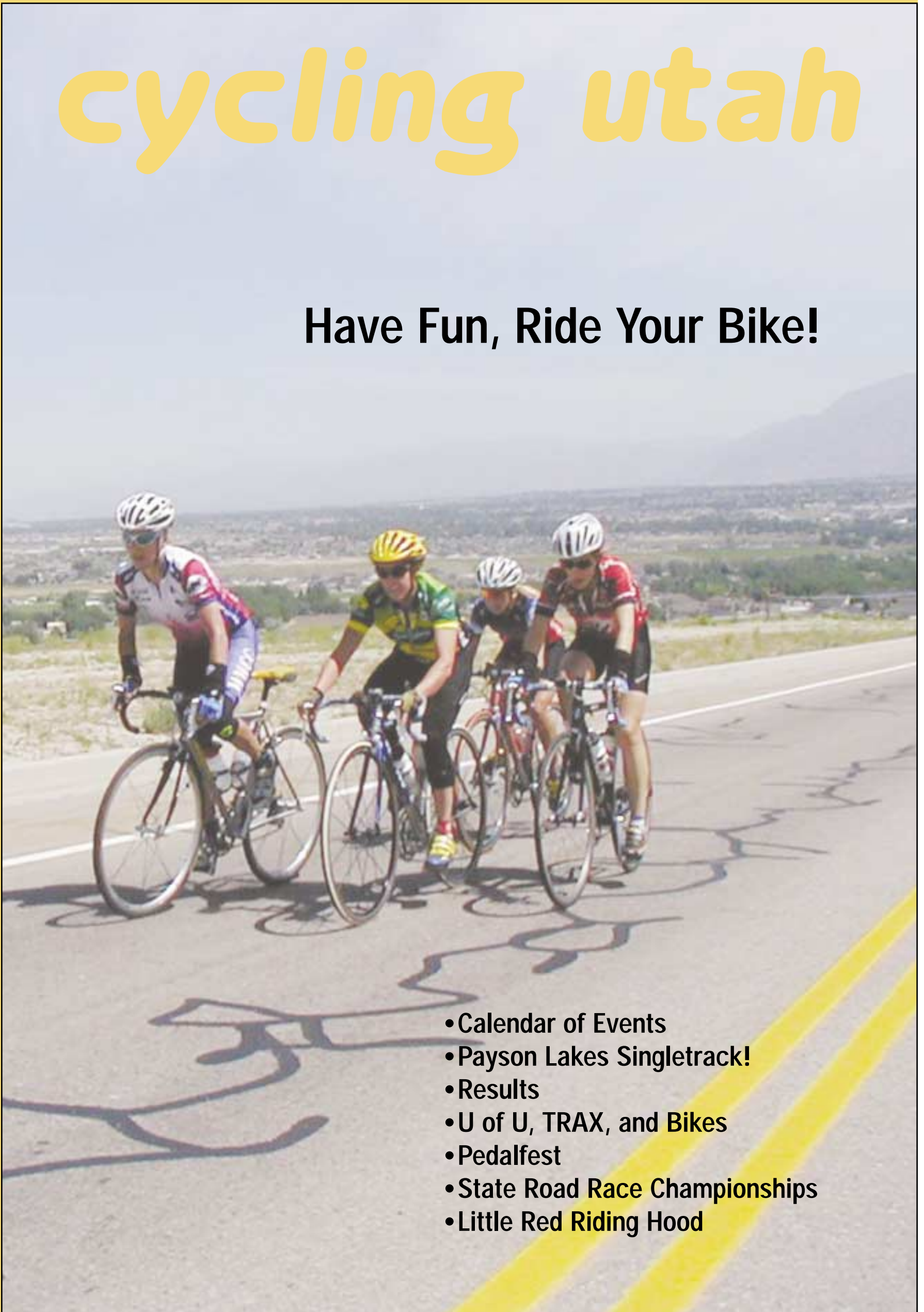


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SPEAKING OF SPOKES

Yesterday's Ride

By Dave Ward
Publisher

Going for a bike ride is always fun. But occasionally, you will experience a ride that connects with a part of you in a way that makes that ride memorable and creates an indelible impression upon your mind. I had that experience yesterday.

My grandmother, Marinda Irene John, after whom my daughter Marinda is named, was born and raised in Portage, Utah, a small farming community bordering on Utah in the Malad Valley. (For you non-continentials, "malade" in french means sick. The Malad Valley is a pretty valley, so I have always wondered about the origin and significance of its naming.) Yesterday, we attended a John Family reunion in Portage. It was a small gathering of approximately 50 people, of whom I only knew my father, his wife Louise, and my aunt and uncle. Still, it was a pleasant and enjoyable gathering on a gentle and relaxed country afternoon, consisting mostly of people who live or were raised in this or a similar rural community.

We were on our way to Pocatello to spend Father's Day with my dad. He is president of the John Family organization this year, and invited us to attend



the reunion if we were able. As we were going to Pocatello anyway, we decided to leave a little bit early to attend. Afterwards, we were going to drive on to Malad where my wife would drop me off and I planned to ride the rest of the way to Pocatello.

As the reunion wound down and after the raffle was completed, an older gentleman took out his saxophone and began playing music to a prerecorded background. First thing I knew, my dad had grabbed my oldest daughter and was dancing with her between the tables of the park pavilion. He is 82, and still dances the two-step with an ease and enjoyment that I envy. After that, he pulled up his wife, Louise, and began dancing with her.

I don't know if it was just seeing him dance with his wife, or the gathering emotion of this pleasant country afternoon winding my thoughts and feelings back toward the community and life of my youth. But at that

moment, my mother's memory flowed into my consciousness and a flood of feeling filled my heart. My mother had not been able to dance for decades, but this whole setting spoke of her, and the life and people she loved. I am grateful for Louise. She is a kind and good person, an enjoyable companion for my dad, and a blessing in his life. But at such a moment, I find myself longing for my mother's presence to make the moment complete.

After the reunion, my wife dropped me off as planned. I do this ride once or twice a year, but usually from the other direction. I start in Pocatello and work my way back toward Malad, usually being picked up somewhere on the way depending on how much riding time is allowed. So, I usually make it about 30 to 40 miles southward. Because I was riding the opposite direction and from approximately 65 miles away, I would be covering some country I seldom ride. Indeed, the first four miles would be a country road I had observed from the freeway during my numberless drives north, had wanted to ride, but had never done so..

As I set off, it was a hot and dry southern Idaho late

Continued on page 12

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Cover Photo:

The Women's 1-3 Break at the State Championships in Draper on June 8. Left to Right: Karen Dodge, Kelly Crawford, Chris Pappas, and winner Laura Howat
Photo: David Ward

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TRAIL OF THE MONTH

Shepherd Hill Trail - Singletrack Rules!

By Gregg Bromka

Singletrack rules, and those of you who are "in the know" know that the Blackhawk Trail near Payson Lakes is one of northern Utah's best kept single-track secrets. If you've "been there, done that," then you also know that you pass a whole bunch of trails along the loop. Now is the time to take your singletrack quest one step further and to go beyond Blackhawk Trail. But do so cautiously. Some trails are real cherries; others are sour grapes.

The Shepherd Hill Trail is a sweet treat that takes you to the outer reaches of the Payson Lakes trail system and taps into two trails that are often overlooked by mountain bikers. The first leg of the loop ascends Shram Creek Trail - one of those trails that is passed along the Blackhawk Trail ride. A fast glide down the Santaquin Canyon Road along the midsection of the loop links to the Shepherd Hill Trail, but only after veering off the road and climbing a little-known double-track. Once you sneak onto Shepherd, your eyes will bug out like a miner who struck the mother lode. The trail contours across three drainages that are forested as thickly as those of Washington's Olympic Peninsula. After several miles of woodland wandering, you loop right back to lower Shram Creek Trail.

Keep in mind that Shepherd Hill Trail is only a couple years old, so the tread is still young and raw in spots. It



Photo by Gregg Bromka

will take some time for the tread to pack down to a smooth ribbon of dirt. The this trail is used, the better. So get a gang together and go ride it. The trail will thank you.

Details:

Head up the smooth-dirt Pete Winward Reservoir road for .9 mile, and fork left on a double-track that soon crosses the Questar gas pipeline. (Don't worry about skipping the lower Shepherd Hill Trail; you'll catch that on the way back.) Go another .5 mile to a clearing amidst junipers and pinyons, and fade left on the doubletrack. (Shepherd Hill Trail, your

return route, is straight ahead and is marked by a carsonite post.) The track narrows to a single lane, rises quickly up a bouldery gulch (tech 4+), and runs the length of a broad meadow that affords views of nearby mountains and of the distant playa valley. Power up a couple more hills amidst old-growth aspens, and fork right on Rock Spring Trail. Climb in earnest for another mile through knotty aspens to Santaquin Canyon Road.

Tuck it down the dirt road (tech 2+) to Santaquin Meadows, but be cautious rounding the corners because the gravel can slide under your tires like ball bear-

ings, and you never know where you might encounter vehicles. A half mile climb on doubletrack takes you to a fence and to a sign for Shepherd Trail, No. 099. The singletrack darts into the trees just past an cattle trough next to a spring.

The trail contours "crudely" across the steep slopes enclosing Big Spring Creek with countless micro-climbs along the way. Then it curves through three hollows of dark, dank timber, where you'll power over abrupt terrain changes and hop roots, stumps, and rocks in the tread. Portions of the trail are baby-butt smooth; others are rough and off camber. It's all good fun. Beyond the

third gulch, gravity will pull you down through the woods on the solid tread. Fork right at an unsigned Y-junction to return to the familiar juniper-pinyon meadow to close the loop. Finish off the ride by retracing your tracks on Pete Winward Road back to the parking area, or by catching the lower Shepherd Hill Trail just past the Questar pipeline cut to squeeze in one last little bit of singletrack.

Just the Facts:

Location: 10 miles southeast of Payson

Length/Type: 12.7 miles/Loop (clockwise)

Tread: 6.4 miles singletrack, 4.1 miles doubletrack, 2.2 miles dirt road

Physical Difficulty: Moderate+ (solid climb up Shram Creek Trail; crude contouring & eroded tread on Shepherd Hill Trail)
Technical Difficulty: 2-5 (trails are more rough than buffed)
Elevation Gain: 2,000 feet

Trailhead Access:

From I-15, take Exit 254 for Payson and UT 115. In Payson, go left on UT 198 for Nebo Scenic Byway; then turn right in .4 mile on 600 East to officially start the Nebo Scenic Byway. Park at the turnoff for Pete Winward Reservoir in 9.7 miles.

Excerpted from Mountain Biking Utah's Wasatch Front: due out August 2002

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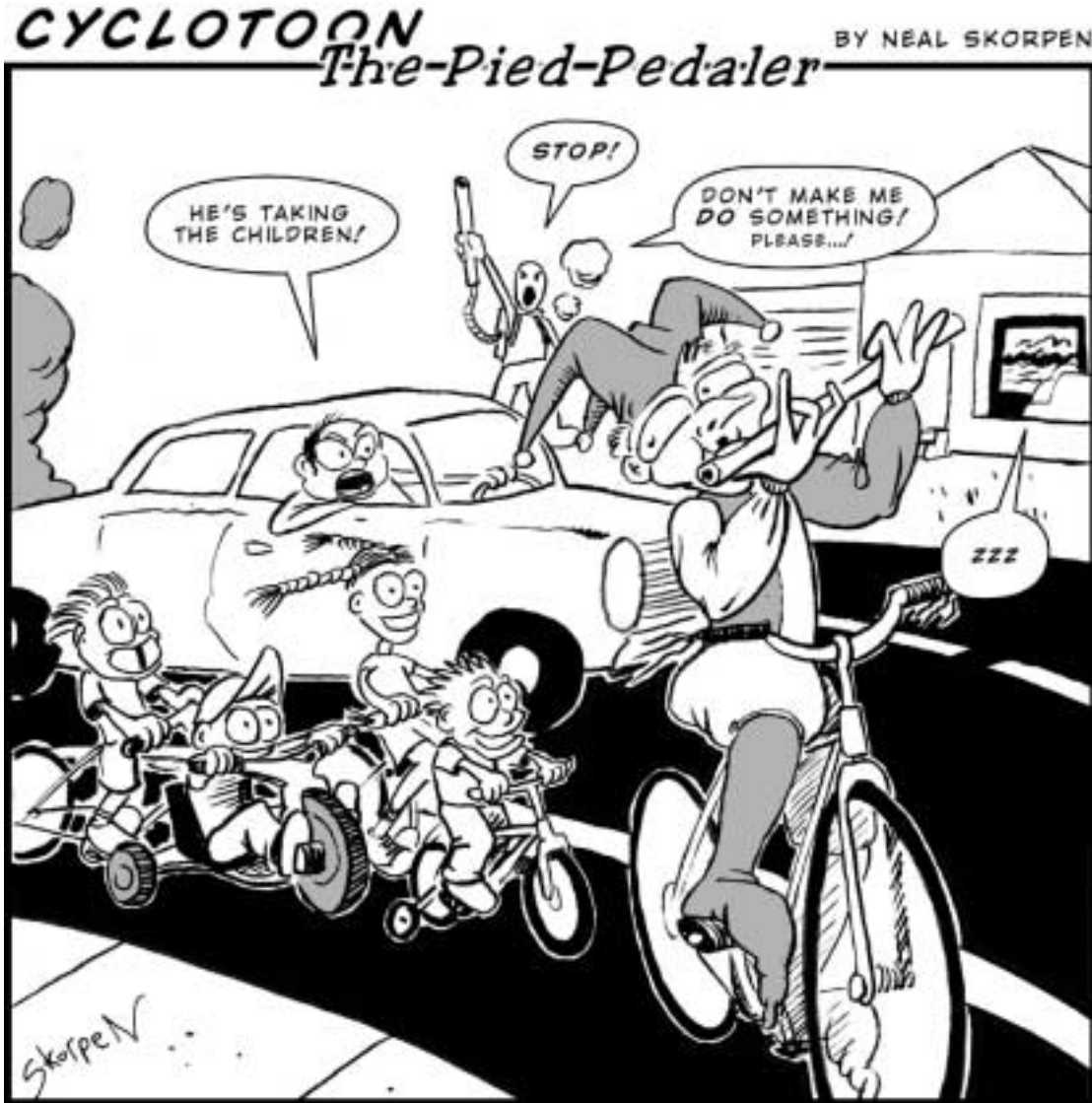
U of U TRAX Line Bicycle and Pedestrian Facilities Fall Flat

By Mark Smedley

Cyclists approaching the University of Utah Campus from the south will cross the construction zone for the light rail extension through campus for the next two years. If you are one of said cyclists, you might anticipate that when it is completed the University will have a transportation system designed to accommodate all of the modes that the region's residents use to reach their campus. You might anticipate that since the University of Utah, and the surrounding neighborhoods host the largest concentration of pedestrians and cyclists in the state of Utah, the reconstruction of several hundred yards of UDOT roadway will be designed to accommodate pedestrians and cyclists.

The cynical cyclists might chide you for this childish optimism. But then you could point to the Statewide Pedestrian and Bicycle Plan (SPBP), approved February 2001. Or you might wave the pamphlet distributed by University of Utah Parking Services, encouraging you to use your bicycle to reach the university campus, the one that makes the ludicrous claim that there is a bicycle lane on every road on the campus. If planning documents are one of your choices of reading material, you might recall the text in the university's master plan, emphasizing the university's commitment to alternative modes of transportation.

When the TRAX extension through campus nears completion you will probably cycle cynically across this expensive new facility that the U of U, UTA, and UDOT have designed and constructed with your tax dollars. Even though the SPBP directs UDOT to consider bicy-



cle and pedestrian needs when state roads reconstructed, and even though this campus probably has the highest number of cyclists and pedestrians in the state, this group of planners did not design bicycle and pedestrian facilities that meet the engineering standards outlined in the SPBP. The AASHTO guidelines referenced in the SPBP for shared pathways for bicyclists and pedestrians call for ten-foot wide paths (or twelve-foot wide paths in high use areas.) Alas the university planners have decided several hundred yards of six or

eight-foot wide sidewalks, linking a limited number of at-grade TRAX crossings, will encourage people walk and bike to campus. On the east side of Wasatch Drive they do not even plan to build a sidewalk.

Since the project plans do not meet the engineering standards for shared pathways, one might assume that the planners do not expect these different user groups to share the sidewalks. Cyclists are legitimate users of the roadway, so these UDOT roads could accommodate the hundreds of cyclists that travel

through the campus with bike lanes. But they won't. Cyclists that choose to use the roadway will share eleven-foot lanes with motor vehicles. The AASHTO guidelines, that specify wide curb lanes for shared roadways, are not met by these narrow lanes. Cyclists will encounter TRAX tracks at an acute angle to their direction of travel at the intersection of Wasatch Drive and Medical Drive. Again the

AASHTO Guide for the Development of Bike Facilities specifies that right angle crossings should be provided. Since the planners do not plan to construct a pathway on the east side of Wasatch Drive, it is virtually impossible to provide for a safe crossing for cyclists travelling north on Wasatch Drive.

While the taxpayer funded organizations - the University of Utah, UDOT, and UTA - designing the light rail extension connecting the lower and upper campuses could and should provide a transportation system that serves all modes, they have chosen to focus on the motorized one. The result is that taxpayers using non-motorized modes will find a system that is more dangerous, and less efficient than the existing streets and sidewalks.

Mark is the chair of the Salt Lake City Mayor's Bicycle Advisory Committee and the owner of Pika Packworks.

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COACH'S CORNER

Man it's Hot!
- Stay Hydrated!

By Bill Harris

We don't live in a desert for nothing. Plan on the mercury rising for awhile. A hard ride or race is hard enough. Throw in some excessive temperatures and you have a recipe for suffering and possibly some danger. High heat can really have a negative effect on our cycling performance. During times of high heat it is critical for our performance and health to pay extra attention to the following tips:

- Wear sunscreen. Now that's a high tech tip for you.
- Wear clothes made of a wicking fabric so that your sweat will evaporate to keep you cool. Wear light colored clothes to reflect the sun's rays. This is not the time to wear your favorite Dead T-shirt.
- In times of high heat and extensive exercise the body can lose up to about a gallon of fluid per hour. Most of us won't lose this much but drinking a 16 ounce bottle of fluid every 20min-30min is sufficient to keep us hydrated. When you're riding in the heat this fluid loss (dehydration) can lead to big trouble. When we are hot our bodies sweat less and our insides start to cook which can lead to heat cramps, heat exhaustion and in the worst case heat stroke.
- To estimate fluid lose you can weigh yourself before and after you ride. A one-pound lose is equal to about a pint (16 ounces) of fluid. These fluids should be replaced in the first few hours after your ride.
- Water is not enough. Use a sports drink with sodium, carbohydrates and a bit of protein to keep you going.
- Drink from the start of your ride. Don't wait until you're thirsty. If you're thirsty it's too late.

See you at water fountain!

Bill Harris has coached regional, national, Olympic and World Champions in three different sports. To contact Bill about his cycling coaching services send e-mail to yelojersey@aol.com

BOOK REVIEW

Cycling Mysteries

By Lou Melini

Over the years, I have collected the books of selected authors. Each author has a writing style, content, subject or something that has attracted me to that author. When VeloNews first published excerpts of Two Wheels, I added Greg Moody to my list of authors, joining my collection of James Michener, John Steinbeck, Frederick Forsyth, Studs Terkel, and Tony Hillerman.

Mr. Moody's books have been described as, "Grisham on Gatorade", by the Rocky Mountain News. I couldn't agree more. The writing style is similar to John Grisham (or any of your favorite mystery writers). I find myself awake 1-2 hours longer at night due to the inability to put his books down once I start. Moody's latest book took me 4 days to complete in my spare time.

In book one, Two Wheels, you will be introduced to Will Ross. Will is the replacement rider for team Haven's star rider who is murdered. When he receives the news of obtaining a contract to ride, he is stunned. However this veteran of 5 tour de France races looks at the practical side, it is income. As he stares out the window contemplating training, reality hits- "It is wet. It looks cold. It looks miserable. It looks like Belgium." Will came to Belgium via a small town in Western Michigan, where he began his cycling career. Will is the central

character in all of Moody's books. You will also meet Cheryl Crane, also a prominent figure in Moody's books. Cheryl is team Haven's soigneur (masseuse, manager and general gofer). She is the only female soigneur in the professional peloton.

Book 2 (Perfect Circles) continues the European saga of Will's cycling career. Moody's must have been clairvoyant in this book. This segment of his murder mysteries deal, published shortly before the scandals rocked the Tour de France, deals with drugs. Will's friend and mechanic Tomas Delgado dies in this issue. Tomas could perfectly adjust a bike while hanging out the window of a car doing 30 mph.

Book 3 (Derailleur) takes us to Colorado and mountain bike racing. You will meet an assortment of new characters. Cheryl, who originates from Detroit, has 2 relatives who used to be gangsters with the improbable names of Stan and Ollie. You will also enjoy meeting Hootie, the laid back mountain bike mechanic who lives for the perfect bike.

In book 4 (Deadroll), Will takes a "real" job. He manages to become a sports reporter for a Denver TV station, but finds that someone doesn't like Will. Will and Cheryl are now married. My favorite line comes from this book. Will and Cheryl are having a discussion over where Will should keep his bike. "bikes should live inside-so that you can look at them whenever you want without having to put on your pants" The ending of this book left me stunned for a few weeks. In book 5

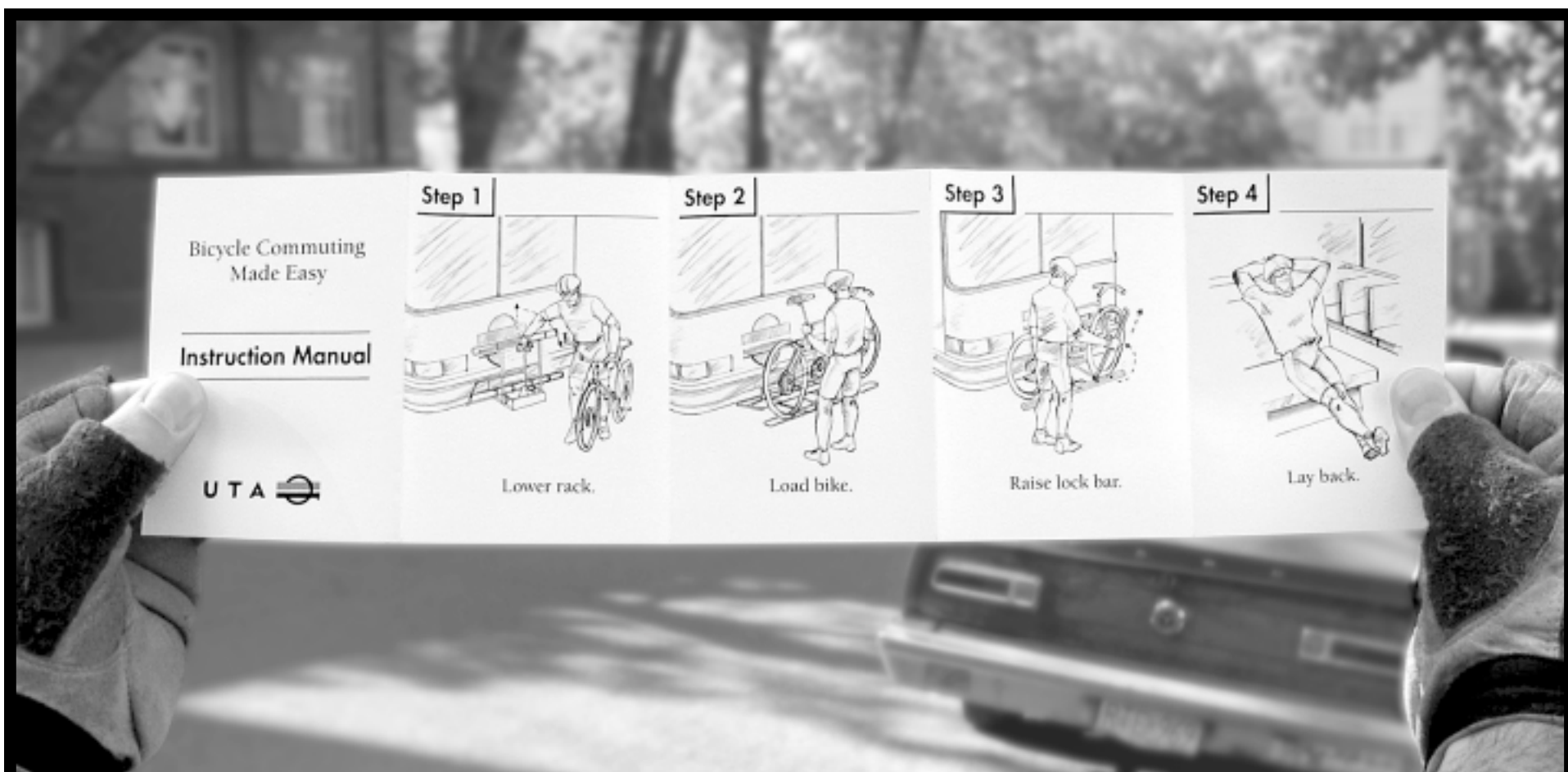
(Deadair), which is a continuation of Deadroll, Stan and Ollie somewhat recreate their former selves in Will's behalf. Another great quote from Will. "Nobody forces me to ride. I start riding again and all of a sudden my life starts working better. I can think. I can move. I don't get angry. It's all there: two wheels, frame, and saddle. I guess that's all I need."

Murder mystery is the basis of all of Moody's books, bombs being the favorite method of murder. The cycling action is very good, and Will, in his self-deprecating manner, races in a variety of setting throughout the series. Despite his concerns of his cycling abilities, he predictably races well, Scooby-Doo on two wheels. One can recognize much of the cycling action to real events. The reader will also get the feeling that Will is the reincarnation of John Boyer of the old 7-eleven team and Cheryl the re-creation of 7-eleven's female soigneur in the first book.

The books are somewhat predictable, but you won't know the final answers until the last few pages, similar to most well written mystery books. I give these books a definite 2 thumbs up or perhaps a 2 wheels rating.

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Route 211

Tour Anxiety - Who glued Lance's Tires?

by Greg Overton

It's nearly the end of June, Father's Day actually, as I'm writing this - while simultaneously playing hide and seek with Editor Dave, who would really like me better right now if I'd done this a week ago! And everyone is beginning to talk about the "TOUR", meaning the Tour de France which begins in a few days. How's Lance gonna do? Who can challenge him? Will Julich come back to life? Yadda yadda.

What I wonder is how does this week affect the people who are responsible for Lance and his team. I mean, what about the guy who glues Lance's tires onto the rims? What's this guy going through in the days leading up to the race? Do you think he wakes up in the middle of the night, "Did I glue Lance's tires for the Prologue? Did I tighten the handlebar stem on his bike?" It's gotta be mind wrecking for this guy.

I can't get a block away from work most nights without questioning myself whether I locked the door, turned off the lights, and set the alarm. The tire gluing guy has the pressure of ushering Lance's destiny in the door, and I'll bet he hasn't slept for a week! How does this guy relax during the week leading up to the start of the race? I can see this cruel cycle of the guy checking the tires, which you do by pulling them off the rim a little. "Wait, what if I pulled the



tire a little too much, and broke the bond? Better re-glue it." Next morning, "Better check Lance's wheels to make sure they're glued. Wait, what if I pulled the tire....aaaaarrgggh-hhh!"

Ask Tyler Hamilton's mechanic. Tyler just finished the Tour of Italy a couple weeks ago, having given a great effort to contend for overall victory in the world's second toughest race. He lost considerable time having crashed three times in the race, two of which were due to mechanical problems. [Now, those of you who know me are expecting a discourse right here and now about the brand of components on Tyler's bike being the problem, especially since he was racing in Italy, the motherland, but I'm not going down that road at this time.]

What do you think Tyler said to the guy who is responsible for his bike's working condition? "It's okay, things happen, it's only the Freaking TOUR OF ITALY! No big deal. These cuts

and bruises aren't painful, and hey, it's only a couple of minutes lost. Pfffft, no worries". Right! Although, with the way the Italians were getting kicked out of the race for positive tests in the dope control, it looked like Tyler, bashed and scabbed, might be the only guy to finish anyway, albeit skidding through the finish inverted because his bike malfunctioned.

How do you get the job as team mechanic? And how do you keep it? Better yet, why would you want it? You drive the team truck all day to get to the hotel at the finish, work on and clean bikes all night, sleep During the race, then drive Around the race to be at the finish when the stage ends. Woohoo, where do I sign up? I've got to hand it to those guys, though. They get to tour Europe in a big Uhaul truck, and deal with Frenchmen who hate their riders for kicking A in their race. That's gotta be fun. Oh, and then there's the "Did I glue Lance's tire?" thing. Seeing Europe would be nice, though.

And what about all the sponsors who rely on this event to focus bright lights on their products? Do you think Messrs. Trek are watching with a little anxiety each year? The last three Tours have done more than any advertisement could have for their bike sales figures, because as we all know, it's gotta be the bike that makes Lance Armstrong go faster than the competition. Do you think they're saying "Go

Lance, win and gain your place in history! And by the way, kid, we got a lot of money at stake here, so don't blow it, or blow up, or crack, or whatever it is you bicycle racers do."

Most companies are hoping against hope that their Taiwanese aluminum bike will go faster and get more publicity in the Tour than the other guy's Taiwanese aluminum bike, so they can say it's better. Never mind that they were both made by the same company, which also has that same bike with it's own brand name on it in the race. But if the rider who is riding brand X happens to be faster in the race, then brand X's version of the bike must be better somehow. Hey, this could mean the difference in whether brand X shows up in your favorite store or not.

There is a lot to be nervous about this week as the Tour approaches. Team chefs, soigneurs, mechanics, directeur sportifs, managers, sponsors, television (what if Lance obliterates all others early on, will the rest of the world even watch?), domestiques barely hanging on to their livelihood, camera motorcycle drivers, etc. etc. Oh yeah, then there are the riders. Do you think they're anxious this week?

They probably are. They're probably lying in bed asking themselves, "Did that mechanic glue my tires securely? I'd better check. Wait did I pull the tire a little too much and break the bond?....."

Enjoy this year's race. And when you're at the water cooler discussing the previous day's stage, give the tire gluing guy a little love too!

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Road Touring

Little Red Riding Hood

by Beth Hoffman

The first thing the women seemed to notice, and comment on, were each other's clothes. 'Great socks,' strangers would say while passing each other, or 'I love that skort. Where'd you get it?' The colors were bright and the patterns bold and fun; the usual commercial logos virtually absent from the jerseys in the crowd. I was at the Little Red Riding Hood, a women-only metric century held annually here in Utah and the sole ride of its type between California and the Mississippi.

Organized by the Bonneville Bicycle Touring Club of Utah and this year benefiting the Huntsman Cancer Institute for Breast Cancer Research and Treatment, the LRRH begins every summer in Wellsville, and makes its way across the rolling landscape of the Cache Valley. Both the 62-mile metric century and a shorter 30-mile option were available this year. We arrived at the start in the cool morning air to register, and almost immediately were struck by the variety of women that stood before us. Every size and shape, age and ability were represented in the group, from the tiny 4 year old that rode with her

mother, to the 85 year old woman that first began riding the LRRH ten years ago. Now in its 15th year and coincidentally held on the 15th of June, the day brought out 224 women to ride, raising about \$1,500 for the Huntsman Cancer Institute.

As people finished registering, they mounted their bicycles and rode off, following the well-marked and mapped route. The route is not difficult - most of the roads are flat or slightly hilly - but because of the distance the ride is challenging. The ride meanders through fields of alfalfa and hay under the Wellsville Mountains that line the edges of the green snowmelt-fed valley. Although I'm usually competitive by nature, the easy going mood of the day and the beautiful surroundings made me feel completely at ease riding at a pace that was often challenging, yet comfortable. Enjoying the company of our friends, we talked as we rode at a cadence suited for all, or silently pushed ourselves individually and met up later at rest stops.

At a little over the half-way point, a large lunch buffet was set up by volunteers and we sat in the shade and refueled for the 30 miles still left to ride. Unfortunately an amazing 50

flat tires, caused by thorns on the ground at the lunch site, forced the all-woman support team provided by Bingham Cyclery to spend their lunch time changing tires. The Little Red Riding Hood utilizes the good will of 12-18 volunteers, including the women from Bingham's riding support, to operate sag vehicles and oversee the rest stops and lunch. Last year, within a mile of the start my tire went flat and within 10 minutes I was off riding again after the tire had been changed by one of Bingham's support crew.

After the ride, as we snacked on ice cream bars provided by the Bonneville Bicycle Touring Club with the women around us exchanging phone numbers in order to ride in the future with newly made friends, my friend commented on how much fun the day had been. Despite arriving earlier with the worry that the ride would be too easy or too slow for her pace, it was obvious to both of us that had not been the case. We felt the tired glow of having been challenged, although we had never once become competitive. And maybe that's the beauty of having only women together for the whole day.



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7 pm race start / \$20 entry fee
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6 pm race start / \$20 entry fee

Mail Registrations to: Boise Cycling Club
251 E. Front, Ste. 100, Boise, ID 83702
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MOUNTAIN BIKE RACING

Deer Valley Pedalfest XC

Intermountain Cup #5, Lehi, UT

Photos by InLight Media
www.inlightmedia.com



A Grouse, A Chain, and Some Fun Pedalfest Story by Mike Newberry

So...I'm trying to make the varsity squad at the 'ole Wild Rose. That means long, hard rides with the crew. That also means shaving my legs again and racing since Team Flowerchildren has been resurrected and in full swing. So I did.

Jeff, Bruce and I were the TFC contingent at Deer Valley. Jeff and I drove up with Sly Fox (which is always an interesting experience) and showed up with more than enough time to spare. I got my personal stuff taken care of (you know, that last minute, pre-race "thing") and walked to the sign up desk. As I was filling out the forms and signing the necessary disclaimers, I overheard an interesting conversation. It went something like this,
Dude one: Hey, guess who's here?!,
Dude two: Who? Dude One: Carl

Clockwise from Above: Hilary Wright of the Young Riders, winner of the Women's 13-15 category; Misti Timpson, 4th Place in the Women's Sport 19+; J.J Clark leads Kyle Wright for second and third place in the Men's Pro; Michael Vanderburg catching air.

Continued on Page 12



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ROAD RACING

Utah State Championships

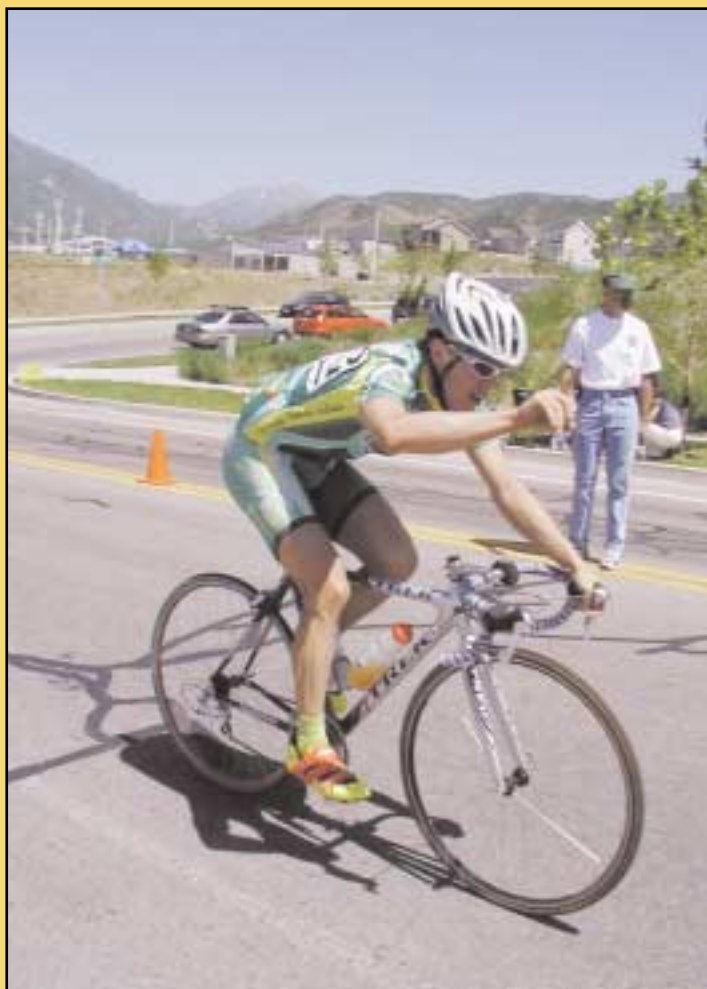
Draper, UT

Story and Photos by
David Ward
Publisher

Saturday, June 8, dawned overcast and cold. By 8:30, however, the Category 1-3 women started their State Road Race Championship in a warm, dry and breezy setting. These conditions seemed to sit well with veteran Laura Howat, who with the help of her teammates, rode away with the championship.

With three members each present for the race, New Moon Media/Utah Premier and the Wasatch Women's clubs looked poised to control the race and battle for the top spots. The race was active, with Rachel Czielewicz and Laurie Humbert launching several attacks and forcing the others to expend energy chasing while Howat conserved for the latter part of the race.

With two of the six mile laps to go, New Moon still had three members left and looked to dominate the podium as the Wasatch Women had only Karen Dodge in the lead group. Unfortunately, the situation soon unraveled. Howat dropped her chain and couldn't get it back on. While she dismounted to fix the problem, the pack took advan-



Clockwise from above: Men's Winner Sandy Perrins asks, "One to go?"; The chase group; The elite women round the corner - Chris Pappas leads Karen Dodge, Kelly Crawford, Rachel Czielwicz, and Laura Howat

Continued
on page 12

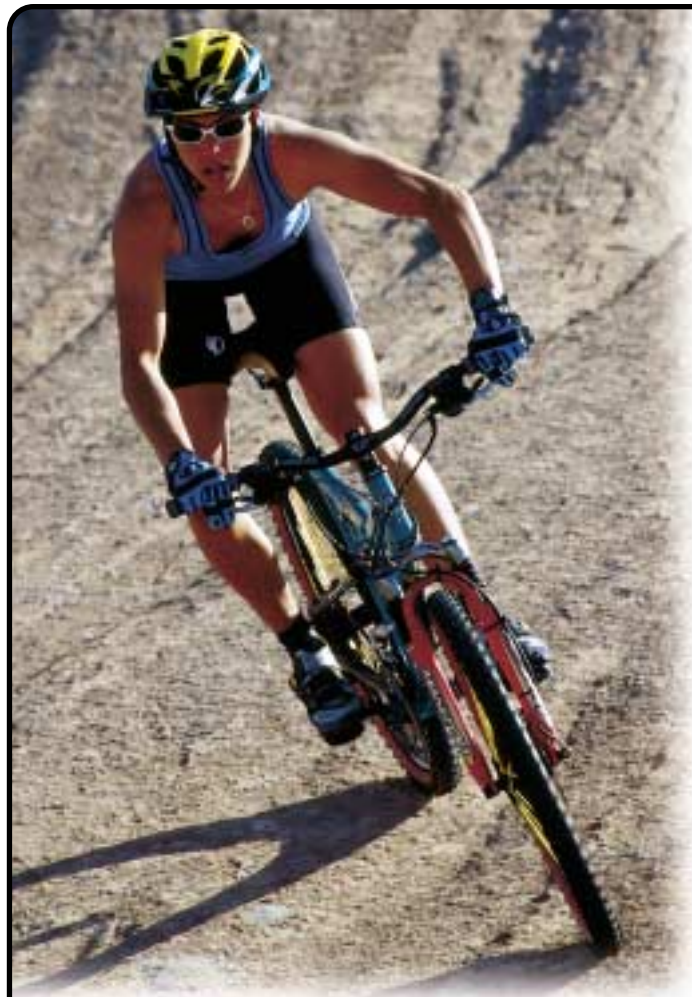
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CALENDAR OF EVENTS

Calendar Guidelines:
Listings are free on a space available basis and at our discretion.
Submit your event to: dave@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!

Calendar of Events is sponsored by



Salt Lake City • Sunset Layton • Ogden Sandy • Midvale • Provo

Bicycle Motocross

Harbor Bay BMX — (801) 253-3065.
Rad Canyon BMX — (801) 964-6502.

Cycling Events

General Info

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7939 or (801) 363-0304.
Weber County Pathways — Weber County's Advocacy Group, (801) 393-2304 or www.weberpathways.org
Volunteer to help build the Bonneville Shoreline Trail (801) 485-6975 or visit www.bonneville-trail.org.

Events

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

Mountain Bike Racing

General Info

Intermountain Cup information (Utah) (801) 942-3498.
Wild Rockies Unplugged Series information (Idaho), (208) 342-3910.
USA Cycling, Mountain Region, (UT,AZ,NM,CO,WY,SD, Rogene Killen, (970) 587-4447.

Utah Races

Wednesdays — Soldier Hollow Training Series, 7 p.m., (801)310-0166
May 15 - September 18 — Sundance weekly race series,

Every Wednesday evening. Start time 6:30 registration 5:30, Sundance Resort/ upper parking lot, (801) 223-4849

June 23 — Deer Valley Bald Mountain Challenge #1, Downhill and Super-D Time Trial, Deer Valley, (801) 375-3231

June 29 — Snowbird Mountain Bout, Intermountain Cup #7, 15th Annual, Snowbird, (801) 942-3498

July 4 — 7th Annual WYDAHO mountain bike race, Grand Targhee, ID, (800) TARGHEE ext. 1313

July 4 — Sundance Citizens Series, Cross Country, registration 8:00 AM Start time 9:00, Sundance Ski Resort, (801) 223-4849

July 6 — Brian Header, Intermountain Cup #8, Brian Head, UT, XC, Clark Krause, (435) 586-2770

July 7 — King of the Wasatch Downhill and Super-D Time Trial, Park City Mtn. Resort, (801) 375-3231

July 13 — Canyon to Canyon Pedal Cup, 7 am, East Canyon Resort, (801)583-6281

July 13 — Chris Allaire Memorial, Intermountain Cup #9, Solitude, UT, XC - Ed Chauner, 801-942-3498

July 20 — Brianhead Epic 100, qualifier for the 2002 World Solo Championships, Brian Head, (909) 866-4565

July 13 — Blue Mountain Bike Chase, 25 mile race, Monticello City Recreation, Monticello, UT, (435) 587-2029

July 27 — Pedal Powder, Intermountain Cup #10, Powder Mountain, Ed Dilbeck, (801) 479-5015

August 11 — Widowmaker Hill Climb 10 AM, Snowbird

Resort, (801)583-6281

August 17 — Sundance Citizens Series, Super D, registration 8:00 AM Start time 9:00, Sundance Ski Resort, (801) 223-4849

August 18 — TUNA Mountain Challenge, fund raiser for Junior Cross Country Ski Programs, 10-kilometer trail run and a 20-kilometer mountain bike ride, Soldier Hollow, (435) 649-8710

August 24 — Wolverine Ridge XC Race, Intermountain Cup #12, Evanston, WY - Paul Knopf, (307) 783-6470

September 8 — Snowbasin Downhill and Super-D Time Trial, (801) 375-3231

September 15 — Deer Valley Bald Mountain Challenge #2, Downhill and Super-D Time Trial, Deer Valley, (801) 375-3231

September 21 — Tour des Suds, Park City, (435) 649-6839

October 12-13 — 24 Hours of Moab, (304) 259-5533

October 15-17 — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsq@infowest.com

October 20 — Moab Rim Downhill, (801) 375-3231

Regional Races

June 22-23 — Idaho City Excellent Adventure, Wild Rockies Series #5, Idaho City, ID, (208) 342-3910

July 6 — Pomerelle Peaks, Wild Rockies Series #6, Albion, ID, (208) 342-3910

July 13-14 — World Cup DH/4X5: Telluride, CO, (719) 578-4581

July 20-21 — Bogus Bomber, Wild Rockies Series #7, Boise, ID, (208) 342-3910

August 1-4 — NORBA NCS #4, Durango, Colo.; (970) 259-4621

August 3 — White Knob Challenge, Mackay, ID, (208) 854-1801

August 10 — Taming the Tetons, Intermountain Cup #10, Jackson Hole Mtn. Resort, WY, XC - Ed Chauner, (801) 942-3498

August 17-18 — Claim Jumpers Downhill and Cross Country, Nevada NORBA State Championships, Great races in the middle of Nevada on Hwy 50, Austin, NV, (775) 964-1212

August 31 - September 1 — Brundage Bike Festival, Wild Rockies Series #8, McCall, ID, (208) 342-3910

September 1 — Big Hole Challenge, Driggs, ID, (208)354-2209

September 21-22 — 24 Hours of Boise, Bogus Basin, ID, (208) 367-1899

September 28-29 — First Annual Elko Rocks, Wild Rockies #9, (208) 342-3910

October — Red Bull Rampage Free Ride Contest, 2nd Annual, Virgin, UT (435) 772-BIKE

Mountain Bike Tours and Festivals

Wed evening ride — Women's Joyride, 5:30 p.m., meet at Joyride Bikes, 37 1/2 Center St., Logan, (435) 753-7175

August ? — Brian Head Bash Color Country Fat Tire Festival, Group Rides and more, (435) 586-2770

August 8-11 — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595

October ? — Chet Peach Ride and B-B-Q, Fruita, CO, (800) 873-3068

October 16-20 — Canyonlands Fat Tire Festival. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab City Park. (801) 375-3231

November ? — 6th Annual Blue Diamond to Jean Mountain Bike Benefit. 33 mile non-competitive ride. Blue Diamond, NV, (702) 228-4076 or (775) 727-5284.

Road Racing

General Info

Utah Road Racing - USCF, Utah Cycling Association - Dirk Cowley, (801) 944-8488

USA Cycling, Mountain Region Road Racing (UT,AZ,NM,CO, WY,SD), Rogene Killen, (970) 587-4447.

RMR = Rocky Mountain Raceway

DMV = Dept. of Motor Vehicles Training Track

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

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

Utah Road Races

June 18,25 — RMR Crit Series, Salt Lake, (801) 944-8488

June 26 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488

June 27 — Salt Air TT Series, Every other Thurs, (801) 944-8488

June 21-23 — Utah Summer Games, Cedar City, (435)865-8421, (800)FOR-UTAH

June 29 — Big Cottonwood Canyon Hillclimb, 13+ miles, (801) 583-6281

July 2,9,16,23,30 — RMR Crit Series, Salt Lake, (801) 944-8488

July 3,10,17,24,31 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488

July 11,25 — Salt Air TT Series, Every other Thurs, (801) 944-8488

July 13 — Sugarhouse Crit, (801) 944-8488

July 14 — UVSC Circuit Race, Utah County, (435) 649-4641

July 6-7 — Gate City Grind

INTERMOUNTAIN CUP 2002
Mountain Bike Racing Series
 801-942-3498 or www.intermountaincup.com

March 2	Red Rock Desert Rampage, St. George, UT
March 23	Bike Fest 2001, St. George, UT
May 4	Aardvark Showdown at Five Mile Pass, Lehi, UT
May 25	Cache Valley's Joyride
June 8	Pedalfest XC, Deer Valley, UT
June 15	Utah Summer Games XC Race, Cedar City, UT
June 29	The 15th Annual Mountain Bout, Snowbird, UT
July 6	Brian Header, Brian Head, UT
July 13	Chris Allaire Memorial/Utah State Open, Solitude, UT
July 27	Pedal Powder, Ogden, Utah
August 10	Taming the Tetons, Jackson Hole Mtn. Resort, WY
August 24	Wolverine Ridge XC Race, Double Points!, Evanston, WY

All races are Cross Country Events, No License Required!





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REGISTRATION: 9:00 AM
ENTRY FEE: \$20
 USCF PERMIT PENDING
 Proceeds benefit bike advocacy Teton Valley Trails and Pathways
CONTACT: JB @ 307-353-2252
 pathways@tetonvalley.net

The Mayor's Bicycle Advisory Committee, the leading bicycle advocacy group in Salt Lake and Utah, wants to encourage all cyclists to participate. There are monthly meetings on the second Wednesday of every month at 5 p.m. in the City & County Building, Rm. 326 or 335, 451 South State Street. For details, visit the Cycling Utah web site (www.cyclingutah.com) or call the Mayor's office at 535-7939 or Mark at 363-0304.



- Stage Race, (208) 282-2503 or (208) 652-3532
- July 16-21** — Utah Six Pac, (801) 944-8488
- July 28** — Utah State Time Trial Championships, (801) 944-8488
- August 6,13,20,27** — RMR Crit Series, Salt Lake, (801) 944-8488
- August 7,15,22,29** — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488
- August 8,22** — Salt Air TT Series, Every other Thurs, (801) 944-8488
- August 3** — Snowbasin Earl Miller Hillclimb, 7:30 AM, 11 miles from Huntsville to Snowbasin, Huntsville, UT, (801) 620-1048
- August 4** — Davis Crit (Rusty Shoemaker Memorial), Davis County Technical Center, (801) 944-8488
- August 10** — Snowbird Hill Climb, 7:30 AM, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 583-6281
- August 11** — 2 Man Team Time Trial, (801) 944-8488
- September 3,10,17,24** — RMR Crit Series, Salt Lake, (801) 944-8488
- September 4,11,18,25** — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488
- September 5,19** — Salt Air TT Series, Every other Thurs, (801) 944-8488
- September 2** — Eureka RR, great road race through the Tintic Mining District, Eureka, UT (801) 553-1065
- September 7** — AARP TriUmpf Classic 50+, for people age 50 and over. bike racing and triathlon sprint, Dimple Dell Fitness and Rec. Center, three-person teams, (801) 567-2650

- September 14** — LOTOJA, 203 miles from Logan, UT to Jackson, WY, (801)627-6200 or (800) 497-7335
- October 8-12** — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsq@infowest.com
- October 12** — City Creek Bike Sprint. 5 1/2 mile climb up City Creek Canyon in Salt Lake City. For road or mountain bikes, UCA Points Series Event. (801) 583-6281.

Regional Races

- June 15-23** — Hewlett Packard Women's Challenge, Idaho, 208-672-7223
- June 22** — River Spirit Circuit Race, Boise, ID, (208) 343-3782
- June 29** — Idaho State Time Trial Championships, Bellevue, ID, 7am, (208) 726-7693
- June 30** — Ketchum Criterium, Ketchum/Sun Valley, Idaho, Greg Stock (208)726-0707 or gstock@svidaho.net
- July 4** — Elko Basque Festival Criterium, \$5500 purse, Run from the Bulls too!, Elko, Nevada (775) 738-5245
- July 6-7** — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532
- July 9-14** — USCF Master's National's, Bakersfield, CA, (719) 578-4581
- July 13th** — Grand Targhee Ski Hill Road Time Trial Bike Race, The race of truth!, 10 a.m., Driggs, Idaho, 8 miles, 1500', (307) 353-2252
- July 21** — 5 Person Team Time Trial Team Time Trial, Boise
- July 27** — Twilight Criterium, Boise, ID, (208) 343-3782
- July 28** — The Morning After Criterium, Boise, ID, (208) 343-9130
- August 3** — Black Canyon Classic, Emmett, ID, (208) 336-3854
- August 10** — Saturn Cycling Classic, "The Race", Boulder to Breckenridge, CO, 14,000' of climbing, (303) 443-7020
- September 7-8** — Idaho State Road Race and Criterium Championships, RR 7th, Crit 8th, (208) 854-1801
- September 14** — Race to the Angel, 16th Annual, Wells, NV, (775) 752-3540
- September 14** — Bogus Basin Hill Climb, Boise, ID, (208) 343-3782



Weekly Rides

- Monday Ride** — Wasatch Women's Cycling Club (WWCC) Weekly Ride: fun/easy ~1 hr. ride , 6 pm, Spin Cycle, 4644 So. Holladay Blvd.. All welcome!, Kirsten, (801) 355-4376.
- Monday Ride** — Park City Social Ride, 6 pm, easy pace, meet at Cole Sport, Park City, (435) 649-5663
- Tuesday Evening Rides** — Weekly Tour of Heber Valley, meet at Heber Mountain Sports, 160 S Main St., Heber. 32 miles at a medium pace (Avg. 16-18 mph). Perfect for learning pace lines. (435) 657-1950.
- Wednesday Evening Rides** -- Weekly Tour of Heber Valley, meet at Heber Mountain Sports, 160 S Main St., Heber. 20 miles at a leisurely pace (Avg 10-14 mph) (435) 657-1950
- Thursday Evening Rides** -- Weekly Race around Heber Valley, meet at Heber Mountain Sports, 160 S Main St., Heber. 34 miles at a crisp pace with sprint zones (Avg 19-24 mph). Great for fine tuning the legs. (435) 657-1950
- Thursday Ride** — Park City Tempo Ride, 6 pm, fast paced, meet at Cole Sport, Park City, (435) 649-5663

Tours

- June 22-23** — MS 150 Bike Tour, Benefits MS Society, Cache

- Valley Fairgrounds (400 South 500 West, Logan, Utah), (801) 493-0113
- June 29** — Comstock Silver Century, Carson City, Nevada, (800) 565-2704
- June 29** — Killer Loop, a 66 or 100 mile loop from Cedar City through Brianhead and Back to Cedar. This ride features 8000 plus feet of climbing at altitudes up to 10,400 feet. (435) 586-7567
- June 22** — Tour of Marsh Creek Valley, fully supported ride, options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu
- July 14-20** — Bicycle Idaho, Melba to Ketchum to Melba, (541) 385-5257
- July 20-21** — Idaho MS 150 Bike Tour, Boise, ID, (208) 388-1998
- August 11** — Treasure Valley Century Ride, Boise, ID, (208) 343-3782
- August 11-16** — Spuds 8, ride across Idaho, Emmett to Island Park, Cyclevents, 1-888-733-9615.
- August 17** — ULCER, Century Tour around Utah Lake, (801)886-3272
- August 19-24** — WYCYC XIII, ride across Wyoming, Pinedale to Buffalo, Cyclevents, 1-888-733-9615.
- August 31** — Cache Valley Century Tour - 100 mi/100 km. Hosted by the Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in at Richmond City Park, 12 mi north of Logan on Hwy 91. Registration fee for members \$12 (early) \$15 day of ride; non-members \$15 (early), \$18

- day of ride. Fee includes rest stops, lunch and t-shirt. For information and forms 435-713-0212.
- September 8-14** — Southern Utah National Parks Tour, (801)596-8430
- September 8 - 13** — SPUDS - Fall Harvest, Salmon to Rexburg, Idaho, 1-866-45-SPUDS
- September 16-21** — WYCYC Fall Roundup, ride across Wyoming, the kinder,gentler version, Pinedale to Buffalo, Cyclevents, 1-888-733-9615.
- September 21** — Cycle For Life, (801)272-1302
- September 22-28** — OATBRAN, One Awesome Tour Bike Ride Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

- October 5** — Yellowstone Fall Cycling Tour 2000, (406) 646-7701
- October 6 - 12** — CANYONS - A Ride Across Southern Utah, Springdale to Blanding, 1-866-CycleUT
- October 19** — The Las Vegas Century, Rides include 10,37,62 & 100 mile, Benefits go to Ronald McDonald House, Charities and Safe Kids Coalition. Call Hal (702)407-3077 or www.vegasbikeclub.com

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**Pedalfest - continued
from page 8**

Swenson, Dude Two: Wow, Cris Fox isn't going to win today...." I relayed that to both Jeff and Cris and we all had a good chuckle.

Jeff and I left to warm up. Riding around talking about race strategy (yea, right) and hopes for no mechanicals, Jeff gets his millionth flat of the season. He's livid...I swear I thought he was going to have an aneurysm, toss his bike and quit racing for good. As he ranted, I listened...and listened (mechanicals suck). Then, I made sure he had what he needed and left (hey, I had to warm up) only to chain suck and bend my chain 10 minutes before the start of my race! Hummmm, do I waste \$35 or try and fix it (I am a bike mechanic after all). Telling myself to calm down, I rode to the car, repaired my chain and got to

the start line.

Ed calls us to the line for the start of my race. I ask if the angry grouse is still on the loose. I was attacked by said pissed off bird earlier in the week during a pre-race course recon. It actually pecked my front wheel and chased me down the single track in the "spin cycle". Ed reassured the bunch that the said po'd fowl was captured and would be released upon serving it's full term for aggravated assault.

Here's the race summary: go hard, descend, crash a couple of times, go hard, descend, do it again. After all that I placed 3rd and Jeff placed 6th. No, Sly Fox didn't win but neither did Carl. Lots of people showed up and all of us had some fun. Kudos to Ed and his race crew for a job well done and a fine race course. So, go ride your bike.

**Speaking of Spokes -
Continued from page 2**

afternoon. I rode alongside the irrigation ditches and heard and observed the numerous black-shouldered blackbirds hanging and flying around the life-sustaining water. I observed a bird I had not heretofore recognized, a slim erratic bird with a grey head and chest, and contrasting bright yellow stomach. I need to look that one up in my bird book, I thought.

As I rolled the four miles leading to the Devil Creek Reservoir dam, I passed grain and alfalfa fields on either side of me, along with numerous, mostly forgotten old farm buildings and equipment. Evidence of the surrender of the small family farm to large scale farming is all around. So, too, is the advancing tide of urbanity with its new homes just beginning to dot this pastoral setting.

After climbing to the level of the dam and riding along the reservoir, I caught the old highway, Highway 191, that basically parallels Interstate 15. This stretch from the reservoir to the top of the Malad pass is a rolling and winding road through the verdant hills of the Malad pass. I recall driving this road during my trips as a student back and forth between home and Brigham Young University. I enjoyed this drive then, and I found it most pleasant and enjoyable yesterday

After descending most of the way down the north side of the pass, I turned left on to Marsh Valley road. Soon, I rode into the sweet scent of the sagebrush blanketing the valley. Sagebrush and its scent permeates this landscape, and the landscape of my memories. My thoughts were again swept back to my mother. She loved the smell of sagebrush, so much so that a sprig of sagebrush was enclosed in her casket when she passed away. Again I reflected on how she loved this dry country. One of her favorite books was Letters of Long Ago by Agnes Just Reid, a southern Idaho author resident in Blackfoot. This book tells the story of Reid's mother, a pioneer settler of southern Idaho.

I wound my way along the west side of the McCammon valley till the road finally angled right eventually coming alongside Interstate 15. After another couple of miles, I was at the Interstate exit for Arimo. Feeling a little heat exhaustion and dehydration, I stopped at the Sinclair to refill my waterbottles and for a can of Vanilla Coke. (My wife has been in heaven since they came out with this, and life will be perfect for her if it comes out in a diet version.)

Refreshed and reloaded with sugar and caffeine, I took Arimo Road back west for a couple of miles, and then turned right onto a road named Robin. I followed this north for a couple of miles and then turned left again on to Marsh Creek Road. From here to Inkom is my favorite stretch of this ride. The road winds and rolls underneath

the sloping foothills on the west, with a narrow vale of verdant growth flowing along with Marsh Creek between the road and the walls of the sagebrush covered lava flows about a quarter mile to the east. Evening was settling in, and with it the fresh cool country air. As I rode, Marsh Creek slowly meandered along, with cattle and horses grazing in the sweet grass of the surrounding vale.

I happened to catch sight of a sandhill crane walking amid the horses and cattle. The robins were flying back and forth, and I also caught sight of a golden eagle floating above the treetops. Occasionally I passed an old homestead, knowing that these would become more numerous, along once again with the encroaching urbanity, as I neared Inkom and Pocatello.

As I was climbing a short hill, a pickup truck pulling a trailer loaded with irrigation pipe passed me by. A couple of young men sitting on the trailer waved and called, smiles on their faces. Friendly folk live here. As with these two young men, most looked up and waved at this lone sojourner making his way through their vale and his memories.

Finally, I rode into Pocatello. On the southern end, I took the road running through Ross Park. I noted the zoo is still there, and looking better. Of course, now one has to pay to get in, whereas it was free when I was a kid. My parents used to come to Ross Park on Sunday evenings to listen to the band play. As kids, we were off to the zoo and the amusement park. I especially loved the flying swings, a carousel from which attached swings flew up and out as the carousel twirled. We enjoyed the merry-go-round, the small train that circled the amusement park, and cotton candy from the concession stand.

Just before I finished my ride, I rode past Alameda Park. My memories of July 24th celebrations and watching and playing softball at this park came forward to my mind. We were country hicks, hailing from the small farming community of Tyhee, north of Pocatello, and Alameda Park really seemed cosmopolitan to us.

Southern Idaho is a part of me, firmly imprinted upon the pathways of my psyche. I am always amazed that my children consider themselves Utahns. I have lived in Utah, except for a couple of years spent in France, since I was 18 years old. But I am, and always will be, an Idahoan, and specifically a southern Idahoan. It seems my children should feel the same as well.

Like my parents, I, too, love this landscape and its people. Or maybe it is my memory of this landscape and its people that I love. I don't suppose it really matters. I do know that I really enjoyed this ride. It left me full, made poignant by the events of the day and the memories and sensuous impressions embedded in my heart.

I especially loved the smell of the sagebrush.

**State Road Race -
Continued from page 9**

tage and put the hammer down.

However, Humbert waited for Howat, and then hammered on the windy stretch along Interstate 15 and much of the uphill stretch to get Howat close to the group. Humbert's effort got Howat close enough to allow Howat to rejoin the lead group just before the start of the bell lap.

The lead group pacelined the last lap and stayed together for the final dash on the gradual uphill to the finish. "I was alone in the front group, but with the knowledge of the sacrifices that put me there, I was determined to do everything I could to make it worthwhile. ... I gave everything for that sprint and thankfully I was able to deliver the win."

Dodge finished behind Howat to take second, while Kelly Crawford (Bingham's) finished third.

In the Men's Pro-1-2 race, the Logan Race Club snookered the rest of the field. Putting together an

excellent plan and effectively carrying it out, they sprung Sandy Perrins on a gutsy solo effort that he succeeded in parleying into a championship ride.

The 72-mile race consisted of 12 laps (6 miles each), and Perrins solo ride was launched with about 5 laps to go. The chase group consisted of Kirk Eck, Allan Butler and John Osguthorpe (all Logan Race Club), Thomas Cooke (X-Men), Ryan Littlefield (First Endurance), Art O'Connor (Guthrie's) and Christian Johnson (New Moon). With numbers in their favor, the Logan Race Club riders were able to control the chase group, allowing Perrins to gut out his solo ride to victory.

To top off their day, the Eck and Butler were able to lead the chase group in for second and third places, and Osguthorpe finished behind Cooke for fifth, thereby garnering the top three places, and four of the top five places for the Logan Race Club.

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June 26

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August 7, 14, 21, 28

September 4, 11, 18, 25

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RACE RESULTS



Mountain Bike Racing

Cache Valley's Joyride - May 25, 2002, INTERMOUNTAIN CUP RACE # 4

12 & Under Boys
1. Carson Liljenquist; 19:39
2. David Osborn; 22:28

12 & Under Girls
1. Kayla Winward; 20:05

9 & Under Boys
1. Dante Winward; 19:23
2. Blake Wiehe; 19:35
3. John McIlmoil; 19:52
4. Caleb Kast; 21:50
5. Colby Wengreen; 23:06

9 & Under Girls
1. Hailey Mullins; 20:46

Beg Men 13-15
1. Chris Peterson; 34:37
2. Sam Leplay; 35:39
3. Dutch Wiehe; 36:05
4. Kaleb J. LeGore; 36:16
5. Tyler Scott; 36:23

Beg Men 16-18
1. David Peterson; 53:32
2. Michael Weeks; 1:00:09
3. Pete Campbell; 1:02:49
4. Justin Moote; 1:07:26
5. Braxton Berrett; 1:08:19

Beg Men 19-29
1. Nate Stowers; 48:41
2. Tyler Knudsen; 49:39
3. John White; 50:57
4. Ryan M. Christensen; 51:09
5. Dustin Williams; 54:18

Beg Men 30-39
1. Mike McFarlane; 57:14
2. Ric Smith; 57:53
3. Martin Barr; 58:12
4. Adam L. Eresuma; 58:15
5. Bryan Nielsen; 1:04:38

Beg Men 40+
1. Todd Rhees; 57:54
2. Frank R. Ryburn; 1:03:39
3. Paul Moote; 1:08:13

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2. Kyle Gillespie; 1:23:23
3. Blake Zumbrunnen; 1:23:28
4. Shawn Christiansen; 1:24:06
5. Jared Gibson; 1:25:15

Exp Men 30-39
1. Brian Jeppson; 1:23:38
2. Ian Harvey; 1:23:39
3. Carter Davis; 1:28:08
4. Steve Cook; 1:28:16
5. Phil Snow; 1:31:43

Exp Men 40+
1. Jim Rogers; 1:34:00
2. Steve Wimmer; 1:38:14
3. Joe Food; 1:47:42

Men 50+
1. Roger Gillespie; 1:22:23
2. Bill Petersen; 1:26:07
3. Brent L. Petersen; 1:46:39
4. Eric Gunnerson; 2:04:19

Pro Men
1. J.J. Clark; 1:39:47
2. Kyle Wright; 1:39:48
3. Kevin Day; 1:39:49
4. Bryson Perry; 1:39:50
5. Robbie Stone; 1:40:43

Pro/Exp Women
1. Elena Felin; 1:36:21
2. Sonya Swartzentwber; 1:40:15
3. Pamela Hanlon; 1:40:40
4. Kathy Sherwin; 1:41:36
5. Robin McGee; 1:45:03

Spt Men 16-18
1. Trevor Datwyler; 51:42
2. David Stokes; 52:36
3. Rick Washburn; 58:17
4. Kyle Wehmanen; 1:00:55

Spt Men 19-29
1. Fred Marmsater; 1:07:23
2. David West; 1:07:43
3. Andreas Forester; 1:08:02
4. Adam Lisonbee; 1:08:58
5. Chris Holland; 1:09:00

Spt Men 30-39
1. John Derby; 1:07:43
2. Chad Wassmer; 1:09:24
3. Brian O'Neal; 1:10:55
4. Bryan Safarik; 1:11:50
5. Jamie Scherer; 1:12:33

Spt Men 40+
1. Dana Harrison; 1:19:44
2. Mike Newberry; 1:20:52
3. Ed Dilbeck; 1:22:25

4. Thomas Alland; 1:22:26
5. Kip Apostol; 1:23:37

Spt Women 19+
1. Mandy Christensen; 1:03:39
2. Emma Pfister; 1:05:35
3. Jennifer L. Miller; 1:06:47
4. Liz Zumbrunnen; 1:06:47
5. Cristie Johnson; 1:07:14

Spt/Exp Men 13-15
1. Mitchell Peterson; 55:18
2. Mitchell Morse; 56:04
3. Ryan Harrison; 58:59
4. Alan Madorin; 59:16
5. Jason Johnson; 59:45

Women 13-18
1. Hilary Wright; 1:04:49
2. Alison Lewis; 1:07:50
3. Blair Rajamalei; 1:09:37
4. Melanie Perry; 1:12:13
5. Tiffany Callahan; 1:12:38

Women 35+
1. Catherine V. McVey; 44:30
2. Ranae Poelman; 46:40
3. Barbara Clark; 49:09

Pedalfest XC Mountain Bike Race, Deer Valley, UT, Intermountain Cup #5, June 8, 2002

12 & Under
1. Tanner Putt; 12:20:59
2. Andrew Putt; 12:22:27
3. Christoph Lentz; 12:22:51
4. Joshua Brown; 12:26:52
5. Alex Scott; 12:27:38

9 & Under
1. Martin Lentz; 12:06:15
2. Joseph Johnson; 12:06:22
3. Brent O'Connell; 12:06:55
4. Daniel Brown; 12:08:36
5. Cale Pilling; 12:09:20

Beg Men 13-15
1. David Lifferth; 12:52:45
2. Sam Lepley; 12:52:46
3. Chris W. Peterson; 12:55:38
4. Dutch Wiehe; 12:55:39
5. Kaleb J. LeGore; 12:55:47

Beg Men 16-18
1. Aleks F. Roising; 12:56:55
2. Jim Brumder; 12:57:54
3. Peter Campbell; 12:59:53
4. Justin L. Moote; 1:01:07
5. Michael Vanderburg; 01:04:38

Beg Men 19-29
1. Eric Seeley; 12:43:27
2. Alex Schirer; 12:46:12
3. Levi M. Melehes; 12:47:11
4. Jack Gage; 12:47:47
5. Aaron D. Larsen; 12:48:57

Beg Men 30-39
1. Jerry Zmyslo; 12:50:22
2. Adam L. Eresuma; 12:50:33
3. Christopher Grover; 12:52:10
4. Peter Barrett; 12:52:20

Beg Men 40+
1. Doug Davis; 1:01:18
2. Charles Reynolds; 1:03:08
3. Glenn W. McMinn; 1:05:36
4. Patrick Putt; 1:09:40
5. R. Heggie Wilson; 1:12:90

Beg Women 19+
1. Lisa White; 12:58:17
2. Sarah Bills; 12:58:22
3. Nancy Bristol; 1:02:27
4. Leanne R. Seckinger; 1:02:33
5. Emily M. Kimmel; 1:03:09

Clydesdale
1. Mathew Fisher; 1:26:51
2. Ron C. Price; 1:29:16
3. Chris Brown; 1:32:41
4. Stan Mickelson; 1:34:56
5. Andrew Jordan; 1:35:38

Exp Men 16-18
1. CJ Reed; 1:40:20
2. Dustin Wynne; 1:41:46
3. Dylan Johns; 1:42:13
4. Clayton Karz; 1:42:42

Exp Men 19-29
1. Paul Clark; 2:07:15
2. Chris Christiansen; 2:08:07
3. Jared Gibson; 2:08:26
4. Jeramia Johnson; 2:09:41
5. Daniel Hoopes; 2:12:19

Exp Men 30-39
1. Doug Driessen; 2:08:23
2. Todd Henneman; 2:10:10
3. John Derby; 2:10:46
4. Richard Abbott; 2:11:13
5. Brian Hopkins; 2:12:05

Exp Men 40+
1. Larry Strom; 2:19:15
2. Jim Rogers; 2:20:00
3. Bruce Allen; 2:21:30
4. Robert Westermann; 2:23:29
5. Bruce Lyman; 2:32:00

Men 50+
1. Fred Torrence; 1:19:32
2. Roger Gillespie; 1:20:53
3. Bill Peterson; 1:23:47
4. Brent Turkington; 1:26:59
5. Dwight Hibdon; 1:27:04

Pro Men
1. Kevin Day; 2:12:49
2. J.J. Clark; 2:13:06
3. Kyle P. Wright; 2:14:19
4. Robbie Stone; 2:15:32
5. Charlie Gibson; 2:16:33

Pro/Exp Women
1. Pamela Hanlon; 2:00:02
2. Wendy Wagner; 2:01:36
3. Sonya J. Swartzentruber; 2:03:12
4. Robin G. McGee; 2:04:24
5. D.J. Morissette; 2:08:59

Spt Men 16-18
1. Mike Schmidt; 1:54:26
2. Zachary Ramras; 1:58:42
3. Kyle Wehmanen; 2:08:13

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Salt Lake City, UT
84152

bicycle hill climb

Saturday, August 10
Start: 9400 S. 2000 E. / Finish: Snowbird Entry 2
10 miles, 3,500 vertical feet
Road and mountain bikes welcome
Day of registration: 6-7:30 a.m. / Start: 8 a.m.

widowmaker

Sunday, August 11
Day of registration: 8 a.m. / Start: 9 a.m.
Start: Snowbird's Gad Valley /
Finish: Hidden Peak
5 miles, 3000 vertical feet
Mountain bikes only

Register at CANYON BICYCLES
3969 S. Wasatch Blvd.
or in Draper at 762 E. 12300 S.
On line at www.sports-am.com or
Call Snowbird at 801.933.2115 to receive a form by mail



- 4. Tyson May; 2:13:32
- 5. Ladd Bangarter; 2:14:20
- Spt Men 19-29**
- 1. Derek Telleson; 1:37:30
- 2. Calvin Squires; 1:39:04
- 3. Scott Wetzel; 1:39:34
- 4. Chris R. Peters; 1:39:55
- 5. Chris Sherwin; 1:40:47
- Spt Men 30-39**
- 1. James Fowler; 1:45:20
- 2. Chris Thomson; 1:45:35
- 3. Nathan G. Richer; 1:46:43
- 4. Barry Schmitt; 1:47:47
- 5. Darren Muehhaus; 1:48:05
- Spt Men 40+**
- 1. Mark Seltenrich; 1:50:11
- 2. Bruce Hudman; 1:50:19
- 3. Mike Newbery; 1:52:53
- 4. Scott Toly; 1:52:55
- 5. Edwin Dilbeck; 1:54:27
- Spt Women 19+**
- 1. Lynn Ware-Peek; 1:29:46
- 2. Mandi Christiansen; 1:30:15
- 3. Emma Pfister; 1:30:21
- 4. Misti Timpson; 1:31:22
- 5. Almee Hart; 1:33:39
- Spt/Exp Men 13-15**
- 1. Mitchell Morse; 1:21:04
- 2. Mitchell Peterson; 1:21:05
- 3. Ryan Harrison; 1:26:38
- 4. Christopher Ivester; 1:30:18
- 5. Zachary Taylor; 1:35:50
- Women 13-18**
- 1. Hilary Wright; 12:58:49
- 2. Devery Karz; 12:59:52
- 3. Melanie Perry; 1:04:07
- 4. Sandy Margulies; 1:07:12
- Women 35+**
- 1. Debbie A. Ryburn; 1:08:36
- 2. Leslie Robbins; 1:23:33
- 3. Barbara Clark; 1:33:55
- 4. Ann Maruri; 1:36:19

- Men CAT 4-5**
- 1. Daniel Adams
- 2. Chris Chamberlain
- 3. Tyler Harvey
- 4. Joseph Smith
- 5. Aaron Packard
- Men 35+**
- 1. Richard Vroom
- 2. Ian Harvey
- 3. Zan Treasure
- 4. Darrell Davis
- 5. Don Armstrong
- Men 45+**
- 1. Dirk Cowley
- 2. Rick Montgomery
- 3. Kevin Hall
- 4. Daniel Moser
- 5. Ken Louder
- Men 55+**
- 1. Hardin Davis
- 2. Gary Powers
- 3. Stan Swallow
- 4. Paul Scarpelli
- 5. Richard Bennett
- Men JR**
- 1. Travis Richins
- 2. McKay Pollei
- 3. Nate Gines
- 4. Jonathan Mallinaric
- 5. Mike Fox
- Women 35+**
- 1. Dana Hoffman
- Women Masters**
- 1. Jo Garuccio
- 2. Marget Douglas

NEW HILLCLIMB IN TARGHEE

Teton Valley Trails and Pathways, a non-profit advocacy group in the Teton Valley of Eastern Idaho, are staging a new hillclimb time trial this year. The race will start at the junction of Ski Hill Road and Stateline Road, in Alta, Wyoming approximately 4 miles northeast of Driggs. The course climbs 1500 vertical feet over 8 miles and finishes at the entrance to Grand Targhee Ski Resort. All proceeds go to support Teton Valley Trails and Pathways' efforts to build and maintain safe bike and pedestrian routes in Teton Valley. For more information, call John Borstelmann at (307) 353-2252.

140 miles and seven mountain passes in the 2002 Saturn Cycling Classic, scheduled for August 10 starting at 9:00 a.m. Beginning in Boulder and ending in Breckenridge, the point-to-point road race for top level professional and elite-level amateur men covers over 14,000 feet of accumulated climbing, should last approximately seven hours and ranks as one of the most difficult cycling races in the world. For more info, visit www.saturn-cyclingclassic.com.

Stage, 1st through 4th place in the Pro I and II categories of the Up & Over Time Trial and 1st place in the Pro I and II category of the East Canyon Road Race.

ENCORE SPORTS OPENS STOREFRONT

Encore Sports is opening a new storefront at 243 South State Street in downtown Salt Lake City. The store will be offering new and used bicycle and outdoor gear on consignment. The company began operating in 2001 as an online store selling industry closeouts and consignment product, and will continue to offer products online as well as in the new storefront. Anyone with bicycle or outdoor gear that they would like to sell is encouraged to bring it in to the new location, and while you're there, you may just find something you've been looking for. Look for them at 243 S. State, 532-3010, or online at encore-sports.com.

NEW ROAD TEAM

First Endurance and Contender Bicycles have joined forces to sponsor the First Endurance/Contender Cycling Team. Cat I cyclists include Steve Tibbitts, Ryan Littlefield, Gardie Jackson, Darrell Davis, Jason Travis and Allison Littlefield. Competitors in Cat II are Tom Meiser, Eric Flynn, Mike Fogarty, Scott Martin and Jason Castor.

Recent race finishes include 1st place in both Stage 1 and Stage 2 in the Pro I and II categories of the Chums Classic

Cache Classic Stage Race, May 25-27, 2002

- Men CAT 1-2**
- 1. Gardie Jackson; 06:12:53:20
- 2. Sandy Perrins; 06:13:22:34
- 3. Ryan Starr; 06:15:12:55
- Men CAT 3**
- 1. Nathan Thomas; 06:33:56:11
- 2. Sean Young; 06:33:56:27
- 3. Joel Peterson; 06:35:02:95
- Men CAT 4-5**
- 1. Christopher McGill; 05:51:39:77
- 2. Jody Harris; 05:52:16:62
- 3. Chris Rowley; 05:52:50:78
- Men 35+**
- 1. Mark Schaefer; 05:38:25:30
- 2. Zan Treasure; 05:39:02:39
- 3. Art O'Conner; 05:39:54:48
- Men 45+**
- 1. Dirk Cowley; 05:32:53:10
- 2. Gary Porter; 05:42:12:50
- Men 55+**
- 1. John Haney; 06:02:06:31
- 2. Bill Coffin; 06:03:44:89
- 3. Scott Tucker; 06:04:06:14
- Men JR**
- 1. Mike Preston; 02:33:45:11
- 2. Drew Olsen; 02:57:25:34
- 3. David Blanco; 03:04:18:51
- Women CAT 1-2-3**
- 1. Heather Albert; 06:17:21:25
- 2. Sally Warner; 06:17:27:68
- 3. Daphne Perry; 06:17:50:72
- Women CAT 4**
- 1. Jen Ward; 05:10:58:45
- 2. Jamie Williams; 05:15:24:64
- 3. Cynthia Martin; 05:24:33:60
- Women JR**
- 1. Christine Kish; 02:07:19:37

URGE YOUR SENATORS TO JOIN THE NEW SENATE BIKE CAUCUS

The League of American Bicyclists urges all cyclists to call or write their U.S. Senators to request they join the newly formed Senate Bike Caucus, chaired by Senator Richard Durbin (D-IL) and Senator Kay Bailey Hutchison (R-TX). This is the most effective way to build support in the Senate for bicycling issues. Visit www.congress.org to find contact information for your Senators.

SATURN CYCLING CLASSIC

Boulder, Colo. (June 4, 2002) - More than 100 of the world's best male cyclists will race over



Road Racing

Utah State Road Race Championships, June 8, Draper

- Men CAT 1**
- 1. Sandy Perrins
- 2. Kirk Eck
- 3. Allan Butler
- 4. Thomas Cooke
- 5. John Osguthorpe
- Women CAT 1-2-3**
- 1. Laura Howat
- 2. Karen Dodge
- 3. Kelly Crawford
- 4. Chris Pappas
- 5. Laura Humbert
- Men CAT 3**
- 1. Chris Rowley
- 2. Robert Hatch
- 3. Joel Zenger
- 4. Evan Hepner
- 5. Sean Young
- Women CAT 4**
- 1. Jen Ward
- 2. Cynthia Martin
- 3. Nichole Wangsgard
- 4. Shannon Mulder

CLAIM JUMPERS

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6th Annual!

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Awesome Downhill Course
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Big Bar-B-Que
Big Bike Races
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www.t-rix.com

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MOUNTAIN BIKING

Newest Subaru/IMBA Trail Care Crew Boosts Utah Trail System

Wasatch Mountain State Park Plans Model Trail System



Photos: Trail Work at Wasatch Mountain State Park, courtesy of IMBA.



The newest Subaru/IMBA Trail Care Crew team, Scott Linnenburger and Aaryn Kay, joined veteran Joey Klein for a special National Trails Day event in Utah. The trio led a Trailbuilding School and work party at Wasatch Mountain State Park in Midway from June 1-3, 2002. Utah State Trails coordinator John Knudson and Wasatch Mountain State Park rangers have spearheaded the planning of an extensive multi-use trail network at the 25,000 acre park. More than 30 mountain biking enthusiasts and Utah State Parks and Recreation Director Courtland Nelson, kicked off the development of a completely new stacked-loop trail system at the new Dutch Hollow Trailhead. When complete, the network will connect to the trails around Park City, resulting in more than 100 miles of continuous riding.

Tell our Advertisers that you saw their ad in cycling utah!

Cycle Salt Lake Century Thank You!

On Saturday, May 18, 2002 all necessary elements came together to provide the perfect platform for the 16th annual Cycle Salt Lake Century Bicycle Ride. A total of 1032 riders of all shapes, sizes and abilities attended this year's ride. Sixteen Salt Lake City Police Motor Squad officers led the mass start at 7:40 AM from the Utah State Fair Park. What a spectacular sight as the colorful display of spandex, spokes and helmet-adorned riders departed for the day's journey. This year's ride had 31, 67 and 100-mile options. Two rest stops, one at the McDonalds in Centerville and the second at Founders Park in Syracuse, were staffed with volunteers from the Man-To-Man Project and the Bonneville Bicycle Touring Club respectively. Goodies of all kinds, calorie content and energy supply greeted the riders as they stopped to replenish their expelled energy stores. At the Syracuse stop,

members of the BBTC furiously prepared sandwiches of ham, turkey, roast beef, chicken salad and veggies along with potato salad, chips and all the condiments needed to make a satisfying lunch for hungry cyclists. As riders mounted their trusty steeds to begin their trek homeward, a dreaded wind reared its nasty head and promised to make their return to the fair park a challenge to both mind and body. Most riders finished the day on their bikes but the wind convinced a few riders to take advantage of the SAG vehicles to complete their return to the fair park. At the finish line, cyclists were treated to their choice of ice creams, vitamin enhanced waters and conversation about the day's ride. Judging by the laughter and high fives, I surmised all had had a great time.

I would like to thank all who helped make this event such a success.

Jon R. Smith
Event Director

IMBA Needs Utah State Coordinator

IMBA, the International Mountain Bicycling Association, seeks a volunteer Utah representative. IMBA reps provide guidance and advice regarding access issues for members and advocates within a geographical region. Volunteer reps cultivate working relationships with land managers, public agencies, local mountain bike advocates and other trail user groups. This position requires advocacy experience, strong writing and public speaking skills, computer savvy, and enthusiasm for the sport of mountain biking. Send resume and cover letter by July 12 to: dan@imba.com or mail to IMBA, Attn: Rep Coordinator, 1121 Broadway #202, Boulder, CO, 80302.

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Summer Road Bike Sale - Over 40 Available!

XX 2002

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SATURDAY, SEPTEMBER 14, 2002

For event & registration information:

- VISIT www.lotoja.com or www.epek.com/LOTOJA
- CALL 801-627-6200
- EMAIL lotoja@epek.com

* your definition may vary

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