trophy, UCA Series, an individual time trial up the south side of Big Mountain from MM 3 to MM 9., first rider up at 11 AM, contact Jon Gallagher jonbear68@msn.com or teamcsr.org

September 13-15 — Hoodoo 500, 500 mile ultramarathon bike race in S. Utah, St. George, Hoodoo500.com, embassy@planetultra.com, 818-889-2453

September 27 — Harvest Moon Historic 25th Street Criterium, UCA Series, downtown Ogden in the Municipal Park between 25th & 26th Streets, Ogden, UT, (801) 589-1716 or steve@newcastlemortgage.com or ogdenone.com

October 7-10 — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsg@infowest.com or seniorgames.net

October 11 — City Creek Bike Sprint, 10 am, 5 1/2 mile climb up City Creek Canyon in Salt Lake City, road or mountain bikes, (801) 583-6281 or sports-am.com

October TBD — UVSC Cycling/ LAF Benefit Criterium. UVSC Campus, Orem, UT. 2pm, Registration G parking lot, 3pm beginner-intermediate race, 4pm Advanced race, livestrongutah@gmail.com, 801-473-6003

October ? — Utah Cycling Association Rider Meeting, Salt Lake City, James Ferguson, UCA Executive Director, 801-389-5706, ferg@natca.net or utahcycling.com

Idaho Weekly Race Series

Tuesday Nighter Training Ride — Road Ride every Tuesday from April 8 to July 15, Pleasant Valley/ Ten Mile Creek Road. Bogus Hillclimb every Tuesday from July 22 to September 2 at Bogus Road Intersection (6:20 pm), Boise, ID, (208) 343-3782, georgescycles.com

April 16, 30, May 28, June 25 (Time Trial); May 14, June 4, July 2, August 13 (Hillclimb) — Idaho Cycling Enthusiasts Time Trial/ Hillclimb Series, 10 km for flat TT on the Gate City Grind Course, Hillclimb is up Scout Mountain (except 8-13 at Crystal Summit), Pocatello, ID, 208-232-1745 or 208-652-3532, idahocycling.com

Thursdays — CANCELLED Snake River Criterium Series, April 17 - May 15, TT Series May 22 - August 21, Nampa, ID, Lindsay's Cyclery, (208) 376-2482, willlindsay@msn.com

2008 Idaho and Regional Road Races

June 7 — Lyle Pearson 200, team relay road race from Boise to Sun Valley, Boise, ID, (208) 343-3782, georgescycles.com

June 13 — Tour of Eagle, Eagle (9 miles northwest of Boise), ID, (208) 340-7224, roadbicycling.com

June 10 — Idaho Cycling Enthusiasts Criterium Series, Holt Arena, Pocatello, ID, 208-652-3532, idahocycling.com

June 15 — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118, lostrivercycling.org

June 18, 25 and July 9 — Wednesday Night Criterium Racing at the Fairgrounds, Boise, ID, teamico.org

June 20-22 — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-3763, elkhornclassicstagerace.com

June 21 — Idaho State Time Trial Championships, 8 miles south of Bellevue, ID, 7am, (208) 726-7693, durance.com

June 28-29 — Dead Dog Classic Stage Race, Laramie, WY, deaddogclassic@hotmail.com, 307-742-4565, deaddogclassic.com

June 28-29 — Gate City Grind Stage Race, (208) 652-3532or (208) 233-0951, idahocycling.

May 24-25 — Tour of the Bitterroot, RR, TT, Crit, Missoula, MT, (406) 531-4033 or tourofthebitterroot.com

July 4 —, BCRD Hailey Fourth of July Criterium, Presented by Road & Dirt, Hailey, ID, (208) 481-0300, roadanddirt.org

July 13 — Grand Targhee Ski Hill Road Time Trial, 9 a.m., Alta, WY, (208) 354-2354, peakedsports.com

July 19 — Well's Fargo Twilight Criterium, 22nd Annual, NRC race, Boise, ID, (208) 343-3782, georgescycles.com

July 22 — Idaho Cycling Enthusiasts Holt Arena Criterium Series, Pocatello, ID, 208-652-3532, idahocycling.com

July 24-27 — BYRDS Tour of Idaho Junior Stage Race, tobincoaching@earthlink.net, (208) 343-9130 or (208) 343-2607, byrdscycling.com

July 26 — Allan Butler Memorial Criterium, Idaho Falls, ID, contact Ron Bolduc at (208) 523-5347, alpinecycle@onewest.net, idahocycling.com

July 27 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 690-9896, ucjh.org

August 2-3 — Snowbowl and Wupatki Road Races, Flagstaff, AZ, 928-214-9398, summitvelo.com

August 9 — Lamoille Hill Climb, 13 miles, 3100' of climbing, 9 am, Lamoille, NV, Dean Heitt

(775)-738-2497, dgheitt@frontiernet.net, elkovelo.com

August 7-11 — USA Cycling Road Festival, Elite, Masters?, Junior, and Espoir National Championships, Orange County, CA, (719) 866-4581, usacycling.org

August 8-10 — Gateway Canyons Classic, Road Race, Time Trial, and Clinic, Grand Junction, CO, (970) 931-2458, luke@gtwycanyons.com, gatewaycanyonsbikerace.com

August 9 — Mt. Harrison Hill Climb, Triple Crown #1, Boise, ID, (208) 323-2376, aerocyclos.com

August 12 — Idaho Cycling Enthusiasts Holt Arena Criterium Series, Pocatello, ID, 208-652-3532, idahocycling.com

August 12-16 — Southeast Idaho Senior Games, criterium, hillclimb, road race, time trial, Pocatello, ID, Jody Olson, (208) 233-1212

August 16 — Table Rock Hillclimb, Triple Crown #2, Boise, ID, (208) 867-2488, georgescycles.com

August 30 — Mt. Charleston Hill Climb, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Las Vegas, NV, 702-449-6842, tingey.john@gmail.com, mountcharlestonhillclimb.com

September 6 — Bogus Basin Hill Climb, Triple Crown #3, 36th Annual, Boise, ID, (208) 343-3782, georgescycles.com

September 13 — Race to the Angel, 23nd Annual, 3000' climb, Wells, NV, (775) 752-3540, wells-nevada.com

September 20 — Trail Creek Time Trial, Ketchum, Idaho, (208) 726-3947, elephantsperch.com

September 25 — WCSN USA CRITS Finals, part of the USA CRITS Championship, during Interbike, Mandalay Bay Resort, Las Vegas, NV, usacrits.com, 706-549-6632

October 4-5 — Nevada Senior Olympics, Must be 50 years or older, Cycling Four Events - 5K and 10K Time Trials, 20K and 40K Road Races. Plus all other sports. Call 702-242-1590 or nevadaseniorgames@earthlink.net, nevadaseniorolympics.com

Road Tours

2008 Utah and Regional Road Tours

May 31 — Bikes for Kids with Dave Zabriskie, metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray. We will be giving away 1,000 bikes, helmets and jerseys to disadvantaged children in the Salt Lake Valley. The start time is 7:00 am at the Costco in Murray and a bike safety and rodeo will be held at 11:00 for all kids. Contact Teresa at (801) 453-2296 or tmay@finsvcs.com, bikesforkidsutah.org

May 31 - June 6 — Cycle Utah, St. George through the National Parks, 279 miles, Southern Utah, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

June 1 — America's Most Beautiful Bike Ride, 35, 72, 100 miles, 16th Annual, benefit for the Leukemia and Lymphoma Society, Stateline, South Shore Lake Tahoe, NV, (800) 565-2704, bikethewest.com

June 1 — Eureka 105, BBTC Super Series ride, Saratoga Springs, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

June 2 — 3rd annual "Share the Road Memorial Ride."A ride to remember fallen cyclists. Meet at Cole Sport 1615 Park Avenue in Park City. 17-20 mile ride will leave Cole Sport at 6 p.m. Park at Park City Mountain Resort lower lot. All ages welcome but cyclists should be comfortable with a 20 mile ride. Call 435-649-4806 for more details

June 2? – Utah Lake Festival, Begin at Vivian Park, end at Utah Lake, bike ride begins at 10:00am, (801) 538-5216

June 7 — Little Red Riding Hood, women's only metric century ride, 35, 63, and 100 mile options, Wellsville, Cache Valley, (801) 474-2282 or bbtc.net

June 7 — Utah Summer Games Petroglyph Century, in conjunction with the Utah Summer Games, 50, 62, 100 mile options, Starts at the Cedar City Equestrian Center (just North of Hwy 56, west of Cedar City), through Hamilton, Kanarraville, New Harmony, Parowan, Summit, and Enoch, Cedar City, UT, (801) 677-0134 or (435) 865-8421 or bike2bike.org

June 7 — Hurricane 400 K, self-supported brevet ride, Hurricane Utah, (435) 586-7567 or subrevet.org

June 7? — Utah Independent Living Center's 5K "Run & Roll", hand-cycle, wheelchair & walk/run categories. (Best hand cycle time last year was 14:13). Meet east of the Redwood Recreation Center, 3100 So. Redwood Rd., SLC. Registration 8:30 am., race time 9:30. Cost (incl. T-shirt) pre-race $15, race day $20. On-line reg. at uilc.org or call Cathy or Kim at 466-5565 voice or TTY.

June 9- July 3 — Great Alaska Highway Ride, Dawson Creek to Fairbanks, AK, rides@pedalers-pubandgrille.com

June 14 — American Diabetes Association / Tour de Cure-Golden Spike Century. 25,60, and 100 mile options. This ride is for a great cause in a beautiful rural setting. Box Elder High School, Brigham City, UT. For more information call (888) DIABETES - email Marshall Emsley, memsley@diabetes.org or register now at tour.diabetes.org

June 14 — Bob LeBow Bike Tour - "Health Care for All.", routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, helping support primary health care for our most indigent patients, Nampa, Idaho, asandven@trhs.org or 208-467-4431, trhs.org

June 16 — Up and Over 100, BBTC Super Series, self-supported century, bottom of Emigration Canyon to Park City, Coalville, and back, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

June 21 — Bike for the Cure Century, a benefit ride for the Susan G. Komen Foundation. 28, 34, 50, 60, and 100 options through Central Utah. Start and finish in Spring City, UT. Register on-line at active.com or contact Erika Stover (435) 283-2158 or cestover@mail.manti.com, sanpete.com

June 21 — Up and Over, BBTC Super Series ride, Salt Lake to Summit County roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

June 21 — Tour of Marsh Creek Valley, fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, then enjoy food, fun, and music at the Riverfest. Rob Van Kirk at (208) 652-3532or (208) 233-0951, idahocycling.com

June 21-27— Cycle Montana, Missoula-Anaconda-Missoula, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

June 22 — Tour of the Carson Valley, on former Pioneer, Pony Express, Stagecoach & Emigrant Wagon roadways. 14, 20, and 44 miles, Genoa NV, (800) 565-2704, bikethewest.com

June 22-28 — Utah Border to Border Tour, Kanab to Logan, 479 miles, (801) 556-3290, tailwinds-tours.com

June 28-29 — Bike MS: Harmon's Best Dam Bike Ride, Benefits MS Society and multiple sclerosis research, 40, 75, or 100 mile routea on Saturday and Sunday, Cache Valley Fairgrounds (400 South 500 West), Logan, Utah, (801) 424-0112 or fightmsutah.org

June 28 — RATPOD (Ride around the Pioneers in one day), 130 mile tour, Dillon, MT, ratpod.org, (406) 549-5987

July 4 — Taterville 100, BBTC Super Series Ride, self-supported century, Wellsville to Idaho and back, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

July 4-6 — Northwest Tandem Rally, McMinnville, OR, nwtr2008@verizon.net, nwtr.org

July 4 - September 20 — Great Western Loop, Frisco, CO to Jackson Hole, to Oregon, California, Nevada, Utah and Frisco, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

July 12-13 — Dual State, Dual Century Weekend Challenge, two 100-mile rides or two 50-mile rides, Tremonton, UT, (801) 556-3290, tailwinds-tours.com

July 13— Mt. Nebo Loop, BBTC Super Series Ride, self-supported century, start in Nephi to Springville to the Mt. Nebo loop, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

July 13-18— Idaho Relaxed, bike trails tour, Coeur d'Alene, ID, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

July 18 — Antelope by Moonlight Bike Ride, 13th Annual, This a popular non-competitive ride, held at night during the full-moon. Views are spectacular, food is delicious. ride goes from marina to the historic Fielding Garr Ranch, about 22 miles round-trip. Registration fee includes park entry, t-shirt and refreshments. For more information contact Neka Roundy, Davis County Economic Development, 801-451-3286 or tour@co.davis.ut.us, daviscountyutah.gov

July 19 — Bryce Canyon 200 K, self-suported brevet ride, checkpoint will be open at 6:15 am, ride at 7:00 am., Garfield County Fairgrounds at 800 North Main St. in Panguitch Utah, (435) 586-7567 or subrevet.org

July 20 — Upland Roller 100, BBTC Super Series Ride, self-supported century, Wanship, UT, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

July 24 — Chalk Creek 100, BBTC Super Series Ride, self-supported century, Park City to Coalville to Chalk Creek and back, roadcaptain@bbtc.net or (801) 598-0294

July 24 — Pedal Away Parkinson's, 10 mile benefit ride, 8 am, Gailey Park, 200 S 300 W, Kaysville, pedalawayparkinsons.com or redspike@comcast.net

July 26 — Pioneer Century, BBTC Super Series Ride, self-supported century, Morgan, UT, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

July 26 - July 30 — Family Fun Idaho, bike trails tour for the family, Coeur d'Alene, ID, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

July 27- August 1 — Bicycle Washington, Mead, WA to Colville to Mead, (541) 385-5257 or 800-413-8432, oregonbicycleride.org

August 2 — Felt Tour de Park City, Fully Supported Century Road Ride starting and finishing at Park City. 52, 108, 170 mile rides through Northern Utah's beautiful mountain valleys, great aid stations, raffle. Contact info@mountainraceworks.com for questions. Additional details can be found at tourdeparkcity.com or contact Riley at 435-671-5053

August 3 — Preride ULCER, BBTC Super Series Ride, self-supported century, Thanksgiving Point, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

August 4 — R.A.N.A.T.A.D, (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 12,000 feet of climbing, (801) 223-4849, sundanceresort.com

August 9 — ULCER, Century Tour around Utah Lake, 100, 74, 56, and 24 mile options, (801) 474-2282 or president@bbtc.net or bbtc.net

August 10 — Blue Cruise Wheels for Wellness, Meridian, ID, (208) 331-7409, bcidahofoundation.org

August 10-16 — Ride Idaho, 7 day supported bicycle tour, Pocatello, Driggs, Idaho Falls, (208) 344-5501, rideidaho.org

August 10-16 — Oregon Bicycle Ride XXII, Cave Junction to Etna, CA and back, (541) 385-5257 or 800-413-8432, oregonbicycleride.org

August 16 — Tour of Utah,300 Warriors Ride, 98 miles, 14778 vertical feet, Park City Mountain Resort at 6:00 am, finish: Snowbird, www.tourofutah.com, Rick Bennett, rick@rickbennett.com, 801-571-3100

August 16 — Stanley Challenge, Boise to Stanley, unsupported, Boise, ID, (208) 867-2488, georgescycles.com

August 16 — Sawtooth Century Tour, Ketchum, ID, mgilbreath@vengaventures.com, (208) 726-7285

August 17 — Promontory Point 120, BBTC Super Series Ride, self-supported century, 120 miles, Brigham City to Promentory, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

August 23 — Desperado Dual , 200 mile double century in Southern Utah, 100 mile option, Panguitch, UT (435) 586-7567, desperadodual.com

August 23 — Cache Valley Century Tour, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, 12 mi north of Logan on Hwy 91, 435-752-2253, cvveloists.org

August 23 — Bike the Bear Century, 50, 100 mile rides, Camp Hunt, Bear Lake, Garden City, UT, (801) 475-7488, jeborn@bsamail.org

August 23 — CASVAR 2008, Pony Express 20, Colt 45, Pioneer 65, Blazing Saddle 85 and Saddle Sore Century rides, Star Valley - Afton, WY, info@casv.org,

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Road Tours

Continued

307-883-9779, or casv.org

August 23 — Ride for Teens, 2 to 50 mile rides, 8 am, Heritage Schools, Provo, www.active.com, 801.367.3599, Jesse Ellis

August 23-24 — Bike MS Road, Sweat, and Gears, benefits the MS Society of Idaho and multiple sclerosis research, 25-75-125 miles, McCall, ID, (208) 336-0555, bikems.org

August 23 - September 7 — BRA SU , Bike Ride Across Scenic Utah Tour, 5 states, 5 National Monuments, 5 National Parks, 2 National Forests, and 5 Nations, (801) 677-0134 or bike2bike.org

August 24 — Twin Counties Century, 8, 30, 66, and 100 mile options, Huntsville Park, Huntsville, UT, (801) 556-3290, tailwinds-tours.com

August 24 — The Big Ride, BBTC Super Series Ride, self-supported, 150 miles, Sugarhouse Park, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

August 24-30 — Tour of Southern Utah, St. George, Carmel Junction (via Zion National Park), Bryce National Park, Escalante, Torrey, Panguitch, Cedar City and back to St. George, planetultra.com, 818-889-2453

August 30 — Summit Challenge, to benefit the National Ability Center, 35 miles (Preview ride for the 2009 Summit Century), 8:00 a.m. at the National Ability Center in Park City, Contact: Jennifer Andrs Atkin, Special Events Manager, 435-200-0985, jennifera@discovernac.org, discovernac.org

August 31 - September 6 — North Rim Tour, St. George, to Jacob Lake, AZ,to the North Rim of the Grand Canyon, planetultra.com, 818-889-2453

September 1 — Hooper Horizontal 100, BBTC Super Series Ride, self-supported century, State Agriculture Building to Hooper and Back, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

September 4-13, 4-6, or 7-13 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), three ride options, Blanding to Cedar City, 400 miles on scenic highways and through National Parks, (801) 654-1144, lagbrau.com

September 7 — Tour de Tahoe, Bike Big Blue, 6th Annual, ride around Lake Tahoe on the shoreline, spectacular scenery, great food and support, 72 miles, Lake Tahoe, NV, (800) 565-2704, bikethewest.com

September 7-13 — Southern Utah National Parks Tour, 233 miles through Cedar City, Zion, Bryce Canyon, Cedar Breaks, (801) 556-3290, tailwinds-tours.com

September 13 — Tour de Vins 4, Bike Tour and Wine-Tasting Event, 16.5, 32 and 60 mile options, Idaho State University, Pocatello, ID, more info: FSAlliance.org, Sarah Leeds, (208) 232-0742, contact@fsalliance.org

September 14-20 — OATBRAN, One Awesome Tour Bike Ride Across Nevada, 17th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704, bikethewest.com

September 19-21 — Moab Century Tour, Moab to La Sals and back, 45, 65, 100 mile options, Tour benefits the Lance Armstrong Foundation, (435) 259-2698, moabcentury.com

September 20 — Fall Colors Ride, BBTC Super Series Ride, self-supported century, SLC to Wanship, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

September 20 — I Think I CANyons benefit ride for the Fourth Street Clinic, a nonprofit healthcare clinic in Salt Lake that provides free healthcare for the homeless, Little Cottonwood Canyon, Big Cottonwood, Millcreek, and Emigration, start and finish at the Olympus Hills Shopping Center located on Wasatch Blvd. near 3900 South. Start time 7 am; registration begins at 6:30 am., Joel Welch, Friends of Fourth Street, 801-631-7872, rjoelwelch@hotmail.com, ithinkicanyons.com

September 27 — Heber Valley Olympic Century. 25, 50, 62, 100 mile options. Also, Biathlon option! Enjoy scenic Heber Valley in its autumn finest during this fun and challenging ride that visits the Olympic venues, fundraiser for Huntsman Cancer Institute, Contact Bob @ 801.677.0134, bike2bike.org

September 27 — Fifth Annual Josie Johnson Memorial Ride, this memorial ride is being dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, meet at Sugarhouse Park, ride will start at 10:30, will travel to mouth of Big Cottonwood Canyon and back. josiejohnsonride.com or call Jason at (801) 485-2906 or John Weis at (801) 278-3847

September 27 — Endurance Festival, run, trail run, road cycling, mountain biking, duathlon and off-road duathlon events, entertainment and more, Old Town Pocatello, ID. www.EnduranceFestival.com, info@EnduranceFestival.com, (866) 8-ECO-FUN or 208-233-3798

September 28 - October 4 — Monument Valley & 4 Corners Tour, Monticello, UT, (801) 556-3290, tailwinds-tours.com

October 11— Yellowstone Fall Old Faithfu l Cycling Tour, West Yellowstone to Old Faithful and back, MT, (406) 646-7701, cycleyellowstone.com

October 11 — Trek WSD Breast Cancer Awareness Ride, 10 or 20 mile rides for everyone, WSD Demo Bikes available, casual ride for women & their support network, Trek of American Fork 356 North Meadow Lane (750 West) American Fork, Utah, (801) 763-1222, trekaf.com

October 11 — Las Vegas Century, 25, 50, and 109 miles, Jim Little (702) 360-4751 or vegasbikeclub.org, lvrodeoman1@aol.com

October TBA — Bikes for Kids with Dave Zabriskie, dinner and silent auction, Contact Teresa at (801) 453-2296 or tmay@finsvcs.com, bikesforkidsutah.com

October TBA — Challenge the Hill ~ 360° of Fun, Fun team bike ride with a variety of challenges along course. 8:00 am start time, Hill Air Force South Gate, 801-677-0134, Bike2Bike.org

October 18 — Tour de St. George, Ride with us around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile Option. 100% of the proceeds to benefit local bicycling advocacy, 8:00am at 900E & 100S (Dixie State College), tourdestgeorge.com, 435-229-5443, info@tourdestgeorge.com.

December 31 - January 1 — New Year's Revolution, century each day, 50, 70, 100 mile options, Ride out the old year, Ride in the New Year, Benefiting Parkinson's Disease, 8 am, Phoenix, AZ, Contact Bob @ 801.677.0134, bike2bike.org

Multi-Sport Races

2008 Multi-Sport Events

June 1 — IronMan Boise 70.3, 1.2 mile swim, 56 mile bike, 13.1 mile run, Boise, ID, (727) 942-4767, ironmanboise.com

June 7 — Salem Spring Triathlon, Knoll Park, Salem, UT, racetri.com, (801) 465-4318

June 7 — Vikingman, 1/2 distance triathlon, Burley, ID, 208-431-0463 or vikingman.org

June 14? — Pleasant Grove Triathlon, 14 and under Super Sprint (1 mile run, 3 mile bike, 250 yd swim), Sprint for all others (3.1 mile run, 8.5 mile bike, 500 yd swim), team categories also, pgtri.com, (801) 796-1745

June 14 — Utah Summer Games Triathlon, Olympic and Sprint, Sand Hollow Reservoir, Hurricane, Utah, utahsummergames.org/sports/triathlon.html, 435-865-8421 or email race@sgtri.com

June 14 — Battle at Midway Triathlon, Olympic Distance Tri, off-road duathlon, doggie dooathlon, Midway, UT, 801-450-8477, info@bamtriathlon.com or bamtriathlon.com

June 21 — TriUtah Cache Valley Classic Triathlon, Hyrum Reservoir, Hyrum, UT (near Logan, UT), Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

June 21 — Provo Triathlon, Olympic and Sprint, also kids race, Utah Lake State Park, Provo, UT, (801) 361-9425 or provotri.com

June 28 — DinoLand Triathlon, Olympic and Sprint, Vernal, UT, 435-789-7720 or www.dinotri.com

June 28 — San Rafael Classic Sprint Triathlon, Huntington, UT, 435-637-0207 or davecapalbo@yahoo.com

July 12 — TriUtah XANGO Echo Triathlon, Echo Reservoir, Coalville, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

July 12 — Cache Valley's Super Sprint Triathlon, 500 M swim, 12.5 mile bike, 5K run, Logan Aquatic Center, 7:30 am, cvsst.org or triathlon@cvsst.org or (435) 764-2319

July 19 — Scofield Triathlon, Olympic, Sprint and Novice, the highest elevation triathlon in the USA, Mountain View State Park Boat Ramp, Scofield, www.scofieldtriathlon.com, email info@scofieldtriathlon.com or (801) 557-6748

July 25-26 — Blanding Hillman Triathlon, Swim .75 mile, Bike 15 miles, Run 3.2 miles. Kids' triathlon July 25. Recapture Reservoir, Blanding, UT 435-678-1314 or email solsen@sanjuanschools.org or www.hillmantriathlon.info

July 26 — Burley Idaho Lions Spudman Triathlon, Burley, ID, burleylions.org/spudman.html

August 9 — Utah Half Triathlon, 1.2 mile swim, 56 mile bike, 13.1 mile run, Provo, UT, racetri.com, (801) 465-4318

August 16 — Xterra Mountain Championship, offroad triathlon, XTERRA: 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport: 750m swim / 15k mountain bike / 5k trail run, Pineview Reservoir to Snowbasin, 1-877-751-8880, xteraplanet.com

August 23 — TriUtah Jordanelle Triathlon, Jordanelle Reservoir, Park City/Heber City, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

August 24 — Wild Ride XTERRA Regional Championship Mountain Triathlon, McCall, Idaho, (208) 388-1971, wildrockies.com

September 6 — Bear Lake Brawl Triathlon, Olympic and Sprint, Garden City, UT, goldmedalracing.com or (801) 492-3442

September 6 — Alta Canyon Sports Center Triathlon, 400m swim, 9 mile bike and 5K run., Alta Canyon Sports Center - 9565 S. Highland Dr. (801) 568-4602, sandy.utah.gov

September 13 — Camp Yuba Triathlon, Yuba State Park, UT, racetri.com, (801) 465-4318

September 13 — TriUtah Ogden Valley Triathlon, Pineview Reservoir, Eden, UT, 1 mile swim, 15 mile bike, 4 mile run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

September 20 — Kokopelli Triathlon, Sand Hollow Reservoir, St. George UT, sgtrifecta.com, race@sgtri.com, (702) 401-6044

September 25-28 — Adventure Xstream Expedition Moab - 300 mile team race, kayak, trek, mountain bike legs, (970) 259-7771 or www.gravityplay.com

September 27 — Endurance Festival, Two Duathlons: Peak Two Peak off-road duathlon, recreation division trail runs 5k, mountain bikes 10K, 1,200' vertical, Extreme division trail runs 10K, 1,200' vertical gain, mountain bikes 20K, 2,700' vertical, I Du duathlon — run/bike event, Recreation division - 5K run/25K road cycle; Extreme division - 10K run/50K road cycle. Old Town Pocatello, ID. www.EnduranceFestival.com, info@EnduranceFestival.com, (866) 8-ECO-FUN or 208-233-3798

October 11 — Huntsman World Senior Games. Must be 50 years or older. Triathlon. 800-562-1268 or hwsg@infowest.com or seniorgames.net

October 18 — Powell3 Triathlon Challenge , Sprint- 750m swim, 20k bike, 5k run/Olympic- 1500m swim, 40k bike, 10k run, Page, AZ/UT Border, goldmedalracing.com or (801) 492-3442

October 18 — 2008 Land Rover Pumpkinman Triathlon, Intermediate, Short, and Halfmax distances, Boulder City, NV, bbscendurancesports.com

November 8 — Telos Turkey Triathlon, Orem Fitness Center, Orem, UT, www.t3triathlon.com, 801-678-4032 or shaun@t3triathlon.com

November 9 — Silverman Triathlon, Full and Half Distances, Lake Mead, Henderson, NV, 702-914-7852 or silvermannv.com

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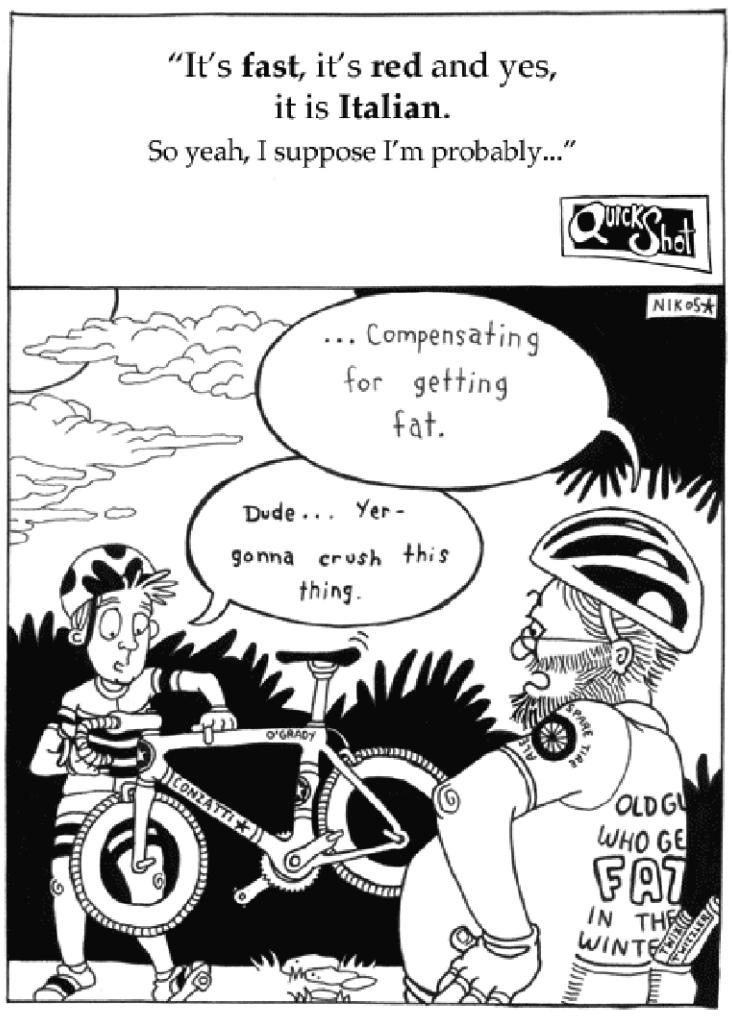
Quick Shot by Chad Nikolz



MS Bike Tour - Continued from page 3

tired of it - it's too special an event for that. We just love to see our friends, ride the route and socialize. And seeing how much it has changed makes me proud because I know it means more and more money is going directly to find a cure for MS."

One experience serves as a reminder to many riders why they keep coming back for this event. John Drury tells it this way: "We were out in beautiful Cache Valley, cruising past farms, enjoying the ride and the camaraderie, when we came around a turn and there was this older man, sitting in a wheelchair out in his yard. His wife was holding a sign and it just said, 'Thank You.' All the riders just went silent as he waved to us. It's something that still brings a tear to my eye these many years later."

For more information, visit bikems.org.

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HEALTH

Sources of Low Back Woes

By Erik Moen PT, CSCS

My back is killing me…do more sit-ups, work on your core…anyone heard this before? Back pain related to bicycling is somewhat common. It is one of the top pain complaints in recreational and competitive bicyclists. It is second place only to anterior (front) knee pain. There are many sources of bicycle related lowback pain. Successful treatment of bicycle related low back involves evaluation of bicycle, body, and pedaling skills. Bicycle related low-back pain is similar to other over use injuries in that there will most likely be several contributing factors to its presence. Thus, the notion of one simple fix, such as just doing sit-ups, will limit your success.

For the purposes of this article we will rule out people with serious spinal pathology, such as disc herniation, gross bony degeneration or congenital issues. We will consider those that have back pain solely as a function of riding their bicycle. Sources of low back pain from bicycling will include; poor flexibility of gluteals and hamstrings musculature, poor back strength, poor mid-back mobility, low pedaling cadence, poor saddle positioning or structural integrity, and irregular positioning of the handlebars in relation to the saddle (most commonly too low and far away)

Notice I did not say abdominal weakness. The abdominals for the purposes of endurance bicycling are mostly used for breathing. They are minimally used for the maintenance of the bicycling posture, unlike that of standing/walking/running. Attempts to use your abdominals for the purpose of holding the bicycle position will result in you holding your breath…that is hardly aerobic. Bottom line is that if we are looking at lessening back pain, the lone attempt at doing more sit ups will have limited potential.

Adults are most common with the low back pain complaints. Adult athletes who have sedentary desk jobs are at a fairly high risk of attaining low back pain. Workers of the desk will often have poor lower extremity flexibility and limited strength of their stomach and back muscles. These adults will also have poor mid back flexibility. They will have taken on the form of a "computer user". Eight to twelve hours a day in a chair is a powerful deconditioning stimulus. When a little weekend warrior aptitude is thrown on top of a limited musculoskeletal system, this becomes a field of back pain ripe for the picking

Figure 1: Hamstring Stretch

Greater tolerance of the bicycling posture will come through strengthen your back and working on flexibility of the hamstrings and gluteals. The back muscles are responsible for holding you in a forward tilted position to the handlebars and then create a force transference base for you to produce torque to the pedals/cranks through the legs. Appropriate flexibility through the hamstrings and gluteals will allow you to rotate forward through the hips to better reach to the bar. There are doubters with regards to the appropriateness of stretching. I would simply argue this, if you ever want to attain an aero position or more aggressive position on the bicycle, or just want to pedal in comfort, you best enable your lower extremities the mobility/flexibility required to do the task.

Figure 2: The "down-hiller"

The best way to assess your flexibility and strength are to visit your Physical Therapist, or other appropriately trained healthcare provider. A favorite stretch of mine for the bicyclist is a hamstring stretch. The keys to this stretch are a slightly bent knee, flat back, and squared-up pelvis to the direction of the legs.

Most stretches should be held for a combined time of two minutes. There are many ways to strengthen a back. As long as you are making an attempt to strengthen the back muscles I am mostly happy. One of the easiest and most effective strengthening exercises for your back extensors is what I call a "down-hiller" exercise. This exercise is performed from a squat, keeping your back flat. Performing this exercise in front of a mirror is a really nice way of ensuring the quality of this exercise. Hold your arms out in front of you. Hold this pose until you begin to appreciate a low back stimulus. A way to advance this exercise is to hold an object out in front of you, such as a theraball, and move it through small arcs of motion.

Minimization of low back pain risk is a delicate balance between having the right fit of the bicycle, good pedaling skills and the appropriate development/representation of musculoskeletal capabilities. Seek out qualified professionals to help you minimize low back pain from bicycling. It is possible to ride without low back pain!

Erik Moen PT, CSCS owns Corpore Sano LLC. He is a physical therapist who specializes in bicycling biomechanics and bicycle-related injury treatment. www.bikept.com.

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ROUTE 211

How Could I Forget To Mention The Bicycle is a Good Invention

By Greg Overton

That song lyric taken from the song titled, appropriately, *The Bicycle Song*, by the Red Hot Chile Peppers, sums up what many people seem to be thinking just about now as we see gasoline prices rising by the day at the corner station. Maybe this bicycle thing is the panacea for what ails us as a gas guzzling, SUV driving, oil dependent nation. The bicycle has witnessed the lifespan of the automobile as a mode of transportation; indeed, it gave life to the automobile by sharing many of its parts with the original self-propelled wonder of Ing. Benz more than a century ago.

Leave behind the daily grind / And let your mind unwind

If it's life you tend to like / You'd better get yourself a bike – from the song *Bike, by* Mal Webb

I don't know about you, but I seem to notice more bicycles on the roadways and streets as folks turn to it as an alternative means of getting to work, school, or whatever their destination. I wonder if they notice the by products of this alternative as they cruise quietly by the gas stations? You know, the extra change jingling in their pocket, their increased energy and the cleaner air washing over them? If they do this long enough, they will even be able to breathe that air deeper and use it more efficiently. Does your car make you healthier as you drive it? Neither does mine.

I want to ride my bicycle/ I want to ride my bike
I want to ride my bicycle/ I want to ride it where I like – from the song *Bicycle Race,* by Queen

Even those who protect and serve are turning to the bicycle. Police departments around the country are parking their cars and clipping in**.** Stefan Downing, who manages the police bike program for Trek Bicycle Corp., in Waterloo, Wisconsin, says the company sells more than 1,000 police bikes a year, but sales have been going up along with gas prices. Chris Menton, an associate professor in the School of Justice Studies at Roger Williams University in Rhode Island who has studied police bike patrols, said in a recent interview, "You think the car's the great savior of us all, but in urban areas and dense areas, you're probably better off on a bike," Many police departments have already reached their yearly fuel budget and are looking for other means of patrolling the streets. And the bikes they use are getting better and more sophisticated, even incorporating silent hubs so there is no click click click as they sneak up on the bad guys.

What a pretty bicycle she said/ I want one just like that – from the song *Bicycle Song* by Orbit

Cool cars, fast cars, big cars have long been a means of attraction, symbolizing everything from wealth to virility. But what about a bike? In a car, even a convertible, you're lucky to see the driver's head and shoulders. Not a lot to go on. But a rider on a bike, considering the use of Lycra, maybe a sleeveless jersey, tanned and muscular form? You kiddin' me? Not exactly a blind date if you know your beans. Sure there are sunglasses and hopefully a helmet (shows good judgment and intellect worth keeping) to get past, but it's still better than trying to make the call when looking at a passing car, even if it's going slow. And if you're of a certain ilk, the bike alone is worth a look. A classic Italian bike with chromed lugs and a name that ends in a vowel? How *You* doin'?

Sick of the traffic choking our towns… My solution it's one that I like….
So come on, get up on your bike/ Ah, come on, get on your bike – from *The Acoustic Motorbike,* by Luka Bloom

Ah traffic. We all know about traffic. Whether you drive a car or ride a bike, traffic is a bummer. It's the biggest nemesis to the bicycle. Well, traffic and gravity are numbers one and two. The order changes depending on, well, on where you are and how much traffic there is. But try this. Get out on your bike early some morning, especially a weekend or holiday morning, when all those cars are still at home. Hear that? Me neither. It's so quiet and you can go everywhere in safety and calmness. Even the pavement seems smoother! Take a friend along and you might even have a conversation at the same time. As an added bonus, half the vehicles on the road that early are probably bread trucks, so you get to smell fresh baked half the times you encounter motor vehicles. What could be better?

Peddle UP, peddle DOWN/ Peddle ALL around town, on my Schwinn 24 – from Schwinn *24,* by Teen Titan

As if the more-than-a-gallon-of-milk gas prices aren't enough incentive, I've just given you a few examples and reasons to get out on your bike. Geez, I've even given you a few songs to listen to so you can get the vibe going, too! Next time, leave the car at home, take the bike out, wave to like-minded people who did the same thing and enjoy your increased health as you ride, and your increased wealth as you leave the gas at the pumps. And you'll feel just like this,
riding that thing/ I gotta sing/ it's a blast/ I never believed/ I could go so fast – from *My New Bicycle*, by The Roches.

Sorenson Legacy Foundation Contributes $40,000 to Bikes for Kids Utah

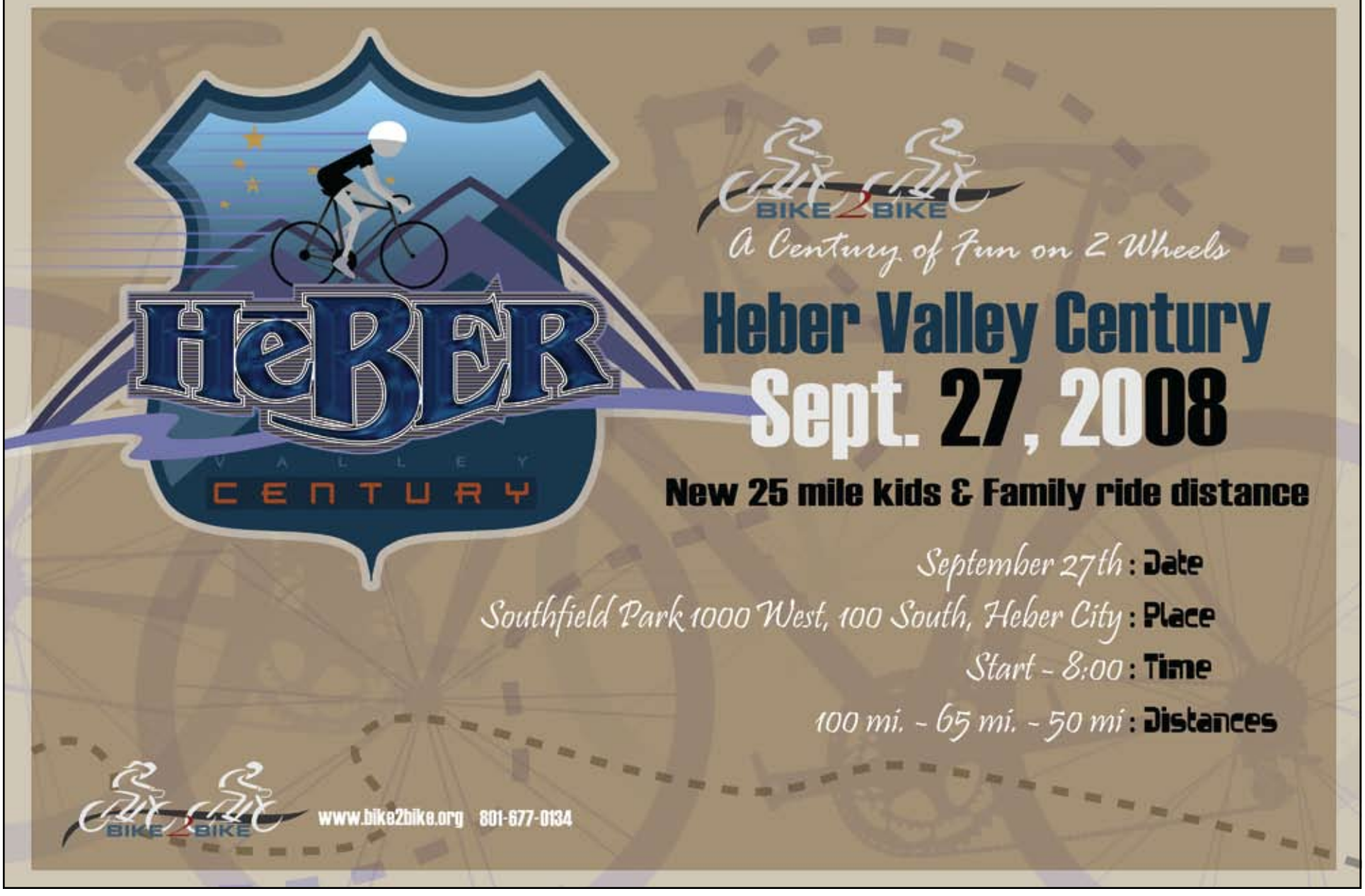
SALT LAKE CITY - May 13, 2008 - Bikes for Kids Utah, today announced that the Sorenson Legacy Foundation has donated $40,000 to help provide new bicycles for 1,000 underprivileged third graders during Bikes for Kids Utah's annual bicycle giveaway.

"Bicycles give children the chance to exercise, learn about safety, develop great skills and just have fun," said Joe Sorenson, trustee of the Sorenson Legacy Foundation. "We are delighted with this unique opportunity to enrich the lives of kids in our community."

In addition, on Saturday, May 10, 2008, Cottonwood Cyclery hosted its first Bikes for Kids Utah Bicycle Swap to raise money and increase exposure for the local non-profit organization.

Each year, Bikes for Kids Utah relies on contributions from individuals, organizations and businesses to purchase bikes and necessary safety equipment for children. The organization holds fundraising events throughout the year, including fundraising bicycle rides on the day of the bike giveaway. Every contribution goes a long way: a donation of $50 can buy a bicycle, helmet, lock and Bikes for Kids Utah shirt for one child, while a $5 donation can buy one bike helmet for a child.

To donate or volunteer with Bikes for Kids Utah, or for more information about associated fundraising bicycle events, visit www.bikesforkidsutah.org or call (801) 523-3730.



MOUNTAIN BIKE RACING

Wimmer's Intermountain Cup XC Race Photo Gallery

Sherwood Hills, Utah
May 10, 2008

Left: Justin Griffin (UtahMountainBiking.com) finished second at Sherwood Hills in the sport/expert 13-15 category.

Right: Alison Vrehn (Revolution/Peak Fasteners) leads Margaret Harris (Racer's Cycle Service) in the Sport Women category.

Photos: Joaquim Hailer. Find your photo at zazoosh.com

See results on page 20.

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Above: Ryan Barrett launching his last lap winning attack over the break.
Photos: Dave Iltis

By Brandi Hope Gorden

May 10th, 2008, The Derek Leyde Memorial - Utah State Criterium Championship

The Utah State Crit Championship is normally held at Pioneer Park where riders fly down flat straightaways and fearlessly dive into 90º corners. It is the realm of the power rider, a sprinter's delight. For the 2008 edition, the race was moved to Rocky Mountain Raceways because construction on a $4 million revitalization project is currently underway. This new course contained numerous technical challenges including 3 tight right hand corners and bumpy sections on the backside of the circuit. The flat finishing straight—complete with tailwind—and clear blue skies with temperatures above 60º more than made up for those obstacles.

Pro/1/2/3 Women – 45 min.

The Cat 1/2/3 Women's race was contested by four Wasatch Women, two Ski Utah and six PCIM women. The odds looked to be in favor of PCIM as they would surely force the other teams to work hard. Kirsten Kotval (PCIM) attacked from the gun and was chased down by Laura Patten (Ski Utah). Kotval and her teammate Nisie Antacle continued their series of attacks and counterattacks and established a sizeable gap on the field. Laura Howat (Ski Utah) bridged to the breakaway and soon fell victim to a PCIM "one-two" as she was repeatedly attacked and counterattacked. Antacle and Kotval eventually broke away from Howat. However, a PCIM rider made the mistake of dropping back to help Antacle join the lapped pack in violation of USCF rules. The judges disqualified Antacle from first place resulting in Kotval getting 1st, Howat 2nd and Melissa McDaniel 3rd.

Pro/1/2/3 Men – 60 min.

The excitement in the Pro/1/2/3 race began early with a crash about 15 minutes in on the penultimate corner. Surprisingly, there were no serious injuries, but Jared Nelson (Park City Jeep) was forced to abandon. Darrin Lill (BMC), Bryson Perry (American R.A.A.D.), Cameron Hoffman (American R.A.A.D.) and Ben d'Hulst (Park City Jeep) broke away from the main field causing it to split into two chase groups. Halfway into the race, the officials began pulling riders who had fallen behind both groups.

Chris Pietrzak (Porcupine/Specialized) and Ryan Barrett (Park City Jeep) bridged the gap to the 4 leaders and Ryan Littlefield (Contender Bicycles) hopped on front to lead the chase when their time gap reached 13". As Lill turned to size up his competitors, Patrick Fasse (Ski Utah) drove the pace on front attempting to decrease their deficit that had at that point grown to 17". The 2nd chase group dropped even further behind as a result and got pulled by the piercing shriek of the official's whistle.

Hoffman and Lill threw down more attacks and Perry put in a surge, but none of the six leaders had weakened enough to be spit out. By 3 laps to go, the pack was

Meet the new guard. Chase Pinkham leads Connor O'Leary through a corner. They currently sit one and two in the UCA Cat III points series.

27" down and it appeared that they would never close in on the breakaway. Mike Sohm (Porcupine/Specialized) would not take this lying down, so at 2 laps to go, he rocketed away from the pack establishing a gap of about 15 bike lengths. The field hammered to catch Sohm and eventually got within 4" of the leaders. Upon seeing the field hot on their tails, Barrett surged on the front with Pietrzak on his wheel. A small gap opened up in front of Pietrzak and Barrett tore away to nab his second straight Utah State Criterium Championship title. When asked if the presence of current pros in his local races makes them dramatically more difficult, Ryan Barrett—a former professional cyclist who raced for 3 years on the Net Zero Professional Cycling Team and is prominently featured in the documentary "The Hard Road"—commented that he can train to go hard for an hour against them, but, it is harder to hang with them in the mountains because "those guys are the kings!"

See results on page 20.

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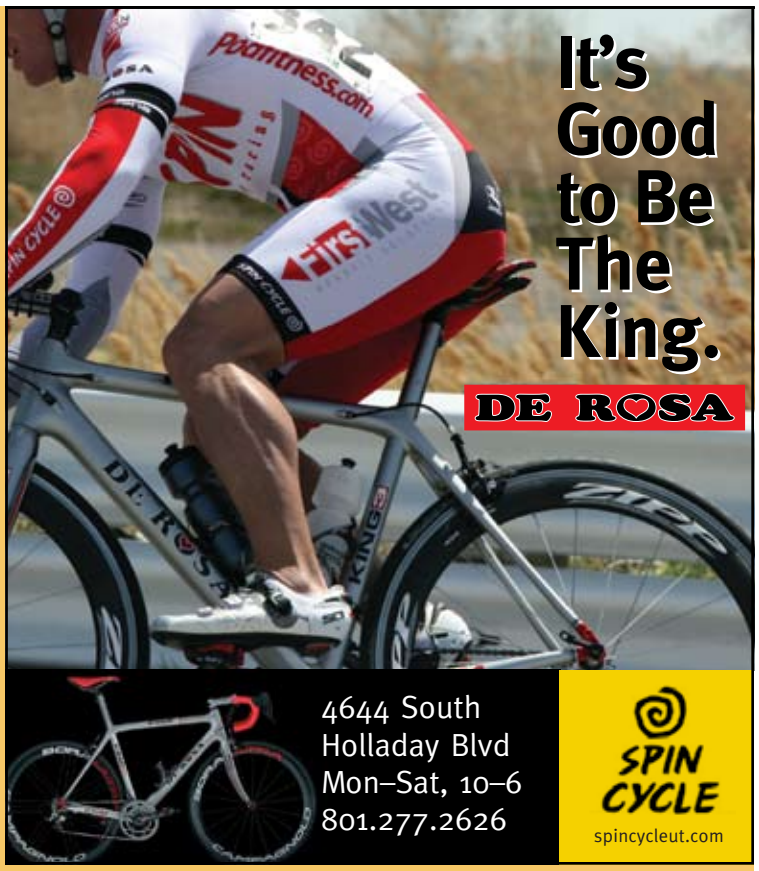

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BIKE CULTURE

Focus on Fixies

By Lukas Brinkerhoff

There are two wheels spray painted yellow. The frame is a chrome-finished color with the handlebars extruding up and away from the frame. It looks more like a normal bicycle than it doesn't, but if you look closely at Lance Peterson's form of transportation there are some subtle differences. There are no brakes and the chain is fixed to the rear wheel. Peterson, a local cyclist, rides a "fixie."

Peterson says he can easily come to a skidding halt without the aid of hand brakes. With the chain being directly connected to the rear wheel and no way to coast, a "fixie" can be stopped by using pedal forces to stop the wheel. "I just shift my weight a little and push down on the upstroke," explains Peterson. It's as simple as that.

Fixed-gear bicycles, or velodrome track modified bikes known as fixies, have gained popularity all over the country. The New York Times featured an article, written by Jocko Weyland, that read,

They are fast gaining popularity, not just in those bastions of trend followers, and not just among 22-year-olds. Fixed-gear bikes are being ridden all over New York, by messengers, racers, lawyers, accountants and college professors -- a diverse and not necessarily youthful cross section of the city's population. They're being ridden by people who work in sandwich shops and don't know or care about gear ratios and bike history, and by people who have been racing these bikes for years in places like the Kissena Velodrome in Flushing, Queens, with its banked, elliptical track. They're ridden by militant vegans who are virtual encyclopedias of arcane bicycle history, by thrill-seeking members of renegade bike gangs like Black Label, by shopgirls, street racers, Critical Mass riders, your aunt.

The St. Petersburg Times in Florida reported on the trend as well, "Fixed-gear bikes began to attract more mainstream attention about six years ago when manufacturers started making cheaper track bikes." Since then the trend has spread from New York to Portland, ended up in Florida and resonated all the way across the country, dropping fixie aficionados in all parts, including Logan.

Peterson has been riding fixed for "1.3 years." He says, "I put one foot on the ground and one foot on the pedal and it was magic from there."

Many fixie riders refer to a Zen-like quality of riding a fixed gear bike. The St. Petersburg Times said, "You really feel connected to the bike, which makes you feel connected with the road. It's a whole different experience."

This idea of having a "whole different experience" on a bike has turned what once was a fringe riding style into the latest fad. The trend has thousands of websites that cover every aspect of the ride. From Fixedgeargallery.com where fixie riders post the latest pictures of their bikes to BikesnobNYC.blogspot.com who maliciously teases and pokes fun at the trend, whether you like the idea of fixies or hate the trend there is a website for you.

One of the reasons the trend has been so successful is the ease of entry. People who would like to ride a bike but are impeded by the high-dollar price tag are drawn in by being able to build a bike on the cheap.

Another local fixie rider, Cole Gibbons, explains the "How" and "Why" he rides a fixed gear bike, "How--I bought a 1981 Schwinn Varsity from my neighbor that he had chained to his railing last year. I had my eye on it for a year. After converting it, it was a matter of baby steps to learn to ride. Why--A couple of guys I raced with on the USU Cycling Team had old conversions (one fixed and one freewheel). After playing around on theirs a bit, I decided a fixed gear conversion would be a good way to have fun while getting from point A to point B. Plus, I wouldn't be so nervous about leaving it chained up somewhere."

Gibbons used the parts already on the Schwinn to build up his first fixie, mostly by stripping the excess parts off of the bike. This enables 20-somethings the ability to buy an old road bike and convert it. Most of the parts that are on a regular bicycle can be taken off and aren't needed, the only thing that needs to be purchased after the original bike is a cog to fix the rear wheel to the chain and you are ready go.

The trend has gained more momentum as these first-time-on-the-cheap riders sell their first bikes to friends, just as Gibbons has done. He is now riding his second fixie conversion, he has upgraded from the Varsity. He says he is now riding a 1990 Schwinn Paramount and sold his older bike to a friend who is now riding fixed as well.

In March of this year, Bicycle Retailer and Industry News reported the fabled high-end road company Serotta had hired a new man as part of their management team. When asked about his stable of steeds, he mentioned a fixed-gear bike. The trend has reached the upper echelon of cycling culture. This can be seen as a good or bad, the writer of BikesnobNYC, whose identity is secret, claims it is a sign of the coming of the end of the trend, the "Fixed-gear Apocalypse" as he likes to call it.

As in all underground trends that find themselves in the mainstream, those who have been riding fixed tend to look down on those who don't. Both local riders see things in different light. Peterson says it doesn't bother him to see others riding fixies, "I love it when I see people on bikes no matter what kind. One less car!" Gibbons echoed his sentiment.

This idea of using the bicycle as a form of transportation instead of a toy has fueled the fixie trend. Both Gibbons and Peterson mentioned getting out of their cars as a reason to ride their bikes and both use it as their main form of transportation around town.

Lance Peterson locking up a skid. Photo: Lukas Brinkerhoff

As gas prices continue to stretch the economy and push everyday prices higher, the trend of fixies could be the next big alternative mode of transportation, which would place the "Fixed-gear Apocalypse" prophecy up there with Weapons of Mass Destruction in Iraq and other predictions that never came about.

Fixies combine simple bicycles with gas and pollution independence to form what many see as a perfect way to get around town. As Peterson put it, "I love the thrill of navigating through our city streets without polluting our lovely earth."

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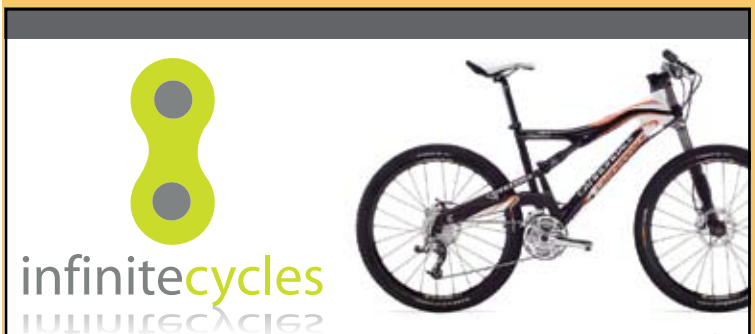

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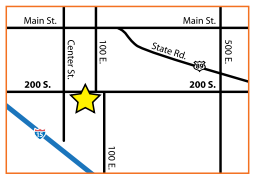

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TRAIL OF THE MONTH

Flying Dog Trail: The new locals' favorite

By Gregg Bromka

If there was ever a trail that could compete in popularity with Moab's Slickrock Trail, it might very well be Park City's Flying Dog Trail. Not that the two trails are remotely comparable, but Flying Dog is on everyone's tongue as of late. If you have a passion for singletrack–fast, flowing, buffed singletrack–then you would be amiss to not ride this trail. I passed it up all last year while my friends gushed about how it had transformed the Glenwild Trail system from neat and compact to near epic. So, I seized a small, fair-weather window of opportunity in between May's snow storms and checked out all the hubbub. True to their word, Flying Dog rules!

Rather than start out on Stealth Trail from Glenwild's Spring Creek trailhead for a mega-loop, I took the direct approach by heading up Fink Again Trail from the Jeremy Ranch Elementary School trailhead. The well crafted one-laner rose up the sagebrush slopes at a comfortable pitch, which got me to a full sweat quickly but without redlining my heart rate. 24/7 Connector Trail then contoured across the hillsides high above the Jeremy Ranch community and offered both gradual climbs and playful descents.

Upon encountering the Preserve Connector Trail junction, I flipped a coin and decided to ride the Flying Dog loop clockwise. Moments later, the trail rounded a bend and entered a hollow, and I was instantly transported into the peaceful backcountry with nary a hint of civilization. A variety of petite springtime blooms poked from the ground announcing that winter had finally succumbed to the fifth month of the year. The path rose continually, and like the area's other trails, it was a tribute to the trail builders' knack for pleasing the masses while producing sustainable tread.

Far into the "back-nine," I turned a corner and faced a dreaded strip of ankle deep mud several hundred yards long. Snow had receded to isolated drifts nesting clumps of newly-budded aspens, but the run-off trickled onto the trail, flooding it with thick, black goo. Although the muck was unridable, it quickly flung off my tires when I hit dry turf again. Alas, I crested the climb at a low saddle between two knolls and caught a distant glimpse of the Wasatch back. Deer Valley and Park City Resorts were obscured by a murky combination of rain and dust kicked up by the driving wind in advance of a forecasted storm, and it was heading my way. A quick check of the map showed that I would be heading still farther from the trailhead, but backtracking at this point would be more time consuming.

As I rolled off the knoll, I shifted into high gear and found myself flying, uh, like a dog at full sprint with ears cocked back and tongue flapping in the wind. The first switchback took me by surprise and forced a full brake lock up. "Bad form," I admitted, reciting IMBA's Rules of the Trail. I ramped up to race-pace again on the next straightaway, but trimmed my speed well in advance of the next turn so that I could bank gracefully through the apex and exit at full tilt.

Although I was descending, I was breathing heavily when I came to the junction with the Preserve Connector Trail. Going straight/left would lead my off the knoll on a pin ball drop through countless hairpin turns to Cobblestone Trail, a section I reveled at last season, but time was waning and I was compelled to veer right for the quick way back to 24/7 Trail. This part of the Preserve Connector was fast and rolling, and I dodged stout boughs of oak as I banked along the wavering path.

The lower section of Preserve Connector dropped more quickly with fast straights and sharp turns through scrub oak and sage. Sight lines were good, so I let gravity take over and used my brakes sparingly back to the intersection with 24/7. On the way in, I didn't realize how much elevation 24/7 gained because on the return out, it descended gradually and required only periodic pedaling. The tread was smooth–polished–and my bike floated beneath me as I steered through each wiggle of a turn with little more than a quick but gentle lean to and fro.

When I returned to the Fink Again Trail junction, the sky had turned even more ominous, but based on wind speed, cloud formation, sky opacity, and other purely non-empirical assumptions, I determined I had fifteen minutes of ride time left before all hell broke loose overhead; plenty of time to sneak a descent on one of Bob's Basin Freestyle Trails. Eenie, meanie, minis, mo: Drop Out Trail was the way to go.

By today's freebie standards Dropout Trail is pretty tame and full suspension is barely needed, let alone long-travel. It's more XC with arcing, nicely banked turns into which you can carry lots of speed. Foot-high kickers and drops punctuated the mostly smooth straights, and small wood-slat table-tops added a touch of risk. Even though I'm a keep-the-tires-on-the-ground kind of rider, I enjoyed the introduction to Hacking 101 and let some air filter between my tires and the ground.

As I rolled back to the trailhead, the wind picked up to gale force, and I dove into my car as raindrops hit my face horizontally. The next day snow blanketed Park City, once again putting the damper on this year's mountain biking season. But as soon as the weather warms and trails dry, I'll be making a beeline to Glenwild and flying across its trails like a happy-go-lucky dog.

Glenwild's Flying Dog Trail is singletrack heaven. Photo: Gregg Bromka

Just the facts:
Location: Glenwild; seven miles north of Park City at Kimball Junction off I-80.
Distance: 15 miles with options to double the distance, or more.
Gain: 1,700 feet.
Physical Difficulty: Intermediate. Steady climbs but no crushing ascents.
Technical Difficulty: Low. Smooth rolling singletrack with well crafted but sharp switchbacks.
Trailhead Access: From I-80 take Exit 143 for Jeremy Ranch. Turn right onto Rasmussen Road, and park at the Jeremy Ranch Elementary School. The trailhead is down the gravel road and behind the maintenance sheds. Cross the bridge over Spring Creek and head up Fink Again Trail. You can start from the Spring Creek Trailhead on the Glenwild Trail system by taking Exit 145 off I-80. Turn right onto Bitner Road and left onto Glenwild Drive in a half mile. Climb Stealth Trail and take 24/7 Connector Trail past Fink Again Trail and over to Flying Dog.

Get copies of Gregg's Utah guidebooks: Bicycling Salt Lake City, Mountain Biking Utah, Mountain Biking Utah's Wasatch Front, and Mountain Biking Park City & Beyond. at your favorite bike shop.

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May 26	Stan Crane Memorial XC, Draper, UT
May 31	The Sundance Spin, Sundance, UT
June 7	Deer Valley Pedalfest, Deer Valley Resort, UT
June 14	Chris Allaire Memorial/Utah Open State Championship, Solitude, UT
July19	The 20th Annual Mountain Bout, Snowbird, UT
July 26	Taming the Tetons, Jackson Hole, WY
August 9	Wolverine Ridge XC Race, Double Points!,Regional Finals, Evanston, WY

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COMMUTER OF THE MONTH

Radical and Rational Thinking From Outside the Bike Box

By Lou Melini

I have never seen William Athey or Richard Peterson in a car. Both are seen riding their bikes everywhere on the streets of Salt Lake City. Fifty-Five-year-old William Athey traces his bicycle commuting back to the "70's, riding from Granger to the University. He then drove cars for a short time, followed by buses and taxis for a few years. For the past 8 years he has used a bike, ditching the buses when he realized it was quicker and easier to get around on a bike exclusively. William has a Marketing degree from Westminster College plus some graduate work in Professional Communications. William has had a number of music related jobs, but is currently employed at the SLC library. He has had a few other interesting positions, such as a legal observer for the ACLU of Utah during the Winter Olympics riding his bike in temperatures that hit highs of 20°.

Richard Peterson has also been a life-long cyclist, tracing his serious riding back to the "70's when he rode from his undergraduate University of Arizona to Cornell in New York. This helped inspire him to study air pollution. He eventually obtained his PhD in 1986 from the University of Washington in Seattle. Due to his research, he has been able to ride in many parts of the U.S. as well as in Germany. He and his wife Bonnie have done several bike tours in the U.S., Canada, Germany and most of the rest of Europe. He is currently a Professor of Chemistry at the U. but will be moving to the Republic of Trinidad and Tobago at the time of this column is published.

Cycling Utah: William, you have an interesting collection of bikes. You also seem to be well dressed no matter what the weather is like.

William Athey: I currently have 8 bikes, all purchased at yard sales, and all are perfectly in tune and ready to ride. My winter bike, a Stumpjumper, cost me $35. It has a GMC Yukon faceplate mounted on the handlebar. When it's snowing I say, "Honey, I'm taking the Yukon to work". In winter I wear an old snowboard helmet and ski goggles. I also picked up some waterproof/repellant pants, jackets and gloves. I use a pair of studded tires that a library patron donated to me. During the summer, I ditch the helmet, and ride as close to naked as I can get. I usually use a backpack to pack my clothes. I ride a variety of bikes, all being various mountain bikes costing me as little as $10. I have mounted Armadillo Nimbus tires on most of the bikes. These tires do not get flats. I love to ride the Jordan River Parkway, the bicyclist's nightmare for goat head thorns, and no flats.

C.U.: William, your long hair and "homeless" appearance on your bike have caused you a little harassment. I also hear you were the first critical mass rider to receive a ticket.

W.A.: The police officer admitted in court he singled me out due to my appearance, which helped in dismissal of the ticket from the Critical Mass ride. Judge Gill recently visited the library and told me he still remembers the case and the police officer's statement. The last time I went to a bicycle advisory committee meeting, the guard escorted me to the meeting. On 2 occasions I have been accused of burglarizing my own home after arriving home on a bicycle with my backpack. New neighbors accosted me, detained me, and threatened to call the police, until I proved that I was entering my own home, with my own key.

C.U.: William you no longer do Critical Mass (CM) rides; Richard you still do them. Why is Critical Mass important? Are all CM rides alike? Does CM contribute to the acceptance of biking in a community or does it provoke a backlash against cyclists?

W.A.: Critical Mass is supposed to be a celebration of bicycling. Everyone is supposed to be welcome and everyone has his or her own reason for riding. I did it as an act of civil disobedience. We shut down State St., 700 East, 500 South and 600 South during rush hour. Yes we angered many motorists in the interest of promoting bicycling, but some did calm down after reading the flyers we passed out. One day a month for one hour, motor vehicles were inconvenienced and bicycles took over the streets. By nature all CM rides are different, the route and the motor vehicle action will always be different. CM can contribute to acceptance of bikes in a community. Many times numerous cars honked in support and cheered the effort. So in answer to your question, the answer is yes, no and sometimes. I quit doing CM rides when the spirit of CM became violated. People rode blocks ahead of slower riders and on one occasion a homeless man on a bike joined the group. This wasn't "approved" and he was harassed. That ended it for me.

Richard Peterson: I still ride Critical Mass. Some mess with cagers (cars), some don't. Some riders obey traffic laws, some don't. Some wear helmets, some don't. We just have fun. Overall I think CM is neither a positive or negative influence on commuting. I see many more red light, stop sign and other traffic laws ignored by drivers and cyclists other than Critical Mass riders. It just gives the participants a chance to ride together and have fun.

C.U.: I hear a lot of people say that more bike lanes and segregated bike paths would more likely change them from driving a car to riding a bike to work. Is this a prime reason for people not riding to work?

W.M.: No, they don't want to ride to work. They think it is dangerous. It IS NOT dangerous! Most people aren't going to ride in rain, snow, or 100 degree heat, no matter how many bike lanes or segregated bike paths there are. Location is a huge factor. I chose to live where I can bike to get around as opposed to most people who choose to live based on car use.

R.P.: Bike lanes are not the reason for not commuting.

C.U.: We currently have the most bike friendly administration in the history of Salt Lake. What are 3 things that must be done for this administration to successfully claim to make SLC more bike friendly?

W.A.: Education is number one for both bicyclists and motorists. Personally I believe the effort is impossible as there are too many idiots in cars. How can the Mayor reach them? Enforcement is next, especially cars, but bicycles also. Enforce the 3-foot law! Finally maintain and improve the bike routes. 1700 South is a bike route, it is also has buses, and it is barely wide enough for 2 cars! There should be pedestrian/bike bridges spanning the RR tracks on 1700 South and 800 South. I could go on. Make the bike routes rideable!

R.P.: 1. Enforce the laws against cars; cars kill! 2. Enforce the laws for bikes, but bikes do not kill 3. Enforce the laws for cars; cars kill — did I say that already; I guess it needs to be said again.

C.U.: My personal bias is that we will not see an increase in bicycle commuting until there is a significant jump in gasoline prices. What are your thoughts about this and how high does this increase need to be?

W.A.: I agree with you on this one. Every dollar increase will see a coinciding increase in bicyclists. However if this occurs UTA must be prepared for a dramatic increase of bikes on buses and TRAX. What is UTA's plan when 10 people are waiting to board a bus that only allows 2 bikes?

R.P.: I currently doubt that the price of gas has much influence on people leaving cars. After all, the cost of purchasing, financing, maintaining, insuring, and registering a car are much higher costs than the fuel cost which the American public continues to pay. American foreign policy has shown that it is willing to kill people for control of oil. What's $4 a gallon compared to that!

C.U.: Do cyclist dressed in "civilian" clothing vs. bike clothing get more respect from drivers? What are the impacts on how we look on the road affect public perception?

W.A.: Read the citizen comments whenever any bicycle-related story appears on the television news or in the newspaper. There is a frightening amount of hatred and anger directed at what I call Captain Underpants. These are club riders, the fair-weather, weekend warriors wearing bright costumes. They are despised and that hatred is sometimes directed my way. Why? Because a certain percentage of the group are arrogant, completely ignoring all traffic ordinances. They've flipped me off and yell obscenities at me, a fellow cyclist. They are highly visible, good for their safety, but bad due to the misbehavior of the few. Due to the stunning amount of hatred expressed on local comment boards, I feel safer rider in my civilian clothing. Visibility and appearance are important, but behavior is far more important. I'm almost starting to believe that a safety course and bicycle operator licenses are required.

R.P.: My wife Bonnie is convinced that she gets more space when she is in civilian clothes and not wearing a helmet. My experience agrees.

C.U.: William, you have sent many comments from the KSL comment board to the MBAC. What is the importance of image of cyclists in the public eye? How does this affect our rights and safety on the road?

Richard Peterson in Maui.

W.A.: I mostly answered this in the above question. There are a few distinct groups of cyclists that seem to think that the laws do not apply to them. These groups are the target or subject of, virtually all the vitriol directed cyclist's way on the comment boards. I mentioned one group. Another group are the poor, many are immigrants from countries where riding in the opposite direction of traffic is common. How can any education effort reach the members of this group? The 3rd sprung up fairly recently whom also think that traffic ordinances do not apply to them. Most importantly, above attire or anything else, a bicyclist riding with confidence, obeying traffic ordinances, gives the motor vehicle operating public a positive impression.

C.U.: Richard, you have ridden extensively in Germany. What is the principle differences affecting the relationship of drivers and cyclists there vs. here?

R.P.: Respect for the law. People typically obey traffic laws whether in a car or on a bike. The culture is big on personal responsibility. It is not an "accident" if you hit someone because you are ignoring the rules. In some European countries, the fault is always on the bigger vehicle. If a bike hits a pedestrian, it is the cyclist's fault. If a car hits a bike, it is the driver's fault. In Germany, all streets are "Complete Streets". Cycling and walking are relatively safe. People of all ages walk and ride all year round. How often do you see old ladies doing their shopping on a bike here in SLC? In Muenster that is the norm. Many stores don't even have parking for cars.

C.U.: Richard, As a Professor of chemistry I want to know what you think of the "Red, Yellow, and Green" alerts the State Division of Air Quality publishes in the wintertime. Is this system effective? Personally, it seems that people drive more on red days. Am I correct? Do you have any alternative solutions?

R.P.: I have had my students make traffic counts and the color codes seem to make little if any difference. Typical solutions globally are to ban private motor vehicles in affected areas and give free public transit. It is odd that our presidential candidates want to lower gas taxes. The gas tax should be retained, in fact increased with the revenue put into free public transit This would actually benefit air quality.

If you have a suggestion for a commuter profile, have a commuter question you wish me to address, or other comments, please send them to lou@cyclingutah.com.

BICYCLE SHOP DIRECTORY

SOUTHERN UTAH

Brian Head

Brian Head Resort Mountain Bike Park
329 S. Hwy 143
(in the Giant Steps Lodge)
P.O. Box 190008
Brian Head, UT 84719
(435) 677-3101
brianhead.com

Cedar City

Cedar Cycle
38 E. 200 S.
Cedar City, UT 84720
(435) 586-5210
cedarcycle.com

Moab

Chile Pepper
702 S. Main
(next to Moab Brewery)
Moab, UT 84532
(435) 259-4688
(888) 677-4688
chilebikes.com

Poison Spider Bicycles
497 North Main
Moab, UT 84532
(435) 259-BIKE
(800) 635-1792
poisonspiderbicycles.com

Uranium Bicycles
284 N. Main Street
Moab, UT 84532
(435) 259-2928
uraniumbicycles.com

Price

Decker's Bicycle
77 E. Main Street
Price, UT 84501
(435) 637-0086
deckersbicycle.com

BicycleWorks
640 E. Main Street
Price, UT 84501
(435) 637-BIKE
fuzzysbicycleworks.com

St. George

Bicycles Unlimited
90 S. 100 E.
St. George, UT 84770
(435) 673-4492
(888) 673-4492
bicyclesunlimited.com

Desert Cyclery
1091 N. Bluff
St. George, UT 84770
(435) 674-2929
(866) 674-2929
desertcyclery.com

Red Rock Bicycle Co.
446 W. 100 S. (100 S. and Bluff)
St. George, UT 84770
(435) 674-3185
redrockbicycle.com

Sunset Cycles
140 N. 400 W.
St. George, UT 84770
(435) 215-4251
sunset-cycles.com

Springdale

Zion Cycles
868 Zion Park Blvd.
P.O. Box 624
Springdale, UT 84767
(435) 772-0400
zioncycles.com

NORTHERN UTAH

Logan

Joyride Bikes
65 S. Main St.
Logan, UT 84321
(435) 753-7175
joyridebikes.com

Sunrise Cyclery
138 North 100 East
Logan, UT 84321
(435) 753-3294
sunrisecyclery.net

Wimmer's Ultimate Bicycles
745 N. Main St.
Logan, UT 84321
(435) 752-2326

Park City

Brothers Bikes
520 N. Main Street, #DHeber City, UT 84032
(435) 657-9570
brothersbikes.com

Cole Sport
1615 Park Avenue
Park City, UT 84060
(435) 649-4806
colesport.com

Dharma Wheels Cyclery
6415 N. Business Park Loop Rd. #J
Park City, UT 84098
(435) 658-0032
dharmawheelscyclery.com

Jans Mountain Outfitters
1600 Park Avenue
P.O. Box 280
Park City, UT 84060
(435) 649-4949
jans.com

Stein Eriksen Sport @ The Stein Eriksen Lodge
7700 Stein Way
(mid-mountain/Silver Lake)
Deer Valley, UT 84060
(435) 658-0680
steineriksen.com

Park City Rides
1571 West Redstone Center Dr., Suite 120
Park City, UT 84098
(435) 575-0355
parkcityrides.com

White Pine Touring
1790 Bonanza Drive
P.O. Box 280
Park City, UT 84060
(435) 649-8710
whitepinetouring.com

Vernal

Altitude Cycle
580 E. Main Street
Vernal, UT 84078
(435) 781-2595
altitudecycle.com

NEVADA

Boulder City

All Mountain Cyclery
1404 Nevada Hwy
Boulder City, NV 89005
(702) 453-2453
allmountaincyclery.com

BC Adventure Bicycles
1323 Arizona St.
Boulder City, NV 89005
(702) 293-0599
bouldercitybikes.com

WASATCH FRONT

DAVIS COUNTY

Bountiful

Bountiful Bicycle Center
2482 S. Hwy 89
Bountiful, UT 84010
(801) 295-6711
bountifulbicycle.com

Saturday Cycles
2204 N. 640 W.
West Bountiful, UT 84010
(801) 298-1740
saturdaycycles.com

Kaysville

The Biker's Edge
232 N. Main Street
Kaysville, UT 84037
(801) 544-5300
bebikes.com

Sunset

Bingham Cyclery
2317 North Main
Sunset, UT 84015
(801) 825-8632
binghamcyclery.com

SALT LAKE COUNTY

Central Valley

Canyon Bicycles
3969 Wasatch Blvd.
(Olympus Hills Mall)
Salt Lake City, UT 84124
(801) 278-1500
canyonbicycles.com

Canyon Sports
1844 E. Ft. Union Blvd.
(7000 S.)
Salt Lake City, UT 84121
(801) 942-3100
canyonsports.com

Cottonwood Cyclery
2594 Bengal Blvd
Cottonwood Heights, UT 84121
(801) 942-1015
cottonwoodcyclery.com

Spin Cycle
4644 South Holladay Blvd.
Holladay, UT 84117
(801) 277-2626
(888) 277-SPIN
spincycleut.com

Salt Lake City

Bicycle Center
2200 S. 700 E.
Salt Lake City, UT 84106
(801) 484-5275
bicyclecenter.com

Cyclesmith
250 S. 1300 E.
Salt Lake City, UT 84102
(801) 582-9870
cyclesmithslc.com

Bingham Cyclery
1500 S. Foothill Drive
Salt Lake City, UT 84108
(801) 583-1940
binghamcyclery.com

Fishers Cyclery
2175 South 900 East
Salt Lake City, UT 84106
(801) 466-3971
fisherscyclery.com

Go-Ride Mountain Bikes
3232 S. 400 E., #300
Salt Lake City, UT 84115
(801) 474-0081
go-ride.com

Salt Lake City

Guthrie Bicycle
803 East 2100 South
Salt Lake City, UT 84106
(801) 484-0404
guthriebike.com

Hyland Cyclery
3040 S. Highland Drive
Salt Lake City, UT 84106
(801) 467-0914
hylandcyclery.com

REI
(Recreational Equipment Inc.)
3285 E. 3300 S.
Salt Lake City, UT 84109
(801) 486-2100
rei.com

SLC Bicycle Collective
2312 S. West Temple
Salt Lake City, UT 84115
(801) 328-BIKE
slcbikecollective.org

The Bike Guy
1555 So. 900 E.
Salt Lake City, UT 84105
801-860-1528
thebikeguyslc.com

Wasatch Touring
702 East 100 South
Salt Lake City, UT 84102
(801) 359-9361
wasatchtouring.com

Wild Rose Sports
702 3rd Avenue
Salt Lake City, UT 84103
(801) 533-8671
wildrosesports.com

South Valley

Axis Sports
762 E. 12300 South
Draper, UT 84020
(801) 495-4455

Bingham Cyclery
107 E. 12300 S.
Draper, UT 84020
(801) 571-4480
binghamcyclery.com

Canyon Bicycles
762 E. 12300 South
Draper, UT 84020
(801) 576-8844
canyonbicyclesdraper.com

Golsan Cycles
10445 S. Redwood Road
South Jordan, UT 84095
(801) 446-8183
golsancycles.com

Infinite Cycles
3818 W. 13400 S. #600
Riverton, UT 84065
(801) 523-8268
infinitecycles.com

REI
(Recreational Equipment Inc.)
230 W. 10600 S.
Sandy, UT 84070
(801) 501-0850
rei.com

Revolution Bicycles
8714 S. 700 E.
Sandy, UT 84070
(801) 233-1400
revolutionutah.com

Staats Bike Shop
2063 E. 9400 S.
Sandy, UT 84093
(801) 943-8502
staatsbikes.com

Taylor's Bike Shop
3269 W. 5400 S.
Taylorsville, UT 84118
(801) 969-4995
taylorsbikeshop.com

UTAH COUNTY

American Fork/Lehi

Bike Barn
201 E. State St.
Lehi, UT 84043
(801) 768-0660
bikebarn@hotmail.com

Trek Bicycles of American Fork
356 N. Meadow Lane
American Fork, UT 84003
(801) 763-1222
trekAF.com

Payson

Downhill Cyclery
36 W. Utah Ave
Payson, UT 84651
(801) 465-8881
downhillcyclery.com

Provo/Orem

Bingham Cyclery
187 West Center
Provo, UT 84601
(801) 374-9890
binghamcyclery.com

Mad Dog Cycles
360 E. 800 S.
Orem, UT 84097
(801) 222-9577
maddogcycles.com

Mad Dog Cycles
936 E. 450 N.
Provo, UT 84606
(801) 356-7025
maddogcycles.com

Park's Sportsman
644 North State St.
Orem, UT 84057
(801) 225-0227
parkssportsman.com

Racer's Cycle Service
159 W. 500 N.
Provo, UT 84601
(801) 375-5873
racerscycle.net

Taylor's Bike Shop
1520 N. Freedom Blvd.
Provo, UT 84064
(801) 377-8044
taylorsbikeshop.com

Springville

Blayn's Cycling
284 S. Main Street
Springville, UT 84663
(801) 489-5106
blaynscycling.com

WEBER COUNTY

Eden/Huntsville

Diamond Peak

Mountain Sports
2429 N. Highway 158
Eden, UT 84310
(801) 745-0101
peakstuff.com

Ogden

The Bike Shoppe
4390 Washington Blvd.
Ogden, UT 84403
(801) 476-1600
thebikeshoppe.com

Bingham Cyclery
1895 S. Washington Blvd.
Odgen, UT 84401
(801) 399-4981
binghamcyclery.com

Canyon Sports Outlet
699 W. Riverdale Road
Riverdale, UT 84405
(801) 436-2018
canyonsports.com

Skyline Cycle
834 Washington Blvd.
Ogden, UT 84401
(801) 394-7700
skylinecyclery.com

FILM REVIEW

"*Seasons*" *Showcases Freeride Talent*

By James Kirk

I saw the new Collective film "Seasons" last month. The film premiered at Brewvie's in Salt Lake to a packed house. For those of you who don't know, The Collective is a group of filmmakers and freeriders who have united to produce mountain biking films of the highest caliber. "The Collective and "Roam" were their last 2 films; both of these were received with rave reviews. "Seasons", their latest film, details 7 top freeriders and downhillers throughout the 4 seasons. Honestly, I was expecting the worst. I've seen just about every freeride/downhill film that has come out since the sport was invented. I've grown very tired and discouraged with the genre. I expected just another MTV style flick depicting full-face helmets, body armor, skidding down hills and hitting jumps to a cheesy metal and rap soundtrack, but this is a "Collective" film, it should be different, right? I was surprised. It was a film about dudes sliding downhill and dirt jumping but nonetheless it was presented in a very fresh, satisfying way.

The film opens with Steve Peat recollecting on his past 3 World cup wins and how he'll attempt to stay on top this year. Several minutes of "Peaty" sliding through the English mud at mach speeds gave me a new respect for downhill racing and the expertise required to stay at the front of the game.

Cam McCaul is up next executing insane tricks. We see him ride through his neighborhood down the wrong side of the street at mach speed. We then see his trick to learning all those absurdly, difficult stunts. Cam has built a huge tower in his backyard which he uses to get enough speed to jump into his backyard pool. The piece is followed by the contrast of Darren Barrecloth jumping into a chilly, Canadian lake, sporting a wetsuit to tolerate the cold.

The cinematography really starts to shine in the Cam's segment. The Collective has mastered the art of zip-line filming. The makers of the film will construct a hanging high tension line over whatever section of trail they want to film. A cameraman is then rigged to the line to film the riders at high speed, up close for long sections of trail. It translates the feeling of riding so much better than stationary filming locations. It's mountain bike footage like you've never seen it before.

The next segment is Andrew Shandro reflecting on his legacy in Downhill and freeride mountain biking. But mostly the segment comes off as him telling the audience (and his sponsors) over and over that he's not too old for this kid's stuff.

The "Awww Shucks" part of movie consists of Steve Smith being shuttled by his mom in Vancouver BC. Steve is one of Canada's youngest up and coming downhill stars. His mom truly believes that every shuttle ride up is one step closer to achieving her son's goal of world championship. This mom rocks every bit as hard as anyone else in this movie!

Matt Hunter's huge 75 foot gap is the icing on the cake. This jump is by far one of the burliest things I've seen done on a bike. It made the movie. The segment gets killed however by Matt proclaiming the virtues of ripping up singletrack on a motorcycle. Yea, whatever Matt…

The Mt Psychosis downhill race is a 4000' all singletrack descent. The film spends a few minutes showing us the magnitude of the race and how difficult it is to even finish. The record time is just under 13 minutes. Hearing the top riders in the world complain about enduring more than 6 minutes of effort was worth a chuckle.

The personalized segments end with Thomas Vanderham in his own personally constructed jump paradise. The viewer watches as he calculates how much speed he needs to clear a massive step-up. The speed ends up being faster than he can pedal, yet somehow he stomps the landing.

The film wraps up with the Crankworx competition in Whistler. Crankworx in Whistler is the Superbowl of freeriding. All the best show up. The scene concludes with all the major characters of the movie riding A-line and Karate monkey in a high speed, super-tight gravy train of the worlds most skilled riders.

All in all I liked it. It was a fun movie and it surprisingly enough got me stoked to ride. That's the goal of most bike porn, right? The cinematography was the best I've ever seen in an action sports movie. I was bummed by the unashamed dependence on engines and bike pushing to accomplish just about everything in this film. Cycling is about pedaling right? Anyway, enough of my soapbox, Seasons is an outstanding film documenting freeride and downhill racing at its cutting edge. The sound tracking was pleasing and appropriate rather than irritating. Scenic locations weren't used to carry the film but rather a mix of great interviews, technically stunning footage and the world's best riders doing their thing is what made the film. This is how cycling films are supposed to be made. It's well worth the price of the DVD. You'll watch it over and over.

James Kirk is an ex bike shop guy turned computer guy. Find him at mountainbikesaltlake.

Find out more about "Seasons" at www.thecollective-film.com.

MECHANIC'S CORNER

To Tube, or Not to Tube?

By Tom Jow

At the turn of the century one of the hottest new technologies was the tubeless tire system. Now, it seems to be all but forgotten. Unlike many components, there are just not that many new developments to be made to keep this performance enhancer in the limelight. In fact, many mountain bikes come equipped with tubeless compatible components and their owners don't know it. As salespeople, sometimes we even forget to mention it. But using a tubeless tire system can increase the performance and enjoyment of our rides. There are two distinct types of tubeless systems available today.

In order to create a tubeless tire system, an airtight seal was needed in the rim bed. Mavic accomplished this by developing a method of installing the spokes from the hub side of the rim, leaving the inner rim bed completely sealed. The rim bead seat was also redesigned to provide an airtight seal and Universal System Tubeless (UST) was born. The tire companies Hutchinson and Michelin designed special tires that use a stronger bead wire to withstand the increased stress of the airtight bead seal. In addition, the UST tire has a layer of rubber inside the casing to complete the air containment.

Why go tubeless? The benefits of tubeless tires include lower rolling resistance, greater traction and less punctures. Without a tube, the rider can use lower tire pressure with less risk of pinch flats. With lower pressure, the tire contact patch is larger which provides more traction. The rolling resistance is decreased because with the lower tire pressure because the tire deforms and rolls over more objects instead of being deflected.

However, benefits do not come without cost. Upgrading to a UST wheel set with tires will cost several hundred dollars. Weight is always an issue on a bicycle, especially when it comes to wheels. A tubeless wheel set is of comparable weight, but the tubeless tire is a little heavier than its non-tubeless counterpart with tube. Installation can be frustrating if the tire does not inflate right away. Also, air pressure of approximately 60psi is needed to seat the bead completely; not an easy task without a floor pump or compressed air. Finally, the tire is still subject to punctures from sharp objects, and pinch flats can still occur if the tire pressure is too low. Instead of pinching a tube, the tire will have two punctures in it.

A lower cost alternative to UST tubeless is a tubeless conversion kit. While Bontrager manufactures a kit for its own brand, the most popular conversion kit is made by NoTubes.com. The tubeless conversion is made possible by a rim strip and valve combination that seals the rim spoke holes and provides an airtight bead seat. Therefore, any UST tire can then be used. More often though, a standard tube tire is used with a liquid sealant inside.

The benefits of a tubeless conversion kit are many. First, it provides all the performance enhancements of a tubeless tire system at a much lower cost. Second, the wheels are much lighter weight if used with sealant and a tube type tire. Finally, puncture resistance is increased with the sealant and seating the bead is often easier.

Tubeless conversion kits also have own their drawbacks. Installing or removing the sealant can be messy. Latex based sealants are prone to drying out, needing to be "refreshed every couple months or so. Similar to UST tubeless, initial inflation and sealing can sometimes be a challenge. Tire selection is reduced due to manufacturers recommendations.

Replacing tires is often a task that no one wants to do. New tires are not nearly as glamorous as a new shock. But look at the stacks of tires in any race truck and you will see how important tires are to performance. The correct tire and the benefits of tubeless could be just what you need to put a little excitement into your riding. Ten years later, what's next? Road tubeless.

Tips for Tubeless

- Follow the manufacturers recommendations and instructions.
- Upon initial inflation, lubricate tire beads with soapy water. Use as little pressure as necessary to seat the bead and wear safety glasses.
- When using sealant, immediately after seating the beads, shake the tire horizontally to better distribute the liquid.
- Start with initial pressure 5psi less than with tubes. Decrease slowly until comfortable or you reach 30psi. Inadequate pressure leads to pinch flats and decreased control.
- When performing repairs, unlock as few tire beads as necessary. That means one.
- Inspect tire casings, treads and inflation pressure often
- Tubeless conversion for Cyclocross.

Tom works at Wild Rose Sports in Salt Lake City. He has done sales, repairs, race team support and bicycle fitting for nearly 30 years.

What's on your mind? Send your feedback and letters to the editor to: dave@cyclingutah.com

IMBA's 2008 World Summit to be held in Park City in June

Mountain biking enthusiasts from around the globe will gather in Park City, Utah, June 18-21 for the 2008 IMBA World Summit. IMBA Summits bring mountain biking advocates, land managers, ski resort professionals, trailbuilders, tourism officials and the bike industry together for collaboration, planning and celebration.

"We could not be more excited about the location of our 2008 gathering," says IMBA executive director Mike Van Abel. "Park City is a model trails community and IMBA's host club, the Mountain Trails Foundation, is also a model of shared-use leadership, with non-motorized groups coming together to create amazing trails and maybe more important, a tight-knit trails community."

"Park City was losing its trails to rapid development. In the course of a couple of years, we went from trails being an after-thought in the planning process to where trails are given equal weight with streets and utilities in new development," said Mountain Trails Foundation founder and IMBA Board Member Tom Clyde. "Practically all of the trail system is on private land, and now there is almost a competition among the development community to see who can build the best trails. This is because an active trails community got behind the cause."

The 2008 IMBA Summit will be open to the public, and will feature advocacy seminars, trailbuilding workshops, networking, great food, parties, celebrity guest speakers and some big surprises. Topics will include the economic power of trails, sustainable trailbuilding, liability and risk management, urban trail networks, building club capacity and much more.

IMBA's most recent Summit attracted more than 400 delegates from 17 nations for three days of seminars and discussions in Whistler, BC. A compendium of online resources can be found at IMBA's website (imba.com).

Join us for the Antelope by Moonlight Bike Ride
Friday July 18, 2008 at Antelope Island State Park
On-site registration starts at 7:30 pm
The ride starts at 10:00 pm

15th Annual!

Call (801) 451-3286 for information. T-shirt, park entry and refreshments are all part of entry fee.

SPONSORS:
Davis County Community & Economic Development - The Breeze 97.9
Antelope Island State Park - The Biker's Edge - Buffalo Point Inc.
Utah Water Systems - Friends of Antelope Island - Ogio
Chevron - Davis County Health Department

cycling utah

RACE RESULTS

Mountain Bike Racing

14th Annual Showdown at 5-Mile Pass, Lehi, UT May 3rd, 2008, Intermountain Cup Mountain Bike Racing Series - Race 3 of 12

12 & Under
1. Griffin S. Park; 0:22:54
2. Brent Blackwell; Team Red Rock 0:26:00
3. Daniel Brown; Bikers Edge 0:27:26
4. Brayden Nielsen; UtahMountainBiking.com 0:28:42
5. Zachary Peterson; UtahMountainBiking.com 0:30:09

9 & Under
1. Cameron Larson; Revolution/Peak Fasteners 0:09:32
2. Joshua Peterson; UtahMountainBiking.com 0:09:47
3. Shawn Nielson; UtahMountainBiking.com 0:10:05
4. Nate Ferguson; Mad Dog Cycles 0:10:11
5. Thomas Zenger; Racers Cycle Service 0:12:17

Beg Men 19-29
1. Eric Ellis; UtahMountainBiking.com 0:54:08
2. Jake Carroll 0:59:52
3. Michael Buhler; Infinite Cycles 1:00:10
4. Darren L. Stirland; UtahMountainBiking.com 1:02:39
5. Adam Simmons 1:07:08

Beg Men 30-39
1. Jeff Phillippi; Revolution/Peak Fasteners 0:54:24
2. Derek Ransom; UtahMountainBiking.com 0:54:31
3. Matt Brown 0:57:01
4. Spencer Reeve ; Revolution 0:57:41
5. Gavril Muscalu; 1:01:08

Beg Men 40+
1. Jim Jackson; UtahMountainBiking.com 0:56:44
2. Kevin Moffitt; Mad Dog Cycles 0:57:15
3. Todd Jackson 0:59:40
4. Scott Van Wagoner; UtahMountainBiking.com 1:01:16
5. Brian Wells 1:02:14

Beginner 13-15
1. Hunter Tolbert; KUHL/Scott USA 0:59:35
2. Kyle Jackson; UtahMountainBiking.com 1:01:22
3. Ryan Westermann; Spin Cycle 1:08:43
4. Tanner Bishoff; Mad Dog Cycles 1:11:31
5. Jake Van Wagoner; UtahMountainBiking.com 1:22:29

Beginner 16-18
1. John Burton; JoRide/EK Ekcessories 0:52:58
2. Skyler Hancock; UtahMountainBiking.com 0:57:01
3. Joseph Moffitt; Mad Dog Cycles 0:58:54
4. Lance Jarvis; Utah Mountain Biking 1:03:15
5. Dylan Tanner; Utah Mountain Biking 1:03:25

Beginner Women
1. Meg Plank; 1:06:13
2. Ashleigh Cramer; Racer's Cycle Service 1:24:03

Clydesdale
1. Jonathan Rose; Revolution/Peak Fasteners 0:57:36
2. Greg Johnson; Mad Dog Cycles 1:02:19
3. Aaron (23) Mullins 1:04:40
4. Jeff Rose 1:06:51
5. Russell Meeks 1:08:35

Exp Men 19-29
1. Robbie Squire ; Devo 2:22:02
2. Ryan Krusemark; Kuhl/Scott 2:28:06
3. Brian(25) Tolbert; KUHL/Scott USA 2:30:06
4. Jason Smith; Revolution/Peak Fasteners 2:31:49
5. Daniel Nelson; Racer's Cycle Service 2:36:25

Exp Men 30-39
1. Todd Neumaker; UtahMountainBiking.com 2:23:08
2. Mark S. Johnsen; Racers Cycle Service 2:25:16
3. Paz M. Ortiz; Porcupine 2:26:06
4. Justin Wilson; Revolution/Peak Fasteners 2:26:42
5. Stephen Wasmund Cutthroat Racing 2:27:02

Exp Men 40+
1. Fred D. Porter; Kuhl/Scott 2:27:57
2. Chris Bingham; Porcupine/Canyon Sports 2:28:06
3. Glen Adams; Porcupine/Canyon Sports 2:28:42
4. Brad Keyes; Racers Cycle Service 2:29:16
5. Daren Cottle; Porcupine/Specialized Racing 2:33:20

Expert Women
1. Lara H. Kendall; White Pine Touring 2:02:49
2. Lisa R. White; KUHL/Scott USA 2:05:52
3. Ellen Guthrie; Spin Cycle 2:12:22
4. Rachel Cieslewicz; Monavie/Cannondale 2:12:26
5. Heather Gilbert; Cutthroat 2:15:14

Men 50+
1. Roger Gillespie; Mona Vie Cannondale 1:44:15
2. Dwight Hibdon; Mad Dog Cycles 1:44:23
3. Dana Harrison; Revolution Peak Fastener 1:45:47
4. Robert Westermann; Spin Cycle 1:46:06
5. Bruce Lyman; Mad Dog Cycles 1:49:02

Men 57+
1. Bill Dark; Mad Dog 1:08:20
2. Marv White; 1:15:29
3. Brent L. Petersen; Racer's Cycle Service 1:31:15
4. Steve Holcomb 2:08:39
5. Gene Poncelet 2:11:10

Pro Men
1. Bart Gillespie; Mona Vie Cannondale 2:55:41
2. David Welsh 3:06:44
3. Alex Grant; Rocky Mountain Bicycles 3:09:43
4. Chad Harris; Racers Cycle Service 3:13:44
5. Kevin(5) Day; Biker's Edge/DestinationHomes 3:13:45

Pro Women
1. Heather Holmes; Kenda/X-Fusion/Titus 2:35:52
2. Roxanne Toly; Jans 2:48:28
3. Kara C.(22) Holley; Mad Dog/Subaru/Gary Fisher 2:48:45
4. Erika (24) Powers; Revolution/Peak Fasteners 2:54:19

Single-Speed
1. Carman Espinoza; Darhma Wheels Cyclert 1:51:38
2. Von Edwards; Cutthroat Racing 1:52:08
3. Tyler Fought; Cole Sport 1:56:10
4. Spike Huismann; Triple "T" Heating and Cooling 2:00:38
5. Vinie Adams; Kuhl/Scott 2:01:59

Sport Women
1. Whitney Pogue; Revolution 2:00:38
2. Brittany L. Kener; Mad Dog Cycles 2:13:24
3. Alison Vrehn; Revolution/Peak Fasteners 2:13:55
4. Jamie Markosian; West Valley Auto Plaza 2:14:46
5. Liana Gregory; Cutthroat 2:21:13

Sport/Expert 13-15
1. Justin Griffin; UtahMountainBiking.com 1:01:21
2. Merrick Taylor; Color Country Cycling 1:04:47
3. John Erik Lyons; Autoliv 1:05:43
4. Conner Smith; Autoliv 1:06:12

Sport/Expert 16-18
1. Logan Phippin; Kuhl Scott 1:37:30
2. Tanner Cottle; Porcupine/Specalized 1:39:29
3. Danny Van Wagoner; UtahMountainBiking.com 1:45:09
4. Joshua Brown; Bikers Edge 1:46:57
5. Zane Enders; Autoliv 2:00:59

Spt Men 19-29
1. Garrett H. Kener; Mad Dog Cycles 1:48:54
2. Durke Z. Gordon; Farm Bureau Financial Services 1:49:08
3. Kyle Cramer; Y Cycling 1:51:56
4. Stephen Brown; Utah Mountain Biking 1:53:16
5. Cassidy Anderson; Racer Cycle/Honda/TLD 1:55:45

Spt Men 30-34
1. Richard Heckmann 1:41:36
2. Branch Jeremy; Revolution/Peak Fasteners 11:39:00
3. Mike Oblad; Ellsworth/Hyland Cyclery 1:50:02
4. Aaron Smith(1Credit08); Racer's Cycle Service 1:50:13
5. Justin Jensen ; Revolution/DNA 1:52:06

Spt Men 35-39
1. Michael Raemisch; OSG 1:42:33
2. Stephen L. Hales; Revolution/Peak Fasteners 1:45:27
3. Greg Larson; Revolution/Peak Fasteners 1:47:21
4. Matt Collier; Racer's Cycle Service 1:48:43
5. Denmark Jensen; UtahMountainBiking.com 1:51:07

Spt Men 40+
1. Jay Griffin; UtahMountainBiking.com 1:45:44
2. Reed Topham 1:47:07
3. Trent Wignall; Revolution/DNA cycling 1:48:41
4. Jim Harper; Peak Fasteners/Revolution 1:49:24
5. Keith K.(19) Payne; Mad Dog/Subaru/GaryFisher 1:51:47

Women 35+
1. Dot Verbrugge; Mad Dog Cycles 1:07:11
2. Heather L. Hemmingway-Hales; Revolution/Peak Fasteners 1:09:47
3. Tonya Hutchison 1:10:35
4. Jolene Nosack; UtahMountainBiking.com 1:10:59
5. Tasha Keyes; Racers Cycle Service 1:11:45

Wimmer's XC at Sherwood 08, May 10, 2008 - Logan, Utah, Intermountain Cup Mountain Bike Racing Series - Race #4 of 12

12 & Under
1. Zachary Peterson; UtahMountainBiking.com 0:10:42
2. Grayson Pitcher; Joyride/EK 0:10:50
3. Terran Adams 0:11:05
4. Jonah Fambro; Young Riders 0:11:06
5. Brayden Nielson; UtahMountainBiking.com 0:11:15

9 & Under
1. Joshua Peterson; UtahMountainBiking.com 0:09:20
2. Cameron Larson; Revolution/Peak Fasteners 0:10:51
3. Mandy Clark; UtahMountainBiking.com 0:10:52
4. Shawn Nielson; UtahMountainBiking.com 0:11:13
5. Bryce Ellis 0:12:07

Beginner 16-18
1. John Burton; Joyride Bikes/EK 1:23:37
2. Lance Jarvis; UtahMountainBiking.com 1:41:44
3. Bryan Tello; Autoliv 2:03:39

Beg Men 19-29
1. Neil Erdenbrack 1:21:46
2. Jordan Zobell 1:22:11
3. Clayton Coleman 1:35:49
4. David Roth 2:07:03

Beg Men 30-39
1. Derek Ransom; UtahMountainBiking.com 1:26:12
2. David Allen; Golds Gym 1:32:08
3. John Powell; Wimmer's 1:33:35
4. Dale Hutchings; UtahMountainBiking.com 1:42:44
5. Brandon Whiteley 1:45:57

Beg Men 40+
1. Jim Jackson; UtahMountainBiking.com 1:21:20
2. Jack Lyons 1:27:21
3. Brad Ellis; Wimmer's 1:34:22
4. Jason Sparks; UtahMountainBiking.com 1:39:30
5. Mark Crosby; Taylors Bike Shop 1:40:04

Beginner 13-15
1. Kyle Jackson; UtahMountainBiking.com 0:47:17
2. Kyle MohlIman; Ames Promoting 0:53:49
3. Destrey Enders; Autoliv 0:58:04

Beginner Women
1. Brigitte Felt; Joyride Bikes/EK Ekcessories 0:47:52
2. Rachel Hutchings; UtahMountainBiking.com 1:11:42
3. Debby Reber 1:17:13

Clydesdale
1. Jonathan Rose; Revolution/Peak Fasteners 1:11:10
2. Aaron (23) Mullins 1:27:23
3. Weston Voth 1:30:08
4. Bill Webb; Autoliv 1:45:23

Exp Men 19-29
1. Ryan Krusemark; Kuhl/Scott 1:45:35
2. Josh Carter; WSU 1:49:29
3. Brent Pontius; Junction City Cyclists 1:49:56
4. Ryan Blaney; Kuhl/Scott 1:53:00
5. Brandon Cross; Guthrie Bicycles 1:53:01

Exp Men 30-39
1. Justin Wilson; Revolution/Peak Fasteners 1:47:37
2. Mark Johansen; Racer's Cycle Service 1:47:48
3. Ryan Ashbridge; Revolution/Peak Fasteners 1:48:05
4. Paz Ortiz; Porcupine 1:49:05
5. Drew Neilson; Wimmer's/Logan Race Club 1:57:09

Exp Men 40+
1. Fred Porter; Kuhl/Scott 1:51:23
2. Daren Cottle; Porcupine/Specialized Racing 1:52:06
3. Mark Skarpohl; Wimmer's 1:53:55
4. Bob (10) Saffell; Revolution/Peak Fasteners 1:54:13
5. Karl Vizmeg; Mad Dog Cycles 1:54:34

Expert Women
1. Mary Wilcox; KUHL/Scott USA 1:36:23
2. Lisa R. White; KUHL/Scott USA 1:37:52
3. Michelle Hollingsed; Prorcupine/Specialized Racing 1:40:14
4. Ellen Guthrie; Spin Cycle Racing 1:42:37
5. Jody Anderson; Revolution 1:43:29

Men 50+
1. Roger Gillespie; MonaVie/Cannondale 1:30:56
2. Bruce Lyman; Mad Dog 1:34:56
3. Mark Enders; Autoliv 1:41:40
4. Kevin Johansen; Racer's Cycle Service 1:42:38
5. Paul Moote; Mad Dog 1:43:48

Men 57+
1. Brad A.(18) Mullen; Mad Dog Cycles 1:03:58
2. Bill Dark; Mad Dog 1:08:26
3. Nick Rees 1:17:17
4. Bruce R.(14) Argyle; UtahMountainBiking.com 1:24:20
5. Steve Holcomb 2:04:18

Pro Men
1. Alex Grant; Rocky Mtn Bicycles 1:59:43
2. Bart Gillespie; MonaVie/Cannondale 2:00:26
3. Chris Holley; Subaru/Gary Fisher/Mad Dog 2:04:35
4. Taylor Foss; Kuhl/Scott 2:08:02
5. Cary Smith; Hoback Sports 2:09:27

Pro Women
1. Heather Holmes; Kenda/Titus/Hayes 1:53:19
2. KC Holley; Subaru/Gary Fisher/Mad Dog 2:00:44
3. Amanda Riley-Carey; Kenda/Titus/Hayes 2:02:46
4. Jen Hanks; Revolution/Peak Fasteners 2:04:50
5. Erika (24) Powers; Revolution/Peak Fasteners 2:10:18

Single-Speed
1. Cary Smith; Hoback Sports/Powerbar 1:21:34
2. Carman Espinoza; Dharma Wheels Cyclery 1:31:11
3. Spike Huismann; Triple "T" Heating 1:37:59
4. Vince Adams; Kuhl/Scott 1:38:31
5. Seth Gunderson; Salt Sea Pirates 1:40:00

Sport Women
1. Lucy J. Jordan; Revolution/Peak Fasteners 1:13:27
2. Brittany L. Kener; Mad Dog Cycles 1:14:13
3. Leslie Knowlton-Fredette; Revolution/Peak Fasteners 1:15:41
4. Jennie Wade; Revolution/Peak Fasteners 1:17:49
5. Alison Vrehn; Revolution/Peak Fasteners 1:19:19

Sport/Expert 13-15
1. Merrick Taylor; Color Country Cycling 1:01:25
2. Justin Griffin; UtahMountainBiking.com 1:02:28
3. Conner Smith; Autoliv 1:09:50

Sport/Expert 16-18
1. Logan Phippin; Kuhl Scott 0:56:01
2. Tanner Cottle; Porcupine/Specalized 0:59:57
3. Danny VanWagoner; UtahMountainBiking.com 1:01:16
4. Zane Enders; Autoliv 1:07:45
5. Josh Elston; Autoliv 1:13:35

Spt Men 19-29
1. Stephen Brown; UtahMountainBiking.com 1:38:18
2. Casey Zaugg 1:38:48
3. Tyler Margetts; UtahMountainBiking.com 1:39:33
4. Garrett H. Kener; Mad Dog Cycles 1:43:20
5. Landon Weight; Racer's Cycle Service 1:44:27

Spt Men 30-34
1. Aaron Smith; Racer's Cycle Service 1:30:16
2. Lance Christiansen; Wimmer's/Logan Race Club 1:30:39
3. Justin Jensen; Revolution/DNA 1:34:36
4. Jared Richards; Mad Dog Cycles 1:40:40
5. Mike Oblad; Ellsworth/Hyland Cyclery 1:40:45

Spt Men 35-39
1. Stephen L. Hales; Revolution/Peak Fasteners 1:33:58
2. Greg Larson; Revolution/Peak Fasteners 1:36:34
3. Thom Hatch; Wimmer's 1:37:36
4. Kent Carlsen; Wimmer's 1:38:49
5. Matt Collier; Racer's Cycle Service 1:39:44

Spt Men 40+
1. Reed Topham 1:33:55
2. Jay Griffin; UtahMountainBiking.com 1:35:26
3. Jim Harper; Peak Fasteners/Revolution 1:38:42
4. Brad Sneed; UtahMountainBiking.com 1:43:34
5. Josh Gunter; Ski Utah 1:43:47

Women 35+
1. Dot Verbrugge; Mad Dog Cycles 0:48:44
2. Tasha Keyes; Racer's Cycle Service 1:00:21
3. Kendra S. Clark; UtahMountainBiking.com 1:02:12
4. Sally Hutchings; UtahMountainBiking.com 1:12:44

6th Annual Hammerfest at Soldier Hollow, Presented By Cole Sport and Brothers Bikes, Intermountain Cup Mountain Bike Racing Series, Soldier Hollow May 17, 2008 - Race #5 of 12

12 & Under
1. Griffin S. Park; 0:29:39
2. Brent Blackwell; Team Red Rock 0:33:20
3. Zachary Peterson; UtahMountainBiking.com 0:34:52
4. Cale Pilling; Revolution/Peak Fasteners 0:37:41
5. Jonah Fambro; Young Riders 0:37:42

9 & Under
1. Joshua Peterson; UtahMountainBiking.com 0:05:48
2. Cameron Larson; Revolution/Peak Fasteners 0:06:16
3. Shawn Nielsen; UtahMountainBiking.com 0:06:28
4. Joe Pilling; Revolution/Peak Fasteners 0:06:54
5. Bryn Bingham; Pocupine 0:07:18

Beg Men 19-29
1. Darren L. Stirland; UtahMountainBiking.com 0:54:51
2. Ladd Bradley 1:01:51

Beg Men 30-39
1. John Rose 0:46:50
2. Derek Ransom; UtahMountainBiking.com 0:47:31
3. Matt Brown 0:48:06
4. Gavril Muscalu 0:52:05
5. Spencer Reeve ; Revolution 0:52:23

Beg Men 40+
1. Jim Jackson; UtahMountainBiking.com 0:49:21
2. Kevin Moffitt; Mad Dog Cycles 0:51:03
3. Jack Lyons; Autoliv 0:51:14
4. Jason Sparks; UtahMountainBiking.com 0:54:49
5. Russ Margetts; UtahMountainBiking.com 0:55:44

Beginner 13-15
1. Kyle Jackson; UtahMountainBiking.com 0:53:42
2. Destrey Enders; Autoliv 0:59:20
3. Ryan Westermann; Spin Cycle 1:00:07
4. Jake Van Wagoner; UtahMountainBiking.com 1:07:53
5. Erich Kolan; Revolution 1:17:25

1. Joseph Moffitt; Mad Dog Cycles 0:51:39
2. Dylan Tanner; Utah Mountain Biking 0:53:08
3. Lance Jarvis; Utah Mountain Biking 0:56:46
4. Seth Ferguson; Mad Dog Cycles 0:57:12
5. Mark Rowley; Bikers Edge 0:57:55

Beginner Women
1. Katie Nighorn 1:01:38
2. Shae Johansen; Racers Cycle Service 1:02:55
3. Shauna Powell 1:16:45
4. Kristine Eccles 1:17:07
5. Rachel Hutchings; UtahMountainBiking.com 1:23:33

Clydesdale
1. Jonathan Rose; Revolution/Peak Fasteners 1:07:25
2. Greg Johnson; Mad Dog Cycles 1:11:36
3. Eric M. Rose; Revolution/Peak Fasteners 1:12:41

Exp Men 19-29
1. Ryan Krusemark; Kuhl/Scott 2:07:34
2. Brian(25) Tolbert; KUHL/Scott USA 2:10:39
3. Brandon Cross; Guthrie/Rawbean 2:12:14
4. Ryan M. Blaney; Kuhl/Scott 2:14:41
5. Jason Smith; Revolution/Peak Fasteners 2:16:05

Exp Men 30-39
1. Mark Johansen; Racers Cycle Service 2:06:11
2. Paz M. Ortiz; Porcupine 2:07:16
3. Ryan Ashbridge; Revolution/Peak Fasteners 2:07:38
4. Isaac Wilson; Mona Vie/Jans 2:07:58
5. Thom Morton; White Pine Touring 2:12:37

Exp Men 40+
1. Bob (10) Saffell; Revolution/Peak Fasteners 2:09:14
2. Jack Dainton; Team Dar 2:10:11
3. Fred D. Porter; Kuhl/Scott 2:11:20
4. Chris Bingham; Porcupine/Canyon Sports 2:11:39
5. Brad Keyes; Vassago Cycles 2:14:27

Expert Women
1. Laura Howat; Ski Utah Cycling Team 1:52:04
2. Michelle Hollingsed; Prorcupine/Specialized Racing 1:52:51
3. Mary Wilcox; KUHL/Scott USA 1:55:57
4. Jenelle Kremer; Revolution/Peak Fasteners 1:57:55
5. Laura Patten; Ski Utah Cycling Team 2:02:40

Men 50+
1. Dana Harrison; Revolution Peak Fastener 1:30:26
2. Robert Westermann; Spin Cycle 1:31:37
3. Roger Gillespie; Mona Vie Cannondale 1:34:25
4. Scott Toly; Cole Sport 1:34:39
5. Bruce Lyman; Mad Dog Cycles 1:35:46

Men 57+
1. Bill Dark; Mad Dog 1:06:01
2. Bruce R.(14) Argyle; UtahMountainBiking.com 1:12:51
3. Brad A.(18) Mullen; Mad Dog Cycles 1:17:27
4. Gene Poncelet 1:18:52
5. Steve Holcomb 1:51:43

Pro Men
1. Bart Gillespie; Mona Vie Cannondale 2:06:29
2. Alex Grant; Rocky Mountain Bicycles 2:09:44
3. Chris(8) Holley; Mad Dog/Subaru/Gary Fisher 2:13:10
4. Kevin(5) Day; Kuhl.Scott 2:13:56
5. Aaron Stites; Racer's Cycle Service 2:15:53

Pro Women
1. Kara C.(22) Holley; Mad Dog/Subaru/Gary Fisher 2:22:56
2. Erika (24) Powers; Revolution/Peak Fasteners 2:30:12
3. Roxanne Toly; Jans 2:36:49
4. Tiffany A. Pezzulo; PCIM 2:41:35
5. Pamela Hanlon; Jans 2:49:55

Single-Speed
1. Jamie Pogue; Revolution/Peak Fasteners 1:28:25
2. Carman Espinoza; Darhma Wheels Cyclert 1:31:14
3. Spike Huismann; Triple "T" Heating and Cooling 1:32:52
4 Denny Kalar; Cole Sport 1:37:21
5. Patrick Batten; Wind driven Blinds 1:41:59

Sport Women
1. Whitney Pogue; Revolution 1:04:31
2. Sonja Heuscher 1:05:16
3. Tanya Swenson; ColeSport 1:05:42
4. Lucy J. Jordan; Revolution/Peak Fasteners 1:08:21
5. Dayna Deuter; Revolution 1:08:54

Sport/Expert 13-15
1. Merrick Taylor; Color Country Cycling 0:58:41
2. Justin Griffin; UtahMountainBiking.com 1:01:29
3. John Erik Lyons; Autoliv 1:02:19
4. Parker DeGray; Young Riders 1:04:13
5. Dylan Klautt; Young Riders 1:04:14

Sport/Expert 16-18
1. Keegan Swenson; Young Riders 1:27:32
2. Tanner Cottle; Porcupine/Specalized 1:30:58
3. Joshua Brown; Bikers Edge 1:35:25
4. Conor Mathews; Young Riders 1:35:38
5. Zane Enders; Autoliv 1:41:33

Spt Men 19-29
1. Cassidy Anderson; Racer Cycle/Honda/TLD 1:27:45
2. Durke Z. Gordon; Farm Bureau Financial Services 1:33:19
3. Rick Washburn; Mad Dog Cycles 1:34:17
4. Tyler Margetts; UtahMountainBiking.com 1:35:30
5. Garrett H. Kener; Mad Dog Cycles 1:35:49

Spt Men 30-34
1. Richard Heckmann 1:28:59
2. Jesse Sorenson; Mad Dog Cycles 1:32:04
3. Jared Richards; Mad Dog 1:35:05
4. Mike Oblad; Ellsworth/Hyland Cyclery 1:36:24
5. Jim L. White; KUHL/Scott USA 1:39:20

Spt Men 35-39
1. Michael Raemisch; OSG 1:30:41
2. Stephen L. Hales; Revolution/Peak Fasteners 1:31:09
3. Greg Larson; Revolution/Peak Fasteners 1:33:00
4. Denmark Jensen; UtahMountainBiking.com 1:35:49
5. Thomas Hatch; Wimmers 1:37:59

Spt Men 40+
1. Dave Smith; Red Rock 1:33:35
2. Jay Griffin; UtahMountainBiking.com 1:33:52
3. Reed Topham 1:34:09
4. Gardener Brown; Bikers Edge 1:36:36
5. Keith K.(19) Payne; Mad Dog/Subaru/GaryFisher 1:37:10

Women 35+
1. Dot Verbrugge; Mad Dog Cycles 0:58:17
2. Kendra S. Clark; UtahMountainBiking.com 1:02:05
3. Jennifer Curry; Mad Dog 1:05:29
4. Sally Hutchings; UtahMountainBiking.com 1:10:38
5. Tasha Keyes; Vassago Cycles 1:11:43

Road Racing

Ogden BDO Criterium, UCA Points Series, May 3, 2008, Ogden, Utah

Pro/1/2 Male
1. Cameron Hoffman; American Radd
2. Dave Harward; Porcupine/specialized Racing
3. Ira Tibbitts; Park City Jeep - Goble Knee Cl
4. Chris Pietrzak; Porcupine/specialized Racing
5. Kirk Eck; Park City Jeep - Goble Knee Cl
6. Sam Krieg; Park City Jeep - Goble Knee Cl
7. Bryson Perry; American R.a.d.d. Presented by
8. Ben D'hulst; Park City Jeep - Goble Knee Cl
9. Patrick Fasse; Ski Utah Cycling Team
10. Ryan Barrett; Park City Jeep - Goble Knee Cl

Master Male 55+
1. Gary Simmons; Bountiful Mazda
2. Phil Pattison; Team Inertia
3. Henry Ebell; Canyon Bicycles of Salt Lake
4. Douglas Cottle

Master Male 45+
1. Jeff Ure; Bountiful Mazda Cycling Team
2. Louis Riel; Canyon Bicycles
3. Dirk Cowley; Ffkr/sbo P/b Tour of Utah
4. Mark Schaefer; Paultracy.com
5. Donald Armstrong; Paultracy.com
6. Mark Chrysler; Dare
7. Mark Zimbelman; Bountiful Mazda
8. Gary Swain; Canyon Bicycles
9. Bob Walker; Bountiful Mazda
10. Scott Busby; Eastside Velo

Master Male 35+
1. John Mckone; Northwave/x-men
2. Robert Sorenson; Canyon Bicycles Slcc
3. Jon Gallagher; Cole Sport
4. Brian Boudreau; Dare
5. Mark Schaefer; Paultracy.com
6. Mark Miller; Canyon Bicycles/draper
7. Andre Gonzalez; Canyon Bicycles
8. Gary Porter; Bountiful Mazda Cycling Team
9. Jeff Ure; Bountiful Mazda Cycling Team
10. Clyde Done; Ffkr/sbo P/b Tour of Utah

Junior
1w. Jenna Gardner; Pcim
1. Bruce Hoffman; American Radd
2. Jedd Cox; Joyride Bikes/ek Ekcessories
3. Dana Hoffman; Ogden One
4. Julian Fowkes

Cat 5 Male
1. Inacio Lopez
2. Ben Towery; Team Excelerator
3. Casey Marker; Team Excelerator
4. Jacob Balls
5. Sam Serrano; Northshore
6. Kevan Steed; Team Excelerator
7. Kenneth Werthmann
8. Kirk Johnson; Team Excelerator
9. Todd Vincent; Ski Utah Cycling Team
10. Mike Tesch

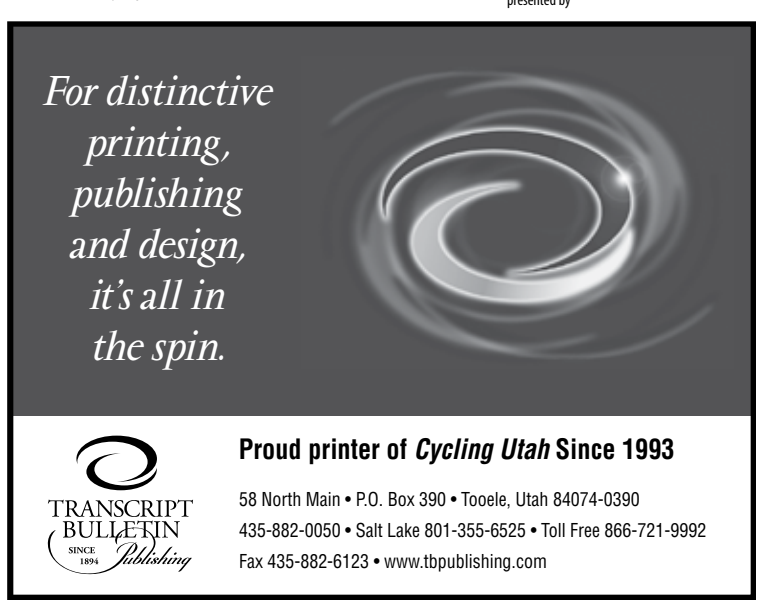
Cat 4 Male
1. Ryan Westenskow; Ogden One
2. John Thomas; Porcupine
3. Dustin Thiel; Porcupine
4. Shane Dunleavy; Ski Utah Cycling Team
5. Colby Tanner; Spin Cycle Racing
6. Taylor Eisenhart; Ffkr/sbo P/b Tour of Utah
7. James Crawford; Binghams/north Shore
8. Karsten Shumway; Spin Cycling
9. Justin Bingham; Binghams/northshore
10. Alan Stettler; American Radd

Cat 4 Female
1. Diane Evans; Bountiful Mazda
2. Jamie Carter; Ski Utah Cycling Team
3. Shanna Matheson; Ski Utah Cycling Team
4. Melanie Helm; Wasatch Women's Cycling Club
5. Jillian Gardner; Pcim
6. Kris Vincent; Ski Utah Cycling Team

Cat 3 Male
1. Gary Swain; Velocity Cyclists/canyon Bicyc
2. Brian Boudreau; Dare
3. Samuel Moore; Porcupine Cycling
4. Connor O'leary; Velosport Racing
5. Todd Taft; Ski Utah Cycling Team
6. Cameron Candelaria; Ski Utah Cycling Team
7. Nick Ekdahl; Rocky Mountain Cycling Club
8. Jason Houchin; Rocky Mountain Cycling Club
9. Aaron Rennert; Spin Cycle Racing
10. Aaron Olsen; Velosport Racing

Darek Leyde Memorial Utah State Criterium Championship, May 10, 2008, Rocky Mountain Raceways, West Valley City, Utah

Pro Cat 1-2 Male
1. RYAN BARRETT; Park City Jeep - Goble Knee Cl
2. Chris Pietrzak; Porcupine/Specialized Racing
3. Darren Lill; BMC
4. Bryson Perry; American R.A.D.D. presented by
5. Cameron Hoffman; American R.A.D.D. presented by



Bicycles on UTA's FrontRunner Commuter Rail

Bicycle commuting is good business. It reduces the number of automobile trips to and from work while promoting clean air, easing congestion and creating more livable communities. With gas prices skyrocketing, and the recent opening of the Utah Transit Authority's commuter rail train FrontRunner, a renewed interest has been spurred in coordinating bicycles with public transit. Here's a guide to help navigate the system:

FrontRunner trains, which run from Ogden to Salt Lake City, have three cars per train. Unlike TRAX, FrontRunner bike riders are not required to stand with their bicycles. There are tie-downs next to the southern door on each car for both the protection of passengers, and their bikes. In the near future, UTA is working to expand FrontRunner's bicycle carrying capacity. Currently, there are bike racks at each of the seven FrontRunner stations, and UTA will also be adding 30 bike lockers throughout the system. Bicycle lockers can currently be rented with a one-time refundable key deposit of $65 and an annual rental fee of $10. The lockers completely enclose the bicycle protecting it from the elements and hiding it from view. Lockers are available on a first come first serve basis. To be put on the waiting list for bike lockers, please contact Pat Dierks at pdierks@rideuta.com or 801-287-2062.

UTA is also studying the possibility of a bike storage facility at Salt Lake Central Station at the Intermodal Hub.

For more information visit www.rideuta.com.

6. BEN D'HULST; Park City Jeep - Goble Knee Cl
7. David MELLON; KUHL/Scott
8. Patrick FASSE; Ski Utah Cycling Team
9. NATE THOMAS; Park City Jeep - Goble Knee Cl
10. Evan Hepner; Contender Bicycles

Masters 55+ Male
1. gary simmons; Bountiful Mazda
2. Bill Cutting; Ski Utah Cycling Team
3. Gary Powers; Spincycle
4. Henry Ebell; Canyon Bicycles of Salt Lake
5. Phil PATTISON; Team INERTIA

Masters 45+ Male
1. John MCKONE; X-Men, The
2. Glen Adams; Porcupine/Specialized Racing
3. Gary Swain; Canyon Bicycles
4. Donald ARMSTRONG; PaulTracy.com
5. StevenP Lewis; Canyon Bicycles SLCC
6. Clyde DONE; FFKR/SBO P/B Tour of Utah
7. Mark Schaefer; PaulTracy.com
8. Terry MCGINNIS; Ski Utah Cycling Team
9. Jeff CLAWSON; Canyon Bicycles Draper
10. Nathan TIMMS; Spin Cycle Racing

Masters 35+ Male
1. Christopher BEST; Pacific Sunset Velo/Pac Sun Ve
2. Stan PRICE; VeloCity Cyclists/Canyon Bicyc
3. Michael HANSEEN; Salt Lake City Cycling (SLCC)
4. John MCKONE; X-Men, The
5. Glen Adams; Porcupine/Specialized Racing
6. Andre Gonzalez; Canyon Bicycles
7. Jeremy SMITH; Ski Utah Cycling Team
8. UNKNOWN RIDER
9. Mike Cooper; VeloCity Cyclist/ Canyon Bicyc
10. UNKNOWN RIDER

Juniors 17-18 Mixed
1. Bruce HOFFMAN; American RADD
2. Chase Pinkham; Ski Utah Cycling Team
3. UNKNOWN RIDER
4. Bobby Cannon; Canyon Bicycles/SLCC
5. Julian Fowkes; ski utah

Juniors 13-14 Mixed
1. Taylor Eisenhart; FFKR/SBO P/B Tour of Utah

Juniors 10-12 Mixed
1. Gianni Kennard
2. Jenna Gardner; PCIM
3. Erik Stenquist; Canyon Bicycles - Draper

Cat 5 Male
1. Tyler Smith; FFKR/Sports Base Online P/B To
2. Inacio Lopez
3. Daniel Stites
4. Matt Larson; Sugarhouse Cycling Club
5. dave benson; epo
6. richard slabinski; Porcupine
7. Paul LaStayo
8. Steven MASON; BCC Racing
9. Phillip Pattison; Team Inertia
10. Aaron Luptak; Ski Utah Cycling

Cat 4 Male
1. Tyler Riedesel; Cyclesmith/ University of Utah
2. Rob Brasher; Spin Cycle Racing
3. Zack BUTTERFIELD; Canyon Bicycles Draper
4. Andrew Love
5. Nathan TIMMS; Spin Cycle Racing
6. Todd Neumarker; Porcupine Cycling
7. seth bradley; American RADD p/b agel
8. Erik Harrington; RMCC/Cyclesmith
9. UNKNOWN RIDER
10. Shane DUNLEAVY; Ski Utah Cycling Team

Cat 4 Female
1. Diane Evans; Bountiful Mazda
2. Jillian Gardner; PCIM
3. JAMIE CARTER; Ski Utah Cycling Team
4. Juel IVERSON; Canyon Bicycles
5. Melanie Helm; JR Smith Coaching/Intermountai
6. Shanna Matheson; Ski Utah Cycling Team
7. Heather Nielson; Colavita AZ
8. Christie Johnson; White Pine
9. Kara Harris; Ski Utah Cycling
10. Kris Vincent; Ski Utah Cycling Team

Cat 3 Male
1. Connor OLEARY
2. Gary Swain; Canyon Bicycles
3. Elliott Smith; Team Inertia
4. Eric THOMPSON; Utah Premier-Ski Utah Cycling
5. Samuel MOORE; Canyon Bicycles of Draper
6. Aaron Rennert; Spin Cycle Racing
7. Jon SCHOFIELD; Biker's Edge / Destination Hom
8. aaron olsen; FFKR/SBO P/B Tour of Utah
9. CLINT CARTER; Ski Utah Cycling Team
10. Todd Taft; Ski Utah Cycling Team

Cat 1-2-3 Female
1. Kirsten Kotval; PCIM
2. Laura HOWAT; Ski Utah Cycling Team
3. Melissa McDaniel; PCIM
4. Tiffany Pezzulo; PCIM
5. Laura PATTEN; Ski Utah Cycling Team
6. Lori Frandsen; Intermountain Financial
7. Chantel THACKERAY; PCIM
8. Kelsey WITHROW; PCIM
9. Leslie Cooper; Intermountain Financial/ JR Sm
10. Kristi MCILMOIL; Wasatch Women's Cycling Club

Masters Wm
1. Margaret Douglass; Ski Utah Cycling Team

Xzude Bear Lake Classic Road Race, UCA Points Series, May 17, 2008, Bear Lake, Utah

Cat1/2/3 Female
1. Kirsten Kotval; Pcim
2. Karen Appleby-Krieg; Bountiful Mazda Cycling Team
3. Melissa Mcdaniel; Pcim
4. Chantel Thackeray; Pcim
5. Jamie Leake; Intermountain Financial/jr Smi
6. Kelly Crawford; Bountiful Mazda Cycling Team
7. Kelsey Withrow; Pcim
8. Lori Frandsen; Intermountain Financial
9. Kelly Dailey; Bountiful Mazda
10. Kristi Mcilmoil; Intermountain Financial/jr Smi

Pro/1/2 Male
1. Mike Sohm; Porcupine/specialized Racing
2. Luis Alejandro Zamudio; American R.a.d.d. Presented by
3. Todd Hageman; Binghams/northshore
4. Mark Skarpohl; Canyon Bicycles Slc
5. Marc Yap; Park City Jeep - Goble Knee Cl
6. Ben D'hulst; Park City Jeep - Goble Knee Cl
7. Gardie Jackson; American R.a.d.d. Presented by
8. Ryan Barrett; Park City Jeep - Goble Knee Cl
9. Patrick Fasse; Ski Utah Cycling Team
10. Thomas Nelson; American R.a.d.d. Presented by

Master Male
1. Gary Simmons; Bountiful Mazda
2. Gary Powers; Spincycle
3. Frans Berghoff; Utah Velo Club
4. Norman Mecham; Logan Race
5. Patrick English; Porcupine
6. William Webster; Lander Cycling
7. Jim Gilland; Bountiful Mazda Cycling Team
8. Bradley Rich; Canyon Bikes Salt Lake City
9. Chip Williams; Lander Cycling
10. Alan Stockland

Master Male
1. Gary Swain; Canyon Bicycles
2. Donald Armstrong; Paultracy.com
3. Jerald Hunsaker; Bountiful Mazda
4. Caig Sorensen; Logan Race Club- Healthychoice
5. Mark Chrysler; Dare
6. Alan Takemori
7. Bob Walker; Bountiful Mazda
8. Ken Yonemura; Ski Utah Cycling Team
9. Ken Louder; Ffkr/sbo P/b Tour of Utah
10. Farrell Spackman

Master Male
1. Scott Allen; Canyon Bicycles
2. Andre Gonzalez; Canyon Bicycles
3. Jeff Rasch; Wright/park City Rides
4. Bruce Bilodeau; Canyon Bicycles
5. Mark Miller; Canyon Bicycles/draper
6. Steven P Lewis; Canyon Bicycles Slcc
7. Mark Llinares; Norwood Paragon
8. Shawn Haran; Canyon Bicycles-slc
9. Shane Evertsen
10. John Mcilmoil

Junior Male
1. John Burton; Joyride Bikes

Junior Male
1. Sam Trop; Spin Cycle Racing
2. Joseph Knowles; Taylor

Junior Female
1. Jenna Gardner; Pcim
2. Krystal Taylor;

Cat 5a Male
1. Marc Rosello; Porcupine/canyon Sports
2. Dave Ramsay; Porcupine Cycling

ADVOCACY

New State Bicycling Laws Around the Country

By Charles Pekow

Though nothing is happening in Utah or Idaho, by the end of May, nine states have enacted bicycle safety legislation since the 2006 elections. State legislatures have enacted laws in 2007 and 2008 ranging from increasing the responsibilities of motorists and cyclists to handling federal money and adding safety provisions, according to the State Traffic Safety Legislation database maintained by the National Conference of State Legislatures.

States mainly put new responsibilities on cyclists or drivers instead of starting new safety programs or adding funding.

Colorado proved an exception. Last year, it started a "share the road" license plate non-commercial auto owners can buy for a $50 specialty plate fee and a $25 tax-deductible contribution to a Share the Road Education Fund, earmarked for safety education of motorists , bicyclists and officials in bike safety and other crash prevention and related activities. The program will continue next year if 3,000 motorists buy a plate this year.

And while it didn't provide any state money, the busy Hawaii legislature passed a law guaranteeing a portion of the state's federal highway money go for bikepath development, bike safety and accommodating bicycles on mass transit. Hawaii's legislature also adopted a policy encouraging, but not requiring, counties to use federal design guidance on integrating bicycling into transportation infrastructure.

A big issue this year concerns giving bicyclists a yard of leeway. Tennessee, Illinois and Maine required drivers who overtake bicycles keep at least three feet from them. A similar rule is pending in California. (In Illinois, the same legislation allows bicyclists to signal a right turn by right arm extension in addition to the traditional left hand move.)

Washington state took a different approach: it added bicycle safety as a topic in drivers education curriculum.

And while those states dealt with motorist responsibilities, California dealt with cyclists' responsibilities. The state now requires bicyclists to use lights and reflectors while riding on sidewalks and bikepaths at night. Previous law required them only for street riding. And the law requiring reflectors on pedals was modified to include shoe/ankle reflective material.

And New Mexico put the burden on parents. All legal guardians became responsible to ensure that minors wear helmets when riding bikes. Anyone renting bikes to minors must also supply a helmet, though they can charge a "reasonable" fee. But four other states defeated helmet legislation, which is still pending in two others.

Wyoming enacted a provision sure to enrage some high-speed bicyclists when it forbade them from using a road in the presence of an adjacent bike path.

NCSL reported bills still pending before 13 legislatures (including some of those above and the District of Columbia)ranging banning talking on a cellphone while riding a bicycle to requiring highways to include adequate shoulders for cyclists and clarifying exactly how to define a bicycle (such as excluding tricycles). But no one even dropped a bike safety bill in the hopper in either Utah or Idaho, according to the database.

3. Norman Frye; Ski Utah Cycling Team
4. Russell Parry; North Shore Cc/team Bingham Sm
5. John Miner
6. Alan Griffey; Binghams Northshore
7. Russell Thompson; Bountiful Mazda
8. Jared Eborn; Porcupine Cycling
9. Tyler Wilhelmsen; Guthrie Race Club
10. James Arnold; Apple Cycling Group

Cat 5b Male
1. Tony Anstine; Logan Race Club
2. Ryan Lemone; Team Dialogue
3. Mike Walkenhorst; Team Inertia
4. Casey Marker; Team Excelerator
5. Eric Gardiner; Utah State University
6. Austin Tanner
7. John Rabenau
8. Will Hanson; Team Inertia
9. Jerry Bergosh; Bcc Racing
10. Craig Willis Lrc

Cat 4 Male
1. Jeremy Clay; Ski Utah Cycling Team
2. John Thomas; Porcupine
3. Tyler Riedesel Cyclesmith/ University of Utah
4. Sean Fessenden;
5. Kirk Minor; Ski Utah Cycling Team
6. Ken Webster; Spin Racing
7. Shane Dunleavy; Ski Utah Cycling Team
8. Taylor Eisenhart; Ffkr/sbo P/b Tour of Utah
9. James Crawford; Binghams/north Shore
10. Terry Stone; Spin Cycle Racing

Cat 4 Female
1. Shanna Matheson; Ski Utah Cycling Team
2. Breanne Nalder; Ski Utah Cycling Team
3. Jamie Carter; Ski Utah Cycling Team
4. Anna Podgorney; Ice/rocky Mountain Surgery
5. Diane Evans; Bountiful Mazda
6. Alison Frye; Ski Utah Cycling Team
7. Holly Magleby; Apple Cycling Team
8. Audra Jeske; Utah Velo
9. Bev Ronnow; Ffkr
10. Kris Vincent; Ski Utah Cycling Team

Cat 3 Male
1. Drew Neilson; Logan Race Club
2. Lance Christiansen; Healthy Choice / Gobal Knee Cl
3. Spencer Debry; Ski Utah
4. Aaron Rennert; Spin Cycle Racing
5. Clint Carter; Ski Utah Cycling Team
6. Todd Taft; Ski Utah Cycling Team
7. Jake Pantone; Biker's Edge/destination Homes
8. Jason Preston; the Fan Cycling
9. Jared Inouye; Biker's Edge/destination Homes
10. Aaron Olsen; Ffkr/sbo P/b Tour of Utah

Garden Creek Gap Road Race, UCA Series, Pocatello, Idaho, May 24, 2008

Pro/1/2 Men
1. Luis Alejandro Zamudio ; American R.A.D.D. presented by Agel. 4:50:28
2. Billy Demong ; American R.A.D.D. presented by Agel 4:54:24
3. Kris Lunning ; Fitzgeralds 4:58:35
4. Bryson Perry ; American R.A.D.D. presented by Agel 4:58:44
5. Todd Hageman ; Binghams/Northshore 4:58:44
6. Sam Krieg ; Park City JEEP Sienna 4:59:49
7. Benjamin D'Hulst ; Park City JEEP 4:59:59
8. Gardie Jackson ; American R.A.D.D. presented by Agel 5:14:05
9. Norman Bryner ; Canyon Bicycles of SLC 5:26:40

Cat 3 Men
1. Chase Pinkham ; Ski Utah Cycling Team 4:08:15
2. Jess Dear ; RMCC Cyclesmith 4:08:21
3. Robert McGovern ; ICE/ROCKY MOUNTAIN SURGERY CENTER. 4:08:21
4. Jared Inouye ; BIKER'S EDGE/DESTINATION HOMES 4:08:26
5. Taylor Hansen ; Scott Machinery 4:08:26
6. Spencer deBry ; Ski Utah 4:08:33
7. Perry Hall ; Wright/Park City Rides 4:08:36

Cat 4 Men
1. Erik Harrington ; RMCC/Cyclesmith 2:53:30
2. David Welsh ; Kuhl/Scott 2:53:30
3. Joshua Hickman ; Wright/Park City Rides 2:53:30
4. Matt Bradley ; American RADD p/b agel 2:53:37
5. Colby Tanner ; Spin Cycle Racing 2:53:37
6. Sam Todd ; Porcupine Cycling 2:53:37
7. Dustin Thiel ; Porcupine 2:53:47
8. Kevin Wilde ; Porcupine / Specialized Racing 2:54:02
9. James Crawford ; Binghams/North Shore 2:54:12
10. Seth Gunderson ; Salt Sea Pirates 2:54:52

Cat 5 Men
1. David Coates ; Canyon 1:39:32
2. Randy Anderson 1:39:57
3. Darrel Byerly 1:39:57
4. Forest Dramis ; Peaked Sports 1:40:14
5. Tony Anstine 1:40:34
6. JD Byerly 1:40:38
7. Michael Kooreman 1:40:53
8. Mike Pimm ; Fitzgeralds bicycles 1:43:34
9. Casey Marker ; Team Excelerator 1:43:54
10. Eric Gardiner ; Logan Race Club 1:44:56

Master Men 35+
1. Scott Allen ; Canyon Bicycles 4:12:16
2. Mark Zimbelman ; Bountiful Mazda 4:12:23
3. Bruce Bilodeau ; Canyon Bicycles 4:16:07
4. Andre Gonzalez ; Canyon Bicycles 4:20:08
5. Brian Schilling ; Fitzgerald's Bicycles 4:22:20
6. Mark Llinares ; Norwood Paragon 4:23:52
7. Jon Gallagher ; Cole Sport 4:28:02

Master Men 45+
1. John McKone ; X Men 2:45:13
2. Mark Schaefer ; PaulTracy.com 2:45:40
3. Donald Armstrong ; PaulTracy.com 2:50:51
4. Gary Gardiner ; Bountiful Mazda 2:50:41
5. Clyde Done ; FFKR/SBO P/B Tour of Utah 2:51:11
6. Gary Porter ; Bountiful Mazda Cycling Team 2:51:11
7. Michael Adams ; C4 2:51:11
8. Jeff Clawson ; Canyon Bicycles Draper 2:51:11
9. Jerald Hunsaker ; Bountiful Mazda 2:51:11
10. Jamie Longe ; Canyon Bicycles 2:51:11

Master Men 55+
1. Gary Simmons ; Bountiful Mazda 3:14:11
2. Jim Gilland ; Bountiful Mazda Cycling Team 3:15:32
3. Bob Marcinko ; ICE/Rocky Mountain Sugery Center 3:31:34

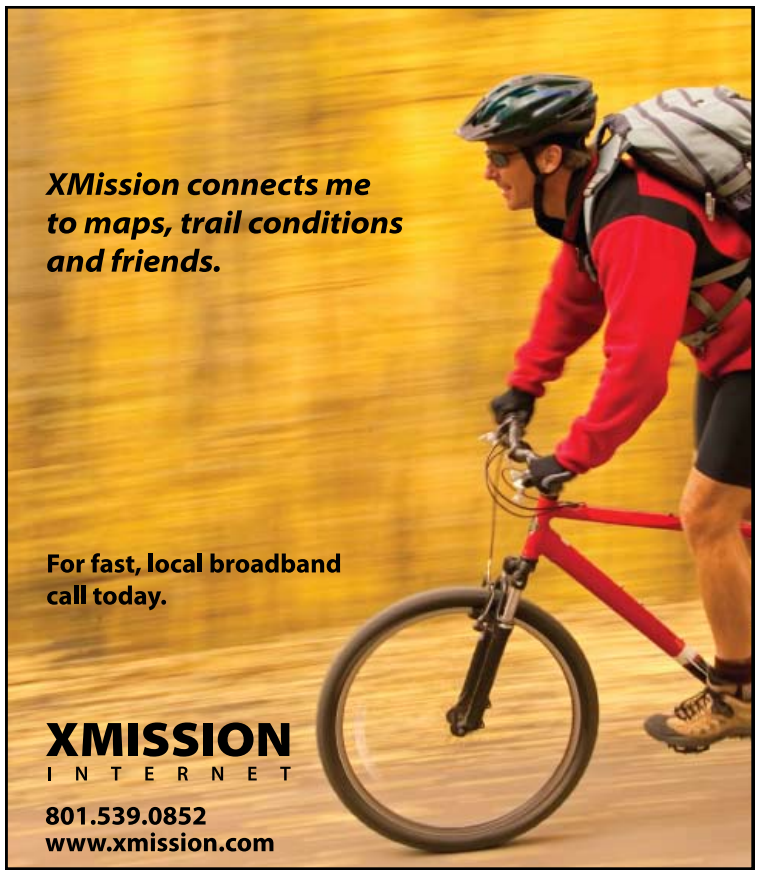
Junior Men
1. Julian Fowkes ; ski utah 2:06:18
1. Sam Knight ; Elko Velo 2:20:55
2. Stefan Naylor ; Advanced Dental 2:21:08
3. Andrew Hale ; Bistro 3:21:07

Junior Women
1. Krystal Taylor 3:21:22

Cat1/2/3 Women
1. Kris Walker ; Bountiful Mazda 3:12:06
2. Kelly Crawford ; Bountiful Mazda Cycling Team 3:14:29
3. kelsey Withrow ; PCIM 3:15:52
4. Kirsten Kotval ; PCIM 3:17:40

Cat 4 Women
1. Alison Frye ; Ski Utah Cycling Team 1:45:21
2. Alisha Welsh 1:52:28
3. Breanne Nalder ; Ski Utah Cycling Team 1:52:14
4. Jamie Carter ; Ski Utah Cycling Team 1:55:59
5. Jill Damman ; Hoback Sports 1:57:11
7. Diane Evans ; Bountiful Mazda 1:59:22
8. Anna Podgorney ; ICE/Rocky Mountain Surgery 2:02:57
9. Andrea Richardson ; ICE Rock Mtn Surgery 2:05:24
10. Nancy Alcabes ; Ski Utah Cycling Team 2:05:31

Master Women
1. Ellen Guthrie ; Spin Cycle 1:57:41



TOURING

Bike Touring in Southern Utah

Above: Lou traveling on route 12 in Red Canyon (west of Bryce). Riding on the road on this part of route 12 is illegal as bikes must use the bike trail. At this time of the year there was snow on the bike trail .
Right: Lou on state road 62 north of Koosharem with Fishlake National Forest in the background. Photos: Julie Melini

By Lou Melini

A few people that have read my bike touring articles have asked if Julie and I stop for other activities during our tours. Our recent tours have averaged 70 miles/day so perhaps this conjures up thoughts of long days in the saddle with little time to "smell the roses". My usual response is "being on a bike is smelling the roses". Our most recent bike tour was in reality a "hiking" vacation in Southern Utah. We simply used our bikes to transport ourselves to the various venues to hike. Our bike days ranged from 19 miles to 55 miles. We rode a total of 333 miles. In addition we hiked for 36 miles at 4 different places along our bike route.

The route I chose was a loop, primarily involving Highway 12, described as one of the 10 most scenic highways in the United States. I had ridden this section as part of a commercial bike tour across Southern Utah in 2004. I was unable to stop and hike the numerous National and State Parks along the route during that tour in order to stay with the group. I thought that this section would make for a great self-supported bike tour that would allow me to take time for hiking.

My first task was to find a place to leave our car for the 9-10 day trip. I received a positive yes from the Wayne Co. Sheriff's Department on my first call. So the trip started in Loa.

Day one was simply a 27-mile ride into Capitol Reef National park, most of it downhill. We carried in enough food for 2 days, as we were not sure how long we would stay there. We had such a good time, we decided to spend the entire 2nd day at Capitol Reef hiking and trying to avoid sunburn. That is the nature of bike touring, be flexible, and be prepared for a variety of options that are presented to you. On day 3 we planned on riding to Boulder, with hopes of riding all the way to Calf Creek.

I had warned my wife that Boulder Mountain was a summit that deserved respect. It is not a climb for the uninitiated bike rider. It is challenging. It is a beast of a climb with a grade that rises for approximately 8% for perhaps 8 miles. She ignored my warnings. The ride started pleasantly, though uphill out of Capitol Reef. We then rode through a scenic valley for a couple of hours to the base of the real climbing. Within 2 miles of the climb I had to strap Julie's front panniers to my rear rack. There were several "false summits" along the scenic climb. She rejoiced upon seeing the summit sign, and graciously accepted the reason for her struggle: "Summit 9400 ft.". Needless to say, we pulled into Boulder ready to stay there. The only campground "open" was a primitive campground 6 miles down the Burr Trail. The only "grocery" store consisted of a one-aisle stand of food at in-town gas station. Perfect!

We left on this tour on March 24th and finished on April 1st. I should have scheduled this trip for late April or September, not only for potentially better weather but also for a larger selection of services. In addition, my wife could ignore my nagging about Boulder Mountain for one more month. However, all of the commercial campgrounds were closed in Boulder, 1 of the 2 campgrounds in Torrey was closed and 2 of the 3 campgrounds in Panguitch were closed. Red Canyon campground was also closed. Fortunately for us, the weather for late March was great for camping, biking, and hiking.

We picked up a few provisions for dinner at a gas station/natural food store on the way out of Boulder. My wife thoroughly enjoyed the views along the scenic but narrow Highway 12 en route to Calf Creek. Traffic was very light given the time of the year, which allowed us to enjoy the scenery and not worry about rubber necking tourists in big RV's. After arrival at Calf Creek we spent the afternoon hiking to the Lower Falls.

Calf Creek has limited camping. We obtained one of the last few sites available upon arrival in the early afternoon. We were given assurance by the campground host, if the regular campsites were full, that touring cyclists would be accommodated in the overflow picnic area. He was speaking for himself, and not for future hosts. In our limited touring experiences totaling nearly 2 months during the past 3 years, Julie and I have only had one private campground hint of turning us away before offering a spot in the "overflow" area.

Day 5 had us climb out of Calf Creek and ride over several false summits before the long descent into Escalante for breakfast. We try to take advantage of cafés if they are available ≈15 miles from camp or sooner depending on the weather. Most days we simply cook oatmeal or make omelets on our camp stove. We also were "thrilled" to shop in a real grocery store while in Escalante. Despite another 35 miles to reach our next campground we decided to load up on provisions not knowing what groceries were available in Cannonville. Escalante seemed like a town that knows how to treat and appreciate guests. The waitress at the café as well as the grocery clerk was outstandingly friendly.

We spent 2 nights at the KOA in Cannonville, a short 10-mile ride to Kodachrome State Park. Hot showers, Laundromat and a small pavilion next to our campsite with stove top burners for our use made this place luxurious. We spent day 6 visiting Kodachrome State Park. Ranger Mike was most helpful with our planned day of hiking in the park. Near Bryce National Park, Kodachrome is a gem for those not wanting to deal with the crowds of Bryce, or for those in want of warmer temperatures. It turned out that Kodachrome also had showers and would have been a scenic camping area.

Be warned that the loop that we rode is not flat. The Boulder Mountain summit is the highest, but you will encounter two summits of 7600 ft., and two at 8300 ft. This is high desert country. Escalante and Capitol Reef National Park are the low spots at 5300' and 5500' respectively. The ride out of Cannonville to Bryce on day 7 was one of these climbs. Before the steep section we stopped at a pullout that said "Mossy Cave - 0.4 miles". We would have missed this in a car. The short hike featured a small cave with ice stalactites spanning the cave. We passed Bryce and moved onto Red Canyon for some hiking and shelter from a cold wind. We spent the night in Panquitch, aided the last 7 miles by a strong tailwind.

We camped at the only campground open in Panguitch, found out that on Sunday the only grocery store is closed and then ran out of luck with the weather as a snow/sleet storm blew in shortly after setting up our tent. Fortunately a nearby Subway and a café helped with our food needs. The night was tolerable but I had to wrap my arm warmers around my gloves for added protection as we exited Panquitch the next morning.

The day finally warmed up when we turned onto route 62 for Otter Creek State Park. We nearly had the flat valley road to ourselves. Otter Creek State Park exists because of a large reservoir for fishing. Like most of the government run campgrounds, one needs to put cash in a pay envelope, though Capitol Reef would accept checks. Also one needs to remember to have $1 bills handy, as the fees for our various campgrounds were $4, $7, $10 and $16. The $16 state park fees did include showers. That night the temperature plunged. We woke up to find everything frozen, including our liquid soap. As I was heating water for breakfast, our stove clogged. I had brought a second stove along on this trip, the first time I have done this, so not a problem. I easily fixed the clogged stove later, but I was not interested in doing it in the sub-freezing temperatures. The sky was clear and within an hour we were peeling off layers of clothes.

We had another pleasant valley ride with little elevation gain on route 22. We again nearly had the road to ourselves save for one

truck that just had to lean on the horn as if we didn't see it. Traffic was otherwise surprisingly pleasant and friendly. Our flat ride ended in Koosharem with a climb out of the valley eventually reaching the 8300-foot summit before the downhill ride back to Loa.

This is a trip I hope to repeat again, though perhaps late in April or mid-September. I want to thank Sheriff Kurt Taylor and Deputy Cathy Grundy for allowing me to leave my car at the Wayne County courthouse. I hope my donation to the Wayne County Sheriff's "shop with a cop" will help show my appreciation. Also it doesn't hurt for traveling bicyclists to spread a little friendship to those who we hopefully never have to need.

More photos can be seen here: http://gallery.mac.com/melini#100032

Tour de Donut to raise money for Utah Amber Alert ID

The Rotary Club of American Fork is proud to sponsor the inaugural Utah Tour de Donut. Spoofing the concurrently running Tour de France, the Tour de Donut is a 21-mile circuit style race composed of 3 laps, with a little twist. At the completion of each lap, a rider may eat donuts and subtract 3 minutes from their overall time for each donut eaten.

There is a 7-mile exhibition lap available for kids or those who don't want to ride the full race. The tour will be staged from Greenwood Elementary in American Fork, Utah. A t-shirt, donuts and drinks will be provided for all participants. There will be prizes for category winners and drawings for great prizes provided by tour sponsors. For more information, visit www.utahtourdedonut.com. Proceeds from the event go to fund the Utah Amber Alert ID project to help identify missing children.

ROAD RACING

Sohm, Kotval Take Bear Lake Classic Road Race

By Ryan Barrett and Karen Appleby-Krieg

Saturday May, 17 was the Bear Lake Classic way up north on the Utah/Idaho border. The Pro 1/2 Men contested two laps around the lake for a total of 104 miles. Race conditions were ideal with warm weather and a light breeze. The race started off relatively tame for the first few miles, but things quickly became more aggressive with a flurry of attacks towards the north end of the lake eventually resulting in Tommy Nelson (American RADD P/B Agel) off the front alone for nearly 20 miles.

Once he was reabsorbed, another group of around 7 riders sprung out of the peloton, and were off the front for a similar distance. However, noting that both Park City Jeep Cycling and Porcupine/Specialized had better numbers in the break, American RADD P/B Agel put the remainder of their team on the front and chased the move down.

On the north side of the lake on the second lap, the group was all back together and the attacks came in rapid succession. Many groups appeared to be "the break" only to be brought back into the fold by teams left outnumbered by the current split. Ultimately, a group got a gap and was off. Making the split were Marc Yap and Ben D'Hulst (Park City Jeep-Goble Knee Clinic), Luis Zamudio and Gardie Jackson (American RADD P/B Agel), Mike Sohm (Porcupine/Specialized), Todd Hageman (Bingham's/Northshore), and Mark Skarpohl (Canyon Bicycles).

With all of the major teams represented, the field shut down and the break quickly gained time. Coming into the finish there were several strong attacks, but the break never split. Ultimately, it was Sohm winning the sprint in front of Zamudio and Hageman.

In the women's 1-3 race, 12 of Utah and Idaho's finest female racers gathered at the start line of the annual Bear Lake Classic Road Race for one 52-mile lap around the lake. With 4 teams represented, it was sure to be an aggressive and exciting race. The race began with an attack by PCIM racer Melissa McDaniel which was quickly bridged up to by Bountiful Mazda's Kelly Crawford. While the two remained on the attack for several miles, they were reeled in by the women of Intermountain Financial/JR Smith Coaching. Quickly after the field rejoined, PCIM's Kirsten Kotval attacked and Bountiful Mazda's Karen Appleby-Krieg bridged. The two worked together for a few minutes until they were joined by Intermountain Financial/JR Smith Coaching's Lisa Palmer-Leger. The three established a sizable gap on the field. After 10 minutes of joint work, Kotval attacked once more and Appleby-Krieg bridged. The two worked well together for the next 40 miles to maintain their lead all the way to the finish line with Kotval taking the sprint, Appleby-Krieg hanging on for second, and PCIM's Melissa McDaniel winning the field sprint and coming in third overall.

Sunday was a demanding three man (or woman!) team time trial around the lake. American RADD P/B Agel stormed to victory with an almost two minute margin on Park City Jeep Cycling in the men's Pro 1/2 category. Park City Jeep proved their depth, however, by having two teams finish within three seconds of each other for second and third on the day. In the women's open event, the Bountiful Mazda team took a commanding win.

See results on page 20.

TOURING

Cycling in 'The Other' Southern Utah

By Tina and Scott Andersen

Ever think of road cycling the summer in Southern Utah? Moab and St. George areas probably come to mind with their busy roads, and high summer temperatures. Well, maybe you should think again. South Central Utah is an oasis that averages in the high 70's to mid 80's for high temp's in July and might get up into the 90's for only a week in August. The traffic is low and the roads are nice, in fact you might just be able to ride miles without encountering any traffic at all. Elevations can start at 5,000 feet and climb up to 10,000 feet, perfect training for your long mountain race in the fall. The Loa/Torrey valley sits at approximately 7000 feet. It has great mountain climbs with frequent wildlife sightings, and even cooler temperatures. There are also long fast flats with a nice tailwind or challenge yourself with some tough training and take on a headwind. Where is this great undiscovered location? Wayne County, Utah … 'ground-zero'!

Where is Wayne County? Wayne is located on SR-24 in the heart of South Central Utah. It is about 30 miles southeast of Richfield. Wayne County features the communities of Loa, Fremont, Lyman, Bicknell, Torrey, Teasdale, Grover, Caineville, and Hanksville. The small-town feel of these communities provide for a comfortable low-cost escape from the traffic and weather of Northern Utah and the rest of Southern Utah. There is not a single traffic light in the entire county. This area is still yet an undiscovered gem. One of Utah's best kept cycling secrets. And, it's just a 2 ½ hour drive from Provo.

The area has several wonderful hotels, bed and breakfasts, diners, cafes, and amazing restaurants. The hotels range from quaint to extravagant. Your eating options will range from local Mexican fare, and pizza joints, to one of Utah's '5-star' restaurants, The Café Diablo. Take your club, team, or fellow bikers to stay the night and relax, then in the morning take off for a tough ride up Boulder Mountain, on Utah route 12, to the town of Boulder. Eat a great lunch perhaps at Hell's Backbone café, another great dining secret recommended by Oprah, then head back down Boulder Mountain for a relaxing break with friends and family.

Try an easy ride and enjoy the quiet beauty of Capitol Reef National Park. The park visitor's center provides a wonderful staging area for several choice rides. From easy going to very strenuous. A sustained climb up to the Torrey junction for a late breakfast or lunch might be a great way to burn off some calories, or just get warmed up. Or ride the width of this national park taking in the amazing geological formations, water falls, and even some ancient Native American Indian petroglyphs.

Another option is to ride up the 'back door' to Fish Lake using Route 25 passed Mill Meadow reservoir. This is a very long sustained climb on another scenic lightly traveled road to the Fish Lake basin. Stop off at 'the lodge' to refill your water bottles have a snack or some lunch, then continue north on SR-25 to the SR-24 junction. Take Route 24, giving you some rolling hills and false flats for your descent back to your base-camp. You might want to consider returning to the headwaters of the Fremont River a little later in the evening for some choice fly-fishing. The rivers, lakes, and reservoirs of this region are kept well stocked with assorted choice trout.

Ride up through Fremont on SR-72 to the summit known to the locals as 'Hogan's Pass', and view the amazing vista which overlooks Factory Butte, the La Sal and Henry Mountains, and the San Rafael Swell. Make sure one of your cycling buddies has a camera in their jersey for the many photo-ops on scenic SR-72. If the weather is cooler, drive or stay in Hanksville and ride SR-95 to Lake Powell and back.

The possibilities are endless. And, it all depends on how you feel…do you feel tough or do you feel strong? There will always be some wind, and there can always be some good sustained climbing. You will leave the county a re-energized, stronger, and more motivated cyclist. Make sure cycling in South Central Utah makes it on your bucket list!

Editor's Note: The Capitol Reef Classic on July 18-19 is a new race that showcases riding in Wayne County for licensed and citizen riders. Find out more at capitolreefclassic.com.

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POLITICS

Bicycling Advocate Bob Springmeyer is a Candidate for Governor of Utah

By Lou Melini

Bob Springmeyer, a well-known cycling advocate, is running for Governor as the Democratic candidate. Bob has been a board member of the Salt Lake County Bicycle Advisory Committee, a frequent guest at Salt Lake City's Mayor's Bicycle Advisory Committee meetings, and one of the founders of the Utah Bicycle Coalition. He was instrumental in forming and planning the Josie Johnson Memorial Ride.

In addition, Bob, with his wife Gwen, chaired the efforts to build the Ronald McDonald House of Utah for children with cancer. He also helped form and was the 1st president of "Utah Wildlife and Conservation Foundation", which is dedicated to improving the habitat of non-game wildlife in Utah.

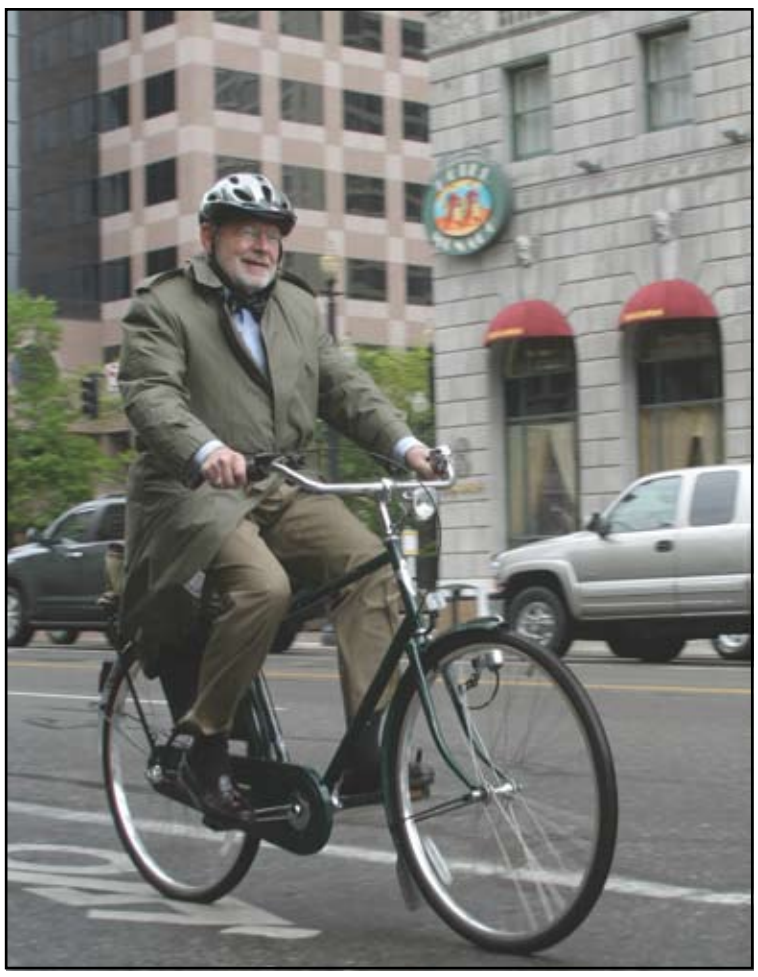
Bob is President of Bonneville Research, a regional economic and management consulting firm. He has 4 adult children including Jon Springmeyer who represents bicycling interests on the important Transportation Advisory Board in Salt Lake City.

Utah is a Great State, but it can become greater, is the theme Bob wants to promote for his campaign.

Cycling Utah: The reality is that 99% of trips to the store, church, work, etc. are done by a car, usually less than 2 miles, in Utah. How can the State change the culture to encourage less driving?

Bob Springmeyer: The State could help local governments and school districts by implementing Safe Routes to School programs, which could be extended to safe routes to church, stores, and work. I will pledge to have engineering and planning agencies in Utah build complete, safe streets for all users (in lieu of more and wider highways. I personally keep a bicycle at my office just to use to go to those 99% trips-bank, store, lunch, and business meetings. Look for me! I'm the one riding out in traffic in a suit with a bow tie!

C.U.: Could Bicycling be a tourism magnet for Utah complementing winter skiing? Do you envision the state giving micro-loans for start-up companies or established companies to bring more bicycle tourists to Utah?



Springmeyer commutes downtown on a regular basis.

B.S.: Most definitely, as well a matching marketing grants. We should have "Blue Ribbon" bicycle routes similar to our Blue Ribbon trout streams.

C.U.: Could a "Cabinet" level "Department of Recreation" be created in Utah to oversee, assist, improve and promote Utah's recreation potential?

B.S.: That would be an interesting idea. It could be an integral part of tourism and economic development for the State. Included would be a directive to attract manufacturing of recreation products, distribution centers, and of course bring more people to recreate in Utah. State Parks, BLM, National Forest Service, and National Park Service need to be coordinated into one effective, promotional effort.

C.U.: What is the current economic impact of bicycling in the State of Utah?

B.S.: I do not have the exact numbers; however it may not be unreasonable to assume that the impact in the Salt Lake Regional Economy is $45-50 million. Portland recently had a professional study done that concluded that the economic impact of bicycling was worth $63 million. Interesting, the survey asked whether Portland's reputation for bike friendliness was good for business, 82% of the businesses said "absolutely" or "yes". The survey broke down the economic impact into 4 groups: 1. Tours, Rides, Races and Events, 2. Professional Services (bike deliveries, organizations, companies such as Alta planning + design, among others) 3. Manufacturing 4. Retail and Repair

C.U.: Will you ride a bike to your inauguration?

B.S.: Yes!

C.U. Thanks Bob for the interview. I have heard people say that this may be the only time in their life that they can vote for someone for Governor who actually rides a bike frequently, understands the mind and needs of a cyclist, and can say Campagnolo without pause. How can those folks get in touch with you?

B.S.: www.BobforGov.org. I will be most appreciative of any support.

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