

VOLUME 20 NUMBER 1

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MARCH 2012

MOUNTAIN WEST CYCLING JOURNAL

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SPEAKING OF SPOKES

And That Just Ain't Right

By David Ward

Can I just say? I don't get it! Electronic shifting has been around for quite awhile but never quite caught on. And I understood that. But now, electronic shifting is being pushed heavily and is beginning to catch on. And I don't get that. I mean, how hard is it to push a lever to shift? If your legs can push the pedals, why can't your finger push a shift lever? Before you begin to criticize me for just being a retro nut and a grouch, I have always been a great fan of innovation. Around 1987, I was one of the first to buy the latest innovation, a pair of clipless pedals. I loved them, even though one of my heroes, Sean Kelly, continued to use toe clips for the remainder of his career. Next, I was quickly on board with Shimano's newest trick, indexed

shifting. I loved it. No more "grind and find it". It took racing, and riding for that matter, to a whole new level. I was also one of the first to acquire a carbon fiber frame. And brake lever shifters. In fact, several years ago, I wrote an article taking old school technology to task. "Retro, schmetro" I said. I am all for innovation and advancement. But electronic shifting crosses a line for me. I have idealized cycling in part because I provide all the power. I marvel at the synergy between my body and my bike. I am energized and empowered by it. I don't need batteries. I don't need to plug in. I don't need a power line or a power grid. I don't need solar panels or wind turbines. I just need food, and I consume plenty of that, let me assure you. A bicycle requires nothing extrinsic besides me. It needs no gas, no electricity. It takes me great distances, through amazing country-



The epitome of simplicity. No derailleurs, just a frame, crank, pedals, wheels, handlebar, seat, and one brake.

side, to beautiful views and vistas, and among new and interesting places and people. All I need to do is get on and pedal. So, electronic shifting, or anything else that introduces an outside power source, feels to me like a betrayal. It brings dissonance to that perfect synergy that my bike and I share. It is no longer me touching the shifter at which point the bike takes over to complete the shift. Rather, I touch a lever, this dissonant element intercedes between the bike and me, and delivers the kick that makes the shift. I'll not have it, I say. A bicycle is a magnificent machine. It is simple and sleek. Yes, we add things to it to help with performance and function. I could not climb without gears. Brakes give me control. Seat bags, pumps, racks, lights, etc. are all important accessories if you are going to be out on your bike. But the simpler I can make my bike, the better. Indeed, I fell in love with the fixed gear bike I acquired a couple of years ago. It is the epitome of sim-

plicity. No derailleurs, just a frame, crank, pedals, wheels, handlebar, seat, and one brake. Nothing more. Indeed, if I dared, and if it were not illegal, I would eliminate the brake. Perfect, and perfectly simple. But whether it is a sleek and simple fixie, loaded touring bike, mountain bike, kid's pink Barbie bike, recumbent or anything in between, it is an ideal and marvelous machine, 100% powered by the legs pushing the pedals. That is, unless it has electronic shifting. And that just ain't right.



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Murray, UT 84157-0980
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You can reach us by phone:
(801) 268-2652
Our Fax number:
(801) 263-1010

Dave Iltis, Editor &
Advertising
dave@cyclingutah.com

David R. Ward, Publisher
dward@cyclingutah.com

Contributors: Ben Simonson, Michael Gonzales, Lou Melini, Andy Singer, Jared Eborn, Tom Jow, Charles Pekow, Wayne Cottrell, Mark Deterline, Tara McKee, Tyler Wren, David Harward, Jonathan Morrison, Elliot Morris, Martin Neunzert, Chris See, Shelby Meinkey, Dan Fazzini, David Ward, J. Elijah Powell

Distribution: Dave, Karma, and Marinda Ward, Doug Kartcher, David Montgomery (To add your business to our free distribution list, give us a call)

Administrative Assistant: Lindsay Ross

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

Annual Subscription rate: \$15

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

Postage paid in Murray, UT

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

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Cover: Lukas Brinkerhoff drops in at Gooseberry Mesa taking the steep line off of the practice loop on January 1, 2012.

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MOVIE REVIEW

Filmed in Utah, Peloton is a Story of Overcoming Life's Challenges Through Cycling

By Tara McKee

The film Peloton had a special screening in Park City in January. It was the passion project of writer/director John Lawrence who has succeeded in bringing to life this story of a man who finds redemption through the sport of cycling. This inspiring film grabs you with its visually artistic opening sequence of cyclists just flying down a hill. The stunning cinematography by Geno Salvatori brings the story alive and is aided by the film's soundtrack which pulls the viewer into the film's story within the first few minutes.

While it's true that Peloton was a locally made and limited budget film, and as such has some limitations. Yet the cinematography, engaging characters, and the story of redemption with a cycling world backdrop all make it a very engaging film. The film's theme of finding a way to meet and overcome life's challenges can be identified and felt by those who aren't cyclists. As writer/director John Lawrence put it: "Sport in general, is the ultimate metaphor for how you live your life, how you learn anything. Working at it, we break down physically...we take the process apart and proceed step by step. It's part slavery at first and part passion. Sport takes so much work but as you get better, you achieve this flow where it looks natural, effortless

and enjoyable."

The title "Peloton" wasn't just an offhand choice for the film. Lawrence explains, "In life you sometimes want to break away to achieve your goals, but then there are those rough days where you finally learn to turn to those people who will support you. The movie is not so much about winning amateur cycling races as it is about redemption and the main character coming back to commune with his friends. It's also about learning to respect himself and the people in his life."

Making a film about cycling has its challenges. An avid cyclist, Lawrence had "grand aspirations" of capturing and filming more cycling footage, but the film's budget established some limits. Another challenge was putting non-cyclist actors on bikes and getting them to the point where they could do realistic bike racing scenes. Chris MacKay was brought in to help the actors learn the necessary skills such as riding in a pace line and clipping in. The actors were willing to take on the physical challenges and kept on riding in the August heat through take after take. Extras weren't used to step in for the main actors' most physically demanding scenes, although there were some nervous moments during the filming of the high-speed downhill race segments. In the end, the only cycling mishap happened when an actor pulled into a parking

lot and forgot to clip out.

It took several years of persistence to bring a film such as Peloton to the screen. A few friends in other states had tried to entice Lawrence to film in their states, but in the end, filming in Utah was a perfect fit. Utah had the ready-made support and connections, not to mention the beautiful scenery. The film certainly received strong local support and one of those early and enthusiastic supporters was Terry McGinnis, the executive director of Tour of Utah. When they first discussed the making of the film, Lawrence was unaware that McGinnis was waging a private battle against cancer. Ironically, it was during one memorable ride when he finally learned that McGinnis was seriously ill, and made a solemn pledge to go through with the making of the film, even if it meant that he had to dip into his retirement savings to do so. He wanted to dedicate his efforts and the film to all those who, like Terry, had believed in him and were stepping into help.

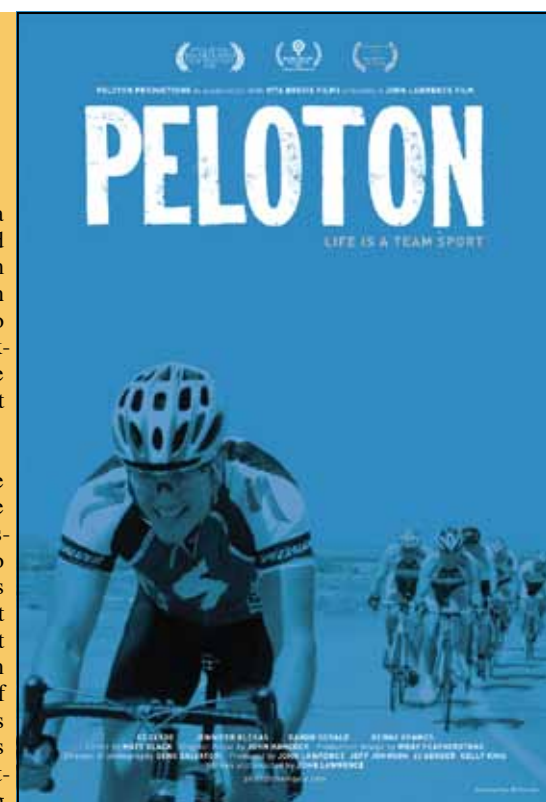
Local support for the film didn't stop there. Karen Weiss, who had stepped in as executive director of the Tour of Utah after McGinnis' death, gave the filmmakers liberal access to film on site of the 2010 race. Local bike shops such as Contender and Cole Sport lent their support as well. And they weren't the only locals. Much of the film's crew and the entire cast came from Utah. The film

easily qualified for a new incentive fund from the Utah Film Commission which had been set up to keep local filmmakers in Utah and were awarded UFC's first such grant.

Film Synopsis:

Peloton tells the story of Phillippe Nash, a bike messenger, who longs to race bikes, but lacks the commitment and dedication that cycling requires. In one day, a series of bad decisions leads to him losing his job and his apartment and having an unexpected and embarrassing confrontation with his ex-girlfriend, Kate. Nash turns to his childhood friend Jack, who takes him in and helps turn him around. Jack and Kate challenge Nash to commit to bike racing, which begins to have a positive effect on his life.

Just as Nash begins to pull his life together, a tragic event shakes him to the core and he runs away from everyone to retreat into the desert country near Moab. While there, he has an unexpected meeting with some tourists and they help him to understand what is really important



in life and help him find the strength to go back. Nash returns, determined to race with his team, and win back the woman he loves.

The film was shot over a three week period mostly in the Salt Lake area with one day in Park City during July and August of 2010. Filming continued for three additional days in the Moab area later that season. Local viewers and cyclists will find that part of the fun in watching

Continued on page 7



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BIKE THEFT

To Catch a Thief



Above: Don't use a cable lock. They are easily cut, and your bike easily stolen.

By J. Elijah Powell

This is how it usually goes: you find yourself staring with total disbelief at a plot of empty space. The brain reels and you ask yourself if you are sure, absolutely sure that you haven't made some mistake. *Of course*, you think, *I must have left it somewhere else*. Just as quickly, however, it dawns on you that there's no mistake. That empty space that you are looking at is your new reality. That thing you used to call your bike is gone and chances are that you'll never see it again.

This is the situation that myself and 1.5 million other Americans (according to the National Bike Registry) found themselves in last year. It's hard for me to speak for all of those people but if they're anything like me then the next thing that went through their heads was a set of alternate scenarios. Each one played out before me like a wish of how I could reinvent things with a

different ending. There is the one where I travelled back in time and realized how woefully inadequate that lock was and put the bike in the basement. There the one where I see, oh yeah, that only an idiot would lock their bike to a wooden porch and again chose to bring my bike indoors. The most replayed pictures in my mind, however, were ones tinged with heroism, justice and more than a little revenge. There I am coming across the thief in the act and I call the authorities in just the nick of time. There's the one where I'm able to chase down the scallywag and grab him by the scruff of the neck. The adoring bystanders cheer me on and buoy me upon their shoulders whilst the police lead the malnourished drug fiend away in shackles. These are much more appealing images than the real scene, the one where I'm staring at an empty plot of concrete while traffic courses callously by.

The loss of a bike seems to create as much of an emotional void as

it does a financial one. I have heard of Irish style wakes held for lost cycles and of people holding onto the memory of a beloved two-wheeler like a member of the family who has gone before. What that misanthrope who ran off with my bicycle and others like him won't ever understand is that cyclists are in a relationship with their bikes. Think cowboy and horse. Consarned rustlers!

People feel violated enough to quit riding altogether and this risk of theft is a major reason that people cite for not riding a bicycle.

Bike theft is on the rise in Salt Lake and its environs. The downturn of the national economy and increase in population of the Wasatch Front means this will only become a more common issue in Utah. The examples of this trend are unfortunate and one needs look no further than the theft of Mayor Ralph Becker's bicycle during a 2010 bike summit to see the immediacy of the issue. What a sad footnote to a meeting to make Salt Lake a more velo friendly city and one that really underscores the chilling effect of bike theft on this transportation alternative. Bikes are stolen daily at the University of Utah and according to a KSTU-TV report over 180 bikes were lifted in the first month of classes in 2010. The ease and style with which bikes get us around makes them an attractive target for theft. They are easily transported and may be quickly turned into cash. They're analogous to a free cab ride to the bank. Most stolen bikes are never recovered and the Internet has provided a hot new venue for the traffic and exchange of stolen bikes and bike parts.

The rise in bike theft is not unfortunately matched by a rise in police attention. They're simply too busy pursuing the other crimes that come with population growth to get worked up with stolen bikes. When apprehended, most bike thefts nationally are prosecuted as misdemeanor crimes. This is unfortunate for items that may cost much more than a flat screen television.

The thirst for justice in this environment has led cyclists and police to get creative. Salt Lake Police have used bait bicycles locked in public spaces to apprehend would be thieves in the act. A 2007 Seattle Times article discusses a Portland man and his friends who track down his stolen bike and set up an elaborate sting operation. The advent of GPS technology has opened a new phase, at least till the criminals figure it out, of tracking stolen merchandise.

In his article *Who Pinched my Ride* which appears in the February

issue of Outside magazine, author Patrick Symmes discusses the ins and outs of bike theft and the underworld that fuels it. In this piece, Symmes details his long and intimate response to having his own bicycle stolen. He looks into the anatomy of bike theft, which he claims is a much larger social phenomenon than most of us imagine. He notes that for the lowest often drug addicted rungs of society bikes are one of the solvent forms of currency along with cash, drugs, and sex. Bikes are the only one of these that's left outside barely protected with a crappy cable lock. Symmes rides along with police in various cities who work on recovering stolen bikes and prosecuting the people who steal them. He also visits notorious spots for fencing hot bikes and uses a small GPS unit to monitor and eventually confront a bike thief.

It's a slippery slope though. How much can we rely on technology to try to avoid these crimes and how ready are we to confront the people who perpetrate them? The power of GPS only works until the crooks know what they are and they will do nothing to protect your Campy Record derailleur.

To make my point about confronting criminals consider the following. Confucius states that "before you embark on a journey of revenge, dig two graves." If you've seen the Italian neorealist film *The Bicycle Thief* then you can see where the Chinese guy was coming from. In this movie (which is really worth seeing even if you don't care about bicycles but especially if you do) the main character has his bike stolen and tries to get it back. The police are not much help so he decides to try and find the crook himself. After a lot of walking and even more walking he is able to corner the guy, minus the now sold bike. To make a long story much shorter and without giving too much away about a great film, he comes out of it looking like a real schmuck and is lucky to not get beat up too bad. Fantasizing about confronting thieves may be entertaining, but the reality of confronting someone who is desperate enough to risk arrest for a few hundred dollars or drugs is clearly not a good idea. Even as much as you love your bike, they may have more skin in the game.

I never retrieved my bike. It was stolen in here in Connecticut, the place I currently live but will not call home due to its noted lack of both mountains and deserts. The news of a stolen bike here barely raises a policeman's shoulders to a shrug and velo theft is one of the only things emulating a growth industry. I am currently riding a second hand Giant mountain bike that formerly belonged to one of the world experts on the microbiota of cockroach guts, no kidding. It's not fast and it's not pretty but it gets me around town. Now if I could only stop trying to spot a moss green Surly LHT every time I see another cyclist.

There are, however, occasional happy endings and people do sometimes recover their stolen steeds. I know a woman in New Haven, Connecticut who had her bike ripped off and then found herself riding next to a guy on it during her daily commute. She was able to get the guy to pull over and there was luckily a police officer nearby that she was able to flag down. However, stories like this are not the norm and we

should pursue common sense and think defensively in order to protect our steel, titanium, aluminum and carbon fiber friends.

Here are some suggestions:

1. Record the serial number of your frame. A bike registry will do this as well, but having a copy for yourself can cut down on some work.
2. License your bike. In Utah, all municipalities are required to license bikes. While the system is archaic, it does add an extra protection in case your bike is stolen. Bike shops, fire stations, and city business offices usually have licenses available.
3. Throw away your cable lock. Give yourself extra points the farther away you can throw it. Cable locks are easily cut and the protection they offer is merely cosmetic.
4. Google "U lock" and "pen". The myriad "how to" videos on DIY sites about how the open a barrel (circular) keyed U lock with the cheapest of ball point pens should convince you to spend a little more on a decent lock with a safer key mechanism.
5. U locks with less space within them allow less space for tools and carjacks and are hence somewhat more secure.
6. Take a picture of your bike. You would be surprised how few bike owners have an image of their bicycle. This may come in handy for recovering the property or if you are fortunate enough to make an insurance claim then you will be glad you had it.
7. Leave locks at your destinations. We've all seen the piles of abandoned locks that decorate college bike racks. Granted, they don't make the city any prettier but leaving a lock behind at a place you ride to daily makes them easier to use and will reduce the amount of weight you have to carry. It's a good thing to think about when you've spent a pile of money shaving off ounces here and there only to then carry a multi pound lock around all over town.
8. Take your bike inside with you. Often this is implausible and gets under the skin of bosses, landlords and shop proprietors. If you can though, it's a great idea. If you have an employer who is bike friendly, speak to them about providing a secure space for bikes. A former employer of mine was kind enough to put a code entry door on an on site bike shed and thus provide a very safe storage area for the staff bike commuters.
9. Use secure storage facilities. Salt lake City has gone the extra mile and installed indoor storage at the Utah Intermodal Hub as well as rentable bike lockers at numerous TRAX stations. This is a great resource and one that many cities are way behind on.
10. Open your mind to the idea that no lock is sufficient. Once you grasp the idea of what the Buddhists call impermanence and non-attachment, you will realize that the idea that any lock can ultimately secure a bicycle is simply wrong. All kidding aside, if you rely on locks alone you should treat your relationship with your bicycle as something transitory.
11. Reconsider the nuts and bolts of quick release. These levers and skewers that make changing our tires and seat position so fast also make it

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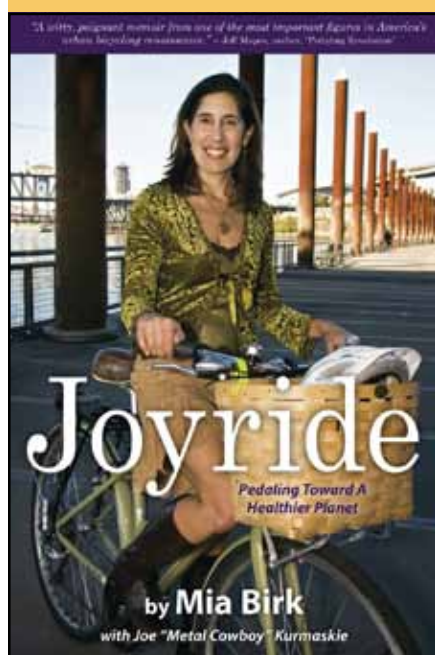
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BOOK REVIEW

Joyride: Pedaling Toward A Healthy Planet



inspirational. In one sequence permission to build a bike trail along a river involved the city, state, the U.S Fish and Wildlife Service, U.S. EPA, and the U.S. Army Corps of Engineers, in part due to a non-existent fish that may eat an endangered species of fish.

For those that work in bike advocacy, there are lessons to be learned as “it takes a village” to make a community bike friendly. Mia spearheaded and guided the changes but she did so with support from the top (the Mayor and City Council) and from the bottom (the thousands of cyclists that rode in response to the changes). Step by step, you will read how Ms. Birk transformed Portland. Now remember, this book isn’t a John Grisham thriller, it is about, as Senator Orrin Hatch

might say, a faceless bureaucrat. So you may find yourself taking a few breaks from reading, but it is in my opinion a book you should read from cover to cover. If you skim through the book, you will miss some hilarious moments. For example, there is the proverbial Catch-22. Mia is credited with enacting some unique additions to city streets such as shared lane markers. However these new ideas were not in the manual of Uniformed Traffic Control Devices (MUTCD) or “the manual”. So her ideas couldn’t be implemented if they weren’t in the manual. In addition, if the requested changes are not in the manual, her ideas couldn’t be tested for inclusion in “the manual”. On one years-long project Mia nearly gets the go-ahead for a bike design in California but gets stymied at the last minute because California wants national approval for change but the

national MUTCD committee wants to see how the design change works in California before it will approve the change. So with research, stealth, meetings and phone calls, she managed over time to work the current collection of bike symbols into “the manual”.

After 6 years in Portland, Mia joined the Alta Planning + Design, a firm dedicated to bicycle, pedestrian and trail planning, design and implementation. The final third of Joyride is about her time with that firm. Mia was able to “spread the love” of bicycling to other cities in the U.S. Alta Planning + Design was mentioned in a Salt Lake Tribune article as a

sponsor of the most recent bike count in Salt Lake City (“Number of SLC bikers rises”; Dec. 18th, 2011).

With more than 12 years of experience condensed in a little more than 200 pages the reader of this book will receive an extensive lesson on what it takes to make a community more bike-friendly. There is even a 3-page step-by-step guide (courtesy of the League of American Bicyclists) at the end of the book that can be used as an outline for someone looking for instructions on how to push a project through the hoops.

This is a good book to read. It will give you a great overview of what can happen to a city with the goal of

being more bike-friendly. You can see the analogy of early Portland with Salt Lake City. Recently Salt Lake City increased its funding for bike projects under Mayor Ralph Becker and a bike friendly city council that includes Luke Garrott. The city hired bike/ped coordinator Becca Roof who has been tasked with the responsibility (along with Dan Bergenthal) to implement change in the city. Will Salt Lake City become the next Portland over the next 6 years? Read the book, become inspired, get involved and perhaps we will read Joyride II, with the heroes of the book being our own Becca Roof and Dan Bergenthal.

By Lou Melini

JOYRIDE: Pedaling Toward A Healthy Planet

By Mia Birk (with Joe Kurmaskie)
Cadence Press-Portland Oregon
2010

Imagine if you can, being an air traffic controller landing planes in a busy airport. Imagine now that the airport director decides that hang gliders are now going to be landing in the same airport. Why hang gliders? Because they are non-polluting, good exercise, relatively low cost, super fun and take up less space. Air traffic controllers are now in charge of landing these new intruders onto the runway and trying to come up with new designs of landing strips to accommodate the hang gliders. Substitute city streets for the airport runways and bikes for the hang gliders and you have the basis of what Joyride is all about. The chief “bike traffic controller” is Mia Birk. She went to Portland in 1993 with the task of integrating bikes into the former bicycle wasteland of Portland. She left that position in 1999 creating a bicycle infrastructure model in Portland that is now looked up to by most other cities that want a bicycle friendly environment.

The landing in her job was a little bumpy and turbulent, but she had a core of “pilots” helping her, primarily former City Councilman (and former Congressman) Earl Blumenuer. With opposition from nearly every aspect of the community, Mia pressed on. She was called a “communist, hippie, piece of s***, thief, road lice, and was harassed to the point of filing a restraining order”. With support of the cycling community, scientific data, perseverance, a lot of meetings, political acumen, and some “arm twisting,” Mia spearheaded the change in Portland from a city with 65 miles of unconnected bikeways to a nationwide leader of progressive bikeways that included 215 miles of mostly connected bikeways. This included crossing a few car-choked and train bridges that were in the “can’t be done” category.

Through the book I was able to see Portland go from a “backwaters” bicycle town to a national leader for bicycle progressiveness. The determination and organized manner to tackle problems was truly was

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ADVOCACY

Utah and Idaho Rank in the Middle for Biking and Walking

By Charles Pekow

Advocates for bicycling and walking have done more than try to give a red light to congressional efforts to cut off their federal funding. They have been reporting on the extent to which people are actually using the available infrastructure – crucial data in evaluating these efforts.

Programs from Transportation Enhancements to Safe Routes to School are endangered because congressional Republicans have pushed legislation to end funding for the programs. They say we can't afford them or that it should be up to the states to decide how to use their transportation dollars.

But just before the debate began on the House and Senate floors, the Alliance for Biking & Walking issued the third in its ongoing series of biennial reports on the status of bicycling and walking in the United States.

The Alliance looked at data from every state and compiled what it found in the Bicycling & Walking in the United States 2012: Benchmark Report.

And while advocates are trying to use the data to show that we need more support, let's take a look at how Utah and Idaho compare with the rest of the nation in terms of pedal and foot power. The scores reflect a combination of pedestrian and cyclist data.

The Alliance uses the data it collects to argue that biking and walking are disproportionately dangerous and get a disproportionately small share of federal transportation money.

Utah and Idaho did a little better than average. In the ranking of all over levels of biking and walking,

Idaho scored 13th while Utah scored 22nd.

The states did about as well when it came to level of fatalities. Idaho ranked as the 11th safest state while Utah again finished 22nd.

The states are doing well by that score, as they both finished lower in the ratings when it came to funding: Idaho came in 19th and Utah 31st in terms of providing money for bike/ped projects per capita.

The Alliance provided a chart that shows that Utah finished in the middle third of all states in each of six indicator categories the alliance used to rank states: mode share, safety, funding, policy, education/encouragement, and advocacy capacity.

Idaho's results were more mixed: The state finished in the top third in both mode share and safety. But it fell in the middle in funding, policy and advocacy capacity – and in the bottom category in education/encouragement.

Idaho ranked as the 9th safest state to ride while Utah ranked 15th.

Nationally, two percent of traffic fatalities involve cyclists, and 14 percent of those killed were under age 16 and 10 percent over 65.

The Mountain West did better than average regarding bike commuting. Idaho scored great – it has the third largest share of people bicycling to work. And Utah finished a respectable 12th. But before we congratulate ourselves too much, note that the mode share is still pretty small: 1.3 percent in Idaho and .8 percent in Utah. Nationally, only 0.5 percent of workers regularly commute by bike. (Oregon topped the nation at 2.1 percent.) And biking to work remains primarily a guy thing. Some 74 percent of commuters are

male (70 percent in Idaho and 72 percent in Utah).

The report provides more numbers than analysis. You can view it at http://www.peoplepoweredmovement.org/site/index.php/site/memberservices/2012_benchmarking_report/

Report Shows that Transportation Enhancements Create More Jobs Than Other Road Work

Given the tenor of the times, the bicycle program-killing surface transportation bill in the House is officially called the American Energy and Infrastructure Jobs Act of 2012. Yes, every bill it seems these days is touted primarily for its job-creating capacity. But if Congress wants to create jobs with its transportation bill, it might want to consider a new report from the American Association of State Highway & Transportation Officials (AASHTO). The report says that Transportation Enhancements projects create more jobs than any other category of road work, at least in the short term.

The report, Mining Recovery Act Data for Opportunities to Improve the State of Practice for Overall Economic Impact Analysis of Transportation Investments, says that "Transportation Enhancements and New Construction categories producing the most direct jobs..."

Enhancements projects, such as building bike trails, creating transportation museums, landscaping, highway beautification, safety education and so forth, spend more money than average on labor than large construction projects that require spending a higher percentage of funding on materials and equipment, such as building bridges and tunnels.

Enhancement projects created an average of 17 jobs per million dollars spent, compared with only 10.5 per million dollars overall in transportation infrastructure projects.


And while Enhancements projects got only four percent of expenditures, they created seven percent of the jobs.

AASHTO looked at nationwide data, including 15 Enhancements projects in Idaho and 25 in Utah.

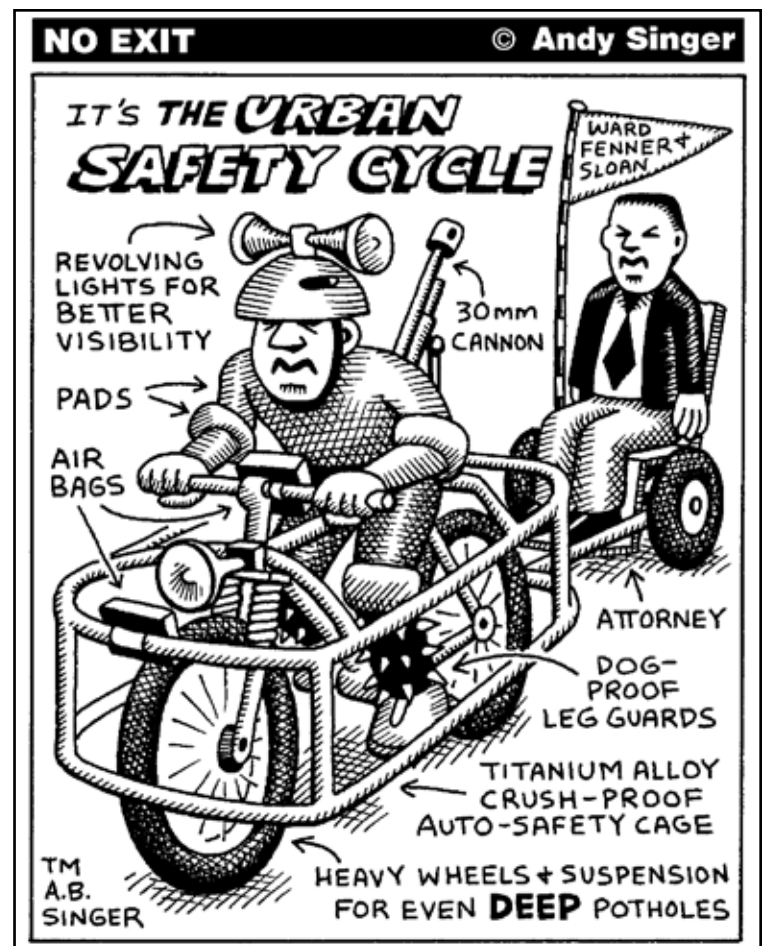
So hear that, Congress if you really want to create jobs!

See the report at http://statewide-planning.org/wp-content/uploads/gravity_forms/2-a8f91d1dfdc8d3c-c6740e3bc4513c39f/2012/01/NCHRP08-36103_FR.pdf.

-Charles Pekow



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Bike Utah Sets Goals for 2012

Bike Utah began 2012 with re-vamped goals and objectives to better serve Utah and renewed focus on its mission to preserve and promote safe cycling which includes four primary areas.

Government Relations – As an advocacy organization Bike Utah's primary goal is to organize cyclists to strategically address cyclist's interests on a local and federal level. To positively affect change, Bike Utah's first goal is to develop an informative relationship with policy-makers in the Utah State legislative body, executive branch, Utah Department of Transportation (UDOT), State Transportation Commission, and U.S. Congress.

Education/Encouragement – Bike Utah is working on improving two of the Five E's the League of American Bicyclists (see <http://www.bikeleague.org>) use to award their Bronze, Silver, Gold or Platinum Bike Friendly Community awards. Within education Bike Utah will work with UDOT to promote the Road Respect campaign and Safe Routes to School program. Bike Utah also intends to develop relationships with the Utah Department of Health to encourage individuals to get out and ride. The 2012 Benchmark Report from the Alliance for Biking and Walking found that bicycling and walking levels fell 66% between 1960 and 2009, while obesity levels increased by 156%. Bike Utah aims to promote a healthier lifestyle and community through biking.

Infrastructure – Bike Utah will take the lead on developing a statewide infrastructure tracking system that will eventually map all trails, bike lanes, and bike paths in the state. In 2012, Bike Utah intends to identify existing and planned state bike infrastructure by surveying the four metropolitan planning organizations (Cache, Dixie, Mountainland Association of Governments, and Wasatch Front Regional Council) and working with communities within the state and publish an end of year report.

Building Statewide Advocacy Groups – Cycling advocacy is a grassroots effort that starts at the local level. As the statewide umbrella advocacy organization, Bike Utah's goal is to identify and help develop new groups throughout the state. Bike Utah will develop and make available on its website a "how to" template for organizing a community bicycle advisory group.

These goals and objectives won't be possible without the help of YOU, the cycling enthusiast. Please support Bike Utah's efforts by either becoming a member at www.BikeUtah.org, volunteering with Bike Utah, or purchasing a "Share the Road" license plate at your local DMV.

Thank you and safe cycling!

-Scott Lyttle

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HIGH SCHOOL CYCLING**Utah High School Cycling League Ramps Up**

By David Harward

The Utah High School Cycling League is ready for the 2012-13 school year to start with 4 mountain bike races during the inaugural season. The Utah League was launched at Interbike in September 2011 by the National Interscholastic Cycling Association (NICA). Nearly 30 schools around the state have volunteer coaches who are preparing for the Fall 2012 race season.

League Executive Director Lori Harward has a difficult time hiding her enthusiasm when she looks forward to 2012 season. "I've been working on this for such a long time and didn't think twice if it would be a success," she said. "Now with so many coaches and sponsors involved it really is happening and the high school kids are really going to benefit so much!"

The 2012 race season will include races on September 8th at Round Valley in Park City, September 22nd at Sherwood Hills near Logan, October 6th at Lambert Park in Alpine, and October 20th at Dutch Hollow in Heber.

Other significant events for the league include the Annual Leader's Summit to be held April 28-29 at the Olympic Park's Day Lodge in Park City. This event will bring together coaches, assistant coaches, ride leaders and parent volunteers to provide training, education and help develop skills, share strategies and build community.

"This conference will promote a holistic approach to coaching that creates an environment in which young people can grow and thrive," says Harward.

The Leader's Summit includes a variety of classroom seminars

as well as MTB 101 with expert skills instructor Lee McCormack. Contact lori@utahmtb.org for more information if you are interested in being a part of the program.

The league will also host Cyclefest in June, a fund raising event where the cycling community is celebrated with a focus on the excitement surrounding the upcoming season. Harward is currently in talks with a celebrity guest to host the evening.

During the summer months there will be rider camps and clinics scheduled as well. The focus will be on proper skill and technique as well as focusing on a healthy approach to riding and racing.

Volunteers are needed. "We need volunteer coaches for many schools that have kids interested in participating," says Harward. She says there are needs for head coaches, assistant coaches and ride leaders. In addition there will be many jobs for volunteers once the race season approaches.

The Utah High School Cycling League will focus on high school aged athletes and mountain biking. The league will use NICA's 5 Core Principles as their directive: Equality, Inclusivity, Strong Body, Strong Mind, Strong Character. It emphasizes the value of each participant and places camaraderie, positive behavior, respect, and the cultivation of health over competition.

For more detailed information on the events as well as further information about how to get involved with the Utah High School Cycling League can be found at www.utahmtb.org or by contacting Lori Harward directly at lori@utahmtb.org. More information about NICA can be found at www.nationalmtb.org.

TYLER'S JOURNAL**A Season Preview for Cycling Fans**

By Tyler Wren

Even though we are still solidly in the midst of our Utah winter, the 2012 road cycling season has begun in earnest around the globe. I wanted to use this entry to talk about the US races that will be the most interesting to cycling fans, and to give you readers this rider's perspective of them. These are the races that can generate broad appeal in cycling and that bring the world's cycling fans' attention here stateside. I hope our racing calendar here continues to have world-class events like ones in here in Utah and in California, New Mexico and Colorado.

Tour of Utah, August. Because Salt Lake City is my adopted hometown, this race holds tremendous personal appeal to me. As many of you know, this event has world-class courses that would be challenging for any professional. The final queen stage to Snowbird could be a decisive mountain stage at the Tour de France. Dangerous descents, unpredictable high desert mountain weather- more elements to create a dramatic race. Home-court advantage is a measurable phenomenon across many sports. Having major European teams and riders fresh off the Tour de France and Olympic Games here on my home roads in Utah will be the biggest motivation I have all year.

Amgen Tour of California, May. The big show. Somewhere during this race every year, I go from feeling giddy & starstruck to nearly apathetic. A dozen major European teams send squads filled with many of the sports biggest stars to this race. We arrive days in advance (one year it was six days prior) and the anticipation grows as we spot Tour de France winners and world champions around the hotel and dining tables. As the race unfolds we domestic teams begin to realize why those guys get paid the big bucks- the courses and racing are more difficult than any we've seen here before. One year my

face followed the lead of the rest of my body and started getting sore — maybe from all the grimacing. This race is brutal suffering at its best and produces worthy champions every day- not to be missed.

Tour of the Gila, Silver City New Mexico, April. This race has always held a special place in my heart. Jumping from the domestic calendar to the international one this year, Gila will surely attract a stronger field and more attention than it ever has before. I'm a climber, so I look forward to this race every year. Like the Tour of Utah, Gila has mountain top finishes, field sprint days, high-altitude mountain passes, and a difficult time trial- all the elements that create a dynamic and interesting race.

USA Pro Cycling Challenge, Colorado, August. My team missed out on the invitation to this new event last year, but, like California and Utah, it attracted big teams and huge names. Placed just a few weeks after the Tour, in tandem with the Tour of Utah, this is a great chance for motivated Americans to topple big names who are in the dog days of a long season. The mountains they chose for the route in 2011 are not as challenging as they could or should be however, in my opinion, and from

what I heard from my friends in the peloton. Every year is a learning process for the promoters though, and the 2012 route looks very difficult, starting with the opening Durango to Telluride stage and finishing six days later in Denver.

I hope that I helped you understand which cycling events are the most relevant here in the States. The US market is hugely important for many of the big European cycling sponsors, so they will always be looking for quality events here for their riders. My personal ambition is to capitalize on the opportunities that creates for domestic professionals like myself by getting on the podiums at some of these important events. I look forward to sharing with you here the realization of those aims. Thanks for reading, Tyler

Tyler Wren is a professional cyclist for the Jamis/Sutter Home Professional Men's Cycling Team living in downtown Salt Lake City. He also coaches athletes and is available for cyclocross and road cycling clinics. To find out more information, contact Tyler at twren-egade@gmail.com or 610-574-1334.

Peloton - Continued from page 3

Peloton is looking out for the easily recognizable locales around Salt Lake City and the surrounding area including some iconic road cycling routes.

Even if you had no part in the filming of the movie, the local pride will be felt as you watch this film. The actors, all locals, also do a great job of bringing this engaging story to life. The film also does a good job of capturing the excitement and feel of amateur bike racing and the training that goes into it. Avid cyclists can note some beauti-

ful moments captured in this film: those sublime rides on a perfect day, the close camaraderie of a cycling group or team, the moments where the hard work pays off. In essence it will bring to mind why we love to ride....

Peloton has had only a limited release and has been screened at 3 film festivals and counting. But look for a special screening in Salt Lake in May or June.

For more information on the film, visit pelotonthemovie.com.

Tara McKee is editor for cycleanstyle.com, an online women's cycling magazine.

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CENTURY

Two stylized cyclist icons are at the bottom right.

UTAH BIKE INDUSTRY

First Endurance PreRace review



By Jared Eborn

It's been a not-so-well-kept secret among endurance athletes for a few years.

Utah-based First Endurance's PreRace powder has helped runners, cyclists and triathletes find that extra focus, extra alertness and, well, that extra buzz that helps give them a competitive boost at the start line and throughout the race.

Loaded with caffeine and other performance boosting ingredients, PreRace has found its way into the water bottles of athletes of all abilities. It is among the favorite pre-competition supplements on the market.

And yet, the folks at First Endurance knew it wasn't perfect. Is popular as PreRace was, there was a fair amount of feedback from customers about what they didn't especially like about the product.

As a result, First Endurance took its powdered powerkeg back to the lab and has rolled out the good stuff in capsule form.

"The biggest reason is that we got quite a bit of feedback from customers and sponsored athletes who wanted us to offer PreRace in capsules," First Endurance vice president Mike Fogarty said. "They told us that, while they love the formula, they felt like the powder delivery system limited their ability to use the product in some situations."

Whether it was the occasional mess of scooping the powder into a bottle or the bitter taste of the raw materials, PreRace came with a few drawbacks and the new capsules are designed to reduce serving size confusion while also coming in handy during those extremely long events such as Ironman distance triathlons

or LOTOJA where multiple doses pulled out of jersey pockets come in extra handy.

"Capsules are a lot more convenient, easier to take, easier to carry and take and don't require any planning or preparation (mixing beforehand, etc...), like using the powder does," Fogarty said. "We also got feedback that some people were struggling with the taste of the powder. Having a capsule option is an easy solution for this."

PreRace Caps still come with the 100 mg caffeine punch per serving dosage. Compare that to the 80 mg serving you get from a can of Red Bull or the 100 mg from the average trip to Starbucks and it's no secret why athletes have had PreRace in their cabinets for years. You'd need nearly a three cans of Coca Cola to get the same buzz as PreRace provides. Throw in the 1,000 mg shot of Taurine, a 200 mg helping of Quercetin and 500 mg of bonded Citruline Malate and you'll be ready to race.

This differs from the powdered PreRace not insignificantly. The powdered form packs 3,000 mg of Taurine, 1,000 mg Citruline Malate, 350 mg Quercetin and a 570 mg blend of the neuro stimulant proprietary blend (Caffeine, DiMethyl Amino Ethanol, Metabromine and Catechin) so any athlete using PreRace should carefully ease their way into use to determine personal tolerance.

Citruline Malate is, perhaps, one of the key ingredients that makes PreRace so effective. Studies, with resources provided on the First Endurance website, show the additive improves oxygen consumption, blood flow and increased exercise to exhaustion times.

Levi Leipheimer, a threat to land on virtually every stage-race podium in the world, is a fan of PreRace.

"I started using PreRace in the Tour de France...and take it in time trials," Leipheimer said on FirstEndurance.com. "I don't drink coffee so when I take PreRace, I really feel it, it's a huge boost. I find even half a scoop is enough for me."

Sponsors of the Radio Shack-Nissan-Trek, Bissell Pro Cycling and Specialized-Lululemon professional teams as well as the Pearl Izumi Ultra Running Team, First Endurance takes every precaution to ensure its products fit into UCI, WADA and USADA regulations.

First Endurance recommends taking three capsules 30-45 minutes before racing and adding "1-3 capsules for each two hours of exercise as tolerated and needed."

Providing a chance to more accurately self-regulate servings was important to First Endurance.

"The final reason is that we also received feedback that some people weren't taking a full scoop of the powder because they felt it was too intense and too powerful," Fogarty said. "The capsule option gives these people flexibility in their personal dosage preferences."


Starting with athletes already familiar with PreRace, First Endurance tried out the capsules to see how performance was affected. The ability to accurately limit doses proved to be a big hit with athletes who carefully dial in their training and competitive diet strategies.

"We tested the capsule prototypes with sponsored athletes and the feedback was overwhelmingly positive. After the sponsored athletes had the prototypes of the capsules, it was just a matter of time before other people found out we had a capsule prototype and asked us to make it available to them, too," Fogarty said. "Because of the number of people that contacted us about the capsules, we decided to make it available on our web site to see just how popular they are."

The response has been overwhelming.

"We still have a ton of athletes that want to use the powder so we plan on offering PreRace in a powder and also in a capsule form," Fogarty said. "The powder is great for certain circumstances and the capsule is great for other situations."

The introduction of the PreRace capsules has been such a success, First Endurance further modified the product and is now introducing PreRace Sustained Release capsules which are "designed to deliver a steady level of energy and mental acuity over an extended period of time," First Endurance says. "Athletes benefit with an immediate and delayed release effect that reduces stomach irritability in the gut and extends the benefits up to five hours."

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To Catch a Thief - Continued from page 4

a really simple task to lock off with our seats and wheels. Security bolts make it a somewhat harder task to rip these parts off. Remember that bike theft can happen one part at a time.

12.Register your bike at national-bikeregistry.com. This will help you recover your bike if it is found by the police or if it turns up at a pawnshop.

13.Think like a crook. When you lock up a bike think about how secure the location is. For example, a high grade U lock will do precious little to protect your bike if it secured to something that can easily be cut unscrewed or unlatched. The

classic "D-oh" moment is realizing the bike was locked to a sign that can be pulled out of the ground.

14.Lock your bike in a publicly visible area.

15.Buy a cheap bike. This is the suggestion of David Byrne in his book of bicycle based musing on the American city Bicycle Diaries. Byrne posits that since any bike can be stolen that we as bike riders have to realize this and then buy bikes that can easily be replaced. This is probably the hardest suggestion for us as American cyclists to get our heads around. We can easily tell ourselves that we need to spend >\$2000 on a bike that we can ride a couple times a month and then find it hard to convince ourselves that we can perfectly adequate daily ride for

a couple hundred dollars. In many parts of the world like Denmark, the Netherlands or China this is the reigning paradigm. The average bike in these places is not light and it is not fast but it does the job. Check out www.copenhagencycle-chic.com and convince yourself that you can still look pretty good on a heavy, slow bike.

Most of all continue to ride. The development of a bike friendly place to live comes with people riding in spite of the threats. Just be smart with how you do it.


Editor's Note: In April, we will have a follow up article on what to do if your bike is stolen.

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- 3- Quinn Bingham
- 4-Matt Brown
- 5-Steve Wasmund
- 6-Todd Hamblin
- 7-Jeff Higham
- 8-Stewart Goodwin
- 9-Aaron Phillips
- 10-Chris Bingham
- 11-Ian Beatty
- 12-Ryan Thompson
- 13-Mike Holder
- @1 14-Bob Saffell
- @1 15-Alan Jarrett
- DNF-Lou Gilbert
- DNF-Austin Somer
- DNF-Matthew Turner

Expert Women

- 1-Kathy Sherwin
- 2-Erica Tingey
- 3- Lorie Hutchison

Sport Men

- 1-Ryan Blaney
- 2-Peder Singleton
- 3-Rick Black
- 4-Jackson Brown
- 5-Jacob Hamblin
- 6-Ryan Cook
- 7-Ike Ayre
- 8-Mike Nielson
- 9-Craig Williams
- 10-Patrick McKnight
- 11-Nathan Clark
- 12-John Zumalt
- 13-Paul Zimmerman
- 14-Ryan Cook
- 15-Keith Payne
- 16-Dick Newsum
- 17-Mike Turner
- 18-Mike Ingram
- 19-Rob Fangsworth
- 20-Benjamin Brown
- 21-Jim Speer
- 22-Scott Kearn
- 23-Jonathan Lozon
- 24-Rodney Miles
- 15-Kurtis Hinderman
- @1 26-Trevor McIntyre
- @1 27-Robert Pflueger
- @1 28-Mike Morley
- @1 29-John Brown
- @1 30-Kerry Smith
- @1 31-Gordon Brown
- @1 32-Ryan Draney
- @1 33-Jeremy Ward
- @1 34- Collin Draper
- DNF-Mark Menlove

Women's Sport

- 1-Rebekka Schenk
- 2-Ali Knutson
- 3-Stephanie Earl
- 4-Nancy Alcabes
- 5-Erin Goodfellow
- 6-Shauna Kay

Juniors

- 1-Connor Barret
- 2-Parker Draney

Clydesdales

- 1-Brian Nelson
- 2-Wes Rasmussen

Kids

- 1-Calvin Thompson
- 2-Ian Abbott
- 3-Zach Fruit
- 4-Preston Draney
- 5-Tyler Karren
- 6-Scott Abbott
- 7-Thomas Nelson
- 8-Landon Draney
- 9-Milo Boynton
- 10-Elliott Boynton



Cyclo Cross

Utah Cyclocross Series #6, Wheeler Farm, Salt Lake City, Utah, October 29, 2011

Clydesdale

1. Alex Whitney; Canyon Bicycles
2. Nate Carter; Timpanogos Cyclery
3. Wesley Rasmussen; Timpanogos Cyclery
4. Steve Wasmund; Cutthroat Racing
5. Robert Franz; Infinite

Men C

1. Tate Litchfield
2. Cameron Hooyer; Surge/rol Wheels
3. Kenny Dailey; Infinite Cycles
4. Joshua Hidalgo; Animal Liberation Racing
5. Ian Dailey; Church of the Big Ring

Masters 35+ C

1. Jon Argyle; Bountiful Bikes
2. Joe Sepulveda; Dna Cycling
3. Michael Rollins; Contender Bicycles
4. Chris Dechet
5. Ryan Clayton; Welikessmall Cc

Masters 35+ B

1. Jason Sparks; Joynride Bikes
2. Michael Moody; Clammy Chamois
3. Kris Arnett; Ski Utah - Marketstar
4. Jason Rich; Bountiful Bikes
5. Ken Costa; Revolution

Masters 45+

1. John Mckone; Cole Sport
2. Daren Cottle; Revolution
3. Robert Hamlin; Joynride Bikes
4. Tim Stack; Rmcc/cyclesmith
5. Shane Dunleavy; Ski Utah - Marketstar

Men B

1. Connor O'leary; Nobody
2. Adrian Rips; Simply Mac Racing
3. Kevin Cummisford; Rmcc/cyclesmith
4. Stewart Goodwin; Goodwin Media
5. Isaac Pantone; Biker's Edge

Singlespeed Men

1. Eric Rasmussen; Kuhl
2. Nate Drozd; Joynride Bikes
3. Stephen Wasmund; Cutthroat Racing
4. Chris Cole; Joynride Bikes
5. Cody Haroldson; Ski Utah - Marketstar

Singlespeed Women

1. Alison Knutson; Cutthroat Racing
2. Amy Andrews; Cutthroat Racing
3. Anna Day; Cutthroat Racing

Women A

1. Sarah Kaufmann; Elete Electrolytes
2. Erika Powers; Revolution
3. Chantel Olsen; Primal Utah

Women B

4. Annmarie White; Revolution
5. Alison Vrem; Revolution

Women C

1. Melanie Smith; Lifetime Fitness
2. Erin Davis; Bountiful Bikes
3. Gigi Austria; Revolution
4. Jody Hansen
5. Lyna Saffell; Revolution

Women D

1. Joan Meiners; Joynride Bikes
2. Sara Van Klooster; North Face
3. Debbie Drain; Simply Agave
4. Lorie Hutchison
5. Jo Garuccio; Millcreek Bicycles

Women E

1. Katie Clouse; Cole Sport
2. Charissa Boniface; Rmcc/cycle Smith
3. Emily Brandt; St Joseph
4. Lupine Cramer; Joynride

Men A

1. Keegan Swenson; Cannondale Factory Racing
2. Alex Grant; Cannondale
3. Reed Wycoff; Contender
4. Sager Jason; Equipo Jamis
5. Bryson (Elvyra) Perry; Life Time Fitness

Masters 35+ A

1. Tim Matthews; Church of the Big Ring
2. Thomas Cooke; X Men
3. Peter Archambault; Rmcc/cyclesmith
4. Jon Gallagher; Cole Sport
5. David Wood; Church of the Big Ring

Masters 35+ B

1. Cody Rindlisbacher
2. Grady Nilsen
3. Christian Faber
4. Ian Hansen-wissbrod
5. Ryan Boutte

Masters 35+ C

1. Evan Clouse; Cole Sport
2. Sam Allen; Canyon Bicycles
3. Jon Jon Drain; Contender Bicycles
4. Noah Putt; Cole Sport
5. Nathan Greenesen; Cutthroat Racing

Junior Men, 15-18

1. Mike Holder
2. Chad Wylton
3. Matthew Turner
4. Alex Grant; Cannondale
5. Ryan Cook

Men C

1. Kevin Knutson; Cutthroat Racing
2. Mike Valiant; X Men
3. Darrell Davis; Contender Bicycles
4. Rich Caramadre
5. Alex Moore

Masters 35+ B

1. Joshua Hidalgo; Animal Liberation
2. Daren Cottle; Revolution
3. Rich Caramadre
4. Mark Fisher; RMCC/Cyclesmith
5. Ty Loyola; Contender Bicycles

Masters 35+ A

1. John Argyle; Bountiful Bikes
2. Paul Solomon; Welikessmall Cc
3. Ryan Olsen; Skullcandy
4. Jason Clayton; Welikessmall Cc
5. Kade Kennington; Bountiful Bicycles

Masters 35+ C

1. Jon Argyle; Bountiful Bikes
2. Paul Solomon; Welikessmall CC
3. Ryan Olsen; Skullcandy
4. Jason Clayton; Welikessmall CC
5. Kade Kennington; Bountiful Bicycle

Masters 35+ B

1. Jon Argyle; Bountiful Bikes
2. Paul Solomon; Welikessmall CC
3. Ryan Olsen; Skullcandy
4. Jason Clayton; Welikessmall CC
5. Kade Kennington; Bountiful Bicycle

Masters 45+

1. Clemens Landau; Cutthroat Racing
2. Alex Whitney; Canyon Bicycles
3. Mark Hooyer; Cottonwood Cyclery/Rol Wheels
4. Alex Moore
5. Robert Franz; Infinite Cycles

Masters 35+ A

1. Chris Decket
2. Michael Rollins; Contender Bicycles
3. Ryan Clayton; Welikessmall CC
4. Jon Argyle; Bountiful Bikes
5. Jay Boniface; RMCC/Cyclesmith

Masters 35+ B

1. Robert Hamlin; Joynride Bikes
2. Jordan Swenson; Cole Sport
3. Chuck Collins; Millcreek Bicycles
4. Mark Fisher; RMCC/Cyclesmith
5. Tim Stack; RMCC/Cyclesmith

Masters 35+ C

1. Jason Sparks; Contender Bicycles
2. Michael Moody; Clammy Chamois
3. Jason Rich; Bountiful Bikes
4. Ken Costa; Revolution
5. Matt Petersen

Masters 55+

1. Gary Porter; Bountiful Bikes
2. Bob Walker; Bountiful Bikes
3. Louis Melini; Millcreek Bicycles
4. Lew Rollins; Contender Bicycles
5. Jeff Kingsford; Joynride Bikes

Men B

1. John Mckone; Cole Sport
2. Daren Cottle; Revolution
3. Robert Hamlin; Joynride Bikes
4. Tim Stack; Rmcc/cyclesmith
5. Shane Dunleavy; Ski Utah - Marketstar

Women A

1. Sarah Kaufmann; elete Electrolytes
2. Erika Powers; Revolution
3. Chantel Olsen; Primal Utah
4. Joan Meiners; Joynride Bikes
5. Destiny Ortiz

Women B

1. Sharon Kratch; Church of the Big Ring
2. Erin Davis; Bountiful Bikes
3. Joanna Landau
4. Joan Meiners; Joynride Bikes
5. Destiny Ortiz

Women C

1. Katherine Kalwies; UMB.com
2. Sara Baker
3. Christy Estlund; Roosters/Biker's Edge
4. Jo Garuccio; Millcreek Bicycles
5. Lorie Hutchison

Junior Women

1. Bryn Estlund; Roosters/Biker's Edge
2. Lauren Bingham; DNA Cycling

Men A

1. Sager Jason; Jamis
2. Tate Litchfield
3. Creighton Lowe; Cannondale
4. Dalin Coterrell; Infinite Cycles
5. Dan Hutchings; Joynride Bikes

Masters 35+ A

1. Alex Whitney; Canyon Bicycles
2. Mark Hooyer; Cottonwood Cyclery/ROL Wheels
3. Jared Eborn; X-Men
4. John Mckone; Cole Sport
5. Jason Olsen; Skullcandy

Masters 35+ B

1. Steve Hogan; Bountiful Bikes
2. Paul Solomon; Welikessmall CC
3. Jay Boniface; RMCC/Cyclesmith
4. Ryan Clayton; Welikessmall CC
5. Jason Olsen; Skullcandy

Masters 45+

1. Daren Cottle; Revolution
2. Robert Hamlin; Joynride Bikes
3. Darrell Davis; Contender Bicycles
4. Paul Lastayo; Cycle Therapy/4 Corners
5. Ty Loyola; Contender Bicycles

Masters 35+ B

1. Michael Moody; Clammy Chamois
2. Jason Rich; Bountiful Bikes
3. Travis Mickelson; Contender Bicycles
4. Jamie Kent; Bountiful Bikes
5. Tommy Chandler; Church of the Big Ring

Masters 55+

1. Gary Porter; Bountiful Bikes
2. Lew Rollins; Contender Bicycles
3. Jeff Kingsford; Joynride Bikes

Women A

1. Sarah Kaufmann; elete Electrolytes
2. Erika Powers; Revolution
3. Chantel Olsen; Primal Utah
4. Joan Meiners; Joynride Bikes
5. Destiny Ortiz

Women B

1. Sharon Kratch; Church of the Big Ring
2. Erin Davis; Bountiful Bikes
3. Joanna Landau
4. Joan Meiners; Joynride Bikes
5. Destiny Ortiz

Women C

1. Katherine Kalwies; UMB.com
2. Sara Baker
3. Christy Estlund; Roosters/Biker's Edge
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Bike Shop Comings and Goings

This year, there are a few new shops opening in the state. Greg Steele, long time rider in Salt Lake Valley and past contributor to Cycling Utah, has opened Beehive Bicycles in the 15th and 15th neighborhood in Salt Lake City. Beehive is on the web at beehivebicycles.com.

Performance Bicycle, a national company, is opening a new store in Salt Lake City on 2100 S. and 300 W. in April. Performance is on the web at performancebike.com.

Ian Shockley of Bike Fix Utah, is opening a new store in Washington, Utah. Bike Fix is on the web at bike-fixutah.com. The Bountiful location will reopen under new ownership as Top Gear.

Dharma Wheels Cyclery is opening a new location in Santa Clara. Find out more at dharmawheel-cyclery.com.

Staats Bikes of Sandy is now Salt Cycles. Find out more at saltcycles.com. Downhill Cyclery of Payson is now Wild Child Cycles.

Revolution Bicycles of Sandy, 19 Sports of Park City, and Mt. Logan Cyclery of Logan are moving to new digs.

Velo City Bags, a manufacturer of messenger bags and backpacks, has opened a new retail location at 366 S. 500 E., Salt 84111.

BC Adventure Bikes of Boulder City, Nevada has closed their doors, as has Canyon Sports in Riverdale and Ft. Union and Blayn's Performance Cycling of Orem.

Find information on most of the shops above in our Bicycle Shop Directory on page 8.

-Dave Iltis

Walker and Rollins Win Cyclocross National Championships; Walker Second in Worlds

Verona, Wisc. (Jan. 5, 2012) -- The 2012 USA Cycling Cyclocross National Championships took place near Madison, Wisconsin in January. Nearly 150 of the country's best 45-80 year-old cyclo-cross bike racers tackled the course at Badger Prairie Park on an unseasonably warm January day in Wisconsin.

In the women's 50-54 competition, the action came late in the race. Kris Walker (Pocatello, Idaho/The Contender Club) built a lead approaching 15 seconds heading into the last of the four-lap affair. Approximately midway through the last lap, Walker heard cheers for Catherine Walberg (Topeka, Kansas). Much to Walker's surprise, Walberg had made up the gap and was close to passing Walker. Walker stepped on the gas and sprinted to the finish line, holding off Walberg by only four seconds to win her fourth cyclocross National Championship.

"They're all really special to me," Walker said. "The first one was just awesome because it was my first. Today's is also special because Catherine is really on her game. To beat her is really special because she is a tough, tough competitor."

The men's 65-69 contest was won by Lewis Rollins (Salt Lake City, Utah/Contender Bicycles). Rollins, who employed a healthier diet to lose 12 pounds heading into the event, collected the second national title of his career today.

"This year was a little different than other years. I've only raced twice before nationals," Rollins said. "This

course suits me. It's not a technical as I'd like, but it has just enough climbs that are slippery and muddy, downhills that are muddy. If you can bike handle and not fall down, you'll make more time than guys who go fast, fall down, get up, go fast, fall down. I don't know that I'm a steady Eddie kind of guy, but that's just the way it was."

Ten days later on January 15th, in the 2012 UCI Masters Cyclocross World Championships in Louisville, Kentucky, Walker capped her season with a second place.

With conditions changing throughout the day, the women 50-54 took to the course while it was still covered in a coating of snow and frozen ruts. Karen Brems (Redwood City, Calif./Team Rambuski Law) claimed victory, followed by Walker (Pocatello, Idaho/Contender Bicycles).

Bicycle Collective News

The Salt Lake City Bicycle Collective (SLCBC) and most of Utah decided to skip winter. In honor of the longest spring ever, they have opened a location in Provo; given away over 700 bikes to various goodwill organizations and expanded Ladies Night in Salt Lake City; become an official program of Commuter Services at the University of Utah; celebrated their first season in a physical space at Westminster College; and worked towards securing their own building in Ogden. The new Provo location is at 49 North 1100 West #2; the Ogden operation is at 2404 Wall St. This success continues our tradition of celebrating every year, as their biggest year, and, all on the eve of its 10 year anniversary. Look for an upcoming announcement about their 10th anniversary celebration and new Ogden building.

In addition to attendance at our big party, the SLCBC (Ogden, Provo, SLC) needs bicycles and volunteers for their rewarding programs: Earn-a-Bike (EAB) and the Community Bike Shops. If you have a bike to donate, the Collective can use it, whether it is currently functional or not. Become a mentor and help EAB kids learn to diagnose and repair their future bike, while creating life-long cyclists and community connection.

The SLCBC-Salt Lake City is continuing to offer free bicycle mechanic classes every week. Professional

mechanics teach a chapter of the Park Tool School every Monday at the Community Bike Shop starting at 5pm. Each class focuses on a specific aspect/component, so jump in at any time and round out your knowledge. See the SLCBC's website for class topics.

The mission of the SLCBC is to promote cycling as an effective and sustainable form of transportation and as a cornerstone of a cleaner, healthier, and safer society. For more information, visit bicyclecollective.org.

-Jonathan Morrison

HB 327 Addresses Cycling Issues

HB 327, currently under review with the 2012 Utah State Legislature, will accomplish a few things:

1) It will allow operators of motorcycles and bicycles to proceed through an unresponsive signal after 90 seconds when it is clear.

2) It allows motorists to pass a cyclist by crossing the double yellow line or use the two-way center turn lane when safe.

3) Defines a bike lane and its use statewide.

4) Updates the definition of a bicycle.

5) Allows lights and reflectors on the rider to meet the visibility requirements.

The American Motorcycle Association, ABATE (a motorcycle group) and Salt Lake City are all in support of the bill. The opposition comes from AAA, UDOT, and the Department of Public Safety, all citing the possible decrease in safety.

On the issue of stoplights, the rider will have been at the intersection for some time. Unlike the situation where most accidents occur at intersections and those involved were both in motion, they will have had ample opportunity to assess the situation before proceeding and wait for other traffic to clear.

13 states have already passed similar (but less restrictive) legislation on unresponsive stoplights. To the best of my knowledge, none have been repealed.

On the passing situation, motorists all the time are choosing to endanger our lives by passing to close or too soon rather than utilizing part of the rest of the roadway to safely pass.

Currently at the time of this writ-

ing, the bill is still under review at the House Transportation Committee. Details can be found at www.safe-route.org about the bill and how to contact your representative.

It is important that everyone contact their representative and urge their support of the bill.

-Dan Fazzini

Editor's Note: As of press time, the bill failed in committee. It may be reintroduced with modifications this session.

Larry H. Miller Tour of Utah Announces Host Cities

Salt Lake City, UT (February 1, 2012) – The Larry H. Miller Tour of Utah organizers announced the host cities for the 2012 event. The six day, UCI 2.1 rated stage race will be held from August 7-12, 2012 and will feature 16 teams, including at least five top pro teams.

This year's tour will include six stages: five road races, and a team time trial. It promises to be one of the most challenging to date.

The race will be headquartered this year in Ogden, which will host the stage 1 road race.

Stage 2 will feature a Team Time Trial and will be held at Miller Motor Sports Park in Tooele. The Team Time Trial is one of the most unique features of the 2012 Tour of Utah. This is a technical discipline which holds special interest for cycling fans, and is the only race against the clock for teams at a North American UCI stage race this year.

Salt Lake City will host finish lines for Stages Three and Four, with plans underway for a large community celebration on Friday, August 10 following the road race. Stage Four will begin in the Lehi area of Utah County, which has seen Tours in past years. This stage is still under development.

The signature climbing route from Park City to Snowbird, known as the "Queen Stage", moves from the final Sunday of race week to Saturday.

Park City will also host the final stage 6 road race on Sunday, August 12th.

"The Tour of Utah continues to grow in stature as a major cycling event in North America. When you

get calls from teams around the world to come to Utah, then you know you are doing something right. We thought the timing was right this year to launch a new brand for the event, and you'll see more changes in the coming months. It takes a great deal of support from all our partners, the State of Utah, civic and county leaders, special venues, sponsors, volunteers and our loyal fans. We value all this support as it keeps Utah at the forefront of professional sports around the calendar," said Steve Miller, president of the Utah Cycling Partnership which owns the Tour of Utah.

"Last year, my goal clearly was to repeat as the overall champion of the Larry H. Miller Tour of Utah. It was an unbelievable victory and a great event. It's exciting to watch the Tour of Utah succeed and rise in the ranks as a world-class, UCI race," said Leipheimer, the two-time champion of the Larry H. Miller Tour of Utah. The Butte, Montana native, who went to high school in Utah, will race this year for the top-rated Omega Pharma - Quick-Step Cycling Team based in Belgium. "With all the elevation gains and climbing, I feel that the Tour of Utah is one of the toughest stage races in America today."

"I am also very excited for the addition of the Team Time Trial, as being the only opportunity in the U.S. this year to see and participate in one. The fans are going to love that. I look forward to hopefully defending my title with my Quick-Step teammates in 2012."

The Larry H. Miller Tour of Utah began as a three-day Thanksgiving Point Stage Race & Cycling Festival over Memorial Day weekend in 2004. The Utah Cycling Partnership, owned by family members from the Larry H. Miller Group of Companies, purchased the event in 2007 and relaunched the cycling event in 2008 as a five-day National Racing Calendar event. Last year the Tour of Utah was elevated by the Union Cycliste Internationale (UCI), the worldwide governing body of cycling, to a 2.1-rated event for the UCI America Tour. The Tour of Utah is sanctioned by both USA Cycling, Inc. and the UCI.

The Larry H. Miller Tour of Utah continues to be free to all spectators, making professional cycling one of the most unique pro sports in the world today.

For more information, visit tourofutah.com.

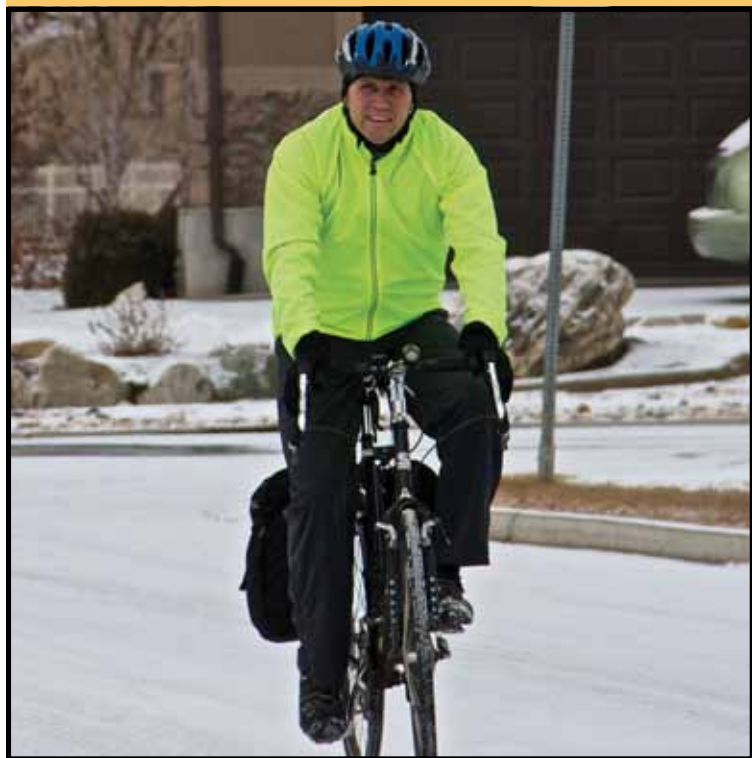
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COMMUTER COLUMN

Inspired by Cycling Utah, Layne Packer Becomes a Bike Commuter

Layne Packer on his Surly Long Haul Trucker commuter bike. Photo: David Packer

By Lou Melini

Driving a 12-MPG truck for 20 minutes each way to his job at Hill Air Force Base from Kaysville didn't seem right to Layne Packer. He decided to take his recreational cycling to the next level. He has been a student of the commuter column in Cycling Utah and figured that he could start bike commuting. Layne now rides to his job year-round in all the elements that bike commuters face. He now leaves his Cannondale hanging in the garage, commuting to work on his Surly Long Haul Trucker (LHT). He read about the LHT in the

commuter column. He describes it as "a fantastic bike".

Cycling Utah: First of all I have to acknowledge that you have commuted in other locales, but it seems that you've caught the dedicated bike commuter bug here in Utah. Tell me about some of the other places that you have commuted by bike.

Layne Packer: Well my first utilitarian use of a bike was, like a lot of us born in the early 60's, my paper route. I used the 10-speed Schwinn I received for Christmas when I was in Jr. High. I used a "city bike" on my mission in California. When I did

pilot training in Lubbock, Texas, my wife and I only had one car. Out of necessity I commuted on my bike to the base. It was only two miles so it was not a big deal.

We moved to North Dakota where I just didn't ride much. However I picked up bike commuting again out of necessity when I went to graduate school at the University of Illinois. There wasn't anyplace to park my car. Again it was only a couple of miles. I could ride in regular clothing since I didn't even work up a sweat.

After grad school we moved to Colorado Springs with another move taking us to Altus, Oklahoma. I didn't commute by bike much in Oklahoma until 9/11. It was almost impossible to get a car on the Air Force base so I just rode a bike and let them search my backpack. I slacked off again as security loosened. We again moved to Colorado. I had the perfect bike commute staring me in the face, 8 miles with a locker and shower, but I didn't take advantage of it.

After retiring from the Air Force, I moved to Utah. I first worked downtown. I did on several occasions ride to the bus stop and took the bus into town. I would then do the 25-mile commute home entirely by bike. Mostly I just rode the express bus into Salt Lake and home every day. My total commute time was about 45 minutes each way. While I sat on the bus I kept thinking about how much time I was wasting every day sitting on the bus. I really wanted to cycle more, but my commute time was killing my ride miles. I made a commitment to myself that if I ever got a job where I could commute to work that I wouldn't pass up the opportunity. Since I started working at Hill AFB I have been able to keep that commitment and started bike commuting more seriously.

C.U.: You said you had some early influences in your life that kept you thinking about bike commuting. I really liked the "Heidi" story.

L.P.: Yes, Heidi! I worked with her in Colorado Springs 4-6 years ago. She would ride every day, without fail to and from work. Her commute was 12 miles each way and it was a tough uphill climb the last couple of miles. I was always amazed at her tenacity. One day it was snowing hard and there was about 6" of snow on the road. She rode her bike in. When she got on the Air Force base the security forces stopped her and told her she couldn't ride in the snow and that she had to get in the truck with them. She refused. So they arrested her. I still don't know for sure what the charge was. They made something up about her being a danger to herself and other motorists. We all got a laugh at her expense, but I really admired her for sticking with it. I have thought several times since we moved to Utah that if Heidi could ride her bike to work on a day like this, then so could I.

C.U.: How did Cycling Utah influence you to become a dedicated bike commuter?

L.P.: When I changed jobs in January 2010, I started doing a lot of research on bike commuting. A friend of mine gave me my first copy of Cycling Utah about 3 years ago. I loved it and immediately subscribed. One of my favorite articles is the bike commuter column. It gave me confi-

dence that I could ride year around in Utah when I read about how others were doing it.

The best thing about your column is that you go out and find regular people who have made the decision to commute on a bike. It seems like most of them are commuting in and around Salt Lake, so I appreciate when I get to read about someone who is riding to work in a location with no bike lanes and outside the Salt Lake City bike culture. I have really appreciated the commuting gear reviews in the magazine as well. It helps me figure out what I need to buy to be successful. I'm a gear guy, so I tend to focus on things like what bike are they riding, how do they carry their stuff, what lights are they using, what clothing do they wear, what are the best tires/tubes to prevent flats? There are other challenges that I like to hear addressed. For example, where do other riders keep their bikes? How many have a shower and locker at work? What's the backup plan, if any, for other riders?

C.U.: How did you end up with the Long Haul Trucker as a commuter bike?

L.P.: When I first decided to start commuting in Utah I thought that I could do it on my road bike. I quickly realized that there are some significant problems with that idea. 1. A road bike has thin tires that are not compatible with some of the challenges you run into on a commute. No one has time for a flat on the way to work. 2. I needed the ability to haul more than I could fit in my backpack. Also, I didn't like wearing a backpack on a bike. It raised my center of gravity, was hot, and had limited capacity. By the time I got a change of clothing and my lunch in the backpack there wasn't any room for books or a computer. A bike rack with panniers was a much more elegant solution. 3. I wanted a comfortable bike that is equipped specifically for the commute and use my road bike for rides with the Wasatch Wheelmen on weekends.

I looked at a couple of really great bike shops (The Bike Shoppe in Ogden and Biker's Edge in Kaysville) but nothing jumped out at me. It wasn't until I read an article in Cycling Utah that the idea of the Surly LHT started to materialize. I am very interested in what bikes people ride during their commute. One of your articles mentioned the LHT and so I went online and checked it out. The thought of using a touring bike for a commuting bike never really occurred to me, but the more research I did, the more it made complete sense.

I went to Saturday Cycles now located in SLC and talked to Mark Kennedy. He has a great bike shop. His shop is just cool in way that is

hard to describe. As I looked around I realized that I had missed a whole class of bikes that the big shops don't carry. I told him what I needed and he showed me several options. We put on fenders, a rear rack, bottle racks, panniers, lights, and an awesome Brooks saddle. I replaced the tubes with thicker thorn proof tubes after my one and only flat. He also put a pair of pedals on it that have SPD on one side and a platform on the other. Perfect! I wear mountain bike shoes as my commuter shoes. I would rather be clipped in, but it is nice not to have to clip in all the time. It is comfortable, smooth, and maneuverable. By the time I got it loaded up with about 15 pounds of stuff to haul to work plus my 200 pounds all layered up, I don't mind the extra weight of the bike as I won't be breaking any records. After all, I am riding for exercise! I have been riding the LHT for a year and a half and have zero complaints. All I've done to it is lube the chain and put air in the tires.

C.U.: Tell me about your commute? What are your limits or "comfort zone"?

L.P.: If I go the most direct route to work it is 8.2 miles. Typically I take the shortest way to work because it seems like I am always pushing it. On the way home I have a route that I like that is about 11-12 miles. It is mostly up-hill on the way to work so I like to lengthen the downhill part of the trip home and it is a quieter ride with the majority of the route on the new bike path that runs the length of Davis County.

When I decided that I was going to be a bike commuter I committed that I would try to ride all year around. My only caveat was that if it was bitter cold or if the road was too slick for safety. I don't mind riding down into the mid 20s, but when it gets colder than that, I really have to work to make myself get on the bike. Riding at night is not as big of a deal as most people make it out to be. Get a good headlight and tail light. Buy some reflective clothing, and then act like you are invisible. Also, leave on those cheap reflectors that came with the bike. I even added a couple of strips of reflective tape to my bike. I'm not trying to win a beauty contest; I'm trying to be seen and the more reflective material the better.

C.U.: Commuters sometimes need to take roads that recreational cyclists avoid in order to get to work. What comments do you have about your new riding skills and about traffic in general? Does bike commuting seem as dangerous as people make it out to be?

L.P.: Everything has risks. It would be great if there were more cyclists on the road so that people got

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used to seeing us. It would be great if there were more bike lanes and bike friendly businesses. It would be great if there were a safe way to get from the west side of I-15 to the east side of I-15 in Northern Davis County, but none of those things will happen without people who are willing to venture out on their bikes. What comes first, the bike lanes or the bicyclists? I don't know. I don't really get involved in bike advocacy, I ride simply because I like it. Sure, people would be healthier, we would save some of our natural resources if more people rode to work, but I realize that most people can't or simply don't want to ride a bike. They are missing out, but it is not a big deal to me as long as they don't mind if I do.

Most of the people on the road don't really care if you are there or not. They are just trying to get to work or to Wal-Mart to get a case of Pepsi, or take their kid to piano lessons. When someone doesn't give me any room, cuts in front of me, does something else that I didn't anticipate, I try to give them the benefit of the doubt and assume the didn't see me and if they got out of their car they would be a fairly normal person.

I absolutely believe that when you ride a bike on the road it makes you a better driver. You become more alert, you begin to see things that you never noticed before and you are more cautious. In addition to cycling I have a dual-sport motorcycle. Like cycling, riding a motorcycle on the road makes you a better driver. People who have never driven anything but a car on the road don't understand what I'm talking about and I don't think there is any way to explain it to them. You just become a

more alert and defensive driver after you spend some time riding on the road with 2 wheels instead of 4.

C.U.: Overall where did you enjoy as a commuter or recreational cyclist?

L.P.: I have fond memories of Oklahoma, mostly because it was the place that I started riding a road bike seriously. It was my first experience with a cycling club, my first pull in a pace line and it was where I did my first century. The only problem was that it was stinking hot in the summer and it still got quite cold in the winter. I liked the fact that there was a cycling event every weekend during the summer within driving distance of where we lived.

My favorite mountain biking place was when I worked at the Air Force Academy in Colorado Springs. They have some fantastic trails. I could leave my office, change my clothes, go for a quick ride and be back to work all during lunch hour.

Champaign, Illinois was very bike friendly. The city had some great routes to get around. Also, the bus system was the best I have seen.

I have to admit I really like riding in Utah. There are some excellent events for cyclists. There are plenty of flat rides as well as fantastic climbs. One of my favorites is to start at Peterson and ride up to East Canyon Dam. From there you can go over to Henefer or up to Big Mountain. Both are great. My favorite century in Utah has got to be the Cache Valley Century. It is a nice size, well supported and run by great people. I've done it three times and really enjoy it each year.

I enjoy my current commute. I get to ride a good portion of it on the railway trail. If I could change a couple of things, I would ask Layton and Clearfield cities to create a few bike lanes from the rail trail that feed Hill AFB as well as the major shopping center areas, and try to improve the safety for cyclists to get under/over the freeway.

C.U.: As a relatively new bike commuter what have you learned that you can now pass onto others who, like you, may want to try commuting by bike?

L.P.: The most important thing is to start. Overcoming the inertia of the driving habit takes a lot of effort. There are a dozen reasons to not ride so you have to commit that you will get on the bike and ride. Most people have a bike of some kind hanging in the garage, so pump up the tires and give it a try. You will quickly learn what you need to do. You can easily put some 1.5" tires on your mountain bike, just throw in an extra tube, a small pump and load up your old backpack with a change of clothes. Get out and do it a few times. After that first ride home in a rainstorm you will start to understand what you need to do to make your commute more enjoyable. You will learn the importance of fenders, rain gear, lights and the right layers of clothing as you gain experience.

The second thing is to examine your motives for riding. Whether it is to save the environment, save gas, or to save yourself from the consequences of obesity, you need to know why you are riding. For me I ride because I like it. I like the solitude I

Utah Health Department Releases Bicycle and Pedestrian Master Plan Guide

Salt Lake City, UT – Does your city or county have a bike master plan? The new Utah Bicycle & Pedestrian Master Plan Design Guide is a tool that planners, advocates, and governments can use to make their community bike friendly. Representatives from the Utah Department of Health (UDOH), Utah Department of Transportation (UDOT), Wasatch Front Regional Council (WFRC), and Utah Transit Authority (UTA), among other partners, worked together to create the guide.

"This tool will help city planners and engineers design healthy transportation choices based on community-identified needs and goals," said Brett McIff, UDOH Physical Activity Coordinator. "The bottom line is, everyone is a pedestrian at some point in their day, and we believe these plans will improve their quality of life by building environments that facilitate walking and biking," said McIff.

Some cities around the state have already implemented or are developing similar plans. Orem and Salt Lake City have comprehensive plans focusing on bicycle and pedestrian transportation. Salt Lake City has received national attention because of its efforts, which include Complete Streets ordinances that encourage consideration of all modes of transportation for users of all ages and abilities.

"Active transportation like walking and cycling provides many benefits, including less traffic congestion, fewer road repair needs, an increase in community economic development, and a cleaner environment," said McIff. "But the real benefit is that people who are active tend to be healthier than people who are inactive."

The Utah Bicycle & Pedestrian Master Plan Design Guide was made possible by funding from the Department of Health and Human Services and the Utah Department of Health.

To access the Guide on-line visit:
<http://health.utah.gov/obesity/documents/Utah%20Bike%20Ped%20Guide.pdf>

experience each morning that gives me time to plan and prepare for the day. I like the ride home to spin off the stress of the day. I like being "that guy" who walks into work dripping wet from a rainstorm knowing that I had what it took to conquer Mother Nature one more time. Yes, I'm still pulling on the spandex, strapping on a styrofoam hat, and loving a great pace line on the weekend, but Monday through Friday I'm a bike

commuter.

C.U.: Thanks Layne. I'm glad Cycling Utah was helpful to your bike commute.

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



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MECHANIC'S CORNER

Is Your Bike Ready for an Overhaul?**Headset:** Believe it or not, water gets in here.

By Tom Jow

The great thing about bicycles is

that they can last a long time. Old bikes come into the shop all the time that look like they haven't had a day of maintenance, chains rusty, wheel

bearings dry and grips falling off that are being ridden every day. On the opposite end of the spectrum, race bikes are replaced once or twice a year, get washed and tuned after every race and have their cables and chains replaced each week. Now as much as we'd all like to, most of us are not going to get a new bike every year; probably not even every other. There is, however, something we can do to get our trusty steed riding like new again: an overhaul.

What is included in an overhaul and how often should it be done? An overhaul is a comprehensive service during which the complete bike is disassembled, bearings cleaned or replaced, drivetrain cleaned and cables and housing replaced. After reassembly, every system is tuned to perfection. Depending on how often the bike is used and under what conditions, an overhaul could be required once a year, every other year, or every 3000 miles. Unfortunately, an overhaul is not cheap. Costing around \$200 labor (or more), add parts and this service can be tough on the pocket book. It is possible though, to spread the repair cost out by servicing groups of components at different periods throughout the year. In order to do this, however, it is important to be able to determine what needs to be serviced and when. Let's look at the major component groups and learn how to inspect each for wear and determine when they might need service.

Headset:

To inspect the headset, lift the front of the bike by the handlebars and slowly rotate to the left and right. The movement should be smooth and quiet. Then, with the wheels on the ground, grasp the front brake and press forward and back against the locked front wheel.

Any gritty, crunching sounds may indicate bearings that are dry or dirty. The lower headset bearings are easily contaminated by dirt and water. The feeling of an index, or notch, in the steering while facing forward

**Wheels:** Rotate wheel axles to test for bearing wear.**Brakes:** Brake pads worn beyond wear grooves.

indicates a headset that may need replacement due to the bearing races being dented from any combination of age, rough roads and maladjustment. If there is any movement or "clunking" while pressing against the front brake, the headset probably needs adjustment, if not more.

Bottom Bracket:

Remove the chain and slowly rotate one crank arm forward or backward. The rotation on a good bottom bracket will be quiet and smooth enough to use one finger. There should be just a little resistance from grease and seals. Dry bearings spin smooth and fast, and with a slight hum as they are spun faster. Dirty bearings sound gritty and rough. Then grasp a crank arm and attempt to move it laterally (like pulling on a slot machine). Cartridge bearing bottom brackets are no longer serviceable. When it's bad, it's time for a new one.

Wheels:

Spin each wheel and watch it between the brake pads (or frame with disc brakes). If the rim moves side to side while rolling, this indicates a need for a spoke adjustment (truing) or a spoke replacement. Then, remove each wheel and rotate the axle between the thumb and forefinger. Grip the axle end with the fingers and try to wiggle it up and down. The wheel bearings will need maintenance if they feel dry, rough or loose. On rear wheels, rotate the freehub/freewheel slowly counter-clockwise. A freehub that needs to be serviced or replaced does not rotate easily in the coasting direction. A chain that sags while coasting at high speed is a better indicator of poor freehub performance.

Brakes:

Inspect the brakes by squeezing and releasing the brake levers slowly. They should operate smoothly and completely. If they are slow to return, the cables and housing could be dirty or worn out. Check cables for

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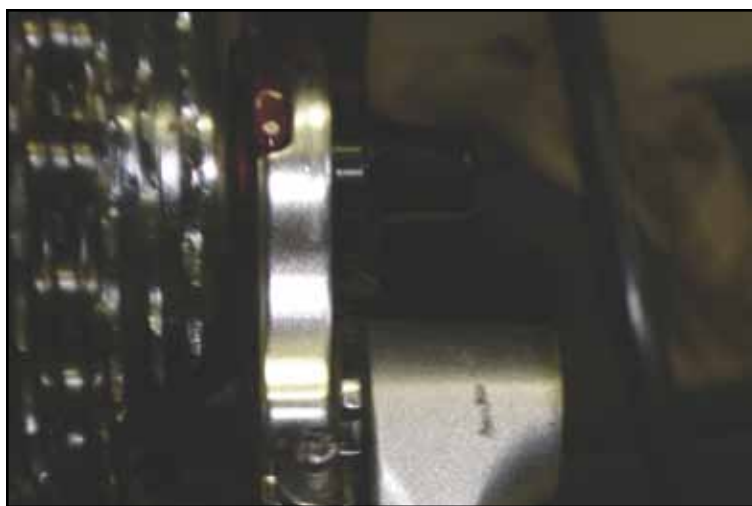
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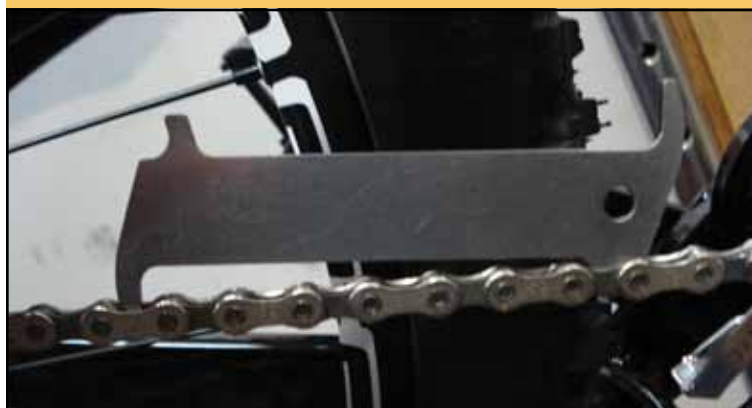
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Shifting: Check the rear derailleur hanger for alignment.



Drivetrain: Chain gauge on a new chain.

fraying and housing for cracks. Due to their contribution to safety, it is a good idea to replace brake cables at least every couple years, if not more often. Also examine the brake pads. Caliper brake pads have grooves that, when shallow, indicate the need for replacement.

Hydraulic brakes are a little different. When they are sluggish they usually have a dirty main pivot or damaged lever blade. Hydraulic

brake lines also should be crack free and with no leakage along hoses, at connection points, or around brake lever or reservoir. Any leaks should be serviced immediately. Hydraulic brake levers that can be pulled to the handlebar indicates a need for service, a full bleed with parts or something as simple as new brake pads. Disc pads should be replaced when 2mm thick or less.

Shifting:

As with brake cables, shifting cables should have no visible fraying and the housing should be free from cracks or kinks. Visually inspect the derailleurs for signs of damage, especially if the bicycle has been in any crashes. Check the derailleur hanger for alignment vertically. Rear derailleur pulleys should spin smoothly, with no signs of excessive wear or cracks.

It is usually very obvious when the shifting system is not working well. Ninety percent of the time replacing the cables and housing will restore function. Do keep in mind that new cables and housing always need a readjustment after a few rides. Therefore, if shifting is slow to the easy cogs, a little more tension on the cable is usually warranted. A chain that goes into the spokes on an otherwise well adjusted rear derailleur probably has a bent derailleur hanger. Rear derailleur pulleys with excessive rolling resistance can sometimes be cleaned and re-lubricated. The better ones have cartridge bearings and when they go bad, they must be replaced.

Drivetrain:

The chain, chain-rings and cassette function essentially as one unit. Replace one and it is likely to require replacing the others. Use a chain gauge to measure the amount of wear on the chain. Visually inspect the chain for twists or links that stick. Bent or twisted chains often have a pin that is pulling out. Examine the chain-rings for wear. When worn, the chain-ring teeth begin to look like the dorsal fin of a shark. The larger two rings often outlast the granny gear two-fold. On mountain bikes, however, the large ring is subject to irreparable damage in collisions with stumps, logs and rocks. Spin the cassette slowly and check each cog for bends or cracks. With the popularity of 10 and 11 speed cassettes the cogs have become much thinner and at greater risk of damage.

When the chain gauge slips completely into the chain (flat), it is time to replace both the chain and cassette. By replacing the chain at earlier intervals cassettes last longer and shifting performance is extended. Any bent or damaged part should be replaced as soon as possible in order to restore a shifting performance. Keeping the chain clean and properly lubricated will enhance performance and ride quality.

Frame, seatpost, handlebar, etc.:

These parts are often overlooked during the normal tune-up process. Inspect these components for cracks, dents and bends. Any of these conditions is a major safety issue and should be addressed immediately. Remove the seatpost from the frame and clean it, and the inside seat tube. Also clean the seatpost clamp. Re-lubricate the seat tube with grease (metal-metal) or carbon assembly paste. Treat yourself to new bar tape

or grips.

Whether it's done once a year or every 3000 miles, if you ride regularly, a complete overhaul is in your future. As I've said before, winter is a great time to have major service performed. An overhaul can be a little expensive when done all at one

time, and maybe that's just not in the budget. With what we've just learned, you can decide (or negotiate over) what components need to be serviced right away and defer others to spread the cost out over more time.

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

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CYCLOCROSS

Utah Cyclocross Series Season Wrap Up



Left: Nick Fischer (RoostersVBikers Edge) launches off the smaller log on his way to a top 15 finish at UTCX # 4 Weber County Fairgrounds
Right: Sarah Kaufmann (Elete Nutrition) runs her bike during women's A racing at the Heber Fairgrounds. Kaufmann would finish 2nd behind Kelsy Bingham. Kaufmann finished the season a scant 2 points ahead of Kris Walker to win the women's A division.
Photos: Chris See. Find more at fredmarx.photoshelter.com.

two of his top competitors – to claim the season title in the Men's A division by just three points over Park City youngster Keegan Swenson. Grant's 666 points came after consistent showings over the last half of the season. The Cannondale Factory Racing teammates held off Jason Sager (Jamis) who finished the sea

By Jared Eborn

Utah's mild fall and winter might

have made for the driest and cleanest season in memory, but it also helped the Utah Cyclocross Series enjoy some of the highest turnout on record.

The 12-race series rarely had to deal with harsh elements and the result may have been some of the

most competitive races around. Alex Grant took advantage of a late season surge – and the absence of

Continued on page 19

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COACH'S CORNER

Cycling Elevated: Every Rider Plays A Crucial Role

By Mark Deterline

When I moved back to the Beehive State from the San Francisco Bay Area in June of last year, I was surprised by the strength of Utah riders. I was also impressed by the abundance of cyclists, both racers and recreationalists; the courtesy shown by most drivers (not to be taken for granted); and the number of athletes working with coaches.

I was staying with a buddy in Farmington while looking for a permanent residence closer to downtown SLC. I loved riding south on the exquisite Legacy Trail, up steep streets to the Utah Capitol building, past City Creek Canyon, the "U" and Hogle Zoo, then up and over Emigration Canyon for a final surge up Big Mountain. Man, it was nice to be once again living and cycling in Utah, one of the country's best kept secrets.

I had taken some time off racing and was sucking wind at altitude, sure, but was nonetheless quickly freed of a potential NorCal superiority complex when I showed up UCA races; these guys and gals were fast. I was once again racing against former nemeses, such as Dave Harward, as well as with new pals like Mike Sohm. I was also making friends just about every time I pedaled, whether alone or on group rides.

And yet, there seemed to be a climate of division and partisanship. Nothing exclusive to the Utah cycling scene, mind you; I had had a similar experience after moving back to my hometown of Palo Alto, CA from Utah at the end of 2005. In fact, so unwelcoming was the climate in Northern California that I started my own racing program in 2006, which became and still is a prominent team in that region.

When I first got serious about bike racing ten years ago, competing along the Wasatch Front had been quite welcoming. I still remember many of the Crit Series and UCA personalities from that time period, and how they influenced me as an athlete, person and bike racer. Many are still dominant figures in Utah cycling.

As a cyclist, I am thrilled to live in a state that offers unlimited high-altitude terrain, on and off-road, as well as endless miles of milder, red rock riding to the south. As a competitor, I am also grateful for the abundance of weekday rides and races, something I missed while living in Northern California. Utahans have it good: Beautiful venues for training and racing, colorful people to keep it interesting, and monster athletes – including locally based pros – making riding and racing hard as well as fun.

Which brings us back to the "climate" of Utah cycling and how we can work to keep it awesome for everyone, the ultimate purpose of this article. Let's consider some universal principles as they apply to the health and future of our sport in this incredible state:

1. **High** tide floats all boats.

2. **Each** individual is important, no one is indispensable.

3. **Overcoming** differences is easier than we think and will benefit everyone.

High Tide

If we all keep in mind that the better we represent and participate as cyclists, the more the sport will grow in Utah and benefit all parties involved – event and race promoters, bike shops, riders, and even riders' families.

The more we make cycling cool, as opposed to a fraternity closed to the uninitiated or less experienced, the more we'll gain converts each year. If we do so with dedication, as well as common sense, the more those indirectly connected with cycling will benefit, as well.

Case in point: One of the riders Dave Harward and I have recruited to race with us in 2012 has been overeating and undertraining the past year or two. He's now riding with us multiple times each week, and his wife is thrilled that he is so happy, getting slimmer and gaining fitness from week to week. But that's not all: He's so excited to be back on his bike that he is working to get friends into cycling, whether or not they decide to participate in organized events.

Everyone Is Important

No one owns this sport; it belongs to anyone and everyone who throws their leg over a bike. We have witnessed our passion at the elite level become beleaguered by doping, including the fall of many would-be heroes. Yet, the raw exhilaration that is cycling remains intact and always will. In fact, equipment innovations have made it cooler, easier and more appealing than ever.

For those who have attained a high level of fitness, and especially for those who can boast accomplishments in the form of race results, it is important to understand the impact their actions may have on others. Competition in the spirit of sportsmanship is an exalted endeavor, both in training and racing. However, arrogance or disregard for the less accomplished can undermine the overall health of our sport, as well as the bicycle industry.

Encouraging rather than discouraging or even bullying will do wonders for cycling: we'll get more people on bikes, sell more equipment spawning further innovation, and ultimately have more competition on rides and out at the races.

Club organizers, event promoters and bike shops all play a key role, so it behooves us to support them as best we can.

Setting Aside Differences

In the same vein, it would be immensely beneficial to keep our pride (and insecurities) at bay for the greater good.

Of course it's terrifying when we deal with inattentive and even hostile drivers, as well as a general lack of appreciation for our pastime. However, deep down we understand that meeting hostility with hostility won't make us any safer or build long-term respect for cycling.

And heated rivalries may generate marketable press at the pro level, but at the local level can prove detrimental. The truth is that we generally harbor deep and abiding admiration for the riders who have always been that little bit stronger, and who have pushed us harder than we are willing to push ourselves. Where would we be without them?

The same goes for clubs, teams and the shops that support them. Rides and races wouldn't be half as fun without the squads who inspire us to train, race and recover more intelligently. In the small world that is the Utah cycling community, competitors may someday be teammates, while their sponsor shops and brands may someday support us.

Dissing other riders or teams, exchanging harsh words in the heat of battle, or allowing ourselves to be smug because we've reached a certain level only harms our beloved sport. Acknowledging the value of worthy competitors makes riding and racing more fun. Apologizing after an altercation usually sets things right. Being humble (and smart) enough to ask more experienced athletes for guidance is the quickest and most effective way to learn.

As coaches and managers of a new Utah rider development program for 2012, Team Plan7, Dave Harward and I, along with our teammates, hope to contribute positively to the state's cycling landscape this year and beyond. If you have questions or feedback for us, we're all ears: contact@plan7coaching.com.

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Above: Bob Walker (Bountiful Bicycles) won race 5 at Wheeler Farm and the overall season points series. Photo: Dave Iltis. See more at gallery.cyclingutah.com.

Right: Chantel Thackery Olsen (Primal Utah) leads Erica Powers (Revolution/Cafe Rio) through the barriers during UTCX # 4 at the Weber County.

Below right: Lou Melini (Mill Creek) leads Dennis McCormack (Church Of The Big Ring) in Masters 55+ racing in December at UTCX #10 Historic Wheeler Farm. Melini finished the season in second place.

Right photos: Chris See. Find more at fredmarx.photoshelter.com.

Fix) was third.

Canyon Bicycle's Alex Whitney was virtually unbeatable in the Clydesdale division, with victories in 10 of the season's 12 races. Mark Hooyer finished second and Wesley Rasmussen third.

Revolution's Ryan Ashbridge took the Men's Singlespeed crown over Big Ring's Bo Pitkin and Joyride's Chris Cole. Cutthroat's Ali Knutson raced consistently and dominated the Women's Singlespeed with Joyride's Colleen Tvorik placing second and Revolution's Jen Hanks rounding out the podium.

The Men's 45+ field was won by Revolution's Darren Cottle who used consistent podium finishes to slip past Joyride's Robert Hamlin and Contender's Darrell Davis. Bob Walker (Bountiful Bikes) hammered out win after win to claim the Men's 55+ season crown over Millcreek Bicycle's Lou Melini and Joyride's Jeff Kingsford.

Michael Moody (Clammy Chamois) picked up a season title in the Men's 35B field over Tommy Chandler (Big Ring) and the Joyride duo of Jason Rich and Jason Sparks.

Hopping into the fray four races deep into the season, Lifetime Fitness' Creighton Lowe had little trouble piling up the points in the Men's C field to win ahead of Animal Liberation's Joshua Hidalgo and Jared Kirkham. Upgrades will be in order for the 2012 season.

Sara Baker followed that formula to claim the Women's C crowd ahead of Rachel Clayson and Meaghan Buzzard.

Paul Solomon and Ryan Clayton teamed up for Welikesmall CC to finish first and second in the Men's 35C field with Jason Olsen taking third.

The juniors saw a lot of action as well with Evan Clouse taking the Boys 11-14 season title and Ian Hansen-Wissbrod as the top racer in the Boys 15-18 category. Charissa Boniface took top honors in the girls junior division.

For results, see page 10.



Continued from page 16

son in third place – only nine points away from first. Contender Bicycles' Reed Wycoff wasn't far behind and finished just off the podium with 653 points while Echelon Energy's Troy Heithecker rounded out the top five with 647 points.

The Men's A was far from the only field to have down-to-the-wire chases, though.

Sarah Kaufmann used her five victories during the season to build a nice lead in the Women's A field and held off hard-charging Kris Walker to claim the season title by just two points – 677-675. Revolution's Erika Powers and Allison Vrem were third and fourth, respectively, while Canyon Bicycle's Jessica Morris finished fifth.

The sting of Walker's second-place finish was softened, however, when the physician from Pocatello claimed another age division cyclo-cross national championship a few weeks later.

One of the best stories from the season belonged to the weekly slug-fests from Thomas Cooke (X-Men) and Tim Matthews (Church of the Big Ring) in the Masters 35A division. Though Cooke had the upper hand going into the season finale, the death of his father prevented him from lining up for the last race of the year. Matthews competed in that race and, as a result, leapfrogged Cooke into the lead position on season standings.

At the awards party, Matthews took his spot on the top step of the podium but grabbed the microphone to invite Cooke to share the spot with him.

Adrian Rips ran away with the Men's B field, cruising past RMCC/Cyclesmith's Kevin Cummiford and

UVU's Pat Terry. The Men's B had big numbers all season long with 103 riders lining up at one time or another during the season.

Melanie Smith (Lifetime Fitness) needed every point available to her in the season finale double-points race. Her victory in that race gave her 606 points – just one more than Bountiful Bicycle's Erin Davis, who finished second in that race and in the season chase. Jan Holding (Bike

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Utah BMX

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

March 2-11, 2012 — RAD Canyon BMX, Farmington, UT, Indoor bmx racing going on at the Legacy Events center 151 South 1100 West, Farmington, UT., Ron Melton, 801-699-9575, radcanyonbmx@radcanyonbmx.com, radcanyonbmx.com

April 1, 2012 — USA Cycling BMX National Championships, Chula Vista, CA, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

Utah Advocacy

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

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

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

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

Davis Bicycle Advisory and Advocacy Committee — Farmington, UT, Not currently meeting. Organizers needed., Bob Kinney, 801-677-0134, bob@bike2bike.org, davisbike.org

Mooseknuckler Alliance — St. George, UT, We accept all types and styles of riders, most important we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org

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

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

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

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is

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

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

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

Events, Swaps, Lectures

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

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

Downtown Historic Tour of Salt Lake City — TBA , Utah Bike Month, Salt Lake City, UT, TBA, Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, utahbikemonth.com

Celebrate the City 2012 — tentative, Utah Bike Month, Salt Lake City, UT, SLC will highlight one of its historical buildings sometime in May., Tyler

Curtis, 801-535-6118, tyler.curtis@slcgov.com, slcgov.com

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

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

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

February 25, 2012 — Boise Bike Swap, Boise, ID, Treasure Valley's only bicycle swap, on February 20 from 9:00am to 3:00pm. Admission is \$3 at the door (10 and under free), Leah Padaca, 208-794-0439, boisebikeswap@cablone.net, boisebikeswap.com

March 1, 2012 — Triathlon Basics, Sandy, UT, Join Dave Pruetz , a USA Triathlon Certified Coach, a Kona Ironman World Championship Triathlete, and an ISSA Certified Fitness Trainer. He will discuss equipment and apparel needs, training, nutrition, strategies and much more. 7pm at REI in Sandy., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

March 3, 2012 — Sports Am 19th Annual Bike Swap and Expo, Salt Lake City, UT, Utah State Fairpark, 10th W and N. Temple, Grand Building, 10 am., Check in on Friday, Swap on Saturday. Used and new bikes. \$5 admission., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

March 13, 2012 — Bike Maintenance Basics, Salt Lake City, UT, Learn how to lube a chain, fix a flat tire in record time, and make other minor adjustments to your bike. No experience necessary! Leave your bike at home. 7pm at REI in Salt Lake., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

March 22, 2012 — Training for Your First Century Ride, Sandy, UT, 7pm at REI in Sandy., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

March 23-April 1, 2012 — Bicycle Collective Bicycle Drive, Salt Lake City, UT, Bike drive for SLC and Provo Bicycle Collectives. Go to the self serve kiosk at SLC or Sandy REI Customer Service, fill out the paperwork and turn it in with your bicycle donation to any CS representative. , Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity, bicyclecollective.org

March 27, 2012 — Bike Commuting Lecture, Salt Lake City, UT, 7 pm at REI in Salt Lake City, Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

March 29, 2012 — Bike Maintenance Basics, Sandy, UT, Learn how to lube a chain, fix a flat tire in record time, and make other minor adjustments to your bike. No experience necessary! Leave your bike at home. 7pm at REI in Sandy., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

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

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

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

May 4, 2012 — Utah Bike Summit, tentative, Ogden, UT, Bicycling Summit, Information, talks, workshops on advocacy. Lunch is included., Tara McKee, 801-870-8504, taramckee1@msn.com, utahbikesummit.com, bikeutah.org

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

You change the **OIL** in your car every 3 months.

When did you last do your bike's **FORK?**

(You do like your bike more than your car, don't you?)



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MARCH	MAY
31 Tour del Sol	5 Antelope Island Classic
APRIL	12 Bear Lake Road Race
7 Hell of the North	13 Bear Lake Team TT
14 Tour of the Depot	19 Hammer at the Slammer
21 East Canyon Road Race	26 Sugarhouse Criterium
28 Tax Day Circuit Race	28 State TT Championships

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

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

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

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

May 15, 2012 — UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. Historic County Courthouse, west lawn, University Avenue/Center Street in Provo., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

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

May 16, 2012 — Cycle Salt Lake Century Ride Packet Stuffing, Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing., Jon Smith, 801-596-8430, 801-322-5056, cscentury@mac.com, cyclesallsaltlakecentury.com

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

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

May 18, 2012 — Bike to Work Day, TENTATIVE, Utah Bike Month, Park City, UT, Free continental breakfast provided for bikers outside the Yarrow Hotel and Basin Recreation Field House from 7 am to 9 am.

Small raffle for some great prizes!, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, Dawn Bowling, 435-649-6839, dawn@mountaintrails.org, basinrecreation.com

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

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

May 18-20, 2012 — MECCA Spring MTB Festival, Green River, UT, Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, meccabikeclub@etv.net, bikethestwell.org

May 19-20, 2012 — Cole Sport Bike Swap, Park City, UT, 9-5 Sat., 9-3 Sun. \$10 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/18. Pick up is by 3 pm on 5/20., Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org, colesport.com

May 19, 2012 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cscentury@mac.com, cyclesallsaltlakecentury.com, ridemybike.com/rides/view/id:263

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

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

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

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

Mountain Bike

Tours and Festivals

March 2-4, 2012 — Thaw Mountain Bike Festival, Moab, UT, Fun weekend with Free Demo bikes, Saturday night party, and guided group rides

on Bar M andthe Amasa Back Trail Saturday and Sunday., Poison Spider , 435-259-7882, shop@poisonspiderbicycles.com, poisonspiderbicycles.com

March 12-15, 2012 — White Rim (MTB), Moab, UT, 4-day, 94-101-mi guided tour follows the edge of canyons carved by the Green and Colorado Rivers. Tour includes 3-nights camping, transportation and food. Also available Event Dates 2012: March 12-15, 21-24, 28-April 1, 4-7, 9-12, 16-19, 25-28, May 2-5, 16-19, Sept 5-8, 10-13, 19-22, Oct 3-6, 8-11, 17-20, 22-25, Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com

March 23-25, 2012 — BetterRide MTB Camp, Hurricane, UT, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

March 25-29, 2012 — The Maze, Moab, UT, 5-day, 120-mi guided tour (maximum of 7 guests) of the Maze, the most remote section of Canyonlands National Park. Tour includes 4-nights camping, transportation, food and flight out at end of tour back to Moab. Also available Mar 20-24, 27-31, Apr 10-14, 16-20, Apr 30-May 4, 10-14, 19-23, Sep 11-15, 18-22, Oct 8-12, 16-20, 23-27., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, Tim Schall, 800-596-2953, 800-559-1978, escapeadventures.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

June 16-17, 2012 — BetterRide MTB Camp, Park City, UT, BetterRide's

team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

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

June 24-29, 2012 — Grand Staircase Escalante Intro (MTB), Panguitch, UT, 6-days, Also available 6/24-29, 7/10-15, 7/16-20, 8/7-12, 8/19-24, 9/4-9, 9/16-21., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com

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

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

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

September 22-23, 2012 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and



INTERMOUNTAIN CUP MOUNTAIN BIKE RACING SERIES

March 3	Red Rock Bicycle's Desert Rampage, St. George, UT
April 7	Red Rock Bicycle's Cactus Hugger, Washington Co., UT
May 5	Racer's Cycle Service's 18th Annual Showdown at 5-Mile Pass, Lehi, UT
May 12	Mad Dog Cycle's 8th Annual Sundance Spin, Sundance, UT
May 19	Cole Sport & Slim & Knobby's 10th Annual Hammerfest at the Hollow, Heber City, UT
May 28	Revolution Mountain Sport's 7th Annual Stan Crane Memorial XC , Draper, UT
June 9	21st Annual Pedalfest, USAC State Championship, Deer Valley, UT (Non-ICUP Race) - Presented by: Cole Sport, Jan's & White Pine Touring
June 30	Wimmer's Ultimate Cycles XC Race, Sherwood Hills, UT
July 7	Bingham Cyclery's 25th Annual Mountain Bout, Snowbird, UT
July 28	Millcreek Bicycle's 16th Annual Chris Allaire Memorial, Solitude, UT
August 4	KUHL Clothing's 3rd Annual Basin Bash XC, Snowbasin, UT

All races are Mountain Bike Cross Country Events

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Utah Weekly MTB

Race Series

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

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

Mt. Ogden Midweek XC Race Series — Snowbasin Resort, UT, Dates June 8, 15, 22, 29; July 6, 13, 20, 27; Aug. 3, 10, 17, 24. Registration- 5pm-6:30pm at Grizzly Center, Race Start: 6:30., Jonny Hintze, 801-230-2995, jonnyhintze@yahoo.com, mtogdenraceseries.com, bebikes.com

May 15-August 21, 2012 — Mid-Week Mountain Bike Race Series, Mid-Week MTB Race Series, Park City, Draper, and Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:30, kids race at 6:00 and main event at 6:30. , Brooke Howard, 801-935-1092, jibhoward@hotmail.com, midweekmtb.com, facebook.com/midweekmtb

Utah Mountain

Bike Racing

March 3, 2012 — Red Rock Desert Rampage, Intermountain Cup, St. George, UT, ICS #1, At the BLM Competition Area: race over classic desert terrain. Beginner start at 10 am, Pro/Expert/Sport start at noon., Kayleen Ames, 435-757-4310, amespromoting@comcast.net, intermountaincup.com, amespromoting.com

March 17, 2012 — True GRIT Epic Bike Race, St. George, UT, Epic ultra-endurance mountain bike race with 100 and 50 mile options over tough and technical terrain. Course is a 50 mile loop. Staggered starts at 7am, 9 am and 11am - cut off time is 6pm, choose from open category with cash purse, other categories TBA. Also offered is a challenge course of 23 miles., Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROPromotions.com, trugrifathlete360.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

August 4, 2012 — 3rd Annual Basin Bash XC, Intermountain Cup, Snowbasin, UT, ICS #10, series finals, an 8.5-mile loop consisting of 90%

wide single-track that winds across the lower mountain with about 1,300' of climbing per lap, Ed Chauner, icupracing@yahoo.com, intermountaincup.com

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

August 18, 2012 — Mt. Ogden 100 K MTB Race, Snowbasin, UT, We will have 3 race divisions for 2012. They are 25K, 50k and 100k. , Steve Andrus, 801-620-1014, sandrus@snowbasin.com, mtogden100k.com

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

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

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

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

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

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

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

Regional Mountain

Bike Racing

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

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

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

May 4-5, 2012 — New Belgium Brewing Company 18 Hours of

Fruita, Loma, CO, 8th Annual, Highline Lake State Park, mid-nightstart, 18 Hr race on 6.5 mile loop., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com, emgcolorado.com, fruitamountainbike.com

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

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

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

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

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

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

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

June 2, 2012 — Knobby 9 to 5, Avimor, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

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

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

June 9, 2012 — Fear, Tears & Beers 2012, Ely, NV, Enduro mountain bike

event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, krobeg@mwpower.net, greatbasintrails.org

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

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

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

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

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

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

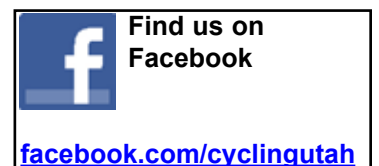
June 27, 2012 — 10th annual Wood River Cup Finals, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

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

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

June 30, 2012 — Big Jugs 44mi MTB Marathon, Wild Rockies Series, McCall, ID, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

July 4, 2012 — 5 Hours of Grand Targhee MTB Race, tentative, Alta, WY, Ten mile single track loop racing through the fields of wild flowers and aspens at Grand Targhee Resort., Andy Williams, 800-TARGHEE



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ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

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

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

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

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

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

July 28, 2012 — Laramie Enduro, Wyoming Marathon Championship, Laramie, WY, 111K (72 miles), Happy Jack Recreation Area, 8600' elevation gain, 7 am start., Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

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

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

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

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

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

September 15-16, 2012 — Eagle Bike Park, Wild Rockies Series, Eagle, ID, 12K trail run. Saturday morning. Then we have Two-person dual

slalom course on Sunday, that was built by World Champion Eric Carter., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 29, 2012 — Stone Temple 8, Curt Gowdy State Park, WY, 8 hour, 13-16 mile loop, Curt Gowdy State Park, Aspen Grove Parking Area, Tentative start time 9am, IMBA Epic singletrack., Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

Utah Weekly Road Race Series

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

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

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

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

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

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

Utah Road Racing

March 24, 2012 — West Mountain Road Race and Team Time Trial, Lake Shore, UT, TTT in the morning @ 8am and a Road Race in the afternoon @1pm., Mason Law, 801-891-5275, masonsjc@hotmail.com, Matt Wilson, 801-616-8584, mthwwsn1@gmail.com

March 31-April 1, 2012 — Tour del Sol, UCA Series, St. George, UT, Stage race, time trial, road race, criterium., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, spingees.com

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

April 14-15, 2012 — Tour of the Depot, UCA Series, Tooele, UT, Sat. -Tour of the Depot RR, Anaconda Road Tt. Sun. - Pine Canyon Circuit Race., Jeremy Smith, 801-558-7215, info@tourofthedepot.com, tourofthedepot.com

April 21, 2012 — East Canyon Echo Road Race, UCA Series, Henefer,

UT, 10 AM, Henefer to East Canyon Resort and back to Echo Canyon to Hogsback, Sign up at Canyon Bicycles 3969 S. Wasatch Blvd., James Zwick, 801-583-6281, sports-am.com, sports-am.com

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

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

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

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

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

May 19, 2012 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park., Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

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

May 26, 2012 — Sun Crest Hill Climb Challenge Race, Draper Trail Days, Draper, UT, Benefit Water For People Foundation Draper UT, 8 am Draper Equestrian Center 1600 E. Highland Drive (13500 South), road race 15 miles with two hill climb. Ends at the top of Sun Crest., Ken Murdock, 801-205-3700, ken.murdock@utahhomes.com, Brad Gilson, 801-684-7770, 801-694-8859, brad@gilsonengineering.com, DraperTrails.com

May 28, 2012 — SLC Downtown Criterium, UCA Series, Salt Lake City, UT, Fun and fast 4 corner crit around Pioneer Park, 300 W and 300 S., Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

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

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

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

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

June 16-17, 2012 — High Uintas Classic Stage Race, CANCELLED, UCA Series, Kamas/Evanston, UT/WY, 24rd annual High Uintas Classic Stage Race. Kamas, UT to Evanston, WY. USCF Stage Race - Road Race, Time Trial, Criterium/Citizen's Road Race. No Wimps! No Whiners!, Terri Arnell, 307-783-6470, tarnell@evanstonwy.org, evanstoncycling.org

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

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

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

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

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

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

July 3, 2012 — Terry McGinnis Memorial Criterium - TBD, Utah City Crits, TBD, UT, Located adjacent to I-15 near the Lehi Roller Mills, this venue is best for breakaway riders with its long straight-aways. The course will start/finish on 1000 East., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

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

July 4, 2012 — Terry McGinnis Memorial Criterium - Holladay, Utah City Crits, Holladay, UT, With a start/finish on Holladay Blvd, this course incorporates a hill climb on 4500 South, a descent down 2300 East and a wicked turn on to Laney Avenue back onto Holladay Blvd. This course has something for every racer., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

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

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

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

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

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

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

July 27-28, 2012 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500



nevada's best bicycling events

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



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



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



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



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

miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, steven@saintstosinnersbikerelay.com, saintstosinnersbikerelay.com

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

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

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

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

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

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

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

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

August 24-26, 2012 — Hoodoo 500, St. George, UT, 500 mile loop race along the best roads in Southern Utah. Solo and relay team divisions. Deb Bowling, 818-889-2453, embassy@planetultra.com, hoodoo500.com

August 25, 2012 — Garden Creek Gap, UCA Series, Salt Lake City, UT, Garden Creek Gap, Courtney Larson, courtars@gmail.com, utahcritseries.com

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

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

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

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

Regional Weekly

Road Race Series

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

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

Regional Road Racing

March 4, 2012 — Hammer at the Slammer Points Race #1, Boise, ID, Hammer at the Slammer Points Race #1, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

March 11, 2012 — Hammer at the Slammer Points Race #2, Boise, ID, Hammer at the Slammer Points Race #2, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

March 18, 2012 — Slammer Road Race (BCC Spring Series #2), Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

March 18, 2012 — Hammer at the Slammer Points Race #3, Boise, ID, Hammer at the Slammer Points Race #3, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

March 21, 2012 — Monument Madness Time Trial Hill Climb, Grand Junction, CO, Road Race, Monument Madness Time Trial Hill Climb, Grand Junction, Colorado. Mike Driver, 970-904-5708, mdriver@livetrainrace.com, lifersports.com

March 24-25, 2012 — Mad Cow Classic, Grand Junction, CO, Omnium, Road Race on Reeder and Purdy Mesa, Team TT for collegiate & individual TT for non-collegiate, crit., USAC and Collegiate race, Richard Geng, 970-248-1503, rgeng.msccycling@gmail.com, org.coloradomesa.edu/cycling

March 24-25, 2012 — US Bank Spring Collegiate Road Race, Grand Junction, CO, Road Race on Reeder and Purdy Mesa, Team TT for collegiate & individual TT for non-collegiate on the Farm Roads, downtown afternoon/night crit., Richard Geng, 970-248-1503, rgeng.msccycling@gmail.com, org.coloradomesa.edu/cycling

March 25, 2012 — Dirt Bag Dash #1, Glens Ferry, ID, Sign in 10am. Race start 11am, 95% dirt road course, post-race party. James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.com, joyride-cycles.com/dirt_bag_dash

March 31-April 1, 2012 — Tour of Ontario, Ontario, OR, Tour of Ontario, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, the-fourontario.com

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

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

April 21, 2012 — Arizona State Road Race Championship, Hillside,

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

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

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

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

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

May 13, 2012 — Dirt Bag Dash #2, Horseshoe Bend, ID, Sign in 10am. Race start 11am, 99% dirt road course, post-race party. James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.com, joyride-cycles.com/dirt_bag_dash

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

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

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

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

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

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

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

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

June 10, 2012 — Dirt Bag Dash #3, Mountain Home, ID, Sign in 10am. Race start 11am, 99% dirt road course, post-race party. James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.com, joyride-cycles.com/dirt_bag_dash

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

June 17, 2012 — Idaho State Time Trial Championships, ID, Gary Casella,

208-340-7224, gcasella@aol.com, idahobikeracing.org

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

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

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

June 30, 2012 — Sick Hill Climb, Rupert, ID, Alice Schenk, 208-436-4514, runnerschek@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

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

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

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

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

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

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

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

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

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

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

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

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

September 8, 2012 — Race to the Angel, Wells, NV, 2.6 mile course climbs 2,784 feet to Angel Lake, entirely on pavement. Runner and walkers at 8 am, road bikers at 8:30.

Shirt, Lunch, water and fruit provided in entry fee., Matt Holford, 775-752-3540, 775-934-1481, wellschamber@wellsnevada.com, raceofthe-angel.org, wellsnevada.com

Utah Road Touring

February 25, 2012 — Zion Century, Hurricane, UT, Benefiting Spina Bifida, 8 am. 100 mi, 65 mi, 50 mi, 25 mi options, fully supported, starting from Bloomington Park (650 Man O War Rd.), Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

March 10-13, 2012 — Moab Skinny Tire Festival, Moab, UT, Four days of road cycling through spectacular scenery of Arches National Park, Dead Horse Point State Park, and the Colorado River. This event is a fundraiser for cancer survivorship programs and cancer research., Beth Logan, 435-259-3193, info@skinnytireevents.com, skinnytireevents.com

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

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

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

April 21, 2012 — Salt Lake City Marathon Bike Tour, Salt Lake City, UT, 25 miles without stoplights through the streets of Salt Lake on the SLC Marathon course, start: 6:00 a.m. at the Olympic Legacy Bridge near the Fort Douglas TRAX stop., Scott Kerr, 801-883-8333, skerr@devinesports.com, saltlakecitymarathon.com

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

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

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

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

May 5,

below. A fully supported ride in the magic scenery of Moab., Beth Logan, 435-259-3193, info@skinnytirevents.com, skinnytirevents.com

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

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

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

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

May 12, 2012 — Goldlocks Herriman, Herriman, UT, Fully supported, non competitive, women only bike ride with 20, 40, 60, 80 and 100 mile route options. W&M Butterfield Park in Herriman, staggered start times beginning at 7 am., Dani Lassiter, 801-635-9422, dani@goldlocksride.com, goldlocksride.com

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

May 19, 2012 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W, Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cslscscentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id/656

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

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

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

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

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

June 2-17, 2012 — Bike Ride Across-Scenic Utah, St. George, UT, Bike Ride Across Scenic Utah Tour, 3 states, 3 National Monuments, 7 National Parks, 5 Nations, Start in Cedar City. Fully Supported tour.,

Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

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

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

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

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

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

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

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

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

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

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

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

June 23-30, 2012 — Bike Ride Across-Northern Utah, By arrangement, Bountiful, UT, Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

June 25, 2012 — R.A.N.A.T.A.D., Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at

Sundance, 165 miles with over 12,000feet of climbing, 100 mile option., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundancearesort.com

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

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

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

July 4, 2012 — Reason2Ride East from Eden Century, Huntsville, UT, Benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Start and finish at Snowbasin Ski Resort. Enjoy mountain vistas as you wind your way down into Eden, then back up and over to the halfway mark at East Canyon Reservoir, with 4500 ft. of elevation. Fully supported. 8am start with a 65, and 100 options. (Snowbasin Resort 3925 E. Snowbasin Rd. Huntsville, UT.), Jeff Sherrod, 801-654-2886, jeff@myreasontoride.org, Shawn Snow, 801-230-0914, shawnmyreasontoride.org, reason2ride.org

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

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

July 14, 2012 — Color Country Century, TENTATIVE, Cedar City, UT, 100 mile or 65 mile options. Non-paid club event, self-supported ride, but plenty of people to ride with., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycycling.org

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

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

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

July 21, 2012 — Rockwell Relay: Ladies Pamperfest, Wasatch Front, UT, Four- and two-lady relay teams

race or ride, with massages, mini-manicures, etc. at exchanges. Begins 8 am at Snowbasin, 160 miles finishing in Provo. For all levels!, Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

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

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

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

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

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

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

August 18, 2012 — Desperado Dual, Panguitch, UT, 200 mile double century in Southern Utah, 100 and 50 mile option, Utah's only fully supported, 200 mile, one-day cycling adventure., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, spingees.com

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

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

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

August 18, 2012 — Wildflower Pedal Fest, Mountain Green, UT, Fully-supported, women only ride. 20,35,50 & 75 mile courses thru scenic Morgan Valley. Gift for those who complete the Wildflower Hill Climb. T-shirt, goodie bag, catered

lunch, raffle, live band. Limit 500., Stacie Palmer, 801-628-6416, 801-391-2819, wildflowerpedalfest@gmail.com

August 25, 2012 — Summit Challenge, Park City, UT, Join us for a fun team or individual ride to benefit the National Ability Center in Park City. 15 mile family friendly ride and 50 mile and 100 mile challenge ride options., Rena Webb, 435-649-3991, events@discovernac.org, discovernac.org, summitchallenge100.org

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

August 25, 2012 — FrontRunner Century Ride, Salt Lake City, UT, Join 1,200 of your friends on two wheels traveling from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via UTA FrontRunner train service. Metric century option available., Matt Storms, (801) 448-6061, matt@forthe-winracing.com, forthewinracing.com

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

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

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

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

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

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

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

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

September 16-22, 2012 — Bicycle Tour of Utah - Color Country to Canyonlands, Springdale, UT, Ride through 6 parks in 6 days, 454 mi, 26,000' elevation gain. 65-113 mi/

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day., Cycling Escapes , 714-267-4591, info@cyclingescapes.com, CyclingEscapes.com

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

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

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

September 22, 2012 — The Watchman 100, St. George, UT, A beautiful fall century ride from Washington Utah to Springdale Utah near Zion National Park. Fully supported with sag vehicles, rest stops and lunch., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, spingees.com

September 29, 2012 — Josie Johnson Memorial Ride, Salt Lake City, UT, This low key, casual memorial ride is dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, Sugarhouse Park at 10:30 am, to mouth of Big Cottonwood Canyon and back., Ken Johnson, 801-205-1039, kilivetobike@gmail.com, josiejohnsonride.com

Regional Road Touring

March 10, 2012 — Mesquite Metric Century, Mesquite, NV, Beginners and pros alike will enjoy the all-new route while appreciating the well-stocked rest stations. Fully supported with sag vehicles, rest stops and lunch. Great pre-season Metric Century., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, spingees.com

March 24-April 20, 2012 — Yellowstone Cycle Days, tentative, Yellowstone National Park, MT, Ride free in Yellowstone National Park before the roads open to the public. This is a unique way to enjoy the beauty of the park., Moira Dow, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com, nps.gov/yell/planyourvisit/springbike.htm

March 24, 2012 — Solvang Double Century, Planet Ultra Grand Slam, Solvang, CA, 200 miles in Southern CA's most scenic and popular cycling region. A perfect first time double century., Deb Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

March 26-31, 2012 — Solvang Spring Tour, Solvang, CA, Early season warm weather training in Sunny Southern California. 50-100 miles per day on the roads where Lance trained for all his Tours de France!, Deb Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

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

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

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

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

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

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

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

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

May 19, 2012 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, tvcbllididaho.org

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

July 21, 2012 — Absolute Bikes Taylor House Benefit Century Ride,

Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona, 7 am from Flagstaff Medical Center, check in and day of registration starting 6 am. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, absolutebikes.net/taylor

July 21, 2012 — Bike for Kids Idaho, Idaho Falls, ID, 2, 4, 15, 63 & 100 mile cycling options, 25 mile/10K Duathlon, food, games and activities for families. All proceeds help special needs children receive adaptable bicycles., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@rideforkidsidaho.com, rideforkidsidaho.blogspot.com

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

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

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

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

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

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

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

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

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

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

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

September 9-14, 2012 — The Amgen People's Coast Classic, Astoria, OR, The Amgen People's Coast Classic bicycle tour is a six-day

charity event benefiting the Arthritis Foundation. Join us for 2, 4, and 6-day options along the beautiful Oregon Coast., Tai Lee, 206-547-2707, lee@arthritis.org, thepeople-scoastclassic.org, arthritis.org

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

September 22, 2012 — RTC Viva Bike Vegas, Las Vegas, NV, 118, 72, and 17-mile courses – for cyclists of all skill levels. The ride begins under the bright lights of the Las Vegas Strip, and century riders will have the additional opportunity to ride over the Hoover Dam., Amy Maier, 702-967-2296, amaier@bpadlv.com, rtcsnv.com, vivabikevegas.com

September 22, 2012 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots. Supported ride., Moira Dow, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 23-29, 2012 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 20th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethewest.com, bikethewest.com

Multisport Races

February 25, 2012 — Blue Mountain Triathlon, Monticello, UT, 4 mile ski, 18 mile mountain bike ride, 5 mile run., Greg Westfall, 435-587-3727, greg@monticellooutah.org, www.monticellooutah.org

March 31, 2012 — Icebreaker Triathlon, RACE TRI, American Fork, UT, 300 meter pool swim, 12 mile bike and 5K run, individual and relay team events. Included is a kid's race (100 M swim, 5k bike, 1M run), Levi Cress, 208-631-0040, levi-cress@hotmail.com, Aaron Shamy, 801-518-4541, aronshamy@hotmail.com, racefri.com

March 31, 2012 — LeadmanTri Epic 125, Boulder City, NV, 125 Kilometer Ultra Distance Triathlon, 2.5K Swim, 111.5K Bike and 12K run. This is one of the toughest courses in triathlon, however it has heavy emphasis on the non-impact segments (bike and run). The last 5 miles of the run are uphill with the last mile a 17% grade climb to the finish. \$30,000 prize purse. All organic/natural aid station and finish line food., Keith Hughes, 702-525-1087, khughes@lifetimfitness.com, Karen Jayne Leinberger, 952-229-7162, kaynaberger@lifetimfitness.com, leadmantri.com

April 7, 2012 — Sand Hollow Aquatic Center (SHAC) Triathlon, St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 7 am and noon. Indoor swim, outdoor route for run and bike legs. Cap of 300 each category., Aaron Metler, 435-627-4560, aaron.metler@sgcity.org, sgcityrec.org

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

April 14, 2012 — Telos Timp Triathlon, T3TRI EVENTS, Orem, UT, Orem Fitness Center, Splash, Swim: 350 M, Run: 5k , Bike 12 miles., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

April 14, 2012 — Legacy Duathlon, North Salt Lake, UT, Short and Long Distances, course is flat and straight on the Legacy Parkway Trail System., Joe Coles, 801-335-4940, joehillevents.com, onhillevents.com, legacyduathlon.com

April 14, 2012 — XTERRA Lake Las Vegas - Sport, XTERRA America Tour, Las Vegas, NV, XTERRA West Championship, 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport, 750m swim / 15k mountain bike / 5k trail run, Ann Mickey, 877-751-8880, info@xterra-planet.com, xterra-planet.com

April 21, 2012 — RAGE Triathlons Presented by Safelite AutoGlass, Boulder City, NV. Begin your season with 80° temps at one of the most scenic triathlons in the country at Lake Mead, with Sprint, Olympic, and Half distances., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

April 28, 2012 — Fourth Street Clinic Triathlon and 5k Triathlon and 5K, TENTATIVE, Salt Lake City, UT, 300 yard swim, 8 mile mountain bike ride, 5K run, Huntsman Center, University of Utah. All proceeds benefit the Fourth Street Clinic, which provides free health care to homeless Utahans., Bryce Snow, 801-369-6433, bryce.snow@hsc.utah.edu, Ashley Crum, 435-770-2704, fourthstreetclinic.org

April 28, 2012 — Icebreaker Triathlon, Vernal, UT, Uintah Community Center at 9 am, 250 yard snake swim, 8 mile bike of moderate difficulty, and a 3 mile run., Scott Wardle, 435-781-0982, scottw@uintahrecreation.org, uintahrecreation.org

May 5, 2012 — Ford Ironman St. George, St. George, UT, 2.4 mile swim, 112 mile bike, 26.2 mile run., Helen, (905) 415-8484, helen@ironman.com, ironmanstgeorge.com

May 12, 2012 — Spring Sprint, Salt Lake City, UT, Fantastic bike course and a run that finishes in the Olympic Oval making this course the most spectator-friendly venue in the state., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

May 18-19, 2012 — Bank of American Fork Woman of Steel Triathlon & 5K, American Fork, UT, Friday expo, motivational speakers and registration. Sat. 8 am start, American Fork Recreation Center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run. Awards are presented to overall finishers as well as the top 3 in each age group., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

May 19, 2012 — St. George Triathlon, BBSC Twin Tri Series, St. George, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

May 19, 2012 — Lifetime Triathlon Las Vegas Showdown At Sundown, Boulder City, NV, Sprint, Intermediate, and Long Courses, Keith Hughes, 702-525-1087, khughes@lifetimefitness.com, lifetimefitness.com

May 19, 2012 — Be Well/Joyride Spring Triathlon, Logan, UT, Sprint-length event in Cache Valley. Families and first time competitors to serious competitors will enjoy a pool swim, a flat bike course out to Smithfield Canyon, and a run portion that features a section of trail., Kory, 435-753-7175, weheartbikes@gmail.com, joyridebikes.com/triathlon

May 19, 2012 — Timp Trail Marathon, T3TRI EVENTS, Orem, UT, This course is all run on mountain trail and fire road. There are sections of accent and decent that are very technical; possible snow, possible stream crossings, and rocky/steep areas with exposed cliffs. This is trail marathon that is set up like an ultra marathon., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

June 2, 2012 — Salem Spring Triathlon, RACE TRI, Salem, UT, Sprint distance triathlon. 10-year anniversary., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

June 2, 2012 — Cache Valley Super Sprint Triathlon, Logan, UT, 8th year, short distances, course is flat and straight in Logan City. Swim is in Logan Aquatic Center 500 Meters, bike is out and back on farm roads, and run is out and back in a park area with trees and stream., Joe Coles, 801-335-4940, joe@onhillevents.com, cvst.com, onhillevents.com

June 8-9, 2012 — Moab Triathlon Festival, 2011 TriUtah Points Series, Moab, UT, XTERRA sport and full open water off-road triathlons, Moab sprint and Olympic open water road triathlons, Trail Run, and Kids' Triathlon., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

June 9, 2012 — Ironman Boise, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, ironmanboise.com

June 9, 2012 — Aspen Triathlon and Duathlon, Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. USAAT sanctioned event., Sandra Doebler, 970-920-5140, aspenspecial-events@ci.aspen.co.us, aspenspecial-events.com

June 16, 2012 — Utah Summer Games Triathlon, St. George, UT, 7 am, swim and T-1 area will be at the Gunlock Reservoir, T-2 and finish area will be at the Snow Canyon High School track in St. George. USAAT sanctioned, Jeff Gardner, 435-635-6012, tailwindraces@gmail.com, utahsummergames.org/sports/triathlon.html

June 16, 2012 — Desert Sharks Shark Attack Triathlon and Kids Triathlon, Riverton, UT, Pool sprint distance triathlon with a kids' distance triathlon, too!, Steve Avery, 801-450-4136, steve@desert-sharks.com, Heather Woichick, 801-558-7687, verrefhm@hotmail.com, desert-sharks.com/shark_attack

June 20-August 10, 2012 — Youth Triathlon Team, TENTATIVE, Murray, UT, For youth with tri experience or team experience in another sport such as swimming, track or cycling. Team meets twice per week on Tuesday and Thursday mornings., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

June 23, 2012 — Provo Triathlon, T3TRI EVENTS, Provo, UT, 7th annual race. Provo Tri is a premier local event put on by triathlon professional. Family-friendly, open water event which offers both Sprint and Olympic distances. We also have a fun kids race following the Sprint and Olympic races., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, provotri.com

June 23, 2012 — DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Huge cash purse for 1, 2, 3 place winners of Olympic Distance. Many speed prizes for sprint distance. Race starts at Red Fleet State Park in Vernal, 7 am, Finishes at Uintah High School. Kids Tri on 6/22., Mark Mason, 435-828-6436, mmason@macu.com, dinotri.com

June 23, 2012 — Rock Cliff Tri at Jordanelle, Salt Lake Triathlon Series, Salt Lake City, UT, Sprint and Olympic Distances: Fresh Mountain Water, Scenic Bike course, Run on the beautiful boardwalks at the Utah State Park., Cody Ford, 801-558-2503, cody@ustrisports.com, Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, ustrisports.com

June 23-24, 2012 — West Yellowstone Mountain Bike Biathlon, tentative, West Yellowstone, MT, Match class

division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Sara Hoovler, 406-599-4465, randlesara@yahoo.com, Dan Cantrell, 406-600-3354, info@rendezvouskitrails.com, rendezvouskitrails.com/events

June 28-29, 2012 — Great Basin Tri Clinic, TENTATIVE, Murray, UT, This program is geared towards kids who have never participated in a triathlon or children who have done one or two, but without formal instruction., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasin-coaching.com

June 30, 2012 — River Rampage Triathlon, 2011 TriUtah Points Series, Green River, UT, Downriver swim! Sprint and Olympic open water road triathlons. Come and enjoy a bike ride along the river at the base of the Book Cliffs Mountains. The Green River State Park is the site for the run, transition area and finish line. No two transition area hassle!, Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

June 30, 2012 — Mountain Tropic Triathlon, PowerTri Trifecta Series, Garden City, UT, Experience the "Caribbean of the Rockies" at the first race of the Trifecta Series at Bear Lake State Park; Sprint, Olympic, and Half distances., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

June 30, 2012 — The Point Adventure Race, South Jordan, UT, Multi-discipline Adventure race including mountain biking, orienteering, running, and water sport., Scott Browning, 801-867-5039, graffitiracing@gmail.com, graffitiracing.com

July 9, 2012 — Daybreak Triathlon, Salt Lake Triathlon Series, Salt Lake City, UT, Get ready for the best spectator swim around, a killer bike course near the Oquirrh Mountains and a run that is unparalleled., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

July 14, 2012 — Echo Triathlon, 2011 TriUtah Points Series, Coalville, UT, Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail. The perfect event for both seasoned athletes and beginners., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

July 14, 2012 — Rigby Triathlon, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 14, 2012 — XTERRA Mountain Championship, XTERRA America Tour, Avon, CO, The XTERRA Mountain Champs is the last of four

regionals in the XTERRA America Tour...featuring sprint and championship distance off-road triathlon options., Ann Mickey, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterrautah.com

July 21, 2012 — Stansbury Tri, Salt Lake Triathlon Series, Stansbury Park, UT, The fastest growing Triathlon event in the Western Region., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com, stansbury.htm

July 28, 2012 — Burley Idaho Lions Spudman Triathlon, Burley, ID, 7 am, spudman@burleylions.org, burleylions.org/spudman.html

July 28, 2012 — Layton Triathlon, Layton, UT, Sprint, Mini Sprint, Relay Sprint, and Kids Triathlon options in the Layton Surf N Swim and Layton City Parks. Great event that repeats the entire course on the Sprint., Joe Coles, 801-335-4940, joe@onhillevents.com, laytontriathlon.com, onhillevents.com

August 4, 2012 — Ultimate Relay Triathlon, 2011 TriUtah Points Series, Ogden, UT, Single-day triathlon relay covering over 126.5 miles of Northern Utah's best water, roads, and trails! Four ultimate swims, four ultimate bike rides, and four ultimate trail runs! Teams will consist of 3 to 6 athletes and as many spectators as you can fit into 2 vehicles., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

August 10-11, 2012 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday, Olympic/ Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, gern-countyreccreationdistrict@gmail.com, emmetttri.com

August 11, 2012 — Escape from Black Ridge Herriman Triathlon, RACE TRI, Herriman, UT, The Escape from Blackridge is fast and fun! Athletes swim 500 yds in the reservoir, ride a 14 mile bike and run a 5k run loop., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 18, 2012 — Rush Triathlon, Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, bobby@rexburg.org, rushtriathlon.com, rexburg.org

August 18, 2012 — Jordanelle Triathlon, 2011 TriUtah Points Series, Park City, UT, You'll enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, John Anderson, 801-631-2624, 801-631-2614, info@triutah.com, triutah.com

August 18, 2012 — Saratoga Springs Tri, Saratoga Springs, UT, USAAT sanctioned Sprint Tri, 600 meter swim, 12 mile bike, 3.1 mile run, held at the Saratoga Springs Marina at Pelican Bay, 200 E Harbor Parkway.,

Gabe Granata, splash@saratogaspringstri.com, Jared Mason, 801-310-0609, splash@masonfam.net, saratogaspringstri.com

August 19, 2012 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), Wild Rockies Series, McCall, ID, Ponderosa State Park @ Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music., Darren Lightfield, 208-608-6444, wildrockiesmail@yahoo.com, wildrockiesmail.com, wildrockiesmailing.com, xterraplanet.com

August 25, 2012 — Vikingman, Heyburn, ID, 1/2 and Olympic distance triathlon and aquabike.teams welcomed for either distance event. Also, Olympic distance duathlon., Lisa Clines, 214-236-1917, info@vikingman.org, vikingman.org

August 25, 2012 — Utah Half Triathlon, RACE TRI, Provo, UT, Longest multisport race on the Wasatch Front 70.3 Ironman. 1.2 mile swim, 56 mile bike, and 13.1 mile run triathlon., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 25, 2012 — Bear Lake Brawl Triathlon, Gold Medal Racing Championship, Laketown, UT, Half, Olympic, and Sprint distances over the prettiest water in Utah., Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

August 25, 2012 — Hurt in the Dirt, Ogden, UT, Offroad Duathlon at Ft. Buenaventura. Individuals and Relay Teams welcome. MTB race and trail run combined. 3 Full events in one day!, Goal Foundation, 801-399-1773, info@goalfoundation.com, hurtdirt.com

August 25, 2012 — Women Rock Triathlon, Peoa, UT, Close to Salt Lake City at Rockport State Park, the only lake swim event in Utah exclusively for women! Perfect for beginners; swim buddies available., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

September 1, 2012 — Lunatic Triathlon, Price, UT, Third Annual Lunatic Triathlon under the full moon. Includes a 5K run, 9-mile bike ride, 300 yard swim. Individual and Relay Teams, Starts at 5 am., Steve Christensen, 435-636-3702, steven.christensen@carbon.utah.gov, Frank Ori, 435-636-3702, frank.ori@carbon.utah.gov, carbonrec.com

September 3, 2012 — Youth and Family Triathlon, Murray, UT, Start time: 8 AM, Murray Park. Youth 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run. Adults/Youth 11+ distances: 150 yards, 4.3 miles, 1 mile., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com



TOURING

Fall Tour de St. George: The Perfect Mid-Autumn Ride



A great route and great support make the Tour de St. George a great ride. Photos: Courtesy SpinGeeks.com

By Elliot Morris

Let me state from the outset that I do not work for the St. George Chamber of Commerce. Moreover, I have not received any remuneration or financial benefit from the organizers and promoters of the Tour de St. George. I make these disclaimers because what I am going to say hereafter is so complimentary that some might question my motives and interests.

I first rode the autumn edition of the TdSG in 2006. I was fairly new to road cycling and to century rides in particular. While it was probably my second or third 100 mile event, it was my first real experience with a significant amount of climbing (about 6,000 ft.). Yet, in spite of the challenging course, it was love at first ride. With the exception of 2007 when I was recovering from a two week cycling excursion to France with my friend Dave Ward, I have ridden the TdSG every October since.

So what makes this such a great ride? First and foremost is the almost sure bet that there will be great weather. Unlike the spring edition of the TdSG, which has been held as early as February and most recently in April, the fall version has an impeccable track record for featuring warm (but not too hot), sunny days. The past four years temperatures at the start have been in the high 50's and somewhere in the 80's by early to mid-afternoon when most riders are cruising across the finish line. If you're like me, in mid-October you're not quite ready to give up the freedom of warm weather bicycling to don all that thermal gear colder conditions require. The Tour de St. George has become my way of prolonging summer.

To as close to a guarantee as Mother Nature is willing to give on the weather, add a venue that is sec-

ond to none. The Tour takes riders through some of the most spectacular scenery Southwestern Utah has to offer. The usual century route takes participants out of St. George into Washington and from thence through LaVerkin and Toquerville and then back to St. George by way of Leeds and Coral Canyon. Then comes the major climb of the day up to the entrance of Snow Canyon State Park via SR 18. From there, riders enjoy a fast, serpentine descent through the Canyon and finish by traversing the back roads of Ivins, Santa Clara and finally, St. George.

This year road construction mandated a course modification. The Snow Canyon descent and the LaVerkin/Toquerville loop was replaced by a longer climb up SR 18 to the town of Veyo and a trek over to Gunlock State Park and from there up Old Highway 91 to a turnaround point near the summit of "Utah Hill." After descending back down Utah Hill, riders bent south-eastward into Santa Clara and then southward through Bloomington to SR 7. At that point the course turned eastward and skirted the Arizona border until it angled northeastward into Washington Fields. There, the route turned northward and brought riders into Washington City. A loop out to Coral Canyon and back was capped off by the final return to downtown St. George. While I missed the exciting descent through Snow Canyon, I felt that I was at least partially compensated by the beautiful ride from Veyo to Utah Hill. And, since this year's route had the same amount of

climbing as the usual course, I felt that I had not been "cheated" out the typical effort required to complete the event.

Which brings me to my final comment on what makes the Fall

Tour de St. George such a great cycling event. Hats off to the organizers! The Tour just seems to get better every year. The route is well thought out. When modification was required due to road construction,

the planners were careful to map out an alternate route that preserved the essential characteristics of the event. The support is excellent. Food and water stations are well stocked and adequately manned. This year there were no long lines of riders waiting to fill bottles or get into porta-potties. A big plus for me this year was that the water at all the aid stations was ice cold and plentiful. Nothing depresses me more on a long ride than having to drink warm water, or worse yet, having no water at all. Having experienced both on numerous century rides, when I do participate in an event where there is no shortage of cold water, I always make it a point to commend the organizers for their knowledge of the sport and their good planning and execution.

For information on the Tour de St. George (fall and spring), visit SpinGeeks.com

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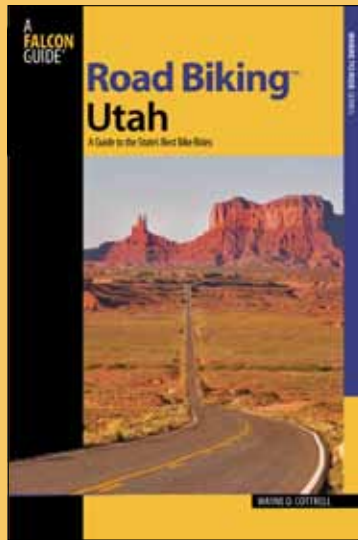
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RIDE OF THE MONTH

Islands in the Sky Cruise



A rider cruises along Upheaval Dome Road in Canyonlands National Park, on the "Island in the Sky."

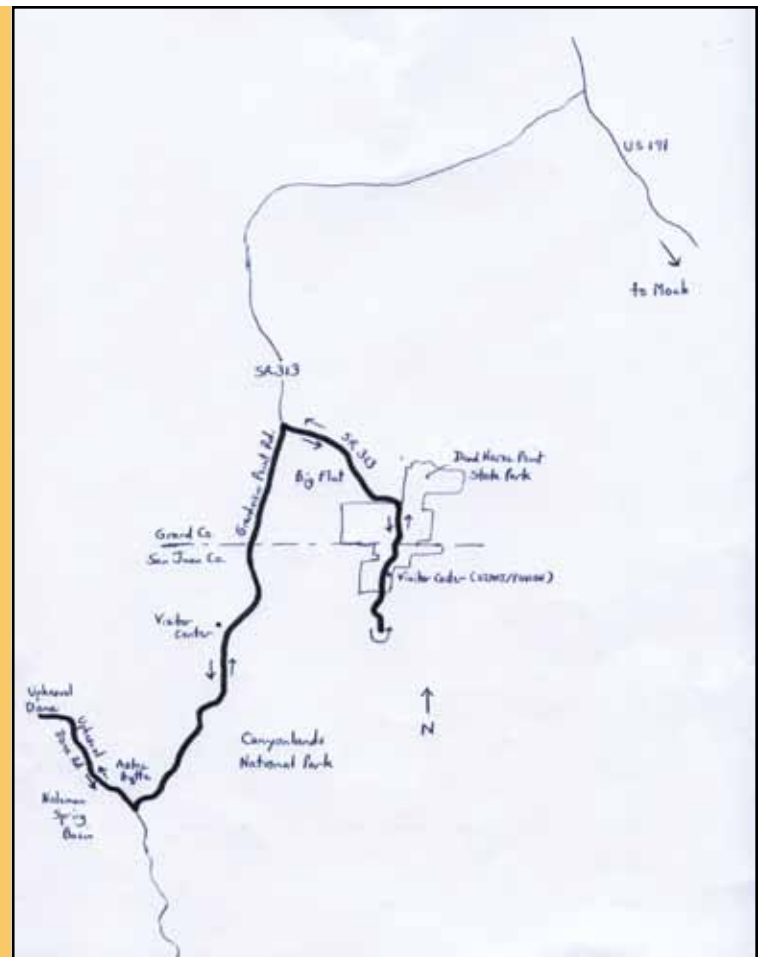


fees are required for both. The fee for autos at Dead Horse Point State Park is \$7. Pay this, and park your car at the visitor center. Take your receipt with you on the ride as proof of payment, so that you will not have to pay again to reenter the park at the end of the ride. The fee for bicycles at Canyonlands National Park is \$5.

To recap: Dead Horse Point State Park entry fee: \$7. Canyonlands National Park entry fee: \$5. Water from the vending machine at the Canyonlands visitor center: ~\$2. Riding through the world's most stupendous collection of bends, buttes, canyons, cliffs, craters, mesas, and monuments: priceless. Start at the Dead Horse Point State Park visitor center. Turn left upon exiting the parking lot, and head toward the Dead Horse Point overlook. The road undulates and winds for 1.3 miles before entering the overlook parking area. Notice the cliffs and deep canyons on either side of you. You will not be able to see the overlook unless you dismount and walk to the end of the short path, adjacent the parking area. It is worth a peek—the Colorado River winds its way through the canyon-scape some 2,000 feet below. Legend has it that cowboys used the mesa as a natural "corral" for wild mustangs. The series of flat stones along the road as you near the overlook were one of the

Sky and Needles Districts are probably the most accessible to visitors. Relative to Moab, both Island in the Sky and Needles are to the southwest, although access to the former is from the northwest. The Colorado and Green Rivers meet within Canyonlands; the two rivers' powerful actions were the main players in carving out this wonderful landscape. Surprisingly, Canyonlands is "only" Utah's fifth most-visited national park. In fact, Canyonlands is not even the most popular national park in the Canyonlands region—that would be Arches. But the numbers are misleading: The scenery here is staggering, and the recreational opportunities are endless. The "islands" are actually mesas, or plateaus situated at about 6,000 feet in elevation, overlooking canyons and rivers that are some 2,000 feet below.

Signs near the entrance to Canyonlands National Park warn that there is no water in the park. This is not entirely true—it is possible to purchase water from a vending machine at the visitor center. But there is no running water. The route involves entering and exiting a state park and a national park. Entrance



Island in the Sky Cruise: 51 miles, Dead Horse Point State Park to Upheaval Dome and back.

techniques for confining the horses to a certain space. The neck here is only 90 feet wide, leaving little opportunity for any horse to escape. The good horses were chosen from the bunch, while the others were left corralled. Horses that went unselected eventually died on the Point from thirst (a sad ending; no horses were known to leap into the canyon).

Return to the main park road and head toward the visitor center. Head past the two entrance stations; now you are on SR 313. The terrain throughout the entire ride is rolling, with short climbs, short descents, and false flats. The self-explanatory "The Knoll" appears on your right as you near the junction with the main road into Canyonlands National Park (Grandview Point Road; also referred to as Island in the Sky Road). Turn left here, at mile 9.2, and begin heading south over Big Flat. Enter the park at mile 13.6. The entrance station is at mile 14.8; pay the \$5 fee and proceed. The visitor center is on the right, 1.1 miles later. There are lavatories and a vending machine. Continue into the park. While you may have been unimpressed thus far with the scenery, you cross The Neck at mile 16.6, just 0.7 mile beyond the visitor center, and your perception changes.

As you cross The Neck, look left to see Shafer Canyon, which plunges deeply (and steeply) to the Colorado River below. The elevation here is

5,800 feet. Do not fail to look right, as well, for views of multiple springs and canyons. The road begins to wind and roll across the fanciful landscape. At mile 22.1, turn right to head toward Upheaval Dome. On the right is Aztec Butte, a masterpiece of slickrock. About 2 miles into this road, you will be surrounded by some mighty nature: cliffs on the right, and uplifts and monuments of Holman Spring Canyon on the left. Whale Rock is on the right at mile 26.0. Enter the parking area for Upheaval Dome at mile 26.8. The Dome is directly in front of you—or, more precisely, looming above you. At this point, you can circle through the lot and return to Upheaval Dome Road. Or—better yet—dismount and hike out on Crater View Trail to at least see what's inside the dome. Geologists have surmised that Upheaval Dome is actually a crater that was formed by the impact of a meteor. The crater is 3 miles across and about 1,200 feet deep. Return to Upheaval Dome Road for the trip back to the entrance of Canyonlands National Park. Ride in the reverse direction of the outbound route to return to Dead Horse Point State Park. Enjoy the ride.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.

By Wayne Cottrell

The Islands in the Sky Cruise is a 51-mile out-and-back ride over undulating terrain between and through Dead Horse Point State Park and Canyonlands National Park. The elevation ranges from 5,639 feet at Upheaval Dome, in Canyonlands National Park, to 6,184 feet on Big Flat, on State Highway (SR) 313 between the Canyonlands and Dead Horse Point Parks. The route is entirely on state highways and national park roads, so the pavement is generally smooth. This ride does not begin anywhere near a city or town, so be prepared by bringing any provisions needed—there are only limited facilities along the way. Bring cash, too, to pay park entrance fees.

The ride starts and finishes at Dead Horse Point State Park visitor center, located 33 miles northwest of Moab via US 191 and SR 313. The terrain features rolling hills and false flats. Traffic volumes vary seasonally, but are typically light. The route explores the State Park, as well as Canyonlands National Park. The latter – actually both – are true showcases of Utah's deep canyons, goose-necks, and buttes. The landscapes here are equally harsh, intimidating, intriguing, and alluring. There are five park districts; the Island in the

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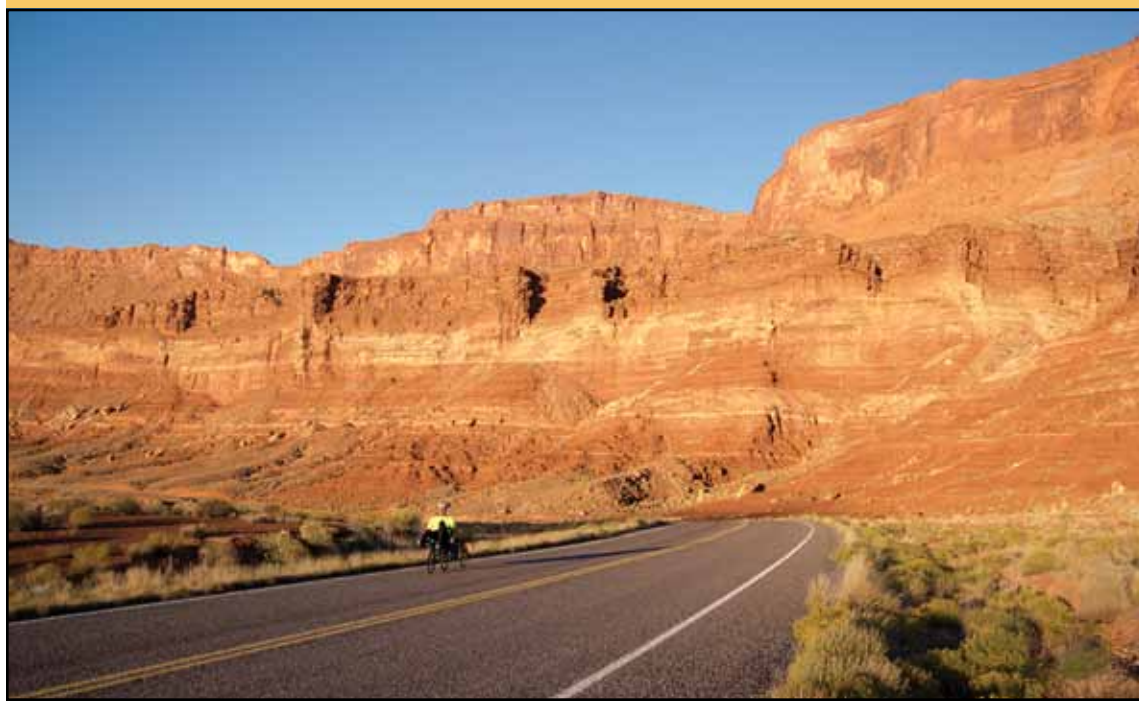
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TOURING

'Round the Canyonlands Tour



By Martin Neunzert

Whoosh. A car passes at 70 miles per hour. Ten minutes go by. Whoosh. Another car passes at 75 miles per hour. From where I'm sitting beside the highway, I see faces inside, looking at me as if I'm some sort of alien. Twenty minutes. Whoosh. I wave, but get no response. The first nail in the coffin of interpersonal interactions must surely have been enclosed cars (later came television and, finally, Twitter).

How did I come to be sitting in the middle of the Burr Desert, perhaps 20 miles south of Hanksville, in two inches of shade from the pole of a stop sign next to a pile of pea-gravel destined for chip-sealing Utah Highway 24? This tour, of course, had its beginnings in a completely different world: Yellowstone. In 2004, I cycled around the Teton Range, from Jackson through Yellowstone National Park and eastern Idaho and back to Jackson. At about 300 miles, I found this to be a very comfortable distance for a nine-day trip. I started looking for similar routes, and soon found a grand loop in southeastern Utah. I was completely familiar with the area, having spent more than my share of time hiking and photographing in the canyon country. Naturally, I had somehow envisioned a springtime trip, but here I was, in the middle of October, due to crazy work demands.

Two weeks before the start of the trip, while lifting my bike onto the roof rack for a check-out ride, I noticed one of the front brake braze-ons had snapped off. Yikes! With very few options, I wondered if it would be smart to do the tour with only one brake. Would you? The hacks at my local bike shop sold me a BMX caliper brake which looked like it would fit, but the cable would have

to be creatively routed around the chain, and they knew there was no way their lawyers were going to let them touch that installation! It was all fine, actually, except for two minor issues: There was a little interference between the cable and the chain when turning right, and the braking force was about half of that of the original vee-brake. And one of the caliper arms was so poorly formed that I had to grind the pad on that side to get the correct angle, not wanting to snap the arm off trying to bend it into the correct position.

On the bright side, I now had a perfectly practical reason for going counterclockwise around the Canyonlands: Only left turns (although, technically, it is longer that way)! Besides, all the boring bits would be done first. I figured I could use the front brake for all the stops I could predict, say, for times when I had more than 200 yards to react, and the back brake for all panic stops. I knew I could learn the overall braking response of the loaded bike and trailer long before I got to the 8% grade dropping down to Lake Powell, and I promised myself I would walk down that grade if I had to, provided I could stop in time.

If you have ever undertaken a trip like this, you know one of the hardest logistical challenges can be finding a suitable place to park your car while cycling. Unfortunately, in these days, seemingly abandoned vehicles are treated with suspicion. Through Warmshowers.org, I found Teri Ann Tibbetts, Moab artist, crazed cyclist and overly-generous person. She was happy to let me park my truck by the chicken coop, after we moved a disused lawn tractor.

A French couple was staying with her for a few days, on their tour of our country on an awesome expedition tandem. They had the coolest fiberglass bubble-shaped trailer I had ever

seen (lightweight and waterproof). After they described their upcoming route past Natural Bridges National Monument and down to Monument Valley, I cautioned them about the Moki Dugway, a series of gravel switchbacks dropping off the end of the world. "No problem," they said, "We rode up the Shafer Trail a few days ago." Suitably humbled, I headed north, first through the backstreets of Moab, then along the great new bike trail, past Arches National Park and up to the wonderful country around Crescent Junction.

I regard the region from Crescent Junction through Green River to Hanksville and beyond as "hot stinking desert," suitable only for paving with photovoltaic panels. Of course, that's not strictly true, and it really was a pleasant day. I got a little warm on the hills due to a slight tailwind, but soon had the opportunity to start playing one of my favorite games: "Hey, Ya Lost Yer..." As in "Hey, ya lost yer cute little Channellock pliers," "Hey, ya lost yer hand-tooled wallet," "Hey, ya lost yer rusty pair of Channellock pliers," "Hey, ya lost yer nice long NRS raft strap," and "Hey, ya lost yer perfectly new 3/4-inch combination wrench." That's a lot of extra weight to haul around for the next week, so I stashed everything under a bridge to be picked up later (I would have to drive this section to get back to my home in northern Utah).

No matter how you slice it, there's about six miles of I-70 you have to ride on. Everything went smoothly for me to start with; the wide shoulder seemed just made for bikes, and most of the truckers were courteous enough to give me plenty of room. I chose to continue another 12 miles or so on the freeway past Exit 175; the old highway from here to Green River contains about two miles of gravel and many more miles of disintegrating pavement that may as well be gravel. Then I had a flat, caused by a little needle of wire. Then another. Then another. The tiny wires from the steel belts of shredded truck tires were like riding on staples. Guess how many of the dozens of passing SUVs with red/black/white mountain bikes on top stopped to help? I certainly deserved the Cheetos Puffs and Strawberry Lemonade Powerade at the first convenience store in Green River.

I found Green River State Park a wonderful place to camp, nestled between 45-foot motor homes. Showers are part of the deal! The



Left: Dawn, near the Dirty Devil River.
Above: Dawn start, no Photoshop trickery here.
Below: First day, north of Moab, "solar panel country."



weather was so nice, I only set up my tent as a courtesy to the other campers so they wouldn't have to see me changing my—uh, well—socks.

The next morning I took off early, as I wanted to get to the Valley of the Gobs. A few miles west of Green River, I crossed the freeway, jumped the fence and picked up the old highway. For the most part, there are more weeds than asphalt, but it would provide a good venue for your nude cycling adventures. The descent through Jessie's Twist brings one into a totally different kind of desert, and soon I was back on Highway 24 heading south.

"Hey, ya lost yer bra. And panties."

It soon warmed up, and it was only the thought of a shower at Goblin Valley State Park that keep me pushing on. Naturally, the road takes one to the top of the tallest hill around before plunging down to the park. But, just as naturally, the campground was full and they wouldn't let me take a shower. The nice woman at the desk was certainly within the top ten most beautiful I'd ever met, but she had a heart of ice. Flashing perfect teeth, she happily directed me to what appeared to be an irrigation valve where I filled my bottles with rusty water. I wobbled back to some dusty yellow hills and slept in a ravine, under millions of stars.

The next morning, I cruised easily to Hanksville, after grinding back to the top of the tallest hill around. I nearly panicked in the first convenience store as they did not have any tortillas. But they directed me to the Bull Mountain Market, where they had everything but patch kits and doughnuts. My plan was to see if I could bypass Hite (personal reasons) and get all the way to Natural Bridges National Monument. I left town with nine quarts of water.

"Hey, ya lost yer kid's PFD."

Yet another world is entered when one leaves the Burr Desert and descends into North Wash. The sandstone cliffs start to rise, first the Navajo and later the Wingate. Some of the cottonwoods were still green, but most were wonderfully yellow. I declined a covered picnic table at Hog Wash—I mean, Hog Springs—in favor of a bar of shifting yet comfortable sand in narrow Marinus Canyon. There was enough running water in the main canyon to wash some of the sweat-salt off. Sleeping out again, the stars wheeled by in the strip of sky that I could see; it was calm and oh, so unbelievably quiet.

To get to Natural Bridges in daylight, I knew I had to start a few hours before dawn. Just for future reference, a half moon is more than enough light to ride with, provided the road is truly

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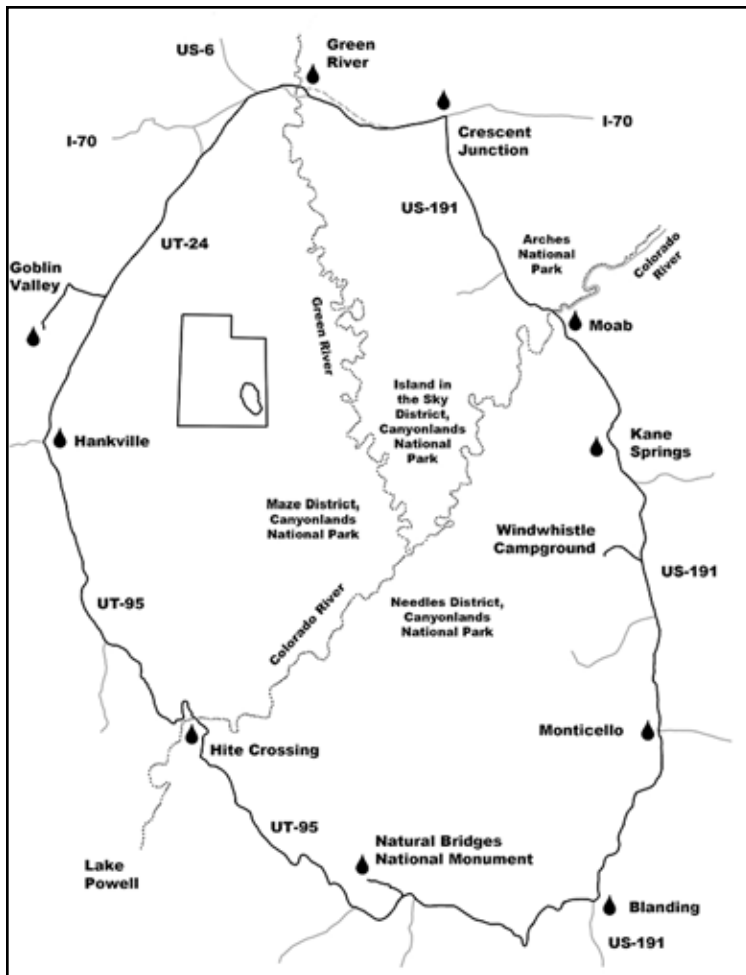
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Above: The route 'round the Canyonlands.
Below: A stretch of abandoned highway southwest of Green River.
Right: Leaving Windwhistle Campground.



deserted. I felt comfortable enough with my rig to descend the eight-percent center without incident, although my left forearm was cramping a bit toward the bottom. Dawn caught me as I crossed the Dirty Devil River, the lowest point of the loop at about 3,700 feet.

From the bridge over the Colorado River, it is a sweet 3,000+ foot climb to Natural Bridges, passing such local landmarks as Jacob's Chair and the Cheesebox. I talked briefly with a guy (curiously dressed entirely in black)

cycling toward Death Valley, by way of Capitol Reef, Boulder Mountain, Escalante, Zion National Park and Las Vegas. He was looking for a bike shop because he had nearly become stranded the day before when his chain broke, then he had spent half an hour looking for one half of his spare link when he lost control of the chain ends and the spring force from the derailleur flipped it into the dusty gravel.

"Hey, ya lost yer twelve-inch butcher knife."

Even though it never got very hot, I still sort of ran into the wall near wonderful Fry Canyon. So I packed down a little "solid rocket fuel": An equal mixture of butter and brown sugar, reputed to be NOLS's solution to hypothermia. Awesome. Recharged, I plummeted to Natural Bridges an hour before sunset, and got the last camp spot. Who knows what adventure would have transpired had I had to go back outside the park to camp? I was surprised to find the restrooms at the visitor center unlocked, so I splashed around in there for a while. There's a five-gallon limit on the tap outside, but no restrictions inside...

By pushing hard the last couple of days, I had earned a rest day. So I hiked down to Sipapu Bridge and into one of the side canyons. On the big list of shoes to be avoided for canyoneering, cleated cycling shoes hold the top position.

Another dawn start got me easily to Salvation Knoll, the high point of the trip at 7,110 feet. I should have slept in, as I shivered my way down the ten-mile, 2,000+ foot descent into Comb Wash. The climb over Comb Ridge is fun enough, and as a reward, you get to grind out of Zeke's Hole. "Hey, ya lost yer five-inch diameter quarter-inch thick steel washer." There's a hundred dollars for anyone who can accurately describe the boulder it's sitting on. I certainly deserved the Cheetos Puffs and Strawberry Lemonade Powerade at Clark's Market in Blanding.

The Blanding Visitor Center turned out to be a great place to check my e-mail and fill up on water. I had hoped the campground at Windwhistle Rock would be a practical source of water between Monticello and Hole N" the Rock, but a check of the BLM's website said the water supply had been turned off for the season. No matter, I now knew I could go at least 30 hours, maybe more if I paid a little attention. I camped that night in a weird but secluded pit near Recapture Reservoir, and listened to the trucks growl up the grade all night.

"Hey, ya lost yer trendy neon green sunglasses."

By midday the next day, I was in Monticello, which was my first opportunity to get a gut-busting cheeseburger. The fries at the R&F Restaurant are incredible, even if they are synthetic. Shortly after that, next to the llama farm, at the top of steep Peter's Canyon, I talked to a family on a ten-month tour. Pretty awesome, unless you are one of their small kids, stuck in a trailer all day. Everyone is tougher than I am. They had talked to the French couple in Rangley, which, we agreed, was about as far from France as could be imagined.

Near Church Rock, I came across another hard-man (also dressed entirely in black), cycling from Alaska to Patagonia. As we talked, it became apparent we had conversed by e-mail two weeks ago, through Warmshowers, when he was trapped at Bear Lake by an early snowstorm. Obviously, he made good time through Salt Lake and over Soldier Summit. Hope the surfing's good for you in Baja (dude).

Turned out the water was still on at Windwhistle Campground, and I was lucky to get a camp spot. Who could have predicted both UEA and the start of deer season? So I used some of my hard-carried water to wash up, and re-filled that amount, just to see if I could have made it. Later, the kindly gentleman from the next site angled over to borrow my lighter, and to ask about recumbents. He had done quite a bit of cycling in previous years in Minnesota and North Dakota, and admitted that the



pain from cycling was reducing his pleasure from cycling.

It's not very far from Windwhistle Rock to Moab, but because of the unrelenting lack of bad luck, I was now faced with finishing the tour a day early if I persisted in maintaining my pace. So the next day I knocked off a staggering ten miles, all the way to Hook and Ladder Wash. There, after pushing my bike hundreds of yards up a sandy wash, I spent the afternoon hiking around below the stunning sandstone cliffs.

The next morning I was a little surprised to find tiny crystals of ice in the threads of my water bottles, so once the sun crested the hill, I finished the roller-coaster hills to Kane Springs Rest Area, where I filled my bottles one last time, with some of the best tasting water you're likely to find anywhere. I used Zen-based navigation to get back to Teri Ann's, as I really

hadn't made any mental notes about the critical turns. She was very excited to hear my tales, and even more so to learn about my recumbent. Perhaps another seed has been planted.

Teri Ann suggested, rather than wasting my time with Cheetos Puffs and Strawberry Lemonade Powerade, I "recharge" at Milt's, a classic Moab establishment which I wasn't familiar with, but will certainly visit again. While waiting for my double bacon cheeseburger, I amused to see the grill-man, when crunched a little for time, simply put strips of bacon into the deep-fryer. That calorie-loading easily got me back to Ogden by dark.

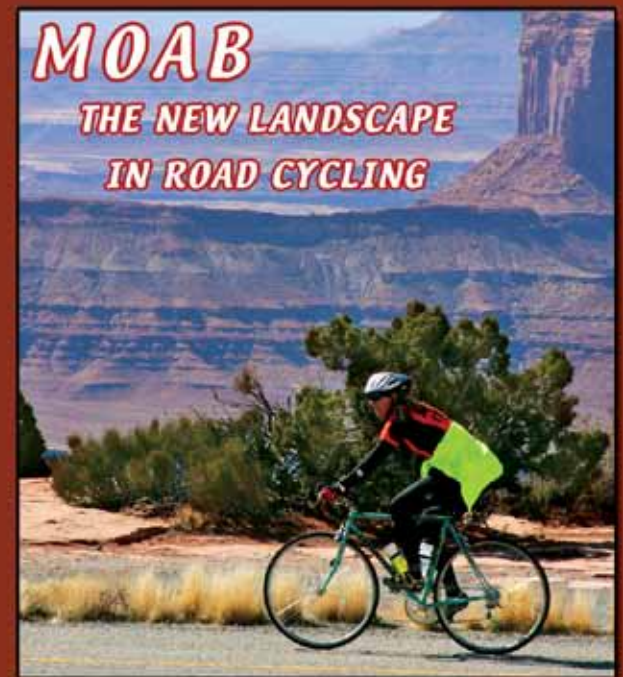
Much later, I located the owner of the wallet, and got it back to him. And even later, checking the maps, I discovered the loop I had done had zero net elevation gain and loss. Curious indeed!



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Foods with bright, rich colors are more than just nice to look at. They're also packed with flavonoids and carotenoids, powerful compounds that bind the damaging free radicals in your body, lowering inflammation.

Know Your Numbers, Then Aim Lower

These include blood pressure (which ideally should be below 115 over 75), LDL cholesterol (under 100), resting heart rate (under 70), and fasting blood sugar (under 100). If your numbers aren't ideal, change your diet until they improve.

Add Some Weights

Just 30 minutes twice a week spent lifting weights can build significant muscle mass. What's more, working all that muscle burns tons of calories, making it a great way to lose weight.

Learn to Cook

If you can cook, you not only save money but also gain control over what goes into your meals.

 *Larry H. Miller*
Dealerships
 Driven By You.

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