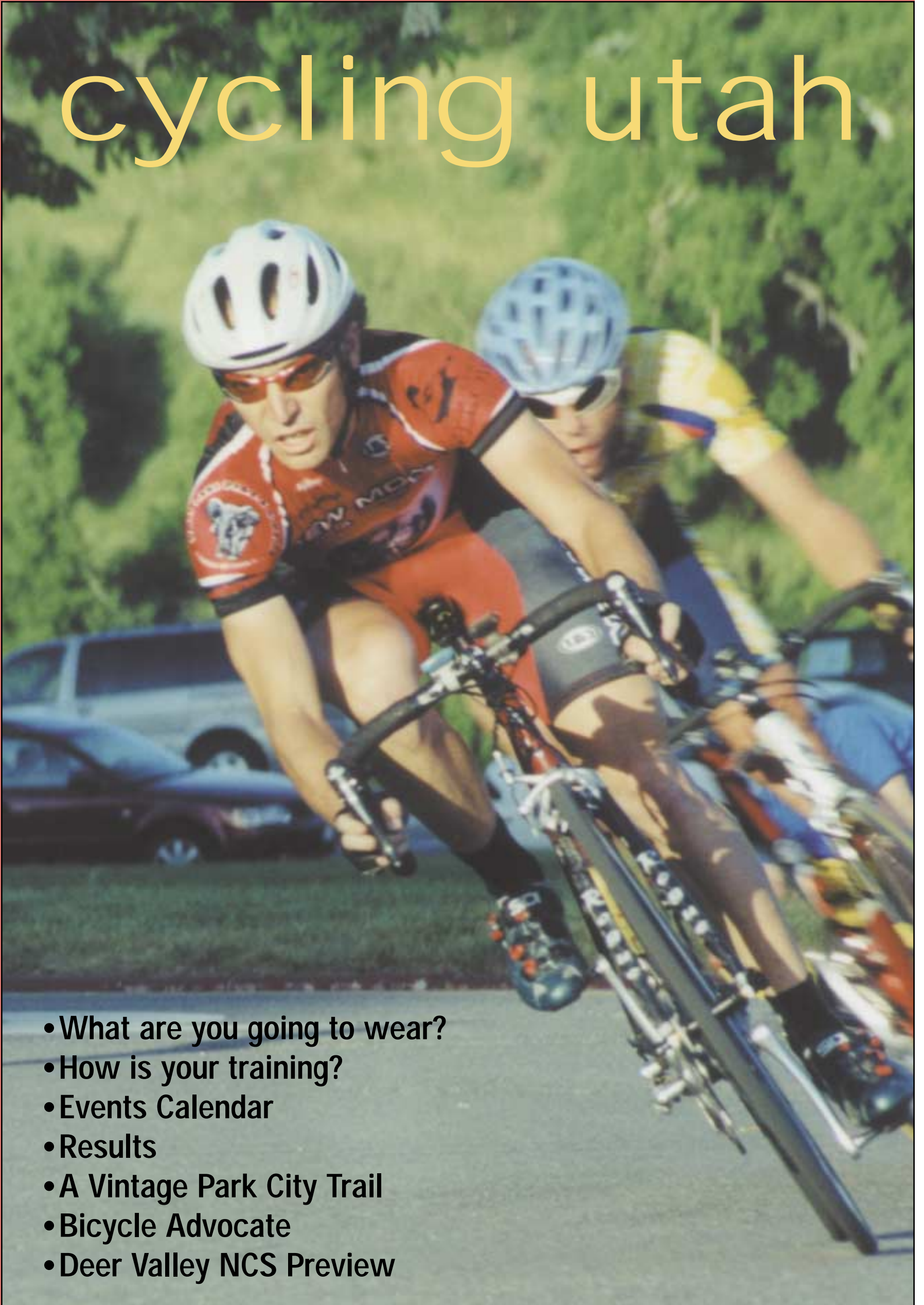


cycling utah



- What are you going to wear?
- How is your training?
- Events Calendar
- Results
- A Vintage Park City Trail
- Bicycle Advocate
- Deer Valley NCS Preview

SPEAKING OF SPOKES

Jon Smith is the Real Story

By Dave Ward
Publisher

In reporting cycling news, the motivation for a story is often an event. But occasionally, the real news is not the event itself, but a person whose character becomes intertwined with that event. In this case, the event is the Cycle Salt Lake Century. But the real story is about a man named Jon Smith.

First, the event. The Cycle Salt Lake Century ride has become an annual tradition for cyclists. Always scheduled in May, it occurs at a time when excitement for getting out on the bike is high. But it also occurs at a time when erratic weather can cause a promoter severe angst, and defeat the best laid plans.

Fortunately, all went well this year. The weather had been a bit erratic, such that I advised my daughter and tandem partner, Marielle, to bring a rain jacket. Even when I arose on the morning of the event, May 19, the sky was cloudy and it seemed the weather could turn either way.

By the time we started rolling, the sky was clearing and there was just enough of a nip in the air to warrant arm warmers and jackets. That was good, as it indicated that the temperature



might check itself and not punish us cyclists with a hot day.

Marielle and I had a great time. We saw and visited with many friends and acquaintances, one of the great benefits of this event. We ate well. And we even did the complete 100 miles. Not bad for an old man (I turned 50 this year), whose longest ride this year had been 40 miles, and a college student whose riding had been limited to a one mile stretch between school and home.

So, for the riders, the event was a success. But a good event for the riders is not necessarily a good event for the promoter. In this case, however, good karma was coming around. With almost 900 riders, this was the largest gathering for this event in the last few years. That, of course, translated into enough money to pay the costs of the event, and still leave some excess available.

Enough excess, in fact, to make several substantial charitable contributions. First, this was

primarily a charity event for the American Cancer Society's Man to Man Project. With \$5 per entry designated for the Man to Man Project, the contribution will be almost \$4500. In addition, \$1000 was donated to the Friends of Antelope Island, \$1000 to the Bonneville Bicycle Touring Club (which provides great assistance and support for this event specifically, and is a great boon to cycling in Utah generally), and \$1000 to the Mayor's Bicycle Advisory Committee.

But here is the kicker, and the reason that Jon Smith comes into the picture. You see, in March it was announced that the Cycle Salt Lake Century was being canceled. There were several reasons for this, and it is not my intent to delve into those. The fact is, when Jon learned of the cancellation, he stepped up. "I just couldn't see it not happening," he said.

Now Jon is not flush with money. In fact, the immediate problem was how he was going to finance the event. With no major sponsor, Jon took a draw against his credit card of \$5000. With that and a whole lot of effort, the event came off, and it came off in a big way.

With \$5000 at stake, Jon had his share of the jitters in the months leading up to the event. In fact, as the weather frolicked



The Cycle Salt Lake Century was over 900 strong this year and raised over \$6500 for charity.

Photo by David Ward

between extremes, so did Jon's stomach. But as he explained, "I was worried a few times when the weather was not clearing up and I started to sweat. Then, I put my mind at ease. The purpose was to put on a good ride, and if I did not get my money back, that was alright." Wow!

I have known Jon for quite some time. I became well acquainted with him nine years ago when *cycling utah* was launched. I quickly recognized Jon as being one of the nicest and most genuine persons I could hope to know. He is the kind of person you like to be around.

Jon is the real story here. His

position on my scale of esteem has been elevated several more notches. For myself and for the cycling community, I thank him for what he did for the Cycle Salt Lake Century. I also thank him for what he does for cycling.

More importantly: Jon, I thank you for who you are. You are an inspiration, and you deserve the best.

Cover Photo:
Christian Johnson cornering in the Downtown Criterium. See more on page 9.
Photo by Dave Iltis

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TRAIL OF THE MONTH

Lost Prospector-Round Valley Loop is Vintage Park City Biking

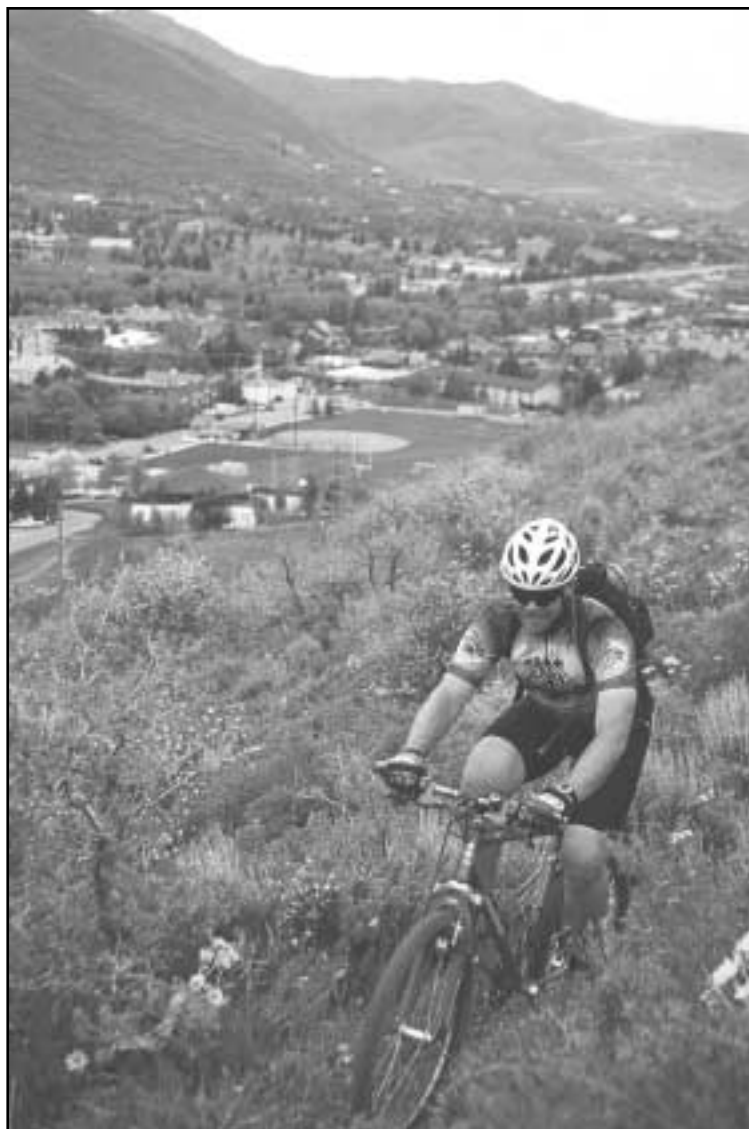
By Gregg Bromka

Like a fine wine that gets better with age, Park City has recently uncorked a new vintage of mountain biking trails that both locals and visitors will savor for years to come. Not that mountain biking in P.C. has ever been lackluster, hardly. Its hillsides have always been laced with a density of one-laners that few, if any, mountain resorts could match. But in the "old days," riding off road in Park City was largely a matter of fraternizing local circles to gain cardinal knowledge of secret stashes, poaching "social trails" across private property, and playing dumb when issues of trespassing arose. Times have changed. Through the concerted efforts of local cyclists, trail advocacy groups, businesses, and private landowners alike, Park City's trails have gone mainstream and have developed into a carefully planned system that will stand the test of time.

Unfold the Park City Hiking and Biking Trail Map (free locally), and you'll find a perplexing network of trails--color-coded for difficulty--spun together like a spider's web. The possibilities are endless, which makes the task of deciding where to begin and end your ride that much more challenging. What Park City needs is a definitive guidebook to give first-time and return riders "the goods" on it all, and you can probably guess where I'm leading with that thought. In 2002, Park City will be not only a focal point for the Winter Olympics but it will come of age and receive its first ever mountain biking guidebook: Mountain Biking Park City & Beyond.

Here's one combination of three new routes that makes for a perfect early season jaunt while you're waiting patiently for trails higher up on the ski resorts' slopes to melt out. The climbs are modest, the views are stunning, and the singletrack is sweet, making it a great ride to jump start your spring fitness and to whet your appetite for tasty trails that await in Park City, the Wasatch Range, and the Uinta Mountains.

Lost Prospector-Round Valley



Joe scouts out one of Park City's sweet singletracks

Photo by Gregg Bromka

Loop incorporates trails built recently by the Mountain Trails Foundation--a non-profit advocacy group dedicated to the preservation and construction of trails for all non-motorized use in and around Park City. The 17-mile loop begins at City Park by circling around Masonic Hill on oak- and aspen-shaded single-track and then utilizes a short segment of the Union Pacific Rail Trail to link with Round Valley on the outskirts of town. Smooth-flowing singletrack rolls over oak and sage hills on a forever-curving course leading to the edge of spacious Parley's Park. A couple miles of paved road lead to the last leg where you cool down on the utterly mellow McLeod Creek Trail and return to town.

Location: Northern sector of Park City.

Distance: 17-mile loop.

Tread: Dirt singletracks, gravel recreation paths, and paved roads.

Aerobic level: Moderate. Lost Prospector Trail contours copiously and Round Valley has two moderately easy climbs. Paved roads and McLeod Creek Trail are nearly flat.

Technical difficulty: Low to moderate. Singletracks are mostly smooth hard-packed dirt with intermittent zones of loose tread and rocks. Tight but biker friendly switchbacks will quickly hone your handling skills.

Elevation change: Between 6,400 feet and 7,000 feet. Total gain is about 1,300 feet.

Season: May through November or when Park City (town) is snow-free.

Access: To reach Park City City Park, take Exit 145 from I-80 (Kimball Junction) and travel south on UT 224 into Park City. City Park is located a few blocks past the junction with Deer Valley Drive. (Round Valley's west trailhead is 2.4 miles along Old Ranch Road, which is located 2.3 miles south of Kimball Junction or 0.4 mile north of the Canyons Resort turnoff. Round Valley's east trailhead is 0.1 mile from the US 40/UT 248 interchange and on the access road to the National Ability Center.)

Notes on the trail: Your first task is a roundabout effort to reach the nearby Lost Prospector Trail. From Park City City Park (what a name), head up toward Old Town on the paved Poison Creek Trail (or take Park Avenue if the path is still blocked by construction). Go left on Lower Main then left again on Deer Valley Drive--be cautious of traffic. Turn right immediately on Aerie Drive for Masonic Hill and chug up the steeply pitched road for 0.1 mile to catch Lost Prospector Trail forking sharply left (look for the post). You'll climb a touch more on dirt and rock singletrack (ignore junctions) before catching a lovely contour as the path bends east with overlooks of "New Town" and of Park City Mountain Resort. Wiggle and Giggle around the shady north side of Masonic Hill through oak, serviceberry, and patches of aspens. Along the way, you'll bend through three distinct hollows; again, ignore all junctions and stay on the contour. After the Prospector residential area and Treasure Mountain Middle School fade away behind and below, fork left at a prominent Y-junction to descend 13 tight switchbacks to the Union Pacific Rail Trail.

To get over to Round Valley, follow the Rail Trail right to where it crosses a dirt road and take the road left to UT 248. Go right on UT 248 for 0.5 mile and turn left on a road posted "Dead End" to arrive at the signed trailhead near the entrance to the National Ability Center.

The singletrack crosses the Center's paved access road twice then rises moderately around a sage-covered knoll. (If you pause a moment at the second road crossing, you'll be serenaded by a chorus of croaking frogs making residence in a nearby pond.) Cross a doubletrack twice and come to a Y-junction in the trail; fork left on the "more difficult" High Loop Trail (no harder overall than the right-forking "easiest" trail) for an ascending traverse through the oak brush and then motor up through a half dozen turns to a small summit. A spirited descent winds through a four-way fence corner and into Round Valley itself. Jog right then left to follow the pipeline doubletrack to a second climb. The descent to the Old Ranch Road Trailhead dodges and weaves across the sunny slopes while serving up beautiful sights of the preserved open spaces of Parley's Park and of the handsome outline of the Wasatch Range.

To close the loop, you'll have to pound the pavement a bit by taking Old Ranch Road just shy of 2 miles to the McLeod Creek Trail. The wide, graveled path skirts farm pastures before coursing through peaceful wetlands alongside a babbling brook. Ride parallel to UT 224 on the cindered path then either take the underpass to the paved Farm Trail back to town or continue on the McLeod Creek Trail to Holiday Ranch Loop Road. Regardless, you'll wrap up your ride by pedaling a short distance on Park Avenue back to City Park. Fun stuff!

Excerpted from Mountain Biking Park City & Beyond, by Gregg Bromka (due out spring 2002)



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BIKE ADVOCATE

Your Input Needed for SLC Bicycle Master Plan

By Chris Quann

The big news on the advocacy front this month is that Salt Lake City is undertaking an inventory of bicycle and pedestrian needs for the purpose of creating a Bicycle and Pedestrian Master Plan. This is the best opportunity for us in the cycling community to voice our needs and concerns about the state of roads and other facilities in the City. Though there is no guarantee that all our wishes will be fulfilled, it is important that the document accurately reflect our needs and desires. This way we can point to the document and say: "See, it's right here in the Master Plan." The Master Plan, being a manifestation of city policy, then becomes a tool we can use to apply pressure to get what we want.

Jill Wilkerson-Smith, no stranger to racers who read Cycling Utah, is on the steering committee guiding the creation of the master plan. She recently sent out an email that asks:

- 1) What/where are the top 3 to 5 pedestrian or bicyclist problems or issues in your community?
- 2) What are the major barriers or obstacles in your community that make it difficult for pedestrians and bicyclists to get around?
- 3) What are the key opportunities or corridors in your community that should be developed to help pedestrians and bicyclists? Your mission, should you choose to accept it, is to think of what would improve cycling in the city and relay that information to the people working on the Master Plan. Here are a couple examples:

1) The railroad crossings at 200,

800, and especially 1700 South all really need to be smoothed out.

- 2) Accident sites should be cleaned, not just by pushing debris to the side of the road where we ride.
- 3) A north/south route needs to be preserved around 5600 West.

Obviously, this is just the tip of the iceberg. We need you to contribute your thoughts to make sure we describe the whole iceberg. You can do this a number of different ways:

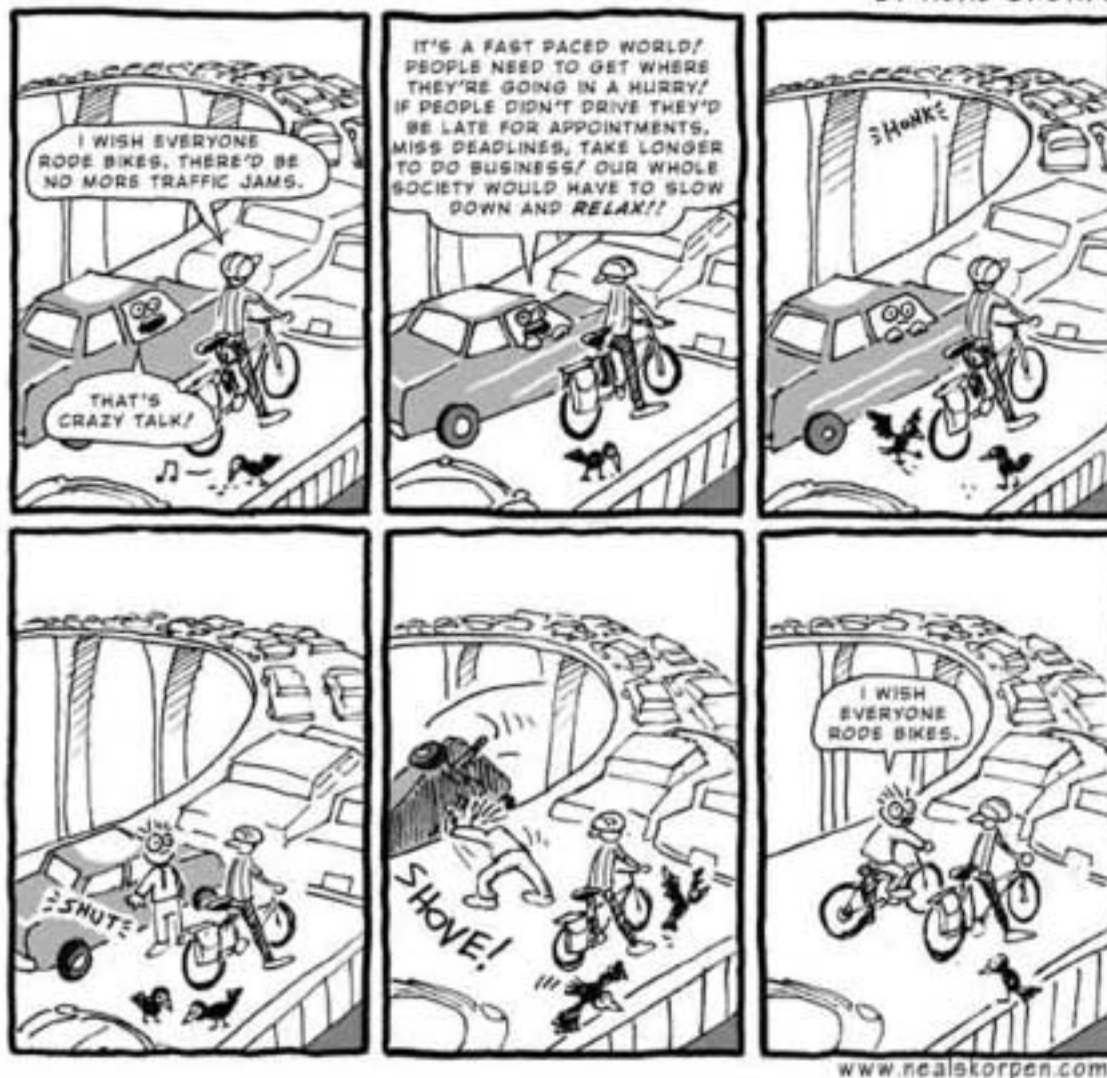
- 1) Email your ideas to Jill Smith at jill.wilkerson-smith@ci.sl.c.ut.us or me at

chrqua@njraarchitects.com. Preferably both. You can also reach Jill at 535-7243.

- 2) Attend one of the Open Houses seeking input. These are tentatively scheduled for June 26 and 27 at Day-Riverside and Sweet Libraries from 4 to 8 p.m. Keep your eyes peeled for

CYCLOTOON

BY NEAL SKORPEN



Wyoming Goes Wild With Rumble Strips

Although Colorado and Utah are making slow progress on rumble strips, Wyoming is an impending disaster. The Wyoming DOT is planning to rumble nearly a thousand miles of highway this summer with a 16" wide, aggressive design. They're planning to rumble the shoulders on nearly half the highways in the state, every road with 6' or greater shoulders.

If you bicycle in Wyoming, contact WYDOT Director Sleeter Dover and Chief Engineer Del McOmie, 5300 Bishop Boulevard, Cheyenne, WY 82009-3340, phone 307.777.4484 to express your concern that installing these rumble strips will be a grave danger to bicyclists. At the very least, WYDOT should wait until FHWA releases its technical advisory. Contact Governor Jim Geringer, State Capitol, Room 124, Cheyenne, WY 82002, phone (307) 777-7434 or www.state.wy.us/governor/staff/staff.html and stress that installing extensive rumble strips on major bike corridors could adversely affect bicycle tourism in the state.

-courtesy of Bicycle Colorado

details. Please take this opportunity to make your voice heard. You'll be glad you did.

Chris Quann is the chair of the Salt Lake City Bicycle Advisory Committee and a Cat. 3 Racer

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COACH'S CORNER

Evaluate the Effectiveness of Your Training Program

By Christine Iltis

So, you say you've been riding 12 hours every week for the last few months, doing long rides, intervals, everything you should be doing to race well, but you are not racing as well as you think you should be given your mileage base. What gives? Here are some points to ponder.

Have You Rested Enough?

Have you incorporated adequate rest intervals into your training program? Anecdotally, women seem to suffer from overtraining more than men. The women who are attracted to the sport of cycling are very driven. They are not afraid of hard work, but they are often afraid of not doing enough work. There is a tendency to think that if they are getting dropped in races, they need to go out and train harder and longer in order to catch up. This is not always true. If you are not giving your body enough time to recover from hard workouts or races, you are actually DETRAINING your muscles. Those extra miles you put in are simply driving you deeper into a hole which is very difficult to get out of. How do you know if you're overtrained?

It's sometimes difficult to tell. However, some signs of overtraining are loss of appetite, frequent injuries with longer than normal healing times, irritability and/or emotional instability, and insomnia or excessive sleepiness. It is important to always keep in mind that training adaptations do not occur during your training sessions, they occur during your recovery periods. Rest periods need to be a planned-component of your training program.

Have You Trained Hard Enough?

If your training consists of many long rides where you simply pedal for hours at a time at a pace that seems "pretty difficult" for you, you are not doing the right type of training. Research has shown that LSD (long, slow distance) riding is a very inefficient way to build cycling fitness. Much greater adaptation can be accomplished by shorter workouts which incorporate structured intervals. The only way to increase your speed is to train your muscles to work at speed. When the break got away at RMR last week, you went so hard you felt like you were going to throw up. Have you

ever felt that way in your training sessions? If not, your intervals weren't hard enough. Structured training is not fun and games. It is quite painful! The fun and games comes in when you finally make it into that break at RMR and you are the one making someone else want to throw up.

Have You Trained Easy Enough?

If you are making your intervals difficult enough, you must also be sure to make your easy rides very easy. I find these sessions to be even more painful than the interval sessions. Why? It's tough to go easy into the wind or in traffic (I prefer rollers for this very reason). Recovery rides must be done at a very low heart rate and high pedaling cadence. You want to move your muscles in the same pattern (round and round and round) you used them when you went hard, but with little to no pressure on the pedals. Easy spinning not only helps improve your motor pathways, but also increases the blood flow to your tired muscles. Increased blood flow will help to clear out the metabolic waste products still "hanging around" in there after

that difficult training session yesterday. You should feel relaxed and refreshed after a recovery ride.

Christine Iltis is a biology professor at Salt Lake Community College. She has a B.A. in Biology and an M.A. in Human Biodynamics, both from the University of California at Berkeley. She is a member of the American Physiological Society and the American College of Sports Medicine. She has been a cat 2 bike racer since 1994.

Coach's Corner Question and Answer

We will alternate articles and training questions in *The Coach's Corner*. We will try to answer questions you may have about training, nutrition, etc. Please send your questions to consultjr@aol.com or fax to (801) 263-1010. The subject heading should be Cycling Utah Coaches Question. You must include your name and phone number in case a referral needs to be made to an appropriate professional.

Dealers sold the recalled forks on framesets and bicycles from September 2000 through April 2001. The framesets sold for between \$500 and \$1000, and the bicycles sold for between \$1000 and \$4,500.

PROBLEM: The forks can break during use causing the rider to lose control of the bicycle, fall and suffer serious injuries.

INCIDENTS/INJURIES: Giant Bicycle, Inc. has received two reports of the forks on these bicycles breaking resulting in one minor injury.

WHAT TO DO: Consumers should stop using these bicycles immediately, and return them to the nearest Giant Authorized Dealer for a free inspection, and, if necessary, repair. To determine if the bicycle fork is part of this recall and for more information, call Giant Bicycle, Inc. at (800) USGIANT (874-4268) between 8 a.m. and 5 p.m. PT Monday through Friday.

Giant Fork Recall


Giant Bicycle, Inc., of Newbury Park, Calif., is voluntarily recalling about 2,400 Giant-brand bicycle front forks. These carbon fiber forks were sold on 2001-model Giant TCR Team, TCR 0, TCR 1, TCR 2 and OCR 1 bicycles and framesets (an unassembled bicycle frame and fork). The recalled forks have a date code on the steer tubes:

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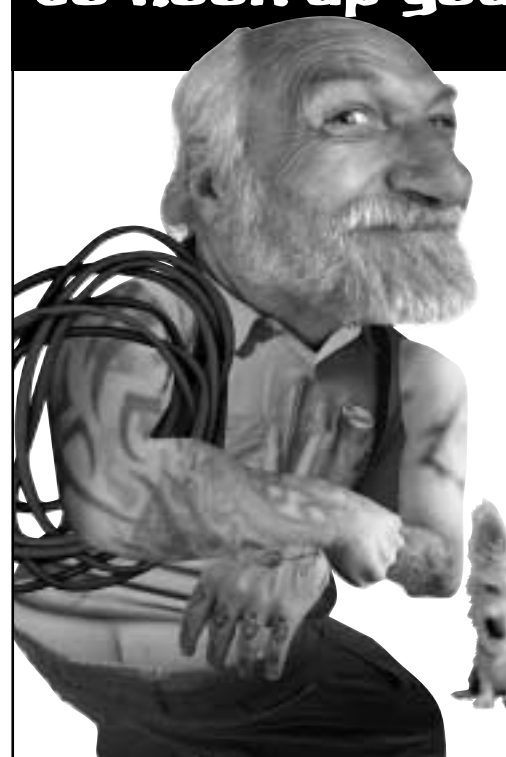
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MECHANIC'S CORNER

What You Wear is as Important as What You Ride

By Tom Jow

The modern bicycle is not the only piece of cycling equipment that has benefited from the advances in new technology. With the development of fabrics such as CoolMax, FieldSensor, Technifine and others, modern cycling clothes are far more comfortable than those designed just a decade ago. It is ironic that most winter sports enthusiasts will not go skiing without the benefit of technical fabrics such as Gore-Tex, Polarfleece, or Capilene. However, many cyclists continue to wear cotton t-shirts, regular shorts, and hiking shoes. Let's take a look at cycling wear from the top down.

Helmets: The least expensive helmet today (approximately \$30) has more ventilation, a better fit and more protection than the most expensive helmet in 1990.

Tops: Traditional cycling jerseys have a more aerodynamic fit than a T-shirt and they also have pockets in the back for food, money and tools. There are now jerseys with a relaxed fit for a more casual look. Multi-sport tops also have a relaxed fit, but no pockets. These tops work well with a hydration pack. All these jerseys utilize highly breathable fabrics that wick moisture away from the skin leaving the rider drier and more comfortable.

Bottoms: Riders complain more about their butt than any other body part. Traditional cycling shorts fit skin tight for aerodynamics and to reduce bunched up fabric. They also have a thin pad for comfort. There is also a new casual riding short, the baggy double short. This short features a cycling short inside of a nylon outer sport short. The double short offers both comfort and a casual

look. The highest quality racing shorts offer a better fit by using more fabric panels to conform better to the human anatomy. Designed with the most breathable fabrics and highest quality pad, these shorts have no equal. Buy the best you can afford and your body will love you for it.

Shoes: Shoes connect you (the engine) to the pedals (the transmission). To enhance this interaction, cycling shoes are stiff under the foot for efficient pedaling power. Casual styles are better than hiking shoes or sneakers, yet are still comfortable to walk in. Mountain bike racing shoes are stiffer than the casual riding shoes but are still comfortable for the occasional hike-a-bike. Road racing shoes are the lightest and stiffest cycling shoes. They are also the slipperiest if you need to stop in at the 7-11.

Accessories: A headband under the helmet improves fit and keeps sweat out of the eyes. Arm warmers are the sleeves with no jersey. Leg warmers are the pant leg without the shorts. Easily removed and carried these two items can minimize layers for spring, fall, and summer mountain riding. To complete your ensemble carry a nylon vest or windbreaker that fits easily in a jersey pocket or hydration pack.

In all sports, comfort is key. Breathable fabrics keep us drier and more comfortable than cotton. Clothing designed for cycling works better for just that, cycling. Not only do they fit better; they also have convenience features that have evolved over a century of the sport. All these items may seem expensive or unnecessary but having them on the right (or wrong) day can make the difference between a good and a bad ride.

Tom Jow is the manager of Wild Rose and a former US Women's National Team Mechanic.

Utah Valley Bike Map

Ever been up at night wondering about alternative transportation in Utah County? You can finally sleep well now that The Utah Valley Bike, Walk & Bus Guide is available. The map stretches from Lehi to Spanish Fork and displays bike routes, mountain bike trails, bus routes, safety information, as well as local attractions. It is available from the Mountainland Association of Governments by calling (801) 229-3800.

Contender Moves

Contender Bicycles is moving to 9th and 9th in Salt Lake City. Owner Ryan Littlefield said that, "we think that relocating to 9th and 9th will allow us to service our road bike clientele best." You can find their new address and phone in the shop directory.

Canyon Bicycles Moves

Canyon Bicycles (Draper Store) is moving to a new location in Draper. They'll be sporting a new dirt test track in the back of the store for mtb demo rides. You can find their new address in the shop directory.

Women's Challenge on Television

The excitement of the Hewlett Packard Women's Challenge cycling race comes to television when CBS Sports broadcasts the 2001 race on Saturday, July 14 at 2:00 p.m. MDT. The one-hour telecast will highlight all stages of the 12-day race. The event is one of the world's toughest races both for the caliber of competitors and the demanding nature of the courses. The 2001 race runs from June 13-24 and will cover over 688 miles of Idaho terrain.

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Cat 4, 5	\$500 purse, no cash, prizes only 6 pm race start / \$20 entry fee

Mail registrations to: Boise Cycling Club
251 E. Front St., Suite 100 / Boise, ID 83702
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For more information: Contact
Mike Cooley, 208-343-3782

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Route 211

Whose Idea was the Front Derailleur?

By Greg Overton

I've been thinking a lot about front Derailleurs lately. I can't get them out of my head for some reason, and I think I need help. I mean, think about all the cool parts on a bicycle - especially a modern day rig with all the latest gadgetry. Disc brakes that mimic the motorized machines speeding around, suspension technology, shifters, exotic materials...and then there's the Gomer Pyle, nay Goober Pyle, of the bicycle - the front derailleur.

Now, I'll admit, there have been attempts to dazzle us with front derailleur technology. There are the variations of a theme like top pull, bottom pull, top swing, bottom swing, a whopping three whole clamp sizes, even that "rabbit from a hat" trick - the pulley mounted to the frame to make us think that what was actually a bottom pull derailleur was REALLY a top pull. Who was responsible for this bombshell? I think I saw "Q" give something like this to James Bond in a movie once.

What remains through all this is the same basic metal contraption (except for Sram) that



crudely grunts the chain from one chainring to the other by giving it a basic, low tech shove. Gees, it's not even indexed! How long have indexed rear derailleurs been around? And the front gets none of that rocket science. I'm wondering if it's a matter of respect, or is it simply that the front derailleur is just too complicated for humans to improve upon?

Today's models are not much different from the original front derailleur which had a handle that required the rider to reach down and move it over. This handle was connected to a set of parallel cages that looked like - well just look at any derailleur today, and you will see what these original ones looked like.

See what I mean? Someone just cut off the handle, and connected a cable to it that created the shove from a shift lever instead of a rider's hand. And it's been that way for forty something years. Heck, I'm waiting for some marketing genius to revolutionize the bike world by creating some new front derailleur with a titanium rod that comes up beside the seat tube, and eliminates all the weight of front derailleur cables and housing! Hmmm...where's that phone number for Vicenza? "Hello, Campagnolo?"

Even the French are stumped. Mavic has electrified rear shifting. Twice. Well, once and a half, anyway. And they don't even know what to do with the front derailleur! Imagine those design meetings. "What about the front derailleur?" "Well, we got these really cool looking levers that mount onto the bar, uh, but the front shifter, eh, well, we just put it back down on the down tube. Yeah, that's it...uh... it's light Dude! Besides, nobody cares about the front derailleur anyway." Poor Goober.

Shimano had this cool idea - which one right?- to do an "E" clamp front derailleur. Woowoo,

that'll be different. Still does the basic grunt work for those 32 pound rolling wonders of technologicallyfullyactivatedsuspensionatedarticulatedbighitad-justablecompressionrebound-dampeninglockoutableridetunedonthegeoyaddayadda bikes. Still uses a front derailleur (maybe) like everybody else. Just can't figure it out can we? We're pretty smart, but we can't go anywhere with this challenge.

Tom Ritchey had an "outside the box" way of thinking." Fageddaboutit! Who needs a front derailleur? Buy my idea, and just have nine in back where technology has kept up with all those gears." Well it wasn't long before that became 2X9, and the infantry was called back in to shift the front chainrings again. Trendies are getting into the "if a little is good, a lot is better" mentality (or the inverse) of single speed bikes. "Enough! If you can't innovate at the front, I don't want any at the back either. Call me when you got a pair!"

You know, maybe that's the ticket. The front derailleur is the last holdout for simplicity on a machine that's forgotten the meaning of the word. I mean,

after all, it's just a bike. A pretty darn good invention, the purest for locomoting a human on down the road. As my buddy Brent Hulme says, "what other machine can take you fifty miles on a bagel?" I think Brent will back me up when I say the reason front derailleurs haven't been innovated is because they don't need to be. Some would say this holds true for the rest of the bike as well. Not me, I'm gonna design a bike that requires a whole new front derailleur design. Well, not a whole new design, but a whole new mounting system or cable routing or something. But it will just shove the chain around like all the others. I can't quite figure out how else to make it shift.....

New Shop in Logan

Getting high on the fun factor is what biking is all about for Jim Clonts. So with his wife Michelle and his partners in fun, Matt Hasenyager and Missy the Wonderdog, he is opening Joyride Bikes in Logan. They sell new and used bikes and will cater to the college crowd. You can find them in the Shop Directory.

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Mountain Bike Racing

Showdown at 5-Mile Pass

Story and photos by
Nichole Wangsgard

Saturday, May 5th marked race #3 for the Intermountain Cup Mountain Bike Racing Series in Lehi. "It's a perfect day for racing," said Ed Chauner, minutes before he sent approximately 400 mountain bike racers off to race Aardvark's Showdown at 5-mile pass.

Just two days before, high winds swept through Utah leaving a trail of damage behind. The skiers at Snowbird were kept off the slopes and instead had to watch beautiful, full grown trees blow over. Many houses in the Salt Lake Valley were severely damaged as if

Utah's 1999 tornado disaster had touched down again. By Saturday, the sirocco had calmed and the riders were primed to enjoy warm, comfortable 65 degree weather.

If you have raced 5-Mile Pass before, you know that surfing dust bowls with your bike and avoiding motorcyclists are common obstacles. This year, with help from spectators, Chauner, and the Bureau of Land Management (BLM), the only dust bowls created were by bicycle tires. Motorcyclists continually tried to enter the race course, but couldn't join the showdown fun as they were kept out of sight and only heard in the distance.

The race course was an 11 mile double-track loop full of fast, rolling hills and a few technical climbs and descents. The land at 5-Mile Pass is owned by the BLM. With a past record of careful clean-ups and continued respectful use by racers and spectators, the BLM should continue to keep the course open to everyone.

Racers rode from one to four circuits and were expected to count their own laps. Unfortunately, a few riders needed both a calculator and a traffic light in the lap count area. One racer wanted to continue to the finish line while the rider next to him wanted to make a 90 degree turn into his next lap. They crashed into each other, giving the spectators their first showdown "bikolition" derby.

The Pro Men rode 4 laps totaling 41 miles while the Expert Men rode 3 laps for 31 miles. Pro rider Aaron Jordan toughed out the lengthy course in first place with a smile on his face in a fast 2:47:48. Jason



Cris Fox leads Pro winner Aaron Jordan and Perry Bryson

Travis cruised into second soon after with a time of 2:49:12. Troy Barry rounded out the podium in 2:50:55.

The Pro/Expert Women gave the crowd at the finish line a suspenseful showdown. Around the final turn of their 21 mile race, Sally Warner and Elena Felin were too close for comfort. Felin out-sprinted Warner to win by just 1/100th of a second. Amy Williams finished third just two

minutes later.

The Intermountain Cup, like many other mountain bike races around the country, welcomes racers of all ages and levels. If you are new to mountain biking, don't be scared to join in. Test your skills and enjoy a sport that can last a lifetime. The next Intermountain Cup Mountain Bike Race will be the Pedalfast held June 9th at Dear Valley, UT.



The Pro Men get ready to surf the dust. See all of the results on page 14.

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Road Racing
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Gardy Jackson, Quincy Thomas, and Race Winner John Osguthorpe leave the pack behind in the Pro/1/2 Race. Photo: Dave Iltis



Top left: Saturn's Ina Teutenberg (in yellow) took a decisive win in the women's race over Daphne Wilhelm. Photo: Dave Iltis

Above: Speedskater and Olympic hopeful KC Boutiette soloed away from the Cat 3's. Photo: Chuck Collins

Left: Politics, schmolitics, We want Bike Racing! The women get ready to lobby. Photo: Dave Iltis
 Check out the full results on page 15



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cycling utah

CALENDAR OF EVENTS



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Harbor Bay BMX — (801) 253-3065.

Rad Canyon BMX — (801) 964-6502.



Cycling Events

General Info

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7738 or (801) 486-9002.

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 top of president's circle on the U of U campus (just east of Univ. st @ 200 so.), for more info, if you have a bike to lend, etc.: email slccriticalmass@yahoo.com

June 2 — National Trails Day

June 8-11 — IMBA Trail Building School, hands-on trail building workshop, Kamas, UT, mhargis@fs.fed.us, (435) 783-4338



Mountain Bike Racing

General Info

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

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

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

Utah Races

June 2 — Buffalo Challenge, mountain bike race or biathlon, Antelope Island, 801-626-7967

June 6,13,20,27 — Canyon Park Mountain Bike Series, Provo Canyon, (801) 322-3788

June 9 — Pedalfest XC, Intermountain Cup #4, Deer Valley, UT - Ed Chauner, (801) 942-3498

June 16 — Utah Summer Games, Intermountain Cup #4.5, Cedar City, (435) 865-8421, (800)FOR-UTAH, (435) 586-2770

June 16 — Sundance Mountain Bike Races, Cross-Country, 9 a.m., (801) 225-4100

June 23 — Snowbird Mountain Bout, Intermountain Cup #5 14th Annual, Snowbird, (801)942-3498

Calendar of Events is sponsored by



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June 28 - July 1 — NORBA National Championships Series Race #3, Deer Valley, Utah, 909-866-4565

July 4,11,18,25 — Canyon Park Mountain Bike Series, Provo Canyon, (801) 322-3788

July 4 — Sundance Mountain Bike Races, Cross-Country, 9 a.m., (801) 225-4100

July 7 — Brian Header, Intermountain Cup #6, Brian Head, UT, XC and DH - Clark Krause, (435) 586-2770

July 8 — Brianhead Epic 100, qualifier for the 2001 World Solo Championships, Brian Head, (909) 866-4565

July 8 — Canyon to Canyon Pedal Cup, East Canyon Resort, (801)583-6281

July 14 — Chris Allaire Memorial, Intermountain Cup #7, Solitude, UT, XC - Ed Chauner, 801-942-3498

July 21 — Canyon Bicycles' Draper Dash, Intermountain Cup #8, Draper, UT, XC - Ed

Chauner, 801-942-3498

July 28 — Pedal Powder, Intermountain Cup #9, Powder Mountain, (801) 479-5015

July 14 — Blue Mountain Bike Chase, 25 mile race, Monticello City Recreation, Monticello, UT, (435) 587-2029

August 1,8,15,22,29 — Canyon Park Mountain Bike Series, Provo Canyon, (801) 322-3788

August 4 — Sundance Mountain Bike Races, Super D Downhill, 9 a.m., (801) 225-4100

August 18 — Wolverine Ridge XC Race, Intermountain Cup #11, Evanston, WY - Paul Knopf, 307-783-6470

August 25 — 8 or 4 Hours of Ogden, Powder Mountain, 801-479-5015

August 26 — Widowmaker Hill Climb 10 AM, Snowbird Resort, (801)583-6281

September ? — Deer Valley Rally, Utah State Mountain Bike Championships, Deer Valley, (801) 375-3231

September 8 — Sundance Mountain Bike Races, Cross-Country, 9 a.m., (801) 225-4100

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

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

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

Regional Races

May 12 — Lava Rama, Wild Rockies Series #2, Lava Hot Springs, ID (208) 342-3910

May 26-27 — Bordertown Challenge, Wild Rockies Series #3, Oasis, NV, (208) 342-3910

May 26-28 — Iron Horse Bicycle Classic, Road and Mountain Events, Durango, CO, (970)259-4621

June 2 — Revenge of the Singletrack, Wild Rockies Series #4, Twin Falls, ID, (208) 342-3910

June 16-17 — Idaho City Excellent Adventure, Wild Rockies Series #5, Idaho City, ID, (208) 342-3910

July 7 — Galena Grinder, Wild Rockies Series #6, Sun Valley, ID, (208) 342-3910

July 13-15 — Durango MTB World Cup, Durango, CO, (970) 259-4621

July 14-15 — Bogus Bomber, Wild Rockies Series #7, Boise, ID, (208) 342-3910

August 4 — White Knob Challenge, Wild Rockies Series #8, Mackay, ID, (208) 342-3910

August 11 — Taming the Tetons, Intermountain Cup #10, Jackson Hole Mtn. Resort, WY, XC - Ed Chauner, (801) 942-3498

August 18-19 — Claimjumper Mtn Bike Festival, XC and downhill, Austin, Nevada Hwy 50, www.t-rix.com, (775) 964-1212

August 18-19 — Pomerelle Peaks, Wild Rockies Series #9, Albion, ID, (208) 342-3910

September 1-2 — Brundage Bike Festival, Wild Rockies Series #10, McCall, ID, (208) 342-3910

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

(www.cyclingutah.com) or call the Mayor's office at 535-7738 or Chris at 486-9002.



Mountain Bike

Tours and Festivals

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

June 5-26 — Sundance Ladies Day Program, Tuesdays, (801) 223-4849

August 9-12 — Dinotrax Fat Tire Festival, Red Canyon Lodge, Flaming Gorge, UT, (435) 781-2595

September 4-25 — Sundance Ladies Day Program, Tuesdays, (801) 223-4849

October 17-21 — Canyonlands Fat Tire Festival. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab City Park. (801) 375-3231



Road Racing

General Info

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



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

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

Utah Road Races

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

June 6,13,20,27 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488

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

June 2-3 — Cache Classic, Logan, UT, (435) 752-5131

June 24 — Utah State Road Race Championships, Morgan Valley, (801) 944-8488

June 16-17 — High Uintas Classic Stage Race, Kamas, UT to Evanston, WY, (307) 783-6458 or (800) 328-9708

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

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

July 4,11,18,25 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488

July 12,26 — Salt Air TT Series, Every other Thurs, (801) 944-8488

July 7 — Sugarhouse Crit, Sugarhouse Park, sugarhousecrit.com, (801) 232-9756

July 8 — UVCC Crit, Utah County, (435) 649-4641

July 14-15 — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532

July 21 — Up the Dam Hill Road Race, Hyrum, UT (435) 752-5131

July 28 — Utah State Time Trial Championships, (801) 944-8488

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

August 1,8,15,22,29 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488

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

August 4 — Davis Crit, Davis County Technical Center, (801) 944-8488

August 5 — 2 Man Team Time Trial, (801) 944-8488

August 25 — Snowbird Hill Climb, 7:30 AM, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 583-6281

September 1-3 — Platte Bridge Station Stage Race, 4 Stages, Casper, WY, (307) 234-5330

September 4,11,18,25 — RMR Crit Series, Salt Lake, (801) 944-8488

September 5,12,19,26 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488

September 6,20 — Salt Air TT Series, Every other Thurs, (801) 944-8488

September 8 — Eureka RR, great road race through the Tintic Mining District, Eureka, UT (801) 553-1065

September 15 — LOTOJA, 203 miles from Logan, UT to Jackson, WY, (801)627-6200 or (800) 497-7335

October 9-12 — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsq@infowest.com

October 13 — City Creek Bike Sprint. 5 1/2 mile climb up City Creek Canyon in Salt Lake City. For road or mountain bikes, UCA Points Series Event. (801) 583-6281.

Regional Races

May 6 — Emmett-Roubaix Road Race, Boise, ID, (208) 343-3782

June 9 — Five Peaks, Ketchum, ID, (208) 726-7693

June 12 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at (208) 282-2503

June 13-24 — Hewlett Packard Women's Challenge, Idaho, (208) 672-7223

June 23 — River Spirit Circuit Race, Boise, (208) 343-3782

June 26 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at (208) 282-2503

June 30 — Idaho State Time Trial Championships, Bellevue, ID, 7am, (208) 726-7693

July 7-12 — USCF Master's National's, Spokane, WA, (509) 455-7657

July 14-15 — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532

July 28 — Twilight Criterium, Boise, ID, (208) 343-3782

July 29 — The Morning After Criterium, Boise, ID, (208) 343-9130

August 18 — Seaman's Gulch Time Trial, Boise, ID, (208) 343-3782

August 25 — Hidden Springs Time Trial, Boise, ID, (208) 343-3782

September 15 — Bogus Basin Hill Climb, Boise, ID, (208) 343-3782

September 27 — Table Rock Hill Climb, Boise, ID, (208) 343-3782



Road Tours

Weekly Rides

Monday Ride — Wasatch Women's Cycling Club (WWCC) Weekly Ride: fun/easy ~1 hr. ride , 6 pm, Spin Cycle, 4644 So. Holladay Blvd.. All welcome!, Kirsten, 355-4376.

Monday — Guthrie group road ride, 6 p.m., 156 E. 200 S., (801) 363-3727

Tuesday evening ride — Tour of Heber Valley, 6 p.m., meet at Heber Mountain Sports, 160 S. Main, Heber, 32 miles, medium paced ride (435) 657-1950

Wed evening ride — Tour of Heber Valley, 6 p.m., meet at Heber Mountain Sports, 160 S. Main, Heber, 32 miles, fast paced ride (435) 657-1950

Thurs evening ride — Tour of Heber Valley, 6 p.m., meet at Heber Mountain Sports, 160 S. Main, Heber, 32 miles, slow paced ride (435) 657-1950

Saturday — Wasatch Women's Cycling Club intermediate weekly road ride, 10 am, 15th S. 15th E. (in front of Einstein's). ~2 hrs, www.wcccutah.org or Melissa at (801) 466-6312.

Saturday — House of Speed ride. 8 a.m. Fast paced. Call on after Thursday to see if Road or Mountain. Meet at 1453 S. 2300 E. (801) 582-1541

Regional Tours

June 2 — Little Red Riding Hood, women-only ride, Cache Valley, (801) 272-1302

June 2 — Buffalo Challenge,

mountain bike wellness ride, Antelope Island, 801-626-7967

June 2 — The Color Country Century. 100 mi, Cruise the Cedar Valley from New Harmony to Parowan, (435) 586-7567.

June 3 — America's Most Beautiful Bike Ride, 35, 72, 100 miles, benefit for the Leukemia Society, Lake Tahoe, NV, (800) 565-2704

June 16 — 15th Annual Countryside Classic - "Bike for Breath", benefit for asthma research and to support a children's asthma camp, prizes for raising the most money, 25 or 60 mile bike ride, 9 a.m., Coalville Park, Coalville, UT, (801) 484-4456

June 23-24 — MS 150 Bike Tour, Benefits MS Society, Cache Valley, (801)493-0113

June 30 — The Killer Loop, 100k, The big ride up to Brianhead!, (435) 586-7567.

July 6 — Annual Antelope by Moonlight Bike Ride, 10:00 P.M. start, check-in begins at 8:30 p.m., Davis County Causeway, Antelope Island State Park entrance This a popular non-competitive ride, held at night during the full-moon. Ride along the Great Salt Lake on the Davis County causeway and on to Antelope Island State Park. Views are spectacular, food is delicious. Registration fee includes park entry, t-shirt and refreshments, 20 miles round trip, Neka Roundy, Davis County Tourism, 801-451-3286

Calendar continued on page 12

**INTERMOUNTAIN CUP
2001
Mountain Bike Racing Series**

801-942-3498 or www.intermountaincup.com

June 9	Pedalfest XC, Deer Valley, UT
June 16	Utah Summer Games XC Race, Cedar City, UT
June 23	The 14th Annual Mountain Bout, Snowbird, UT
July 7	Brian Header, Brian Head, UT
July 14	Chris Allaire Memorial, Solitude, UT
July 21	Canyon Bicycle's Draper Dash, Draper, UT
July 28	Pedal Powder, Ogden, Utah
August 11	Taming the Tetons, Jackson Hole Mtn. Resort, WY
August 18	Wolverine Ridge XC Race, Evanston, WY

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MISCELLANEOUS

FOR RENT: Bicycle Cargo Case. TricoSports Ironcase. \$25 minimum (up to 3 days) and \$5/day for each additional day. Deposit required. Call David (801) 261-4121 (H) or 268-9868 (W).

FOR SALE - BICYCLE, RECUMBENT - PTS Turbo 1000 indoor recumbent bike with computer, built in fan to cool you, was nearly \$1000, now \$300. 278-1118.

MOUNTAIN BIKES

FOR SALE: 1997 Schwinn Homegrown Factory Sweet Spot Full Suspension mountain bike. Color is polished chrome, size 17", XT shifting, LX brakes, LX hubs/Mavic 221 hard anodized rims. Judy XL 3" travel fork. Ridden lightly by a woman rider only. Excellent condition. Asking \$700.00. Please contact Tanya at 883-0974.

ROAD BIKES

FOR SALE: Mavic 700c Helium wheel set, \$275.; Trek 60cm 1400 road bike, 7 speed, down tube shifters, \$250.; ITM 14cm Titanium Quill Road stem \$50. (970) 243-7165.

FOR SALE: Raleigh Road Bike, 7005 Aluminum Frame, Carbon Fiber Fork, Shimano 16 Spoke Aerp Wheel set, 18 speed 105 Components, New Never ridden Asking \$1200.00 please call Alan @ 942-5293 or email alanride@hotmail.com

Tandem KHS/Milano road bike. Less than 200 miles; bought new 9 months ago. Red, large size (captain 6'1"/I am 5'4"). Will sell for \$1,000.00; paid \$1700.00 - odometer, rack and better seats and pedals included. Call Susan at 487-6392.

FOR SALE: Albert Eiesentraut custom road bike, 59 cm, Ultegra 8 speed STI, dark green with yellow lettering, absolutely mint, not a scratch, \$2500 new, now \$1200 obo. 801-278-1118.

FOR SALE: Rans V-Rex Recumbent \$1600 New, asking \$900. Vision VR44 Recumbent with rear suspension. Over \$2000 new, asking \$1300. Both bikes are like new and have custom gearing for hills. Lifecycle 5500 exercise bike, over \$1600 new asking \$700. 435-657-9554.

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\$10 per month for up to 30 words. \$15 for up to a maximum of 50 words. Classified ads cannot be billed. Payment must accompany ad copy.

Deadline: The 20th day of the month for the following issue.
Mail ads with payment to:

cycling utah

P.O. Box 57980, Salt Lake City, UT 84157-0980

Please print or type copy of advertisement to insure legibility. Include name, address and phone number so we can verify the ad. *cycling utah* reserves the right to refuse any ad due to copy in poor taste or libelous in nature. Notify us within 7 days of publication of any typographical errors that may reduce the value of the ad. Credit will be given to correct these errors. Sorry no cash refunds.

Brian Head Epic 2001
Brian Head, Utah is unquestionably one of the most scenic places to ride and offers some of the best riding in the country. Now you have an opportunity to abuse yourself for 100 miles or 50 miles and enjoy the great scenery and great riding during the Brian Head Epic 100 and Titanium 50 on July 8, 2001.

With close to 10,000 feet of climbing, a great single-track ride on the Virgin River Trail, and two passes over Brian Head Peak at 11,800, this is truly a classic race. Call Team Big Bear at 909.866.4565 for additional information.

Young Riders Fundraiser

The third Annual Mountain Biker Bash to benefit the Young Riders Mountain Bike Program will be held Saturday, June 30 at the Silver Mine Adventure in

Park City from 6 - 10 PM. The dinner, auction beach party will occur during the NORBA National Mountain Bike Race weekend. Many of the United States Mountain Bike Professionals have committed to be on hand for the festivities. In addition, professional trials rider Jeff Lenosky will dazzle the crowd with his amazing stunts.

The mission of the Young Riders program is to promote mountain biking in a safe and fun environment.

Tickets are available at Jans Mountain Outfitters in Park City or by calling the Young Riders' office at 435/655-3871. Tickets will also be available at the door. For more information about the Young Riders Mountain Bike Program call Carter Davis at 435/655-3871 or Barb Clark at 435/655-2621.

Boise Rider Wins Nationals

REDDING, Calif. (May 26, 2001) -- Remi McManus (Boise, Idaho) staved off past national champion Patrick Heaney and Tim Unkert to claim his first-ever national road race title at the 2001 USCF National Road Cycling Championships in Redding, Calif.

Though several racers attempted to leave the pack behind, the final breakdown of the groups didn't occur until the last lap. At the start of the final lap, Heaney and Brice Jones went off the front, joined by McManus and Triathlete Zombies' Chris Walker and later by Unkert. The finish came down to a sprint, which McManus admitted later is one of his strong suits. After McManus crossed the line, it was Heaney and Unkert in second and third, respectively.

Calendar- Road Tours Continued from page 11

July 15-21 — Bicycle Idaho, Melba to Ketchum to Melba, (541) 385-5257

July 21-22 — Fiberpipe Idaho MS 150 Bike Tour, Glenn's Ferry, Boise, ID, www.idahoms.org, (208) 388-1998

August 4 — Tour of Marsh Creek Valley, fully supported ride, options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, (208) 282-2673

August 12 — Treasure Valley Century Ride, Boise, ID, (208) 343-3782

August 12 — Les Boise Tour Century Ride, Boise, ID, (208) 343-3782

August 12-17 — Spuds 7, ride across Idaho, Emmett to Island Park, Cyclevents, (888) 733-9615.

August 18 — ULCER, tour around Utah Lake, (801) 886-3272

August 19-24 — WYCYC XII, ride across Wyoming, Pinedale to Buffalo, Cyclevents, (888) 733-9615.

September 9-15 — Southern Utah National Parks Tour, (801) 596-8430

September 16-21 — WYCYC Fall Roundup, ride across Wyoming, the kinder, gentler version, Pinedale to Buffalo, Cyclevents, 1-888-733-9615

September 16-22 — OATBRAN, One Awesome Tour Bike Ride Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

September 22 — Cycle For Life Benefit Ride, (801) 272-1302

October 6 — Yellowstone Fall Cycling Tour 2001, (406) 646-7701

October 21 — Tour Las Vegas - Ride of the Century, Las Vegas, Nevada, for the Leukemia Society of America's National Team in Training Fall fund raising program, 35, 50, 100 mile options, (800) 565-2704

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MS 150 Bike Tour
June 23-24



call 1-800-527-8116 to register

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(435) 753-7175

Sunrise Cyclery

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

The Sportsman Clothing, Shoes, & Equipment Co.

129 N. Main
Logan, UT 84321
(435) 752-0211
(888) 821-5213

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Christy Sports

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Silver Lake Village
Deer Valley, UT 84060
(435) 649-2909
www.christysports.com

Cole Sport

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www.colesport-usa.com

Jans Mountain Outfitters

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www.jans.com

White Pine Touring

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www.whitepinetouring.com

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www.cedarcycle.com

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www.redrocks.com

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(801) 359-9361
www.wasatchtouring.com

Wild Rose Mountain Sports

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Salt Lake City, UT 84103
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(800) 750-7377

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(801) 484-5275

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Guthrie Bicycle

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www.rei.com

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Canyon Bicycles

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Canyon Sports Ltd.

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(877) 346-6098
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Copeland's Sports

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Suite 210
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RACE RESULTS



**Mountain
Bike
Racing**

**Aardvark Cycles Showdown at
5-Mile Pass, May 5, 2001,
Intermountain Cup Race #3**

9 & Under

1. Carson Ware, 0:06:03
2. Andrew Fowler, 0:06:55
3. Christian Treanor, 0:07:08
4. Kelci Simmons, 0:07:36
5. Blake Wiehe, 0:09:14
6. Katie Graves, 0:12:33
7. Alexandra Eagan, 0:15:21

12 & Under

1. Derek Owen, 0:21:08
2. Kevin Perry, 0:21:59
3. Jacob Thatcher, 0:22:07
4. Dutch Wiehe, 0:22:15
5. Tres Wilson, 0:23:33
6. Jed Miller, 0:24:16
7. Samuel Lee, 0:27:07
8. Scott Stybe, 0:31:57

Beg Men 13-15

1. Josh Jones, 1:18:35
2. Zane Freebairn, 1:22:09
3. Jim Brelander, 1:22:54
4. Colter Marshall, 1:27:33
5. Jeffery Christianson, 1:34:52
6. Ben Wilner, 1:35:03
7. Logan Peterson, 1:38:47
8. Andrew Hochstrasser, 1:39:05
9. Josh Janda, 1:45:14
10. Ryan Emery, 1:49:20

Beg Men 16-18

1. Kevin Brower, 1:09:08
2. Nate Hastings, 1:09:38
3. Robert Farmer, 1:14:23
4. Grant Nixon, 1:14:27
5. David Young, 1:14:31

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2. Tricia Bishop, 1:37:05
3. Stacy Croft, 1:45:00

Clydesdale

1. Dave Barnett, 1:09:38
2. Jeff Graham, 1:10:09
3. Chris Brown, 1:13:22
4. Ron Klepzig, 1:15:09
5. Aaron Mullins, 1:16:18

Exp Men 16-18

1. Paul Clark, 2:24:00
2. Evan Hepner, 2:28:38
3. Tyler Turkington, 2:35:08
4. Dylan Johns, 2:39:39

Exp Men 19-29

1. Tharon Jeppson, 2:11:33
2. Sebastian Blanco, 2:12:10
3. Adam Blankespoor, 2:13:24
4. Zep Tittensor, 2:13:31
5. Forrest Huisman, 2:14:09

Exp Men 30-39

1. Cary Smith, 2:09:31
2. Brian R. Jeppson, 2:09:56
3. Bart Adams, 2:12:12
4. Uhl Albert, 2:13:45
5. Grant McAllister, 2:14:45

Exp Men 40+

1. Darrell Davis, 1:33:40
2. Jim Rogers, 1:38:19
3. Bruce Allen, 1:39:59
4. Scott Miles, 1:40:08
5. Lasse Bjerga, 1:40:15
6. Dave Reynolds, 1:41:56
7. Craig Egerton, 1:46:04
8. Bruce Lyman, 1:46:57
9. Ken Chord, 1:52:03
10. Jay Griffin, 2:12:09

Men 50+

1. Dwight Hibdon, 1:57:05
2. Jerry Simmons, 2:01:30
3. Bill Dark, 2:04:53
4. Gary Kartchner, 2:09:41
5. Marv White, 2:09:50

Beg Men 19-29

1. Jeff Heaton, 1:08:23
2. Jonathon Lee, 1:08:26
3. Brandon Smith, 1:09:02
4. Kirk Edgerton, 1:10:15
5. Jack Gagestein, 1:11:04

Beg Men 30-39

1. Tim Stack, 1:10:40
2. Michael Rogers, 1:12:50
3. Bob Saffell, 1:13:36
4. Chris Was, 1:15:10
5. Richard Fredette, 1:16:01

Beg Men 40+

1. Mark Bartlett, 1:13:59
2. Bob Dawson, 1:14:14
3. Lenard Wright, 1:17:35
4. Robert Breitling, 1:30:30
5. Jim Hochstrasser, 1:35:22
6. Al Kreider, 1:40:54

Beg Women 19+

1. Liz Zumbrunnen, 1:29:26

Pro Men

1. Aaron Jordan, 2:47:48
2. Jason Travis, 2:49:12
3. Troy Barry, 2:50:55
4. Cris Fox, 2:51:16
5. Shannon Boffeli, 2:52:51
6. Brandon Firth, 2:54:29
7. Bryson Perry, 2:56:38
8. Jim Grubb, 2:58:35
9. Benjamin Souza, 2:59:42
10. Carter Davis, 3:02:42
11. Kevin Day, 3:05:54
12. Paul Stone, 3:07:24

Pro/Exp Women

1. Elena Felin, 1:48:47
2. Sally Warner, 1:48:48
3. Amy Williams, 1:50:32
4. Annemarie Huisman, 1:52:12
5. Jessica Arbogast, 1:52:46
6. Roxanne Toly, 1:53:36
7. Chanda Jeppson, 1:57:08
8. Jody Anderson, 2:00:39
9. Heather Albert, 2:00:41

Spt Men 16-18

1. Scott J. Allen, 1:46:50
2. Richard Bennett, 1:48:37
3. Trevor Lee, 1:52:02
4. Nick Wilcox, 1:53:48
5. Taylor Hemming, 1:56:08

Spt Men 19-29

1. Blake Zumbrunnen, 1:36:02
2. Kent Carlsen, 1:40:05
3. Ron Prue, 1:40:06
4. Jeramia Johnson, 1:40:07
5. Rich Smith, 1:41:36

Spt Men 30-39

1. Joseph Czap, 1:42:10
2. Doug Peterson, 1:44:18
3. Michael Pauole, 1:44:50
4. Dennis Potter, 1:44:58
5. Mark Thunell, 1:46:00

Spt Men 40+

1. Blayn Corwin, 1:47:35
2. Jeff Bulger, 1:52:17
3. Tracy Nielsen, 1:56:58
4. Steve Wilcox, 1:57:11
5. Thomas Altland, 1:58:40

Spt Women 19+

1. Pamela Hanlon, 2:00:06
2. Brittney Liechty, 2:03:23
3. Stacy McClurg, 2:04:35
4. Hollie Boe, 2:09:35
5. Darcie Kaufman, 2:10:28
6. Cindi Miner, 2:10:42
7. Jennifer Whitehead, 2:19:31
8. Stephanie Brightwell, 2:25:39
9. Susannah Cummings, 2:28:04

Spt/Exp Men 13-15

1. Mitchell Morse, 1:15:31
2. Kyle Wehmanen, 1:15:32
3. Richard Perry, 1:20:08

4. Bryan Wimmer, 1:21:07
5. Andrew Downing, 1:27:22
6. Christopher Ivester, 1:33:23
7. Clayton Karz, 1:57:52

Women 13-18

1. Allison Lewis, 1:24:57
2. Jessica Koyle, 1:25:48
3. Melanie Perry, 1:32:38
4. Christa Perry, 1:35:35
5. Natalie Brower, 1:36:58
6. Hilary Wright, 1:37:58

Women 35+

1. Patricia Garcia, 1:34:53
2. Barbara Clark, 1:43:41
3. Leslie Gibbons, 2:09:53

2001 Intermountain Cup Mtn. Bike Racing Series Team Point Standings After 3 Races

1. Dixie Desert Racing - St. George, UT; 522
2. Velo City/Canyon Bicycles-SLC, UT; 478
3. Young Riders - Park City, UT; 395
4. Color Country Cycling Club - Cedar City, UT; 187
5. Team Red Rock - St. George, UT; 174
6. Golsan-Azonic - SLC, UT; 125
7. Spin Cycle - Salt Lake City, UT; 83
8. Jans-Trek - Park City, UT; 73
9. Cole Sport - Park City, UT; 53
10. Young Living/4 Fun Racers - Santaquin, UT; 48
11. Utah Racing - Wellsville, UT; 42



**Road
Bike
Racing**

Sports Am East Canyon Road Race, May 6, 2001

Cat1/2 Men

1. Ryan Littlefield; 02:30:29:75
2. Terry McGinnis; 02:30:31:57
3. Bill Harris; 02:30:33:63
4. Mike Ward; 02:30:35:20
5. Thom Cooke; 02:30:37:07

Cat1/2/3 Women

1. Paula Strom; 03:04:44:25
2. Laura Howat; 03:04:49:53
3. Karen Dodge; 03:05:05:08
4. Tresa Eggertsen; 03:07:33:32
5. Rachel Cieslewicz; 03:12:49:54
6. Kirsten Kotval; 03:23:43:55

Cat 3 Men

1. Cary Smith; 02:30:45:76
2. Brent Cannon; 02:30:47:18
3. Chris Fox; 02:30:56:38

EVANSTON, WY

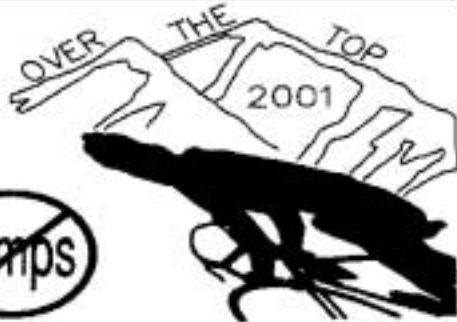
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Sunday, June 17 - Evanston, WY.

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Sunday: Marsh Valley Mash Road Race

For more information, go to idahocycling.com
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4. Troy Barry; 02:31:00:54
5. Aaron Schoenberg; 02:31:17:29

Cat 4 Women

1. Heather Mastakas; 01:58:48:21
2. Jamie Williams; 02:06:22:86
3. Jami Smith; 02:09:04:51
4. Nancy Cleveland; 02:11:55:51
5. Karen Ortiz; 02:12:01:10

Cat 4 Men

1. Bart Nichols; 02:44:55:97
2. Sean Fessenden; 02:45:01:34
3. Ethan Frank; 02:45:01:95
4. John Griffiths; 02:45:02:82
5. Chuck Turner; 02:45:14:17

Masters 35+

1. Mark Schaefer; 02:39:32:35
2. Richard Graves; 02:40:21:85
3. Donald Armstrong; 02:40:31:72
4. Zan Treasure; 02:40:33:46
5. Bryan William; 02:40:45:52

Masters 45+

1. Larry Strom; 02:46:33:59
2. Richard Blanco; 02:49:21:63
3. Daniel Moser; 02:49:31:69
4. Robert Walker; 02:58:38:57
5. Bill Cutting; 02:58:54:28
6. Dave Evans; 03:10:18:76
7. Ken Louder; 03:13:38:95

Masters 55+

1. Hardin Davis; 02:49:48:64
2. Larry Witkowski; 03:17:33:98

Golson Cycles Up and Over Time Trial, April 29, 2001 10.2 Miles

Men's Pro 1-2

1. Tim Brown; 00:25:43:63
2. Thom Cooke; 00:26:41:67
3. John Osguthorpe; 00:27:25:12
4. Ryan Littlefield; 00:27:37:30
5. Chris McGovern; 00:27:45:10

Women's 1-3

1. Daphine Wilhlem; 00:29:59:40
2. Jill Wilkerson-Smith; 00:30:29:10
3. Lisa Peck; 00:31:28:67
4. Laura Howat; 00:35:45:41
5. Margaret Douglass; 00:36:37:31

Men's 3

1. Mark Walker; 00:27:18:88
2. David Bush; 00:29:14:73
3. Jeremy Smith; 00:29:38:71
4. Kevin Radzinski; 00:29:42:38
5. Cristiano Pereria; 00:30:19:69
6. Greg Jex; 00:31:04:77
7. Jared Nelson; 00:31:07:45
8. Leo O'Connor; 00:31:29:87
9. Christopher Quann; 00:34:32:61

Women's 4

1. Heather Mastakas; 00:34:55:95
2. Kathleen Bourne; 00:34:59:26
3. Sandy Olson; 00:39:05:89
4. Hollie Boe; 00:39:45:47
5. Anne England; 00:43:34:98

Men's 4-5

1. Grant McAllister; 00:29:37:15
2. Maikel Wise; 00:30:41:23
3. Chuck Turner; 00:31:35:34
4. Evan Hepner; 00:32:06:23
5. James Fox; 00:32:30:59

Men's 35+

1. Mark Schaefer; 00:27:47:54
2. John Iltis; 00:28:47:26
3. Steven Lewis; 00:31:14:78
4. Dan Murray; 00:31:24:02
5. Donald Stokes; 00:33:25:21
6. Jeff Robb; 00:39:48:00

Men's 45+

1. William Corliss; 00:28:10:93
2. Steve Wimmer; 00:30:33:43
3. Richard Blanco; 00:34:56:46

Men's 55+

1. Hardin Davis; 00:32:18:67
2. Lee Bourne; 00:34:38:31
3. JR Smith; 00:35:51:31

Junior Men

1. Brain Klepper; 00:32:02:78
2. David Blanco; 00:35:20:68

Rhodes RMCC Downtown Criterium, May 12, 2001

Pro 1/2 Men

1. John Osguthorpe; 00:51:55:50

2. Gardie Jackson; 00:51:55:50
3. Steven Tibbitts; 00:52:11:32
4. Thom Cooke; 00:52:26:25
5. Bart Gillespie; 00:52:30:13

Cat 1/2/3 Women

1. Ina Teutenberg; 00:44:27:21
2. Daphine Wilhlem; 00:45:36:81
3. Heather Albert; 00:45:55:65
4. Laura Howat; 00:46:09:49
5. Maren Partridge; 00:46:11:09
6. Karen Dodge; 00:46:12:43
7. Margaret Douglass; 00:47:01:44
8. Kirsten Kotval; 00:48:38:88

Cat 3 Men

1. KC Boutiette; 00:58:31:02
2. Kevin Radzinski; 00:58:41:34
3. Aaron Schoenberg; 00:58:43:26
4. Christopher Quann; 00:58:47:03
5. Jarom Zenger; 00:58:59:14

Cat 4 Women

1. Jo Garuccio; 00:42:20:85
2. Nancy Cleveland; 00:42:22:04
3. Heather Mastakas; 00:42:23:45
4. Tunde Zsido; 00:42:35:25

Cat 4 Men

1. Kevin Day; 00:45:40:20
2. Robert Lofgran; 00:45:40:45
3. Evan Hepner; 00:45:40:60
4. Chuck Turner; 00:45:40:75
5. Bart Nichols; 00:45:40:85

Masters 35+

1. Mark Schaefer; 00:39:15:57
2. Art O'Connor; 00:40:48:57
3. Darrell Davis; 00:40:50:52
4. Paul Quinlan; 00:40:52:39
5. Brett Farr; 00:41:10:85
6. Donald Armstrong; 00:42:11:40
7. John Iltis; 00:42:30:40
8. Steven Lewis; 00:42:40:40
9. Steve Travis; 00:42:45:65

Masters 45+

1. Dirk Cowley; 00:40:53:60
2. Ken Louder; 00:41:15:20
3. Richard Blanco; 00:42:10:11
4. Eck Kuennemann; 00:42:34:84
5. Jim Kupferschmidt; 00:42:45:25

Masters 55+

1. Stan Swallow; 00:42:46:20

Junior Men

1. David Blanco; 00:43:26:28
2. Mark Severance; 00:45:36:29
3. Bruce Hoffman; 00:46:06:78

Junior Women

1. Lydia Hoffman

Wyoming's Konrad Wins Collegiate National's Criterium

COLORADO SPRINGS, Colo. (May 19, 2001) -- The criterium marked the first day of competition for the 2001 U.S. Cycling Federation's (USCF) National Collegiate Road Cycling Championships, May 19-21, with the women from Division I and II racing together. The University of Wyoming's Sarah Konrad popped off the front on the second lap. The women's field then separated quickly into two packs, separated by 25 seconds after only 15 minutes. The lead changed several times until Konrad pulled away and put one minute and 50 seconds on the field. Konrad took a decisive first place, followed by defending National Criterium Champion Lara Kroepsch of the University of Colorado-Boulder.



Great scenery and great riding for the Master's men at the Sports AM East Canyon Road Race. See the Results page 14.

Photo by Chuck Collins

Win Races, Read the Coach's Corner on p. 4

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Deer Valley Hosts NORBA Nationals

DEER VALLEY, UT - May 23, 2001 - The Chevy Trucks NORBA National Championships Mountain Bike Series June 28 - July 1 this year is all set to be the biggest and best yet. With the Olympic Games just around the corner, the event will provide a foretaste of top international mountain sports competition.

A very strong international contingent will compete, including the Global Racing Team - which blends international youth culture with athletic discipline - and the Legendary French downhill rider Nicolas Vouilloz.

Vouilloz, who won seven consecutive world championships titles in the period 1993-99, has announced that in preference to competing at the European Championships on the same weekend, he will come out to the USA for the Deer Valley event. This is the first time Vouilloz has competed in a NORBA downhill race.

The fast, technical Deer Valley course should suit Vouilloz, but he can expect stiff competition from riders such as Chris Kovarik, Eric Carter and Myles Rockwell.

The Pro Men's downhill on Sunday July 1 is only one of many events over the weekend. Apart from all the pro disciplines of cross country, short-track cross country, downhill and dual slalom, there is a full schedule of fun and amateur racing events.

For those without a NORBA license, one-day licenses are available for Beginners and Sport category events. the Beginner license is \$5 a day; Sport is \$10 a day.

Access to the athletes and the competition at Deer Valley is always excellent. The giant bowl shape of the venue makes it possible to see the cross country rid-

ers both close up and from a long way off if using binoculars. For the downhill, it is well worth taking a chairlift ride to the top and taking an hour for a leisurely walk back down.

On Saturday June 30 at 1 p.m. an autograph session with the athletes is scheduled at their team trailers.

Among the many other activities for the weekend's festivities are kids races and trail running around the Pro cross country course.

Registration and event information is available at www.teambigbear.com. The NORBA web site is at www.usacycling.org



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Sebastian Blanco leads Paul Clark and Evan in the Expert 16-18 class

Photo by Barb Clark

Rampage Action

Photo by Jennifer Shoemaker

**Red Rock Desert Rampage Results on
Page 18**

Fearless Competitors at the Earth Day Pedal Cup

Photo: Dave Iltis

Salt Lake City—All local youth
are invited to enjoy free food 6.

**Bike Bonanza and Governor's
Proclamation will Highlight
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