

# cycling utah



- Calendar of Events - p. 14  
Over 200 Events to choose from!
- Ogden's Wheeler Creek Trail - p. 3
- Results - p. 16
- Provo Bike Committee - p. 4
- Brian Head Epic Preview - p. 20
- The Joyride - p. 11
- SAFETEA - p. 7
- DMV Crit Series - p. 10
- Coach's Corner - p. 9
- Cipo and the Giro - p. 2
- Bike Touring on the West Coast - p. 19
- Bike Club Guide - part IV - p. 6



## SPEAKING OF SPOKES

## Cipo and the Giro

By Dave Ward  
Publisher

I have spent the last month, more or less, keeping up with the Giro d'Italia on OLN (Outdoor Life Network). What can be better at the end of the day than sitting on the couch and watching a full hour of coverage of professional bicycle racing, especially when commented by those master bullsingers, Phil Liggett, Paul Sherwen and Bob Roll. My wife has finally learned to not ask me to do home repairs, projects, chores or other efforts that require either a physical or mental effort after 9:00 p.m. So by that time, the evening is mine to do as I



please. And during May, it pleased me to watch the Giro.

Let me be up front about this. I am a big Cipo fan. For the uninitiated, that is Mario Cipollini, the "Lion King", showman, Italian heartthrob, world's greatest sprinter on a bicycle, and, along with Lance Armstrong, the best thing to happen to cycling since the drug

busts of 1999.

I was excited when Cipo won six stages of the Giro last year, pulling within one stage win of Alfredo Binda's record 41 stage wins in the Giro. I have been waiting since then to see him tie and then exceed Binda's record.

Then, I was ecstatic when Mario won the World Road Race Championship last fall. I think Cipollini is the only Italian who was capable of uniting the notoriously contentious Italian pros to deliver him to the champion's podium. No one looks better in the world champion's rainbow jersey than Cipo.

So, it was painful to watch Mario struggle during the early stages of the Giro this year. He obviously was struggling, and simply did not have his usual zip. I would will him to the win each stage, only to be disappointed when Alessandro Petacchi or Robbie McEwen beat him to the line. So when

things finally came together for him, and he tied and then broke Binda's record, life was as it should be, and for this fan it felt good. Then, even as I was hoping for more stage wins for Cipo, my heart was broken as he was taken down on a wet corner just as he was about to sprint to the finish line in San Dona.

Of course, there was much more to the Giro than my man Mario. Gilberto Simoni was a great champion this year, taking control of the Giro and making it his own. Most impressive was the panache he showed on the relatively flat stage to Faenza where he made it into, and then drove, the winning break to finish third and gain the Maglia Rosa, or leader's jersey, by a mere 2 seconds. His subsequent dominance in the mountain stages was equally impressive.

And what about Petacchi's six stage wins? Though I was rooting for Mario, Petacchi was impressive and definitely the strongest sprinter in this year's Giro, though who knows what might have been had Cipollini not crashed out of the Giro.

This year's Giro also produced the most difficult kilometer of racing I believe I have

ever watched. The last kilometer of the finishing climb on the Monte Zoncolan seemed to take forever, even prompting Phil, Paul and Bob to comment that this was the longest kilometer of racing they could remember. The pain on the faces of the stage leaders Simoni, Stefano Garzelli and Marco Pantani was evident as they nevertheless turned the pedals over with Herculean effort.

And how about Bob Roll's cameo publicity spots speaking Italian? I do not speak Italian, but he sounded great to me. Or praising Binda and stating how he kissed the ground where Binda won his 41st stage. And even his publicity spot on climbing. You had to see these and know Bob Roll to appreciate them. But for pure entertainment, they were great. I usually flip to other channels during the nauseatingly repetitive ads for Subaru, et al., but this year I would often suffer through them just hoping to catch Roll's publicity spots.

So, that is how I spent most of my late evenings during May. It was great. Thanks be to OLN. Bring on the Tour de France. I will be on my couch watching.

24 HOURS racing  
320 MILES singletrack  
600 BOTTLES water  
250 POUNDS spaghetti  
300 MINUTES live music  
\$20,000 cash/prizes  
ENDLESS good time

August 9-10th, 2003  
Bogus Basin Mountain Resort

absolutely THE MOST FUN YOU CAN HAVE IN 24 HOURS!

- Team relay, not just for hardcores!
- 360 degree spectacular mountain views
- Challenging climbs, exhilarating downhill, classic singletrack
- Full amenities: Concessions, dining area, water, bathrooms and emergency medical facilities
- Live band, spaghetti feed, friendly venue, huge grassy area
- Close proximity camping or condo accommodations available
- Variety of classes for any skill level
- A.M.T.R.I sanctioned 24 hour event

\$20,000 cash and prizes, don't miss it!

Register at [www.24hoursofboise.com](http://www.24hoursofboise.com)

Cover Photo: Canyon's David Harward is followed by New Moon's Cameron Hoffman in the B Group at the DMV Criterium on May 28. Hoffman took the win, Harward was second. Time for both of them to upgrade!  
Photo by Dave Iltis

## cycling utah

P.O. Box 57980  
Murray, UT 84157-0980  
[www.cyclingutah.com](http://www.cyclingutah.com)

You can reach us by phone: (801) 268-2652  
Our Fax number: (801) 263-1010

Dave Iltis, Editor & Advertising  
[dave@cyclingutah.com](mailto:dave@cyclingutah.com)

David R. Ward, Publisher  
[dward@cyclingutah.com](mailto:dward@cyclingutah.com)

Robert L. Truelsen, Executive Editor  
[btrue@cyclingutah.com](mailto:btrue@cyclingutah.com)

Contributors: Greg Overton, Neal Skorpen, Gregg Bromka, Ben Simonson, Bill Harris, Charles Pekow, Cindi Hansen, Jason Bultman, Jonathan Morrison, Ron Dillon, Jeff Anderson, Senor Rojo, Monique Beeley, Anedru Firth, David Harris, Michael Gonzales, Travis Jensen

Distribution: Michael Gonzales, Rachel Gonzales, Doug Kartcher, David Montgomery

Administrative Assistant: Lindsay Ross

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

Annual Subscription rate: \$10  
Postage paid in Murray, UT

Editorial and photographic contributions are welcome. Please include a stamped, self-addressed envelope to return unused material. Or, send email to [dave@cyclingutah.com](mailto:dave@cyclingutah.com). Submission of articles and accompanying artwork to cycling utah is the author's warranty that the material is in no way an infringement upon the rights of others and that the material may be published without additional approval. Permission is required to reprint any of the contents of this publication.

Cycling Utah is free, limit one copy per person.  
© 2003 cycling utah



TRAIL OF THE MONTH

# Wheeler Creek Trail - A Quick, Fun Ride in Ogden

By Gregg Bromka

## Why Should U Ride This Trail?

With its proximity to Ogden, relatively low elevation, and biker-friendly tread, Wheeler Creek Trail is one of Ogden's most popular multi-use trails. It's a great ride to start or end your bike season or to sneak out on whenever time is short. The steady climb up the canyon will challenge novice riders but won't break them. The upper single-track to Maples Campground will test all riders with a variety of conditions. The entire ride is especially scenic because the trail is locked tightly within the canyon's tall cliffs early on and opens to broad views of Mount Ogden and its attendant peaks later.

But wait, there's more. New in 2002, the Ogden Ranger District debuted the East and Middle Fork Wheeler Creek Trails. When combined, they offer a 4.1-mile side loop from the Art Nord trailhead. More importantly, they serve as connecting routes between Wheeler Creek Trail and the ever-expanding trail network at Snowbasin. Cross-country purists who want to "go big" and climb for what may seem an eternity can now ride from Pineview Reservoir to nearly the top of Snowbasin on almost all singletrack. Whoa! On the flip side, if you catch a lift at Snowbasin, gravity will pull you from alpine basin to lake shore on a near 4,000-foot drop.

## Details:

From the gated trailhead, the route begins up Wheeler Canyon on an old one-lane dirt road called Art Nord Drive, named after Arthur Nord, who worked for the Forest Service from 1892-1957 and made lasting contributions to the conservation of natural resources. Smooth, packed dirt is the norm, but there are patches of gravel and chipped bedrock as well. No bother.

The narrow gorge is tightly embraced by terraced limestone cliffs on the east slope and dense fir on the west. Its tumbling creek nourishes streamside shrubs, wildflowers, and other riparian hideaways from which the refrains of songbirds drift. One mile up, the main fork of Wheeler Creek disappears up Ice Box Canyon to the right, and Art Nord Drive follows the (usually) dry East Fork. Pass the stone memorial to Arthur Nord and come to the gate at the upper trailhead at just under 2 miles. Novice riders can turn around here and freewheel back down the canyon. Those continuing to the Maples Campground trailhead should dive off the

embankment and cross the creek. (Skip this next section if you have your sights set on East Fork and Middle Fork Trails.)

A moderate climb takes you to a small divide that serves up a magnificent view of Mount Ogden and of ski runs that hosted the 2002 Winter Olympics downhill course. Freewheel to a rocky gulch, dismount, and climb on choppy tread through patterned maple and aspen to a well-crafted footbridge over upper Wheeler Creek. The last stretch to the Maples trailhead passes wetlands where moose and other wildlife are known to lurk, so pedal quietly. Make an about face and return, or pedal up to the Snowbasin Resort base lodge for a snack and a drink.

If you want to check out East and Middle Fork Trails, and you should, then cross Snowbasin Road at the Art Nord trailhead. East Fork Trail rises moderately through a mix of oak, maple, and aspen and enters a broad meadow where several small drainages converge. Boardwalks and footbridges keep the trail high and dry. Two pairs of well-crafted switchbacks take the path up through a grove of aspens before intersecting Middle Fork Trail. (If you continue .1 mile more, then you'll exit to the Green Pond trailhead. Green Pond Trail, across the road, is your link to Snowbasin's Strawberry Trail.) Descend the spirited Middle Fork Trail down the small forested canyon for 1.3 miles to Snowbasin Road. To close the loop, you must pedal the road 1.4 miles back to the Art Nord trailhead. Nicely done Ogden Ranger District.

## Just the Facts:

**Location:** 5 miles east of Ogden; top of Ogden Canyon  
**Length/Type:** 10.4 miles/Out-and-back

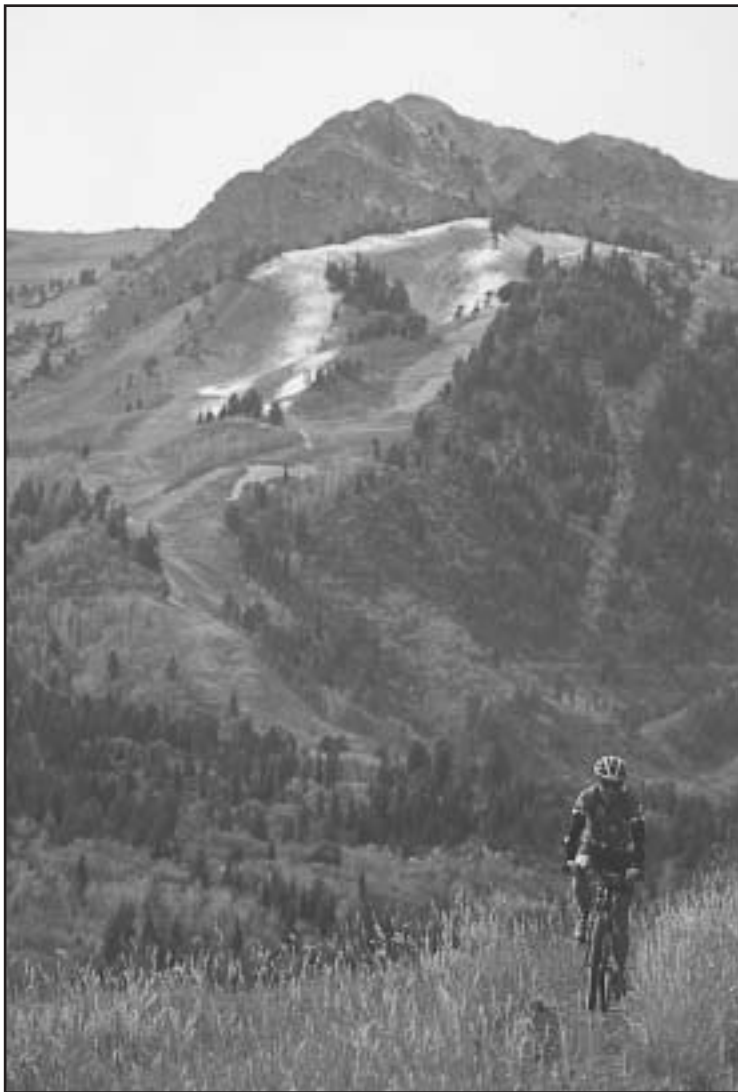
**Law Firm of  
Ward & King**  
Attorneys and counselors at Law

**DAVID R. WARD**  
Attorney

General practice of law including:

- Business and Commercial Law
- Divorce and Domestic Relations
- Real Property
- Bankruptcy
- Estate Planning
- Adoption
- Contracts and Collections
- Personal Injury
- DUI
- Workers Compensation

4543 S. 700 E. #200  
Murray, Utah 84107  
**(801) 268-9868**



Mount Ogden backdrops the upper Wheeler Creek Trail.  
Photo by Gregg Bromka

**Tread:** 6.6 miles singletrack, 3.8 miles doubletrack  
**Physically:** Moderate (easy+ climb to Art Nord TH; mod+ climb to Maples CG)  
**Technically:** 1+-4+ (gravel & some rock to Art Nord TH; packed dirt, loose tread, rocks & tight trail to Maples CG)  
**Gain:** 1,500 feet (to Maples CG)  
**Dogs:** Yes. Some creeks can dry up by midsummer.

## Trailhead Access:

From I-15, take Exit 347 (12th South Street, Ogden Canyon, Recreation Areas). Travel east on UT 39 then 5 miles up Ogden Canyon. Park alongside the highway on the right immediately before the Pineview Reservoir dam or at the bottom of the short dirt road. To reach the Art Nord trailhead, continue past the Pineview Reservoir dam on UT 39 for 2.8 miles, and turn right on UT 226 for Snowbasin Ski Area. Take Snowbasin Road 3.8 miles to the trailhead parking area.

Excerpted from *Mountain Biking Utah's Wasatch Front*, by Gregg Bromka. Due out June 15, without anymore delays.

# Bingham Cyclery

Financing available through RC Willey

EPIC

Now on SALE  
for \$1,699

regular price \$2,059

"The Holy Grail" of dual suspension

<b>Salt Lake</b> 1370 S. 2100 E. 583-1940	<b>Sandy</b> 1300 E. 10510 (106th S.) 571-4480	<b>Provo</b> 187 West Center 374-9890
<b>Ogden</b> 3239 Washington Blvd. 399-4981	<b>Sunset</b> 2317 No. Main 825-8632	<b>Layton</b> 110 No. Main 546-3159

www.binghamcyclery.com



ADVOCACY

# Provo Bike Committee Works for a Bicycle Friendly Provo

By Travis Jensen

The Provo Bicycle Committee (PBC) got its start in May 2001. I became involved because I had written a paper about bicycling conditions in Provo for a transportation engineering/land use planning class at BYU and wanted to give a copy of the paper to Mayor Lewis Billings of Provo. I figured that the Bike to Work Day would be a good place to do it. After handing him my paper, Mayor Billings invited me to be on a citizens' committee that Provo City was forming under the direction of Councilman Stan Lockhart to address bicycling in Provo.

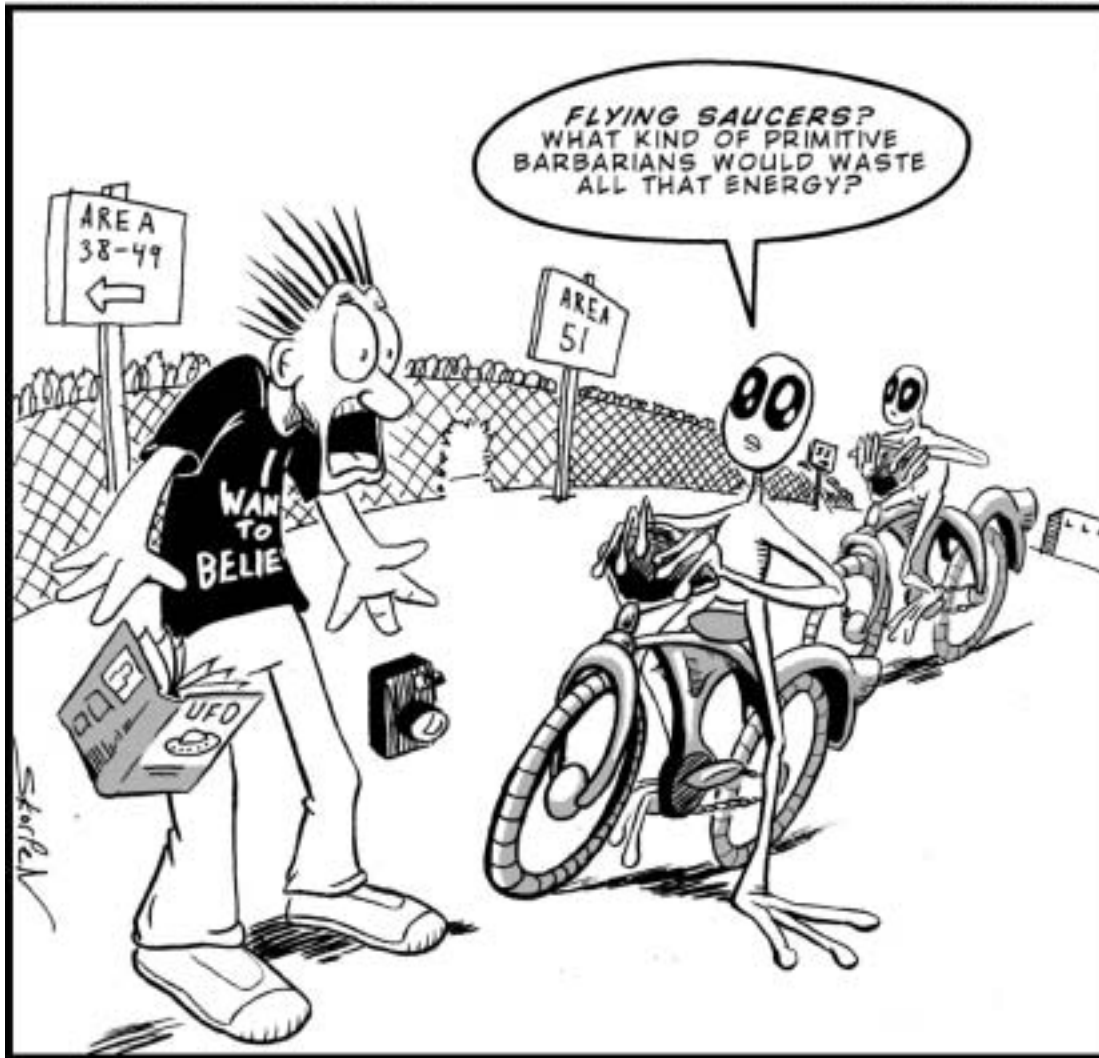
And now for some irony ... I didn't even own a bike when I wrote the paper, attended the Bike to Work Day (I drove my car), or even until after I had met with the Provo Bicycle Committee a time or two. As I did research for my aforementioned paper, a light started to go on in my head about the various ways that cycling improves our communities and personal enjoyment. I realized that more people cycling means less traffic (and hence, wear-and-tear) on our roads and less pollution of our air. I also noted the personal benefits of increased health and fitness, less commute stress, and the opportunity to incorporate exercise into my commute. No sooner did I see the benefits than I started to notice how far we have to go to better accommodate bicyclists on our roads.

The PBC consists of a handful of residents concerned about cycling issues in the community as well as the City Engineer Nick Jones, Long Range Planner Vern Keeslar, and Councilman Lockhart. Jim Price, the Trails Planner for the Mountainland Association of Governments (MAG) is a member of the Committee and helps to facilitate a link with region-wide facility development. Representatives from Parks & Recreation and other groups are invited periodically whenever coordination with them is needed.

The first task that PBC set out to accomplish was to develop a comprehensive Bicycle Master Plan for Provo. Over the course of about six months, we looked at maps of the City and determined where we thought that bike lanes, signed bike routes, trails, and wider shoulders should be planned. We made sure that the City Engineering and Planning departments were represented in order to get their input early on in the process and to build consensus. Once we decided where

## CYCLOTOON

BY NEAL SKORPEN



facilities should be, we noted what would have to happen to take the road from existing conditions to our plan. For example, we made separate maps of roads that would require nothing more than a re-striping, those that would require a road rebuild, and those that would require a lane reconfiguration.

Our plan was submitted to the City Council, passed unanimously, and is now being implemented (slowly, of course). Adoption of the plan means that whenever a roadway is now being resurfaced or rebuilt, the engineering department must look at the plan and accommodate the bicycle provisions specified.

With this first task done, our focus has shifted to doing a few small community events. We organized a Bike to Work Day on May 14 of this year, and a Commuter Cup competition last September 20 to see which local businesses could get the highest percentage of employees to bike

to work. Our next big thrust will be to submit paperwork to the League of American Bicyclists' "Bicycle Friendly Communities" program. For those of you unfamiliar with this program, communities can fill out a thorough application that answers questions about cycling facilities and conditions and submit it to the League. The League then evaluates the submissions and can award "Bicycle Friendly Community" status at platinum, gold, silver, and bronze designations. It's something like a "Tree City USA" designation, except for bikes.

I would encourage all of you (particularly Orem and Springville residents, so that our facilities don't stop at the "Leaving Provo" signs) to approach your community leaders and get an organization similar to ours going in your area. I believe that you will be hard pressed to find a Mayor or City Council that doesn't agree in principle to the idea of safely accommodating bicyclists on your roadways. They may not be amenable to immediately transforming a 4-lane road into a 3-lane road with bike lanes, but you must be patient and willing to help others see the light. The key is to involve the decision-makers in a consensus-building arrangement and get a local bike plan in place.

Don't try to take on the whole world up front by getting stuck on solving the biggest problem immediately as this will quickly

Continued on page 6

**Cross State Bike Rides**

~~~~~

**SPUDS 9**  
Idaho  
Aug 31 - Sep 5

**WYCYC XIV**  
Wyoming  
Sept 8 - 13

**CANYONS 2**  
Utah  
Sep 28 - Oct 4

**Tours Worldwide**

~~~~~

Europe  
Asia  
Pacific  
America

SPUDS - Cycling Around Idaho  
Aug 31 - Sept 5, 2003

[cyclevents.com/rides](http://cyclevents.com/rides) 1-888-733-9615

nevada's best bicycling events

**Saturday, June 28, 2003**  
11th Annual Nevada's Historical Bicycle Tour. Take a ride back in history through Nevada's Wild West and enjoy climbing nearly 9000 feet and the beauty of Lake Tahoe.

**September 7, 2003**  
Lake Tahoe, NV - A great opportunity to enjoy the end of summer and another opportunity to ride around Tahoe's 72-mile shoreline.

**September 21-27, 2003**  
12th Annual "America's Loneliest Bike Tour" across the Silver State - 420 miles camping-style tour from the beauty of Lake Tahoe to the grandeur of the Great Basin National Park.

For More Info call 1-800-565-2704  
or go to [bikethewest.com](http://bikethewest.com)



Letters to the Editor

# Rider Courtesy

On the Road:

I must commend Jesse (Ratzkin's) letter in the May issue on the critical mass movement and how it has been unfairly treated in our cities as well as other cities at large. I plan on participating in more rides to raise awareness of cyclists on the road and make sure that our concerns are not lost in a sea of exhaust and tire tread. However, his article touched on a point that all of us need to contemplate: Are our interactions with motorists doing our cause any favors? That is to say; is the attention we draw to ourselves positive?

I am concerned with this issue because I live in, drive through and (of course) ride up Emigration Canyon on a daily basis. I love working at my desk and seeing dozens of riders ride past my window each day, but I cringe at the behavior of the bad apples among us. My roommates tell of driving up the canyon having rider groups spread across the one lane road, almost intentionally blocking traffic, and was met with a sea of middle fingers upon shouting a "single file" reminder. Last week I drove my Yakima-crowned car

down the canyon and was obstructed by two-abreast riders enroute who were oblivious to my presence behind them. They yielded to an eventual light tap on the horn, only to make lewd gestures at me in my rear view mirror! Other friends and neighbors have had similar events happen to them.

Yes, there have been bad behavior by motorists (mainly the ostentatious breaking of the speed limit), but I sense that relations would improve if we would learn the rights afforded to cyclists and defend them, but stay within their bounds. For example, it is the law for slower traffic to yield right to faster vehicles. Other issues, such as not littering, staying in the bike lane during traffic and just old fashioned courtesy will prevent future problems.

As a community, we could go through the process to make sure there is a rideable and marked bike lane and even a "SHARE THE ROAD" yellow traffic sign at the entrance of the canyon as a reminder to cyclist and motorist alike. Critical Mass is a wonderful political action taken by the cycling community. I encourage greater political participation and awareness in other aspects as well.

-Tyler Cole

Roadie and Emigration Canyon resident  
runningjoke100@hotmail.com

In The Dirt:

The scene is familiar to us all. It is \_\_\_\_\_(early spring, a summer evening, a fall weekend) and you are \_\_\_\_\_ (walking, biking, hiking) with your \_\_\_\_\_(friends, children, dogs) up the Shoreline Trail. Suddenly, out of no where, a man in colorful lycra speeds around a blind curve on his bike, narrowly missing the \_\_\_\_\_ (dogs, children, you). Without so much as a 'sorry' he continues past at the same speed, leaving you in a cloud of dust and pushing you off the trail and up onto the eroding banks.

Perhaps, like all of us reading *Cycling Utah*, you love the feel of flying down the trail, wind in your hair, the stresses of your busy day dropping off you like shedding snake skin. And yet I think we can all agree on some simple rules of trail etiquette that could easily be established to make the experience on our city trails more enjoyable for all.

1) If you are unable or unwilling to slow down to a speed in which you are able to quickly and safely stop while headed around a corner, don't ride the

Shoreline Trail, particularly at high traffic times. There are plenty of less crowded and speed-friendly rides to fly down in the Wasatch.

2) Be Courteous. There is nothing worse than being on a very public, very busy trail where "serious" (a.k.a. - grumpy) bikers can't even smile or say thank you or sorry. You and your bad attitude make all bikers look bad, and are not helping our image with the pedestrian traffic at all.

3) ALL uphill traffic has the right of way. Runners have momentum too while going uphill and trying to slide in past a climber of any kind is rude. Pulling slightly off to the side as you continue riding is not getting out of the way. Stopping is. I feel strongly that everyone on a trail so close to the city should expect lots of other peo-

ple out enjoying the space too, and that showing respect for your fellow Salt Lakeians is a way of creating the kind of community in which we would all like to live. Making people feel safe and wanted in their own backyards is an important way of protecting the places we all love, and before someone gets seriously injured on the trail and bikes are relegated to only certain days (like in Mill Creek), I beg you to all slow down and smile more.

-Beth Hoffman

Send your feedback and letters to the editor to: [dave@cyclingutah.com](mailto:dave@cyclingutah.com)

**July 26th, 17th Annual  
Downtown Boise, Idaho**



## Twilight Criterium

Ranked 3rd Best Criterium in the Nation!  
by VeloNews

5:30 p.m.	<b>Men's Cat 4,5</b>	\$550 purse, no cash, prizes only / entry fee \$25
6:30 p.m.	<b>Men's Cat 3</b>	\$1,000 purse, no cash, prizes only / entry fee \$25
7:30 p.m.	<b>Women's Pro 1,2,3</b>	\$3,000 cash purse, payout top 10 riders Race exclusively for women riders / entry fee \$30
9:00 p.m.	<b>Men's Pro 1,2</b>	\$10,000 cash purse, \$3,000 to winner, payout 20 riders / entry fee \$40

Mail Registration to:  
Boise Cycling Club 251 E. Front St., Boise, Idaho 83702  
For more information contact Mike Cooley 208-343-3782  
or register online at [www.sportsbaseonline.com](http://www.sportsbaseonline.com)

©2003 Wells Fargo Northwest, N.A. [www.wellsfargo.com](http://www.wellsfargo.com)

# PEDAL...

# DON'T PUMP!

**Bring in this Ad and receive 15% OFF any item!\***

\*Excludes Bikes

Canyon Sports is open every day year round for bike sales, rentals & repairs. Ask about our FREE lifetime service & guided mountain bike rides. Stop by and see us today!

<b>KONA DEMO</b>	<b>FREE</b>	<b>JAMIS DEMO</b>
June 21 & 22	<b>Test Rides on</b>	June 28 & 29
@ Deer Valley	<b>2003 Models</b>	@ Deer Valley

# 10% OFF

## ALL Jamis & Kona Bikes

(Including Special Orders)

Effective 6/30 thru 7/8/2003



**We Specialize in:**  
Kona  
Marin  
Jamis  
Raleigh

**www.canyonsports.com**

**SALT LAKE CITY: LOCATED AT: OGDEN:**

1844 E. Fort Union Blvd. 705 W. Riverdale Rd.

**942-3100 621-4662**



## Cycling Utah's 2003 Bicycle Club Guide Part IV

Editor's note: For more clubs, see a copy of our March-May 2003 issues available online at [cyclingutah.com](http://cyclingutah.com)

### Team Evanston Cycling Club

**Major Sponsors:** All West Communications, Evanston Chamber of Commerce, JB's Restaurant, Bootworks of Park City, Domino's and Evanston Regional Hospital

**Contact Person:** Mike Swick

**Contact Phone and Email:** mswick@allwest.net

**Club Website:** none

**Type of Cycling:** Road Touring & Racing, Mt. Bike Recreation and Racing

**Base location:** Evanston, WY

#### Club Statement:

The Team Evanston Cycling Club is basically a group of individuals whose primary purpose is to Road and Mt. Bike for both recreation and competition. The Club is open to anyone who has an interest in learning or advancing their skills in both Road and Mt. Biking. Evanston hosts 2 premier cycling events; the High Uinta's Classic Road Bike Stage Race from Kamas, UT to Evanston, held on the 3rd weekend in June, and the Wolverine Mt. Bike Race in the High Uinta's, the final race of the Intermountain Cup Series held on the 2nd weekend in August. The Club supports both races with riders and volunteers. Our Club meets once monthly to go over business and discuss events. During the warm months, usually starting in April and ending in October, we have an organized group ride on Wednesday evening which is open to anyone. Besides the 2 organized events sponsored by the City of Evanston, the Evanston Cycling Club has adopted its own Tour Ride on the 1st weekend in June, now referred to as the Buffalo Ride, from Evanston to Afton, WY, a 125 mile event that is growing a little more each year through word-of-mouth. The name "Buffalo" was adopted as we have a great Buffalo BBQ at the end of the ride.

### Twilight Crit Adds Women's Category

BOISE, Idaho – The Wells Fargo Twilight Criterium will include a women's race in 2003, according to Race Director Mike Cooley. This year's event is scheduled for Saturday, July 26 with the women's race starting at 7:30 p.m.

"To help fill the void in women's cycling created by the cancellation of the Women's Challenge, we decided that adding a women's event to the Wells Fargo Twilight Criterium would be the right thing to do," Cooley said. "We have had women enter the event before, but this will be the first year we will have a race exclusively for the women cyclists."

The event will be opened to women who are licensed with the U.S. Cycling Federation to compete in Pro, 1, 2 or 3 categories. They will compete for a total purse of \$3,000 with a payout to the top 10 riders.

More than 12,000 people are expected in Downtown Boise to watch what has become one of Boise's major summer attractions. The action gets underway at 5:30 p.m. with the Men's Cat 4 and 5 race, followed at 6:30 p.m. with the Men's Cat 3 race. The Men's event for Pro, 1 and 2 competitors will begin at 9 p.m.

"With the addition of the women's race and the increased recognition the Wells Fargo Twilight Criterium has received nationally, we are expecting even more professional riders than we have seen in the past," said Cooley, who also is an owner of George's Cycles in Boise. "The Twilight Criterium is one of the hottest races in the country."

-For more info, see the Calendar on page 14.

### Provo Bike Committee - Continued from page 4

lead to advocate burnout and may cause friction with civic leaders. Build on small victories and gain momentum by showing your community and local government the benefits of improving cycling conditions, whether that means putting in bike lanes or addressing a few dangerous storm drain grates. Starting small and working up to the big challenges may be frustrating at first, but you will have a better chance of influencing the powers that be when it comes time to slay your community's bicycle Goliath.

Quite often, decisions to improve cycling conditions are opposed by people in the community. About two years ago, the Provo City engineering department decided to narrow about a mile of Center Street from 4 lanes to 3 lanes and put in wide bike lanes. At first, some people opposed this (mostly those who wanted to be able to speed around those driving the legal limit). The City Engineer was willing to stick his neck out a little bit and take the heat. I believe that the presence of the PBC and our ability to back the Engineer by attending public hearings and speaking in favor of the decision are the main reasons why we have enjoyed exceptional support from the engineering department since then. We have a situation now where the City Engineer periodically attends our meetings, keeps us informed of upcoming road projects, and asks us if we want bike lanes or wider shoulders in those projects. When a decision goes your way, it is critical to thank those politicians and/or city officials publicly so that they feel that their decision is appreciated and so that they will have a rea-

son to side with your viewpoint the next time. If you play this game right, you just might have an jaw-dropping experience like we did when our City Engineer came to us – with no solicitation whatsoever on our part – and said "Hey, we're thinking about narrowing Center from 4 lanes to 3 lanes and putting in bike lanes – what do you think?"

Also realize that you are involved in a VERY lengthy process, the positive results of which you may not fully realize for decades. Cycling advocates must be patient. We didn't build the entire bicycle-unfriendly transportation system overnight and we will not quickly remedy it either. We are talking about changing attitudes and perceptions, both of which require time. We will not get everything we want every time. Maintain friendly relations with your leaders as much as possible and don't take defeat personally. As we all continue to work with our individual communities on a grass-roots level, our collective victories will result in a much more bicycle-friendly place.

Travis Jensen is chairman of the PBC, a graduate of BYU in Civil Engineering, transportation emphasis, and currently works for Korve Engineering in Midvale. He commutes to work by bike and bus from Provo, rides 100-150 miles a week, and is training to do some triathlons. To find out more about the Provo Bike Committee, call Travis at (801) 374-2033 or email him at [tjensen@Korve.com](mailto:tjensen@Korve.com)

## INTERMOUNTAIN CUP 2003

### Mountain Bike Racing Series

801-942-3498 or [www.intermountaincup.com](http://www.intermountaincup.com)

March 1	Red Rock Desert Rampage, St. George, UT
May 3	Aardvark's Showdown at Five Mile Pass, Lehi, UT
May 17	Hammerfest at the Hollow, Soldier Hollow, Heber City, UT
May 31	The Joyride, Logan, UT
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
August 9	Wolverine Ridge XC Race, Double Points!, Regional Finals, Evanston, WY

All races are Cross Country Events, No License Required!

CLIF  
BAR

SHOT



### Mortgage Services

Put a roof over your bikes. (and your family)

Re-finance and purchase loans for the cyclist and others

Marshall Hannum, AEL Mortgage

(801) 647-3186 [mhannum77@msn.com](mailto:mhannum77@msn.com)

### RAGERS CYCLE SERVICE

Utah County's Independent  
Road and Mtn. Mechanic  
"Pro Team Experienced"  
(801) 375-5873  
163 N University Ave

### Maps! = Adventure Cycling!

The maps you'll need in planning a bike vacation, TransAmerica, Great Divide & more. FREE CATALOG (800)721-8719  
Adventure Cycling Association  
PO Box 8308-A5, Missoula, MT 59807  
[www.adventurecycling.org](http://www.adventurecycling.org)



Cycles for Pavement • Cycles for Dirt

Clothing • Footwear • Parts

Accessories • Service • Repair

702 Third Avenue  
533-8671 800/750-7377



## ADVOCACY

# SAFETEA Isn't A Very Refreshing Drink

By Charles Pekow

Not much helpful – and considerable potential harm – could come to bicycling programs from the administration's surface transportation proposal. Or so the bicycle lobby is complaining. The Bush Administration formally proposed to Congress a complicated piece of legislation to reauthorize the Transportation Equity Act for the 21<sup>st</sup> Century – the law that gives states money to build and maintain bike trails, finance safety programs and studies, etc. The administration named the proposal the Safe, Accountable, Flexible & Efficient Transportation Equity Act of 2003 (S. 1072 and H.R. 2088).

America Bikes, a coalition formed to lobby for bicycling in TEA-21 reauthorization, immediately slammed SAFETEA as “generally disappointing with only very minor improvements.” America Bikes complains of no major funding increases for programs that support bicycling. “It basically preserves the status quo, with nothing new and exciting and some steps backward for bicycling,” America Bikes complains.

Because it covers so much ground (literally and figuratively) with hundreds of billions of dollars for highways and other surface transportation projects, SAFETEA has to tread a twisted legislative path of hearings, mark-ups, debate and conference. In the House, the bill goes to the Committees on Transportation & Infrastructure (it moves people), Ways & Means (tax provisions), Budget (costs money), Science (funds experiments), Resources (affects the environment), Judiciary (legal ramifications), Energy & Commerce (deals with saving fuel), Government Reform (involves the federal infrastructure), and Rules (to determine the scope of debate and the hundreds of amendments representatives will no doubt want to introduce). So far in the Senate, only the Committee on Environment & Public Works has claimed jurisdiction.

Here's what the bill would do for bicycling:

## RECREATIONAL TRAIL PROGRAM CHANGES

The bill would make some efforts to strengthen the Recreational Trails Program (RTP) – it would enhance the role of state recreational trails committees to beef up public participation. Some “states have token committees,” the administration explains. Current law requires that states spend at least 30 percent of RTP money on both motorized and non-motorized transit. The proposal would require that the committees consist of at least 30 percent representation of groups advocating use of both options. And the proposal would also eliminate the state's current option of waiving the 30 percent requirement for

either group.

Current law allows states to fund projects to build and maintain bike trails as well as education and safety programs. SAFETEA would also allow grantees to examine the accessibility and upkeep of trails and trail sites and to hire crews or youth conservation corps to build and maintain trails. States would also be allowed to fund volunteer monitoring patrols and provide training. In fact, states would have to spend at least 10 percent of their funds on programs involving youth conservation corps or other service corps. The administration says the “provision would benefit low-income, minority, and at-risk youth by providing enhanced employment opportunities...” Current law encourages, but does not require working with youth corps.

SAFETEA would also loosen other rules. One would help large states that receive large amounts of federal highway funds. Current law allows grantees to use other federal funds when meeting the 20 percent matching requirement for RTP funding. The proposal would allow the reverse: Grantees could count RTP money as a match for other federally-funded programs, including Transportation Enhancements, the Community Development Block Grant from the Department of Housing & Urban Development, etc.

Another SAFETEA proposal would increase flexibility and also help large states. It would allow grantees to reimburse themselves for pre-approval planning and environmental compliance costs – as long as they incur the costs within 18 months of getting the grant. Current law doesn't allow grants to pay for pre-approval costs and some grantees “have found these costs to be very high compared to the amount of funds received...sometimes more than half the total cost.” TEA-21 requires grantees to get government approval for projects before getting funds. So currently, if you want to build a trail, you must find a way to pay for environmental and other permits before you get the federal grant, and the grant won't reimburse you for the costs of studies and permits.

RTP projects would also become exempt from several rules designed for large highway projects. State grants average about \$1 million/year, usually divided into multiple projects much smaller than almost all highway projects Department of Transportation rules were designed for. RTP projects wouldn't have to comply with federal contracting rules, since governments often use their own staff and volunteers on RTP projects. So they would be freed from competitive bidding rules required for highway projects. “This is unworkable for the RTP, which is usually administered by state resource agencies (not DoTs),” and often give grants to communities and non-profits,”

notes Christopher Douwes, trails & enhancements program manager for the Federal Highway Administration (FHWA). “At present, we are using an administrative exemption from highway contracting requirements...but a statutory exemption would make the exemption more clear,” Douwes explains.

Also, states wouldn't have to include RTP projects in state or metro transportation improvement programs, as history has shown that including these small projects in big plans just burdens governments by requiring them to amend their plans every time they want an RTP project -- and the process provides no benefits.

The administration also proposes to give DoT the authority to turn some of its functions over to the state – a move it says would ease the burdens on states both for RTP and Transportation Enhancements. Any powers DoT turns over to states would be covered in a memorandum of understanding, subject to renewal every three years. The U.S. Department of Transportation (DoT) could revoke a state's privilege any time it finds it delinquent.

SAFETEA would increase RTP funding from \$50 million a year under TEA-21 to \$60 million. Under the proposal, Idaho's share would total \$5,927,48 million over six years and Utah would get \$5,922,446.

America Bikes opposes much of the plan. “Imagine if the government was telling the state department of transportation who would be on the transportation commission,” America Bikes Executive Director Martha Roskowski says. “States wouldn't hear of it...It's just a pretty detailed approach for a relatively small program...It's basically working. There are problems in a few states but to try to rework the whole program on the federal level doesn't make sense.”

Likewise, Roskowski fears that the youth corps mandate “is a level of detail that's not really necessary in our view...In a number of states, there are not really functioning youth corps. Douwes responds “I think states would be able to develop corps programs quite easily. There are many excellent examples already in Vermont, Minnesota, Colorado, California and other (states).”

## HIGHWAY FUNDING PROVISIONS

SAFETEA would create a new Highway Safety Improvement Program that would require states to analyze safety programs, improve their data collection and integration, and look for ways to improve safety, including hazards to bicyclists. States could use funds to fix the problems, with a 10 percent match required. State funding would be based partially on their record in reducing bicyclist fatalities.

The bill would also continue the Highway Safety Research & Development Program and Safety Research & Technology, which fund bicycle safety initiatives; as well as Transportation System Management & Operations, which funds research on bicycle travel. The Bureau of Transportation Statistics would also improve its collection of information in bicycle use in its National Household Travel Survey, which it conducts every five years.

The bill would also require state and metropolitan transportation planners to give bicyclists a chance to comment on their proposed plans.

## RAILBANKING INDEMNIFICATION

SAFETEA includes a provision that might make states reluctant to turn abandoned railroads into bikepaths. Several courts have ruled that when governments have converted rails to trails under the federal Rails to Trails Act, the federal government is responsible for compensating landowners who had ceded rights to railroads (unless state law makes another provision). Therefore, the federal government found itself paying twice for the same land – first through a DoT grant, then through a court decision.

So the bill includes an indemnification requirement saying that if a federal court determined that property owners are due compensation, the state would have to reimburse the federal government either the judgment (including lawyer's fees) or the grant money, whichever is less.

This could mean a red light for rail-trail conversions. The provision “will bring railbanking to a screeching halt because no state will be willing to completely indemnify the federal government,” Roskowski warns.

## OTHER PROVISIONS OF THE BILL

Funding for the Congestion Mitigation & Air Quality (CMAQ) Grant Program would go up from \$8.1 billion to \$8.86 billion over six years. The program funds projects to improve local transit. Idaho's share would total \$43,036,500 and Utah's \$55,853,614.

The National Bicycle & Pedestrian Clearinghouse would get continued through 2009.

A share of Surface Transportation Program (STP) funds would get set aside for bicycle and pedestrian safety programs.

Bicycle projects funded under CMAQ and STP wouldn't be defined as “highway projects,” a requirement under existing law. The language has caused confusion. “The term ‘highway project’ can invoke highway design and construction requirements and other aspects of Title 23 United States Code that affect ‘highways’ but normally would not affect projects located outside of highway rights-of-way. By eliminating the term...we allow more flexibility to process pedestrian and bicycle projects more efficiently,” Douwes explains. But bicycle projects would still be subject to the same matching requirements as highway projects.

To clear up more confusion, bicycles would be allowed in High Occupancy Vehicle lanes only when the roadway is large enough to establish a separate bike lane. Some states had allowed motorcycles on lanes limited to vehicles carrying more than one person during rush hours – as the law allows -- and some officials wondered whether that meant bicycles

Continued on page 18



*“The most sought-after machine in contemporary cycling culture.”*

*CycleSport Magazine*



Spin Cycle is proud to be Utah's premiere Colnago dealer, in addition to a host of other top road and mountain cycling brands.

4644 So. Holladay Blvd.  
801-277-2626 (277-SPIN)  
www.spincycleut.com

Proud Sponsor of New Moon Cycling



## Route 211

# Mountain Biking's Pioneers

by Greg Overton

I was recently reading a collection of interviews with several of the pioneers of mountain bikes. Guys like Ross Shafer (Salsa), John Parker (Yeti), Chris Chance (Fat Chance), Gary Helfrich (Fat Chance, Merlin), and a few others of this ilk. Pioneers of the sport, and of frame building as an expression of passion. And pioneers of mountain biking as an all for fun alternative to road racing, or maybe more to the point, a fun alternative to getting a real job.

Few of these guys are still in the bike industry. Their circumstances vary regarding their exit from this passion of youth. Some, like Parker and Shafer sold their companies to the large corporations, but others, like Chance and Joe Breeze wilted away while trying to figure out how to stay in the fight. But their reasons for leaving were pretty consistent: the corporate mindset and move away from fun and craftsmanship in the bike business to a more cut-throat, marketing department driven machine. Instead of the consumer choosing which products were cool and valid, the marketing departments told them what was cool and valid.

Maybe this is the natural maturation process of any industry. Products come along that offer something different and unusual, and more and more people are attracted to it. Eventually there is sufficient interest for larger, better prepared, better funded, better marketed companies to step in and carve the pie in fewer but larger slices. All of a sudden, what was fun and new and on the fringe becomes the norm. How many garages in your neighborhood have a mountain bike hanging inside? Seems like everyone got a mountain bike

and wanted to be part of this cool sport. Then it became, gasp, mainstream. It reminds me of



the old quote by the great Yankee catcher Yogi Berra, "Nobody goes there anymore, it's too crowded."

In this group of interviews were included conversations with some of the early movers and shakers who have stayed in the industry. Guys like Tom Ritchey, Keith Bontrager and Ned Overend. Now, in contrast, all these guys are upbeat and optimistic about the bike industry. Did they mention passion and craftsmanship in their interviews? No, not really. They talked about the fact that they still get to ride a lot. Or at least a lot more than they did back when they had to live on PBJ's to stay alive in the bike industry. So I wonder, did these guys sell out the passion and coolness they once had? They don't think so.

Ritchey has pretty much ploughed his own row for thirty years now. He has built a terrific company in terms of industry presence and respect. And has that same respect from consumers for his products and his persona. He now owns the brand name Synchros as well, and it will be interesting to see if he can revive the magic of this once well respected brand.

Keith Bontrager sold his then-struggling company to Trek

a few years back, and hasn't glanced over his shoulder it seems. Lance and the US Postal team ride wheels and components that bear Bontrager's name. This pioneer of that born in the USA sport of mountain biking has his name all over the last four Tour de France victories. Tell me, if you were in his shoes (pedals?), wouldn't you be upbeat about the bike bizness!

Ned Overend works for Specialized as a product tester and designer. Read: he rides bikes for a living. And without the pressures and travel that come with being a professional racer, which he was for so many years. Ned's enthusiastic about the bike world these days. Ned lives in Durango, rides bikes, gets paid, and what's this? He's not bumming? Get out!

So where do you fit into the mountain bike spectrum? Many people who used to ride their mountain bikes religiously are now fueling the tremendous growth in the motorcycle industry. Is that your new passion? Has that become the cool thing? Or are we all getting older with bellies that don't allow for knees going up and down with the pedals anymore? Are we being replaced by a generation that goes virtual mountain biking with a game paddle in its hand? Are bikes being left out in the cold, literally and figuratively with no one to push their fun factor along?

Maybe you still have that passion and wonderment for riding on a tree-lined loamy trail, seeing sights not accessible to internally combusted vehicles. Or maybe your excitement comes from the latest multi-linked and pivoted long travel creation. Maybe that's where the direct descendants of the Yetis and Fat Chances are living. In garages and barns, welding and

cutting metal to create something huckable with more travel and less adherence to gravity's laws.

That's the thought that occurred to me as I found myself agreeing with the more bitter group in the interviews about how good the "good old days" were. Maybe those same passions and envelopes are being pushed by the here today, gone tomorrow stream of full suspension and downhill bike builders. I can live with that notion. I mean they are passionate about it, and they are making bikes that are new and different. They don't hold to tradition very strongly, or at all. In many ways, they are just like the long-haired

mountain bikers of twenty years ago. Many of whom can't stand them now.

But then I stopped as the thought came to mind, "what's next"? When these guys are old and grumpy, what will the next group of cats come up with that will be different? What is going to seem unusual and new then? That's when I stopped thinking about it and wiped the dust from old Fat Chance, inflated the tires and tooled up and down the street a couple times. What a cool bike. Enough said.

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

**TAILWINDS BICYCLE TOURS**  
P.O. Box 17137, Salt Lake City, Utah 84117-0137

See and enjoy the beauty of Utah from  
the seat of your bicycle and let us  
worry about hauling all of your gear!

**Scheduled Tours for 2003:**

June 22-27 Utah Border to Border

Aug. 3-8 Bear Lake, No. Utah & So. Idaho Tour

Oct. 12-17 Monument Valley



For more information on these tours or if you would like to  
schedule a custom tour please check out our web site at  
[www.tailwinds-tours.com](http://www.tailwinds-tours.com)  
or contact us by email: [grant@tailwinds-tours.com](mailto:grant@tailwinds-tours.com) or phone (801) 556-3290



## RIDE THE PCAM CENTURY!!

September is **P**rostate **C**ancer **A**wareness **M**onth

Starting at the Weber County Fairgrounds and finishing at Utah Lake State Park, the first annual PCAM Century Pledge Ride on September 6<sup>th</sup> will enhance awareness among Utahns about the dangers of prostate cancer. For additional information, registration and pledge forms, contact Kermit Heid at 801-532-6001 or [kermibkr@haaga.com](mailto:kermibkr@haaga.com).



## GRAND TARGHEE SKI HILL ROAD TIME TRIAL

SATURDAY, JUNE 28TH, 2003 @ 10:00 A.M.  
8 MILES, 1500 FT. ELEVATION AND CRITERIUM AT 1:00 P.M.  
Start: junction of Ski Hill and Stateline Rd., Alta, WY, 4 miles east of Driggs, ID  
Registration: 9:00 a.m. Entry: single race \$20, both \$35



PROCEEDS BENEFIT BIKE ADVOCACY!

hosted by:  
Teton Valley Trails and Pathways  
JB @ 307/353-2252, [pathways@tetonvalley.net](http://pathways@tetonvalley.net)

**"Bike of the Year: Santa Cruz Blur"**  
*Mountain Bike Magazine*

**The Blur**  
has arrived!  
Get your  
order in now!

**In Stock  
Now!  
Demo one  
Today!**





**\$10 Off  
Demo  
w/ad**  
was \$40/day  
Now \$30/day  
exp. 7-10-03

Apply up to 3  
days demo to  
Purchase

**T & T Bike & Ski Service**  
8621 S. 2000 E. • Sandy • located in Fiesta Village  
944-8038 • [www.altacam.com](http://www.altacam.com)



YOUTH PROGRAMS

# Salt Lake Bicycle Collective to Run Summer Bicycle Course for Youth

By Jonathan Morrison

Remember your first bicycle and learning to ride? Of course you do! How could anyone forget? The most memorable childhood adventures took place on two wheels and a set of pedals. Recall that freedom, that sense of flying, or that pride in fixing your first flat and climbing a monster hill. Childhood is a time when the smallest accomplishments parallel expeditions on Mount Everest. Well, not every kid has that golden opportunity and the members of the Salt Lake City Bicycle Collective think that's a crime.

The Salt Lake City Bicycle Collective is a non-profit founded to take a bite out of that crime. Aimed at providing those in need with the amazing machines we call bicycles. Kids and bicycles are the perfect pair. At an impressionable age the sense of accomplishment, self-esteem, self-confidence, and responsibility of owning and riding a bike will inevitably last a lifetime.

So when Ken Perko, the Program Coordinator for YouthCity, asked the Collective if we would teach a nine-week summer bicycle course -- we didn't hesitate to say yes. The program is set to run twice a week, and will include an adapted version of Bikes Not Bombs, highly successful Earn-A-Bike program.

Each YouthCity student will be given a salvaged bike on their first day, courtesy of unclaimed Police recoveries and the Collective's supply. Lesson by lesson, and accomplishment after accomplishment, they will learn the mechanic skills necessary to do everything from fixing a flat tire to the capstone complete bike overhaul.

Once everything is mechanically sound, helmets will be issued and the safety lessons will commence. The final test will be a group ride on a trafficked road. Riding is fun to begin with, but the more you know, the better it gets. The educational aspect of the program will be subliminal, focusing on hands-on learning. Students are in good hands; one of our volunteer mechanics has a Ph.D. in mathematics, and another has a degree in physics.

Nine weeks later, students will ride away as sound mechanics and responsible cyclists. Best yet, they get to keep the bike they worked so hard on. And whether they realize it or

not, they will carry the virtues of cycling and become another successful graduate of a YouthCity program. Programs with a mission to build resilience among youth by providing activities that increase self esteem and sufficiency, augment and encourage education, complement parents, efforts, teach job and life skills, foster artistic abilities and encourage physical fitness.

The Collective is looking for volunteer mechanics to help lower the student teacher ratio. If you are interested, visit [www.slcbikecollective.org](http://www.slcbikecollective.org) or call 801-328-BIKE. YouthCity programs begin on June 15; for information, call 801-538-2062.

COACH'S CORNER

# Consistency and Choices

By Bill Harris

I'm sure you have all set some lofty goals for this year, you did set some goals didn't you? Maybe a personal best at the Snowbird Hillclimb or a sub-five hour century ride, your training plan, either mapped out by yourself or with the help of a qualified coach, represents the path to those goals. Now that we're a few months into the cycling season, the question is, "are you on track?" Have you already veered from the path? Or, have you stayed the course?

I firmly believe that in order for you to reach your cycling goals you need to be very committed to your training program. Consistency is one of the most important aspects to training and your cycling success. It is important to complete each of your planned workouts and it's even more important to rest on your planned recovery days. By itself, no one week of training is absolutely critical, but taken together, the cumulative effectiveness of training increases when athletes avoid missing planned training days. Achievements and accomplishments in cycling do not happen accidentally. They are the result of consistent, daily action towards your cycling goals. This consistent action will move you from where you are today, to where you want to be and allow you to accomplish more than you thought possible.

Ultimately, whether you reach your cycling goals or not, is up to you. Fortunately, at birth you are given your greatest power to achieve these goals - the power to choose. Every moment offers you a choice: to exercise this power by setting and holding a direction or to veer from the path. Every choice counts! There are no insignificant choices, no neutral actions. Even the smallest gesture has a consequence, leading you toward or away from you goals.

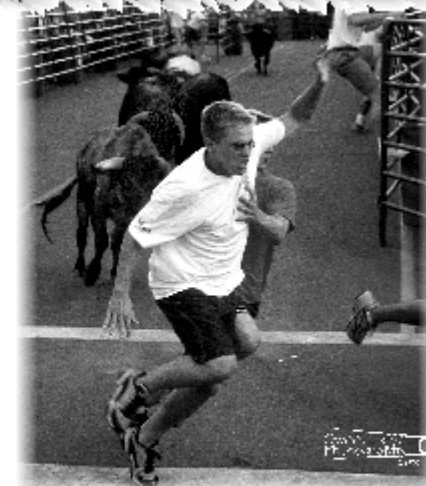
As you work through your training plan make the right choices that keep you on track. Some choices you may encounter: To do my workout or not? To eat this or to eat that? To go to bed or stay awake? To drink this or drink that? To do MY workout or somebody else's? To do all my intervals or just a few? To do my entire workout time or shorten it up? We all know which choices will lead us towards our goal. The question is, will you make them?

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](mailto:bill@yellowjersey.com) or check out his website at [www.yellowjersey.com](http://www.yellowjersey.com)

## RUN FROM THE BULLS AND RIDE YOUR BIKES IN ELKO NEVADA



2003 LAJETA 2  
CRITERIUM  
ELKO, NEVADA  
JULY 4, 2003



COME AND CELEBRATE THE 40TH NATIONAL BASQUE FESTIVAL JULY 3-6, 2003 FEATURING 'RUNNING FROM THE BULLS', DANCING, MUSIC, CULTURAL SPORTS, GREAT FOOD AND FUN

Races	Time	Length/Limit	Purse	Entry
Registration Opens	10:00 a.m.			
Women's Pro/1/2/3/4	1:00 p.m.	50 minutes /100	\$1,000, Top 10	\$30 Entry Fee
Men's Category 4/5	2:00 p.m.	50 minutes /100	\$300, Top 10	\$25 Entry Fee
Men's Master's 35+	3:00 p.m.	50 minutes /100	\$500, Top 10	\$25 Entry Fee
Men's Category 3	4:00 p.m.	50 minutes /100	\$750, Top 10	\$25 Entry Fee
Men's Pro/1/2	5:00 p.m.	70 minutes /125	\$2,500, Top 20	\$30 Entry Fee

\*Additional lap primes\*

**Location** ELKO MAIN CITY PARK

Online registration at [www.SportsBaseonline.com](http://www.SportsBaseonline.com) or mail USCF application and entry fee to P.O. Box 1321 Elko Nevada 89803

USCF Permit Pending - USA Cycling is not affiliated with the 40th National Basque Festival except for the Criterium Races

For more information about the Festival, "Running From the Bulls", or Criterium call Cathy at (775)738-5245 or go to [www.elkobasque.com](http://www.elkobasque.com)

Funded in part by the Nevada Commission on Tourism

COME AND ENJOY THE 40TH NATIONAL BASQUE FESTIVAL  
JULY 3-6, 2003 IN ELKO NEVADA



ROAD RACING

# DMV Photo Gallery, May 28, 2003



Top left: Jason Travis (1st place) and Scott Martin (2nd place) leave the field behind. Yep, that's the field in the distance.

Photo: Dave Iltis

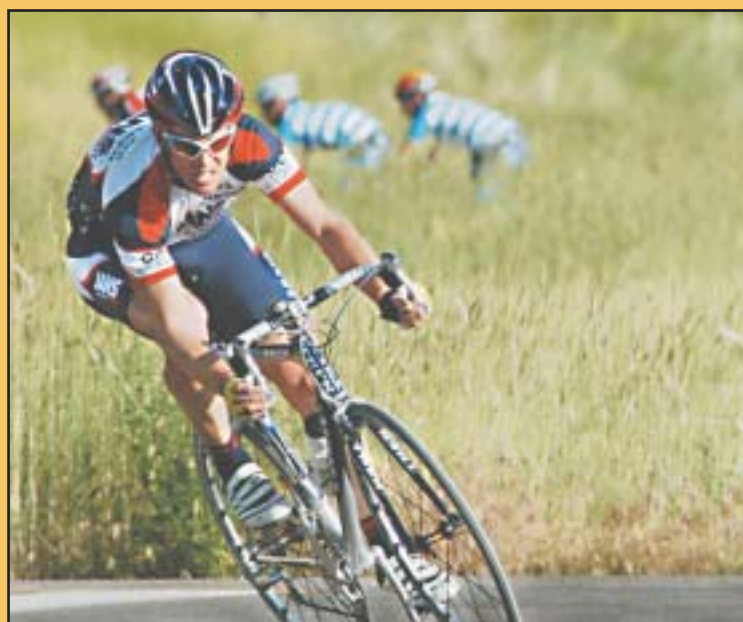
Bottom Left: The B-Pack strung out on speed.

Below: Bill Harris leads through a corner. Photo: Jeff Anderson

Below that: Life's a blur at the DMV. Fast laps and lots of corners and 99 degree heat make for a fun afternoon. Photo: Dave Iltis

Bottom: Jans rider out front. Photo: Jeff Anderson

The DMV Series is held on Wednesdays through September at 6 p.m. at 4700 S. 2780 W. Call (801) 558-6875 for more information.



CYCLERY

## ROCKY MOUNTAIN BICYCLE SUMMER SALE!

### Get One Today!

### Don't Wait 'til Fall!

### All Models and Sizes in Stock!

### DON'T MISS THIS SALE!

Sale Ends Saturday June 28th



2175 So. 900 E.  
 Salt Lake City, UT  
 801-466-3971  
[www.fisherscyclery.com](http://www.fisherscyclery.com)





MOUNTAIN BIKE RACING

# Jones, Sherwin Conquer the Joyride

Intermountain Cup #4, May 31, 2003



By Cindi Hansen

After 14 years of racing, Eric Jones knows exactly what his body needs to get the job done. Saturday morning, three hours before the Joyride race at Sherwood Hills, Eric eats his usual waffle/egg combo and packs up his bike and gear. He arrives at the race site an hour and 15 minutes before start time, picks up his number and begins his usual pre-race ritual. He eats a Clif bar and a banana and drinks what's left of his Gatorade. To warm up he does a few 15 second

Continued on page 12



top left: Eric Jones takes the win.  
top right: At the corner  
above: Jim Rogers  
center: Kathy Sherwin  
bottom right: Cindi Hansen

Photos: Anedru Firth

**Phil Meador**  
**GATE-CITY GRIND**  
 Stage Race

*\$3800 in trophies, prizes, leader's jerseys & cash!*

*UCA points series race!*

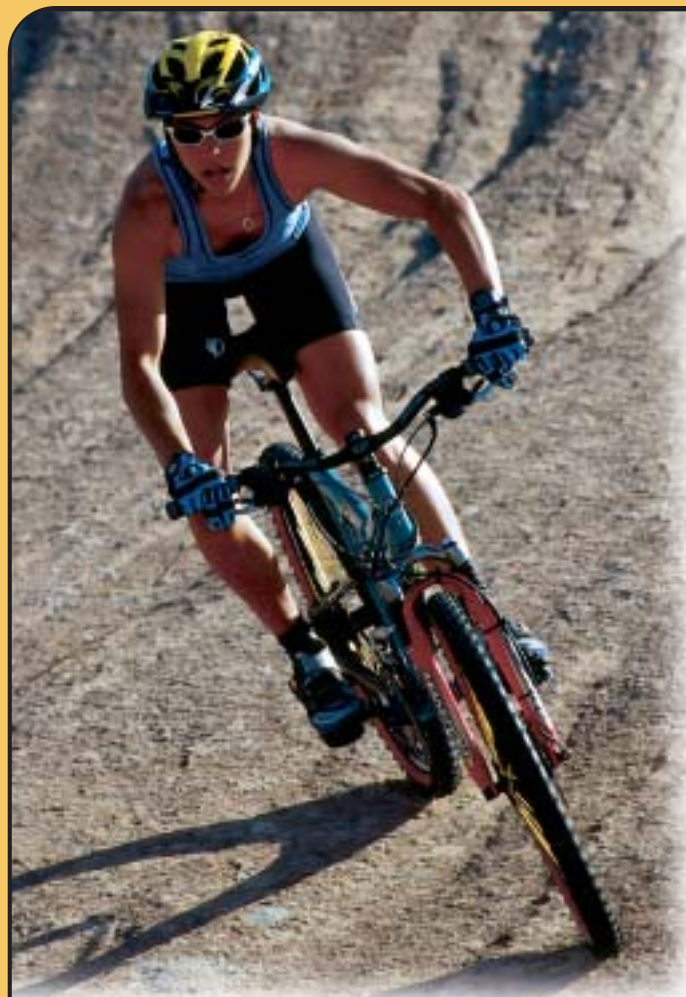
**July 12-13, 2003 • Pocatello, Idaho**  
 USCF Permit Pending

- € Marsh Valley Road Race, 10 a.m. Sunday: 17.5 mile rolling loop with good to fair pavement and little traffic
- € Truckerville Time Trial, 6:30 p.m. Saturday: 6 miles, flat
- € Holt Arena Criterium, 8:30 a.m. Saturday: 1 km, technical course with slight hill (fun course!)
- € Awards Sunday between criterium events.

Registration and results by: 

For more information contact Rob Van Kirk at 208-282-2503 or [vankrobe@isu.edu](mailto:vankrobe@isu.edu). Visit our website: [www.idahocycling.com](http://www.idahocycling.com)

**IDAHO CYCLING ENTHUSIASTS**



**PEARL izumi**  
[www.pearlizumi.com](http://www.pearlizumi.com)

## Pearl Izumi Factory Store

6699 N. Landmark Drive  
Unit K150  
435.615.7800

Factory Stores at Park City

**a complete line of bike and fitness apparel for your next adventure**

**dressforsuccess**





Porcupine's George Manousakis in the feedzone  
Photo: Anedru Firth

### Joyride - continued from page 11

bursts followed by two or three minutes of easy spinning. Ten minutes before count down he makes his way over to startline and stretches his quads and calves.

All Eric thinks about is beating everyone around the sharp right-hand corner and onto the single track climb. He knows that Bryson Perry (Guru's/Healthy Choice), and Cris Fox (Guthrie's), are right there behind him. Adrenaline temporarily washes away the lactic acid from his legs as he pulls away from the chasers. Eric rides with a high cadence through the tight single track course, making the challenging corners and the steep switchback ascents look easy. He is sure to eat and drink plenty of energy gels and fluids, nearly consuming 16 oz's of water and a gu pack every half an hour.

The first three laps fly by. He feels great. He pushes himself as hard as he can without succumbing to the lactic acid running throughout his legs. As he rounds the corner onto his fourth lap, he is passed a bottle by his support crew; his mother and girlfriend. Half way into his lap Eric starts to feel the fatigue and strain of the miles and tough terrain in his legs and mind. Not only does he battle the course, but at this point, he must battle his mental psyche. His years of experience have taught him that he must stay positive and overcome the mind games and exhaustion that have begun to creep in.

His 45 second lead slowly begins to decrease. His legs turn slightly slower than they did a few laps ago. He wonders if he may have went too hard too early. Is his lead enough to get

**Wear your helmet,**

**Your kids will  
thank you!**

him across the finishline first?

As Eric rides through the last singletrack towards the finishline, he hears someone behind him. It's Bryson! He has bridged the gap and is riding towards a first place finish. Eric has enough energy to hold Bryson off and finish only one second in front of him.

#### Pro Men:

1. Eric Jones 1:45:33, Biogen
2. Bryson Perry, 1:45:34, Guru's/Health Choice
3. Cris Fox, 1:47:49, Sly Fox

#### Pro Women:

1. Kathy Sherwin, 1:51:13, Sobe/Cannondale
2. Sonja Swartzentruber, 1:55:39, Jans
3. Roxanne Toly, 1:57:40, Park City Cycling Club

-See Results on Page 16

## MOUNTAIN BIKE RACING

# Felin and Gibson Win 13th Annual Bordertown Challenge

By Ron Dillon

May 24, 2003, Oasis, NV., Utah mountain bike racers, Chucky Gibson and Elena Felin, pounded out wins as the top pro man and woman at the 13th annual Bordertown mountain bike race.

The race was round three of the 2003 Motion Potion Wild Rockies Mountain Series, sponsored by Idaho Chiropractic, Sharkies, the Running Bandanna, the Boise Weekly, K2, Fly Racing, Dirt Dart, Brian's Pro Bike Service, and Hippie Tech Suspension, as well as local bike shops Georges Cycles, IMT, Ken's Bicycle Warehouse, Screaming Toad, and Big Bikes.

Held at the stunning Pequop Ranch (which bears more than a passing resemblance to a country club) riders came from throughout Northern Nevada, Utah and Southern Idaho for this well-known event. The weather was interesting; it alternated between warm and sunny and cool and raining, but the majority of riders were done and off the course when the intermittent showers began. A total of 143 riders enjoyed the one-big-loop race format. Beginners covered one, 13-

mile lap. Sports did one, 21.7-mile lap, experts rode one, 25.6-mile lap, and pros hammered out one, 27.1-mile lap, making this the longest Wild Rockies event of the season. Classes were also offered for trail runners and walkers who covered a 6.5-mile trail course.

The men's pro field was surprisingly deep and talented. Utah men took the top three positions. Chucky Gibson and Cris Fox duelled for the lead from the start, with Gibson ultimately taking the win in 2:16:22 and Fox finishing second at 2:23:51, with Chucky's brother Jared taking third.

The women's pro field was smaller, but again featured some real talent. Elena Felin led most of the race, (and won at 2:58:17) but an eternally tough and youthful (age 41) Roxanne Toly, kept Felin honest, finishing less than two minutes back at 2:59:42. Another long-time, tough-girl, Teresa Eggertsen took third. The sport racers were topped by Pocatello's Todd Howe, who was the only sport rider to finish in under two hours, and the day's top beginner was Boise's Jay Armstrong who covered one 13-mile loop in an impressive 1:10:41.

The race was round three of the 2003 Motion Potion Wild Rockies Mountain Series, sponsored by Idaho Chiropractic, Sharkies, the Running Bandanna, the Boise Weekly, K2, Fly Racing, Dirt Dart, Brian's Pro Bike Service, and Hippie Tech Suspension, as well as local bike shops Georges Cycles, IMT, Ken's Bicycle Warehouse, Screaming Toad, and Big Bikes.

The 2003 Motion Potion Wild Rockies Mountain Series has five races remaining, with the next event, the 11th annual Revenge of the Singletrack, coming up on June 7, at the Magic Mountain Ski Resort near Twin Falls, Idaho. The event is appropriately named, with the majority of the course consisting of singletrack trail. Each Wild Rockies event focuses on fun, and 51 different divisions are offered for all ages and abilities of mountain bikers, trail runners, walkers and duathletes. For more information, please contact Ron Dillon at (208) 342-3910 or at [www.wildrockies.com](http://www.wildrockies.com).

COME JOIN US AT THE  
**8TH ANNUAL  
CLAIM JUMPER  
MOUNTAIN BIKE  
FESTIVAL**

IN AN HISTORIC 1862  
MINING TOWN IN THE  
CENTER OF NEVADA,  
**9-26 MILE  
X-COUNTRY AND  
AWESOME DOWNHILL:**  
BEGINNER \* SPORT  
PRO/EXPERT  
CLYDESDALE  
SINGLE SPEED  
FREE KIDS RACE &  
ACTIVITIES FOR  
THE WHOLE FAMILY  
T-SHIRTS  
SWIMMING \* BIKING  
BAR B QUE  
WINE TASTING  
LIVE MUSIC DOWN TOWN  
SAT NIGHT

8TH ANNUAL  
**CLAIMJUMPERS  
MOUNTAIN BIKE FESTIVAL**

AUGUST 9 & 10, 2003  
In HISTORIC AUSTIN NEVADA

Nevada NORBA  
2003 State XC & DH  
Championships

FOR MORE INFORMATION CALL:  
AUSTIN CHAMBER OF COMMERCE  
(775)-964-2200 OR (775)-964-1212  
T-RIX MTN BIKES  
OR GO TO  
WWW.T-RIX.COM FOR RACE APPLICATION  
E-MAIL: CJMTNBIKEFEST@HOTMAIL.COM

Photo by Racer-X



# BICYCLE SHOP DIRECTORY

## SOUTHERN UTAH

### Cedar City

**Cedar Cycle**  
38 E. 200 S.  
Cedar City, UT 84720  
(435) 586-5210  
www.cedarcycle.com

### Moab

**Chile Pepper**  
550 1/2 North Main  
Moab, UT 84532  
(435) 259-4688  
(888) 677-4688  
www.chilebikes.com

### Moab Cyclery

391 South Main  
Moab, UT 84532  
(435) 259-7423  
www.moabcyclery.com

### Poison Spider Bicycles

497 North Main  
Moab, UT 84532  
(435) 259-7882  
(800) 635-1792  
www.poisonspiderbicycles.com

### Rim Cyclery

94 West 100 North  
Moab, UT 84532  
(435) 259-5333  
(888) 304-8219  
www.rimcyclery.com

### Panguitch

**Red Canyon MTB Center**  
P.O. Box 40  
3158 E. HWY 12  
Panguitch, UT 84759  
(435) 676-8657  
www.redcanyonbikes.com

### St. George

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

### Red Rock Bicycle Co.

190 S. Main St.  
St. George, UT 84770  
(435) 674-3185  
www.redrockbicycle.com

### Springdale

**Springdale Cycles and Tours**  
1458 Zion Park Blvd.  
P.O. Box 501  
Springdale, UT 84767  
(435) 772-0575  
(800) 776-2099  
springdalecycles.com

## NORTHERN UTAH

### Heber City

**Heber Mountain Sports**  
164 S. Main  
Heber City, UT 84032  
(435) 657-1950  
hebermtnsports@juno.com

### Logan

**Al's Cyclery and Fitness**  
1617 N. Main  
Logan, UT 84341  
(435) 752-5131  
www.alssports.com

### Joyride Bikes

65 S. Main St.  
Logan, UT 84321  
(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

## WASATCH FRONT Davis County

### Bountiful

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

**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.spinycleut.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](mailto: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](http://cyclingutah.com)

**Events**

**June 9,16,23,30** — Rad Canyon Bmx, Practice 6:30-8:30 pm. 9700 S. 5250 W., South Jordan, (801) 824-0095.

**June 10,12,17,19,24,26** — Rad Canyon Bmx, Single Point Races Tuesdays & Thursdays, Registration 6-7 pm, racing ASAP (8pm). 9700 S. 5250 W., South Jordan, (801) 824-0095.

**June 21** — Rad Canyon Bmx, Race For Life, Double Point Race. NO ABA MEMBERSHIP REQUIRED TO RACE. Saturday, Registration 4-5 pm, racing ASAP (6pm). 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](http://www.ababxm.com). 9700 S. 5250 W., South Jordan, (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](http://www.weberpathways.org)

**Provo Bike Committee** — (801) 374-2033 or [tjensen@Korve.com](mailto:tjensen@Korve.com)

**Volunteer** to help build the Bonneville Shoreline Trail (801) 485-6975 or visit [www.bonneville-trail.org](http://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](mailto:info@slccriticalmass.org)

**Calendar of Events is sponsored by**

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

**Tuesdays** — June 10, July 8, Aug 12, Fixing flat tires and other ride stopping mishaps, Free Clinic, 7 pm, Tom @ Wild Rose, (801) 533-8671

**June 7** — National Trails Day, call Rei at (801) 486-2100 for info.

**September 18-20** — Utah Trails and Pathways Conference, planning, design, construction, funding and more. [www.stateparks.utah.gov](http://www.stateparks.utah.gov)

**Mountain Bike Racing****General Info**

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

**Wild Rockies** Unplugged Series information (Idaho), (208) 342-3910.

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

**Utah 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

**June 7** — Pedalfest XC, Intermountain Cup #5, Deer Valley, UT - Ed Chauner, 801-942-3498

**June 8** — Bountiful Bomber Downhill Race, Bountiful, UT, (801) 375-3231

**June 14** — Utah Summer Games, Intermountain Cup #6, Cedar City, (435)865-8421, (800)FOR-UTAH, (435) 586-2770

**June 28** — Pedal Powder, Intermountain Cup #7, Powder Mountain, Ed Dilbeck, (801) 479-5015

**July 4** — Sundance Super-D Downhill Race, 9 am, 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** — The Endurance 100/Mind Over Mountains, Relay on Saturday, solo 50 miler on Sunday, Park City, (435) 649-2129

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

**August TBA** — Wasatch Plunge DH Race, Snowbasin, 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** — The Endurance 100/Mind Over Mountains, 100 miler and 50 miler, 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](mailto:hwsq@infowest.com)

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

**Regional MTB Races**

**June 4 - July 2** — Wednesday Night MTB Series, ID, (208) 788-9184

**June 7** — Revenge of the Singletrack, Wild Rockies Series #4, Twin Falls, ID, (208) 342-3910

**June 28** — Idaho City Excellent Adventure, Wild Rockies Series #5, Idaho City, ID, (208) 342-3910

**June 28** — Grand Targhee Ski Hill Road Time Trial and Criterium, 9 a.m., Alta, WY, (307) 353-2252

**July 4** — 8th Annual WYDAHO Bike Race, Grand Targhee Ski and Summer Resort Alta, WY, Cara Woeik at 1-800-TARGHEE ext. 1313

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

**July 5-6** — ~~CANCELLED~~ MTB World Cup, XC, DH, 4x5, Telluride, CO, (719) 866-4581

**July 12** — Kelly Canyon MTB, Idaho Falls, ID (208) 336-5821

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

**August 14-17** — NORBA NCS #4, Durango, CO, (970) 259-4621

**August 2-3** — 19th White Knob Challenge and MTB Stage Race,

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](http://www.cyclingutah.com)) or call the Mayor's office at 535-7939 or Mark at 363-0304.



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

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

**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

**Mountain Bike****Tours and Festivals**

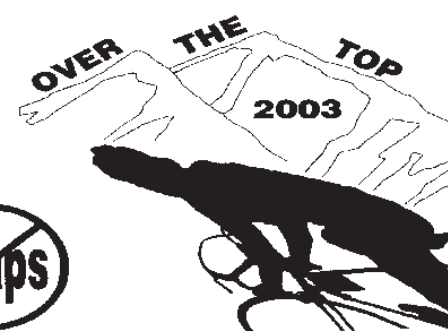
**August 9-10** — Dinotrax Fat Tire Festival, Rides, Pasta Feed,

**EVANSTON • WY****15TH ANNUAL All West Communications****HIGH UINTAS CLASSIC****JUNE 21-22****15 YEARS OF EXCELLENCE!****DO NOT MISS ONE OF AMERICA'S GREAT STAGE RACES!!****USCF ROAD RANKING RACE PAID BY THE EVANSTON LODGING TAX BOARD****SATURDAY, JUNE 21 – 9:00 a.m.**Kamas, UT to Evanston, WY  
Bald Mountain Road Race – 80 miles

"OVER THE TOP" 10,700'

**SUNDAY, JUNE 22 – EVANSTON, WY**Charles Scrivner Memorial Time Trial – 7:30 a.m.  
Downtown Courthouse Criterium – 12:00 p.m.**FEES**

Pro Men, I, II \$55; Pro Women, I, II, III \$50; other USCF \$45; Citizens \$35. Add \$5 for late registration on race day.

**INFORMATION: TOLL FREE# (866) 783-6300****On-line Registration: [www.sportsbaseonline.com](http://www.sportsbaseonline.com)****SPONSORS**Title Sponsor: **ALL WEST COMMUNICATIONS**BP  
CITY OF EVANSTON, WY  
CITY OF KAMAS, UTBEAR RIVER LODGE  
BOOTWORKS OF PARK CITY, UT  
DOMINO'S PIZZA  
EVANSTON CHAMBER OF COMMERCE  
EVANSTON REGIONAL HOSPITAL  
EVANSTON, WYOMING CYCLING CLUB  
JB'S RESTAURANTS  
PACIFIC POWER  
WASATCH CACHE NATIONAL FOREST**OVER \$7,500 CASH & PRIZES!**



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**

June 10,17,24 — RMR Crit Series, Salt Lake, (801) 944-8488

June 11,18,25 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 558-6875

June 19 — Salt Air TT Series, Every other Thurs, (801) 944-8488

June 7 — Sugarhouse Crit, (801) 944-8488

June 8 — International Center Criterium, (801) 944-8488

June 14 — Herriman Road Race, Utah State Championships, LAJORS, (801) 280-8916

June 19-21 — Utah Summer Games, Cedar City, (435)865-8421, (800)FOR-UTAH

June 21-22 — High Uintas Classic Stage Race, Kamas, UT to Evanston, WY, (866) 783-6300 or (307) 783-6470

June 28 — Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, (801) 231-5335

July 1,8,15,22,29 — 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

July 26-27 — Leave it to Beaver Stage Race, UT, (801) 944-8488

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 — 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 hwsq@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

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

**Women's Cycling Apparel**



We offer a complete selection of women's cycling clothing, from more than 40 top brands: Castelli, Hind, NEMA, Primal Wear, Pearl Izumi, Shebeest, Sugoi, Terry, ZOIC and many more!



[www.TeamEstrogen.com](http://www.TeamEstrogen.com)

Calendar - Continued on page 17

**WE'RE BACK!**  
 Sat. June 28th

**Starts Times:**  
 7:30am Citizen Start  
 9:00am USCF Start

**T-shirt Awards Post Event Breakfast**

Entry forms available at all area bicycle shops, REI, Great Harvest Bakery and Porcupine Pub & Grille.

Online registration at: [sportsbaseonline.com](http://sportsbaseonline.com)

**help to heal** foundation inc.



**The Leukemia & Lymphoma Society**  
 Fighting Blood-Related Cancers

**Zenzoey's** Digital Copy Network

**AMERICA FIRST** CREDIT UNION

**Solitude** RECREATION RESORT

**REI**

**GE Elfun Volunteers**

**June 28th, 2nd Annual Porcupine BIG COTTONWOOD HILL CLIMB**

For more information call Help to Heal Foundation 801.364.3511. [www.help2heal.org](http://www.help2heal.org)

**2003**

**EPIC 100**

**NATIONAL CHAMPIONSHIP**

**AND**

**TITANIUM 50**

**Brian Head, Utah**

**July 12th, 2003**

**4th Annual**

Brian Head Resort Welcomes The National Championship of Endurance Racing

**EPIC**

**Brian Head RESORT**

**OUTDOOR UTAH**

Presented by, Team Big Bear

909-866-4565 [www.teambigbear.com](http://www.teambigbear.com)

[www.brianheadepic.com](http://www.brianheadepic.com)

**TEAM BIG BEAR**



cycling utah

## RACE RESULTS



**Mountain  
Bike  
Racing**

**Hammerfest at the Hollow, Soldier Hollow, May 17, 2003, Intermountain Cup Mountain Bike Racing Series - Race # 3**

**12 & Under**

1. Carsen Ware; 12:05:27
2. Tanner J. Putt; 12:26:48
3. Joshua Brown; 12:30:58
4. Alex Scott; 12:32:23
5. John McMillin; 12:32:57

**9 & Under**

1. Peter Jr. Papineau; 12:05:55
2. Rhet Povey; 12:06:16
3. Riley Peek; 12:07:17
4. John D. McIlmoli; 12:07:34
5. Daniel Brown; 12:08:15

**Beg Men 13-15**

1. Conner Dougherty; 1:04:26
2. Andrew Putt; 1:10:03
3. Mike H. Voth; 1:15:38
4. Corey J. Denton; 1:16:40
5. Zack J. Campbell; 1:19:18

**Beg Men 16-18**

1. Braxton Berrett; 1:00:07
2. David Liffert; 1:00:46
3. Daniel L. Bride; 1:01:02
4. Collin H. Lewis; 1:02:44
5. Mitch Longson; 1:05:32

**Beg Men 19-29**

1. Jeremy Wood; 12:53:27
2. Nathan Long; 12:54:33
3. Clint Edwards; 12:55:35
4. Micah Lewis; 12:56:10
5. Jeff Larsen; 12:56:55

**Beg Men 30-39**

1. Aaron D. Larsen; 12:57:17
2. Mathew S. Campbell; 12:57:35
3. Erid D. Johnson; 12:58:21
4. Brett Wehrli; 12:58:49
5. Bryan Hammonds; 12:59:30

**Beg Men 40+**

1. Jeff Butler; 12:58:07
2. Tim Spier; 1:01:20
3. Kelly Lassiter; 1:01:50
4. James LeGore; 1:04:41
5. Scott Endicott; 1:05:15

**Beg Women 19+**

1. Jennifer Bingham; 1:07:34
2. Karen Ursick; 1:09:36
3. Stephanie Nelson; 1:11:50
4. Amy Campbell; 1:14:11
5. Karen Hoggan; 1:14:29

**Clydesdale**

1. Michael J. VanHook; 1:43:34
2. Aaron Mullins; 1:46:58
3. Matt Longson; 1:50:07
4. Steve Pecorella; 1:57:47
5. Justin Moss; 2:29:04

**Exp Men 16-18**

1. Mitchell Peterson; 2:05:04

**Exp Men 19-29**

1. Trevor Simper; 1:49:47
2. Gregy Gibson; 1:50:57
3. Scott Preston; 1:51:19
4. Travis Hughes; 1:51:49
5. Thomas J. Spanning; 1:52:38

**Exp Men 30-39**

1. David Harward; 1:46:05
2. Jack Dainton; 1:52:59
3. Travis Ward; 1:53:19
4. Todd Henneman; 1:54:08
5. George Manousakis; 1:54:21

**Exp Men 40+**

1. Dana Harrison; 1:55:13
2. Robert Westermann; 1:56:33
3. Tom Noaker; 1:58:00
4. Richard Vroom; 1:58:01
5. Thomas Altland; 2:11:49

**Men 50+**

1. Bill Peterson; 1:37:11
2. Bill Dark; 1:39:08
3. Brad Mullen; 1:40:38
4. Bruce Argyle; 1:42:20
5. Gary Kartchner; 1:43:09

**Pro Men**

1. Cris Fox; 2:24:55
2. Kevin Day; 2:25:07
3. Kyle P. Wright; 2:25:18
4. Rob Fornataro; 2:25:46

Race Results are sponsored by



2175 S.900 E.  
Salt Lake City  
(801) 466-3971  
fisherscyclery.com

Salt Lake's  
Road Bike  
Specialists!

5. Robble Stone; 2:28:51
2. Lynn Ware-Peek; 1:40:22
3. Kaylene Kottler; 1:40:37

**The Joyride, Cache Valley, May 31, 2003, Intermountain Cup Mountain Bike Racing Series - Race # 4**

**12 & Under**

1. Carsen Ware; 12:23:40
2. Tanner J. Putt; 12:24:08
3. Joshua Brown; 12:26:37
4. Alex Scott; 12:26:41
5. Cameron Harmon; 12:29:58

**9 & Under**

1. Rhet Povey; 12:20:44
2. Mitch Nelson; 12:23:53
3. Daniel Brown; 12:26:49
4. Jade Harward; 12:27:09
5. Sara Denton; 12:30:03

**Beg Men 13-15**

1. Matthew L. Downing; 12:38:52
2. Jason K. LeGore; 12:39:23
3. Andrew Putt; 12:41:17
4. Ben Russell; 12:42:13
5. Corey J. Denton; 12:42:31

**Beg Men 16-18**

1. Berrett Braxton; 1:10:18
2. Daniel L. Bride; 1:25:36

**Beg Men 19-29**

1. Jacob Balls; 12:48:10
2. Jeremy Wood; 12:52:26
3. John Woodruff; 12:55:11
4. Steven Brumbaugh; 12:56:57
5. Clint Carter; 12:58:16

**Beg Men 30-39**

1. Mathew S Campbell; 12:57:29
2. Bret Peterson; 12:57:35
3. Mark W. Espin; 12:59:41
4. Phil Tisovec; 1:00:47
5. Greg Christiansen; 1:01:22

**Beg Men 40+**

1. Jeff Butler; 1:00:12
2. Terry Williams; 1:01:40
3. Robert Breittling; 1:08:42
4. Patrick J. Putt; 1:12:40
5. Cam Smith; 1:14:05

**Beg Women 19+**

1. Linda Kopp; 12:38:30
2. Stephanie Nelson; 12:40:00
3. Amanda L. Sherrod; 12:40:34
4. Juliet Mickelson; 12:42:14
5. Beth Nielson; 12:43:31

**Clydesdale**

1. Robert Cummins; 1:43:20
2. Aaron Mullins; 1:47:18

**Exp Men 16-18**

1. Mitchell Peterson; 1:39:57
2. Dustin Wynne; 1:41:58
3. CJ Reed; 1:45:24
4. Clayton Karz; 1:47:18
5. Brent Westenburg; 2:00:27

**Exp Men 19-29**

1. Brock Cannon; 1:32:36
2. Chan Head; 1:33:49
3. Gregy Gibson; 1:34:53
4. Marcelo Torre; 1:35:17
5. Quin Bingham; 1:35:23

**Exp Men 30-39**

1. Todd Henneman; 1:39:40
2. Brad W. Pilling; 1:40:32
3. Chad B. Wassmer; 1:40:57
4. Jack Dainton; 1:41:26
5. George Manousakis; 1:43:03

**Exp Men 40+**

1. Ed Chauner; 1:40:02
2. Jim Rogers; 1:41:57
3. Dana Harrison; 1:46:10
4. Robert Westermann; 1:46:33
5. Daren Cottle; 1:49:23

**Men 50+**

1. Roger Gillespie; 1:26:35
2. Bill Dark; 1:30:53
3. Bill Peterson; 1:30:54
4. Bruce Argyle; 1:36:39
5. James Fleming; 1:38:31

**Pro Men**

1. Eric Jones; 1:45:33
2. Bryson Perry; 1:45:34
3. Cris Fox; 1:47:49
4. Charlie Gibson; 1:47:54
5. Blake Zumbrunnen; 1:53:35

**Pro/Exp Women**

1. Kathy Sherwin; 1:51:13
2. Sonya J. Swartzentruber; 1:55:39
3. Roxanne Toly; 1:57:40
4. Teresa Eggertsen; 1:59:32
5. Maren Partridge; 2:01:13

**Spt Men 16-18**

1. David L. Peterson; 12:58:06
2. Andrew Christian; 1:00:00
3. Aleks F. Roising; 1:00:57
4. Sam R. Lepley; 1:01:57
5. Justin L. Moote; 1:04:43

**Spt Men 19-29**

1. William Wood; 1:12:10
2. Nate L. Stowers; 1:13:21
3. Rob Hopkins; 1:13:33
4. Andreas Forster; 1:13:41
5. Josh Mortensen; 1:14:22

**Spt Men 30-39**

1. Dave G. Miller; 1:13:07
2. Dan Elbert; 1:17:40
3. Bret Johnson; 1:18:06
4. Bob Saffell; 1:18:41
5. Chris Thomson; 1:18:42

**Spt Men 40+**

1. Perry Woods; 1:23:36
2. Marc Anderson; 1:25:25
3. Clark Johnson; 1:26:04
4. Dale Money; 1:26:22
5. Mike Osborn; 1:27:44

**Spt Women 19+**

1. Kaylene Kottler; 1:06:13
2. Mandi Christensen; 1:07:21
3. Kary Thompson; 1:08:25
4. Liz Zumbrunnen; 1:09:05
5. Susan Fleck; 1:09:14

**Spt/Exp Men 13-15**

1. Ryan Harrison; 12:58:05
2. Kaleb J. LeGore; 12:59:05
3. Dutch Wiehe; 1:00:16
4. Tyler Scott; 1:03:17
5. Conner Dougherty; 1:06:28

**Women 13-18**

1. Melanie Perry; 12:39:45

**Women 35+**

1. Ellen Guthrie; 12:38:06
2. Cipriana Harrison; 12:39:16
3. Tamra Roe; 12:44:03
4. Ranae Poelman; 12:45:25
5. Barbara Clark; 12:47:39

**13th Annual Bordertown Challenge, Oasis, NV, May 24, 2003, Wild Rockies #3**

**Class 1, Pro Men: (27.1 miles)**

1. Chucky Gibson Provo, UT 2:16:22
2. Cris Fox Salt Lake City, UT 2:23:51
3. Jared Gibson Provo, UT 2:25:24
4. Whit Albright Ketchum, ID 2:25:27
5. Shawn Mitchell Boise, ID 2:26:52
6. Craig Sandstrom Pocatello, ID 2:30:39
7. Trevor Simper Salt Lake City, UT 2:32:36
8. Daryl Price Hailey, ID 2:39:49
9. Darren Lightfield Boise, ID 2:43:08
10. Kyle Gillespie Provo, UT 2:43:57
11. Chris Christiansen Seattle, WA 2:47:48
12. Blake Zumbrunnen Salt Lake City, UT 2:47:49
13. Robert Jameson Spring Creek, NV 3:05:07

**Class 2, Expert Men 19-Under: (25.6 miles)**

1. Mitchell Peterson Sandy, UT 2:29:30
2. Joe Holmes Boise, ID 2:46:10
3. CJ Reed Park City, UT 2:49:04

**Class 4, Expert Men 30-39: (25.6 miles)**

1. Ryon Butterfield Pocatello, ID 2:23:10
2. Todd Henneman Park City, UT 2:26:28
3. Chad Wassmer Park City, UT 2:27:38
4. Jon Gould Boise, ID 2:33:18
5. Kevin Holliday Park City, UT 2:42:22

**Class 5, Expert Men 40-49: (25.6 miles)**

1. Dean Rose Pocatello, ID 2:58:16
2. Dan Meeker Boise, ID 2:58:46
3. Dave Williams Boise, ID 3:02:59
4. John Land Boise, ID 3:10:01
5. Dave Bell Ketchum, ID 3:17:47

**Class 6, Expert Men 50-59: (25.6 miles)**

1. Bill Peterson Sandy, UT 3:20:30

**Class 7, Pro Women: (27.1 miles)**

1. Elena Felin Salt Lake City, UT 2:58:17
2. Roxanne Toly Park City, UT 2:59:42
3. Teresa Eggertsen Park City, UT 3:03:35

4. Stacy Scanlan Boise, ID 3:11:33
5. Pam Hanlon Park City, UT 3:19:43

**Class 9, Sport Men 13-15: (21.7 miles)**

1. Chris Peterson Sandy, UT 2:23:56
2. Jeremy Kough Oasis, NV 2:24:57
3. Eric Slack Boise, ID 2:31:01
4. Jordan Schaeffer Boise, ID 3:09:03

**Class 10, Sport Men 16-19: (21.7 miles)**

1. Jonathon Kough Oasis, NV 2:02:38
2. Rick Graham Salt Lake City, UT 2:07:19
3. Daniel Kough Oasis, NV 2:23:12

**Class 11, Sport Men 20-29: (21.7 miles)**

1. Todd Howe Pocatello, ID 1:59:15
2. Jason Kreidler Ketchum, ID 2:05:29
3. Bjorn Eriksen Park City, UT 2:13:27
4. Bobby McNabb Pocatello, ID 2:21:08
5. Mike Wilcox Logan, UT 2:27:25

**Class 12, Sport Men 30-39: (21.7 miles)**

1. Steve Care Boise, ID 2:02:34
2. Phil Snow Park City, UT 2:08:50
3. Chad Shelly Park City, UT 2:09:32
4. Eric Schmitz Twin Falls, ID 2:19:54
5. Jeff Van Blarcom Elko, NV 2:20:37

**Class 13, Sport Men 40-49: (21.7 miles)**

1. Mark Knowles Boise, ID 2:05:21
2. Larry Metzger Salt Lake City, UT 2:06:37
3. Scott Toly Park City, UT 2:08:28
4. Mike Thornton Caldwell, ID 2:21:44
5. Kent Robertson Ely, NV 2:23:13

**Class 14, Sport Men 50-59: (21.7 miles)**

1. Dave Weatherston Idaho Falls, ID 2:12:04
2. Ed Steckmest Boise, ID 2:16:15
3. Will Swensen Boise, ID 2:18:13
4. Marv White Pocatello, ID 2:34:27

**Class 16, Sport Women 20-29: (21.7 miles)**

1. Liz Zumbrunnen Salt Lake City, UT 2:31:27
2. Cara Schmidt Boise, ID 3:17:22

**Class 17, Sport Women 30-39: (21.7 miles)**

1. Kristina Erwin Boise, ID 2:48:13

**Class 18, Sport Women 40-49: (21.7 miles)**

1. Cherry Thornton Hailey, ID 2:39:39

**Class 19, Singlespeed: (21.7 miles)**

1. Jon Gallagher Park City, UT 2:04:51

**Class 20, Clydesdale Sport/Expert Men, (200 plus lbs): (21.7 miles)**

1. Bruce Frazier Elko, NV 2:32:49
2. Brad Duke Star, ID 2:58:32
3. Riley Mahaffey Boise, ID 3:03:35
5. Michael Howell Boise, ID 3:16:00

**Class 24, Beginner Men 13-15: (13 miles)**

1. Allen Steckmest Boise, ID 1:11:01
2. Josh Shroyer Fairfield, ID 1:17:05
3. Ian Dobie Boise, ID 1:23:16
4. Nathan Talley Boise, ID 1:26:04
5. Zane Dees Nampa, ID 1:26:06

**Class 25, Beginner Men 16-19: (13 miles)**

1. Jake Bradstreet Boise, ID 1:22:24
2. Daniel Jameson Spring Creek, NV 1:56:57

**Class 26, Beginner Men 20-29: (13 miles)**

1. Jay Armstrong Boise, ID 1:10:41
2. Andrew Crouch Elko, NV 1:17:34
3. Paul Pazdan Boise, ID 1:20:06
4. John Smith Spring Creek, NV 1:23:43
5. Mason Diedrich Twin Falls, ID 1:29:08

**Class 27 Beginner Men 30-39: (13 miles)**

1. Warren Worsley South Jordan, UT 1:11:48
2. John Ramsdell Twin Falls, ID 1:14:06
3. Ridge Willard Elko, NV 1:15:59
4. Michael Frazen Boise, ID 1:27:19

**Class 28, Beginner Men 40-49: (13 miles)**

1. Colby Dees Nampa, ID 1:13:17
2. Bob White Boise, ID 1:13:23
3. Kevin Dinwiddie Elko, NV 1:16:56
4. John Rice Elko, NV 1:30:06
5. Craig Slack Boise, ID 1:38:49

**Class 29, Beginner Men 50-Up: (13 miles)**

1. Don Robertson Ely, NV 1:32:52

**Class 30, Beginner Women 19-Under: (13 miles)**

1. Kate Steckmest Boise, ID 1:29:25

**Class 31, Beginner Women 20-29: (13 miles)**

1. Heather Ramsdell Twin Falls, ID 1:31:08

**Class 33, Beginner Women 40-49: (13 miles)**

1. Sharon Hanson Boise, ID 1:27:35
  2. April Wright Wells, NV 2:33:51
  3. Tenna Walker Wells, NV 2:33:52
- </



**Calendar - Continued from page 11**

**Regional Road Races**

**June 6-8** — Tour of Eagle, Eagle, ID, (208) 884-1925

**June 10** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or [vankrobe@isu.edu](mailto:vankrobe@isu.edu)

**June 11** — Bogus Basin 'Tribute' Prologue, TT, Boise, ID, (208) 867-2488

**June 13-23** — CANCELLED-ConAgra Food's Women's Challenge, Idaho, 208-672-7223

**June 15** — 50/50 Team Time Trial, Lost River Cycling, Boise, ID, contact Kurt Holzer (208) 890-3118

**June 17** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or [vankrobe@isu.edu](mailto:vankrobe@isu.edu)

**June 20-22** — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-3763

**June 24** — Summer Night at the Track #1, Road/Track, Boise, ID, (208) 343-3782

**June 28** — River Spirit Circuit Race, Boise, ID, (208) 343-3782

**June 28** — Idaho State Time Trial Championships, Bellevue, ID, 7am, (208) 726-7693

**June 28-29** — Dead Dog Classic Stage Race, round two of the High Uintas-Dead Dog Stage Race Series, Wyoming State Championships, Laramie, WY, (307) 745-4499

**June 29** — Ketchum Criterium, Ketchum/Sun Valley, Idaho, Greg Stock (208) 726-0707

**June 29** — Lyle Pearson Challenge (The Big Loop), Boise, ID, (208) 343-3782

**July 1** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or [vankrobe@isu.edu](mailto:vankrobe@isu.edu)

**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](mailto:vankrobe@isu.edu)

**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](mailto: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

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

**Road Tours**

**June 7** — Little Red Riding Hood, women-only ride, Cache Valley, (801) 947-0338

**June 7-13** — Cycle Utah Tour, S. Utah, Adv. Cycling Association, (800) 721-8719

**June 20** — Annual Antelope by Moonlight Bike Ride, 10:00 P.M. start, check-in begins at 8:30 p.m., Davis County Causeway, Antelope Island State Park entrance This a popular non-competitive ride, held at night during the full-moon. Ride along the Great Salt Lake on the Davis County causeway and on to Antelope Island State Park. Views are spectacular, food is delicious. Registration fee includes park entry, t-shirt and refreshments, 20 miles round trip. Neka Roundy, Davis County Tourism, (801) 451-3286

**June 22-27** — Utah Border to Border Tour, (801) 556-3290

**June 28-29** — MS 150 Bike Tour, Benefits MS Society, Cache Valley Fairgrounds (400 South 500 West, Logan, Utah), (801) 493-0113

**June 28** — Comstock Silver Century Historical Tour, Genoa / Carson Valley, NV, (800) 565-2704

**June 28** — Killer Loop, a 66 or 100 mile loop from Cedar City through Brianhead and Back to Cedar. This ride features 8000 plus feet of climbing at altitudes up to 10,400 feet. (435) 586-7567

**June 28** — Tour of Marsh Creek Valley, fully supported ride, options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, Rob Van Kirk at 208-282-2503 or [vankrobe@isu.edu](mailto:vankrobe@isu.edu)

**July 4-6** — Northwest Tandem Rally, Eugene, OR, (541) 485-8643

**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** — PCAM 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

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, (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

**Pedal Here Now.**

**Cyclingutah.com**  
for trails, event links, our forum section, and Free Classified Ads

**10th Annual ANTELOPE BY MOONLIGHT 2003**

**Join the PARTY at the 10th annual Antelope by Moonlight Bike Ride**

Antelope by Moonlight 2003, a 14-18 mile non-competitive night bike ride across the causeway to Antelope Island is coming **JUNE 20th**

Fee includes a t-shirt, park entry, potential prizes, refreshments, cake and a great ride.

Registration info at (801) 451-3286, or [www.co.davis.ut.us/discoverdavis](http://www.co.davis.ut.us/discoverdavis)

**More Than Just Internet.**

**AROS · NET**  
TECHNOLOGY @ WORK

DSL | Colocation | Web Design | Web Hosting | Network Consulting

[www.aros.net](http://www.aros.net) | 801.532.2767





SLC Mayor Rocky Anderson kicks off the UTA Bike Bonanza ride on May 16.  
Photo: David Harris, courtesy UTA

## Advocacy News

### Bicycle Commuter Act Introduced In U.S. Senate

MAY 30, 2003 -- WASHINGTON, DC -- Senators Olympia Snowe (R-ME) and Ron Wyden (D-OR) introduced legislation in the U.S. Senate last week that would include bike commuters in the tax code transportation fringe benefit.

The transportation fringe benefit was added to the tax code as an incentive to get more people commuting in ways other than single-occupancy cars. The transportation fringe benefit's intent was to reduce traffic congestion, pollution and wear and tear on the roads, said Mele Williams, director of government relations for the League of American Bicyclists.

The Bicycle Commuter Act, S. 1093, would allow an employer to offer a monthly cash reimbursement to an employee who commutes to work by bicycle, providing a tax benefit to the employer and helping defray commuting expenses for the bicyclist.

-Bicycle Retailer

### DOT Bike Survey

Biking remains primarily a guy thing if you believe the results of a federal survey. The U.S. Department of Transportation (DoT) released a nationwide survey that found that 27.3 percent of Americans aged 16 and older said they rode a bike at least once a week between last May and August. But while 34 percent of males said they took to pedaling, only 21.3 percent of females acknowledged doing so.

The survey jives with other data – more men buy bikes and subscribe to bicycling magazines, says Patrick McCormick, communications director for the League of American Bicyclists. "But I think the number of women is going up consistently. Now that bikes are being designed with women in mind, it's attracting more women to the sport," he says. "I don't know why more women are reluctant to ride. Certainly plenty of women are involved in bike advocacy and racing."

According to the survey, about 57 million adults rode a bike. But about 151 million didn't. The major reason cited for not riding was simply that people don't own bikes. Respondents also cited health, weather and a lack of motivation. Only about three percent complained of safety and not knowing how to ride.

The survey interviewed more than 9,600 individuals. DoT says the margin of error is 1.5 percent and called the survey "the most comprehensive of its kind by DoT." But as with any survey, people only tell the pollsters what they want and what they remember.

-Charles Pekow

### Results - Continued from page 16

4. Benjamin Bartle: 01:06:28  
5. Brian Deis: 01:11:04

**Men 4-5 Total**  
1. David Showalter  
2. Mark Gunter  
3. Russell Thorstrom  
4. Steven Parker  
5. Cody Rayl

**Men 40-49 Crit**  
1. Bob Walker  
2. Kurt Holzer  
3. Terry Potts  
4. Mitch White  
5. Tim Randall

**Men 40-49 TT**  
1. Emilio Bengoa: 01:05:27  
2. Bob Walker: 01:06:23  
3. Terry Potts: 01:08:34  
4. Jay Yost: 01:13:48  
5. Thomas Liby: 01:03:29

**Men 40-49 Total**  
1. Bob Walker  
2. Terry Potts

**Men 50+ Crit**  
1. Paul Decoursey  
2. Tyler Welshimer  
3. Robert Rawls

**Men 50+ TT**  
Paul Decoursey: 01:05:45  
Tyler Welshimer: 01:12:28  
Howard Roose: 01:16:45  
Dick Ringelstetter: 01:21:13

**Men 50+ Total**  
1. Paul Decoursey  
2. Tyler Welshimer

**Women 1-3 Crit**  
1. Jana Repulski  
2. Brooke Blackwelder  
3. Lauren Dorsch

**Women 1-3 TT**  
Jana Repulski: 01:13:41  
Lauren Dorsch: 01:20:44

**Women 1-3 Total**  
1. Jana Repulski  
2. Lauren Dorsch

**Women 4M Crit**  
1. Christi Hall  
2. Leslie Lane  
3. Elle Rodgers  
4. Jodi Cuccia  
5. Alysia Cohen

**Women 4M TT**  
1. Christi Hall: 01:15:39  
2. Leslie Lane: 01:17:11  
3. Jodi Cuccia: 01:19:54  
4. Michele Bopp: 01:22:35  
5. Sheree Welshimer: 01:29:23

**Women 4M Total**  
1. Christi Hall  
2. Leslie Lane  
3. Jodi Cuccia  
4. Alysia Cohen

**Elder Women**  
1. Lois Lindsay: 12:41:55

**Junior Men**  
1. J.J. Cross: 12:40:30

### Antelope Island Time Trial Series #1, May 31, 2003

**Pro/1/2 - Male**  
1. Gardie Jackson: 00:42:47:02  
2. Daniel Adams: 00:44:55:98  
3. Bill Harris: 00:45:08:09  
4. Todd Hageman: 00:45:52:86  
5. Marek Shon: 00:46:20:54

**Cat1/2/3 - Female**  
1. Jen Ward: 00:51:03:81  
2. Kris Walker: 00:54:29:01  
3. Kelly Crawford: 00:56:09:81  
4. Cynthia Martin: 00:56:23:01

**Cat 3 - Male**  
1. Drew George: 00:49:41:14  
2. John McConnell: 00:50:10:07  
3. Dan Kadmas: 00:50:34:48

**Cat 4 - Female**  
1. Melissa McDaniel: 01:00:13:20

### SAFETEA - Continued from page 7

could share the lanes.

America Bikes complains that a National Blue Ribbon Commission on highway safety SAFETEA recommends would not have to study bicycle crashes, nor does the bill mandate "routine accommodation" of bicycling in highway projects, an idea FHWA issued in 2000 guidance. SAFETEA also fails to include bicycling in a proposed highway safety program on federal lands or include a tax benefit for those who bike to work.

The bill also fails to set up a new Safe Routes to Schools grant program, the one new initiative the bike lobby had hoped to create. DoT figured that other funding could pay for school safety activities.

Several congressional committees are conducting hearings on

various aspects of the bill but none has yet scheduled a hearing on bicycling. But the fight may last longer than a year. Congress might just extend current law another year and continue the reauthorization attempt next year, should it get too busy or not find the funds in a tight budget year such as this one. "There are complex issues. If it takes longer, it means we have to put more resources on it...grass roots will have to work at it longer and harder. But it gives us more time to reach more people, hone our arguments, make more contact," Roskowski says. America Bikes is funded through the end of 2003 and looking for resources to continue if need be. "I think the bike community will absolutely sustain this campaign," Roskowski asserts. "I don't think anybody is going to go pack up and quit because the campaign goes longer than we'd hoped."

### Cat 4 - Male

1. Will Macfarlane: 00:49:03:02  
2. Jeff Clawson: 00:49:31:42  
3. Shawn Cheney: 00:50:30:10  
4. Gary Pennington: 00:53:03:68  
5. Kevin Baumgartner: 00:53:35:65

### Cat 5 - Male

1. Mark Todd: 00:52:33:96  
2. Joe Clark: 00:53:00:08  
3. Weston Woodward: 00:54:31:42  
4. John McClellan: 00:54:44:28  
5. Mart Cook: 00:57:39:11

### Master 35+ - Male

1. Mark Schaefer: 00:45:20:07  
2. Gary Porter: 00:47:32:02  
3. Zan Treasure: 00:47:37:84  
4. James Yorgason: 00:48:04:58  
5. Greg Grissom: 00:49:57:24

### Master 45+ - Male

1. Dirk Cowley: 00:48:31:58  
2. Charles Palmer: 00:49:29:68  
3. Bill Corliss: 00:49:51:17  
4. Robert Keller: 00:50:21:30  
5. Bruce McWhorter: 00:50:57:38

### Master 55+ - Male

1. Ken Louder: 00:48:32:04

### Junior - Female

1. Ashlee Bradbury: 00:53:32:46

### ZABRISKIE INJURED IN TRAINING RIDE CRASH

May 27 — Dave Zabriskie of the United States Postal Service Pro Cycling Team presented by Berry Floor, suffered a broken leg and a broken wrist in a near head-on collision with a car yesterday during a training ride in Salt Lake City. Zabriskie was traveling downhill approximately 30 miles an hour near his Salt Lake City home when he collided with the vehicle, a Nissan Xterra, as it cut him off while attempting to make a turn.

Zabriskie broke his left leg and his left wrist and suffered multiple abrasions throughout his body, including injuries to his fingers. He had surgery on his leg and also had pins inserted in his wrist. Zabriskie was wearing his helmet at the time of the accident.

Zabriskie recently crashed out of the Tour of Belgium after injuring his wrist in a stage one pileup on Wednesday. Zabriskie then traveled home to Utah in order to recover from that injury and prepare for the upcoming Wachovia Cycling Series, which began on June 3.

-SPECIALIZED PEARL IZUMI-

-BELL WEATHER \$19.95 TUNE UP-

-SUGOI 661-

-HARO KONA-


-YETI SHE BEAST-

OPEN M - P 9-8 / SAT - 9-6 / SUN 10-3


## Choose to Ride

6148 SOUTH STATE IN MURRAY PHONE - 747-3325 ( 74 PEDAL )

We're more than just ink on paper.



PRINTING • PUBLISHING • PHOTO/DESIGN  
SINCE 1894



transcript bulletin publishing  
(435) 882-0050

Much more.



## TOURING

# Bike Touring from Portland to San Francisco

By Jason Bultman

A west coast bicycle tour is a great option for those looking for some adventure on their next excursion. JP Boylan, Julie Boylan, and myself had never been on a bike tour before and we can now validate to interested first timers that this bike trek is a blast, demanding but



rewarding, and breathtakingly beautiful. We had fortunate weather and light traffic in early May, avoiding the heavy rains and tourist traffic. We traveled approximately 800 miles from Portland to San Francisco in nine days, and truly "experienced" the temperate rain forests, Redwood groves, green rolling farmlands, and cliffed-out California coastline.

We grabbed three big cardboard bike boxes from local bike shops for the flights to/from Salt Lake City. Delta charges \$80 each way but shipping is cheaper if you have the time. We assembled our vehicles at a friend's place in Portland, tacking on the front and rear panniers for the first time. Ortlieb panniers are basically single volume dry bags, no fancy zipper compartments with rain covers. They were perfect. This was Jason's first day riding a road bike – brand new custom frame built by JP (JamesFrames.com) – so hand positions and shifting were quickly learned. The bikes were heavy (~80lbs) but also surprisingly stable. A triple front ring was much appreciated on the steep hills and mountains!

Our route to the coast, after stopping by Portland's Community Cycling Center, was north to the steep climb up Germantown Road to Cornelius Pass to North Fields. The climbs on Highway 26 seemed steep to us on our first day. Little did we know these were baby hills compared to what we would ride down the road. The final leg on Highway 53 and Miami Beach Rd to bypass 101

took us to the coast by Manzanita, and the entire road was ours. The first two days were pouring rain. All the water was quite refreshing and somehow turns the lush Oregon landscape into a green tropical paradise. Waterproof pants and top are highly recommended.

Still raining. We fueled up in Tillamook at the Blue Heron

Cheese Factory with lunch and tastes of nearby Oregon wineries. The route south through Hebo had a tolerable shoulder and is more direct than the coastal route. We were shooting for Newport to meet our cousin from Corvallis. But miles are longer when you're a fully packed tour bike, so we fell short of our target and got shelter from the rain in Lincoln City at McCoy's Hideaway on a cliff overlooking the Pacific Ocean.

The next day in Newport was the only bike part fatality of the trip. Avoid the tire-eating storm drains! Amazingly there was a bike shop within walking distance with the same tire in stock. We still completed our first century of the trip traveling through Yachats to Florence to Reedsport to our campsite at Winchester Bay. This is when we discovered that none of our three stoves made it into our panniers! But doughnuts and cheap red wine are better than nothing after 100 miles on a bike.

A great stop along the Oregon Coast was Cape Arago State Park, which is an extra 10 miles roundtrip off the route. We saw what must have been thousands of seals and sea lions making noise and sunbathing on the rocks. Binoculars were a good item. The road south to Bandon was nicknamed "Tour of the Clearcuts", as logging was the unavoidable eyesore on the exciting roller-coaster twists and turns. The final leg south on our way to Humbug State Park was classic Oregon coast scenery with huge rocks rising out of the blue-green sea reflecting the

color of the dropping sun.

Our natural tourist tendencies forced us to stop for a photo at the California state line where we met a German on a motorcycle headed for Chile. Little did we know he would pass us at least once a day in the next week, each time with a *deja-vu* two beeps and left hand wave. At the Redwoods welcome center in Crescent City we determined our camp destination from slim pickings compared to the multitude of camps and parks in Oregon. The road to Millcreek Campground in Redwood National Park is 2.5 miles of steep descent, which we realized would be physically impossible to ride out of the next morning. This we discovered after just climbing the longest, steepest hill of our trip yet. To our good fortune, we met a Canadian couple at the campground doing a supported bike tour in our same direction, and they gladly drove our bags to the top of the hill. That climb was now converted to a comparative piece of cake!

As it turns out, we traveled the remainder of our coastal miles with our new friends from Alberta. They traded drivers and we rode every mile. Lucking into this sag wagon support came at a perfect time because half of our kneecaps were not happy campers. We ate lunch at the great hippie town of Arcata and then splurged at our first and only KOA campsite to log some time in the hot tub after our first official "rest day", riding without our bags.

The next day we decided to take advantage of being unweighted and set out to ride 130 miles. So we threw the hammer down after a big breakfast with a strong, high-speed 30-mile highway tour. Two roads that should not be missed are the Drury Parkway in the Redwood National Park and Avenue of the Giants in the Humboldt Redwoods S.P. The Avenue was excellent paved road and almost zero traffic.

We turned off of 101 at Leggett onto 1 to go up and over the coastal range and back to the coast. This was by far our biggest challenge of a climb with a 2000-ft ascent followed another half that size. Thank God for granny gears! The descents on these climbs were endless exhilarating sharp turns, the second of which greeted us with a setting sun on the liquid horizon. We are still not sure if we would have made it out of the coastal range alive if we would have had to carry our bags. The stop at Newport Union S.P. right on the beach was heavenly, even without water or showers. 130 miles complete.

Fort Bragg and Mendocino were enjoyable as anticipated. Just south of Elk we encountered the steepest climb of the trip. Fortunately it was short, but wow what a grade! The camp at Manchester S.P. was ideal – running water, outhouses, trail over dunes to the beach – all for only \$8. The leg to Stewarts Point was a really nice ride with beautiful coastline hills. Contrast to this was the remainder of the day riding through Jenner and to our campsite at Bodega Bay. This mother's day weekend

lost. The large pasta dinner, our staple cheap red wine, dessert, a roaring camp bonfire, and mellow hippie tunes from our camp neighbors was all good, an evening of well-received relaxation.

Our final day we headed to Pt. Reyes along the bay past serene pastures and farmland, rolling hills and fishing boats, and more steep hills of course. Pt. Reyes Station was a cool town with good eats. The approach to the city on Sir Frances Drake Blvd. naturally



brought the crowds out to the beach. We struggled up huge hills with huge cliffs dropping off to right with virtually no shoulder. The scenery was incredible and the descents exciting, but the traffic was nerve-racking. This route is definitely not recommended unless you're die-hard wacko. Behemoth RVs trailing cars and even SUVs, interestingly the extreme opposite of our method of recreation travel, are extremely unsafe for bicyclists and easily replace the infamous warning of logging trucks for this bike tour. A note for campers at Bodega Bay S.P.: do not attempt the trail to the beach unless you are well informed, have a compass, or carry ample water and a book about survival when you're

increased steadily with traffic, but we made it to our destination in Tiburon without braving the high speed California highway system.

After chilling out for two days in the city and touring the Russian River wine country, our knee pain slowly subsided and we started planning our next bicycle tour. Montana to Mexico? Trans-Canada? Not sure where, but it will definitely be via bicycle.

**Stop Global Warming, Ride Your Bike!**

**7th Annual Killer Loop**  
A "Brevet Style" century

**KILLER LOOP**

presented by  
**COLOR COUNTRY CYCLING CLUB**

Saturday June 28  
Main St. Park, Cedar City  
7:00 am start time

100 or 65 mile routes  
up to 8500 ft climbing  
reaching 10,400 ft elev.

Contact Lonnie Wolff  
at 435-586-7567 or  
wolff@cedarcity.net

Check website for more info  
Tee shirts available \$15  
[www.colorcountrycycling.org](http://www.colorcountrycycling.org)

Cedar City UT



MOUNTAIN BIKE RACING

# An Epic Preview

## Brian Head Epic 100 and Titanium 50

By Señor Rojo  
Photos by Monique Beeley

Señor Rojo is not a young man. Señor Rojo is no joven pollo. He has seen many summers. Muchos verano. None-the-less, this proud, broken and decrepit warrior once again chose to enter the grueling Brian Head Titanium 50 mile mountain bike race, staged at the Southwestern Utah resort last July.

Run in conjunction with the Brian Head Epic 100 miler (Señor Rojo is antiguo, not loco) high in the Dixie National Forest, The Epic and Titanium are now in their third year, and growing. Team Big Bear, a leader in organizing and running mountain bike races throughout the west, once again proved why. These two events, although only a few years old, are now deserving of the descriptive word "classic." This year's Epic will be the national championship for endurance events.

The town of Brian Head, permanent population of slightly more than 100, sits at an elevation of almost 10 times that



the base of the Brian Head Resort Mountain Bike Park. Epic riders depart at 7:00 a.m.; the Titanium's a half-hour later. Even in mid-summer, arm warmers, full-length lycra pants and wool hats are de rigueur at this altitude and time of day. The first challenge, a climb to the peak! Granny gear time. Señor Rojo soon assumes his usual place at the very tail of the pack, conserving energy. But wait! Halfway to the Peak, another rider overtakes him from behind! A hermosa Señorita from Park City who got a late start. The two ride together for a mile. Could it be that Rojo will have a riding companion for many miles? Poqueno novia? They chat. Rojo mostly nods and

The Peak is in sight. The sun is up, the day warming. The splendor of the Dixie and Cedar Breaks are overwhelming. Stop. Hydrate. Shed some layers. Take stock. The only people in sight are support personnel with encouragement and goodies. Gracias Dios for Team Big Bear!

Now a downhill cruising into the Lowder Pond singletrack. Wow! This is too much! Almost makes one forget that one must climb back up what one descends. Onto the Sidney Valley Road and to the next aid station. Gatorade, Clif Bars, bananas and ten welcome minutes of rest. Off to the Red Desert/Tippets Valley Loop. The trail ahead splits and is well marked; 50 milers continue the loop, 100 milers go straight out to the Virgin River Rim Trail, arguably one of Utah's finest mountain bike routes with its panoramic views of Navajo Lake and the Virgin River headwaters with Zion National Park in the distance. Those lucky Epic-er's. Maybe next year Rojo will enter the 100. Yeah, right!

Back to the aid station. Fatigued. Need more rest. Four hours into it. Can Rojo get to the finish in another 3?? Back in the saddle and back onto the Sidney Valley Road. Grinding. Wasn't this flat going the other way? Thunderclouds building over Navajo Peak ahead. Then the wind! Right into Señor Rojo's chest bringing him to a virtual standstill. Got to keep moving. Beat the storm. Finally at the top, but is this really the top? Remember the cruiser single-track that was so much fun this morning? Same trail, new direction. Hike-a-bike. Ride 100 feet,



push 200, ride 100. Altimeter reads 10,500. Still 800 more vertical to go. There's Team Big Bear at the bottom of the Peak road yelling, "GO, Rojo, GO!" Thanks to you, you sadistic bastards for mapping out this brutal course. One last climb. Sore butt, arms ache, legs OK. Wolf some Goo. Finally the summit. Rapidamente, las cumbre! Down the road onto the narrow, rocky singletrack with steep, steep drop-offs on the left. So tired. Just keep the rubber side down. Starting to rain. A call from behind to pass. It's the leader of the Epic! Señor Rojo is about to get lapped! Doesn't really care. Move off to the side, yell encouragement. Keep riding, now seven hours into it. Soon another rider passes, then two more. One is Rojo's muy amigos leales, Ed Chauner, a Snowbird Ski Instructor, and the man who's done more for mountain bike racing in Utah than any other, bar none. Veloces, Eddie, veloces!! Finally, the Color Country Trail, named after the mountain bike club here at Brian

Head that has done so much for the sport in southwestern Utah. Switchbacks and downhill. Pain and suffering of the past 8 hours temporarily forgotten. Finish line ahead. Rojo's compatriot, Monique, a skilled photographer and strong rider herself, shooting the event. Vow that next year, she and Rojo trade roles. Cross the line. Even though filthy, sweaty and exhausted, get a congratulatory hug from Mo and a frosty one from Team Big Bear. Both welcome. Collapse, happily. Caramba!

-Courtesy of *Outdoor Utah Vacation Guide*. Señor Rojo is the editor and publisher as well as an advocate of cycling in Utah. You can find them at outdoorutah.com and at bicycledutah.com.

-This year's Epic will be held on July 12. For more info, see the calendar on page 14 or visit [www.brianheadepic.com](http://www.brianheadepic.com)



Exhausted, bloodied, tired, and old

number. Brian Head Peak, looming nearby, rises majestically to 11,307 feet. The surrounding area; Cedar Breaks National Monument, Sidney Valley, Lowder Ponds, Red Desert/Tippets Valley is spectacularly rugged.

The race begins in town at

grunts, not wanting to waste precious oxygen on talk. She agrees to a beer and an interview at the finish line, muchos hora from now. With a smile, she puts the hammer down. Go, girl, go! Alas, Señor Rojo is once again riding solo.

**myeventshots**  
professional event photography

**Professional Event Photography**

Toll Free: 1-800-787-5753  
Website: [www.myeventshots.com](http://www.myeventshots.com)

The Bonneville Bicycle Touring Club Presents:

# ULCER 100

**SATURDAY AUGUST 16th 2003**

**RIDE 100, 74 or 46 miles STARTS AND ENDS AT AMERICAN FORK HIGH SCHOOL**

sponsored by **Bingham Cyclery** for registration info.

[www.bbtc.net](http://www.bbtc.net)  
SHERWIN 801 886-3272