

# cycling utah

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## SPEAKING OF SPOKES

# The Joy of Svelte



By Dave Ward  
Publisher

Has it really been 28 years? It is so hard to believe that so many years have passed. At age 54, that is more than half my life. Yes, it was 28 years ago that my first child was born, and shortly thereafter that I began to lose weight. The impact on my life has been dramatic. It happened like this.

When my first child was born, I was in my second year of law school and 200 pounds. Along with the freebies and offers my wife received with the birth of our child was a coupon for Weight Watchers. She did not need it, but sadly I did. So, a couple of months later, I took the coupon and waddled in to my first Weight Watchers meeting. The first thing they do, of course, is weigh you to further convince you of your need for their program. I weighed in at

194 pounds. For a 5'7" guy like me, that meant I was packing way too much fat.

The main motivation I recall for attending that first meeting, aside from having a coupon, I gained from tying my shoes. Each time I would bend over to reach my shoelaces, I could hardly breathe from the bulk pressing in on my lungs. Funny how something small (or should I say large?) like that can be the factor that finally leads to a decisive act.

Anyway, I decided to give it a try. The first week, I was able to really discipline myself, and when I went back, I had lost six pounds. I must confess that at my second weigh-in I removed my shoes, something I had not been told to do the first time. That accounted for a couple of pounds. Still, I had actually lost 3 to 4 pounds. During the next few weeks, I continued to lose 1 to 3 pounds each

week. By the end of a month, and feeling the benefit of nearly 15 missing pounds, I became obsessed.

I was so diligent in following the program that I nearly drove my wife crazy. We weighed and measured everything, including each ingredient in every recipe, and always came in under the allowed amount. When my birthday came, about two months into my program, my birthday cake was a pineapple with candles in it.

I began running regularly. When fair weather hit, I dug out my Motobecane, complete with unsafe safety brakes, which I had not ridden for a couple of years. I cleaned it up and began riding it to the Weight Watchers meeting in an attempt to lose an extra pound before weighing in.

Between my obsession with dieting and my new found motivation to exercise, I managed to lose

over 60 pounds during the next 7 to 8 months. That was actually too much, and my obsessiveness finally began to wear away. Nevertheless, though my weight has fluctuated with the years, I have consistently maintained it between 145 to 160. That is 40 to 50 pounds less than when I started back in 1977.

Well, that was indeed over 28 years ago. The impact of labored breathing when tying my shoes and the serendipitous appearance of a Weight Watchers coupon have been dramatic. I found I could enjoy so much that before was too much effort to be fun. I could race around the bases better when playing softball. I could run for miles. I could ski so much better and longer, thus renewing my greatest active passion. I could hike farther and higher. I could successfully race bicycles, thereby fulfilling the frustrated athlete in my psyche. I could effortlessly tie my shoelaces.

I could do all this, and so much more, with less effort and greater agility, because I had managed to throw over the anchor that had been weighing me down. I have been able to enjoy life so much more than I could have otherwise.

I have often wondered why I was successful in this. I mean, I know success came because of exercise and good dieting and eating habits. We all know, not only through studies but simple common sense, that those are the keys.

But what I have wondered is this: Why did I have, and continue to have, the motivation to do what it takes to lose weight and keep it off? I have seen the statistics, and I know that I am in a small minority. I have seen many people lose a lot of weight, only to gain it back. I am not critical, because I do know how hard it is to lose weight permanently. Indeed, I actually would like to lose another 10 to 15 pounds to be at my ideal athletic weight. But I have difficulty finding the discipline to lose those final pounds and keep them off. Still, I ask myself why I have been as successful as I have, for as long as I have. It probably has to do with subconscious factors that I do not understand. Something just clicked, and it has worked now for 28 years.

Lest anyone think this is a plug for Weight Watchers, it is not. Over the years, I have followed various other programs in an effort to lose and keep off excess pounds when I have found them growing on me.

But this is a plug for weight loss. I am hopeful that my experience, and my testimonial to the enjoyment of life that weight loss brings, can perhaps help or motivate others. It is wonderful and exciting for me to live the active lifestyle I have lived these last 28 years. Losing all those pounds made it possible. I encourage, and hope, that others can do the same. Life is a gracious and grand gift, and we should do all we can to make it enjoyable, joyful and fulfilling.

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**Cover Photo: Gorgeous Scenery at the Intermountain Cup Sundance Spin, Sundance Resort, May 21, 2005.**

**Photo: Jeff Marmorstone**

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BIKE MONTH PREVIEW

# Tour of Utah Brings Big Fields to Thanksgiving Point



Downtown Provo Crit. Stage 1. Swindlehurst  
Photo: Tommy Murphy

By Tommy Murphy

The 2005 Tour of Utah saw many changes to its program in comparison to the 2004 running of this event. Only in its second year, the Tour of Utah has simply made its mark as one of the premiere stage races in the west. While most National events from 2004 to 2005 have seen an unfortunate trend of fewer stages, shortened distances and even cancellation, the Tour of Utah boasts the opposite with 5 days of incredible racing including two criteriums, one individual time trial, and three road races with two mountain top finishes. Riders covered nearly 500 kilometers and climbed over 10,000 feet over the course of the six stages. New for 2005 was the addition of the 100-mile Einstein Brothers Road Race and the Provo Downtown Criterium. Back from 2004 and no stranger to the racers, was the return of the Suncrest and Marriot Road Races both boasting mountain top finishes. While the Suncrest RR saw only minor changes for 2005, the Marriot RR was totally redesigned taking riders up Pole Canyon for the 4,500 foot ascent of Mt. Nebo rather than the 2004 ascent from Payson Canyon. Also new for 2005 was

the Fieldstone Time Trial which replaced the old Geneva Steel Time Trial.

Racing kicked off Thursday night with the Provo Downtown Criterium. With a field of over 100 men and a course that saw many tight technical corners including a 180 degree u-turn, spectators were treated to an incredible race. Things got off fast with all of the top teams (Seasilver, Navigators, Kahala-La Grange, Vitamin Cottage, etc.) continually pushing and driving the pace. With twenty minutes to go, Utah's strong man Dave Harward (Canyon Squadra) attacked taking with him Clayton Barrows (University of Wyoming) and Grayson Pointer (Schwab Cycles/Torelli). Lap after lap, the small break slowly increased their advantage over the chasing peloton. "I felt strong all night and knew that I needed to stay on the attack. Some of the prime laps sounded attractive, but I knew that a counter after a prime would eventually stick. As our winning break finally made some time, I became more and more confident as the laps wound down. The three of us kept working hard through the last lap until I attacked in the 2nd to last corner," said Dave Harward. In the end, Utah's

Harward took a convincing win at the line with Clayton Barrows out sprinting Grayson Pointer for second.

Prior to the men, the women hit the course for their inaugural stage. With a field full of sprinters, teams quickly kept attacks and potential breaks at bay. In the final laps, the teams with the horsepower looked to their sprinters to bring the victory home with Velo Bella's Suzanne Peters out kicking Chris Walker of Healthy Choice and Laura Howat (Utah Premier) for the win.

Friday featured the new 100-mile Einstein Brothers Road Race which took riders west towards Tooele, UT over rolling terrain and rural roads. After completing a large 50 mile loop through Faust and St. John, riders returned back through Cedar Fort to climb over Unity Pass from Eagle Mountain to The Ranches for a fast downhill finish. With the big gears turning and speeds of over 40mph, it was Lauren Heilig of Colorado Velo that took the win over Denise Van de Kamp of Ogden One/Heartstrings and Kris Walker

Continued on page 11

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## TRAIL OF THE MONTH

## Tantulus Flats is a Luge Ride Through Plateau Geology

By Gregg Bromka

Few mountain biking rides showcase Utah's scenic diversity and geomorphic complexities than Tantalus Flats. Located near Capitol Reef National Park, the tour begins high on the shoulder of Boulder Mountain, where cool breezes waft through aspen, fir, and pine; where icy creeks tumble down bouldery, moss-encrusted channels; and where since-vanished glaciers stamped arcuate recesses and promontories into the plateau's rim.

Below the mountain's forested midriff, juniper and pinyon chaparrals surround grassy meadows. And from the pulsating heat vapors of the distant desert floor, Capitol Reef's Waterpocket Fold rises as a fortress made of domed naked sandstone. You'll embark from the alpine while viewing the desert; by midday you'll be engulfed by redrock and look

back at the mountains.

**Location:** Between Boulder Mountain and Capitol Reef National Park, just south of Torrey.

**Distance:** 22 miles one-way or 55-mile loop.

**Tread:** 3 miles paved highway, 6.5 miles dirt road, 12.5 miles sand and rock doubletrack.

**Physical difficulty:** Moderate. Sandy doubletracks can be exasperating but it's mostly downhill. Moderately strenuous if you tack on the park's 8-mile scenic drive to the visitor's center. Strenuous if you ride the whole loop.

**Technical difficulty:** Moderate. Rock-studded dirt roads and sandy doubletracks.

**Elevation change:** The route starts at 8,750 feet and ends at

6,000 feet. Gain is about 700 feet. Loss is about 3,500 feet. Nice ratio!

**Season:** March to November depending on spring thaw and autumn snow. Expect temperatures ranging from cool at the trailhead to sweltering at the trails' end. The ford of Pleasant Creek can be deep and dangerous during spring runoff, so call the park for travel information.

**Finding the trail:** Drop one vehicle at the end of the scenic drive in Capitol Reef National Park, about 8 miles south of the visitor center (park entrance fee is required). In the shuttle vehicle, travel 10 miles west of the park on UT 24 to Torrey. Turn left/south on UT 12 and travel 14 miles to the Tantalus Overlook on the flank of Boulder Mountain, between mileposts 110 and 109. Park and embark.

**Notes on the trail:** As you saddle up, reflect upon the words of geologist Clarence E. Dutton, who described the scenic Pandemonium when he wrote *The Geology of the High Plateaus of Utah* in 1880:

"Perhaps the most striking part of the picture is the middle ground, where the great Water Pocket fold turns up the truncated beds of the [Triassic] and [Jurassic] . . . great gashes cut across the fold . . . [carving] the stratum into colossal crags and domes. Directly east of us, beyond the domes of the flexure, rise the Henry Mountains. Among innumerable flat crestlines, terminating in walls, they rise up grandly into peaks of Alpine form and grace like a modern cathedral among catacombs—the gothic order of architecture contrasting with the elephantine."

From the Tantalus Overlook, pedal 3 miles south on UT 12, past the Wildcat Ranger Station, and turn left on Forest Road 181 for Lower Bowns Reservoir. Glide downhill for 3.5 miles on smooth dirt and fork left on Forest Road 168 for "Tantulus, 5 miles." You'll note that the ecosystem has changed rapidly from the Canadian Life Zone (aspen and fir) to the Upper Sonoran (juniper and pinyon), and you'll be shedding layers of clothes.

A mile farther, veer left for Jorgensen Flat. This stretch descends gradually and the tread changes constantly from packed dirt to sand to rock. The deepening terra cotta gape of Pleasant



The Waterpocket Fold towers over South Draw.

Photo by Gregg Bromka

at Capitol Gorge and the tour's end, or ride the extra 8 miles to the park's visitor center.

Excerpted from *Mountain Biking Utah* by Gregg Bromka. Get a copy of *Mountain Biking Utah* by Gregg Bromka at your favorite bike shop or at [cyclingutah.com](http://cyclingutah.com).

## New Salt Lake Bike Shop

Cyclesmith has opened their doors near the University of Utah. Owner Doug Driessen moved here from New Hampshire to train for Biathlon. They will be specializing in repairs and carry new, used, and consignment bikes. Bill Ryan from Minnesota and Mindy Knoles from Utah will be helping. Mindy had this to say, "Pegs? Shocks? We got 'em. Sweet jumps....working on it." You can find them at 250 S. 1300 E. in Salt Lake City and reach them at (801) 582-9870.

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MOUNTAIN BIKING

# Replies to the Invasion of the Off-Road Vehicles Column

**P.A.S.S Responds**

"In a nutshell, BLM must devise a balanced and workable solution, such as DIVIDING ~ motorized and non-motorized..."

Mid-way through, Liz Thomas tells us the actual intent of her piece "Invasion of the Off-Road Vehicles" (page 5, May '05 Cycling Utah); to DIVIDE.

I can relate to her scenario of finding a bike trail trashed; Our club ride on May 7th came upon a sickening sight- some Jack-Ass on a 4-wheeler had totally destroyed the whole south-west section of The Dead Dog loop north of Price. Large cairns were knocked-over and scattered, signs were run-over and broken, a club camp-site was wrecked, and the trail obliterated. Three seasons of trail-work and wearing-in was erased. It will take us hundreds of hours to repair and restore the area. The individual who committed this act deserves whatever karma has in store for him.

I wrote an open letter to all motorized folks and sent it to several "ORV" clubs and newsletters. In my letter I urged them to POLICE THEIR OWN. The individual who intentionally wrecked the DDL used a 4-wheeler to do it, but should all 4-wheeler riders have been shamed by it?

Many of my fellow mountain bikers, especially the old guys like me are well aware of how fast a few pierced-out adrenalin tweakers can get ALL of us labeled. We old guys understand the necessity of policing our own. If we don't handle our bad apples, they'll spoil things for everybody. 4-wheelers are in the same boat.

I'm sure some readers are aware that most of Marin county, California including Mt. Tam' is off limits to mountain bikes. Marin has been called "the birth-place of mountain biking", and WE aren't allowed to go there because of the actions of a few

idiots on mountain bikes. The local activists took the words of a few offended local bike-hating hikers about a few Jack-Asses on mountain bikes and used the local media to divide 'bikers and non-bikers into factions.

The SUWA activists take the words of a few offended ORV hating mountain bikers (again, I can relate) about a few Jack-Asses on 4-wheelers and are trying to use the cycling media to divide motorized and non-motorized into factions.

As Liz points-out, BLM offices statewide are updating their management plans. She says that the 11 million acres should be evenly divided between motorized and non-motorized. Odd that SUWA is pressing BLM and Congress to declare 9.5 million of it Wilderness, and off-limits to all MECHANIZED travel, including mountain bikes. All who attended the San Rafael Swell mountain bike festival in May rode where we will be banned if SUWA gets their way.

I guess my main problem with Liz's piece, and SUWA in general, is the deceptive half-truths they use to divide us into "user-groups" and pit us against each-other rather than address the real problems. To pursue and prosecute those individuals who commit acts of destruction seems infinitely more just than penalizing everyone in a given group, but SUWA and organizations like them are not interested in justice.

I think it's obvious that we mountain bikers are generally environmentally friendly conservationists who take responsibility for ourselves and our actions. Clubs like P.A.S.S. spend thousands of hours maintaining and repairing not only the trails, but the natural world those trails flow through. But we must also be THINKERS. If we allow ourselves to be emotionally manipulated we'll get

screwed too.

I, for one, will not be penalized for the actions of others, and no one else should be either.

"A free man does not obey unjust law."

Thank you for your time.

-Fuzzy Nance - The Bike Guy  
President- Price Area  
Singletrack Society

**Bicyclist/ORV User Responds**

I am writing in response to the recent article by Liz Thomas in your magazine. Ms. Thomas makes some good points, but also spreads some misinformation. She refers to Poison Spider, Amasa Back and Gemini Bridges in Moab as 'bike trails', but these trails have been jeep trails since before mountain bikes existed. Southern Utah could definitely use more non-motorized singletrack open to bicycles, and also more motorized singletrack open to bicycles and motorcycles (not ATV's), but trying to kick motorized users off of trails that have been historically used by motorcycles and ATV's is only going to create bad feelings and a mutual lack of respect.

Ms Thomas states that "An equitable distribution of recre-

ational opportunities on public lands between motorized and non-motorized areas should approach 50-50", but I believe this is misleading. 50-50 is really 100-50, because non-motorized users have complete and unrestricted access to all motorized trails. Perhaps I am particularly openminded, but if I see a couple groups of ATV's or jeeps on a 4-hour bicycle ride, my day is not ruined, and my backwoods experience is still satisfying. In fact, I find the few people I do run into are almost always courteous and pleasant, and I enjoy the social interaction. I spend a fair amount of time in Moab and the San Rafael Swell, and on all but the most popular trails it is still pretty unusual for me to see more than a couple other people even on an all-day ride.

Ms. Thomas also blames the BLM's 'unresponsiveness' for the proliferation of uncontrolled motorized use, but she fails to note how much of the BLM's budget and manpower are used responding to SUWA's endless stream of lawsuits in their attempt to manage our public land through litigation. Fortunately, the US Supreme Court has taken some steps to put management authority back in the hands of the experienced profes-

sionals, instead of bending to the desires of a narrow and exclusionary interest group.

As president of regional trails coalition, I am heavily involved in trail and land-use issues. In my personal experience, I have found that bicyclists have much more in common with responsible multi-use groups, such as the Blue Ribbon Coalition (<http://www.sharetrails.org>) than with anti-motorized or hiker-oriented groups such as SUWA. Remember that the main goal of wilderness advocacy groups like SUWA is to designate 'Wilderness', thereby excluding bicyclists, even where there is a long history of motorized and mechanized recreation. I strongly believe that if we as bicyclists ally ourselves with extreme anti-motorized groups, we can look forward to those groups turning on us next.

In closing, I urge all your readers to educate themselves on land-use issues and make their desire for new bicycle singletracks known to the BLM and USFS, but resist the divisiveness of SUWA's approach.

-Mark Weaver  
Ely, Nevada

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## COMMUTER OF THE MONTH

# Ryan Evans, Keeping it Simple, Keeping it Fun

By Lou Melini

This month's commuter profile features Ryan Evans, an employee of Guthrie's Bicycle shop for more than 10 years. He came to Salt Lake after a few years riding in the hotter and not so bike friendly city of Las Vegas. He has commuted to work on his bike throughout the year for over 15 years.

**Cycling Utah:** You ride to work every day from the Canyon Rim area to the Sugarhouse Guthrie's. Since you work in a shop, you must have the quite the commuting bike? Do you have any suggestions for others?

**Ryan Evans:** My bike is nothing special. It is an older mountain bike frame. I use Avid cable disc brakes which allows me to use either 700c or 26" wheels. I like city tires (slicks) of approximately 1.5-inch width which allows me both summer and winter capability. I think fenders are a must to keep yourself clean. Even when it is dry, there may be water on the road from irrigation or whatever. Ride a bike you are comfortable with and works well.

**C.U.:** From a bike shop opinion, what is the best advice you can give other commuters to keep their bikes working smoothly?

**R.E.:** Number one is to keep the chain clean and lubed. Depending on the time of the year, the weather and the number of miles ridden, you may need to service the chain daily of once every 2 weeks. This is probably the number one reason for poor performance. Another item is timely replacement of cable and housing. Again, depending on how much you ride and weather, the cable and housing will get dirty and need to be replaced perhaps annually. The less gaps in the housing, the less dirt, so I am in favor of full length cable housing.

**C.U.:** What role should a bike shop have when it comes to promoting more bike commuters?

**R.E.:** Like all customers, bike commuters should be considered an important part of our business. Stocking and installing accessories used by commuters such as fenders, racks, bags, lights, clothing etc. are essential. Also as a bike commuter I know what a hassle it can be to have a bike problem. Servicing problems quickly so that the commuter can get back on the road is a priority. Overall, a bike shop should let people know that they are available to meet the needs of a commuter from setting up a bike to keeping it running reliably.

**C.U.:** Do you have any tips for riders during their daily commutes?

**R.E.:** Rule number one: Never assume that you will be given the right of way. Also just be friendly and set a good example as a cyclist. Keep it fun.

**C.U.:** Do you use panniers or messenger bag? Do you have any "Must have" clothing?

**R.E.:** Quite frankly, a backpack works well, especially when I was a school at the U. I could get off my bike and simply walk to class. I do have a rain cover for it if the weather is wet. I like my gore-tex jacket for the winter. I also keep an extra hat and gloves in my pack in case the ones I am wearing get wet.

**C.U.:** What are your reasons for commuting?

**R.E.:** Primarily I like to ride and commuting by bike is fun!! I am more awake and alert, I save money and I get to eat a lousy diet and keep my weight down. Commuting by bike is easier than you think and it is FREE FUN !!!

## BIKE ADVOCACY

# Study Looks at Trails on Existing Rail Corridors

By Charles Pekow

We've put bike paths along roadways, through parks and along abandoned railroad lines. But why should we wait until the last caboose passes before using a rail corridor for a bike trail? Sometimes we don't – but not as often as we should.

So now a recently-released federal study shows how communities can do just that – at least one in Utah already has. Though a series of contractors completed the report in August of 2002, the Federal Highway Administration (FHWA) didn't release it until April.

Why a delay of nearly three years? FHWA officer Christopher Douwes explains that "it took a long time to go through additional editing, controversy, etc., then editing again., etc. Then the version that theoretically could be posted on the web failed to meet (accessibility standards), so we had to recode it here...The whole process seemed to take forever."

*Rails-with-Trails: Lessons Learned* prepared by Alta Planning & Design and others examined 65 rails-with-trails (RWTs) it located across the United States, with uncounted "dozens" more in the planning stages. But the U.S. seems to be running like a 19<sup>th</sup> Century steam engine compared with today's high speed rail in other parts of the world. Australia, Canada and Europe have installed many more such trails.

And why not? Railroads consist of long, narrow corridors connecting and running through population centers where bicyclists might not have to encounter the hazards or breathe the fumes that come with automobile traffic.

One reason why not has come from opposition from railroad operators concerned that they have nothing to gain and potentially much to lose from sharing the corridors with cyclists. As the report says, "trails are not related to railroad operations and

generally do not generate revenue for the railroads; railroad rights-of-way may be needed for future enhancements to system capacity; poor design or maintenance of trails could lead to increased trespassing, with consequent increase in injuries and deaths; narrowing the railroad's portion of the right-of-way drives up the cost of maintaining track and structures (including complicating safety protection for roadway workers); and significant new populations of pedestrians close to the active track structure may result in additional stress on train crews seeking to ensure the safety of train movements."

And if that's not enough to discourage railroads, no legal precedents have established the extent of railroads' liability for accidents along trails – even if people ignore warning signs and trespass. Trail users can get injured should trails derail or debris fly off a train.

Most railroads don't have policies or procedures to deal with trail proposals. And some railroads' right to their property consists of easements allowing them to use it for rail transportation – and using it for another purpose could conceivably violate that trust. Also, design and safety professional organizations and governments have not established a standard for how far trails should be separated from tracks.

So how do trail advocates get around these flashing red lights and crossing gate arms in down positions? The report offers several strategies:

Use the recreational use statute (each state has enacted one) that protects landowners who allow public recreational use of their property. Utah's Recreational Systems Act allows cooperative agreements between the state and private landowners that outline who's responsible for development, operation, maintenance and law enforcement. State code says that if a

railroad doesn't fence its tracks off, it's liable if it hits a cow or horse. But the law doesn't protect bicyclists. Consider incentives such as land transfers or tax breaks or payments for ceding property.

Separate tracks from trails with fences, walls, vegetation, height differences, etc.

Involve railroad operators, neighbors, owners of adjacent property, law enforcement, utilities, etc. in the planning process from day one. Trail advocates sometimes don't understand railroad company structure or even know which company to contact as one railroad may lease a line to another. And public and private railroads can be subject to different laws and regulatory authorities.

Other problems include dark underpasses that can become havens for crime or are too narrow to add a path, the need to build long bridges or retrofit existing ones, and street crossings that pose dangers of encounters with autos. Portland got around the bridge problem by adding a path on the Union Pacific bridge in 2001. While the city had to pay for structural improvements, it cost less than building a new bridge. In some cases, a tunnel may require building a path over or around a hill.

Though its list may not include every one, the study reported on only one rail-trail in Utah, the Porter Rockwell Trail in Sandy City, owned by the Utah Transit Authority running alongside the TRAX railroad line. Since Park City's Rail Trail is on an abandoned corridor, it was not included in the study.

The report provides a step-by-step guide to getting a trail along the tracks. View it at <http://wwwcf.fhwa.dot.gov/environment/rectrails/rwt/index.htm>.



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COACH'S CORNER

# Motivation Through Monotony

By Darcie Murphy

In comparison with extreme sports like base jumping, snowmobile racing or downhill skiing, pedaling circles for hours at a glance could appear rather tedious, even boring. There are exciting elements such as the speed of a descent or an endlessly winding single track but the training involved for a cycling athlete can become monotonous at times. This repetitiveness arises at nearly all levels of ability and experience at some point throughout the year but ill-motivation does not have to be monotony's partner.

Below are some suggestions for maintaining your motivation to train and ride throughout the year or your season, however long that may be.

### Set Goals and Keep Record of Progress

You've heard it at least a hundred times, set a goal. Well, there is a reason that this simple fact is reiterated in nearly every item of literature regarding fitness; it's a vital part to continue forward momentum. Having at least one short term and one long-range goal is a good starting place. This goal could involve gaining fitness which means something different for everyone (weight loss, body fat percent decrease, improved endurance, ect.). Perhaps the aim is to support a local or national level charity event. Or, if you are on the road or mountain bike to test your skills at a competitive level the opportunities to set and attain goals are endless. Keep all goals reachable yet challenging.

Once you've set the goals-and have them written down and placed where they can be referred to regularly, begin charting your progress. Keep track in a training diary of your workouts on a day-to-day basis and record additional information that you feel is applicable to your motives. This could include dietary information, periodized charts concerning training volume and/or intensity, your mood and even some stats such as your resting heart rate and weight. Be careful not to overwhelm yourself however. Much of this information may not be relevant to you or your goals and could become too cumbersome or ill-motivating in itself.

You should start to see gradual progress if you are staying consistent. Reward yourself for those shorter term goals you

achieve along the way and refer back to these successes regularly. Seeing how far you've come can be surprisingly encouraging.

### Vary Your Workouts

Though there will be times throughout the year that many of the workouts are very similar, there are always things you can do to spice things up. On easier days try working on skills that will help to develop you as a more complete rider. Things like cornering, improving pedaling mechanics, bumping wheels with a riding buddy to understand how to (or how to not!) react and being able to take clothes off and put them on while riding will not only more

fully develop your skills, they are something that every rider at every level needs to work on periodically-even the most elite! Mastering these skills should add confidence to your roster of cycling attributes and this same confidence is very liberating, and of course, motivating as well. So, next time you go out for a recovery spin try working on some skills instead.

In addition to skills you should also be sure you are training all of your physiological systems throughout your training season. If you are always going out at 85% until you can go no longer then chances are you could work on improving your aerobic capacity with more miles at a slower pace. Later

focus on maximal efforts at much shorter intervals to improve your max power output. You could also include group rides as part of your training, or test out a local training series; many areas have organized weekly criterium series for all levels of racers that are great for speed development.

There are also some extracurricular activities that can and should be included throughout the year. Things like yoga and Pilates can offer an element both mentally and physically to training that not only breaks up the monotony of being on the bike but will also improve physical ability that will carry over to improving cycling performance. During the transitional and even base or foundational phases of training cross training can accompany cycling workouts. This may be time in the weight

room, swimming, rock climbing, skiing, or joining a city league team sport. Whatever is available and appealing at that point in the year should be considered.

### Purchase a New Accessory or Resurrect an Old Steed

Acquiring something as simple as a new pair of cycling shorts to purchasing something ultimately scientific like a power meter can help boost your motivation to get out and continue training. You don't have to sport the latest fashions or sacrifice your retirement funds to keep you up to speed on the latest techno gadgets but some products are worth investing in. Items like clipless pedals, a saddle that fits your anatomy and a

Continued on page 10

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### Bear Lake - Continued from page 11

chasers. Eck said it was a good win for Krieg and he worked hard for it. In hindsight, they never should have let him get away that far.

"But no one knew who he was -- he'll be a marked man now," Eck said. "I should have jumped across when it was 4-5 seconds, but you just never know. Sometimes you can sit out there and fry; or they might hold it like they did. We gambled wrong this time."

Krieg, who had no teammates with him at the race, said he knew a bit of luck was involved in his win. But he also knows that sometimes the game doesn't turn out as expected.

You put 60 guys on the road and play a game of chess, and sometimes the new guy wins," he said. "Who knows, it could be another year before it happens again for me, but I'm not thinking about that right now. Right now I'm ecstatic!"

In the women's race, Dodge took the sprint after riding the entire race in a 3-4 rider break. She rolled off the front from the start with two other riders, a break that eventually stuck for the entire race. But Evans changed the dynamics of the action when she bridged across solo at about mile 28 of the 53-mile race. Evans was the only rider in the break with no teammates behind, so she was forced to push the pace to keep the chase at bay.

"I was hoping to sit in and recover after I bridged," Evans said, who had just upgraded to Cat. 3 the week prior to the race. "But they all had teammates in the chase, so I ended up pulling a lot."

Dodge, meanwhile, knew she and the other two riders in the break, Darcie Strong (WWCC) and Jamie Williams (Healthy Choice - Goble Knee Clinic), were in the driver's seat with teammates only 25 seconds back to help. So they let Evans do most of the work until the final 200 meters, then Dodge sprinted and took her at the finish.

"Nicole rode stronger than any woman in the group today," Dodge said. "She's a new Cat. 3, and with a little more time in the saddle she is going to be amazing. We all look forward to riding with her a lot in the future."

With her cyclocross background, Dodge said she felt right at home in the two gravel sections at the north end of the course, and she took time to congratulate the organizers of the event.

"It was a great race - a perfect course with beautiful scenery," she said. "And it was definitely an event that the entire family could come to."

The weekend included a Sunday team time trial, at which 18 teams participated. Strong teams of three in each category contested the epic 50 mile TTT around Bear Lake with the fastest time of the day being posted by the Healthy Choice - Goble Knee Clinic "Shorties" team of Allan Butler, Jesse Westergard, and Marc Yap who covered the course in just under 1:44:00. "Our teamwork today was flawless", remarked an excited Butler, "and we upset the 'Bigguns' who were supposed to drill it! [in reference to the second placed Healthy Choice - Goble Knee Clinic team of Kirk Eck, Gardie Jackson, and Nate Thomas]".

### Emigration Canyon Trails: Pipedream or Possible Reality?

Riding the pavement up Emigration Canyon, over Little Mountain to Mountain Dell, and on Big Mountain is standard fare on the weekly ride-list for most Salt Lake area road bikers these days. But not too far off in the future it may be possible to enjoy the wilder side of Emigration Canyon from the seat of your mountain bike.

Salt Lake County Parks and Recreation, the project managers they hired, and a group of Emigration Canyon residents are currently hammering out a handful of possible trail alignments for a trails "master plan" for Emigration Township. Funding for the project was secured from county Parks and Rec coffers and got under way after Landmark

Design, a Salt Lake landscape architecture firm, was hired last summer. The planning process has been slow and frustrating as an outspoken and articulate group of homeowners continue to oppose trails in the canyon, despite the fact that all trails would exist almost entirely on public land.

Of critical importance to creating a user-friendly system of trails in the canyon is the proposed North Slope Trail alignment. This trail would run the length of the canyon across Forest Service and Salt Lake City public lands, effectively linking the Bonneville Shoreline Trail with the Mormon Pioneer Trail in Mountain Dell. Ideally this trail would tie in to upper Killyon Canyon near Burnt Flat, but the segment of trail between Burr Fork and Killyon Canyon that is needed to get there has been left off the map because

of objections of homeowners at the mouth of Killyon Canyon, almost a mile away.

Other proposed trails will likely have some mtb access although many canyon residents are against allowing off-road cyclists on future trails. The last public comment period for this phase of the planning effort ended on May 31st, however there will be several important opportunities to voice your support for Emigration Canyon Trails in the coming months. To find out more or to get involved with the effort to secure trails in Emigration Canyon for off-road cyclists write to [ECTrails@hotmail.com](mailto:ECTrails@hotmail.com).

To view a map of proposed trails and other materials go to <http://www.ildi-ut.com/projects/emigrationcanyon.htm>.

-Sarah Bennett Alley

### Coach's Corner - Continued from page 7

well running machine (regular tune ups are a must) will make significant differences and can eliminate reoccurring frustrations that will zap motivation quickly.

If you're on a limited budget or have your accessory piles already stocked then try dusting off a bike that has been dormant for too long. If you have a mountain bike and have been a slave to the road for months then take it out for a spin on some single track. Or, put some air in the tires of an old cruiser and take a step to aid in conservation efforts by doing your errands while getting in a ride. Just take a few moments

to examine your resources at hand and you may be pleasantly surprised at your options.

### Allow for Adequate Recovery

There are few things that can deplete motivation to ride like being fatigued. If tiredness is regularly keeping you from following a consistent training agenda then chances are that there is not enough recovery time being calculated into that schedule. Believe it or not it is not workouts that improve one's physiology, it is the recovery and later, the overcompensation that provides the progression trend for steady trainees. Take time to listen to what your body is telling you. If you're tired and can no longer produce the power necessary for high quality workouts then rest. If you crave a certain type of food then you could be lacking in a key mineral or be in significant calorie deficit. Don't be afraid to take some time for active recovery on a regular basis. Your goal should be to enjoy good strong workouts on a regular basis; if

you are almost always too tired to do so then consider adding more rest to the regiment.

The above suggestions may not cure every case of ill-motivation, but hopefully they will spur some ideas of what direction to go to get past a training drought. The bottom line is be creative and don't feel you are a slave to your bike or training schedule. If adding some variety includes going off course momentarily but ultimately keeps you improving your fitness then you end up ahead in the end. Keep life and cycling in proper perspective and don't forget why you first became involved in the sport...wasn't it for fun?

Darcie Murphy is a professional coach with Carmichael Training Systems. She works with a wide variety of athletes from the beginner to the professional athlete. For more information about CTS services and coaching, email Darcie at [Dmurphy@trainright.com](mailto:Dmurphy@trainright.com) or call 435-787-8556 ([www.trainright.com](http://www.trainright.com)).

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7:30 p.m.	<b>Women's Pro 1,2,3</b> \$5,000 cash purse, payout top 10 riders / entry fee \$40 Race exclusively for women riders
9:00 p.m.	<b>Men's Pro 1,2</b> \$10,000 cash purse, \$3,000 to winner, payout 20 riders / entry fee \$50

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ROUTE 211

# Technologically Speaking



By Greg Overton

Technology. It's a word that is tossed about in our society and culture daily. Most likely given life by the rapid increase in electronics and computers during the past decade, the terms 'technology' and 'high tech', 'technologically advanced', and others like them have been applied to nearly all products in all markets. Bicycles are not immune. We've seen technological breakthroughs in every aspect of the bicycle, which still remains one of the simplest and most elegant machines ever produced.

While technology can improve an item, it can also homogenize it. Look at automobiles. There is only one best aerodynamic shape, and as manufacturers strive for it, all of their products become very similar in appearance. It's only recently that some automobile companies have reintroduced styling with their teardrop shaped vehicles. Factors such as economy of scale and ease of production play a role as manufacturers, of cars or bicycles, search for efficiency. And in the quest for economy and efficiency, uniqueness and individualism can be lost.

I have spent several years being immersed in and enjoying the unique craftsmanship of

older bicycles. I get a good feeling from the stories behind the framebuilder and the craftsmanship involved in sculpting a fancy lugset and creating a piece of rideable art. But lately, I've been involved a bit more with current products and all the technology that's presented to the bicycle buyer today. And while I can't say there is craftsmanship to go with those fancy lugs and hand-made items from before, I can say that some manufacturers are trying to do more than offer change for change's sake.

Take carbon fiber handlebars. I still have to get used to the notion of placing my life and well being into a roughly one-inch tube of high tech, natch, plastic. But, along with carbon bars, and the ability to shape that one-inch carbon tube, rider comfort is outstanding on some of the models being offered in handlebars. I'll face it, manufacturers can do so much more with a carbon handlebar than with an aluminum bar, and it benefits the rider. There are three interfaces of rider and bike: saddle, handlebar and pedals. And if these contact points can be made more comfortable with technology, all the better. Perhaps that technology is valid and useful. I mean, the goal here is to get out and ride! And if comfort goes up, so does enjoyment, and therefore so does participation. Isn't that what it's all about?

Now, having made my admission, and my concession to technology, I most likely will not be installing carbon bars on my old DeRosa or Masi, and please don't tell my friends about my concessions, I can certainly see myself using one of these nicely formed bars on a century ride or bad-road ride where a big wide palm-sized "flat" on the top will be like manna from above to

those of use who get the numb-hand on occasion.

Technology, nay, "HIGH" technology has also been focused on bicycle wheels in the past few years. Can you believe the number of "high tech" wheels being offered these days? Aside from diminishing the need for a wheel guru lurking in the back of every shop, it makes the wheelset on your bike almost a non-factor. The gurus now work at XYZ wheel company, and they decide which wheel style is right for you. In the days of craftsmanship, a wheelbuilder would create a wheel tailored to its rider, with consideration of rider size, style, and types of rides and surfaces most ridden. High technology seems to be mostly concerned with placing a whole bunch of rim around a lot fewer spokes. Common sense would dictate that placing the weight of the wheel at the circumference is counter to a fast wheel as the rotating mass is exponentially increased as the wheel rotates. Aerodynamics begin to play a role at around 23mph and bring some of that weight penalty back to nil, but how many of us ride consistently at 23mph or above? I am happy to learn, and to inform, that many wheel companies are planning to offer soon truly lightweight wheels with a more logical rim size, and therefore a lighter, more efficient wheel.

I was asked once by a prospective employer if I thought I could embrace new technology in the bike industry. The pat answer would have been an enthusiastic "Yes!". The real answer, from my perspective was, "Yes, if it's valid technology." What I meant was, if you're going to try to pass off integrated headsets as new, forget it. It's an idea that's been recycled three times, going back to the 1920's, and is historically abandoned after a few years. Splined bottom brackets? Ditto. If there is benefit and increased enjoyment, meaning increased participation, then I'm on board. If it's just different, or worse, marketed as different and new, then it's just a case of the manufacturers trying

## National Bike Month Bill Needs Utah's Congressional Support

Should America celebrate a National Bike Month "in appreciation of cyclists and others for promoting bicycle safety and the benefits of cycling?" The House Transportation & Infrastructure Committee thinks so and approved by voice vote a resolution that would do just that. Rep. Earl Blumenauer (D-OR) introduced the measure, officially known as House Concurrent Resolution 145. Though the measure would just provide some honor and recognition to bicyclists, it contains no force of law. It doesn't specifically state a month, though it notes that many communities recognize Bike to Work Day in May and unofficially celebrate May as a month to honor bicyclists.

But the idea would be to spur health and transportation officials and advocates to "educate citizens of the United States about the importance of bicycle safety and the health, transportation, recreational and environmental benefits derived from cycling." Blumenauer wants to salute what communities are already doing with the resolution. In fact, May was mostly over before the full House could even consider the measure.

The resolution also recommends that "health and transportation professionals and organizations should promote bicycle safety and the benefits of cycling (and) "United States citizens should salute the more than 57 million cyclists in the United States and the national and community organizations, individuals, volunteers, and professionals associated with cycling for promoting bicycle safety and the benefits of cycling."

The Committee on Energy & Commerce gets to consider the bill before the full House can. The Subcommittee on Health got the referral from the full committee. Blumenauer got 32 other representatives to cosponsor the measure, but no one from Idaho or Utah signed on.

-Charles Pekow

## Some Models of Dimension Handlebar Stems Recalled

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the Quality Bicycle Products, announced a voluntary recall of Dimension Bicycle Road and Mountain Threadless Handlebar Stems. The recall involves all Dimension-brand road and mountain threadless bicycle stems with a 130 degree rise. The stems are black or silver and have the word "Dimension" painted on the extension. Only models SM2330 to SM2333, SM4555 to SM4558, SM4567, and SM4570 to SM4573 are included in this recall. The model numbers are printed on the original packaging. These handlebar stems all have a 130-degree "high rise" but vary in extension length. Contact your local bicycle retailer to have them check your handlebar stem and obtain a replacement stem if necessary. For more information, contact QBP toll-free at (877) 725 7211.

to get over on the customer, and that's a drag. A bicycle is so simple and so nearly perfect, that there is hardly room to constantly improve it. There is no emission penalty to rise above through technology, no horsepower increases to achieve through technology and no faster processor speed to apply technology to for improvement.

There aren't many pieces of a bike to be changed and even

fewer to be "improved" upon. Technology can help in places, but cannot reinvent the machine. And now that manufacturers are finding and choosing the spots where technology can help, we'll all benefit, and we'll all ride more. And we'll be healthier, happier and less polluting. And the manufacturers will sell more bikes and parts. And all's well....

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## MOUNTAIN BIKE RACING

**Jones, Sherwin Roll at Sundance Spin**

By Eric Jean

Above: Eric Jones galloped to the Pro Men's win.

Right: Roxanne Toly on her way to the Expert Women's win.

The first annual Sundance Spin, held at Sundance Resort, had racers begging for more of the sweet singletrack which made up 80 percent of the 7.1 mile loop, "...incredible course, there was plenty of opportunity to pass on the singletrack and the descent was first class - fast, with a lot of variety," commented Chris Sherwin, Revolution.

Of the 11 Expert Women that started, three emerged from the pack as the leaders, Roxanne Toly, Jans, Julie Minahan and Sue Abbene, Biogen, and together, they all rode away from the rest of the field. "We were all so close together, that you couldn't slow down. It's hard to ride off the front, so having some one else there to help set the pace is nice," stated Toly, after beating Minahan in a sprint at the line.

Some friendly trash talking was divvied up in the Expert Men 30-39 class by Chris Holland, as he played cat and mouse on his fully rigged, single speed. He finished 5th on the day and raved about quality of the course, "It was a blast! The singletrack was smooth and tacky".

The Pro Men's field was out in full force with 13 starters on the line, including world class cross-country skier and Olympian, Carl Swenson, Rlx/Polo Sport. From the word, "GO!", Eric Jones, Biogen/Idec, lead the field and never looked back. Behind him, the rest of the pack was left to fend for themselves. At the end of the day, Biogen/Idec came out on top



securing two spots on the podium.

Again, the Pro Women's category was small in numbers, but being intermixed at the startline with the Expert Men 30-39, offered a chance for more competition. After taking the top spot, Kathy Sherwin, Biogen/Idec, had this to say, "I love starting with the expert men. They push me. They're awesome and so fast. They also joke with me when I pass them."

**Pro Men:**

Eric Jones, Biogen/Idec, 2:12:55  
Bart Gillespie, Biogen/Idec, 2:16:45  
Carl Swenson, Rlx/Polo Sport, 2:18:39

**Pro Women:**

Kathy Sherwin, Biogen/Idec, 2:07:44  
Cindi Hansen, mtbchick.com, 2:11:24  
DJ Morisette, Elsworth/Copperchase, 2:16:45

More results on page 18.

Photos: Jeff Marmorstone. See more photos at [www.joaquimhailer.com](http://www.joaquimhailer.com)

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**Krieg and Dodge King and Queen of Bear Lake**



By Tim Vitale

Two fresh faces to the elite scene kept things lively during the Bear Lake Classic Road race May 21. Sam Krieg, a Cat. 2 with Idaho Cycling Enthusiasts (ICE) took a surprise win in the Pro/1/2 men's race. And new Cat. 3 Nicole

Evans (Sportsbaseonline) proved she is a talent with a future, driving a four-woman breakaway before losing in the sprint to an experienced and strong Karen Dodge (Heartstrings-Ogden One).

In the men's race, no one was more surprised about the outcome than the winner himself. Krieg, who soloed to the win, was ecstat-

ic at the finish. "This is the dream," he said. "It was a really hard race and pretty humbling at times, but I actually got to enjoy the last kilometer."

Krieg capitalized on the fact that he was an unknown to most riders. He got in a six-man break on the second of two, 52-mile loops around the mostly flat course. He then went with New Moon's Brent Cannon, and the duo dangled five or so seconds off the front of the four riders left of the break. The four chasers took a gamble and decided to let Krieg and Cannon cook off the front for a couple of minutes, but those couple of minutes turned into a couple of miles. And with the gap at about 30-40 seconds, Krieg finally pulled away from Cannon on one of the rollers on the east side of the lake.

"I realized I had nothing to lose at that point," Krieg said. "So I put my head down and started racing from driveway to driveway, then the next sign, then the dog - whatever to keep my concentration. I just couldn't fathom 15 miles alone, so I did anything I could to concentrate on just step at a time."

Kirk Eck (Healthy Choice - Goble Knee Clinic) took second, winning the sprint among the

Above left: Women's first chase group sprint - won by Nisie Van de Kamp.

Above: Cat 4/5 Pack.

Photos: Tommy Murphy

See Bear Lake - Continued on page 8

# Park City Cycling Festival

June 21- July 2, 2005

*presented by USA Cycling*



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**Featuring the:** **PoolGel**  
PoolGel Elite Category Road Race June 22 - see the next generation of pro road race athletes compete in a grueling 125 mile road race. Start and finish for the road race is at Deer Valley Resort in ParkCity.



## Tour of Utah - from page 2

(Healthy Choice).

With the approaching men's field came the chatter across the race radios. In a surprising end



which saw no break-aways, spectators were treated to a pack finish with speeds toping 50mph and a field of more than a 100 riders. "The entire race had gone perfect. As we approached the finishing straight, I could see that it was going to be fast

and I decided to sit up and roll through with the pack. Just as I was thinking that, the Vitamin Cottage train was right in front of me and within moments I was at the front of the pack in 5th wheel. I couldn't pass up the opportunity to gain a time bonus with riders like Swindlehurst and Bajadali in the field where I would need as much time as possible once the climbing started. Another rider decided he should be in my spot with no room available other than where I was. My handlebars were hooked and I hit the ground harder than I thought I ever could," lamented Dave Harward. With 50 meters to go it looked as though the road had swallowed up the peloton as riders hit the deck. One after another fell victim of the carnage as bikes were flung to the heavens and skin paved the road. Many riders were able to lift themselves from the tarmac and cross the finish line while an unfortunate few found themselves on their way to the hospital. Prevailing from the carnage was Vitamin Cottage's leadout that delivered Chuck Coyle to victory with Victor Ayala of Kahala-La Grange and Mike Wilk of Jamba Juice rounding out the podium. Our best wishes go out to those who suffered in the wreck and hope everyone a speedy recovery.

With Saturday came the first of two mountaintop finishes in the Suncrest Road Race. After racers completed a designated amount of circuits around Thanksgiving Point, the riders headed north

around Point of the Mountain for the 5-mile ascent to the top of Suncrest. With gradients of 10% and more and a new finish line on the 13% Traverse Ridge, racers saw the first substantial time gaps. Raced more like a crit, the men's Suncrest RR was anything but

Ramsey pounded out solo lap after lap with the peloton nowhere in sight. To only add to the excitement, Tour of Utah officials dangled the carrot of \$40 a lap to Ramsey for every lap he was off. What was thought to only last a few laps turned into minutes and eventually half of the race. Not a bad payout when you consider Ramsey was making \$20/minute for his efforts. With only a few laps remaining and numerous attempts to bring him back, Healthy Choices' Allan Butler made a solo bridge across to Ramsey leaving the duo to battle it out for the win. At the end of a great race it was Daniel Ramsey who held on for victory over Allan Butler with Neil Shirley (Seasilver) taking out the pack sprint for third.

The women's criterium offered no relaxation either with the blue train of Ogden One/Heartstrings



slow with a finishing time of one hour and fifty-three minutes for the 50 miles. One on the climb, the mountain legs of Seasilver quickly took over with Neil Shirley taking the top honors and teammate Burke Swindlehurst finishing second in a one-two punch over third place Andrew Bajadali of Vitamin Cottage. In the women's field, the climbing prowess of Aimee Vasse (Sportsbook.com) destroyed the field with Darcie Murphy (Ogden One/Heartstrings) finishing in second over a minute back and Kris Walker (Healthy Choice) taking out third over two minutes back.

On a day that featured a double header, racers made their way back to Lehi for the Thanksgiving Point Criterium. Highlighting the evening's festivities was two-time Olympian and Tour de France veteran Frankie Andreu taking to the mic to announce the men's criterium. One name was all the talk Saturday night in the men's race and that was Ramsey, Ramsey, Ramsey. Team Seasilver's Daniel Ramsey dominated the field in what was first an individual break.

pack swallowed up Vasse as they over took the trailing GC leader putting over two minutes into the Sportsbook rider. In the final blow, came the win by Ogden One's Darcie Murphy over Biogen's Tiffany Pezzulo and Utah Premier's Laura Howat to move Murphy into first place overall a minute over Vasse who fell to second place overall.

With only minimal time gaps separating the top riders, the Marriott Road Race and ascent of Mt. Nebo proved to be the critical stage. New for 2005 was the Pole Canyon ascent of Mt. Nebo that featured a 4,500 foot climb in addition to another 2,000 feet of climbing in the miles preceding the mountain top finish. The men's race saw blistering speeds as in the Suncrest RR as riders tried to get up the road with any advantage they could over the climbers. In yet another epic battle between Team Seasilver's and Vitamin Cottage's climbing specialists, it was Andrew Bajadali (Vitamin Cottage) that took a 30 second win over Burke Swindlehurst and Neil Shirley of Seasilver launching Bajadali into the overall lead.

The women's stage five also proved to be the decisive stage as the GC was still being closely contested. "As Sunday's race unfolded, I thought the breakaway of Karen Dodge (Ogden One) and Kris Walker (Healthy Choice) would be the day's winning break with the two taking first and second across the mountaintop finish. However, Vasse had different plans. She climbed Nebo like a jacket rabbit escaping from its



taking control of the race. In the beginning laps of the race, it was clearly evident GC leader Aimee Vasse (Sportsbook.com) didn't have the horsepower to maintain position in the pack. After multiple surges and attacks by the field's top sprinters, Vasse found herself gapped off the back of the pack in the first 15 minutes of the race. Quickly taking advantage of the situation, Ogden One and Velo Bella sent riders to the front to pull as much time out of Vasse's lead as possible. Lap after lap the gap continued to grow as Ogden One's Karen Dodge and Denise Van de Kamp drove the pace with the assistance of Team Velo Bella. With three laps to go, the lead



prey," said Kristi Mcilmoil (Concept/Fazoli's). With the lead duo of Dodge and Walker padding a 2 minute lead at the beginning the climb everyone thought the battle would be won by the break. In yet another amazing show of climbing prowess by Vasse, not only did she catch the break-away duo, but she put an additional three minutes into second place finisher Kris Walker with Jane

Ziegler of Velo Bella finishing third, three and half minutes back. "I was wishing I had my mountain bike for that climb. I guess you could say I paperboy-weaved my way to the top of Mt. Nebo," said Tiffany Pezzulo (Biogen/Idex).

With the Fieldstone Time Trail set as the sixth and final stage, everyone was looking to the time trial to make the final GC selections. Beginning at 7am, race organizers and riders were welcomed to the start by thunderstorms, hail and flooding which led officials to call off the final stage on Monday morning. With results based off the five completed stages, it was Andrew Bajadali (Vitamin Cottage) who held on for the overall victory over Seasilver's Neil Shirley (2nd) and Burke Swindlehurst (3rd). In the women's field, Kris Walker (Healthy Choice) moved into second place overall with Aimee Vasse of Sportsbook.com winning the overall and Darcie Murphy (Ogden One/Heartstrings) rounding out the podium in third. "I thought Monday's time trial could still have mixed up the G.C. for everyone; but Mother Nature's havoc will never let us know what might have happened," noted Kristi Mcilmoil.

The race was a resounding success. "The crowds were great. Everyone that I met was so nice, even at the checkout lane at the supermarket! It must be Utah. The courses were well worth the pain and the views were incredible," said Nate Loyal (Team Sotheby's). "The Tour of Utah is going to be a future 'Tour of Georgia' type race under promoter Jason Preston. He's got the vision, financial resources, reputation, and landscape available to make this race an international event. He's done everything right. Wait until you see the number of pro teams attend next year's race!" said Gardie Jackson (Healthy Choice). Look to see a change in date for the 2006 Tour of Utah to July or early August and possible inclusion on the National Racing Calendar.

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### Photos:

**Top Left:** 1/2/3 Women sprint for the line in stage 4. Photo: Tommy Murphy  
**Middle Left:** Jamba Juice Crit. Pro/1/2 Men. Photo: Steve Conlin  
**Middle Right:** Lead Women in Stage 3. Aimee Vasse, Jane Ziegler, Darcie Murphy, Kris Walker, Noel Weddle. Photo: Tommy Murphy  
**Bottom:** Dave Harward takes Stage 1. Photo: Greg Sumner

# BICYCLE SHOP DIRECTORY

## SOUTHERN UTAH

### Brian Head

**Brian Head Resort Mountain Bike Park**  
329 S. Hwy 143  
(in the Giant Steps Lodge)  
P.O. Box 190008  
Brian Head, UT 84719  
(435) 677-3101  
brianhead.com

### Cedar City

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

### Moab

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

### Moab Cyclery

391 South Main  
Moab, UT 84532  
(435) 259-7423  
(800) 559-1978  
moabcyclery.com

### Poison Spider Bicycles

497 North Main  
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(435) 259-7882  
(800) 635-1792  
poisonspiderbicycles.com

### Slickrock Cycles

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Moab, UT 84532  
(435) 259-1134  
(800) 825-9791  
slicrockcycles.com

### Price

**Decker's Bicycle**  
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Price, UT 84501  
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bikemd@emerytel.com.net

### St. George

**Bicycles Unlimited**  
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St. George, UT 84770  
(435) 673-4492  
(888) 673-4492  
bicyclesunlimited.com

### Desert Cyclery

514 N. Bluff  
St. George, UT 84770  
(435) 674-2929  
desertcyclery.com

### Red Rock Bicycle Co.

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

**Springdale Cycles and Tours**  
1458 Zion Park Blvd.  
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springdalecycles.com

### Zion Cycles

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P.O. Box 624  
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(435) 772-0400  
zioncycles.com

## NORTHERN UTAH

### Logan

#### Joyride Bikes

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

#### Sunrise Cyclery

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

### Park City

#### Christy Sports

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

#### Cole Sport

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

#### Jans Mountain Outfitters

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

#### Stein Eriksen Sport

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7815 Royal Street  
(mid-mountain/Silver Lake)  
Deer Valley, UT 84060  
(435) 647-9174  
steineriksen.com

#### Summit Cycle and Snow

1571 West Redstone Center  
Dr., Suite 120  
Park City, UT 84098  
(435) 575-0355  
summitcycling.com

#### White Pine Touring

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

### Vernal

#### Altitude Cycle

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

## WASATCH FRONT

### DAVIS COUNTY

### Bountiful

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

#### The Biker's Edge

390 N. 500 W. Suite 1  
Bountiful, UT 84010  
(801) 294-4433  
bebikes.com

### Kaysville

#### The Bike Rack

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

### Sunset

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

## SALT LAKE COUNTY

### Central Valley

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

#### Canyon Sports Ltd.

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

#### Golsan Cycles

1957 E. Murray-Holladay Rd.  
(4780 South)  
Salt Lake City, UT 84117  
(801) 278-6820  
golsancycles.com

#### Spin Cycle

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

### Salt Lake City

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

#### Bingham Cyclery

1500 S. Foothill Drive  
Salt Lake City, UT 84108  
(801) 583-1940  
binghamcyclery.com

### Salt Lake City

**Fishers Cyclery**  
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Salt Lake City, UT 84106  
(801) 466-3971  
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#### Go-Ride Mountain Bikes

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go-ride.com

#### Guthrie Bicycle

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Salt Lake City, UT 84111  
(801) 363-3727  
guthriebicycle.com

#### Guthrie Bicycle

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

#### REI

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

#### Wasatch Touring

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

#### Wild Rose Mountain Sports

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

### South Valley

#### Bingham Cyclery

1300 E. 10510 S. (106th S.)  
Sandy, UT 84094  
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binghamcyclery.com

#### Canyon Bicycles

762 E. 12300 South  
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#### Golsan Cycles

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(801) 446-8183  
golsancycles.com

#### REI

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

### South Valley

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

## UTAH COUNTY

### Orem

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

### Payson

**Downhill Cyclery**  
399 S. 100 W.  
Payson, UT 84651  
(801) 465-8881  
downhillcyclery.com

### Provo

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

#### Mad Dog Cycles

936 E. 450 N.  
Provo, UT 84606  
(801) 356-7025  
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#### Racer's Cycle Service

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(801) 375-5873  
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### Springville

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290 S. Main Street  
Springville, UT 84663  
(801) 489-5106  
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## WEBER COUNTY

### Eden/Huntsville

**Diamond Peak Mountain Sports**  
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Eden, UT 84310  
(801) 745-0101  
peakstuff.com

### Ogden

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

#### Bingham Cyclery

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

#### Canyon Sports Outlet

705 W. Riverdale Road  
Riverdale, UT 84405  
(801) 621-4662  
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 BMX track info, visit [cyclingutah.com](http://cyclingutah.com)



**Cycling Events**

## Advocacy Groups

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

**Salt Lake County Bicycle Advisory Committee** — Meetings are the second Monday of each month from 5-7 p.m. in suite N-4010 of the Salt Lake County Government Center, 2001 S.

## Calendar of Events sponsored by



1844 E. Fort Union  
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State, SLC, (801) 485-2906

**Weber County Pathways** — Weber County's Advocacy Group, (801) 393-2304 or [www.weberpathways.org](http://www.weberpathways.org)

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

**June 4** — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

**November ?** — Utah Trails and Pathways Conference, planning, design, construction, funding and more, [www.stateparks.utah.gov](http://www.stateparks.utah.gov), (435) 229-8310



**Mountain Bike Tours and Festivals**

## Tours and Festivals

**June 18** — Night Owl Ride, Cottonwood Valley, Las Vegas, NV, [procyclery.com](http://procyclery.com), (702) 452-9367 or (702) 228-9460

**July 16** — Brian Head Bash Fat Tire Festival, Group Rides and more, (435) 677-3101

**August 5-7** — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595

**September 3-5** — Brian Head Fall Colors Fat Tire Festival, Group Rides and more, (435) 677-3101

**Sep 22 - Sep 25** — IMBA Trail School, Friends of Pathways, Jackson, WY, David Vandenberg, [fop@wyoming.com](mailto:fop@wyoming.com)

**Sep 29 - Oct 2** — IMBA Trail School, Bureau of Land Management, Vernal, UT, Daniel Gilfillan, [daniel\\_gilfillan@blm.gov](mailto:daniel_gilfillan@blm.gov)

**Oct 6 - Oct 9** — IMBA Trail School, Moab Trails Alliance, Moab, UT, Kim Schappert, [kschappe@hotmail.com](mailto:kschappe@hotmail.com)

**Oct 13 - Oct 16** — IMBA Trail School, Dixie National Forest, Cedar City, UT, Nick Glidden, [nglidden@fs.fed.us](mailto:nglidden@fs.fed.us)

**October 27-30** — Moab Fat Tire Festival. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab, UT, (435) 260-1182

**November 5** — 10th Annual Blue Diamond to Jean Mountain Bike Benefit. 33 mile non-competitive ride. Blue Diamond, NV, (702) 228-4076 or (702) 837-6522 or (775) 727-5284.



**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), USA Cycling (719) 866-4581

## Weekly Series Races

**Wednesdays** — Short Track MTB Series, 5:30 pm, park at Hogle Zoo or across street at Shoreline Trailhead, register, then ride up the hill to start line, Salt Lake City, (801) 792-9048

**Wednesdays** — May 18 - August 31, Soldier Hollow Training Series, alternates with Sundance Training Series, 6:30 p.m., (801) 404-0946

**Wednesdays** — May 11 - September 7, Sundance Weekly

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

## Utah MTB Races

**June 4** — Deer Valley Pedalfest, Intermountain Cup #6, Deer Valley, UT - Ed Chauner, 801-942-3498

**June 5** — Bountiful Bomber Downhill Race, Utah DH Series, Bountiful, UT, (801) 375-3231

**June 11** — Utah Summer Games, Intermountain Cup #7, Three Peaks Recreation Area, Cedar City, (435)865-8421, (800) FOR-UTAH, (435) 586-5125

**June 16-19** — NORBA NMBS #3, Deer Valley, UT, XC/ST/DH/MTNX/Super-D, (719) 866-4581

**June 25** — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

**July 2** — The 12 Hours of Endurance, 12 hour endurance race to benefit National Ability Center, Individual and Team Categories, Park City, (435) 649-2129

**July 4** — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

**July 9** — Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #8, Solitude, UT, XC - Ed Chauner, 801-942-3498

**July 9** — Blue Mountain Bike Chase, 25 mile race, Monticello City Recreation, Monticello, UT, (435) 587-2029

**July 9-10** — Bald Mountain Challenge Downhill, DH and Super-D, Utah DH Series, Deer Valley, UT, (801) 375-3231

**July 16** — Snowbird Mountain Bout, 18th Annual!, Intermountain Cup #9, Snowbird, Ed Chauner at (801)942-3498

**July 23** — Taming the Tetons, Intermountain Cup #10, Jackson Hole, WY, Ed Chauner at (801)942-3498

**July 23** — The Endurance 100/Mind Over Mountains, 100 mile team relay, 50 mile individual, Park City, (435) 649-2129

**July 30** — Brian Head Epic 100, qualifier for the 2005 World Solo Championships, Brian Head, (909) 866-4565

**August 4-7** — NORBA NMBS #7, XC/ST/DH/MTNX/SuperD/Marathon, Brian Head Resort, Brian Head, UT, (719) 866-4581

**August 6** — Durango MTB 100, Durango, CO, (970) 259-7771

**August 13** — All West Communications Wolverine Ridge XC Race, 12th Annual, Intermountain Cup #11, Series Finals, Evanston, WY - contact Paul Knopf or Amanda Wanner at [planning@mail.evanstonwy.org](mailto:planning@mail.evanstonwy.org) or (307) 783-6470 or (866) 783-6300 ext. 459, or [evanstoncycling.org](http://evanstoncycling.org)

**August 20** — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

**August TBA** — Utah DH Series, (801) 375-3231

**August 21** — Widowmaker Hill Climb 10 AM, Ride to the top of the Tram, Snowbird Resort, (801) 583-6281

**August 27** — The Endurance 100/Mind Over Mountains, 100 mile and 50 mile individual race, Park City, (435) 649-2129

**September 3-5** — Flyin' Brian Downhill Race, DH and Super-D, Utah DH Series, Brian Head, UT, (801) 375-3231

**September 10** — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

**September ?** — 24 Hours of Soldier Hollow, Heber, UT, (435) 615-8220

**September 17** — Tour des Suds, 25th Anniversary, Park City, (435) 649-6839

**October ?** — Utah State Singlespeed Championship, 10 am start, Sundance Resort, [SundanceResort.com](http://SundanceResort.com) or 801-223-4121

**October 10-11** — 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 15-16** — 24 Hours of Moab, 10th Annual, (304) 259-5533

## Idaho and Regional Mountain Bike Races

**June 11** — Revenge of the Singletrack, Wild Rockies Series #4, Twin Falls, ID, (208) 587-9530

**June 1,8,15,22,29** — Wednesday Night MTB Series/Wood River Cup #1-4, ID, (208) 481-0300

**June 15** — Teton Village Short Track XC #1, 6 pm, Teton Village, WY, (307) 733-5228

**June 18** — Idaho City Excellent Adventure, Wild Rockies Series #5, Idaho City, ID, (208) 587-9530

**June 25-26** — Soldier Mountain XC and DH, Knobby Tire Series, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016



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**June 22** — Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 739-9025

**July 3** — Urban Assault, Knobby Tire Series, Downtown Boise, ID, (208) 338-1016

**July 4** — 10th Annual WYDAHO Bike Race, Grand Targhee Ski and Summer Resort Alta, WY, 1-800-TARGHEE ext. 1313 or 307-353-2300

**July 6** — Teton Village Short Track XC #2, 6 pm, Teton Village, WY, (307) 733-5228

**July 20** — Teton Village Short Track XC #3, 6 pm, Teton Village, WY, (307) 733-5228

**July 14-17** — NORBA NMBS #5, Schweitzer Mountain Resort, ID, XC/ST/DH/MTNX/Super-D/Marathon, (719) 866-4581

**July 17** — Grand Targhee Ski Hill Road (10 am in Driggs) and Mountain Time Trial (1 pm in Teton Canyon), 9 a.m., Driggs, ID, (208) 201-1622 or www.tvtap.org

**July 23** — Taming the Tetons, Intermountain Cup #10, Jackson Hole, WY, (801) 942-3498

**July 21-24** — NORBA NMBS #6, Snowmass, CO, XC/ST/DH/MTNX/Super-D/Marathon, (719) 866-4581

**July 20** — Teton Village Short Track XC #3, 6 pm, Teton Village, WY, (307) 733-5228

**July 31** — Laramie Enduro, 111 K mountain bike race, Happy Jack, Laramie, WY, 307-745-4499

**July 31** — Pomerelle Pounder DH, Wild Rockies Series #7, Albion, ID, (208) 587-9530

**August 7-8** — 21st White Knob Challenge, Knobby Tire Series, Mackay, ID, Kurt Holzer at (208) 890-3118

**August 20** — Rendezvous Hill Climb, Teton Village, WY, 6.1

miles, 4139 vertical feet, (307) 733-5335

**August 20-21** — Tamarack Twister Idaho State NORBA XC and DH Championship Finals, Knobby Tire Series Final, Tamarack Ski Resort, Cascade, ID (208) 338-1016 or (208) 325-1000

**August 27-28** — Brundage Bike Festival, Wild Rockies Series #8, XC, DH, McCall, ID, (208) 587-9530

**September 11** — Galena Grinder, Galena Lodge, ID, (208) 726-4010 or galenalodge@sunvalley.net

**September 24-25** — Lava Rama, Wild Rockies Series #9, XC, DH, Freestyle Festival, Road Criterium, Lava Hot Springs, ID (208) 587-9530

**October 1** — Las Vegas 12 Hour Race, 2500' climbing per lap, Las Vegas, NV, tmr-unlimited.com, (702) 277-6536

West of the International Center, -8000 W., 6 pm, (801) 944-8488

**DMV Criterium** — Driver's Training Center, Where: 4700 S. 2780 W., West Valley City Times: A Flite - 6pm. B Flite - 7 pm., C/D Flite 7:45 pm (April 6 - September 28), Map

**Royal Street Hillclimb TT** — May 12 - September 22, Every other Thursday, 5:30 p.m., 900' elevation gain, Royal Street, Park City, (435) 901-8872

**Wednesdays** — Thanksgiving Point Criterium Series, April 6th - September 28, 6:00 pm, A flight-cat 1, 2, 3, 6:00-6:55 pm, B flight-cat 3-4, 6:00-6:45 pm, C flight-beginner-cat 5, 7:00-7:30 pm, \*Women's flight, 7:00-7:30 pm, \*Women may race any flight they choose, 3003 Thanksgiving Way, (next to I-15), Lehi, UT visit www.utahvalleyracing for more information, or call (801) 400-6130

**Thursdays** — Logan Race Club Time Trial Series, 6:30 pm, see www.loganraceclub.org for weekly locations, Logan, (435) 787-2534

For dates, see below.

**2005 Utah Road Races**

**June 7,14,21,28** — RMR Crit Series, Salt Lake, (801) 944-8488

**June 1,8,15,22,29** — DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065

**June 2,16,30** — Salt Air TT Series, Every other Thurs, (801) 944-8488

**June 9,23** — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

**June 4** — State Road Race Championship, Logan, UT, (435) 752-5131 or (435) 787-2534

**June 11** — Sugarhouse Crit, State Criterium Championship, Sugarhouse Park, SLC, UT, (801) 944-8488

**June 12** — State Time Trial Championship, Salt Air, 30 km, (801) 944-5042

**June 18-19** — All West High Uintas Classic Stage Race, 17th Annual, Kamas, UT to Evanston, WY, contact Paul Knopf or Amanda Wanner at planning@mail.evanstonwy.org or (307) 783-6470 or (866) 783-6300, ext. 459, evanstoncycling.org

**June 20 - July 3** — Park City Cycling Festival, Elite, Masters, Junior, and Espoir National Championships, Park City, UT, (719) 866-4581

**June 23-25** — Utah Summer Games, Righthand Canyon, Lund Hwy, Desert Mound, Checkshani Cliffs, Cedar City, (435) 865-8421, (800) FOR-UTAH

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

**July 6,13,20,27** — DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065

**July 7,21** — Salt Air TT Series, Every other Thurs, (801) 944-8488

**July 14,28** — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

**July 9-10** — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532

**July 16** — Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (801) 400-6130

**July 30** — Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, (801) 442-5800 or (801) 677.0134

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

**August 3,10,17,24,31** — DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065

**August 4,18** — Salt Air TT Series,

Every other Thurs, (801) 944-8488

**August 11,25** — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

**August 5-7** — Cache Festival of Speed, Logan, UT, (435) 752-5131 or (435) 787-2534

**August 12-14** — Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 990-1393

**August 20** — Snowbird Hill Climb, 7:30 AM, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 933-2110

**August 27** — Jeff Rogers Memorial San Pete RR, Spring City, UT, Jeremy Smith, jeremysmithslc@yahoo.com, (801) 733-6687

**September 6,13,20,27** — RMR Crit Series, Salt Lake, (801) 944-8488

**September 7,14,21,28** — DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065

**September 1,15,29** — Salt Air TT Series, Every other Thurs, (801) 944-8488

**September 8,22** — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

**September 10** — LOTOJA, 203 miles from Logan, UT to Jackson, WY, (801) 771-6200

**September 24** — UTA Downtown Ogden Criterium, downtown in the Municipal Park between 25th & 26th Streets, Ogden, UT, (801) 589-3675

**October 4-7** — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hws@infowest.com



**General Info**

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

**USA Cycling**, Mountain Region Road Racing (UT,AZ,NM,CO, WY,SD), George Heagerty, (719) 535-8113.

**Utah Weekly Series Races**

**Rocky Mountain Raceways Criterium** — Saturday at noon in March, After March, Tuesdays, A/B's - 6 pm, C/D's 7 pm, 6555 W. 2100 S., West Valley City, UT, (801) 944-8488

**Salt Air Time Trial** — Every other Thursday, I-80 Frontage Road

Continued on Page 16

**NORBA NATIONAL MOUNTAIN BIKE SERIES**

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## cycling utah

## CALENDAR OF EVENTS

## CONTINUED FROM PAGE 15



## Road Racing

## (Continued)

**October 8** — City Creek Bike Sprint, 10 am, 5 1/2 mile climb up City Creek Canyon in Salt Lake City, road or mountain bikes, UCA Points Series Event, (801) 583-6281

## Regional Road Races

**June 7** — Tuesday Nighter #9, Pleasant Valley/Ten Mile Creek Rd., Boise, ID, (208) 343-3782

**June 10-12** — Tour of Eagle, Eagle, ID, (208) 884-1925

**June 14** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

**June 14-16** — Lyle Pearson Classic Stage Race, evenings, Boise, ID, (208) 343-3782

**June 18** — Idaho State Time Trial Championships, Bellevue, ID, 7am, (208) 726-7693

**June 18-19** — Ketchum Circuit Race and Criterium, Ketchum/Sun Valley, Idaho, Greg Stock (208) 726-0707

**June 21** — Tuesday Nighter #10, Pleasant Valley/Ten Mile Creek Rd., Boise, ID, (208) 343-3782

**June 24-26** — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-3763

**June 25-26** — Dead Dog Classic Stage Race, Laramie, WY, (307) 745-4499

**June 28** — Tuesday Nighter #11, Bogus Hillclimb, Boise, ID, (208) 343-3782

**July ?** — North Las Vegas Criterium, Las Vegas, NV, 702-228-9460

**July 5** — Tuesday Nighter #12, Pleasant Valley/Ten Mile Creek Rd., Boise, ID

**July 5,19** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

**July 9-10** — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532

**July 12** — Tuesday Nighter #13, Bogus Hillclimb, Boise, ID, (208) 343-3782

**July 15-17** — Long Valley Stage Race, Boise, ID, (208) 343-3782

**July 17** — Grand Targhee Ski Hill Road (10 am in Driggs) and Mountain Time Trial (1 pm in Teton Canyon), 9 a.m., Driggs, ID, (208) 201-1622 or www.tvtap.org

**July 19** — Tuesday Nighter #14, Pleasant Valley/Ten Mile Creek Rd., Boise, ID, (208) 343-3782

**July 23** — Well's Fargo Twilight Criterium, Boise, ID, (208) 343-3782

**July 24** — The Morning After Criterium, Boise, ID, (208) 343-9130

**July 23-24** — BYRDS Junior Stage Race, cyclist@cablone.net

**July 30** — Hoot Owl Circuit Race, Pocatello, ID, 208-282-5426

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

**August 2** — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

**August 2, 16** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

**August 4** — Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 652-3532

**August 13** — Mt. Harrison Hill Climb, Boise, ID, (208) 336-3854

**August 16** — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

**August 21** — Table Rock HC RR, Boise, ID, (208) 867-2488

**August 23** — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

**August 20-28** — Magic Valley Senior Games, Bill Hart (208) 543-4451

**August 27-28** — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118

**September 3-4** — Grand Valley Bicycle Classic, Road Race and Criterium, Grand Junction, CO, (970) 245-8850

**September ?** — Mt. Charleston Hill Climb, Las Vegas, NV, 702-228-9460

**September 4** — Quail Hollow Hillclimb, Boise, ID, (208) 343-3782

**September 10** — Race to the Angel, 20th Annual, 2800' climb, Wells, NV, (775) 752-3540

**September 10** — Bogus Basin Hill Climb, Boise, ID, (208) 343-3782

**September 17-18** — Lava Rama, Wild Rockies Series #8, XC, DH, Road Criterium, Lava Hot Springs, ID (208) 587-9530

**October 1-2** — Nevada Senior Games. Must be 50 years or older. Four events: 5K and 10K time trails and 20K and 40K road races. (702) 242-1590



## 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! Jill at (801) 809-2570.

**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 4** — Little Red Riding Hood, women's only metric century ride, 35, 63, and 100 mile options, Wellsville, Cache Valley, (801) 486-8140

**June 4-5** — Idaho MS 150 Bike Tour, Eagle, ID, (208) 388-1998 ext. 2 or (208) 342-2881

**June 4-5** — Tour de Cure, Golden Spike Century, 40, 60 and 100-mile routes, raise money for the American Diabetes Association, Box Elder High School, Brigham City, UT, (888) 342-2383 x7075

**June 5** — America's Most Beautiful Bike Ride, 35, 72, 100 miles, 14th Annual, benefit for the Leukemia Society, Lake Tahoe, NV, (800) 565-2704

**June 11** — Bob LeBow Bike Tour - "Health Care for All.", routes from 3-100 miles, Nampa, Idaho, asandven@trhs.org or 208-467-4431

**June 11** — Up and Over 100, bottom of Emigration Canyon to Park City, Coalville, and back,

(801) 943-2117

**June 12-18** — Utah Border to Border Tour, Kanab to Cornish (near Logan), 479 miles, (801) 556-3290

**June 17** — Antelope by Moonlight Bike Ride, 12th Annual, 10:00 P.M. start, check-in begins at 8:30 p.m., at the Antelope Island State Park entrance. This a popular non-competitive ride, held at night during the full-moon. Views are spectacular, food is delicious. Ride along the Great Salt Lake on the Davis County causeway and on to Antelope Island State Park, the beach, and visitor center. There will be a "Moon Party" with telescopes at the amphitheater by the Visitor Center. Registration fee includes park entry, t-shirt and refreshments, about 20 miles round trip, contact Neka Roundy, Davis County Tourism, (801) 451-3286 or tour@co.davis.ut.us

**June 25** — Tour of Marsh Creek Valley, fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, then enjoy food, fun, and music at the Riverfest. Rob Van Kirk at (208) 282-2503 or (208) 652-3532

**June 25-26** — MS 150 Bike Tour, Benefits MS Society and multiple sclerosis research, Cache Valley Fairgrounds (400 South 500 West, Logan, Utah), (801) 493-0113

**June 26** — Comstock Silver Century Historical Tour, 13th Annual, Genoa / Carson Valley, NV, (800) 565-2704

**July 1-4** — Northwest Tandem Rally, Bend, OR, nwtr2005@nwtr.org

**July 2** — Killer Loop, a 66 or 100 mile loop from Cedar City through Brianhead and Back to Cedar. This brevet style ride features 8500+ feet of climbing at altitudes up to 10,400 feet. (435) 586-7567

**July 10** — Mt. Nebo Loop, start in Nephi to Springville to the Mt. Nebo loop, (801) 943-2117

**July 23** — 3rd Annual Tri County Tour, Boise, ID, Linda Laky, (208) 336-1070 x 106 (linda@united-waytv.org)

**July 23 - August 1** — Great Divide Wind River, Jackson to Lander, WY, dirt and road, Adv. Cycling Association, (800) 755-2453

**July 31 - August 5** — Bicycle Idaho, Coeur d'Alene to Wallace to Coeur d'Alene, (541) 385-5257

**August 31** — Chalk Creek 100, Park

City to Coalville to Chalk Creek and back, (801) 943-2117

**July 31** — Stanley Challenge, Boise, ID, (208) 867-2488

**August 13** — ULCER, Century Tour around Utah Lake, 100, 74, and 46 mile options, (801) 947-0338

**August 14** — Blue Cruise Wheels for Wellness, Meridian, ID, (208) 387-6817

**August tba** — Cycle For Life, benefit ride for injured cyclists, 8, 30, 66, and 100 mile options, Eden Park, Eden, UT, (801) 272-1302

**August 20** — Promontory Point 125, Brigham City to Promontory, (801) 943-2117

**August 20** — CANCELLED Moonshadows in Moab, benefits Tyler Hamilton Foundation, 435-259-2698

**August 27** — Desperado Dual, 200 mile double century in Southern Utah, 100 mile option, Panguitch, (435) 586-7567

**August 28** — The Big Ride, 164 miles, Mt. Green over Monte Cristo, to Evanston and back, (801) 943-2117

**August 28 - September 3** — BBTC Southern Utah Parks Tour, (801) 486-8140

**August 28 - September 2** — SPUDS 10 - Gooding to Salmon, Idaho, 1-866-45-SPUDS

**August 27** — Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in, 12 mi north of Logan on Hwy 91. Registration fee \$18 (early), \$20 day of ride. Fee includes rest stops, lunch. For information and forms call 435-752-2253.

**September 5-10** — WYCYC XV, ride across Wyoming, Lander to Dubois, Cyclevents, 1-888-733-9615.

**September 3-9** — Cycle Utah Tour, Southern Utah, Adv. Cycling Association, (800) 755-2453

**September 5** — Hooper Horizontal 100, State Agriculture Building to Hooper and Back, (801) 943-2117

**September 10-12** — Sawtooth Bike Trek, benefits American Lung Association of Idaho/Nevada, www.lungs.org or (208) 344-6567

**September 11** — Tour de Tahoe, ride around Lake Tahoe, 72 miles, Lake Tahoe, NV, (800) 565-2704

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

**September 11-17** — Southern Utah National Parks Tour, (801) 596-8430

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**September 18-24** — 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 24** — Josie Johnson Memorial Ride, this memorial ride is being dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, meet at the corner of 500 South and Guardsman's Way (1580 E) at 11:30 am, ride will start at 12 noon, www.slcbac.org or call Jason at (801) 485-2906 eve. or (801) 565-6163 day

**September 24** — Heber Valley Century. 50 & 70 mile options. Enjoy scenic Heber Valley during its autumn finest during this fun and challenging ride that visits the Olympic venues. Contact Bob @ 801.677.0134, bike2bike.biz

**September 25 - October 1** — LAG-BRAU (Legacy Annual Great Bike Ride Across Utah), Blanding to St. George, 400 miles on scenic highways and through National Parks, fundraiser for young Native American education, (801) 278-6220

**September 25 - October 1** — CANYONS III - A Ride Across Southern Utah, Springdale to Lake Powell, 1-866-CycleUT

**October 7-9** — Moab Century Ride, Moab to La Sals and back, 45, 65, 100 mile options, Tour benefits the Lance Armstrong Foundation, 435-259-2698

**October 2-7** — Monument Valley & 4 Corners Tour, (801) 556-3290

**October 8** — Yellowstone Fall Old Faithful Cycling Tour 2005, West Yellowstone, MT, (406) 646-7701

**October 15** — Las Vegas Century, 22,37,55,80 and 110 miles, benefits Ronald McDonald House. (702) 252-4663 ext 4



**Multi-Sport Races**

**June 4, July 2, July 30, September 24, October 29** — Twisted 10K, 20K & 30K competitions, events include running, mountain biking or paddling, call for location, (801) 597-5177

**May 28** — Timpanogos RUMBLE, 3-5 hr Sprint Race Bike, Trek, Ropes, O-course, 5 pm, Provo, Utah, (801) 597-5177

**June 18** — Jackson THROW DOWN, 6-8 hrs Full Day Race, Bike, Trek, Ropes, O-course, Paddle (class 1+ - 2), Jackson Hole, WY, (801) 597-5177

**August 6** — Boise BRAWL, 6-8 hrs Full Day Race Bike, Trek, Ropes, O-course, Paddle, Boise, ID (801) 597-5177

The Mayor's Bicycle Advisory Committee, the leading bicycle advocacy group in Salt Lake and Utah, wants to encourage all cyclists to participate.

There are monthly meetings on the second Wednesday of every month at 5 p.m. in the City & County Building, Rm. 326 or 335, 451 South State Street. For details, visit the Cycling Utah web site (www.cyclingutah.com) or call the Mayor's office at 535-7939 or Brian at 328-2453.



## Road Nationals Hit Park City June 20th to July 2

The Park City Cycling Festival presented by USA Cycling will return later this month to host USCF National Championship road cycling events June 20-July 2. After a successful inaugural event that boasted 1866 competitors and roughly 2400 race entries, the 2005 edition will expand to include elite men's and women's road race and time trial events. In addition, the Paralympic National Championship Time Trial will be held in conjunction with the Elite and Junior TT on June 21. Time Trial events will be held at Antelope Island. All other events will be in Deer Valley and Park City. The criteriums held at Deer Valley Resort provide especially fast race action and spectating.

In total, 125 national championship jerseys will be awarded to junior, U23, master and elite riders from across the United States.

For complete festival information, schedules and more, visit [parkcitycyclingfest.com](http://parkcitycyclingfest.com).

### Deer Valley Resort in Park City, Utah to Host Round Three of the NORBA Nationals in June

Colorado Springs, Colo. (May 18, 2005)—After a three-month break, the 2005 Shimano NORBA National Mountain Bike Series resumes in Park City, Utah as Deer Valley Resort gets set to host it's first NORBA National since 2001 with round three of the nine-race off-road cycling series June 16-19.

Despite being the third stop on the calendar, gravity-style events make their '05 NORBA National debut at Deer Valley as Downhill and Dual Slalom events compliment the more traditional Cross Country and Short Track disciplines. Super D, a mostly downhill cross country event, and a unique time trial that climbs up the 1335 meter bobsled track used in the 2002 Winter Olympics are also on the schedule.

After the opening stop in Boerne, Texas and round two in Scottsdale, Ariz., Geoff Kabush (CAN) currently leads the overall standings in both the men's Cross Country and Short Track events. Utah's Bart Gillespie sits 13th in the XC and 17th in the STXC. Other well placed Utah riders include Eric Jones (37th, 26th) and Thomas Spanring (53rd XC).

In the women's standings, Sue Haywood (Davis, W. Va.) and Katerina Hanusova (CZE) lead the overall classification in the Cross Country and Short Track events respectively. Local Kathy Sherwin is 13th in the XC and 10th in the Short Track. DJ Morisette and Cindi Hansen are in 50 and 53rd in the XC.

Keeping in line with the popular stage race format used in the earlier rounds, the cross country riders will compete in the time trial at Utah Olympic Park, the Cross Country race, and the Short Track event to accumulate points towards an overall classification that will determine the ultimate event winner.

For race information and for current standings in the 2005 Shimano NORBA National Mountain Bike Series, visit [www.norbanationals.com](http://www.norbanationals.com).

### Conversations With the Crazy Russian

Here's a good question for all of you that think you have a "steel trap" mind---where were you on July 24, 2004? Oh come on, it's not that hard---you were either riding your mountain bike in the first ever E100 race in Park City or wishing you were!! I was one of the ones who was actually riding and plan on doing it again this year because it's going to be bigger and better than before with more race options and dates.

To see if the rumor was true, I took the liberty to call the crazy Russian, Boris Lyubner, event promoter, and ask a few burning questions that were on my mind. Here is what I found out---first of all, there's going to be three different events this year. One on July 2nd, one on July 23rd, and one on August 27th. Personally, I think the one on July 2nd is going to be a blast! Sounds like a big party with a few laps around Round Valley thrown in so you can feel good about having such a great time at a bike race. It's a 12-Hour Endurance race that can be done solo, or as a 2 or 4 person team. Each lap is only 10 miles with a few little hills here and there. When you finish your lap, you can get something to eat from one of the many food vendors or cafeine up for your next lap with a double latte while you listen to the live music playing your favorite riding songs!

Anyone can and should do this one, whether a beginner or a pro, young or old or somewhere in between, on a mountain bike or a single-speed---it really doesn't matter as long as you're up for a day of fun in the sun on and off your bike!

The teams can be male, female, or a little of both Points will be awarded in each division at each race so if you get caught up in the spirit of endurance racing and do all three events, you may just look like more than the "weekend warrior" no matter what all your friends say!

I also found out that a portion of the proceeds will go to a fund for disabled cyclists with the National Ability Center and to the Lance Armstrong Foundation so that might be a small investment in your good karma bank to boot!

So, if this sounds like a good time to you, you should definitely check out the web site and download your entry form today, find a couple of friends who have nothing better to do, get registered and start training. There will be aide stations with food, water, and vodka-coops, that's just for Boris, I think!! Anyway, lots of fun and good times (and maybe some bragging rights!) to be had for anyone who shows up.

So what are you waiting for? Go to: [www.theendurance100.com](http://www.theendurance100.com) and then meet me in the Chat Room.

S.S.Dirty Girl

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# RACE RESULTS


**Mountain  
Bike  
Racing**

## Hammerfest at the Hollow, May 14, 2005 - Soldier Hollow, Utah INTERMOUNTAIN CUP MOUNTAIN BIKE RAC- ING SERIES - Race # 3 of 11

### 12 & Under

- Rhet C. Povey 12:33:07
- Dan Lund 12:33:25
- Hunter Tolbert, Big Trace Racing and Mules 12:36:30
- Cassidy Palmer-Ruben 12:36:57
- Winston Farr 12:39:20

### 9 & Under

- Justin Griffin, UtahMountainBiking.com 12:05:44
- Colton Kissell 12:06:43
- Daniel Brown, Ruote Veloce 12:07:14
- Colby Stevenson 12:07:27
- Sasha Bulger, Mad Dog Trek 12:07:46

### Beg Men 13-15

- Ren Gibbons 12:51:13
- Jeff W. Sawyer, Young Riders 12:53:32
- Joshua Brown 12:58:12
- Stuart C. Povey 1:05:37
- Eric Wilder, Young Riders 1:07:56

### Beg Men 16-18

- Dave Larsen 12:53:33
- Daniel Weller 12:52:32
- Scott Sharp, Mad Dog Cycles 12:55:32
- Dallen Hutch 12:56:38
- Andy Adams, Team Thompson 12:59:46
- Paul Lovelady, Team Thompson 12:59:51

### Beg Men 19-29

- Nathane Lystrup, Arcadia Mortgage 12:52:25
- Demian Reed 12:54:26
- Terry Robinson 12:57:57
- Rob Lingstuyf, Cutthroat Racing/Spin Cycle 1:00:51
- Brent Simmons, Utah Mt Bike.com 1:06:56

### Beg Men 40+

- Lyle Castle 12:56:01
- Brian Dunton, Revolution Mountain Sports 12:58:00
- Michael R. Chardack 12:59:17
- Don Daoust 1:00:35
- Cam Smith, Revolution Mtn. Sports 1:01:52

### Beginner Women

- Amy Campbell-Titus 12:58:16
- Juliette Lucy, Revolution Cycles 12:59:17
- Stacy L Henderson, Canyon Sports 1:08:19
- Heather Hales, Revolution 1:09:14
- Kellie Williams, UtahMountainBiking.com 1:09:39

### Clydesdale

- Mark Ney, Highland Cycle 1:09:41
- Christopher Williams, UtahMountainBiking.com 1:12:05
- Aaron(15) Mullins, Taylors Bike Shop 1:13:36
- Robert Cummins, New Moon Media/Spin Cycle 1:14:40
- Greg Johnson 1:16:34

### Exp Men 16-18

- Brock Olson, Bingham's 2:33:06
- Chris W.(16) Peterson, Balance Bar/Devo 2:42:47
- Ryan Harrison, Revolution 2:46:48

### Exp Men 19-29

- Peter Kuennemann, Ogden One 2:23:36
- Taylor Foss, Bingham Cyclery 2:26:23
- Reed Abbott, Mad Dog Cycles 2:27:12
- Matthew Sutton 2:32:40
- Tim G. Hodnett, Mad Dog Cycles

2:34:25

### Exp Men 30-39

- Thomas Cooke, X-Men 2:17:07
- Jarom Zenger, Racing Cycle Service 2:19:37
- Jack Dainton, RedBarn Landscaping 2:22:20
- Richard D. Abbott, Revolution Mountain Sports 2:24:32
- Brad W. Pilling, Revolution 2:27:31

### Exp Men 40+

- Robert Westermann, New Moon Media/Spin Cycle 2:13:04
- Dana Harrison, Revolution 2:20:29
- Curt Bates, Xteam 2:26:16
- Kenny Jones, Racers Cycle Service 2:27:23
- Riley Frazier, Racer's Cycle Service 2:30:14

### Expert Women

- Karen Dodge, HeartStrings/Ogden One 2:32:01
- Julie Minahan 2:32:04
- Roxanne Toly, Jans 2:32:34
- Jennifer Hanks, Revolution/mtbchick.com 2:36:44
- Tiffany A. Pezzulo, Biogen-Idec 2:41:05

### Men 50+

- Steve Wimmer, Wimmer's Ultimate Bitler/LRC 1:37:23
- Jim Westenskow, OgdenOne 1:40:47
- Bill(20) Peterson, Revolution 1:42:52
- Dick Newson, New Moon Media/Spin Cycle 1:44:02
- Jim Kupferschmidt, New Moon 1:44:11

### Pro Men

- Bart Gillespie, Biogen 2:39:37
- Kyle P. Wright, Biker's Edge/DJ Ortho 2:41:02
- Todd Tanner, Scott USA/Revolution 2:44:36
- John Osguthorpe, GT Hyundai 2:44:57
- Shannon Boffeli, Revolution Mountain Sports 2:47:00

### Pro Women

- Kathy(7) Sherwin, Biogen Idec/Revolution 2:25:00
- D.J. Morissette, Ellsworth/Copperchase Condos 2:52:05
- Maren(2) Gibson, Racer's Cycle Service 3:17:18

### Single-Speed

- Jon(11) Gallagher, Cole Sport 1:20:34
- Tom Noaker, Young Riders 1:28:10
- Lyle Castle 12:56:01
- Brad Keyes, Racers Cycle Service 1:31:37
- Jeff Martinez, Pedros 1:32:58
- Jared(1) Gibson, Racer's Cycle Service 1:33:48

### Sport Women

- Kara C. Holley, Mad Dog Cycles 1:45:50
- Janet Munro, Wild Mountain Honey/Kona 1:47:30
- Beth Nielson, Logan Race Club 1:47:57
- Kari Gillette, Team Sugar/White Pine Touring 1:54:37
- Karen Imwold, Revolution 1:54:38

### Spt Men 16-18

- Mike H. Voth, Young Riders 1:35:15
- Cameron Anderson, Revolution 1:35:55
- Tres Wilson, Young Riders 1:37:48
- Phillip D. Hovey, X-Men 1:53:51
- Brandon A. Johnson, Mad Dog Cycles 2:02:48

### Spt Men 19-29

- Ryan M. Blaney, Bike Peddlar 1:25:59
- Michael Voutilinen, Signature Group Real Estate 1:32:02
- Britt Hawke, Bike Peddlar 1:33:39
- David Welsh 1:34:50
- Derryl R. Spencer, Cutthroat Racing/Spin Cycle 1:35:20

### Spt Men 30-39

- Chad Harris, Racers Cycle Service 1:29:01
- Leif Johansson, Joyride Bikes 1:29:27
- Chris Thomson 1:31:22
- Drew Neilson, Logan Race Club

1:32:14

5. Mark W. Esplin 1:33:39

### Spt Men 40+

- Scott Toly, New Moon Media/Spin Cycle 1:37:51
- Bart Anderson, Little Valley Cyclery 1:38:41
- Thomas L. Henning 1:41:41
- Jim Harper, Peak Fasteners 1:43:03
- Rick Maddox, Racer's Cycle Service 1:43:57

### Spt/Exp Men 13-15

- Nicholas Castle 1:04:33
- Charlie G. Reynolds X-Men 1:06:15
- Taylor Jones, ad 1:08:44
- Tyler Wall, Team Evanston 1:15:04
- Doug W. Johnson, Mad Dog Cycles 1:26:04

### Women 35+

- Peggy O. Basdekas 1:02:57
- Julie Lindstrom 1:03:05
- Ranae Poelman, Autoliv 1:05:02
- Tina LaRoque 1:06:20
- Dorothy Parkinson 1:16:02

## First Annual Sundance Spin, Sundance Resort, Utah - May 21, 2005 Sponsored by: Mad Dog Cycles in Orem and Provo, Utah INTERMOUNTAIN CUP MOUNTAIN BIKE RAC- ING SERIES - Race #4 of 11

### 12 & Under

- Rhet C. Povey 12:29:45
- Taylor Hooker 12:31:40
- Blake Wiehe, Young Riders 12:32:28
- Merrick Taylor 12:32:56
- Hunter Tolbert, Big Trace Racing and Mules 12:32:57

### 9 & Under

- Justin Griffin, UtahMountainBiking.com 12:05:15
- Colton Kissell 12:05:19
- Maren(2) Gibson, Racer's Cycle Service 12:05:52
- Sean B. Lyne, Logan Race Club 12:05:54
- Sasha Bulger, Mad Dog Trek 12:06:17

### Beg Men 13-15

- Eric B. Wilder, Young Riders 12:50:28
- Stuart C. Povey 12:52:29
- Dylan Klautt, Young Riders 12:53:10
- Colby Horn, Biker's Edge 12:54:11
- Mason West, Young Riders 12:55:23

### Beg Men 16-18

- Zabastian Tittensor 12:46:24
- Michael Seager 12:48:46
- Scott Sharp, Mad Dog Cycles 12:48:53
- Dallin Hatch 12:51:01
- Derek J. Goeckeritz 12:57:01

### Beg Men 30-39

- Todd Imwold, Revolution 12:46:45
- Demian Reed 12:46:56
- Roy Smeal, Cutthroat Racing/Spin Cycle 12:51:52
- Daniel Bowen 12:54:04
- Josh Heram, Team 904 12:58:14

### Beg Men 40+

- Danny Kelly, Idaho Mtn Trading 12:46:19
- Lyle Castle 12:47:32
- Don Goldberg 12:48:02
- Chris Telesco 12:49:36
- Cam Smith, Revolution Mtn. Sports 12:50:32

### Beginner Women

- Renee Rasmus, Team Sugar/White Pine Touring 12:52:28
- Stacy L Henderson, Canyon Sports 12:58:53
- Kathryn Byrne, Cutthroat Racing/Spin Cycle 1:01:03
- Amelia Young 1:03:24
- Crysta Rawlinson 1:08:38

### Clydesdale

- Bryce Perkins, Team Putz 1:32:22

- Mark Ney, Highland Cycle 1:32:31
- Aaron Mullins, Taylors Bike Shop 1:35:00
- Christopher Williams, UtahMountainBiking.com 1:36:46
- Robert Cummins, New Moon Media/Spin Cycle 1:41:34

### Exp Men 16-18

- Chris W. Peterson, Balance Bar/Devo 1:59:53
- Brock Olson, Bingham's 2:02:55
- Ryan Harrison, Revolution 2:04:08
- Dutch Wiehe, Young Riders 2:33:10

### Exp Men 19-29

- Jake M. Pantone, Biker's Edge/DJ Ortho 1:50:40
- Taylor Foss, Bingham Cyclery 1:50:56
- Nate L. Stowers, BikersEdge/DJ Ortho 1:52:35
- Ryan M. Blaney, Bike Peddlar 1:53:18
- Tim G. Hodnett, Mad Dog Cycles 1:53:27

### Exp Men 30-39

- Thomas Cooke, X-Men 1:48:05
- Heinrich Deters, Jans/Young Riders 1:48:42
- Richard D. Abbott, Revolution Mountain Sports 1:48:44
- Jack Dainton, RedBarn Landscaping 1:50:15
- Chris S. Holland, Pedros/Canyon Bicycles 1:51:06

### Exp Men 40+

- Kenny Jones, Racers Cycle Service 1:51:20
- Robert Westermann, New Moon Media/Spin Cycle 1:52:03
- Todd Henneman, Jans/Trek 1:56:00
- Dana Harrison, Revolution 1:58:00
- Daren Cottle, Porcupine Pub/Contender 1:58:34

### Expert Women

- Roxanne Toly, Jans 1:35:52
- Julie Minahan 1:35:58
- Sue F. Abbene, Team Biogen-Idec 1:36:23
- Jennifer Hanks, Revolution/mtbchick.com 1:41:56
- Tiffany A. Pezzulo, Biogen-Idec 1:42:31

### Men 50+

- Roger Gillespie, Biogen 1:23:15
- Brad A. Mullen, X-Men 1:26:03
- Tom Perry, Canyon Cycles 1:26:38
- Bill Peterson, Revolution 1:27:36
- Dick Newson, New Moon Media/Spin Cycle 1:27:44

### Pro Men

- Eric Jones, Biogen-Idec 2:12:55
- Bart Gillespie, Biogen 2:16:45
- Carl Swenson, Rb/Polo Sport 2:18:39
- Todd Tanner, Scott USA+F3965/Revolution 2:18:58
- Kyle P. Wright, Biker's Edge/DJ Ortho 2:22:57

### Pro Women

- Kathy Sherwin, Biogen Idec/Revolution 2:07:44
- Cindi Hansen, Revolution/mtbchick.com 2:11:24
- D.J. Morissette, Ellsworth/Copperchase Condos 2:16:45

### Single-Speed

- Tom Noaker, Young Riders 1:15:48
- Stevfe W Resciagno, Independent Fabrication 1:16:58
- Jeff Martinez, Pedros 1:17:59
- Bruce Allen, Jans/Trek 1:21:40
- Forrest Gladding, forestgladding.com 1:23:18

### Sport Women

- Kara C. Holley, Mad Dog Cycles 1:28:24
- Beth Neilson, Logan Race Club 1:29:10
- Linda Kopp, Ellsworth 1:29:11
- Janet Munro, Wild Mountain Honey/Kona 1:30:16
- Lisa Richmond, Sugar/White Pine Touring 1:33:59

### Spt Men 16-18

- Tres Wilson, Young Riders 1:19:39
- Mike H. Voth, Young Riders 1:22:44
- Cameron Anderson, Revolution Mountain Sports 1:23:32
- Brandon A. Johnson, Mad Dog Cycles 1:34:43
- Tyler M. Beyerler, Biker's Edge/DJ Ortho 1:37:11

### Spt Men 19-29

- Judd Zimmerman, Ogden One 1:15:58
- David Welsh 1:16:50
- Britt Hawke, Bike Peddlar 1:18:54
- Dave Swartz, Black Velvet 1:20:58

### Spt Men 30-39

- Chad Harris, Racers Cycle Service 1:19:25
- Drew Neilson, Logan Race Club 1:48:42
- Eric T. Johnson, Mad Dog Cycles 1:20:20
- Mark W. Esplin 1:20:50
- Derrick K. Batley, Mad Dog Cycles 1:22:29

### Spt Men 40+

- Kevin Nelson, X-Men/Canyon 1:21:30
- Thomas L. Henning 1:23:30
- Bart Anderson, Little Valley Cyclery 1:25:53
- Scott Toly, New Moon Media/Spin Cycle 1:26:12
- Doug Davis, New Moon Media/Spin Cycle 1:26:27

### Spt/Exp Men 13-15

- Nicholas Castle 1:24:20
- Alex Gordon, Young Riders 1:28:23
- Jeff W. Sawyer, Young Riders 1:30:27
- Daniel Guiney, X-Men 1:35:04
- Taylor Jones, Dad 1:39:06

### Women 35+

- Cheryl Krusko, New Moon/Spin Cycle 12:48:19
- Kit Howard, Sugar Club 12:55:24
- Ranae Poelman, Autoliv 12:55:47

### Cache Valley's Joyride! Sherwood Hills Resort, Utah - May 28, 2005 Sponsored by: Joyride Bikes, INTERMOUNTAIN CUP MOUNTAIN BIKE RACING SERIES - Race # 5

### 12 & Under

- Rhet C. Povey 12:15:52
- Merrick Taylor 12:15:54
- Dante Winward, Logan Race Club 12:16:18
- Hunter Tolbert, Big Trace Racing and Mules 12:16:43
- Blake Wiehe, Young Riders 12:17:00

### 9 & Under

- Justin Griffin, UtahMountainBiking.com 12:09:25
- Sean B. Lyne, Logan Race Club 12:10:03
- Daniel Brown, Bountiful Mazda 12:11:37
- Cale Pilling, Revolution 12:11:38
- Colton Kissell 12:11:57

### Beg Men 13-15

- Eric B. Wilder, Young Riders 12:40:04
- Stuart C. Povey 12:40:05
- Dylan Klautt, Young Riders 12:40:51
- Cyrus Jordan, Young Riders 12:41:16
- Mason West, Young Riders 12:42:25

### Beg Men 16-18

- Jason Kapp, Joy Ride 1:04:50
- Dee Larsen, Larsen Racing 1:16:24
- Andy Adams, Team Thompson 1:02:29
- Matt P. Davidson 1:04:56
- Joe Lundin 1:12:35
- Kevin Eddy 1:18:59

### Beg Men 19-29

- Craig Willis, Healthy Choice/Logan Race 1:07:22
- Eric J. Flygare 1:09:49
- Terry Robinson 1:10:50
- Vladimir Capka 1:12:42
- Brian Wells 1:12:43

### Beg Men 40+

- Rick Nelson 1:01:55
- Greg W. Law 1:05:49
- Reed Hamblin 1:07:08
- Kevin Flint, Z Team 1:09:09
- Steve G. Larsen, Larsen Racing 1:11:52

### Beginner Women

- Jennifer Swanson 12:36:04
- Michiko M. Lizarazo, Ogden One Cycling Club 12:40:37
- Amy Flygare 12:41:39
- Jessee Bennett 12:41:40
- Kellie(21) Williams, UtahMountainBiking.com 12:44:01

### Clydesdale

- Christopher Williams, UtahMountainBiking.com 1:01:10
- Aaron(15) Mullins, Taylors Bike Shop 1:01:32
- Mark Ney, Highland Cycle 1:04:08
- Bryce Perkins, Team Putz 1:06:29
- Robert Cummins, New Moon Media/Spin Cycle 1:07:08

### Exp Men 16-18

- Tyler Scott, Young Riders 1:43:32
- Tres Wilson, Young Riders 1:44:08
- Brock Olson, Bingham's 1:51:25
- Dutch Wiehe, Young Riders 2:03:25

### Exp Men 19-29

- Paul Clark, Jans/Young Riders 1:35:49
- Moses Mexia, Scott USA 1:36:52
- Reed Abbott, Mad Dog Cycles 1:37:36
- Jake M. Pantone, Biker's Edge/DJ Ortho 1:38:40
- Alex Grant 1:38:44

### Exp Men 30-39

- Richard D. Abbott, Revolution Mountain Sports 1:34:44
- Brian R. Jeppson, Color Country/Cedar Cycle 1:35:17
- Jack Dainton, RedBarn Landscaping 1:36:27
- Ben T. Allen 1:38:05
- Chris A. Holley, Mad Dog Cycles 1:39:26

### Exp Men 40+

- Ed Chauner, Specialized 1:38:00
- Jim Rogers, Stein Eriksen Sport 1:42:37
- Kenny Jones, Racers Cycle Service 1:43:06
- Brent Peacock, TCW 1:44:03
- Curt Bates, X-Men 1:47:24

### Expert Women

- Jennifer Hanks, Revolution/mtbchick.com 1:26:14

- Roxanne Toly, Jans 1:28:24
- Kara C. Holley, Mad Dog Cycles 1:28:59
-

**RESULTS: CONTINUED FROM PAGE 20**

5. Darrick Riggs, Joy Ride 1:22:14

**Spt Men 40+**

- Kevin W. Nelson, X-Men/Canyon 1:22:58
- Bart Anderson, Little Valley Cyclery 1:24:11
- Paul Houser 1:25:14
- Thomas L. Henning 1:25:25
- Scott Toly, New Moon Media/Spin Cycle 1:25:47

**Spt/Exp Men 13-15**

- Nicholas Castle 12:56:32
- Alex Gordon, Young Riders 12:58:28
- Alex Scott, Young Riders 1:09:56
- Doug W. Johnson, Mad Dog Cycles 1:27:19

**Women 35+**

- Chris Pappas, Bingham 12:37:13
- Peggy O. Basdekas 12:40:39
- Tina LaRocque 12:43:24
- Barbara Clark, Team Sugar/White Pine Touring 12:46:42
- Jana Koyle, New Moon Media 12:53:00



**Road Racing**

**Sports-Am East Canyon Road Race, East Canyon Resort, April 30, 2005**

**Cat 1-2 Men**

- Christian Johnson, Park City Cycling Academy
- Nate Thomas, Healthy Choice - Goble Knee Clinic
- Aaron Jordin, Porcupine/Contender
- Daniel Adams, Ogden One
- Gardie Jackson, Healthy Choice - Goble Knee Clinic
- Allan Butler, Healthy Choice - Goble Knee Clinic
- Eric Pardyjak, Park City Cycling Academy
- Marc Yap, Healthy Choice - Goble Knee Clinic
- Winfield Gibson
- Todd Hageman, Park City Cycling Academy

**Cat 1-2-3 Women**

- Darcie Murphy, Ogden One
- Kathy Sherwin, Biogenidec
- Kris Walker, Healthy Choice - Goble Knee Clinic
- Laura Howat, New Moon Media
- Tiffany Pezzulo, Biogenidec
- Denise Van de Kamp
- CMS Ferrono
- Margaret Douglass, WWCC

**Cat 3 Men**

- David Hatch, Healthy Choice - Goble Knee Clinic
- Sam Krieg
- Nate Page, Bike Rack Racing Team
- ayb Krusemark
- Scott Allen, Canyon Bicycles
- Stewart Richards, Autoliv
- Andrew Kulmatiski, Healthy Choice - Goble Knee Clinic
- Robert McGroverm
- Ben D'Hulst
- Jamie Longe, Canyon Bicycles

**Cat 4 Men**

- Jeff Morgan
- Mark Zimbelman
- Nick Ekdahl, Guthries
- Eric Rasmussen
- Eric Bonder, New Moon Media
- Phillip Wood
- Kevin Vore, Ogden One
- Pat Greis
- Todd Taft, New Moon Media

**Cat 4 Women**

- Nicole Evans
- Kelly Dailey
- Ruthie SHAPIRO
- Juel Iverson, Canyon Bicycles
- Robyn Thompson
- Jared Inouye
- Kent Barton
- Dantley Young
- James Dahlgren
- Perry Hall
- Matthew CAMPBELL, Ogden One
- Doug Ovard
- Chris Fisher

**Junior 10-16 Men**

**Master 35+ Men**

- Dale Maughan, Concept Construction / Fazolies
- Art O'Connor
- James Ferguson, Autoliv
- Dan Minert, Autoliv
- Jeff Sumision
- Mark Deterline, New Moon Media
- Wayne Cottrel
- Chris BURK

**Master 45+ Men**

- Larry Strom
- Michael MacDonald, Bountiful Mazda
- Bob Walker, Autoliv
- Bill Cutting, New Moon Media
- Scott Miles
- Jerald Hunsaker, Bountiful Mazda

**Master 55+ Men**

- Ken Louder, Sportsbaseonline.Com, Sobieski & Bradley
- Franz Berghoff

**Sports Medicine Center Downtown Criticum, Salt Lake City, May 7, 2005**

**Cat 1-2 Men**

- Christopher Hull, Porcupine/Contender
- Jeff Louder, Navigators
- KC Boutiette
- David Harvard, Canyon Squadra Elite
- Jon Baddley, New Moon Media
- Ryan Littlefield, Porcupine/Contender
- Jesse Westergard, Healthy Choice - Goble Knee Clinic
- Allan Butler, Healthy Choice - Goble Knee Clinic
- Jason Castor, Porcupine/Contender

**Cat 1-2-3 Women**

- Darcie Murphy, Ogden One
- Tiffany Pezzulo, Biogenidec

- Laura Howat, New Moon Media
- Karen Dodge
- Courtney McBeth
- Margaret Douglass, WWCC
- Denise Van de Kamp
- Kathy Sherwin, Biogenidec
- Kristen Kotval
- Laura Humbert, New Moon Media

**Cat 3 Men**

- Michael Schmidt, Park City Cycling Academy
- Nate Page, Bike Rack Racing Team
- Brian Boudreau, Porcupine/Contender
- Leon Bergant
- Adam Steinke, Rocky Mountain Cycling Club
- Adam Steinke, Rocky Mountain Cycling Club
- Stan Price, Canyon Bicycles
- Mike Gillette, Ogden One
- Jonathan Gardner, Porcupine/Contender
- Sam Moore

**Cat 4 Men**

- Matthew Bright
- John Pos
- Matthew MECHAM
- Patrick Fasse, New Moon Media
- Alvin Stewart
- Daren Cottle
- Dustin Eskilson, Bingham
- Kevin Vore, Ogden One
- John Mclemoil
- Buzz Peterson

**Cat 4 Women**

- Nicole Evans
- Juel Iverson, Canyon Bicycles
- Katie Gmeinder
- Megan McCown, Porcupine/Contender

**Cat 5 Men**

- Nathan Arimim, Porcupine/Contender
- Adam Pascale
- Matthew CAMPBELL, Ogden One
- Hart Williams
- Clint Carter, New Moon Media
- Lee Mike
- Jarom Perry
- Curtis Dorman, Rocky Mountain Cycling Club
- Matthew Shaw
- Travis Corkrum, Porcupine/Contender

**Junior 10-16 Men**

- Chris Peterson
- Ryan Wheeler, Rocky Mountain Cycling Club
- Bruce Hoffman, Ogden One
- Conner O'leary, Mi Duole
- Creed Ebell
- Jordan Lesser

**Junior 10-16 Women**

- Jillian Gardner, Porcupine/Contender

**Master 35+ Men**

- Greg Freebaim, Canyon Bicycles
- Brian Boudreau, Porcupine/Contender
- Steven Lewis, Cole Sport
- Todd Tanner, Bingham
- Zan Treasure, Autoliv
- Chris Rowley, Ogden One
- Mike Hadley

**Master 45+ Men**

- Dale Maughan, Concept Construction / Fazolies
- Zan Treasure, Autoliv
- Clyde Done, Mi Duole
- Darrell Davis, Porcupine/Contender
- Dirk Cowley, Sportsbaseonline.Com, Sobieski & Bradley
- Bob Walker, Autoliv
- Gary Porter, Autoliv

**Master 55+ Men**

- Ken Louder, Sportsbaseonline.Com, Sobieski & Bradley
- Henry Ebell, X-Men

**Bear Lake Classic Road Race, May 21, 2005, Bear Lake, Utah**

**Pro Cat 1/Cat 2 Male**

- Sam Krieg, Idaho Cycling Enthusiasts (ICE)
- Kirk Eck, Healthy Choice - Goble Knee Clinic
- KC Boutiette, Sun Cycling Team
- Eric Pardyjak, Park City Cycling Academy
- Terry McGinnis, Canyon Squadra Elite

**Cat 3 Male**

- David Hatch, Logan Race Club
- William Jacobus, Orlando Road Club Inc
- Christopher Davidson, Guthries Race Club
- Andrew Kulmatiski, Logan Race Club
- Jon Milner, Velocity Cyclists

**Cat 4/Cat 5 Male**

- Kent Carlsen, Team Joyride Bikes
- Darrick Riggs, Team Joyride Bikes
- Phillip Wood, Concept Construction/Fazolies
- Mark Zimbelman, Concept Construction/Fazolies
- Mike Hadley
- Matthew Thompson, Logan Race Club

**Master 35+ Male**

- Rich Vroom
- Daniel Minert, Autoliv
- Greg Freebaim, Canyon Bicycles
- Craig Kidd, Idaho Cycling Enthusiasts (ICE)
- Gary Porter, Autoliv

**Master 45+ Male**

- Dirk Cowley
- Mark Schaefer, C21/SBO
- Mark Chrysler, Dare
- Larry Strom
- Jerald Hunsaker, Bountiful Mazda

**Master 55+ Male**

- Ken Louder, Sobieski & Bradley \ Sportsbaseonline.com
- Gary Simmons
- Frans Berghoff, Utah Velo Club
- Roger Hansen, Logan Race Club

**Junior 10-16 Male**

- Connor O'leary, Mi Duole
- Nathan Clyde, LRC Junior Road Team
- Jordan Lesser

**Cat 1/Cat 2/Cat 3 Female**

- Karen Dodge
- Nicole Evans, Sobieski & Bradley \ Sportsbaseonline.com
- Jamie Williams
- Darcie Strong, Wwcc/Otopexy Records
- Nisie Van De Kamp, Ogden One Cycling/Heartstrings

**Cat 4 Female**

- Megan McCown, Porcupine/Contender
- Laura Patten, New Moon Media
- Jill Damman, Teton Cycle Works
- Amanda Riley, TCW Racing
- Karen Ortiz, New Moon Media/Spin Cycle

**Junior 10-16 Female**

- Alexis Sumision

**Citizen Male**

- Jeff Monson

**CYCLOTOON**

BY NEAL SKORPEN



**SPORTSMEDICINE CENTER OF UTAH**  
At Salt Lake Regional Medical Center

**Utah State Criterium**  
**Sugarhouse Park - June 11**  
Details and registraion at [www.sportsbaseonline.com](http://www.sportsbaseonline.com)

**SPORTSMEDICINE CENTER OF UTAH**  
At Salt Lake Regional Medical Center

**Utah State Time Trial**. June 1  
Details and registraion at [www.sportsbaseonline.com](http://www.sportsbaseonline.com)

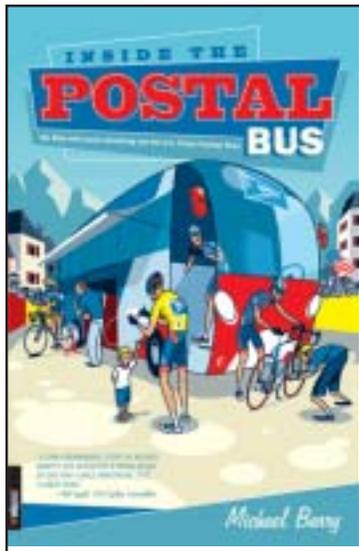
**Tuesday Crit Series** **6pm A-B flite**  
**7:15 C-D flite**  
Details and registraion at [www.sportsbaseonline.com](http://www.sportsbaseonline.com)

- Mark Monson
  - Steve Monson
  - Troy Nye, Bikeman.com
  - Terry Williams
- Citizen Female**
- Wendy Gaddis
  - Kim Trop
  - Crystal Shockley
  - Corrinne Parrish
  - Erin Morris

What's on your mind?  
Send your feedback and letters to the editor  
to: [dave@cyclingutah.com](mailto:dave@cyclingutah.com)

## BOOK REVIEW

## Postal Bus Takes Awhile to Get Going



By Terry McGinnis

Michael Barry's new book, "Inside the Postal Bus", is a unique look at the day-to-day life of a professional cyclist. Barry, a Canadian in his seventh year as a pro, has spent his entire career on US-based teams beginning with Saturn in 1998 then signing with the Division 1 US Postal squad in 2001. He is still racing with that formation under the banner of its new sponsor, Discovery Channel.

Growing up in Toronto as the son of a bike racer and shop owner, Barry spent his childhood pedaling around the city dreaming of one day becoming a professional cyclist like his European and American idols. After racing in the 1996 Olympics in Atlanta for Canada, Michael spent two years racing in France for the amateur team, Velo Club Annemasse where he learned the customs and idiosyncrasies of being a full-time cyclist in Europe.

The book starts out with some background before leaping into his first training camp in Austin with the US Postal squad. Barry's emotion shows a little in this chapter, particularly the passage about his first face-to-face with Lance Armstrong and his excitement at being a part of one of the worlds best teams. This is the part of the book where he tries to give us all a better insight of life as a pro.

It was also at this point in the

book where I started to struggle with the copy. Michael oversimplified some elements and the writing was choppy and somewhat repetitive. I understand the book was started from a series of diaries posted to VeloNews.com and it reads that way in the beginning. Only a slight criticism, and one that was quickly overlooked through the addition of side notes from Michael's teammates and neighbors in Spain like George Hincapie and Christian Vandeveld (a character in his own right, he needs to write a book!). I enjoyed these snippets and they helped keep my attention while Barry wrote about basics of cycling for the novice or non-cyclist.

Barry's accounts of the race season, specifically those events he rode in, were much more interesting. In those instances his emotion again surfaced and the reader gets a closer look "Inside the Bus". This was not the case in the middle of the book when he must have felt an obligation, or perhaps a duty, to report in-depth on Lance's record setting sixth Tour de France despite not being selected to the team. Again, interesting, but it didn't bring any new dimensions to the race that I hadn't seen or read about previously.

Slogging through all of that proved worthwhile in the end. The final 75 pages of the book finally gave me the inside scoop I was looking for. Michael writes about the Olympics, including his wife Dede Demet Barry's Silver medal ride and her subsequent retirement, and his own ride in the 2004 Vuelta a Espana. This is where he found his writing groove and kept me turning the pages in anticipation. He lets us in on the trials and tribulations of professional cycling -- beyond riding 100 miles a day for three weeks. We feel the heartache of being separated from his wife for long stretches and the misery of bad hotels with no air conditioning and crappy food. Too bad I had to read the first 200 to get the "Inside" story.

ULCER 100

Saturday Aug. 13th

**21st Annual**  
**Utah Lake Epic Century Ride**  
**American Fork, Utah**  
**24, 56, 74 or 100 Mile Options**  
**Presented by The Bonneville Bicycle Touring Club**  
**Benefit Ride for Cancer Research**  
**HUNTSMAN CANCER INSTITUTE**  
[www.bbtc.net](http://www.bbtc.net)  
**LYNDA FORBUSH (801) 467-5594 OR vicepresident@bbtc.net**

**PORCUPINE HILL CLIMB**  
conquer the hill and help conquer cancer

14 mile road climb from Porcupine Pub & Grille to the top of Big Cottonwood Canyon  
t-shirts • prizes • registration discounts for fundraisers  
7:30am Citizen Start, 8:30am USCF Racer's Start  
see [www.help2heal.org](http://www.help2heal.org) for details

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

JULY 30

**CONTENDER**  
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**Finely Crafted Bicycles for Cyclotourists and Commuters**

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