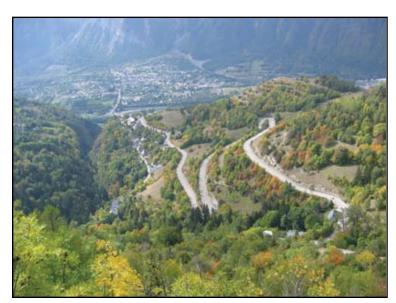


SPEAKING OF SPOKES

Nine Days of Hell and Heaven: The Climbs of the Tour de France (Part II)



By David Ward

Publisher

[In the article "9 Days of Hell and Heaven", published in our March issue, Cycling Utah's publisher, David Ward, described the first 5 days of a 9-day trip to France with his friend Rick Wallin to climb many of the famous cols of the Tour de France. Part 1 described their adventures in the Pyrenees beginning with the Col d'Aubisque and concluding with Mt. Ventoux. This issue describes the last 4 days of that trip and recounts their challenges in the Alps.]

Mt. Ventoux is an anomaly, an imposing mountain jutting up in the middle of the Massif Central, a relatively flat region between the Pyrenees and the Alps. We had spent hours in the car the day before climbing Mt. Ventoux just to get there, arriving just before midnight. After finishing Mr. Ventoux, we again spent many hours in the car to reach the Alps. Our specific destination, which we again reached at midnight, was Bourg-d'Oisans, the small town at the foot of the Tour's most well-known climb, l'Alpe

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Left: Looking down from halfway (!) up l'Alpe d'Huez. Photo: David Ward

Above: The road into Cervieres from Briançon. Photo: Rick

Below: Entering Briançon. Photo: David Ward







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Cover Photo: Fun times and beautiful scenery at the Moab Skinny Tire Festival on the River Portal Ride.

Photo: MoabActionShots.com See photos of the entire event on their website.

UTAH NEWS

Bill Corliss Killed in Tragic Accident

By Boris Lyubner

This year winter in North Utah was quite tough and very unpredictable for riding on the road. Finally, Saturday morning March 25th was the first promising morning for a group ride.

My good friend and neighbor Paul Moote, from Mad Dog team, sent me an email about a group ride and I sent his message to my buddies. Bill Corliss met Paul and I at my house and Paul drove us to the meeting place in Lehi. We were plan-

ning a very nice 90 mile ride by Utah Lake, to Eureka and back through 5 mile pass.

The entire group had ridden this route many times. The trip to Lehi took about an hour and 15 min to drive and on the way we were having great conversations, especially about our kids. I have three kids, two teenage girls and little son; Paul has 6 kids from 8 years and up to 20+; Bill and his wife adopted their 12 year old boy from a foster family a little over a year ago. It was a very nice conversation,

especially interesting and inspiring to hear Bill talk about his experience with his little boy who went through a real hell in his short life and how Bill and his wife were dreaming on raising this special guy and making the rest of his life special.

Upon arriving at the meeting spot, Bill and I quickly rode to the coffee shop. Bill bought me a coffee and I promise that it will be my turn to buy after our ride. We came back to the car, changed and by that time all other friends had gathered together; our friends from Mad Dog team with whom Paul and I just raced the 24 Hour of Old Pueblo: Chris with his wife KC and Adam; my good buddy Dave Reynolds and a new guy Alan that Adam invited.

The group was a good, strong group of eight and every body was excited for the first long spring ride. We quickly lined up on the road: Paul was first and I was on his wheel. After setting good pace, Paul went to the back and I started pulling the group. I thought that I should keep pulling for a while, as the road was narrow with busy traffic.

Then all of a sudden, I was



William Jay "Bill" Corliss, 1956-2006, at the 2004 Park City Cycling Festival.

passed by a construction truck with trailer full supplies for concrete framing. The truck immediately went to the right and stopped. The driver jumped from the truck and yelled something about the accident that took place behind me, I immediately turned around; from this moment on it was an absolute nightmare and I'm still in shock as I write this message.

None of you need to imagine itBill was laying on the

road, still clipped in to his bike, hands on the bars, helmet on the side, blood from his head and he was dead. My good friend died instantly.

3

Paul Moote witnessed this tragedy, as he was on Bill's back wheel, in the strong cross wind, with heavy construction debris, Bill rubbed the rider's wheel in front of him and crashed to the

Continued on page 23





The American Diabetes Association Golden Spike Century June 10, 2006 Brigham City, Utah 100 mile, 60 mile, 25 mile 7:30 am • Box Elder High School Call 1-888-342-2383 to register or online at www.diabetes.org/tour

bike rides.

cycling utah's 2006 Bicycle Club Guide

Autoliv

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Type of Cycling - Charity fund raising. Road Racing. Mtn Bike Racing (new this year: Juniors team). Recreational/Fitness. Location - Ogden, UT

Club Statement Autoliv's mission is to grow cycling through community involvement and corporate endorsement. Our primary goals are to raise money and awareness for cycling related charities, increase fitness and overall health for Autoliv employees and friends, and to have some fun racing while we're at it. Don't forget the infamous Tuesday/ Thursday noon ride.

Banyan Ventures-Graywhale Entertainment

Sponsors: Banyan Ventures, Graywhale Entertainment, Golden Eagle Construction, and LPDJ Architects Contact - Stewart Gray, 466-210, stewart@lpdj.com, or Briton Bailey, 363-2511, bdbailey@dsdmail.net

Website - NA Type of Cycling: Road and Mtn Recreational, Road Racing, and Mtb

Location - Salt Lake City

Club StatementBanyan Ventures was established this year by a group of neighborhood friends dedicate to cycling. It started out as a group of 6 men and 2 women and has grown to over 30 riders in just a few months. Our mission is to promote a safe and friendly cycling environment where beginning cyclists can learn from more experienced cyclists and gain confidence, experience, and skills needed to ride in large groups and improve fitness. We have group rides Wednesday nights and Saturday mornings. Anyone is welcome to join us.

Bike 2 Bike Club (B2B)

Sponsor - Bike 2 Bike **Contact** - Bob Kinney - 801-677-0134 - Bob@bike2bike.org **Website -** www.Bike2bike.org

Type of Cycling - Recreational Road

Location - Salt Lake City Club StatementJoin a fun group of people as we train to ride centuries. This is a relaxed group that enjoys riding and participating in various century and charity rides. We begin the season getting reacquainted with our bikes and getting in shape to ride longer and longer distances. Tuesday evenings climbing, Thursday evenings sprints and strength building, Saturday's fun rides of increasing distances along the Wasatch Front and organized rides. All levels and ages

Biker's Edge/Destination Homes

Sponsors: Biker's Edge, Destination Homes, John Henry Smith Insurance Contact - Jake Pantone, 801-544-5300, jake@bebikes.com **Website -** www.bebikes.com

Type of Cycling - Road Racing/Riding, Mountain Bike Racing

Location - Kaysville Club StatementOur goal is to have fun riding and racing our bikes. We invite anyone of any ability to consider affiliating yourself with our club. We plan on having 3 group rides each week, A couple mid-week rides and a Saturday morning ride. A women's ride is also in the works. So if you're looking for a fun club to ride and race with look no

Blue Rain

Sponsors - Blue Rain Gallery, LynTron, Inc, Wright Brothers Sunrooms, Allen's TCB Express

Contact - Kyrk Wright, kyrk@blueraincycling.com

Website - www.blueraincycling.org Type of Cycling - Road Racing Location - Provo

Club StatementThe Blue Rain Cycling Team is dedicated to enhance the sport of cycling by promoting good sportsmanship, exercise, and comradery. We demonstrate unparalleled etiquette and courtesy to other cyclists, motorists, and pedestrians both in races and training

Bonneville Bicycle Touring Club

Bonneville Bicycle and Tandem Club Sponsors - Bingham Cyclery, Rack n' Road, xmission.com

Contact - Raleigh Fehr (President), (801) 943-2117, president@bbtc.net Website - www.bbtc.net

Type of Cycling - road and mtn. touring and recreational

Location - Salt Lake City Club StatementFor over 25 years, the Bonneville Bicycle and Tandem Club (BBTC) is a club of road, tandem and mountain bike enthusiasts providing a structure for cyclists, of all levels, to meet and cycle together. The club organizes a wide variety of rides to meet the needs of cyclists of all abilities. Rides are listed under the Ride Calendar, non-members are welcome on any ride BBTC recognizes its responsibility to be a contributing member of our community and as such donates a portion of our major fund raising events to charitable

Bountiful Mazda/Bountiful Bicycle Cycling Club

Sponsors - Bountiful Mazda and Bountiful Bicycle Center

Contact - President Kari Handley (801) 628-8037, steve_and_kari@yahoo.com Website - we are working on that one. Type of Cycling - Recreational road, some racing and occasional mountain

Location - South Davis County Club StatementThe BM/BB Cycling club has been together for ten years. We are a great group of excellent riders who enjoy several weekly rides as well as long Saturday rides. We have a strong racing group and come out to ride centuries and LOTOJA in large numbers. When not on the road, we enjoy each other's company at a family summer party and an annual Christmas dinner. Come join the fun!

Currently, we have about 65 members mainly from Davis County. The Club participates in many local rides and is a member of the UCA. Some Club members race in the UCA series and many participate in LOTOJA each year The Club has done many events to raise money for local causes and charities. Our main focus is to provide opportunities for individuals to ride in a Club environ-ment and enjoy Club social events. For information to join, contact Bountiful Bicycle Center.

Cache Valley Veloists Bicycle Touring

Contact - Brian Diamond, cachehiker@ yahoo.com, 435-563-9330

Website - www.cvveloists.org
Type of Cycling - Road touring and recreational mtn.

Location - Logan

Club StatementCache Valley Veloists is a club committed to fun, moderatelypaced recreational bicycle touring. The Tours are member-led, and designed to meet a wide range of bicycling interests and ability levels. We are located in Logan, Utah in beautiful Cache Valley. Cache Valley affords an opportunity to cycle on rural roads, through pastoral countryside, for a relaxing and enjoyable cycling experience.

Color Country Cycling Club

Sponsors - Cedar Cycle Contact - Lonnie Wolff, info@colorcountrycycling.org, 435-586-7567 Website - www.colorcountrycycling.org Type of Cycling - Our club supports the full spectrum of cycling activities as well as advocacy, and trail maintenance.

Location - Cedar City
Club StatementThe Color Country Cycling Club was formed in 1997 to promote cycling and cycling safety. It has since grown into the largest and most active group of cyclists in southwestern Utah. From mountain to road, racing to touring, cycling advocacy to event support, we are involved in almost everything that happens in cycling in southern Utah. Come join us!

Contender Bicycles Cycling Club Sponsors - Contender Bicycles, Cafe

expresso, The Gooch Firm Contact - Alison Littlefield, 801-364-0344, contenderclub@aol.com

Website - www.contenderbicycles.com Type of Cycling - Road Racing, Mtb racing, road touring, and mtn recreational Location - Salt Lake City

Club StatementContender Bicycles is proud to partner with Caffé Expresso and The Gooch Firm to establish the Contender Bicycles Cycling Club. We feel there is a need in the cycling community to establish a club where an opportunity is provided to participate in all aspects of the sport of cycling from racing to recreational riding to advocacy.

Cutthroat Racing

Sponsors - Uinta Brewing, Brewvies, Spin Cycle Total, Body Pilates, Fetish Cycles, Genuine Innovations, Ryder Eyewear, Maxxis, Sun Ringle, Light and Motion, Hayes, Pro Gold Lubricants Contact - Ryan Miller, 801-661-1947, cutthroatracing@gmail.com Website - www.cutthroatracing.org

Type of Cycling - All of the above Location - Salt Lake City/Park City Club StatementCutthroat Racing was established to give cyclist of all types and abilities a place to go where they would feel welcome. It's the purpose of Cutthroat to encourage all members to strive to be the best at whatever they choose to do weather it's racing or just casual riding. Cutthroat does not have a member hierarchy where only the elite benefit from the success of the team, but rather all members do. Cutthroat is also dedicated to promoting cycling as a valid and viable form of transportation and supports other non-profit cycling advocacy groups through proceeds raised from the events it sponsors. Most importantly Cutthroat Racing hasn't forgotten why we started cycling in the first place: to have fun. If you think this is the type of team you would enjoy being a part come join us. Team Meetings: 1st Wednesday of each month at the Uinta Brewery.

Evanston, Wyoming Cycling Club --

Team Evanston
Sponsors - All West Communications;
Bear River Lodge; Bootworks of Park City; City of Evanston, Wyoming; Cook-Sanders & Associates, Inc.; Evanston Regional Hospital; GoEndurance.com; JB's Restaurants: Kamas City, Utah: KEVA Country 1240 AM; KOTB/ KNYN FM; Pacific Power; Uinta County Herald; the Wasatch-Cache National Forest; BBX Ranch/Putnam Bison; Best Western Dunmar Inn; BP America; Domino's Pizza; Grouchy Mark Productions; Porter's Fireworks; Purple Extreme; Chevron; Freeway Tire; the Rocky Mountain Connection; and U&I

Construction.

Contact - Patrick O'Rourke, President, celt23586@msn.com; Paul Knopf, City of Evanston, 307-783-6458, planning@ mail.evanstonwy.org.

Website - www.evanstoncycling.org Type of Cycling - Road Racing, Road Touring and Mountain Bike Racing,

Mountain Recreational
Location - Evanston, Wyoming
Club StatementThe Evanston Cycling Club is a 501(c)(3) charitable non-profit corporation. A primary purpose of the Cycling Club is to promote community education of bicycle related issues. Club members promote bicycle education and safety through community programs such as Helmets for Heather and Safe Kids Coalition. The Club participates in other community education activities and events. Two annual \$500 PEDAL (Promoting Educational Development and Learning) scholarships are offered to two graduating Evanston High School senior. The Club strives to expand interest in bicycle riding in the community and to promote the sport as healthy outdoor recreation. In partnership with the City of Evanston, businesses, community groups and volunteers, the Cycling Club helps coordinate the High Uintas Classic Stage Race and the Wolverine Ridge XC Mountain Bike Race

FFKR Architects/Sportsbaseonline.

Sponsors - FFKR Architects, Sporstbaseonline.com, Guthrie Bicycles, Enervit, Coaching Beyond Limits, John Henry Smith Insurance, Greyhound Juice Chamois Cream

Contact - Travis Horton, travis@velosportracing.com Website - none

Type of Cycling - Road Racing Location - Salt Lake City Club StatementOur team's primary

focus is to have fun racing bicycles and support the serious competitive road cyclist. We provide a welcoming team environment where the individual racer can grow and excel.

Idaho Cycling Enthusiasts

Sponsors - Rocky Mountain Surgery Center and Piper Jaffray

Contact - Rob Van Kirk, 208-233-0951, vankrobe@isu.edu Website - www.idahocycling.com

Type of Cycling - road racing, road tour-

ing, advocacy
Location - Pocatello, ID Club StatementIdaho Cycling

Enthusiasts ("ICE") was founded in 1997 "to encourage bicycle riding, to promote a healthy lifestyle, provide recreational opportunities and demonstrate that cycling is a practical means of transportation." ICE is the current incarnation of what over the years has been a sequence of bicycle clubs in the Pocatello area. Cycling has a long history in Pocatello,



2006 Dates:

Petroglyph Century June 10. 2006

Porcupine Hill Climb July 8, 2006

Heber Valley Century September 23, 2006





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and the roots of current club activities, rides and members date back at least 30

Mad Dog Cycles Race Team Sponsors - Mad Dog Cycles, Jamba Juice, 4Life and Riovida, Stampede Marketing, Stonehaven Dentistry, Ishii Design, Signs by Tomorrow, Powerbar, Trek, Tifosi, Maxxis, Sundance Resort. Contact - Keith Payne, keith@maddogcvcles.com

Website - www.maddogcycles.com Type of Cycling - MTB racing, road

endurance rides, recreational MTB and Road.

Location - Orem, Utah

Club Statement The Mad Dog race team is a community-based team focused on not only mountain bike racing, but also trail building, guided MTB rides for the public and promoting cycling awareness in our cities and state. We welcome riders of all ability levels to participate with our team, even if they don't wish to race.

Northshore Cycling Club **Sponsors** - Bingham Cyclery **Contact** - Skylere Bingham, (801) 825-8632, mail@binghamcyclery.com Website - www.binghamcyclery.com Type of Cycling - Road Racing, Road Touring, Road Recreation, MTB Racing, MTB Recreational Location - Bingham Cyclery, Sunset, UT **Club Statement**Northshore was established in the late 1970's with a range of 50-100 members per year. Membership dues are \$30.00, which always help support bicycle racing. Rides usually meet at one of the five Bingham Cyclery locations (see the website for more information), so there is always a fun group ride nearby! The rides range from beginning to racing level. **Contact** your local Bingham's store for info! Members can purchase club clothing, and will receive a club card which provides a 15% off discount on parts and accessories at all Bingham Cyclery locations. Come check

Ogden One Cycling Club Sponsors - Harristone, Sun Valley Mortgage, The Bike Shoppe, Utah Transit Authority (UTA), and John Watson Chevrolet, Wadman Construction Contact - Shawna Rowley, srowley@

weber.edu, (801) 782-3618, or Matt Howard, matt@

thebikeshoppe.com, (801) 476-1600 **Website** - www.OgdenOne.com **Type of Cycling** - Mainly road, but we welcome everyone!

Location - Ogden, Utah

Club StatementSince 2002, members of the Ogden One Cycling Club have supported cycling throughout the Northern Utah area. Our club members, from all over the Wasatch front, are friendly and encouraging and welcome riders of all abilities. Many of our members are successful in the Utah racing scene and are willing to offer advice to other interested club members when requested. We have fast paced rides, slower paced rides, and women only rides. Please check our website for ride schedules.

Park City Cycling Academy Sponsors - Giant Bicycles, First Endurance, Spiuk, Veltec Sports, Look, Sidi, Vredestein, Easton, Blackburn, Cole Sport, World Class Realty, Align Spa, Contact - Todd Hageman, 435.513.0432, info@parkcitycycling.com

Website - www.parkcitycycling.com Type of Cycling - Road Location - Park City Club StatementPCCA is a developmen-

tal cycling program that provides a foundation for riders from around the United States to move to Utah and race and train under a professional team environment. The Academy focuses on provided young riders the skills needed to compete at National level races. PCCA will compete in 8 NRC races this summer.

P.A.S.S. - Price Area Singletrack Society

- Bicycleworks, Peterson Sponsors Chemical, Carbon County Contact - Fuzzy - 435-650-0639, FuzzyTheBikeGuy@msn.com Website - groups.msn.com/PriceAreaSin

gletrackSociety Type of Cycling - Mtb Riding & Racing and Trail-Building

Location - Price, Utah Club StatementPASS is a loosely-affili-

ated group of mountain bikers dedicated to Building, Mapping, and Riding fine, technical singletrack trails. 4th of July Ride/Barbeque, Helper Arts Fest' rides, and our Spring RACE/FEST"

Salt Lake City Cycling

Sponsors - Canyon Bicycles Contact - Mike Hanseen, 801.278.1500, inahurry@canyonbicycles.com Website - www.canyonbicycles.com

Type of Cycling - Road and Mountain Location - Salt Lake City

Club Statement Weekly club rides for both road and mountain. Majority of members are road riders. 100% open to all to join. No cliques! No high school theatrics, no judgments just having fun riding bikes.

Southwestern Utah Bicycle Touring Association (SWUBTA)

Sponsors: none Contact - Lucy Ormond, 435-229-1404, clucygo@skyviewmail.com Website - SWUBTA.com

Type of Cycling - Road touring, mtn biking, recreational.

Location - St. George, UT
Club Statement SWUBTA's focus is to provide recreational weekend and weekday rides, the annual Cactus Hugger Century, and bicycle safety, education and advocacy in Southwestern Utah. Visitors to the area are always welcome to join club rides.

Team Inertia Cycling Club

Sponsors - Ideal Data Solutions Optimum Mortgage, Golsan Cycles, Rentmeister Electric, Waterford School Contact - Crystal Chambers crystalc@ golsancycles.com, chair, scottg@golsancycles.com, second chair, patc@golsan-cycles.com, third chair, 801-446-8183 Website - www.golsancycles.com

Type of Cycling - All forms and types. **Location** - South Jordan.

Club StatementWe are a phoenix club, rising from the ashes of the old Golsan Cycles memory. Team Inertia is a registered non-profit corporation social organization - completely independent - dedicated to the enhancement of good sportsmanship, rider education, and cycling development in the state of Utah. We encourage all people willing to ride with others to join the club, or join a ride. We hold to a set of "ride considerations" and do not allow egos in our pelotons. Our mission is to see all levels of riders enjoy the sport from the weekday rides to race day. There is no rider worth leaving behind.

Team Novara Utah

Sponsors: REI Contact - Dave Fulghum, 486-2100, Bikecoachdave@aol.com

Website - www.velowasatch.homestead.

Type of Cycling - Road/Mountain/ Touring/Racing
Location - Salt Lake City

Club Statement Team Novara Utah is a recreation focused club. We can and do support those desiring to race, but our primary focus is FUN! We participate in century rides, charity rides (MS 150) and supported tours, we organize weekly group rides, mostly mellow but the occasional barnburner. Team Novara Utah meets monthly at the Salt Lake REI.

Team Pedro's SLC Sponsors - Canyon Bicycles,

Hagermann's Bake House Café, Este Pizzeria, & Recover-Ease Contact - Doug Peterson - 801.523.6010 MTNDoug@moderntele.com Website - www.pedrosSLC.com Type of Cycling - Cruisers to Downhill and everything in-between

Location - Salt Lake City Club StatementWe're just a drinking team with a really bad biking problem and we wouldn't want it any other way!

Team Revolution Mountain Sports Sponsors - Revolution Mountain Sports, Peak Fasteners, Yeti Cycles, Cannondale, Crank Brothers, Sigma Sports, Enervit, Maxxis, North Face Solutions, Edgewood Builders, CTX Mortgage Company, Redwood Endodontics, SDI Sportswear, T2 Performance Training Contact - Bob Saffell bobsaffell@ teamrevolutionracing.com

Website - teamrevolutionracing.com Type of Cycling - Focus on MTB Racing and Cyclocross Racing with a bit of Road Racing thrown in. And always

recreational riding. **Location -** Sandy Utah **Club Statement** Team Revolution Mountain Sports is a growing team of enthusiastic, community minded individuals who like to push themselves to succeed on and off the bike. The team is made up of close to 50 people from Beginners to Pro's and. This makes a large and diverse team that will have participants in pretty much any Cycling event that occurs in the intermountain area. The team has dedicated the 2006 season to Stan Crane who passed away in late February. 2005 Intermountain Cup Team Champions. 2005 Utah Cyclocross Series Team Champions

Team Sugar Sponsors - White Pine Touring, Rocky Mountain Bikes, Smith Eyewear, Silver Mountain Spa, Clif Bar, US Bank, Reef, Giro, Camelbak, Silver Creek Dentistry, Wasatch Animal Clinic, Washington School Inn, Reef, Southwest Children's

Contact - Jean Carlan - 435-513-2271. teamsugarutah@hotmail.com Website - www.teamsugarutah.com Type of Cycling - Mountain Biking racing and recreational riding Location - Park City, Utah Club Statement Team Sugar, est. 2003

Continued from page 7



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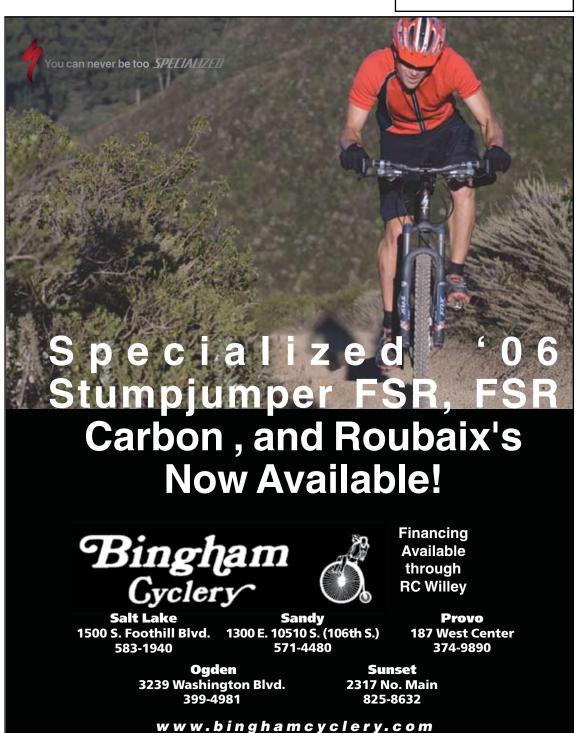
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TRAIL OF THE MONTH

The Bonneville Shoreline Trail is a Hoot in Sandy and Draper

By Gregg Bromka

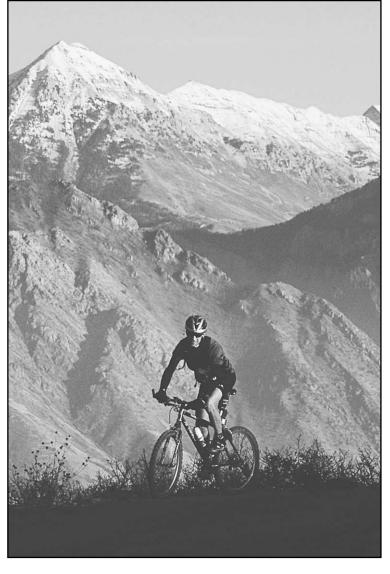
A "work in progress" is the best way to describe the Draper and Sandy sections of the Bonneville Shoreline Trail (BST). In years past, ongoing housing developments, stalled negotiations with landowners, environmentally sensitive areas, and rugged terrain left portions of the trail incomplete or blocked completely. Despite these setbacks, ambitious trail building projects produced many miles of excellent trail. With the recent completion of the vital Lower Corner Canyon connection, you can now ride entirely on dirt from Upper Corner Canyon Road to Point of the Mountain Flight Park (north side). In time, the BST is planned to run to Little Cottonwood Canyon and link to Alpine and other regional trails.

But wait, there's more. Whereas legal wrangling over private property and right of ways appear to have forever severed the Sandy BST, the Draper side receives a warm welcome from its neighbors at Suncrest. In fact, Suncrest offers a half-dozen miles of multi-use trails right now with more on the drawing board. If you tie together the Draper BST with Suncrest's North and South Maple Hollow Trails, then you can log nearly 20 miles of singletrack and climb over 2,000 feet, and that's a ride worth touting.

Details:

With many access points to Draper's BST, you can easily customize your ride to your liking, but if you want to go the distance then you should head to the Flight Park and ride to Upper Corner Canyon Road or vice versa.

From the Flight Park, you'll find the BST taking off from near the end of paved Steep Mountain Drive and running behind the backyards of houses that nestle against Steep Mountain. Initially, the BST makes a beeline across the brushy foothills on a near even



You'll catch a killer view of Mount Timpanogos if you make the climb from the Draper BST to Suncrest. Photo: Gregg Bromka

keel for 1.5 miles, and you'll find magnificent views of the Salt Lake Valley from gaps between the homes. The trail jogs into Maple Hollow and passes the North Maple Hollow Trail, which rises to the Traverse Mountains' ridge at Suncrest. Legs willing, hit that trail on the return. Continuing on, the BST ducks into a tunnel under Traverse Ridge Road and then pops up to Rambling Road. Follow signs directing you back onto the dirt trail on the south side of Rambling. Quick climbs and descents coupled with smooth and chunky tread take you past Red Rock and Potato

Hill before curving around the new L. D. S. church and dropping into Lower Corner Canyon.

A new section of trail, built last November so it might still be in need of getting "buffed out" this spring, angles north and zigzags up and out of the canyon. It crosses the aqueduct path and then intersects the dirt and gravel Upper Corner Canyon Road. Don't turn around just yet because there is more singletrack ahead, and it's sweet.

Across Upper Corner Canyon Road, the BST traces the conspicuous shoreline bench cut by the ancient lake with Lone Peak towering overhead. Ride through the brush on smooth sandy trail across Bear Canyon and to Little Willow Canyon. Now you can turn around because forging ahead requires portaging a remarkably steep trail over a rocky knoll past Flight of the Eagle Trail. If you do make the effort, you'll have to backtrack after about a mile along the BST when you hit the trail blockage on the Sandy section, where a disgruntled landowner has prohibited trail use. No bother. The return ride to the Flight Park is a delight and neither the dead end trail or the silly hike-a-bike can

If you're feeling fresh upon returning to North Maple Hollow Trail, then gear down, way down, and make the 1.5-mile, 1,000-foot climb to Suncrest atop the Traverse Mountains. The trail is a steep creep on the way up, but gravity takes hold firmly on the return descent. Don't be hasty to point your front wheel downhill upon making the climb either because more singletrack awaits. Exit the trail at the Suncrest community park and then cross Deer Ridge Drive to pick up the South Maple Hollow Trail. Ride the 1.5-mile, down-and-backup loop, freewheel back down North Maple Hollow Trail to the BST, and mosey back to the Flight Park to wrap up your ride.

Location: Draper foothills between Point of the Mountain and Upper Corner Canyon Road.

miles on Suncrest trails. Tread: All singletrack.

Physically: Moderate (smoothriding trails with plenty of intermittent terrain challenges). Technically: Moderate (handbuilt trails are not lacking in challenging sections).

Gain: Up to 500 feet for the BST; add on up to 1,500 feet for Suncrest trails.

Trailhead Access: Point of the Mountain Flight Park: From I-15, take exit 288 for Draper and Bluffdale, and go east on Highland Drive for .8 mile. Turn right onto Traverse Ridge Road; then turn right onto Steep Mountain Drive after .6 mile. Wind through the residential area for 1.5 miles to the end of pavement. Park off to the right near the launch pad and outhouse.

Upper Corner Canyon Road: From I-15, take Exit 291 for Draper, and travel east on 12300 South. Turn right onto 1300 East at Hidden Valley Shopping Center, and then go left onto Pioneer Road (12400 South). Drive 1 mile east, turn right onto 2000 East, and park where pavement turns to dirt near the steel gate.

Read more trail descriptions in Mountain Biking Utah by Gregg Bromka. Get a copy at your favorite bike shop or at **cyclingutah.com**.

Length: 7.5 miles one way; 15 miles round trip; add on 4.5

SLC Collective Seeking Bike Ed Course Instructors

The Salt Lake City Bicycle Collective, a nonprofit organization, is seeking individuals as part-time course instructors. The Bicycle Education Project will offer bike safety and bike mechanics courses to kids and adults of all ages and abilities. The bike safety instructor position involves attending a League of American Bicyclists' Road I course and training seminar to become a League Certified Instructor (LCI – see www.bikeleague.org/programs/ education/seminars.php for more information). Responsibilities include coordinating, scheduling and teaching courses. The successful applicant may be required to work flexible hours including weekends. Send resume and cover letter to jobs@slcbikecollective.org or mail to PO Box 2400, Salt Lake City, UT 84110-2400 if you are interested in this excellent opportunity. For more detailed information visit www.slcbikecollective.org or call Jason at 485 2006



Wild Rose 702 Third Avenue 801 533-8671 wildrosesports.com G.O.T.S.

OUTDOOR EQUIPMENT SWAP

Bike Gear • Camping Gear • Clothing Watersport & Climbing Equipment

Registration: Fri. May 5 4:00 PM to 7:00 PM

Sat. May 6 8:00 AM to 10:00 AM

Swap: Sat. May 6 9:00 AM to 5:00 PM

Pickup: Sat. May 6 4:00 PM to 6:00 PM



Sports Am

April 23 , 2006

Earth Day Pedal Cup

Start Time 10 am at City Creek Canyon in

Salt Lake City. All ages welcome for this 5 1/2 mile Hillclimb. Entry Fee \$17

(after April 12, \$20)

www.sports-am.com 583-6281

Sign Up at Canyon Bicycles 3969 S. Wasatch Blvd. 278–1500

cycling utah.com

Club Guide - Continued from page 5

is a dedicated group of women bike racers devoted to introducing as many women as possible to the sport and promoting the fun of competitive racing. Team Sugar provides free women's rides every Tuesday night throughout the summer, which allows women to learn Mtn. Bike skills, trails, etc in a non-competitive environment. We also offer clinics teaching the basics of bike mechanics. For more information call Jean Carlan 435-513-2271

Timpanogos High School Cycling Sponsors - None

Contact - Donnalee Eisenhart, 801-223-3120 ext 183, eised786@alpine.k12. ut.us; President: JT Ferrin, jt_ferrin@ hotmail.com

Website - None Type of Cycling - Road Racing Base **Location** - Orem, Utah, Timpanogos High School

Club StatementThis is our first year at Timpanogos High School, JT Ferrin and his brother Jake asked me to sponsor the team as the school advisor. JT wrote a constitution and we were on our way. We ordered uniforms in January designed by JT and Jake, hopefully they will be here before the spring rides begin. JT and Jake recruited other students to participate in the club, and currently we have ten members. Never before in the history of Timpanogos have we had a cycling team, so these young boys have created a revolution of sorts. We are not sanctioned by the school because the administration feels that the sport is dangerous, (what about football) go figure? We have sponsored about five rides and hope to have more in the spring. John Gardner came and spoke to our team about professional riding and he even recruited two students for Sports Base on Line and recently we had a Pizza Party. Hopefully when our uniforms arrive the students will feel a greater sense of unity.

UtahMountainBiking.com

Sponsors - none **Contact** - Michael Engberson or Bruce Argyle, 801-756-6027, umb@madsci.

Website - www.utahmountainbiking.com Type of Cycling - Mtb racing, Mtb rec-

reational riding

Location - Alpine, UT

Club Statement Utah Mountain Biking. com was started by Bruce Argyle in the early 90's as a place to post pictures and descriptions of his mountain biking adventures. Club members included mostly brother-in-laws who enjoyed biking together. Today the UtahMountainBiking.com web site brings together a wide variety of bikers of all abilities through the discussion board, group rides and race events.

Utah State University Cycling

Sponsors -Utah State University, Electrical Wholesale Supply, Carmichael Training Systems, Joyride! Bikes, Sunrise Cyclery, Al's Cyclery, Rees Homes, Dr. Evan J LeFevre Chiropractic

Contact

President- Ira Tibbitts, ira@inbox.com Advisor-Stephen Bialkowski, Stephen. Bialkowski@usu.edu

Head Coach-Tommy Murphy, TMurph@ cc.usu.edu, Stephen.Bialkowski@usu.edu

Website - www.usu.edu/cycling Type of Cycling - Road, Mtn, Cyclo-X, BMX, Freeride, NCCA; NCCA Conference: Rocky Mountain Location - Utah State University -Logan, Utah

Club StatementThe USU Cycling Club was established in 2000 to offer USU students the opportunity to race under the governing body of the National Collegiate Cycling Association (NCCA). The USU Cycling Club competes in the Rocky Mountain Collegiate Cycling Conference against schools from Utah, Colorado, New Mexico and Nevada. There are over 16 schools that compete in the Rocky Mountain Conference. In order to race with an NCCA team, individuals must be an enrolled student of the sponsoring university, purchase a USAC collegiate racing permit, and fulfill all NCCA eligibility guidelines and sponsoring club and university guidelines. The USU Cycling Club also offers regular club memberships for students

Utah Valley Racing

Sponsors - Thanksgiving Point, Extreme PT, Racers Cycle Service, Work in

Contact - John Mcilmoil 375-3480. johnmcilmoil@juno.com

Website - utahvalleyracing.com Type of Cycling - Road Racing Location - Utah Valley Club Statement

This is our fourth year of making road racing accessible to the masses. We like to race and share good times.

Utah Velo Club

Sponsors - The Bike Peddler, Gold's Gym, Alphagraphics

Contact - Stan Swallow, 801-763-8364, stanswallow@att.net

Website - www.utahveloclub.com Type of Cycling - Mostly Road recreational and racing with some Mountain bikers

Location - American Fork, Utah Club StatementThe Utah Velo Club in American Fork is for the purpose of organizing local group rides and informal races. Cyclists of all abilities and fitness levels are invited to participate in the club without a membership fee. There is no mandatory level of participation required to remain in the club. If you are interested, you are in. We have 280 members and were organized in October

Vanguard Media Group Cycling Team / Utah Premier Cycling Club Sponsors - Title: Vanguard Media

Group Shop: Spin Cycle. Other sponsors: Nate Wade Subaru, Millcreek Coffee, Squatters Pub Brewery, Cerami Chiropractic, Barlage Insurance, Display Business, Inc.

Contact - Bill Cutting 949-4080 bcutting@vanmedia.com or Kurt Peterson: 673-2758 cyclingbuzz@yahoo.com Website - www.vanguardcycling.com Type of Cycling - Primarily road cycling, but two of our members (Ellen Guthrie and Rob Westerman) are national champion NORBA racers.

Location - Salt Lake City **Club Statement** We are a group of 90 road and mountain cycling enthusiasts. Founded in the mid-1980s, we the largest and among the oldest competitive cycling clubs in Utah. Whether you are an aggressive competitor looking for teammates and support, a newcomer hoping to try racing for the first time, or a weekender in search of riding partners, the Vanguard Media Group Cycling Team/ Utah Premier Cycling Club atmosphere will enrich your cycling experience.

Wasatch Mountain Club

Sponsors - none

Contact - Audrey Rindfleisch, (801) 647-0756, audreyrin@juno.com Website - www.wasatchmountainclub. org - follow biking link

Type of Cycling - mountain biking and road touring. Location -Salt Lake City and Park City,

Utah

Club Statement The Wasatch Mountain Club is a recreational outdoor club for adults. Members organize local rides several times a week in the local Salt Lake and Park City environs and occasional weekend trips to Moab, and nearby states. Rides are organized at various biking abilities from Not To Difficult(NTD) through Moderate (MOD) to Most Difficult (MSD). Join us for social, spirited climbs. Publication- The Rambler (issued monthly)

Wasatch Women's Cycling Club Sponsors - JR Smith Coaching, Price Waterhouse Coopers, Revolution Cycles, Clif Bar, Arosnet

Contact - Jill Wilkerson-Smith, President, 801-809-2570, consultjr@ msn.com;

Darcie Strong, Secretary, 801-815-4847, darciestrong@hotmail.com

Website - www.wasatchwomencycling. Type of cycling - Road racing and recre-

ational road riding Location - Salt Lake City, Utah Club StatementWWCC was founded in 2000 by Jill Wilkerson-Smith and Daphne Perry. The purpose of our club is to provide an educational and encouraging environment for women to achieve their racing or recreational cycling goals. WWCC fields an elite and developmental race team and aims to continue bringing more women into the sport. Elite Race Team Members - Jennifer

Hanks, Lisa Milkavich, Benita Pulins, Katie Stoll, Darcie Strong, Jen Ward, Jill Wilkerson-Smith.

Development Team Members - Lauren Barros, Kristen Burnett, Debbie Chiquito, Melanie Helm, Shawna Niles.

Young Riders

Sponsors - Jan's/White Pine Touring, Mountain Trails Foundation, Wells Fargo Private Client Services, TOSH Park City, Park City Orthodontics, Silver Mountain Sports Club

Contact - Tom Noaker, Race Team Director, 435-901-1766. Heinrich Deters, Rec Program Director, 435-659-1188. Website - www.youngriders.com Type of Cycling - MTB, road recreation-

al, road racing

Location - Park City
Club StatementThe Young Riders is a 501-3c non-profit dedicated to introducing youth ages 8-18 to the sport of cycling. The Recreational program offers day and weeklong camps for beginner, intermediate and advanced riders throughout the summer. The race team participates in Intermountain Cup and NORBA National events. Race Team training begins March 1st and continues through Aug 15th. Race Team Director Tom Noaker has 23 years of bike racing experience, is a two-time NORBA National Champion and USA Certified cat 2 coach. Rec Director Heinrich Deters has a background in Physical Education and is a veteran of Endurance

Editor's Note: If you missed getting your club listed, you have a second chance. We will publish part 2 of the club guide in our next issue. If you would like your club listed, please email dave@cyclingutah.com for details.

and Ultra Endurance cycling.



UTA RIDESHARE BIKE BONANZA May 19,2006 = Gallivan Center

Ever thought of riding your bike to work? Where there's a will, there's a way. Get started at the UTA Bike Bonanza. From 4:00 to 8:00 p.m., there'll be bike commuter experts on hand, spectacular stunt riding by SLC Trials, bike safety information, a kids' race, free bike tune-ups, bike registration and a cruiser giveaway. Then at 6:00 p.m. join Mayor Rocky Anderson for an escorted bike ride around the city. And be sure to register and pick up your packet for the Cycle Salt Lake Century Ride on Saturday.

For more information about this and other Cycle Salt Lake Week activities, log on to www.utarideshare.com or call 287-2066.

Saturday, May 13 Road I Course

SLC Bike Collective, 9:00 a.m.

2312 S. West Temple

Saturday, May 13 Live Green Festival

Guided Bike Tours, 10:30 a.m. and 1:30 p.m. Pierpont Ave. (West Temple to 200 West)

Sunday, May 14 Mountain Bike Ride

Popperton Park, 2:00 p.m. 11th Ave. and Virginia St.

Tuesday, May 16 **UTA Bike to Work Day**

Riders can stop at one of our stations for free bagels, 7:30 to 9:00 a.m.

Go to www.utarideshare. com for station locations

Tuesday, May 16 Historic Tour of the City Popperton Park, 6:00 p.m.

CYCLE SALT LAKE WEEK

11th Ave. and Virginia St.

Wednesday, May 17 Movie Night

Tower Theatre, 7:00 p.m. 876 East 900 South

Friday, May 19 UTA Rideshare Bike Bonanza

Gallivan Plaza, 4:00 to 8:00 p.m. 239 South Main Street

Saturday, May 20 Cycle Salt Lake Century Ride

Utah State Fair Park, 7:30 a.m.

155 North 1000 West

UTA 🚐 RIDESHARE



























Climbing the Alps - Continued from page 2

d'Huèz, and our base camp for the remainder of our trip.

I had grand ambitions for our first day in the Alps. The plan was to ride to the top of l'Alpe-d'Huèz, on up over the Col de Sarenne, the higher pass on the south side of l'Alpe d'Huèz, down to the main road, up to the summit of the Col du Lautaret, on up to the top of the Col du Galibier, with a long return to Bourg-d'Oisans. It was a grand idea, but between arriving late, getting up late, and having breakfast, there was simply not enough time, and potentially not enough energy, for such a quest.

So, we made our second deviation from our planned itinerary, and in fact ended up altering our plans for each day thereafter. As it was another clear day (the weather gods were making up for their shellacking of Rick and me on the Aubisque), we decided to climb the Col d'Izoard and Col du Lautaret. We first drove to the top of the Col du Lautaret to start the day's ride. From there, we descended to Briançon, knowing we would have to finish the day by climbing back up to the top of the Lautaret. It was fast descent, where I hit my fastest speeds of our trip thanks to long stretches of straight and steep road.

It is quickly apparent that Briançon has a Tour tradition. As we entered the town,

<u>Day</u>	<u>Miles</u>	Climb	Category	Elevation Gain
				<u>(feet)</u>
9/25	45.9	Col du Soulor	2	2933
		Col d'Aubisque	HC*	2725
9/26	67.83	Col du Tourmalet	HC	4547
1		Luz Ardiden	HC	3238
9/27	57.43	Col d'Aspin (west side)	2	2080
		Col de Peyresourde	1	2195
		Col d'Aspin (east side)	1	2621
9/28	31.7	Col du Portet d'Aspet (east side)	2	1434
		Col de Menté	1	2329
		Col du Portet d'Aspet (west side)	2	1407
9/29	27.5	Mt. Ventoux	HC	5292
9/30	60.4	Col d'Izoard	HC	3740
		Col du Lautaret	1	2782
10/1	55	Alpe d'Huez	HC	3642
		Les Deux Alpes	2	2200
10/2	24.7	Col de la Madeleine	HC	5010
10/3	34.5	Col du Télégraphe	1	2585
		Col du Galibier	HC	4039
*(In the Tour, climbs are ranked beginning with 4, the easiest, up through 1, with HC				
("hors catégorie" or above categorization, being reserved for the very toughest climbs.)				

we noticed a sculpture of four bicycles in a line and painted, in succession, yellow, white with red polka dots, green and white. At intermittent intersections and roundabouts, there are individual sculptures of each of these bikes. We followed the signs through Briançon directing us to the Col d'Izoard. You cannot get lost looking for these climbs. They are so famous that directing signs are all over.

It is 21 kilometers from Briançon to the summit of the Col d'Izoard. Because of its variety, it was actually one of my favorite rides on this trip. It follows a river most of the way to the top, climbing through a fairly narrow canyon to an open area where the quaintly scenic town of Cervières sits, and continues up to the very small resort hamlet of Laus. It then switch-

backs up a steep, forested slope to a gently sloped section before finally emerging from the trees for the final switchbacks, to the top. It was at this summit that a gregarious Italian, who tried to speak to me in French but could not help speaking mostly in Italian, offered to and took my picture in front of the summit marker.

We had lunch at the Refuge Napoléon, a café just a few hundred meters below the summit and so named because it had hosted Napoleon on his return from exile on the Isle of Elbe. Lunch is a relative term, as we arrived here approximately 4 p.m. We debated whether we had enough time to stop for lunch, but we were hungry, and besides, this had become a tradition. It was both a good and not so good decision. Good because

we were served up what was probably the best meat and cheese platter of our trip. Not so good because . . . well, I will explain that later.

After eating, it was another fast and fantastic descent. By the time we arrived at Briançon, however, it was already dusk, and we still had a 27 kilometer climb to the top of the Col du

Lautaret. Though it was quickly turning dark, we witnessed a beautiful sunset as the rays from the setting sun struck the west facing mountain slopes, turning them gold, and deepening to red until the shadows finally engulfed them. That, however, was when we still had over ten kilometers to go. The final kilometers were climbed in complete darkness. That was the not-sogood part of our lunch decision. On the other hand, under Rick's criteria, by finishing after dark, it qualified as a perfect day. After returning to Bourg-d'Oisans, we finished the day off with one of the best pizzas I have eaten, an interesting twist given this restaurant was our last choice after having been rejected by other restaurants for arriving too late.

The next day, we again postponed our planned ascension of the Galibier. In addition to once again awakening late, the Saturday market with its cheese, sausage, vegetable and dry goods stands was in full swing in front of our hotel. Who can resist that? This was only our second, and I might add last, gift and souvenir shopping of the trip, the first being a stopover in Avignon to buy colorful tablecloth sets for which the Provence region is known. (Well, actually I guess it was our third time shopping if you count the souvenir jerseys and browsing we did the previous day at the local bike shop.) Besides, the weather gods must have decided they had satisfied their debt to Rick and me as the weather was once again threatening, the first time since our soaking thunder and lightning climb up the Col d'Aubisque. Instead, we decided to climb l'Alpe d'Huèz and, after descending the Col de Sarenne, climb to the ski resort of Les Deux Alpes, another somewhat well-known climb of the Tour, before returning to Bourg-d'Oisans.

While l'Alpe-d'Huèz has the aura of being the toughest climb in the Tour, it simply is not true. The Tourmalet, Mt. Ventoux, the Galibier, and arguably several others are tougher climbs. But no other climb looks as imposing nor is as photogenic as l'Alpe-d'Huèz. That being said, make no mistake. It is still a monster of a climb, and with its 21 "lacets", or switchbacks, one of the most fun climbs to tackle.

The corners of the switchbacks are numbered in reverse order, beginning with 21 and counting down to 1. (That is a little deceptive, however, since after making turn No. 1, you still ride through the hilltop town, making two more very definite switchback turns.) Each corner has a sign with the corner's number, and the name of a past winner of the stage. The bottom three corner signs have two names: There are only 21 corners, and at this point in time, 24 winners of this stage. The winners are listed in order beginning with corner No. 21. Lance Armstrong is listed on this corner for his win in 2001 along with Fausto Coppi, the winner of the first stage up l'Alpe-d'Huèz. Armstrong is also listed on corner sign No. 19 for his win in 2004.

This climb was Rick's primary target for the trip. He was excited for the pending ascent. I had already done this climb twice back in 2003. But like I said, it is a always a fun and challenging climb, and I too was excited. The climb is 14 kilometers of switchbacks with a fairly

Continued on page 10

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18th annual All West Communications

High Uintas Classic Bicycle Stage Race

June 17th - 18th, 2006

Evanston, Wyoming

KAMAS TO EVANSTON BALD MOUNTAIN ROAD RACE, "Over the Top" 10,700' Saturday, June 17th, start time 9 am at Kamas City Hall.

The classic 80 mile road race is back! Finish at the Wyoming State Hospital in Evanston.

CHARLES SCRIVNER MEMORIAL TIME TRIAL Sunday, June 18th, start time 7:30 am in Evanston. Flat 10 mile out and back.

DOWNTOWN COURTHOUSE CRITERIUM Sunday, June 18th, start time 12:15 pm in Downtown Evanston.

Race Hotline (866) 783-6300 ext. 459



On-line Registration www.active.com

For complete race information, please visit

www.evanstoncycling.org



www.sports-am.com 583-6281

Sign Up at Canyon Bicycles 3969 S. Wasatch Blvd. 278-1500

COACH'S CORNER Planning Your Season

The sport of cycling has grown tremendously here in the state of Utah thanks to the numerous event organizers and great sponsors we have throughout the state. If you are based in the Salt Lake City area you could truly race 5 days a week. There are a plethora of weekly criteriums to choose from, the Salt Air time trials and on weekends a choice of road and mountain bike races as well as various centuries and local events. With so much going on it's vital to plan your season and respectively, your training.

In order to plan your training, you first need to determine your event calendar. Look at what's available, not just for the upcoming months, but for the entire season. Go through and pick out the races and events you know you want to do as well as others that you are interested in. From there label them as an A, B or C event with "A" races being of highest priority. This will help you delineate which events you are training for and which ones you can use as part of your training. Here in Utah the cycling season normally kicks off in March with a number of road and mountain bike events and begins to wind down in October. This is an enormous calendar spanning 8 months of the year which doesn't include the cyclocross season. If you incorporate 'cross, then you're easily looking at racing 10 of the 12 months of the year--that's longer than the NBA or NFL season! It is crucial to look at the big picture when planning your season and respectively, your training.

After you've explored all of your options and you have determined your A, B and C events, the next step is to plan your training for these events. The most important piece of knowledge you need to know when planning your training schedule is that your form is going to vary throughout the year. You are NOT going to be able to maintain peak performance for 8 months. Your form and subsequently your results are going to vary from month to month. It's like a roller coaster ride with highs and lows, so the goal in planning your training is to align these highs or peaks, with your "A" races. A highly trained athlete can usually hold a peak for 4-7 weeks before they begin to experience the low. This is why you find athletes such as Lance Armstrong, Jan Ullrich, and Levi Leipheimer focusing on one race a year, the Tour de France. Their whole season is built around preparing for the Tour. With this in mind you to need to develop your training program with focus on your goal events. Periodization is the long-term planning and scheduling of training. The progression if you will. Each period builds on the next,

more advanced training period to prepare you for your most important events of the year.

In the sport of cycling there are many disciplines and the preparation and training needed for these different events will vary greatly. A time trialist's training schedule is inane to the criterium racer and a criterium racer's training schedule is meaningless to the ultra-endurance athlete. Specific training and preparation is needed for each of these cyclists and their respective disciplines as will be the training and preparation needed for your goal events. A time trialist's performance focus is on consistent and steady sustainable power while a criterium racer's training focus is on acceleration and repeatability. Training the body to produce and recovery from the repetitive efforts found with accelerating and decelerating in and out of corners. The specific needs of the two and training therein is greatly different.

An organized, planned training program eliminates the random, aimless approach used by many athletes. A well-structured plan gives guidance, direction, and scope to everything done. If you find yourself at the same weekly rides (Tuesday Night Worlds), doing the same weekly workouts then that's probably a sign that it's time to rethink your training and what specific preparation is needed in order to perform your best at your goal events.

Planning your season is the foundation of a structured training program. "In training nothing happens by accident, but by design." (Tudor Bompa) Don't just train, train right!!!

Tommy Murphy is a professional coach with Carmichael Training System. He works with a wide variety of athletes from the beginner to the professional athlete. For more information about CTS services and coaching email Tommy at Tmurphy@trainright.com or check out www. trainright.com.

The Mayor's Bicycle Advisory Committee, the leading bicycle advocacy group in Salt Lake and Utah, wants to encourage all cyclists to participate. There are monthly meetings on the second Wednesday of every month at 5 p.m. in the City & County Building, Rm. 326 or 335, 451 South State Street. For details, visit the Cycling Utah web site (www. cyclingutah.com) or call the Mayor's office at 535-7939 or Brian at 328-2453.







Climbing the Alps - Continued from page 8

consistent and average slope of 7.9%. You soon realize that the only reprieve you get is in many of the corners where the slope eases somewhat for the turn. You come to anticipate them, so it is a cruel corner which turns out to be as steep, or steeper, than the road itself.

Rick and I finally got on the road and rode a scant one kilometer before the beginning the climb up l'Alpe-d'Huèz. Some warmup. From there, we began to tackle the face of this mountain one switchback at a time. I arrived at the finish first, then road back along the course for about a half kilometer to where it starts to head downhill. There, I waited for Rick. And waited . . . and waited . . . and waited. Finally, I rode back to one of the cafes where several cyclists were hanging out and asked after him. They did not recall seeing him.

Sensing that he had made a wrong turn, an easy thing to do once you arrive in the town, I spent the next half hour wander-

ing around looking for Rick, without success. As I said, our plan had been to ride over the Col de Sarenne and down the south slope of l'Alpe-d'Huèz. However, the route out of l'Alpe d'Huez and on up to the top of the Col de Sarenne is not well-marked. Finally, I decided that when he could not find me, he either found his way and continued on, or returned back to Bourg-d'Oisans. I had to do one or the other, so I continued on.

The road descending from the Col de Sarenne is rough, little used and strewn with rock till about halfway down. That definitely slows the descent. But it is very scenic, and near the bottom goes through the beautiful, colorful town of Mizoën. It must be this town's goal to have flower boxes in every window and flower pots virtually everywhere else, all overflowing with beautiful flowers in full blossom. Leaving Mizoën, you soon come out on the Barrage du Chambon, or Chambon Dam. This is a large reservoir resting between steep, massive canyon walls and filled with soft, milky blue glacial water.

While waiting for Rick at the top of l'Alpe d'Huez and

descending down the Col de Sarenne, it had rained off and on. But when I arrived at the dam, it had stopped and the clouds had seemed to lighten. I decided I probably had time to do the climb to Les Deux Alpes before the heavy weather set in. So, I started up the mountain, only to have it start raining about a kilometer into the climb.

The weather gods must not have liked me challenging them, so they rained, and at times poured, on me all the way to the top. Like its famous brother, this climb counts down its turns, though this road is more like a winding mountain road than the switchbacks up to l'Alpe d'Huèz. Still, in a pouring rain, I anxiously counted down the turns. When I arrived at the top, I was tired, hungry, wet and cold. I spied a small market, and ducked inside for food, drink, warmth and a reprieve from the rain. I purchased a package of "gaufres sucrés", sugared-infused chewy waffles, and Orangina for some quick energy.

As I looked out from the store, the raining had nearly stopped. I made my exit, quickly ate a couple of gaufres and drank the Orangina, packed the rest in my pockets and jumped on my bike. It was at this moment that I decided the weather gods were toying with me. As soon as I rolled onto the road, it started raining again. And it rained and poured the entire 26 kilometers back to the hotel.

As I entered our room dripping wet, I found Rick laying on the bed, showered, dressed, relaxed and reading. We soon determined that Rick had made a wrong turn above the Alpe d'Huèz town center but before the official finish of the Tour stage. He still arrived at the



Left: Rick ascending La Madeleine. Above: Perfect ending to a perfect trip.

finish, but must have been heading up a street that paralleled the street where I was waiting. Subsequently, we both wandered looking for each other but never came within each other's line of sight. Rick did decide to continue on but, since the route to the Col de Sarenne was not wellmarked, he ended up following a road that would eventually have sent him down the wrong side of the mountain and in the wrong direction. He is a smart guy, though, and realized all this. So, he decided to simply return to the hotel. He missed all the fun of 38 kilometers in the rain.

The following day, the Col du Galibier was again our goal. However, it had been raining during the night and was quite cool. Knowing that the top of the Galibier is at 2645 meters, we were concerned about snow conditions. We decided to first drive over the Galibier from

the south by way of the Col du Lautaret, and then down the north side. If conditions were favorable, we would climb the Galibier from the north side. Before arriving at the top of the Col du Lautaret, it started to snow, and the temperature on our car's thermometer was fluctuating between 1° - 2° C. At the top of the Galibier, it was windy and - 4° C., with patches of ice on the road. So, the decision was made to postpone the Galibier to the next day, our last day of cycling, and to mount an assault instead on the Col de la Madeleine, which at 2000 meters is over 600 meters (approximately 1900 feet) lower in elevation.

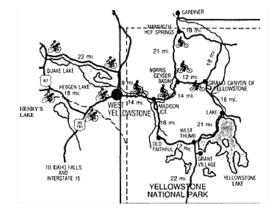
The drive down the north slope of the Galibier was very scenic. We descended first through barren, windswept terrain, then shrubbery and grass meadows with grazing sheep

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and goats, and finally into forested valleys and slopes to the base of the mountains. On the way, we passed through Valloire, a ski resort nestled just beyond and below the top of the Col du Télégraphe, the warmup for the Col du Galibier. From there, we drove on to La Chambre, a small town sitting at the base of the south slope of the Col de la Madeleine.

From La Chambre, it is 20 kilometers to the top of the Madeleine. It had ceased raining during our drive, and so we were hoping for a bit of a reprieve during the climb. No way. As soon as we started riding, it started to rain. It rained till three kilometers from the top, for which kilometers the rained turned to snow and fog. The climb felt like a pilgrim's progression, continually encountering adverse conditions as we rode curve after curve through small villages till arriving at the base of the high mountain ski resort, and then through the thick fog and snow till finally emerging at the summit.

Thankfully, there was once again a restaurant to provide warmth, refuge and refreshment. We had some tasty soup, hot chocolate and bread. That was enough to prepare us for the cold descent back down.

On exiting, it had stopped snowing which was nice for the descent. While it had taken over two hours to reach the top, going down took 21 minutes. Arriving at the bottom, it was nice to strip out of wet clothes into dry ones and climb into a heated car. From there, we drove up the east side of the Col du Glandon, took a side excursion to the top of the Col de la Croix de Fer, back down toward Bourg-d'Oisans, up the north slope road to Alpe d'Huèz, and then down the main switchbacks to our hotel.

In doing all this day's driving, we saw spectacular mountain scenery full of color enhanced by the glistening precipitation and fantastic views from the steep mountainsides. Between our riding and driving, this day presented the finest visual feast of the entire trip.

That evening, we dined at a restaurant where we had some excellent pasta, a friendly host





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Tommy Murphy 435.787.8556 tmurphy@trainright.com and an entertaining wall hanging on which the author had written about the 365 times he had attempted to seduce his wife during the last year. It was a memorable final meal in the Alps.

The next morning, we arose and for breakfast finished off our pastry purchases from the previous day. We then packed up our bags, loaded them and our bikes into the car, and headed off for the final day of this ambitious trip. Twenty-four hours later, we would be winging it home.

Our plan, again, was to climb the Col du Télégraphe and on up the Col du Galibier. We drove up the Col du Glandon from the west side, only to find that as we neared the top, which was much lower in elevation than the summit of the Col du Galibier, it was snowing heavily. Worried, I began to formulate an alternative plan which involved riding up the Col de la Croix de Fer from the east side, and then looping down around the Col du Glandon. Rick, fortunately, worried less about the weather than I did. I had told him early in our trip that my primary targets were the Col du Tourmalet, Mt. Ventoux and the Col du Galibier. He knew that if we did not ride the Galibier today, it would be a huge disappointment for me. So he said we should follow our original plan and climb as far up the Galibier as we could.

Fortunately, the precipitation had stopped and the sun was actually peaking out when we reached our starting point in St. Jean de Maurienne. We road a fairly flat route to St. Michel de Maurienne. Leaving there,

however, we immediately started climbing the Col du Télégraphe. It soon started raining, and rained the rest of the way to the top of the Télégraphe. I stopped and dressed more warmly for the five kilometer descent into Valloire where I quickly located a small café and some hot chocolate. Rick arrived shortly thereafter, and we reassessed our situation.

Given the weather, I suggested we should head back down. Rick would have kept climbing as long as possible. But, after we discussed the cold, probable snow, and what would certainly be a freezing and possibly treacherous descent, Rick agreed we should probably head back down. So, after warming up, we circled through Valloire and started the short climb back to

the top of the Col du Télégraphe. It then occurred to me that one of us could descend back down and retrieve the car while the other road up toward the summit of the Galibier as far as weather and road conditions would allow without having to worry about a dangerous descent. I suggested this to Rick, telling him we would flip a coin to decide who got to head up the Galibier. I was, of course, selfishly hoping to win the toss, and even more selfishly hoping he would volunteer for me to continue on while he went for the car. But I was determined to be a sport, toss the coin and go after the car if it fell in Rick's favor. Rick, however, simply said I should go on while

Continued on page 21

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MOUNTAIN BIKE RACING

Gillespie and Sherwin Say Goodbye to Winter at Desert Rampage



By Joaquim Hailer

Despite what the weather report may lead you to believe, mountain biking season is close at hand. It's time to pull those bikes out of the garage and clean off the dirt and crud you left from last autumn's riding. In fact, if you haven't gotten yourself off the couch yet this year, you're already a step behind the couple hundred racers that showed up in St. George for the first race of the Intermountain Cup series, the

Mega-Pro Desert Rampage.

The two hundred and seventy seven riders who made the trip to St. George were rewarded with a foreshadowing of summer, with delightful warm weather and sunny skies – and, in what is becoming a reliable harbinger of spring for many, the Green Valley dirt pit and adjacent mountain bike competition area was seized from the local high school partiers by a legion of mountain bikers.

The course, shared by the Desert Rampage and the



Left: Kathy Sherwin keeps on winning.

Above: Bart Gillespie as seen by his fellow racers - a blur.

Photos: Joaquim Hailer. See more at joaquimhailer.com

Huntsman Senior Games, is surprisingly scenic and varied for what, at first glace, seems to be a nondescript patch of desert. From the unique "Keyhole Wash" section, to open climbs with views down into the ever-expanding metropolis of St. George, to a few white-knuckle, dusty downhill sections, the race course serves up plenty of variety.

plenty of variety.

And it's a good thing the race is held on a fun course - the overall winners in both male and female categories didn't really have much to do but check out the scenery and enjoy the trail.

In the men's pro category, Bart Gillespie (Raleigh) continued to demonstrate that he has most definitely not spent the winter drinking beer and watching TV. Gillespie took the lead early on in the first of 4 laps on the course, and stayed in front for the entire race. "I don't ride a trainer," Gillespie said when quizzed about his training regimen. "I live in Emigration Canyon, and mostly just bike commute - it's good to ride on dirt again." Gillespie's finishing time was 1:57:14. He could easily have stopped to enjoy the warm weather for a while, as his closest competition, Mitchell Peterson (Balance Bar/Devo), finished a solid fifteen minutes

behind, in 2:12:15. The competition between second and third in the pro men category was a bit more exciting, with Shannon Boffeli (Revolution) coming in at 2:12:48.

In the pro women category, the race was similarly one-sided, with Kathy Sherwin (Ford Cycling) demonstrating that she'll again be the one to beat this year. Like Gillespie, Sherwin opened up a huge gap, and came into the finish with a very comfortable lead over second place finisher Sue Abbene.

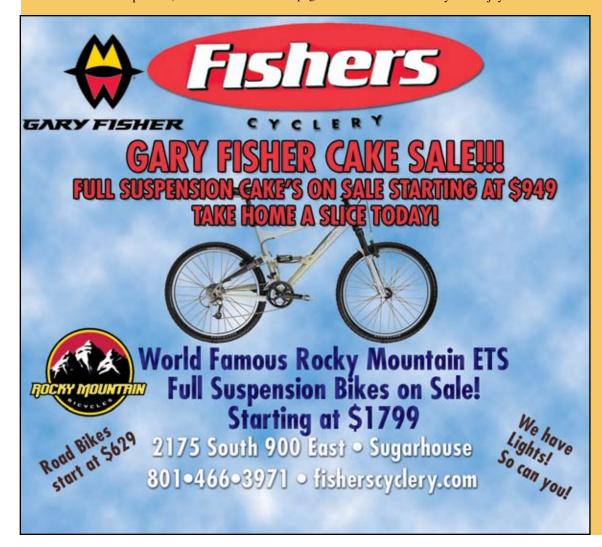
Sherwin's final time was 1:41:28, while Abbene came in at 1:53:14. Hopefully the pro fields will heat up a bit as the race season progresses, and these riders will get some competition.

The singlespeed category was possibly the most exciting of the day, with close times and a great course for singlespeeding. Jon Gallagher (Cole Sport) didn't take a vacation after his cyclocross season, and came in first with a time of 1:02:50. DeJay Birtch (Niner Bikes/Genuine Innovations) was close behind at 1:05:30. In third place at 1:07:24, Lynda Wallenfels (Health FX) showed that singlespeeding is mostly definitely not a boys-only club.

The Desert Rampage is a great race for shaking off the cobwebs, and provides a strong kick-off to the Intermountain Cup series. Not only that, it provides a great excuse to head south and get in some early-season riding at Gooseberry Mesa or other St. George area trails.

If you missed your chance or would like another excuse to get some of that fine red dust on your bike, the second Intermountain Cup race, the Cholla Challenge, will go down in Hurricane on April 1st. You'd be a fool to miss it

See comlete results on page 20.





ROAD TOURING

Moab Skinny Tire Festival Hits New Highs

By Ron Georg

When 24-Hour National Solo Champion Cameron Chambers rolled over a curb at the start of the hill climb during the Moab Skinny Tire Festival, he flatted. The race is informal, a whim for the recent Moab transplant, so he had no support, just his girlfriend with her cruiser bike.

So Chambers borrowed her bike, kicked off his now useless shoes, and climbed 1,200 feet in five miles in his socks on a girl's balloon-tire bike with a basket. He didn't finish first.

But he couldn't have created a better allegory for the festival, which is a fundraiser for the Lance Armstrong Foundation (LAF). With the support of a loved one, Chambers pushed on against ridiculous odds, knowing he would suffer, but digging deep just to stay in the race. At a festival filled with cancer survivors and their friends, as well as those riding in memory of others, most people could appreciate his spirit.

This was the sixth year for the Moab Skinny Tire Festival, and the event is now fully established. While its early success seemed like a fluke—a road event in a mountain bike town—the last couple of festivals have demonstrated this is a major attraction. This year, 776 riders registered, and they raised over \$200,000 for



the LAF.

That makes this the third largest bicycling event in Moab, behind only the venerable 24 Hours of Moab and the autumn Moab Century, hosted by the same promoter. However, combine the Moab Skinny Tire Festival's num-

bers with the Moab Century, and road riding is attracting nearly as many event participants as mountain biking to Moab (though Moab still attracts many more mountain bikers on a regular, non-event basis).

That sort of visibility has



Above: Cameron Chambers without shoes in the hillclimb.
Left: Colorado River Corridor Ride. Photos courtesy of
MoabActionShots.com. See photos of the entire festival on their
website.

given the festival more drawing power in the cycling industry. This year trainer to the stars Chris Carmichael attended as a guest speaker, and he and Bob Roll led a celebrity ride followed by gourmet lunch at Newspaper Rock for the festival's top fundraisers. Trek Bicycles also took note of the event's success, adding a trailer full of big-name bikes to the boutique line-up (Serotta, Moots) familiar to Skinny Tire repeat participants.

The festival is unique within the LAF's fundraising structure. The foundation, which was started with money raised in its own flagship ride, the annual Ride for the Roses in Austin, Texas, seeks out individual members for its Peloton Project. Each Peloton Project member is free to raise money as he sees fit; this allows for personal initiative from people who are passionate about fighting cancer.

Many of those people are like Mark Griffith, founder and organizer of the Moab Skinny Tire Festival. Griffith lost his brother to cancer, and that turned the LAF's mission personal for him. He was already cycling as part

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COMMUTER OF THE MONTH Commuting for the Cure

By Lou Melini

This month's bike commuter-profile feature's Steve Shoell, a bike commuter for about 12 years. He rides throughout the year and his commute is from 16-30 miles, depending on weather and extra errands such as bank, dry cleaners, groceries, etc. His total annual miles may reach 5000. He is also the father of 4 daughters.

Cycling Utah: With all of the commuting miles, do also get out and ride with your wife and kids? Steve Shoell: My wife Dayna and I do some weekend rides with the kids. I do try to ride on weekends when possible. The main reason I ride a lot is that I have type I diabetes. I can control my blood sugar and maintain a healthy weight by exercising every day. Commuting to work on my bike fills 3 purposes for me: it gets me to work, helps me to stay healthy and handle my disease, and gets me outside to have fun.

C.U.: Did having diabetes create a desire to be a dedicated bike commuter?

S.S.: Initially after college, I rode occasionally to a job downtown. The decision to be a full-time commuter came by accident, if you can excuse the pun, when the car I was driving was hit from behind and totaled my car. I took the insurance money to pay off our then 2nd car. I decided to bike commute full time to save money. I then found how much control I had over my diabetes by commuting every day that it became a very healthy addiction. I take

less insulin, my blood sugars are more in the normal range, I feel healthier and I sleep better. I think I can feel the beneficial consequences of commuting to work by bike more than most so that I stay a dedicated bike commuter.

C.U.: Are you involved in the "diabetes community" as a role model for other diabetics? S.S.: I'm not sure if I am an official role model, but Dayna and I are volunteers on the Tour de Cure committee. In the past we rode in many benefit rides for various worthy causes. When the Tour de Cure ride came to Utah 3 years ago, it seemed like the perfect benefit ride for us, not only because of my diabetes but because my dad has Type II diabetes and Type II runs in Dayna's family. So obviously we are concerned about our children and always are hoping for a cure for the disease.

C.U.: How can other bike commuters help the Tour de Cure? S.S.: Last year we had 300 riders and this year we hope to have 500 with a goal of \$150,000 to raise. The ride is now a one-day event instead of 2. It will be on Saturday, June 10th. There will be a 100, 60 and 25-mile routes for all abilities starting from Box Elder High School in Brigham City. It is well supported on rural roads without much traffic. The American Diabetes Association website for the ride is www.tour. diabetes.org and you can regis-

Continued on page 21

BOOK REVIEW

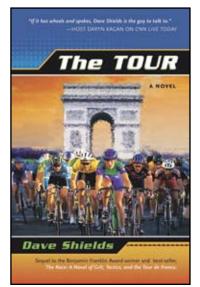
The TOUR is the Perfect Sequel

Bv Marty Jemison

One of the ironies of my career as a pro cyclist is that some of the people closest to me, family members included, never really understood what I was doing for a living. Most Americans underestimate bike racing because it is a far more complex sport than it initially appears. I believe that complexity is both a barrier to attracting new fans, and one of the primary reasons the sport is so addictive for those who understand it.

After reading Dave Shields' first cycling story, The Race: A Novel of Grit, Tactics, and the Tour de France (reviewed in our July 2005 issue available online at cyclingutah.com), a family member said, "Wow, Marty, I wish I'd understood this much about bicycle racing while you were still competing." Even my cycling tour guests get much greater insight into the world of pro cycling after reading the book. I mail every participant a copy of The Race before our trip begins; which answers a lot of questions about the sport.

All of these are reasons that I looked forward to consulting with Dave when he told me he planned to write a sequel. But when we first met on this project and he laid out the topics he wanted to cover I became a bit nervous. The doping issue, in particular, is very complex. It's often sensationalized and mis-



understood from an outsider's perspective. Would Dave be able to engage the reader closely enough that the very difficult decisions that pro athletes face felt real?

The answer is, "Yes." I sweated through the choices that the main character, Ben Barnes, had to make, and I think you will too. Along the way there were all sorts of great surprises. I cringe when I hear that they've made a sequel of a movie that I enjoyed, while at the same time I feel anxious to see it. The reason is that on many occasions the second attempt falls short of the original. That's not the case here. Dave's new book, The Tour: A Novel, fills out the adventure he began in The Race perfectly. Along the way he educates readers on the issues of

performance enhancing drugs. It's a topic deserving of close inspection, and this book is a big step in the right direction.

The issue of drugs aside, though, The Tour is a fantastic book. Just as when I read The Race, I found myself experiencing emotions that I thought had ended with my retirement from pro cycling. Dave has an almost magical way of putting the reader in the midst of an intense adventure, and turning up the heat. Whether you're already a fan of cycling or not, my recommendation is that you read this book. You'll be glad you did.

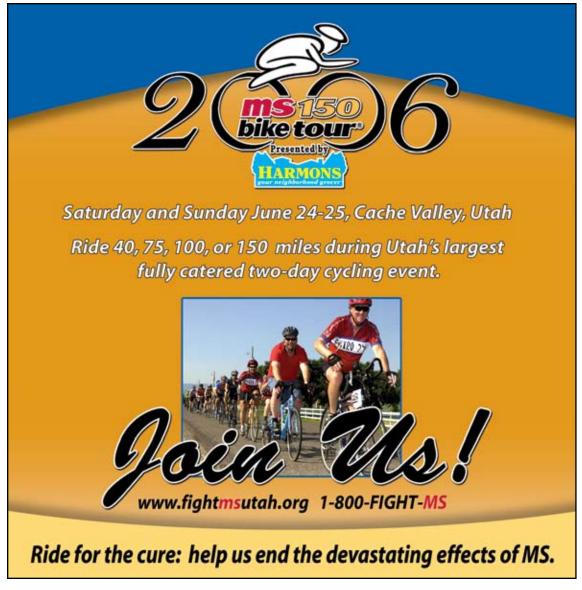
Marty Jemison lives in Park City, Utah, with his wife and daughter. He's one of fewer than two dozen Americans to ever finish the Tour de France, having done it twice. In 1999 he became the United States Professional Cycling Champion, the second national championship in his career. Marty was teammates with Lance Armstrong during his comeback from cancer and played a key role in several of Armstrong's early victories. Nowadays he runs Marty Jemison Cycling Tours, the world's premier bicycle touring company. His trips explore France, Spain, Italy, Belgium, and other exotic locations. You can see more at www. MartyJemison.com.

You can learn more about Dave Shields and his books at www. DaveShields.com.

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Mountain Sports

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

<u>Ogden</u>

The Bike Shoppe

4390 Washington Blvd. Ogden, UT 84403 (801) 476-1600

thebikeshoppe.com

Bingham Cyclery 3259 Washington Blvd. Odgen, UT 84403 (801) 399-4981 binghamcyclery.com

Canyon Sports Outlet

705 W. Řiverdale Road Riverdale, UT 84405 (801) 621-4662 canyonsports.com

Skyline Cycle 834 Washington Blvd. Riverdale, UT 84401 (801) 394-7700

cycling utah

CALENDAR OF EVENTS

Calendar Guidelines: Listings are free on a space available basis and at our discretion. Submit your event to: dave@cyclingutah.com with date, name of event, website, phone number and contact person and other appropiate informa-

Let us know about any corrections to existing listings!



Battle Bay BMX — (801) 796-8889 Rad Canyon BMX — (801) 824-

For more BMX track info, visit cyclingutah.com



Advocacy Groups

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7939 or (801) 328-2453.

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

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

Calendar of Events sponsored by



1844 E. Fort Union Salt Lake City (801) 942-3100

705 W. Riverdale Rd. Riverdale (801) 621-4662 canyonsports.com

Home of the Bike and Wife Swap!

Provo Bike Committee — Meetings are the first Wednesday of each month, 5:00 p.m. in the City Council office, 351 West Center Street, Provo, (801) 374-2033 or Travis.Jensen@c-b.com

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

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

Events

Critical Mass — Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. and State Street, SLC. For more info, if you have a bike to lend, etc.: emaill info@slccriticalmass.org

March 31 - April 2, 2006 — Cactus Hugger Cycling Festival, Criterium

Race, Mountain Bike Night Ride, Cholla Challenge Mountain Bike Race, Cactus Hugger Century, Downtown Street Activities, Guided Mountain Bike Rides, Guided Road Rides, Road Ride to Zion National Park, Guided Ride - Gooseberry Mesa, 435-674-5376 or cactushugger.org.

April 22 — 4-H Bike Rodeo,10 a.m., 2 p.m., youth ages 6-13, rain or shine, Bicycle Skills Test, Road Hazards, Helmet Check, Bike Maintenance, Road Signs, Salt Lake County Government Center - Southeast Employee Parking Lot, 2001 S State Street, 468-3183

May 1-4 — George's Bike Swap, Boise, ID, (208) 343-3782

May 6 — GOTS, Bike and Outdoor Toy Swap, Wild Rose, 702 3rd Ave, SLC, (801) 533-8671

May 6-7 — Young Riders Bike Swap, Annual White Pine Touring swap to benefit The Young Riders vouth based mountain bike program, great time with food and raffles, dropoff May 4-5, White Pine Touring, 1790 Bonaza Dr., Park City, (435) 649-8710 or (435) 655-2621 or visit www.youngriders.com

May 13 — Canyon Sports Bike and Wife Swap, Ogden Store, 705 W. Riverdale Road, and Cottonwood Store, 1844 E. Fort Union, (801) 621-4662 or (801) 942-3100

May 13-20 — Cycle Salt Lake Week, weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more!

May 13 — Live Green Festival. Guided Bicycle Tours 10:30 AM and 1:30 PM. Pierpont Avenue (West Temple to 200 West), Victoria Montoya, (801) 333-1106 or www.downtownslc.org

May 14 — Cycle Salt Lake Mountain Bike Tour, 2-5 pm, Meet at Popperton Park at 11th Ave & Virginia St. in SLC, Brian Price, (801) 328-0499 or brian@slcbikecollective.org

May 16 — UTA Rideshare Bike to Work Day, riders can stop at one of our stations for free bagels and cream cheese 7:30 a.m. to 9:00 a.m. 700 East and 900 South, Liberty Park (meet at the northeast corner), 900 South and 900 East, Contender Bicycles, 3600 South 700 West, UTA Administrative Offices, 2100 South and State Street, Salt Lake County Government Center, 500 Chipeta Way, ARUP at Research Park, (801) 287-2066

May 16 — Tailwinds Bicycle Touring Downtown Historic Tour, Meet at Popperton Park at 11th Ave & Virginia St. in SLC at 6:00 PM, Grant Aagard (801) 556-3290

Bicycle Movie Night presented by SLC Bike Collective. This is a fundraiser for the SLC Bike Collective. Prizes! Movie will have bicycle theme with at least one bicycle. Location Brewvies, 677 \$ 200 W, SLC. Cost: \$6 suggested donation. Time is 7:00 PM. Brian Price at (801) 328-2453 or brian@ slcbikecollective.org

May 19 — UTA Rideshare Bike Bonanza, 4-8 pm, Presented by UTA Rideshare, Salt Lake City, SLC Bike Collective, and Cycle Salt Lake Century. Join Mayor Anderson for an evening guided downtown SLC bike ride. Music, Papa John's Pizza, creamies, prize drawings, bike tune ups, kids criterium, bike rodeo, and much more. Pick up your registration packet for the Salt Lake Century Ride at the event. Ride with the Mayor at 6 p.m. Location: Gallivan Plaza, 239 South Main Street, in SLC. For more information contact Shaina Miron at 801-287-2066 or smiron@uta.cog. ut.us. Visit www.utarideshare. com for event updates.

May 19 — Bike To Work Day, Encouraging Park City and Summit County to Bike to Work, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www. mountaintrails.org

May 20 — Silver Spoke Celebration, celebrate the new East 224 Connector which links Park City and Basin Recreation Trails, Starts at Miner's Hospital and Basin Recretion Field House with a ride from Miner's Hospital and from the Basin Recreation Field House. Meet at the new Willow Creek Park for a grand opening celebration, (435) 649-6839, (435) 731-0975, caról@mountaintrails. org, www.mountaintrails.org

May 20 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 33, 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., (801) 596-8430 or Fax (801) 322-5056 or ionrsmith@mac. com, Online registration at www. cvclesaltlakecenturv.com download a Registration Form 2006 Course Map

May 25 — Utah County UTA Rideshare Bike Bonanza, food and drink, free prizes, free bike tune-ups, 6 pm bike ride with the Mayor, kids bike rodeo, registration for the Thanksgiving Point Classic, and bike trail information, 6:00 - 8:00 p.m. The UTA Rideshare Bike Bonanza tent will be located on the east side of the street, on 200 West south of Center Street in downtown Provo, For more information contact Stacey Gaultney at sgaultney@uta.cog.ut.us or (801) 227-8958 Visit www.utarideshare.com for event updates

May 27 — Thanksgiving Point Classic Cycling Festival, Free kids race, free bike safety clinics, live band on site, free swag, cool vendors and a BMX show, Held in conjunction with the Thanksgiving Point Cycling Festival, Thanksgiving Point, Lehi, UT, (801) 400-6130

June 1 - 4 - IMBA Trail School, The Subaru/IMBA Trail Care Crew will be in town to celebration National Trails Day with an IMBA Trailbuilding School and trailwork. Salt Lake City, UT, contact Ryan Miller, IMBA UT Rep, rmiller@azteca.com or Carol Potter, Mountain Trails Foundation, carol@mountaintrails.org

June 3 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

June 3 — National Trails Day, 9:00am Meet at Spiro Trail, Park at Park City Mountain Resort. Presented by Mountain Trails Foundation, Snyderville Basin Recreation Department and Park City Municipal Corporation and IMBA Sponsored by Silver Star, Starbucks, (435) 649-6839, (435) 731-0975. carol@mountaintrails. org, www.mountaintrails.org

June 3 — Mountain Trails Foundation Trail Fest, Join IMBA and Mountain Trails and celebrate our Trails. Area trail planners will bring their latest latest maps of upcoming trail projects, Food, beverages, silent auction, 5:00pm Miner's Hospital Park City Utah (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

September 7-9 — Utah Trails and Pathways Conference, planning, design, consruction, funding and more, www.utahtrailsconference.com, (801) 629-8558

September 22 — Mayor's Bike to Work Day presented by Salt Lake City Mayor's Office and MBAC, a mellow ride with Mayor Rocky Anderson under police escort from Liberty Park to the City/ County Bldg, then free breakfast and raffle for all participants, Cost: free, 7:30 am, Liberty Park, Lisa Romney, 535-7939, lisa.romney@slcgov.com, Meet at the northeast corner of Liberty Park



Tours and Festivals

March 31 - April 2 — Cactus Hugger Cycling Festival in St. George Utah. Featuring the 6th Annual Cactus Hugger Century, Cholla Challenge Mountain Bike Race (sanctioned) and Saturday evening lugu and entertainment: free criterium race, mountain bike night ride, guided mountain bike rides including Gooseberry Mesa and auided road rides includina a ride to Zion National park: downtown street cyling activies for the entire family. Call 435-674-5376 or visit www.cactushugger. org for additional information.

April 15 - 16 — Bookcliffs Racefest. Enduro/XC Race and Trials contest Saturday. Free camping and fireside music Saturday night. Festival Group-rides Sunday. Great prizes, Cool trophies, Sweet trails. FuzzyTheBikeGuy@ msn.com, PASSutah.com, (435) 637-0086

April 27-30 — Fruita Fat Tire Festival, 11th Annual, Clunker Crit, Prizes, Fun, Fruita, CO, (970) 858-7220

May 19-21 — San Rafael Swell Mountain Bike Festival, 20th Annual, Emery County, (435) 637-

August 11-13 — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595 or (435) 889-3759

September 30 — Take Your Kid on a Mountain Bike Ride, Boise, ID, byrdscycling.com, (208) 434-

October 26-29 — Moab Halloween Bike Fest. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab, UT, (435) 260-1182



General Info

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

Wild Rockies Unplugged Series 9530.

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

Weekly MTB Races

Wednesdays — ?? May ?, May ?, May?, and every other Wed. until Sept. 1, Soldier Hollow Training Series, 7 p.m., (801) 404-0946

Wednesdays — May 24, 31, June 14, 28, July 12, 26, August 9, 23, September 6, Sundance Weekly

DUAL STATE, DUAL CENTURY Challenge Weekend June 24 – 25, 2006

Do you want to spend a weekend cycling?

Do you want the challenge of cycling 200 miles in that weekend?

Now you too can have that chance. Ride through Box Elder & Cache Counties in Utah and Oneida & Franklin Counties in Idaho

\$5 of each riders registration fee will go to "Habitat for Humanity"

For more information see our website listed below or register on-line at Active.com

TAILWINDS BICYCLE TOURS www.tailwinds-tours.com * 801-556-3290

MTB series, 6:30 pm, alternates with Soldier Hollow Training Series, Sundance Resort, (801) 223-4849

MTB Races

- April 1 Cholla Challenge, Intermountain Cup #2, in conjunction with the Cactus Hugger Cycling Festival, St. George, UT, XC, Jerry Simmons, (435) 674-3185
- April 15 16 Bookcliffs Racefest, Enduro/XC Race and Trials contest Saturday. Free camping and fireside music Saturday night. Festival Group-rides Sunday. Great prizes, Cool trophies, Sweet trails. FuzzyTheBikeGuy@msn. com, PASSutah.com, (435)637-
- **April ??** Tour of Canyonlands, TT, HC, Moab, UT, (303) 432-1519
- May 6 Showdown at Five Mile Pass, 12th Annual, Intermountain Cup #3, Lehi, UT, XC, Ed Chauner at (801) 942-3498
- May 13 Lava Rama, Wild Rockies Series #3, Intermountain Cup #4, non-NORBA XC, Utah Downhill Series Devil's Staircase NORBA DH, Freestyle Festival, Lava Hot Springs, ID (208) 587-9530
- May 20 Hammerfest at the Hollow, Intermountain Cup #5, Soldier Hollow, Midway, UT, Ed Chauner at (801) 942-3498
- **May 25** Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- May 27 Point Blank XC Race, Intermountain Cup #6, Thanksgiving Point, Lehi, UT, Ed Chauner at (801) 942-3498
- May 29 Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- June 3 The Sundance Spin, Intermountain Cup #7, Sundance Resort, Sundance, UT, Ed Chauner at (801) 942-3498
- **June 3-4** Bountiful Bomber Downhill Race, Utah DH Series, Bountiful, UT, (801) 375-3231
- **June 10** Deer Valley Pedalfest, Intermountain Cup #8, Deer Valley, UT - Ed Chauner, 801-942-3498
- **June Cancelled** Utah Summer Games, Three Peaks Recreation Area, Cedar City, (435) 865-8421 or (435) 586-5125
- June 17 Cache Valley's Joyride, Intermountain Cup #9, Sherwood Hills Resort, Logan, UT, (435) 245-3628
- **June 22** Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- June 24 The 12 Hours of the E100, 12 hour endurance race with site fee to benefit National Ability Center, Individual and Two and Four person Team Categories, Park City, thee100.com, (435) 649-2129
- July 1 Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #10, Solitude, UT, XC - Ed Chauner, 801-942-3498
- July 1-2 Flyin' Brian Downhill Race, DH and Super-D, Utah DH Series, Brian Head, UT, (801) 375-3231
- **July 4** Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- **July 8-9** NORBA National Mountain Bike Series #4, Deer Valley, UT, XC/ST/DH/Slalom/ Super-D, (909) 866-4565
- **July 8** Blue Mountain Bike Chase, 25 mile XC race, Monticello City Recreation, Monticello, UT, (435) 587-2029
- **July 15-16** Bald Mountain Challenge Downhill, DH and Super-D, Utah DH Series, Deer Valley, UT, (801) 375-3231
- July 15 Snowbird Mountain Bout, 19th Annual!, Intermountain Cup #11, Snowbird, Ed Chauner at (801) 942-3498
- **July 20**—Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- **July 22** Taming the Tetons, Intermountain Cup #12, Jackson

- Hole, WY, Ed Chauner at (801) 1942-3498
- July 22 The Endurance 100/Mind Over Mountains, 100 mile team relay, 50 mile solo, Park City, thee100.com, (435) 649-2129
- July 29-30—Bordertown Challenge, 15th Annual, Intermountain Cup #13, Wild Rockies Series #7, XC, DH, freestyle, Oasis (near Wendover), NV, (208) 587-9530
- **July 29** Brian Head Epic 100 and Titanium 50, 50 and 100 mile races, Brian Head, (909) 866-
- August 5-6 NORBA National Mountain Bike Series #5, XC/ST/ DH/Slalom/SuperD, Brian Head Resort, Brian Head, UT, (909) 866-4565
- August 12 All West Communications Wolverine Ridge XC Race, 13th Annual, Intermountain Cup #14, Series Finals, Evanston, WY contact Paul Knopf or Amanda Wanner at planning@allwest.net or (307) 783-6470 or (866) 783-6300, ext. 450
- August 17 Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- **August 19** Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- **August 26** Widowmaker Hill Climb 10 AM, Ride to the top of the Tram, Snowbird Resort, (801) 583-6281
- August 26 The Endurance 100/ Mind Over Mountains, 100 mile, 100 km, and 50 mile individual races, Park City, thee100.com, (435) 649-2129
- September 2-4 Sundance Showdown, DH and Super-D, Utah DH Series, Sundance, UT, (801) 375-3231
- **September ?** 24 Hours of Soldier Hollow, Heber, UT, (435) 615-8220
- September 14 Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- September 16 Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- September 16-17 Silver Spur Fall Classic XC race, also Trail Run and climbing contest, Snowbird and Alta, UT, 801-933-2110
- September 16 Tour des Suds, 26th Annual, Park City, (435) 649-6839
- October 7 Utah State Singlespeed Championship, 10 am start, Sundance Resort, Sundanceresort.com or 801-223-4121
- October 16-17 Huntsman World Senior Games. Must be 50 years or older. three events: hill climb, downhill, and cross country. 800-562-1268 or hwsg@infowest.com
- **October 14-15** 24 Hours of Moab, 11th Annual, (304) 259-5533

Idaho and Regional MTB Races

- April 8 Barking Spider, Wild Rockies Series #1, XC, Nampa, ID, (208) 587-9530
- May 5-7 NORBA National Mountain Bike Series #1, Fontana, CA, (909) 866-4565
- April 29-30 18 Hours of Fruita, Fruita Fat Tire Festival, Fruita, CO, (970) 858-7220
- April 30 Blazing Saddles , Wild Rockies Series #2, XC, Nampa, ID, (208) 587-9530
- May 21 4th Annual Coyote Classic, AMBC race, Avimor, ID, (208) 338-1016
- May 13-14 Lava Rama, Wild Rockies Series #3, Intermountain Cup #4, non-NORBA XC, Utah Downhill Series NORBA DH, Freestyle Festival, Lava Hot Springs, ID (208) 587-9530
- May 26-28 Iron Horse Bicycle Classic, Road and Mountain Events, Durango, CO, (970) 259-4621
- May 31, June 7, 14, 21, 28 Wednesday Night MTB Series/ Wood River Cup #1-5, Hailey, ID, (208) 481-0300

- June 3 Kelly Canyon Knobby Challenge XC, Knobby Tire Series, Kelly Canyon Ski Resort, (Rhire), Idaho Falls,ID (208) 338-1016
- **June 10** Revenge of the Singletrack, Wild Rockies Series #4, XC, Twin Falls, ID, (208) 587-
- June 18 Idaho City Excellent Adventure, Wild Rockies Series #5, XC, Idaho City, ID, (208) 587-
- June 21 Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 739-9025
- **June 24-25** Soldier Mountain XC and DH, Knobby Tire Series, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016
- **July 2** Urban Assault, Knobby Tire Series, Downtown Boise, ID, (208) 338-1016
- July 4 11th Annual WYDAHO Bike Race, Grand Targhee Ski and Summer Resort Alta, WY, 1-800-TARGHEE ext. 1313 or 307-353-2300
- **July 5, 12, 19, 26** Teton Village Short Track XC Series, 6:30 pm, Teton Village, WY, (307) 733-4042
- **July 8-9** Brunndage Mountain Bike Festival, Wild Rockies Series #6, XC and DH, McCall, ID, (208) 587-0530
- **July 22** Taming the Tetons, Intermountain Cup #12, Jackson Hole, WY, (801) 942-3498
- July 23 Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228

 $\textbf{July 29-30} \\ - \text{Border town Challenge},$

- 15th Annual, Intermountain Cup #13, Wild Rockies Series #7, XC, DH, freestyle, Oasis (near Wendover), NV, (208) 587-9530
- July 29 Laramie Enduro, 111 K mountain bike race, Happy Jack, Laramie, WY, 307-745-4499
- August 5-6 22st White Knob Challenge, Knobby Tire Series, and Idaho Short Track XC State Championships, Mackay and Halley, ID, Kurt Holzer at (208) 890-3118
- August 12-13 NORBA National Mountain Bike Series #6, XC/ST/ DH/MTNX/Super-D, Snowmass Resort, Aspen, CO, (719) 866-4581
- August 12-13—Pomerelle Pounder, XC, DH, freestyle, Utah DH Series, Wild Rockies Series #8, Burley, ID, (208) 587-9530
- Auguest 19 Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 733-5335
- August 19-20 Tamarack Twister Idaho State NORBA XC and DH Championship Finals, Knobby Tire Series Final, Tamarack Ski Resort, Cascade, ID (208) 338-1016 or (208)Ê325-1000
- **August 26** Durango MTB 100, Durango, CO, (970) 259-7771
- September ? Galena Grinder, Galena Lodge, ID, (208) 726-4010 or harleyquinn7@onebox.com
- September 16-17 Salmon Grand Prix, XC, DH, freestyle, Utah DH Series?, Wild Rockies Series #9, Salmon, ID, (208) 587-9530
- October 8 12 Hours of Bootleg Canyon Race, 2500' climbing per

- lap, Boulder City, NV, tmr-unlimited.com, (702) 277-6536
- October 8 Boise to Bogus Banzai, Wild Rockies Series #10, 16.5 mile, 4,100 vertical foot descent, Boise, ID, (208) 587-9530



General Info

- **Utah Road Racing** USCF, Utah Cycling Association - Dirk Cowley, (801) 944-8488
- **USA Cycling**, Mountain Region Road Racing (UT,AZ,NM,CO, WY,SD), George Heagerty, (719) 535-8113.

Utah Weekly Series Races

- Rocky Mountain Raceways
 Criterium Saturdays at 12
 noon in March, Tuesdays in AprilSeptember, A/B's 6 pm, C/D's 7
 pm, 6555 W. 2100 S., West Valley
 City, UT, (801) 944-5042
- Salt Air Time Trial Every other Thursday April 13- September 28, I-80 Frontage Road West of the International Center, (801) 944-5042

Continued on Page 18



CANYON SPORTS

hang up the boards $\mathfrak S$ grab your bike. the trails in your future aren't groomed.

all '05 bikes are 30% off while they last! beat the rush, bring your bike in for a spring tune-up!

bike & wife swap May 13th!

cottonwood 942-3100

1844 E. Ft. Union Blvd.

ogden 621-4662 705 W. Riverdale Rd.

cycling utah

CALENDAR OF EVENTS

Continued from page 17



Continued

DMV Criterium — Wednesdays, Driver's Training Center, Where: 4700 S. 2780 W., West Valley City Times: A Flite - 6pm. B Flite - 7 pm., C/D Flite 7:45 pm (April 5 -September 27), 801-651-8333

Wednesdays — Thanksgiving Point Criterium Series, April 5th -September 27, 6:00 pm, A flight-cat 1, 2, 3, 6:00-6:55 pm, B flight- cat 3-4, 6:00-6:45 pm, C flight- beginner-cat 5, 7:00-7:30 pm, *Women's flight, 7:00-7:30 pm, *Women may race any flight they choose, 3003 Thanksgiving Way, (next to I-15), Lehi, UT visit www.utahvalleyracing.com for more information, or call (801) 400-6130

Royal Street Hillclimb Π — May 18 - September 7, Every other Thursday, 5:30 p.m., 900 ft. elevation gain, Royal Street and Deer Valley Drive, Park City, (435) 901-8872.

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

For dates, see calendar below.

Utah Road Races

April 4,11,18,25 — RMR Crit Series, Salt Lake, (801) 944-5042

April 5,12,19,26 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

April 1 — Hell of the North, just north of the Salt Lake Int'l Airport, 5 mile circuit. includes 1.75 mile stretch of dirt road!, Christian Johnson, (801) 937-6348

April 13, 27 — Salt Air TT Series, Every other Thurs, (801) 944-5042

April 22 — Earth Day Pedal Cup, 10:00 AM, City Creek Canyon, (801) 583-6281

April 22-23 — CANCELLED, St. George Stage Race, 3 stages, 2 days, St. George, UT, (801) 944-

SUN

8

5042

April 29 — East Canyon Road Race, 11 AM, East Canyon Resort, (801) 583-6281

May 2,16,23,30 — RMR Crit Series, Salt Lake, (801) 944-5042

May 3,10,17,24, 31 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

May 11, 25 — Salt Air TT Series, Every other Thurs, (801) 944-5042

May 5-6 — Women's Road Racing Cycling Clinic, group riding, racing skills and tactic, bike safety, SLC, (801) 809-2570

May 6 — Buffalo Stampede Road Race, Antelope Island, (801) 589-3675

May 18 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

May 20-21 — Bear Lake Classic, 52 miles, one lap around Bear Lake (Pro/1/2 and III's do 2 laps), flat on the west side and north, great rollers that are a blast on the east side, 8:30 am start at Blue Water Resort, 3 person TTT (men's and women's categories) 9am on Sunday, Bear Lake/Garden City, Kevin Rohwer, (435) 770-9852

May 25-29 — Thanksgiving Point Classic, 5 stage Omnium, Lehi, UT, Jason Preston, (801) 400-6130

June 6,13,20,27 — RMR Crit Series, Salt Lake, (801) 944-5042

June 7,14,21,28 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

June 8, 22 — Salt Air TT Series, Every other Thurs, (801) 944-5042

June 1, 15, 29 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

June 3 — Utah State Road Race Championship, Little Mountain Course, Logan, UT, (435) 757-5091

June 4 — Utah State Time Trial Championship, TBA, (801) 944-

June 10 — Sugarhouse Crit, Utah State Criterium Championship, Sugarhouse Park, SLC, UT, (801) 944-5042

June 11 — Downtown Criterium, Pioneer Park, Salt Lake City, (801) 944-5042 June 17-18 — All West High Uintas Classic Stage Race, 18th Annual, Kamas, UT to Evanston, WY, contact Paul Knopf or Amanda Wanner at planning@mail.evanstonwy.org or (307) 783-6470 or (866) 783-6300, ext. 459

June 22-24 — Utah Summer Games, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound, Checkshani Cliffs, Cedar City, (435) 865-8421 or (435) 559-2925

June 30 - July 2 — Gate City Grind Stage Race, (208) 282-2503 or (208) 233-0951

July 4,11,18,25 — RMR Crit Series, Salt Lake, (801) 944-5042

July 5,12,19,26 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

July 6,20 — Salt Air TT Series, Every other Thurs, (801) 944-5042

July 13,27 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

July 4—Freedom Festival Criterium, Provo, UT, (801) 400-6130

July 8 — Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, (801) 442-5800 or 801-424-9216

July 9 — Coalville Road Race, Coalville, UT, 801-424-9216

July 15 — Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (801) 400-6130

July 22 — Draper Days Criterium, Draper, UT, jeremysmithslc@ yahoo.com or 801-558-7215

July 29 — Garden Creek Gap Road Race, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 30 — Old Town Pocatello Criterium, Pocatello, ID, (208) 282-2503 or (208) 233-0951

August 1, 8, 15, 22, 29 — RMR Crit Series, Salt Lake, (801) 944-5042

August 2,9,16,23,30 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

August 3,17,31 — Salt Air TT Series, Every other Thurs, (801) 944-5042

August 10,24 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872 August 5 — Cache Classic Downtown Criterium, Logan, UT, (435) 757-5091

August 7-12 — Tour of Utah, six stages, Provo, UT, (801) 400-6130

August 12 — Huntsville 100 RR, Huntsville, UT, (801) 808-1137 or jessdear@xmission.com

August 19-20 — Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 990-1393

August 19 — Snowbird Hill Climb, 8 AM, registration from 6-7:30 am, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 933-2110

August 26 — Jeff Rogers Memorial Sanpete Classic RR, Spring City, UT contact Eric Thompson, 801-541-3840

September 5,12,19,26 — RMR Crit Series, Salt Lake, (801) 944-5042

September 6,13,20,27 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

September 14,28 — Salt Air TT Series, Every other Thurs, (801) 944-5042

September 7 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

September 9 — LOTOJA, 206 miles from Logan, UT to Jackson, WY, (801) 546-0090

September 23 — UTA Harvest Moon Downtown Ogden Criterium, downtown in the Municpal Park between 25th & 26th Streets, Ogden, UT, (801) 589-3675

September 30 — Allan Butler Memorial Criterium, Thanksgiving Point, Lehi, UT, (801) 400-6130

October 10-13 — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsg@ infowest.com

October 14 — City Creek Bike Sprint, 10 am, 5 1/2 mile climb up City Creek Canyon in Salt Lake City, road or mountain bikes, UCA Points Series Event, (801) 583-6281

October 28 — Halloween Criterium, Thanksgiving Point, Lehi, UT, (801) 400-6130

November 26 — Thanksgiving Criterium, Thanksgiving Point, Lehi, UT, (801) 400-6130

Idaho and Regional Bicycle Road Races

April 5,19 — Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

April 6, 13, 20 — Snake River

Criterium Series, Nampa, ID, (208) 465-6491

April 9 — Spring RR #3, Black's Creek, Boise, ID, (208) 343-3782

April 11, 18, 25 — Tuesday Nighter, Boise, ID, (208) 343-3782

April 22-23 — Tour of Walla Walla, WA, (509) 527-8724

April 15 — Tax Day Circuit Race, Dirt, Pavement, Pain, Fun, Pocatello, ID, (208) 282-2503 or (208) 233-0951

April 23 — Spring RR #4, Emmett-Roubaix, Boise, ID, (208) 343-3782

May 2, 9, 16, 23, 30 — Tuesday Nighter, Boise, ID, (208) 343-3782

May 3, 17 — Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

May 5-7 — Treasure Valley Omnium, RR, TT, Crit, Boise, ID, teamdobbiaco.com, (208) 412-3527

May 12-14 — Columbia Plateau Stage Race, Heppner, Oregon,

(503) 231-0236 **May 13** — Arrowrock TT Series #1, Boise, ID, (208) 323-2376

May 20 — Galena Hill Climb Time Trial, Galena Lodge to Galena Summit, ID, (208) 726-7693

May 23 — Idaho Cycling Enthusiasts Criterium Series, Holt Arena, Pocatello, ID, 208-282-5426

May 26-28 — Iron Horse Bicycle Classic, Road Race and Criterium, Durango, CO, (970) 259-4621

May 27 — Arrowrock TT Series #2, Boise, ID, (208) 323-2376

June 3, 10, 17, 24 — Hailey Criterium Series, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext. 1

June 7,21 — Idaho Cycling Enthusiasts Hillclimb Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

June 6,13,27 — Tuesday Nighter Training Ride, Boise, ID, (208) 343-3782

June 9-11 — Tour of Eagle, Eagle, ID, (208) 884-1925?

June 10 — Lyle Pearson 200, team relay road race from Boise to Sun Valley, Boise, ID, (208) 343-3782

June 13—Idaho Cycling Enthusiasts Criterium Series, Holt Arena, Pocatello, ID, 208-282-5426

June 17 — Gannett Roubaix Road Race, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext.1

June 17-18 — Ketchum Omnium, Trail Creek TT, Circuit Race, Criterium, Ketchum/Sun Valley, Idaho, Greg Stock sunsummit@ cox-internet.com or (208) 726-0707 or (208) 726-3497

June 20-22 — Summer Solstice Stage Race, TT, RR, Circuit Race, evenings, Boise,ID, (208) 343-3782

June 23-25 — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-3763

June 24 — Idaho State Time Trial Championships, 8 miles south of Bellevue, ID, 7am, (208) 726-7693 June 24-25 — Dead Dog Classic

Stage Race, Laramie, ӁY, (307)

745⁻4499 **June 27** — Tuesday Nighter #11, Boise, ID, (208) 343-3782

June 30 - July 2 — Big Sky Cycling Classic, RR, TT, CR, Crit, Missoula, MT, (406) 531-4033

July 1-2 — Gate City Grind Stage Race, (208) 282-2503 or (208) 233-0951

July 2 — Wood River Challenge Team Time Trial, Hailey, ID, info@ sawtoothvelo.org or 208-726-0946, ext.1

July 4, 11, 18 — Tuesday Nighter Training Ride, Boise, ID, (208) 343-3782

July 5,12,19,26 — Hailey Criterium Series, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext.1

July 5 — Idaho Cycling Enthusiasts Hillclimb Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 5-17 — USA Cycling Road Festival, Elite, Masters, Junior, and Espoir National Championships, Seven Springs, PA, (719) 866-4581

Annual White Pine Bike Swap!

To Benefit the Young Riders Mountain Bike Program

MAY 6 & 7 9 AM - 5 PM

White Pine Touring - 1790 Bonanza Dr.

(Rail Central East Side Parking Lot)

Come Out Enjoy a Great Time, Learn More about the Recreation and Race Programs and Make Money Off Your Old Bikes!

Bikes accepted for the sale on,

Sunday, April 30 from 2 PM - 5 PM Thursday, May 4 from 3 PM - 7 PM Friday, May 5 from 10 AM - 6 PM

At White Pine Touring • 1790 Bonanza Dr. • Park City



For details call 655-2621

or visit us at www.youngriders.com

Visit our Open House May 3rd, 6:00 p.m. @ the Jim Sanity Auditorium on Park Ave. and Find Out About our Camps, DH, Pee Wee and Girls Programs, plus sign up for our summer programs to reserve your space.

(208) 201-1622

July 23 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228

July 22 — Well's Fargo Twilight Criterium, 20th Annual, NRC race, Boise, ID, (208) 343-3782

July 23? — The Morning After Criterium, Boise, ID, (208) 336-3854

July 22-23 — BYRDS Junior Stage Race, tobincoaching@earthlink. net, (208) 343-9130

July 25 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

July 29 — Garden Creek Gap Road Race, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 30 — Pocatello Downton Criterium, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 25 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782 August 1, 8, 15, 22, 29 — Tuesday

Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782 August 1. 8 — Idaho Cyclina

August 1, 8 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

August 9 — Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

August 11-12? — Magic Valley Senior Games

August 12 — Mt. Harrison Hill Climb, Triple Crown #1, Boise, ID, (208) 323-2376

August 13 — The Cycling Classic Road Race, Boise, ID, 208-343-4037 or jonathan@coresportsllc. com

August 20 — Table Rock HC RR, Triple Crown #2, Boise, ID, (208) 867-2488

August 26-27 — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118

September 2-3 — Gateway Canyons Grand Valley Bicycle Classic, Road Race and Criterium, Grand Junction, CO, (970) 275-1711

September 5 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

September 9 — Race to the Angel, 20th Annual, 2800' climb, Wells, NV, (775) 752-3540

September 9 — Bogus Basin Hill Climb, Triple Crown #3, 34th Annual, Boise, ID, (208) 343-3782

September 16 — Mt. Charleston Hill Climb, Las Vegas, NV, 702-228-9460, steve@bristlecone.net



Weekend Group Rides — Saturday and Sunday, 10 am, meet at 9th and 9th in Salt Lake City.

Sunday Group Ride — 9 a.m., Canyon Bicycles in Draper, 762E., 12600 S., (801) 576-8844



Utah and Regional Road Tours

March 31 - April 2 — Cactus Hugger Cycling Festival in St. George Utah. Featuring the 6th Annual Cactus Hugger Century, Cholla Challenge Mountain Bike Race (sanctioned) and Saturday evening luau and entertainment; free criterium race, mountain bike night ride, guided mountain bike rides including Gooseberry Mesa and guided road rides including a ride to Zion National park; downtown street cyling activies for the entire family. Call 435-674-5376 or visit www.cactushugger. org for additional information.

April 1-20 — Yellowstone Cycle Days, ride free in Yellowstone National Park with no traffic, (406) 646-7701

April ? — Tour de Summerlin, Las Vegas, NV, (702) 791-4275

April 15 — Willard Bay 100, BBTC Super Series ride, self-supported, Bountiful to Willard Bay, (801) 943-2117 or president@bbtc.net

April 22 — Ghost Town Riders Century, Deseret Peaks Complex, 2930 West Hwy 112, Tooele, UT, (801) 677-0134

April 29 - May 14 — BRA SU , Bike Ride Across Scenic Utah Tour, 5 states, 4 National Monuments, 4 National Parks, 2 National Forests, and 3 Nations, (801) 677-0134

May 6 — Tour de Fire, metric double century, Las Vegas, NV, 702-228-9460

May 6 — Nephi 100, BBTC Super Series ride, Randy Sutherland Ride for ALS, self-supported, Springville to Nephi, (801) 943-2117 or president@bbtc.net

May 6-7 — The "X" Rides, 'The Road is Out There', 9th Annual, 2 fun rides on and off Nevada's Extraterrestrial Highway, Rachel, NV, near Area 51, (800) 565-2704

May 13 — Yellowstone Spring Cycling Tour 2006, Lakeside Ride, West Yellowstone, MT, (406) 646-7701

May 13 — Color Country Century, 8 am, unsupported ride, 100 miles, Cedar City, (435) 586 5210 or (435) 559-2925

May 14 — Around The Valley 100, BBTC Super Series Ride, self-supported century, circles Salt Lake Valley, starts in Draper Park, (801) 943-2117 or president@bbtc.net

May 21 — Santa Fe Century, Santa Fe, NM, (505) 982-1282

May 20 — Ride for Independence, National Federation for the Blind, Boise, ID

May 20 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 33, 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., (801) 596-8430 or Fax (801) 322-5056 or jonrsmith@mac.com, Online registration at www.cyclesaltlakecentury.com or download a Registration Form 2006 and course map at cyclingutah.com

May 20 — Bear Lake Classic Tour, 54 miles, recreational ride in conjunction with Bear Lake Classic Road Race, one lap around Bear Lake, flat on the west side and north, great rollers that are a blast on the east side, 8:30 am start at Blue Water Resort, Bear Lake/Garden City, Kevin Rohwer, (435) 770-9852

June 3 — Little Red Riding Hood, women's only metric century ride, 35, 63, and 100 mile options, Wellsville, Cache Valley, (801) 943-2117 or president@bbtc.net

June 3 — Salt Lake City Marathon Bike Tour, 25 miles without stoplights through the estreets of Salt Lake on the SLC Marathon course, start: 6:00 a.m. at the Olympic Legacy Bridge near the Fort Douglas TRAX stop, saltlakecitymarathon.com or email biketour@devinerace.com or call (801) 412-6060

June 3-4 — Treasure Valley Idaho MS Bike Tour, 50-200 miles, Boise, ID, (208) 336-0555

June 3-9 — Cycle Utah Spring, St. George through the National Parks, Southern Utah, Adv. Cycling Association, (800) 755-2453

June 4 — America's Most Beautiful Bike Ride, 35, 72, 100 miles, 15th Annual, benefit for the Leukemia and Lymphoma Society, Stateline, South Shore Lake Tahoe, NV, (800) 565-2704

June 10 — American Diabetes Association / Tour de Cure-Golden Spike Century. 25,60, and 100 mile options. This ride is for a great cause in a beautiful rural setting. Box Elder High School, Brigham City, UT. For more information call 1 (888) DIABETES email Gina Evans gevans@diabetes.org or register now at tour. diabetes.org

June 10 — Utah Summer Games Petroglyph Century, in conjunction with the Utah Summer Games, 50, 62, 100 mile options, Starts at the Cedar City Equestrian Center (just North of Hwy 56, west of Cedar City), through Hamilton, Kanarraville, New Harmony, Parowan, Summit, and Enoch, Cedar City, UT, (801) 677-0134 or (435) 865-8421

June 10 — Bob LeBow Bike Tour - "Health Care for All.", routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, helping support primary health care for our most indigent patients, Nampa, Idaho, asandven@trhs. org or 208-467-4431

June 10 — Up and Over 100, BBTC Super Series, self-supported century, bottom of Emigration Canyon to Park City, Coalville, and back, (801) 943-2117 or president@bbtc.net

June 11-18 — Utah Border to Border Tour, St. George to Cornish (near Logan), 479 miles, (801) 556-3290

June 12- July 6 — Great Alaska Highway Ride, British Columbia to Alaska, rides@pedalerspubandarille.com

June 17 — Killer Loop, a 66 or 100 mile loop from Cedar City through Brianhead and Back to Cedar. This brevet style ride features 8500+ feet of climbing at altitudes up to 10,400 feet. (435) 586-7567

June 24 — Tour of Marsh Creek Valley, fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, then enjoy food, fun, and music at the Riverfest. Rob Van Kirk at (208) 282-2503 or (208) 233-0951

June 24-25 — MS 150 Bike Tour, Benefits MS Society and multiple sclerosis research, Cache Valley Fairgrounds (400 South 500 West), Logan, Utah, (801) 493-0113

June 24-25 — Dual State, Dual Century Weekend Challenge, two 100-mile rides or two 50-mile rides, Tremonton, UT, (801) 556-3290

July 1-3 — Northwest Tandem Rally, Corvallis, OR, nwtr2006@ nwtr.org

July 4 — Taterville 100, BBTC Super Series Ride, self-supported century, Wellsville to Idaho and back, (801) 943-2117 or president@ bbtc.net

July 7 — Antelope by Moonlight Bike Ride, 12th Annual, This a popular non-competitive ride, held at night during the full-moon. Views are spectacular, food is delicious. ride goes from marina to the historic Fielding Garr Ranch, about 22 miles round-trip. Registration fee includes park entry, t-shirt and refreshments. For more information contact Neka Roundy, Davis County Economic Development, 801-451-3286 or tour@co.davis.ut.us

July 9 — Tour de Boise, Boise, ID, (208) 343-3782

July 9 — Mt. Nebo Loop, BBTC Super Series Ride, self-supported century, start in Nephi to Springville to the Mt. Nebo loop, (801) 943-2117 or president@bbtc.net

July 10 — R.A.N.A.T.A.D, Start at Sundance and ride down to Payson around the Nebo Loop to Nephi and then back up through Utah Valley to American Fork, then ride up AF canyon around the Alpine Loop and finish back at Sundance, 170 miles with over 13,000 feet of climbing, (801) 223-4849.

July 15-16 — Snake River Idaho MS Bike Tour, 55-110 miles, Idaho Falls, ID, (208) 336-0555

July 22 - 31 — Great Divide Wind River, Jackson to Lander, WY, dirt and road, Adv. Cycling Association, (800) 755-2453

July 22 - 28 — Cycle Montana, 319 miles, Adv. Cycling Association, (800) 755-2453

July 24 — Pioneer Century, BBTC Super Series Ride, self-supported century, Mountain Green, (801) 943-2117 or president@bbtc.net

July 29 — Stanley Challenge, Boise to Stanley, Boise, ID, (208) 867-2488

July 30 — Chalk Creek 100, BBTC Super Series Ride, self-supported century, Park City to Coalville to Chalk Creek and back, (801) 943-2117 or president@bbtc.net

July 30- August 4 — Bicycle Idaho, Sandpoint to Kellog to Sandpoint, (541) 385-5257 or 800-413-8432

August 13 — Blue Cruise Wheels for Wellness, Meridian, ID, (208) 387-6817

August 13-19 — Oregon Bicycle Ride XX, Klamath Falls to Lakeview to Klamath Falls, (541) 385-5257 or 800-413-8432

August 19 — ULCER, Century Tour around Utah Lake, 100, 74, 56, and 24 mile options, (801) 943-2117 or president@bbtc.net

August 20 — Promontory Point 120, BBTC Super Series Ride, selfsupported century, 120 miles, Brigham City to Promentory, (801) 943-2117 or president@bbtc.net

August 26 — Desperado Dual , 200 mile double century in Southern Utah, 100 mile option, Panguitch, (435) 586-7567

August 26 — Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in, 12 mi north of Logan on Hwy 91, 435-752-2253.

August 27 — Cycle For Life, benefit ride for cyclists injured in auto/bike accidents, 8, 30, 66, and 100 mile options, Huntsville Park, Huntsville, UT, (801) 556-3290

August 27 — The Big Ride, BBTC

Super Series Ride, self-supported, 164 miles, Mt. Green over Monte Cristo, to Evanston and back, (801) 943-2117 or president@ bbtc.net

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August 27 - September 2 — BBTC Southern Utah Parks Tour, (801) 463-6016 and Bobrenwick@comcast.net

September 4 — Hooper Horizontal 100, BBTC Super Series Ride, self-supported century, State Agriculture Building to Hooper and Back, (801) 943-2117 or president@bbtc.net

September 9-19 — Utah Parks Tour, 493 miles, Southern Utah, Adv. Cycling Association, (800) 755-2453

September 10 — Tour de Tahoe, Bike Big Blue, 4th Annual, ride around Lake Tahoe, 72 miles, Lake Tahoe, NV, (800) 565-2704

September ? — Galena Tour, Galena Lodge, ID, (208) 788-9184

September 10-16 — Southern Utah National Parks Tour, Cedar City, Zion, Bryce Canyon, Cedar Breaks, (801) 596-8430

September 16 — Sawtooth Century Tour, Ketchum, ID, info@sawtoothvelo.org or 208-726-0946, axt 1

September 17-23 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Blanding to Cedar City, 400 miles on scenic highways and through National Parks, fundraiser for young Native American education, (801) 278-6220

September 23 — Heber Valley Olympic Century. 50 & 62 mile options. Enjoy scenic Heber Valley during its autumn finest during this fun and challenging ride that visits the Olympic venues, fundraiser for Huntsman Cancer Institute, Contact Bob @ 801.677.0134, bike2bike.org

September 24-30 — OATBRAN, One Awesome Tour Bike Ride Across Nevada, 15th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50 -America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

September 30 — Bikes for Kids with Dave Zabriskie, metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray. We will be giving away 1,000 bikes, helmets and jerseys to disadvantaged children in the Salt Lake Valley. The start time is 7:00 am at the Costco in Murray and a bike safety and rodeo will be held at 11:00 for all kids. Contact Teresa at (801) 453-2296 or tmay@fins-

September 30 - Tour de Vins 4, Bike Tour and Wine-Tasting Event, 16.5, 32 and 60 mile options, Idaho State University, Pocatello, ID, more info: FSAlliance.org, Tina 208-282-2854 or mladtina@isu. edu

October 1-6 — Monument Valley & 4 Corners Tour, Monticello, UT, (801) 556-3290

Oct 6-8 — Moab Century Tour, Moab to La Sals and back, 45, 65, 100 mile options, Tour benefits the Lance Armstrong Foundation, 435-259-2698

October 7 — Yellowstone Fall Old Faithful Cycling Tour 2006, West

Continued on Page 21

TAILWINDS BICYCLE TOURS



While bicycle touring in Monument Valley or anywhere in Utah there are 3 things to remember: 1) Bring extra film or memory 2) Only go as fast as the scenery allows 3) The next view may be more breathtaking than the last.

For more information on any of our tours including Utah Border to Border, Monument Valley & 4 Corners, Salt Lake City History, Antelope Island or to schedule a custom tour to a destination of your choice please visit our website or give us a call.

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37. Brent Buenger 24:04 38. Jim Astle 24:13

39. Gary Widenfeld 24:18 40. Stacy Goodrick 24:32 41. Gary Myers 24:38

42. Steve Kaye 24:40 43. John Falconer 24:55

44. Shaun Smith 25:03 45 Ron Cinclear 25:03 46. Tim Conklin 25:11 47. J.R. Smith 25:18

48. Kenny Mason 25:29 49. Donald Wylie 25:58 50. Dennis Marino 26:01

51. Dan Devlin 26:04 52. Randy Jonej 26:15 53. Bobby Cannon 26:22

54. Steven Schmidt 26:35

56. Stephen Allred 26:50

57. Ethan Bell 26:57 58. Joe Forrester 27:09 59. Jeff Scheel 27:10

60. Robert Shinavski 27:16 61. Paul McCarthy 27:20

62. Randy George 27:21

66. Richard Sharp 27:43 67. Peter Baum 28:00 68. Ross Smith 28:08

63. Bill Stettler 27:22

64. Mark Balk 27:23

65. Todd Reid 27:33

69. Dan Baum 28:12 70. Mark Brian 28:18

71. John Kearns 28:20

74. Lennie Oates 30:59

75. Brian Brown 31:16 76. John York 31:16

78. Warren Brinker 34:44 79. Len DeMoss 35:29

80. Bryon Nichols 39:50

72. Jim Pulliam 28:21 73. Stephen Middleton 30:06

77. Cameron Chambers 33:59

55. James Bittel 26:48

cycling utah

RACE RESULT



Mega-Pro's Classic Desert Rampage, St. George, Utah -March 4, 2006

Intermountain Cup Mountain Bike Race Series Race #1

12 & Under

- 1. Justin Griffin; UtahMountainBiking.com 20:15:00
- 2. Chandler Harr 20:40:00 3. Zachary Edwards; Red Rock Racing 23:02:00
- 4. Zoe Gregoric; Sol Foods 24:15:00 5. Dan Lund 24:54:00
- 6. Rhet Povey; The Bike Shoppe 26:21:00 7. Jeremy B. Hottinger 26:30:00 8. Ryan Westermann; Vanguard 27:53:00
- 9. Liesl Harr 28:25:00
- 10. Zach Crane; Revolution 29:35:00
- 11. Garrett Bergen 29:47:00 12. Carlee Hunsaker; Bingham Cyclery 29:55:00
- 13. Cale Pilling; Revolution 30:07:00
- 14. Madi Jensen; Ames Promoting 38:03:00
- 15. Elizabeth Ames; Tom's Deli 38:03:00 16. Sammy Bria; UtahMountainBiking.com 39:06:00
- 1. Dallin Searle 11:39:00
- 2. Chloe Tucker 11:43:00 3. McKade Olsen 11:47:00
- 4. Sam Allen: Revolution 12:49:00
- 5. Jameson Ames; Ames Promoting 12:52:00
 6. Jed McArthur; Dixie Desert 13:14:00
- 7. Tyler Mullins; Taylors Bike Shop 13:57:00 8. Erik Hughes; Washington, UT 14:30:00
- 9. Dylan Blum; Hughes Enterprises 14:53:00 10. Katelyn Johnson Mad Dog Cycles 15:33:00

- 11. Samuel Harr 15:38:00 12. Kelsey Engberson; UtahMountainBiking. com 16:06:00
- 13. Kalli Edwards; Red Rock Racing 16:54:00 14. Hunter Lindquist: Ames Promoting 19:07:00
- 15. Scott Abbott; Revolution 21:50:00 Beg Men 13-15
- 1. Jedediah Harr 40:00:00
- 2. Bryce Bullock; Dixie Desert 43:24:00
- 3. Tucker Ferwerda; Ames Promoting 44:25:00 4. Merrick Taylor 46:00:00
- 5. Colby Horn; Bikers Edge 47:47:00 6. Allan Wilde; Dixie Desert 51:40:00
- 7. Scott Stybe; Ames Promoting 1:13:37

Beg Men 16-18

- 1. Jed Miller; Dixie Desert 37:43:00 2. Brent Wilde; Dixie Desert 41:54:00
- 3. Chet Norman; Dixie Desert 44:42:00 4. Timothy Hilton 47:03:00
- 5. Jared Gentry 52:20:00 6. Derek McLaws 52:22:00
- Colin Hunsaker: Bingham Cyclery 54:30:00
- 8. Marty Povey; The Bike Shoppe 55:46:00 Beg Men 19-29

- 1. Jesse Sorenson 35:39:00 2. Benjamin Widmer 41:35:00
- 3. Creed Naylor; Ence Homes 43:10:00
- 4. Zachary Hancock 44:20:00
 5. Justin Moote; Mad Dog Cycles 46:57:00
- 6. Dean Nielson; Bikeman.com 50:11:00 7. Scott Read; Dixie Desert 52:49:00
- Beg Men 30-39
- 1. Rick Angell; 38:50:00

- 3. Travis Buzzard; Revolution 41:21:00
- Joe Christensen; Revolution 41:25:00 5. Chris Douglass 43:44:00
- Scott Billings; Mad Dog Cycles 52:25:00
- Beg Men 40+
- Marc Schaerer; First Endurance 41:20:00
 Mark K. Crosby; Taylor's Bike Shop 41:52:00
- . Cam Smith; Revolution 44:15:00
- 4. John Files; Team Revolution 44:42:00 5. Dominic Bria; UtahMountainBiking.com
- 6. Mark Mueller 51:03:00 Mark Budley 0:59:16

Beginner Women

- 1. Jenelle Kremer; Revolution 45:36:00 2. Meghan Buzzard; Revolution 46:48:00
- 3. Beth Gentry; Team Pro Cyclery 47:08:00 4. Linsay Owen; Dixie Desert 48:07:00 5. Stephani Widmer 49:22:00

- 6. Jayne Stringfellow 49:26:00 7. Crystal Povey 49:43:00 8. Alison Searle 50:47:00

- . Christa Jensen; Red Rock 0:56:47 Clydesdale
- 1. Trent Wignall; DNA Cycling 1:15:49 2. Justin Jensen 1:17:46
- 3. Mike Oblad; Hyland Cyclery 1:18:42
- 4. Tom Gentry 1:21:48
 5. Bryan Manning; Pro Cyclery 1:22:15
- 6. Robin Brown; Pro Cyclery 1:22:53
 7. Aaron Mullins; Taylors Bike Shop 1:22:54
- 8. James Vance 1:23:10 Charles Mills; Bills Bicycle 1:24:04
- 10. Greg Johnson; Mad Dog Cycles 1:24:29
- 11. Rick Watts; Nu Vision 1:44:45 12. Brook Bingham; Team Real 1:49:53
- Exp Men 16-18
- . Ryan Harrison; Revolution 2:05:42 2. Chris W. Peterson; Balance Bar/Devo 2:10:10
- Exp Men 19-29
- 1. Goeffrey Montague; Yeti/Desert Cycle 1:34:18
- 2. Wycoff Reed; Contender 1:35:10 3. David Welsh; Color Country/Cedar Cycle
- 4. Ryan M. Blaney; Bike Peddlar 1:42:29
- 5. Christen Thompson; 1:43:19
 6. Derryl R. Spencer; Cutthroat Racing/Spin Cycle 1:48:33
- 7. Britt Hawke; Bike Peddler 1:51:30 8. Adam Gurtler; Mad Dog Cycles 1:54:10
- Brock Olsen; Binghams 2:04:08 10. Zebastion Tittensor; Revolution 2:08:34 Exp Men 30-39
- 1. Chris A. Holley; Mad Dog Cycles 1:34:48
- Mike Hileman: Nu Vision 1:36:03
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- 5. Brad Pilling; Revolution 1:38:34 6. Richard D. Abbott; Revolution/Peak
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- Brandon Cunningham 1:41:39 8. Mark Esplin; Bountiful Bicycle 1:42:25
- 9. Kirk Topham; Rob's Bikes 1:43:13
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- 12. Chris Sherwin; Revolution 1:46:18
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- 15. Kevin Rowe; Ride On Bikes 1:47:05 16. Patrick Fasse; Van Guard Media 1:48:48
- 17. Tim Hodnett; Mad Dog Cycles 1:50:03 18. Adam Pace; Nu Vision 1:52:20
- 19. Bob Saffell: Revolution 1:53:52

What's on your mind?

Send your feedback and letters to the editor to:

dave@cyclingutah.com

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- Fisher 1:37:50
- 2. Zan Treasure; Autoliv 1:38:44
- 3. Chad Hughes; Hughes Enterprises 1:39:36 4. Curt Bates; Canyon Bicycles 1:40:45
- David Kelsev: Nu Vision 1:41:49
- 6. Paul Houser; Wild Rose 1:45:33 7. Bruce Lyman; Mad Dog Cycles 1:47:49

8. Riley Frazier; Racers Cycle Service 1:50:20

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- 3. Amy Klepetar; Team Sugar/White Pine
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- 4. Tv Hansen :Cannondale/Revolution 2:13:02 Jake M. Pantone; Biker'sEdge/Destination
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- 1. Kathy(7) Sherwin; Ford Cycling 1:41:28 2. Sue F. Abbene 1:53:14 3. Jennifer Hanks; Team Revolution 1:54:41
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- 2. Kari Gillette; Team Sugar/White Pine Touring 1:24:17
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- 9. Laurie Finnegan; McGhies 1:36:14 10. Priya M. Noronha; Team Revolution
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- 7. Mike Franklin; Contender 1:18:34 8. Dan Hoyt 1:21:27 9. Victor Murdock; Central Utah Cyclers
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- 11. Dan Fisher 1:24:15 12. Josiah Halverson 1:25:26 13. Michael Marler; Bikeman.com 1:29:42
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- 1. Paz Ortiz 1:10:14 2. Alex Lizarazo; Ogden One 1:10:44 3. Mark J. Muir 1:10:45
- 4. Clark Mower; Sambucca/Contender 1:11:37
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- 14. Nathan Lystrup 1:15:55 15. Mitchell Cloward 1:17:15 16. Bryan Kopp; LoganRaceClub/Wimmers
- 1.19.04 ew Flygare; UtahMountainBiking.
- com 1:19:11 18. Dave Leikam; Bikeman.com 1:19:48 19. Drew H. Jordan; Team Revolution 1:21:00
- 20. Anthony Gonzalez; PaulTracy.com 1:21:11 21. Jared Purdy 1:21:45
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- **Keep in Shape No Matter the Season**

- 11. Stephen Washburn; Mad Dog Cycles 1:20:18 12 Jeff Hiatt: Revolution 1:20:41 13. Larry Tucker 1:20:48
 14. Vince R. Jones; Bikeman.com 1:22:28 15. Kendall Sullivan; Rococo Inn & Steakhouse 1:24:49 16. Brian Dunton; Revolution 1:30:44 17. Rod Olsen 1:34:38 18. Tracy Ence; Ence Homes 1:34:51
- 19. Scott Hunsaker; Bingham Cyclery 1:50:29 Women 35+ 1. Leslie Knowlton 42:52:00

7. Robert Owen; Dixie Desert 1:15:17

8. Jim Harper; Team Revolution 1:15:28

9. Cory Marler; bikeman.com 1:19:50 10. George Klonizos 1:19:59

- 2. Julie Gregoric; Sol Foods 43:56:00 3. Laurie Egerton; Cedar Cycle 45:29:00 4. Robin Kirker 48:53:00 5. Juli Hunter; UtahMountainBiking.com
- i. Suzi Bria; UtahMountainBiking.com



Moab Skinny Tire Festival - Poison Spider Bicycles Hillclimb, 5 miles, March 3,

- Women's Overall 1. Gwen Erffmeyer 21:27
- 2. Stacy Dickson 23:05 3. Jill Smith 23:25 4. Maci Hall 23:36
- 5. Jenna Woodbury 23:56 6. Nanci Goldsmith 23:58
- 7. Diane Rimple 24:16 8. Megan Daigler 25:06 9. Celia Underwood 25:13 10. Kaye Rice 26:00
- 11. Lisa Malloy 27:06 12. Katrina Grundstrom 27:15 13. Daphney Salone 27:22
- 14 Melinda Sorber 27:54 15. Cherie Oates 30:05 16. Bonnie Forrester 32:09
- 17. Dee Wittmer 34:24 18. Deb Adler 35:32
- 19. Tess McCandless 35:36 20. Marie Willson 36:11 21. Laurie Kearns 36:56
- Men's Overall 2006 1. Brian Luger 18:41 2. Scott Newton 19:03
- 3. Mark Todd 19:04
- 4. Bert Kennedy 19:05 5. Paul Almond 20:24 6. Derek Strong 20:31
- 7. Mike Inglis 20:38 8. Mark Alderdice 20:40 9. David Summitt 20:47
- 10. Corey Cope 21:10 11. Justin Molloy 21:23
- 12. Doug Thormhlen 21:40 13. Lynn Formaner 21:41 14. Eric Hallam 21:52
- 15. Scott Bandoni 21:58
- 16. Mark Ruzycki 22:06 17. Seymour Katz 22:19
- 17. Seymour Katz 22:19
 18. Brian Moffett 22:21
- 19. Matt Daigler 22:37 20. Steven Simms 23:01 21. Peter Whitehead 23:02
- 22. Brad Chambers 23:05 23. Steve Brennan 23:06 24. Eric Scheinder 23:08
- 25. Paul Lobdell 23:11 26. Tom Willis 23:15 27. TJ Cowern 23:16
- 28. Jeffrey Dean 23:21 29. Mark Peterson 23:22

36. Tom Bleskan 23:57

30. Trevor Bell 23:35 31. Galen Hope 23:41 32. Bill Underwood 23:47 33. Mike Morland 23:52 34. Pete Gross 23:53 35. Hans Reinemer 23:55

A Flite 1. David Harward; Porcupine/Specialized Racing 2. Mike Fogarty; Porcupine/Specialized Racing B. Ryan Littlefield; Porcupine/Contender Aaron Jordin; Porcupine/Specialized Racing 5. Jonathan Gardner; Ogden One 6. Mitch McBeth; Porcupine/Specialized

Rocky Mountain Raceways Criterium West Valley City March 4, 2006

- Racing
 7. Anthony Johnson; FFKR/
 SportsBaseOnline.Com
 8. Rodney Smith; Porcupine/Contender
 9. Travis Horton; FFKR/SportsBaseOnline.
- Com
 10. John McDaniel; FFKR/
 SportsBaseOnline.Com
 B Flite
 1. Eric Thompson; Vanguard Media
 2. Eric Rasmussen; Porcupine/Specialized
- 2. Eric Kasmussen; Porcupme/Speciairzeu Racing 3. Mark Chrysler; Team Dare 4. Mike Pratt; Canyon Bicycles 5. Mark Zimbelman 6. Cameron Candelaria; Canyon Bicycles 7. Mark Miller; Canyon Bicycles 8. Jon Milner; Canyon Bicycles 9. John Rech; Mi Duole 10. Carl Majors; Rocky Mountain Cycling Club
- Club
 C Flite
 1. Daniel Nelson
 3. Jon Bell
 4. Hart Williams
 5. Micheal Lee; Concept Construction / Fazoli's
 6. Karsten Shumway
 7. Micheal Hassler; Bike Rack Racing Team
 8. Travis Corkrum
- 10. Scott Foss Rocky Mountain Raceways Criterium West Valley City
- March 18, 2006 1. Jeff Louder; Navigators
- Chris Hull; Porcupine/Contender
 Terry McGinnis; Vanguard Media
 Anthony Johnson; FFKR/ SportsBaseOnline.Com
 5. Phil Wood; FFKR/SportsBaseOnline.Com
- 7. Mike Fogarty; Porcupine/Specialized

6. Sandy Perrins; Healthy Choice/Guru's

- B Filte

 1. Mark Zimbelman

 2. Brian Boudreau; Team Dare

 3. Cameron Candelaria; Canyon Bicycles

 4. John Rech; Mi Duole 5. Curtis Doman; Rocky Mountain Cycling
- Club 8. Mike Pratt; Canyon Bicycles 9. Robert Bennion; Rocky Mountain Cycling
- 10. Andrew Lock; X-Men C Flite
 1. Jonathan Proulx

David H

3. Scott Foss

 Nil Pattison
 Travis Corkrum
 Shanin Miller; Canyon Bicycles
 Ryan Christensen; Vanguard Media 8. Lance Lehnhof 9. Jillian Gardner; Porcupine/Contender

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Skinny Tire Festival -Continued from page 13

of his healing process, so several years ago he invited some likeminded friends to join him for a memorial ride. As a new LAF Peloton Project member, he also asked them to bring their check-

As Griffith was divining his personal connection to the fight against cancer, and finding a powerful ally in the LAF, others in Moab were wondering how the boom in road biking could be brought to Moab. Scott Newton and Eddie Morandi are devoted roadies working in the mountain bike industry, and they were also planning an event to attract cyclists to enjoy Moab's stellar road riding.

Of course, Cycling Utah readers already know that this was all occurring against the backdrop of Lance Armstrong's annual European bicycle tour. Road riding was getting an extreme makeover with yellow bracelets and carbon fiber. So when Griffith met with Morandi and Newton, along with a few other key players in the Moab cycling world, everyone agreed the LAF fundraiser would be the best way to meet everyone's goals.

That has proven true well beyond the hopes expressed in

those early meetings. Initially, the handful of volunteers hardly dared imagine a 500-rider event. Now it seems likely that Griffith will have to enforce the festival's 1,000rider cap, and it is easy to share his enthusiasm as he muses about raising \$1,000,000 for the LAF.

Since the festival is Griffith's vehicle for raising money as a Peloton Project member, he was recognized last year as the LAF's top individual fundraiser—when the Skinny Tire Festival earned one-third of this year's total. He has been repeatedly invited to the Ride for the Roses as a guest of the LAF. And still, when he talks about his motivation, choking up as he speaks, he invokes the memory of his brother, not Lance.

The sense of purpose that drives Griffith is the same that draws so many riders to Moab each spring, and it is tangible to anyone who witnesses the Friday and Saturday mass starts for the festival's group rides. As hundreds of cyclists fill the highway through town, the whir of drivetrains and the hum of tires feel like electricity; so much power, so focused, seems invincible.

You can get more information on the Skinny Tire Festival or the Moab Century at www.skinnytirefestival.com.

See hillclimb results on page 20.

Climbing the Alps -Continued from page 11

he went after the car. He had achieved his primary goal, the ascent of l'Alpe d'Huèz, and was content to allow me the privilege of riding upward.

I returned to Valloire and started the climb. It was a relentless 17 kilometers from Valloire to the summit, with the last 8 kilometers being exceptionally tough. It took me two hours to ride those 17 kilome-

Just above Valloire, I passed a small chapel dedicated to St. Bernard, patron saint of highlanders ("des Montagnards"). Quickly, though, I was above all development. I first climbed above tree line. From there, I had the road to myself except for a herd of sheep and goats, their shepherd and two cars.

It rained and then snowed, but only lightly. With 8 kilometers to go, I encountered fog for about 4 kilometers. In those four kilometers, the road zigzagged back and forth, and as I approached each turn, the names of Virenque, Pantani and other famous Tour climbers painted on the encroaching rock walls would emerge like ghosts from the surrounding ether.

Finally, I climbed above the fog, and rounded a bend circling a high alpine sheep corral to enter into a broad, snow-dusted glade. From here, the road swept broadly around the glade toward the top.

There is a tunnel through the mountain which cuts off an additional kilometer of climbing to the true summit. However, how could I climb all the way to this point and not make the final ascent? Well, for one thing, most traffic goes through the summit, and the road over the

top is older and not as weather friendly. So, doing this final kilometer meant riding through patchy snow and ice.

Not to be deterred, I headed up. For the first half kilometer, I could maneuver around the ice and snow. Then, instead of patches of ice and snow, it was patches of asphalt. I had to start riding across the ice and snow from asphalt patch to asphalt patch. Finally, it was all ice and snow, and at twenty yards from the summit, my skinny tires could negotiate these conditions no more. I climbed off the bike and trundled those final meters through three inches of snow and ice to the summit sign post and the memorial to Henri Desgranges.

What an exhilarating end to my 9 days of climbing the famous cols from the Tour de France: Atop the Galibier, in three inches of snow, soaked with perspiration and feeling triumphant for having ridden and conquered all the famous climbs I had so ambitiously planned out months before.

I had thought, while climbing, that Rick would catch me before the summit. When I reached the summit, he still had not arrived. It was cold and windy, and as I propped my bike next to the summit sign for a photo as proof I had ridden there, I started to contemplate the descent back down this last kilometer. It would be much more treacherous that riding up. So, it was with great relief that, just after I snapped my photo, Rick arrived in the car to rescue me from the wind, cold and daunting descent.

The ride up had been hard, but the roads, while wet, were good except for the last kilometer. I found myself regretting, and still regret, the decision to have Rick ride down to retrieve the car while I continued on up. I wish we had both ridden up. The descent back down would indeed have been cold, with the first kilometer really sketchy, but it would have been a fast descent. And there was always that café in Valloire.

But every plan, after its execution, will have some regrets. I was glad that we had very few. Rick was as always very gracious, reaffirming that he had met his main goal, and had no regrets. So, I have been consoled by that.

Well, that was it. From there, we drove back to Bourgd'Oisans, made a stop at the local Casino grocery store, stocked up on cheese and Orangina to bring home, and then made the drive to Lyon for our flight the next morning. Within 24 hours of boarding the plane, we were back home.

Rick was the perfect cycling companion, able to put up with my eccentricities and always pleasant. Besides, he speaks better French than I do, so that was helpful also. By sharing the cost of the car and rooms, it was an extremely affordable trip. My necessary expenses totaled about \$1100 (excluding airfare for which I used Skymiles.). And that was with a poor exchange

I loved this trip. For years I had dreamed of such a trip, and it exceeded my greatest expectations. It was fantastically memorable, the bicycling trip of a lifetime.

U of U Cycling **Fundraiser**

Dave Shields and Marty Jemison will be speaking at a U of U cycling team fundraiser in the Fine Arts Building on April 13th at 7:00 pm. A \$5 donation from students and a \$7 donation from others is requested.

Commuter Column -Continued from page 14

ter there or by calling 1-888-DIABETES. Most of the money stays in Utah to fund research and support programs.

C.U.: What is managing your diabetes like as a bike commuter? S.S.: I have to check my blood sugar level before I leave for work and before I begin my ride home. I also check it after my ride as well. I never ride anywhere without an energy bar and a gel in case I get low blood sugar during my ride. Occasionally I have had to stop and check my blood sugar if I feel weak during a ride. If weather or illness keeps me from riding for a week or two, I have to adjust my insulin and my diet to keep my blood sugar level healthy. It is my goal not let the disease control me, nor do I try to make diabetes an excuse for anything.

C.U.: Steve, thanks for open-

ing up your life for the readers of Cycling Utah. I do have one more question, though completely different than above. I have been requested to ask how a bike commuter such as yourself, keep work clothing from getting wrinkled? I have personally never had a problem even though I wear a shirt and tie but apparently it is a larger problem than I thought.

S.S.: I roll my clothes to they don't get too wrinkled, but I think that wrinkled clothes are my biggest problem in commuting. There are worse problems so clothing issues isn't so bad. I fortunately don't have to look pretty at work. I have a friend that drops off a week's worth of shirts and slacks at his office on Sunday night and then hauls home the dirty clothes as the week goes, so that is a different option.

C.U.: Thanks again, perhaps I'll ask someone else about dealing with the dreaded helmet hair.



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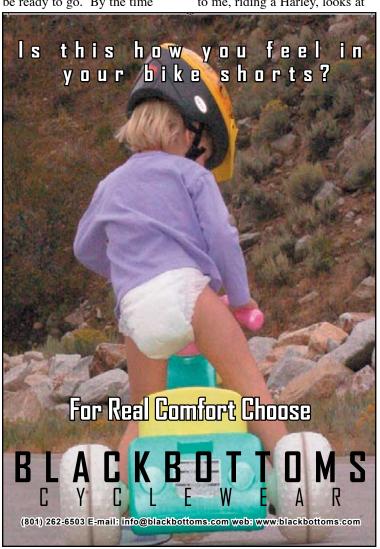


A Courier Kind of Day



By Jeremy Merrill

I am a bicycle courier. I get up a little before 8:00 AM when I need to have my radio on and be ready to go. By the time the coffee starts to kick in and I begin to wake up, I'm flying downhill on South Temple to our office downtown. A rough looking fellow in the lane next to me, riding a Harley, looks at



me, then his speedometer, and again turns his head and gives me a thumbs up. I nod and see 33 on my cyclometer. For just a moment I feel like I am accepted as traffic on the city streets. Seven minutes later I land at the office, lighten my load, and lightning back into the streets.

"10-16 VaDer to 215, Rush," from my radio. "10-4," I respond, turn right crossing over the rails, and am on my way in a new course through the everchanging route map inside my mind. A few stops later I arrive on an urgent call to a handful of nervous attorneys waiting for me with documents in hand. "This needs to be stamped in by nine o'clock at the bankruptcy court or a family will lose their home." I check my watch, 8:51. One of them anxiously adds, "That's less than ten minutes!" I hit the elevator call button and reply, "Two minutes tops for the four blocks to the court, and uh... one to five, who knows for the elevators. If I am lucky I'll be there in three." Not one of them is relaxed or entertained by my confident remark. The elevators' dinger dings saving me from the awkward silence and concerned stares. I go faithful and feel the elevator doors open at my will and the lights change at each hopeful thought. I arrive and file the documents with four minutes to spare, so I call the firm to relieve the worry that had them so wound up. As I walk out of the court I feel like I should be wearing a cape.

After a couple of runs, a chat in the elevator with a federal judge, and a few minutes listening to a startling sweet story from a homeless street guy, I take the train eight miles out of town. I get a signature and hop Trax back in, but decide to get off early. The last stop before the office is the 13th South, 200 West stop. After exiting I cut through a small park and wait on the road by the tracks to give the train a fair start.

The first mile we have all the stoplights on our side and he gets a whole train length ahead of me. Huffing and puffing I think to myself, "They never go this fast downtown, he must know I'm racing him." As the train makes its first right at 7th South, I split two lanes of stopped traffic to mellow out my line through the corner and gain some ground. I know we have to make a left on to Main two blocks up. Stoplights are still with us, but the train has to slow for the turns. I don't, so I pass it there. A couple blocks later I stop for a red to rub it in. When the train pulls up I hear the conductor crackle something over the loudspeaker (which is usually used to yell at us for crossing the tracks). I can't make out what he's saying. I am the only one around so I show off a little by standing tall in a no-handed trackstand and look over with my hand to my ear. "We were going over thirty back there," he repeats

"I know", I think to myself, and give him a thumbs up. The next few blocks are in the center of the city. We both know he won't have a chance from here. Understanding the race is won, I smile and split -- Its lunchtime.

Always a buffet, it's the only way to afford the fuel for my function on a business day. Then, on this slow afternoon, I relax in the office for...about forty-five minutes, sharing the day's events and dreaming about our life's loves with my close friends and coworkers. I fall asleep for about fifteen. Thirty seconds after my dispatcher calls out a run for me I am back on the road pounding the pedals, dodging pedestrians, and slipping by clumsy cars. I have a heated confrontation with an aggressive driver (luckily for him I had no time to prove my point or throw blows), a few miles later I get to dodge a bottle thrown at me, from another car. It hummed by my head gracefully before shattering into the barrier beside me. Now I had the time, but couldn't catch them with the 45 mph speed limit, and lights stretched multiple blocks

So I'm heading down South

Temple again...fast. The pres-

sure is on. I'm coming up on a three-way intersection at 200 East; South Temple continues straight while 200 East T's into it on the other side of the road. I figure I don't need to stop if I stick close to the gutter. With cars stopped at the light about ten deep and two lanes wide, I have three to five feet between the cars and the curb. I figure it's a pretty solid space to pass them all on the right. Generally passing on the right is rarely a good idea, but I judged the situation safe. As I let my speed coast down to the low twenties, and begin to pass the waiting cars, my opening is suddenly closed. Two cars had stopped short leaving room for an oncoming truck to turn left into a parking garage. I had a line of cars on my left, three feet of street beneath me, a wall on my right, and no time to reach for my brakes. All I could do was jump to get as high as possible to avoid taking the impact directly. I guess I was hoping to get some air and go from there. Luckily I broadside the little truck right behind the cab. I had just enough height that my bike hit the soft spot between the cab and the rear wheel, and I flipped into the bed, landing on my back with my legs hanging over the opposite side.

I stood up slowly, paying close attention to my extremities, knowing from experience that it may take a moment to realize if bones are broken when the adrenaline is flooding your veins.

All seemed well as I jumped out of the truck bed, my head was not touched, my legs supported my landing, and my arms appeared straight. I was overcome with relief. I couldn't help chuckling; although I could hear a woman screaming, "Call 911! Somebody Call 911!"

I let them know I was fine, and that wouldn't be necessary. The ambulance and the cops came anyway. I radioed the office and informed them of my sitch. Another messenger came to get the heat (time sensitive paperwork) off my back while I did the accident paperwork with the police. After losing a precious 40 minutes, I hopped into the front of the truck I had just hit. The owner gave me and my twisted bike a ride to the office. I grabbed my slightly neglected mountain bike and a pump to fill up a flat. BOOM! Tire blows up right in my face, loud, and with such force it completely separated the sidewall of my rim for a third of its braking surface. Still strung out some from the wreck, I could have gone without that last sprinkle on the cake. I grabbed another wheel from a dormant bike, threw it on and limped out a few more runs to help with the Four to Five O'clock rush. By the end of the day, an elbow was pretty swollen and my knee was bruising nicely. Nothing a few beers couldn't fix. I'll be back on the road tomorrow.

My dad used to tell me, "If you choose to dance son...from time to time you've got to pay the fiddler." Luckily their insurance paid for all of it, 3,000 for the truck, almost a grand for the bike repairs, and exactly 420 for the pain meds, and X-rays.

As for me, the cost is more than worth it. Sure there's the skidded up elbows, the occasional bruises, and having to decide between swallowing or trying to hack out an inhaled bug from time to time, but when I'm downtown I get treated like a rock star, fighter pilot, superhero. Girls dig bike messengers. I've listened to people in the elevators tell stories about me, and recount with excitement 15 seconds that they saw of my eight hour day. The intensity rocks! Close calls are measured in millimeters and microseconds. Most days as I finish work I feel like I'm ten feet tall and bullet proof just for making it through the day in one piece. I ride to work in the mornings feeling like I'm getting away with something when I remember I get paid for this. The winter days can get harsh and sketchy, but not without some sense of satisfaction. It will never make me rich, but I can afford my rent, pay my bills, and I always eat like a king.

My life is good when I am living it up on my bike.

EDUCATION

Teaching Utah Drivers to Share the Road

By Theron Jeppson

Utah Department of Health

Bicyclists of all ages and skills levels know the joy and fun of bicycling. But as with any sport or activity, cycling comes with risks. One of the biggest risks facing bicyclists is safety while sharing the road with motor vehicles. Many drivers may not even know how to safely drive around bicyclists.

Our traffic system is complex mix of pedestrians, bicyclists and motor vehicles, all governed by traffic laws for the safety of each road user. For that very reason a driver is required to go through driver education and pass a written and driving test to receive a driver license. But does having a driver license guarantee a driver knows all he or she should to safely operate an automobile? Probably not.

In Utah, students in a public high school driver education program are required to spend at least 30 hours in the classroom learning to safely operate a motor vehicle. Instruction comes from a list of 16 different content areas, ranging from "Traffic Laws" to "Decision Making Techniques." However, from this list of 16 course content areas, the only subject matter required by state law is railroad-crossing safety. In short, driver education students may or may

MS 150 Looking for a

Few Good Riders

not learn how to safely operate an automobile around a bicycle.

Unlike drivers who have the protection of their vehicles, bicyclists are for the most part unprotected and vulnerable. In the event of a bicycle-motor vehicle crash, the bicyclist has a much greater risk of suffering serious or fatal injury. A slow speed, fender bender involving two motor vehicles often results in no injury or very minor injury for the occupants of the motor vehicle. But in a similar crash involving a motor vehicle and a bicyclist, chances are good that the cyclist would be seriously hurt or even killed.

Because of the bicyclist's vulnerability while riding in traffic, it is important for all drivers to know and understand how to safely operate around bicyclists.

During the summer of 2005, the Utah Departments of Health, Public Safety, and Transportation produced a 12-minute video for driver education called Sharing the Road With Bicycles. The video covers 10 "rules" motorists should follow to share the road safely with bicycles.

The Utah Driver Traffic Safety Education Association (UDTSEA), an association led by the Utah State Office of Education (USOE) to establish standards for driver education in Utah, has embraced the "Share the Road" message

X96.

The National Multiple Sclerosis Society will celebrate the 20th Anniversary of the MS 150 Bike Tour on June 24 and 25. Over 2,000 cyclists are expected to put the pedal to the metal for the Society's largest and most exhilarating event. The yearly fundraiser, which will take place along the scenic roads in Cache Valley, supports nationally-funded research, client programs, professional education, and is the largest organized two-day cycling event in

all of Utah. This year cyclists will enjoy several new perks as well as some fun 20th anniversary activities. The ride begins early Saturday morning with a sea of cyclists gathered at the start line looking sharp in their team's individually designed jerseys. It doesn't matter if you are a beginning rider or if you're Lance Armstrong, cyclists of all abilities ride 40, 75, 100, or 150 miles during the fully-catered, two-day tour that begins and ends each day at the Cache County Fairgrounds. Riders will have access to rest stops; food and water; first-aid support; and supply, assist, and gear (SAG) wagons along the route. Saturday night, riders and their families will enjoy a pool party and an awards dinner presentation with MC, Bill Allred of

The MS 150 Bike Tour, presented by Harmons, is designed to raise money for MS research and local programs for those affected by the disease. Participants are asked to gather and submit a minimum of \$200 in contributions from family, friends, and co-workers, however nationwide, each rider raises an average of \$389. Last year nearly 1,900 Utahns participated in the event, which raised over \$1 million.

Utah's MS 150 Bike Tour began in 1986 and was originally held in Park City; it was later moved to Cache Valley in 1993. The route is well known for its unmatched terrain. The annual tour also has a reputation for its great food and family-friendly atmosphere, with many riders and their families making it a tradition to camp out at the fully equipped Cache County Fairgrounds each year.

The majority of riders who participate in the Tour ride as part of a team, which lends to an increased feeling of friendship and collaboration. Teams are also presented with awards for "Rookie Team of the Year," "Team with the Most Members," "Best Team Attire," and the "Team that Grew the Most."

To register visit www. fightmsutah.org or call 1-800-FIGHT-MS and is working with several driver education programs to pilot-test the Share the Road With Bicycles video in the classroom.

Gail Johnson, USOE Driver Education Specialist and a key leader in UDTSEA, pushed to have the Share the Road message as the keynote topic at the UDTSEA annual conference set for April 24, 2006 in Provo. This conference will bring together more than 300 driver education instructors from across Utah.

The "Share the Road With Bicycles" presentation will consist of a panel of bicycling experts and advocates representing the following organizations: Utah Bicycle Coalition (UBC), Salt Lake County Bicycle Advisory Committee (SLCBAC), Salt Lake City Mayor's Bicycle Advisory Committee (MBAC), and the Mooseknuckler Alliance of St. George, Utah.

Conference attendees will learn valuable information about how to share the road from these experts. They will also receive a copy of the "Sharing the Road With Bicycles" driver education video and a booklet with worksheets and classroom activities to be used to complement the video. In addition, UDTSEA has purchased 300 copies of "Bicycling Street Smarts" by John S. Allen. Each person attending the conference will receive a copy.

This is a great step for bicycle safety in Utah. The challenge from here will be to get the Share the Road With Bicycles video and

Tragic Accident - Continued from page 3

pavement, as the Dodge pickup and trailer passed by, unknowingly crushing Bill.

In a tenth of a second, the world lost a great person, dad, racer and mentor. The road was narrow, there was a strong crosswind and construction debris littered what small shoulder was available, so many obstacles could have kept this tragedy from ever happening. The truck was traveling too close to the riders and should have yielded a few feet which could have saved Bill's life.

Our community lost one of the most caring, loving, intelligent persons many of us will be lucky enough to know and call a friend. Bill Corliss was a friend to just about every one he ever met. He was originally from Michigan and was a graduate of the University of Michigan. He worked in the bike industry for over 20 years, working with companies such as Schwinn, Vetta, Sports Instruments and most recently was the Director of Electronics Development for Bell Sports.

Back in the 1980's in
Michigan as a member of the
Wolverine Sports Club, "Wild
Bill" mentored new members to
the club and the sport of cycling.
He continued giving back to the
sport he loved and most recently
was a mentor of the Park City
Cycling Academy (www.parkcitycycling.com) and a member
of the Cole Sport Cycling Team.
Bill recently placed 7th at the

materials used consistently in every public high school driver education program in Utah.

As a bicyclist myself, I'm excited for this opportunity and look forward to riding a bike next to motorists who are more aware and understand what it means to share the road with bicycles. But I also realize that we as bicyclists are responsible for our own safety and for earning the respect of motorists. We must be more consistent in obeying traffic laws, even when riding in large groups. I challenge cycling clubs to put more effort into teaching and encouraging members to be responsible riders by obeying traffic laws, especially during club rides and club sponsored events and to get involved in community events teaching bicycle safety. I would also like to challenge each bicyclist individually to do the same, and to help educate other bicyclists when we see them breaking traffic laws and riding dangerously.

If you would like more information about the Share the Road With Bicycles driver education video and project, please contact Theron Jeppson by email at tjeppson@utah.gov or by phone at 801-538-6156. Bicycling Street Smarts is available for free online at www. bikexprt.com/streetsmarts/usa/index.htm

Masters National Championships in Park City.

Bill loved the mountains and the outdoors. His hobbies also included nordic and alpine skiing, snowshoeing, hiking, running, skating and walking his Huskies.

Bill was also very active in bike advocacy. He fought hard for bike lanes and state legislation that would make the roads safer for all cyclists.

This tragedy is a reminder that bike safety and advo-

Calendar - Continued from page 19

Yellowstone, MT, (406) 646-7701

October 7 — Third Annual Josie Johnson Memorial Ride, this memorial ride is being dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, meet at Sugarhouse Park, ride will start at 10:30, will travel to mouth of Big Cottonwood Canyon and back. www.slcbac.org or call Jason at (801) 485-2906 or John Weis at (801) 278-3847

October 21 — Las Vegas Century, 22,37,55,80 and 110 miles, benefits Ronald McDonald House. (702) 340-1500



April 15 — 4th Street Clinic Benefit Triathlon, Swim 250 yds, Bike 8 miles, Run 3.1 miles, University of Utah, SLC, umed.med.utah. edu/Triathlon

April 22 — In Training Spring Triathlon, sprint road (300 Meter Swim/10 mi Bike/5K Run) and klds' sprint road (50 Meter Swim/3 mi Bike/1K Run), location TBA, 801-631-2614 or 801-631-2624 or triutah.com

May 13 — St. George Triathlon, Sand Hollow Reservoir, St George. Olympic: Swim 1500 yards, Bike 24 miles, Run 6.2 miles, Sprint: Swim 700 yards, Bike 14 miles, Run 3.1 miles, www.sgtri.com 435-770-3122

May 20 — In Training Women's Triathlon, 300 meter swim, 10 mile bike, 5k run, Riverton, UT, triutah. com, (801) 631-2614

May 27 — Salem Spring Triathlon, Salem City Park. Swim 800 yard, Bike 12.4 miles, Run 3.1 miles. www.salemspringtri.com

cacy still needs a great deal of improvement. The Bill Corliss Bike Advocacy Fund has been set up to continue Bill's love of cycling, bike safety and new rider mentorship. Donations can be made at any Frontier Bank (www.frontierbankfsb.com)

Bill leaves behind his wife Deb, 12 year old son Jordan, parents Bill and Jessie and 2 Husky puppies, Boris & Natasha.

Bill touched all of our lives and will be sorely missed.



The "X" Rides - The Road is Out There May 6-7, 2006

Rachel, NV - 9th annual. Does Area 51 exist? Join in the fun 40-mile night road ride and 27-mile mountain bike ride to Area 51.

America's Most Beautiful Bike Ride - Lake Tahoe June 4, 2006

Stateline, South Shore Lake Tahoe, NV - 15th Annual. A great Century Ride around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program.

Tour De Tahoe - Bike Big Blue September 10, 2006

Lake Tahoe, NV - 4th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline.

OATBRAN • September 24-30, 2006

15th 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.

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

TOURING Cycling to 48 States on the Dream Tour



Paul and Pete at the beginning of theDream Tour.

By Pat Hemrich

Salt Lake City cyclist Pete Hoogenboom is living his dream to bicycle to all 48 contiguous United States in a 10,000 mile tour that started March 18th in Salt Lake City, headed south to Arizona, and now is turning east toward Colorado, New Mexico, Texas, Oklahoma, Kansas and Missouri. By late April, Pete will cycle further south into Arkansas and Louisiana, then further east to Mississippi, Alabama, Florida and Georgia. Pete plans to average just over 60 miles a day, five days a week, about 320 miles a week. After the southern states, he'll turn north up the east coast through the Carolinas, Tennessee, Kentucky and the Virginias. He'll be in Washington D.C. in June then bike up through New England to Maine before returning west through the Great Lakes states, the upper Midwest and the northern Plains. He's doing a combination of camping and moteling along the way, and has a support vehicle driven by his wife, Pat.

This tour is a dream Pete has had for twenty years. Thanks to Bayer HealthCare's Diabetes Care Division Pete's dream is becoming a reality and the fact that he has had Type 1 diabetes for 31 years is not getting in the way. As the 2005 winner of Bayer's Ascensia Dream Fund Contest (www.bayerdreamfund.com), Pete is cycling America to show that having diabetes does not mean you have to give up your dreams.

The tour's first night, Saturday, was in Provo. On Sunday morning there was four or five inches of snow on the ground, and it was still coming down hard. Not the best cycling weather. Pete and his cycling buddy Marty Krueger waited out the storm, hoping for the best. About 11:00 the snow let up enough that they decided to ride, and by noon they were on the road albeit in full rain gear. As they started south on highway 89 the snow started up again with a headwind although the snow wasn't accumulating on the road. Their route took them west near Payson, then on highway 6 to Goshen, and then south again to the second night's stop in Nephi. They fought headwinds all day, but by late afternoon the snow had stopped.

Day three the weather started out looking good. At 10 am, Nephi had some sun peeking out of the clouds, so both riders were surprised when they rode into a virtual snowy whiteout on the first climb out of town headed west

on Highway 132. As Pete wrote on the weblog he's keeping of the tour at www.thedreamtour.org, the third days' weather can be neatly summed up as "wind and sun, wind and rain, snow, then snow and howling wind. Rinse and repeat three times." And in spite of lousy conditions another longtime cycling buddy of Pete's Paul Stempniak drove to just outside of Delta and rode back to meet Pete and Marty on the road. Paul later entered a generous post on the blog, "Good company outweighs bad weather." Yeah, we all know that's true; but thanks, Paul, for saying it.

The next day was the 75-mile ride from Delta to Milford, most of it on Highway 257. This stretch of road may not be "the loneliest road in America," that moniker is already taken by Highway 50, but 257 has to be running a close second. Course, if you like sagebrush and rocks and more sagebrush you've got nothing to complain about. The weather was improved from previous days with only a 10 mph headwind instead of the predicted 20 to 25 mph. It was even mostly dry, up until about three miles outside of Milford, right near the municipal airport, when, "Holy hailstones, Batman!" it started snowing and sleeting and blowing like there was no tomorrow. Lucky for the riders they knew the way to the motel and arrived safely.

Wednesday dawned cold (mid-30s) but dry. This day's destination was Cedar City, and it was also Marty's last day of riding with Pete. It was great having him along, but Thursday Marty flung his bike into the trunk of a rental car and drove home to Salt Lake City. It probably took him 4 hours in a car what took them five days on a bike.

Thursday was a rest day for Pete. Friday he started toward Hurricane with the accompanying 2600 ft. drop in elevation, which would have been easy riding, even that stretch on I-15, except for the headwind. He's been on the road for one week covering approximately 325 miles, still in relatively familiar terrain. Next he'll be into Arizona and all points east as he starts a large, counterclockwise path around the United States.

LITTLE RED RIDING HOOD Women Only Bike Ride

Saturday, June 3rd 2006 Cache Valley, Utah







38,62 & 100 Mile Options

Benefit Ride for Breast Cancer Research Huntsman Cancer Institute

For Information see web site: BBTC.NET

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