

WEST MOUNTAIN CYCLING JOURNAL

cycling utah

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**DIRT
PAVEMENT
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ROUTE 211

Catch the Spirit of Cycling at the Tour of Utah

By Greg Overton

We were sitting by the roadside talking about racing, bikes, and the climb, making power bar wagers at who would reach us first. At the same time, we were all staring down the road we had just climbed – it was Golden Gate

Canyon, a winding and steep 16 miles from Golden, Colorado, into the mountains to the west. Myself and a group of about seven or eight racing buddies and teammates had ridden this climb as fast as we could so we could compare their times to ours. Now we sat, snacked, talked and waited. We had left the town of Golden early to

avoid traffic and get the good spot just before the crest of the climb, at the end of a long and straight section with a very steep pitch. We knew it well, having climbed it regularly for years as a training ride. On this day in 1986, Golden Gate was the first sixteen miles of stage 11 of the Coors Classic stage race. The Coors was America's premier cycling event and to us, it was two weeks of the closest thing to a Grateful Dead Tour we could muster.

Soon they appeared; first to round the turn were the race vehicles, then the lead motorcycles. And then the riders, a larger group than we anticipated, about a dozen, and it was amazing to us how silent and still they appeared to be, even though they were obviously climbing faster than anyone we had ever seen. As the group climbed closer to us, we could begin to make out the faces. And they were all there. Hinault, LeMond, Argentin, Grewal, Alcalá, Hampsten, Boyer, Anderson, Phinney. They were grouped together tightly, like a moving monument to the sport's giants of the era. It's a moment frozen in time for me. And they wooshed by in silence except for the ticking of their drivetrains and the controlled sound of their breathing. They were pushing about three gears higher than we had, and we weren't the ones facing another hundred miles of rac-

ing that day.

That short moment is one of my best memories as a bike racer. And I wasn't even racing that day! I got in a good training ride, and those almost always became a race in the end, but more importantly I got the unfading image of some of the world's best riders, best athletes, doing their thing about six feet from where I was sitting. That's what a top-level stage race can bring to you.

And we have one coming to our backyard! The Tour of Utah will take place along the Wasatch Front, August 7 through 12. It will be the most challenging stage race in the U.S., with a grueling stage six that encompasses the climbs of the Alpine Loop and Little Cottonwood Canyon in the same stage. And there are some tough hills before and between those two. What a treat for cycling enthusiasts!

The best racers in domestic racing will take on the same roads we all ride, going head to head and you can be there to watch. I would encourage all cyclists to pick a spot, ride to it with some friends and watch some of the best racers that we have display their talents, tactics and determination. Trust me, you will gain enough inspiration to power you right through the

Continued on page 15



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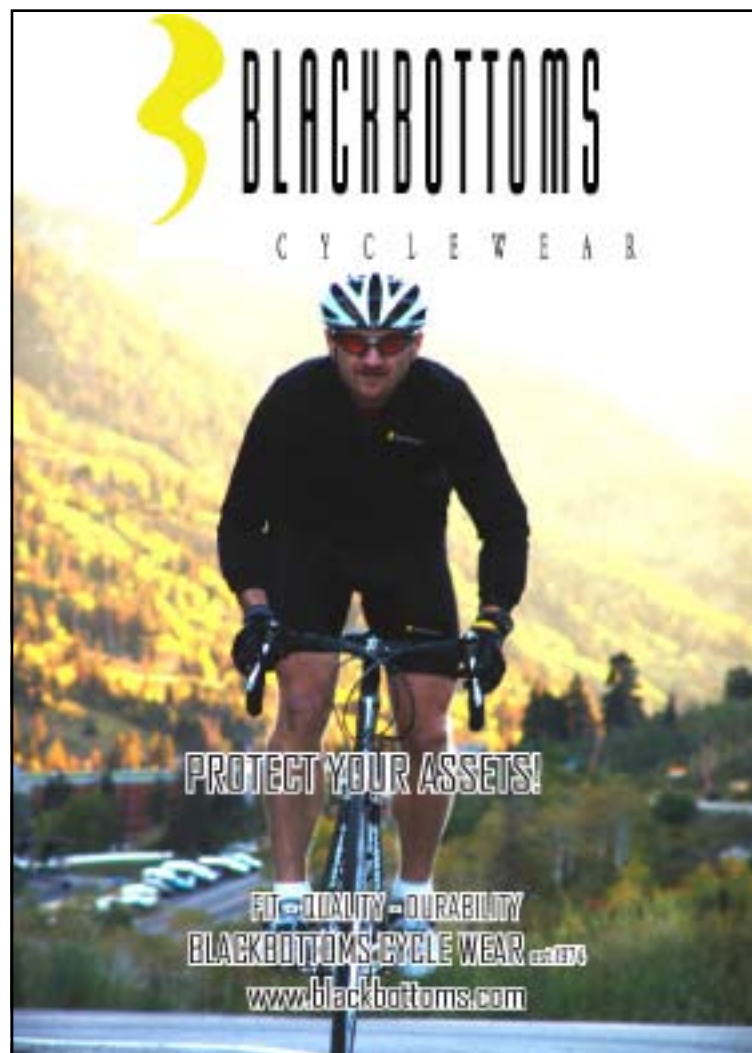


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Cover Photo: Jennifer Hanks (Revolution/Cannondale) on her way to winning at the Soldier Hollow ICS race on May 20, 2006.

Photo: Todd Stay. See photos of the entire event at joaquim-hailer.com

MOUNTAIN BIKE RACING

Sager and Hanks Hit Hard at Hollow



By Trevor Simper

Twelve Pro Men toed the line at Solider Hollow for what would be a long day in the saddle. Winding single track would take the riders around the 9-mile loop four times netting a total elevation gain of 4400 ft, accumulated on a plethora of punchy climbs that litter the hills around the resort. No one climb is longer than a minute and no decent longer than about 30 seconds. This race is about being steady Eddy. Fresh off a NORBA top ten result in the STXC was none other than international playboy and new resident of PC Jason Sager (Motel San Jose). Dr. Gillespie (Raleigh Factory) was taking a break from his day job of replacing legs, in

an attempt to tear some off on the race course and add a little money to the diaper fund. Thomas Spannring (Cole Sport) who was rumored to have a spanking new set of calf implants made his way around the block from PC to hone up his form for the upcoming nationals and possible take home a piece of the pie for himself. And Chris Holley (Mad Dog) heard that they were giving out money in the Pro class so he also toed the line as his first race in the local pro class.

Out of the gate and up the first steep pitch of pavement would be the first and only time the pro class rode together as a group. After lap one it was Sager coming through first, Sir Thomas Spannring second and

the Good Doctor Gillespie in third about a minute and a half off the pace. This would be the same order from start to podium. Commenting afterwards, Sager said "it was actually pretty dumb that we didn't ride together. I was hoping that it could have been a bit more tactical and aggressive but when I came through the first lap at 37 minutes, well you do the math, it's going to be a long day." And that it was, with the winning men's time at 2:39:16.

The women only saw two pros at the start to do battle, but a strong group of experts were also out and by the looks of their form will be moving to the pro class shortly. Jennifer Hanks (Revolution) and Kara Holley



Left: Jason Sager (Motel San Jose) cruised to victory in the Men's Pro Class.

Above: Shifters? We don't need no stinkin' shifters! Kenny Jones (Racer's Cycle Service) took the singlespeed class. Photos: Todd Stay. See more at joaquimhailer.com.

(Mad Dog) traded blows throughout their two and a half hour slog with Jenifer pulling away at the end edging out Kara by a slim 40 seconds.

day at the Hollow and if you didn't it was still a pretty day in the mountains.

If you survived, it was a great

See results on page 20.

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May 27	Point Blank XC Race, Thanksgiving Point, UT
June 3	The Sundance Spin, Sundance, UT
June 10	Deer Valley Pedalfest, Deer Valley Resort, UT
June 17	Cache Valley's Joyride!, Logan, UT
July 1	Chris Allaire Memorial/Utah Open State Championship, Solitude, UT
July 15	The 19th Annual Mountain Bout, Snowbird, UT
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COACH'S CORNER

Mountain Biking for Women - How to Get Started

By Daphne A. Perry

It's summer in Utah and it's time to go camping and ride mountain bikes, right? Right! But wait—all you have is your best friend's bike they gave you last year because they got a new bike. Mountain biking looks like fun and everyone you know is riding trails. Your friend's bike should be okay right? Wrong! There are several important things you should know about mountain biking that will make riding those beautiful mountain trails a lot more fun.

First, the right size bike is important. Like a good-fitting road bike for road riding is important (see Jill Wilkerson-Smith's article in the March 2006 Cycling Utah), a properly fitting mountain bike for hitting the trails is a must. It will make riding more fun and help prevent injuries. Don't get me wrong, the first mountain bike I ever had was my best friend's husband old Stumpjumper that weighed 30 pounds, at least! It got me up the trails in Moab that first summer, but then when I got a bike that fit right, I found I didn't have to put in as much energy and my back rarely hurt.

When buying a mountain bike, you want to visit at least two or three different bike shops and test ride several different makes and

models. Know what you want the bike for: is it for commuting? Is it for riding the single track trails in Park City? Is it for racing? The frames and geometry of different bike manufacturers are different; hence each bike will fit you differently. There are many kinds of bikes specifically made for shorter women. But if you are over 5'5", you'll likely fit on just about any bike. You'll want to bring a good pair of shoes to test ride mountain bikes. Don't wear sandals or high heels from work. Wear a good solid pair of sneakers or if you have them, mountain bike shoes.

Once you have found the right bike, a proper bike fit is important for fine tuning your position. Some bike shops include this with the price of the bike, others have a professional coach or physical therapist who can make sure that your bike is adjusted properly for your body proportions.

Other accessories that are vital to having fun on a mountain bike include a comfortable saddle, good biking gloves, comfortable shorts with a good chamois, stiff-soled bike shoes and a water hydration pack. Men's saddles are usually too narrow for most women's anatomy. Some are too wide or have a cut out in the center. Which one is right for you? Again, you will have to test several to find the

one that is best for you. Many bike shops also have loaner saddles for you to try. A comfortable saddle may cost \$100.00, but it's worth the investment. Good biking gloves provide padding for your hands and protection from blisters from the handlebars. They can also save the skin on your palms if you "biff it".

Bike shorts are another must—they make several different styles. Men's shorts have the chamois in a different place, so this is why women's shorts are important. The chamois is specifically designed for your anatomy and have extra padding the right areas. We are, of course, all sized differently and you may have to try on several pairs and types of shorts to find your match. If you feel uncomfortable in tight shorts, try 'baggies'—a comfortable pair of shorts with a thin short liner with a chamois built in. If you are sized 14+, check out www.junonia.com for some good alternatives.

Specific mountain bike shoes help with the transfer of power through the pedals so you don't have to work as hard pushing uphill with sneakers, which have more flexible soles. You want shoes that are snug in the heel cup, with your foot not touching the end or side of the toe box. Bring the socks you'll be wearing and

your insoles if you have custom footbeds for your other shoes.

Is a hydration pack really an important accessory? Absolutely! It makes drinking on a mountain bike easier since you won't have to reach down for a water bottle and risk falling. Plus, you can carry repair tools, a pump, and food for your ride. There are different sized packs with small to large water pouches. You have to decide how much you drink on a ride before deciding on a pack. Are you a camel or an elephant? Personally, I have a large one because I don't like to run out of water.

Once you have all the necessary stuff to make you ride fun, where do you go? Who do you ride with? Many bike shops have maps or know where to go to get a map of trails in your area. Cycling Utah has a monthly feature: Trail of the Month that is a good source. Gregg Bromka's book, Mountain Biking Utah is another great place to find trail descriptions. A connection specifically for women is Team Sugar in Park City. They have been in existence for 4 years and meet regularly from Memorial Day to Labor Day for rides. They meet on Tuesdays at 6pm at White Pine Touring on Bonanza Dr. and break into three groups—beginner, intermediate and expert. No one gets left behind and they go over basic skills during the 2 hour ride. Team Sugar also holds 4 maintenance clinics per summer. There is

a small fee and limited space; so sign up early! For more info you can contact them at teamsugarutah@hotmail.com

So, go buy that mountain bike, get outside and have a blast! You can really see all of that pretty country that you wouldn't see from the road or from the inside of a gym.

Daphne Perry has raced mountain and road bikes since 1994 and was a Cat 1 road racer and Expert Mountain Bike racer. She is also a Master's National Champion in the Time Trial and Road Race in 2000 and is currently vice-president of Wasatch Women's Cycling Club. She has been a physical therapist for 12 years and enjoys mentoring and coaching women in road and mountain biking. For more information you can contact her at daphneaw@usa.net.



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Cycling in the Hive Brings Spokes to the Small Screen

Kelly Jones was frustrated when for the second straight year there was no TV coverage when Utah hosted USCF National Championship road cycling events. His frustration only grew when a local TV personality told him there was no coverage because nobody cares about cycling. So when ABC asked Jones for ideas for programs on their new station The Hive, Jones didn't hesitate to pitch a show covering Utah cycling.

There have now been over 10 episodes of "Cycling in the Hive." The weekly show contains highlights from a local race, training tips from Wattage Training and technical advice from Cyclesmith. Jones said he wants the show to create enthusiasm for cycling and help the local cycling community grow, but its main focus is to highlight local riders.

Jones, a teacher at East Hollywood High, puts the show together with the help of his students. Started in the fall of 2004, East Hollywood High is a charter school with curriculum focused on film production.

Jones not only produces the show he also rides in the races with a helmet camera, to provide up-close footage of the racers. Jones has been racing for 16 years; he said this experience helps him know what to look for when covering a race.

"We're getting sharper as we go," Jones said. According to Jones, the show is evolving with each episode and the students learn something every week. Jones said that they plan to start a rider of the month segment on the show and provide commentary on some of the bigger races. Jones also said they are also putting together footage for KSL Sportsbeat. "We want to become the Doug Miller of cycling," Jones said.

"Cycling in the Hive" is scheduled to cover races through July, but Jones said he had no intention of quitting after that. "We're going to run with it until they kick us off," Jones said.

"Cycling in the Hive" airs on Monday at 9:30 PM on Comcast 104 and ABC's digital frequency 4.2. It is replayed Tuesday-Friday. Previous shows can be found at <http://www.cyclinginthehive.tv/index.html>.

-Aaric Bryan

Quick Shot by Chad Nikolz

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MOUNTAIN BIKE TOURING

Cycling the Montana Section of the Great Divide Trail

By Tom Diegel

It started with a family reunion. We had a long-scheduled family gathering that was to take place at the beautiful Holland Lake Lodge halfway between Missoula and Kalispell, Montana, and without giving any thought to any possible route, we decided that we would ride there on our bikes. We secretly hoped for some smaller roads that would enable us to wind our way up there, but actually anticipated riding a lot of two lane highways in big Montana-like valleys with plenty of F-250's roaring by us at freeway speeds. That was, however, before we found out about the Great Divide Trail.

The Great Divide route stretches 2500 miles from the Canadian border through the mountain states to the Mexican border, primarily taking advantage of "our" Forest Service roads that are now virtually abandoned. It uses the Continental Divide as a "handrail", crossing the divide something like 27 times, never deviating more than 50 miles from the divide, and all told it encompasses approximately 200,000 feet of climbing. It started as a vision of the folks at Adventure Cycling (they did the Bikecentennial route across the country) in 1994 and, through an extraordinary amount of effort, they outlined a route that goes through some of the most rugged



terrain in Montana, Wyoming, Colorado, and New Mexico on only ten percent paved roads, which means essentially no cars. We had toured in Europe, New Zealand, South America, Mexico, and across the US, and, while our experiences have always been extraordinary, the danger/annoyance of perpetual car traffic has always been one negative part about bike touring. So when we realized that we could see some unlikely wild terrain on our bikes and tour with virtually no cars and still make it to our family reunion, we were all over it.

For we centrally-located Utahns, the Divide trail is easily accessed by a few hour jaunt in multiple directions. It generally follows a due north-south trajectory from the border north

of Kalispell/Whitefish down to Butte, where it then parallels I-15 to the southern border of Montana and then veers east into Wyoming, passing just north of Jackson, and continuing down on the west side of the Wind Rivers. It crosses I-80 at Rawlins and quickly climbs up into Colorado, passing through Steamboat, Summit County, the Arkansas River valley and into the San Juans just east of Durango before continuing into New Mexico. Of course, the crown jewel of any vacation is to "do it all" and tackle the whole route in one huge effort, but the beauty of the route is that each section has its own distinct character and passes enough easily-accessed points that it's very easy to do it in easily-digestible section, though in an annual informal

race two years ago a guy did the whole thing self-supported in a hard-to-digest 16 days!.

In Salt Lake we typically have decent road riding and killer singletrack with not much in between, so it's easy to forget that dirt/gravel forest service roads create an extraordinary network throughout other Western states. Generally these gravel roads make for great touring, combining the solitude and wildness of singletrack with the efficiency of road riding with the added benefit of virtually no cars. There were many days that we would see only one or two cars outside the few towns that we passed through, and the road quality was generally fast, with some great sections of single and doubletrack. The "typical" Great

Divide rig of choice is a full-suspension mountain bike with a BOB trailer, but this is not by any means mandatory; racks/panniers work well and suspension, while nice, is not necessary and adds a fair bit of weight. Typically we aren't big weight-geeks, but with a lot of big granny-gear climbs at relatively high elevations with a full load of gear we tried to keep the weight down to a manageable level and did fine with fully-rigid bikes and semi-slick tires.

Our journey towards the family reunion began by mounting a Greyhound that went direct from Salt Lake City to Dillon, Montana. In this area the "trail" essentially leaves the plains of northern Wyoming and southern Montana (where the Continental

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divide sometimes is as low as 5000 feet) and begins to wind its way up into the impressive mountains that so intimidated Lewis and Clark. The first range we encountered was the Pioneer Range, which has peaks close to 10,000 feet, including the memorable "Boner Knob" that looms above the Big Hole River. As we neared Butte, one of the most notorious sections of the Great Divide route loomed: the Fleecer Mountain section that (apparently) nearly everyone walks their bikes down because it's so steep, rutted, and relentless when going Southbound. While generally we are always up for some mindless physical abuse, the fact that I was sporting a couple of only recently-treated herniated discs (which fortunately was comfortable riding a bike but kept me from doing virtually anything else, including walking) and the prospect of pushing our loaded steeds up this 3000' section wasn't as appealing as spinning down the Big Hole valley to bypass this section and rejoin the route. However, our "laziness" was quickly made up in a 2500' grinder up into the mountains above Butte, which in turn was a stellar bypass to the frontage roads of I-15.



After Butte, the towns scattered throughout the Montana section are relatively evenly dispersed, and at approximately 60 miles/day we typically hit about a town per day to stock up on food and didn't have to carry too much with us at any one time. That said, the Rockies aren't the Alps, and much of the route goes

through quite remote terrain, and major mechanicals could theoretically be quite problematic since you are many times a long ways from anywhere. We had a torn sidewall happen about 70 miles north of Butte, and it was only through the kindness of a 12 year old who sold us the tire off his mom's Kmart special for \$25 were we able to continue.

Armed with the new tire, we once again turned into the mountains south of Kalispell, for another of the more challenging sections of the trail. In the Boulder Mountains the route goes from fire road to double-track to eventually high-elevation singletrack, and it was in this section that our ability to read the guidebook backwards (i.e. south to north instead of the described north to south) and keeping up with the many unmarked and relatively obscure turns failed us. After several hours of good, challenging singletrack we finally found our-

selves zipping down into what we thought was our next food resupply town when suddenly I realized that the cool old abandoned mine we were flying past was one that we had had lunch at hours before while going the opposite direction. Despite our best attempts, we had done a classic unintended loop, lost half a day in our schedule to make it to the reunion on time, and most importantly, were suddenly facing a lot more riding before the next food source. But after some serious scrounging our panniers

for scraps food and pushing through a good bonk we had a 4000-foot descent into bustling – and food-filled – Helena.

Paying closer attention to the maps and the backward turns, we continued to roll through remote and mountainous terrain northward. The camping along this section is sublime, with all sorts of options abounding from intimate wood/creek settings to dramatic mountain views. Also, there are a good handful of tiny hamlets with good local cafés that love to have cyclists camp right in their "town" center (a town of about 50 people called Ovando had a café that served a monstrously good breakfast). Going northward eventually enabled us to finish our tour by passing some of the most dramatic terrain on the entire trail as we snaked along great single-track with the impressive several-thousand foot granite walls of the Bob Marshall Wilderness looming over our shoulders.

Adventure Cycling (adv-cycling.org) has both a guidebook and a series of maps for the Great Divide trail that can be very helpful (though we

only used the book and copies of maps from the Montana Gazetteer, which probably contributed to our half-day deviation) and intersperses route descriptions with interesting side attractions and historical notes about various areas (including such important notes as "the Unabomber lived just off the route in his infamous shack"). In addition, since the book and the maps were published, the "trail" now extends into Canada through the rugged terrain near Fernie, Canmore, and ultimately Banff, which promises to be just as beautiful as the U.S. portion.

As we coasted down from the Bob Marshalls to wash the road dirt off in the inviting waters of Holland Lake, we were pleased to not only have expended enough energy on the ride to the family reunion that we were content to lounge on the lake's beach with the relatives for a couple of days, but to also have "discovered" world class bike touring right in our next-door states with plenty more to explore. In chunks or in toto, the Great Divide trail is an unusual and worthy tour.

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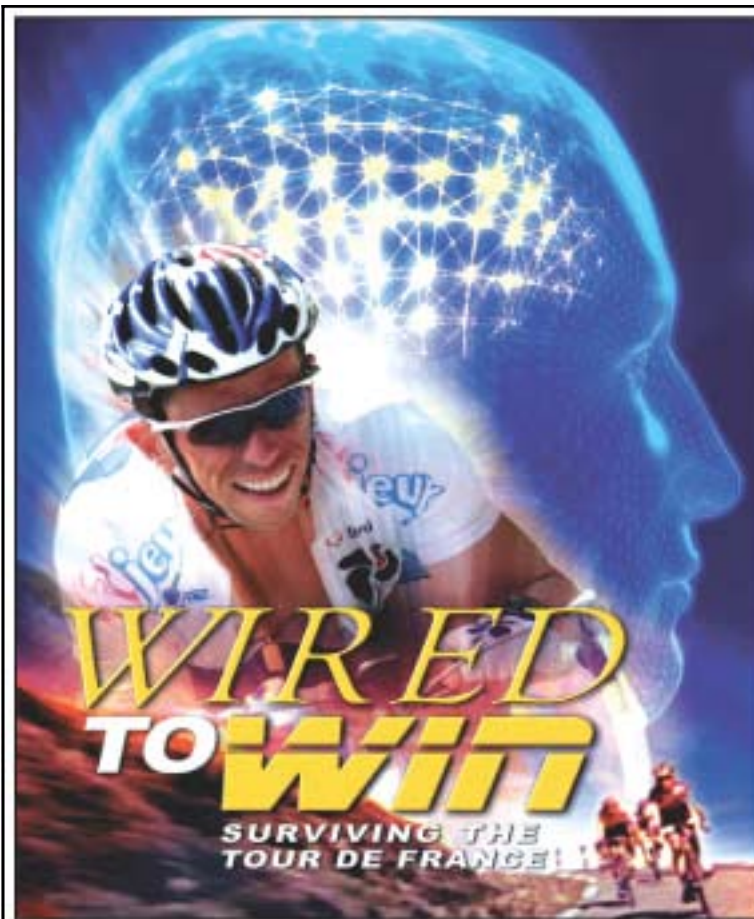
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TRAIL OF THE MONTH

Payson Canyon's Blackhawk Trail is Bloody Good!

By Gregg Bromka

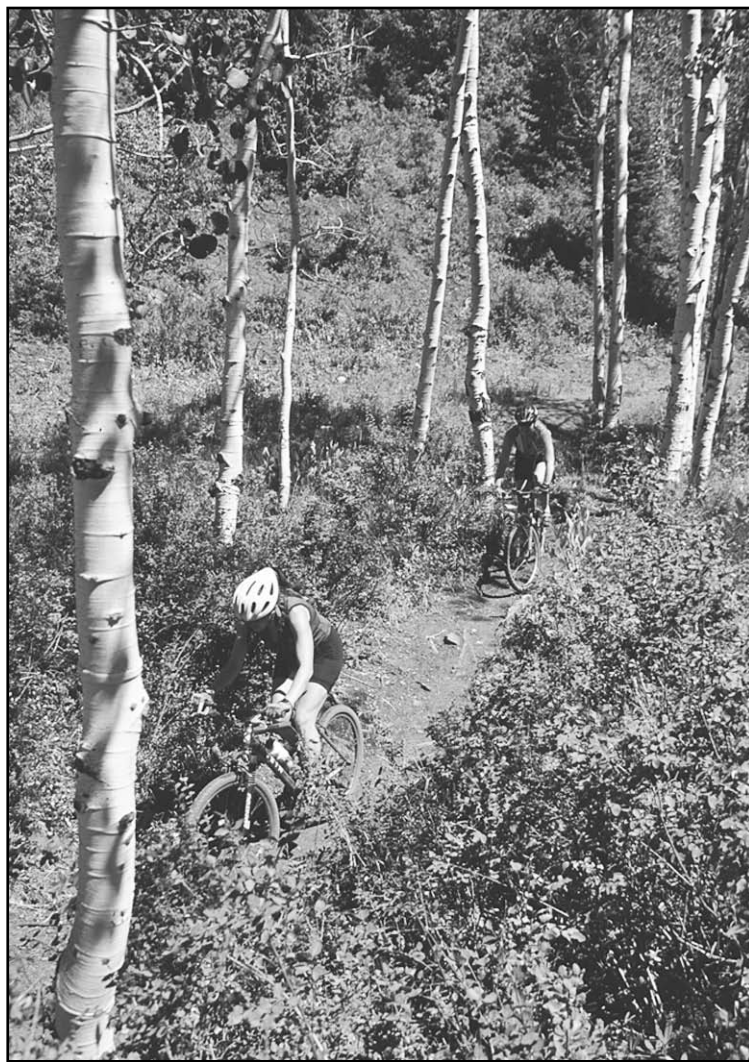
The Blackhawk Trail is for singletrack carnivores—those who like their T-bones rare and their trails genuine, backcountry one-liners. Those who eat well-done, pre-fab burgers disguised with special sauce or ride convenient and contrived multi-purpose paths through ritzy resort neighborhoods should look elsewhere.

Blackhawk is way off the beaten path and largely under publicized. Those who have been privy to it have no doubt pledged their allegiance to the B.O.S.S. (Brotherhood Of Secluded Singletracks.) Now you too can become a charter member, but initiation into the club is no easy task because Blackhawk will whoop the butt of anyone who underestimates it. But if you make the effort and succeed, you'll feast on Grade-A-Choice singletracks.

The loop circles the Payson Lakes area on the edge of the Mount Nebo Wilderness and penetrates pristine timber, which during the height of autumn color will impress any homesick New Englander. You'll see angles of the southern Wasatch Range and distant Wasatch Plateau of which few others can boast. With its solid climbs, thrilling descents, and lively rolling tracks, it's a wonder Blackhawk has stayed out of the limelight, until now.

Details:

Riding Blackhawk Trail is not for the "navigationally challenged" because junctions are many and trails are confusing. Making a wrong turn at one of a few key intersections can have consequences. These words are not scare tactics from someone who wishes to keep Blackhawk all to himself, just a friendly



Lindsay and Amy enjoy juicy trails on the Blackhawk Loop.

Photo: Gregg Bromka

caution between kindred spirits.

Start out your ride on the all-too-inviting Loafer Mountain Trail, but don't miss the immediate right turn onto Blackhawk Trail. A steady climb across a sloping field takes you up to Bennie Creek Ridge, which is more of a timbered low knoll than a naked knife-edge divide. Although a trail marker suggests

you fork left on the main trail, don't do so because it entails a nasty descent followed by a brief but mean-spirited climb. You can skip all that by staying straight on an unmarked trail. After cutting across a large clearing that doubles as a freelance camping area, you make the descent and link to Blackhawk. Confused? There are more tricky turns to come.

If you're feeling dubious about the ride so far, then the

bomber descent down a long grassy meadow will brighten your spirits. And after you reluctantly choose the Blackhawk Loop Trail over the Blackhawk Trail, you'll ride with content through charming groves of aspen and maple that explode with color in autumn. (New England has nothing on this place come September.)

Making your way through Blackhawk Campground is another test of one's navigational prowess, and your GPS unit will offer little assistance. Once you've sniffed out the singletrack like a good ol' hound dog, then you'll drool over some choice freewheeling across the head of Beaver Dam Creek canyon. There, you must make another key move by playing straight through a bewildering junction with Blackhawk Trail again. Just don't go up or down. You're on track, if you find yourself climbing gradually and endlessly around the top of the wide uninhabited canyon. You'll find comfort in reconnecting with civilization when you intersect the paved Nebo Loop Road.

If you've met your navigational match and have ditched your GPS long ago, then simply find solace in pavement and glide shamelessly down the road back to the trailhead. But for the singletrack version of the Full Monty, you'll want to go left onto the Nebo Road to the dirt Santaquin Road, where you'll link to the Rock Spring Trail.

Rock Spring Trail is a rip-pin' fast descent through stately aspens and across fertile meadows that will have you whoopin' and a hollerin', but it leads to the ghastly climb over Amos Ridge. You'll point your front wheel feverishly downhill again, but you won't be "done" climb-

ing until you crest Done Ridge. Then revenge is sweet because you'll pedal nary a stroke for two miles on the freewheeling flight down Jones Ranch Trail. It's like sucking the tender marrow out of the juicy bone you've been gnawing on all day, and the directional chaos you've endured will vanish into thin air like the dust kicked up from your tires.

Limp up the Nebo Road back to the Loafer Mountain Trailhead to call it a day; then make a beeline to the nearest steakhouse to order up a Fred Flintstone-size slab of "dead red." If you're a vegan, a Garden Burger will prove equally satisfying.

Just the Facts:

Location: Payson Canyon, 26 miles south of Provo.

Distance: 17.1-mile loop.

Physical Difficulty: Strenuous (lots of incremental and long-winded climbs offset with killer descents).

Technical difficulty: Moderate (trails are used more by horses than bikers so expect variably rough and buffed conditions). Gain: 2,200 feet.

Finding the trail: From I-15, take Exit 250 for Payson and UT 115 and follow signs for Mount Nebo Scenic Loop. In Payson, turn left onto 100 North/UT 198 then right onto 600 East for Nebo Scenic Byway. Drive about 13 miles up Payson Canyon and park at the Loafer Mountain Trail trailhead near milepost 11.

Read more trail descriptions in Mountain Biking Utah and Mountain Biking Utah's Wasatch Front by Gregg Bromka. Get a copy at your favorite bike shop or at cyclingutah.com.



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Mountain Trails Foundation Receives \$3000 Grant from Bikes Belong

Boulder Colorado—May 8, 2006 Bikes Belong, a national industry-based bike advocacy coalition, announced that it will award a \$3,000 grant to Park City, Utah's Mountain Trails Foundation to help extend the Historic Union Pacific Rail Trail. The existing 3-mile route provides a safe, paved path for children, families, recreational cyclists, and commuters, and an adjacent compacted-gravel path for trail runners and mountain bikers. It also connects to an extensive system of mountain biking and hiking trails.

"We are delighted to receive this prestigious grant from Bikes Belong. Mountain Trails Foundation is clearly aware of the significance of the grant and we are honored to join the list of organizations that have been funded. This grant will aid in the paving of the Historic Union Pacific Rail Trail, which is quickly becoming a transportation trail in Park City. As we add to our gray infrastructure here in Summit County this grant allows us to enhance our green infrastructure for transportation and recreation," said Carol Potter, Executive Director of Mountain Trails Foundation.

The Bikes Belong grant will serve as leverage on an application for SAFETEA-LU funding to improve 23 additional miles of abandoned railway, extending the multi-use route. The Mountain Trails Foundation hopes the Historic Union Pacific Rail Trail, which is a Utah State Park, will be recognized federally as a National Recreation Trail.

For more information on the Mountain Trails Foundation, see mountaintrails.org.

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COMMUTER OF THE MONTH**Ryan Allred -
Lessons Learned from a
New Bike Commuter**

By Lou Melini

work.

This month's commuter profile features Ryan Allred. He is married to a wonderful woman and has 3 children ranging from 1 through 8. Ryan is relatively new to bike commuting. He has been riding to work 2-3 times or more a week, for a little more than one year. Many of us take for granted our experience, perhaps forgetting the lessons learned from our initial days of commuting. Perhaps someone who is thinking about commuting might find more inspiration from one who has recently changed to a bike for traveling to

Cycling Utah: So what made you want to commute? Gas prices? Health? Did you have a role model?

Ryan Allred: I have always wanted to ride to work but I had lots of excuses not to ride. I thought it was too far, I would not have the energy to ride home after a ten hour day, etc. I had several reasons to ride to work such as losing weight and getting in better shape but none pushed me to do it. One day I simply read an article in one of my magazines that discussed

how a worker was challenged to commute to work by another employee. It took this person 2 hours to do the 12 miles and that person still commutes by bike. I went out and bought a commuter bike and decided to ride to work. The only other person who I know that commutes to work is my neighbor, so he was an inspiration to me as well.

C.U.: Have you overcome your fears of not enough energy to ride home? Have you lost weight? Got in better shape?

R.A.: My commute is 18 miles one way. I was surprised to find that it only took one hour to get to work and about 5 or so more minutes to ride home, as there is a climb to my house. Because of my 40 pound weight loss, I can stay with the group when I mountain bike (I do the Frozen Hog race every year), and I feel I have better stamina and climbing power. I don't find myself lacking energy at work or after work, I just feel better and more energetic.

C.U.: What personal changes have you noticed in the past year with regards to your attitude and preparation for commuting?

R.A.: The more I do, the easier bike commuting becomes. Absolutely. Physically and mentally it is easier. I crave it and regret the days that I have to drive to work, as I do not have time to mentally prepare for the workday

when I ride to work nor ride the workday out of my system when I ride home. I pay more attention to the weather and carry a rain jacket now that I have been caught in a couple of rainstorms. I also have a small toolkit for little things that need tweaking occasionally. What I thought was really funny was that there were bike lanes most of the way to my work. I seriously never noticed them as a driver going too fast to notice anything. I now drive with a bike commuter mentality and notice bike lanes and other possible biking possibilities. The biggest thing I have noticed is the total lack of respect that drivers have for people on bikes and how many more people commute by bike than I previously imagined. Saving money on gas has been an added bonus!

C.U.: Have you found a source for helpful advice to help your commute?

R.A.: The best single source of advice is a book that I have just finished reading, "The Art of Urban Cycling -Lessons from the Street" by Robert Hurst. It has a lot of great lessons and tips. It would also be a great if automobile drivers read it! Perhaps there would be more respect for cyclists on the road.

C.U.: Has riding to work changed your work habits?

R.A.: As I said before, I have more energy. My co-workers

thought I was a little crazy to get up "earlier" (really not that much) to ride to work. They were skeptical, then impressed that I had the energy to ride to work, put in a full day, and then ride home. There were a lot of questions for me in the first month; then they thought nothing of it, though a few still give me a look as if I am crazy, but that's all in fun.

If you have a suggestion for a commuter profile, please send an email to lou@cyclingutah.com.

**Cycling Utah's Club
Guide Part III**

Park's Sportsman Bike Team
Sponsors: Park's Sportsman, Bluefin Design Group, Rock Canyon Pharmacy
Contact: Kirk Meyer 801-225-0227 kmeyer@parksportsman.com or Corey Gebhardt 801-225-0227 corey@parksportsman.com
Type of Cycling: Downhill, XC, Road Racing and Recreational Riding
Location: Orem, Utah
Club Statement: We are a new club/team always looking for new riders especially road cyclists. We encourage all levels of abilities to join in on our weekly group rides. We are concerned with trail access and maintenance. We also promote cycling in Utah County by sponsoring local races and rides. Park's Bike Team has a competitive DH team, Single Speed XC team and a XC Endurance team. Stop by the shop; we are always happy to help cyclists new to the area with trail information.

Editor's Note: For the rest of our club guide, see cyclingutah.com.

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ROAD RACING

Yap and Wilkerson-Smith Triumph at Bear Lake



By Ryan Barrett and Karen Appleby

The Bear Lake Classic Road Race was held under sunny skies Saturday May 20. The Pro 1,2 Men completed two laps around the beautiful crystal blue lake for a total of 104 miles. The conditions were ideal with high temperatures in the 80's and a solid wind. The racing started off aggressively with several attacks in the first miles and no team willing to be

left out. Norm Bryner (Guthrie's) and Kevin Radzinski (FFKR/Sportsbaseonline.com) were the first attackers to get a significant gap. The two held a tenuous lead for most of the first lap over the Park City Cycling Academy lead field.

Once these two were caught, the attacking began again. After a few failed attempts, a large break formed with all of the big teams represented. Normally, this would be game over, but the break

failed to gain much of a lead due to some riders in the break not liking their odds in the group that was present. The gap to the field remained at about 1 minute until Art O'Connor (FFKR/Sportsbaseonline.com) and Kirk Eck (Sienna Development/Goble Knee Clinic) bridged the gap with approximately 15 miles to go.

When the break hit the crosswinds at the southern end of the lake, the group split with Marc Yap (Sienna Development/ Goble



Left: Marc Yap throws his bike ahead of the A-Train, Art O'Connor. Photo: Sarah Trop.

Above: Sienna Development/Goble Knee Clinic continued their winning ways in Sunday's team time trial. Photo: Joaquim Hailer. See more photos at JoaquimHailer.com.

Knee Clinic), Todd Hageman (Park City Cycling Academy) and O'Connor. This would be the final three-man break that would sprint for the finish. As they made the left hand turn towards the finish with about 1k to go, Yap was on the front. With about 250 meters to go, Hageman launched his sprint. With 50 meters to go, Yap started to come around with O'Connor pulling nearly even. The three man drag race was finally won by Yap, with O'Connor and Hageman hot on his tail.

Back in the field, the same crosswind section that split the break allowed Jesse Gordon (Park City Cycling Academy), Ryan Barrett (Sienna Development/Goble Knee Clinic), and Chris Humbert (Vanguard Media Group) to bridge across to the remnants of the break with about five miles to go. Jeff Sargeant (FFKR/Sportsbaseonline.com) slipped away from this group with approximately one mile to go, and Barrett won the sprint for fifth among the remaining group.

The one-lap, 52-mile women's 1,2,3 race started with several attacks launched by riders from Intermountain Medical Clinic, the largest represented team in the field, which were consistently brought back by the field.

The field stayed together for the most part, until halfway through the race a serious crash involving Kris Walker (Intermountain Medical Clinic), Kristen Kotval (Ivory Homes), and Chellie Terry (Fitzgerald's Bicycles). Both Terry and Kotval were able to bridge back into the field but four fractured ribs prevented Walker from finishing the race. Despite aggressive attacks from various riders, the field stayed together until the final sprint. Going through the last corner, Nisie Van De Kamp (Ivory Homes) initiated a strong lead-out for teammate Kotval, stringing the field. Kotval (Ivory Homes) held on to take first place, with Jill Wilkerson-Smith (Wasatch Women) second, and Margaret Douglas (Vanguard Media) third. Later on, Kotval was disqualified for motorpacing back into the field after her crash, changing the final standings to Jill Wilkerson-Smith (Wasatch Women) first, Margaret Douglas (Vanguard Media) second, and Nisie Van De Kamp (Ivory Homes) third.

See results on page 20.




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MOUNTAIN BIKE RACING

Montague and Bloomer Win Five Mile Pass



By Trevor Simper

Ahhh yes, Five Mile pass, where rednecks and jackrabbits abound, and once a year a throng of cyclists 250+ strong flock to the desert for an annual pilgrimage of pain. This year marked the twelfth edition of said pilgrimage and by the looks of the crowds was one of the largest turnouts to date. Most of the fields were stacked 10-20 deep with the

exception of the Pro men and women who saw paltry numbers due to the NORBA National in Fontana, California. The four men that toed the line were teammates Brandon Firth and Kyle Wright from Bikers Edge, myself - Trevor Simper (utahmountainbiking.com) and taking a hiatus from teaching at the MTC was Geoff Montague (Yeti/Desert Cycle) in his inaugural pro appearance. Brandon and Kyle were just awakening

from a long winter's hibernation, and I was coming off of 10 days of finals and construction work sans any bike riding so the three of us whined to Ed to pare the race down to three laps instead of four and Geoff agreed. After being heckled by some experts in the back we were off on a three lap 33-mile jaunt. From the start it was obvious that Brandon and Kyle were going to have a tea party together and catch up on old times and let me and Geoff ride off the front together. The pace was nice and not having to do that fourth lap really had my spirits high. Like a pansy I sat on Geoff's wheel as he pulled me around the course, he RAN up the hike-a-bike the first time which wasn't too fun to follow, but I didn't want to miss out on the free ride so I followed. I looked out over the valley behind us on the top of the hike a bike and no Brandon or Kyle—they must have stopped for a snack. Flying back around the mountain to complete lap one there were some surprise mud holes and as I tried to skirt the edge of one, my semi-slicker rear tire acted more like an ice skate and I was crawling out the of the sagebrush (that's one.) A quick chase and I was back on the train of one. Lap two was going as planned (me sitting in and Geoff doing the pulling) when floating through what I hoped would be a



Left: Geoff Montague (Yeti/Desert Cycle) took the men's pro class. Above: Sandra Bloomer (Independent Fabrication) won the women's pro category. photos: James Naus See complete event photos at joaquinhailer.com.

good line through a rock garden K LAPACKA'RACKSLABAN GADANG BOOM! I wadded it up--hard. (that's two now) I hopped back up and assessed the damage to my bike which was a taco'ed big ring and a twinge in my clavicle region. I instinctively got on and started riding much to the surprise of the search and

rescue guy who had already called the meat wagon over the radio. I crested the hill and I heard him say into his radio "he's back on and riding..." Geoff was probably muttering under his breath that it served me right for not offering to take a pull, and he was off. He

Continued on page 14

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Five Mile Pass - from page 13

stayed out of reach to take his first win in his first Pro race. I spent the next lap and a half riding around like a small child with a fractured collar bone (I was later x-rayed to confirm it) waiting for Brandon or Kyle to bring me a cookie but they never came and I rolled in second. Brandon came in wiping crumbs from his mouth and said Kyle had a mechanical.

The Pro Women field was two deep with a heavy hitting altitude girl Sandra Bloomer (Independent Fabrication) from Colorado and local neo-pro Kara Holley (Mad Dog Cycles). Holley dug deep and hung on for a couple of laps but eventually succumbed to the high hematocrit levels of the Coloradan.

In other ICUP news, rumors were swirling around the local bike community that a certain local legend/vagabond was musing a comeback to cycling. Sly Fox, aka, The Godfather, aka The Husla, had emerged from his den up Emigration canyon, and made his first appearance on the ICUP since '03. He was apparently scouting the competition and after making his assessment he was last seen heading out into the desert toward Delta for a six-hour training ride....

Thanks to Racer's Cycle Service and Mr. Ed for putting on another fine ICUP event.

See results on page 20.

Bike to Work Day a Success

Bike to Work Day was held on Tuesday May 16, 2006. 150 cyclists came together at Liberty Park for the Mayor's event to show their support for riding to work instead of driving. Salt Lake County Mayor Peter Corroon arrived promptly at 7:30 a.m. riding in his infamous green "shiny" shorts. Escorted by Salt Lake City Police Officers on bicycles and motorcycles, the group left the park and headed down 7th E. going towards 2100 S. in Sugarhouse. The end destination was the Salt Lake County Government Center where riders were offered free bagels, drinks, and other swag such as t-shirts and water bottles.

Corroon gave a short speech on why biking to work was important for the state of Utah. "Bike to Work Day is important because if every adult rode their bike to work everyday, collectively we would lose 1.5 billion pounds off of our waist lines," stated Corroon. "It's also healthy and good for the environment." He briefly mentioned the county becoming more involved in creating bike trails and making roads safer to ride on. Many more bike trails are in the works for future development.

UTA Rideshare hosted ride stations at the UTA Offices, Contender Bicycles, ARUP, Westminster College, Hotel Monaco, and the University of Utah. An additional 150 riders stopped in to these stations.

Shaina Miron of UTA said, "The event was a success." Miron fully supports this event as a way to make people aware of alternative modes of transportation. With gas prices skyrocketing, more and more people are calling her office to ask about cheaper ways to get around. "It's economical. By switching from car to bike you save about \$3,000 a year," said Miron. "Half of Americans live less than five miles from work," she noted, making it more obvious that there's no need to drive. Biking is often faster than driving in urban areas and reduces the stress of being stuck behind the wheel.

-Carly Carcione

If your business would like to host a bike to work station for 2007, email Shaina Miron at smiron@uta.cog.ut.us.

What's on your mind?

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- Soccer (Adult 3 on 3)
- Soccer (Youth)
- Softball (Girl's Fast Pitch)
- Softball (Slow Pitch)
- Swimming
- Table Tennis
- Tae Kwon Do
- Tennis
- Track & Field
- Trapshooting
- Triathlon
- Volleyball (Indoor)
- Volleyball (Outdoor)
- Water Polo
- Weightlifting
- Wrestling

DOWNHILL RACING
Lava Rama Downhill



Top: Andrew Pierce (Go-Ride.com) is one fast junior rider. He had the fastest time of the day, beating the pro riders!
Below: Addie Lepper (Go-Ride.com) won the women's pro class.
Photos: Joaquim Hailer
For complete race photos, visit JoaquimHailer.com
See results on page 20.

Route 211 -
from page 2

dog days of summer on your bike.

Bike racing is an accessible, colorful, fast and amazing sport to watch, especially at this level. The riders are usually nearby at the start-finish areas. You can talk to them, ask for autographs if you like, see the big names of today and the future, and if you're an equipment junky, hold on to your hat. You will see the latest and greatest in gear. And sometimes even your perception of the racers can be changed just by being there.

That was the case for me at the Tour of Georgia a couple of years ago. The highlight of that event for me was finding out that Mario Cipollini was actually a great guy. Watching the lion king, the sport's all time best sprinter, interact with fans, taking southern accent lessons and signing autographs showed him to be very different than I had expected. He was not arrogant or aloof as I expected, but very funny, accommodating and approachable. Much the same as I found Greg LeMond year after year back at the Coors Classic.

There is hardly anything that compares to the finish of a major stage in an event like this, and the more fans present and lining the road the better the experience becomes for everyone, fans and riders alike. The anticipation of a breakaway, will it last or will the chasers catch it? And nothing is more exciting than a curb-to-curb bunch sprint with bikes weaving and shoulders bumping at 40 miles per hour. Add to that the festival atmosphere and it's just about the best way to spend a day. Each stage's host city will have a festival atmosphere with food, cycling events and expositions. The whole show moves from location to location like a concert tour, and you'll get much of that electricity each day that you follow the race.

For me, the best way to watch the stages is to anticipate where the most challenging spot will be that day and go there. Sometimes that can be a tough climb, where the real race usually takes shape, and sometimes it can be a spot where you think an attack may happen that could shape the outcome that day - or for the entire race. Whichever it is, I like to find that spot and watch the action. Then try to get to the finish area in time to

see the end of the stage. On the day of stage 11 back then in the Coors, the tough climb came right away, and we were able to get to Boulder for the finish. We rode back down the canyon and along a rolling flat for about thirty miles, while the big guys had a hundred miles or so of thin air and steep, long climbs before reaching the finish.

The advantage of having the stages on our own training routes is that we know where the tough spots are, like that little grunt of a steep section that comes in the middle of a long climb and may entice someone who's feeling good that day to launch an attack. It's fun to anticipate that, watch it happen and see who can respond and who can't. Then if possible, get ahead of the race to see if that attack held until the top of the climb, or even the entire day's stage. If you like the tactical side of racing, this kind of event will, um, turn your crank for sure.

So mark your calendar, start riding the routes that you want to watch and pick your spots. You can find them at www.tourofutah.com/stages. Gather some friends to go along and watch the stages with

you and then take someone who is not familiar with bike racing to a couple of the stage finishes. The atmosphere is contagious, and you'll probably make cyclists out of them. And the more fans, the more fun, and the more of these events we will see come to Utah! And years later, you will be able to recall a vivid moment in time that shapes your entire cycling experience.

Volunteers Needed
for Deer Valley
NORBA

Deer Valley Resort will host its 10th NORBA National Championship Series Thursday, July 6 through Sunday, July 9. Deer Valley will be the fourth stop on the national series, one of seven chosen mountain biking venues. The world's best mountain bikers will ascend on Deer Valley to descend down its expertly designed and maintained trails. This premier off-road racing series offers the highest-quality racing opportunities to amateur and professional riders of all ages. The event is expected to draw more than 2,000 amateur and professional riders for four days of exciting competition. Events will include Marathon, Cross Country, Downhill, Super D, Dual Slalom, Short Track, Kid Races and more.

Volunteer Opportunities:

With your help we can once again host an exceptional event, and what an opportunity for you to be part of it; witnessing world class mountain bikers shred it up right here at Deer Valley. Our team of 75 + volunteers will help with athlete registration, course marshalling, timing, press, volunteer staffing, and doping control.

Contact Chad Wassmer at cwassmer@deervalley.com for details. For more on the event, visit TeamBigBear.com.

Greg LeMond to Ride
in Utah's Tour de
Cure

SALT LAKE CITY, UT - Greg LeMond, the first American winner of the Tour de France, will serve as the Honorary Chairperson for Tour de Cure, the American Diabetes Association's (ADA) premier cycling event. The Tour de Cure raises money to fund the mission of the ADA—to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Tour de Cure takes place in Brigham City, Utah on June 10th, and is a ride - not a race - that encourages people to dust off their bicycles and join thousands of other riders who are pedaling for a cure.

For more information about ADA's Tour de Cure, please call the American Diabetes Association at 1-888-DIABETES (342-2383) or online at www.diabetes.org/tour.



Chalk Creek Road Race

Sunday July 9th 2006 \$795 cash purse
Start Time 10 a.m. at the Coalville Fair Grounds.

Cat Men pro 1/2 & 3's (80 miles), Masters men 35+ (65 miles), Men 4/5, Women 1/2/3, Masters men 45+ (50 miles), all Juniors & Women 4 (30 miles). Competitive Citizen riders can race Cat 5 men, Cat 4 women, or any junior or masters age class for which they are eligible with a one day license.

Register online at www.register.threesport.com
Pre-registration thru 7-6-06 \$30. Late fee \$10 after 7-6-06.
Registration opens at 8:00 a.m. on race day at the Fair Grounds.
For more information, please visit www.porcupinecycling.com
801-424-9216
mikesride@gmail.com UCA Points Race

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CALENDAR OF EVENTS

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



Battle Bay BMX — (801) 796-8889
Rad Canyon BMX — (801) 824-0095
Deseret Peak BMX — deseretpeak-bmx.netfirms.com, Tooele
May - October — Rad Canyon BMX, Practice Tuesdays 6:30-8:30 pm. 9700 S. 5250 W., South Jordan, (801) 824-0095.
May - October — Rad Canyon BMX, Single Point Races Thursdays, Registration 6-7 pm, racing ASAP (7:30pm). 9700 S. 5250 W., South Jordan, (801) 824-0095.
June 10-11 — Rad Canyon BMX, Race For Life, Double Point Race. Registration 9-10 am, racing ASAP (11am) 9700 S. 5250 W., South Jordan, (801) 824-0095.
August 4 - 6 — Rad Canyon BMX, ABA GREAT SALT LAKE NATIONALS. For registration and race times go to www.ababmx.com. 9700 S. 5250 W., South Jordan, (801) 824-0095
 For more BMX track info, visit cyclingutah.com

Calendar of Events sponsored by



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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. State, SLC, (801) 485-2906

Weber County Pathways — Weber County's Advocacy Group, (801) 393-2304 or 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, Call the City Council offices at 801-852-6120 or email gilbert.bradshaw@gmail.com or duncanish@gmail.com.

com

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

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

Events

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

June 1 - 4 — IMBA Trail School, The Subaru/IMBA Trail Care Crew will be in town to celebrate National Trails Day with an IMBA Trailbuilding School and trailwork. Salt Lake City, UT, contact Ryan Miller, IMBA UT Rep, rmiller@azteca.com or Carol Potter, Mountain Trails Foundation, carol@mountaintrails.org

June 3 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

June 3 — National Trails Day, 9:00am Meet at Spiro Trail, Park at Park City Mountain Resort, Presented by Mountain Trails Foundation, Snyderville Basin Recreation Department and Park City Municipal Corporation and IMBA Sponsored by Silver Star, Starbucks, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

June 3 — Mountain Trails Foundation Trail Fest, Join IMBA and Mountain Trails and celebrate our Trails. Area trail planners will bring their latest maps of upcoming trail projects, Food, beverages, silent auction, 5:00pm Miner's Hospital Park City Utah (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

June 17 — Venture Outdoors Festival, 3-9 pm, Millcreek Township Festival, cycling gurus on hand, 3100 S. 2900 E, (801) 466-0686, millcreekoutdoors.org

September 7-9 — Utah Trails and Pathways Conference, planning, design, construction, funding and more, www.utahtrailsconference.com, (801) 629-8558

September 22 — Mayor's Bike to Work Day presented by Salt Lake City Mayor's Office and MBAC, a mellow ride with Mayor Rocky Anderson under police escort from Liberty Park to the City/County Bldg, then free breakfast and raffle for all participants. Cost: free, 7:30 am, Liberty Park, Lisa Romney, 535-7939, lisa.romney@slcgov.com, Meet at the northeast corner of Liberty Park



Mountain Bike

Tours and Festivals

August 11-13 — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595 or (435) 889-3759

September 30 — Take Your Kid on a Mountain Bike Ride, Boise, ID, byrdscycling.com, (208) 434-2607

October 26-29 — Moab Halloween Bike Fest. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab, UT, (435) 260-1182



Mountain Bike Racing

General Info

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

Wild Rockies Unplugged Series information (Idaho), (208) 587-9530.

USA Cycling, Mountain Region, (UT, AZ, NM, CO, WY, SD), USA Cycling (719) 866-4581

Weekly MTB Races

Wednesdays — Soldier Hollow Training Series, May 3, 10, 17, June 7, 21, July 5, 19, August 2, 16, 30, Alternates with Sundance, 7 p.m., (801) 404-0946

Wednesdays — May 24, 31, June 14, 28, July 12, 26, August 9, 23, September 6, Sundance Weekly MTB series, 6:30 pm, alternates with Soldier Hollow Training Series, Sundance Resort, (801) 223-4849

Utah MTB Races

June 3 — The Sundance Spin, Intermountain Cup #7, Sundance Resort, Sundance, UT, Ed Chauner at (801) 942-3498

June 3-4 — Bountiful Bomber Downhill Race, Utah DH Series, Bountiful, UT, (801) 375-3231

June 10 — Deer Valley Pedalfest, Intermountain Cup #8, Deer Valley, UT - Ed Chauner, 801-942-3498

June Cancelled — Utah Summer Games, Three Peaks Recreation Area, Cedar City, (435) 865-8421 or (435) 586-5125

June 17 — Cache Valley's Joyride, Intermountain Cup #9, Sherwood Hills Resort, Logan, UT, (435) 245-3628

June 22 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

June 24 — The 12 Hours of the E100, 12 hour endurance race with site fee to benefit National Ability Center, Individual and Two and Four person Team Categories, Park City, thee100.com, (435) 649-2129

July 1 — Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #10, Solitude, UT, XC - Ed Chauner, 801-942-3498

July 1-2 — Flyin' Brian Downhill Race, DH and Super-D, Utah DH Series, Brian Head, UT, (801) 375-3231

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

July 6-9 — NORBA National Mountain Bike Series #4, Deer Valley, UT, XC/ST/DH/Slalom/Super-D, (909) 866-4565

July 8 — Blue Mountain Bike Chase, 25 mile XC race, Monticello City Recreation, Monticello, UT, (435) 587-2029

July 15-16 — Bald Mountain

Challenge Downhill, DH and Super-D, Utah DH Series, Deer Valley, UT, (801) 375-3231

July 15 — Snowbird Mountain Bout, 19th Annual, Intermountain Cup #11, Snowbird, Ed Chauner at (801) 942-3498

July 20 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

July 22 — Taming the Tetons, Intermountain Cup #12, Jackson Hole, WY, Ed Chauner at (801) 942-3498

July 22 — The Endurance 100/Mind Over Mountains, 100 mile team relay, 50 mile solo, Park City, thee100.com, (435) 649-2129

July 29-30 — Bordertown Challenge, 15th Annual, Intermountain Cup #13, Wild Rockies Series #7, XC, DH, freestyle, Oasis (near Wendover), NV, (208) 587-9530

July 29 — Brian Head Epic 100 and Titanium 50, 50 and 100 mile races, Brian Head, (909) 866-4565

August 4-6 — NORBA National Mountain Bike Series #5, XC/ST/DH/Slalom/SuperD, Brian Head Resort, Brian Head, UT, (909) 866-4565

August 12 — All West Communications Wolverine Ridge XC Race, 13th Annual, Intermountain Cup #14, Series Finals, Evanston, WY - contact Paul Knopf or Amanda Wanner at planning@mail.evanstonwy.org or (307) 783-6470 or (866) 783-6300, ext. 459 or www.evanstoncycling.org

August 17 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

August 19 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

August 26 — Widowmaker Hill Climb 10 AM, Ride to the top of the Tram, Snowbird Resort, (801) 583-6281

August 26 — The Endurance 100/Mind Over Mountains, 100 mile, 100 km, and 50 mile individual races, Park City, thee100.com, (435) 649-2129

September 2-4 — Sundance Showdown, DH and Super-D, Utah DH Series, Sundance, UT, (801) 375-3231

September 9-10 — 24 Hours of Soldier Hollow, Heber, UT, (801) 243-0704, 24hoursofsoldierhollow.com

September 14 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

September 16 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

September 16-17 — Silver Spur Fall Classic XC race, also Trail Run and climbing contest, Snowbird and Alta, UT, 801-933-2110

September 16 — Tour des Suds, 26th Annual, Park City, (435) 649-6839

October 7 — Utah State Singlespeed Championship, 10 am start, Sundance Resort, SundanceResort.com or 801-223-4121

October 16-17 — Huntsman World Senior Games. Must be 50 years or older. three events: hill climb, downhill, and cross country. 800-562-1268 or hwsg@infowest.com

October 14-15 — 24 Hours of Moab, 11th Annual, (304) 259-5533

Idaho and Regional MTB Races

June 7, 14, 21, 28 — Wednesday Night MTB Series/Wood River Cup #1-5, Hailey, ID, (208) 481-0300

June 3 — Kelly Canyon Knobby Challenge XC, Knobby Tire Series, Kelly Canyon Ski Resort, (Rhire), Idaho Falls, ID (208) 338-1016

June 10 — Revenge of the Singletrack, Wild Rockies Series #4, XC, Twin Falls, ID, (208) 587-9530

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

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For Registration Information See Us On The Web at www.cycleforlife.org or call Grant Aagard (801) 556-3290

On-Line Registration Available at www.active.com

June 21 — Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 739-9025

June 24-25 — Soldier Mountain XC and DH, Knobby Tire Series, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016

July 2 — Urban Assault, Knobby Tire Series, Downtown Boise, ID, (208) 338-1016

July 4 — 11th Annual WYDAHO Bike Race, Grand Targhee Ski and Summer Resort Alta, WY, 1-800-TARGHEE ext. 1313 or 307-353-2300

July 5, 12, 19, 26 — Teton Village Short Track XC Series, 6:30 pm, Teton Village, WY, (307) 733-4042

July 8-9 — Brundage Mountain Bike Festival, Wild Rockies Series #6, XC and DH, McCall, ID, (208) 587-9530

July 22 — Taming the Tetons, Intermountain Cup #12, Jackson Hole, WY, (801) 942-3498

July 23 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228

July 23 — Galena Grinder Whit Henry Memorial Race, Ketchum, ID, Don Shepler (208) 720-3019, (208) 726-4010 or harleyquinn7@onebox.com

July 29-30 — Bordertown Challenge, 15th Annual, Intermountain Cup #13, Wild Rockies Series #7, XC, DH, freestyle, Oasis (near Wendover), NV, (208) 587-9530

July 29 — Laramie Enduro, 111 K mountain bike race, Happy Jack, Laramie, WY, 307-745-4499

August 5-6 — 22st White Knob Challenge, Knobby Tire Series, and Idaho Short Track XC State Championships, Mackay and Hailey, ID, Kurt Holzer at (208) 890-3118

August 12-13 — NORBA National Mountain Bike Series #6, XC/ST/DH/MTNX/Super-D, Snowmass Resort, Aspen, CO, (719) 866-4581

August 12-13 — Pomerelle Pounder, XC, DH, freestyle, Utah DH Series, Wild Rockies Series #8, Burley, ID, (208) 587-9530

August 19 — Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 733-5335

August 19-20 — 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 26 — Durango MTB 100, Durango, CO, (970) 259-7771

September 16-17 — Salmon Grand Prix, XC, DH, freestyle, Utah DH Series?, Wild Rockies Series #9, Salmon, ID, (208) 587-9530

October 8 — 12 Hours of Bootleg Canyon Race, 2500' climbing per lap, Boulder City, NV, tnr-unlimited.com, (702) 277-6536

October 8 — Boise to Bogus Banzai, Wild Rockies Series #10, 16.5 mile, 4,100 vertical foot descent, Boise, ID, (208) 587-9530



Road Racing

General Info

Utah Road Racing - USCF, Utah Cycling Association - James Ferguson, 801-476-9476

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 — Saturdays at 12 noon in March, Tuesdays in April-September, A/B's - 6 pm, C/D's 7 pm, 6555 W. 2100 S., West Valley

City, UT, (801) 944-5042

Salt Air Time Trial — Every other Thursday April 13- September 28, I-80 Frontage Road West of the International Center, (801) 944-5042

DMV Criterium — Wednesdays, 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 5 - September 27), 801-651-8333

Wednesdays — Thanksgiving Point Criterium Series, April 5th -September 27, 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.tourofutah.com/wed.html for more information, or call (800) 708-9804

Royal Street Hillclimb TT — May 18 - September 7, Every other Thursday, 5:30 p.m., 900 ft. elevation gain, Royal Street and Deer Valley Drive, Park City, (435) 901-8872.

Logan Race Club Time Trial Series — Thursdays, 6:30 pm, Logan, UT, (435) 787-2534

For dates, see calendar below.

Utah Road Races

June 6,13,20,27 — RMR Crit Series, Salt Lake, (801) 944-5042

June 7,14,21,28 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

June 8, 22 — Salt Air TT Series, Every other Thurs, (801) 944-5042

June 1, 15, 29 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

June 3 — Utah State Road Race Championship, Little Mountain Course, Logan, UT, (435) 757-5091

June 10 — Sugarhouse Crit, Utah State Criterium Championship, Sugarhouse Park, SLC, UT, (801) 944-5042

June 11 — Downtown Criterium, Pioneer Park, Salt Lake City, (801) 944-5042

June 17-18 — All West High Uintas Classic Stage Race, 18th 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 or www.evanstoncycling.org

June 22-24 — Utah Summer Games, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound, Checkshani Cliffs, Cedar City, (435) 865-8421 or (435) 559-2925

June 30 - July 2 — Gate City Grind Stage Race, (208) 282-2503 or (208) 233-0951

July 4,11,18,25 — RMR Crit Series, Salt Lake, (801) 944-5042

July 5,12,19,26 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

July 6,20 — Salt Air TT Series, Every other Thurs, (801) 944-5042

July 13,27 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

July 1 — Earth Day Pedal Cup, 10:00 AM, City Creek Canyon, (801) 583-6281, sports-am.com

July 4 — Freedom Festival Criterium, Provo, UT, (800) 708-9804

July 8 — Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, (801) 442-5800 or 801-424-9216

July 9 — Coalville Road Race, Coalville, UT, 801-424-9216

July 15 — Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (800) 708-9804

July 22 — Draper Days Criterium, Draper, UT, jeremysmithslc@

yahoo.com or 801-558-7215

July 29 — Garden Creek Gap Road Race, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 30 — Old Town Pocatello Criterium, Pocatello, ID, (208) 282-2503 or (208) 233-0951

August 1, 8, 15, 22, 29 — RMR Crit Series, Salt Lake, (801) 944-5042

August 2,9,16,23,30 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

August 3,17,31 — Salt Air TT Series, Every other Thurs, (801) 944-5042

August 10,24 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

August 5 — Cache Classic Downtown Criterium, Logan, UT, (435) 757-5091

August 6? — Huntsville 100 RR, Huntsville, UT, (801) 808-1137 or jessdear@xmission.com

August 7-12 — Tour of Utah, six stages, Provo, UT, (800) 708-9804, tourofutah.com

August 12 — Snowbird Hill Climb, 8 AM, registration from 6-7:30 am, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 933-2110

August 13 — Wolf Creek Pass Road Race, Starts in Francis. Route goes over Wolf Creek Pass to Tabiona and then back over the pass to the finish in Francis, part of the proceeds go to The Bill Corliss Bike Advocay Fund, (435) 513-0432, parkcitycycling.com

August 19-20 — Tour de Gap Stage Race, in conjunction with the Iron

County Fair, Parawon, UT, (435) 990-1393

August 26 — Jeff Rogers Memorial Sanpete Classic RR, Spring City, UT contact Eric Thompson, 801-541-3840

September 5,12,19,26 — RMR Crit Series, Salt Lake, (801) 944-5042

September 6,13,20,27 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

September 14,28 — Salt Air TT Series, Every other Thurs, (801) 944-5042

September 7 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

September 9 — LOTOJA, 206 miles from Logan, UT to Jackson, WY, (801) 546-0090

September 23 — UTA Harvest Moon Downtown Ogden Criterium, downtown in the Municipal Park between 25th & 26th Streets, Ogden, UT, (801) 589-3675

September 30 — Allan Butler Memorial Criterium, Thanksgiving Point, Lehi, UT, (801) 400-6130

October 10-13 — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsq@infowest.com

October 14 — 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

October 28 — Halloween Criterium, Thanksgiving Point, Lehi, UT, (801)

400-6130

November 26 — Thanksgiving Criterium, Thanksgiving Point, Lehi, UT, (801) 400-6130

Idaho and Regional Bicycle Road Races

June 3, 10, 17, 24 — Hailey Criterium Series, Hailey, ID, info@sawtooth-velo.org or 208-726-0946, ext. 1

June 7,21 — Idaho Cycling Enthusiasts Hillclimb Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

June 6,13,27 — Tuesday Nighter Training Ride, Boise, ID, (208) 343-3782

June 9-11 — Tour of Eagle, Eagle, ID, (208) 884-1925?

June 10 — Lyle Pearson 200, team relay road race from Boise to Sun Valley, Boise, ID, (208) 343-3782

June 13 — Idaho Cycling Enthusiasts Criterium Series, Holt Arena, Pocatello, ID, 208-282-5426

June 17 — Gannett Roubaix Road Race, Hailey, ID, info@sawtooth-velo.org or 208-726-0946, ext.1

June 17-18 — Ketchum Omnium, Trail Creek TT, Circuit Race, Criterium, Ketchum/Sun Valley, Idaho, Greg Stock sunsummit@cox-internet.com or (208) 726-0707 or (208) 726-3497

Continued on Page 18

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cycling utah

CALENDAR OF EVENTS

Continued from page 17



Road Racing

Continued

- June 20-22** — CANCELLED Summer Solstice Stage Race, TT, RR, Circuit Race, evenings, Boise, ID, (208) 343-3782
- June 23-25** — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-3763
- June 24** — Idaho State Time Trial Championships, 8 miles south of Bellevue, ID, 7am, (208) 726-7693
- June 24-25** — Dead Dog Classic Stage Race, Laramie, WY, (307) 745-4499
- June 27** — Tuesday Nighter #11, Boise, ID, (208) 343-3782
- June 30 - July 2** — Big Sky Cycling Classic, RR, TT, CR, Crit, Missoula, MT, (406) 531-4033
- July 1-2** — Gate City Grind Stage Race, (208) 282-2503 or (208) 233-0951
- July 2** — Wood River Challenge Team Time Trial, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext.1
- July 4, 11, 18** — Tuesday Nighter Training Ride, Boise, ID, (208) 343-3782
- July 5, 12, 19, 26** — Hailey Criterium Series, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext.1
- July 5** — Idaho Cycling Enthusiasts Hillclimb Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951
- July 5-17** — USA Cycling Road Festival, Elite, Masters, Junior, and Espoir National Championships, Seven Springs, PA, (719) 866-4581
- July 16** — Grand Targhee Ski Hill Road Time Trial, 9 a.m., Alta, WY, (208) 201-1622
- July 18, 25** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426
- July 23** — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30

mountain bike race - points for each Race, (307) 733-5228

July 22 — Well's Fargo Twilight Criterium, 20th Annual, NRC race, Boise, ID, (208) 343-3782

July 23? — The Morning After Criterium, Boise, ID, (208) 336-3854

July 22-23 — BYRDS Junior Stage Race, tobincocoaching@earthlink.net, (208) 343-9130

July 25 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

July 29 — Garden Creek Gap Road Race, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 30 — Pocatello Downton Criterium, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 25 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

August 1, 8, 15, 22, 29 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

August 1, 8 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

August 9 — Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

August 11-12? — Magic Valley Senior Games

August 12 — Mt. Harrison Hill Climb, Triple Crown #1, Boise, ID, (208) 323-2376

August 13 — The Cycling Classic Road Race, Boise, ID, 208-343-4037 or jonathan@coresportslc.com

August 20 — Table Rock HC RR, Triple Crown #2, Boise, ID, (208) 867-2488

August 26-27 — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118

September 2-3 — Gateway Canyons Grand Valley Bicycle Classic, Road Race and Criterium, Grand Junction, CO, (970) 275-1711

September 5 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

September 9 — Race to the Angel, 20th Annual, 2800' climb, Wells, NV, (775) 752-3540

September 9 — Bogus Basin Hill Climb, Triple Crown #3, 34th Annual, Boise, ID, (208) 343-3782

September 16 — Mt. Charleston Hill Climb, Las Vegas, NV, 702-228-9460, steve@bristlecone.net

September 23 - October 8 — Nevada Senior Olympics, Must be 50 years or older, Cycling Four Events — 5K and 10K Time Trials, 20K and 40K Road Races. Plus all other sports. Call 702-242-1590 or nevadaseniorgames@earthlink.net



Weekly Rides

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

Utah and Regional Road Tours

June 3 — Little Red Riding Hood, women's only metric century ride, 35, 63, and 100 mile options, Wellsville, Cache Valley, (801) 943-2117 or president@bbtc.net

June 3 — Salt Lake City Marathon Bike Tour, 25 miles without stoplights through the streets of Salt Lake on the SLC Marathon course, start: 6:00 a.m. at the Olympic Legacy Bridge near the Fort Douglas TRAX stop, saltlake-citymarathon.com or email biketour@devinerace.com or call (801) 412-6060

June 3-4 — Treasure Valley Idaho MS Bike Tour, 50-200 miles, Boise, ID, (208) 336-0555

June 3-9 — Cycle Utah Spring, St. George through the National Parks, Southern Utah, Adv. Cycling Association, (800) 755-2453

June 4 — America's Most Beautiful Bike Ride, 35, 72, 100 miles, 15th Annual, benefit for the Leukemia and Lymphoma Society, Stateline, South Shore Lake Tahoe, NV, (800) 565-2704

June 10 — American Diabetes Association / Tour de Cure-Golden Spike Century, 25, 60, and 100 mile options. This ride is for a great cause in a beautiful rural setting. Box Elder High School, Brigham City, UT. For more information call 1 (888) DIABETES - email Gina Evans gevas@diabetes.org or register now at tour.diabetes.org

June 10 — Utah Summer Games Petroglyph Century, in conjunction with the Utah Summer Games, 50, 62, 100 mile options, Starts at the Cedar City Equestrian Center (just North of Hwy 56, west of Cedar City), through Hamilton, Kanarrville, New Harmony, Parowan, Summit, and Enoch, Cedar City, UT, (801) 677-0134 or (435) 865-8421

June 10 — Bob LeBow Bike Tour - "Health Care for All.", routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, help-

ing support primary health care for our most indigent patients, Nampa, Idaho, asandven@trhs.org or 208-467-4431

June 10 — Up and Over 100, BBTC Super Series, self-supported century, bottom of Emigration Canyon to Park City, Coalville, and back, (801) 943-2117 or president@bbtc.net

June 11-18 — Utah Border to Border Tour, St. George to Cornish (near Logan), 479 miles, (801) 556-3290

June 12- July 6 — Great Alaska Highway Ride, British Columbia to Alaska, rides@pedalerspubandgrille.com

June 17 — 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

June 17-18 — Cycle Idaho's 9th Annual Boise to Idaho City Tour, Boise to Idaho City (camp over night) and back to Boise, Harley Parson (208) 288-2327 or (208) 573-8123, cycleidaho.com

June 24 — 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) 233-0951

June 24-25 — MS 150 Bike Tour, Benefits MS Society and multiple sclerosis research, Cache Valley Veloists Bicycle Touring Club, 7AM registration/check in, 12 mi north of Logan on Hwy 91, 435-752-2253.

June 24-25 — Dual State, Dual Century Weekend Challenge, two 100-mile rides or two 50-mile rides, Tremonton, UT, (801) 556-3290

July 1-3 — Northwest Tandem Rally, Corvallis, OR, nwtr2006@nwtr.org

July 4 — Taterville 100, BBTC Super Series Ride, self-supported century, Wellsville to Idaho and back, (801) 943-2117 or president@bbtc.net

July 7 — Antelope by Moonlight Bike Ride, 12th Annual, This a popular non-competitive ride, held at night during the full-moon. Views are spectacular, food is delicious. ride goes from marina to the historic Fielding Garr Ranch, about 22 miles round-trip. Registration fee includes park entry, t-shirt and refreshments. For more information contact Neka Roundy, Davis County Economic Development, 801-451-3286 or tour@co.davis.ut.us

July 9 — Tour de Boise, Boise, ID, (208) 343-3782

July 9 — Mt. Nebo Loop, BBTC Super Series Ride, self-supported century, start in Nephi to Springville to the Mt. Nebo loop, (801) 943-2117 or president@bbtc.net

July 10 — R.A.N.A.T.A.D. Start at Sundance and ride down to Payson around the Nebo Loop to Nephi and then back up through Utah Valley to American Fork, then ride up AF canyon around the Alpine Loop and finish back at Sundance, 170 miles with over 13,000 feet of climbing, (801) 223-4849.

July 15-16 — Snake River Idaho MS Bike Tour, 55-110 miles, Idaho Falls, ID, (208) 336-0555

July 22 - 31 — Great Divide Wind River, Jackson to Lander, WY, dirt and road, Adv. Cycling Association, (800) 755-2453

July 22 - 28 — Cycle Montana, 319 miles, Adv. Cycling Association, (800) 755-2453

July 24 — Pioneer Century, BBTC Super Series Ride, self-supported century, Mountain Green, (801) 943-2117 or president@bbtc.net

July 29 — Stanley Challenge, Boise to Stanley, Boise, ID, (208) 867-2488

July 30 — Chalk Creek 100, BBTC Super Series Ride, self-supported century, Park City to Coalville to Chalk Creek and back, (801) 943-2117 or president@bbtc.net

July 30- August 4 — Bicycle Idaho, Sandpoint to Kellogg to Sandpoint, (541) 385-5257 or 800-413-8432

August 6-12 — Ride Idaho, 7 day supported bicycle tour, Melba, Glenns Ferry, Buhl, Shoshone, Sun Valley, Stanley, & Lowman, 208.344.5502 ext 315, rideidaho.org

August 11 — Freedom Peloton Charity Ride, A Charity Ride to raise money for the Larry H. Miller Charities, Downtown Salt Lake City, Karilyn Preston, 801-209-3337, karilyn@tourofutah.com, tourofutah.com

August 13-19 — Oregon Bicycle Ride XX, Klamath Falls to Lakeview to Klamath Falls, (541) 385-5257 or 800-413-8432

August 19 — ULCER, Century Tour around Utah Lake, 100, 74, 56, and 24 mile options, (801) 943-2117 or president@bbtc.net

August 20 — Promontory Point 120, BBTC Super Series Ride, self-supported century, 120 miles, Brigham City to Promontory, (801) 943-2117 or president@bbtc.net

August 26 — Desperado Dual, 200 mile double century in Southern Utah, 100 mile option, Panguitch, (435) 586-7567

August 26 — 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, 435-752-2253.

August 27 — Cycle For Life, benefit ride for cyclists injured in auto/bike accidents, 8, 30, 66, and 100 mile options, Huntsville Park, Huntsville, UT, (801) 556-3290

August 27 — The Big Ride, BBTC Super Series Ride, self-supported, 164 miles, Mt. Green over Monte Cristo, to Evanston and back, (801) 943-2117 or president@bbtc.net

August 27 - September 2 — BBTC Southern Utah Parks Tour, (801) 463-6016 and Bobrenwick@comcast.net

September 4 — Hooper Horizontal 100, BBTC Super Series Ride, self-supported century, State Agriculture Building to Hooper and Back, (801) 943-2117 or president@bbtc.net

September 9-19 — Utah Parks Tour, 493 miles, Southern Utah, Adv. Cycling Association, (800) 755-2453

September 10 — Tour de Tahoe, Bike Big Blue, 4th Annual, ride around Lake Tahoe, 72 miles, Lake Tahoe, NV, (800) 565-2704

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

September 10-16 — Southern Utah National Parks Tour, Cedar City, Zion, Bryce Canyon, Cedar Breaks, (801) 596-8430

September 16 — Sawtooth Century Tour, Ketchum, ID, info@sawtoothvelo.org or 208-726-0946, ext.1

September 17-23 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Blanding to Cedar City, 400 miles on scenic highways and through National Parks, fundraiser for young Native American education, (801) 278-6220

September 23 — Heber Valley Olympic Century, 50 & 62 mile options. Enjoy scenic Heber Valley during its autumn finest during this fun and challenging ride that visits the Olympic venues, fundraiser for Huntsman Cancer Institute, Contact Bob @ 801.677.0134, bike2bike.org

September 24-30 — OATBRAN, One Awesome Tour Bike Ride Across Nevada, 15th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

September 30 — Bikes for Kids with Dave Zabriskie, metric century (62 miles) plus 4 and 25 mile options

THE CURSE OF THE 13TH RIDE
Antelope by Moonlight Bike Ride
July 7, 2006

Join the ride starting at 10:00 pm at the marina at Antelope Island State Park. On-site registration begins at 8:30 pm.

For Information contact
Davis County Community Development 801-451-3286

Charity Ride to be Held in Conjunction With Tour of Utah

The first annual Freedom Peloton Charity Ride will take place on August 11th, 2006 on Stage 5 of the Larry H. Miller Tour of Utah in downtown Salt Lake City. The Freedom Peloton will be capped at 300 cyclists and will be one of the most elite cycling charity events in Utah.

Cyclists will raise money through the coming months for LHM Charities. Larry H. Miller Charities gives back to the community and focuses "united service and corporate giving on youth and children with an emphasis on health and education." The money raised from the Freedom Peloton will be distributed to programs throughout Utah that promote and educate children to lead healthy and active lifestyles. Emphasis will be placed on programs that provide educational tools in Utah schools, provide recreational facilities for children throughout the state and programs currently working to combat child obesity. A portion of the proceeds will also be donated to the Utah Bicycle Coalition to help educate and promote bike safety throughout the state.

Cyclists will be required to raise a minimum of \$100 to compete in the event. There will be four benefit tiers each consisting of perks to help motivate and encourage each rider. Based on the amount of money raised each cyclist will be placed in their fundraising tier and can receive benefits such as a tech shirt, cycling socks, Jazz tickets and an Official Freedom Peloton Jersey. There will be VIP passes to the Tour of Utah for the top five fundraisers, a custom fit bike for the second highest fundraiser, and a one-year lease on an official Tour of Utah vehicle for the top fundraiser.

This event gives amateur cyclists an exciting and unique opportunity to be involved in the excitement of the 2006 Larry H. Miller Tour of Utah.

To register visit: www.tourofutah.com or for more information call (801) 209-3337.

in Salt Lake City and Murray. We will be giving away 1,000 bikes, helmets and jerseys to disadvantaged children in the Salt Lake Valley. The start time is 7:00 am at the Costco in Murray and a bike safety and rodeo will be held at 11:00 for all kids. Contact Teresa at (801) 453-2296 or tmay@finsvcs.com.

September 30 - Tour de Vins 4, Bike Tour and Wine-Tasting Event, 16.5, 32 and 60 mile options, Idaho State University, Pocatello, ID, more info: FSAlliance.org, Tina 208-282-2854 or mladina@isu.edu

October 1-6 — Monument Valley & 4 Corners Tour, Monticello, UT, (801) 556-3290

Oct 6-8 — Moab Century Tour, Moab to La Sals and back, 45, 65, 100 mile options, Tour benefits the Lance Armstrong Foundation, 435-259-2698

October 7 — Yellowstone Fall Old Faithful Cycling Tour 2006, West Yellowstone, MT, (406) 646-7701

October 7 — Third Annual 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 Sugarhouse Park, ride will start at 10:30, will travel to mouth of Big Cottonwood Canyon and back. www.slcbac.org or call Jason at (801) 485-2906 or John Weis at (801) 278-3847

October 21 — Las Vegas Century, 22,37,55,80 and 110 miles, benefits Ronald McDonald House. (702) 340-1500

December 31 - January 1 — New Year's Revolution, century each day, 50, 70 mile options, Benefiting Utah Hemophilia Foundation, 8 am, Phoenix, AZ, Contact Bob @ 801.677.0134, bike2bike.org

Multi-Sport Races

June 3 — Kanab Triathlon Sprint, Swim 400 meters, Bike 10 miles, Run 3.1 miles Beginner, Swim 200 meters, Bike 5 miles, Run 1.5 miles, Kanab City Pool, www.kanabtri.com, 435-632-6012

June 10 — Saratoga Splash Triathlon, Sprint and kids division, Saratoga Springs Marina, 801-450-8477

June 17 — Telos Utah Valley Triathlon, Olympic and Sprint,

Benjamin, Utah, www.telosrtc.com, 801-368-8279 or email csnow360@yahoo.com

June 17 — Utah Summer Games Triathlon, Olympic and Sprint, Hurricane, Utah, utahsummergames.org/sports/triathlon.html, 435-770-3122 or email jared@sgtrifecta.com

July 15 — Blanding Hillman Triathlon, Swim mile, Bike 15 miles, Run 3.2 miles. Kids' triathlon July 14, Recapture Reservoir, Blanding, 435-678-1314 or email solsen@sanjuanschools.org

July 15 — XANGO Echo Triathlon, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

July 22 — Scofield Triathlon, Olympic, Sprint and Novice, the highest elevation triathlon in the USA, State Park Boat Ramp, Scofield, www.scofieldtriathlon.com email info@scofieldtriathlon.com

August 5 — Cache Valley Classic Triathlon, Hyrum Reservoir, Hyrum, UT (near Logan, UT), Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

August 19 — Nissan Xterra Mountain Championship, offroad triathlon, XTERRA: 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport: 750m swim / 15k mountain bike / 5k trail run, Pineview Reservoir to Snowbasin, 1-877-751-8880, xterraplanet.com

August 26 — Jordanelle Triathlon, Jordanelle Reservoir, Park City/Heber City, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

September 16 — Ogden Valley Triathlon, Pineview Reservoir, Huntsville, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/16mi Bike/5K Run, Olympic road: 1.5K Swim/32mi Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

BOOK REVIEW

Andy Pruitt's Complete Medical Guide for Cyclists

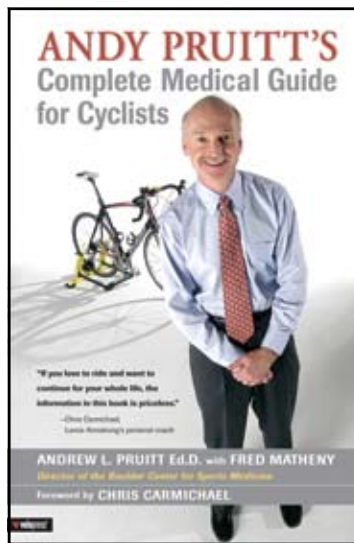
By Lou Melini

Mr. Pruitt, like myself, is a Physician Assistant in Boulder. I have been in Pediatrics with most of my practical sports knowledge from coaching soccer in addition to my clinic-based experiences. Mr. Pruitt's background is extensive as an athletic trainer, educator and consultant as chief medical officer for U.S. Cycling. Mr. Pruitt has a background in many sports, with cycling as his primary sport since college. He has accomplished himself as a category II racer, despite being a disabled athlete (below knee amputee at age 14). As a disabled athlete, he has 2 national and 2 world championships. His background is reflected throughout the book as he gives very detailed analysis to prevent, treat and rehabilitate various injuries that may disable cyclists. In addition the book provides several chapters to optimize power output and maintain comfort. Mr. Pruitt was also able to keep the main body of the book to a very comfortable 183 pages yet still appropriately call it "Complete Medical Guide..."

Mr. Pruitt is considered the world's guru on bike fit. He made the ultimate "house call" by flying to Italy to personally fit the professional Lampre team, including Giro de Italia winner Damiano Cunego. The first four chapters of the book is devoted to bike fit. The reader will have a very good understanding of bike fit after reading these chapters and may want to try out some of the recommendations with a local bike fit specialist.

The next six chapters, which dealt with cycling injuries, were of particular help. I am not aware of any other source that describes specific remedies for a multitude of conditions such as iliotibial band syndrome. The photos accompanying the injuries are invaluable, as Mr. Pruitt has drawn on the knees of his models to illustrate the location of the problem for the non-medical reader. He also offers a variety of causes for the injuries, bike adjustments to remedy the problem and preventive measures as well.

I was very excited to see a chapter entitled "Comfort and Performance". I think Mr. Pruitt is correct when he says, "comfort and performance can go hand in hand". I also enjoyed the chapter entitled, "What We Don't Know



(but wish we did)". It takes someone who is very insightful to have the ability to understand problems that do not have a clear answer.

I was disappointed in the chapter entitled, "Aging and the Cyclist", as it only discussed supplements and hormonal balancing. I am not a promoter of supplements of any type unless there is a documented deficiency. I thought that it could touch on physiological and mechanical changes that occur as we age, though he did

mention the decreased flexibility that occurs as we age in the bike fit section. I also thought that there might have been a little too much commercial endorsement of a particular company in one section of a chapter. I'll leave it at that and let the reader determine if I am correct or not.

This book should be read by anyone interested in cycling as it has information for all of us who want to enjoy the beauty of riding a bike efficiently and comfortably. Anyone who does bike fitting may want to consult with this book. Anyone who has a cycling related injury or discomfort from riding will benefit by reading the book. It is written in a manner that anyone can read and understand. You do not need a medical background to understand the book. This book will be a valuable addition to my library.

Andy Pruitt's Complete Medical Guide for Cyclists
By Andy Pruitt Ed.D. with Fred Matheny.
Published by VeloPress, Boulder, Colorado
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bikethewest.com
nevada's best bicycling events



Sunday, June 4, 2006
Satellite, South Shore Lake Tahoe, NV - 15th Annual. A great Century Ride around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program.

Sunday, Sept 10, 2006
Lake Tahoe, NV - 4th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline.



Sept 24-30, 2006
OATBRAN - 15th Annual "One Awesome Tour Bike Ride Across Nevada" - Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park.

For More Info call 1-800-565-2704 or go to bikethewest.com

Pick up a copy of cycling utah at your favorite bike shop!

Lotoja Needs Volunteers
It takes a lot of manpower and logistics to put on a 206 mile race. Lotoja needs volunteers to help out. If you are interested, please call Brent Chambers at (801) 546-0090 or email Brent Chambers brent@lotojaclassic.com.



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2204 North 640 West, West Bountiful
298-1740 — Open Saturdays 10-6

cycling utah

RACE RESULTS



12th Annual Showdown at 5-Mile Pass, Intermountain Cup Mountain Bike Racing Series Race #3, Lehi, Utah - May 6, 2006

12 & Under

1. Chandler Harr 19:14
2. Justin Griffin; UtahMountainBiking.com 20:27
3. Chris Jorgensen; Revolution 23:54
4. Galen Carter 23:55
5. Jackson Blauer 26:21
6. A.J. Jones; Red Rock 26:22
7. Zach Crane; Revolution 27:57
8. Griffin S. Park 28:01

9 & Under

1. Dallin Searle; Utah Mt Bike.com 09:07
2. Tristan Morse 09:21
3. Chelsea Layer; Team Oakridge 09:21
4. Jonah Fambro 12:47
5. Kolton Jensen 13:28
6. Scott Abbott; Revolution Peak Fastener 15:56

8 & Under

1. Merrick Taylor 01:02:04
2. Isaiah Somsen 01:03:24
3. Daniel VanWagner; UtahMountainBiking.com 01:03:27
4. Trevor Mortensen 01:04:47
5. Tanner Kottel; Porcupine/Specialized 01:18:05
6. Braden Meyers; Aspen Hills Cycling Team 01:40:38

7 & Under

1. Jordan Petersen; Utah Mt Biking.com 01:01:24
2. Chet Norman; Dixie Desert 01:02:55
3. Mike Galbraith 01:03:00
4. Benjamin Marks 01:03:45
5. Sean Hoggan; Peak Fasteners 01:17:57
6. Colin Hunsaker; Bingham Cyclery 01:33:29

6 & Under

1. Ryan M. Christensen 12:52:52
2. Willie Nelson; Racer's Cycle Service 12:53:10
3. Jared Richards; Mad Dog 12:54:44
4. Parrish Pontious; Bike Peddler 12:56:25
5. Jared Carmichael 12:56:51
6. Dennis Stacy 12:59:40
7. Travis Millward; UtahMountainBiking.com 12:59:41
8. Darek Axtman; Porcupine/Canyon Sports 12:59:58

5 & Under

1. Dan Richards 12:52:41
2. Scott Billings; Mad Dog Cycles 12:56:15
3. Matt Huff 12:57:16
4. Joe Christensen; Revolution 12:57:25
5. Aaron Tate; Parks Sports 12:57:51
6. Russ Tibbitts 12:58:02
7. Aaron Smith 12:58:38
8. Demian Reed; Rick Dees Racing 12:58:39

4 & Under

1. John VanWagner; UtahMountainBiking.com 12:56:59
2. Steve Bills; DNA Cycling 12:58:00
3. Mark K. Crosby; Taylor's Bike Shop 01:00:42
4. Douglas A. Steck; Golsan Cycles 01:01:22
5. Michael MacDonald 01:02:33
6. Gary R. Robbins 01:03:17
7. Glen Strickland 01:06:45
8. Cam Smith; Revolution Mtn. Sports 01:11:09

3 & Under

1. Brandi Hammon; Mountain Luxury 01:06:27
2. Christy House; Mad Dog Cycles 01:08:26
3. Mary Jean Preston; Mountain Luxury 01:11:37
4. Karen Mohrman; Logan Race Club 01:12:50
5. Kathryn Byrne; Cutthroat Racing/Spin Cycle 01:15:18
6. Elizabeth Brown 01:17:44
7. Nicole U. Miller 01:18:03
8. Megan Clark 01:21:38

2 & Under

1. Trent Wignall; DNA Cycling 12:55:28
2. Robin Brown; Pro Cyclery 12:55:29
3. Greg Johnson; Mad Dog Cycles 12:57:21
4. Aaron Mullins; Taylors Bike Shop 12:58:15
5. Charles Mills; Bills Bicycle 12:58:29
6. Mike Oblad; Hyland Cyclery 01:04:26

1 & Under

1. David Welsh; Cedar Cycle /Colorado City 02:21:03
2. Adam D. Lisonbee; Mad Dog Cycles 02:27:28
3. Reed Abbott; Revolution 02:28:00
4. Matthew Sutton 02:28:16

5. Britt Hawke; Bike Peddler 02:41:58
6. Christen Thompson 02:42:53
7. Adam Gurtler; Mad Dog Cycles 02:17:13
8. Jeremiah Smith; UtahMountainBiking.com 03:02:27

Expert Men 30-39

1. Jarom Zenger; Racing Cycle Service 02:13:39
2. Chris A. Holley; Mad Dog Cycles 02:17:13
3. Brad W. Pilling; Revolution - 1 credit 06 02:21:39
4. Marc Wimmer; Wimmer's Ultimate Bitler/LRC 02:21:55
5. Aaron Stites; Racer's Cycle Service 02:21:56
6. Derrick K. Batley; Team Red Rock 02:27:25
7. Tim G. Hodnett; Mad Dog Cycles 02:28:10
8. Drew Neilson; Logan Race Club 02:29:51

Expert Men 40+

1. Chris Bingham; Porcupine/Canyon Sports 02:27:48
2. Daren Cottle; Porcupine/Specialized Racing 02:33:27
3. Kevin W. Nelson; X-Men/Canyon Bicycles 02:35:47
4. Cory T. Petersen 02:36:52
5. Bryce Lyman; Mad Dog Cycles 02:40:29

Pro Men

1. Lisel Robert 01:53:19
2. Roxanne Toly; Jans 01:54:23
3. Ellen Guthrie; VMG 02:05:29
4. Bethany Neilson; LoganRaceClub/Wimmers 02:07:22
5. Maren Gibson; Racer's Cycle Service 02:45:25

Men 50+

1. Brad A. Mullen; Canyon Bicycles 01:47:08
2. Dwight Hibdon; Mad Dog Cycles 01:47:23
3. David B. Carter 01:51:37
4. Bill Dark; Mad Dog 01:57:59
5. Gary Kartchner; Golsans Cycles 01:59:53
6. Bruce R. Argyle; UtahMountainBiking.com 02:00:36
7. Craig D. Williams; Cutthroat Racing 02:04:12
8. Dave Roth; Cutthroat Racing 02:07:04

Men 57

1. Joel Quinn 01:07:09
2. Brent L. Petersen; Racer's Cycle Service 01:16:59
3. Ron Melton; Bingham Cyclery 01:21:58

Pro Women

1. Goeffrey Montague; Yeti/Desert Cycle 02:15:13
2. Trever Simper; Utah Mt Biking.com 02:23:02
3. Brandon(6) Firth; Biker's Edge/OJ Ortho 02:24:45

Pro Women

1. Sandra Bloomer; Independent Fabrication 02:41:07
2. Kara C. Holley; Mad Dog Cycles 02:48:28

Single Speed

1. Ken Bloomer; Independent Fabrication 01:37:48
2. Stephen Wasmund; Cutthroat Racing 01:48:41
3. Jeff Bulger; Parks Sportsman 01:54:16
4. Ryan Miller; Cutthroat Racing 01:59:14
5. Samuel Sloan; Revolution 02:04:13
6. J.J. Merrill; Legal Messenger 02:08:00

Men 30-39

1. Dan Richards 12:52:41
2. Scott Billings; Mad Dog Cycles 12:56:15
3. Matt Huff 12:57:16
4. Joe Christensen; Revolution 12:57:25
5. Aaron Tate; Parks Sports 12:57:51
6. Russ Tibbitts 12:58:02
7. Aaron Smith 12:58:38
8. Demian Reed; Rick Dees Racing 12:58:39

Men 40+

1. Shannon Bahrke; Revolution Mountain Sports 02:00:59
2. Janet Borg 02:01:28
3. Hannah Steele; Wild Mountain Honey/Teton Cycle Works/ Giant 02:02:41
4. Lucy J. Jordan; Team Revolution* 02:03:04
5. Kari Gillette; Team Sugar/White Pine Touring 02:06:12
6. Renee Rasmus; Team Sugar/White Pine Touring 02:09:32
7. Lex Gidley; Mad Dog 02:11:22
8. Lyma Saffell; Revolution Mtn. Sports 02:15:49

Men 16-18

1. Brent R. Randall 01:49:22
2. Jed Miller; Dixie Desert 02:01:01
3. Dave Larsen; UtahMountainBiking.com 02:03:58

Men 19-29

1. Ryan M. Bradshaw; Red Rock Bicycles 01:42:23
2. Aaron Packard; Racer's Cycle Service 01:43:36
3. Danny Christiansen; Team Red Rock 01:48:11
4. Jesse Sorenson; Mad Dog Cycles 01:49:56
5. Michael Marler; Bikeman.com 01:51:51
6. Brandon Wilde; The Mighty Pink Belt 01:51:56
7. Dan Fisher; Revolution 01:52:47
8. Neil Amosson; Oakley School 01:59:26

Men 30-39

1. Tony Gonzales 01:40:58
2. Michael Engberson; UtahMountainBiking.com 01:41:29
3. Ryan Ashbridge; Revolution Mountain Sports 01:41:30
4. Jeffrey R. VanBlarcom; Bikers Edge 01:42:57
5. Carson Chynoweth; Mad Dog Cycles 01:42:58
6. Craig L. Pierson 01:43:56
7. Gavin T. Cook; BikersEdge/Destination Homes 01:44:38
8. Joel Zenger; Racers Cycle Service 01:44:43

Men 40+

1. Alex Brozcol 01:43:01
2. Todd Winner 01:43:31

3. Paul S. Moote; Mad Dog Cycles 01:45:18
4. Bart Anderson; Little Valley Cyclery 01:45:19
5. Doug Davis; Cutthroat Racing 01:46:05
6. Marc E. Anderson 01:46:34
7. Dale Money; Dale's Mortgage Service 01:48:35
8. Cory Marler; Bikeman.com 01:49:13

Sport/Expert Men 13-15

1. Jed Harr 01:04:51
2. Stuart C. Povey; uteawesome.com 01:11:35
3. Jared Peterson 01:12:28

Women 35+

1. Leslie Knowlton-Fredette; Van Guard Media 01:01:25
2. Lori A. Frandsen; Revolution Mtn. Sports 01:07:43
3. Tina LaRocque 01:10:38
4. Heather L. Hemmingway-Hales; Revolution 01:13:21
5. Dot Verbrugge; Mad Dog Cycles 01:13:56
6. Jolene Nosack; UtahMountainBiking.com 01:16:43
7. Dorothy Parkinson; Taylors Bike 01:16:57
8. Sally Hutchings; UtahMountainBiking.com 01:25:22

Lava Rama Cross Country, Wild Rockies #3, Intermountain Cup #4, Lava Hot Springs, Idaho, May 13, 2006

12 & Under

1. Jesse Taysom 0:43:00
2. Rhet Povey Bike Shoppe 0:44:37
3. Galen Carter 0:44:45
4. Hunter Tolbert Big Trace Racing 0:45:01
5. Michael Niedrich 0:52:55
6. Luke Wilkins 0:54:21
7. Ryan Westermann New Moon Media/Spin Cycle 0:56:41
8. Sabrina Esposito Logan Race Club 1:08:04

9 & Under

1. Bryce Eggman 0:56:43
2. Chase Roper Wimmer Ultimate Cycles 0:57:55
3. Alex Brekuer 1:01:50
4. Eric Taylor 1:03:37
5. Katie Reed Reed Cycles 1:25:41
6. Jonah Fambro 1:37:34

Men 16-18

1. Casey Jensen 1:29:30
2. Eric Taylor 1:32:17

Men 19-29

1. Trevor Marsh Big Trace Racing 1:05:57
2. Neil Erdenbreck 1:12:36
3. Michael Tueter 1:14:13
4. Josh Rahl 1:16:58
5. Randal Clayton Stripling Warriors 1:22:56
6. Ahmad Rezaei 1:24:07
7. Chris Daniels Bikers Edge 1:24:24
8. Justin Moote Mad Dog 1:28:08

Men 30-39

1. Scott Billings Mad Dog 1:04:59
2. Matt Love 1:06:45
3. Joe Christensen 1:10:53
4. Travis Buzzard Revolution 1:13:20
5. Troy Clark 1:24:25
6. Marc Fletcher Arcadia Mortgage 1:36:01

Men 40+

1. George Ulmer 1:08:02
2. Doug Niedrich 1:14:47
3. Mike Welch ISU Volleyball 1:16:54
4. Rost Page 1:16:57
5. Kris Nosack Utah M. Biking.com 1:17:47
6. Michael Hill 1:24:42
7. Bob Olson 1:24:57
8. Steve Pline 1:25:27
9. Jim Kramer 1:29:16
10. Rusty Healy Rusty Healey Photography 1:32:28

Beginner Women

1. Meghan Buzzard Revolution 1:22:37
2. Kathryn Byrne Cutthroat Racing 1:32:28
3. Camila Esposito Logan Race Club 1:43:56

Clydesdale

1. Mike Oblad 1:32:01
2. Trent Wigmall DNA Cycling 1:34:17
3. Aaron Mullins 1:42:53
4. Charles Mills Bills Cycle 1:46:39
5. David Barrus 1:49:59
6. Robert Eggman 2:12:30
7. Chris Freeman Networks Plus 2:12:56
8. Jim Verthaal 2:31:55
9. Darin Stuart Autoliv 2:56:06

Exp Men 16-18

1. Alex Gordon 1:52:16
2. Tres Wilson Young Riders 2:15:52

Exp Men 19-29

1. Matt Sutton Wasatch Touring 1:39:11
2. Reed Abbott Revolution 1:40:12

Men 30-39

3. Calvin Squires 1:46:38
4. Harris McMullin 1:57:11
5. Jason Shuett 1:58:22
6. Carl Anderson Stripling Warriors 2:27:27
7. Chris Holley Mad Dog 1:34:10
8. Brad Pilling 1:37:09
9. Phil Vega Scott USA 1:39:12
10. Cary Smith Teton Cycle Works 1:39:19

Men 40+

1. Robert Westerman 1:44:04
2. Bruce Lyman Mad Dog 1:51:32
3. Troy Nye 1:55:43
4. Ken Chord Cole Sport 2:01:32
1. Roxanne Toly Jans 2:03:00
2. Amanda Riley Teton Cycleworks 2:03:01
3. Amy Klepetor Team Sugar 2:13:06
4. Stacy Newton Team Sugar/White Pine 2:17:13
5. Ellen Guthrie 2:17:49
6. Melissa Johns 2:19:29
7. Kristi Kendrick George's Cycles 2:26:08
8. Janet Munro Teton Gravity Girls 2:29:30

Men 50+

1. Bruce Allen Jans/Trek 1:26:30
2. Dwight Hibdon Mad Dog 1:29:14
3. Brad Mullen Canyon Bikes 1:30:06
4. Bruce Argyle Utah Mt. Biking.com 1:42:36
5. Bill Peterson Revolution 1:42:43
6. Dick Newton 1:46:04
7. Jim Pitkin Cutthroat Racing 1:51:39
8. Craig William Cutthroat Racing 1:52:30
9. Dean Huber 1:56:06
10. Gene Penecelet 2:18:16

Men 57+

1. Jim Westenskow Ogdan One 1:30:08
2. Joel Quinn Golsan Cycle 1:48:28

Pro Men

1. Bart Gillespie 1:56:30
2. Eric Jones 1:57:31
3. Eric Ransom Team Tamarack 1:58:35
4. Ryan Butterfield 2:03:27
5. Jonathan Gould 2:09:13
6. Jake Pantone Bikers Edge 2:09:53
7. Mitchell Peterson Devo 2:10:23
8. Darren Lightfield Team Tamarack 2:10:41
9. Shannon Boffelli 2:10:48
10. Ty Hansen Revolution 2:14:35

Pro Women

1. Kathy Sherwin 2:15:03
2. Sue Abene 2:26:54
3. KC Holley Mad Dog 2:33:22
4. Lorian Lightfield Team Tamarack 2:34:28
5. Jennifer Hanks 2:44:01

Single Speed

1. Reed Melton Sun Summit South 1:25:37
2. Brian Tolbert Big Trace Racing 1:33:13
3. Chris Howell 1:39:25
4. Ryan Miller 1:44:17

Sport Women

1. Tracey Petervary Fitzgerald's Bicycles 1:40:29
2. Kari Gillette Team Sugar/White Pine Touring 1:43:59
3. Jill Damman Teton Cycle Works 1:44:26
4. Hannah Steele Teton Cycle Works 1:44:53
5. Lucy Jordan Revolution 1:47:30
6. Jennelle Kremer Revolution 1:48:28
7. Meredith Brown Cutthroat Racing 1:49:19
8. Cathy Morton Team Sugar/White Pine Touring 1:49:20
9. Whitney Tompson Team Sugar/White Pine Touring 1:49:30
10. Lisa Watson Teton Cycle Works 1:57:08

Spt Men 16-18

1. Allen Steckmetz Lost River Cycling 1:24:24
2. David Larsen Utah Mt Biking.com 1:35:41
3. Jeff Sawyer Young Riders 1:38:36
4. Connor Caraina Giro 2:00:06

Spt Men 19-29

1. Jacob Balls Logan Race Club 1:23:36
2. Eric Denning 1:25:22
3. Ryan Bradshaw Red Rock Bike 1:26:47
4. Nate Carey Fitzgerald's Bicycles 1:28:23
5. Steve Qualette 1:29:09
6. Jesse Sorenson Mad Dog 1:32:19
7. Nate Denning 1:33:52
8. Trevor Thompson 1:34:27
9. Jesse Ellis Utopia Optics 1:34:40
10. Kyle Niedrich 1:43:19

Spt Men 30-39

1. Ryan Ashbridge Revolution 1:21:03
2. Kevin Donovan 1:21:04
3. Michael Piker Fitzgeralds Bicycles 1:24:10
4. Tim White Bikeman.com 1:27:43
5. Michael Engberson 1:27:44
6. Craig Pierson 1:29:29
7. Mike Winans Idaho State Police 1:29:59
8. Carl Goodfellow 1:30:51
9. Nick Morley Ken's Bicycle Warehouse 1:33:59
10. Rich Bruhn 1:34:06

Spt Men 40+

1. Doug Davis Cutthroat Racing 1:28:32
2. Marc Anderson 1:29:37
3. Paul Moote Mad Dog 1:31:19
4. Bart Anderson 1:31:34
5. Tom Henning Canyon Bicycles 1:32:55
6. Scott Toly Cole Sport 1:34:07
7. Lance Taysom 1:34:47
8. Steven Toly 1:38:11
9. Jim Harper 1:41:38
10. Fabian Esposito Logan Race Club 1:43:58

Spt/Exp Men 13-15

1. Brady Adams BYRDS 1:50:56

- Aaron Stites 1:39:26
6. Chad Harris Racer's Cycle Service 1:42:09
7. Richard Abbott 1:42:43
8. Tim Hodnett Mad Dog 1:45:06
9. Sam Moore Porcupine 1:46:06
10. Brad Newby Red Rock 1:46:34

Exp Men 40+

1. Robert Westerman 1:44:04
2. Bruce Lyman Mad Dog 1:51:32
3. Troy Nye 1:55:43
4. Ken Chord Cole Sport 2:01:32

Expert Women

1. Roxanne Toly Jans 2:03:00
2. Amanda Riley Teton Cycleworks 2:03:01
3. Amy Klepetor Team Sugar 2:13:06
4. Stacy Newton Team Sugar/White Pine 2:17:13
5. Ellen Guthrie 2:17:49
6. Melissa Johns 2:19:29
7. Kristi Kendrick George's Cycles 2:26:08
8. Janet Munro Teton Gravity Girls 2:29:30

- Bart Gillespie 02:44:14
- Chris A. Holley 02:50:14
- Alex Grant 02:57:31
- Geoffrey Montague 03:01:58
- Kevin Day 03:04:09
- Jake M. Pantone 03:04:53
- Shannon Boffelli 03:16:35

Pro Women

- Jennifer Hanks 02:29:48
- Kara C. Holley 02:30:31

Single-Speed

- Kenny Jones 01:26:16
- Tom Noaker 01:27:06
- Chris R. Peters 01:27:33
- Jeffrey Burger 01:37:28
- Forrest Gladding 01:38:49
- Tom Warr 01:41:19
- Eric T. Johnson 01:44:42

Sport Women

- Meredith Brown 01:51:32
- Kelli Beard 01:51:40
- Kari Gillette 01:52:55
- Hannah Steele 01:53:39
- Tanya Swenson 01:54:13
- Cathy Morton 01:55:12
- Jenelle Kremer 01:55:41
- Stacy Wooley 01:59:50

Sport Men 16-18

- Dave Larsen 01:43:48
- Jeff W. Sawyer 01:48:29
- Phillip D. Hovey 01:53:00
- Tyler M. Beyeler 01:53:31
- Eric B. Wilder 01:54:00
- Kellie(21) Williams 02:11:02
- Doug W. Johnson 02:32:58

Sport Men 19-29

- Nathan Carey 01:37:57
- Jesse Sorenson 01:40:28
- Dan Fisher 01:41:15
- Gabe Klamer 01:43:33
- Steven Brumbaugh 01:49:59
- Brandon Wilde 01:52:30
- Ben Hutchings 01:53:49
- Victor Murdock 01:54:20

Sport Men 30-39

- Richard Heckmann 01:31:29
- Ryan Ashbridge 01:32:12
- Carson Chynoweth 01:32:42
- Michael Piker 01:33:48
- Ryan Merkle 01:35:10
- Jack Gage 01:35:45
- Michael C. Engberson 01:35:51
- Tim White 01:38:30

Sport Men 40+

- Todd Winner 01:36:45
- Thomas L. Henning 01:38:34
- Scott Toly 01:39:56
- Bart Anderson 01:40:40
- Paul S. Moote 01:43:17
- Greg Fleming 01:44:35
- Jim Harper 01:45:55
- Charlie Mathews 01:46:17

Sport/Expert Men 13-15

- Dylan Klautt 01:12:12
- Jared Peterson 01:20:51
- Mason West 01:23:21

Women 35+

- Leslie Knowlton-Fredette 12:58:19
- Julie Lindstrom 01:01:18
- Heather L. Hemmingway-Hales 01:02:41
- Dot Verbrugge 01:03:55
- Gigi Austria 01:05:42
- Tina LaRocque 01:07:35
- Jolene Nosack 01:07:45
- Heidi Mathews 01:10:28



Road Racing

Buffalo Stampede Road Race, Antelope Island, Utah, May 6, 2006

- Pro/1/2 Men
- RYAN BARRETT; Sienna Dev't - Goble Knee Clinic
 - NATE THOMAS; Sienna Dev't - Goble Knee Clinic
 - Chris Pietrzak; Porcupine/Specialized Racing
 - Dave Harward; Porcupine/Specialized Racing
 - Nate Page; Biker's Edge

- SANDY PERRINS; Sienna Dev't - Goble Knee Clinic
- Todd HAGEMAN; Park City Cycling Academy
- Jeff SARGENT; FFKR Sportsbaseonline.com
- Jason CASTOR; Contender Bicycles
- Eric PARDYJAK; Park City Cycling Academy
- GARDIE JACKSON; Sienna Dev't - Goble Knee Clinic
- Chris Stuart; ICE/Rocky Mountain Surgery Center
- Skylere Bingham; Porcupine/Specialized Racing
- Todd POSSELL; NewMoon Cycling
- Aaron Jordin; Porcupine/Specialized Racing
- Eric Flynn; Park City Cycling Academy
- Brent Cannon; Vanguard Media Utah Premier
- Kyle Brown; Ogden One
- Patrick Ramirez; Park City Cycling Academy

Cat 3 Men

- Jonathan Gardner; Canyon Bicycles
- Kris Henthorn; Ogden One
- Mike SOHM; Bingham/Northshore
- Eric Rasmussen; Porcupine/Specialized Racing
- Clark MOWER; Sambucca/Contender
- Jake PANTONE; Bikers Edge
- Patrick FASSE; Vanguard Media Group Cycling Team
- Ben D'Hulst; Park City Cycling Academy
- Robert Bennion; RMCC
- Lance Christiansen; Logan Race Club
- Scott PATTEN; Vanguard Media Group
- Carl Majors; Rhodes
- Nick Ekdahl; ROCKY MOUNTAIN CYCLING CLUB
- Aaron Torres; SportsBaseOnline.Com
- Eric THOMPSON; Vanguard Media Group Cycling Team

Master Men 55+

- Ken LOUDER; FFKR Architects/SBO.com
- Henry EBELL; SLCC
- Gary Powers
- Shannon Storrud

1-3 Women

- Nisie VAN DE KAMP; Ivory Homes
- Kirsten Kotval; Ivory Homes
- Darcie Murphy; Ivory Homes
- Laura HOWAT; Vanguard Media Group
- Jen WARD; bicycle center
- Karen Appleby-Kriey; Logan Race Club/ Intermt. Medical
- Jamie Williams
- Laura Humbert; Vanguard Media Group Cycling
- Darcie STRONG; WWCC
- Ruthie SHAPIRO; Vanguard Media Group
- Laura PATTEN; Vanguard Media Group
- Shannon O'GRADY; Cyclesmith

Cat 4 Women

- Cherell Jordin; Porcupine/Specialized Racing
- Juel IVERSON; Ivory Homes
- Elaine Hunter; Vanguard Media Group
- Somia Maxfield
- Christy Turnbull; Sambucca/Contender
- Audra JESKE
- Kate Okenatez
- Kristin Vincent

Junior Women

- Leslie COOPER; Utah Premier
- Jillian Gardner; SBO Junior Racers
- Angela Clyde; LRC Junior Road Team

Junior Women

- Jillian Gardner; SBO Junior Racers
- Angela Clyde; LRC Junior Road Team

- Jamie Longe
- Mike Hansean
- Greg Freebairn; Porcupine/Specialized Racing
- STEVEN P LEWIS; ColeSport/ONEONE
- Mike Hadley
- Jeff CLAWSON; Canyon Bicycles
- Michael pavole; Canyon Bicycles
- Matt Peterson
- Kelly JONES; Rocky Moutain Cycling Club
- brian avery; canyon bicycles of salt lake
- Kenneth CHORD; Cole Sport
- Donald Armstrong; Autoliv
- Jeff Ure; Autoliv
- Darrell Davis; Contender Bicycles
- Ken Jones

Master Men 45+

- Chuck Collins; Idaho Cycling Enthusiasts
- Paul Skiba
- Mark Seltenrich; Cutthroat Racing
- Michael MACDONALD; Bountiful Mazda
- Charles Palmer; Vanguard Media Group
- Kevin SHEPHERD; Mi Duole
- Steve Ferguson; Morgan Stanley Cycling Team
- Nathan Armin; Cyclesmith; UT 59:13
- Darin WILSON; Mi Duole / Barbaoco; UT 59:15
- Adam Pascale; Vanguard Media/Utah Premier; UT 01:00:21
- John BRIDGE; sambucca; UT 01:00:55
- Shannon Storrud

1-3 Women

- Nisie VAN DE KAMP; Ivory Homes
- Kirsten Kotval; Ivory Homes
- Darcie Murphy; Ivory Homes
- Laura HOWAT; Vanguard Media Group
- Jen WARD; bicycle center
- Karen Appleby-Kriey; Logan Race Club/ Intermt. Medical
- Jamie Williams
- Laura Humbert; Vanguard Media Group Cycling
- Darcie STRONG; WWCC
- Ruthie SHAPIRO; Vanguard Media Group
- Laura PATTEN; Vanguard Media Group
- Shannon O'GRADY; Cyclesmith

Cat 4 Women

- Cherell Jordin; Porcupine/Specialized Racing
- Juel IVERSON; Ivory Homes
- Elaine Hunter; Vanguard Media Group
- Somia Maxfield
- Christy Turnbull; Sambucca/Contender
- Audra JESKE
- Kate Okenatez
- Kristin Vincent

Junior Women

- Leslie COOPER; Utah Premier
- Jillian Gardner; SBO Junior Racers
- Angela Clyde; LRC Junior Road Team

Junior Women

- Jillian Gardner; SBO Junior Racers
- Angela Clyde; LRC Junior Road Team

Utah State Time Trial Championships, 40 km, Elberta, Utah, May 13, 2006

Junior 13-14 Female, 10 km

- Jillian Gardner; SBO Junior Racers; UT 17:04

Junior 13-14 Male 10 km

- Tanner Putt; Cole Sport; UT 15:32
- Christian Zimbelman; UT 16:53

Junior 10-12 Male 10 km

- Taylor Eisenhart; SBO JR Racers; UT 17:49

Junior 15-16 Male 20 km

- Bruce HOFFMAN; Ogden One; UT 29:48
- Aaron torres; VELOSORT RACING; UT 30:51
- Bobby Cannon; UT 34:07
- CREED EBELL; SLCC; UT 35:01
- Dana HOFFMAN; Ogden One; UT 40:23

Junior 17-18 Male 20 km

- Adam STEINKE; Rhodes/RMCC; UT 30:54

Master 55+ Female 20 km

- Patty PUZ; Durance Cycleworks - Lehman Brothers; UT 35:12

Cat 4 Female 20 km

- April Jones; Rocky Mountain Cycling Club; UT 35:36
- Kim Trop; UT 36:40
- Debbie Chiquito; UT 37:06

Masters 45-49 Female

- Kathy Robinson; Intermountain Sports Medicine/ LRC; UT 01:03:33

Cat 1-3 Female

- Jen WARD; Wasatch Women; UT 01:01:00
- Nicole EVANS; UT 01:03:37
- Darcie STRONG; WWCC; UT 01:04:19
- Nisie VAN DE KAMP; Ivory Homes; UT 01:06:50

Masters 60-64 Male

- Lee BOURNE; Sambucca; UT 01:03:42

- Paul SCARPELLI; Ogden One; UT 01:04:22
- Masters 55-59 Male**
- Shannon Storrud; UT 01:07:31
 - Henry EBELL; SLCC; UT 01:13:37
- Masters 50-54 Male**
- Larry STROM; UT 56:25
 - Charles Palmer; Vanguard Media Group; UT 56:34
 - Lasse Bjerga; UT 58:43
 - Don BOWEN; Utah Valley Racing; UT 59:01
 - Steve Wilcox; Porcupine/Specialized Racing; UT 59:45
 - James King; King Racing; UT 01:00:03
 - Bill Cutting; New Moon Cycling; UT 01:00:25
 - Andrew Blank; Durance Cycleworks; FL 01:01:35

Cat 5/Citizens Male

- Jason Asay; UT 59:26
- Don Trop; Rocky Mountain Cycling Club; UT 01:04:00
- Todd Stowell; Rocky Mountain Cycling Club; UT 01:06:03
- Dennis Trop; Rocky Mountain Cycling Club; UT 01:08:10
- Jerrel Storrud; UT 01:08:34

Cat 4 Male

- Curtis Doman; Rocky Mountain Cycling Club; UT 56:30
- Kevin Rowe; ICE / ROCKY MOUNTAIN SURGERY CENTER; UT 58:06
- Nathan Armin; Cyclesmith; UT 59:13
- Darin WILSON; Mi Duole / Barbaoco; UT 59:15
- Adam Pascale; Vanguard Media/Utah Premier; UT 01:00:21
- John BRIDGE; sambucca; UT 01:00:55
- Shannon Storrud

1-3 Women

- Nisie VAN DE KAMP; Ivory Homes
- Kirsten Kotval; Ivory Homes
- Darcie Murphy; Ivory Homes
- Laura HOWAT; Vanguard Media Group
- Jen WARD; bicycle center
- Karen Appleby-Kriey; Logan Race Club/ Intermt. Medical
- Jamie Williams
- Laura Humbert; Vanguard Media Group Cycling
- Darcie STRONG; WWCC
- Ruthie SHAPIRO; Vanguard Media Group
- Laura PATTEN; Vanguard Media Group
- Shannon O'GRADY; Cyclesmith

Cat 4 Women

- Cherell Jordin; Porcupine/Specialized Racing
- Juel IVERSON; Ivory Homes
- Elaine Hunter; Vanguard Media Group
- Somia Maxfield
- Christy Turnbull; Sambucca/Contender
- Audra JESKE
- Kate Okenatez
- Kristin Vincent

Junior Women

- Leslie COOPER; Utah Premier
- Jillian Gardner; SBO Junior Racers
- Angela Clyde; LRC Junior Road Team

Junior Women

- Jillian Gardner; SBO Junior Racers
- Angela Clyde; LRC Junior Road Team

Masters 40-44 Male

- John Iltis; Cole Sport; UT 55:55
- Bruce Bilodeau; Porcupine Cycling; UT 56:26
- STEVEN P LEWIS; ColeSport/ONEONE; UT 57:39
- Rob VAN KIRK; ICE/Rocky Mountain Surgery Center; ID 57:51
- Greg Freebairn; Porcupine/Specialized Racing; UT 58:51
- Mike ILLIET; Ogden One Cycling; UT 01:01:29

Masters 35-39 Male

- Richard FELDMAN; Durance Cycleworks - Lehman Brothers; ID 48:34 (fastest time)
- Brent CANNON; Utah Premier; UT 54:25
- Jon GALLAGHER; Cole Sport; UT 54:32
- Robert SORENSON; Vanguard Media Utah Premier; UT 59:40
- Kelly JONES; Rocky Moutain Cycling Club; UT 01:02:36

Cat 3 Male

- Mark ZIMBELMAN; Utah Valley Racing; UT 55:52
- Jeff CLAWSON; Canyon Bicycles; UT 56:11
- Jonathan Gardner; Canyon Bicycles; UT 56:31
- Demetrius Houps; Park City Cycling Academy; CA 56:36
- Eric Rasmussen; Porcupine/Specialized Racing; UT 56:36
- Benjamin D'HULST; Park City Cycling Academy; UT 56:51
- Dustin Eskelson; BINGHAMS; UT 56:52
- Mike SOHM; Bingham/Northshore; UT 56:53
- Jamie Longe; Canyon Bicycles; UT 56:56
- Alvin Stewart; Blue Rain; UT 57:11
- Chris White; Rocky Mountain Cycling Club; UT 57:21
- Jason HENDRICKSON; Team Cyclesmith; UT 57:24
- Clark MOWER; Contender Bicycles; UT 58:35
- CLINT CARTER; Vanguard Media Group Cycling Team; UT 58:48
- Dantley Young; Sienna Dev't - Goble Knee Clinic; UT 59:09
- BRIAN BOUDREAU; UT 59:11
- Christopher DAVIDSON; guthries race club; UT 01:00:10
- Patrick FASSE; Vanguard Media Group Cycling Team; UT 01:01:23
- Carl Majors; Rhodes; UT 01:04:50

U23 Male

- Norman BRYNER; UT 56:20

Cat1/2 Male

- SANDY PERRINS; Sienna Dev't - Goble Knee Clinic; UT 52:06
- GARDIE JACKSON; Sienna Dev't - Goble Knee Clinic; UT 53:40
- NATE THOMAS; Sienna Dev't - Goble Knee Clinic; UT 53:55
- Dave Harward; Porcupine/Specialized Racing; UT 54:19
- Nate Page; Biker's Edge; UT 54:53
- Patrick Ramirez; Park City Cycling Academy; TX 54:56
- Todd HAGEMAN; Park City Cycling Academy; UT 56:11
- Eric PARDYJAK; Park City Cycling Academy; UT 56:44
- Kevin VAN LOON; FFKR/Sportbaseonline.com; UT 01:01:55
- Adam STEINKE; Rhodes/RMCC; UT 01:15:42

Aquafina Bear Lake Classic Road Race, Bear Lake, Utah, May 20, 2006

- Pro 1/2
- Marc Yap; Sienna Devt/Goble Knee 3:59:28.06
 - Art O'Connor; FFKR/SBO @ 0.05
 - Todd Hageman; PCCA @ 0.46
 - Jeff SARGENT; FFKR Sportsbaseonline.com @ 38.2
 - Ryan Barrett; Sienna Devt/Goble Knee @ 54.69
 - Chris Humbert; Vanguard Media Group Cycling @ 55.32
 - Kirk Eck; Sienna Devt/Goble Knee @ 58.37
 - Jesse Gordon; Park City Cycling Academy @ 01:01.0
 - Michael Bootz; Canyon Bicycles @ 01:03.4
 - Nate Page; Biker's Edge @ 01:03.9

Cat 3 Men

- Andrew KULMATISKI; Logan Race Club 4:15:17.6
- Scott Patten; Vanguard Media Group @ 0
- Greg Roper; Logan Race Club @ 10.69
- Mike Sohm; Bingham/Northshore @ 39.59
- Christopher DAVIDSON; Guthries Race Club @ 01:00.9
- BRIAN BOUDREAU @ 01:01.3
- Dan Minert; Autoliv @ 01:01.5
- Ted Tatos; Rocky Mountain Cycling Club @ 01:01.6
- Cameron Candelaria; Canyon Bicycles @ 01:01.7

Masters 35+

- Mark Skarphol; Colesport 02:09:24
- STEVEN P LEWIS; ColeSport 02:09:30
- Kyle Brown 02:11:16
- Scott Allen; Canyon Bicycles 02:11:16
- Tony CHESROW; Jan's 02:11:16
- Kurt Magsamen 02:13:23
- Kenneth CHORD; Cole Sport 02:21:37

Pro 1/2/3 Women

- Jill Wilkerson-Smith; Wasatch Women's Cycling Group 02:32:56
- Margaret DOUGLASS; Velosport Racing
- Nice VandeKamp; Ivory Homes
- Crytal Howard; Dobbiaco
- Jamie Williams; Intermountain Sports Medicine LRC
- Laura PATTEN; Vanguard Media Group Cycling Team
- Kelly CRAWFORD; Intermountain SportsMedicine/LRC
- Jen WARD; Wasatch Women
- Chellie Terry; Fitzgerald's Bicycles
- Karen Appleby; LRC/Intermountain Medicine

Cat 4 Men

- Manny Cypers 02:18:16
- John Totemeier; ICE/Rocky Mountain Surgery Center
- Brian Randall; RMCC
- CODY WIGNALL; SBO Junior Racers
- J. Darley; Logan Race Club
- Jeremy Clay; Vanguard Media Group/Spin Cycle
- Tim KELLEY; Fitzgeralds Bicycles
- Bret Peterson; Sienna Development/Goble Knee Clinic
- Jared Kirby; Sienna Development/Goble Knee Clinic
- Terry Huntley; ICE/Rocky Mountain Surgery Center

Masters 45+

- Mark CHRYSLER; DARE 02:11:16
- Darrell Davis; Contender
- Jamie Longe; Canyon Bicycles
- Kevin SHEPHERD; Mi Duole
- Anthony QUINN; 9th and 9th
- Bob Walker; Autoliv
- Farrell Spackman
- Scott Miles; Canyon Bicycles
- Stephen PUDLOCK; Ogden One Cycling Club
- Mitch WHITE; ICE/Rocky Mountain Surgery Center

Cat 4 Women

- Jamie Bennion; Intermountain Sports Med/ LRC 02:42:38
- Jill Damman; Teton Cycle Works
- Tracey Petervary; Fitzgeralds Bicycles
- Bethany Neilson; Logan Race Club/Wimmers
- Karen Mohr; Intermountain SM/LRC
- Dee Johnson; ICE/Rocky Mt Surgery
- Karen Hunt
- Melissa McDaniel
- April Jones; Rocky Moutain Cycling Club
- Elaine Hunter; Vanguard Media Group

Junior Men

- Tanner Putt; Cole Sport 02:42:42
- Kash Johnson
- Nathan Clyde; LRC Junior Road Team
- Tyler Wall; Team Evanston
- Kade Schvaneveldt
- Dana HOFFMAN; Ogden One
- Keith POWELL; Powell Ophthalmology

Junior Women

- Angela Clyde; LRC Junior Road Team 04:32:28

Cat 5 Men

- Colin England 02:12:56
- Craig WILLIS; CVENT
- michael loveland
- Bill Demong; Trek/VW
- nathan cisney
- Nate Stowers; Bikers Edge
- Quinn Bingham; Biker's Edge
- Drew Neilson; Logan Race Club/Wimmers
- Jacob Balls; Logan Race Club
- Jason Petervary; Fitzgeralds Bicycles

Masters 55+

- Ken LOUDER; FFKR Architects/SBO.com 02:11:16
- Roger HANSEN; Logan Race Club
- Gary Powers

Citizen Riders

- Gordo Wood 02:36:34

Male 10-16 and 16-20

- Kevin Deiber 02:36:34
- Jason Balls 02:36:34
- Jackson Couch 02:36:50
- Tim Merrill 02:53:07
- Darren Argyle 04:35:32

Male 21-25

- Kevin Deiber 02:36:34
- Jason Balls 02:36:34
- Jackson Couch 02:36:50
- Tim Merrill 02

MOVIE REVIEW

Wired to Win Looks at How Brain and Body Adapt in the Tour



By Dave Ward

Cyclists have long maintained that the Tour de France is the toughest and most grueling endurance event in the world. Many dispute this, but apparently the IMAX people were inclined to agree. "Wired to Win" is the IMAX production on how the human body, and specifically the brain reacts and adapts to stress, pain and sudden danger, particularly in human endurance. IMAX chose to study and present this in the context of the 2003 Tour de France.

Their choice of the 2003 Tour could not have been better. This was the most exciting Tour since Greg LeMond's thrilling 8 second, final stage victory in 1989. Additionally, stage 2 witnessed a horrific crash within a few hundred meters of the finish, taking several riders out of the Tour and injuring several others who continued on despite their injuries and pain. Finally, this was the Tour which saw Lance Armstrong jerked down by a yellow bag being waved by a young roadside fan. The 2003 Tour provided plenty of extreme endurance, pain and excitement for this IMAX venture.

This film focuses on Frenchman Jimmy Casper and Australian Baden Cooke. Casper was involved in the stage 2 crash resulting in, among other injuries, a painful neck injury. Cooke avoided this crash and went on to battle down to the final sprint fellow Aussie Robbie McEwen for the sprinters' green jersey.

The focal point of the film is an examination of the human body and its anatomy in reacting and adapting. The film uses excellent and engrossing graphics as it portrays the relevant features of the human anatomy and its functions. It then often cuts to footage from the Tour to illustrate in the racing action what has just been described.

An excellent example of this

occurs when the film describes the body's reaction to sudden surprise. The film had focused on the body's anatomy and function, particularly how the body receives and transmits signals of sudden danger, releases adrenaline, enlarges the lungs and rapidly increases the heart rate. Then, it cuts to the scene from the climb to Luz Ardiden where Armstrong, riding next to the side of the road, hooks the strap of a bag and is jerked to the ground. As you watch this, you are equally conscious, thanks to the film's prior description, of what is happening in Armstrong's mind and body. It was a fascinating feature in the film.

My wife and I were present at the 2003 Tour, and were aware that IMAX was filming the Tour for the purpose of this movie. We also knew that one of the persons on whom it was focusing was Tyler Hamilton. As many will recall, Hamilton was involved in the stage 2 crash and broke his collarbone. Nevertheless, he soldiered on, adapting as the race progressed, and subsequently won a major mountain stage and finished fourth in the Tour. We thought, "The people from IMAX could not have scripted this better."

However, though there was footage of Hamilton, including a couple of scenes showing his bandaging around his shoulder and across his chest, no mention was ever made of him. Of course, since the 2003 Tour, Hamilton has been embroiled in a scandal where he has suspended for blood doping. Apparently because of this, the decision was made not to mention Hamilton.

I felt that, despite this, his ability to continue on, adapt and perform well were good fodder for the subject matter of this movie. I believe there is a distinction between what advantages Hamilton may have had if he had been using such drugs, and how the body reacted and adapted

to his injuries. Still, from the producer's standpoint, I could also understand that, despite that distinction, focusing on Hamilton would be a deterrent to the public's perception of the film's validity. It put IMAX in a tough position, and while I wish it would have focused at least somewhat on Hamilton and his injuries, I cannot fault the decision that was made.

As always, an IMAX film is great to watch. The crispness of the footage and how it appears on such a large screen is a delightful experience. The quality of the production and documentary presentation is the best it can be.

We really enjoyed this film. It is a great experience for any viewer, and a delicious delight for cyclists.

Wired to Win is playing at the Jordan Commons Megaplex IMAX screen in Sandy.

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