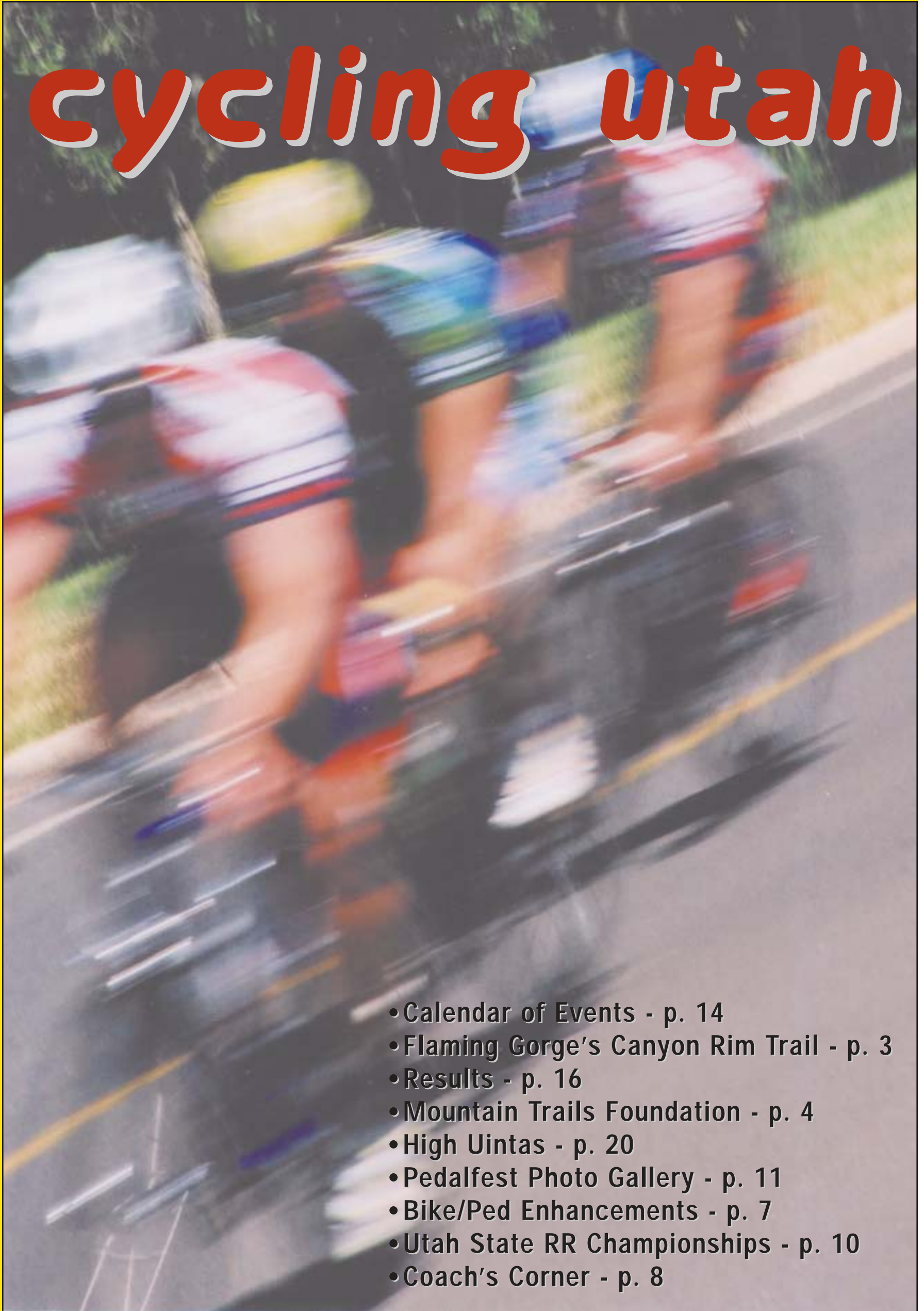


cycling utah



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Lehi Cyclist Hit from Behind Dies Following Accident

Derek Lake, 26, of Lehi, Utah, was struck from behind while riding his road bike east-bound on State Route 92 towards American Fork Canyon on June 19. According to Chief Kip Botkin of the Alpine-Highland Police Department, at around 8:15 p.m., Lake was riding approximately 500 feet east of the intersection of route 92 and 6400 West close to or on the white line on the side of the road when he was hit from behind by a 52 year-old man driving a Ford Expedition SUV. The driver rendered first aid and Lake was taken to University Hospital. He never regained consciousness and his family terminated life support on June 21. "There is no indication of

any wrongdoing by Mr. Lake," said Botkin. He also stated in regards to the driver that, "there was no indication alcohol or drugs were a factor in this accident." As of July 2, no criminal charges had been filed against the driver, but according to Botkin, this remains a possibility.

-Dave Iltis

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Cycling Utah Archives Stored at the University of Utah

Have you ever wanted to read our first issue? Perhaps you've wanted to find out more about Cris Fox's fabulous 1996 season, see how Euro star Levi Leipheimer crushed the Snowbird Hillclimb, read an interview with Greg LeMond, or catch Greg Overton's Classic Corners. Well now you can since the University of Utah's Marriot Library is now storing cycling utah's archives from our first issue in 1993 to the present. Only the last four issues of volume 2 (1994) are missing.

Paul Mogren, Ph.D. Collection Specialist and Librarian notes that, "The Marriot Library is pleased to be the repository for the magazine, Cycling Utah. One of the goals of the library is to preserve information for future generations of students and researchers. It is especially appropriate for our library to focus on the preservation of local materials, from local organizations. The research value of publications such as yours is huge--it represents culture and people and documents what was happening, in your case recreationally and in sport, at a particular time."

-Dave Iltis

Letter to the Editor

Rider Courtesy (Continued)

Great article. I always say save it for the race course. I find myself going way out of the way for non-bikers, almost trying to make up for the small % of less-than-kind wheeled brothers and sisters. Conversations can be had also; and back to your point, smile and have fun, isn't that the main objective? Well mine is.

Thank you and keep up the good work!

-Andrea Cheney-Dosier
(This letter is in response to Beth Hoffman's letter on rider courtesy on the Shoreline Trail in the June issue)

Send your feedback and letters to the editor to: dave@cyclingutah.com

Utah County Bike Route Input Needed

Would you like to voice your opinion on Utah County roads? Do you want to make sure that your favorite ride stays your favorite? Flatted on the same pothole once too often? Well, you can make a difference by submitting a comment. Jim Price, Bike/Pedestrian Program Manager for Mountainland Association of Governments, is working to update the Utah Valley Bicycle Transportation Plan, and needs help from the cycling community. Jim is working to inventory the best, and worst, biking routes in Utah County. The information will help in identifying roads that should be targeted for bikeway improvement efforts on a regionwide basis, be that striping, better paving, regular sweeping, pothole work, signage, etc. This information will go into the countywide transportation plan, and be used to advise UDOT, the county, and the cities in making such decisions. Please take a moment to write down the routes you use, for what purpose, when, and how often, and email Jim at jprice@mountainland.org or call 801-229-3848.

Cover Photo: Speed.
Sugarhouse Criterium,
June 7, 2003

Photo by Dave Iltis

24 Hours of Boise

Can't wait for October? The third annual 24 Hours of Boise will take place on August 9-10 at Bogus Basin Ski Resort near Boise, Idaho. The race elevations range from 5800-7600 feet. The course terrain includes fire roads, singletrack, and inner-chainwheel climbs. This year's race will have a variety of classes for individuals and teams including corporate, military, and fire squad categories for up to ten racers per team. For more information, visit www.24hoursofboise.com.



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TRAIL OF THE MONTH

"At a distance . . . a brilliant red gorge is seen." Flaming Gorge's Canyon Rim Trail has Great Views



Whether biking or boating, Flaming Gorge is a great summer getaway. Photo by Gregg Bromka

By Gregg Bromka

Gazing from atop a redrock precipice to the glistening waters far below the Red Canyon Visitor Center at Flaming Gorge, whispers of Anglo explorers who floated wooden boats down western rivers to destinations unknown can be heard in the pine-filtered breeze.

"At a distance . . . a brilliant red gorge is seen, the red being surrounded by broad bands of mottled buff and grey at the summit of cliffs, and curving down to the water's edge on the nearer slopes of the mountain. This is where the river enters the mountain range . . . the first canyon we are to explore, or rather, an introductory canyon to a series made by the river . . . We have named it Flaming Gorge," wrote Major John Wesley Powell in 1869. This was the initial leg of Powell's historic expedition down the Green and Colorado Rivers, culminating with the first-ever recorded journey through the mighty Grand Canyon.

With a depth of 1,700 feet and a width of 4,000 feet, Red Canyon is an inspiring sight. Its maroon- and rust-colored sandstone cliffs, peppered with pine forests, cascade down to the sinuous aquamarine pool of Flaming Gorge Reservoir. Above rise the rugged slopes of the Uinta Mountains; beyond lie the endless prairies of southern Wyoming. This contrast in scenery is the West's trademark.

In addition to stunning overlooks of Red Canyon, the Canyon Rim Trail ventures to a turn-of-the-century homestead at Swett Ranch. Oscar Swett and his family worked the ranch

(claimed in 1909) in pleasant isolation until it was sold in 1968. A graveyard of antiquated horse-drawn plows, a small sawmill, and several log-hewn cabins testify to Swett's penchant for pioneer living with minimal technological influence. Today the Forest Service-maintained ranch is listed on both the Utah and National Registers of Historic Sites.

Notes on the trail:

From the Visitor Center, the Canyon Rim Trail heads south-eastward past several spur trails that access Red Canyon Campground. Be sure to stop at the lookouts of the gorge along the way. If you stay right in about a mile (the Rim Trail forks left--your return route), you'll pass East Greens Lake. Stay left at the entrance to Greens Lake Campground, and pass a junction with the Rim Trail that is posted with enough blue diamond trail markers to open a jewelry store! Several miles of lumpy and bumpy singletrack descend gradually through open pines across Skull Creek then rise to the Greendale Overlook on the highway.

If you're pooped, then head back the way you came. Feeling fresh? Then continue on the Swett Ranch loop by zooming down the pebbly doubletrack for a half mile to a four-way junction. Fork right; then after a mile, bear left to visit the historic ranch. Easy cruising on a smooth dirt road leads to the backside of the loop where a rutted doubletrack crosses two creeks engulfed by aspens. Roll across the open hills of sage, and fork left at a T-junction for the

long climb back to the familiar four-way junction and up to the Greendale Overlook. Simply retrace your tracks on the single-track to return to the Visitor

Center, or limp back on the highway if you've bonked.

A recreation use fee is charged within Flaming Gorge National Recreation Area. A pass is available at Red Canyon V.C. or at many area businesses.

Location: Red Canyon Visitor Center, 40 miles north of Vernal or 31 miles south of Manila, Utah.

Distance: 16-miles out-and-back with loop.

Tread: Rock-studded single-tracks (Rim Trail); light-duty dirt roads and doubletracks (Swett Ranch loop).

Aerobic level: Moderately strenuous for the entire ride. Moderately easy if you stay on the Rim Trail and turn around early.

Technical difficulty: Level 2-4. The Rim Trail starts out smooth then degrades to quartzite "pavers." Full suspension rigs will float over the rocks; riding a hard tail bike will harden your

tail, for sure. The Swett Ranch loop follows smooth dirt roads and lumpy doubletracks.

Elevation gain: Red Canyon Visitor Center is at 7,400 feet. Total gain is about 1,140 feet.

Season: May through October. Summer days are warm but evenings can be cool.

Finding the trail: From Vernal, travel north on US191/UT 44 and ascend the eastern Uinta Mountains. Stay left on UT 44 where US 191 forks right for Flaming Gorge Dam. Continue on UT 44 for 3.5 miles (passing the Greendale Overlook), and turn right for Red Canyon Recreation Area to reach the Red Canyon Visitor Center. (Red Canyon Lodge, which you pass along the way, is a fine trailhead as well and is exempt from the recreational use fee, but inquire about parking first.)

Excerpted from *Mountain Biking Utah* by Gregg Bromka.

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TRAIL ADVOCACY

Mountain Trails Foundation Heads Trail Movement in Park City

By Tim Henney

Oh my, how Park City has changed in the last 11 years! Back in 1992 "Slack" season lasted all spring, well into summer and often nipped at fall. If you ran a business in Park City, it was hard to call summer a season; it was more a matter of survival or a good time to close down and go on vacation.

In 1992 if you considered yourself a hiker, mountain biker, trail runner, equestrian, or simply a trail enthusiast then Park City was not likely to be found on your "must do list". Unlike many mountain resort communities Park City is bordered by private land. Most landowners were not supportive of a trail initiative that called for public access through their land. This resulted in a dearth of trails and necessitated a unique approach to trail creation.

In the early '90's public trail plans were incorporated into the Park City General Plan as a requirement of the development code. In 1992 the Mountain Trails Foundation was created with support and funding from local municipalities, developers, ski resorts, and the community and began to negotiate easements, plan, and build new trails. Through this process, over 200 miles of exceptional single-track has been added to the Park City trail system in the last decade, creating a 250-mile labyrinth.

Much of the credit for the success of the trail movement in Park City goes to the Mountain Trails Foundation (MTF). The original vision for the Foundation belongs to Jan Wilking, a Park City publisher, entrepreneur, and trail advocate. Jan shared his vision for trails and his belief that a local group was needed to facilitate the movement with a small group of like-minded individuals. So, in the summer of 1992, a working board was formed and the MTF was created. It was not long after that the board realized the mission called for a paid executive director and so, in 1993 Troy Duffin was hired. Duffin came to Park City via Tahoe where he had practiced land-use law and was involved in the local trail effort. He brought the competency and expertise needed to push the trail initiative forward in Park City and was a perfect match for the MTF.

In spite of significant hurdles the accomplishments of the MTF in the past decade have been phenomenal. As a facilitator they have helped to create a regional plan for trail development by engaging stakeholders through-



out the county in the process. In fact, it was the Foundation that worked as facilitator and coordinator between the City and County planning agencies to extend the trail system outside the City limits. Today, the Snyderville Recreation District funds trails surrounding the City while Duffin continues to facilitate the process. The MTF administers the Historic Union Pacific Rail Trail State Park. It employs a seasonal trail crew to maintain the existing public trail system. And, it continues to build new public trails once it has negotiated all the necessary easements and obtained funding. They write grant requests, orga-

nize workdays, publish a newsletter, maintain a website, host trail seminars, promote trail etiquette, and sponsor community trail events. Yet the greatest accomplishments of the MTF may be its free trail map and the spectacular Mid-Mountain Trail.

The 25-mile Mid Mountain Trail, which links the three local ski resorts, has placed Park City on the verge of becoming a premier destination for trail enthusiasts worldwide. Historic Park City sits at 7,000 feet, the ridge-line above town at 9,500 feet with the occasional peak rising to 10,000. The 25-mile long Mid-Mountain Trail traverses the Wasatch Back between the ridge

and town at an average 8,000-foot elevation. It appeals to intermediate trail users, who can enjoy the scenery as the track rolls through aspen groves and old-growth pine forests, as well as to experts who can now link the Ridge and the Mid-Mountain trails for an epic 45-mile loop filled with spectacular single-track. Duffin continues to add

additional miles both north and south as he gains the necessary approvals, easements, and funding from the Recreation District.

As a result of all the new trail construction, the MTF realized the need for a first class map to help the tourist and casual trail user find these gems. Nine years ago the MTF produced its first Park City Trail Map with funds from the Chamber Bureau, the Park City restaurant tax, and the Snyderville Basin Recreation District, as well as gifts from private individuals, developers, and local merchants. The first year's map print run was 2,500 and was distributed to the public through the local bike shops and hotels...and it was free. The map is still free and this year's run is 15,000, the first 5,000 of which were gone by June 1st. This is not your ordinary trail map; it is a complete and accurate topographic map with shaded relief generated from aerial photos and ground surveys. There are sections on trail etiquette, events, recommended loops with elevations and difficulty ratings, and a MTF membership cutout.

To find out more or to get involved, visit the Mountain Trails Foundation website at www.mountaintrails.org and click your way through a virtual tour of the Park City trails. To volunteer, send email to troy@mountaintrails.org and ask to be added to the email list. To obtain a Park City trail map, drop in to White Pine Touring, Jans, or Colesport in Park City or REI in Salt Lake or call the Park City Chamber and Visitor's Bureau at (435) 649-6100.

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Summer Games 2003

By John McConnell

Utah's biggest cycling secret is held each year in Cedar City far away from the glam and glitter of the UCA. Let me introduce you to an event that once sampled will become a yearly adventure. First it's a four stage omnium (winner is based on points not time) filled with all the thrills, spills and competition you can handle, setting you back 20 dollars if you register early.

The stages are awesome; a hill climb from the depths of hell itself, followed later that evening by a time trial flat as an IHOP pancake, with a side of wind that only a sailor would love. Day two is the sweetest criterium, in a beautiful setting with a DMV-like hill to make keep you hon-

est. A roller climb up and over Iron Mountain Pass and back is an early treat on Saturday morning.

Now comes the good part, a freakin' YELLOW JERSEY! If you win your division, you take home a jersey like the guy who leads the Tour! There are lots of divisions based on ages; everything from 12 year-olds like Bruce Hoffman to 80 year-old Milo Hadlock, and for the macho among us there are the USCF categories 1 through 5. If you don't win one of the coveted jerseys there are medals awarded to the top three in each division for each event.

The Utah Summer Games has come along way from its humble beginnings as a road race some 17 years ago. Race director Quinn Pratt has built the games into an institution that he and

others fondly call a reunion. Comments like 'it's fun to race and visit', were common as I visited with people during the event.

The atmosphere of USG is really important to Pratt. You not only will find a small crowd of USCF roadies battling it out, but more important to him are the first timers and young kids who can compete in friendly surroundings that might be scared away in a more intense environment. Other than farm animals disrupting races of the past, past junior racers are one of Pratt's highlights. His eyes twinkled as he rattled off a long list of who's who of Utah cycling that have played in his games. Steve Tibbits, John Osguthorpe, Burke Swindlehurst and Brad Buccambuso were just a few of the names he mentioned.



Growing the USG is important to Pratt. He would love to see 150 category USCF racers, but the Thursday start is what Pratt sees as a problem for most racers and the fact that the races are not on the UCA calendar. Getting off for an extra day or two during the week is harder for most folks, but he adds that

no one has ever said that the Summer Games were not worth coming to. Just ask anyone wearing one of those yellow jerseys and they'll tell you what a great time you will have.

-See Results on page 16 for both the road and mountain events.

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ROAD RACING

The Sugarhouse Criterium - An Official's View

By Gary Bywater

Sugarhouse Park (June 7, 2003) – It was a beautiful day, the temperature just a little bit cooler than last year, with a slight breeze from the north, and the greatest thing of all, a newly paved roadway.



This brought back memories of the Vaughn Angel Race held in Sugarhouse Park in the '70's with 180 Cat 1 and 2 racers going for the money in the crit stage.

In 2003, we had a full slate of racing to fill the day.

Junior's, Cat 4 women, and



masters 35+ women started the day's racing with a combined total of 23. In the masters women category, a name from the past joined in the fun, Bev Ronnoux. Nancy Cleveland won the masters women's race, with Mike Schmidt leading the junior men. The women's Cat 4 race was won by Laura Patten with a group of 14 riders following her to the finish.

Next on top, the men's Cat 4/5 race. With 35 Cat 4's and 50 Cat 5's the roadway was filled. The racing was fast and furious with many fast laps put in. At the finish for the Cat 4's Casey Simmons was the leader. For the Cat 5's, Scott Allen came out in

front. The spectators were treated to a very clean sprint to the finish that set the stage for the other fields for the day.

Next aboard were all the masters men categories, 35+, 45+, 55+. Each race was run separately. The masters 35+ race came with a few surprises. With a bunch of primes to go for, it made for some very fast racing. One surprise was Wayne Cottrell coming up the hill ahead of the pack by 10 meters to win a prime. The masters 35+ was won by Don Pollari. The masters 45+ race laps were the fastest of the day to that point. Dirk Cowley sprinted out ahead of the pack to win. Ken Louder

rode out solo to win the masters 55+ race.

The women 1-2-3 race brought 10 riders to the line. The course seemed kind of empty for their race with only 10. When it came to the finish, maturity won over youth as Laura Howat, another name from the past, came forward to win.

Next up, the Cat 3 men lined up 42 deep and ready to duke it out. With primes taking their toll on the pack's cohesion, the racing was very hard. Many different faces won primes, which is a delight since that means we have some new rising stars. Down in the pack, Maren Partridge took 11th place while Jon Braddley finished in the top spot.

With one race left, the Pro/1/2 field took the line 50 strong. What a field - we all know who they are. We also know that it was going to be a knock down

drag-out-and-fight race, and it was. For 1 hour and 15 minutes they fought it out. Two riders took off. Allan Butler and Burke Swindlehurst opened up a large gap and held that to the end of the race. The rest of the racers were split into 4 small packs, who tried to catch but couldn't. When it came to the finish Swindlehurst took the sprint ahead of a spent Butler. When asked after the finish Swindlehurst said, "I enjoyed racing on the new surface. I'll tell a few other people about their race for next year." Butler said, "I just ran out of gas with three laps to go and just hung on."

Being able to watch the riders over the years, I see a new group of riders with some positive skills that will lead to their becoming champions. This does my old bones some real good. I'll offer suggestions now and again to riders hoping in some way it might help. From the racing I saw a Sugarhouse Parks we have those champions now.

-See results on page 16



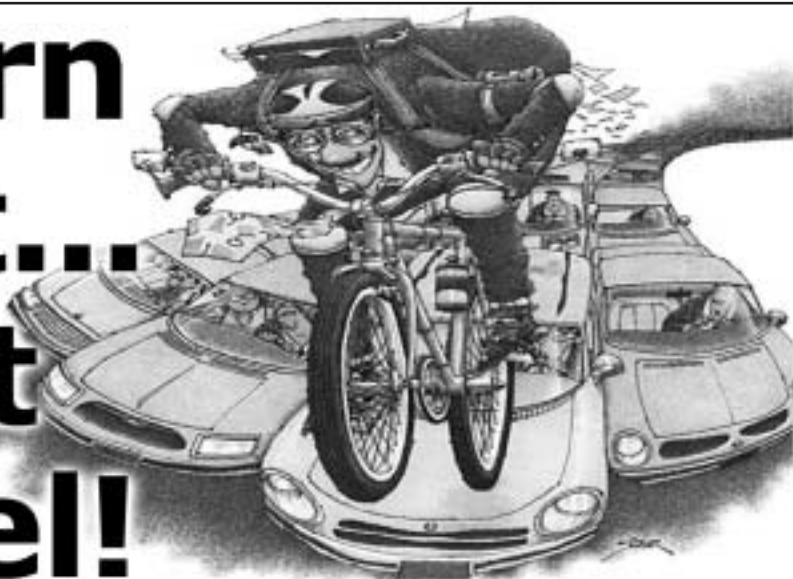
Left: Former Tour de France Feminin Rider Laura Howat takes the win in the Women's 1-3 field

Top: Navigator's pro Burke Swindlehurst leads UCA points leader Allan Butler through a corner.

Above: The Men's Pro/1/2 field digs on the start hill.

Photos: Dave Iltis

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ADVOCACY

Utah and Idaho Lag Behind in Bike/Ped Enhancements

By Charles Pekow

The nation is getting better at distributing Transportation Enhancements money, but Utah and Idaho are lagging behind most states. The National Transportation Enhancements Clearinghouse's (NTEC) annual report, "Transportation Enhancements: Summary of Nationwide Spending as of FY 2002," shows that states obligated \$647.6 million last year, the highest amount since the program started in FY 92. And that may spell good news for the program as Congress is scheduled to reauthorize it this year as part of reauthorization of the Transportation Equity Act for the 21st Century. In its proposal to Congress, the Bush Administration suggested leaving Enhancements law as it is.

The Enhancements program remains the largest source of federal aid for bicycle projects - having included \$5,967,916,235 since FY 92. More than half of the funds go for some type of bicycle/pedestrian endeavor.

Previous NTEC reports have found that states lagged behind on spending the money for various reasons. Despite progress, NTEC reports that "obligations and reimbursements of (Enhancements) funds are low compared to other Federal-aid Highway programs."

Utah and Idaho are moving more slowly than most states in paying for bicycle projects, which can include building and maintaining bike paths, safety and education programs, scenery, and converting rails to trails. Since the program began, Utah received

\$45,558,157 in federal dollars and programmed 68.1 percent of it while Idaho programmed \$28,800,431, or 58.8 percent of its \$48,992,693. These figures refer to the money the states have earmarked for specific projects. On this measure, both states lag far behind the national average of 94.2 percent.

The states have done even more poorly in terms of the money they've spent. Utah ranks 30th out of 52 states (including the District of Columbia and Puerto Rico) by having obligated only 73.95 percent of its Enhancement funds, or \$33,689,759. Idaho did even worse, committing only 63.5 percent or \$31,112,092, putting it near the bottom at 44th place. National average: 72.2 percent.

The two states differ in how quickly they reimburse grantees. (Unlike other federal grants, projects don't get Enhancements money up front; they get reimbursed for money they spend.) Only eight states have shelled out a bigger proportion of their Enhancements cash than Utah, which has doled out \$29,941,626, or 65.72 percent of its money. Idaho, on the other hand, is still sitting on most of its money. It has reimbursed grantees for only \$21,001,086, or 24.87 percent of its cash. Only nine states have done worse. National average: 50.6 percent.

Finally, the stats can be read positively or negatively on how much local cash Idaho and Utah put up, depending on which figures you want to use. Federal law requires that states or grantees put up at least 20 cents per federal dollar. But

most states show enthusiasm by putting up more, 28.7 percent on average. Both states rank below average on that

score, as Idaho puts up only 26.6 percent, and Utah puts up 26.1 percent. But by another figure, they score highly. Only

16 states put up a higher match than Idaho and 18 put up a bigger percentage than Utah.

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Route 211

Choppers!

by Greg Overton

I saw a kid the other day on a bike that made me laugh out loud as I went by. I laughed out of disbelief and out of sentimentality at the same time. The bike was an old twenty inch-wheeled something-or-other. One of those "could've been anything because they were all copying Stingrays back then" bikes from probably the early seventies. Any remnant of decals or brand names was long gone, but it had pretty good paint, chrome fenders, and a chrome sissy bar behind the banana seat. It also had an "ape hanger" handlebar, the kind that puts your hands above your head in a way that drains all the blood from them after a few laps riding around the neighborhood.

As I approached, I saw this bike weaving along in a familiar style that could mean only one thing: Chopper! That's right, a chopper. And no store-bought, johnny-come-lately chopper that was intended that way. I'm talking two sets of forks from "donor" bikes hammered onto each other and then onto the ends of the bike's original forks in a strange, front wheel twice removed, manner. A death machine. It was so cool, I had to slow down and admire it as I drove by. A glorious blue bike with a set of orange fork legs hammered onto the bike's fork, and a set of green legs hammered onto those and holding the front wheel. The wheel was about three feet further away than anyone the slightest bit concerned with safety would have approved. It was awesome! Hardly rideable, perhaps, but a great machine nonetheless.

The pilot of this Road Warrior-esque contraption was making his way slowly down the street while juggling. No, I don't mean physically juggling, but he had a look on his face that you see on the faces of those jugglers who are tossing around a bowling ball, a butcher knife and a feather, or something

like that. This kid's conundrum was in his attempt to stay cool (most important), keep the bike



out of traffic (these choppers have a mind of their own), and hope all those fork blades stay securely pounded onto the ones originally intended to hold the front wheel. He was managing, but he was concerned. What great memories it brought back.

Mine was a yellow Stingray. Wide slick on the back and skinny tire up front - way up front. I harvested a set of fork blades from another Stingray, and then went crazy with my Dad's hacksaw, and relieved a Schwinn Varsity of its 27" fork blades. I hammered the short ones on upside-down to compensate for the extreme curvature of the longer ones, the piece de resistance that would send my front wheel so far away from my bike and common sense that all the other fellas would ooh and ah for sure! All that was left was to slip into my "Keep on Truckin'" t-shirt and hit the street.

I was King on that chopper. No one could touch me. They all had just one extra fork, but we had more bikes around our house. And I had the longer, more swoopy Varsity forks with the chromed lower half. I got oohs and ahhs for sure as I juggled that thing up and down the street. I later decided it needed to be all one color, and somehow convinced myself that I could make it slick and shiny with a can of my Pop's spray paint.

I carefully disassembled it to

protect the chrome parts. I sanded a little, but that was just too time consuming and, frankly, too much effort. I didn't mask the decals or anything, because I was going to hand paint my own name on there after the custom paint job was dry. I hung it from a tree branch and sprayed way. In the places where the paint actually made it through the Georgia summer breeze and onto the metal, it glopped or ran down the frame tubes like a dagger, ruining my vision. My youthful logic said the only way to save it was to apply more paint. Of course! It was a mess. An ugly, part yellow, part "candy apple red" mongrel that I lost all interest in during the ten minutes, longer in some spots, it took for the paint to dry. I used a whole can of paint on several spots across that chopper's frame, and it was hideous. I couldn't show it in public. It was finished.

I felt like crying. I wanted to get rid of it before anyone saw it, especially my Dad, and asked what in the world made me think of doing that to a perfectly good bike!? I traded it to a kid in the neighborhood who had not had a spray paint experience yet. I remember him saying that all it needed was another coat or two, just thicker coats. I patted him on the back and agreed with him as though he was teaching me something about painting. In return I got an older, not so nice Stingray. It was blue with hardly any decals or stripes left. It was a lot like the one I saw the other day. And I think it may be safe to admit, at 40 years of age, that I am the perpetrator who hacksawed my older brother's forks off his bike. They were chrome, and with a little paint, they made a great chopper!

Editor's Note: Greg can be reached at:
grego@encore-sports.com

COACH'S CORNER

Off the Dirt and onto the Road

By Bill Harris

What's the secret to successful mountain biking? There are many, but one of the best secrets is lots of miles and racing on a road bike. Did you know that many of the world's best mountain bike racers are also accomplished road racers? In fact, a few of the best mountain bike racers in the world over the past few years have made the switch to full-time professional road racing and we'll soon be watching them in the Tour de France. Why do the best spend so much time of the road bike? Well, to become a top mountain bike racer you have to put in a lot of miles and hard workouts on the bike, just like a road racer. The problem is, if do all of your rides/workouts on a mountain bike you really beat up your body, especially your upper body. This extra punishment takes its toll on your ability to recovery, the quality of your workouts and the amount of time you can be on the bike. To maximize recovery between workouts, to keep every workout high quality and to get all those miles in, the best mountain bike racers have turned to the road. You can do the same workouts and the same amount of miles as if you were on the dirt, but spare your body in the process and be fresh when you really need to be.

Here is one workout you can do on the road that will help with your race climbing.

- Ride at an easy warm-up pace to your favorite steady climb, like one of the many canyons we have.
- Then do 2 or 3 x 9min race pace (that means a fast, intense pace you would attempt in a race) efforts staying seated. Now here is the kicker. At the top of every minute, shift one gear harder, stand up and attack (accelerate) for 10sec, then sit back down, shift to one gear easier and maintain race pace. You will do 9 attacks per interval and they will become harder and harder, stay focused, grit your teeth and visualize yourself in a race dropping all the people behind you.
- After doing these intervals you spin back home nice and easy. Have a recovery drink and lay on the couch.

I'm not suggesting that you do ALL your workouts on the road bike, but I would recommend at least 50%. You still need to spend a lot of time on one of the other components of successful mountain bike racing, your handling skills. You can only work on this in the dirt and this should be the focus of most of your dirt rides. Another advantage to riding the road is that it adds variety to your training which will help prevent burnout and keep your head in the game. So peel off your knobbies and put on some slicks and I'll see you at the next Rocky Mountain Raceway Criterium.

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 bill@yellowjersey.com or check out his website at www.yellowjersey.com

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**High Uintas -
Continued from page 20**

The Descent

We passed the KOM point and we were able to shift back into our big ring as we started the descent. Life was good. With our joy came the roar of thunder and the buckets of rain, but we were descending, who cares if we got a little wet. We would have 30 miles of rolling highway into Evanston to dry off and warm up.

At about that time the rain drops turned white and solid and the wind whipped across the road. The grape size hail hit us as if it was shot out of a shotgun. The stinging was so intense that the motorcycle cops pulled off the road and took shelter in the trees while all the racers in their cute little shorts and jerseys rode on. The hail came down so hard that the entire road was covered and no pavement could be seen. "Freshies" is the term used in the winter when you are skiing in untracked snow. This was my first occasion to be able to use this term in a road race and I was going to mention this to my teammate Dan, but my face was too frozen to talk. We followed each other's tracks and eventually the pavement came back into site. The hail turned back into rain but the temperature stayed very low. As we came to the 50-mile mark, a racer asked me if our finish had been changed to this location. My spirits soared at this thought, and then we rode over the citizens' finish line and begrudgingly continued on toward Evanston.

The 30-Mile "Spin" into Evanston

I took a bottle at the second feed and continued pedaling. At this point we had been in the rain and hail for about an hour and we were all soaked and frozen, but we persevered. The smart people found a support vehicle and ended the agony.

The feeling was gone from my hands, feet and legs. It was impossible to drink or eat because my hands would not function enough to grab my bottle or get something out of my jersey. Shifting became a major chore, as I had to try to push the lever with all my fingers. Working with other riders was pointless because the



Thomas Cooke in the road race. photo: Jeff Anderson

spray off of their tires and the relative ease of drafting caused you to really freeze. At one point my shivering became so intense that my bike was all over the road and I knew I had to drop out of the race. I looked for a support vehicle but there was not one in sight; so I had no choice but to keep pedaling to try to stay warm.

My progress toward the finish had nothing to do with the race but everything to do with surviving. I know Paul Knopf, the race director, quite well and I knew he and his crew would have things dialed at the finish, if I could just make it that far.

The Finish

I saw the 1 km sign then the 200 m sign and I sprinted to the finish, NOT! My body was totally numb as I slowly crossed the finish line the uncontrollable shivering started. The race staff directed me into a large room where there were at least 100 other racers wrapped in blankets, drinking warm beverages and all telling the same painful stories.

After about 30 minutes of violent shaking I could at least hold a cup steady enough drink a hot drink. Normal body functions soon returned. Thank you Paul, Cheryl, Ernie, Rick, Ellen, Kim and the rest of the staff for saving all the racers.

The Question

"How did you do in the race", my wife asked. "I survived", I answered, "and I can't wait to do it again next year." We are a very sick group of people.

Editor's Note: Ed continues his 'treatment' by promoting the Intermountain Cup Series when he's not racing. -See Results on page 16.

Letter to the Editor

University of Utah Master Plan and Bicycles

The University is quite possibly the single largest bicycle destination in the state and yet it's design is quite unfriendly to cyclists. The bicycle is a great way access the campus and my hope is that the University recognizes cycling as a significant alternative to automobile commuting and a way to reduce demand for more parking. Even for those arriving by Trax (or car) the bike is a great way to get around once on Campus.

Presently there are three bike routes leading to the campus but each dwindles once the perimeter road system is reached. It is very unfortunate that recent road construction has not improved the situation. South Campus drive, a road that should have marked bike lanes due to its heavy bike traffic volume instead has been made much more dangerous by recent road and Trax construction. There is no safe way to get past the stadium other than down the center of the lane, blocking motorists. There are other routes at the University that also seem built to discourage cycling as a commuter alternate. The University would be well served to hire a consultant to identify the several bike hazards on and around campus and recommend long and short term solutions. Then the University must implement them.

I encourage the University to take on an attitude of, "What can we do to help cyclists," instead of, "How can we get cyclists out of the way of motorists" that seems to be the attitude many cities and towns around the country adopt. As an Architect and Planner I would be more than willing to donate some of my time to assist in any endeavor to improve cycling safety on

and around the University Campus.

-Malcolm Campbell

Editor's note - The University of Utah is soliciting comments on their master plan, with a specific question regarding transportation use. "What changes in transportation modes (pedestrian, bicycle, vehicular, transit, parking) would you recommend to

improve the quality of life on and around campus? What would you recommend as possible resolution to conflicts between travel modes (including pedestrians)?"

You can find out more at: www.alumni.utah.edu/services/u-news/July03/LRDP.htm You can submit comments online by following the links at www.utah.edu/fyi/newsletter/LRDP051403A.html

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- June 7 Deer Valley Pedalfest XC, Deer Valley Resort, UT
- June 14 Utah Summer Games XC Race, Cedar City, UT
- June 28 Pedal Powder, Powder Mountain, UT
- July 5 Brian Header, Brian Head, UT
- July 12 Chris Allaire Memorial/Utah State Open, Solitude, UT
- August 2 The 16th Annual Mountain Bout, Snowbird, UT
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ROAD RACING

Herriman Redux, Utah State Road Race Championships June 14, 2003



Top Left: Karen Dodge leads Maren Partridge through the corner.

Top Right: John Osguthorpe (left) and UCA points leader Alan Butler punch it on the hill.

Left: Marc Yap grimaces on the climb.



Story and Photos by
David Ward
Publisher

Just days prior to the Utah State Road Race Championships in Herriman, the distances for the Men's Category 1-2 and Category 3 races were increased. This generated a fair amount of email activity following one racer's complaint that this would turn the race into one of attrition. He was right, though most responding had no problem with that. Indeed, most recognized that attrition is an integral part of many road events.

In both races, the gentle but deceptively draining slope from the start/finish line of the 9 mile race loop to the base of the short but steep climb at the mid-point of the loop, plus the fatigue, heat and dry summer wind, worked the riders over enough that the push over the climb nar-

Continued on page 19

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MOUNTAIN BIKE RACING

Pedalfest Photo Gallery

Intermountain Cup #5,
June 7, 2003



Left: Men's Pro Winner Carl Swensen. Middle: Elena Felin.
Right: Men's Expert 19-29 Winner Ali Goulet.

Photos: Anedru Firth

See Results
on Page 16



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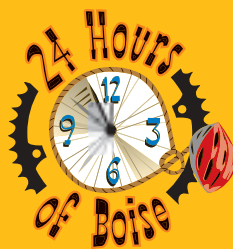
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MOUNTAIN BIKING

Bromka's Wasatch Front Guidebook Finally Out

Long awaited and a year overdue, Gregg Bromka's new mountain biking guidebook, *Mountain Biking Utah's Wasatch Front* (Off-Road Publications) has been released, finally. With mountain biking season in full swing, you can "get the goods" on where to ride in the Wasatch Range.

As the title suggests, "... *Wasatch Front*" focuses solely on rides that are accessible from Ogden-Bountiful, Salt Lake, and Orem-Provo. There is a bonus section with trails in the Oquirrh Mountains and West Desert, too. This definitive guide features 71 trails (over 1,000 miles) that venture from the Front's salt-flat valley to its forested canyons and wind-swept peaks. The guide includes up-to-date information on every route, optional variations to old favorites, and never-before-published trails like those in Utah County's American Fork Canyon and Payson Canyon.

"*Mountain Biking Utah's Wasatch Front*" is brand new book with a fresh new look. The book's size has been scaled down to fit in a jersey pocket or hydration pack, custom paper was chosen that is ultra thin and lightweight with-

out sacrificing print quality, and a special polyurethane glue on the binding makes the book highly durable.

Trail descriptions are concise but detailed, and 135 photographs grace the pages. Most noticeable is the addition of elevation graphs so you can get a "feel" for the terrain and shaded relief topography on the trail maps. Like food? If so, you'll appreciate the "Fat-Tire Dining Guide" sections, which suggest where to carbo-load before or pig out after your favorite ride.

Mountain Biking Utah's Wasatch Front is available throughout Northern Utah at your favorite bike shop or bookstore or at www.offroadpub.com. Retail price is \$15.95.

-editor's note: Cycling Utah features Gregg's work in our Trail of the Month. Readers can preview the book in our April, May, and June 2003 issues.

**Wear your helmet,
Your kids will
thank you!**

ROAD TOURING

Southern Utah National Parks are a Great Touring Destination

By Lynda Forbush

"Seven days of fully supported cycling and camping tour through the breathtaking scenery of Zion's, Bryce Canyon and Cedar Breaks National Parks"...kind of reads like a glossy travel brochure doesn't it? Can it possibly live up to its description? I can tell you from personal experience that it can and does spectacularly!

My very first cycling tour was the Southern Utah Parks Tour in September of '95. My good friend Penny and I were told about the tour through her now husband Robin Perkins. It was recommended as a great "first timers" tour.

I'll never forget the first day. We started in Cedar City with the day's final destination being Zion's National Park. Penny and I were excited to be participating, anxious to meet new people and not wanting to miss a single experience. We took every possible side trip that first day, optional loop up Kolob Canyon, joined a small group diverting slightly into Hurricane for lunch and stopped at every tourist attraction, monument, etc. Mind you, we were still relatively new to cycling (riding moun-

tain bikes with slicks and loaded down with huge touring bags).

By the time we approached our campground outside of Zion's we were exhausted, had lost all coordination and were hallucinating. We inadvertently passed the tour's campground and were heading up Zion's canyon. We finally pulled into one of the Park's campgrounds, rode around for some time on dirt roads looking for our tour only to realize we had over shot the campground. By the time we pulled into our tour's campground it was 7pm. Other cyclists had taken up most of the campsites leaving only a few open patches of dirt.

Penny and I plopped ourselves down on one of those dirt patches with no plans of ever moving. However, we had one more difficult task ahead - putting up a tent. Since neither us of had ever put up a tent it was even more daunting. After a short time a very kind guy came over and offered to help us. That very kind guy, Dave Cody, became our best friend and supporter for the remainder of the tour.

Fortunately as the week went on our judgement improved daily on how to pace ourselves, and

we eventually learned how to handle our own camping gear. During the week we enjoyed spectacular scenery up close as only you can while on a bike. We met many wonderful people and chatted with fellow riders about other great cycling tours. The tour was a great bonding experience with other cyclists and Mother Nature. It was the kind of experience that leaves you wanting to ride more, participate in more tours and in general be a better person. I would encourage anyone who hasn't been on a tour, or for that matter anyone who hasn't been on a Southern Utah national parks tour, to consider doing this ride.

Editor's Note: This year, there are two Southern Utah tours. One is the Southern Utah National Parks Tour, from September 7-13 organized by Jon Smith (801-596-8430). The other is the BBTC Southern Utah Parks Tour organized by the Bonneville Bicycle Touring Club from August 31 - September 6. Information on the BBTC ride is available at bbtc.net or by calling Lynda Forbush at 801-467-5594.

Park City's Witty Returns to the Track

Colorado Springs, CO (June 10, 2003) - Olympic Gold Medallist and four-time U.S. Olympian, Chris Witty (Park City, UT), has been named to the T-Mobile Cycling Team. Perhaps best known for her performances as a world-class speed skater, Witty brings with her a wealth of experience and accolades on the velodrome as an accomplished cyclist, including a fifth place finish in the 500m Time Trial at the 2000 Olympic Games in Sydney, Australia.

Witty, the ninth American to compete in both the Summer and Winter Olympic games, captured the gold medal at the 2002 Winter Games in Salt Lake City, UT in the 1000m event, highlighting her career on the ice, which also saw her win Silver in the 1000m and Bronze in the 1500m at the '98 games in Nagano, Japan as the USA's only double medallist. She plans to continue her Olympic cycling career in the Summer Games Athens in 2004.

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(435) 753-7175
www.joyridebikes.com

Sunrise Cyclery

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

Park City

Christy Sports
7580 Royal St. E-107
Silver Lake Village
Deer Valley, UT 84060
(435) 649-2909
www.christysports.com

Cole Sport

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

Jans Mountain Outfitters

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

White Pine Touring
1685 Bonanza Drive
P.O. Box 280
Park City, UT 84060
(435) 649-8710
www.whitepinetouring.com

Vernal

Altitude Cycle
580 E. Main Street
Vernal, UT 84078
(435) 781-2595
(877) 781-2460
www.altitudecycle.com

WASATCH FRONT Davis County

Bountiful

Bountiful Bicycle Center
2482 S. Hwy 89
Bountiful, UT 84087
(801) 295-6711

Bountiful

Pedersen's Ski & Sports
40 W. 500 S.
Bountiful, UT 84010
(801) 298-4551

Clearfield

Pedersen's Ski & Sports
133 S. State
Clearfield, UT 84015
(801) 776-6504
(801) 776-6559

Kaysville

The Bike Rack
49 E. 200 N.
Kaysville, UT 84037
(801) 544-5300
bushesbikerack@aol.com

Layton

Bingham Cyclery
110 N. Main
Layton, UT 84041
(801) 546-3159
www.binghamcyclery.com

Sunset

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

Salt Lake County

Holladay

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

Golsan Cycles

4678 South Highland Drive
Salt Lake City, UT 84117
(801) 278-6820
golsancycles@aol.com

Spin Cycle

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

Murray/Cottonwood

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

Choose to Ride

6148 S. State
Murray, UT 84107
(801) 74-PEDAL
www.choosetoride.com

Downtown Salt Lake

Guthrie Bicycle
156 E. 200 S.
Salt Lake City, UT 84111
(801) 363-3727
www.redrocks.com

Wasatch Touring

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

Wild Rose Mountain Sports

702 3rd Avenue
Salt Lake City, UT 84103
(801) 533-8671
(800) 750-7377

East Salt Lake/Sugarhouse

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

Bingham Cyclery

1370 South 2100 East
Salt Lake City, UT 84108
(801) 583-1940
www.binghamcyclery.com

Contender Bicycles

878 S. 900 E.
Salt Lake City, UT 84105
(801) 364-0344

Fishers Cyclery

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

Go-Ride Downhill Bikes

3232 S. 400 E., #500
Salt Lake City, UT 84115
(801) 474-0081
www.go-ride.com

Guthrie Bicycle

731 East 2100 South
Salt Lake City, UT 84106
(801) 484-0404
www.redrocks.com

REI

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

Sandy/Draper

Bingham Cyclery
1300 E. 10510 S. (106th S.)
Sandy, UT 84094
(801) 571-4480
www.binghamcyclery.com

Canyon Bicycles

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

REI

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

Revolution Mountain Sports

8724 S. 700 E.
Sandy, UT 84070
(801) 233-1401

Sandy/Draper

T&T Bike and Ski
8621 S Highland Drive
Sandy, UT 84092
(801) 944-8038
(877) SKI-PHAT
www.altacam.com

South Jordan

South Valley Cycles
10445 S. Redwood Road
South Jordan, UT 84095
(801) 446-1415

Utah County

Orem

Mad Dog Cycles
736 South State
Orem, UT 84058
(801) 222-9577
maddogcycles.com

Provo

Aardvark Cycles
936 E. 450 N.
Provo, UT 84606
(801) 356-7043
(877) 346-6098
www.aardvarkcycles.com

Bingham Cyclery

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

Copeland's Sports

4801 N. University Ave.
Suite 210
Provo, UT 84604
(801) 852-2160
www.shopsports.com

Springville

Blayn's Cycling Service
1190 N. Main
Springville, UT 84663
(801) 489-5106
biknut@sisna.com

Weber County

Ogden

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

Bingham Cyclery

3259 Washington Blvd.
Ogden, UT 84403
(801) 399-4981
www.binghamcyclery.com

Riverdale

Canyon Sports Outlet
705 W. Riverdale Road
Riverdale, UT 84405
(801) 621-4662
www.canyonsports.com

cycling utah

CALENDAR OF EVENTS

Calendar Guidelines:

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

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

Let us know about any corrections to existing listings!

**Bicycle Motocross**

Battle Bay BMX — (801) 796-8889
Rad Canyon BMX — (801) 824-0095
For more track info, visit cyclingutah.com

Events

Mondays — Rad Canyon Bmx, Practice, Mondays through September, 6:30-8:30 pm. 9700 S. 5250 W., South Jordan, (801) 824-0095.

Tuesday and Thursday Evenings — Rad Canyon Bmx, Single Point Races Tuesdays & Thursdays through September (Saturdays in October), Registration 6-7 pm, racing ASAP (8pm). 9700 S. 5250 W., South Jordan, (801) 824-0095.

July 18, 19, 20 — Rad Canyon Bmx, GREAT SALT LAKE NATIONAL. For registration and race times go to www.ababxm.com. 9700 S. 5250 W., South Jordan, (801) 824-0095.

August 8 — Double Point Friday, Registration 6-7 pm, racing ASAP (8pm), Rad Canyon

August 9 — State Championship Qualifier, Registration 4-5 pm, racing ASAP (6pm), 9700 S. 5250 W., South Jordan, see www.radcanyon.com or call (801) 824-0095.

September 13 — Double Point Saturday, Registration 9-10 am, racing ASAP (11am), Rad Canyon

September 14 — State Championships, Registration, 9-10 am, racing ASAP (11am), Rad Canyon 9700 S. 5250 W., South Jordan, visit radcanyon.com or call (801) 824-0095

**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

Provo Bike Committee — (801) 374-2033 or tjensen@korve.com

Calendar of Events is sponsored by

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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

September 18-20 — Utah Trails and Pathways Conference, planning, design, construction, funding and more, www.stateparks.utah.gov

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 MTB Races

Wednesdays — Soldier Hollow Training Series, 7 p.m., (801) 404-0946

Wednesdays — April 30 - September 3 Sundance Weekly MTB series, 6:30 pm, alternates with Soldier Hollow Training Series, Sundance Resort, (801) 223-4849

July 5 — Brian Header, Intermountain Cup #8, Brian Head, UT, XC, Clark Krause, (435) 586-2770

July 12 — Chris Allaire Memorial, Intermountain Cup #9, Solitude, UT, XC - Ed Chauner, 801-942-3498

July 12 — Brianhead Epic 100, qualifier for the 2002 World Solo Championships, Brian Head, (909) 866-4565

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

July 19-20 — CANCELLED, Endurance 100/Mind Over Mountains, Park City, (435) 649-2129

July 20 — Flyin' Brian I Downhill Race, Brian Head, UT, (801) 375-3231

August 2 — Snowbird Mountain Bout, Intermountain Cup #10, 15th Annual, Snowbird, (801) 942-3498

August 9 — Wolverine Ridge XC Race, Intermountain Cup #11, Series Finals, Evanston, WY - Paul Knopf, (866) 783-6300 or (307) 783-6470

August 23 — King of the Wasatch Downhill, Park City Mtn. Resort, (801) 375-3231

August 23 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

August 24 — Widowmaker Hill Climb 10 AM, Snowbird Resort, (801) 583-6281

September 1 — Flyin' Brian II Downhill Race, Brian Head, UT, (801) 375-3231

September 6 — CANCELLED, The Endurance 100/Mind Over Mountains, Park City, (435) 649-2129

September 13 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

September 14 — Bald Mountain Challenge Downhill, Deer Valley, UT, (801) 375-3231

September 20 — Tour des Suds, Park City, (435) 649-6839

October 4-5 — Moab Rim Downhill and Freeride Contest, Moab, UT, (801) 375-3231

October 10-11 — Red Bull Rampage Free Ride Contest, 2nd Annual, Virgin, UT (435) 772-BIKE

October 13-14 — Huntsman World Senior Games. Must be 50 years or older. Three events: hill climb, downhill, and cross country. 800-562-1268 or hwsq@infowest.com

October 18-19 — 24 Hours of Moab, (304) 259-5533

Regional MTB Races

July 5-6 — Pomerelle Peaks, XC on Sat, DH on Sun, Wild Rockies Series #6, Albion, ID, (208) 342-3910

July 12 — Kelly Canyon Knobby Challenge XC, Kelly Canyon Ski Resort, Idaho Falls, ID (208) 338-1016

July 19 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228

July 20 — State Short-Track XC, ID, (208) 788-9184

August 2-3 — 19th White Knob Challenge and MTB Stage Race, Mackay, ID, Kurt Holzer at (208) 890-3118

August 9-10 — 24 Hours of Boise, Bogus Basin, ID, (208) 367-1899

August 9-10 — Claim Jumpers Downhill and Cross Country, Nevada NORBA State Championships, XC, DH, Great races in the middle of Nevada on Hwy 50, Austin, NV, (775) 964-1212

August 14-17 — NORBA National Championship Series Race #4, Durango, CO, (970) 259-4621

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.



August 23-24 — Brundage Bike Festival, Wild Rockies Series #7, McCall, ID, (208) 342-3910

August 30 — Idaho State NORBA XC Championship Finals, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016

September 6 — Galena Grinder, Galena Lodge, ID, (208) 788-9184

September 6 — Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 733-5335

September ? — Pahrump NV, (775) 727-5284 or (702) 228-4076

September 20-21 — Lava Rama, Wild Rockies Series #8, XC, DH, Lava Hot Springs, ID (208) 342-3910

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Mountain Bike

Tours and Festivals

August 9-10 — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595

September 27 — Antelope Island Buffalo Bike Tour, (801) 947-0338

October 30 - November 2 — Canyonlands Fat Tire Festival. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab, UT, (800) 635-6622



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.

Utah Road Races

July 8,15,22,29 — RMR Crit Series, Salt Lake, (801) 944-8488

July 2,9,16,23,30 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 558-6875

July 3,17 — Salt Air TT Series, Every other Thurs, (801) 944-8488

July 6 — Antelope Island TT #2, State TT Championship Antelope Island, (801) 731-8335

July 12-13 — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532

July 19 — Hill AFB Criterium, Ogden, UT, (801) 776-3917

August 5,12,19,26 — RMR Crit Series, Salt Lake, (801) 944-8488

August 6,13,20,27 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 558-6875

August 14,28 — Salt Air TT Series, Every other Thurs, (801) 944-8488

August 2 — CANCELLED - Snowbasin Earl Miller Hillclimb, 11 miles from Huntsville to Snowbasin, Huntsville, UT, (801) 620-1048

August 2 — Davis Crit (Rusty Shoemaker Memorial), Davis County Technical Center, (801) 944-8488

August 9 — Fazoli's Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (801) 400-6130

August 16 — Antelope Island TT #3, Antelope Island, (801) 731-8335

August 23 — Snowbird Hill Climb, 7:30 AM, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 583-6281

August 23-24 — Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 677-2111

August 29 - September 1 — Cache Classic Stage Race, Logan, UT, (435) 752-5131 or (435) 787-2534

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

September 3,10,17,24 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 558-6875

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

September 6 — Eureka RR, great road race through the Tintic Mining District, Eureka, UT (801) 553-1065

September 13 — LOTOJA, 203 miles from Logan, UT to Jackson, WY, (801) 627-6200 or (800) 497-7335

September 28 — Antelope Island TT #3, Antelope Island, (801) 731-8335

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

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

Regional Road Races

July 4 — Elko Jaietan Criterium, Part of the Elko Basque Festival, Elko, NV, (775) 738-5245

July 12-13 — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532

July 15 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu

July 19 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228

July 22 — Summer Night at the Track #2, Road/Track, Boise, ID, (208) 343-3782

July 26 — Twilight Criterium, Boise, ID, (208) 343-3782

July 27 — The Morning After Criterium, Boise, ID, (208) 343-9130

July 29 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu

August 4-9 — USCF Master's National's, Louisville, KY, (719) 866-4581

August 9 — Saturn Cycling Classic, "The Race", Boulder to Breckenridge, 140 miles, plus Nicole Reinhart Criterium, (303) 443-7020

August 9 — Spectrum Festival of Speed Criterium, Boise, (208) 343-3782

Last Friday of EVERY Month.
CRITICAL MASS
 slccriticalmass.org
5:30pm @ Gallivan Center

August 12 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu

August 16 — Table Rock HC RR, Boise, ID, (208) 867-2488

August 17 — Day at the Track, Road/Track, Boise, ID, (208) 343-3782

August 23 — Stanley Challenge, Boise, ID, (208) 867-2488

September 6-7 — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118

September 13 — Race to the Angel, 17th Annual, Wells, NV, (775) 752-3540

September 13 — Bogus Basin Hill Climb, Boise, ID, (208) 343-3782



Weekly Rides

Mondays — April - September — Wasatch Women's Cycling Club (WWCC) Weekly Ride: fun/easy ~1 hr. ride, meeting at 6:00 p.m. at 1500 E 1500 S (by Einstein's). All welcome!, Melissa at (801) 466-6312.

Mondays — Park City Social Ride, 6 pm, easy pace, meet at Cole Sport, Park City, (435) 649-5663

Tuesdays — 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.

Wednesdays — 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

Wed MTB ride — Women's Joyride, 5:30 p.m., meet at Joyride Bikes, 655 S. Main St., Logan, (435) 753-7175

Thursdays — 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

Thursdays — Park City Tempo Ride, 6 pm, fast paced, meet at Cole Sport, Park City, (435) 649-5663

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

Calendar - Continued on page 18

INTERMOUNTAIN CUP FINALS MOUNTAIN BIKE RACING SERIES

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cycling utah

RACE RESULTS



**Mountain
Bike
Racing**

**Deer Valley Pedalfest, Deer Valley ,
Utah - June 7, 2003**

**INTERMOUNTAIN CUP MOUNTAIN
BIKE RACING SERIES - Race # 5**

12 & Under

- Tanner J. Putt (X-Men) 12:20:44
- Alex Scott (Young Riders) 12:25:29
- Blake Wiehe (Young Riders) 12:26:54
- Gabriel F. Campbell (Young Riders) 12:29:04
- Brandon Perez 12:32:06

9 & Under

- Rhet Povey 12:04:17
- Riley Peek 12:04:31
- Martin Lentz 12:04:41
- Cale Pilling (New Moon Media/Spin Cycle) 12:05:52
- Hazel Harvey 12:05:56

Beg Men 13-15

- Ryan Wyble (Young Riders) 12:55:13
- Matthew L. Downing (Mad Dog Cycles) 12:55:14
- Jason K. LeGore 12:58:55
- Mike H. Voth (Young Riders) 12:59:55
- Bryce Packard 1:00:51

Beg Men 16-18

- Taylor Foss 0:50:31
- Nicholas Kerr 12:52:17
- Kasey Curtis (Mad Dog Cycles) 12:59:10
- Mitch Longson (Mad Dog Cycles) 1:00:56
- Jordan Reeves 1:07:17

Beg Men 19-29

- Brady Preston 12:42:05
- Russell Taylor (Construction) 12:42:37
- Tim J Wilson 12:43:12
- Shawn Frye (Pedros Grassroots/Canyon Bicycle) 12:44:46
- David Laga (Mad Dog Cycles) 12:44:47

Beg Men 30-39

- Tony Parkinson 12:44:40
- Phil Tisovec (Bicycle Utah) 12:45:46
- Brett Wehrli (Mad Dog Cycles) 12:46:30
- Mark W. Esplin 12:46:39
- Jay Grove 12:46:40

Beg Men 40+

- Jeff Butler 12:53:29
- Kelly Lassiter 12:55:00
- Jim Kupferschmidt 12:55:07
- Rush Bowers 12:55:21
- Paul Moote (Green Team) 12:56:23

Beg Women 19+

- Sue F. Abbene 12:57:58
- Natasha Way 1:00:42
- Anne Donahue 1:03:18
- Ashley Bates 1:03:53
- Karen Ursick (Pedros/Canyon Bicycles) 1:04:10

Clydesdale

- Robert Cummins 1:36:26
- Aaron Mullins (Taylors Bike Shop) 1:37:11
- Matt Longson (New Moon Media) 1:37:53

Exp Men 16-18

- Scott J. Allen (X-Men) 2:19:36
- Mitchell Peterson (Healthy Choice/Guru's) 2:20:09
- Dustin Wynne (Young Riders) 2:25:17
- Ryan Harward (Guru's) 2:38:52
- Brent Westenburg (Young Riders) 2:39:11

Exp Men 19-29

- Ali Goulet (Stein Eriksen Sport) 2:15:16
- Trever Simper (Guthrie's) 2:15:51
- Brock Cannon (Mad Dog Cycles) 2:17:18
- Gregy Gibson (Racer's Cycle Service) 2:21:06
- Lance R. Runyan (Titus) 2:21:14

Exp Men 30-39

- Todd Henneman (Jans/Trek) 2:23:58
- Jack Dainton (Contender/First Endurance) 2:24:47
- Brad W. Pilling (New Moon Media/Spin Cycle) 2:27:23
- George Manousakis 2:27:24
- Phil Snow (Aardvark Cycles) 2:27:33

Exp Men 40+

- Robert Westermann (New Moon Media/Spin Cycle) 2:29:24
- Tom Noaker (Young Riders) 2:30:08
- Dana Harrison (Guru's) 2:34:17
- Peter W. Peterson 2:35:55
- Daren Cottle (Guru's) 2:36:50

Men 50+

- Fred Torrence 1:22:24
- Brad Mullen 1:22:27
- Bruce Argyle (Mad Scientist) 1:29:10
- Bill Dark (Mad Dog Cycles) 1:29:25
- Gary Kartchner (Golsans Cycles) 1:29:37

Pro Men

- Carl Swenson (Rix/Polo Sport) 2:11:24
- Eric Jones (Biogen) 2:17:21
- Troy Barry (Jackson Hole MT Resort/Marmot) 2:24:22

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Specialists!**

- Todd Tanner (Sobe Cannondale/Guthrie) 2:25:44
- Blake Zumbrunnen (Guthrie Race Club Race Club) 2:27:17
- Aaron T Phillips (Porcupine) 2:28:11
- Brandon Firth (Stein Eriksen Sports) 2:30:33
- Chris Christiansen (Guthrie Race Club) 2:34:30

Pro/Exp Women

- Kathy Sherwin (Sobe/Cannondale) 2:03:36
- Pamela Hanlon (Jans) 2:06:59
- Sonya J. Swartzentruber (Jans) 2:08:57
- Robin McGee (Jackson Hole Mt Resort) 2:10:53
- Hilary Wright (Young Riders) 2:11:58
- Paula M. Seeley (Jan's) 2:13:51
- Wendy Wagner 2:13:53
- Cindl Hansen (New Moon Media/Spin Cycle) 2:14:24
- Misti L. Timpson (Sugar) 2:15:15
- Lara H. Kendall (Jans/Trek) 2:24:17

Spt Men 16-18

- Kyle Wehmanen (T&T Bike & Ski) 1:57:20
- Alan Madorin 1:58:59
- Aleks F. Reisling (Young Riders) 2:00:03
- Rick Washburn (Mad Dog Cycles) 2:00:57
- Josh Adams 2:02:53

Spt Men 19-29

- William Wood (Healthy Choice/Guru's/LRC) 1:45:25
- Rob Hopkins 1:47:26
- Nate L. Stowers (Healthy Choice/Logan Race Club) 1:47:42
- Josey Apostle (Euclid Timber Frames) 1:47:45
- Calvin Squires (Guthrie Race Clubs Cycles) 1:47:49

Spt Men 30-39

- John Griffiths (New Moon Media/Spin Cycle) 1:47:33
- Bob Saffell (Guthrie Race Clubs Cycles) 1:51:43
- Tim White 1:52:42
- Chris Thompson 1:52:50
- Bo Pitkin (White Pine Touring) 1:53:01

Spt Men 40+

- Jordon Swenson 1:55:10
- Andrew Parker 1:55:33
- Clark Johnson (Mad Dog Cycles) 1:57:34
- Don Tower (DogBone Racing) 1:57:53
- Edwin Dilbeck (Northern Utah Mtn Biking) 2:00:38

Spt Women 19+

- Christie A. Johnson (Sugar) 1:29:44
- Lynn Ware-Peek (Vintage Whine) 1:29:45
- Kajsa J. Krieger 1:33:46
- Jennifer Hanks 1:34:56
- Susan Fleck (Sugar) 1:35:59

Spt/Exp Men 13-15

- Kaleb J. LeGore (Healthy Choice/Guru's) 1:18:27
- Ryan Harrison (Guru's) 1:19:15
- Dutch Wiehe (Young Riders) 1:20:56
- Christopher Hong (Young Riders) 1:25:02
- Chris W. Peterson (Guru's) 1:25:12

Women 35+

- Ellen Guthrie (New Moon Media/Spin Cycle) 1:00:41
- Tonia G. Turner 1:01:52
- Kit Howard 1:04:27
- Tamra Roe (Teez Sportswear) 1:07:57
- Gina Riggs (Peak Fasteners) 1:10:18

**Bountiful Bomber Downhill, June
8, 2003, Bountiful, Utah**

Pro Men

- Lance Canfield (Canfield Bros) 4:56:73
- Pete Schaffer (Go-Ride) 4:57:77
- Kris Baughman (Go-Ride) 5:00:13
- Chris Canfield (Canfield Bros) 5:00:77
- Doug Gormley (Go-Ride) 5:03:36
- Scott Crabill (Go-Ride) 5:05:49
- Chris O'Connor (Go-Ride/Oakley) 5:34:74
- Nathan Toone (Elsworth) 5:35:83

Expert 19-29 Men

- Mark Christensen (Guthrie's) 5:06:64
- Eric Frost (Instant Relay) 5:08:82
- Carl Marcum (Joy Ride) 5:17:73
- Phillip Vega (Joy Ride) 5:17:99

- Mike Abbott (DOD Racing) 5:23:61

Expert Men 30-39

- Justin Alvey (Go-Ride) 4:54:79
- Damon Kirchmeier (Yeti/Go-Ride) 5:05:58
- Emmanuel Pons (Go-Ride) 5:52:42
- Jeffery Gosztyla (Lizard Skins) 6:00:62
- Dave Mosher (Mtn. West Off Road) 6:04:13

Expert Men 13-18

- Hayden Price (Go-Ride/Smith) 5:47:15
- Kyle Wehmanen 5:49:42
- Nate Davis (DOD Racing) 5:57:38
- Tyler Dautel (DOD Racing) 5:57:49

Expert Men 40+

- Dave Barclay (Bikes 2 Boards) 6:06:68
- Stephen Waldron 6:10:28

Pro Women

- Faith Bradley (Go-Ride) 6:13:27

Expert Women

- Denise Wardwell (Joy Ride) 7:42:44
- Michelle Camp (Fitzgeralds) 8:06:56
- Lusana Schutz (Fitzgeralds) 8:15:98
- Sarah Long (Fitzgeralds) 8:39:94

Sport Men 30-39

- Bryan Safarik 6:04:334
- James Gillespie (Platt Electric) 6:19:20
- Doug Frei (Pocatello P.D.) 6:39:63

Sport Men 19-29

- Daniel Prince 5:44:23
- Ben Craner 5:59:65
- Justin McBride 6:08:59
- Chad Bryce (Marzocchi/Maxxis/Sun Ringle) 6:18:31
- Josh DeMann 6:21:55

Sport Men 13-18

- Andrew Pierce 6:04:03
- Chris Hadley (Go-Ride) 6:08:29

Beginner Men 19-39

- Tyler Blaine 6:04:42
- Joe Harker 6:20:80
- Joshua Parris (UAO/Choose to Ride) 6:28:78
- Zack Wood 6:52:41
- James Cooper 7:23:59

Beginner Men 13-18

- Mitchell Andrus (Hank Hill Racing) 6:53:92
- Nic Hadley (Go-Ride) 7:27:81
- Brock Swenson 7:28:36

Sport Women

- Selena Kontuly 9:26:69

**Utah Summer Games Mountain
Bike Race, Cedar City, UT - June
14, 2003**

**INTERMOUNTAIN CUP MOUNTAIN
BIKE RACING SERIES - Race #6**

12 & Under

- Carsen Ware 12:33:20
- Alex Scott 12:38:13
- Merrick Taylor 12:40:56

9 & Under

- Rhet Povey 12:15:24
- Alex Graham 12:18:18
- Kasyn Parsons 12:19:26

Beg Men 13-15

- Matthew L. Downing 12:40:15
- Jason K. LeGore 12:40:17
- Derek Owen 12:41:17

Beg Men 16-18

- Brent Rodriguez 12:36:40
- Kasey Curtis 12:39:21
- Kyle White 12:39:47

Beg Men 19-29

- Clint Edwards 12:32:32
- Brent Fischer 12:34:24
- Ryan Stone 12:42:28

Beg Men 30-39

- John Wickland 12:34:41
- Warren Worsley 12:36:09
- Rory Ackroyd 12:38:20

Beg Men 40+

- John Bliss 12:35:17
- Barry Moore 12:37:24
- Cam Smith 12:37:45

Beg Women 19+

- Monique Beeley 12:35:00
- Sunny Myers 12:44:23
- Lauren Brzozowski 12:47:24

Clydesdale

- Les Vierra 1:18:54
- Steve Pecorella 1:19:48
- Robert Cummins 1:20:39

Exp Men 16-18

- Dustin Wynne 1:30:06
- Mitchell Peterson 1:34:11
- Brent Westenburg 1:34:37

Exp Men 19-29

- Thomas J. Spannring 1:24:09
- Gregy Gibson 1:25:35
- Tharon Jeppson 1:30:59

Exp Men 30-39

- Todd Henneman 1:26:01
- Chad B. Wassmer 1:26:18
- George Manousakis 1:28:10

Exp Men 40+

- Dana Harrison 1:27:13
- Robert Westermann 1:27:46
- Tom Noaker 1:31:01

Men 50+

- Bill Dark 1:13:44
- Gary Kartchner 1:15:00
- Bill Peterson 1:15:04

Pro Men

- Blake Zumbrunnen 1:19:28
- Kevin Day 1:19:32
- Todd Tanner 1:19:36

Pro/Exp Women

- D.J. Morissette 1:43:12
- Misti L. Timpson 1:49:12
- Pamela Hanlon 1:49:15

Spt Men 16-18

- David L. Peterson 1:11:00

- Aleks F. Roising 1:11:51
- Andrew G. Downing 1:13:57

Spt Men 19-29

- Jacob Balls 1:04:56
- Chris A. Holley 1:05:21
- Andrew Adams 1:05:58

Spt Men 30-39

- Bob Saffell 1:02:41
- Troy Nye 1:05:02
- Antonio Gonzalez 1:05:39

Spt Men 40+

- Mike Osborn 1:12:04
- Victor Rodriguez 1:12:36
- Steve Moss 1:13:54

Spt Women 19+

- Kajsa J. Krieger 1:25:26
- Bobbi Kirk 1:27:08
- KC Holley 1:28:27

Spt/Exp Men 13-15

- Ryan Harrison 1:12:38
- Jeremy Kough 1:14:09
- Tyler Scott 1:15:09

Women 35+

- Ellen Guthrie 12:44:22
- Bonnie Jones 12:47:31
- Liz J. Egerton 12:50:43



**Road
Racing**

**Sugarhouse Criterium,
Sugarhouse Park, June 7, 2003**

Men CAT 1-2

- Burke Swindlehurst
- Allan Butler
- Bryson Perry
- Christian Johnson
- John Osguthorpe

Women CAT 1-2-3

- Laura Howat
- Crystral Yap
- Cynthia Martin
- Daphne Perry
- Lisa Milkavich

Men CAT 3

- Jon Baddley
- Jim Fearick
- Tom Horrocks
- Bryan Gillespie
- Michael Coffman

Women CAT 4

- Laura Patten
- Miriam Meyer
- BriAnn Hoopes
- Courtney McBeth
- Jessica Preston

Men CAT 4-5

- Casey Simons
- Mike Pratt
- Scott Preston
- Fred Porter
- Rod Boynton

Men CAT 4-5

- Scott Allen
- Matthew Burris
- Troy Oldroyd
- JR Stanciliff
- Peter Hansen

Men 35+

- Don Pollari
- Derek Powers
- Gary Porter
- Glen Adams
- Paul Quinlan

Men 45+

- Dirk Cowley
- Clyde Done
- Bob Walker
- Robert Keller
- Mark Bates

Men 55+

- Ken Louder
- Gary Simmons
- Lee Bourne

Men JR

- 1. Bruce Beattie, Kanarraville, 1:48:15
- 2. Steve Wright, Salt Lake City, 1:52:31
- 3. Ray Matthews, Salt Lake City, 2:05:07
- Women 50-54 Division**
- 1. Lucetta Roy, Salt Lake City, 1:31:01
- Men 55-59 Division**
- 1. Paul Scarpelli, Ivins, 2:01:27
- 2. Lee Bourne, Salt Lake City, 2:03:32
- 3. Gary Dixon, Brigham City, 2:05:07
- Men 60-64 Division**
- 1. Stan Swallow, American Fork, 1:10:46
- 2. Ron Strobel, Dammeron Valley, 1:12:33
- 3. Ralph Hall, St. George, 1:14:58
- Women 60-64 Division**
- 1. Alice Pust, Santaquin, 1:34:16
- Men 65-69 Division**
- 1. Duane Loveland, St. George, 1:10:59
- 2. Roland Jeppson, Logan, 1:12:46
- 3. Lyman Munford, Cedar City, 1:13:12
- Men 70-74 Division**
- 1. Charles Schaeilling, Washington, 1:30:12
- Men 75-79 Division**
- 1. Marvin Woodbury, St. George, 1:34:40
- Men 80-over Division**
- Milo Hadlock, Murray, 1:27:21

Utah Summer Games Criterium, 1.2 mile circuit, Chekshani Cliffs, June 20, 2003

- Boys 12-14 Division (30-minute race)**
- 1. Bruce Hoffman, Layton
- 2. Oliver Riddle, Cedar City
- 3. Dana Hoffman, Layton
- Boys 15-16 Division (30-minute race)**
- 1. Jeremy Shepherd, Draper
- Boys 17-18 Division (45-minute race)**
- 1. Travis Richens, Centerville
- Men 19-29 Division Category I (One hour race)**
- 1. Cameron Hoffman, Layton
- Men 19-29 Division Category III (One hour race)**
- 1. Jeff Stenquist, Draper
- Men 19-29 Division Category IV (One hour race)**
- 1. Rod Boynton
- 2. Joshua Draper, Ogden
- 3. Joe Davis, Ogden
- Women 19-29 Division (30-minute race)**
- 1. DJ Morrisette, Brian Head
- 2. Jourdan Boynton, Provo
- 3. Chanda Jeppson, Cedar City
- Men 30-34 Division (One hour race)**
- 1. Brian Jeppson, Cedar City
- 2. Sean Hoover, Riverton
- 3. John Anderson, Roy
- Men 35-39 Division (One hour race)**
- 1. Roger Mickels, Santa Clara.
- Men 40-44 Division (45-minute race)**
- 1. Tim Prindle, Cedar City
- 2. Kevin Shepherd, Draper
- 3. John McConnell, Santa Clara
- Men 45-49 Division (45-minute race)**
- 1. Lasse Bjerga, Cedar City
- 2. Steve Wilcox, West Valley City
- 3. Ron Cushing, Vernal
- Women 45-49 Division (30-minute race)**
- 1. Barbara Scarpelli, Ivins
- Men 50-54 Division (45-minute race)**
- 1. Bruce Beattie, Kanarraville
- 2. Steve Wright, Salt Lake City
- 3. Ron Roy, Salt Lake City
- Women 50-54 Division (30-minute race)**
- 1. Lucetta Roy, Salt Lake City
- Men 55-59 Division (45-minute race)**
- 1. Paul Scarpelli, Ivins
- 2. Gary Dixon, Brigham City
- 3. Lee Bourne, Salt Lake City
- Men 60-64 Division (30-minute race)**
- 1. Stan Swallow, American Fork
- 2. Ron Strobel, Dammeron Valley
- 3. Ralph Hall, St. George
- Women 60-over Division (30-minute race)**
- 1. Alice Pust, Santaquin
- Men 65-69 Division (30-minute race)**
- 1. Duane Loveland, St. George
- 2. Roland Jeppson, Logan
- 3. Lyman Munford, Cedar City
- Men 80-over Division (30-minute race)**
- 1. Milo Hadlock, Murray

Utah Summer Games Time Trial, Lund Highway, June 19, 2003

- Boys 12-14 Division**
- 1. Oliver Riddle, Cedar City, 33:53
- 2. Bruce Hoffman, Layton, 34:07
- Boys 17-18 Division**
- 1. Travis Richens, Centerville, 24:37
- 2. Travis Sawyer, Hatch, 38:34
- Men 19-29 Division (Category 3)**
- 1. Robert Hansen, South Jordan, 23:40
- 2. Jeff Stenquist, Draper, 24:37
- Men 19-29 Division (Category 4)**
- 1. Edson Leite, Salt Lake City, 26:33
- 2. Ryan Van Brocklin, Clearfield, 27:11
- 3. Mark Monson, Logan, 29:16
- Women 19-29 Division**
- 1. Chanda Jeppson, Cedar City, 27:00
- 2. Jourdan Boynton, 29:02
- Men 30-34 Division**
- 1. Brian Jeppson, Cedar City, 24:43
- 2. John Anderson, Roy, 26:50
- 3. Lamont Carter, Riverdale, 29:18
- Men 35-39 Division**
- 1. Roger Mickels, Santa Clara, 24:43
- Men 40-44 Division**
- 1. John McConnell, Santa Clara, 23:23
- 2. Wayne Cottrell, Layton, 25:44
- 3. Mark Zimbelman, Provo, 23:45
- Men 45-49 Division**
- 1. Lasse Bjerga, Cedar City, 23:23
- 2. Steve Wilcox, West Valley City, 23:39
- 3. Thomas Milligan, South Jordan, 23:54
- Women 40-44 Division**
- 1. Paula Burgoyne, Cedar City, 34:29
- Women 45-49 Division**
- 1. Barbara Scarpelli, Ivins, 34:18
- Men 50-54 Division**
- 1. Bruce Beattie, Kanarraville, 24:41
- 2. Steve Wright, Salt Lake City, 25:51

- 3. Ron Roy, Salt Lake City, 29:19
- Men 55-59 Division**
- 1. Paul Scarpelli, Ivins, 24:27
- 2. Lee Bourne, Salt Lake City, 26:21
- 3. Gary Dixon, Brigham City, 29:49
- Women 50-59 Division**
- 1. Sandi Olson, Salt Lake City, 29:27
- 2. Lucetta Roy, Salt Lake City, 37:26
- Men 60-64 Division**
- 1. Ralph Hall, 26:42
- 2. Stan Swallow, American Fork, 26:57
- 3. Clair Jensen, Cedar City, 27:11
- Men 65-69 Division**
- 1. Duane Loveland, St. George, 28:03
- 2. Roland Jeppson, Logan, 28:28
- Lyman Munford, Cedar City, 28:38
- Women 60-69 Division**
- 1. Iris Tolley, Nephi, 34:46
- 2. Alice Pust, Santaquin, 38:13
- Men 75-79 Division**
- 1. Marvin Woodbury, St. George, 37:44
- Men 80-over Division**
- 1. Milo Hadlock, Murray, 33:47

Utah Summer Games Hill Climb, Cedar Canyon, June 19, 2003
Cedar City's Brian Jeppson broke the course record with a time of 20:23 in the Hill Climb in Cedar Canyon to highlight the opening day of the 2003 USG Cycling competition.

- Boys 12-14 Division**
- 1. Oliver Riddle, Cedar City, 9:22
- 2. Bruce Hoffman, Layton, 9:32
- Boys 17-18 Division**
- 1. Travis Richens, Centerville, 27:09
- 2. Travis Sawyer, Hatch, 41:57
- Men 19-29 Division (Category 3)**
- 1. Robert Hansen, South Jordan, 28:28
- 2. Jeff Stenquist, Draper, 28:49
- Men 19-29 Division (Category 4)**
- 1. Rod Boynton, Provo, 25:16
- 2. Ryan Van Brocklin, Clearfield, 28:16
- 3. Edson Leite, Salt Lake City, 33:16
- Women 19-29 Division**
- 1. Chanda Jeppson, Cedar City, 28:28
- Men 30-39 Division**
- 1. Brian Jeppson, Cedar City, 20:23 (New Course Record)
- 2. John Anderson, Roy, 31:04
- 3. Lamont Carter, Riverdale, 37:03
- Men 40-44 Division**
- 1. Mark Zimbelman, Provo, 23:36
- 2. Wayne Cottrell, Layton, 26:19
- 3. Marty Sheeran, St. George, 26:31
- Men 45-49 Division**
- 1. Steve Wilcox, West Valley City, 24:26
- 2. Thomas Milligan, South Jordan, 24:43
- 3. Ron Cushing, Vernal, 24:46
- Women 40-49 Division**
- 1. Barbara Scarpelli, Ivins, 16:56
- Men 50-54 Division**
- 1. Bruce Beattie, Kanarraville, 7:34
- 2. Ron Roy, Salt Lake City, 7:45
- 3. Steve Wright, Salt Lake City, 8:24
- Men 55-59 Division**
- 1. Paul Scarpelli, Ivins, 8:01
- 2. Lee Bourne, Salt Lake City, 9:27
- 3. Gary Dixon, Brigham City, 9:43
- Women 50-59 Division**
- 1. Sandi Olson, Salt Lake City, 10:48
- 2. Lucetta Roy, Salt Lake City, 12:36
- Men 60-64 Division**
- 1. Stan Swallow, American Fork, 8:41
- 2. Clair Jensen, Cedar City, 9:21
- 3. Bob Spinelli, Cedar City, 19:29
- Men 65-69 Division**
- 1. Duane Loveland, St. George, 8:03
- 2. Roland Jeppson, Logan, 8:30
- 3. Lyman Munford, Cedar City, 11:36
- Women 60-69 Division**
- 1. Iris Tolley, Nephi, 12:58
- 2. Alice Pust, Santaquin, 14:53
- Men 70-74 Division**
- 1. Charles Schaeilling, Washington, 13:02
- Men 75-79 Division**
- 1. Marvin Woodbury, St. George, 16:08
- Men 80-over Division**
- 1. Milo Hadlock, Murray, 12:47

Utah Summer Games Omnium Results
Final point-total results from the four races in three days during the 2003 USG Utah Summer Games Cycling competition:

- Boys 12-14 Division**
- 1. Bruce Hoffman, Layton, 48
- 1. Oliver Riddle, Cedar City, 48
- Boys 15-16 Division**
- 1. Jeremy Shepherd, Draper, 28
- Boys 17-18 Division**
- 1. Travis Richens, Centerville, 56
- Men 19-29 Division (Category 1)**
- 1. Cameron Hoffman, Layton, 28
- Men 19-29 Division (Category 3)**
- 1. Robert Hansen, South Jordan, 56
- 2. Jeff Stenquist, Draper, 44
- Men 19-29 Division (Category 4)**
- 1. Rod Boynton, Provo, 56
- 2. Ryan VanBrocklin, Clearfield, 24
- 3. Joshua Draper, Ogden, 14
- Women 19-29 Division**
- 1. Chanda Jeppson, Cedar City, 48
- 2. Jourdan Boynton, Provo, 30
- 3. Heather Nielson, Cedar City, 10
- Men 30-34 Division**
- 1. Brian Jeppson, Cedar City, 56
- 2. John Anderson, Roy, 32
- 3. LaMont Carter, Riverdale, 20
- 3. Sean Hoover, Riverton, 20
- Men 35-39 Division**
- 1. Roger Mickels, Santa Clara, 42
- Men 40-44 Division**
- 1. Mark Zimbelman, Provo, 38
- 2. John McConnell, Santa Clara, 30

- 3. Marty Sheeran, St. George, 26
- Women 40-44 Division**
- 1. Paula Burgoyne, Cedar City, 24
- Men 45-49 Division**
- 1. Lasse Bjerga, Cedar City, 56
- 2. Steve Wilcox, West Valley City, 36
- 3. Thomas Milligan, South Jordan, 22
- Women 45-49 Division**
- 1. Barbara Scarpelli, Ivins, 56
- Men 50-54 Division**
- 1. Bruce Beattie, Kanarraville, 56
- 2. Steve Wright, Salt Lake City, 36
- 3. Ron Roy, Salt Lake City, 22
- Women 50-54 Division**
- 1. Lucetta Roy, Salt Lake City, 56
- 2. Sandi Olson, Salt Lake City, 28
- Men 55-59 Division**
- 1. Paul Scarpelli, Ivins, 56
- 2. Lee Bourne, Salt Lake City, 26
- 2. Gary Dixon, Brigham City, 26
- Men 60-64 Division**
- 1. Stan Swallow, American Fork, 1:10:46
- 2. Ron Strobel, Dammeron Valley, 1:12:33
- 3. Ralph Hall, St. George, 1:14:58
- Women 60-64 Division**
- 1. Alice Pust, Santaquin, 48
- 2. Iris Tolley, Nephi, 28
- Men 65-69 Division**
- 1. Duane Loveland, St. George, 56
- 2. Roland Jeppson, Logan, 40
- 3. Lyman Munford, Cedar City, 24
- Men 70-74 Division**
- 1. Charles Schaeilling, Washington, 28
- Men 75-79 Division**
- 1. Marvin Woodbury, St. George, 56
- Men 80-over Division**
- 1. Milo Hadlock, Murray, 56

High Uintas Classic Stage Race, June 21-22, Evanston, WY

- Stage 1 Road Race, 80 Miles**
- Mens Pro 1/2**
- 1. Ryan Blickem 03:14:49:30 (00:00:15:00)
- 2. Colby Pearce 03:15:08:18 (00:00:10:00)
- 3. Dan Bowman 03:15:18:18
- Womens Cat 1/2/3**
- 1. Gabriel Castaneda 04:01:07:05 (00:00:15:00)
- 2. Cynthia Martin 04:05:31:25 (00:00:10:00)
- 3. Annabella Lopez-Lobos 04:05:36:25 (00:00:05:00)
- Mens Cat 3**
- 1. Neil Flock 03:27:24:84 (00:00:15:00)
- 2. Logan Onken 03:27:29:84 (00:00:10:00)
- 3. Peter Stetina 03:27:39:84
- Womens Cat 4**
- 1. Jamie Williams 02:51:29:00 (00:00:30:00)
- 2. Darcie Murphy 02:51:50:00 (00:00:10:00)
- 3. Kristi McIlmoil 02:57:20:00 (00:00:05:00)
- Mens Cat 4/5**
- 1. Aaron Phillips 03:32:29:24 (00:00:30:00)
- 2. Norm Bryner 03:33:01:75 (00:00:10:00)
- 3. Paul Saladino 03:34:31:79 (00:00:05:00)
- Master Men 35+**
- 1. Dave Sharp 03:27:23:08 (00:00:15:00)
- 2. Don Armstrong 03:27:28:08 (00:00:10:00)
- 3. Ken Jones 03:27:33:08 (00:00:05:00)
- Master Men 45+**
- 1. Bob Bieterman 03:31:09:77 (00:00:15:00)
- 2. Bill Kellagher 03:31:14:77 (00:00:10:00)
- 3. Robert Keller 03:31:19:77 (00:00:05:00)
- Master Men 55+**
- 1. John Haney 02:49:00:00 (00:00:30:00)
- 2. Ed Shaw 02:55:02:00 (00:00:10:00)
- 3. Gary Simmons 02:59:32:00 (00:00:05:00)
- Junior Men**
- 1. Mitchell Peterson 02:41:53:00 (00:00:30:00)
- 2. Cody Stephenson 02:46:30:00 (00:00:10:00)
- 3. Rick Grah 02:56:00:00 (00:00:05:00)
- Master Women 35+**
- 2. Kris Walker 02:51:31:00 (00:00:30:00)
- 3. Jo Garuccio 03:04:39:00 (00:00:10:00)
- Junior Women**
- 9. Cassandre Moore 04:43:25:00 (00:00:30:00)
- Comp Men 19-29**
- 1. John Scatez 03:53:26:47
- 2. Chris Peters 04:00:47:33
- 3. Thomas Spannring 04:13:42:44
- Comp Men 30-39**
- 1. David Larson 03:45:29:27
- 2. Dallin Larson 03:45:29:27
- 3. Trent Duncan 03:50:27:26
- Comp Men 40-49**
- 1. Mike Hodge 03:45:29:27
- 2. Robert Westermann 03:45:29:27
- 3. Grant Taylor 03:53:29:96

- Comp Men 50+**
- 1. Carl Detwyler 05:00:35:73
- 2. Mike Boyd 05:22:51:00
- 3. Tim Vitale 05:25:18:73
- Comp Women 19-29**
- 1. Nicole Evans 04:05:41:25
- Comp Women 40-49**
- 1. Ellen Guthrie 04:20:18:21
- Rec Men 19-29**
- 1. Nate DePalmer 01:02:49:00
- Rec Men 30-39**
- 1. Rick Fredette 00:00:00:00
- 2. James Dahlgren 02:52:41:00
- 3. Carey Pierce 02:53:19:00
- Rec Men 40-49**
- 1. Tom Mraz 02:58:16:00
- 2. Mark Sarette 02:58:20:00
- 3. Rocky Stonestreet 03:02:42:00
- Rec Women 30-39**
- 1. Colleen Theobald 03:47:52:00
- 2. Kevin Vigor 03:51:33:00
- 3. Alecia Harris 03:51:36:00
- Rec Women 40-49**
- 1. Kris Hicks 03:57:57:00
- 2. Scott Kelly 05:21:09:00
- Rec Men 50+**
- 1. John Hernandez 03:04:01:00
- 2. John Silletto 03:12:31:00
- 3. Forrest Day 03:22:06:00
- Tandem**
- 1. Charles Schuster 04:00:41:25

- Stage 2**
- Time Trial**
- Pro Cat 1/2 Men**
- 1. Gardie Jackson 00:20:10:34
- 2. Jesse Westergard 00:20:29:29
- 3. Ryan Blickem 00:20:31:64
- Cat 1/2/3 Women**
- 1. Gabriel Castaneda 00:25:45:48
- 2. Katherine Dickson 00:25:52:33
- 3. Shannon Squire-Kitchens 00:26:11:86
- Cat 3 Men**
- 1. Brad Vanorden 00:21:53:94
- 2. Bill Stalhuth 00:22:27:62
- 3. Peter Stetina 00:22:30:93
- Cat 4 Women**
- 1. Jamie Williams 00:25:41:55
- 2. Darcie Murphy 00:26:02:58
- 3. Klirsten Stuvur 00:26:25:83
- Cat 4 /5 Men**
- 1. Maikel Wise 00:22:47:83
- 2. Paul Saladino 00:23:27:70
- 3. Todd Schmidke 00:23:28:38
- Master Men 35+**
- 1. Zan Treasure 00:21:50:84
- 2. Mark Schaefer 00:22:33:22
- 3. Louie Amelbur 00:22:39:80
- Master Men 45+**
- 1. Bob Bieterman 00:21:55:78
- 2. Rick Montgomery 00:22:27:25
- 3. Bill Kellagher 00:22:45:80
- Master Men 45+**
- 1. John Haney 00:24:56:51
- 2. Ed Shaw 00:25:49:70
- 3. Jim Hoffmeister 00:28:08:17
- Jr Men**
- 1. Cody Stephenson 00:24:33:68
- 2. Bryce Lawson 00:25:14:72
- 3. Mitchell Peterson 00:25:24:48
- Master Women 35+**
- 1. Kris Walker 00:25:16:72
- 2. Jo Garuccio 00:27:10:95
- 3. Nancy Pfeifer-fox 00:28:40:59

- Stage 3**
- Criterium**
- Pro 1/2 Men**
- 1. Bill Harris 00:54:41:49
- 2. Colby Pearce 00:54:41:49
- 3. Chris Stockburger 00:54:41:49
- Cat 1/2/3 Women**
- 1. Cynthia Martin 00:30:35:01
- 2. Katherine Dickson 00:30:35:01
- 3. Gabriel Castaneda 00:30:35:01
- Cat 3 Men**
- 1. Tom Horrocks 00:36:33:63
- 2. Owen Gue 00:36:33:63
- 3. Jim Fearick 00:36:33:63
- Cat 4 Women**
- 1. Jamie Williams 00:30:13:45
- 2. Darcie Murphy 00:30:25:01
- 3. Klirsten Stuvur 00:30:36:25
- Cat 4/5 Men**
- 1. Norm Bryner 00:28:16:89
- 2. Dan Hoopes 00:28:08:16
- 3. Maikel Wise 00:28:41:43
- Master Men 35+**

- 1. Don Armstrong 00:31:39:41
- 2. Don Pollari 00:31:49:41
- 3. Louie Amelbur 00:31:50:22
- Master Men 45+**
- 1. Rick Sorenson 00:24:37:57
- 2. Bob Bieterman 00:24:37:57
- 3. Dana Harrison 00:24:37:57
- Master Men 55+**
- 1. John Haney 00:25:25:74
- 2. Ed Shaw 00:26:09:78
- 3. Jim Hoffmeister 00:26:30:94
- Jr Men**
- 1. Cody Stephenson 00:28:14:77
- 2. Mitchell Peterson 00:28:24:53
- 3. Bryce Lawson 00:28:37:33
- Master Women 35+**
- 1. Kris Walker 00:29:51:10
- 2. Jo Garuccio 00:30:35:01
- 3. Liz Cushing 00:39:53:53
- Jr Women**
- 1. Cassandre Moore 00:31:34:51

Final GC

- Pro 1/2**
- 1. Ryan Blickem 04:29:53:99
- 2. Gardie Jackson 04:30:06:57
- 3. Jesse Westergard 04:30:30:52
- 4. Patrick Sullivan 04:30:36:08
- 5. Colby Pearce 04:30:38:90
- Cat 1/2/3 Women**
- 1. Gabriel Castaneda 04:57:27:54
- 2. Cynthia Martin 05:03:01:06
- 3. Annabella Lopez-Lobos 05:03:52:09
- 4. Shannon Edson 05:04:46:74
- 5. Katherine Dickson 05:08:51:40
- Cat 3 Men**
- 1. Brad Vanorden 04:25:52:41
- 2. Peter Stetina 04:26:44:40
- 3. Neil Flock 04:26:51:74
- 4. Logan Onken 04:27:34:19
- 5. Owen Gue 04:27:45:29
- Cat 4 Women**
- 1. Jamie Williams 03:47:24:00
- 2. Darcie Murphy 03:48:17:59
- 3. Kristi McIlmoil 03:55:26:97
- 4. Klirsten Stuvur 03:58:05:08
- 5. Jessica Preston 03:59:51:44
- Cat 4/5 Men**
- 1. Dan Hoopes 04:26:21:68
- 2. Paul Saladino 04:26:51:97
- 3. Maikel Wise 04:27:28:27
- 4. Bret Johnson 04:28:58:99
- 5. William Carroll 04:32:42:25
- Master Men 35+**
- 1. Norm Bryner 04:25:06:23
- 2. Jon Rivinus 04:38:31:00
- 3. Mike Preston 04:47:54:62
- 4. Tom Bedell 04:58:09:78
- 5. John Kelley 04:58:15:20
- Master Men 35+**
- 1. Louie Amelbur 04:21:53:10
- 2. Don Armstrong 04:21:58:63
- 3. Mark Schaefer 04:22:03:49
- 4. Dave Sharp 04:23:25:67
- 5. Ken Jones 04:24:30:37
- Master Men 45+**
- 1. Bob Bieterman 04:17:43:12
- 2. Bill Kellagher 04:18:44:37
- 3. Robert Keller 04:19:16:57
- 4. Gary Thacker 04:19:20:10
- 5. Dana Harrison 04:26:55:20
- Master Men 55+**
- 1. John Haney 03:39:22:25
- 2. Ed Shaw 03:47:01:48
- 3. Jim Hoffmeister 04:02:48:11
- Jr Men**
- 1. Mitchell Peterson 03:35:42:01
- 2. Cody Stephenson 03:39:18:45
- 3. Rick Grah 03:51:33:00
- 4. Drew Olsen 03:57:41:74
- 5. Bryce Lawson 04:00:21:05
- Master Women**
- 2. Kris Walker 03:46:38:82
- 3. Jo Garuccio 04:02:24:96
- 4. Liz Cushing 04:38:02:00
- Jr Women**
- 5. Cassandre Moore 05:48:20:32

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**Calendar - Continued
from page 15**

**Road
Tours**

July 13-19 — Bicycle Idaho, Melba to Ketchum to Melba, (541) 385-5257

July 19-20 — Idaho MS 150 Bike Tour, Three Island Crossing State Park, Glenn's Ferry, ID, (208) 388-1998 ext. 2 or (208) 342-2881

August 2 — Sawtooth Challenge, mountain biking, trekking, and guided white water rafting adventure, Sun Valley, ID, (866) 8-ECO-FUN

August 3-8 — Bear Lake, Northern Utah & Southern Idaho Tour, (801) 556-3290

August 10 — Blue Cross Century Ride, Boise, ID, (208) 343-3782

August 16 — ULCER, Century Tour around Utah Lake, (801) 947-0338

August 30 - 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.

August 31 - September 5 — SPUDS - Fall Harvest, Salmon to Rexburg, Idaho, 1-866-45-SPUDS

August 31 - September 6 — BBTC Southern Utah Parks Tour, (801) 947-0338

September 6 — Prostate Cancer Cycle Challenge, a century pledge ride, to raise awareness of prostate cancer, Weber County to Utah Lake, (801) 532-6001

September 6-12 — Cycle Utah Tour, S. Utah, Adv. Cycling Association, (800) 721-8719

September 7 — Tour de Tahoe, ride around Lake Tahoe, 72 miles, Lake Tahoe, NV, (800) 565-2704

September 7-13 — Southern Utah National Parks Tour, (801) 596-8430

September 8-13 — WYCYC XIV, ride across Wyoming, Jackson Hole to the Bighorns, Cyclevents, 1-888-733-9615.

September 20 — Cycle For Life Benefit Ride for injured cyclists, (801) 272-1302

September 21-27 — 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

September 28 - October 4 — CANYONS II - A Ride Across Southern Utah, Springdale to Blanding, 1-866-CycleUT

Oct 3-5 — Moab's 1st Century Ride, A road cycling event headquartered at the Red Cliffs Adventure Lodge, (435) 259-2698

October 4 — Yellowstone Fall Cycling Tour 2003, (406) 646-7701

October 12-17 — Monument Valley & 4 Corners Tour, (801) 556-3290

October 18 — Las Vegas Century, 37, 62, or 100 miles, benefits Ronald McDonald House, (702) 407-3077

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DOWNHILL RACING

Racers Get Bombed in Bountiful

Utah State Championship Downhill Series Race #1

By Ron "E. Racer Head" Lindley

On Sunday June 8, the second annual Bountiful Bomber Downhill Mountain Bike Race took place in the mountains east of Bountiful, Utah. The event hosted racers from Utah,

mouth of Ward Canyon, 2 miles and 1700 harrowing feet below. The two "big air" jumps at and near the finish provided those in attendance with lots of thrills and even a few spills. This course was not one for the faint of heart as it was very steep and rough. It was, however, an excellent early season test of racer fitness and bike handling skills.

The Pro/Semi-Pro Men's class featured first place finisher Lance Canfield and his brother



Photo: Chris Deaver

Wyoming, Idaho, Colorado and Oregon. Weather problems were conspicuously absent resulting in very dry and loose trail conditions on the 2-mile long racecourse. Spectators at the finish line could easily tell that a racer was approaching from the cloud of dust rising into the sky just up the "Wake-up Call" section of the Ward Canyon Trail.

Fortunately, race day temperatures cooled into the mid-seventies, down from the ninety-degree temps earlier in the week.

The racecourse (a largely modified improvement of last year's) started on the Buckland Ridge Trail at an elevation of 6900 feet. It then descended and connected to the Old Ward Canyon Trail and finished in the

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Wardwell won her class as she outran a team of talented women from Jackson Wyoming.

The run of the day, however, was not turned in by a Pro, Semi-Pro or even Senior Expert racer, but by Utah Master Expert Justin Alvey who stunned the field with the fast time of the day. Justin has been a fixture in the Utah downhill racing scene for years, but this may have been his finest hour yet. It was clear that his competitors were just as excited as he was that he posted the fast time of the day, as he is admired by all the racers on the local circuit.

The race hosted over 60 racers this year, up a bit from last year's inaugural event. The race will likely be around in the future, since the U.S. Forest Service is in the process of issuing a 5-year special use permit for the event.

The July 6, Pomerelle Peaks Downhill at Pomerelle Resort Idaho, near Burley, is the next race in the series. For more information on the Utah Downhill Series, visit www.go-ride.com.

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BOOK REVIEW

The Yellow Jersey

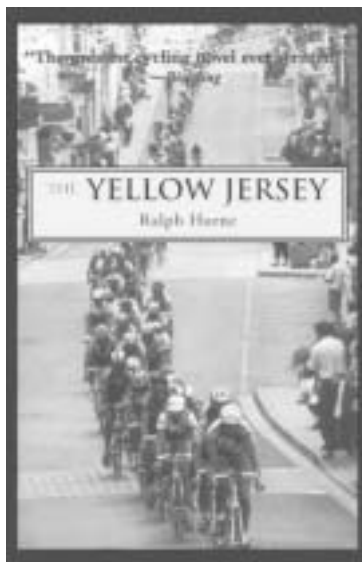
By Lou Melini

The Yellow Jersey was written in 1973 and first published in the United States in 1996. The book, as the title betrays, is about the Tour de France at a time when riders rode for their countries, and not trade teams. The book's main character is 35 year-old Englishman Terry Davenport, a veteran of 16 years in professional bicycle racing. After a year in retirement, he is put in charge of a team of riders from countries too small to have their own team.

Mr. Davenport has mixed feelings about his job. He loves bicycles and racing, but his team he describes as "a poor lot, save for Romain's climbing ability. I'm not being big-headed when I say I can beat each and every one of them at the sprint- 8 out of 10 anyway". Romain is his personal project. A 22 year-old rider from Luxembourg with tremendous climbing ability, he needs help in time trials and anything that resembles a group sprint. Davenport not only helps Romain train, but also mentors him in life, for Romain is the boyfriend of Susan, the daughter of Davenport's fiancé.

The book is a blend of Tour de France preparation and racing with a few relationships to round out the book. Perhaps it is a romance book with the Tour de France as the backdrop. Part one of the book focuses on developing relationships as Davenport juggles his time with his fiancé Paula, her daughter, and then another woman. He is also training for the team and putting together the various personalities and personal goals of the riders that he inherited.

In part two, the story progresses to the team riding the Tour and Davenport's up and down relationship to the team and its management. He tries to find time between stages for the various women in his life, which keeps the novel moving and interesting, though the author does a very good job of keeping



your interest via the racing. You will find yourself anticipating each of the chapters, no differently than your anticipation of the next day's results of today's Tour de France. In his run up to the Alps, Davenport observes Romain and muses, "It's really something to see a climber waiting to attack. Any other sort of attack can be neutralized but when a climber goes there's little the non-climbers can do. To carry me through today, my only plan is to get over the two big cols with as little suffering as possible and try to keep up by making a fast run down."

Overall the writing can only be described in the same style as Hemingway, easy to read, simple text and good character development. Though Hemingway briefly depicts bicycles in his novels (Farewell to Arms, The Sun also Rises), the bicycle has a much larger role in Hurne's novel, which of course makes it a better choice over Hemingway. You will not be disappointed by this book. Read it before this year's Tour de France to help you gain the passion of the Tour.

THE YELLOW JERSEY
By Ralph Hurne, 1973

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-Editor's Note: You can find The Yellow Jersey at Bikingbooks.com under Road Racing.

Herriman - Continued from page 10

rowed the selection on each lap. In the Men's Category 1-2 race, the boys from the Healthy Choice/Guru's team continued to dominate. Shortly after the start of the 8th of 11 laps, Jesse Gordon (Healthy Choice/Guru's) initiated a small move with Jeff Sargent (X-Men). Following that, there were several counter-attacks which, by the top of the climb, resulted in an elite group containing Gordon, John Osguthorpe, Sandy Perrins and Allan Butler, all Healthy Choice/Guru's riders.

Butler described the final coming together of this exclusive group. "[Osguthorpe and Perrins] were already up the road with Jesse. I was with Chris (Humbert) (New Moon) and Thomas (Cooke) (X-Men) . . . [My teammates] were within striking distance. I knew that if I tried to go I had to go hard enough, and that as soon as I got there we had to immediately start working. So on the hill, I put it in my big chain ring. They responded, but I just drove it all the way to the top of the hill . . . I immediately started yelling to let those guys know that I was coming across. [Humbert and Thomas] were still really close. It was painful because as soon as I got there we immediately started working again." The effort was obviously successful as the team then pulled away from Humbert and Cooke.

With four now together, it was time to team trial time. These four did just that as they steadily opened a gap on the chasers. Subsequently, Gordon began to tire and cramp up, resulting in him dropping off and then abandoning the race. The remaining three, however, continued on as they pushed to increase their lead.

Their effort was briefly interrupted when Perrins flatted just as he crossed the start/finish line for the penultimate lap. By the time he got his wheel changed, Cooke and Humbert caught up to Perrins and he briefly joined them.

However, he wanted to rejoin his teammates who had slowed down somewhat as they waited to see if Perrins would be able to rejoin. Perrins heard Cooke say he was getting goose bumps, "and so he was starting to really hit the wall. So I sat for ten seconds and then just lit it up." Humbert and Cooke were unable to respond, and Perrins finally caught back up to his teammates. "He had to put in a pretty serious move . . . He was working really, really hard to get back because we couldn't tell who it was for awhile," Osguthorpe explained.

Osguthorpe then described the finish of the race. "Then the last two laps we pretty much knew we had it so we just rode, kept the tempo up, kept it high, kept it right out in the middle of the road. We didn't want another

flat. We didn't want anymore incidents. So we just rode safely and kept the pressure up." Because of his strong effort in the race, the three decided that Osguthorpe would take the victory. Butler was sent through in second place to garner maximum points to preserve his Utah Cycling Association (UCA) Points Leader jersey, and Perrins, last year's Utah State Road Race Champion, finished third. Subsequently, Humbert took the sprint from Kirk Eck (Healthy Choice/Guru's) and Christian Johnson (First Endurance/Contender) to finish 4th. Eck was 5th and Johnson 6th.

"We're really pleased with our effort," Osguthorpe stated. Butler added, "We don't look at it as who won. It's like we all work equally as hard. I think we are one of the least selfish teams I have ever been on. It's not a win for one particular person but for all of us."

In the Men's Category 3 race, any suspense was dispelled in the 7th of their 9-lap race. On the road leading to the climb, after passing the start-finish line to begin the 7th lap, David Harward (Canyon Bicycles), last month's cycling utah coverman, decided it was time to "put it in the gutter and drive it." The result? With no draft for shelter, no one was able to match his acceleration and, as planned, he found himself alone.

From there, the race was shattered. Harward, who has already moved from Category 5 to Category 3 in his first year of road racing, put on a tremendous show of strength as he soloed for nearly three laps on the dry and windy course while building a huge lead before crossing the finish line as the Men's Category 3 champion.

By contrast, 7 of the 9 starters in the Women's

Category 1-3 race contested the sprint for victory. The lack of speed in the women's pack prompted official Gary Bywater to comment, when asked when the women would be passing through the start/finish area to begin their penultimate lap, "At the rate they are going, it could be an hour."

The pace was slow enough that, on the last lap, as they descended on the backside of the loop, two dropped riders chasing into the wind were able to gain back approximately 100 and 200 yards respectively to rejoin the group for the final sprint.

In the end, Maren Partridge (X-Men) out-sprinted Karen Dodge (First Endurance/Contender) to win what is, surprisingly, her first Utah State Road Racing Championship. Laura Howat finished 3rd.

"Maren did a lot of work throughout the whole race. She probably pulled three-quarters of the whole way. She was super strong," Dodge explained. "She led out the sprint . . . She got a really good wind up and then, boom, she just accelerated. I was on her wheel and I couldn't pass her."

When asked if anyone attempted to break up the pack, Partridge stated, "No, not really. Nobody really attacked the whole time. They just kind of road up the hill at pace and kept it together, and I was okay with that."

On the sprint, Partridge said, "I wasn't too worried about lead-outs or getting behind anybody. It was a pretty strong crosswind so I think you just go early enough and hope to hang onto it. I usually go before the 300 meter mark anyway to see if people can last that long . . . It was fun, it was a good sprint, all together. Makes it more interesting."

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ROAD RACING

Hail Hammers High Uintas Riders

By Ed Chauner
Photos by

The 2003 High (Wet & Cold) Uintas Classic

Over 300 racers participated in this year's High Uintas Classic road race that follows scenic

The race date was June 21, which is the Summer Solstice and is the longest day of the year. For most racers that day would seem like the longest day of their life.

The Start

We arrived in Kamas to dry pavement and an overcast sky.



Top: The Kamas to Evanston Road Race. Photo: Jeff Anderson
Middle: Courthouse Criterium. Photo: Wade Williams, Courtesy of the Uinta County Herald
Bottom: Treated. Photo: Mike Jensen, Courtesy of the Uinta County Herald.

Highway 150 from Kamas, Utah to Evanston, Wyoming. If all the racers were to write about the experience they had at that race it would be very similar to the tale I am about to tell.

The mountain east of us was a soaked in with clouds so we thought we might get a little wet on the climb then have a chilly descent. I wore knee & arm warmers, a thin nylon vest and

took a pair of full-finger gloves. I was set for whatever this first day of summer could dish out. We started down Main Street and had the usual first attack before we had gone 100 meters by a well-known rider that I won't mention, Dirk.

The Climb

There were 2 off the front as

we reached the 20-mile marker and started into the steepest part of the climb. Nothing unusual, an attack here and there and the pace pushed to the limit of many riders. The pack started to break up with a lead group of 5 or 6 and our chase group of 8 or 9. Most riders had stripped off extra layers, as the climb was quite warm. As we

approached the 10,700' summit we started to get a light rain and the temperature had plummeted. I pulled my arm warmers up and zipped up my vest as I looked at others in our group who had neither.

Continued on page 9



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