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FREE

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WEST MOUNTAIN CYCLING JOURNAL

cycling utah

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SPEAKING OF SPOKES

The Gift of Cycling



Dave on his fixie. Photo: Rachel Gonzales

and present to my grandchildren and their children as beautiful, pristine and pure a world as possible.

Second, seeking a change and a new experience, I bought a single speed, fixed gear bike and started riding, and in particular commuting, on it. Sometimes we just need change, even in areas we enjoy. And this bike was that for me. It was necessary for me to learn a new set of skills to ride this bike, and it has been a thrill. Unlike some purists, and to comply with the law, I have kept one brake on my bike, but have not used it since about a month after I started riding this bike. Fellow fixies will know whereof I speak.

With these two factors in place, I have commuted to work almost every day that weather has permitted (I am not yet that hardcore) and that I have not needed to be outside the office. As a result, I have commuted regularly, even through the winter. Admittedly, it has been a mild winter, and that has helped. But even when temperatures have dipped into the teens, I have commuted, realizing that by adequately bundling up and with the constant pedaling, I can stay sufficiently warm during my commute.

So it was that on February 19th, I found myself leaving my office around 5:30 p.m. to head home. I had an errand to run on the way that would add about twenty minutes to my commute. But it was a pleasant if cool evening and I had recently purchased and installed a good lighting system on my bike.

Toward the end of this commute, after I had completed my errand, I was away from the traffic, cruising on residential streets as I made my

way home. The day was nearly night and the sky was clear, allowing the moon and stars to glisten. It was quiet as I rolled along the shadowy streets, lights shining through the windows of the passing homes. Inside, I could see people moving about and televisions spilling forth their distracting content.

But I was outside and on my bike, unperturbed by and free from the noisy influences that constantly impose themselves upon me. My senses were alive. There was a cool freshness and late winter scent in the air. The garishness of day was blanketed by the soft darkness that had descended and enveloped me. My mind and heart were open and at ease. It was a place in time and space when everything seemed wonderful and right, one that preserves itself in the conscious and subconscious to be regularly revisited as a reminder of how wonderful life and this world are. It was a perfect evening, a sensuous combination of God's gracious gifts, my natural senses and an elegantly simple and efficient machine.

Such times do not come to us often. Indeed, the press of daily duties and constant concerns endlessly impose upon us. But they are bearable because of experiences such as I had that evening. They tell us that life is a gift, that we live in a marvelous world, that it is good to be alive.

By David Ward
Publisher

Two events last year motivated me to begin commuting by bicycle more regularly and more often. First, I signed up for and participated in the

Clear the Air Challenge. I generally avoid the debate as to whether global warming is occurring and if so what is causing it. My personal feeling is that reducing our emissions into the air simply makes sense. I need only look upward to know what is happening. I want to do my best to preserve



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MOUNTAIN BIKE RACING

Wallenfels and Swindlehurst Top Desert Rampage Fields



Above: Burke Swindlehurst (teamgive/Orbea) and Alex Grant (Cannondale) dueling on the decent. Photo: James Naus.
 Right: Lynda Wallenfels topped the women's pro field. Photo: Joaquim Haller. Find your photos at zazoosh.com.

By Adam Lisonbee
 Hope springs eternal. And no more

so than in the tangible optimism found in the eyes and smiles of the eager and

excited mountain bike racers after a long winter of discontent and cold, snowy days. The anticipatory energy hung thick over the pale-legged, wide-eyed competitors like the forecasted storm clouds that never had the audacity or the courage to show up. Instead, the sun and the gleaming blue sky pounded people into a euphoric symphony of bikes and legs and lungs, a veritable renaissance of that simple and fantastic act of riding a bicycle in the dirt.

The 2010 Red Rock Desert Rampage, held March 6th in St. George, is history. And the record turnout of 400 plus riders at the first race

of the 2010 Intermountain Cup series made it historical. Each group seemed to be bursting at the seams, rolling off the start line in a massive wave of color and spokes and those inevitable crashes that take down riders in heaps. The racing itself was fierce—just as it should be after months of scheming, training, and daydreaming. Indeed, the atmosphere surrounding and permeating the event was not unlike that first day of school after Christmas break: everyone was anxious to see what everyone else got.

And so there were attacks and counter-attacks, crashes, flat tires, broken chains, and glorious, unfettered moments of speed and skill. Racing is back. And with it, the constant and motivational fire that sparks riders into a frenzy of hopeful, even delusional, goal-mongering and ambition creation. It's springtime in Utah.

Bart Gillespie (Cannondale) remarked, "For as long as I can remember, the first weekend in March has always been an opportunity to trade in the ski legs and do some pedaling." Kathy Sherwin (Mafia Racing/Pabst/Felt) was thrilled to be in the desert, racing under blue skies and bright sun. She said, "Racing at the Desert Rampage is such a treat every year. There is no better way to blow the cobwebs out of the legs than to do it at a race where the singletrack is just as amazing going up as it is on the way down."

The weekend was a coming of age of sorts for cross-country mountain bike racing in Utah. The men's pro field was deep and fast. And the racing itself was extremely competitive as several riders cranked around the flowing, snaking, classic desert singletrack hoping, ever hoping for a spot on the coveted podium.

Burke Swindlehurst (teamgive/Orbea/FirstEndurance/Blackbottoms),

a veteran of professional road racing, attacked the Cannondale duo of Bart Gillespie and Alex Grant late in the men's pro race and never looked back. "Alex and I got off the front on the first lap. On the last lap Burke joined, and then quickly attacked, showing us why he has been a successful road racer," Bart recounted. His attack earned him the victory and the honors of inaugurating the 2010 Intermountain Cup season. Bart and Alex rounded out the top of the podium. Afterward, Burke admitted, "It was a pleasant surprise to win. Since the course is fairly technical in the washes, I knew that would be my limiting factor. I'm stoked to start my mountain bike season off with a win. I am going to savor this one."

In the women's pro race, St. George local and reigning solo 24 Hour singlespeed National Champion, Lynda Wallenfels (LW Coaching) captured the top of the podium, proving that she is not just an endurance specialist. "I went hard and fast. It was good enough to stand on my favorite spot on the podium." Kathy Sherwin and K.C. Holley (Mad Dog Cycles/29er Crew) finished 2nd and 3rd respectively. "The first race of the season is always exciting, especially after a long winter," said K.C. "It's not just about the actual racing, but also seeing everyone again."

And that is precisely why this event, and the sport of mountain bike racing, continues to thrive in Utah. The community of riders is a tight knit, but welcoming group of people. Each year there are newcomers as well as returning veterans, all hopeful of catching lightning in a bottle—a day when the legs and the bike and the sun collide to create that perfect day. Just exactly like the 2010 Red Rock Rampage.

For results, see page 9.

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cycling utah's 2010 Bicycle Club Guide

**FAST?
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ROAD?
RACING?
TOURING?
JOIN A CLUB
TODAY!**

Editor's Note: If you missed getting your club listed, you have a second chance. We will publish part II of the club guide soon. If you would like your club listed (it's free), please email clubs@cyclingutah.com for details.

Animal Liberation Racing

Sponsors: Raw Revolution, Tofurky, Nuun, animalliberationracing.com
Contact: Cris Pereira, animalliberationracing@gmail.com, 801-898-8875
Website: animalliberationracing.com
Type of Cycling: Any and all forms of cycling enthusiasts and racers welcome.
Base Location: Salt Lake City, UT
Club Statement: We are a grassroots group focussed on bringing awareness to animal rights and other environmental causes. We want to be a voice of defense for animals suffering not only for consumption, but for vivisection, the clothing trade, "entertainment" industries, and anywhere else senseless brutality occurs.

Vegetarians and Vegans Welcomed!

Autoliv Cycling Club

Sponsors: Autoliv, The Bike Shoppe, Total Rehab, Futura Industries, Majorca-Illes Balears, Nor-Med, Smoothie King, Dr. Naylor's Udder Balm, Trail Tech
Contact: Kurt Gammill, kurt.gammill@autoliv.com, 801-625-9370
Website:

Type of Cycling: Masters and Juniors MTB and 24 hr racing, Cat 5/4 Masters Road Racing, Recreational and training rides

Base Location: Ogden, UT

Club Statement: In 2010, our goal is to again increase charitable work by donating our time and resources to help those who cure disease and relieve suffering. In 2009, ACC raised more than \$165,000 for local and national charities. Secondly, bicycling improves the overall fitness, health, and well-being of participating Autoliv employees and other clubmembers throughout the community. Finally, we have mountain and roadbike teams for the racers. Don't forget the legendary noon ride, now in it's 16th year. Autoliv is also the sponsoring club of LOTOJA. 2010 will be our 10th year as a USCF and NORBA sponsored club.

Bikeman.com, Salt Lake City Chapter

Sponsors: Bikeman.com, Salsa Cycles, Panaracer, SRAM, Avid, Truvativ, Rockshox, Lazer Helmets, World Bicycle Relief, Personal Best Multisport Coaching, Cyr Bus Line, Jagwire
Contact: Troy Nye, teebone65@gmail.com, 801-230-4052
Website: bikeman.com
Type of Cycling: Mountain Bike Racing, Road Racing, Cyclocross

Base Location: Salt Lake City, UT

Club Statement: For nearly two decades Team Bikeman.com has been a mainstay in bike racing. Beginners all the way up to pros proudly compete in the red, white and black of Team Bikeman.com. Our resume is extensive with state, regional, national and master's worlds champions in our ranks. We are truly a national grassroots racing team with membership from coast to coast. We compete in mountain, road, cyclocross, time trial, triathlon and pretty much anything else you can do on two wheels. We don't discriminate, if you do it on a bicycle and someone is timing it, we will race it. If you feel you would be a good fit for Team Bikeman.com contact our Team Manager.

Bonneville Cycling Club

Contact: Mary Margaret Williams, president@bbtc.net, 801-947-0338
Website: bccutah.org
Type of Cycling: We offer road rides with a pace rating system ranging from easy relaxed pace to race pace.
Base Location: Central Utah, UT
Club Statement: We are Utah's largest and oldest cycling club. An umbrella club for all cyclists in Utah with members from St. George to Logan, and even France. We have riders all year long and every day through the season. Bonneville has members of all levels and skills including beginner, recreational, touring, mountain, racing, and Ultra-marathon riders. We host 2 event rides annually: Little Red Riding hood, held in June, and ULCER, held in August, as well as several ride series such as the super series and social series. If you ride a bike in Utah, you should be a BCC member.

Bountiful Mazda/Bountiful Bicycle Cycling Club

Sponsors: Bountiful Mazda, Bountiful Bicycle Center, Covington Capital Corp, Gossner Foods, State Fish Co, Specialized, Johnsonville Foods, Healthy One
Contact: Michael MacDonald, mjmacdonald@bountifulmazda.com, 801-397-2277
Website: bmcycling.com

Type of Cycling:

Base Location: Bountiful, UT

Club Statement: Club is comprised of two levels of member: Bountiful Mazda/Bicycle Center Club members of approximately 150. Weekly scheduled rides in Davis County. Many members participate in local century rides and Lotoja. Club has focus of supporting Hunstman Cancer Institute for many years thru fundraising rides. Club welcomes anyone as members. Sign up at Bountiful Bicycle. Second level is the Bountiful Mazda/Bicycle Center Racing Team. We have a mens Masters Team and a womens Team comprised of team members from all over the Wasatch front. Both Teams have participated in not only the local UCA racing series but many Regional and National races as well.

Cache Valley Veloists Bicycle Touring Club

Contact: Bob Jardin, cvveloists@gmail.com, 435-757-2889
Website: cvveloists.org
Type of Cycling: Road Touring and Recreational Mountain Biking
Base Location: Logan, UT
Club Statement: The Cache Valley Veloists Bicycle Touring Club is committed to fun, moderately paced recreational bicycle touring. The tours are member-

led, and designed to meet a wide range of bicycling interests and ability levels. Every fall, their Cache Valley Century event raises funds to help support Common Ground Outdoor Adventures as well as other bicycle advocacy groups throughout the Cache Valley area.

Cactus Hugger Cycling Club

Contact: Lucy Ormond, clucygo@skyviewmail.com, 425-229-1404
Website: cactushuggers.org
Type of Cycling: Road Touring, Mountain Biking
Base Location: Washington County, UT
Club Statement: Purpose: To provide weekly group rides and multi-day tours for club members and guests; to promote bicycling as an alternative transportation form; to provide bicycle safety education and advocacy for the local community. The club to buys 200 new bicycle helmets to give to kids in the community annually.

Canyon Bicycles Racing Team

Sponsors: Canyon Bicycles, First Endurance, Easton, Specialized, Vittoria, Vitamin Water
Contact: Mike Pratt, mike@ridecanyon.com, 801-576-8844
Website: canyonbicyclesracing.com
Type of Cycling: Road Racing
Base Location: Draper, UT
Club Statement: The Canyon Bicycles Racing Team is a club/racing team that focuses on developing riders to race at their full potential. We have open club rides on non-racing Saturdays and Sundays and recreational rides on Thursday evenings. Our team members race road, mountain bike and cyclocross disciplines in a range of categories. We are a tight-



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Contact: Scott Ford, scottford@colesport.com, 435-649-4800
Website: colesport.com

Type of Cycling: Road, Cyclocross, Mountain, singlespeed, unicycle, touring - anything that looks like a bike!

Base Location: Park City, UT
Club Statement: Cole Sport Racing is dedicated to increasing both visibility, promoting and participating in both cycling and racing events. We offer weekly rides on Monday nights leaving from Cole Sport on Park Avenue. The weekly rides cater to all riding and fitness levels. Not only do we support the local racing scene but junior development as well. Promoting cycling, knowledge and safety, in the community is our primary focus.

Color Country Cycling Club

Sponsors: Cedar Cycle
Contact: John Stavros, johnrides4fun@hotmail.com, 435-865-9648
Website: colorcountrycycling.org
Type of Cycling: Road Racing, MTB Racing, Road Touring, MTN Recreational or any combo

Base Location: Cedar City, UT
Club Statement: Founded in 1996, our club is active in many aspects of cycling from technical slickrock riding to touring to racing, as well as trail maintenance, and local event support. We support an IMBA affiliated National Mountain Bike Patrol group and work closely with local National Forest and BLM officials on

trail access issues. We have adopted and maintain many miles of trails in our area, and as the leading cycling advocate in southern Utah, we are always looking to expand riding opportunities in our area.

Contender Bicycles

Sponsors: Contender Bicycles, Nash Insurance, Cafe Espresso, Sportsbaseonline, Plumb and Co Realtors, Axis41, Wasatch Economics
Contact: Alison Littlefield, club@contenderbicycles.com, 801-364-0344
Website: contenderbicycles.com

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

Base Location: Salt Lake City, UT
Club Statement: The Contender Bicycles Cycling Club provides an opportunity to participate in all aspects of the sport of cycling from racing to recreational riding to advocacy. Along with our partners, we are excited about the future of the club and we invite you to join for 2010.

Cutthroat Racing

Sponsors: Uinta Brewing Co., Brewvies Cinema Pub, Legal Messengers Inc, Light and Motion, Maxxis, Hydrapak, Hayes Brakes, Sun Ringle, Manitou, Carbo Rocket, Genuine Innovations, ProLink and Ryders Eyeware
Contact: Dan Roper, cutthroatracing@gmail.com, 970-274-6455
Website: cutthroatracing.org

Type of Cycling: You name it. We're a home for racers (MTN, CX, RD) and also lots of 'fun only' riders, cyclomuters, etc.

Base Location: Salt Lake City, UT
Club Statement: Founded in 2005, we have grown every year and currently have around 60 members. Our primary goal is to provide a fun 'team' for folks who want to be on a team, but don't really want to be on a 'team'. Make sense? ;-) We have organized trail work days, some camping trips and nice big camps

at 24 hr races. We really are a team of the people. Come join us and see for yourself. Team meetings: First Wednesday of each month at the Uinta Brewpub @ 6pm.

Evanston, Wyoming Cycling Club

Sponsors: Titanium Benefactors: Cook-SandersAssociates, Inc., Professional Engineers & Surveyors; and The Spence Law Firm.
Contact: Paul Knopf, pknopf@evanstonwy.org, 307-783-6458
Website: evanstoncycling.org

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

Base Location: Evanston, WY
Club Statement: The Evanston, WY Cycling Club is a 501(c)(3) non-profit public charity. Primary purposes of the Cycling Club include promoting bicycle safety and community education of bicycle related issues, establishing partnerships with the local school district, encouraging the development of pathways for bicycle and pedestrian use, and advocating the sport of bicycling as healthy outdoor recreation. The Cycling Club promotes bicycle education and safety through SAFE Kids and other community programs. Each spring, the Club awards a limited number of PEDAL (Promoting Educational Development And Learning) scholarships in the amount of \$500 each to graduating Evanston High School seniors for post-secondary education. In partnership with the City of Evanston and other benefactors, the Cycling Club helps to coordinate the annual High Uintas Classic stage race, now in its 22nd consecutive year.

Harmon's Grocery Cycling

Sponsors: Harmons Grocery Stores
Contact: John Spencer, johnspencer@harmonsgrocery.com, 801-577-5710
Website:

Type of Cycling: Road Racing, Advocacy, and Recreational
Base Location: Salt Lake City, UT
Club Statement: Harmons cycling teams focus is three fold. The first is to promote Health and Fitness and a healthy lifestyle for our employees. This is a very important aspect to the Harmons team. Harmons is very employee oriented and focus's on the well being of its associates. Also Harmons has been a supporter of the fight against Multiple Sclerosis. Harmons is in its ninth year of promoting the MS 150 (Best Dam Bike Ride). And finally the aspect of enjoying the sport of cycling. Harmons cycling team consists of individuals from all different background and positions within the Harmons Grocery Chain.

Huntsman Hometown Heroes

Contact: Jen Murano, JMurano@huntsmanfoundation.org, 801-584-5815
Website: huntsmancancerfoundation.org
Type of Cycling: Road Racing, Road Touring
Base Location: Salt Lake City, UT
Club Statement: Huntsman Hometown Heroes is a program designed to help you reach your endurance goals while raising much-needed funds for cancer research at Huntsman Cancer Institute.

Idaho Cycling Enthusiasts / Idaho Kidney Institute/Southeast Idaho Gastroenterology

Sponsors: Idaho Kidney Institute, Southeast Idaho Gastroenterology, Idaho Orthopaedics, Barrie's Ski and Sports, Kirk's Cruisers, 5th Street Bagelry, Alpine Cycle
Contact: David Hachey, dmhachey@gmail.com, 208-241-0034
Website: idahocycling.com
Type of Cycling: Road Racing and Touring, Commuting, and Advocacy
Base Location: Pocatello, ID
Club Statement: Idaho Cycling Enthu-

siasts ("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 have been a sequence of bicycle clubs in the Pocatello area. Cycling has a long history in Pocatello, and the roots of current club activities, rides and members date back at least 30 years.

Joyride Bikes

Sponsors: Joyride Bikes, SRAM
Contact: Kory Pitcher, kory@joyridebikes.com, 435-753-7175
Website: joyridebikes.com
Type of Cycling: Road, Mountain, Cyclocross, Trail Work and Advocacy.
Base Location: Logan, UT
Club Statement: Joyride Bikes is excited to be the fastest growing cycling team in the Northern Utah area. The team leadership cadre brings experience from Pro Mountain Bike racing, State Criterium champions, former LotoJa winners and a shop owner who has a lifetime in the cycling industry. We all want to see cycling continue to grow and improve the lives of those who choose to see the world from this two-wheeled perspective. We will compete in local road, mountain and cyclocross racing as well as community rides and events-including volunteer events and trail maintenance. The team will have a developmental emphasis meaning anyone new to the sport is welcome to come and talk to us and be introduced to bicycle racing in a friendly, non-intimidating environment. We will concentrate on a Category 4/5 team, women's team and a strong junior emphasis. We expect to be able to field a Cat. 3 and Masters team in the near future. Look for our jerseys out on the roads and trails. We'll be the ones that say Joyride Bikes with the smiles on our faces!

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Contact: Ryan Krusemark, ryan@kuhl-usa.com, 800-252-3185

Website: kuhl-usa.com

Type of Cycling: Mountain and Road Racing

Base Location: Northern Utah, UT

Club Statement: We are a diverse group of mountain, cross and road cyclists brought together by one common thread—a healthy obsession with the outdoors. More like a family than a team, we aspire to promote the sport of cycling in races, rides, and in the communities in which we live, with maybe some friendly competition to go along with it. Swing by our tent and kick back on our couch—we're a family that's always growing!

Logan Race Club

Sponsors: Nordic Track, Intermountain Health Care Canyon View Orthopedics, Camp Chef, Sierra Homes, Immaculate Homes, Sports Academy and Racquet Club, Dr. Evan Lefevre Chiropractor, Al's Sporting Goods, Wimmer's Ultimate Bicycles

Contact: Ben Kofoed, benk@campchef.com, 435-792-7868

Website: loganraceclub.org

Type of Cycling: All Forms of Cycling, and Triathlon and Running

Base Location: Logan, UT

Club Statement: The Logan Race Club includes a vast array of riders from the Cache Valley area that range from experts to those that are new to the racing scene. This team includes youth riders that we hope will be inspired to have the same passion for riding bikes as the veteran racers on the team.

Mad Dog Cycles Race Team

Sponsors: Mad Dog Cycles, Gary Fisher, Trek, Maxxis, Powerbar, Tifosi, Stans No Tubes, Crank Bros., Camelbak, 4 Life Research, Alexander's Print Advantage, Blackbottoms Cyclewear, Fibernet, Guru's, Intermountain Urological Institute, Northwestern Mutual, Peak Fitness & Performance, and X Tech

Contact: Keith Payne, keith@maddogcycles.com, 801-368-5321

Website: maddograceteam.com

Type of Cycling: MTB and Road group rides

Base Location: Orem, UT

Club Statement: We are a Utah-based team with every level of rider in multiple disciplines. For ten years, we have primarily competed in mountain events, but for 2010, we will have a formal road team in addition to our already strong mountain contingent. Our club is not

only full of fast, competitive riders, but also has a large number of members that just like to ride. While we are organized to race, we also work hard to give back to our community. We organize two trail building days each year, offer free guided rides monthly for the community (Thursdays with the first Thursday just for women called Ride Like a Girl). For road riders, we will provide skills clinics Tuesday nights at 6 PM and group rides at 9 AM meeting at our Orem location. All levels of riders are welcome to come join the team and get riding, racing and helping improve and maintain the cycling community. Come celebrate our 10th year by riding with us in 2010.

Mi Duole

Sponsors: Barbacoa Mexican Grill, Millcreek Bicycles, Jones Waldo, Durham, Jones, and Pineger, Reynolds Cycling, Rocky Mountain Bicycles, Maxxis, Rudy Project, Smith Optics, SockGuy, Bebop, Giro, Bontrager shoes, Lizard Skins, and Voler

Contact: TJ Uriona, tjuriona@gmail.com, 801-808-1138

Website: miduole.com

Type of Cycling: Road Racing and some Mountain Bike Racing

Base Location: Salt Lake City, UT

Club Statement: Mi Duole roughly translates from Italian as "I suffer." Mi Duole is one of the oldest racing teams in the Intermountain West, having formed in Salt Lake City in 1984. Alumni include one of the founding members Marty Jemison, previously with the U.S. Postal Service team, and Levi Leipheimer, one of the most accomplished American riders. Currently, the club has members who race criteriums, and others who concentrate on road races. The purpose of the club is to provide a network for a fairly broad range of racers and riders. In 2009, the club re-established a strong Cat. 1-2 racing team and pro development team.

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

Sponsors: BicycleWorks in Price, Utah Contact: Fuzzy TheBikeGuy, fuzzythebikeguy@msn.com, 435-637-BIKE

Website: PASstrails.com

Type of Cycling: MTB Riding and Trail Building/Advocacy

Base Location: Price, UT

Club Statement: PASS was founded in 2002 and their first trail project was LUKE'S TRAIL, which was designed by LUKE THE PIT-BULL and has become a favorite of locals and travelers alike. Recent additions like ShamRockAndRoll, Dick's Cut-off and NotPete's Rim make severalloop-options and the campground

at the Like's Trailhead has great sunsets. Weekly "Big Wednesday" group rides and annual events like TrailFest (1st Weekend in May) and the 4th of July rides and Barbeque are how we introduce riders to our ever-growing trail system. PASS is also involved in Trail-Building and Land-Access issues, working to educate user-groups and prevent trail and area closures.

(PCIM) Park City Iron Man

Sponsors: Park City Ironman, Hillbilly High Rollers, Bingham Cyclery, Northwave, Rudy Project

Contact: Nisie Antacle, nisie77@hotmail.com, 801-440-0290

Website: karvecycling.com

Type of Cycling: Road Racing, Cyclocross

Base Location: Park City, UT

Club Statement: Park City Iron Man is a cohesive group of competitive, energetic, diverse, well-rounded women and men dedicated to: promoting sponsors in both competition and the community, developing junior riders, and striving for athletic excellence through healthy and supportive means. Our focus is road racing on the local scene; in addition to supporting teammates that race nationally. We look forward to another competitive year with our seasoned sponsors and teammates.

Pedro's Salt Lake City

Sponsors: Este Pizzeria, BlueStar Juice and Coffee Café, and MillCreek Bicycles

Contact: Doug Peterson, MTN-D@modernteles.com, 801-694-2770

Website: pedrosSLC.com

Type of Cycling: Mountain & Road

Base Location: Salt Lake City, UT

Club Statement: Riding together since '99 with a mission to just get out & ride. Join us on a weekly Tuesday night mountain bike ride, we choose a different trail each week & the beer cooler is always filled. Sunday morning road rides depart from BlueStar Coffee on 28th S. & 23rd E., grab a coffee & let's go! All are welcome to join these social rides focused on having a good time. We usually ride at the pace of our slowest rider, who we expect will be Tim Schaars.

Porcupine Cycling

Sponsors: Porcupine Pub & Grille, The Dodo Restaurant, Pharamanex, Pinnacle Security, Dialogue Marketing, Squatters/Wasatch Beers, Axiom Financial, Jason's Deli, Cottonwood Cyclery, Excel Woodworks, Cutting Edge Carpentry, The Smile Center, Peak Fasteners, SBR

Contact: Mike Meldrum, mikeside@gmail.com, 801-424-9216

Website: porcupinecycling.com

Type of Cycling: Road & Mountain Biking and Recreational/Casual riding

Base Location: Salt Lake City, UT

Club Statement: Porcupine Cycling Club is dedicated to bettering the appreciation and enjoyment of cycling while having fun. Our club consists of cycling and mountain bike enthusiast ranging from highly competitive racers to those who are simply looking for riding partners. We also put on the Porcupine Big Cottonwood Hill Climb to raise funds for local cancer research and victims. We will once again be running the annual Chalk Creek Road Race in Coalville UT, which is the State Championships for Masters & Junior categories.

Revolution Café Rio Racing

Sponsors: Revolution Bicycles, Café Rio, Sisel, Techna Glass, Hammer Nutrition, Cannondale, Giant, Sworks AV, Control4, CEP, Powered Control Systems, Edge Composites

Contact: Justin Wilson, admin@revolutionracing.org, 801-233-1400

Website: revolutionracing.org

Type of Cycling: Road & MTB Racing, Triathlon, Road Touring, Mtn. Recreational, Cyclocross, Advocacy

Base Location: Salt Lake City, UT

Club Statement: The newest and fastest growing team in Utah. Strong representation in allUSAC categories. Competitive, yet relaxed group of racing and ridingen-

thusiasts. Supporters of the local cycling and race community. Affiliated with one of the top Utah Mtb Race Teams, Revolution PeakFasteners.

Rocky Mountain Cycling Club

Sponsors: City Pet Club, Crown Burger, Cyclesmith, Scott Machinery, Finns Restaurant, Downtown Storage, Christopher Kia.

Contact: Nick Ekdahl, nick_ekdahl@hotmail.com, 801-243-4263

Website: rmcconline.com

Type of Cycling: Road, Cyclocross, MTB, Recreational-Sometimes competitive, other times not so much.

Base Location: Salt Lake City, UT

Club Statement: While we are primarily a road club, we have members riding and racing in almost every type of two wheel event...MTB, cyclo-cross, touring, triathlon, pub crawls, etc. We are a pretty laid back fun group of people and encourage anyone who is interested in riding with us to visit our website or stop by Cyclesmith for more information. You are more than welcome to join any of our group rides even if you are not a member.

Rooster's Endurance Team

Sponsors: Scott, Edge composites, Quality disaster clean up, Malan Dental, Roosters Brewing Co. Elite Electralites, Intermountain Health Care, Intermountain T-shirt Company, Old School Body shop, xbal

Contact: Brandon Bingham, bbbboy76@hotmail.com, 801-726-4411

Website: roostersbrewingco.com

Type of Cycling: Triathlon, Road Racing, MTB Racing, Cyclocross, Running, Ultra Marathons.

Base Location: Ogden, UT

Club Statement: The Rooster's endurance team was established to fill a void that existed in the community. While the team's goals, like any other race team, is to compete and win. It is not secondary to the team's ambitions but rather a core function and reason for its existence.

Salt Lake Cycling Club, Millcreek Bicycles

Sponsors: Millcreek Bicycles

Contact: Mike Hanseen, mig@millcreekcycles.com, 801-278-1500

Website: millcreekcycles.com

Type of Cycling: Road Racing, MTB Racing, Club rides

Base Location: Holladay, UT

Club Statement: Millcreek Bicycles in house club is Salt Lake City Cycling or SLCC. We are an open club and anyone can join. We are about equal opportunity and having a blast on and off our bikes. We offer weekly club rides, annual training camps, exclusive sales and much more.

Simply Mac Racing

Sponsors: Simply Mac, Bingham Cyclery, BlackBottoms, Endure Electrolytes, Gold's Gym, EDGE Wheels, Spring Communications, Innovative Staffing

Contact: Joel Rackham, joel@simplymacracing.org, 801-721-6952

Website: simplymacracing.org

Type of Cycling: Road, MTB, Touring and Cyclocross

Base Location: Salt Lake City, Ogden, St. George, UT

Club Statement: To be a premier cycling club and race team with a focus on sportsmanship, performance, and camaraderie. Promoting the sport of cycling through weekly group rides, coaching, race and training support, clinics, and support for local charities. Our members range from recreational riders to advanced category racers.

Skull Candy/JSA Architects

Sponsors: Skull Candy, JSA Architects, Stowell and Crayk, KUAT racks, Revolution Mountain Sports, Brothers Bikes, agel, Winder Farms, Entech, Physical Therapy & Sports medicine, Peak Performance and fitness, & Drive Marketing

Contact: Seth Bradley, skullcandyrcing@gmail.com, 801-244-1224

Website: skullcandyrcing.blogspot.com

Type of Cycling: Road, MTB, Cyclocross, recreational, advocacy

Base Location: Sandy, UT

Club Statement: The Skull Candy/JSA Architects team is a new club with a focus on racing and recreational riding for all levels. Team members race in the UCA circuit, the Intermountain Cup mtb series, and the Utah cyclocross series. We also welcome recreational riders and weekend warriors interested in century rides, charity rides, or who just want a group to ride with. Check our blog for club and team ride schedules.

Spider Bait Cycling

Contact: Derrick Deaton, dmdeaton@comcast.net, 801-352-7400

Website: facebook.com/group.php?gid=32982807018

Type of Cycling: Road Touring and Racing

Base Location: Sandy, UT

Club Statement: We are a club that loves to get out and hit the road! We started by a few friends that started riding and racing together and though it would be fun to start a team. We are about having fun and pushing ourselves to the limit while we are at it. If you like to train HARD and have FUN then we are the club for you.

Spin Cycle Racing

Sponsors: Spin Cycle, Bosch, Miller Motorsports, Scott USA, Strong VW, Strong Audi, Red Rock Brewery

Contact: Rod Kujacynski, sales@spincycleutah.com, 801-277-2626

Website: spincycleutah.com

Type of Cycling: Road Racing, MTB Racing, Triathlons

Base Location: Salt Lake City, UT

Club Statement: Spin Cycle Racing is a dedicated group of Road, Mountain and Triathlete competitors for the 2010 cycling season. Spin Cycle Racing is focused on promoting a healthy lifestyle with a race winning attitude. We strive to work together, train together and win together. We enjoy the passion of competition along with team camaraderie. We are dedicated to the pursuit of podium wins while enjoying the journey. We have organized team training rides, and our terrific sponsors provide food, and fun for Team nights.

Team Bad Ass Coffee

Sponsors: Bad Ass Coffee Company, Spin Cycle, Alscio, Real Salt, Fiddler's Elbow, Holiday Oil, Smith Powell CPAs, Elements Wilderness Program, Wilson Law Office, Spectra Capital

Contact: Steve Dwyer, dwyste@hotmail.com, 801-824-2200

Website: slcbadasscoffee.com

Type of Cycling: Road Touring with a mission

Base Location: Salt Lake City, UT

Club Statement: Since its creation 5 years ago, Team Bad Ass Coffee has become one of the largest non-racing cycling teams in the state of Utah. Our mission has remained unchanged: Stomp out Pain and Suffering through Cycling by raising funds and awareness to combat devastating diseases. The team consists of friends of all ages and abilities. We ride twice weekly meeting at various locations throughout Northern Utah. What does it take to be a member? The right attitude.

Team Excelerator

Sponsors: Jim Gillan Law Firm, Peregrine Health, Vitality Nutrition, The Bike

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Contact: Ben Towery, teamexclerator@gmail.com, 801-774-7551

Website: teamexclerator.com

Type of Cycling: Road Racing, MTB racing, Cyclocross and Touring
Base Location: Clinton, UT
Club Statement: Team Exclerator was founded in 2008 to support racers of all abilities in improving their access to racing, increase their skills and fitness and provide a fun group of riders to train and race with. We host the Powder Mountain Hillclimb on June 12th and the Harvest Moon Crit on Sept 25th. We serve our community through bike trail maintenance and raising money and awareness for World Bicycle Relief and Ovarian Cancer Research.

Team Fast Lane

Sponsors: H2O Overdrive, Wild Rose Mountain Sports, Studio Cove Health and Fitness, Woolpower, Raw Revolution, Asmaster, Russell Outdoors, Synergy Sport, GRAY Wheels, SLS3
Contact: Scott Kelly, teamfastlane@comcast.net, 801-930-2230

Website: teamfastlane.com

Type of Cycling: Triathlon, XTERRA, Duathlon, Running, Road and Mountain Bike racing, Adventure Racing, Nordic Ski Racing

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

Team in Training

Sponsors: Runner's World, P.F.Chang's, Nike, Powerbar, Seagate, American Airlines and Schwinn, Nissan
Contact: Tiffany Deamer, tiffany.deamer@lls.org, 801-519-6600

Website: teamintraining.org

Type of Cycling: Road Touring and training for century rides.

Base Location: Salt Lake City, UT
Club Statement: The Leukemia and Lymphoma Society's Team In Training (TNT) program began in 1988 and has grown into the world's largest charity sports training program. TNT offers various sport programs with supported training in a team atmosphere. The teams meet weekly and train over a 3-5 month period to help you reach your goal. Team In Training's cycling program offers the opportunity to take on the challenge of 100 miles and make a difference in the lives of 785,829 Americans living with blood cancers. Along with a customized training program and expert coaching, participants train and fundraise in honor of local individuals fighting blood cancers.

Team Revolution Peak Fasteners

Sponsors: Revolution Mountain Sports, Peak Fasteners, Cannondale, Giant, Professional Electrical Services, Aspen Family Dentistry, Carbo-Rocket, Continental, Fizik, GU, Crank Brothers, Cafe' Rio
Contact: Bob Saffell, stupidbikes@mac.com, 801-233-1400

Website: teamrevolutionracing.com

Type of Cycling: Mountainbike and Cyclocross

Base Location: Salt Lake City, UT
Club Statement: THE Dirt team in Utah, several team championships since 2004, several individual champions and wins. 100+ hours of trail work, camaraderie and fun. 2009 we were the repeat Unofficial Utah Cycling Omnium Champions, with

3rd place team finishes in the Intermountain Cup and 2nd in Cyclocross. If you sandbag, we shame, with prizes...

Team Sugar / White Pine Touring

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

Website: teamsugar.org

Type of Cycling: Mountain Bike Recreational/Advocacy

Base Location: Park City, UT

Club Statement: Team Sugar, established in 2003, is a dedicated group of women mountain bikers devoted to introducing as many women as possible to the sport. Team Sugar provides free women's rides every Tuesday night throughout the summer, which allows women to learn mountain bike skills, local trails, etc. in a non-competitive environment. Team Sugar rides begin the first Tuesday after Memorial Day and leave at 6 p.m. sharp from White Pine Touring in Park City.

teamgive

Sponsors: iTrade Alchemy, Maverik, Diversified Flooring, Inc. TID Demolition, bluehouse ski company, EDGE composites, John Henry Smith Insurance, Biker's Edge, newpark resort, Bartile, Paradise Bakery, G Cycles, Interform, Miller Motorsports Park, h2o overdrive hydration, Lin Socks, Modern Display, Rockwell, Tour of Utah, Lotoja, Black-Bottoms Cyclewear, Yakima.

Contact: David Watkins, event@teamgive.org, 801-930-0317

Website:

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

Base Location: , UT, ID

Club Statement: Mission: To enhance the lives of children with rare diseases by participating, organizing, and supporting charitable activities. Teamgive is an organization of successful professionals with a shared passion for cycling and sports, for service to their community, and excellence in all we do. teamgive combines its members' active lifestyles, professional abilities and backgrounds with a desire to support research fortreatment and cures of rare neurological diseases. We do this through participation, sponsorship, and organization of community and corporate sponsored charitable cycling and similar athletic events. In 2009 teamgive sponsored the official "yellow jersey" in the Tour of Utah. Once again in 2010 they look forward to partnering with the Tour of Utah for the teamgive time trial at Miller Motorsports Park. In addition, their sponsorship will include the Lotoja Classic as well as the teamgive ride series, which includes fully supported biweekly rides.

The X-Men

Contact: Thomas Cooke, x-men@utahbroadband.com, thomasjcooke@gmail.com, 435-901-1752

Website: x-mencyclingteam.com, facebook.com/xmencycling

Type of Cycling: All types of riding.

Base Location: Park City, UT

Club Statement: Our club was founded in 1995, and that makes the few of us left really old. It's the club that just won't go away. We've had national champions, state champions, now we are just a bunch of folks who ride every once in awhile.

The Young Riders

Sponsors: Mountain Trails Foundation, Park City Orthodontics, Jans, White Pine Touring, Deer Valley Resort, Park City Mountain Resort, The Canyons, Scott, Alpine Trails, Park City Coffee Roaster, Snyderville Basin Recreation
Contact: Heinrich Deters, heinchdeters@yahoo.com, 435-659-1188

Website: youngriders.com

Type of Cycling: Mountain, Road, Downhill

Base Location: Park City, UT

Club Statement: The Young Riders recreational program is dedicated to the promotion of mountain biking, for

juniors ages 6-18, through a series of fun, safe and developmentally rewarding rides. Qualified instruction, training and coaching allows for a logical progression of aptitude and the pursuit of individual goals for the beginner to advanced and competitive rider. Technical skills, responsible riding, proper trail etiquette, and respect for the environment as well as for self and others, are impressed to ensure a future generation of respectful riders.

University of Utah Cycling

Sponsors: Blackbottoms Cycle Wear, Cyclesmith, Edge Composites, Ritchey Design, Quarq Technology
Contact: Joel Hsia, uofucycling@gmail.com, 801-809-8634

Website: utahcycling.org

Type of Cycling: Collegiate Road and Mountain Racing, Road and Mountain Recreational, Cyclocross

Base Location: Salt Lake City, UT

Club Statement: The University of Utah Cycling team and club is for any student with a desire to ride and improve his or her skills. Those wishing for an opportunity to travel and experience competitive races are invited to participate in collegiate NCCA races. People who simply wish to support the team are welcome to purchase U of U Cycling paraphernalia.

Utah Premier / Ski Utah Cycling Team (formerly Vanguard Cycling Team)

Sponsors: Ski Utah, Canyon Bicycles (SLC), Reynolds Cycling

Contact: Bill Cutting, bcutting@twio-brand.com, 801-949-4080

Website: skiutahcycling.com

Type of Cycling: Primarily road cycling and road racing. 50 percent recreational, 50 percent competitive.

Base Location: Salt Lake City, UT

Club Statement: 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 Ski Utah Cycling Team/Utah Premier Cycling Club atmosphere will enrich your cycling experience. Promoter: Annual Sanpete Classic Road Race, Park City Main Street Criterium (in conjunction with the Tour of Utah), and the weekly Criterium at the Driver's License Division (formerly known as the DMV Crit.) Co-Sponsor (with team member Jeremy Smith) of the Tour of the Depot Stage Race.

Utah Rocky Mountain Bikers (URMB)

Sponsors: R & R Environmental Inc.

Other: Parks Sportsman, Out N Back, Utahmountainbiking.com

Contact: Kerry Smith, urmb@urmb.org, 801-221-9365

Website: urmb.org

Type of Cycling: Mountain Biking, trail maintenance/building and advocacy

Base Location: Orem, UT

Club Statement: URMB is a club of mountain biking enthusiasts centered in Utah County. We are riders, trail builders, trail advocates and partners with other trail users. We look beyond the next bend in the trail and the next ride to ensure trails for the future. URMB has adopted in partnership with the Pleasant Grove Ranger District of the United States Forest Service several trails in American Fork Canyon (Sections of: Ridge Trail #157, Ridge Connector #216, Salamander Flat #150, Pine Hollow #047, Willow Hollow #159, and South Fork Little Deer Creek #252). We have partnered with the USFS and Provo and Orem City with adoptions of the following sections of

the Utah County Bonneville Shoreline trail (Bridal Veil Falls Park to Squaw Peak Road #219 and Orem BST to Battlecreek Trailhead. Also in partnership with Provo City we have adopted the Indian Road single track trail from the Canyon Road (Provo) trailhead to the Smith Ditch (water pipe) Road junction. URMB is an IMBA affiliated club (since 2004). We follow IMBA Rules of the Trail.

Utah State University Cycling (USU Cycling)

Sponsors: AI's Cyclery, Carmichael Training Systems, USU Outdoor Recreation Center, Iron Stallion Racing, Evan Lefevre Chiropractic, Fizik, IMCCC
Contact: Eric Gardiner, ericgardiner@gmail.com, 801-660-9173

Website: usucycling.com

Type of Cycling: Collegiate Mountain, Cyclocross, and Road

Base Location: Logan, UT

Club Statement: The goals of USU Cycling are: to provide an opportunity for fair and safe competition for collegiate cyclists; to support a diverse group of events including road racing, cyclocross and mountain biking, and to promote an increase in the number of members of the club, the number of events promoted by the club and the level of competition.

Utah Velo Club

Sponsors: Bike Peddler

Contact: Stan Swallow, stanswallow@att.net, 801-808-4426

Website: utahveloclub.com

Type of Cycling: Road Cycling in groups with upto to 50 riders

Base Location: American Fork, UT

Club Statement: The Utah Velo Club is primarily a road cycling club with three (3) group rides per week during the year. During the winter we snowshoe as cross training. Mission: To promote cycling and organize free events for serious intermediate and advanced road cyclists. History: The club was started in October 2003 and now has 560 members with over half of them participating in at least one event per year.

Utah Mountain Biking.com

Sponsors: Mad Scientist Software, Inc., HP, Peak UK, Genesis Pure, Cedar Cycle, Epic Biking, Skyline Cycles, UtahMountainBiking.com

Contact: Michael Engberson, umb@madsci.com, 801-653-2589

Website: UtahMountainBiking.com

Type of Cycling: MTB Racing, MTB Recreational Riding, Cyclocross, Trail Advocacy, Road Racing, Road Touring

Base Location: Lehi and Alpine, UT

Club Statement: Winners of the Inter-

mountain Cup Race Series team competition in 2008. Voted "Mountain Bike Team of the Year" by Cycling Utah. UtahMountainBiking.com won the Intermountain Cup Race Series team competition in 2009 and the trophy for the team with the most trailwork hours. We also participated in the Utah Cyclocross series this past year, as well as some road racing events. UtahMountainBiking.com is a very friendly bunch, willing to accept all bikers of all levels. Team membership has many benefits including friendship, group rides, bike repair assistance, discount parts and nutritionals, etc. The UtahMountainBiking.com website is a great source of information on Utah trails, bike repair, and community biking forums, as well as information on how to join our team.

Velosport Racing

Sponsors: FFKR Architects, Sports-BaseOnline, Tour of Utah, Café Rio, Axis41

Contact: Travis Horton, travis@velosport-racing.com, 801-230-5904

Website: velosport-racing.com

Type of Cycling: Road Racing, Cyclocross, MTB Recreational

Base Location: Salt Lake City, UT

Club Statement: Our ranks include the complete spectrum of racers from talented juniors to Cat 1-4s to world and national champion masters racers. Our team offers the perfect environment to hone your riding skills, improve your fitness, learn how to race as a team, and meet great people. We take the sport of cycling seriously and have a lot of fun along the way.

Zions Bank Z-Team

Sponsors: Zions Bank

Contact: Marty Nowling, Marty.Nowling@zionsbankcorp.com, martynowling@gmail.com, 801-844-5107

Website: zteamcycling.org

Type of Cycling: Charity Road Team and Triathlon Team

Base Location: Salt Lake City, UT

Club Statement: The Z-team is comprised of riders of all abilities and welcomes all riders (employees, clients, friends, and family members). The team holds one training ride per month and participates in many different charity rides from February through October including: Skinny Tire Festival, Salt Lake City Marathon, Cactus Hugger, Ghost Town Century, Salt Lake City Century, Harmon's MS 150, ULCER, LOTOJA, Moab Century, Heber Valley Century, and Park City Century. All riders are welcome to join the team!

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Sunday - June 6, 2010

Steline, South Shore Lake Tahoe, NV - 19th Annual. A great Century Ride around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program. 3000 participants.

Sunday - June 27, 2010

Genoa, NV - Tour of the beautiful Carson Valley. 44-Mile, 20-Mile Bike & Hike & Family Fun Ride. Live music, BBQ & Ice Cream Social.



Sunday - Sept 12, 2010

Lake Tahoe, NV - 8th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline. 2000 participants.

Sept 26 - Oct 2, 2010

19th Annual "One Awesome Tour Bike Ride Across Nevada." Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park. Limited to 50 riders.



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Moab, UT 84532
(435) 259-5333
(888) 304-8219
rimcyclery.com

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

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(Creekview Plaza)
Price, UT 84501
(435) 637-BIKE
fuzzysbicycleworks.com

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

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

Sunset Cycles

491 N. Bluff St.
St. George, UT 84770
(435) 215-4251
sunset-cycles.com

Springdale

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

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Logan

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

Mt. Logan Cyclery

2561 North 200 West
Logan, UT 84341
(435) 752-4580
mtlogancyclery.com

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

745 N. Main St.
Logan, UT 84321
(435) 752-2326

Park City

Bootworks Cycle Center
Park City Resort Center, Plaza Level
Park City, UT 84060
(435) 649-3032
bootworks.com

Brothers Bikes

520 N. Main Street, #D
Heber City, UT 84032
(435) 657-9570
brothersbikes.com

Cole Sport

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

Dharma Wheels Cyclery

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

Jans Mountain Outfitters

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

Mountain Velo

2080 Gold Dust Lane
Park City, UT 84060
(435) 901-8356
mountainvelo.com

Stein Eriksen Sport

@ The Stein Eriksen Lodge

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

White Pine Touring

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

Vernal

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

NEVADA

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

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Eden, UT 84310
(801) 745-0101
diamondpeak.biz

Ogden

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

Bingham Cyclery

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

Canyon Sports Outlet

4598 S. 700 West
Riverdale, UT 84405
(801) 621-4662
canyonsports.com

Skyline Cycle

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

DAVIS COUNTY

Biker's Edge

232 N. Main Street
Kaysville, UT 84037
(801) 544-5300
bebikes.com

Bingham Cyclery

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

Bountiful Bicycle Center

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

Masherz

1187 S. Redwood Road
Woods Cross, UT 84087
(801) 683-7556
masherz.com

Saturday Cycles

2204 N. 640 W.
West Bountiful, UT 84087
(801) 298-1740
saturdaycycles.com

SALT LAKE COUNTY

Central Valley

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

Cottonwood Cyclery

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

Spin Cycle

4233 S. Highland Drive
Holladay, UT 84117
(801) 277-2626
(888) 277-SPIN
spincycleut.com

Salt Lake City

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

Cyclesmith

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

Bingham Cyclery

336 W. Broadway (300 S)
Salt Lake City, UT 84101
(801) 583-1940
binghamcyclery.com

Contender Bicycles

875 East 900 South
Salt Lake City, UT 84105
(801) 364-0344
contenderbicycles.com

Fishers Cyclery

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

Go-Ride.com Mountain Bikes

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

Guthrie Bicycle

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

Hyland Cyclery

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

REI (Recreational Equipment Inc.)

3285 E. 3300 S.
Salt Lake City, UT 84109
(801) 486-2100
rei.com/saltlakecity

SLC Bicycle Collective

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

Salt Lake City Bicycle Company

177 E. 200 S.
Salt Lake City, UT 84111
(801) 746-8366
slcbike.com

The Bike Guy

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

Wasatch Touring

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

Wild Rose Sports

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

South and West Valley

Bingham Cyclery
1300 E. 10510 S. (106th S.)
Sandy, UT 84092
(801) 571-4480
binghamcyclery.com

Canyon Bicycles

762 E. 12300 South
Draper, UT 84020
(801) 576-8844
canyonbicycles.us

Canyon Bicycles

11516 S District Drive
S. Jordan, UT 84095
(801) 790-9999
canyonbicycles.us

Canyon Sports

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

Golsan Cycles

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

Infinite Cycles

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

Lake Town Bicycles

1520 W. 9000 S.
West Jordan, UT 84088
(801) 432-2995
laketownbicycles.com

REI (Recreational Equipment Inc.)

230 W. 10600 S.
Sandy, UT 84070
(801) 501-0850
rei.com/sandy

Revolution Bicycles

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

Staats Bike Shop

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

Taylor's Bike Shop

2600 W. 12600 S.
Riverton, UT
(801) 253-1881
taylorsbikeshop.com

Taylor's Bike Shop

3269 W. 5400 S.
Taylorsville, UT 84118
(801) 969-4995
taylorsbikeshop.com

UTAH COUNTY

American Fork/Lehi/ Pleasant Grove

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

Bike Peddler

24 East Main
American Fork, UT 84003
801-756-5014
bikepeddlerutah.com

Timpanogos Cyclery

665 West State St.
Pleasant Grove, UT 84062
801-796-7500
timpanogoscyclery.com

Trek Bicycles of American Fork

Meadows Shopping Center
356 N 750 W, #D-11
American Fork, UT 84003
(801) 763-1222
trekAF.com

Payson

Downhill Cyclery

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

Provo/Orem

Bingham Cyclery

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

Blayn's Cycling

1738 S. State St.
Orem, UT 84097
(801) 225-7012
blaynsperformancecycling.com

Mad Dog Cycles

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

Mad Dog Cycles

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

Noble Sports

1575 South 1950 West Suite #1
Springville, UT 84663
(801) 995-3034
noblesports.com

Park's Sportsman

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

Racer's Cycle Service

159 W. 500 N.
Provo, UT 84601
(801) 375-5873
racerscycle.net

SBR Sports

149 W. 400 N.
Orem, UT 84057
(801) 225-0076
sbrutah.com

Taylor's Bike Shop

1520 N. Freedom Blvd.
Provo, UT 84064
(801) 377-8044
taylorsbikeshop.com

Urban Downfall Cycles

335 E. University Parkway
Orem, UT 84058
801-691-0250
urbandownfall.com

Saratoga Springs

Epic Biking

1284 N. Redwood Road
Saratoga Springs, UT 84045
(801) 653-2039
epicbiking.com

cycling utah

RACE RESULTS



Red Rock Desert Rampage, Intermountain Cup Series #1, St. George, Utah, March 6, 2010

- M 10-12**
 1. Cameron Larson; Revolution/Peak Fasteners 0:20:03
 2. Bryn M Bingham; Roosters 0:20:18
 3. Joe Pilling; Revolution/Peak Fasteners 0:20:19
 4. Joshua Peterson; UtahMountainBiking.com 0:20:59
 5. Hunter Ransom; UtahMountainBiking.com 0:21:06
- F 10-12**
 1. Hayley Batten; Mountain Trails 0:22:30
 2. Cassidy Johnson; Skull Candy 0:24:54
 3. Katsley Theobald; Mad Dog Cycles 0:25:17
 4. Dakotah Olpin; Mad Dog Cycles 0:27:56
 5. Mandy Clark; Mad Dog Cycles 0:30:20

- F 9 & Under**
 1. Lauren Bingham; Roosters 0:08:38
 2. Sydney Nielsen; UtahMountainBiking.com 0:10:31
 3. Jacey Messer; Utah Mountain Biking 0:10:32
 4. Hattie Ransom; UtahMountainBiking.com 0:10:40
 5. Grace Gordon; Farm Bureau Financial Services 0:13:24

- M 9 & Under**
 1. Thomas Zenger; Racers Cycle Service 0:07:30
 2. Nash Batten; Mountain Trails 0:07:38
 3. Connor Larson; Revolution/Peak Fasteners 0:08:37
 4. Kaden Sullivan; Team Red Rock 0:08:56
 5. Mason Frederick; UtahMountainBiking.com 0:09:23

- Beg Men 19-29**
 1. Bryce Bullock; Ames Promoting 0:32:56
 2. William Monnett 0:35:43
 3. Raymond Durham 0:38:14
 4. Kendrick Ostergaard 0:38:31
 5. Justin Ryan 0:38:45

- Beg Men 30-39**
 1. Grant Hvizdis 0:31:07
 2. Jeff Wilson; Bountiful Bike Center 0:33:38
 3. Brandon Davis 0:34:59
 4. Jeff Frederick; UtahMountainBiking.com 0:35:11
 5. Tim Larisch; LHM Toyota/Infinite Cycles Race 0:35:22

- Beg Men 40+**
 1. Kelly Clark; Bountiful Bicycle 0:34:22
 2. Greg Campbell 0:35:30
 3. Chris Peterson 0:38:30
 4. Bruce Jones 0:39:56
 5. Cort Ashton; UtahMountainBiking.com 0:42:05

- Beginner 13-15**
 1. Sam Allen; Canyon Bicycles 0:39:22
 2. Tyler Mullins; Racers CS/BlackJack Pizza 0:40:57
 3. Gale Pilling; Revolution 0:42:51
 4. Nye Yackle 0:43:32
 5. Kace Johnson; Skull Candy 0:47:08

- Beginner 16-18**
 1. Travis Rhoad; Bikers Edge 0:34:12
 2. Zachary Winter; Bikers Edge 0:34:46
 3. River Skinner; Needles Peak 0:35:54
 4. Cody Barney; Mad Dog Cycles 0:36:44
 5. Lance Jarvis; Utah Mountain Biking 0:38:16

- Beginner Women**
 1. Tiffany Martin; Mad Dog Cycles 0:38:01
 2. Sara VanKlooster 0:38:36
 3. Heather Clarke; Mad Dog Cycles 0:38:45
 4. Tiffany Theobald 0:42:20
 5. Lauren Argo 0:44:38

- Clydesdale**
 1. Les Vierra; Diamond Peak 1:12:11
 2. Rick Watts; Pull My Finger 1:15:50
 3. Greg Johnson; Mad Dog Cycles 1:18:30
 4. Aaron Mullins; RacersCS/BlackJack Pizza 1:18:59
 5. Mike Stark; Revolution/Peak Fasteners 1:19:16

- Exp Men 19-29**
 1. Reed Abbott; Mad Dog Cycles 1:25:35
 2. Eric Ellis; Utah Mountain Biking 1:26:41
 3. Dan Harper; Timpanogas Cyclery 1:28:37
 4. Joseph Moffitt; Mad Dog Cycles/Subaru/Gary Fisher 1:28:39
 5. Eduardo Leon; Contender 1:28:40

- Exp Men 30-39**
 1. Eric Rasmussen; Kuhl 1:22:13
 2. Peter McMullin; Revolution/Peak Fasteners 1:22:14
 3. Duff Johnson; Skull Candy 1:22:24
 4. Ryan Ashbridge; Revolution/Peak Fasteners 1:25:11
 5. Joel Zenger; Racers Cycle Service 1:25:39

- Exp Men 40+**
 1. Mike Hileman; Allegiant Air/Bike 1:22:36
 2. Brad Pilling; Revolution/Peak Fasteners 1:22:37
 3. Dennis Barrett; Infinite Cycles 1:27:25
 4. Kevin Moffitt; Mad Dog Cycles 1:29:18
 5. Daren Cottle; Canyon Bicycle 1:29:27

- Expert Women**
 1. Kelsey Bingham; Roosters 1:06:38
 2. Jenelle Kremer; Revolution/Peak Fasteners 1:07:05
 3. Margaret Harris; Racers Cycle Service 1:08:50
 4. Lucy J. Jordan; Revolution/Peak Fasteners 1:08:51
 5. Chanda Jeppson; UtahMountainBiking/Cedar Cycle 1:09:17

- Men 50+**
 1. Jay Griffin; UtahMountainBiking.com 0:58:10
 2. Jordan Swenson 0:58:11
 3. Gary Strabala; Amp Research 1:00:13
 4. Bruce Lyman; Mad Dog Cycles 1:00:14

5. Dave Smith; Team Red Rock 1:00:15
Men 57+
 1. Roger Gillespie 1:03:17
 2. Dwight Hibdon; Mad Dog Cycles 1:04:03
 3. Brad A. Mullen; Mad Dog Cycles 1:04:59
 4. Joel Quinn; Utah Mountain Biking 1:06:44
 5. Bill Dark; Mad Dog Cycles 1:09:07

- Pro Men**
 1. Burke Swindlehurst; Team Give/Blackbottoms 1:43:46
 2. Alex Grant; Cannondale 1:44:06
 3. Bart Gillespie; Cannondale 1:44:21
 4. Rob Squire; Team Jamis 1:44:59
 5. Chris Holley; Mad Dog/29er Crew 1:45:55

- Pro Women**
 1. Lynda Wallenfels; LW Coaching 1:25:35
 2. Kathy Sherwin; Mafia Racing/Pabst Felt 1:30:17
 3. Kara C. Holley; Mad Dog/29er Crew 1:34:14
 4. Sarah Kaufmann; Elele/Roaring Mouse/Titus 1:34:38
 5. Jennifer Hanks; Revolution/Peak Fasteners 1:35:27

- Single-Speed**
 1. Kenny Jones; Racers Cycle Service 0:55:15
 2. Rick Sunderlage; Adobe 0:57:46
 3. Chris Cole; Utah Mountain Biking 0:57:59
 4. Nate Drozd 0:58:03
 5. Kyle Cramer; Racer's Cycle Service 0:58:33

- Sport Women**
 1. Erica Tingey; Red Burro Racing 1:09:31
 2. Ahmi Bryant; Staats Bike Shop 1:17:02
 3. Jennifer Hodnett; Mad Dog Cycles 1:17:27
 4. Mandi Roberts; ICE 1:17:39
 5. Blyth Larrabee; Revolution/Peak Fasteners 1:18:25

- Sport/Expert 13-15**
 1. Griffin Park; Jolly Circle 1:06:48
 2. Hunter Tolbert; Kuhl/Bingham 1:10:32
 3. Jake Yackle 1:18:55
 4. Tanner Allen; Canyon Bicycles 1:22:33
 5. Dallin Johnson; UtahMountainBiking.com 1:23:52

- Sport/Expert 16-18**
 1. Justin Griffin; UtahMountainBiking.com 0:57:18
 2. Noah Talley; Racers Cycle Service 0:57:25
 3. John Burton; JoRide/EK Eccessories 1:02:31
 4. Merrick Taylor; Kuhl 1:02:50
 5. Conner Smith; Autoliv 1:06:17

- Spt Men 19-29**
 1. Todd Gilbert 0:59:12
 2. Jason Moir 1:02:14
 3. Nelson Diamond 1:04:36
 4. Trevor Marsh; Sports Den 1:05:47
 5. Patrick Davis; Mad Dog Cycles 1:06:33

- Spt Men 30-34**
 1. Jack Gage; Utah Mountain Biking 1:00:20
 2. Corey Larabee; Revolution/Peak Fasteners 1:01:22
 3. Jared Millington; Skyline Cycle 1:01:38
 4. Brian Thomas; Bingham Cycling 1:03:23
 5. Brent VanKlooster 1:03:34

- Spt Men 35-39**
 1. Colt Albrecht; Team Red Rock 0:58:13
 2. Rob Brasher; Revolution/Cafe Rio 1:00:13
 3. Jared Royer; Team Red Rock 1:00:47
 4. Darren Harris; Utah Mountain Biking 1:01:46
 5. Mark Messer; Utah Mountain Biking 1:01:50

- Spt Men 40+**
 1. Paul Bracken; Team Red Rock 1:00:02
 2. Reed Topham; Hyland Cyclery 1:01:21
 3. Jason Sparks; UtahMountainBiking.com 1:01:53
 4. Brad Sneed; Revolution/Peak Fasteners 1:02:00
 5. Douglas Rock; Team Red Rock 1:02:01

- Tandem**
 1. Koda & John Egbert; Big Worm Racing 0:53:43
Women 35+
 1. Eric Olpin; Mad Dog 0:36:56
 2. Alison Knutson; Cutthroat Racing 0:42:05
 3. Wendy Cope 0:42:51
 4. Sandra Smith; Team Red Rock 0:43:12
 5. Sally Hutchings; UtahMountainBiking.com 0:43:25



Cyclesmith Rocky Mountain Raceways Critierum, West Valley City, Utah, March 6, 2010

- A Flite**
 1. Michael Booth; Mi Duole/Barbacoa 2:22:36
 2. Jeff Clawson; Canyon Bicycles Draper 3:01:53
 3. Brian Boudreau 4:04:05
 4. Mike Cooper; Canyon Bicycles Draper 5:04:05
 5. Andre Gonzalez; Canyon Bicycles Draper 6:04:05
 6. Elliott Smith; Revolution Cafe Rio 7:04:05
 7. Cameron Hoffman; Biker's Edge 8:04:05
 8. Jason Capter; Contender Bicycles 10:04:05
 9. Aaron Olsen; FFRK/SportsBaseOnline.Com

- B Flite**
 1. Peter Archambault; Cyclesmith/RMCC 2:00:00
 2. Dru Whitlock 3:00:00
 3. Ted Tatos; Cyclesmith/RMCC 4:00:00
 4. Marek Shon; Cyclesmith/RMCC 5:00:00
 5. Michael Prosky; SkullCandy/JSA Architects 6:00:00
 6. Cody Rohovit; FFRK/SportsBaseOnline.Com

- Men 50+**
 1. Peter Archambault; Cyclesmith/RMCC 2:00:00
 2. Dru Whitlock 3:00:00
 3. Ted Tatos; Cyclesmith/RMCC 4:00:00
 4. Marek Shon; Cyclesmith/RMCC 5:00:00
 5. Michael Prosky; SkullCandy/JSA Architects 6:00:00
 6. Cody Rohovit; FFRK/SportsBaseOnline.Com

2. Mark Twilight; Gym Jones
 3. Mark Nelson; Euclid Outdoors
 4. Liam O'Donnell; SLC Bike Co
 5. Austin Scott; Simply Mac p/b Bingham Cyclery
 6. Jonathan Liddell; Revolution Cafe Rio
 7. Chris Hard; Contender Bicycles
 8. Michael Austin; Mi Duole/Barbacoa
 9. Robert Perry
 10. Chris Ronnow; FFRK/SportsBaseOnline.Com

- D Flite**
 1. Ryan Mc Calmon
 2. Justin Allen; Revolution Cafe Rio
 3. Mike McKee; Revolution Cafe Rio
 4. Jason Burnham; Ski Utah
 5. Sarah White; Revolution Cafe Rio
 6. Camron Maestas; SkullCandy/JSA Architects
 7. Thomas Welker; Revolution Cafe Rio
 8. Jodi Rohovit; Contender Bicycles
 9. Kristin Peterson

Tour del Sol Stage Race UCA Series, St. George, Utah, March 13 - 14, 2010

- Stage 1, 20 km Time Trial**
Men Pro 1-2
 1. Sam Krieg; ICE Idaho Kidney INST. 0:19:59
 2. Norm Bryner; Barbacoa - Mi Duole 0:20:53
 3. Jesse Gordon; Canyon Bicycles-Draper 0:20:57
 4. Chase Pinkham; Trek-Livestrong U23 p/b Radiosh 0:21:00
 5. David Brockbank; Canyon Bicycles Draper/Gym Jone 0:21:03

- Men 3**
 1. Scott Allen; Canyon Bicycles-Draper 0:22:14
 2. Sam Todd; Contender Bicycles 0:22:23
 3. Louis Riel; Canyon Bicycles - Draper 0:22:26
 4. Manny Cypers; The Bike Shoppe 0:22:46
 5. Ted Tatos; Contender Bicycles 0:22:59

- Men 4**
 1. Peter Archambault; RMCC/Cyclesmith 0:21:37
 2. Nathan Baldwin; Roosters 0:22:34
 3. Matthew Tyrrell; ICE 0:22:56
 4. Colin Joyce; ICE/dah Kidney Inst/ E Idaho 0:23:00
 5. Cody Rohovit; FFRK/SportsBaseOnline p/b Tour 0:23:16

- Men 5**
 1. Ryan Arnold; Mandalay Bay/McGhies 0:22:45
 2. Alex Pristash; Mandalay Bay / McGhies 0:23:15
 3. Michael Blevins 0:23:19
 4. Ryan Tanner; SLC Bicycle Co. 0:24:30
 5. Von Edwards 0:24:44

- Women 1-2-3**
 1. Coleen Knutson; Colavita/Outback Las Vegas 0:22:55
 2. Alisha Welsh; Peanut Butter & Co. Twenty12 0:23:54
 3. Julie Cutts; Colavita/Outback Steakhouse 0:23:55
 4. Nicole Evans; Millcreek Bicycles 0:24:26
 5. Stephanie Skoreyko; PCIM 0:24:28

- Women 4 0:26:04**
 1. Megan Hill 0:26:18
 2. Sarah Kaufmann; elele/Roaring Mouse/Bingham 0:27:08
 3. Jodi Rohovit; The Contender Club 0:27:28
 4. Trenna Adams; Coalavita Outback 0:27:30
 5. Peggy Berman

- Women Master 35+ F**
 1. Cris Kiser; Revolution Cafe Rio 0:26:12
 2. Beverly Ronnow; FFRK Architects/SportsBaseOnline 0:26:22
 3. Roberta Powers; Revolution Cafe Rio 0:26:38
 4. Ellen Guthrie; Spin Cycle Racing 0:27:15
Men Master 35+ 1-2-3
 1. Mark Schaefer; Barry Lasko DDS/PauTracy.com 0:22:02
 2. Jimmy Robbins; Barry Lasko DDS 0:22:57
 3. Ryan Jarrell; Barry Lasko DDS 0:23:06
 4. Louie Amelburu; Barry Lasko DDS 0:23:19
 5. Lew Perna; Team Rio Grande 0:23:39

- Men Master 35+ 4-5**
 1. Scott Kiser; Revolution Cafe Rio 0:22:40
 2. Gary Lial; Mandalay Bay/ McGhies 0:23:12
 3. Michael Kracht; SkullCandy/JSA Architects 0:23:28
 4. Steve Schoonover; Revolution Cafe Rio 0:23:44
 5. Chad Burt; Porcupine Cycling 0:24:10

- Men Master 45+**
 1. Vic Miera; Allegiant Airlines 0:21:40
 2. Jeff Clawson; Canyon Bicycles - Draper 0:22:16
 3. Jerald Hunsaker; Bountiful Mazda 0:23:04
 4. Gary Porter 0:23:16
 5. Michael Profsky; Canyon Bicycles Draper 0:23:19

- Men Master 55+**
 1. Chris Orton; Team Rio Grande 0:23:41
 2. Steve Moss; Red Rock 0:24:23
 3. Shannon Storrud; Porcupine Cycling 0:25:04
 4. Scott Glasscock; Team Rio Grande 0:26:42
 5. Craig Terry 0:26:47

- Boys Jr 10-12**
 1. Gianni Kennard 0:18:19
 2. Isaac Hoffman 0:19:57
 3. Seth Taylor 0:22:16
Boys Jr 13-14
 1. Tyler Spence; Sun Summit 0:17:32
 2. Bradley Wright 0:17:49
 3. Cy Ott; YEA 0:18:59

- Boys Jr 17-18**
 1. Brandon Buchanan 0:17:04
Girls Jr 10-12
 1. Jenna Gardner; PCIM 0:18:57
 2. Krystal Taylor 0:20:54

Stage 2, Critierum Men Pro 1-2

- Men Master 35+ 4-5**
 1. Klaus Gaar 0:26:57
 2. Gary Lial; Mandalay Bay/ McGhies 0:27:02
 3. Jeff Mabry; Mandalay Bay/Mcghies 0:27:04
 4. Bill Pinckard; Barry Lasko DDS. 0:27:09
 5. Brett Ball; Mandalay Bay/ McGhies 0:27:09

- Men Master 55+**
 1. Chris Orton; Team Rio Grande 0:26:59
 2. Dwight Hibdon; Mad Dog Cycles 0:27:04
 3. Lorin Ronnow; FFRK/SportsBaseOnline p/b Tour 0:27:14
 4. Steve Moss; Red Rock 0:27:34
 5. Shannon Storrud; Porcupine Cycling 0:27:39

Stage 3, Road Race Girls Jr 17-18, 11 miles

1. Krystal Taylor 3:23:35
Girls Jr 13-14, 11 miles
 1. Tyler Spence; Sun Summit 0:26:27
 2. Bradley Wright 0:26:27
Girls Jr 10-12, 11 miles
 1. Jenna Gardner; PCIM 0:34:01

- Boys Jr 10-12, 11 miles**
 1. Gianni Kennard 0:28:34
 2. Isaac Hoffman 0:29:44
 3. Seth Taylor 0:30:27
Women 1-2-3, 40 miles
 1. Alicia Welsh; Peanut Butter & Co. Twenty12 2:15:27
 2. Nicole Evans; Millcreek Bicycles 2:15:33
 3. Coleen Knutson; Colavita/Outback Las Vegas 2:15:34
 4. Julie Cutts; Colavita/Outback Steakhouse 2:15:36
 5. Chantel Thackeray Olsen; PCIM 2:17:57

- Women 4, 40 miles**
 1. Megan Hill 2:27:33
 2. Natasha Meinecke; Colavita/Outback Vegas 2:27:44
 3. Sarah White; Revolution Cafe Rio 2:28:49
 4. Sarah Kaufmann; elele/Roaring Mouse/Bingham 2:29:34
 5. Trenna Adams; Coalavita Outback 2:36:28

- Women Master 35+, 40 miles**
 1. Ellen Guthrie; Spin Cycle Racing 2:27:45
 2. Roberta Powers; Revolution Cafe Rio 2:27:45
 3. Cris Kiser; Revolution Cafe Rio 2:36:40
Men Master 35+ 1-2-3, 60 miles
 1. Jason Lijie; Barry Lasko DDS 2:52:24
 2. Mark Schaefer; Barry Lasko DDS/PauTracy.com 2:52:26
 3. Jimmy Robbins; Barry Lasko DDS 2:52:27
 4. Paul Bracken; Red Rock 2:58:49
 5. Mark Larsen; Red Rock 2:58:55

- Men Master 35+ 4-5, 40 miles**
 1. Gary Lial; Mandalay Bay/ McGhies 2:12:39
 2. Brett Ball; Mandalay Bay/ McGhies 2:13:32
 3. Marc Rosello; Porcupine Cycling 2:13:45
 4. Chad Burt; Porcupine Cycling 2:13:48
 5. Jeff Mabry; Mandalay Bay/Mcghies 2:13:49

- Men Master 45+, 40 miles**
 1. Jeff Clawson; Canyon Bicycles - Draper 2:58:35
 2. Dirk Cowley; FFRK Architects/SportsBaseOnline 3:02:46
 3. James Ferguson; Bountiful Mazda 3:05:33
 4. Jerald Hunsaker; Bountiful Mazda 3:07:41
 5. Michael Profsky; Canyon Bicycles Draper 3:08:15

- Men Master 55+, 40 miles**
 1. Chris Orton; Team Rio Grande 2:13:57
 2. Dwight Hibdon; Mad Dog Cycles 2:19:16
 3. Shannon Storrud; Porcupine Cycling 2:19:21
 4. Scott Glasscock; Team Rio Grande 2:26:53
 5. Gary Powers; Revolution Cafe Rio 2:42:03

- Men 3, 60 miles**
 1. Scott Allen; Canyon Bicycles-Draper 2:57:11
 2. Julian Fowkes; Ski Utah Cycling Team 2:57:13
 3. Manny Cypers; The Bike Shoppe 2:57:25
 4. Sam Todd; Contender Bicycles 2:57:54
 5. TJ Eisenhart; FFRK Architects/SportsBaseOnline 3:01:02

- Men 4, 40 miles**
 1. Peter Archambault; RMCC/Cyclesmith 2:03:44
 2. Chris Clyde; Porcupine Cycling 2:03:57
 3. Will Hanson; Spin 2:04:05
 4. Courtney Wood 2:04:05
 5. Eric Ellis; Utah Valley University Cycling 2:04:12

- Men 5, 40 miles**
 1. Von Edwards 2:09:01
 2. Ryan Arnold; Mandalay Bay/McGhies 2:09:02
 3. Alex Pristash; Mandalay Bay / McGhies 2:09:04
 4. Jonathan Lozon; Porcupine Cycling 2:09:07
 5. Ryan Tanner; SLC Bicycle Co. 2:11:20

- Men Pro 1-2, 80 miles**
 1. Bradley Gehrig; Cole Sport 2:38:33
 2. Mike Sohm; Canyon Bicycles-Draper 2:38:48
 3. David Brockbank; Canyon Bicycles Draper/Gym Jone 2:38:59
 4. Sam Krieg; ICE Idaho Kidney INST. 2:39:16
 5. Connor O'leary; Racelab U23 Waste Management 2:39:17

- Tour del Sol General Classification Girls Jr 17-18**
 1. Krystal Taylor 0:43:49
Boys Jr 13-14
 1. Tyler Spence; Sun Summit 00:43:59
 2. Bradley Wright 00:44:16

Girls Jr 10-12

1. Jenna Gardner; PCIM 00:52:58
Boys Jr 10-12
 1. Gianni Kennard 00:46:53
 2. Isaac Hoffman 00:49:41
 3. Seth Taylor 00:52:43

- Men 5**
 1. Ryan Arnold; Mandalay Bay/McGhies 0:21:46
 2. Alex Pristash; Mandalay Bay / McGhies 0:23:19
 3. Von Edwards 0:23:34
 4. Jonathan Lozon; Porcupine Cycling 0:23:39
 5. Ryan Tanner; SLC Bicycle Co. 0:23:50
 6. Christopher Pauls; Mandalay Bay/ McGhie's 0:23:31
 7. Liam O'Donnell; SLC Bicycle Co. 0:23:54
 8. Michael Blevins 0:24:41
 9. Kevin Wright; Team Redlands 0:24:36
 10. Johnny Johnson; Revolution Cafe Rio 0:24:607

- Men Master 35+ 4-5**
 1. Gary Lial; Mandalay Bay/ McGhies 0:30:53
 2. Brett Ball; Mandalay Bay/ McGhies 0:30:58
 3. Steve Schonover; Revolution Cafe Rio 0:30:58
 4. Chad Burt; Porcupine Cycling 0:30:59
 5. Marc Rosello; Porcupine Cycling 0:30:58
 6. Mark Nelson; Euclid Outdoors 0:30:51
 7. Jeff Mabry; Mandalay Bay/ McGhies 0:30:63
 8. Reinaldo Anzola; Mandalay Bay/ McGhies 0:30:653
 9. Alex Lizarazo; Simply Mac 0:30:719
 10. Patrick Morton; Revolution Cafe Rio 0:30:828

- Men Master 55+**
 1. Chris Orton; Team Rio Grande 0:30:47
 2. Shannon Storrud; Porcupine Cycling 0:31:04
 3. Dwight Hibdon; Mad Dog Cycles 0:31:30
 4. Scott Glasscock; Team Rio Grande 0:32:14
 5. Gary Powers; Revolution Cafe Rio 0:34:61
 6. Henry Ebell; Porcupine Racing 0:40:56

- Men 4**
 1. Peter Archambault; RMCC/Cyclesmith 0:25:21
 2. Matthew Tyrrell; ICE 0:27:08
 3. Chris Clyde; Porcupine Cycling 0:27:13
 4. Courtney Wood; NA 0:27:57
 5. Eric Ellis; Utah Valley University Cycling 0:28:06
 6. Cody Rohovit; FFRK/SportsBaseOnline p/b Tour 0:28:10
 7. Will Hanson; Spin 0:28:20
 8. Greyson Tipping; RS 0:28:24
 9. James Pearce 0:28:48
 10. Scott Powers; Revolution Cafe Rio 0:29:20

- Men Master 45+**
 1. Jeff Clawson; Canyon Bicycles - Draper 0:30:51
 2. Dirk Cowley; FFRK Architects/SportsBaseOnline 0:32:625
 3. James Ferguson; Bountiful Mazda 0:30:05
 4. Jerald Hunsaker; Bountiful Mazda 0:30:45
 5. Michael Profsky; Canyon Bicycles Draper 0:31:34
 6. Vic Miera; Allegiant Airlines 0:33:54
 7. Jeff Strong; Allegiant Airlines 0:34:41
 8. Gary Porter; Bountiful Mazda 0:41:04
 9. Eric Knutson; Wicked Cycling 0:41:04

- Female Master 35+**
 1. Roberta Powers; Revolution Cafe Rio 0:25:423
 2. Ellen Guthrie; Spin Cycle Racing 0:25:500
 3. Cris Kiser; Revolution Cafe Rio 0:30:52
Women 4
 1. Megan Hill 0:25:37
 2. Sarah Kaufmann; elele/Roaring Mouse/Bingham 0:25:52
 3. Jodi Rohovit; The Contender Club 0:31:40
 4. Trenna Adams; Coalavita Outback 0:30:56
 5. Peggy Berman 0:

ADVOCACY

Upcoming Utah Bike Summit Gears Cyclists for Change

Salt Lake City and nonprofit organizations from the Utah bicycle community are hosting the 2010 Utah Bike Summit, a free two-day conference in Salt Lake City on April 16-17. Since the 2009 Bike Summit, enthusiasm has been building for this first-ever statewide event. "We at the City are tremendously excited to host members of the bicycling community and to cooperate with them to make Utah even more bike-friendly," says Council Member Luke Garrott.

Bicycling advocates are gathering to ask, "What are the top issues for bicyclists in Utah? How can we make bicycling safer, more comfortable, and more popular? How can bicyclists effectively work with governments and businesses to support and sustain improved conditions for bicycling?" Join the discussion on these and other topics at the 2010 Utah Bike Summit, to be held at the

Salt Lake City Main Library at 210 East 400 South.

Jeff Miller, President and CEO of the Alliance for Bicycling and Walking, a national advocacy organization based in Washington D.C., will kick off the summit with an exploration of models for bicycle advocacy. He will also give an explanation of where biking in Utah stands from a national perspective.

Bike Summit attendees should come prepared for interactive workshops. Attendees will be discussing bicycling topics proposed on the day of the conference, using the facilitated meeting technique called "Open Space," led by Ben Mates of the Salt Lake Center for Engaging Community. Panel presentations on the economic benefits of bicycling, working with governmental agencies, and changing policies will supplement the discussion sessions by pro-

viding models and tools for successful advocacy.

"Open Space as a meeting technique draws out the ideas, energy, and expertise of the participants," says Salt Lake City Bicycle/Pedestrian Coordinator and 2010 Utah Bike Summit organizer Becca Roof. "This is the perfect format for discussing issues in the bicycling community, in which many people are passionate about improving conditions for bicycling."

Utah Bike Summit organizers have also recruited state and national experts to lend their expertise and perspectives to the discussions.

Utah Bicycle Coalition board member and Salt Lake City resident Travis Jensen said, "From an advance look at our registrants' important issues, our discussions will likely include topics such as improved relations between bicyclists and motorists, bicycle tourism in the national parks, improved implementation of Utah's Complete Streets policy, and opportunities to make Utah more bicycle-friendly for families."

This year's event will also feature a Policymakers' Appreciation Meet and Greet reception sponsored by Specialized Bicycle Products and Bingham Cyclery at the Gallivan Center on Friday evening. Lunch and snacks will be provided on both days, and breakfast will be provided on Saturday. Advance registration is required by April 9th. Registration is free, but seating is limited. To view the complete agenda and register, please visit www.utahbikesummit.com or call Nick Tarbet at 801-535-7600.

NO EXIT

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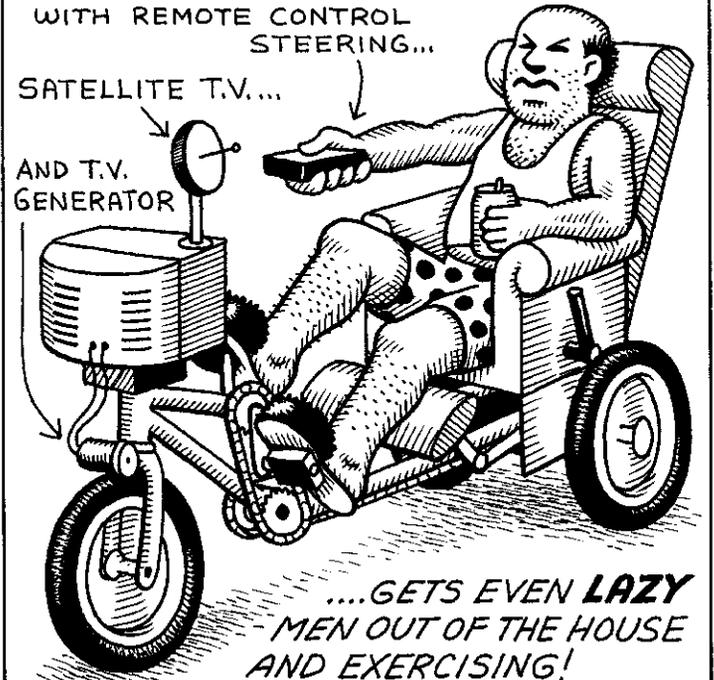
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Utah General Legislative Session Wrap 2010

HB91 – Traffic Control Signs for Bicycles

This was the bill to adopt the Idaho "Stop Sign" law. After a gallant effort by Rep. Moss in the house, including presenting twice to the House Transportation Committee it passed the house 49-20-6 with 2 more votes than the 3' law did a few years. As amended the bill modified the stoplight portion to only be at lights which don't detect the cyclist.

There was another floor amendment which failed which allowed a cyclist to use the "right" portion of the shoulder or right turn lane to continue straight. This failed mainly due to the fact that in actual practice it is the "left" portion of the shoulder/turn lane which is used, and placing a cyclist to the right of right turning cars can be rather dangerous, especially when combined with the rolling stop sign.

Opposition to the bill was mostly from "same-roads, same-rules" arguments and the fear of how younger riders may endanger themselves by their inexperienced and understanding of traffic behavior.

In the Senate Committee it initially came to a tie vote (failing), when Senator Vantassell changed his vote to allow it to go to the Senate floor. At the last hour, Senator Niederhauser presented the bill to the Senate where it just barely failed with a 14-14-1 vote.

HB250 – Leaving the Scene of an Injury Accident

Rep. Herrod presented this bill to fix last year's attempt to increase the penalties for leaving the scene of an injury accident. It sailed through both the House and Senate after being approved with the 30k fiscal note attached in this short budget year. As of this writing it awaits the signature of the Governor. This bill makes it a fourth degree felony rather than a misdemeanor regardless of the offender's record.

SB113 – Wireless Telephone Use Restriction for Minors in Vehicles

This bill passed both the House and Senate, but with different amendments which were not able to be reconciled and died in conference committee. It would have banned the operator of a motor vehicle from using a cell phone in any form.

HB424 – Operation of Bicycles and Mopeds on the Roadways

This bill will be heard over the summer in the Interim Transportation Committee. It makes changes similar to what Colorado did last year, makes it permissible to cross the yellow line passing slow moving vehicles and other technical changes.

Stay tuned on the UBC website for more info this spring:
www.utahbikes.org.
-Dan Fazzini Jr.

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What's a Gran Fondo?

In the last year, many new touring events have been popping up around the country with the words Gran Fondo in the title. What you ask, is a Gran Fondo?

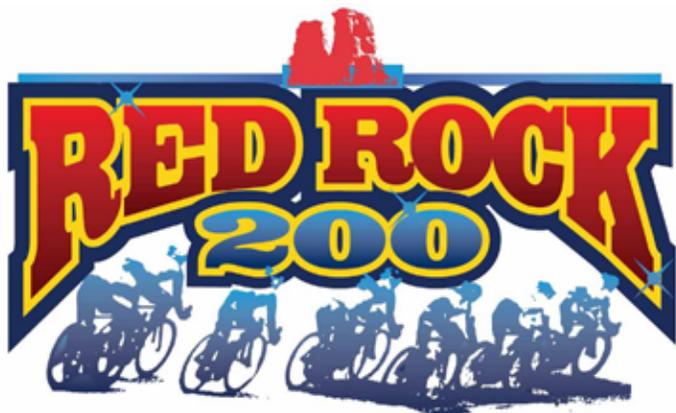
Gran Fondo's are Italian style timed bike rides set up so that anyone can participate. The rides are set up with rest stops and feed zones and are usually over a long or difficult course. 'Gran Fondo' translates roughly to great endurance. While many riders will treat a Gran Fondo as a race, it is also a fun ride where anyone can participate. Each rider gets a time and can compare it to those of their friends. In Europe, these are mass start events that often have thousands of participants. Riders at the front may treat them as serious races, while others just ride to finish, get a time, and to enjoy the scenery.

This year, Utah's first Gran Fondo, the Gran Fondo Moab is being held for the first time on May 1st and 2nd in Moab. Scott Newton of Poison Spider Bicycles decided to promote the event this year to further the standing that Moab has as a road riding mecca, "My wife Karen and I went over to Europe and rode in a Gran Fondo and had a great time. This style of event just doesn't happen here and I wanted to bring it to Moab."

The Gran Fondo Moab will take a tour around the La Sal Mountain Loop. On the 60-mile ride, riders will pass by the Colorado River on their way to 5000 feet of climbing through the La Sals. After the Gran Fondo, there is a post-event meal, demos, and fun rides on Sunday.

Other timed events this year include the Bonneville Cycling Club's ULCER century around Utah Lake on August 7th.

For more information, see the calendar of events in the back of the paper.



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redrock200.com
embassy@planetultra.com



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This cycling event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. That said, as any serious cyclist knows, there is also satisfaction with not only completing an epic ride but with comparing your times with other riders afterward. We will ensure that all riders receive an accurate time and placing for their efforts. Safety is paramount on this ride, as we will be riding open, narrow, mountain roads. Please visit our website for more information >

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COMMUTER COLUMN

A Wonderful Commute for this Engineer



Gary Aoki commutes each day on the Jordan River Parkway.

By Lou Melini

This month's bicycle commuter column will introduce you to Gary Aoki, an Engineering Support Manager for Radius Engineering. Radius Engineering is a local company that helped Trek Bicycles get on their feet with composite bicycles. According to Gary, "Radius supplied Trek with the OCLV process as well as designing the first Lance Armstrong Tour De France bike".

Cycling Utah: Radius appears to be a company that encourages bike commuting and fitness in general.

Gary Aoki: Radius is a composite engineering firm that deals primarily with the aerospace industry. Radius is a wonderful company to work for because of the very strong support they provide to their employees for bike commuting, fitness and overall well being. Dimitrije Milovich, the owner of the company, insisted that we have men's and women's lockers and shower facilities. These are located at an entrance to the building that is located right off the Jordan River Parkway. Most of the 25 employees make good use of the JRP for commuting, running, walking, skating and relaxing. Radius has purchased bicycles for employee / customer use and provides storage space and racks for these bikes and personal bicycles for the eight employees who commute to work.

C.U.: I understand you have a rather

pleasant commute to work.

G.A.: I commute just under 10 miles each way. I live in Murray about seven blocks east of The Fashion Place Mall. Radius is located about 2780 South; right next to the Jordan River Parkway. My commuting route is WONDERFUL! I head a little north and straight west down 5900 S. (about 3miles) where I get on the Jordan River Parkway which takes me right to the back door of Radius. So as you can see, most of my ride to and from work is not your typical Salt Lake commute.

Besides being a pleasant path to ride the wildlife that inhabits my route proves to be a constant joy. I have had a beaver cross the path dragging a tree branch, seen large herds of deer, Peregrine Falcons, Bald & Golden Eagles, Harriers, Foxes and Belted King Fishers. This year the river flooded a short section of the parkway with about six inches of water and I found myself doing a trackstand in it while waiting for a family of itty-bitty ducks to swim across the path before I could continue. Some mornings there is a low but very dense fog at the wetlands by the boardwalks at about 50th south that you ride through while the sun is starting to peek over the mountains. These are brief moments of joy that will remain as precious memories forever.

C.U.: You are always able to take the Jordan River Parkway, correct?

G.A.: Unfortunately I cannot take my parkway route all of the time and need to join the real world of commuting. I have been in two accidents involving automobiles and I feel both

happened because the drivers did not see me. I am very gun shy now and both my awareness for cars and my commuter bicycle setup are evidence of this. My bike has evolved into a very practical and visible urban commuting vehicle.

C.U.: So to make yourself more visible, I understand, you have a nice lighting system.

G.A.: I run a Planet Bike Alias HID head light and a very bright LED helmet mounted light, two rack mounted Planet Bike Super Flash .5 watt tail lights and one Princeton Tec Swerve Rear seat stay mounted tail light that has two .5 watt LEDs. All of these are turned on anytime I am in traffic.

When you ride in darker conditions most any light 1 watt or above show up fairly well in contrast to the surrounding darkness but during the daylight if you desire to stand out from surrounding objects you need to get serious about your lighting and the only light I have found to do and the only light I have found to do this are the HID (High-Intensity Discharge) lights. These are the same type as the annoyingly bright automotive lights with the bluish coloring. HID lights differ from your typical lights in that they illuminate using an electric arc from metallic salts that are vaporized in a xenon gas that produces the light rather than a glowing element. The advantage of HID lights is they produce more light from less power so they are a good solution on a bicycle where they are only power source is rechargeable battery. I really like the Planet Bike Alias HID because it is not unlike a typical household flashlight where the battery is contained within the main

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housing and can be easily exchanged for a fresh one on really long rides. I carry two batteries with me, each of which will power my light on high for about two hours.

I feel that a helmet mounted light is essential because it gives you the advantage of aiming your light directly at the drivers you see who you know are in a hurry and are not going to make a stop nor slow down at intersections or stop signs. It is really amazing to observe their reactions and how they slam on the brakes when they are startled with the fact that there is a bright light blazing at them from a short distance directly in their path! The three rear lights might seem like overkill but you need to remember that my goal is to be seen in the daylight by approaching cars and these barely do the job required. I am hoping something more suitable will be available sometime soon.

During the last two years I have noticed that a couple of other commuters who I see fairly regularly have adopted my lighting methods. Their bikes are now easily visible for a half-mile away because of their new HID lighting systems. The shocking part of this lighting is that these HID type lights are very expensive. My light retails for about \$350-\$400 and the taillights are about \$25-\$30 each. But really how much is your safety yet alone your life worth to you and your family?

Cycling Utah: We will break from Gary to hear from Heath Fossan of Planet Bike for some technical data regarding the lights that Gary uses.

Heath Fossan: A lumen is used in measuring the output of the light, which can be helpful in comparing lights in a catalog, but not so helpful to determine what light will be

adequate on the trail. It's all about where the light is cast and how far it can illuminate the road in front of you. The beam pattern of a bicycle light (where and how the light is cast) is just as important as the light output. Planet Bikes Light finder is a good way to see how different lights produce different beam patterns and what will be appropriate for you. <http://planetbike.com/page/learn/lightfinder/>

Gary chooses to ride one of Planet Bikes most powerful headlights, the Alias HID, which uses a High-intensity Discharge bulb. This light attracts attention from oncoming drivers because of the super bright 600-lumen output. Most bicycle lights use LED (Light Emitting Diode) that are more efficient and smaller than older incandescent bike lights, and usually include a flashing setting. Some flash patterns demand more attention from drivers than others. The Planet Bike Blaze 1 watt and 2 watt have a unique flash pattern that can be seen for over a mile and still have a solid setting for the dark bike paths.

Rear lights have improved greatly in the last 5 years. Almost all rear lights use LED technology, have good battery life, and are small and unobtrusive. Spending a little more on a rear light will definitely set be worth it. The rear lights in the \$25-40 dollar range (like the Planet Bike Superflash) will use high-power LED's (look for a circular lens built into the light) and have a more unique flash pattern than the low dollar units. Be sure to test these out in the store to find the most flash for the buck.

C.U.: You ride the Jordan River Parkway that has a nasty reputation for "goathead" thorns. How do you put up with these thorns?

G.A.: I used to get goat head flats almost every other day on the parkway. One ride I had seven flats. I researched and discovered Schwalbe Marathon Plus tires and in 9,000 miles and two sets of tires I have only had 4 flats that were all caused by man-made metal objects.

In the winter on snow and ice I use 26 X 1.7 Schwalbe Marathon Winter carbide studded tires. The studded tires are very helpful unless they are leaning against my fireplace and not on my bike. I hit a patch of ice this winter and the tires probably would have prevented a crash. Studded tires are really great for those few days after a snowstorm until the packed snow and ice melts off. These tires will give you a safer and kind of fun ride as opposed to a dangerous and scary ride without them. They are heavy and slow tires like a set of new knobbies are on the road. They don't work all that well on slush and fresh snow which is OK because I am not that much of a die-hard commuter to risk riding on heavy snow days. I have my tires mounted on extra rims and it only takes about three minutes to swap them out. (C.U. tip: To learn more about studded tires go to peterwhitecycles.com/studdedtires.asp.)

I would like to get on a soap box and proclaim the great job that SL County and West Valley do at maintaining their sections of the Parkway but I couldn't do so without bad mouthing the job that Salt Lake City does on their section; especially winter maintenance.

C.U.: You discussed lights and tires, so do you see the benefits of other higher end components? If so, do you have an example of stuff you have used that really works well?

G.A.: High-end components are great to have but I think that having them are more of a feel-good thing for me rather than a performance improve-



Above: A beaver is just one type of wildlife that can be seen on the Jordan River Parkway. Photo: Gary Aoki.

ment desire. I believe that most mid- and high-end components work well, but the higher end products seem to last a bit longer and are of course (usually) lighter. But are the high-end items worth the exorbitant asking price? If I didn't get my components wholesale I probably wouldn't invest the extra money for XTR type high-end components. Even the high-end components don't last me more than a couple of years before they start giving me problems. High-end wheel sets are lighter and usually have better bearings making them an exception. A good set of wheels can be a big performance booster and are, within reason, well worth the extra bucks.

C.U.: What about your bike and accessories? Are they quality high-end stuff?

G.A.: My commuter bike is a Litespeed Obed FS. I really like my bike. This is one of the older, early generation, high-end, full suspension bikes. The bike without all the geeky commuter stuff is a scant 22 pounds. I haven't a clue what it weighs now. It is low travel (suspension) and somewhat stiff riding that makes it a good compromise between efficiency and comfort; ideal for my commuting needs. Those who have ridden Salt Lake City's portion of the Jordan

River Parkway know about all the tree rooted and torn-up, teeth rattling sections. These sections are so rough they use to tear my old Velcro mounted trunk pack off the rack. These sections make a good argument for suspended commuter bicycles. At least once a year I get the urge to buy a road bike but after riding one around a bit I realize that my little full suspension commuter is hard to beat for its intended purpose. My bike would probably make a serious roadie gag. It has lots of lights, fenders and mud flaps, a rack, tools, and a bell.

C.U.: Thank you Gary for your insights and advice.

This month's commuter will receive a Blaze light set courtesy of Planet Bike. See PlanetBike.com for more info on their products. Many local dealers also carry their products.

This month's commuter will also receive a \$25 gift certificate courtesy of Saturday Cycles. Find out more at saturdaycycles.com.

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



What if every bike pack looked like this?

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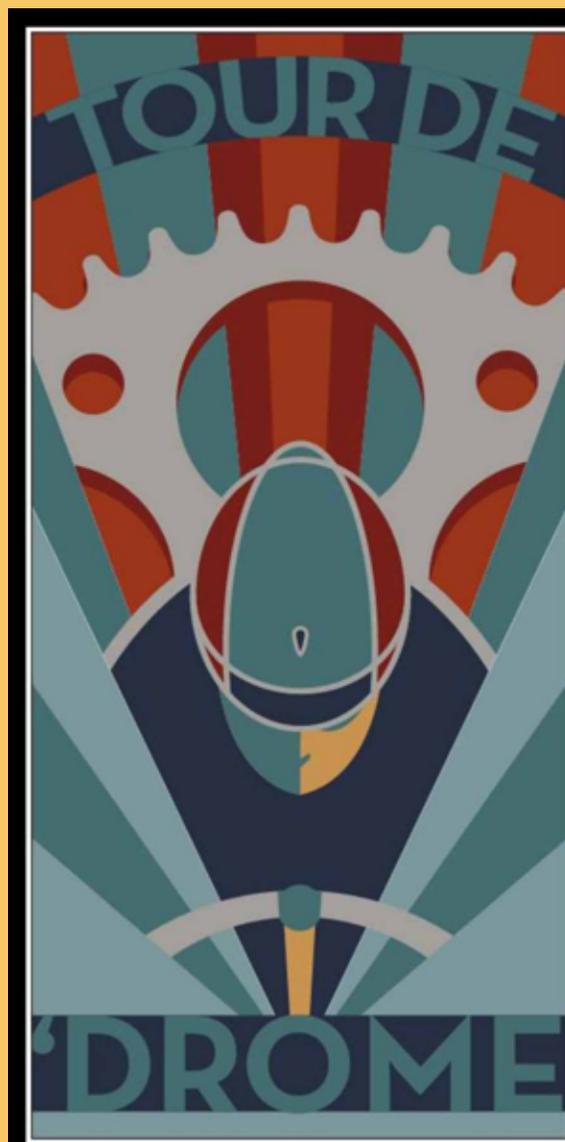
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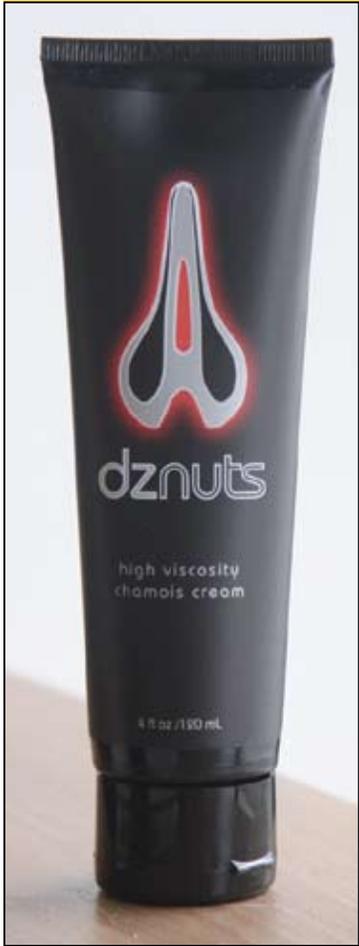
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By David Ward

The fact that serious cyclists spend hours on their bicycles makes the groin area of their anatomy of paramount concern. Nevertheless, like with most things, until one actually experiences a problem, one does not think about it much.

That was the case with me. I had ridden for many years without ever having any issues. Then one year,

I began to experience irritations on longer rides. These irritations would leave me sensitive for several days.

Initially, I started putting an antibiotic ointment on once a problem arose. But then I thought back on all I had heard about chamois creams, something I had never used. I sampled some, and started to use them, with great success. Since then, if going for a ride of 50 miles or more, I almost always apply a chamois cream of some sort, and usually regret it when I don't.

A couple of years ago, our local hero and a man I consider a friend, David Zabriskie, met up with a pharmaceutical scientist, Marc Ward, who had developed his own chamois cream as a result of an ongoing problem he had with saddle sores. As Marc states it, "I set out to create a chamois cream that would treat saddle sores and chaffing but also prevent future saddle sores from forming. What we call MainTAINTanance, or maintain the taint. With a combination of wound healing actives, anti-inflammatory, anti-bacterial and fungal agents, I created a chamois cream that solved my problems."

The connection was formed when, as Marc recounts, "One day rapping with Ryan Littlefield of Contender Cycles I mentioned my special chamois cream, he instantly thought of Dave Z who suffered from saddle sores that would interfere with his training and racing. Ryan set up a meeting with DZ. After meeting Dave and getting over being "star struck" (he is a really down to earth and humble guy), we started talking about doing a chamois cream."

Dave Z and Marc reached a mar-

keting agreement, and the product became known and sold under the name, "dznuts". Wanting to support Dave, I began using dznuts and have found it to be a very effective product.

The product name, though, is sure to offend the sensibilities of some people. Many, including me, were raised in an environment where matters of privacy, including discussion of certain parts and functions of the human anatomy, were generally not discussed. When out of necessity they were, it was in a discreet and tactful manner.

So, the name "dznuts" has a tendency to feel wrong, to set some of us back. But I know Dave Zabriskie somewhat, and I like his quirky personality and sense of humor from which the product name originates. That makes it possible for me to look past the name and use the product. I believe those who do use dznuts will find it an effective product and be very pleased with it.

For more information or to order product, including a new product designed specifically for women, dznuts bliss, visit your local bike shop or go to <http://www.dz-nuts.com>. You will also find some interesting video footage on Dave's products and on Dave himself. These videos will also give you a sampling of his sense humor that so many of us have come to enjoy, even if we feel a touch guilty doing so.

COACH'S CORNER

Break Away!

By Cameron Hoffman and Mark Deterline

In bike racing, breaking away from the main group can be an effective tactical maneuver for many riders. When the Tour De France airs on television, we are usually able to watch the last couple of hours live. But by then the breakaway group has generally been established and they are charging hard in the hope of keeping their lead to the finish for a stage win. So, unfortunately, we rarely see the early and often constant attacks or surges by various riders and teams that eventually result in a group getting away.

In big pro stage races, breakaways are often consistently similar: they don't include riders with a chance at the overall classification or any of the prominent sprinters. Conversely, they do tend to contain riders from several different teams – i.e. a good mix or "representation". Sometimes riders are simply serving as decoys or are trying to set up teammates, but often they're making an all-out bid for glory. Every year, we are treated to TV coverage of prestigious Classics and Grand Tour stages where a breakaway group stays away and fights it out amongst themselves for what could be a career-defining victory or a day or more in the leader's jersey.

Our own racing scene can provide similar dynamics if riders are savvy and teammates work together. As soon as your race starts, attacks probably begin to fly. How can you or your teammates increase your chances of being in the right move?

Here's a checklist of what a good breakaway looks like:

1. The right combination of riders. Most of the bigger squads need to be represented, or the breakaway may be doomed by chasing teams.

2. Sufficient horsepower. Especially at local races, competitors are known entities.

3. Leadership. All riders in the group may be committed, but one rider may need to motivate and organize the group to work together efficiently.

4. Smooth rotations at the front are key. Don't pull through too hard or miss turns unless you have reason to do so (editor's note: you may have good reason to do this) – you'll be undermining your allies!

5. Information. It helps to have family or friends updating the size of the gap between your breakaway and the chasing pack.

6. Timing. Generally, the first few attempts to form a breakaway don't pan out, but stay alert and well positioned at all times or one could sneak away without your team being represented.

Much of the above depends on how well you know your competition, their strengths and weaknesses. That may be difficult in Category 4 and 5 races, where many riders are new to the sport. It's also common for Cat 4 and 5 riders to race timidly, not knowing if other riders in the group are waiting to pounce; chances are, they are thinking the same thing about you and the others...

Keep your head up and RACE SMART!

Cameron Hoffman is a three-time LOTOJA winner and RACE SMART Coach. Mark Deterline is a cycling journalist & super-domestique.

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MECHANIC'S CORNER

The New Tubeless

By Tom Jow

Ten years past the introduction of Mavic's UST (Universal Systeme Tubeless) mountain bike tubeless tire system and interest continues to grow from both consumers and manufacturers. Unfortunately for Mavic, most of this interest is for non-UST compatible components. The last couple seasons has seen a large increase in products available from UST's main competition, sealant based tubeless. Lighter weight rims (especially for 29er) and "tubeless ready" tires make up the bulk of these improvements. Also, Shimano and Hutchinson introduced a road tubeless system in 2008.

Why is tubeless so important for road? Tubeless is important for road because it offers a less expensive and user friendly alternative to tubular tires. What are tubular tires? Tubular tires, or sew-ups, are the gold standard for comfort and performance. They have a very lightweight latex inner tube sewn into the tire casing. When inflated, it is cylindrically shaped like a tube. A sew-up rim looks like a box section with a little relief called the rim bed to glue the tire to. Yes, glue! Because of the tire and rim shape, tubulars offer the same benefits of tubeless. However, they are very expensive (the good ones), time consuming and messy to install (imagine having glue on your fingers for a week), and when punctured cannot be repaired (one ride, one flat, another \$125). What are the benefits of tubeless again? Without a tube, tire pressures can be lowered to reduce rolling resistance, increase traction and also increase riding comfort. Being tubeless also reduces the chance of pinch flats to nearly zero.

Tubeless continues to be important for mountain bikes as well. 2009 saw the development of "tubeless ready" tires by Bontrager components. What does "tubeless ready" mean? A tubeless ready tire uses a standard tube type casing which is lightweight and air porous. Also, the tire bead, which holds the tire on the rim, is stronger. Many tube tires were deemed unsuitable for tubeless use because the bead wire is too elastic. This stronger bead wire reduces the risk of the tire blowing off the wheel under the pressure required to seat the bead lock or from rolling off under cornering loads. Bontrager, Geax, Hutchinson, No Tubes and other suppliers currently manufacture tubeless ready tires for both 26 inch and 29-inch applications.

Tubeless ready tires can be used with a tube or with a sealant in a tubeless configuration. This sealant prevents air from leaking out through the casing and also adds puncture prevention from the inside out.

While tubeless-ready tires can be used on regular rims with tubes, there are also tubeless ready rims and wheels now available from several manufacturers. Compatible with all tires, tube and tubeless, when these rims are used in a tubeless configuration they allow the tire to inflate easily without an air compressor and will lock the beads on with as little as 40-50 psi.

These refinements to mountain tubeless components will bring its performance to a new level. Installations will be easier and tire/rim security issues will become a thing of the past. Road bike tubeless, in its infancy, can only get better as it matures. In addition to Shimano, Campagnolo and FSA and others are also producing wheels for tubeless. Several continental profes-

sional racing teams will be testing and using tubeless including Radio Shack, Francaise des Jeux and Bbox Bouyges Telecom. This, in addition to the fact that Philippe Gilbert of the Francaise des Jeux team won both the Het Volk and Grand Prix of Samyn in 2008 on tubeless should leave little doubt that road tubeless is an exciting new technology.

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

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ROAD RACING

Krieg and Knutson Take Tour del Sol

By Jeff Clawson and Dave Iltis



Above: Sam Krieg (ICE) surveys the carnage at the top of the climb. Krieg won the time trial and the overall in the Pro/1/2 category. Below: Coleen Knutson (Colavita) mirrored Krieg's performance in the TT and won the women's overall. Chantal Thackeray Olsen (PCIM) finished fifth overall. Far right: Alisha Welch in the time trial. Photos: Jacob Hamblin. Find your photo at noblesports.com.

The Tour del Sol is back. After a 4 year hiatus, the traditional early-season Utah stage race was welcomed back with high anticipation by those who remember the great Chums Classic races of the 1990s.

The 2010 race was promoted by Red Rock Bicycle Company in St. George, and was a qualified success. Despite some weather issues, the race delivered with challenging courses and breathtaking southern Utah scenery as the backdrop to some fast and furious bicycle racing. There were over 200 riders registered, and for most racers, hopes are that this event is back to stay.

The race featured 3 stages. Saturday morning's time trial was held on a 9-mile rolling course that was windy and challenging, making for a hard effort so early in the season. Pro rider, Peanut Butter & Co. Twenty12's Alisha Welch has an interesting approach to the discipline: "Time trials are always hard no matter the course, you know it's going to hurt, but you just keep telling yourself to go harder. I like to break up the course into smaller sections and make it through one section of it at a time. I liked the Tour del Sol course because I could easily break it down into about four sections. It was also challenging as time trials always are."

Despite the tough terrain, some blazing fast times were recorded, setting the scene for the stages to follow. Sam Krieg (Idaho Cycling Enthusiasts/Idaho Kidney Institute) laid down a scorching time of 19:59 setting a standard that nobody else could equal. Las Vegas pro rider Coleen Knutson (Colavita-Outback) won the Women's pro class with a time of 22:55, Canyon Bicycles' Scott Allen topped the Cat 3s with

22:14 and veteran fast guy Mark Schaefer lead the masters 35+ class with 22:02. The timed results were posted quickly after the race, a fact that was appreciated by all. Jon Gallagher, his SBE crew, and the officials did a fantastic job keeping the race organized and the scoring accurate.

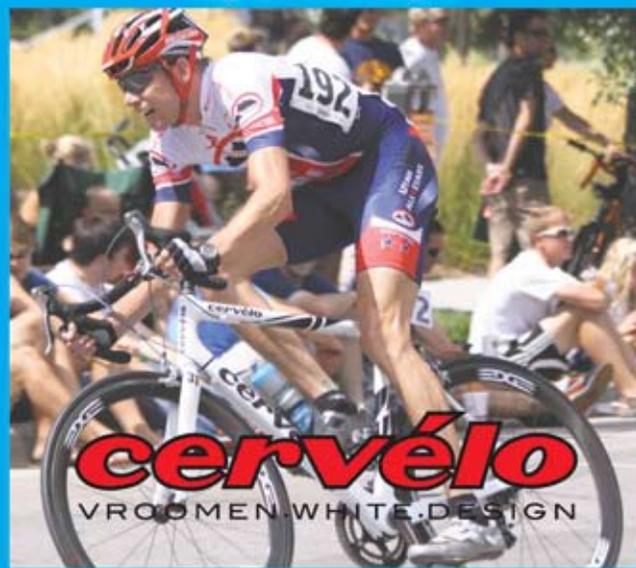
Saturday afternoon brought the Natural History criterium, so named because the race start/finish was in front of the St. George Natural History Museum. The race was held on a rambling, 4-corner course with long, fast straights. The riders and officials were anticipating some exciting crit racing, but unfortunately the weather had other ideas. The early races went off without a problem, but right after the Masters 35+ cat 4/5's finished their race, a nasty squall hit the area hard, with 30-mph winds and lashing rain. Everything that was not tied down went flying as riders and officials scrambled for shelter in the face of the oncoming storm. After an hour wait, after which the high winds continued unabated, it was decided that in the interest of safety the crit would

be cancelled. The riders retreated to their rooms and other activities, and waited with anticipation for the next day's road race, scheduled for 9:00 am at Gunlock Reservoir.

The Gunlock road stage was familiar to those who have raced St. George stage races in the past, and the promise of tough racing on winding and hilly roads had all the racers on high alert. Fortunately Sunday's weather, while blustery and cool, had improved. The rain that hit the area had the previous afternoon had disappeared, replaced with mostly sunny skies. The wind, however, was strong all day and was directly in the face of tired riders on the finishing leg of the road stage. The organizers did a great job of marking out a challenging course that had the stronger riders licking their chops. The steep climbs and strong winds had most fields strung out at the finish. The hopes of several fast TT finishers were dashed by the brutal nature of the road race, and most GC overall results were decided emphatically by the last stage.

In the Pro/1/2 road race, the fire-

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- July 3 23rd Annual Mountain Bout, Snowbird, UT
- July 10 14th Annual Chris Allaire Memorial, Solitude Resort, UT
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works started soon after the start on the two-mile climb out of the Gunlock Reservoir. With Krieg pegging it, there was a card draw of 15 by the top of the hill. With Krieg pulling hard, this group of riders stayed intact until Utah Hill except for Mike Sohm (Canyon Bicycles Draper) who had flown earlier and had a gap on the climb. Halfway up the seven-mile incline, Brad Gehrig (Cole Sport) attacked, bringing Krieg, up and comer Connor O'Leary (Racelab U23/Waste Management), David Brockbank (Canyon Bicycles Draper), and Aaron Olsen along for the ride. This quintet (which included Sohm) stayed together and according to Gehrig, "Sam was doing a great job keeping the race together as he always does." At four miles to go, deals were off and Sohm and Gehrig put some space between themselves and the others. At the base of the finishing kicker, Gehrig punched it, "I gave it everything I had and that was it."

Krieg ended up in fourth place in the road race to lock up 1st overall. Gehrig won the road race to wrap up 2nd overall, and Canyon Bicycles' David "Josh" Brockbank rounded out the top 3 GC.

In the women's 1/3 road race, there

were a number of attacks early on. Welsh, Stephanie Skoryenko (PCIM), and Nicole Evans (Millcreek) got away on an early climb and then again on the longer climb. After both, Knutson and teammate Julie Cutts bridged back up. With a strong head/crosswind, the group would stay together until the finish. On the final rise, Welsh jumped, taking Evans with her to finish 1-2 in the road race. But Knutson held firm to take the overall. Welsh and Cutts rounded out the podium.

The Cat 3 overall winner was Canyon Bicycles' Scott Allen, who is typically a Masters contender. He was followed in the overall by Manny Cypers in 2nd and Sam Todd taking 3rd. Canyon Bicycles' young rider Julian Fowkes performing strongly in the road race to overcome a flat tire in the TT and vault to 5th overall.

The Masters 35+ group was dominated by Team Barry Lasko DDS rider Mark Schaefer, a veteran elite racer from Utah who is on his usual early-season strong form. Mark was followed by 2 of his Las Vegas-based teammates, Jim Robbins in 2nd overall, and Jason Lilje rounding out the podium.

For results, see page 9.

Specialized Opens New Distribution Center in Salt Lake

After eleven years in Salt Lake, Specialized is moving their Western Distribution Center to...Salt Lake. The westside distribution center, which serves eleven western states, had outgrown the previous location in both space and logistics. The new distribution center is housed in a more modern building with better natural light and layout than the previous facility that facilitate a better working environment. In addition to distribution, the center also contains customer service, warranty, service and repair, and quality control facilities.

Specialized reevaluated locating in Salt Lake and determined that it is still the best place for their distribution center based on the great location, the positive business climate in Salt Lake and Utah, the people of Salt Lake, and the strong and active cycling community.

Specialized held a grand opening

and open house on February 4th that featured speakers from Specialized's corporate offices as well as representatives from Salt Lake City and the State of Utah.

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Chase Pinkham drives it at the RMR Criterium on March 20, 2010 Photo: Dave Iltis

Fresh Utah Riders Emerge onto Professional Scene

By Tyler Servoss

The Utah road racing community has been a major factor in the careers of a number of professionals in the past two decades including current professionals Nicole Evans, Dave Zabriskie, Jeff Louder, Burke Swindlehurst, and Levi Leipheimer. This month we profile two of Utah's newest professional road racers, Alisha Welsh and Chase Pinkham. Alisha and Chase represent the depth and vitality of Utah road racing.

Alisha Welsh

Alisha recently signed a professional contract with the 2012 Peanut Butter and Co. women's professional cycling team managed by Olympic gold medalist Kristin Armstrong.

Although her cycling progress has been rapid, this Cedar City native excelled in athletics prior to her cycling career. "Originally I was a runner. I come from a running background. I ran all through high school and then went to college on an athletic scholarship for both track and field and cross country. I really have only been on the bike for two years. It has been super quick I never would have imagined I would be where I am now two years ago," relates Alisha.

After attending college, Alisha's husband David was accepted to the University of Utah, and the couple moved to Salt Lake City. David is a cyclist of many years and encouraged Alisha to try her hand at the sport in 2008. After a moderately successful first season, things began to heat up in 2009. Alisha began the year as a category 3, and earned a category 2 upgrade just prior to the Tour of the Gila stage race. In her first national level event, Alisha managed to place third in a very difficult climbing stage against some of the top female talent in the US. "Definitely the number one highlight for me has got to be last

year at the Tour of the Gila. It was my first big race, I just got my Cat. 2 upgrade two weeks before. It was my first NRC race; I had just been doing local small races. I was scared to death! No expectations, I just went down there. The first stage finished on a pretty good climb, which is what I am strongest at. I actually took 3rd in that stage, in my first pro race. It was a huge result, coming out of nowhere; I was totally surprised and blown away. That is the result that started the ball rolling."

That result caught the eye of Michael Engelman the director of US Women's Cycling Development Program. Michael helped Alisha to network in the cycling world, and suggested some contacts that resulted in a bike sponsorship for the rest of the year, and an invitation to a talent ID camp for USA Cycling. At the camp she was able to meet the national team coaching staff and develop further.

Once Alisha had made the decision to pursue a professional career the hunt for a team was on. "I started sending my cycling resume out to all the pro teams, seeing if I could find a spot. Kristin Armstrong is our direc-

tor (2012 Peanut Butter and Co.) and she saw me, because she raced Gila too and she was interested. She thought I might be a good fit for the team. She contacted me to find out a bit more about me and offered me a spot on the team."

Alisha's 2010 calendar includes a full domestic schedule as well as a stint in Europe with the US National team. Her season is off to a great start with a 3rd place in the climbing TT stage of San Dimas Stage Race, the overall win at the Callville Bay Classic Stage Race against a deep field, and second overall at the Tour del Sol. Alisha is sure to turn some heads in her rookie pro season and is a Utah rider to watch out for.

Chase Pinkham

Chase Pinkham has also seen a quick rise through the junior ranks to complete his first year as a senior in 2009 riding for the Sienna Development 12k Dream Team before being offered a position with the Trek/LIVESTRONG U23 team, the feeder team for Lance Armstrong's Team RadioShack.

Chase got his start with cycling after riding the White Rim Trail on a mountain bike. The bike became a means of transportation, and eventual the desire grew to go faster. That desire turned into racing when his aunt encouraged Chase to enter his first training crit at the RMR.

"My aunt convinced me to try a local training criterium to see how I liked racing. I had done a few charity rides before this and expected to be able to blow the pack away. The race started and my lungs immediately started burning, I felt sick and dropped out. Feeling ashamed of myself I vowed to finish the next week. The next week I stayed with

the pack the whole race and even managed to finish 6th in the field sprint. I was hooked on racing from that point on!"

"I raced locally in 2007 and 2008 and did some regional races. I got selected for a team to go to the Tour De l'Abitibi in Canada." While in Canada, Chase was hit by a car while training and suffered severe injuries requiring hospitalization and a lengthy recovery.

"In 2009 I was super motivated to get back to where I was, after my accident and I did really well regionally and locally and even did well internationally. I went over to France to race amateur and was able to win one race and finish third in another. I have been progressively getting better, being challenged by new people, learning a lot. It's been quick, but it's also been gradual."

That progression resulted in a contract with the Trek/LIVESTRONG U23 cycling team for 2010. "The way I got involved in LIVESTRONG was through my coach Max Testa.

He knows Axel Merckx (Trek/LIVESTRONG team director) from back in the Motorola days when Axel was a rider and Max was the team doctor. Max has been working with me for the past 2-3 years. He started talking to Axel about me and we met at the Tour of Utah. I beat all but one of his riders in the race overall. I got the call in late September or early October and he said we've got a spot on the team for you would you be interested?"

Chase's 2010 calendar includes a number of NRC races and a healthy dose of international racing. Trek/LIVESTRONG has been invited to compete in the Olympia Tour, U23 Paris Roubaix, Thüringen Rundfahrt, as well as several other European races. Chase will also spend time racing with the US National team in Europe. Look for Chase to make a name for himself and progress towards his goal of riding for a Pro Tour team and eventually competing in the top races in the world.

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A Utah Mountain Biking Tradition Continues... Crazy Conditions at the Frozen Hog

Steve "Bykmoor" Wasmund
February 6, 2010

The Frozen Hog was the first Utah cycling event I did about a month after moving here from Texas in 2005, so it holds a special place in my legs. For those who don't know, the Frozen Hog was started by Bruce Argyle and some of his 'brothers' in 2003 as an opportunity for biking crazy Utahans to get on their bikes in the winter. A no-fee, just-for-fun, hill climb and downhill time trial at Hog Hollow. In 2005 the event moved from the rapidly developing Hog Hollow, to Lambert Park. Being from Texas, I was no stranger to riding during the "R" months, but this was a bit different... and it's been a little different every year. Deep deep powder, mud mud mud, or slushy corn snow. Always a challenge. Always crazy. Always fun.

2010 marks the 8th edition of this race and the first year that Bike Peddler has taken the reins from UtahMountainBiking.com as the organizing party. Josh McCarrel, events coordinator for the Bike Peddler, and his volunteers did a great job filling the big shoes that Bruce and his crew left behind. Josh has big plans for the Frozen Hogs of the future, hoping to "take it in the direction of a festival".

The Race Shakedown from My Perspective:

Some of the more "serious spandex clad" riders lined up towards the front of the pack for the LeMans style running start and slipped and slid around the 100 yard run before being surprised by the final ten yards of knee deep snow before getting to the bikes. I maintained top 5 status out of the run, foolishly threw my leg over my bike, got nowhere in the slushy snow, returned to reality and didn't put butt to leather for another 20 minutes as the 'Lemans start' continued. Sam Moore, "Bucky" Gibson, Trevor Simper, Noah Talley, "Fast" Dan Nelson, Kenny Jones and I slogged to the front and maintained our double-time march up the first portion of the course. Every once in awhile someone would get confident and mount up, to make it only a few yards before the slush would pull their front wheel from it's intended track. Sam Moore made an early show and with some skillful bike handling was able to put a little time on his pursuers. Things had pretty much come back together, however, with Bucky Gibson pulling in to the lead when the Expert category racers veered left for their additional bit of running.

Noah Talley, following the only slightly shorter Sport course, took off at this point and never looked back on his way to eventually being the first racer across the finish line. At 14 years old, there wasn't an 'official' category for him in the Expert ranks, however organizers have assured him that he will be allowed to race as an Expert next year. Noah claimed he wasn't a 'runner' in school, but agreed that it appears to be a discipline at which he excels. Noah won a night's stay at the Daniels Summit Lodge. Hopefully he can talk his folks in to going with him.

The Experts rejoined the main course just before the downhill to the road that led back home. A chance to ride!!! If, that is, you can keep your bicycle upright. That technique wasn't working for me, so I decided on the 'build up speed and sliiide on your butt' method of getting down the hill. Bucky and Kenny negotiated

the descent with more skill than I and disappeared from my radar. We finished the first lap on a wet but rideable road and were actually expected to go out for another lap. I was kind of hoping they would exercise the "non-ridability clause" and shorten the race, but alas...

As you have probably determined, the conditions in 2010 were not ideal for actual riding of the bicycle. An informal survey following the race revealed 'ridability' percentages ranging from 3% up to 50%, although the gentleman who claimed 50% might have been a bit delusional from all his running. First time racer, Daniel Willes, said he "didn't know I signed up for a 10K" although he did "[have] a good time splashing through the puddles". Salt Lake resident, Nancy Alcabes, claimed she was 'coerced' in to racing by a friend and that she's not really a mountain biker. When asked if she was a runner, she said, "Not anymore", but with a big smile on her face.

Close to 100 other racers battled it out in similar style and eventually made it to the Frozen Hog banner finish line. Frozen Hog veteran Erin Collins beat out Michele Hollingshead and Heather Gilbert in the Expert Women's category. Nate Stowers, "Fast" Daniel Nelson and Stewart Goodwin were the Expert 18-29 winners; Greg "Bucky" Gibson, Steve Wasmund and Cameron Smart the Expert 30-39 winners; and Kenny Jones, Sam Moore and Randy Clark rounded out the Expert categories as the ever-fast 40+ guys.

With a second and three firsts in their respective categories, the Racer's Cycle Service Team #1 of "Fast" Dan Nelson, Bucky Gibson, Kenny Jones and Noah Talley get to take the traveling Frozen Hog team trophy back to the shop in Provo. This is a good thing, because Josh said he got some really dirty looks when picking up the trophy prior to the race. Racer's has only lost the trophy once (in 2008), and doesn't intend for it to happen again.

Following the senior racers, twelve juniors lined up for a few laps around the short course that had been the LeMans run. Jarred Pflueger came across the line first and walked away with a brand new Cannondale bike. Jarred and his father, Bob, got in to cycling just last August as a fun father-and-son activity and the sport is rapidly winning them over. Jarred says his new acquisition of a nicer bike means they can take a much anticipated trip down to Moab to try some of the trails there. Maggie and Joseph Ressa were two other junior racers riding for UtahMountainBiking.com who had a good race, were tired, and did not think they were quite ready to do the big lap next year.

Following the races, everyone seemed to appreciate the warmer temperatures that had caused the difficult riding conditions. Bruce Argyle (who was still putting in volunteer hours by helping time the finish) was honored with some very cool bicycle bookends made by Alpine artist, Daryl Devey, using a rock from Hog Hollow. Tons of great prizes were raffled off, including a Cannondale bicycle and a Yakima hitch rack and ribbons were awarded to top finishers in each category.

Walking back to my car I felt another special spot being reserved in my legs (calves, this time) knowing that riding the Frozen Hog in Utah in February is less about whatever crazy trail conditions there might be, than about not having to ask why we do these crazy things. I'll be back next year.

For results, see our March issue, online at cyclingutah.com.

DISCOVER
the racer within

APRIL
3: Hell of the North
10: Tour of the Depot
17: Tax Day Circuit Race
24: East Canyon Road Race

MAY
1: Antelope Island Classic
8: Downtown Criterium
15-16: Bear Lake Road Race
22: Sugarhouse Criterium
29: Garden Creek Gap

JUNE
5: E Center Criterium
12: Powder Mountain Hillclimb
19: High Uintas Stage Race
26: Little Mountain Road Race

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CALENDAR OF EVENTS

Calendar Guidelines:

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

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

Let us know about any corrections to existing listings!

Bicycle Motocross

Rad Canyon BMX — (801) 824-0095

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

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

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

Cycling Events

Advocacy Groups

Salt Lake City 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) 535-7931 or (801) 328-2066. slc.gov.com/bike.

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. slcbac.org

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

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

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

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

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

Utah Bicycle Coalition — Statewide advocacy group, utahbikes.org

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

Events, Swaps, Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., noemail@cyclingutah.com, slccriticalmass.org

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

March 30 — Bike Commuting Lecture, Salt Lake City, UT, 7 pm at REI in Salt Lake City, Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

April 13 — Salt Lake City Bicycle Co. Ladies Night, Salt Lake City, UT, Tuesday April 13, 7:00 pm, at Salt Lake City Bicycle Co. 177 E. 200 S. Mini Classes on bicycle maintenance, bicycle fitting and women's bicycle equipment. Food and prizes., Brent Hulme, 801-746-8366, brent@slcbike.com, slcbike.com

April 16-17 — Utah Bike Summit, Salt Lake City, UT, Bicycling Summit, Information, talks, workshops on advocacy, Salt Lake City Main Library. Advance registration required; seating limited. Tentative times: Friday: noon-5 pm; Saturday: 8am - 4pm., Nick Tarbet, 801-535-7603, nick.tarbet@slc.gov.com, slc.gov.com/bike

April 17-May 29 — Bicycle Commuter Master Classes, Salt Lake City, UT, Saturdays 9 am-Noon, April 17 - May 29. The same class is held each Saturday. Explore all aspects of bicycle commuting with emphasis on proper lane positioning, principles of traffic flow, minimizing risk, and maximizing fun! Classes held at the Salt Lake City Bicycle

Collective, 2312 S. W. Temple in SLC. Register online., Doug Openshaw, 801-860-3183, doug.openshaw@gmail.com, slcbikecollective.org/programs/classes

May 1 — GOTS, Bike and Outdoor Toy Swap, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday, Tim Metos, 801-533-8671, vtshopdog@earthlink.net, wildrosesports.com

May 1-2 — Young Riders Bike Swap, Park City, UT, Located at The Yard., Heinrich Deters, 435-649-8710, 435-659-1188, heinrichdeters@yahoo.com, youngriders.com

May 8 — Bikes for Kids Charity Bike Swap, Salt Lake City, UT, Held at Cottonwood Cyclery, 2594 E. Bengal Blvd, Salt Lake City. Proceeds support Bikes for Kids Utah., Alan Greenberg, 801-942-1015, saltlakecyclery@gmail.com, bikesforkidsutah.com

May 8 — Downtown Alliance's Live Green Festival, Utah Bike Month, Salt Lake City, UT, 7th Annual Sustainable Living Festival, 10 am to 6 pm at Library Plaza, 210 E. 400 South, Downtown Salt Lake City. 100+ exhibitors, live music, solar-powered beer garden, organic food, kids' eco-activities, film presentation and much, much more., Kim Angeli, 801-333-1103, info@downtownslc.org, downtownslc.org

May 8 — Herriman Pedal Palooza, Herriman, UT, Cycling Event for the whole family. Amateur road crit, kids safety rodeo, helmet safety inspection (not sure what the blanket term for this event would be). 9 am., Dani Lassiter, dani@goldilocksride.com, pedalpalooza.infinitecycles.com

May 8 — Salt Lake Challenge, Utah Bike Month, Salt Lake City, UT, Urban Team Challenge event, a challenge on wheels with jousting, ball carry, clues on short and long courses, to raise money for Bike Education and Youth Cycling., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 12 — Cycle Salt Lake Century Ride Packet Stuffing, Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing, Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com

May 14-23 — Cycle Salt Lake Week, Utah Bike Month, Salt Lake City, UT, Weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, utahbikemonth.com, utahbikemonth.com

May 14 — UTA Bike Bonanza, Utah Bike Month, Salt Lake City, UT, Free to public 2010 Bike Bonanza, 4pm-

8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring family, broing friends!, Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utarideshare.com

May 14 — Cycle and Style Show, Utah Bike Month, Salt Lake City, UT, Held during the UTA Bike Bonanza, 6:30 pm at the Gallivan Center. The show will prove that you can look great cycling and will feature some of the latest in bicycles, accessories and clothing. This fashion show on bikes will spotlight various types of cycling including road, mountain, commuting, family biking, and cycle chic., Tara McKee, 801-870-8504, taramckee@cycleandstyle.com, cycleandstyle.com

May 15 — Cache Valley Bike Festival, Utah Bike Month, Logan, UT, Annual event at Merlin Olsen Park, promoting bike education, healthy living, and sustainability through bicycles. An event for the whole family, there is a workshop for everyone. Runs 9-3., C. Ann Jensen, 435-797-0964 ext. 3, aggiebluebikes@gmail.com, aggiebluebikes.org, aggiebluebikes.blogspot.com

May 15-16 — Cole Sport Bike Swap, Park City, UT, \$10 fee if bike sells. All proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport 1615 Park Ave. on 5/14., Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org, colesport.com

May 15 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id:263

May 15 — Celebrate the City 2010, Utah Bike Month, Salt Lake City, UT, Fisher Mansion, 1206 W 200 S. Time TBA., Tyler Curtis, 801-535-6118, tyler.curtis@slc.gov.com, utahbikemonth.com

May 16 — Downtown Historic Tour of Salt Lake City, Utah Bike Month, Salt Lake City, UT, TBA, Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, utahbikemonth.com

May 17-21 — Summit County Bike To Work Day, Utah Bike Month, Summit County, UT, Commuter Cup Challenge, free breakfast at Yarrow and Basin Recreation Field House, evening fun at Squatter's, encouraging Park City and Summit County to Bike to Work., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

May 18 — Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, Place: Liberty Park (700 East 900 South, northeast corner) to the Salt Lake County Government Center (2100 South State Street) Time: 7:30 AM Cost: Free Presented by the Salt Lake County Mayor's Office and the Salt Lake County Bicycle Advisory Committee. Join us for a mellow ride with Mayor Peter Corroon / Mayor Ralph Becker and other city mayors under police escort to County Complex and City County Building., Charlie Kulp, 801-468-3799, ckulp@slco.org, slcbac.org, utahbikemonth.com

May 19 — 2010 UTA Bike to Work Day in Provo City, Tentative, Utah Bike Month, Provo, UT, West side lawn of the Historic County Courthouse in downtown Provo (University Avenue/Center Street), 7:30 - 9 am, Bike Ride with Mayor John Curtis at 8 am sharp, free food and drinks, bike swag, and complimentary bike tune-ups., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 19 — Ride of Silence, Utah Bike Month, Salt Lake City, UT, Ride to raise cycling safety awareness among motorists, police, and city officials. This is a free ride that asks cyclists to ride no faster than 12 mph and remain silent during the ride. Time and location TBA., Raleigh Fehr, 801-699-7016, raker@msn.com, rideofsilence.org, utahbikemonth.com

May 19 — Commuter & Beginning Cyclist Classes, Utah Bike Month,

Salt Lake City, UT, Classes by certified LCI Personnel (League of American Bicyclists Certified Instructors). Learn the ins and outs of bike handling and what to do in situations that can occur on a daily basis while riding your bike. For the new rider, handling skills needed to ride in motor traffic and riding with other cyclists., Jonathan Morrison, 801-FAT-BIKE, jonathan@bicyclefilmfestival.com, slcbikecollective.org

May 20 — Road Home Bike Tuning, Tentative, Utah Bike Month, Salt Lake City, UT, 5-6pm, Free bicycle tune-ups at the Road Home, 210 S. Rio Grand St. (455 W.) sponsored by the SLC Bike Collective., Jonathan Morrison, 801-FAT-BIKE, jonathan@slcbikecollective.org, slcbikecollective.org

May 21 — Bike Art Gallery Roll, Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9 pm, in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries too! Brent Hulme, 801-746-8366, brent@slcbike.com, slcbike.com, utahbikemonth.com

May 21 — National Bike to Work Day, Utah Bike Month, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utahbikemonth.com

May 29 — Mountain Biker's Trail Work Day, Utah Bike Month, Salt Lake City, UT, Give back to the trail that we all love, work on badly needed maintenance on the Bonneville Shoreline trail. 8 a.m. to 1 p.m., location TBD., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.com

June 5 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

June 5 — National Trails Day, Park City, UT, 9 am, Meet at White Pine Touring at the Rail Trailhead, Coffee and bagels, Project TBA., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

June 7 — 4th annual "Share the Road Memorial Ride", Park City, UT, A ride to remember fallen cyclists. Meet at Cole Sport 1615 Park Avenue in Park City. 17-20 mile ride will leave Cole Sport at 6 p.m. Park at Park City Mountain Resort lower lot. All ages welcome but cyclists should be comfortable with a 20 mile ride., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com

June 26-28 — Bike Days, Driggs, ID, Area bike shops will have demos for public to ride, test all the new gear for 2010. Free lift rides for bikes all weekend., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

June 26 — Mountair Mile — A Multi-Sport Children's Race, Salt Lake City, UT, Children's race. 1 or 2 mile duathlon. Begin with bicycle, tri-cycle, or scooter, then finish with a 1/3 or 1 mile walk/run. Strollers and wagons welcome. All proceeds go to charity - The Sharing Place, Benjamin Lowry, 801-680-7549, benjaminlowry@hotmail.com, mountaintrails.blogspot.com, thesharingspace.com

July 17 — Utah Tour de Donut, American Fork, UT, 21 mile circuit race and donut eating (subtract time for eating donuts each lap), bike safety rodeo, kids



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| Swap: | Sat. May 1 | 9:00 AM to 5:00 PM |
| Pickup: | Sat. May 1 | 4:00 PM to 6:00 PM |



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race, Greenwood Elementary in American Fork, 8 am, All proceeds are for Bike Town Africa and other local Rotary projects., Kim Garrett, 801-763-1216, timpaud@yahoo.com, utahtourdedonut.org

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 22 — World Car Free Day, UT, Ride your bike and leave the car at home!, noemail@cycling-utah.com, worldcarfree.net

Mountain Bike

Tours and Festivals

April 27-May 1 — Alison Dunlap Adventure Camp, Moab, UT, Beginner/Intermediate Skills Clinic., Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

April 29-May 2 — New Belgium Brewing Company Fruita Fat Tire Festival, Fruita, CO, 15th Anniversary of the kickoff to Mtn bike season in CO, World renowned trails, expo, Clunker Crit, Prizes, and live music in downtown Fruita., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com, emgcolorado.com, fruitamountainbike.com

April 30-May 2 — P.A.S.S. Bookcliffs Trailfest, Price, UT, Trail Rides (New Trails Debuted), Free Camping (Bring your acoustic instruments for the Campfire-Jam), Food, Live Music, Chaos & Mayhem, Friday afternoon warm-up ride will be pretty mellow with a party atmosphere, Saturday & Sunday we ride for REAL, HQ is at BicycleWorks., Fuzzy Nance, 435-637-2453, fuzzythebikeguy@msn.com, fuzzysbicycleworks.com/TrailFest

May 11-15 — Alison Dunlap Adventure Camp, Moab, UT, Intermediate/Advanced Ride Camp, Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

May 12-16 — The Maze, Canyonlands National Park, UT, 5- and 7-day mountain bike tours of the Maze District of the National Park travel over mesa and through canyon terrain. Intermediate to advanced riders. Also avail 5/26-30; 9/6-10; 9/27-10/1., 800-546-4245, info@magpieadventures.com, magpieadventures.com

May 14-16 — San Rafael Swell Mountain Bike Festival, Green River, UT, 24th Spring Festival, start: Friday afternoon with registration, a warm-up bike ride, a meal and a prize drawing. Saturday: day-long rides (beginner, intermediate or advanced) to see the San Rafael Swell, returning to a Dutch-oven cookout meal. Sunday begins with breakfast and one last group ride, ending at noon, family-oriented; kids are urged to ride with their parents or on a kid-specific ride., 435-637-0086, meccabikeclub@etv.net, biketheswell.org

May 22 — 4th Annual Amazing Earthfest, Kanab, UT, Joy Jordan Woodhill Trail Ride (BLM): 10, 20 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and the colorful cliffs of the Grand Staircase. Meet at the Fredonia Welcome Center on US 89-A, Fredonia, AZ, Note: Utah is on daylight savings time. Arizona is on standard time., Rich Csenge, 435-644-3735, jjw@gwi.net, amazingearthfest.com

May 28-31 — Black Hills Fat Tire Festival, Rapid City, SD, Trail rides, races (hill climb, XC, Super-D), Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Jerry Cole, 605-394-5225, jerry.cole@rcgov.org, 605-394-5225, info@bhfatirefestival.com, bhfatirefestival.com

May 28-30 — NUMB Fest, Vernal, UT, Three fun and action packed days of organized riding and fes-

ivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, there is no charge or entry fee., Troy , 435-781-2595, troyboy@altitudecycle.com, altitudecycle.com

June 5 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/sallakecity

June 5 — National Trails Day, tentative, Weber County, UT, Biker's Edge Trail Crew and Weber Pathways Trail Day., Steve Sessions, 801-528-2907, sessions11@msn.com, bebikes.com/trailcrew.aspx

June 5-6 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Jo Fergie, 604-905-8177 (Canada), info@dirtseries.com, dirtseries.com

June 19-20 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Jo Fergie, 604-905-8177 (Canada), info@dirtseries.com, dirtseries.com

June 19-21 — Wild Rockies Boise to Idaho City Tour, Wild Rockies Series, Boise, ID, Starts and finishes at the Old Armory on Reserve Rd. 7am Boise to Idaho City (campover night) and back to Boise. Full support and SAG wagon included for a low price. We are raising trail awareness and providing a low cost trip for all levels., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies-racing.com, swimba.org

July 24 — Rawhide Continental Divide Tour, Basin Creek Park, MT, Shuttled, one way ride. 35 miles of single-track on the Continental Divide Trail, 2 supported aid/rest stations, BBQ at Homestake Lodge following ride! Start time TBD., Warren Smith, 406-490-2556, chirobike@hotmail.com

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 24-26 — Castle Country Single Track Mountain Bike Festival, Price, UT, Rides for all abilities from confident beginner to expert. All rides will be over a newly developed single track system. Rides Friday, Saturday, and Sunday. Dinner and live entertainment on Saturday, bike raffle, fun for everyone!, Steve Christensen, 435-636-3702, steven.christensen@carbon.utah.gov, carbonrec.gov

September 24-26 — San Rafael Swell Mountain Bike Festival, Green River, UT, 8th Fall Festival, start: Friday afternoon with registration, a warm-up bike ride, a meal and a prize drawing. Saturday: day-long rides (beginner, intermediate or advanced) to see the San Rafael Swell, returning to a Dutch-oven cookout meal. Sunday begins with breakfast and one last group ride, ending at noon. Festivals are family-oriented; kids are urged to ride with their parents or in a kid-specific ride., 435-637-0086, meccabikeclub@etv.net, biketheswell.org

September 28-October 2 — Alison Dunlap Adventure Camp, Moab, UT, Intermediate/Advanced Ride Camp, Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

September 30-October 3 — Outerbike, Moab, UT, Outerbike will be an opportunity to ride your

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dream bike on world famous trails, including Slickrock. Registration is \$150, and participants will receive demos for four days, lunch at the trailheads, and discounted tickets to evening parties and films., Sean Hazell, 800-845-2453, biking@westernspirit.com, westernspirit.com, outerbike.com

October 29-31 — 5th Annual Moab Ho-Down Bike Festival, Moab, UT, Moab's original fat tire festival has changed and evolved over the past few decades into what is now being presented by Chile Pepper Bike Shop in Moab. The festival offers group shuttles and rides, movie premiere, townie tour, Super D Race, DH Race and an outrageous costume party., Tracy Reed, 435-259-4688, info@chilebikes.com, moabhodown.com

Utah Weekly MTB

Race Series

Sundance Weekly Race Series — Sundance Resort, UT, Wednesdays, 6:30 p.m., May 12, 26, June 9, 23, July 7, 21, August 4, 18 alternates with Soldier Hollow Training Series., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, weeklyraceseries.com, sundanceresort.com

Soldier Hollow Training Series — Soldier Hollow, UT, Wednesdays, May 5, 19, June 2, 16, 30, July 14, 28, August 11, 25, alternates with Sundance, Registration 5:30-6:20p.m., Racing at 6:30 p.m., Mark Nelson, 801-358-1145, races@euclidoutdoors.com, weeklyraceseries.com

Snowbasin/Biker's Edge Mtn. XC Race Series — Snowbasin Resort, UT, Dates June 16, 30; July 14, 28; August 11, 25. Registration- 5pm-6:30pm at Grizzle Center, Race Start: 6:30., Jonny Hintze, 801-544-5300, jonny@bebikes.com, bebikes.com

April 21-August 31 — Park City/Solitude Mid Week Mountain Bike Race Series, tentative dates, Park City, Salt Lake City, and Solitude, UT, Park City: Round Valley, dates TBASolitude: Dates TBAPark City: Park City Mountain Resort, Deer Valley, The Canyons. Dates TBASalt Lake City: Dates TBA, Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, Jay Burke, 801-330-3214, burkejay@q.com, midweekmtb.com

Utah Mountain

Bike Racing

April 3 — Cholla Challenge, Intermountain Cup, Hurricane, UT, ICS #2, 12-mile loop, a mixture of slickrock and single-track, with challenging short climbs and descents, First race starts at 11:00am., Jerry Simmons, 435-674-3185, jcksimmons@gmail.com, intermountaincup.com, chollachallenge.com

May 1 — Showdown at Five Mile Pass, Intermountain Cup, Lehi, UT, 16th Annual, ICS #3, XC.Fun XC course, 11-mile loop with rolling hills, First start at 9:00am for U12, others at 10am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 15 — Sundance Spin, Intermountain Cup, Sundance Resort, UT, ICS #4, XC, 2 loops: a 7.1-mile topping out at 7100 ft, and the small 0.5-mile lowest part of Archies Loop, First race starts at 8 am for U9, 8:30am for U12, others 9:30am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 22 — 8th Annual Hammerfest at the Hollow, Intermountain Cup, Midway, UT, ICS#5, Soldier Hollow, 9-mi loop with 1100' vertical per lap. Climbs and fast descents through a maze of ski trails at the Olympic venue of Soldier Hollow, new singletrack added, First race starts at 9:00am for U12, others at 10:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 29-31 — Sundance Showdown, UT Downhill Series, Sundance Resort, UT, Super-D Saturday, DH Monday, Utah DH Series, Sundance., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

May 31 — Stan Crane Memorial XC, Intermountain Cup, Draper, UT, ICS #6, 5th annual. Monday race,

Great XC course start/finish at the equestrian center, about 80% single-track on a 9.8-mi loop, Total elevation 1100'/lap, first start at 8:15am for U12, others at 9:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 12 — 19th Annual Deer Valley Pedalfest, Intermountain Cup, Deer Valley, UT, ICS #7, 19th annual, a tradition, multi-lap course on Deer Valley's and Deer Crest's world-famous trail system, climbs and twisty single-track downhill through the dense woods, First start at 8:15am for U12, others 9:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 12-13 — 6-Hour of Wolf Creek Enduro Downhill Race, Wolf Mountain Resort, UT, Lift served, multi-lap downhill mountain bike race. 60 person limit. Saturday qualifying run for lift line order. Sunday 6 hour enduro race., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

June 19-20 — Wolf Creek Mayhem Downhill Race, UT Downhill Series, Wolf Mountain Resort, UT, Saturday Super D and Trail Bike races, Sunday Downhill, Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

June 19 — Wimmer's Bicycle Race XC @ Sherwood, Intermountain Cup, Wellsville, UT, ICS #8, Sherwood Hills Resort in Wellsville Canyon. Multiple laps, winding singletrack through trees. Reg opens at 8 AM. Beg race start at 9 a.m., spt at 11 a.m., exp/pro at 1:30 p.m., Kayleen Ames, 435-757-4310, icupracing@yahoo.com, intermountaincup.com, amespromoting.com

July 3 — 23rd Annual Mountain Bout, Intermountain Cup, Snowbird, UT, ICS #10, Snowbird, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap, First race starts at 8:10am for U9, 8:30am next start., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 10 — 14th Annual Chris Allaire Memorial, Intermountain Cup, Solitude Resort, UT, Utah State Open XC Championship, ICS #11, Course combines Cruiser (upper) and Serenity (lower) loops, Registration closed 7/13, First start at 8:15am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 31 — 1st Annual Basin Bash XC, Intermountain Cup, Snowbasin, UT, ICS #12, Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

August 7 — 2nd Annual Rock the Canyons Intermountain Cup Grand Finale, Intermountain Cup, Canyons Resort, UT, ICS #13, Open to all, XC course starts and finishes at Smokie's Bar and Grill at the base of the gondola at The Canyons Resort. The course is about 90% wide single track, Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

August 13-15 — Flyin' Brian Gravity Festival, UT Downhill Series, Brian Head, UT, Friday Trail Bike Race, Saturday Super D, Sunday Downhill., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

August 26 — Mt. Ogden 50 & 100 K MTB Race, Snowbasin, UT, 50 K & 100 K. Starts 9 am at Snowbasin. Solo or 2 person relay teams, Jonny Hintze, 801-544-5300, jonny@bebikes.com, bebikes.com, snowbasin.com

September 4 — Park City Point 2 Point - presented by POWERADE, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 78 miles & 14,000' of climbing., Jay Burke, 801-330-3214, info@thepcpp.com, thepcpp.com

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track,

recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 11 — 6th Annual Sundance Single Speed Challenge, Sundance Resort, UT, 10 am start, Sundance Resort., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

September 18 — 12 Hours of Sundance, Sundance Resort, UT, 7 a.m. to 7 p.m., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

September 18 — Widowmaker Hill Climb, Snowbird, UT, 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

September 19 — Tour de Suds, Park City, UT, An uphill MTB race from Miner's Hospital to Guardsman. 28th Annual, Park City, 6 mile hill climb to celebrate the end of mountain bike season., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

October 9-10 — 24 Hours of Moab, Moab, UT, 16th Annual, solo, duo, 4 and 5 person team categories, men, women, and coed. USAC National 24 Hour Championships tool, Laird Knight, 304-259-5533, heygranny@grannygear.com, grannygear.com

October 9 — 6 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Intro to endurance racing with solo, duo, and 3 person categories. Event held from 9am to 3 pm. Same great 13 mile course as the 25 hour race. Includes costume contest fun., Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

October 11-12 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, hws@infowest.com, seniorgames.net

November 6-7 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, 25 hour event is from SAT 10am to SUN 10 am with the bonus double midnight lap. Costume contest is from Sat 11 am to Sat 5 pm- contest and awards at 6 PM, Other fun Halloween fun TBA, Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

Regional Mountain

Bike Racing

March 28 — Sagebrush Scramble, Knobby Tire Series, Boise, ID, STXC. Action-packed short track racing just 23 miles SE of Boise Racing and BBQ starts at noon., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

April 10 — 15th Annual Barking Spider Bash, Wild Rockies Series, Nampa, ID, Part of the AMBC National Series. Less than 1000 vertical ft per lap-- elevation gain for hillclimbs. A new 2-3 hr XC course and 1 hour trail run, includes roller coaster single track and wide open fire road. Lots of fun all day, awards ceremony, food and beverages., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

April 23-25 — Rabbit Valley Rally- MSC #1, Mountain States Cup, Fruita, CO, Off-road time trial (endurance) on Saturday. Cross country (endurance) on Sunday. XC is a qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

May 1 — CANCELLED New XC Race, Knobby Tire Series, Kimberly, ID, Racers will enjoy small town Idaho and hit the public trails, 8 mile loops with plenty of single track and enough double track for passing., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

May 1-2 — MAYDAY MAYDAY, Bootleg Canyon, NV, Super-D and Downhill, Dual Slalom, Francine Johnson, 702-273-0537, johnson-

rockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

May 7-8 — New Belgium Brewing Company 18 Hours of Fruita, Loma, CO, 6th Annual, Highline Lake State Park, 12 midnight start, 18 Hr race on 6.5 mile loop., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com, emgcolorado.com, fruitamountainbike.com

May 8 — 8th Annual Avimor Coyote Classic, Knobby Tire Series, Boise, ID, high speed rolling double-track. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com, brokenspokecycling.com

May 14-16 — Chalk Creek Stampede- MSC #2, Mountain States Cup, Nathrop, CO, Cross country (endurance) and four cross (gravity) on Saturday. Short Track (endurance) and dual slalom (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

May 28-31 — Black Hills Fat Tire Festival, Rapid City, SD, BHFF is four days filled with MB racing (x-country, downhill, hill climb, super D), Trail Rides, Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Jerry Cole, 605-394-5225, jerry.cole@rcgov.org, bhffatirefestival.com

May 29-30 — Velopark MTB Dual Slalom and STXC State Championships, Wild Rockies Series, IVCP, ID, 2 person dual slalom courses are built by World Champion Eric Carter-- this is the real deal folks. You'll find everything you expect at a National course with a grass-roots feeling. Lots of fun all day and super easy road to get to the top of the events., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 2 — 9th Annual Wood River Cup Race #1, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 4-6 — The Chile Challenge - MSC #3, Mountain States Cup, Angel Fire, CO, Cross country (endurance) and four cross (gravity) on Saturday. Super D (endurance/gravity) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 9 — 9th Annual Wood River Cup Race #2, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 12 — Beti Bike Bash, Mountain States Cup, Lakewood, CO, First-ever women's only mountain bike race and festival. Run by women, for women. Encouraging women mountain bikers to enter their first race. Expo, prizes, and a great swag bag with entry. Bring the whole family!, Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 12 — 9-5 Marathon, Knobby Tire Series, Boise, ID, 9-5...need we say more? Besides the live bands, great trails, and a play area for families who come out to watch., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 16 — 9th Annual Wood River Cup Race #3, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 19 — Soldier Mountain, Knobby Tire Series, Fairfield, ID, Soldier Mountain Resort "epic" XC course, known for the big climbs and big descents and this year nothing has changed. Racers will climb to over 8000' to see views that others dream about...but what goes up must come down., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 23 — Cache Creek to Game Creek Mountain Bike Race, Tentative, Jackson, WY, Mike Yokel Park, 12 mile MTB XC., Jill Harkness, 307-733-5056, jharkness@tetonwyo.org, ucjh.org

June 23 — 9th Annual Wood River Cup Race #4, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 25-27 — Wildflower Rush- MSC #4, Mountain States Cup, Crested Butte, CO, Cross country (endurance), 40 mile epic cross country (endurance) and four cross (gravity) on Saturday. Super D (endurance/gravity) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 26 — Adventure Xstream Durango, Durango, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike through the majestic San Juan mountain. 50-100 miles of multisport racing., Will Newcomer, 970-259-7771, 2010@gravityplay.com, gravityplay.com

June 26 — Jug Mountain Ranch Ride, Wild Rockies Series, McCall, ID, 2-3 hr XC course and 2hr trail run. Possible 50mi. Marathon on new route with fast, flowing single track and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide open fire road., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 26 — 8th Annual Taming the Tetons, Intermountain Cup, Jackson Hole, WY, ICS #9, 9 a.m. start for under 9, 9:30 start for all other categories., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com, go-ride.com

June 30 — 9th annual Wood River Cup Finals, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

July 3 — 15th Annual WYDAHO Mountain Bike Race, Alta, WY, The 15th annual Wydaho XC race, kids race, huffy toss and hill climb. Mountain biking in the heart of the Tetons!, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 3-4 — 19th Brundage Mountain Bike Fest XC/Super D/DH, Wild Rockies Series, Brundage Resort, ID, 2-3 hr XC course and 20 min super D. 5-6 min DH course., deep woods single track and wide open fire road, super easy shuttle with high speed lift for the Super D and DH events., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

July 9-11 — Blast the Mass - MSC #5, Mountain States Cup, Crested Butte, CO, Short track (endurance), downhill (gravity) and super d (endurance/gravity) on Saturday. Cross country (endurance) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

July 15-18 — USAC National Mountain Bike Championships, Granby, CO, USAC Mountain Bike National Championships., 888-850-4615, info@bikesolvista.com, solvistanationals.com

July 24 — Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/ Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

July 24 — Targhee Downhill Race #1, Alta, WY, The Wydaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309,

awilliams@grandtarghee.com, grandtarghee.com

July 25 — Teton Pass Hill Climb, Tentative date, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers. Raffle and party following., Brian Schilling, 307-690-9896, schilldog@hotmail.com, ucjh.org

July 31 — Laramie Enduro, Laramie, WY, 111 K (72.5 miles) mountain bike race, Happy Jack Recreation Area, 8600' elevation gain., Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

July 31 — Butte 100, Butte, MT, 100 and 50 mile single loop options. Approx. 70 miles of continental divide trail within the 100 mile race and approx. 40 miles of CDT within the 50 mile race. 16,000 ft of elevation gain on the 100 mile route. Fund Raising for MTB trail maintenance and trail building., Bob Waggoner, 406-490-5641, getriplerprod@hotmail.com, tripler-ingprod.com

July 31-August 1 — Pomerelle Pounder, UT Downhill Series, Wild Rockies Series, Albion, ID, 2 day DH race, Saturday DH race and Sunday DH and Trail bike races., Ron Lindley, 801-375-3231, eracerhd@netzero.net, wildrockiesracing.com, go-ride.com

August 4 — Teton Village Short Track XC Series and CX, Tentative, Teton Village Short Track XC Series, Teton Village, WY, August 4, 18, 6:30 pm. MTB Races, CX race on August 11, Brian Schilling, 307-690-9896, schilldog@hotmail.com, ucjh.org

August 4 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 6-8 — Keystone Revival - MSC #6, Mountain States Cup, Crested Butte, CO, Cross country (endurance) and super d endurance/gravity) on Saturday. Short track (endurance) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

August 7 — Knobby Tire Series Finals, Knobby Tire Series, Boise, ID, Only 15 minutes from Boise. World Cup style racing brought to the Treasure Valley. 8.5 loop packed with tight double track and some single track to keep one honest. , Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytires.com, brokenspokecycling.com

August 7 — Targhee Downhill Race #2, Alta, WY, The Wydaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

August 11 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 14 — Big Hole Challenge MTB Race and Duathlon, Driggs, ID, 15 mile MTB race, 7.5 mile bike and 5 mile run Duathlon, Start at Horseshoe Canyon Trailhead, 11 miles west of Driggs, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

August 18 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 20-22 — Full Tilt in Telluride - MSC #7, Mountain States Cup, Telluride, CO, Hill climb (endurance) and four cross (gravity) on Saturday. Cross country (endurance) and downhill (gravity) on Sunday. XC, 4X and DH are qualifiers for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

August 21 — Schweitzer Mountain Resort Downhill, Wild Rockies Series, Sandpoint, ID, Schweitzer Mtn. Resort, DH., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com, fluidride.com

August 25 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

September 3-6 — Winter Park Pursuit - MSC #8, Mountain States Cup, Winter Park, CO, Short track (endurance), cross country (endurance), super d (endurance/gravity), four cross (gravity) and downhill (gravity). This is the Mountain States Cup Season Finale for all gravity disciplines and super d. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

September 4 — Bogus Hari-Kari STXC, Wild Rockies Series, Bogus Basin Resort, ID, 20-40 min Short-track, depending on category. 1.2 mi course rolling, tight corners. 11 a.m. start time., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 5 — Bogus Kamikaze DH, Wild Rockies Series, Bogus Basin, ID, 2-3 min DH course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find gap jumps, drop-offs, wooden bridges and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 10-12 — Fall Classic - MSC #9, Mountain States Cup, Breckenridge, CO, Circuit race (endurance- short track) and time trial (endurance- hill climb) on Saturday. Epic backcountry cross country (endurance) on Sunday. Cross country is a qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

September 11 — City Creek Mountain Duathlon Endurance Festival, Pocatello, ID, 20K trail course includes a 15K mountain bike, followed by a 5K trail run (1463' total elevation gain on mountain bike course, 479' total elevation gain on run course) on the famed City Creek Trail system, trail running and mountain biking divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, EnduranceFestival.com

September 11 — Targhee Downhill Race #3, Alta, WY, The Wydaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

September 21 — Pierre's Hole MTB Race, Alta, WY, Grand Targhee Resort. The 25 mile loop with over 4000' of climbing each lap, a long with over 70% of the course on single track make this a awesome 50/100 race., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com, pierreshole50-100.blogspot.com

September 25-26 — Bittersweet Endurance and Gravity, Bootleg Canyon, NV, SD, DH, XC, Francine Johnson, 702-273-0537, johnsonrockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

October 22-24 — Singlespeed World Championships, Rotorua, NZ, noemail@cyclingutah.com, sswc10nz.com

October 30-31 — BOOtleG Endurance and Gravity, Bootleg Canyon, NV, SD, DH, XC, Francine Johnson, 702-273-0537, johnsonrockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

November 20-21 — Endurance High Test, Bootleg Canyon, NV, XC, Francine Johnson, 702-273-0537, johnsonrockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

December 18-19 — Screamin Santa, Bootleg Canyon, NV, SD, DH, Francine Johnson, 702-273-0537, johnsonrockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

Utah Weekly

Road Race Series

Cyclesmith Rocky Mountain Raceways Criterium Series — West Valley City, UT, A and B Flite off at Noon C and D Flite off at 12:50, 6555 W. 2100 S. March 6,13,20,27 April 6,13,20,27, May 4, 11, 18,25, June 1,8,15,22,29, July 6,13,20,27, August 3,10,17,24,31, September 7,14,21,28., Marek Shon, 801-209-2479, utcritseries@gmail.com, utah-critseries.com

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April - August, I-80 Frontage Road West of the International Center; 4/15, 4/29, 5/13, 5/27, 6/10, 6/24, 7/1, 7/15, 7/29, 8/12, 8/26, 9/9, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

DLD (DMV) Criterium Presented by Ski Utah — West Valley City, UT, Ski Utah Cycling team is pleased to sponsor the Utah Driver's License Division (DLD) weekly criterium race. Weekly Training Crit at the Driver's Training Center, 4700 S. 2780 W., A Flite - 6pm. B Flite - 6:55 pm. (April 7 - September 9), Clint Carter, 801-651-8333, cdcarter44@msn.com, utahcritseries.com

Emigration Canyon Hillclimb Series — Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April thru September: 4/22, 5/6, 5/20, 6/3, 6/17, 7/8, 7/22, 8/5, 8/29, 9/2, Marek Shon, 801-209-2479, utcritseries@gmail.com, utah-critseries.com

Ogden Cash Crit — Tentative, Ogden, UT, Thursdays, June 3 - July 29, 6 pm, C flight: 6:00pm (30 min), B flight: 6:40pm (40min), A Flight: 7:30pm (50min), Business Depot Ogden (600 W 12th St), Weston Woodward, 801-388-0517, westonvw@yahoo.com,

Logan Race Club Time Trial Series — Logan, UT, Thursdays, 6:30 p.m. Location rotates among 4 courses., Stephen Clyde, swc@mdsc.com, loganraceclub.org

Powerhouse UVU Crit series, presented by UVU Cycling — Orem, UT, Dates TBA, UVU, 1062 W 800 S, Orem, UT 84058, Lot V, Mason Law, 801-891-5275, masonsjc@hotmail.com, thefancycling.com

Utah Road Racing

April 3 — Hell of the North Road Race, UCA Series, Salt Lake City, UT, Just north of the Salt Lake Int'l Airport, 5 mile circuit. includes 1.75 mile stretch of dirt road. Bring your 53x12., Christian Johnson, 801-867-5331, skinnytires@gmail.com, helloffthenorth.com

April 10-11 — Tour of the Depot, UCA Series, Tooele, UT, 3 Stage Stage Race: Anaconda Road IT (Sat), Pine Canyon Circuit Race (Sat), Tour of the Depot RR (Sun). All stages Start and Finish in Tooele., Jeremy Smith, 801-558-7215, knowitall@tourofthedepot.com, touroffhedepot.com

April 24 — East Canyon Road Race, UCA Series, East Canyon Resort, UT, 10 AM, From East Canyon Resorts to Lost Creek Reservoir and back, East Canyon Resort. Sign up at Canyon Bicycles 3969 S. Wasatch Blvd., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

May 1 — Antelope Island Classic, UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net, bmbbc.com

May 8 — SLC Downtown Criterium (State Championships), UCA Series, Salt Lake City, UT, Around Pioneer Park, 300 W and 300 S., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

May 8 — Herriman Pedal Palooza, Herriman, UT, Cycling Event for the whole family. Amateur road crit, kids safety rodeo, helmet safety inspection (not sure what the blanket term for this event would be). 9 am., Dani Lassiter, dani@goldilocksride.com, pp.infinitecycles.com

May 14 — Logan Canyon TT, Logan, UT, Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org

May 15 — Bear Lake Classic, UCA Series, Bear Lake, UT, May 14: ITT 3.8 mile climb, May 15: RR, 51/102 mile flat loop., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org, bearlake.com

May 16 — Bear Lake Classic Team Time Trial, UCA Series, Bear Lake, UT, ITT 5-man teams, scoring on 3rd wheel. Each event is scored independently, and Sunday's 5-man TTT is slated to be the Utah State TTT Championship., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org, bearlake.com

May 22 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Sugarhouse Park, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

May 22 — Red Rock 200, St. George, UT, Solo Start: 6am, Two-Person Relay Teams Start: 7am, Four-Person Relay Teams Start: 8am, 200 miles, 10,000' of climbing with three neutral support check points along the route; finisher jerseys and medals!, Deb Bowling, 818-889-2453, embassy@planetultra.com, redrock200.com

June 5 — Draper Challenge Hillclimb Race, Draper, UT, 8:00 am at Equestrian Center located at 1600 E. Highland Drive(13500 South), road race 15 miles with two hill climbs, ends at top of Suncrest., Ken Murdock, 801-205-3700, ken.murdock@utahhomes.com, DraperTrailDays.com

June 5 — E Center Criterium, UCA Series, Salt Lake City, UT, 3200 South Decker Lake Drive (at 2200 West), Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

June 9-27 — Utah Summer Games, Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound?, Checkshani Cliffs., Casey McClellan, 435-865-8421, 435-559-2925, usgpress@suu.edu, utahsummergames.org

June 10-13 — Hoodoo 500 Training Camp, St. George, UT, Ride every mile of the Hoodoo 500 route in 4 days. A perfect preview of the race course!, Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

June 11-12 — Salt to Saint Relay, Salt Lake City, UT, 385 mile relay race from Salt Lake City to St. George, following Route 89. 13000 feet of climbing. 4 person, 8 person, and solo categories., Geoffrey Montague, 435-313-3188, info@salttosaint.com, salttosaint.com

June 11-12 — Rockwell Relay, Moab, UT, 4 man relay, 3 legs per rider cov-

ering 528 miles. Starts at 8:00 a.m. from Sweeney Park Moab, Utah and goes non-stop to St. George., Dan Stewart, 801-451-0440, dan@rockwellrelay.com, rockwellrelay.com

June 12 — Powder Mountain Hill Climb, UCA Series, Eden, UT, 6 miles and 3000 feet up Powder Mountain Road, start at Wolf Creek Balloon Festival Park, finish in Timberline parking lot., Ben Towery, 801-774-7551, teamaccelerator@gmail.com, teamaccelerator.com

June 19-20 — 22nd Annual Cook-Sanders Associates, Inc. and The Spence Law Firm High Uintas Classic Stage Race, UCA Series, Kamas/Evanston, UT/WY, 22nd annual HUC Stage Race. Kamas, UT to Evanston, WY. USCF Stage Race - Road Race, Time Trial, Criterium/Citizen's Road Race. No Wimps! No Whiners!, Terri Arnell, 307-783-6470, tarnell@evanstonwy.org, evanstoncycling.org

June 26 — Little Mountain Road Race (Utah State Championship), UCA Series, Clarkston, UT, 16-mile circuit race with one major climb (1 mile, 7-10% grade between Trenton and Clarkston) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Total elevation gain - 600 feet/lap., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org

July 3 — State Time Trial Championship, UCA Series, Salt Lake City, UT, Just west of the International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

July 10 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, Hill climb to the top of Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 16-17 — Capitol Reef Classic Stage Race, UCA Series, Torrey, UT, ITT (8 miles), Criterium, 100/52/32 mile road race (distance determined by race category), Tina Anderson, 435-425-3491, 435-691-1696, tricrazy@live.com, capitolreefclassic.com

July 24 — Chalk Creek Road Race, UCA Series, Coalville, UT, Juniors and masters Utah State Championship., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 30-31 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night and have a great time!, Steven Tew, 801-822-4870, steven@saintstosinnersbikerelay.com, saintstosinnersbikerelay.com

July 31 — Tour de Park City, UCA Series, Park City, UT, Fully Supported Road Race. All men's and women's UCA categories. Same great



July 16 & 17, 2010
TORREY, UTAH

(typically 10-15 degrees cooler than Salt Lake Valley)

2 Days, 3 Stages
ITT, Circuit Race, Road Race
(All Categories)

435-691-1696

Registration starts April 1st, 2010

www.capitolreefclassic.com

area information at

www.capitolreef.travel and www.waynecountyutah.org

held under USA Cycling permit pending

UCA point series event

170 mile course you have come to love. New additions and changes will make 2010 the best Tour de Park City yet., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, tourdeparkcity.com

August 4 — Lindon Days Criterium, Lindon, UT, 30 N Main Street in Lindon. 1.9 mile loop on city streets. Part of the Lindon Days Celebration. First flight at 6:00 p.m., Ryan LeMone, 801-785-3828, ryan.lemone@garmersinsurance.com, lindoncity.org

August 7 — Wasatch 120 Road Race, Heber, UT, Fully Supported Road Race. All men's and women's UCA categories. Great course starting and finishing in Heber City., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, wasatch120.com

August 14 — Sundance Hill Climb, UCA Series, Provo, UT, Starts at the bottom of SR92, climbs 8.2 miles, over 3000' of climbing, passing Sundance and finishing at the Alpine Loop Summit, perfect for the Pro Level racer wanting to beat the best or the beginner wanting a good challenge., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundance-utah.com

August 17-22 — Larry H. Miller Tour of Utah Presented by Zions Bank, UT, America's toughest stage race, 6 stages, 325 miles, \$45,000 purse, Pro/1 Men only, Salt Lake, Ogden, Utah County, Tooele, Park City, Snowbird, Salt Lake. Come and watch the best!, Karen Weiss, 415-218-0193, karen@tourofutah.com, tourofutah.com

August 21 — Snowbird Hill Climb, Snowbird, UT, 32nd Annual, 8 a.m. start, Start on 9400 S. near 20th East, climb to Snowbird's entry II., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com/events/competitions/summer/hillclimb.html

August 21 — Tour of Utah Amateur Criterium, UCA Series, Park City, UT, Historic Main Street in Park City will be the setting for this race that will be run on the same course as the Pros. A challenging course with over 100 feet of elevation gain each lap. Riders and spectators will enjoy this event and all day activities., Eric Thompson, 801-541-3840, jerichthompson@comcast.net, skiutahcycling.com

August 28 — Sanpete Classic, UCA Series, Spring City, UT, Main Street, Spring City will serve as the Start/Finish for loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Races start at 10:00 a.m. BBQ lunch, awards, and raffle after race., Eric Thompson, 801-541-3840, jerichthompson@comcast.net, skiutahcycling.com

August 28-30 — Hoodoo 500, St. George, UT, 500 mile Ultramarathon bike race in Southern Utah. Voyager Start: 5am, Solo Start: 7am, Two-Person Relay Teams Start: 9am, Four-Person Relay Teams Start: 11am., Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 4-6 — Great Utah Bike Festival Stage Race, UCA Series, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a UCA 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 11 — Climber's Trophy, UCA Series, Salt Lake City, UT, Individual time trial up the south side of Big Mountain. Start at MM 0, first rider up at 8:30 am., Jon Gallagher, 435-901-8872, sportsbaseevents@gmail.com, teamcsr.org

September 11 — LOTOJA Classic RR, Logan, UT, 1 day, 3 states, 206 miles from Logan, UT to Jackson, WY. Almost 10,000 feet of climbing, 28th Annual, Brent Chambers, 801-546-0090, info@lotojaclassic.com, lotojaclassic.com

September 25 — Mountain 2 Metro Harvest Moon Criterium, Ogden, UT,

Downtown Ogden in the Municipal Park between 25th & 26th Streets., Ben Towery, 801-774-7551, teamexcelerator@gmail.com, teamexcelerator.com

October 5-8 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, hwsq@infowest.com, seniorgames.net

October 9 — City Creek Bike Sprint, Salt Lake City, UT, 10 am, 5 1/2 mile climb up City Creek Canyon, road or mountain bikes., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

Regional Weekly

Road Race Series

Grand Junction Spring Crit Series — Grand Junction, CO, 6 race series March 31, April 7,14,21,28,May 5th, 2010 Two Races will be held: 5:45 pm - Group A - Men/Women Cat 1,2,3, Masters and Collegiate. 6:45pm - Group B - Men/Women Cat 4,5, Masters and Collegiate., fast flat fun .67 mile closed course at 627 25 1/2 Rd., Mike Driver, 970-274-1232, chrisreed@ascentproductions.net, org.mesastate.edu/cycling/

Idaho Cycling Enthusiasts Time Trial/Hillclimb Series — TBD, ICE Series, Pocatello, ID, Dates TBD, 3 flat 10 km TTs and 3 Hillclimbs is 5.1 miles, 1500 ft elevation up Scout Mountain., David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

SWICA Criterium Series — SWICA Criterium Series, Boise, ID, Tuesdays, May 4, 11, 18,25, June 1, 8, 15, July 6, 13, Local training crit series at Expo Idaho West lot., Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Racing

April 3 — Birds of Prey Road Race (BCC Spring Series #3), Kuna, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

April 11 — Chicken Dinner Road Race (BCC Spring Series #4), Nampa, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

April 16-18 — Tour of Walla Walla Stage Race, Walla Walla, WA, Stage race - 2 RRs, crit, TT. Eight fields in 2010, 5 for men and 3 for women- Men Pro-1-2, 3, 4, 5, Mstrs 40+ cats 1-4; Wom 1-2, 3, 4., Steve Rapp, 509-520-9779, steve@allegrocyclery.com, tofww.org

April 17 — Tax Day Circuit Race, UCA Series, Pocatello, ID, Great circuit race, start and finish in Inkom with a 1.2 mile neutral roll out of town, follow by a 4.5 mile rolling climb to the circuit (7.3 mi). Riders will do a specified number of laps, followed by another half lap to finish at the top of the climb. Climb per lap is 750 ft., David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

April 18 — Rhonde Van Boise, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

April 25 — Emmett-Roubaix Road Race (Spring RR #5), Emmett, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 14-16 — BODE TT Stage Race, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 15 — Endurance Festival, Pocatello, ID, 30K road course (597' total elevation gain) on the scenic roads up to the Mink Creek Recreation Area. Also running and duathlon divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, EnduranceFestival.com

May 22-23 — Treasure Valley Omnium, Nampa, ID, RR, TT, Crit, two days/three stages. TT on Saturday, Crit on Sunday, Vernon Padaca, 208-571-1730, dobblacboard@cableone.net, teamdobblac.com

May 22 — Ride for the Pass, Aspen, CO, A charity bike race/recreational ride to benefit the

Independence Pass Foundation. 15th Annual ride will be from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'., Mark Fuller, 970 963-4959, fulcon@comcast.net, independencepass.org

May 22 — Snake River/ICO TT Series #1, TBA, ID, Rudy Estrada, elitescycling@msn.com,

May 23 — Aspen Cycling Criterium, Aspen, CO, Fast paced, energy packed race held on closed streets in the heart of downtown Aspen. Speeds of 28 mph and higher around a .8 mile track with sharp curves on road bikes., Kristin Drake, 970-429-2098, kristin.drake@ci.aspen.co.us, aspenrecreation.com

May 29-31 — Iron Horse Bicycle Classic, Durango, CO, 39th Annual, Road Race from Durango to Silverton, Criterium, 25/50 mile tour, kids race and bike swap., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 29 — Garden Creek Gap Road Race: The Idaho Road Race Championship, UCA Series, Pocatello, ID, Idaho State Road Race Championship. Presented by the Idaho Kidney Institute. This is a rider's course: 25-mile lap (riders will ride multiple laps) with an incredible 3-mile climb through Garden Creek Gap (5-9%) grade, mountain top finish, Utah racers and Idaho Racers will compete to see who is the strongest racer in each category from the 2 states., Sam Krieg, 208-233-0951, sam@kriegcycling.com, idahocycling.com

June 5 — 4th Annual Lyle Pearson 200-mile Team Challenge, Boise to Sun Valley, ID, Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 12-13 — Single Track Bicycles Omnium, Flagstaff, AZ, Saturday: Snow Bowl Hill Climb, 6.6 mile hill climb, categorical starts, 5 year age groups. Sunday Wupatki Road Race, Sunset/Wupatki National Monument, Flagstaff, 75 miles PRO 1,2,3 all other 45 miles, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, teamoneracing.com

June 18-20 — Elkhorn Classic Stage Race, Baker City, OR, Ernie Conway, ernie@elkhornclassic.com, elkhornclassicstagerace.com

June 20 — Town to Summit Hill Climb, Ketchum, ID, Mass-start event from downtown Ketchum to the top of Trail Creek Pass, last three kilometers are rough dirt road, a little over 16 kilometers in total., Bob Rosso, 208-726-3497, jason@elephantsperch.com, elephantsperch.com

June 21-27 — USA Cycling Road Championships, Bend, OR, Elite, Junior, and Espoir National Championships., Tom Vinson, 719-434-4200, tvinson@usacycling.org, usacycling.org

June 26-27 — Dead Dog Classic Memorial Stage Race, Laramie, WY, Sat: RR (85 miles or 53 miles), Sun: Crit and TT (10 miles), \$8000 purse, awards points for the American Cycling Association Best All-around Racer and Best All-around Team competition., Kim Viner, 307-742-4565, kdviner@msn.com, dead-dogclassic.com

July 4 — Hailey 4th of July Criterium, Hailey, ID, Downtown Hailey Criterium, Janelle Connors, 208-788-9142, jconnors@bcrd.org, bcrd.org

July 10 — Allan Butler Criterium, Idaho Falls, ID, Twilight Criterium in downtown Idaho Falls in memory of Allan Butler. Course is flat, technical, L-shape, 1 km in length. Racing starts at 5:30 p.m., Rob Van Kirk, 208-652-3532, rob.vankirk@gmail.com, idahocycling.com

July 10-11 — Tour of Bozeman, Bozeman, MT, Two day, 3 stage omnium in the mountains around beautiful Bozeman, Montana. Stages include: 20k Time Trial, Downtown Match Sprints, and 70 mile Road Race with 4600+ ft of climbing. \$5000.00 + cash purse., Amy Frykman, 406-579-0944, info@

tourdebozeman.com, tourdebozeman.com

July 10 — Snake River/ICO TT Series #2, TBA, ID, Rudy Estrada, elitescycling@msn.com,

July 11 — Grand Targhee Ski Hill Road Time Trial, Alta, WY, 9 a.m., 12 miles, 2000', to the summit of Grand Targhee, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 11 — Jackson Hole Downtown Criterium, Jackson Hole, WY, Part of Crit Omnium with the Allan Butler Crit, Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

July 16-18 — BYRDS Stage Race, Boise, ID, Douglas Tobin, douglas@tobincoaching.com, byrdsycling.com

July 17 — Wells Fargo Twilight Criterium, Boise, ID, 23rd Annual, NRC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisetwilightcriterium.com, georgescycles.com

July 18 — Intermountain Orthopedics State Criterium, Boise, ID, The day after Boise's Twilight Criterium, a full day of crit racing on a sweet 1K course. Nice family friendly venue with good race watching., Kurt Holzer, 208-890-3118, lrc_board@lycos.com, lostrivercycling.org

July 25 — Teton Pass Hill Climb, Tentative date, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers, Raffle and party following., Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

August 1-7 — USA Cycling Masters Road National Championships, Louisville, KY, Tom Vinson, 719-434-4200, tvinson@usacycling.org, usacycling.org

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

August 14 — Lamoille Hill Climb, Lamoille, NV, 12 mile 2900 ft hill climb road race up beautiful Lamoille Canyon Road in Nevada's Ruby Mountains; post event picnic, awards. US Forest Service permitted event., Jeff White, 775-842-9125, frona@mac.com, elkovelo.com

August 21 — Glenns Ferry Handicap Road Race, Glenns Ferry, ID, Gary Casella, 208-340-7224, gcasella@aol.com,

August 22 — Skull Valley Road Race, Skull Valley, AZ, Out and back road race with big rollers and climbing. All categories (except juniors) ride approximately 55 miles. Juniors ride approx. 25 miles., Eric Prosnier, 602-381-3581, skullvalley@wmrc.org, wmrc.org

August 28 — Bogus Basin Hill Climb, Boise, ID, 38th Annual., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

September 11 — Race to the Angel, Wells, NV, 24th Annual, 3000' climb., Ann Lee, 775-752-3540, chamber@wrecwireless.coop, wellsnevada.com

September 23 — USA CRITS Finals, Las Vegas, NV, Criterium, Part of USA CRITS Championship, during Interbike, Mandalay Bay Resort, staggered start times for the different races, Men and Women Pro races, various amateur classes, and an Industry Cup Challenge., Casey Lamberski, 706-549-6632, casey@swagger.us, usacrits.com, swagger.us

September 25 — Mt. Charleston Hill Climb, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156., Steve Clausse, 702-252-8077, steve@mcghies.com, mountcharlestonhillclimb.com

Utah Road Touring

BRA NU — By arrangement, Brigham City, UT, By arrangement. Starting in Brigham City. See country that varies from the western desert to mountainous forest. From Golden Spike National Historic Monument to Dinosaur National Monument. Travel along well paved rural roads through ranches and summer

range, and by breath taking vistas and views of the mountains and valleys., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

April 10 — Spokes for Hope Women's Ride, St. George, UT, All women's century ride, multiple ride options, Ryan Gurr, 435-674-3185, info@spingees.com, spingeeek.com

April 11-17 — Bicycle Tour of Arches & Canyonlands, Moab, UT, UT, 5 riding days, 350 mi, distance from 40-110 mi per day. Travel through Arches Nat'l Park, Canyonlands Nat'l Park, follow the Colorado River and the La Sal Mountain loop. Also available 10/10-10/15., 714-267-4591, info@cyclingescapes.com, CyclingEscapes.com

April 17 — Willard Bay 100, BCC SuperSeries, Centerville, UT, Self-supported 100 from Centerville JHS to Willard Bay, Shorter leg options of 30 and 75 miles., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

April 17 — Zion Canyon 200K, Southern Utah Brevet Series, St. George, UT, Brevets are self support, timed distance cycling events, route begins in St. George, continues to Zion and returns via Toquerville and Leeds., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, rusa.org

April 17 — Salt Lake City Marathon Bike Tour, Salt Lake City, UT, 25 miles without stoplights through the streets of Salt Lake on the SLC Marathon course, start: 6:00 a.m. at the Olympic Legacy Bridge near the Fort Douglas TRAX stop., Scott Kerr, 801-718-5565, skerr@devinesports.com, saltlakecitymarathon.com

May 1 — Ghost Town Century, Tooele, UT, Join us on a fun ride through some of Utah's historical Ghost Towns. Few hills, mostly flat country, little traffic, the Pony Express trail, and awe inspiring vistas. Benefiting Valley Mental Health, Start time 7:30 am. 100 mi, 65 mi, 50 mi, options, fully supported, starting from Deseret Peaks, 2930 West Hwy 112., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 1-2 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road. The ride is 60 miles with 5500 feet of climbing. This is not a sanctioned race but you will get a time, awards, and placing., Poison Spider, 435-259-7882, shop@poisonspiderbicycles.com, granfondomoab.com

May 1 — Ogden's Tour de Drome, Ogden, UT, This is a benefit bike tour that will have 3 course distances to choose from. Proceeds will benefit the future indoor velodrome that will be a part of Ogden's Field House., Cindy Yorgason, cyorgason@comcast.net, TourdeDrome.com

May 2 — Eureka 115, BCC SuperSeries, Saratoga Springs, UT, Saratoga Springs Inlet Park, West Side of Utah Lake to Goshen, big climb up to Eureka, Cedar Fort and back, self-supported. 115 miles with stores at 30, 50, 85 miles, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 8 — Springville 2 Nephi 100, BCC SuperSeries, Nephi, UT, from West Springville Cracker Barrel. Frontage road around Lincoln Beach - Goshen Canyon - Mona - Nephi and back. Self supported. 30 and 70 mile leg options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 8 — Bikes for Kids, Salt Lake City, UT, Metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray, 8:00 am, Intermountain HealthCare facility parking lot in Murray., Chip Smith, 801-597-7515, csmith@soarcomm.com, bikesforkidsutah.com

May 8 — Goldilocks Women Only Bike Ride, Herriman, UT, Fully supported women's only bike ride with 15, 30, and 60 mile routes. 500 participants, \$45 entry fee. W&M Butterfield Park in Herriman. Start times begin at 8:30 a.m., Dani Lassiter, 801-635-9422, dani@goldilockside.com, goldilockside.com

May 8 — Tour de Brewtuh, Utah Bike Month, Salt Lake City, UT, A tour of the local micro-breweries in the valley. At least five stops are on tap

for the ride., Tim Stempel, 602-463-1547, tdstempel@gmail.com, tourdebrewtah.blogspot.com, utahbikemonth.com

May 9-14 — Bryce-Zion Classic Bike Tour. St. George, UT, Ride through a panorama of sparkling sunny skies, red rock sculptures, immense canyons and aspen forests. All levels. Also available: 5/23/6/13; 9/5, 19, 20, 26; 10/3, 10., Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

May 9-15 — Bicycle Tour of Utah - Color Country to Canyonlands. Springdale, UT, Ride through 6 parks in 6 days, 454 mi, 26,000' elevation gain. 65-113 mi/day. Also available 9/19/2010 to 10/3/2010., 714-267-4591, info@cyclingscapes.com, CyclingEscapes.com

May 15 — Cycle Salt Lake Century Ride. Utah Bike Month, Salt Lake City, UT, Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cscentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id:263

May 16-22 — 4th Annual Amazing Earthfest. Kanab, UT, Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved) Knuckle Heads, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles. MTB rides also., Rich Csege, 435-644-3735, jiw@awi.net, amazingearthfest.com

May 16-22 — Bryce-Zion Classic Plus Bike Tour. St. George, UT, Classic Plus tour for strong cyclists features daily routes up to 85 miles. Ride from Bryce Canyon into dramatic Zion NP, plus others. Levels: intermediate/advanced. Also available: 9/12, Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

May 20-22 — Tour de South. Fish Lake, UT, Bike 333 miles in 3 days along some of Utah's most beautiful roads. This scenic course takes you past Bryce Canyon National Park, Cedar Breaks National Monument, Red Canyon, Calf Creek Falls (Escalante), Hell's Backbone, and Boulder Mountain. Benefiting the Salt Lake City Bicycle Collective., TJ Uriona, 801-808-1138, tourdesouth@gmail.com, www.tourdesouth.com

May 22-June 6 — BRA SU. St. George, UT, Bike Ride Across Scenic Utah Tour, 3 states, 3 National Monuments, 7 National Parks, 5 Nations. Start in St. George., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 22 — Pine Valley Mountain 300 K. Southern Utah Brevet Series, St. George, UT, Brevets are self support, timed, distance cycling events, in St. George to Cedar City, Newcastle, Enterprise and back to St. George., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

May 22 — Joy Jordan Woodhill Trail Ride. Kanab, UT, 10 mile non-technical loops on packed natural surface with expansive views of the Kaibab Plateau and cliffs of the Grand Staircase. Option to 20 miles. Meet at Fredonia Welcome Center on US 89-A, Fredonia, AZ. Note: Utah is on daylight savings time. Arizona is on standard time., Rich Csege, 435-644-3735, jiw@awi.net, amazingearthfest.com

May 29 — Color Country Century. Cedar City, UT, 8 am, unsupported ride, 100 miles., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycycling.org

May 29 — Pony Express Century. Saratoga Springs, UT, Celebrate the sesquicentennial of the Pony Express with a great century. Starting in Saratoga Springs and visiting Elberta, Eureka, and Vernon and then returning along the Pony Express route through Eagle Mountain and back to Saratoga Springs., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

May 31 — Antelope Island 100. BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park 1100 N 2 blocks west of Redwood road 1800 west to Antelope Island and back, shorter options of 65 to Syracuse, Don

Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 31-June 4 — Bryce-Zion Family Bike Tour. St. George, UT, Paved bike paths, canyoneering, horseback riding and a nighttime visit to a ghost town are just a taste of the fun! Ages: All. Levels: All. Also available: 6/7, Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

June 5 — Little Red Riding Hood. Lewiston, UT, Women only century ride, 15, 35, 45, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research., Penny Perkins, 801-472-2887, pennyperk@xmission.com, bccutah.org

June 5 — Emigration 2 Morgan Tour. Salt Lake City, UT, A recreational charity ride benefiting the Cystic Fibrosis Foundation (CFF), 95 and 47 miles, starts at 7:30 a.m. at Donner Trails Park (east of Hogle Zoo), Daniel Lilly, 801-657-2627, daniel@mycyclingsource.com, mycyclingsource.com/utah-road-bike-race.html

June 12 — Tour de Cure. Brigham City, UT, Fully supported 100, 65, 25 and family fun mile with rest stops, food, medical support, SAG vehicles. Funds American Diabetes Association research, education and advocacy., Marshall Emsley, 801-363-3024, ext 7075, memsley@diabetes.org, tour.diabetes.org

June 13 — Canyons of Cache. BCC SuperSeries, Logan, UT, Ride all the beautiful canyons of Cache Valley! Climb Blacksmith Fork Canyon, Sardine Canyon, and the other one. Lots of different places to get water and food. 40 mile option available by only riding Blacksmith Fork Canyon., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 17-25 — Rocky Mountain Tour. Salt Lake City, UT, UT, Tackle the Wasatch Mountains, Soldier Summit, pass Book Cliffs and north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 594 miles, 9 riding days., Bill Lannon, 888-797-7057, abbike@aol.com, abbike.com

June 19 — Hurricane 400 KM. Southern Utah Brevet Series, Hurricane, UT, self-supported brevet ride, timed distance cycling events, Hurricane to Kanab to Panguitch returns to Hurricane via Cedar City., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

June 20 — Chalk Creek 100. BCC SuperSeries, Park City, UT, Treasure Mtn Middle School Park City to Browns Cyn, Coalville, Chalk Creek, self-supported, 50 mile option starts at Coalville Courthouse., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 25 — 17th Annual Antelope by Moonlight Bike Ride. Antelope Island, UT, 17th 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. Online registration available, Neka Roundy, 801-451-3286, tour@co.davis.ut.us, davis-countyutah.gov

June 26-27 — Bike MS: Harmon's Best Dam Bike Ride. Logan, UT, Benefits National MS Society and multiple sclerosis research, 40, 75, or 100 mile routes on Saturday, 40 or 75 on Sunday. Saturday's route is a figure 8 loop to the north up into Idaho. Flat and friendly to all abilities with rest stops every 8-12 miles. Sunday's route is a loop to the south through Blacksmith Fork Canyon up to Hardware Ranch and back across Hyrum Dam. One of the most scenic routes in Utah! Cache Valley Fairgrounds (400 South 500 West), Becky Woolley, 801-424-0112, becky.woolley@nmss.org, curemsutah.org

June 26 — Moonshadows in Moab. Moab, UT, Unforgettable sunset into moonlight ride into Canyonlands and Dead Horse Point State Park., Beth Logan, 435-259-2698, info@skinnytireevents.com, skinnytireevents.com

July 3 — Tour de Riverton. Riverton, UT, 10th Annual. Part of Riverton Town Days. Starts at 7:30 am. Fun family ride. 25 mile loop through Riverton

and Herriman., Brad Rowberry, 801-523-8268, email@infinitecycles.com, tdr.infinitecycles.com

July 3 — Strawberry White and Blue 100. BCC SuperSeries, Richmond, UT, Richmond City Park near Logan/Smithfield, over the LOTOJA course to Montpelier and back self-supported, 100 and 150 mile option., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 11 — Mt. Nebo Loop. BCC SuperSeries, Nephi, UT, BCC SuperSeries, From Nephi City Park to Santaquin over the Mt Nebo Loop, 27 miles of climbing, self supported., Doug Jensen, 801-815-3858, slccycler@gmail.com, bccutah.org

July 17 — Pioneer Century. BCC SuperSeries, Morgan, UT, Morgan High School to East Canyon, Echo, Coalville and Back, Self-supported 30 and 70 mile leg options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 17 — Tour de Park City. Park City, UT, Fully Supported Road Touring options starting and finishing in Park City. Three ride options: 50 or 100 through Northern Utah's beautiful mountain valleys. New additions and changes will make 2010 the best Tour de Park City yet., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, tourdeparkcity.com

July 24 — Pedal Away Parkinson's. Kaysville, UT, The 5th Annual 10 mile family fun ride begins at 8:00 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Healey, 801-451-6566, senditmyway@gmail.com, pedalawayparkinsons.com

July 24 — Pioneer Day Century. BCC SuperSeries, UT, TBA, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 31 — Tour de Park City. Park City, UT, Fully Supported Road Touring options starting and finishing in Park City. 170 miles Super Century through Northern Utah's beautiful mountain valleys. New additions and changes will make 2010 the best Tour de Park City yet., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, tourdeparkcity.com

July 31 — I Think I CANYons. Salt Lake City, UT, Benefit ride for the Fourth Street Clinic, an organization that provides healthcare for the homeless. Little Cottonwood, Big Cottonwood, Millcreek, and Emigration. Option to ride 2 or 4 canyons. Start and finish at Barbacoa (3927 South Wasatch Blvd.). Start time 6:30 a.m.; registration begins at 6:00 a.m., Alex Rock, 801-631-7872, alrock85@gmail.com, ithinkicanyons.com

July 31 — Bryce Canyon 200 K. Southern Utah Brevet Series, Panguitch, UT, Brevets are self support, timed, distance cycling events, route begins in Panguitch and loops around to Bryce Canyon, Tropic and Circleville before returning to Panguitch., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

August 1 — Preride ULCER. BCC SuperSeries, Lehi, UT, Thanksgiving Point to Goshen and west side of Utah Lake, self-supported. On next week's ULCER course., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 2 — R.A.N.A.T.A.D., Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000 feet of climbing. New: a shorter 100 mile option from Sundance around the Nebo Loop and back to Payson., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

August 7 — ULCER. Lehi, UT, Century Tour around Utah Lake, 100, 65 mile options, start at Thanksgiving Point in Lehi., Mary-Margaret Williams, 801-641-4020, president@bbtc.net, bccutah.org

August 13-14 — 3rd annual Bear Pa Challenge Charity Cycling Tour. Park City, UT, Challenging and fun

fully supported ride from Bear Lake to Park City over the Mirror Lake Highway. Benefits a local children's hospital., Tyler Hooper, 801-292-9146, 801-927-8310, tyler.hooper@gmail.com, thinkoutsideCC.org

August 14 — The Ultimate Challenge Presented by the Tour of Utah. Park City, UT, 96 miles, 11,000+ vertical feet, Park City in the morning, finish: Snowbird Mountain Resort. Event benefits the Tour of Utah. Ride the Toughest Stage of the Nation's Toughest Stage Race., Karen Weiss, 415-218-0193, karen@tourofutah.com, tourofutah.com

August 14 — Promontory Point 120. BCC SuperSeries, Ogden, UT, 5 Points Ogden to BC, Corrine, Golden Spike, Tremonton and back 120 miles self-supported, shorter loop options available., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 14 — Bike the Bear Century. Garden City, UT, Bike the Bear, celebrating the 100th anniversary of the BSA. 100 and 50 mile division. Begins at Camp Hunt on Bear Lake, UT., Jason Eborn, 801-479-5460, jeborn@bsaemail.org, trapper-trails.org

August 14 — Ride for Teens. Provo, UT, 2 to 50 miles options in all three forks of Provo Canyon. Proceeds benefit local at-risk youth services. Prizes and post ride meal, the event starts at 8 am at the Ronald Williams Last Park, essentially Heritage Schools, 5600 N. Heritage School Dr. Provo., Charis Wilke, 801-735-2142, charis_02@hotmail.com, heritagertc.org

August 14 — Riding for a Reason. Salt Lake City, UT, Bike over 56 miles over Emigration Canyon through the same canyon the pioneers crossed to enter the valley. Extreme elevation climb. This event is designed to raise funds to children who cannot afford wheelchairs., Joseph Coles, info@onhillevents.com, alpinehomemedical.com/registration

August 21 — Desperado Dual. Panguitch, UT, 200 mile double century in Southern Utah, 100 mile option, Utah's only fully supported, 200 mile, one day cycling adventure., Ryan Gurr, 435-674-3185, info@spingeeeks.com, desperadodual.com,

August 21 — The Big Ride. BCC SuperSeries, Richmond, UT, Start Richmond City Park to Preston, over Strawberry to Montpelier, West to Soda Springs, loop route on old and new LOTOJA courses., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 26-September 4 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah). Moab, UT, 3 ride options: August 26-Sept 4, Aug 26-28, Aug 29- Sept 4, Moab, Green River, Hanksville, Torrey, Escalante, Cannonville, Panquitch, and Cedar City. 400 miles, 3 National Monuments, 5 State Parks, 4 National Forests., Les Titus, 801-654-1144, lestitus@lagbrau.com, lagbrau.com

August 28 — Cache Valley Century Tour. Logan, UT, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, in Richmond (12 mi north of Logan on Hwy 91), Bob Jardine, 435-752-2253, veloist-bob@yahoo.com, cvveloists.org

August 28 — Summit Challenge. Park City, UT, Benefits the National Ability Center, 15 and 50 mile ride and 100 mile ride, check-in starts at 7 am at NAC's Bronfman Recreation Center & Ranch, rides start at 8:30 and 9 am. at the National Ability Center in Park City., Jennifer Atkin, 435-200-0985, jennifer@discover-nac.org, discovernac.org, summit-challenge100.org

August 28 — Sanpete Classic Road Race and Fun Ride. Spring City, UT, Non-competitive fun ride and Road Race (UCA) for all classes, fully supported, 75 miles, route will circle the Sanpete Valley and will be on mostly flat roads with a few short moderate grades., Eric Thompson, 801-541-3840, jerichthompson@comcast.net, skiutahcycling.com

August 29 — Hooper Horizontal 100. BCC SuperSeries, West Point, UT, West Point Park to West Weber and Hooper, self-supported century, 30 and 65 mile options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 4-6 — Great Utah Bike Festival. Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road

Join us in this FUN ride starting at 10:00 pm
June 25, 2010
at the Antelope Island Marina.
On-site registration starts at 7:30 pm.



On-line registration at www.daviscountyutah.gov
Davis County Economic Development 801-451-3286

race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 4 — Beaver 200K, Southern Utah Brevet Series, Cedar City, UT, Brevets are self supported and timed distance cycling events. This route begins in Cedar City, continues to Parowan and Beaver and then returns., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, rusa.org

September 5-11 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deb Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 11 — 20th Annual Independent Living 5K Run and Roll, UT, West Jordan Veterans Memorial Park (1985 West 7800 South). Registration 8:30 am, Race 9:30. Flat circular course. Medals - top three finishers in runner, walker, manual wheelchairs, assisted wheelchairs and handcyclers., Debbie or Kim, 801-466-5565, ulic@xmission.com, ulic.org

September 11 — Tour de Habitat, Orem, UT, 50 mile and 20 mile routes visiting some of Utah County's Habitat for Humanity homes. Proceeds benefit Habitat of Utah County. The ride starts in Orem at the Harmons parking lot, 800 North 800 East., Eric Bennett, 801-796-9888, eric@thefarefootgroup.com, habitatuc.org/events/tour-de-habitat.html

September 17-19 — Moab Century Tour, Moab, UT, Weekend of road cycling with rolling and climbing route options including the infamous "Big Nasty" (3000 feet elevation in 7 miles). Warm Up ride Friday, Recovery ride Sunday., Beth Logan, 435-259-2698, info@skinnytireevents.com, skinnytireevents.com

September 18 — Randy's Fall Colors Classic, BCC SuperSeries, Salt Lake City, UT, Sugarhouse Park over Big Mtn, Coalville, Wanship, Browns Canyon, and back via I-80 over Parleys, self-supported century., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 18 — Bike for Life, Salt Lake City, UT, 22 mile bike tour to raise funds for the Utah AIDS Foundation. Funds raised from this event will go towards prevention education and direct client services for people affected by HIV in Utah. 9 am, Liberty Park., Nathan Measom, 801-487-2323, nathan.measom@utahaids.org, utahaids.org

September 25 — Heber Valley Olympic Century, Heber, UT, Utah's most beautiful bike ride through the scenic splendor of the Wasatch

mountains, dramatic autumn beauty of Heber Valley, picturesque Jordanelle, and Olympic venue Soldier Hollow. This is the only Biathlon century in the USA. Benefiting Hess Cancer, Start time 8:00 am. 100 mi, 65 mi, 50 mi, 25 mi options, fully supported, starting from Southfield Park., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

October 2 — Josie Johnson Memorial Ride, Salt Lake City, UT, This memorial ride is 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, no charge to participate., Ken Johnson, 801-205-1039, kjliveto-bike@gmail.com, josiejohnsonride.com

October 9 — Trek WSD Breast Cancer Awareness Ride, American Fork, UT, Trek Bicycle Store of American Fork, UT, 20 mile casual ride for all riders. Registration contributions go to Breast Cancer Research Fund., Vegas, 801-763-1222, vegas@trekaf.com, trekaf.com

October 13 — Tour de St. George, St. George, UT, Ride with us around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile Option. 100% of the proceeds to benefit local bicycling advocacy, 8:00am at 900E & 100S (Dixie State College)., Ryan Gurr, 435-674-3185, info@spin-geeks.com, tourdestgeorge.com

October 21-24 — Breast Cancer Network of Strength's Ride to Empower, Springdale, UT, A destination bike ride that raises funds to provide breast cancer support. Bike routes range up to 100 miles. Network of Strength will provide you with cycling guidance and fundraising support., Deb Bowling, 818-889-2453, embassy@planetultra.com, ride.networkofstrength.org

November 27 — Saturday Fatter-day Ride, Saratoga Springs, UT, Join us for the 3rd annual Saturday Fatter-day ride to benefit the Utah Food Bank. We burn off a bit of turkey and pie calories riding to the top of Sun Crest. Bring a donation for the Food Bank as your "entrance fee.", Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

Regional Road Touring

April 10 — Tour de Cure, Henderson, NV, Enjoy views of Lake Mead and walled canyons in this fully supported cycling fundraiser to Stop Diabetes! Routes include 100mi, 100k, 50k, and 25k., Mary Stokes, 702-369-9995 x7484, mstokes@diabetes.org, tour.diabetes.org

April 24 — Tour de Summerlin, Las Vegas, NV, 10, 35, 80 mile routes, Vistas Community Park, circumnavigates Las Vegas., Steve Clause,

702-252-8077, steve@mcghies.com, tourdesummerlin.com

May 1 — Tour de Fire, Boulder City, NV, Century, 20, 42, 73, 99, 132 mile options, benefits Nevada Childhood Cancer Foundation, starts near Boulder City, NV., Debra Craig, 702-228-9460, procyclery@cox.net, tdfire.com

May 16 — Santa Fe Century, Santa Fe, NM, 25th Anniversary, 3,000 riders. 25, 50, 75, and 100 mile routes. Terrain - flat, rolling, moderately hilly. 6 food stops. SAG support vehicles., Willard Chilcott, 505-982-1282, willard@cybermesa.com, santafecentury.com

May 22 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10, 25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, tvblindidaho.org

May 22 — Blue Cruise - Twin Falls, Tentative, Blue Cruise of Idaho, Twin Falls, ID, Recreational bike ride with 15, 30 and 50 mile distances, 8:30 a.m., lunch & t-shirt included, benefiting Canyon Rim Trail system., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcidaho.com, bluecruiseidaho.com

May 22 — Ride for the Pass, Aspen, CO, A charity bike race/recreational ride to benefit the Independence Pass Foundation. 15th Annual ride will be from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970 963-4959, fulcon@comcast.net, independencepass.org

June 6 — America's Most Beautiful Bike Ride - Lake Tahoe, Lake Tahoe, NV, 19th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethest.com, bikethest.com, bikeandskitahoe.com

June 7-July 1 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Annual supported ride up the full length of the Al-Con Highway, Dawson Creek, BC to Delta Junction, AK. The ultimate wilderness road bike trip., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com

June 12 — Bob LeBow Bike Tour - "Health Care for All", Nampa, ID, Routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, helping support primary health care for our most indigent patients., 208-467-4431, asandven@trhs.org, trhs.org

June 19 — Tour of Marsh Creek Valley, Pocatello, ID, 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., Mike Collaer, dadcollaer@hotmail.com, idahocycling.com

June 26 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream, a camp in Western Montana for children, young adults and families affected by cancer., Jennifer Benton, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 26 — BCRD Sawtooth Century Tour, Ketchum, ID, Ketchum to Alturas Lake and back, fully supported half and full century routes. Aid stations included. A portion of the proceeds from the Tour go to the Wood River Bicycle Coalition., Janelle Conners, 208-788-9142, jconners@bcrd.org, bcrd.org

June 27 — Blue Cruise - Meridian, Blue Cruise of Idaho, Meridian, ID, Recreational bike ride with 15, 30, 50 and 100 distances. Beginning at 7:00 a.m. Lunch & t-shirt included in registration. Benefits Boise Greenbelt., Karri Ryan, 208-387-

6817, 208-331-7317, kryan@bcidaho.com, bluecruiseidaho.com

June 27 — Tour of the Carson Valley - Barbecue & Ice Cream Social, Genoa, NV, Mormon Station State Park. 3rd Annual. Fully supported with rest stops, tech support and SAG. 12 mile Family Fun Ride, 20-mile Bike & Hike & 44 miles., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethest.com, bikethest.com, bikeandskitahoe.com

July 2-5 — Northwest Tandem Rally, Medford, OR, A weekend of tandem fun!, dstenton@uvic.ca, nwrtr.org

July 4-16 — B.E.A.R.S. 5 - Bicycling the Extraordinary Alaskan Road, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and motels., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com

July 10 — Blue Cruise - Coeur d'Alene, Blue Cruise of Idaho, Coeur d'Alene, ID, Recreational bike ride w/ distances of 15, 30 and 62 miles, 8:00 a.m., lunch & t-shirt included, Benefits North Idaho Centennial Trail Foundation., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcidaho.com, bluecruiseidaho.com

July 24-30 — Idaho Bicycle Ride, Carey, ID, 6-day fully supported road tour starting and ending in Carey, ID. Arco, Challis, Stanley, Hailey, Carey., Sandy Green, 541-385-5257, 800-413-8432, info@oregonbicycleride.org, oregonbicycleride.org

July 24 — Boulder Sunrise Century, Boulder, CO, Plains cruising, canyon carving & high-alpine rollers with views for miles. 75, 100 mile option, 30 miles downhill to the finish. 7 aid stations, full course support, post-event meal, music, beer garden & sponsor arena., Traci Brown, 303-875-9000, traci@tracibrown.com, bikerPELLI.com

July 31 — Cascade - Warm Lake 3 Summit Challenge 2010, Cascade, ID, 8:00 a.m. start time, Climb Big Creek Summit from the Cascade side, Warm Lake Summit, Big Creek Summit from the Warm Lake side. Guest riders include Greg Randolph, '96 Olympic Road Cyclist, Kristin Armstrong, '08 Olympic Gold Medalist and World Champion, Remi McManus, '01 US National Road Race Champion. 1,000 rider limit., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 7-14 — Oregon Bicycle Ride XXIV, Klamath Falls, OR, 7-day supported road tour starting and ending in Klamath Falls, OR. Klamath Falls, Bly, Silver Lake, Diamond Lake, Butte Falls, Fort Klamath, Klamath Falls., Sandy Green, 541-385-5257, 800-413-8432, info@oregonbicycleride.org, oregonbicycleride.org

August 8-14 — Ride Idaho, Coeur d'Alene, ID, 7 day supported bicycle tour, 448 total miles, Coeur d'Alene, Priest Lake, Sandpoint, Troy, MT, Thompson Falls, MT, Kellogg, Harrison, Coeur d'Alene., Julie England, 208-344-5502, julie.england@ymcatvidaho.org, rideidaho.org

August 21-22 — Bike MS Road, Sweat, and Gears, McCall, ID, Benefits the MS Society of Idaho and multiple sclerosis research, 20, 25, 40 & 60 miles, Camp Pinewood., Erin Farrell, 208-388-1998, idi@nmss.org, bikems.org, msidaho.org

August 21 — HeArt of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees are \$40.00 and \$65.00 that will cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. \$5 early bird discounts. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-529-6666, mabe@theartmuseum.org, theartmuseum.com

August 22 — Blue River Century and Metric Century, Summit County, CO, 4 ride options, 3 century finishes and a metric century, 7 am, benefiting the Lance Armstrong Foundation., Marie Willson, 303-321-5196, marie@bluerivercentury.com, bluerivercentury.com

August 28 — CASVAR 2010, Afton, WY, Pony Express 20, Colt 45, Pioneer 65,

Blazing Saddle 85 and Saddle Sore Century rides, Star Valley., Howard Jones, 307-883-9779, 307-413-0622, info@casv.org, casv.org

August 28 — Ride the Rails, Hailey, ID, 20 mile ride on the Wood River Trail, Janelle Conners, 208-788-9142, jconners@bcrd.org, bcrd.org

September 12 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, Bike Big Blue, 8th Annual, ride around Lake Tahoe on the shoreline, fully supported with rest stops, tech support and SAG. 72 miles, 2600 vertical gain. Boat Cruise & 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethest.com, bikethest.com

September 18 — Tour de Vins, Pocatello, ID, Bike Tour - 16.5, 32 and 60 mile options, ride through Buckskin and Rapid Creek, fundraiser for Family Service Alliance (family violence prevention), start at 8 a.m. at corner of Humboldt & 5th Ave in Pocatello., Sarah Leeds, 208-232-0742, sarahl@fsalliance.org, FSAlliance.org

September 18 — 2nd Annual Sawtooth Cycle Challenge 2010, Sun Valley, ID, 4 rides/races, all start in Sun Valley, Galena Summit Challenge (30 Miles), Metric Century to the Top of Galena and back, Extreme! 150 mile Road Challenge from Sun Valley to Idaho City to Sun Valley, benefits Leukemia and Lymphoma Society, Rob Nesbit, 208-371-5198, sccinfo@cableone.net, sawtooth-cyclechallenge.blogspot.com

September 25 — Yellowstone Fall Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, Supported ride., Sara Hoovler, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 25 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, Supported ride., Sara Hoovler, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 26-October 2 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 19th 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. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethest.com, bikethest.com

October 9 — RTC Viva Bike Vegas, Las Vegas, NV, 118-mile century ride, a 62 mile metric-century ride and a 35-mile ride. Proceeds benefit the Nevada Cancer Institute and Las Vegas After-School All-Stars Program., Alison Blankenship, 702-676-1542, blankenshipa@rtc-snv.com, rtc-snv.com

October 9 — Ride in the Clouds Century, Cloudcroft, NM, Join us on this beautiful ride in the pristine Lincoln National Forest. This ride will literally take your breath away since it starts at an elevation of over 9,400 feet. You will have the opportunity to visit the National Solar Observatory as well as enjoy the natural beauty of the area., Bob Kinney, 801-677-0134, bob@bike2bike.org, Bike2Bike.org

December 31-January 1 — New Year's Revolution, Goodyear, AZ, Celebrate the end of one year and the beginning of the new year as we Ride out the Old and Ride in the New Year. 2 different routes in warm & sunny Arizona. Escape the cold. 3 distances each day (100, 70, 50), ride and enjoy the warmth., Bob Kinney, 801-677-0134, bob@bike2bike.org, Bike2Bike.org

January 1 — New Year's Day Ride, Boise, ID, noon, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

Multisport Races

April 10 — Sand Hollow Aquatic Center (SHAC) Triathlon, St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 8 a.m. and 11 a.m. Indoor swim, outdoor

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route for run and bike legs. Cap of 300 each category., Aaton Metler, 435-627-4560, recreate@sgcity.org, sgcityrec.org

April 10 — Buffalo Run Duathlon, Antelope Island, UT, Run along the roads and trails of historic Antelope Island. This early spring duathlon will challenge your conditioning as well as providing magnificent vistas. Long (10K-40k-5k) or short (4m-10m-2m) distance options. Benefits the Hess Cancer Foundation., Bob Kinney, 801-677-0134, bob@bike-2bike.org, hesscancer.org

April 10 — American Fork Duathlon, American Fork, UT, 2 mile run, 15 milke bike, 2 mile run. Trek Bicycles of American Fork, 8 a.m., Vegas, 801-763-1222, vegas@trekaf.com, trekaf.com, mytinyurl.com/afduathlon

April 10 — Icebreaker Triathlon, Vernal, UT, Sprint distance at the Uintah Recreation District Bldg., Jeff Winterton, 435-781-0982, jeffw@uintahrecreation.org, uintahrecreation.org

April 17 — Rage Triathlons, Lake Mead, NV, Sprint, Olympic, and Half, Overall, age group, clydesdale, athena, and relay divisions, Boulder Beach at Lake Mead National Recreation Area in Las Vegas, supports Leukemia Society, qualify for Halfmax Nationals., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbscendurancesports.com

April 17 — Telos Timp Triathlon, Orem, UT, Orem Fitness Center, Splash, Swim: 350 M, Run: 5k, Bike 12 miles., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

April 17 — Legacy Duathlon, Salt Lake City, UT, Course 1: run 2 miles, bike 20 miles, run 2 miles. Course 2: Bike 20 miles., Joseph Coles, info@onhillevents.com, onhillevents.com

April 24 — Balanced Man Triathlon, Logan, UT, 750 Meter swim, 20 K bicycle course and a 5 K run. Promoted by USU's SigEp Fraternity., Chris Barron, 435-764-6148, barronusu@yahoo.com, ususigep.com

April 24 — 10th Annual 4th Street Clinic Triathlon and 5K, Salt Lake City, UT, 300 yard swim, 8 mile mountain bike ride, 5K run, Huntsman Center, University of Utah. All proceeds benefit the Fourth Street Clinic, which provides free health care to homeless Utahans., Bryce Snow, 801-369-6433, bryce.snow@hsc.utah.edu, fourthstreetclinic.org

April 24 — SpringSprit, Salt Lake Triathlon Series, Salt Lake City, UT, Starts in the world-class Kearns Olympic pool, transitions to a challenging bike course and ends with a run and finish inside the Olympic Oval., Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com

May 1 — Ironman St. George, St. George, UT, 2.4 mile swim, 112 mile bike, 26.2mile run., Helen, helen@ironman.com, ironmanstgeorge.com

May 1 — Speed Tri, Henderson, NV, Lake Las Vegas, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

May 15 — St. George Triathlon, St. George, UT, The first race of the SG TRIFECTA series at Sand Hollow, sprint and Olympic distances., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

May 15 — Road Duathlon at the Endurance Festival, Pocatello, ID, 35K road duathlon course includes 30K road bike, followed by 5K run (597' total elevation gain on road bike course, flat to low rollers on run course) on the scenic roads up to the Mink Creek Recreation Area, and greenway following the Portneuf River, running and road bike divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, DuXtreme.com

May 21-22 — TriUtah Women of Steel Triathlon, American Fork, UT, Utah's only all women triathlon! Friday expo, motivational speakers and registration. Sat 8 a.m. start time, American Fork recreation center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run., Chris Bowerbank, 801-631-2614,

801-631-2624, info@triutah.com, triutah.com

May 22 — Speed Tri, Boise, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

May 29 — Daybreak Triathlon, Salt Lake Triathlon Series, Salt Lake City, UT, Get ready for the best spectator swim around, a killer bike course near the Oquirrh Mountains and a run that is unparalleled., Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com

June 5 — Salem Spring Triathlon, Salem, UT, Knoll Park., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

June 5 — Vikingman, Heyburn, ID, 1/2 distance and olympic distance triathlon, Riverside Park., Lisa Clines, 208-431-0463, info@vikingman.org, vikingman.org

June 5 — Saratoga Springs Tri, Saratoga Springs, UT, USAT Sactioned Sprint Tri, 600 meter swim, 12 mile bike, 3.1 mile run, Saratoga Springs Marina at Pelican Bay, 200 E Harbor Parkway, Saratoga Springs, Gabe Granata, Jared Mason, 801-310-0609, splash@masonfam.net, saratogaspringstri.com

June 5 — Willard Bay Triathlon, Garden City, UT, Sprint - 750 m swim, 20K bike, 5K run. Olympic - 1500 m swim, 40K bike, 10K run., Joe Coles, 801-335-4940, joe@goldmedalracing.com, willardbaytriathlon.com

June 12 — Ironman Boise, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., 727-942-4767, boise@ironman.com, ironmanboise.com

June 12 — TriUtah Cache Valley Classic Triathlon, Hyrum, UT, Hyrum Reservoir, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, Pristine mountain views on a great country course., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

June 12 — Desert Sharks Shark Attack Triathlon and Kids Triathlon, Riverton, UT, Pool sprint distance triathlon, Steve Avery, 801-450-4136, stevea@desert-sharks.com, desert-sharks.com/shark_attack

June 13 — Utah Summer Games Triathlon, Hurricane, UT, Sprint, Olympic and Relay. Sand Hollow Reservoir, Utah State Division of Parks and Recreation. 7:00 AM Competition begins. USAT sanctioned., Doug McCoy, 775-722-9238, dmccoy@castlerockmultisports.com, utahsummergames.org/sports/triathlon.html, castlerockmultisports.com

June 19 — Provo Triathlon, Provo, UT, Olympic and Sprint, also kids race, Utah Lake State Park. Race starts at 7 a.m. for Olympic, 7:10 for sprint and about 9:30 for kids., Aaron Asay, 801-361-9425, aaron@sbrtri.com, provotri.com

June 19 — Redfish Lake Triathlon and Duathlon, Redfish Lake, ID, 6,500 foot elevation. Olympic and Sprint Tri distances, Sprint Duathlon, Redfish Lake Swim!, Jeff Clegg, 208-774-3536, 208-644-6405, jeff@redfishlake.com, redfishtri.com

June 19 — Speed Tri, Cascade, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

June 26 — Rock Cliff Tri at Jordanelle, Salt Lake Triathlon Series, Salt Lake City, UT, The Jordanelle Reservoir near Park City is hands down one of the best locations to race in the state., Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com

June 26-27 — West Yellowstone Mountain Bike Biathlon, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Sara Hoovler, 406-599-4465, randlesara@yahoo.com, rendezvouskitrails.com/biath.html

June 26 — Adventure Xstream Durango, Durango, CO, Solo, 2 person and 4 Person Teams will

kayak, trek, rappel, and mountain bike through the majestic San Juan mountain. 50-100 miles of multisport racing., Will Newcomer, 970-259-7771, 2010@gravityplay.com, gravityplay.com

July 9-10 — San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night., Dave Capalbo, 435-637-0207, davecapalbo@yahoo.com, sanrafaelclassic.com/

July 10 — TriUtah Echo Triathlon, Coalville, UT, Echo Reservoir, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, Utah's best open water triathlon course., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

July 10 — Cache Valley's Super Sprint Triathlon, Logan, UT, 500 M swim, 12.5 mile bike, 5K run, Logan Aquatic Center, 7:30 am, a portion of the proceeds are donated to the American Mother's Association., Joseph Coles, info@onhillevents.com, cvsst.com, runnercard.com

July 17 — Scofield Triathlon, Price, UT, Kid's, Sprint, Olympic and "ESCAPE from Scofield" distances, the highest elevation triathlon in the USA, Mountain View State Park Boat Ramp., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

July 17 — Blanding Hillman Triathlon, Blanding, UT, Swim .75 mile, Bike 15 miles, Run 3.2 miles, Kids' triathlon July 24, Recapture Reservoir., Stephen Olsen, 435-678-1314, solsen@sanjuanschools.org, hillmantriathlon.info

July 24 — Stansbury Tri, Salt Lake Triathlon Series, Stansbury Park, Tooele County, UT, new bike and run courses for 2010. Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com, ustrisports.com/stansbury.htm

July 31 — Sunrise Dew, West Jordan, UT, This duathlon will challenge your riding skills as you climb up Butterfield Canyon before screaming down to the transition area. Two distances: long (10k-40k-5k) or short (4m-10m-2m). Benefits the Hess Cancer Foundation., Bob Kinney, 801-677-0134, bob@bike-2bike.org, hesscancer.org

July 31 — Burley Idaho Lions Spudman Triathlon, Burley, ID, spudman@burleylions.org, burleylions.org/spudman.html

July 31 — Layton Triathlon, Layton, UT, 300 M swim, 11 mile bike, 5K run, Layton Surf and Swim, Joseph Coles, info@onhillevents.com, laytontriathlon.com

July 31 — Payette Lakes Mountain Triathlon, McCall, ID, Olympic:1.5 km lake swim, 40km bike, 10km run. Sprint: 1 km lake swim, 20km bike, 5 km run. Difficult course at elevation with a significant out and back climb up and over Secesh on the road bike portion. Youth triathlon also offered Friday 7/30 at the Whitetail Swimming Center., Kurt Wolf, kwolf@mccall.id.us, littleskillhill.org

August 6-7 — Battle at Midway Triathlon and Multisport Festival, Midway, UT, The BAM weekend includes an offroad duathlon (Bike, Run) on Friday, and a Triathlon (Sprint and Olympic) and Trail run (10k and 5k) on Saturday., Rob Leishman, 801-450-8477, info@wasatchracing.com, bamtriathlon.com, wasatchracing.com

August 6-7 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, sprint on Saturday, Kristen Seitz, (208) 365-5748, gemcountyrecreationdistrict@gmail.com, emmetttri.com

August 7 — Zoot Aspen Triathlon and Duathlon, Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. The perfect triathlon for beginner triathletes looking

for a unique challenge and seasoned racers wanting to compete on a short, but challenging course. USAT sanctioned event. Also featured is a duathlon and aquathlon (swim/bike)., Sandra Doebler, 970-920-5140, aspenspecialerevents@ci.aspen.co.us, aspenrecreation.com

August 14 — Herriman Triathlon, Herriman, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. 11:59 p.m. local time. Black Ridge Reservoir., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

August 14 — Park City Triathlon, Park City, UT, Sprint, Olympic, Relay. Jordanelle State Park & Park City., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

August 21 — Rush Triathlon, Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, bobby@rexburg.org, rushtriathlon.com, rexburg.org

August 21 — TriUtah Jordanelle Triathlon, Park City, UT, Jordanelle Reservoir, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, 12th Annual., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

August 21 — Speed Tri, Cascade, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

August 22 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), Wild Rockies Series, McCall, ID, Ponderosa State Park next to Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trail run, mass start at 9:00 am in the Park and the finish line festivities begin at 12:00 noon with the racer feed and music., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplanet.com

August 28 — Utah Half Triathlon, Provo, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. Utah Lake Park. 6:45 a.m., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

August 28 — Bear Lake Brawl Triathlon, Garden City, UT, 8:00AM This course is fairly flat bike course that rolls along the Bear Lake blue waters. USAT sanctioned. Participants love the scenery and views. Sprint, Olympic, and Half distances., Joe Coles, 801-335-4940, joe@goldmedalracing.com, goldmedalracing.com, onhillevents.com

September 6 — Youth and Family Triathlon, Murray, UT, Start time: 8 AM, Murray Park. Youth 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run. Adults/Youth 11+ distances: 150 yards, 4.3 miles, 1mile., Jo Garuccio, 801-566-9727, jo@agegroupsports.com, greatbasin-coaching.com

September 11 — Camp Yuba Triathlon, Yuba State Park, UT, Yuba State Park, Oasis Campground., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

September 11 — City Creek Mountain Duathlon at the Endurance Festival, Pocatello, ID, 15K trail course (1463' total elevation gain) on the famed City Creek Trail system. Also trail

running and off-road duathlon divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, DuXtreme.com

September 11 — Alta Canyon Sports Center I Can Triathlon, Sandy, UT, 400m swim, 9 mile bike and 5K run., Alta Canyon Sports Center - 9565 S. Highland Dr., Lois Spillion, 801-568-4602, lspillion@sandy.utah.gov, sandy.utah.gov

September 18 — Kokopelli Triathlon, St. George, UT, Great season closer! Sprint and Olympic distances, the third race of the SG TRIFECTA series at Sand Hollow, post race food included., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

September 25 — XTERRA USA Championship/ XTERRA Utah, Ogden, UT, XTERRA Utah on Saturday offering 2 different distances: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA Championships on Saturday too (Pros only): 1.5k swim / 30k mountain bike / 10k trail run; the XTERRA USA Championship is the culmination of a series of more than 50 qualifying events across the US that award points to the top athletes in XTERRA's eight regions., Ann Mickey, 877-751-8880, info@xterra-planet.com, xterraplanet.com

October 9 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older, Swim - 500 yards, Bike - 20K, Run - 5K., Kyle Case, 800-562-1268, hws@infowest.com, seniorgames.net

October 16 — 2010 Land Rover Pumpkinman Triathlon, Boulder City, NV, 7:00 a.m. start, Lake Mead National Rec Area. Intermediate, Short, and Halfmax, Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

October 16 — SAC Triathlon, St. George, UT, Sprint, Beginner and Kids Triathlon at the Summit Athletic Club., Rebecca Dalley, 435-628-5000, rebecca@thesummitac.com, mysummitathleticclub.com

October 23 — Powell3 Triathlon Challenge, Page, AZ, Sprint- 750m swim, 20k bike, 5k run/Olympic-1500m swim, 40k bike, 10k run., Joe Coles, 801-335-4940, joe@goldmedalracing.com, goldmedalracing.com

November 6 — Telos Turkey Triathlon, Orem, UT, Orem Fitness Center, Splash, Swim: 350 M, Run: 5k, Bike 12 miles., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

November 7 — 6th Annual Nevada Silverman Full and Half Triathlon, Henderson, NV, Full and half distance triathlon, called toughest course in North America by more than 2,500 finishers over the past 5 years. Will be the 2011 ITU Long Course World Championships., Frank Lowery, 702-914-7852, info@silvermannv.com, silvermannv.com

November 13 — Turkey Triathlon, St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 8 a.m. and 11 a.m.. Indoor swim, outdoor route for run and bike legs., Aaton Metler, 435-627-4560, recreate@sgcity.org, sgcityrec.org



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3 Salt Lake City Businesses Recognized as Bicycle Friendly



Above: Brent Hulme, owner of SLC Bicycle Co., with the public workstand and tools that the shop installed outside. SLC Bike Co. won a Silver designation from the League of American Bicyclists as a Bike Friendly Business.

By Charles Pekow

Businesses in Salt Lake City are beginning to catch on to the idea that it makes sense to help their employees bike to work. Three Salt Lake City employers won recognition in March as bicycle friendly businesses in the League of American Bicyclists Bicycle Friendly America program. The league honors applicant businesses for their commitment to promote riding among workers.

The league bestows honors at several levels: an almost unachievable platinum, then gold, silver, bronze and honorable mention. In the latest round, the Salt Lake City Bicycle Company won silver, the InterContinental Hotels call center won bronze and Visit Salt Lake, the convention and visitors bureau, took honorable mention. The winners join Mad Dog Cycles of Orem, the first official Bicycle Friendly Business in Utah, which won silver last year.

In the related Bicycle Friendly Communities Program, Park City and Salt Lake City have won bronze. No business or community in the state has yet received gold or platinum. With three winners and an honorable mention, Utah can consider itself in the top half of states as businesses in only 26 have won.

The semiannual business award program "is gaining a lot of popularity" says Program Specialist Alison Dewey, who cited a 56 percent increase in applications between its first and second years. "We've seen industries from local farmers to financial institutions to engineering firms to instrument manufacturers to builders...It runs the gamut on the type of business applying. Same thing with size. We have businesses from two... up to 30,000 applying. We really like seeing that variety."

Still, businesses in the bicycling and related industries have won a disproportionate amount of the honors. Thus far, about 69 of the national honorees consist of manufacturers or vendors of bicycles and related products, while another 43 come from landscaping, health, environmental, recreation and other sectors with a direct interest in promoting health, clean air, or the

outdoors. About 51 or so come from other fields, ranging from education to food service. Only four businesses have won platinum, all last year (three bike sellers and a brewery).

"We've tried to distribute (information about the program) as widely as possible but the bike industry has more wide exposure," Dewey explains.

Grants from The Bikes Belong Coalition and the bicycle manufacturer Trek fund the program. Trek itself won gold. Several of its vendors, including Salt Lake City Bicycle Company, have won honors. But Dewey doesn't see this as a conflict, noting that all the Trek dealers and even Trek itself failed to win platinum.

Salt Lake City Bicycle Company won silver because it offers employee benefits such as offering to pay for a ride home if an employee gets snowed in and has to leave in a hurry, is located in a bicycle friendly area and offers bike parking, "a lot of things typical for a bike shop," Dewey says.

"We do more than just sponsor events," owner Brent Hulme explains. "We try to make things handy for employees to ride their bikes to work. We have a repair station and air supply outside the building for free public use. We supply tools. It's out there all day and night." (He acknowledges losing some items to theft.)

"Most of the events we sponsored have not been traditional big races. That's not us....We do alley cat races. We have a small race team....We'll see how that goes. We just do a lot of little grassroots things."

So why only silver? "I don't have a shower facility and locker room facility in my building. If I was a traditional business with 50 or 100 employees," it might make sense. But it doesn't pay for a store with only six workers, Hulme says.

The handful of non-bicycle related businesses to see the bike light include the Salt Lake City-based call center for InterContinental Hotels. The bronze winner is open from 5 am to midnight taking reservations, meaning employees have to work shifts as varied as the gears on a 21-speed.

The first call center to win raised \$2,000 for a summer camp for chil-

dren with cancer at its Bike to Work Day event. It got points because its office is located in a bicycle friendly area. It also offers a bike repair station on site and allows employees to bring their bikes to their workstations. Top management also commutes by bike. "It really trickles down and you get a higher ridership if your boss is (bike) commuting," Dewey observes.

A few regular commuters "last year convinced a lot of other people to get involved," explains Human Resource Manager Chuck Krivanek. If employees are interested but scared to ride to work, "we'll send somebody to their house to ride with them the first time they try."

The Salt Lake City government helped motivate the center, as it was trying to become a bicycle friendly community and realized that it would help to have bicycle friendly businesses in town. "They didn't have many bicycle friendly businesses so they encouraged us to apply," Krivanek recalls.

The two-year-old center has just started its bicycle program, so it couldn't earn higher than bronze, he adds.

InterContinental is based in England with a U.S. headquarters in Atlanta. "We have been recognized throughout the company. But it is kind of difficult in the other cities to jump on it because those cities are difficult to ride bikes in," Krivanek explains. He said he can't offer a bicycle commuting tax benefit because the employee benefits program is based out of town.

Visit Salt Lake, meanwhile, got an honorable mention. The bike component grew out of culture spawned by the 2002 Winter Olympics, explains President Scott Beck. "At the time, we were clearly the most sustainable, some would say greenest, Olympics ever." Additionally, "we have world class cycling" in the area.

In addition to encouraging cycling to work, the non-profit bought eight Beach Cruisers "for our employees so they can go to lunch, go to a meeting, whatever....It is healthier so my insurance claims go down. I don't have to pay for a taxi or parking. Everybody wins," Beck says.

Out of 65-70 employees, about five diehards cycle to work year-round. In summer, 15 to 20 do. Visit Salt Lake was precluded from higher honors as it lacks a shower, for one thing, and not too many cyclists ride all year.

So will more Utah businesses be inspired to apply? "I made a pitch at a city merchants meeting the other day but I don't know if anybody was motivated by my pitch per se," Hulme notes. But if employers take the time to provide benefits and apply, they've got a high chance to boast an honor. Out of 71 applicants this year, 51 won awards and 12 got honorable mentions.

Applications guide businesses and communities as to what they can do to win. The next deadline: July 16. See <http://www.bikeleague.org/programs/bicyclefriendlyamerica/>.

Local Racer Clinger Handed Two Year Suspension

Former professional and current local Elite rider David Clinger, 32, of Sandy, Utah, was handed a suspension by an independent three-member American Arbitration Association/Court of Arbitration for Sport (AAA/CAS) panel on March 19, 2010. The suspension stems from a positive result for two prohibited substances, synthetic testosterone and modafinil found in a test sample on July 30, 2009, after Clinger had placed second in the men's road race at the USA Elite Road Nationals in Bend, Oregon.

Clinger, the subject of a June 2009 Cycling Utah feature (find it online at cyclingutah.com), is a former professional with the US Postal Team, Mercury, Festina and Rock Racing, and a veteran of the European peloton and is a former member of the USA Cycling junior and senior programs. A very strong all around rider, Clinger was competing at the amateur Elite level in 2009, on his way back to what he hopes will be a resurrected professional career after medical and substance abuse issues had sidelined him and resulted in treatment away from racing and training for some time.

Clinger admitted to United States Anti Doping Agency (USADA) authorities throughout the process that he had taken Testosterone under a physician's care since July, 2008, and had been prescribed a sleep aid, Resperdone by a physician months prior to the Elite Road Nationals in 2009. On the release form he signed during the testing process at that event, he noted that he was taking Steroids and Resperdone. He was not aware that Resperdone contains Modafinil, which is on the USADA list of banned substances. While USADA was aware of his Testosterone treatment, it was Clinger's failure to submit proper Therapeutic Use Exemption (TUE) requests that placed him on the suspended list. He was initially recommended for a four year ban, but after both he and his doctor testified to the arbitration panel, the ban was reduced to two years, and includes the forfeiture of Clinger's results, points and prizes he was awarded between July 30, 2009, and September 3, 2009 which include a second place in the Elite National Road Race and a fourth place in stage 1 in the Tour of Utah, when he was handed a provisional suspension following the results of his positive test.

The gray area for Clinger in this case appears to be the submission of TUE forms, which Clinger requested his doctor file with USADA. His testimony shows that he advised his doctor that he is required to submit the forms, and that he must adhere to the guidelines on banned substances administered by USADA; and that he felt the doctor treated the forms lightly and in a similar fashion to insurance paperwork. As a result, Clinger felt the requests were not submitted in a timely matter, and therefore were not on file with USADA at the time of his positive test. He testified that he is aware of the requirements and importance of the TUE requests, and has had a doctor submit them in the past for similar medical treatments and rehabilitation treatment. It was not a case of his being unaware of the rules or proper protocol; the process was simply not completed in a timeframe that meets USADA requirements.

USADA has no gray area in these matters, and its rules clearly state that it is the athlete's responsibility to know, understand and meet the requirements provided regarding TUE forms, testing and the results of tests administered. And if not for the arbitration hearing and its panel's reduction, Clinger would be facing a four year suspension from competition. As it stands now, he will be eligible to compete again in sanctioned events on September 02, 2011. Clinger appears to be the latest in a line of examples set by USADA and the World Anti Doping Agency in their continued fight to reduce or eliminate performance enhancing drugs in sport. The agencies administer their rules with very little forgiveness, even in the case of Clinger's apparent timing issue regarding the submission of paperwork.

-Greg Overton



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ROUTE 211**'Build it Strong, Keep it Simple, Make it Work'**By Greg Overton**Innovator and Cycling Industry Legend Phil Wood Passes**

Phil. One word mentioned in a conversation regarding bicycle bottom brackets or hubs is all that's required to more or less finish the conversation. Phil Wood introduced the first sealed bearing bicycle hub in 1971, and a legendary company was born. The quality and durability of Phil Wood & Co. products, which also included the first sealed bearing bottom bracket and pedals and a host of other well designed and rock solid products always reflected the company motto to 'Build it Strong, Keep it Simple, Make it Work'. The man who started his namesake company was driven to innovate back then by the poor quality and unavailability of bearings for the hub in his daughter's bicycle wheel. A conversation with another legendary figure changed the course of his life and the cycling industry. Phil Wood passed away from cancer at his farm near Baxter, Iowa, on March 19, 2010. He was 84 years of age.

Out of frustration back in the early 70's, Wood turned to Spence Wolf, himself an innovator and component maker, and proprietor of the famous Cupertino Bike Shop, to search for replacement bearings for his daughter's bicycle wheel. The ensuing conversation evolved into Wood asking Wolf why no one had developed hubs with sealed cartridge bearings. Wolf's reply was, 'I don't know, you should do it.' When Wood later left the shop, he quickly turned and stepped back inside and asked Wolf how many he should make. After taking a second to recall what it was that Phil was asking about, Wolf replied, 'Make fifty.'

At the time, Phil Wood was a restaurant equipment employee and machinist, solving design and maintenance problems for Food Machinery Corporation. But it wasn't very long before he was the founder and proprietor of San Jose based Phil Wood & Co. and maker of the bicycle industry's first modern hubs with sealed bearings and oversized aluminum axles. Soon, Wood's company would build a name for itself as the upgrade of choice, even the choice over world leader Campagnolo in hubs, and would follow that with sealed bearing bottom brackets, and pedals. Over the ensuing decades, Phil Wood would introduce a wonderful spoke cutting and threading machine that would become the industry standard, the first ovalized tubing specifically designed for tandem bicycle frames, and the staple of shops and home mechanics alike, Phil Wood Grease in the familiar green tube, and Tenacious Oil in a similarly colored bottle. In my own three decades in the bicycle industry, I have yet to hear a disparaging comment on the design or quality of a Phil Wood product or a complaint directed at the company itself.

It is extremely rare in this indus-

try that a company can achieve what this one has achieved. The company has remained small, employing only 20 people, and has retained all production in-house in San Jose, resisting the temptations to outsource production abroad, and to maintain a level of recognition and reputation that has always been at the highest level. Even the simple trademark logo of 'Phil' in a cursive signature style, painted in red on its products has remained the same and still signifies quality, no frills, and perhaps a lifelong product. Stories of Phil hubs and bottom brackets working wonderfully for decades are not uncommon. Many tourists have logged tens of thousands of miles in all types of conditions on their Phil hubs and bottom brackets. And just as many racers have had similar service from their Phil components, which are as beautifully finished as they are beau-

tifully designed.

Along the way, Phil Wood & Co. made pedals and one of the first disc brakes ever designed for bicycles. These were exemplarily innovative and well made also, but the progress of change sounded their death tolls as clipless pedals came along, and the world was not yet ready for disc brakes when Phil Wood was. Phil would regularly make his company's services available to high school, college and university design students and inventors, making prototypes and offering assistance. And even though his products were unique in many ways, and certainly eligible for many patents, Wood chose never to patent them, making them available to anyone, and at times offering advice and help to competitors.

Wood sold the business to Peter Enright and a group of investors and employees in 1991, and a short time

later he and his wife Lavada moved to a farm near Baxter, Iowa, where he remained out of cycling and in retirement farming. Enright has continued the legacy that Wood began, holding tight to the company's motto, while staying current and sometimes ahead of the fast moving cycling industry in the past two decades. The company has developed new lubricants, new alloys, and new designs, and is still considered to be of the highest quality and one of the most sought after product lines for discerning cyclists.

Company sales are kept close to the vest, but Phil Wood & Co. marked its surpassing of the \$2 Million annual sales figure early in this decade and has continued to grow since. In a 2007 interview with the San Jose Business Journal, General Manager Garrett Enright was asked to comment on the number of items produced of any one product line in a

year, and he could not quantify it in those terms. Instead, he measures production in the amount of raw material used per week, commenting that in the early days the company went through about 500 pounds of aluminum every two weeks. Today it produces products from more than 2,500 pounds weekly.

"We're always back-ordered," said Marketing Director Darla Sasaki in that same interview. "When the drawer is empty, we just make more." And at Phil Wood & Co., they just continue to build it strong, keep it simple, and make it work.

A memorial service for Phil and his wife, Vada, who passed away December 18, 2009, will be held on April 17, at the Calgary Baptist Church in Los Gatos, California, at 11:00 a.m. Phil is survived by their six children.

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TOURING
My Way to Zion



Top left: Mel on his way to Payson to start his tour.
Right: Mel at the Big Red Barn in Santaquin.

By Mel Bashore

During my college years in the 1960s, I spent a glorious three summers working (if you can call it work) in Zion National Park. In 2009, the Park scheduled numerous events to celebrate its 100th anniversary. The last event in mid-October was a 3-day reunion of former Park employees. When I learned about this, I immediately knew it would be a great destination for a fall bike ride. It was a cool fall morning when

I set out from my home in Salt Lake Valley about a week prior to the reunion. I planned on hiking a few days in Zion with my daughter, who would meet me there, prior to the reunion.

For the past year, I have embarked on all my long distance bike touring rides by getting out of the city courtesy of UTA trains and buses. Away from the hustle and bustle of the city, I began my fall ride on a back road out of Payson. In this way, I enjoyed a leisurely ride through fruit orchards



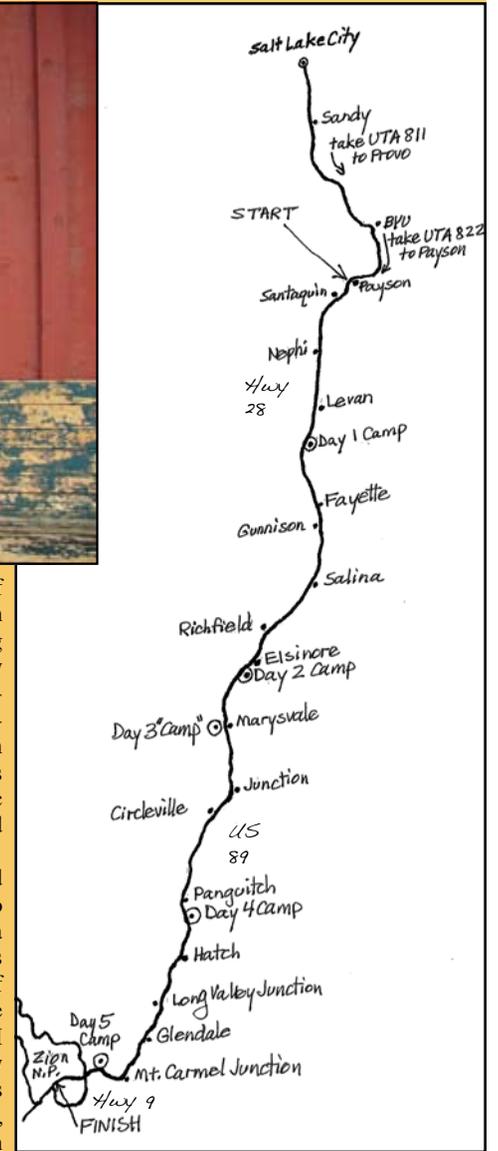
rather than bucking city traffic for fifty miles with a bike laden with gear. I might have encountered half a dozen cars at most on this peaceful morning jaunt to Santaquin. Although lifting the heavy bike onto the front bus racks is difficult, the peace and safety factor in starting a bike ride in the country makes it very worthwhile.

When going on touring rides that are less than five hundred miles distant, I don't do much more than glance at a map in my planning. This is by design. I want my rides to have a serendipity factor. I want to have some adventure. If I know and plan in advance every road that I will take down to the most minute detail, that takes a lot of fun out of the adventure

of bike touring. Much of the enjoyment that I find in touring comes from talking to people along the way and asking how to get places. They are always interested to learn what I am doing. Those interactions become part of the fabric of memories from a good bike tour.

In this way, I learned the best and safest way to get to Santaquin from a couple of ladies in a gas station on the outskirts of Payson. They steered me right. In similar fashion, I enjoyed working my way through the back roads southwest of Santaquin, seeing parts of that town I had never had occasion to visit before. After twenty minutes of riding around without stumbling on the road that would take me south to Mona, I finally asked directions from a lady out for a morning jog who steered me to 200 West. If I would have planned my whole route in advance on Mapquest, there would have been no need for these interactions—and my bike ride would have been less fulfilling for having planned too much. On the way out of Santaquin, I stopped at the big red barn that advertised fresh local fruit and ice cream. I had never been tempted to veer off the interstate to visit it before. This morning dozens of mothers with young children were there, taking tractor-driven wagon rides and enjoying a beautiful fall morning in the country. A couple of them engaged me in conversation, pointing out to their children that I was a different kind of bike rider. Yes, I was going further than just taking a ride around the neighborhood.

On this first day out, everything was going right. The ride was mostly level and the tailwind was welcome. Heading south toward Mona on old highway 91, I passed acres of lavender fields, learning that they were part of a conglomerate of farms in France and Ecuador. That seemed exotic. Do you suppose Mona, Utah, seems foreign to people living in those countries? I always contend that the weeds in those distant places are probably no different than we have in the west. My wife, who yearns someday to travel to places like Tuscany, doesn't like to hear that kind of talk. As I breezed through Mona, I got stares from the men parked outside the town's lone burger shack. Not yet hungry, I kept on. In Nephi, I stopped at a nice park on their main street. Here I enjoyed a nice sack lunch from home on a bench as I watched the world go by. From Nephi, it was a straight shot south to Levan, recalling what I'd heard about it being named for its



central location in the state. Navel spelled backwards? Kind of kooky. In their park, I learned that they permit camping with prior arrangement. That is nice and reminiscent of the Midwest hospitality I found on a bike ride I took through Kansas and eastern Colorado. It is also too rare in the west. Too many western cities discourage touring bike riders from camping in their parks.

But part of the daily adventure in bike touring is wondering where I am going to find a place to sleep each night. I have a general rule of thumb. I don't want to invade someone's private property. I look for a safe place on public land most of the time. Often that means on the roadside, hopefully distant enough that traffic sounds are muted and headlights don't shine on my tent. I often humorously tell others that I sleep in a ditch each night. To me this is code language for saying that I try to pick a place somewhere off the side of the road, but on this trip I literally slept two nights in a ditch. But they were both pretty good ditches. I'd give them a C+. But on this first night out, I stopped and went about three-fourths of a mile on a graded dirt road into the hills east of the highway. As roadside camps go, I'd give this one a grade of B. All it lacked to make it better was a clear, running stream.

The next day, I wished I hadn't stopped so early. I found serviceable camp places along the way to within a few miles of Gunnison. But that is one of the things you store away in your memory for future rides. I also regretted not taking advantage of the previous day's nice tailwind in getting closer to Gunnison with the assistance of Mother Nature. Oh well. I reached Gunnison about 11 AM and decided I wouldn't pound down a big meal until I got to Richfield. For me that means snacking on Fig Newtons, my choice of energy food in biking. I prefer it to fancy energy bars, but each to his own. I also like to reward myself with a chocolate milk (some-

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Above: Big Rock Candy Mountain.
Right: Mel arriving in Zion Photo: Sarah Bashore

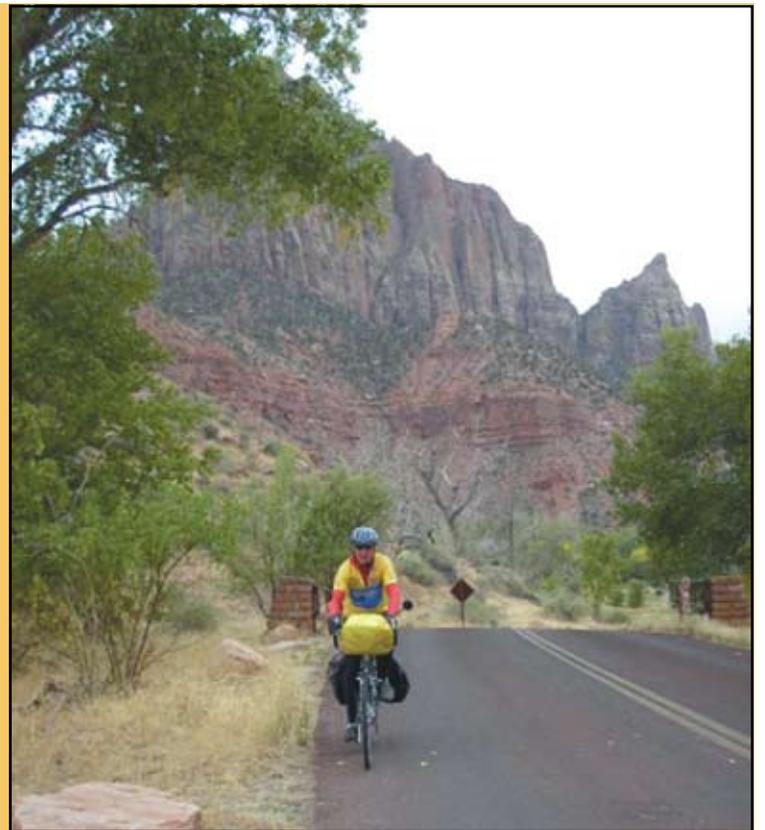
times a full quart) at the end of each day's ride. I was thinking a lot about that chocolate milk as I went through all the little towns south of Gunnison, then to Salina, skirting Sigurd en route to Richfield. I reached the market on the north side of Richfield at 5 PM. It was chocolate milk time. After eating a quick dinner in the store, I thought I would try to reach the great bike trail in Marysvale Canyon where I knew I would enjoy a nice camp. My expectations for reaching the canyon bike trail before night-fall grew dim. I had spent too much time enjoying that chocolate milk. My biking buddies get embarrassed when I linger and moan over my chocolate milk. At dusk I was only as far as Elsinore, ten miles away from the canyon mouth. I asked a farmer at a road intersection for directions on the road that would take me to the bike trail. He said that the bike trail was just up ahead. I thought he misunderstood, but he was absolutely

right! The Marysvale Canyon bike trail had been extended as far north as Elsinore! What a surprise. It had just been completed to that point this summer with plans being considered to take it all the way in the future to Richfield. I rode that pristine asphalt bike trail for about a mile. In the rising moonlight I made my bed in the ditch next to it and slept like a baby.

The next morning, I took my time setting out as I had an offer to spend a day and night with a friend who lived near the head of Bullion Canyon in Marysvale. Before I reached Joseph on this new bike trail, I spent about a half hour visiting with a couple who lived in a great turn-of-the-century historic house. The bike trail went right in front of their house and we struck up a conversation when I asked them about their house. When they learned I had slept in the ditch only a mile up the road, they wanted me to spend the night properly with them. I took a rain check for a future

ride. A short twenty miles through Marysvale Canyon, past Big Rock Candy Mountain brought me to the old mining town of Marysvale and my friend's house. I left there the following morning. When I reached Junction, the county seat of Piute County, my luck reversed. It took me almost six hours to ride the 31 miles from Junction to Panguitch. I bucked a brutal head wind the whole way. I think I could have walked faster. I felt better after dinner and a chocolate milk and rode a few miles outside of Panguitch to look for a place to bed down. I chose an irrigation ditch bank in some trees a few hundred yards from the highway. I watched the sun set on the red cliffs of Bryce off to the east before my eyelids shut.

After my usual peanut butter and fig newton breakfast, I set off the next morning, hoping to get within striking distance of Zion. Once again bucking head winds, I made Hatch before noon where I enjoyed a tasty burger and fries in a diner. I needed those greasy fries to give me energy to gain elevation. It was an uphill pull to the Highway 14 turnoff that led to Navajo Lake and Cedar. After topping that intersection at Long Valley Junction, it was downhill sailing past Glendale, Orderville, and Mount Carmel. The ride was extra enjoyable as the autumn leaves were at their peak. Fortified with some food and a chocolate milk, I headed up the road from Mount Carmel to the east gate of Zion. I only went ten miles, wanting to enter Zion the next morning. There are lots of places to camp along the road leading up to Zion and I found a good one. On two of the previous nights on this ride, I slept under the stars, but with a threatening



sky I pitched the tent and battened down the hatches. An hour after tucking myself inside, the skies really let loose with a torrent of rain and wind. The storm just lulled me to sleep.

The next morning I spent an hour drying out my tent and packing up my gear into the panniers. I had made most of the elevation gain to Zion the previous afternoon. It was an easy 8-mile ride to the east entrance of Zion. Roadside signs informed me that I should expect to pay a hefty \$25 entrance fee. Upon reaching the entrance, I was pleasantly surprised

to learn that there were lesser fees of \$12 for bike entry. I was even more overjoyed to learn that I could instead purchase a lifetime pass that would admit me to Zion and all national parks for \$10. In their eyes I was a bonafide senior citizen, being 63 years old. I was qualified to now enjoy the perks of old age. With a smile on my face and supposedly in my golden years (if I could only act like it), I coasted down the road into the place where I had spent three golden summers forty years before – a place rich in memories.

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