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SPEAKING OF SPOKES

A Regular Cyclist Supports HB 91

By David Ward
Publisher

Pending in the Utah House of Representatives is House Bill 91 ("HB 91"), the "rolling stop" law.

Patterned after an Idaho law in existence in that state for 28 years, this bill would make it legal for cyclists to roll through stop signs. It would also permit a cyclist to proceed through a red light, after stopping, if the light

does not change and it is safe to proceed.

I support the passage of this bill. I say this, not as an editorial statement or as an activist, but just as a regular guy who is out riding a bike on a regular basis. I commute, I run errands, and I ride a whole lot just for fun. My feelings regarding this proposed legislation arise purely from my own riding and my observations of other riders.

HB 91 will legalize what most cyclists already do anyway. And there are reasons why we do. First, when I approach a stop sign, I do so much more slowly than a motor vehicle. By the time I get to that stop sign, I have had plenty of time to observe the traffic situation and determine if it is safe to proceed.

Also, I deem it safer. I am more alert to the traffic situation around me if I do not have to click out of my pedals, put a foot down and then click back in. My attention to the surrounding traffic is not interrupted by clicking out or, more particularly, clicking back in.

Additionally, carrying a small amount of momentum forward makes a difference to a cyclist. For a motor vehicle to stop and then proceed requires little energy expenditure from the driver. The driver need only slightly push the gas pedal a couple of inches. (Of course, there is a much larger energy output for the car, but that is an issue for another day.) For a cyclist, it requires a much greater exertion to get himself and his bicycle moving forward again. Additionally, if the area is hilly, it becomes a much greater energy factor for the cyclist, and it also becomes a safety factor

because of the difficulty of starting from a complete stop if proceeding uphill.

For these reasons, I and most other cyclists already do what HB 91 proposes to make legal. I am unaware that this practice has caused any issues with traffic flow or safety. Certainly, in Idaho, where this has been the law for 28 years, no issue has ever come to light to cause Idaho to reconsider this law.

Curiously, HB 91 has created a small but interesting division in the cycling community. Of those responding to a very informal poll conducted by a major local cycling advocate, Dan Fazzini, the large majority of cyclists (overall, 78%) favored the passage of HB 91. But those opposing it tend to be political cycling activists such as Dan. (After some modifications to HB 91, Dan is currently neutral on the bill. [Editor's note: see "Legislative Update" on page 17 or Dan's website for more details—safe-route.org].)

This opposition turns on two arguments. First, great effort has been exerted, and major strides made, to obtain for cyclists the same rights as motor vehicles. Its concomitant is that with those rights come the same responsibilities. Second, there exists a balanced tension between the driving public and cyclists that, it is argued, will be upset if the driving public perceives that cyclists are being accorded "special privileges". It is feared there will be increased bitterness and antagonism from motor vehicle drivers.

My response to these arguments is simple. Motor vehicles and bicycles are different. And while advocates have sought, and justifiably (and thankfully!) so, to have cyclists accorded many of the same rights as motor vehicles, distinctions do and should exist. For example, a cyclist is required to remain as far to the right as is reasonably practicable. Frankly, this makes sense. We don't generally go as fast, and common sense, and the law, tells us that under most circumstances we should stay to the right.

We should not back off from promoting the passage of laws particular to cycling that reflect reality and promote better and safer cycling habits. To do so, out of fear of a backlash from the driving public is akin to backing down before the threat of a fight is there. While political realities exist and must be acknowledged when pressing for such legislation, we should not step back from proposing and supporting laws that make sense for cyclists.

It must be acknowledged that differences in the law for bicyclists make sense. And one of those differences that makes sense is embodied in HB 91. For this reason, as a simple guy who just wants to ride my bike, I support HB 91.

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Cover: Lukas Brinkerhoff on the Prospector Trail in the Red Cliffs Desert Reserve in St. George.

Photo: Bryce Pratt,
crawlingspidergallery.com

COMMUNITY

Cycling with the Scouts

Left: On the trail.
Above: Checking the bikes before the big ride. Photos: Joyce Cahill

repairs including fixing flat tires.

I had the pleasure of helping 11 boys (plus the sister of one boy) with their cycling merit badge. In the past, I've been hesitant to take on the cycling merit badge. Visions of riding at 4-5 mph, parts falling off of bikes, flat tires and kids riding into each other came to mind. For the 50-miler I was worrying that hiring an ambulance to follow us, or at least putting the Salt Lake County Search and Rescue Squad on alert for our ride would be necessary. I assumed I would acquire even more grey hairs. Fortunately none of this happened and the requirements for the merit badge were accomplished with surprising ease. They all did

well and should have confidence and more skills when bicycling with their friends and/or families.

The reason for this successful event was St. Ambrose's Troop 202 Scoutmaster Joe Zachary's organization of the event. Joe did a great job along with a dedicated band of parents, some of whom rode with the boys while a couple of others drove vehicles in support for the longer rides. Even though it has been over 5 years since my youngest son received his Eagle Scout, helping out the troop has been a rewarding experience due to the wonderful people involved.

There were the usual issues with the boys and their bikes. Brakes rubbing on the rims had to be adjusted,

seats too low, loose derailleur cables, soft tires and pant-legs that were begging to be caught in the chain. There were numerous teaching moments during the rides- "ride straight, look back before making a left turn and stop at stop signs". Overall the boys did these tasks most of the time. Amazingly they did well doing the 50-mile ride on platform pedals, mountain bike tires, and somewhat poorly fitting bikes without a mishap. The bikes ranged from Huffy quality to a Felt and the physical abilities ranged from very good to- well let's just say that everyone made it and had a good time. I even was able to ride home after the 50-mile event arriving on time to celebrate my oldest son's birthday by 4 PM.

Hopefully some of these kids will show appreciation for bikes, maybe by commuting to work some day, perhaps do a few races, or writing a letter to a mayor asking for more funding of bicycle infrastructure. Hopefully they will at least have a better understanding what it means to drive a car when there are cyclists sharing the road.

Whether you're LDS, Catholic, Jewish or like me in the "other" category, introducing kids to the passion you have through scouting, can be rewarding. If scouting isn't for you then organize a group of kids and parents and take to the streets. The Salt Lake Bike Collective also has youth programs that you can participate in. You'll be glad you did it and it won't cost you any grey hairs.

By Lou Melini

The Cycling merit badge for the Boy Scouts consists of 2 rides of 10, 15 and 25 miles in length, plus a 50-mile ride. In addition there are a

number of other requirements. There are on the road requirements such as knowing how to signal for turns, make a safe left hand turn, traverse railroad tracks and how travel alongside of parked vehicles. Additionally the boys must also know some basic

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TRIATHLON NEWS

Mayday! Ironman Returns to Utah via St. George on May 1, 2010

Swim 2.4 miles

Bike 112 miles

Run 26.2 miles

Then brag for the rest of your life
- Commander John Collins

By Lisa Kilday

An Ironman triathlon is the toughest day in sport. Over 2000 competitors will attempt to finish the inaugural Ironman St. George, which may be the toughest Ironman in North America. Utah is no stranger to endurance sports or unpredictable weather. In 2002 and 2003, northern Utah hosted two unsuccessful Ironman races. Harsh weather conditions forced organizers to cancel the swim portion of each race. The triathlon was downgraded to a duathlon (bike-run only format). In 2002, high winds caused the organizers to suspend the swim mid-race. Chaos ensued as swimmers struggled in 5-6 foot waves. Unfortunately, a 53 year-old triathlete died in Utah Lake.

Ironman St. George (IMSG) will

have its own challenges. The swim is in the Sand Hollow Reservoir, which is located between St. George and Hurricane, Utah. It is single loop swim with an in-water start. Paul Huddle, the Race Director of Ironman St. George, told Cycling Utah, "southern Utah can be windy at any time of year and especially in the spring. For this reason, if we had to cancel due to wind, we'd simply implement a time trial start with cyclists leaving every three seconds or so in numerical order."

During the bike, triathletes will pedal toward St. George before completing two loops in the beautiful, hilly red desert of southwestern Utah. On the positive side, the bike course only has two hills or proper climbs. Additionally, navigating the lonely roads of SW Utah is pretty straightforward, i.e., the course is not technical.

However, only a masochist would discount the grinding 30-mile stretch of climbing each loop. The bike course is also littered with 'false flats' and rollers. A few cattle guards are thrown in to keep your attention. Total elevation gain is about 6,000'.

Paul Huddle revealed his thoughts on the bike course of Ironman St. George with Cycling Utah. Paul stated, "In my opinion, Ironman St. George will become known as the toughest Ironman course in the domestic U.S. The bike course is comparable in difficulty to the courses in Lake Placid or Wisconsin and is probably harder than the bike courses at Coeur d'Alene & Canada."

The run course starts and ends at the Town Square in St. George. The run is an out-and-back hilly route through St. George. St. George

is a small city of 75,000 people and hosts a popular marathon every fall. Huddle told Cycling Utah that the community in St. George and surrounding Washington County are very supportive of the race and have been actively involved in the 15+ month planning process. In total, the race will have over 4000 volunteers for the 2000 participants.

The marathon has long, sustained climbs with little to no shade. There are only a few breaks from running uphill or downhill over the 26.2 miles. The run course profile only shows vertical movement and not a single flat section. Some stretches have a steady 2-6% steady climb. There are also short and steep 8-12% sections. Your quads are going to burn. Huddle quipped, "It's easily as hilly as the course in Lake Placid... but hillier."

Ironman St. George may win the title for the toughest North American Iron-distance course. The temperature of Sand Hollow Reservoir ranges a chilly 60-64 degrees. The entire course is exposed with little shade with a possibility of 40+ mph winds. The expected temperature at the 7:00 a.m. start is about 50 degrees. The day should warm up because St. George's desert climate has an average high temperature of 86 degrees in May. The finish line cut-off time is exactly 17 hours later at midnight.

The bike course will reward patient triathletes who climb well and keep some energy in the tank for the run. However, do not expect any PR's on the run course that is filled with undulating hills in the heat of the desert. With epic scenery and a small town atmosphere, Ironman St. George is going to be a beautiful

bumpy ride on May 1, 2010.

More info:

Average participant: At least 48 of the states in the Union (sometimes all 50) and 30 countries. The concentration of triathletes for this event will likely be representative of the geographical location of the venue. I'd be willing to bet that the best representation will come from California, Arizona, Texas, Utah, and perhaps Colorado.

Cost: \$550 for 2010 (sold out); \$575 in 2011

Prize money (for registered pros only): \$50,000 total with the distribution of \$10,000; \$6,000; \$4,000; \$3,000; and \$2,000 for each top male and female triathlete finisher

Number of Kona World Championship slots: 72 - 5 pros, 67 age group triathletes

Who are the confirmed pro triathletes? Craig Howie, Christian Brader, Steve Osborne, Irene Kinnegim, Clemens Coenen, Markus Strini, Gina Crawford, Michael Weiss, David Castro Iglesias, and

Kirk Nelson. There are rumors that Michael Lovato and Luke Bell may register. Under the new 2010 World Triathlon Corporation rules, Pros must register three weeks before race day.

Attractions and diversions: Ironman is hosting a Festival and shopping Expo on April 28 through May 2 at Dixie Square near the finish line in St. George that is open to all. On Friday, April 30, a kids' run is being held at Dixie Square in conjunction with the festival. On race day, there will also be a festival in Ivins on the bike course, which is about 8 miles north of St. George (approximately miles 30 and 70 of the bike course). As most participants are traveling from out of town, visitors can enjoy the nearby national and state parks in Southwest Utah that are perfect for outdoor enthusiasts who like to mountain bike, hike, fish, and camp.

Travel: Las Vegas is 1.5 hours southwest and Salt Lake City is 4 hours north of St. George.

Lodging: hotels are available through IMSG and the St. George Visitor Center (<https://secure.areatravel.net/ironman/>). Vacation home rentals can be booked at www.vrbo.com.

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



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RACE RESULTS



25 Hours of Frog Hollow, October 31 - November 1, 2009, Hurricane, Utah (12.88 mile laps)

4 Person Team Member

1. Beers Short of a 6 Pack 25:25:07; 25
2. Rock Rough Riders 25:23:40; 23
3. 4 Non Blones 25:24:54; 23
4. Hypoxic Avengers 24:08:16; 18
5. Marco Pomo 24:44:15; 17
6. HabitatGrand Targhee 25:16:07; 17

5 Person Team Member

1. Fall Back Crack and Sack 25:28:32; 22
2. Red Red Rock Bicycle Co 25:26:14; 19
3. Poisonous Todes 26:26:26; 19
4. Expressing Aggressive Tendencies 24:20:22; 11

Corporate Team

Member

1. SITOver the Edge 25:26:20; 20
2. Just Havin Fun 25:37:08; 18

Duo (Male)

1. Dollys Endurance 24:17:20; 23

Duo (CO-ED)

2. Hardcore Softies 24:47:45; 19

Solo Female

1. Anne Spalding 24:54:17; 12
2. Judy Allen 24:28:28; 10
3. Ardele Hynes 24:59:23; 10
4. Robin Kirker 24:12:36; 9
5. Tegan Davis 24:38:48; 7

Solo Male

1. Brian Bennett 24:35:39; 17
2. Colin Chisholm 25:10:43; 15
3. Bruce MacPherson 24:49:11; 11
4. Philip Benson 25:40:42; 8
5. Daniel Osborn 12:53:30; 7

Solo Single Speed Female

1. Sarah Rarick 25:30:08; 8

Solo Single Speed Male

1. David Nice 26:13:34; 10
2. Donald Jackson 26:19:50; 10
3. David Withers 25:30:07; 8

8th Annual Frozen Hog, February 6, 2010, Alpine, Utah 12 and Under

1. Jared Pflueger
2. Jared Phillips
3. Joseph Ressa
4. Douglas Landon
5. Mason Frederick
6. Owen McCarrel
7. Maggie Ressa
8. David Ressa

Clydesdale

1. Jason Gardner 56:50:00
2. Brian Nelson 0:59:39
3. Riley Brinkerhoff 1:01:40
4. Gary Loveridge 1:08:34
5. Josh Horstmann 1:12:30
6. Andrew Hahn 1:13:13
7. Tyler Perkins (1 lap) 1:30:00

Expert Men 18-29

1. Nate Stowers 1:01:17
2. Rust Dan Nelson 1:02:27
3. Stewart Goodwin 1:05:30
4. Caleb Reaveley 1:40:44

Expert Men 30-39

1. Greg Bucky Gibson 0:57:55
2. Steve Wasmad 1:00:06
3. Cameron Smart 1:03:47
4. Ryan Thompson 1:04:19
5. Aaron Moulton 1:32:58

Expert Men 40+

1. Kenny Jones 0:58:03
2. Samuel Moore 1:01:51
3. Randy Clark 1:03:38
4. Alan Jarrett 1:09:08
5. Mike PapaHolder 1:11:35

Expert Women

1. Erin Collins
2. Michelle Hollingsed
3. Heather Gilbert
4. KC Holley

Men's 50+

1. Rick Newson 1:03:41
2. Larry Tucker 1:04:45
3. Dennis McCormick 1:06:41
4. Bob Martin 1:08:31
5. Todd Nielsen 1:10:03
6. Steve Horstmanshoff 1:14:59
7. Mark Altom 1:16:53
8. Dean Desmond 1:20:31

Singlespeed

1. Chris Cole 0:50:57
2. Shane Horton 0:52:31
3. Christopher Cockerell 0:53:18
4. Walter Anyan 0:54:07
5. David McIntire 1:17:00
6. Ben Parker 1:19:09

Sport Men 13-17

1. Noah Talley
2. Austin Somer

Sport Men 18-29

1. Daniel Willis 1:00:30
2. Chris Hooley 1:01:46
3. Ben Hooley 1:01:46
4. Bob Fawson 1:03:36
5. Chase Norton 1:16
6. Daniel Parker 1:30:26

Sport Men 30-39

1. TrevorBee 0:59:27
2. Jeff Frederick 0:59:39
3. Nicholas Sours 1:00:06

4. Michael Nielsen 1:00:17
5. Randy Willes 1:04:31
6. Brett Peterson 1:04:31
7. Robert Perry 1:05:12
8. Marc Menlove 1:05:41
9. Jared Schiers 1:06:15
10. Jaden VanSteenovort 1:06:41
11. Daniel Bedoya 1:06:50
12. Djae Barnes 1:07:27
17. Eric Draney 1:11:29
13. Mike Ingraham 1:07:56
14. Kurtis Hinderman 1:08:12
15. Cody Emery 1:09:13
16. Rick VanValkenburgh 1:09:41
17. Eric Draney 1:11:29
18. Ryan Draney 1:15
19. Evan Christensen 1:15:43
20. Cody Jewkes 1:18:50
21. Leon Brueger 1:25:22
22. Rob Moore 1:25:22
23. Justin Ferguson 1:25:56
24. Rick Watson 1:27:35

Sport Men 40-49

1. Danny Larish 0:56:09
2. Brian Ressa 0:56:42
3. Kirk Phillips 1:01:42
4. Jon Argyle 1:01:42
5. Dave Benson 1:01:25
6. Jeff Weber 1:01:59

Sport Men 50+

7. Patrick McKnight 1:03:02
8. David Holding 1:04:02
9. Robert Pflueger 1:05:44
10. Scott Kern 1:07:17
11. Kerry Smith 1:10:20
12. Ron Brown 1:18:30

Sport Women 18-29

1. Stephanie Brown 1:16:20
2. Deanna Devey 1:21:15

Sport Women 30+

1. Tanya Hutchison 1:06:09
2. Sarah Sutherland 1:08:46
3. Jan Holding 1:12:23
4. Leslie Masters 1:14:06
5. Erin Goodfellow 1:15:02
6. Nancy Alcabes 1:16:33
7. Amber Hatfield 1:24:54
8. Brooke Heyon 1:30:15
9. Heidi Aste 1:41:24

Team Competition

1. Racers Cycle Service #1; Greg Gibson; Noah Talley; Kenny Jones; Fast Dan Nelson 34
2. Utah Mountain Biking #1; Chris Cole; Shane Horton; Derek Brian 12
3. Biker's Edge; Nate Stowers 10
4. LHM Toyota/Infinite Cycles; Cameron Smart; Patrick McKnight; Danny Larish; Ron Brown 7
5. Iced Lightning; Chris Hooley; Ben Hooley 6
6. Watts The Deal; Bob Fawson; Ojae Barnes



Utah Cyclocross Series Race #5, Saturday, October 31, 2009, Wheeler Farm, Salt Lake City, Utah

Men A

1. Ali Goulet; Church of the Big Ring
2. Bart Gillespie; Monavie/cannondale
3. Eric Rasmussen; Porcupine/specialized
4. Alex Grant; Monavie/cannondale
5. Thomas Bender; Kuhl/scott

Women A

1. Erika Powers; Revolution-peak Fasteners
2. Tanya Swenson; Cole Sport
3. Jen Hanks; Revolution-peak Fasteners
4. Dayna Deuter; Church of the Big Ring
5. Laura Patten; Ski Utah Cycling

Master Men 35+ A

1. Art O'Connor; Church of the Big Ring
2. Sam Moore; Canyon Bicycles-draper
3. John McKone; Cole Sport
4. Matt O'hran; Monavie/cannondale
5. Kris Amott; Ski Utah Cycling

Masters 45+

1. Dirk Cowley; Ffkr/sbo
2. Jeffrey Johnson; Revolution-peak Fasteners
3. Roger Gillespie; Monavie/cannondale
4. Jay Griffin; Umb Cross Team
5. Doug Smith; Rmcc/cyclesmith

Masters 55+

1. Dirk Cowley; Ffkr/sbo
2. Doug Cottle; Porcupine/specialized
3. Lewis Rollins; Contender Bicycles
4. Bob Walker; Church of the Big Ring
5. Louis Melini; Millcreek Bicycles

Singlespeed

1. Jason Sager; Jamis
2. Pat Schott; Rock Lobster
3. John Burton; Joyride Bikes/ek Ekcessories
4. Daniel Nelson; Racers Cycle Service
5. Brent Cannon; Miduole / Barbarcoa

Men B

1. Taylor Foss; Kuhl/scott
2. Trevor Greenwood; Kuhl/scott
3. Jeremy Collins; Body Sync Racing
4. Ryan Krusemark; Kuhl/scott
5. Nick Anderson

Women B

1. Jessica Morris; Canyon Bicycles-draper
2. Margaret Harris; Racer's Cycle Service
3. Beth Ross; Joyride Bikes/ek Ekcessories
4. Kara Harris; Ski Utah Cycling
5. Nancy Alcabes; Ski Utah Cycling

Master Men35+ B

1. Peter Archambault; Rmcc/cyclesmith

2. Robert Johnson; Skullcandy P/b Jsa Architects
3. Tim Matthews; Church of the Big Ring
4. Mark Neff; Ogden Bike Collective
5. Rob Rowley; Biker's Edge/destination Homes

Men C

1. Michael Hales
2. Patrick Davis; Clammy Chamois
3. Nic Sells; Biker's Edge/destination Homes
4. Clay Adair; Clammy Chamois
5. Ross Greenlee; Contender Bicycles

Women C

1. Nancy Russell
2. January Holding
3. Alyssa Fought; Rmcc/cyclesmith
4. Amber Hatfield; Umb Cross Team
5. Karen Hoggan; Revolution-peak Fasteners

Master Men35+ C

1. Matthew Davis; Staats Bike Shop
2. Jason Sparks; Umb Cross Team
3. Jeff Howard; Staats Bike Shop
4. Jason Halverson; Staats Bike Shop
5. James Kent; Staats Bike Shop

Junior Men 10-14

1. Joel Roberts
2. Greyson Gyllenskog; Canyon Bicycles - Draper
3. Brad Thurgood; Clammy Chamois
4. Cameron Hooyer
5. Tanner Allen; Canyon Bicycles - Draper

Junior Women 10-14

1. Mackenzie Nielson; Contender
2. Charissa Boniface; Rmcc/cyclesmith
3. Chantel Olsen; Pcim
4. Jen Hanks; Revolution-peak Fasteners
5. Stephanie Skorekyo; University of Utah Cycling

Master Men 9 & under

1. Joshua Peterson; Umb Cross
2. Evan Flick; Rmcc/cyclesmith
3. Skylar Patten
4. Larsen Williams
5. Van Higley

Junior Women 9 & under

1. Ashley Nielson; Contender
2. Ryan Mcgee
3. Zoe Bradley; Skullcandy
4. Sydney Palmer Leger
5. Taylor Perry

Utah Cyclocross Series Race #6, Sunday, November 1, 2009, Wheeler Farm, Salt Lake City Utah

Men A

1. Bart Gillespie; Monavie/cannondale
2. Ali Goulet; Church of the Big Ring
3. Jason Sager; Jamis
4. Alex Grant; Monavie/cannondale
5. Eric Rasmussen; Porcupine/specialized

Women A

1. Kris Walker; Church of the Big Ring
2. Erika Powers; Revolution Peak Fasteners
3. Dayna Deuter; Church of the Big Ring
4. Jen Hanks; Revolution Peak Fasteners
5. Chantel Olsen; Pcim

Master Men35+ A

1. Matt O'hran; Monavie/cannondale
2. John McKone; Cole Sport
3. Sam Moore; Canyon Bicycles-draper
4. Sean Hoover; Canyon Bicycles-draper
5. Kelly Glenn; Contender Bicycles

Masters 45+

1. Russell Thorstom; Ico
2. Dirk Cowley; Ffkr/sbo
3. Barry Makarewicz; Ski Utah
4. Ty Loyola; Contender Bicycles
5. Jeffrey Johnson; Revolution Peak Fasteners

Masters 55+

1. Bob Walker; Church of the Big Ring
2. Dirk Cowley; Ffkr/sbo
3. Louis Melini; Millcreek Bicycles
4. Lewis Rollins; Contender Bicycles
5. Dennis McCormick; Wild Rose

Singlespeed

1. Jason Sager; Jamis
2. Brent Cannon; Miduole / Barbarcoa
3. John Karren
4. Matt O'hran; Monavie/cannondale
5. Kris Amott; Ski Utah Cycling

Masters 45+

1. Dirk Cowley; Ffkr/sbo
2. Jeffrey Johnson; Revolution-peak Fasteners
3. Roger Gillespie; Monavie/cannondale
4. Jay Griffin; Umb Cross Team
5. Doug Smith; Rmcc/cyclesmith

Masters 55+

1. Dirk Cowley; Ffkr/sbo
2. Doug Cottle; Porcupine/specialized
3. Lewis Rollins; Contender Bicycles
4. Bob Walker; Church of the Big Ring
5. Louis Melini; Millcreek Bicycles

Women B

1. Nikki Stone
2. Melissa Perry; Revolution Peak Fasteners
3. Beth Ross; Joyride Bikes/ek Ekcessories
4. Lisa Fitzgerald; Rmcc/cyclesmith
5. Kara Harris; Ski Utah Cycling

Master Men35+ B

1. Peter Archambault; Rmcc/cyclesmith
2. Jason Sager; Jamis
3. John Burton; Joyride Bikes/ek Ekcessories
4. Daniel Nelson; Racers Cycle Service
5. Brent Cannon; Miduole / Barbarcoa

5. Melanie Gladding
- Master Men35+ C**
1. Jamie Kent; Staats Bike Shop
2. Matthew Davis; Staats Bike Shop
3. Jason Sparks; Umb Cross Team
4. Eric Martin; Skull Candy P/b Jsa Architects

Junior Men 10-14

1. Cameron Hooyer
2. Joel Roberts
3. Greyson Gyllenskog; Canyon Bicycles-draper
4. Brad Thurgood; Clammy Chamois
5. Parker Christiansen

Junior Men 9 & under

1. Cole Vanorman
2. Max Scafe
3. Hatcher Blair
4. Evan Flick; Rmcc/cyclesmith
5. Conor Smith

Junior Women 9 & under

1. Jade Cornaby
2. Gade Cole

Utah Cyclocross Series Race #7, Sunday, November 7, 2009, Weber Fairgrounds, Ogden Utah

Men A

1. Bart Gillespie; Monavie/cannondale
2. Eric Rasmussen; Porcupine/specialized
3. Alex Grant; Monavie/cannondale
4. Sam Krieg; Ice/krieg Climbing
5. Reed Wycoff; Contender Bicycles

Women A

1. Dayna Deuter; Church of the Big Ring
2. Erika Powers; Revolution-peak Fasteners
3. Chantel Olsen; Pcim
4. Jen Hanks; Revolution-peak Fasteners
5. Stephanie Skorekyo; University of Utah Cycling

Master Men35+ A

1. John McKone; Cole Sport
2. Art O'Connor; Church of the Big Ring
3. Matt O'hran; Monavie/cannondale
4. Gary Fuller; Church of the Big Ring
5. Kelly Glenn; Contender Bicycles

Masters 45+

1. Barry Makarewicz; Ski Utah Cycling
2. Dirk Cowley; Ffkr/sbo
3. Jeffrey Johnson; Revolution-peak Fasteners
4. Perry Woods; Bountiful Bikes
5. Steve Briley; Jans

Masters 55+

1. Dirk Cowley; Ffkr/sbo
2. Bob Walker; Church of the Big Ring
3. Doug Cottle; Porcupine/specialized
4. Louis Melini; Millcreek Bicycles
5. Lewis Rollins; Contender Bicycles

Singlespeed

1. John Burton; Joyride Bikes/ek Ekcessories
2. Thomas Cooke; X-men
3. Arthur Morris; Racer's Cycle Service
4. Shannon Boffeli
5. Bob Saffell; Revolution-peak Fasteners

Men B

1. Jeremy Collins; Body Sync Racing
2. Brian Hestetune; Joyride/ek Ekcessories
3. Nick Anderson
4. Mark Pasternak; Revolution-peak Fasteners
5. Kevin Cummisford; Rmcc/cyclesmith

Women B

1. Melissa Perry; Revolution-peak Fasteners
2. Kara Harris; Ski Utah Cycling
3. Meara Mclenahan
4. Lisa White; Kuhl/scott
5. Lisa Fitzgerald; Rmcc/cyclesmith

Master Men35+ B

1. Peter Archambault; Rmcc/cyclesmith
2. Tim Matthews; Church of the Big Ring
3. Ken Costa; Revolution-peak Fasteners
4. Mark Neff; Ogden Bike Collective
5. Travis Mickelson; Contender Bicycles

Men C

1. Justin Doll
2. Michael Hales
3. Dusty Powers; Revolution-peak Fasteners
4. Clay Adair; Clammy Chamois
5. Nate Vorwallier; Fitzgerald's

Women C

1. Amber Hatfield; Umb Cross Team
2. Melanie Gladding
3. Eric Martin; Skull Candy P/b Jsa Architects
4. Jamie Kent; Staats Bike Shop
5. Tony Church

Junior Men 10-14

1. Noah Talley; Racer's Cycle Service
2. Joel Roberts
3. Gade Perry
4. Greyson Gyllenskog; Canyon Bicycles-draper
5. Connor Letendre; Rooster's

Junior Women 10-14

1. Bradley
2. Carlee Hunsaker; Umb Cross Team
3. Charissa Boniface; Rmcc/cyclesmith
4. Liz Baer
5. Emily Bilodeau

Junior Men 9 & under

1. Joshua Peterson; Umb Cross Team
2. Max Scafe
3. Van Higley

4. Larsen Williams
5. Evan Flick; Rmcc/cyclesmith
- Junior Women 9 & under**
1. Cassidy Johnson
2. Lupine Cramer
3. Sydney Palmer Leger
4. Gracie Cornaby
5. Naomi Pitcher; Joyride Bike Ek Accessories

Men B

1. Jeremy Collins; Body Sync Racing
2. Nick Anderson
-

Ride Your Bike, Get Cash: The Bicycle Commuter Act

By Lou Melini

It is April and tax season is upon us. One of my life dreams is to somehow be able to ride my bicycle to either make money or claim the expenses as a tax deduction. Since I ride "religiously" nearly every day I keep thinking that my expenditures should be deductible for my "religion". On January 1, 2009, after nearly 8 years in Congressional hearings, I nearly have my wish with the Bicycle Commuter Act.

The Bicycle Commuter Act stipulates that for "commuting to work on a regular basis" you may be allowed to receive "reasonable expenses" related to bike commuting up to \$20/month that comes to you tax free as a fringe benefit. The original intent of the legislation was for \$80, deemed way too "liberal" for some members of Congress. Over the years the bike commuter act was reintroduced on numerous occasions, finally passing as part of the Bush administration bailout. Unfortunately there has not been a lot of interest by companies to give this tax-free benefit to cyclists. Perhaps many cyclists are not aware of the Act or \$20 isn't worth the paperwork for companies and cyclists.

The Bicycle Commuter Act is part of Section 132(f) of the tax code found in IRS publication 15-B, The Employer's Tax Guide to Fringe Benefits. Included in this section are allowances for qualified parking programs for cars (\$215/month) and use of public transportation or carpooling (\$115/month), so \$20/month is relatively a small incentive for commuting by bicycle. In addition, you can only receive one of the 3 benefits. So if you receive a discounted bus pass from your employer, you cannot receive the bike commuter benefit. And finally, your employer must agree to participate. This is a fringe benefit, not a mandate.

I work for a relatively small medical group, so a decision was gladly reached to just give me the \$20/month benefit since everyone knows I ride to work every day. Perhaps the decision was out of pity for riding a bike everyday. Anyway, I do not have to turn in receipts for "qualified expenses" and the company simply writes off the expense as a miscellaneous expense to account for the money. Since I do my own work on my commuter bike, it is difficult to come up with the \$240 of annual expenses. I change the chain, cable and housing and brake pads on my commuter bike every 9-12 months. I also needed new chainrings this year. I decided to become a contract bike mechanic and "pay" myself for my time working on my bike to make up any difference but not enough to generate a 1099 tax form. I doubt that the IRS would allow that, but I also doubt I will be audited.

On the other hand, my wife Julie applied for the Bicycle Commuter Act benefit to her employer, Intermountain Health Care. Her request was denied. IHC does provide discounted bus passes to their employees and gives their employees free parking. Apparently the health care giant draws the line when it comes to improving employee health via bike commuting.

So if you "regularly" ride your bicycle to work and you have "reasonable expenses" related to your bicycle commute, you may want to ask your employer for benefits allowable under the Bicycle Commuter Act. Try telling your employer that the small "raise" will allow you to buy spend more on your bicycle thereby stimulating the economy and making everyone prosperous. After a polite chuckle and your employer saying "no", you will still have the benefits of riding your bicycle to work, which include saving money by not driving, improving one's health, saying hello to your neighbors as you pedal to work, and...well, you know the rest.

Update from the Bicycle Advocacy Front:

After several years of service, Sharon Briggs, the Bicycle/Pedestrian Coordinator at the Utah Department of Transportation (UDOT), retired. UDOT has been actively pursuing a new coordinator to fill her position. Bicycle advocates are looking forward to working with her replacement. This position is crucial for Utah cyclists. It represents a portal into UDOT for cyclists to provide input on new road and road repair construction aimed at improving facilities (bike lanes, signals that detect cyclists, share the road signs, etc) on Utah roadways.

The Utah Bicycle Coalition (UBC), a statewide bicycle advocacy group, will start its first membership drive this spring. The mission of the UBC includes working for good laws and legislation that promotes safe cycling, participating in transportation planning and construction that provides accommodations for safe cycling, and educating cyclists and motorists about safe cycling, share the road, and obeying the law.

Over the past 5 years, the UBC has worked on several legislative initiatives. It has become clear that in order to have an impact on legislative decisions regarding cyclists, coordinated efforts with phone calls, emails, letters, and personal contact with state senators and representatives are what counts. For cycling accommodations to grow in Utah, it will be important for large numbers of cyclists to be heard. Get involved.

During this legislative session, one House Bill, #250, Leaving the Scene of a Crime sponsored by representative Christopher Herrod, R-Provo, is of considerable interest to the UBC. It is a follow up to legislation passed last year House Bill 237, "Leaving the scene of an accident". The intent of the original bill was to increase the penalty from a Class A misdemeanor to a third degree felony (0 to 5 years and a fine up to \$5,000) for a hit and run. The bill had a fiscal note attached and did not pass as originally written. In 2009, it was amended so that defendants must have a prior DUI before they could be charged with a felony. This new bill removes the DUI contingency. Over the last year, there have been a handful of hit and run accidents involving cyclists, some of them resulting in serious injury to the cyclists. The UBC encourages the cycling community to contact their local legislators to support the bill, and contact their local elected county district attorney officials to express their support.

For more information on the Utah Bicycle Coalition, visit UtahBikes.org.

-Ken Johnson, President, Utah Bicycle Coalition

QBP Donates \$10,000 to Ogden Bicycle Collective in Utah

Quality Bicycle Products (QBP), a leading distributor to the cycling and outdoor industries based in Bloomington, MN, is donating \$10,000 to the Ogden Bicycle Collective, a nonprofit organization that promotes bicycles for transportation and recreation. QBP, which is opening a new distribution center in Ogden, Utah in Spring 2010, has a long record of advocating for bike-related causes.

Currently led by volunteers, the Ogden Bicycle Collective will use the QBP donation and matching funds from the Utah Conservation Corp and Utah State University to hire a fulltime administrator. This official will find resources, develop programs and oversee the Collective's growth for the next 10 months. The Ogden Bicycle Collective is closely affiliated with Salt Lake Bicycle Collective in Salt Lake City.

"The donation from QBP will have a huge impact," said Josh Jones, an Ogden city staffer and volunteer who helped launch the Collective. "We have a storefront location, we have lots of bikes and parts, and we have volunteers who can teach people how to fix bikes. What we really need, though, is a person who can put all the pieces together and manage the organization. The money from QBP will help us do exactly that." He added that the new resources would let the Collective maintain consistent hours of operation and a stable business presence in the community.

Using funds from QBP and other sources, the Collective will launch an ambitious slate of initiatives. Partnering with Weber State University and Ogden City, they will establish a community bike-lending program modeled after the Fort Collins Bike Library in Colorado. The Collective will also establish a local chapter of Trips for Kids, a national organization that enrolls at-risk youth in bicycling through mountain-bike rides, Earn-A-Bike programs and other incentives. Additionally, the Collective will offer bike safety training.

"Wherever we have employees and a presence in a community, we want to be part of the bicycle culture and give back to the community," said Steve Flagg, president and founder of QBP. "The Ogden Bicycle Collective not only leverages our donation but also adds a Trips for Kids chapter in an area that has not had one."

For more information on the Ogden Bicycle Collective, visit ogdenbikecollective.org. For more information on QBP, visit QBP.com.

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Brian Head, UT 84719
(435) 677-3101
brianhead.com

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Cedar Cycle

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Cedar City, UT 84720
(435) 586-5210
cedarcycle.com

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Over the Edge Sports

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Hurricane, UT 84737
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otesports.com

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fuzzysbicycleworks.com

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Bicycles Unlimited

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redrockbicycle.com

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(435) 215-4251
sunset-cycles.com

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Zion Cycles

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zioncycles.com

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Logan, UT 84341
(435) 752-4580
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sunrisecyclery.net

Wimmer's Ultimate Bicycles

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(435) 752-2326

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Bootworks Cycle Center

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(435) 649-3032
bootworks.com

Brothers Bikes

520 N. Main Street, #D
Heber City, UT 84032
(435) 657-9570
brothersbikes.com

Cole Sport

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

Dharma Wheels Cyclery

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Park City, UT 84098
(435) 658-0032
dharmawheelscyclery.com

Jans Mountain Outfitters

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Park City, UT 84060
(435) 649-4949
jans.com

Stein Eriksen Sport

@ The Stein Eriksen Lodge

7700 Stein Way
(mid-mountain/Silver Lake)
Deer Valley, UT 84060
(435) 658-0680
steineriksen.com

White Pine Touring

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

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Altitude Cycle

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altitudecycle.com

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bouldercitybikes.com

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diamondpeak.biz

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Ogden, UT 84403
(801) 476-1600
thebikeshoppe.com

Bingham Cyclery

1895 S. Washington Blvd.
Ogden, UT 84401
(801) 399-4981
binghamcyclery.com

Canyon Sports Outlet

4598 S. 700 West
Riverdale, UT 84405
(801) 621-4662
canyonsports.com

Skyline Cycle

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(801) 394-7700
skylinecyclery.com

DAVIS COUNTY

Biker's Edge

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Kaysville, UT 84037
(801) 544-5300
bebikes.com

Bingham Cyclery

2317 North Main
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(801) 825-8632
binghamcyclery.com

Bountiful Bicycle Center

2482 S. Hwy 89
Bountiful, UT 84010
(801) 295-6711
bountifulbicycle.com

Masherz

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Woods Cross, UT 84087
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masherz.com

Saturday Cycles

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West Bountiful, UT 84087
(801) 298-1740
saturdaycycles.com

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Central Valley

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Salt Lake City, UT 84124
(801) 278-1500
canyonbicycles.com

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cottonwoodcyclery.com

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(801) 277-2626
(888) 277-SPIN
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Bicycle Center

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Salt Lake City, UT 84102
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cyclesmithslc.com

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(801) 466-3971
fisherscyclery.com

Go-Ride.com Mountain Bikes

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Salt Lake City, UT 84115
(801) 474-0081
go-ride.com

Guthrie Bicycle

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Hyland Cyclery

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Salt Lake City, UT 84106
(801) 467-0914
hylandcyclery.com

REI (Recreational Equipment Inc.)

3285 E. 3300 S.
Salt Lake City, UT 84109
(801) 486-2100
rei.com/saltlakecity

SLC Bicycle Collective

2312 S. West Temple
Salt Lake City, UT 84115
(801) 328-BIKE
slcbikecollective.org

Salt Lake City Bicycle Company

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wildrosesports.com

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(801) 571-4480
binghamcyclery.com

Canyon Bicycles

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(801) 576-8844
canyonbicycles.us

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(801) 790-9999
canyonbicycles.us

Canyon Sports

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

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(801) 523-8268
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laketownbicycles.com

REI (Recreational Equipment Inc.)

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Sandy, UT 84070
(801) 501-0850
rei.com/sandy

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801-796-7500
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(801) 763-1222

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downhillcyclery.com

Provo/Orem

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binghamcyclery.com

Blayn's Cycling

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blaynsperformancecycling.com

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maddogcycles.com

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(801) 356-7025
maddogcycles.com

Park's Sportsman

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parkssportsman.com

Racer's Cycle Service

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racerscycle.net

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Urban Downfall Cycles

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urbandownfall.com

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Epic Biking

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(801) 653-2039
epicbiking.com

ADVOCACY

Catching Up on the National News

By Charles Pekow

Winter may have slowed down the volume of bicycling. But it didn't top the flow of news that will affect cyclists once they tune up their vehicles for spring. So this month, the advocacy page catches up on the news that developed over the cold season.

A Few CMAQ Projects Promote Bicycling

"Broad public and popular support" for bicycling projects has succeeded in securing Congestion Mitigation & Air Quality Improvement Program (CMAQ) funding for bicycle projects around the country. Bicycle advocates have been successful in getting the funding even though technically, other projects (such as traffic signal and intersection improvements) might have helped more people. Or that's what metropolitan planning organizations (MPOs) told researchers for the Federal Highway Administration evaluating CMAQ.

A federal report, SAFETEA-LU 1801: CMAQ Evaluation & Assessment (<http://www.fhwa.dot.gov/environment/cmaqpgs/fhwa-hep09026/index.htm>), also noted on the other hand, that bicycle projects are at a disadvantage for funding because it's harder to calculate the benefits than it is for other projects (such as retrofitting trucks to reduce pollution).

Since 1990, the U.S. Department of Transportation has provided CMAQ grants to sponsor projects that reduce transportation-related pollution.

The researchers studied a few CMAQ projects, including the Ft. Collins, CO Community Bicycle Library (www.fcbikelibrary.org), which matched \$132,000 in CMAQ money with \$33,000 in local funds. The project lent 100 bicycles to people free for up to a week. While a local evaluation was still pending, the city and local MPO figured it would reduce air pollution and traffic congestion. "City officials believe that the library is a model for inter-agency cooperation and that it has already had positive regional and social impacts beyond air quality benefits," the report concludes.

FTA Proposes Standards for Bicycle Projects

Exactly how far from public transit should a bicycle project extend to remain eligible for federal transportation funding? The Federal Transit

Administration (FTA) plans to issue guidelines eventually. It took public comment on the issue over the winter.

The main issue FTA wants to settle is how far from a public transit stop or station will a bicycle improvement be considered "to have a de facto functional relationship to public transportation."

Until now, FTA has considered improvements to be "functionally related" beyond 1,500 feet from a transit site "only if they satisfied a test of activity and use." But the agency acknowledges the distance as "too short." It wants to expand the area to a three-mile radius. Beyond three miles, improvements would have to pass the "functionally related" test to get federal funding.

Hybrid Cars Pose Hazard to Bicyclists

Motorists may think they're doing the environment a favor by saving oil driving hybrid electric cars. But they pose a special hazard to bicyclists, unfortunately. A report from the National Highway Traffic Safety Administration (NHTSA), Incidence of Pedestrian and Bicyclist Crashes by Hybrid Electric Passenger Vehicles (<http://www-nrd.nhtsa.dot.gov/Pubs/811204.PDF>), found that drivers of hybrids are more likely to get involved in crashes with bicyclists than drivers of traditional internal combustion engines are.

The differences occur largely when motorists are driving at slow speeds, such as when backing up, parking, starting, slowing down, starting and stopping. Bicyclists were also more likely to get involved in crashes with hybrids at intersections and interchanges. On roadways, researchers found no significant differences, however.

The only possible cause NHTSA suggested for the discrepancies is that hybrid vehicles make more noise operating at slow speeds than traditional cars and perhaps drivers don't hear outside sounds as well.

NHTSA cautions, however, against drawing too broad conclusions from the study because of its small sample size. It says it will continue to study the issue with larger samples and says that hybrid owners may need more safety education.

New Zealand Comes Up With Some Remedies

While the U.S. government puzzles over the dangers of crashing with hybrids, the New Zealand government has come up with some solutions for reducing other bicyclist/

auto crashes. Painting a stripe designating a bike lane reduces crashes 37 percent, probably because stripes give cyclists extra space, for instance. Ironically, however, in some instances, the number of crashes went up when a city painted a bike lane, presumably because it encouraged more cyclists, and therefore more potential crash victims.

And on-road crashes go down a whopping 75 percent on streets with no parking, the New Zealand Transport Agency reports.

To see Cycle Safety: Reducing the Crash Risk, go to <http://www.nzta.govt.nz/resources/research/reports/389/>.

Mixed Grades for Cycling in Utah, Idaho

When it comes to staffing and police Utah shines in comparison to other states. When it comes to other benchmarks of bicycle friendliness, it does less well, according to a national report from the Alliance for Bicycling and Walking. Utah finished in the top third in the above categories. But it fell into the middle third when it comes to mode share, safety, funding and advocacy capacity, says the Bicycling & Walking in the United States 2010: Benchmarking Report.

Overall, in fact, Utah wound up right in the middle: ranked 25th of 50 states in the levels of biking and walking. It scored below average, 29th, when it came to bike/ped funding per capita.

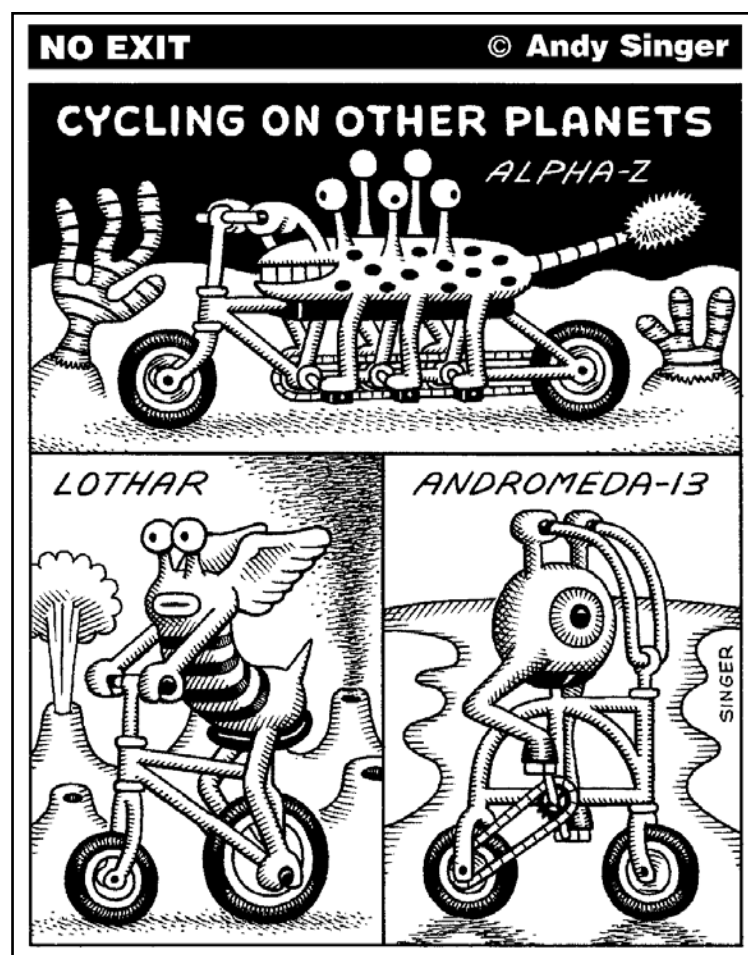
But despite these low rankings, Utah finished a high 8th in the percentage of people who bike to work. That sounds impressive until you realize that only .8 percent of Utah commuters cycle to their jobs.

Idaho did better in some respects. The alliance ranked it in the top third when it comes to mode share, safety, funding and staffing; and in the middle third for policies. Idaho scored in the bottom third for advocacy capacity, though, since it lacks a strong statewide advocacy group.

Despite a lack of lobbying clout, Idaho scored 15th in terms of the level of bicycling and an excellent 7th in low bike/ped fatality rates (Utah was 22nd). Idaho also scored 17th in terms of per capita bike/ped funding.

Imagine how well Idahoan cyclists might do if they only fought for their rights!

Download the report from <http://www.peoplepoweredmovement.org/site/index.php/site/benchmarking-download/>



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ROUTE 211

An American Bicycle Company - from a Dairy Barn to the Champs Elysees

By Greg Overton

The Trek brand name has become synonymous with the Tour de France in recent years, having been the winning bicycle for each of Lance Armstrong's seven Tour wins, as well as the last two Tours won by Alberto Contador. That's a pretty impressive list of racing accomplishments for a company that was founded as a builder of mostly custom, hand built touring bikes in the mid 1970's. And it's the latest major marketing coup in a line of many over the past twenty years by Trek, after a shaky first twenty years when the company wrestled with management, marketing, distribution, technology and competition from imports. Trek now stands as America's largest bicycle company and the second largest in the world.

The precise origins of the company that would become Trek are a little blurry, but it is known that it began in a red barn in Wisconsin, with a few bike builders brazing touring frames, mostly on a custom order basis for bike shops in the Midwest. That small startup was struggling with sales, marketing, cash flow and just about every other challenge that a small company can struggle with. Those original builders received some help from a local bike shop owner named Bevil Hogg, but it wasn't enough to keep them afloat. Enter Richard 'Dick' Burke in 1976, who along with Hogg and Hogg's shop manager, Tom French, formed Trek. It was French who came up with the name in passing, as another word for tour. Hogg had bicycle industry experience and Burke brought money and business experience.

Bevil Hogg was a South African emigrant who had worked as a US representative for a couple of French bicycle companies, Gitane and Stella, and also sold French bicycle components to bicycle dealers. In the early days of the bike boom of the 1970's, Hogg found plenty of customers, and eventually opened his own retail store in Madison, Wisconsin, quickly building that into a small chain of five stores located in college towns in the region. Tom French was general manager in Hogg's retail chain, and

would become Trek's first official Sales Manager. Dick Burke was an accounting and finance manager for Milwaukee based Roth Distributing, an appliance and paint distributor owned by parent company Intrepid Corporation. He had recently become treasurer and shareholder of Roth, when its founder and president suddenly passed away. Burke met Hogg around this time, and Hogg convinced him there was room for an American manufacturer of high quality bike frames, since Schwinn had begun offering primarily bikes made in Asia. Burke was on board, but Hogg's store chain was strapped financially, as was the little frame building group that he was interested in supporting and growing.

Burke approached the Roth board of directors with the idea of becoming a bicycle manufacturer and distributor, and Roth approved an initial \$25,000 for Burke to investigate the idea. After showing his board at Roth that bike boom 70's America was a money maker in waiting and that he knew someone with European bicycle company experience, Burke was given the green light. He paid the 24 year old Hogg \$100,000 for his retail chain, assumed its debt, and invested \$25,000 into the frame building concern. Trek was born. The payment to Hogg would go into Trek, while Burke took over the retail chain of five stores. Soon after, Burke found little success in retail and sold the bike store chain, focusing on his roll as Trek's president. He, Hogg and French had to grow their new company quickly, and wanted to do this through a dealer network of bicycle stores. Their first dealer was Penn Cycle in the Minneapolis area, a major Schwinn dealer and a perfect opportunity for Trek to show its superior product.

Trek frames were all still touring designs, with a long wheelbase, braze on fittings for racks and fenders and constructed primarily with Reynolds tubing, the decades old stalwart of high quality bike frames. They were well made, in many ways better than European frames and high end Japanese frames. Thanks in large part to a dedicated group of builders and employees, the product belied the

chaos of a company learning on the fly. That group included Mike Appel, who is considered one of America's best frame builders and left Trek in 1979 to go on his own. There was also Joe Starck and Dave Tesch, both of whom would leave Trek to work for Masi in California, both are also considered pillars of US frame building. Chris Fiorini left for Waterford, when Mark Muller converted the old Schwinn custom shop into a stand alone company. Luckily for Burke, Hogg and French, there was talent to drive their project.

Trek was growing quickly and building a reputation as a quality product and by 1978 was distributing its frames to both coasts and the cycling hotbed of Colorado. By the time the decade turned, the company was growing rapidly, sales were reaching nearly \$15 million and it was now offering complete bicycles, and growing its dealer network. And these dealers were making requests for more models. Upon noticing the rising popularity of racers like Jonathon Boyer; the first American to ride the Tour de France, and rising star Greg LeMond, Trek offered its first road racing bikes in 1982. It followed that in 1983 by offering its first mountain bike models, and revenue soared again. Sales reached \$20 million in 1983, and Trek was now ready to begin its own R&D, and looked to new materials and construction processes to distinguish itself and become more streamlined and profitable. Initially, this resulted in the company's first major setback.

In 1984, Trek began trying to machine-weld its steel bike frames, using its own house designed lugs and fittings, which were cast and required little if any hand work for finish and fit. The frames were poorly aligned and quality control was nearly impossible. These were quickly followed by the company's first bonded aluminum frames, which were also poor quality and orders fell while warranties rose. As Burke was quoted not long before his passing in 2008, "In 1984 we made some bad product. Then in '85 we introduced our first bonded aluminum frame, but we didn't know how to build it in a production environment. We went through a year of building bad product that came back to haunt us." The company was hurting, despite sales reaching nearly \$30 million, and as is often the case, management began to look at each other. The Burke and Hogg team was on shaky ground.

By this time, Tom French was already gone, having abandoned ship in 1983 to work for Blackburn, a popular and well respected accessories manufacturer in California. Burke and Hogg were in a tailspin of sorts, trying to find solutions to the two years of poor product, and they disagreed on how to do it. Burke took the reins, "I had to make a management change," he is quoted, "On a Friday night I took out the general manager. On Monday morning I was running a bicycle company, and I didn't know a [expletive] thing about manufacturing. We did a turnaround: fixed the frames and got rid of the bad product. We also executed a major growth program...I put down a mission statement that's still in place today. It says we're going to provide our customers with quality products at competitive value and deliver them on time. We are going to create a positive environment for our customers and employees. And

we are going to make money. And that's what we did." He was serious, especially about making money. In the years 1986 to 1996, Trek sales grew from \$30 million to over \$300 million. And this was before The Armstrong Effect.

In 1985, Bevil Hogg, like his friend Tom French, moved west to California. There the two reunited and founded the Kestrel bicycle company, a formidable building block in composite bicycle manufacturing. In the small world that encapsulates the cycling industry, Kestrel soon became a partial holding of Schwinn, Trek's main target a decade earlier. Burke began his turnaround of Trek, cutting costs and streamlining the company, which was still a subsidiary of parent Intrepid Corporation until 1997. Succumbing to market pressure, Trek began outsourcing manufacture of its lower end bikes to Asia, contracting with Giant to build these. For its American built bikes, Trek was able to counter high production costs by hiring young bicycle enthusiasts in its manufacturing factory, largely because this group saw this work as a labor of love, and was willing to work for modest wages and benefits, and Burke knew this. Most US made Trek bikes by this time were bonded aluminum and did not require the fit and finish nor the labor intensive hand work of its original frames, so expertise in building was not as crucial, and frames were constructed with less costly materials, also requiring much less time to complete.

In 1986, Trek began to look at its future, offering its first bonded carbon composite road bike, the Model 2500. These frames used the same lugs, rear triangle and one piece head tube as the aluminum models, but replaced the three main tubes with wound filament carbon composite tubes. It was another marketing stroke and placed Trek on the path as a high tech, cutting-edge company. This kept the sales of its road bikes alive in the late 80's, when any product that could be labeled a mountain bike was selling easily and the company rode its second bike boom, on knobby tires, to new heights. In 1987, Trek had a dealer network of approximately 500 stores, and Burke aggressively began adding 200 dealers per year. In some cases, this was at the expense of some of the company's existing dealers, and some who had been there in the early days, when Trek was begging for sales. It is a tough, sales oriented mindset that has put off many of its vendors and especially some of its dealers over the past two decades. But it has worked well for the company itself. As sales grew, so did Trek's clout within the industry, and the company began exerting this clout on its suppliers, demanding discounts and concessions that would benefit its bottom line. The eternally cash strained supply chain responded because Trek was very healthy, and always paid.

The 1990s was an unprecedented decade of growth for Trek, as it expanded sales and distribution worldwide in the early part of the decade, and went on a shopping spree in the US. In 1993, the company purchased the Gary Fisher brand, marketing heavily on the company's namesake as the father of the mountain bike, and increasing the Fisher brand's sales ten-fold in its first year of ownership. Then in 1995, Trek purchased two smaller, but very well respected bike brands, Klein

and Bontrager, both of which were noted for engineering excellence and design achievement. Also that same year, Trek signed a licensing agreement to sell and distribute the Greg LeMond brand of bicycles and accessories, marketing heavily on the name of America's first Tour de France winner and his legacy. In recent years, the Klein brand has been dropped and the Bontrager logo is used only on components and accessories. Trek and LeMond have parted ways over legal wrangling, having reached an out of court settlement in early February 2010, with Trek agreeing to contribute to a charity of LeMond's choosing.

As for the house brand itself, Trek enhanced its market position as a technology leader in 1992, with the introduction of its bladder molded composite frames, which it called OCLV. Optimum Compaction Low Void (OCLV) means simply that all excess air is squeezed out of a composite item during the molding process. It happens in every bladder molded product, but again, Trek used a master stroke in co-opting this terminology and marketing it well. These were still lugged frames, with the lugs placed inside the oversized tubes and bonded. Trek's carbon fiber frames have a Salt Lake City connection with the composite tubes having been manufactured locally by MacLean Composites (under the names Advanced Composites and later Reynolds Composites) since those first smaller diameter tubes in its Model 2500. The notion of a molded, full composite frame began with Tom French and Bevil Hogg in the early days at Trek, but was not embraced by Burke. That is until seeing the acceptance and positive reception that their Kestrel frames received in the 80's, then Trek sought a similar frame from another manufacturer, Aegis, for its initial full composite frames before bringing the technology in-house. Bladder molded composite frames carried Trek through the 90's to great success at the upper end of the market. Early reliability problems were endured better than with the first bonded frames back in the mid 80's, especially since this time around the company was able to absorb warranty replacements more easily, as the cost of producing these frames was low and their sales were high.

Trek's OCLV product line defined the company through the 1990's, and still does as its descendent technology has won 9 of the last 11 Tours de France, after the company signed on as a sponsor of the US Postal Team and a still-recovering from cancer Lance Armstrong in 1998. As Burke commented on that signing in a Reuters.com interview in August 2006, "If it had been up to me, we would have never signed him. I'm too cheap. I give all of the credit to young people like my son and Dick Moran, our marketing manager. They said, 'This is something we want to be a part of. I didn't see it at the time.'" And the rest is well documented history. It was another coup, and one that proves that Dick Burke was not the only visionary in the company. Trek is now the second largest bicycle manufacturer in the world behind Giant, and employs nearly 2,000 people with sales approaching \$1 billion annually. Burke's son John took the helm as President in 1998, and Dick Burke remained Chairman of the Board until his death in 2008.



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Salt Lake Bike Collective News

If you like what the Salt Lake City Bicycle Collective does, they could use

In addition to hiring Gary Hurst as our full time shop manager, the Salt Lake City Bicycle Collective has expanded their hours! Now opening at 5:30pm and closing at 10pm and now open on Wednesdays. Ladies ONLY night is now the 1st Wednesday of the month. Saturday hours are now noon until 5. Likewise volunteers are welcome 10am until 4:00pm Monday through Friday by appointment, or just shop up Monday from 5:30 to 10pm, training included.

The Collective is continuing to offer free mechanics classes. Everyone is welcome to come to our Community Bike Shop (2312 S. West Temple) to receive a lesson from the Park Tool School (www.parktool.com/clinics_training) by professional mechanics every Monday starting at 6pm. Classes don't build on each other, so jump in at any time. Participants will learn how to true wheels, adjust derailleurs and brakes, and general skills. See the Collective's website (www.slcbikecollective.org) for a schedule.

As always the Collective needs bicycles and volunteers for all of their rewarding programs. Our Trips for Kids program, which takes youth from 10-16 on mountain bike rides, and the Earn a Bike program, where kids learn to take apart and rebuild a bike that they get to keep, are starting up, and they need mentors to teach kids how to work on bikes and/or ride! If you have a bike to donate, the Collective can use it, whether it is currently functional or not.

The mission of the Salt Lake City Bicycle Collective is to promote cycling as an effective and sustainable form of transportation and as a cornerstone of a cleaner, healthier, and safer society. For more information, including crank addiction, visit www.slcbikecollective.org or call 801-FAT-BIKE..



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COMMUTER COLUMN

Salt Lake City's New Bicycle/Pedestrian Coordinator Looking to make SLC The Place To Cycle



Becka Roof was hired by Salt Lake City as the new Bicycle and Pedestrian Coordinator. Photo: Lou Melini

By Lou Melini

In July of 2009 Becka Roof joined Salt Lake City's Transportation Department as the new Bicycle/Pedestrian Coordinator. This month's commuter column will introduce her to the cyclists of Salt Lake City and beyond.

Cycling Utah: Tell me about your job responsibilities. What is your academic and professional background for your position?

Becka Roof: As the Bicycle/Pedestrian Coordinator for Salt Lake City, I'm primarily responsible for coordinating the city's progress on on-road bicycle and pedestrian facilities. My role is to integrate bicycle and pedestrian accommodation into transportation projects, as well as to initiate projects that are specifically to improve conditions for bikes or peds. My role is complementary to Dan Bergenthal's new responsibilities; Dan is now focusing on trails, and I'm focused on-road. However, we work together to draw on our respective experience.

By way of background, I've been in this field for over 10 years – I've worked for the National Park Service Rivers & Trails Program, directed the statewide bicycle/pedestrian advocacy organization in Vermont, and most recently ran a small transportation consulting firm in Vermont focused on bicycling and walking. I have a bachelor's degree in Political Science and a master's from Harvard University.

I'm also a League Cycling Instructor (LCI) since 1998, back when it was still called Effective Cycling. In addition to teaching "defensive bicycling" classes (variously called Effective Cycling, Bike Ed, Road 1, or Smart Cycling) to adults, I've trained hundreds of educators, health professionals and police officers in teaching bicycle safety. I've worked as a lobbyist with the Vermont state legislature to improve bicycling laws – removing a mandatory sidepath law – and to restore bicycle/pedestrian funding. I've helped increase

the number of kids walking and biking to school. I've been an advocate and provided technical expertise for the first bike lanes in two regions – Portland, Maine and Central Vermont. I believe well-designed bike lanes help bicyclists stake out their space to the road.

Here in Salt Lake we obviously already have a lot of bike lanes, so my role here will be to help the city kick it up a level – improving the designs, completing more road diets, and considering innovative designs.

C.U.: Being from Vermont, what are the challenges you face here in SLC vs. Vermont? What are some of the benefits of being involved in transportation here vs. Vermont?

B.R.: The first and biggest challenge I've faced this winter is your air quality! My lungs just aren't used to the smog, and this has put me off my bike many days when I otherwise would have ridden.

In terms of improving conditions for bicycling and walking, Salt Lake City is very different than Vermont. In Vermont, we have a fairly good bicycling and walking culture, but little room on the existing streets to add bike facilities. In contrast, Salt Lake's wide streets provide us with plenty of room to reprioritize some of that space for bicyclists.

In Salt Lake City, the wide streets are both a challenge and an opportunity. The wide streets tend to make motor vehicles travel faster, and the many turning lanes can be a challenge to both bikes and peds. It seems like traffic is always moving here. In Vermont we have fewer lanes, and more all-way ped-scrambles where all the cars have to stop, and even right-turn-on-red is prohibited.

Another significant benefit of working on bicycle facilities in Salt Lake City is the depth of political support, and the allocation of funding, by Mayor Becker and the City Council. With wide streets, political support, and funding for bikes – Salt Lake City promises to be a very fun city to work with.

C.U.: What projects are currently being looked at and what is feasible for completion by the end of this year?

B.R.: A new bike map will be coming out within the month, with a significantly improved format. By the end of the year we'll have a bike transit center under construction; green, shared lanes on South Temple and bike lanes on Main Street. Bike lanes are in the works for some shorter sections of road including 2100 East, 900 South, and others. I'm currently analyzing what other streets have traffic volumes that are well suited to road diets – I'm hoping to get some additional bike lanes on long sections of arterial streets.

C.U.: Have you developed a "wish list" of bike projects for the next 2 years? 5 years? 10 years?? If so what do you envision for cyclists?

B.R.: I'm still working on my wish list, but in the next couple years I'll be looking to improve bike lane designs at intersections and add pavement markings to indicate where bikes should stop to trigger traffic lights. I'm also hoping to create a prototype bicycle boulevard fairly quickly. Bicycle boulevards use existing quiet streets as bicycle priority streets, and facilitate bicycle crossing of arterial streets while diverting (or not improving) crossing motor vehicle traffic. The bicycle boulevard concept would work particularly well with Salt Lake City's grid system, and is supported by the Mayor's Bicycle Advisory Committee.

In the next five to ten years, I think you'll see more road diets with bike lanes, a network of bicycle boulevards on existing streets, and more shared-use trails. I'm also paying close attention to the protected bike lanes and grade-separated bike lanes that are common in Europe and are being tried in other places in the U.S. I'll be looking for site-specific opportunities to try these innovative designs.

I'm very aware of the importance of east-west corridors in Salt Lake. South of 800 South, there is a lack of good direct routes. So, I'd put some good east-west corridors on my wish list – with the specific facility to be determined.

One other thing I envision for cyclists, that you may or may not be envisioning for yourselves, is increased recognition of the importance of education. The Salt Lake City Bicycle Collective offers "defensive bicycling" classes that too few people take advantage of. Bicycling in traffic is a skill that can be learned and practiced. I'd encourage any cyclist to take a class. Whether novice or experienced, you will almost definitely learn how to improve your street-savvy skills.

C.U.: How can cyclists contact you (or your department) to fix potholes in bike lanes? Chronic car parking in bike lanes? Snow removal from bike

lanes? Traffic lights that do not trigger for bikes?

B.R.: The best way to report these problems is through the City's website -- slcgov.com/bike – where we have a special form for bicycle-specific complaints. Using the form, instead of emailing or calling me, helps me to be time-efficient and collect all of the relevant information.

In January, I initiated a special compilation of snowy trouble spots, to work with the city snowplow crews. As a year-round commuter myself, I know that there are some places that snow and ice build up even when the rest of the street has been clear and dry for days.

Many traffic lights in Salt Lake City do trigger if you know where to put your bike. If you can see the cuts in the asphalt you can position your bike to trigger the light. In some places, this looks like a circle cut into the pavement – put your wheels so that each wheel touches on the circle. This should give you a green! Some other intersections are controlled by video cameras. If one of these isn't working, do let us know. We can change the field of view for the camera to improve bicyclist recognition.

I do appreciate bicyclists taking the time to report these things

C.U.: Bike lanes on Main St. have been discussed in the Tribune and in a letter to the editor. What is the science (if any) when a bike lane goes in and a lane of traffic is removed? Do businesses suffer economically? Do they hire less or lay people off? Are traffic counts reduced significantly? What do you say to the critics of bike lanes?

B.R.: The bicycle lanes that are going in, removing a lane of traffic, are generally not reducing the motor vehicle capacity of the roadway. We do look at traffic counts, actual speeds, and speed limit prior to removing a travel lane. Motorists who like to speed may be annoyed, because sometimes removing a traffic lane means that one driver following the speed limit may slow everyone else down. I've never heard of any studies that have shown businesses to be negatively affected by a bike lane. Bicyclists are potential customers, too. Property

values can go up with the addition of a bike lane. A bike lane out front might make it easier to sell your house.

C.U.: You are a bike commuter and bike to work? Tell me about your bike commute.

B.R.: I do bike to work, and have since 1992. I bought studded snow tires in 2001, and just this year I converted an old mountain bike to a single-speed winter bike. I live near Sugarhouse, so my route is about 3.2 miles. This typically takes me ten to fifteen minutes depending on whether I'm hurrying and how I hit the lights. I've been biking every day that the air is yellow or better. I do bike in rain, snow, sleet, and dark of night. I'm a little skeptical about 100+ degree days, however. I might be a non-summer bicycle commuter.

C.U.: How does being a bike commuter influence what you do?

B.R.: First of all, like any bicycle commuter, I arrive at work awake and ready to go! But biking to work for me is also a reminder of the importance of the bicycle as a form of urban transit, the health benefits of bicycling, the importance of clean air, and the opportunity the bicycle provides to interact with your surroundings. It keeps me in touch with bicycling on the city streets on a daily basis. As a commuter, I also understand the importance of a direct and time-efficient route.

C.U.: What can cyclists do to make your job easier and what do they do to make your job harder? What can they do to help make Salt Lake City more bike friendly?

B.R.: Bicyclists can make my job easier by getting involved! Expressing the importance of bicycling to your local elected officials, turning out to public meetings about transportation projects to support the inclusion of bicycling. Even better if you can bring along some friends, including families, kids, seniors, or ethnic minorities. The larger and more diverse the population asking for better bicycling, the better.

Bicyclists make my job harder when they trigger certain hot-button issues with motorists. Running red lights is

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one. I know we have the right to ride two abreast, but it may be courteous to single-up. Giving someone a single-fingered gesture is also not helpful.

To make Salt Lake more bicycle-friendly, I'd recommend following the traffic laws, taking a defensive bicycling class so you really know how to position yourself on the road, and concentrating on pleasant, even friendly, interactions with motorists. If a motorist shows you courtesy, perhaps waiting for you instead of cutting you off, it doesn't hurt to give a friendly wave (especially if they are just about to pass you). Also, recruit a female friend to ride – female cyclists typically trigger less road rage in motorists, and can be especially good ambassadors for bicycling.

And, finally, you can help our city be more bike-friendly simply by riding your bike. The more bicyclists on the road, the more motorists look for bikes, the better the safety in numbers, and the more others are inspired to ride.

C.U.: When do you envision SLC receiving silver status from the League of American Bicyclists? Do you think SLC can achieve gold? If so when?

C.U.: By the time this goes into print, we'll already have our application in, hoping for silver. I'm currently working on the application, and hope to do a good job of showcasing the work that's been done over the past 3 years since Salt Lake was awarded bronze. The application continues to challenge communities across the country – looking for innovative designs and initiatives. Many fewer communities are awarded the upper levels. The grading scale might have a significant curve to it, yet I hope Salt Lake will be ready for gold in the next five years. Pedal on!

If you have a suggestion for a commuter profile, have a commuter question you wish me to address, or other comments, please send them to lou@cyclingutah.com.

COMMUTER COLUMN

Salt Lake City Mayor Becker's Vision for Cycling in the Capital City



The Mayor who bikes. Photo courtesy Salt Lake City

Lou Melini

Mayor Ralph Becker is halfway through his first term as Mayor of Salt Lake City. Cycling Utah talked to him about what he hopes to do for cyclists in the Capital City.

Cycling Utah: How many bikes do you own, which is your favorite and why?

Mayor Becker: I own two bikes – a commuter and a mountain bike – and am getting ready to buy a third (road bike). My favorite is my beater commuter bike because I don't have to worry about what may happen to it. This year during the Rivalry Ride to Provo, I borrowed a slick Specialized titanium road bike that spoiled me. You don't need a top-of-the-line bike to ride to work every day.

C.U.: How many days/month do you ride?

Mayor Becker: I ride 20-25 days a month. The only exceptions are a couple of months during the heart of the winter when I may need to take public transportation or drive my alternative-fuel car. Every opportunity I have to ride my bike for transportation as well as recreation, I take gladly. There is nothing quite like riding a bike as a primary mode of transportation for some exercise, speed of local transportation, and surprising flexibility.

C.U.: What does a street with a lot of pedestrians and bicycles mixing with cars say about a city with regards to the ambience of the city? The well being of the citizens in the city?

Mayor Becker: Salt Lake City has significant characteristics that make it unique and inviting to visitors and is regularly recognized as a health-conscious city. Increased bike lanes

and shared ways, with transportation alternatives to the automobile, reinforce the value we place on health and wellness. And, there is a quality of urban living that comes from intermixing people on the streets from behind their glass and steel enclosures that creates a warmer human-scale environment. Currently, I am very focused on the livability of Salt Lake that includes our pedestrian and bike lanes as practical options for transportation. Visualizing the ideal street scenario in our Capital City I see bikes, cars and pedestrians coexisting and sharing the right of way comfortably. My vision is to create the quality living environment we all want in the City by offering balanced transportation options, easy access to services and facilities, and well-designed interaction on our thoroughfares.

C.U.: Jobs and tax revenue are important for a city. Can improving the transportation mix, such as improvements to pedestrian and bike travel, be good for the "bottom line" for a city? How so?

Mayor Becker: The more we choose to walk and bike, the more we save on expensive road infrastructure and the healthier our population is. Air quality and a reduced carbon footprint

are also benefactors. This is not only about saving money. The bottom line is increased personal and community health and wellness. Our challenge lies in finding the funding to make improvements to our roads and shared paths, and today that means diverting other infrastructure money to bikeways. Since I came into office, Salt Lake City has ten times more infrastructure investment annually in bikeways. We are doubling our bikeways, making Complete Streets the norm, and adding trails and other improvements at a rapid rate. We have also added two excellent, full-time bike and trails personnel to our transportation efforts – Becka Roelf as our bike pedestrian coordinator and Dan Bergenthal as our trails coordinator. Together, their collective plans for the City mean real and positive change for all Salt Lake City residents.

C.U.: Which can improve transport better within a city- by promoting cycle commuting via public proclamations or by adding funding to infrastructure? or some combination of both?

Mayor Becker: Salt Lake City is taking a comprehensive approach to promoting cycling commuting that includes infrastructure improvements as well as an educational component including safe road practices. Improving transit is as much about what we are saying as what we are doing. The improvements have to be supported by increasing understanding of best practices to share the road and increase awareness and safety for bikers and drivers.

C.U.: What is your vision for cycle transport in Salt Lake City for this term in office and your second term, assuming you will be running for a second term?

Mayor Becker: My vision is for Salt Lake City to be seen as one of the most bike-friendly cities in the U.S. That means easily accessible and safe bike lanes, a mix of on-road and shared paths, and public interest in cycling. It has to be safe to get out on the streets and trails for commuting, recreation, and socializing. With the changes we have in mind, Salt Lake City will be one of the most bikeable cities in America. Along with a commitment from the City and support from the public and private sector, we will achieve tremendous increases in cycling in Salt Lake City. We also need to work closely with our neighbors because much of our biking, like the rest of our transportation system, is regional in nature.

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CYCLING PERSONALITY

David Bernstein: The FredCaster

By Tyler Servoss

The FredCast is a podcast devoted to the latest cycling news, gear, gadgets, gizmos and components. This

innovative Utah product is created and recorded by Park City resident David Bernstein. His program is the top rated cycling podcast on the internet, and a recent winner of the

Utah Social Media People's Choice award.

A podcast is similar in format to a radio show and is distributed over the internet through websites or a service

such as iTunes. New podcasts are posted every two to three weeks and include topics such as professional road racing news and interviews, bicycle related news, product recalls, and "podsafe cycling music".

What's in a name? FredCast creator David Bernstein explains "The show is called The FredCast because it is aimed at so-called 'Fred's,' or high-end cyclists who tend to spend a good deal of time and money on

company Full Speed Ahead.

David eventually moved on from full time bicycle industry work and is now an executive for a janitorial supply company. During his bicycle industry tenure he became an avid road cyclist and fan of the sport. That passion for cycling eventually led to the creation of the FredCast. David puts it this way; "5 years ago I discovered podcasts, just listening to podcasts. I listened to a lot



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Above: David Bernstein in France.

their equipment and training. While it is true that several internet dictionaries define a "Fred" as a person who spends a lot of money on his or her bike and clothing (yes, women can be Freds too), but still can't ride, I tend to disagree. The reason why the so-called "serious" roadies like to disparage us Freds, is because we usually drop the "serious" roadies on the hills or in the town-line sprints. Turns out that lots of those "serious" riders were really posers."

So what will you hear in a typical podcast? David's baritone voice sharing his personal insight and a litany of tasty tidbits from interviews with professional cyclists to industry news. A recent podcast featured interviews with Cadel Evans, George Hincapie, Jeff Louder and Lohn Lelangue from Team BMC; coverage of Floyd Landis's French arrest warrant and the conclusion of the Trek and Lemond court case.

What is it that makes David Bernstein uniquely qualified to speak about cycling? "I graduated and was going to start law school and was getting married the following May. Somebody told me about this Japanese trading company. They were the largest trading company in the bike business at the time and coordinated manufacturing for some of the biggest brands and handling more than 50% of Shimano's worldwide distribution." The trading company also owned several brands including Tioga, and Shogun. David began in sales and support, while attending law school and eventually became the director of marketing and promotion.

After law school, David launched his own bicycle marketing and sales company. This company worked with Taiwanese manufacturers in need of help reaching the U.S. market. Part of the work included brand building. One relationship that David is particularly proud of is the discovery and branding of the now well known

of tech podcasts, a lot of podcasts about computers. And being a cyclist I went looking for podcasts about cycling. I found a couple, that were high on the dude factor, but not very high on intelligence or audio quality or production quality. I came home one day and I said to my wife, you know what, I am going to do this thing called a podcast, and she said ok you go ahead and do that honey, knowing full well that it was never going to happen. I probably spent two months researching before I ever started speaking into a microphone because I wanted it to be right. Then I was stoked when I had a hundred listeners and then was totally blown away when I had 1,000 listeners. I remember my wife thinking this will never last and here we are 5 years later with 40,000 to 60,000 downloads each month."

Although it is difficult to get exact numbers for podcast listenership, the FredCast has been the top ranked cycling podcast in the world for 3 years running. With an audience bigger than many traditional periodicals it is certainly a force to reckon with.

That listenership has grown largely through word of mouth, and web searches for cycling podcasts. David is an active member of the online community and connects and collaborates with other podcasters, bloggers and social media types in the cycling industry.

In addition to the regular FredCast, Bernstein produces special shows for a number of other sites including veloreviews.com, interbike TV, and bicycle.net

Today the FredCast is a fixture in the lives of cyclists around the globe and continues to post excellent content. The recent podcast features interviews with members of America's top professional teams including RadioShack and BMC. For more information or to listen to a podcast, visit www.fredcast.com

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MECHANIC'S CORNER

How to Replace a Chain and Cassette



(Top-bottom) Pedros Vice-Whips, Chain-whip, Park Chain tool, Park Cassette Lock Ring tool



Double push down technique for removing cassette Lock ring



(Top) Shimano chain pin, SRAM Power Link (bottom) Cassette with two cogs and lock ring

By Tom Jow

The beginning of each new riding season is a good time to get the bike(s) checked over and tuned up. This ensures that all systems are functioning smoothly and properly. Components such as tires, cables, chain and cassette are often replaced at this time. Often, replacement of the chain and cassette is deferred until the wet, early spring riding is over. This month, let's look at the relationship between these two components and what is required to replace them.

For the purpose of replacing the chain and cassette it is important to know that these two parts wear together. As the chain wears, the distance between the rollers increases. At the same time, the distance between the teeth on the cassette also increases. This action, however, does not occur equally in both parts. For example, some gears on the cassette are used more often than others. In addition, larger gears have more area to distribute load, therefore lasting longer than the smaller gears. Ever wonder why your favorite 12t cog skips and the rarely used 34t cog does not? Bingo!

In considering when to replace the chain and cassette, there are two theories. First, you could use one chain and cassette until they were completely worn out. Second, the chain could be replaced at more frequent intervals. Typical replacement intervals are approximately 1000-1500 miles for road bikes and 500-700 miles for mountain bikes. Both Park tool and Rohloff manufacture chain wear indication gauges that may make deciding easier. Many mechanics find that by using a new chain more often, the

cassette lasts longer and shifting quality remains more consistent.

Which ever method you choose, replacing these components is not difficult, in fact, hardly more challenging than replacing a tube. the tools required are few, costing about \$40-\$50. Time spent, with practice, should be 30 minutes or less. It's a small investment for smoother pedaling and more consistent shifting.

Tools required:

- Chain whip or Cassette pliers
- Cassette spline tool and 12 inch adjustable wrench
- Chain pin tool or Chain link pliers

Replace the chain:

1. Use chain tool to press a pin out and separate chain. For SRAM and other chains with master links, squeeze chain link together and separate. Remember, many of the master links are for one use only.
2. Using the old chain as a guide, cut the new chain (i.e. remove links) to the same length. Be sure the ends are the same as the old one.
3. Thread the new chain through the rear derailleur, over the cassette, through the front derailleur cage and over the chainrings. Lower the chain off the rings and wrap around the bottom bracket so the ends join under the chainstay.
4. For 'link' chains, join the two ends together with the link and put tension on the chain to snap the link closed.
5. For pin chains,
 - Dab a little grease on the pointed end of the new pin.
 - Insert pin and gently press in with chain tool until flat end butts against side plate.
 - Break off pin on other side with pliers.
 - Test chain link for free movement. If tight, adjust with chain tool

or grasp with hands on each side and flex sideways a few times until is loosens up.

6. Replace chain on chainrings and go riding.

Remove the cassette:

1. Remove the rear wheel from the bike.
2. Remove skewer from wheel and set aside (save the springs).
3. Insert cassette locking tool.
4. With wheel on floor, cassette facing away, place chain whip or chain pliers on cassette. Position the tool parallel to the floor in preparation for downward force with left hand.
5. Place adjustable wrench on cassette locking tool horizontally opposite from chain whip/pliers.
6. Grasp both tools and bending at the waist, apply downward force on both tools simultaneously. The cassette tool should begin to give way under about 25lbs. of force.
7. Proceed to remove cassette locking and old cassette. Now is a good time to clean the hub shell with a rag.

Install new cassette:

1. Take inventory of cassette parts. There should be one large cluster, one or two individual ones, maybe a spacer or two and a splined locking. Keep them in order as they come out of the box if necessary.
2. The cassette and cogs has an index spline which will only allow it to be installed one way. Find the spline and align it with the appropriate spline on the cassette body. Slide the parts on being careful to get the individual cogs indexed and in the correct order.
3. Apply a little grease to the cassette locking threads.
4. Gently install the locking until hand tight.
5. Insert locking tool and tighten to approximately 25-30 ft.-lbs. of torque. For those without a torque wrench, that equals pretty darn tight but not as tight as possible.
6. Spin cassette/freewheel to make sure it spins free and true.
7. Reinstall skewer, reinstall wheel.

Got a bike question? Email Tom at 1tomjow@gmail.com.



2010 RACING CALENDAR

XC MOUNTAIN BIKE EVENTS

- April 10 • Barking Spider XC Race
New AMBC National XC Race
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- May 29-30 • Velopark Idaho State Dual and STXC
Eagle, ID
- June 19-20 • Boise-to-Idaho City MTB Tour
Boise, ID
- June 26 • Jug Mountain Ranch XC Race & Marathon
McCall, ID
- July 3-4 • Brundage Mtn. Bike Festival XC
Bomberman Super D
McCall, ID
- August 22 • XTERRA Wild Ride Triathlon
Team or Individual
McCall, ID
- September 4 • Bogus Hari-Kari STXC
Bogus Basin, Boise, ID

DOWNHILL MTB EVENTS

- May 30 • Idaho VeloPark
Dual Slalom State Championship
Eagle, ID
- June 7 • Bogus Kamikaze PRACTICE
Bogus Basin, Boise, ID
- July 3 • Brundage Mtn. Bike Festival
Super D State Championship
McCall, ID
- July 3-4 • Brundage Mtn. Bike Festival
Bomber DH State Championship
McCall, ID
- Jul 31-Aug 1 • Pomerelle Pounder
DH Stage Race
Albion, ID
- September 5 • Bogus Kamikaze DH
Bogus Basin, Boise, ID

TRAIL RUNNING EVENTS

- April 10 • Barking Spider Trail Run
Great warm-up for Robie Crk!
- June 27 • Jug Mountain Ranch Trail Run
McCall, ID
- August 22 • XTERRA Wild Ride Triathlon
Team or Individual
McCall, ID
- September 3 • Bogus Samurai Trail Run
Bogus Basin, Boise, ID

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CYCLOCROSS**Utah Cyclocross Series Finals**

Above: Ali Goulet (Church of the Big Ring) triumphed over Utah Cyclocross Series winner Bart Gillespie (Monavie-Cannondale) in the men's pro class. Goulet had a stellar season, winning 5 races and the overall of the national level USGP of Cyclocross series in the 35+ category and taking 3rd in the Master's CX National Championship.

Top middle: Kara Harris (Ski Utah Cycling) won the women's B's. She's shown here prior to a crash that bloodied her lip, but didn't slow her down.
Bottom middle: Sarah Kauffman (Roaring Mouse/Bingham's) place second in the women's A's. She led much of the race but was passed by Kathy Sherwin (Velo Bella) towards the end.
Above: Mark Pasternak (Revolution-Peak Fasteners) topped the Men's B field and finished second in the UTCX series. Photos: Dave Iltis
See race and series results on page 6.

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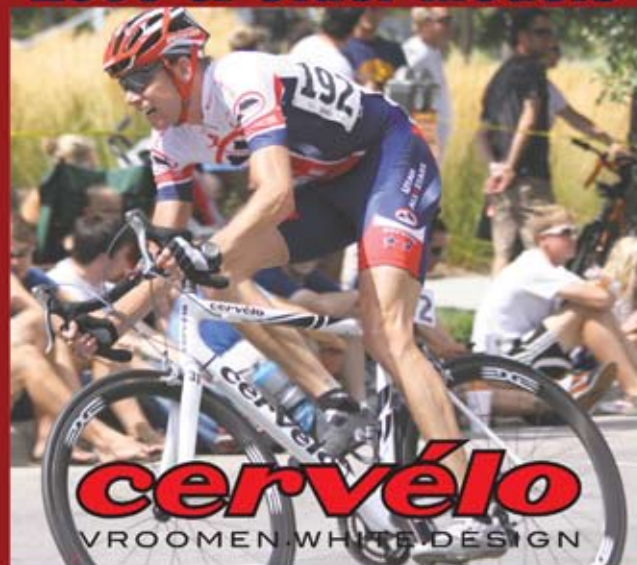
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May 22 8th Annual Hammerfest at the Hollow, Midway, UT
May 31 Stan Crane Memorial XC, Draper, UT
June 12 19th Annual Deer Valley Pedalfest, Deer Valley, UT
June 19 Wimmer's Bicycle Race XC @ Sherwood, Wellsville, UT
June 26 8th Annual Taming the Tetons, Jackson Hole, WY
July 3 23rd Annual Mountain Bout, Snowbird, UT
July 10 14th Annual Chris Allaire Memorial, Solitude Resort, UT
July 31 1st Annual Basin Bash XC, Snowbasin, UT
August 7 2nd Annual Rock the Canyons Intermountain Cup Grand Finale, Canyons Resort, UT

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CYCLING PERSONALITY

Tara McKee — Bringing Together Cycling and Style (and fun)

Above: Tara McKee brings cycling and style together. Photo: Jesse Keller

By Elizabeth O. Hurst

A grandmother riding her bike along side her granddaughter through Salt Lake City's downtown- this is Tara McKee's dream. Before pedaling off the two would have a picnic-style fair in Liberty Park to explore, with booths displaying fashionable bike gear, offering beauty treatments and serving delicious food.

Since she moved back to Salt Lake three years ago, McKee, founder and editor of the online magazine Cycle and Style, (cycleandstyle.com) has been an advocate for women on wheels. She wants them to know biking is something they don't have to outgrow.

McKee envisions a city where women are cycling to commute, make lunch dates and have fun workouts with their girlfriends – all while feeling good about themselves.

From spandex to tall boots, from road bikes to cruisers, McKee wants to educate women on how to make cycling of all varieties a fun and fashionable part of their lifestyle. After organizing Salt Lake's first Cycle and Style bike fashion show during 2009 Bike Week, McKee started the website. She develops content for the magazine to highlight everything fun about cycling, offer practical bike advice and profiles of everyday, inspiring cycling women. Right now she's working on instructional videos for the site with tips on how to successfully commute to work without

on bikes if you don't get women out on bikes," says McKee, a cyclist, triathlete, marathon runner and mother of four.

It was McKee's own love for road biking that helped make the bicycle central to her family's transportation and recreation. Now every McKee has at least one bike, making the entire family is fully equipped for car-less grocery trips and cycling vacations in Northern Idaho.

In some cases it took really stylish bikes to keep McKee's children riding. "Half the battle is getting them something that they actually want to ride and be seen on." And that fits well. This is an especially important quality for sons and daughters that quickly outgrew their 5'7" mother.

"There is a drop off in teen years of girls riding. They're only going to keep riding if they think riding is cool, chic and cute," McKee says. "When you can feel good about how you look you can enjoy the ride more and not feel self conscious. Women in general care more about how they look when they ride."

McKee had her daughters and style-conscious women like them in mind when she started the webzine. She equally admires women's bike racing media coverage and the personal cycle chic blogs that women around the country publish, but wanted to create a magazine speaking to the audience in between.

"The magazine covers the gamut of interests from those women who want to bike for transportation, to those who want to take leisurely rides on bike paths to those who are into the sport and want to be really fit as a recreational cyclist," McKee said. "I want to show the bike's versatility."

The webzine features photos of cute cruisers, pod casts interviewing female bike industry professionals, profiles of fashionable bike clothing designers, tasty recipes and everything else that might interest a lady living, or aspiring to, a bike lifestyle.

Since the Cycle and Style site launched in September, McKee has

compromising the day's make-up, hair or attire.

McKee started on the Cycle and Style path by attending the Mayor's Bicycle Advisory Committee Meetings. "I found my niche that no one else was filling- reaching out to the casual and novice cyclists. I wanted to use my enthusiasm and passion for bikes to change people's attitudes about cycling," McKee says.

Even in an outdoorsy city like Salt Lake, McKee saw lack of female cyclists keeping the community from riding bikes on the road.

"You're not going to get families

2010 Legislative Update

This year on Capitol Hill there are a few bills of interest to cyclists. These include legislation allowing cyclists to treat stop signs as yield signs (similar to the Idaho law), clarifying the cyclist's right to the roadway, strengthening hit-and-run penalties, and banning cell-phone use by under-age drivers.

House bill 91 (HB091) allows cyclists to treat stop signs as yield signs. It passed the House on February 25 and is on its way to the Senate where Sen. Niederhouser will be sponsoring the bill. Originally, it also allowed cyclists to proceed through a red light after stopping. This was amended to only be at non-responsive signals.

HB424 (Cyclist use of the roadway clarifications) re-words the often misunderstood lane positioning of cyclists as drivers of vehicles. It restates the most important exception to "riding as far right as practicable" which currently reads "except...(when) a lane that is too narrow for a bicycle and a vehicle to travel safely side by side within the lane." Instead, the cyclist is afforded the use of the right lane as any other vehicle (cyclists have "all the rights [and duties] applicable to the operator of any other vehicle"), and only requires the sharing of the lane when it is wide enough to safely share. Colorado passed a similar bill last year.

Some other technical changes are proposed as well including: stating that if the lane is too narrow to share, riding two abreast is okay, allows vehicles passing other much slower vehicles (such as a bicycle) the ability to cross the solid yellow line if it can be done safely, and defines a bike lane and it's preferential use by bicycles.

HB250 (Leaving the Scene of an injury accident) makes it a 3rd degree felony for leaving the scene of an injury accident regardless of the driver's prior record. It has passed the house and is now in the Senate.

SB113 (Cell Phone Restrictions for Minors) prohibits the use of a cell phone by minors while operating vehicles. It has passed the Senate and is now in the house.

For more information and links to the bills: www.safe-route.org

-Dan Fazzini Jr.

received a great response from readers with article suggestions, companies wanting to send her product to review and cycling companies offering their sponsored athlete's services to be contributors.

One story submitted by a reader from Colorado had a particularly overwhelming response from women who saw her as an example. She was determined to compete in a triathlon to get back into shape after having her fifth child. She trained with a borrowed mountain bike, pulling a trailer full of kids to reach her goal.

Photos are another key feature of the site. There is a series of photos from a fall shoot, styling cycling-

friendly clothes, like high-waisted skirts and chic hats, in a way that a high-fashion magazine would.

"I hope to present commuting and cycling in a trendsetting light," McKee said. "It's a bit of an exaggeration trying to combine high fashion with biking, but it's meant to show that you can bike in about anything, especially for a ride of two miles or less."

When she's not researching and writing articles, McKee is planning the second annual Cycle and Style bike fashion show to be held May 14 at 6:30p.m. during Salt Lake's 2010 Bike Week.

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TRAIL OF THE MONTH

Red Cliffs Desert Reserve



tect endangered species by providing them with a protected habitat. In addition to protecting the desert tortoise and gila monster, the reserve has functionally provided an open space that consists of some of the red rocks that have made Southern Utah famous. Luckily for mountain bikers this protected space has trails that are open to our use.

The most popular trail system within the reserve sits just north of Washington City. There are three trails of interest in this area, accessible from three different trailheads. The most popular is the Cottonwood Trailhead. This access point puts riders right in the middle of the Prospector trail. From the trailhead you can head left or right. The more popular route is to the left towards Church Rocks, but the Prospector does go right. Heading easterly, the trail will take you all the way from the Hurricane Exit on I-15 to the Red Cliffs Recreation Area. During the Spring, the trail is fast, swoopy and provides some amazing views of red rocks with a back drop of Pine Valley Mountain.

Going this direction ends with the second access point which is within the Red Cliffs Recreation Area. This

trailhead does not see as much use and does not have a lot of available parking. In the Spring, the recreation area is ideal place to end a ride, especially if non-riding friends or family are in tow. The area has a nice stream that runs through some water holes. The stream has created several natural slides and there are two locations with some small cliffs to jump off.

Heading the opposite direction from the Cottonwood Trailhead takes you through some of the fastest, smoothest, bestest singletrack in Southern Utah, at least during the Spring. The trail flows well and has just enough technical moves to make sure you stay on your toes. Just out from the trailhead you will run into what I like to refer to as the Prospector steps. This is a move that most will choose to walk but I can assure you that with some creativity, it is rideable. If you really step on the pedals you can turn this trail into a roller coaster that will get you whooping and leave you wanting more.

The great thing about the Prospector is that it is a connector trail that is worth riding by itself but hooks up with some other noteworthy destinations, one being Church Rocks. This popular loop peels off of the Prospector and heads up on to the top of the red rock cliffs in the area allowing riders to enjoy some of that famous "slickrock." Some of the guidebooks suggest riding this loop counter-clockwise. I personally prefer clockwise because it allows you to climb the smooth stuff and then ride down the technical, sketchy sections. This direction also makes it a lot easier to clean the technical moves because you are headed downhill.

The Prospector does continue past Church Rocks and will take you to the third access point in this section of the reserve. For those with time constraints, it is a good idea to start above the Maverick just off the new exit in Washington. You can jump on the Grapevine trail and head over to the Church Rocks area. The Grapevine is really a closed dirt road but after a few minutes pedaling you hit singletrack and can continue to the slickrock.

The last trail in this area is the Dino Rim, also known as Dino Cliffs, which is also accessed from

the Grapevine. This is a short trail that bisects a few of the bands of sandstone cliffs. It is best to enjoy this trail in early Spring seeing that it can get sandy in the dryer months. This is a great end to a long ride connecting all of the trails in this section of the reserve or as a lunch break ride to get a quick fix.

The other section of the reserve that sees a lot of knobby tire traffic is paradise, or at least called Paradise Canyon. This is a great warm up loop or lunch break ride that can be done in about 45 minutes. The trail consists of singletrack and slickrock. There's not a lot of elevation gain but the one climb will get you huffing and rewards you with a fun downhill run.

Paradise Canyon can be accessed from the Chuckawala Trailhead. Seeing that the trail is short, a lot of locals will utilize the paved trails that take you right past the trailhead. The paved trails can be accessed from Bluff Street starting at Diagonal or just above Snow Canyon Parkway.

As with all the trails around St. George, mountain bikers are guests and should behave ethically. Bikes are not allowed on all trails, find out before you go. As with all public lands, bikes yield to all other trail users. In the Church Rocks area, please be especially courteous to equestrians who use these trails almost as often as mountain bikers. Seeing that the trails do not have a designated direction, when yielding to other riders and trail users, please stop and step to the side. This helps keep the singletrack single and eliminates unsightly cut-off trails. Staying on the trail also helps to protect the delicate desert soils that are damaged by foot or bike traffic.

Information and maps for the reserve can be found at redcliffsdesertreserve.com or at any of the local bike shops.

Directions to Trailheads.

Red Cliffs Recreation Trailhead

Access this trailhead by taking I-15 exit 22 just north of St. George. Once off the exit head towards Harrisburg and follow the signs to the recreation area. The trailhead is a sign just northwest of the freeway on the left side of the road.

Cottonwood Trailhead

To access this trailhead, take I-15 exit 16. At the first stop light turn left onto Old Highway 91. Follow this road through the industrial park until you come to Winkel Distributing. Turn into the distributor's parking lot and head onto the gravel road between their building and Rocky Mountain Power's lot. This will take you under the highway and directly to the trailhead.

Grapevine Trailhead

Take I-15 exit 13 and head north of the freeway past the Maverick. The road heads back towards St. George. You will see a dirt road that heads up into the reserve. There is a gate and a step over with Red Cliffs Desert Reserve logos.

Chuckawala Trailhead

Head north on Bluff Street in St. George. Once you pass the intersection to Snow Canyon Parkway, the trailhead will be on your left next to the paved bike path.

Above and Right: Lukas on the Prospector. Photos: Bryce Pratt

By Lukas Brinkerhoff

Hellooo Spring!

Yes, it's February and Spring is here. I know you Northerners may not agree, but I do have to gloat just a little bit. The weather in St. George has been a beautiful 65 degrees for the past week. The bikes that were mothballed for the winter have come out in droves, it's almost hard to find a place to fit your knobby tires.

This nice stretch of weather comes on the heels of rain that made some of us wonder if we had moved to

Portland. Luckily the wet combined with the recent dry, warm weather has left our trails in almost perfect condition, especially those found within the Red Cliffs Desert Reserve. The lowland zone of the reserve consists of a lot of sand, sandstone and otherwise sandy soil. When the heat has been present for months on end, these trails are sandy and not the best choice for a ride. But during the spring, the conditions are as close to nirvanic as possible.

The Red Cliffs Desert Reserve was formed in 1996 to help pro-

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COACH'S CORNER

Early Season Racing TacticsBy **Cameron Hoffman** and **Mark Deterline**

We love watching the early season Pro Tour level races. Some riders have arrived for the Spring Classics with the best form of their season, others are just hoping to stay upright and gain some fitness for a Grand Tour or two.

For many amateur racers, the local springtime events are an opportunity to flex those winter training miles and make a statement. For others, early season races can help improve fitness and lead to a strong summer campaign.

Regardless of your fitness level heading into the first handful of races, your tactics may be dictated in large part by springtime weather conditions.

Spring weather tends to be volatile, so race tactics and strategy must adapt. In most early season races the wind can be strong and cold. If a course is windy, be sure to ride heads-up at all times – even more than usual!

Stronger riders may take advantage of the discouraging conditions to either attack or set a strong pace at the front. Such moves by powerful riders may cause the pack to string out single file. If there is a crosswind and the riders are savvy, they will ride at the very edge of the road

or allocated lane to force everyone behind “into the gutter” – i.e. directly behind them where they can’t escape winds from the side. “Guttering” a pack will generally result in gaps opening up between riders or groups, as riders who can’t hold the wheel in front of them drop off. This causes multiple groups and eventually more collaborative echelons form.

Whether or not you are one of the stronger riders based on pure fitness or raw power, you can still ride near the front to help avoid being caught behind riders getting gapped, or stuck with a tattered group chasing the leaders.

Fast-forward to the finish. Sprinting to the line is a factor all year round. Springtime winds may dramatically affect how a sprint finish unfolds and how you must adjust to attain a good result.

When approaching the finish, carefully note the direction of the wind. Are you dealing with a crosswind or headwind? Either way, you will want to stay in the draft until the very last moment; in a headwind you’re directly behind the rider in front of you, in a crosswind you will want to be positioned however far to the side you need to be to get out of the wind.


Unfortunately, everybody else wants to orient themselves in a similar manner behind one of the lead riders, so you need to do your best so as not to get boxed in. One way to do that is not to get greedy: orient yourself partially in the wind and partially in the draft with a good solid exit to make your final push. When you do take off, hold a steady line; no swerving. Wait for the last 25-50 meters then give it all you’ve got.

Whatever your early-season goals, stay attentive and close enough to the front to go with the leaders when things heat up.

Cameron Hoffman is a three-time LOTOJA winner and RACE SMART Coach. Mark Deterline is a cycling journalist & super-domestique.

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UCA
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ASSOCIATION

MARCH
 13-14: Tour del Sol
 26-27: U of U Omnium
APRIL
 3: Hell of the North
 10-11: Tour of the Depot
 17: Tax Day Circuit Race
 24: East Canyon Road Race
MAY
 1: Antelope Island Road Race
 8: Downtown Criterium
 15: Bear Lake Road Race
 22: Sugarhouse Criterium
 29: Garden Creek Gap

www.utahcycling.com

Utah Cycling Association Scoring Changes for 2010

As you know, last year we required chip timing for all UCA points races. Almost all of the races were timed using Winning Time Chips. While the system shows promise, we feel the amount of problems we had last year with our scoring demands a policy change that will get us back on track with the original goal of fast and accurate scoring. After reviewing all options, we decided to require all UCA Points Races to be electronically timed. This means that all points races must use timing chips or a finish line camera. It will be the promoters' prerogative to determine what system he/she will use.

I know that this will mean that many of the races will not be using the Winning Time chip that many of you have purchased. This doesn't mean that we will not return to chip timing in the future when we get all of the bugs worked out. But, until chip timing can solve the issues they currently struggle with, we feel that we need to offer other affordable options to the promoters.

The UCA will supplement the salary of an individual who will help us with on-site registration, database upkeep, and results uploading. Our sincere hope is that everyone will be able to get accurate and fast results at every UCA event. We feel that this decision will be the best way to meet that goal. If you have any questions, please contact myself, or any other member of the UCA Board. Our web site at www.utahcycling.com has contact information and the latest UCA news.

We are going to have another great season. I have never seen so much enthusiasm (by promoters especially) this early in the season. We appreciate all of you and your love for our sport.

-James Ferguson, UCA President

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

Let us know about any corrections to existing listings!



Bicycle Motocross

Rad Canyon BMX — (801) 824-0095

Deseret Peak BMX — www.deseret-peakcomplex.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.



Cycling Events

Advocacy Groups

Salt Lake City 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) 535-7931 or (801) 328-2066, slcgov.com/bike.

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, slcbac.org.

Weber County Pathways — Weber County's Advocacy Group, (801) 393-2304 or www.weberpathways.org

Davis Bicycle Advisory and Advocacy Committee — Contact Bob Kinney at (801) 677-0134 or Bob@bike2bike.org

Mooseknuckler Alliance — St. George's Advocacy Group, www.mooseknuckleralliance.org

Mountain Trails Foundation — Park City's Trails Group, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

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

Utah Bicycle Coalition — Statewide advocacy group, utahbikes.org

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

Events

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., noemail@cyclingutah.com, slccriticalmass.org

Bike Polo League — Salt Lake City, UT, March to November - Come and play bike polo! Tuesdays at Liberty Park, Salt Lake City, 6:30 pm, enter from 13th S. and come up the 7th East side to the road entering the center of the park. All welcome, bring bike, gloves, and helmet. Mallets provided., Scott Brown, 801-870-9292, sbrown@redrocks.com,

March 6 — Sports Am 17th Annual Bike Swap and Show, Salt Lake City, UT, Utah State Fairpark, 10th W and N. Temple, Grand Building, 10 am., Check in on Friday, Swap on Saturday. Used and new bikes. \$5 admission., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

March 30 — Bike Commuting Lecture, Salt Lake City, UT, 7 pm at REI in Salt Lake City, Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

April 16-17 — Utah Bike Summit, Salt Lake City, UT, Bicycling Summit, Information, talks, workshops on advocacy, Salt Lake City Main Library. Advance registration required; seating limited. Tentative times: Friday: noon-5 pm; Saturday: 8am - 4pm., Nick Tarbet, 801-535-7603, nick.tarbet@slcgov.com, slcgov.com/bike

May 1 — GOTS, Bike and Outdoor Toy Swap, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday, Tim Metos, 801-533-8671, vtshopdog@earthlink.net, wildrosesports.com

May 1-2 — Young Riders Bike Swap, Park City, UT, Located at The Yard., Heinrich Deters, 435-649-8710, 435-

659-1188, heinrichdeters@yahoo.com, youngriders.com

May 8 — Bikes for Kids Charity Bike Swap, Salt Lake City, UT, Held at Cottonwood Cyclery, 2594 E. Bengal Blvd, Salt Lake City. Proceeds support Bikes for Kids Utah., Alan Greenberg, 801-942-1015, saltlakecyclery@gmail.com, bikesforkidsutah.com

May 8 — Herriman Pedal Palooza, Herriman, UT, Cycling Event for the whole family. Amateur road crit, kids safety rodeo, helmet safety inspection (not sure what the blanket term for this event would be). 9 am., Dani Lassiter, dani@goldilocksride.com, pedalpalooza.infinitecycles.com

May 8 — Salt Lake Challenge, Utah Bike Month, Salt Lake City, UT, Urban Team Challenge event, a challenge on wheels with jousting, ball carry, clues on short and long courses, to raise money for Bike Education and Youth Cycling., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 8 — Goldilocks Women Only Bike Ride, Herriman, UT, Fully supported women's only bike ride with 15, 30, and 60 mile routes. 500 participants, \$45 entry fee. W&M Butterfield Park in Herriman. Start times begin at 8:30 a.m., Dani Lassiter, dani@goldilocksride.com, pedalpalooza.infinitecycles.com

May 8 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour of the local micro-breweries in the valley. At least five stops are on tap for the ride., Tim Stempel, 602-463-1547, tdstempel@gmail.com, utah-bikemonth.com

May 12 — Cycle Salt Lake Century Ride Packet Stuffing, Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing, Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com

May 14-23 — Cycle Salt Lake Week, Utah Bike Month, Salt Lake City, UT, Weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, utahbikemonth.com, utahbikemonth.com

May 14 — UTA Bike Bonanza, Utah Bike Month, Salt Lake City, UT, Free to public 2010 Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring family, bring friends!, Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utarideshare.com

May 14 — Cycle and Style Show, Utah Bike Month, Salt Lake City, UT, Held during the UTA Bike Bonanza, 6:30 pm at the Gallivan Center. The show will prove that you can look

great cycling and will feature some of the latest in bicycles, accessories and clothing. This fashion show on bikes will spotlight various types of cycling including road, mountain, commuting, family biking, and cycle chic., Tara McKee, 801-870-8504, taramckee@cycleandstyle.com, cycleandstyle.com

May 15 — Cache Valley Bike Festival, Utah Bike Month, Logan, UT, Annual event at Merlin Olsen Park, promoting bike education, healthy living, and sustainability through bicycles. An event for the whole family, there is a workshop for everyone. Runs 9-3., C. Ann Jensen, 435-797-0964 ext. 3, aggiebluebikes@gmail.com, aggiebluebikes.org, aggiebluebikes.blogspot.com

May 15-16 — Cole Sport Bike Swap, Park City, UT, \$10 fee if bike sells. All proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport 1615 Park Ave. on 5/14., Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org, colesport.com

May 15 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id:263

May 15 — Celebrate the City 2010, Utah Bike Month, Salt Lake City, UT, Fisher Mansion, 1206 W 200 S. Time TBA., Tyler Curtis, 801-535-6118, tyler.curtis@slcgov.com, utahbikemonth.com

May 16 — Downtown Historic Tour of Salt Lake City, Utah Bike Month, Salt Lake City, UT, TBA., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, utahbikemonth.com

May 17-21 — Summit County Bike To Work Day, Utah Bike Month, Summit County, UT, Commuter Cup Challenge, free breakfast at Yarrow and Basin Recreation Field House, evening fun at Squatter's, encouraging Park City and Summit County to Bike to Work., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

May 18 — Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, Place: Liberty Park (700 East 900 South, northeast corner) to the Salt Lake County Government Center (2100 South State Street) Time: 7:30 AM Cost: Free Presented by the Salt Lake County Mayor's Office and the Salt Lake County Bicycle Advisory Committee. Join us for a mellow ride with Mayor Peter Corroon / Mayor Ralph Becker and other city mayors under police escort to County Complex and City County Building., Charlie Kulp, 801-468-3799, ckulp@slco.org, slcbac.org, utahbikemonth.com

May 19 — 2010 UTA Bike to Work Day in Provo City, Tentative, Utah Bike Month, Provo, UT, West side lawn of the Historic County Courthouse in downtown Provo (University Avenue/Center Street), 7:30 - 9 am, Bike Ride with Mayor John Curtis at 8 am sharp, free food and drinks, bike swag, and complimentary bike tune-ups., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 19 — Ride of Silence, Utah Bike Month, Salt Lake City, UT, Ride to raise cycling safety awareness among motorists, police, and city officials. This is a free ride that asks cyclists to ride no faster than 12 mph and remain silent during the ride. Time and location TBA., Raleigh Fehr, 801-699-7016, raker@msn.com, rideofsilence.org, utah-bikemonth.com

May 19 — Commuter & Beginning Cyclist Classes, Utah Bike Month, Salt Lake City, UT, Classes by certified LCI Personnel (League of American Bicyclists Certified Instructors). Learn the ins and outs of bike handling and what to do in situations that can occur on a daily basis while riding your bike. For the new rider, handling skills needed to ride in motor traffic and riding with other cyclists., Jonathan Morrison, 801-FAT-BIKE, jonathan@bicyclefilmfestival.com, slcbikecollective.org

bicyclefilmfestival.com, slcbikecollective.org

May 20 — Road Home Bike Tuning, Tentative, Utah Bike Month, Salt Lake City, UT, 5-6pm, Free bicycle tune-ups at the Road Home, 210 S. Rio Grand St. (455 W.) sponsored by the SLC Bike Collective., Jonathan Morrison, 801-FAT-BIKE, jonathan@slcbikecollective.org, slcbikecollective.org

May 21 — Bike Art Gallery Roll, Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9 pm, in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries too!, Brent Hulme, 801-746-8366, brent@slcbike.com, slcbike.com, utahbikemonth.com

May 21 — National Bike to Work Day, Utah Bike Month, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utahbikemonth.com

May 29 — Mountain Biker's Trail Work Day, Utah Bike Month, Salt Lake City, UT, Give back to the trail that we all love, work on badly needed maintenance on the Bonneville Shoreline trail. 8 a.m. to 1 p.m., location TBD., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.com

June 5 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

June 5 — National Trails Day, Park City, UT, 9 am, Meet at White Pine Touring at the Rail Trailhead, Coffee and bagels, Project TBA., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

June 7 — 4th annual "Share the Road Memorial Ride", Park City, UT, A ride to remember fallen cyclists. Meet at Cole Sport 1615 Park Avenue in Park City. 17-20 mile ride will leave Cole Sport at 6 p.m. Park at Park City Mountain Resort lower lot. All ages welcome but cyclists should be comfortable with a 20 mile ride., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com

June 26-28 — Bike Days, Driggs, ID, Area bike shops will have demos for public to ride, test all the new gear for 2010. Free lift rides for bikes all weekend., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

June 26 — Mountain Mile — A Multi-Sport Children's Race, Salt Lake City, UT, Children's race. 1 or 2 mile duathlon. Begin with bicycle, tri-cycle, or scooter, then finish with a 1/3 or 1 mile walk/run. Strollers and wagons welcome. All proceeds go to charity - The Sharing Place, Benjamin Lowry, 801-680-7549, benjaminlowry@hofmail.com, mountainacres.blogspot.com, thesharingplace.com

July 17 — Utah Tour de Donut, American Fork, UT, 21 mile circuit race and donut eating (subtract time for eating donuts each lap), bike safety rodeo, kids race, Greenwood Elementary in American Fork, 8 am, All proceeds are for Bike Town Africa and other local Rotary projects., Kim Garrett, 801-763-1216, timpaul@yahoo.com, utahfourdonut.com

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 22 — World Car Free Day, UT, Ride your bike and leave the car at home!, noemail@cycling-utah.com, worldcarfree.net



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March 17-20 — White Rim Trail, Moab, UT, Mt. Bike the 90 mile White Rim Trail in Canyonlands National Park for fun riding for all abilities, stunning vistas, geologic formations and side 4-day and 30-day backcountry camping tour options available starting 3/17 through the end of May and September, additional dates available., 800-626-7335, info@rimtours.com, rimtours.com

April 27-May 1 — Alison Dunlap Adventure Camp, Moab, UT, Beginner/Intermediate Skills Clinic., Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

April 29-May 2 — New Belgium Brewing Company Fruita Fat Tire Festival, Fruita, CO, 15th Anniversary of the kickoff to Mtn bike season in CO, World renowned trails, expo, Clunker Crit, Prizes, and live music in downtown Fruita., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com, emgcolorado.com, fruitamountainbike.com

April 30-May 2 — P.A.S.S. Bookcliffs Trailfest, Price, UT, Trail Rides (New Trails Debuted), Free Camping (Bring your acoustic instruments for the Campfire-Jam), Food, Live Music, Chaos & Mayhem, Friday afternoon warm-up ride will be pretty mellow with a party atmosphere, Saturday & Sunday we ride for REAL, HQ is at BicycleWorks., Fuzzy Nance, 435-637-2453, fuzzythebikeguy@msn.com, fuzzysbicycleworks.com/TrailFest

May 11-15 — Alison Dunlap Adventure Camp, Moab, UT, Intermediate/Advanced Ride Camp, Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

May 12-16 — The Maze, Canyonlands National Park, UT, 5- and 7-day mountain bike tours of the Maze District of the National Park travel over mesa and through canyon terrain. Intermediate to advanced riders. Also avail 5/26-30; 9/6-10; 9/27-10/1., 800-546-4245, info@magpieadventures.com, magpieadventures.com

May 14-16 — San Rafael Swell Mountain Bike Festival, Green River, UT, 24th Spring Festival, start: Friday afternoon with registration, a warm-up bike ride, a meal and a prize drawing. Saturday: day-long rides (beginner, intermediate or advanced) to see the San Rafael Swell, returning to a Dutch-oven cookout meal. Sunday begins with breakfast and one last group ride, ending at noon, family-oriented; kids are urged to ride with their parents or on a kid-specific ride., 435-637-0086, meccabikeclub@etv.net, biketheswell.org

May 22 — 4th Annual Amazing Earthfest, Kanab, UT, Joy Jordan Woodhill Trail Ride (BLM): 10, 20 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and the colorful cliffs of the Grand Staircase. Meet at the Fredonia Welcome Center on US 89-A, Fredonia, AZ. Note: Utah is on daylight savings time. Arizona is on standard time., Rich Csenge, 435-644-3735, jiw@gwi.net, amazingearthfest.com

May 28-31 — Black Hills Fat Tire Festival, Rapid City, SD, Trail rides, races (hill climb, XC, Super-D), Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Jerry Cole, 605-394-5225, jerry.cole@rcgov.org, 605-394-5225, info@bhfattirefestival.com, bhfattirefestival.com

May 28-30 — NUMB Fest, Vernal, UT, Three fun and action packed days of organized riding and festivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, there is no charge or entry fee., Troy , 435-781-2595, troyboy@altitudedecyde.com, altitudedecyde.com

June 5 — National Trails Day, , Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

June 5 — National Trails Day, tentative, Weber County, UT, Biker's Edge Trail Crew and Weber Pathways Trail Day., Steve Sessions, 801-528-2907, sessions11@msn.com, bebikes.com/trailcrew.aspx

June 5-6 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Jo Fergie, 604-905-8177 (Canada), info@dirseries.com, dirseries.com

June 19-20 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Jo Fergie, 604-905-8177 (Canada), info@dirseries.com, dirseries.com

June 19-21 — Wild Rockies Boise to Idaho City Tour, Wild Rockies Series, Boise, ID, Starts and finishes at the Old Armory on Reserve Rd. 7am Boise to Idaho City (campover night) and back to Boise. Full support and SAG wagon included for a low price. We are raising trail awareness and providing a low cost trip for all levels., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com, swimba.org

July 24 — Rawhide Continental Divide Tour, Basin Creek Park, MT, Shuttled, one way ride. 35 miles of single-track on the Continental Divide Trail, 2 supported aid/rest stations, BBQ at Homestake Lodge following ride! Start time TBD., Warren Smith, 406-490-2556, chirobike@hotmail.com,

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 24-26 — Castle Country Single Track Mountain Bike Festival, Price, UT, Rides for all abilities from confident beginner to expert. All rides will be over a newly developed single track system. Rides Friday, Saturday, and Sunday. Dinner and live entertainment on Saturday, bike raffle, fun for everyone!, Steve Christensen, 435-636-3702, steven.christensen@carbon.utah.gov, carbonrec.gov

September 24-26 — San Rafael Swell Mountain Bike Festival, Green River, UT, 8th Fall Festival, start: Friday afternoon with registration, a warm-up bike ride, a meal and a prize drawing. Saturday: day-long rides (beginner, intermediate or advanced) to see the San Rafael Swell, returning to a Dutch-oven cookout meal. Sunday begins with breakfast and one last group ride, ending at noon. Festivals are family-oriented; kids are urged to ride with their parents or in a kid-specific ride., 435-637-0086, meccabikeclub@etv.net, biketheswell.org

September 28-October 2 — Alison Dunlap Adventure Camp, Moab, UT, Intermediate/Advanced Ride Camp, Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

September 30-October 3 — Outerbike, Moab, UT, Outerbike will be an opportunity to ride your dream bike on world famous trails, including Slickrock. Registration is \$150, and participants will receive demos for four days, lunch at the trailheads, and discounted tickets to evening parties and films., Sean Hazell, 800-845-2453, biking@westernspirit.com, westernspirit.com, outerbike.com

October 29-31 — 5th Annual Moab Ho-Down Bike Festival, Moab, UT, Moab's original fat tire festival has changed and evolved over the past few decades into what is now being presented by Chile Pepper Bike Shop in Moab. The fes-

tival offers group shuttles and rides, movie premiere, townie tour, Super D Race, DH Race and an outrageous costume party., Tracy Reed, 435-259-4688, info@chilebikes.com, moabhodown.com

Utah Weekly MTB

Race Series

Sundance Weekly Race Series — Sundance Resort, UT, Wednesdays, 6:30 p.m., May 12, 26, June 9, 23, July 7, 21, August 4, 18 alternates with Soldier Hollow Training Series., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, weeklyraceseries.com, sundanceresort.com

Soldier Hollow Training Series — Soldier Hollow, UT, Wednesdays, May 5, 19, June 2, 16, 30, July 14, 28, August 11, 25, alternates with Sundance, Registration 5:30-6:20p.m., Racing at 6:30 p.m., Mark Nelson, 801-358-1145, races@euclidoutdoors.com, weeklyraceseries.com

Snowbasin/Biker's Edge Mtn. XC Race Series — Snowbasin Resort, UT, Dates June 16, 30; July 14, 28; August 11, 25. Registration- 5pm-6:30pm at Grizzle Center, Race Start: 6:30., Jonny Hintze, 801-544-5300, jonny@bebikes.com, bebikes.com

April 21-August 31 — Park City/Solitude Mid Week Mountain Bike Race Series, tentative dates, Park City, Salt Lake City, and Solitude, UT, Park City: Round Valley, dates TBASolitude: Dates TBAPark City: Park City Mountain Resort, Deer Valley, The Canyons. Dates TBASalt Lake City: Dates TBA, Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, Jay Burke, 801-330-3214, burkejay@q.com, midweekmtb.com

Utah Mountain

Bike Racing

March 6 — Red Rock Desert Rampage, Intermountain Cup, St. George, UT, ICS #1, At the BLM Competition Area: race over classic desert terrain, including Key Hole Wash, Cow Pond single-track, and Rampage Wash. Beginner start at 10:00am. Pro/Expert/Sport start at noon., Kayleen Ames, 435-757-4310, icupracing@yahoo.com, intermountaincup.com, amespromoting.com

April 3 — Cholla Challenge, Intermountain Cup, Hurricane, UT, ICS #2, 12-mile loop, a mixture of slickrock and single-track, with challenging short climbs and descents, First race starts at 11:00am., Jerry Simmons, 435-674-3185, jcksimmons@gmail.com, intermountaincup.com, chollachallenge.com

May 1 — Showdown at Five Mile Pass, Intermountain Cup, Lehi, UT, 16th Annual, ICS #3, XC.Fun XC course, 11-mile loop with rolling hills, First start at 9:00am for U12, others at 10am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 15 — Sundance Spin, Intermountain Cup, Sundance Resort, UT, ICS #4, XC, 2 loops: a 7.1-mile topping out at 7100 ft, and the small 0.5-mile lowest part of Archies Loop, First race starts at 8 am for U9, 8:30am for U12, others 9:30am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 22 — 8th Annual Hammerfest at the Hollow, Intermountain Cup, Midway, UT, ICS#5, Soldier Hollow, 9-mi loop with 1100' vertical per lap. Climbs and fast descents through a maze of ski trails at the Olympic venue of Soldier Hollow, new singletrack added, First race starts at 9:00am for U12, others at 10:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 29-31 — Sundance Showdown, UT Downhill Series, Sundance Resort, UT, Super-D Saturday, DH Monday, Utah DH Series, Sundance., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

May 31 — Stan Crane Memorial XC, Intermountain Cup, Draper, UT, ICS #6, 5th annual. Monday race, Great XC course start/finish at the equestrian center, about 80% single-track on a 9.8-mi loop, Total elevation 1100'/lap, first start at 8:15am for

U12, others at 9:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 12 — 19th Annual Deer Valley Pedalfest, Intermountain Cup, Deer Valley, UT, ICS #7, 19th annual, a tradition, multi-lap course on Deer Valley's and Deer Crest's world-famous trail system, climbs and twisty single-track downhill through the dense woods, First start at 8:15am for U12, others 9:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 12-13 — 6-Hour of Wolf Creek Enduro Downhill Race, Wolf Mountain Resort, UT, Lift served, multi-lap downhill mountain bike race. 60 person limit. Saturday qualifying run for lift line order. Sunday 6 hour enduro race., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

June 19-20 — Wolf Creek Mayhem Downhill Race, UT Downhill Series, Wolf Mountain Resort, UT, Saturday Super D and Trail Bike races, Sunday Downhill, Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

June 19 — Wimmer's Bicycle Race XC @ Sherwood, Intermountain Cup, Wellsville, UT, ICS #8, Sherwood Hills Resort in Wellsville Canyon. Multiple laps, winding singletrack through trees. Reg opens at 8 AM. Beg race start at 9 a.m., spt at 11 a.m., exp/

pro at 1:30 p.m., Kayleen Ames, 435-757-4310, icupracing@yahoo.com, intermountaincup.com, amespromoting.com

July 3 — 23rd Annual Mountain Bout, Intermountain Cup, Snowbird, UT, ICS #10, Snowbird, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap, First race starts at 8:10am for U9, 8:30am next start., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 10 — 14th Annual Chris Allaire Memorial, Intermountain Cup, Solitude Resort, UT, Utah State Open XC Championship, ICS #11, Course combines Cruiser (upper) and Serenity (lower) loops, Registration closed 7/13, First start at 8:15am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 31 — 1st Annual Basin Bash XC, Intermountain Cup, Snowbasin, UT, ICS #12, Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

August 7 — 2nd Annual Rock the Canyons Intermountain Cup Grand Finale, Intermountain Cup, Canyons Resort, UT, ICS #13, Open to all, XC course starts and finishes at Smokie's Bar and Grill at the base of the gondola at The Canyons Resort. The course is about 90% wide single track, Ed Chauner, 801-

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942-3498, icupracing@yahoo.com, intermountaincup.com

August 13-15 — Flyin' Brian Gravity Festival, UT Downhill Series, Brian Head, UT, Friday Trail Bike Race, Saturday Super D, Sunday Downhill., Ron Lindley, 801-375-3231, eracer-hd@netzero.net, go-ride.com

August 26 — Mt. Ogden 50 & 100 K MTB Race, Snowbasin, UT, 50 K & 100 K. Starts 9 am at Snowbasin, Solo or 2 person relay teams, Jonny Hintze, 801-544-5300, jonny@bebikes.com, bebikes.com, snowbasin.com

September 4 — Park City Point 2 Point - presented by POWERADE, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 78 miles & 14,000' of climbing., Jay Burke, 801-330-3214, info@thepcpp.com, thepcpp.com

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 11 — 6th Annual Sundance Single Speed Challenge, Sundance Resort, UT, 10 am start, Sundance Resort., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

September 18 — 12 Hours of Sundance, Sundance Resort, UT, 7 a.m. to 7 p.m., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

September 18 — Widowmaker Hill Climb, Snowbird, UT, 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

September 19 — Tour de Suds, Park City, UT, An uphill MTB race from Miner's Hospital to Guardsman. 28th Annual, Park City, 6 mile hill climb to celebrate the end of mountain bike season., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

October 9-10 — 24 Hours of Moab, Moab, UT, 16th Annual, solo, duo, 4 and 5 person team categories, men, women, and coed. USAC National 24 Hour Championships tool, Laird Knight, 304-259-5533, heygranny@grannygear.com, grannygear.com

October 11-12 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, hwsq@infowest.com, seniorgames.net

November 6-7 — 25 Hours of Frog Hollow, Hurricane, UT, 25 hour event is from SAT 10am to SUN 10 am with the bonus double midnight lap. Costume contest is from Sat 11 am to Sat 5 pm- contest and awards at 6 PM, Other fun Halloween fun TBA, Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

Regional Mountain

Bike Racing

March 5 — STXC Series #1, STXC Series, Boise - Mountain Home, ID, Fast fun action with banked corners, plenty of passing around the whole course, safe for all ability levels...and it's just for fun!, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, broken-spokecycling.org

March 20-21 — Greener Grasses 3rd Annual St. Patty's Day Memorial, Bootleg Canyon, NV, Saturday features dual slalom and super d races, downhill practice all day. Sunday is the title Downhill race. Come toast to the legends of Bootleg Canyon, BTC1., Super D and DH courses are both about 3 miles long, Francine Johnson, 702-273-0537, johnson-rockhard@hotmail.com, bootleg-

canyon.org, mspace.com/johnsonrockhard

March 26 — STXC Series #2, STXC Series, Boise - Mountain Home, ID, Fast fun action with banked corners, plenty of passing around the whole course, safe for all ability levels...and it's just for fun!, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, broken-spokecycling.org

March 28 — Sagebrush Scramble, Knobby Tire Series, Boise, ID, STXC. Action-packed short track racing just 23 miles SE of Boise Racing and BBQ starts at noon. , Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

April 10 — 15th Annual Barking Spider Bash, Wild Rockies Series, Nampa, ID, Part of the AMBC National Series. Less than 1000 vertical ft per lap-- elevation gain for hillclimbs. A new 2-3 hr XC course and 1 hour trail run, includes roller coaster single track and wide open fire road. Lots of fun all day, awards ceremony, food and beverages., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

April 23-25 — Rabbit Valley Rally- MSC #1, Mountain States Cup, Fruita, CO, Off-road time trial (endurance) on Saturday. Cross country (endurance) on Sunday. XC is a qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

May 1 — New XC Race, Knobby Tire Series, Kimberly, ID, Racers will enjoy small town Idaho and hit the public trails, 8 mile loops with plenty of single track and enough double track for passing., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

May 1-2 — MAYDAY MAYDAY, Bootleg Canyon, NV, Super-D and Downhill, Dual Slalom, Francine Johnson, 702-273-0537, johnson-rockhard@hotmail.com, bootleg-canyon.org, mspace.com/johnsonrockhard

May 7-8 — New Belgium Brewing Company 18 Hours of Fruita, Loma, CO, 6th Annual, Highline Lake State Park, 12 midnight start, 18 Hr race on 6.5 mile loop., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com, emgcolorado.com, fruitamountainbike.com

May 8 — 8th Annual Avimor Coyote Classic, Knobby Tire Series, Boise, ID, high speed rolling double-track. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com, broken-spokecycling.com

May 14-16 — Chalk Creek Stampede- MSC #2, Mountain States Cup, Nathrop, CO, Cross country (endurance) and four cross (gravity) on Saturday. Short Track (endurance) and dual slalom (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

May 28-31 — Black Hills Fat Tire Festival, Rapid City, SD, BHFTF is four days filled with MB racing (x-country, downhill, hill climb, super D), Trail Rides, Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Jerry Cole, 605-394-5225, jerry.cole@rcgov.org, bhfattirefestival.com

May 29-30 — Velopark MTB Dual Slalom and STXC State Championships, Wild Rockies Series, IVCP, ID, 2 person dual slalom and 4 person biker cross, courses are built by World Champion Eric Carter-- this is the real deal folks. You'll find everything you expect at a National course with a grass-roots feeling. Lots of fun all day and super easy road to get to the top of the events., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 2 — 9th Annual Wood River Cup Race #1, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy

Olson, 208-788-9184, billy@road-anddirt.org, roadanddirt.org

June 4-6 — The Chile Challenge - MSC #3, Mountain States Cup, Angel Fire, CO, Cross country (endurance) and four cross (gravity) on Saturday. Super D (endurance/gravity) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 9 — 9th Annual Wood River Cup Race #2, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@road-anddirt.org, roadanddirt.org

June 12 — Beti Bike Bash, Mountain States Cup, Lakewood, CO, First-ever women's only mountain bike race and festival. Run by women, for women. Encouraging women mountain bikers to enter their first race. Expo, prizes, and a great swag bag with entry. Bring the whole family!, Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 12 — 9-5 Marathon, Knobby Tire Series, Boise, ID, 9-5...need we say more? Besides the live bands, great trails, and a play area for families who come out to watch., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 16 — 9th Annual Wood River Cup Race #3, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@road-anddirt.org, roadanddirt.org

June 19 — Soldier Mountain, Knobby Tire Series, Fairfield, ID, Soldier Mountain Resort "epic" XC course, known for the big climbs and big descents and this year nothing has changed. Racers will climb to over 8000' to see views that others dream about...but what goes up must come down., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 23 — Cache Creek to Game Creek Mountain Bike Race, Tentative, Jackson, WY, Mike Yokel Park, 12 mile MTB XC., Jill Harkness, 307-733-5056, jharkness@tetonwyo.org, ucjh.org

June 23 — 9th Annual Wood River Cup Race #4, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 25-27 — Wildflower Rush- MSC #4, Mountain States Cup, Crested Butte, CO, Cross country (endurance), 40 mile epic cross country (endurance) and four cross (gravity) on Saturday. Super D (endurance/gravity) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 26 — Adventure Xstream Durango, Durango, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike through the majestic San Juan mountain. 50-100 miles of multisport racing., Will Newcomer, 970-259-7771, 2010@gravityplay.com, gravityplay.com

June 26 — Jug Mountain Ranch Ride, Wild Rockies Series, McCall, ID, 2-3 hr XC course and 2hr trail run. Possible 50mi. Marathon on new route with fast, flowing single track and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide open fire road., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 26 — 8th Annual Taming the Tetons, Intermountain Cup, Jackson Hole, WY, ICS #9, 9 a.m. start for under 9, 9:30 start for all other categories., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com, go-ride.com

June 30 — 9th annual Wood River Cup Finals, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@road-anddirt.org, roadanddirt.org

July 3 — 15th Annual WYDAHO Mountain Bike Race, Alta, WY, The 15th annual Wydaho XC race, kids race, huffy toss and hill climb. Mountain biking in the heart of the Tetons!, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 3-4 — 19th Brundage Mountain Bike Fest XC/Super D/DH, Wild Rockies Series, Brundage Resort, ID, 2-3 hr XC course and 20 min super D. 5-6 min DH course., deep woods single track and wide open fire road, super easy shuttle with high speed lift for the Super D and DH events., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

July 9-11 — Blast the Mass - MSC #5, Mountain States Cup, Crested Butte, CO, Short track (endurance), downhill (gravity) and super d (endurance/gravity) on Saturday. Cross country (endurance) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

July 15-18 — USAC National Mountain Bike Championships, Granby, CO, USAC Mountain Bike National Championships., 888-850-4615, info@bikesolvista.com, solvistanationals.com

July 24 — Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/ Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

July 24 — Targhee Downhill Race #1, Alta, WY, The Wydaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 25 — Teton Pass Hill Climb, Tentative date, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers. Raffle and party following., Brian Schilling, 307-690-9896, schil-dog@hotmail.com, ucjh.org

July 31 — Laramie Enduro, Laramie, WY, 111 K (72.5 miles) mountain bike race, Happy Jack Recreation Area, 8600' elevation gain., Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

July 31 — Butte 100, Butte, MT, 100 and 50 mile single loop options. Approx. 70 miles of continental divide trail within the 100 mile race and approx. 40 miles of CDT within the 50 mile race. 16,000 ft of elevation gain on the 100 mile route. Fund Raising for MTB trail maintenance and trail building., Bob Waggoner, 406-490-5641, getriplerprod@hotmail.com, tripler-ingprod.com

July 31-August 1 — Pomerelle Pounder, UT Downhill Series, Wild Rockies Series, Albion, ID, 2 day DH race, Saturday DH race and Sunday DH and Trail bike races., Ron Lindley, 801-375-3231, eracer-hd@netzero.net, wildrockiesracing.com, go-ride.com

August 4 — Teton Village Short Track XC Series and CX, Tentative, Teton Village Short Track XC Series, Teton Village, WY, August 4, 18, 6:30 pm. MTB Races, CX race on August 11, Brian Schilling, 307-690-9896, schil-dog@hotmail.com, ucjh.org

August 4 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 6-8 — Keystone Revival- MSC #6, Mountain States Cup, Crested Butte, CO, Cross country (endurance) and super d endurance/gravity) on Saturday. Short track (endurance) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

August 7 — Knobby Tire Series Finals, Knobby Tire Series, Boise, ID, Only 15 minutes from Boise. World Cup style racing brought to the Treasure Valley. 8.5 loop packed with tight double track and some single track to keep one honest. , Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytires.com, broken-spokecycling.com

August 7 — Targhee Downhill Race #2, Alta, WY, The Wydaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

August 11 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 14 — Big Hole Challenge MTB Race and Duathlon, Driggs, ID, 15 mile MTB race, 7.5 mile bike and 5 mile run Duathlon, Start at Horseshoe Canyon Trailhead, 11 miles west of Driggs, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

August 18 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 20-22 — Full Tilt in Telluride - MSC #7, Mountain States Cup, Telluride, CO, Hill climb (endurance) and four cross (gravity) on Saturday. Cross country (endurance) and downhill (gravity) on Sunday. XC, 4X and DH are qualifiers for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

August 21-22 — 24 Hours of Grand Targhee Mountain Bike Race, Alta, WY, XC, Grand Targhee Ski and Summer Resort, 1st place solo male /female and Duo teams will receive \$1000 / over \$10,000 in cash and prizes. Must have 5 solo or teams signed up in the class for \$1,000, less than 5 there will be \$500 first place. The single track and double track course cruises through the aspens, meadows and wild flowers of the Caribou-Targhee National Forest., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

August 21 — Schweitzer Mountain Resort Downhill, Wild Rockies Series, Sandpoint, ID, Schweitzer Mtn. Resort. DH., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com, fluid-ride.com

August 25 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

September 3-6 — Winter Park Pursuit - MSC #8, Mountain States Cup, Winter Park, CO, Short track (endurance), cross country (endurance), super d (endurance/gravity), four cross (gravity) and downhill (gravity). This is the Mountain States Cup Season Finale for all gravity disciplines and super d. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

September 4 — Bogus Hari-Kari STXC, Wild Rockies Series, Bogus Basin Resort, ID, 20-40 min Short-track, depending on category. 1.2 mi course rolling, tight corners. 11 a.m. start time., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 5 — Bogus Kamikaze DH, Wild Rockies Series, Bogus Basin, ID, 2-3 min DH course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find gap jumps, drop-offs, wooden bridges and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 10-12 — Fall Classic - MSC #9, Mountain States Cup, Breckenridge, CO, Circuit race (endurance- short track) and time trial (endurance- hill climb) on Saturday. Epic backcountry cross country (endurance) on Sunday. Cross country is a qualifier for 2010 USAC Mountain Bike National

Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

September 11 — City Creek Mountain Duathlon Endurance Festival, Pocatello, ID, 20K trail course includes a 15K mountain bike, followed by a 5K trail run (1463' total elevation gain on mountain bike course, 479' total elevation gain on run course) on the famed City Creek Trail system, trail running and mountain biking divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, EnduranceFestival.com

September 11 — Targhee Downhill Race #3, Alta, WY, The Wyndaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

September 21 — Pierre's Hole MTB Race, Alta, WY, Grand Targhee Resort. The 25 mile loop with over 4000' of climbing each lap, a long with over 70% of the course on single track make this a awesome 50/100 race., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com, pierreshole50-100.blogspot.com

September 25-26 — Bittersweet Endurance and Gravity, Bootleg Canyon, NV, SD, DH, XC, Francine Johnson, 702-273-0537, johnsonrockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

October 22-24 — Singlespeed World Championships, Rotorua, NZ, noemail@cyclingutah.com, sswc10n-zcom

October 30-31 — BOOtleG Endurance and Gravity, Bootleg Canyon, NV, SD, DH, XC, Francine Johnson, 702-273-0537, johnsonrockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

November 20-21 — Endurance High Test, Bootleg Canyon, NV, XC, Francine Johnson, 702-273-0537, johnsonrockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

December 18-19 — Screamin Santa, Bootleg Canyon, NV, SD, DH, Francine Johnson, 702-273-0537, johnsonrockhard@hotmail.com, bootlegcanyon.org, myspace.com/johnsonrockhard

Utah Weekly

Road Race Series

Cyclesmith Rocky Mountain Raceways Criterium Series — West Valley City, UT, A and B Flite off at Noon C and D Flite off at 12:50, 6555 W. 2100 S. March 6,13,20,27 April 6,13,20,27, May 4, 11, 18,25, 7/29, 8/12, 8/26, 9/9, Marek Shon, 801-209-2479, utcriteries@gmail.com, utahcritseries.com

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April - August, I-80 Frontage Road West of the International Center; 4/15, 4/29, 5/13, 5/27, 6/10, 6/24, 7/1, 7/15, 7/29, 8/12, 8/26, 9/9, Marek Shon, 801-209-2479, utcriteries@gmail.com, utahcritseries.com

DLD (DMV) Criterium Presented by Ski Utah — West Valley City, UT, Ski Utah Cycling team is pleased to sponsor the Utah Driver's License Division (DLD) weekly criterium race. Weekly Training Crit at the Driver's Training Center, 4700 S. 2780 W., A Flite - 6pm. B Flite - 6:55 pm. (April 7 - September 9), Clint Carter, 801-651-8333, cdcarter44@msn.com, utahcritseries.com

Emigration Canyon Hillclimb Series — Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First ride off at 6:30. Every other Thursday April thru September: 4/22, 5/6, 5/20, 6/3, 6/17, 7/8, 7/22, 8/5, 8/29, 9/2, Marek Shon, 801-209-2479, utcriteries@gmail.com, utahcritseries.com

Ogden Cash Crit — Tentative, Ogden, UT, Thursdays, June 3 - July 29, 6 pm, C flight: 6:00pm (30 min), B flight: 6:40pm (40min), A Flight: 7:30pm (50min), Business

Depot Ogden (600 W 12th St), Weston Woodward, 801-388-0517, westonvw@yahoo.com,

Logan Race Club Time Trial Series — Logan, UT, Thursdays, 6:30 p.m. Location rotates among 4 courses., Stephen Clyde, swc@mdsc.com, loganraceclub.org

Powerhouse UVU Crit series, presented by UVU Cycling — Orem, UT, Dates TBA, UVU, 1062 W 800 S, Orem, UT 84058, Lot V, Mason Law, 801-891-5275, masonsjc@hotmail.com, thefancycling.com

Utah Road Racing

March 12 — Poison Spider Hill Climb, Moab, UT, Fun hillclimb that takes place during the Skinny Tire Festival. It is a mass start from town up Sand Flats Road past the famous Slickrock Bike trail. The road then turns to dirt and continues up the road a couple miles past the Slickrock Trail parking lot. Total climb is under 6 miles., Poison Spider, 435-259-7882, shop@poisonspiderbicycles.com, poisonspiderbicycles.com

March 13-14 — Tour del Sol, UCA Series, St. George, UT, Stage race, time trial, road race, criterium, Ryan Gurr, 435-674-3185, info@spingees.com, tourdelsol.com

March 26-27 — University of Utah/Bikes for Kids Utah Omnium, UCA Series, Salt Lake City, UT, DMV Crit noon March 26; Traverse Ridge Rd. HC TT 8:30am March 27; Daybreak RR 2pm March 27. Benefits Bikes for Kids Utah and Utah collegiate cycling. USAC, UCA, and Collegiate points., John Karren, 801-505-8481, john@elementswillderness.com, bikesforkidsutah.org, utahcycling.org

April 3 — Hell of the North Road Race, UCA Series, Salt Lake City, UT, Just north of the Salt Lake Int'l Airport, 5 mile circuit. includes 1.75 mile stretch of dirt road. Bring your 53x12., Christian Johnson, 801-867-5331, skinnytires@gmail.com, hellofthenorth.com

April 10-11 — Tour of the Depot, UCA Series, Tooele, UT, 3 Stage Stage Race: Anaconda Road TT (Sat), Pine Canyon Circuit Race (Sat), Tour of the Depot RR (Sun). All stages Start and Finish in Tooele., Jeremy Smith, 801-558-7215, knowitall@tourofthedepot.com, tourofthedepot.com

April 24 — East Canyon Road Race, UCA Series, East Canyon Resort, UT, 10 AM, From East Canyon Resorts to Lost Creek Reservoir and back, East Canyon Resort, Sign up at Canyon Bicycles 3969 S. Wasatch Blvd., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

May 1 — Antelope Island Classic, UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net, bmbbc.com

May 8 — SLC Downtown Criterium (State Championships), UCA Series, Salt Lake City, UT, Around Pioneer Park, 300 W and 300 S., Marek Shon, 801-209-2479, utcriteries@gmail.com, utahcritseries.com

May 8 — Herriman Pedal Palooza, Herriman, UT, Cycling Event for the whole family. Amateur road crit, kids safety rodeo, helmet safety inspection (not sure what the blanket term for this event would be). 9 am., Dani Lassiter, dani@goldilocksride.com, pp.infinitecycles.com

May 14 — Logan Canyon TT, Logan, UT, Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org

May 15 — Bear Lake Classic, UCA Series, Bear Lake, UT, May 14: ITT 3.8 mile climb, May 15: RR, 51/102 mile flat loop., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org, bearlake.com

May 16 — Bear Lake Classic Team Time Trial, UCA Series, Bear Lake, UT, TTT 5-man teams, scoring on 3rd wheel. Each event is scored independently, and Sunday's 5-man TTT is slated to be the Utah State TTT Championship., Kevin Rohwer, 435-770-9852, krohwer@engineeringex-

citement.com, loganraceclub.org, bearlake.com

May 22 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Sugarhouse Park, Marek Shon, 801-209-2479, utcriteries@gmail.com, utahcritseries.com

May 22 — Red Rock 200, St. George, UT, Solo Start: 6am, Two-Person Relay Teams Start: 7am, Four-Person Relay Teams Start: 8am, 200 miles, 10,000' of climbing with three neutral support check points along the route; finisher jerseys and medals!, Deb Bowling, 818-889-2453, embassy@planetultra.com, redrock200.com

June 5 — Draper Challenge Hillclimb Race, Draper, UT, 8:00 am at Equestrian Center located at 1600 E. Highland Drive(13500 South), road race 15 miles with two hill climbs, ends at top of Suncrest., Ken Murdock, 801-205-3700, ken.murdock@utahhomes.com, DraperTrailDays.com

June 5 — E Center Criterium, UCA Series, Salt Lake City, UT, 3200 South Decker Lake Drive (at 2200 West), Marek Shon, 801-209-2479, utcriteries@gmail.com, utahcritseries.com

June 9-27 — Utah Summer Games, Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound?, Checkshani Cliffs., Casey McClellan, 435-865-8421, 435-559-2925, usgpress@suu.edu, utahsummergames.org

June 10-13 — Hoodoo 500 Training Camp, St. George, UT, Ride every mile of the Hoodoo 500 route in 4 days. A perfect preview of the race course!, Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

June 11-12 — Salt to Saint Relay, Salt Lake City, UT, 385 mile relay race from Salt Lake City to St. George, following Route 89, 13000 feet of climbing. 4 person, 8 person, and solo categories., Geoffrey Montague, 435-313-3188, info@salttosaint.com, salttosaint.com

June 11-12 — Rockwell Relay, Moab, UT, 4 man relay, 3 legs per rider covering 528 miles. Starts at 8:00 a.m. from Sweeney Park Moab, Utah., Dan Stewart, 801-451-0440, dan@rockwellrelay.com, rockwell-relay.com

June 12 — Powder Mountain Hill Climb, UCA Series, Eden, UT, 6 miles and 3000 feet up Powder Mountain Road, start at Wolf Creek Balloon Festival Park, finish in Timberline parking lot., Ben Towery, 801-774-7551, teamexcelsator@gmail.com, teamexcelsator.com

June 19-20 — 22nd Annual Cook-Sanders Associations, Inc. and The Spence Law Firm High Uintas Classic

Stage Race, UCA Series, Kamas/Evanston, UT/WY, 22nd annual HUC Stage Race. Kamas, UT to Evanston, WY. USCF Stage Race - Road Race, Time Trial, Criterium/Citizen's Road Race. No Wimps! No Whiners!, Terri Arnell, 307-783-6470, tarnell@evanstonwy.org, evanstoncycling.org

June 26 — Little Mountain Road Race (Utah State Championship), UCA Series, Clarkston, UT, 16-mile circuit race with one major climb (1 mile, 7-10% grade between Trenton and Clarkston) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Total elevation gain — 600 feet/lap., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org

July 3 — State Time Trial Championship, UCA Series, Salt Lake City, UT, Just west of the International Center, Marek Shon, 801-209-2479, utcriteries@gmail.com, utahcritseries.com

July 10 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, Hill climb to the top of Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 16-18 — Capitol Reef Classic Stage Race, UCA Series, Torrey, UT, ITT (8 miles), Criterium, 100/52/32 mile road race (distance determined by race category), Tina Anderson, 435-425-3491, 435-691-1696, tricrazy@live.com, capitolreefclassic.com

July 24 — Chalk Creek Road Race, UCA Series, Coalville, UT, Juniors and masters Utah State Championship., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 31 — Tour de Park City, UCA Series, Park City, UT, Fully Supported Road Race. All men's and women's UCA categories. Same great 170 mile course you have come to love. New additions and changes will make 2010 the best Tour de Park City yet., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, tourdeparkcity.com

August 4 — Lindon Days Criterium, Lindon, UT, 30 N Main Street in Lindon. 1.9 mile loop on city streets. Part of the Lindon Days Celebration. First flight at 6:00 p.m., Ryan LeMone, 801-785-3828, ryan.lemone@garmersinsurance.com, lindoncity.org

August 7 — Wasatch 120 Road Race, Heber, UT, Fully Supported Road Race. All men's and women's UCA categories. Great course starting and finishing in Heber City., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, wasatch120.com

August 14 — Sundance Hill Climb, UCA Series, Provo, UT, Starts at the

bottom of SR92, climbs 8.2 miles, over 3000' of climbing, passing Sundance and finishing at the Alpine Loop Summit, perfect for the Pro Level racer wanting to beat the best or the beginner wanting a good challenge., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundance-utah.com

August 17-22 — Larry H. Miller Tour of Utah Presented by Zions Bank, UT, America's toughest stage race, 6 stages, 325 miles, \$45,000 purse, Pro/1 Men only, Salt Lake, Ogden, Utah County, Tooele, Park City, Snowbird, Salt Lake. Come and watch the best!, Karen Weiss, 415-218-0193, karen@tourofutah.com, tourofutah.com

August 21 — Snowbird Hill Climb, Snowbird, UT, 33rd Annual, 8 AM, registration from 6-7:30 am, Climb ~3,200' from the Swamp Lot on Wasatch Blvd to Snowbird's entry ll., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com/events/competitions/summer/hill-climb.html

August 21 — Tour of Utah Amateur Criterium, UCA Series, Park City, UT, Historic Main Street in Park City will be the setting for this race that will be run on the same course as the Pros. A challenging course with over 100 feet of elevation gain each lap. Riders and spectators will enjoy this event and all day activities., Eric Thompson, 801-541-3840, jericthompson@comcast.net, skitahcycling.com

August 28 — Sanpete Classic, UCA Series, Spring City, UT, Main Street, Spring City will serve as the Start/Finish for loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Races start at 10:00 a.m. BBQ lunch, awards, and raffle after race., Eric Thompson, 801-541-3840, jericthompson@comcast.net, skitahcycling.com

August 28-30 — Hoodoo 500, St. George, UT, 500 mile Ultramarathon bike race in Southern Utah. Voyager Start: 5am, Solo Start: 7am, Two-Person Relay Teams Start: 9am, Four-Person Relay Teams Start: 11am., Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 4-6 — Great Utah Bike Festival Stage Race, UCA Series, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a UCA 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney,

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801-677-0134, bob@bike2bike.org, bike2bike.org

September 11 — Climber's Trophy, UCA Series, Salt Lake City, UT, Individual time trial up the south side of Big Mountain. Start at MM 0, first rider up at 8:30 am., Jon Gallagher, 435-901-8872, sportsbaseevents@gmail.com, teamcsr.org

September 11 — LOTOJA Classic RR, Logan, UT, 1 day, 3 states, 206 miles from Logan, UT to Jackson, WY. Almost 10,000 feet of climbing, 28th Annual, Brent Chambers, 801-546-0090, info@lotojaclassic.com, lotojaclassic.com

September 25 — Mountain 2 Metro Harvest Moon Criterium, Ogden, UT, Downtown Ogden in the Municipal Park between 25th & 26th Streets., Ben Towery, 801-774-7551, teamex-celerator@gmail.com, teamex-celerator.com

October 5-8 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, hwsq@infowest.com, seniorgames.net

October 9 — City Creek Bike Sprint, Salt Lake City, UT, 10 am, 5 1/2 mile climb up City Creek Canyon, road or mountain bikes., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

Regional Weekly

Road Race Series

Grand Junction Spring Crit Series — Grand Junction, CO, 6 race series March 31, April 7, 14, 21, 28, May 5th, 2010 Two Races will be held: 5:45 pm - Group A - Men/Women Cat 1,2,3, Masters and Collegiate. 6:45pm - Group B - Men/Women Cat 4,5, Masters and Collegiate., fast flat fun .67 mile closed course at 627 25 1/2 Rd., Mike Driver, 970-274-1232, chrisreed@ascenproductions.net, org.mesastate.edu/cycling/

Idaho Cycling Enthusiasts Time Trial/Hillclimb Series — TBD, ICE Series, Pocatello, ID, Dates TBD, 3 flat 10 km TTs and 3 Hillclimbs is 5.1 miles, 1500 ft elevation up Scout Mountain., David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

SWICA Criterium Series — SWICA Criterium Series, Boise, ID, Tuesdays, May 4, 11, 18, 25, June 1, 8, 15, July 6, 13, Local training crit series at Expo Idaho West lot., Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Racing

March 13 — Jason Broome ITT (BCC Spring Series #1), Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

March 13 — Saturday Boise State Collegiate Stage Race, Boise, ID, Brian Parker, brianparker@u.boisestate.edu,

March 14 — Slammer Road Race (BCC Spring Series #2), Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

March 27-28 — Mad Cow Classic, Grand Junction, CO, Road Race on Reeder and Purdy Mesa, Hill Climb Time Trial in the Colorado National Monument and Criterium and the Grand Valley Motor Speedway., Nate Keck, 970-248-1935, nkeck@mesastate.edu, org.mesastate.edu/cycling

March 27 — Vegas/Moapa Road Race, Las Vegas, NV, Mike Olsen, 702-927-4069, mike@vegasbikeracing.com, vegasbikeracing.com

April 3 — Birds of Prey Road Race (BCC Spring Series #3), Kuna, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

April 11 — Chicken Dinner Road Race (BCC Spring Series #4), Nampa, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

April 16-18 — Tour of Walla Walla Stage Race, Walla Walla, WA, Stage race - 2 RRs, crit, TT. Eight fields in 2010, 5 for men and 3 for women- Men Pro-1-2, 3, 4, 5, Mstrs 40+ cats 1-4; Wom 1-2, 3, 4., Steve Rapp, 509-520-9779, steve@allegrocyclery.com, tofww.org

April 17 — Tax Day Circuit Race, UCA Series, Pocatello, ID, Great circuit race, start and finish in Inkom with a 1.2 mile neutral roll out of town, follow by a 4.5 mile rolling film to the circuit (7.3 mi). Riders will do a specified number of laps, followed by another half lap to finish at the top of the climb. Climb per lap is 750 ft., David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

April 18 — Rhonde Van Boise, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

April 25 — Emmett-Roubaix Road Race (Spring RR #5), Emmett, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 14-16 — BODE TT Stage Race, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 15 — Endurance Festival, Pocatello, ID, 30K road course (597' total elevation gain) on the scenic roads up to the Mink Creek Recreation Area. Also running and duathlon divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, EnduranceFestival.com

May 22-23 — Treasure Valley Omnium, Nampa, ID, RR, TT, Crit, two days/ three stages. TT on Saturday, Crit on Sunday, Vernon Padaca, 208-571-1730, dobbiacoboard@cablone.net, teamdobbiaco.com

May 22 — Ride for the Pass, Aspen, CO, A charity bike race/recreational ride to benefit the Independence Pass Foundation. 15th Annual ride will be from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970 963-4959, fulcon@comcast.net, independencepass.org

May 22 — Snake River/ICO TT Series #1, TBA, ID, Rudy Estrada, elitescycling@msn.com,

May 23 — Aspen Cycling Criterium, Aspen, CO, Fast paced, energy packed race held on closed streets in the heart of downtown Aspen. Speeds of 28 mph and higher around a .8 mile track with sharp curves on road bikes., Kristin Drake, 970-429-2098, kristin.drake@ci.aspen.co.us, aspenrecreation.com

May 29-31 — Iron Horse Bicycle Classic, Durango, CO, 39th Annual, Road Race from Durango to Silverton, Criterium, 25/50 mile tour, kids race and bike swap., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 29 — Garden Creek Gap Road Race: The Idaho Road Race Championship, UCA Series, Pocatello, ID, Idaho State Road Race Championship. Presented by the Idaho Kidney Institute. This is a rider's course: 25-mile lap (riders will ride multiple laps) with an incredible 3-mile climb through Garden Creek Gap (5-9%) grade, mountain top finish, Utah racers and Idaho Racers will compete to see who is the strongest racer in each category from the 2 states., Sam Krieg, 208-233-0951, sam@kriegcycling.com, idahocycling.com

June 5 — 4th Annual Lyle Pearson 200-mile Team Challenge, Boise to Sun Valley, ID, Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 12-13 — Single Track Bicycles Omnium, Flagstaff, AZ, Saturday: Snow Bowl Hill Climb, 6.6 mile hill climb, categorical starts, 5 year age groups. Sunday Wupatki Road Race, Sunset/Wupatki National Monument, Flagstaff, 75 miles PRO 1,2,3 all other 45 miles, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, teamoneracing.com

June 18-20 — Elkhorn Classic Stage Race, Baker City, OR, Ernie Conway, ernie@elkhornclassic.com, elkhorn-classicstagerace.com

June 20 — Town to Summit Hill Climb, Ketchum, ID, Mass-start event from downtown Ketchum to the top of Trail Creek Pass, last three kilometers are rough dirt road, a little over 16 kilometers in total., Bob Rosso, 208-726-3497, jasond@elephantsperch.com, elephantsperch.com

June 21-27 — USA Cycling Road Championships, Bend, OR, Elite, Junior, and Espoir National Championships., Tom Vinson, 719-434-4200, tvinson@usacycling.org, usacycling.org

June 26-27 — Dead Dog Classic Memorial Stage Race, Laramie, WY, Sat: RR (85 miles or 53 miles), Sun: Crit and TT (10 miles), \$8000 purse, awards points for the American Cycling Association Best All-around Racer and Best All-around Team competition., Kim Viner, 307-742-4565, kdviner@msn.com, dead-dogclassic.com

July 4 — Hailey 4th of July Criterium, Hailey, ID, Downtown Hailey Criterium, Janelle Connors, 208-788-9142, jconnors@bcrd.org, bcrd.org

July 10 — Allan Butler Criterium, Idaho Falls, ID, Twilight Criterium in downtown Idaho Falls in memory of Allan Butler. Course is flat, technical, L-shape, 1 km in length. Racing starts at 5:30 p.m., Rob Van Kirk, 208-652-3532, rob.vankirk@gmail.com, idahocycling.com

July 10-11 — Tour of Bozeman, Bozeman, MT, Two day, 3 stage omnium in the mountains around beautiful Bozeman, Montana. Stages include: 20k Time Trial, Downtown Match Sprints, and 70 mile Road Race with 4600+ ft of climbing. \$5000.00 + cash purse., Amy Frykman, 406-579-0944, info@tourdebozeman.com, tourdebozeman.com

July 10 — Snake River/ICO TT Series #2, TBA, ID, Rudy Estrada, elitescycling@msn.com,

July 11 — Grand Targhee Ski Hill Road Time Trial, Alta, WY, 9 a.m., 12 miles, 2000', to the summit of Grand Targhee, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 11 — Jackson Hole Downtown Criterium, Jackson Hole, WY, Part of Crit Omnium with the Allan Butler Crit, Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

July 16-18 — BYRDS Stage Race, Boise, ID, Douglas Tobin, douglas@tobincoaching.com, byrds-cycling.com

July 17 — Wells Fargo Twilight Criterium, Boise, ID, 23rd Annual, NRC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisetwilightcriterium.com, georgescycles.com

July 18 — Intermountain Orthopedics State Criterium, Boise, ID, The day after Boise's Twilight Criterium, a full day of crit racing on a sweet 1K course. Nice family friendly venue with good race watching., Kurt Holzer, 208-890-3118, irc_board@lycos.com, lostrivercycling.org

July 25 — Teton Pass Hill Climb, Tentative date, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers. Raffle and party following., Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

August 1-7 — USA Cycling Masters Road National Championships, Louisville, KY, Tom Vinson, 719-434-

4200, tvinson@usacycling.org, usacycling.org

August 10-14 — Southeast Idaho Senior Games, Pocatello, ID, Criterium, hill climb, 10k TT/20k RR, 5k TT/40k RR. Cross country MTB., Jody Olson, 208-233-2034, jolson@allidaho.com, seidahosenior-games.org

August 14 — Lamoille Hill Climb, Lamoille, NV, 12 mile 2900 ft hill climb road race up beautiful Lamoille Canyon Road in Nevada's Ruby Mountains; post event picnic, awards. US Forest Service permitted event., Jeff White, 775-842-9125, trona@mac.com, elkvelo.com

August 21 — Glenns Ferry Handicap Road Race, Glenns Ferry, ID, Gary Casella, gcasella1@aol.com,

August 22 — Skull Valley Road Race, Skull Valley, AZ, Out and back road race with big rollers and climbing. All categories (except juniors) ride approximately 55 miles. Juniors ride approx. 25 miles., Eric Prosnier, 602-381-3581, skullvalley@wmrc.org, wmrc.org

August 28 — Bogus Basin Hill Climb, Boise, ID, 38th Annual., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

September 11 — Race to the Angel, Wells, NV, 24th Annual, 3000' climb., Ann Lee, 775-752-3540, chamber@wrecwireless.coop, wellsnevada.com

September 23 — USA CRITS Finals, Las Vegas, NV, Criterium, Part of USA CRITS Championship, during Interbike, Mandalay Bay Resort, staggered start times for the different races, Men and Women Pro races, various amateur classes, and an Industry Cup Challenge., Casey Lamberski, 706-549-6632, casey@swagger.us, usacrits.com, swagger.us

September 25 — Mt. Charleston Hill Climb, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156., Steve Clausse, 702-252-8077, steve@mcghies.com, mountcharlestonhillclimb.com

Utah Road Touring

BRA NU — By arrangement, Brigham City, UT, By arrangement. Starting in Brigham City. See country that varies from the western desert to mountainous forest. From Golden Spike National Historic Monument to Dinosaur National Monument. Travel along well paved rural roads through ranches and summer range, and by breath taking vistas and views of the mountains and valleys., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

February 27 — Zion Country Century, Zion National Park, UT, Leave the spinning rooms and the cold of winter behind and escape with us to Utah's scenic Dixie land. Ride to the gates of Zion National Park on a leisurely route, Benefitting Spina Bifida., Start: 8:00 am. 100 mi, 65 mi, 50 mi, 25 mi options, fully supported, starting from Bloomington Park., Bob Kinney, 801-677-0134, bob@bike2bike.org, Bike2Bike.org

March 13-16 — Moab Skinny Tire Festival, Moab, UT, Celebrating life and the sport of cycling! Benefitting cancer survivorship and research programs. Four days of road cycling and events in Arches National Park, Canyonlands National Park, and the Colorado River Corridor. Rider check in 3/12. Top Fundraiser Incentives and Excitement, Cycling Celebrities, Event Expo, Silent Auction., Beth Logan, 435-259-2698, info@skinnytireevents.com, skinny-tireevents.com

March 27 — Tour de St. George Spring Century, St. George, UT, All new 100 mile & 65 mile route, starts in St. George, to Hurricane, Ivins, Springdale, St. George., Ryan Gurr, 435-674-3185, info@spingeeks.com, tourdestgeorge.com

April 10 — Spokes for Hope Women's Ride, St. George, UT, All women's century ride, multiple ride options, Ryan Gurr, 435-674-3185, info@spingeeks.com, spingeek.com

April 11-17 — Bicycle Tour of Arches & Canyonlands, Moab, UT, UT, 5 riding days, 350 mi, distance from 40-110 mi per day. Travel through Arches Nat'l Park, Canyonlands Nat'l Park, follow the Colorado

River and the La Sal Mountain loop. Also available 10/10/15., 714-267-4591, info@cyclingescapes.com, CyclingEscapes.com

April 17 — Willard Bay 100, BCC SuperSeries, Centerville, UT, Self-supported 100 from Centerville JHS to Willard Bay, Shorter leg options of 30 and 75 miles., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

April 17 — Zion Canyon 200K, Southern Utah Brevet Series, St. George, UT, Brevets are self support, timed distance cycling events, route begins in St. George, continues to Zion and returns via Toquerville and Leeds., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, rusa.org

April 17 — Salt Lake City Marathon Bike Tour, Salt Lake City, UT, 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., Scott Kerr, 801-718-5565, skerr@devine-sports.com, saltlakecitymarathon.com

May 1 — Ghost Town Century, Tooele, UT, Join us on a fun ride through some of Utah's historical Ghost Towns. Few hills, mostly flat country, little traffic, the Pony Express trail, and awe inspiring vistas. Benefitting Valley Mental Health, Start time 7:30 am. 100 mi, 65 mi, 50 mi, options, fully supported, starting from Deseret Peaks, 2930 West Hwy 112., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 1-2 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road. The ride is 60 miles with 5500 feet of climbing. This is not a sanctioned race but you will get a time, awards, and placing., Poison Spider, 435-259-7882, shop@poisonspiderbicycles.com, granfondomoab.com

May 1 — Ogden's Tour de Drome, Ogden, UT, This is a benefit bike tour that will have 3 course distances to choose from. Proceeds will benefit the future indoor velodrome that will be a part of Ogden's Field House., Cindy Yorgason, cyorgason@comcast.net, TourdeDrome.com

May 2 — Eureka 115, BCC SuperSeries, Saratoga Springs, UT, Saratoga Springs Inlet Park, West Side of Utah Lake to Goshen, big climb up to Eureka, Cedar Fort and back, self-supported .115 miles with stores at 30, 50, 85 miles, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 8 — Springville 2 Nephi 100, BCC SuperSeries, Nephi, UT, from West Springville Cracker Barrel. Frontage road around Lincoln Beach - Goshen Canyon - Mona - Nephi and back. Self supported. 30 and 70 mile leg options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 8 — Bikes for Kids, Salt Lake City, UT, Metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray, 8:00 am, Intermountain HealthCare facility parking lot in Murray., Chip Smith, 801-597-7515, csmith@soarcomm.com, bikesforkidsutah.com

May 9-14 — Bryce-Zion Classic Bike Tour, St. George, UT, Ride through a panorama of sparkling sunny skies, red rock sculptures, immense canyons and aspen forests. All levels. Also available: 5/23; 6/13; 9/5, 19, 20, 26; 10/3, 10., Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

May 9-15 — Bicycle Tour of Utah - Color Country to Canyonlands, Springdale, UT, UT, Ride through 6 parks in 6 days, 454 mi, 26,000' elevation gain. 65-113 mi/day. Also available 9/19/2010 to 10/3/2010., 714-267-4591, info@cyclingescapes.com, CyclingEscapes.com

May 15 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cscentury@mac.com, cyclesaltlakecentury.com, ridemy-bike.com/rides/view/id:263



May 16-22 — 4th Annual Amazing Earthfest, Kanab, UT, Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved) Knuckle Heads, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles. MTB rides also., Rich Csenge, 435-644-3735, jiw@gwi.net, amazingearthfest.com

May 16-22 — Bryce-Zion Classic Plus Bike Tour, St. George, UT, Classic Plus tour for strong cyclists features daily routes up to 85 miles. Ride from Bryce Canyon into dramatic Zion NP, plus others. Levels: intermediate/advanced. Also available: 9/12, Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

May 20-22 — Tour de South, UT, Bike 333 miles in 3 days along some of Utah's most beautiful roads. This scenic course takes you past Bryce Canyon National Park, Cedar Breaks National Monument, Red Canyon, Calf Creek Falls (Escalante), Hell's Backbone, and Boulder Mountain. Benefitting the Salt Lake City Bicycle Collective., TJ Uriona, 801-808-1138, tourdesouth@gmail.com, tourdesouth.com

May 22-June 6 — BRA SU, St. George, UT, Bike Ride Across Scenic Utah Tour, 3 states, 3 National Monuments, 7 National Parks, 5 Nations, Start in St. George., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 22 — Pine Valley Mountain 300 K, Southern Utah Brevet Series, St. George, UT, Brevets are self support, timed, distance cycling events, in St. George to Cedar City, Newcastle, Enterprise and back to St. George., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

May 22 — Joy Jordan Woodhill Trail Ride, Kanab, UT, 10 mile non-technical loops on packed natural surface with expansive views of the Kaibab Plateau and cliffs of the Grand Staircase. Option to 20 miles. Meet at Fredonia Welcome Center on US 89-A, Fredonia, AZ. Note: Utah is on daylight savings time. Arizona is on standard time., Rich Csenge, 435-644-3735, jiw@gwi.net, amazingearthfest.com

May 29 — Color Country Century, Cedar City, UT, 8 am, unsupported ride, 100 miles., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountry-cycling.org

May 29 — Pony Express Century, Saratoga Springs, UT, Celebrate the sesquicentennial of the Pony Express with a great century. Starting in Saratoga Springs and visiting Elberta, Eureka, and Vernon and then returning along the Pony Express route through Eagle Mountain and back to Saratoga Springs., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

May 31 — Antelope Island 100, BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park 1100 N 2 blocks west of Redwood road 1800 west to Antelope Island and back, shorter options of 65 to Syracuse, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 31-June 4 — Bryce-Zion Family Bike Tour, St. George, UT, Paved bike paths, canyoneering, horse-back riding and a nighttime visit to a ghost town are just a taste of the fun! Ages: All. Levels: All. Also available: 6/7, Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

June 5 — Little Red Riding Hood, Lewiston, UT, Women only century ride, 15, 35, 45, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research., Penny Perkins, 801-472-2887, penperk@xmission.com, bccutah.org

June 5 — Emigration 2 Morgan Tour, Salt Lake City, UT, A recreational charity ride benefiting the Cystic Fibrosis Foundation (CFF), 95 and 47 miles, starts at 7:30 a.m. at Donner Trails Park (east of Hogle Zoo), Daniel Lilly, 801-657-2627, daniel@mycyclingsource.com, mycyclingsource.com/utah-road-bike-race.html

June 12 — Tour de Cure, Brigham City, UT, Fully supported 100, 65, 25 and family fun mile with rest stops, food, medical support, SAG vehicles. Funds American Diabetes

Association research, education and advocacy., Marshall Emley, 801-363-3024 ext 7075, memsley@diabetes.org, tour.diabetes.org

June 17-25 — Rocky Mountain Tour, Salt Lake City, UT, UT, Tackle the Wasatch Mountains, Soldier Summit, pass Book Cliffs and north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 594 miles, 9 riding days., Bill Lannon, 888-797-7057, abbike@aol.com, abbike.com

June 19 — Hurricane 400 KM, Southern Utah Brevet Series, Hurricane, UT, self-supported brevet ride, timed distance cycling events, Hurricane to Kanab to Panguitch returns to Hurricane via Cedar City., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

June 20 — Chalk Creek 100, BCC SuperSeries, Park City, UT, Treasure Mtn Middle School Park City to Browns Cyn, Coalville, Chalk Creek, self-supported, 50 mile option starts at Coalville Courthouse., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 25 — 17th Annual Antelope by Moonlight Bike Ride, Antelope Island, UT, 17th 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. Online registration available, Neka Roundy, 801-451-3286, tour@co.davis.ut.us, davis-countyutah.gov

June 26-27 — Bike MS: Harmon's Best Dam Bike Ride, Logan, UT, Benefits National MS Society and multiple sclerosis research, 40, 75, or 100 mile routes on Saturday, 40 or 75 on Sunday, Saturday's route is a figure 8 loop to the north up into Idaho. Flat and friendly to all abilities with rest stops every 8-12 miles. Sunday's route is a loop to the south through Blacksmith Fork Canyon up to Hardware Ranch and back across Hyrum Dam. One of the most scenic routes in Utah! Cache Valley Fairgrounds (400 South 500 West), Becky Woolley, 801-424-0112, becky.woolley@nmss.org, curemsutah.org

June 26 — Moonshadows in Moab, Moab, UT, Unforgettable sunset into moonlight ride into Canyonlands and Dead Horse Point State Park., Beth Logan, 435-259-2698, info@skinnytireevents.com, skinnytireevents.com

July 3 — Tour de Riverton, Riverton, UT, 10th Annual, Part of Riverton Town Days. Starts at 7:30 am. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, email@infinitcycles.com, tdr.infinitcycles.com

July 3 — Strawberry White and Blue 100, BCC SuperSeries, Richmond, UT, Richmond City Park near Logan/Smithfield, over the LOTOJA course to Montpelier and back self-supported, 100 and 150 mile option., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 11 — Mt. Nebo Loop, BCC SuperSeries, Nephi, UT, BCC SuperSeries, From Nephi City Park to Santaquin over the Mt Nebo Loop, 27 miles of climbing, self supported., Doug Jensen, 801-815-3858, slccycler@gmail.com, bccutah.org

July 17 — Pioneer Century, BCC SuperSeries, Morgan, UT, Morgan High School to East Canyon, Echo, Coalville and Back, Self-supported 30 and 70 mile leg options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 24 — Pedal Away Parkinson's, Kaysville, UT, The 5th Annual 10 mile family fun ride begins at 8:00 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Healey, 801-451-6566, senditmyway@gmail.com, pedalawayparkinsons.com

July 24 — Pioneer Day Century, BCC SuperSeries, UT, TBA., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 31 — Tour de Park City, Park City, UT, Fully Supported Road Touring options starting and finishing in Park City. Three ride options: 50, 100,

170 miles through Northern Utah's beautiful mountain valleys. New additions and changes will make 2010 the best Tour de Park City yet., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, tourdeparkcity.com

July 31 — I Think I CANYons, Salt Lake City, UT, Benefit ride for the Fourth Street Clinic, an organization that provides healthcare for the homeless. Little Cottonwood, Big Cottonwood, Millcreek, and Emigration. Option to ride 2 or 4 canyons. Start and finish at Barbacoa (3927 South Wasatch Blvd.). Start time 6:30 a.m.; registration begins at 6:00 a.m., Alex Rock, 801-631-7872, alrock85@gmail.com, ithinkicanyons.com

July 31 — Bryce Canyon 200 K, Southern Utah Brevet Series, Panguitch, UT, Brevets are self support, timed, distance cycling events, route begins in Panguitch and loops around to Bryce Canyon, Tropic and Circleville before returning to Panguitch., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

August 1 — Preride ULCER, BCC SuperSeries, Lehi, UT, Thanksgiving Point to Goshen and west side of Utah Lake, self-supported. On next week's ULCER course., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 2 — R.A.N.A.T.A.D., Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000 feet of climbing. New: a shorter 100 mile option from Sundance around the Nebo Loop and back to Payson., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

August 7 — ULCER, Lehi, UT, Century Tour around Utah Lake, 100, 65 mile options, start at Thanksgiving Point in Lehi., Mary-Margaret Williams, 801-641-4020, president@bbtc.net, bccutah.org

August 7 — Desperado Dual, Panguitch, UT, 200 mile double century in Southern Utah, 100 mile option, Utah's only fully supported, 200 mile, one day cycling adventure., Ryan Gurr, 435-674-3185, info@spingeeeks.com, desperadodual.com,

August 13-14 — 3rd annual Bear Pa Challenge Charity Cycling Tour, Park City, UT, Challenging and fun fully supported ride from Bear Lake to Park City over the Mirror Lake Highway. Benefits a local children's hospital., Tyler Hooper, 801-292-9146, tyler.hooper@gmail.com, thinkoutsidetheCC.org

August 14 — Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to BC, Corrine, Golden Spike, Tremonton and back 120 miles self-supported, shorter loop options available., Don Williams,

801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 14 — Bike the Bear Century, Garden City, UT, Bike the Bear, celebrating the 100th anniversary of the BSA. 100 and 50 mile division. Begins at Camp Hunt on Bear Lake, UT., Jason Eborn, 801-479-5460, jeborn@bsamail.org, trapper-trails.org

August 14 — Ride for Teens, Provo, UT, 2 to 50 miles options in all three forks of Provo Canyon. Proceeds benefit local at-risk youth services. Prizes and post ride meal, the event starts at 8 am at the Ronald Williams Last Park, essentially Heritage Schools, 5600 N. Heritage School Dr. Provo., Charis Wilke, 801-735-2142, charis_02@hotmail.com, heritagertc.org

August 14 — Riding for a Reason, Salt Lake City, UT, Bike over 56 miles over Emigration Canyon through the same canyon the pioneers crossed to enter the valley. Extreme elevation climb. This event is designed to raise funds to children who cannot afford wheelchairs., Joseph Coles, info@onhillevents.com, alpinehomemedical.com/registration

August 21 — The Ultimate Challenge Presented by the Tour of Utah, Park City, UT, 96 miles, 11,000+ vertical feet, Park City in the morning, finish: Snowbird Mountain Resort. Event benefits the Tour of Utah. Ride the Toughest Stage of the Nation's Toughest Stage Race., Karen Weiss, 415-218-0193, karen@tourofutah.com, tourofutah.com

August 21 — The Big Ride, BCC SuperSeries, Richmond, UT, Start Richmond City Park to Preston, over Strawberry to Montpelier, West to Soda Springs, loop route on old and new LOTOJA courses., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 26-September 4 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Moab, UT, 3 ride options: August 26-Sept 4, Aug 26-28, Aug 29- Sept 4. Moab, Green River, Hanksville, Torrey, Escalante, Cannonville, Panguitch, and Cedar City. 400 miles, 3 National Monuments, 5 State Parks, 4 National Forests., Les Titus, 801-654-1144, lestitus@lagbrau.com, lagbrau.com

August 28 — Cache Valley Century Tour, Logan, UT, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, in Richmond (12 mi north of Logan on Hwy 91), Bob Jardine, 435-752-2253, veloist-bob@yahoo.com, cvveloists.org

August 28 — Summit Challenge, Park City, UT, Benefits the National Ability Center, 15 and 50 mile ride and 100 mile ride, check-in starts at 7 am at NAC's Bronfman Recreation Center & Ranch, rides start at 8:30 and 9 am. at the National Ability Center in Park City., Jennifer Atkin, 435-200-0985, jennifera@discovernac.org, discovernac.org, summit-challenge100.org

August 28 — Sanpete Classic Road Race and Fun Ride, Spring City, UT, Non-competitive fun ride and Road Race (UCA) for all classes, fully supported, 75 miles, route will circle the Sanpete Valley and will be on mostly flat roads with a few short moderate grades., Eric Thompson, 801-541-3840, jericthompson@comcast.net, skiutahcycling.com

August 29 — Hooper Horizontal 100, BCC SuperSeries, West Point, UT, West Point Park to West Weber and Hooper, self-supported century, 30 and 65 mile options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 4 — Beaver 200K, Southern Utah Brevet Series, Cedar City, UT, Brevets are self supported and timed distance cycling events. This route begins in Cedar City, continues to Parowan and Beaver and then returns., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, rusa.org

September 5-11 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deb Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 11 — 20th Annual Independent Living 5K Run and Roll, UT, West Jordan Veterans Memorial Park (1985 West 7800 South). Registration 8:30 am, Race 9:30. Flat circular course. Medals - top three finishers in runner, walker, manual wheelchairs, assisted wheelchairs and handcycle., Debbie or Kim, 801-466-5565, ulic@xmission.com, ulic.org

September 11 — Tour de Habitat, Orem, UT, 50 mile and 20 mile routes visiting some of Utah County's Habitat for Humanity homes. Proceeds benefit Habitat of Utah County. The ride starts in Orem at the Harmons parking lot, 800 North 800 East., Eric Bennett, 801-796-9888, eric@thebarefootgroup.com, habitatuc.org/events/tour-de-habitat.html

September 17-19 — Moab Century Tour, Moab, UT, Weekend of road cycling with rolling and climbing route options including the infamous "big Nasty" (3000 feet elevation in 7 miles). Warm Up ride Friday, Recovery ride Sunday., Beth Logan, 435-259-2698, info@skinnytireevents.com, skinnytireevents.com

September 18 — Randy's Fall Colors Classic, BCC SuperSeries, Salt Lake

City, UT, Sugarhouse Park over Big Mtn, Coalville, Wanship, Browns Canyon, and back via I-80 over Parleys, self-supported century., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 18 — Bike for Life, Salt Lake City, UT, 22 mile bike tour to raise funds for the Utah AIDS Foundation. Funds raised from this event will go towards prevention education and direct client services for people affected by HIV in Utah. 9 am, Liberty Park., Nathan Measom, 801-487-2323, nathan.measom@utahaids.org, utahaids.org

September 25 — Heber Valley Olympic Century, Heber, UT, Utah's most beautiful bike ride through the scenic splendor of the Wasatch mountains, dramatic autumn beauty of Heber Valley, picturesque Jordanelle, and Olympic venue Soldier Hollow. This is the only Biatlon century in the USA. Benefiting Hess Cancer, Start time 8:00 am. 100 mi, 65 mi, 50 mi, 25 mi options, fully supported, starting from Southfield Park., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

October 2 — Josie Johnson Memorial Ride, Salt Lake City, UT, This memorial ride is 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, no charge to participate., Ken Johnson, 801-205-1039, kjliveto-bike@gmail.com, josiejohnsonride.com

October 9 — Trek WSD Breast Cancer Awareness Ride, American Fork, UT, Trek Bicycle Store of American Fork, UT, 20 mile casual ride for all riders. Registration contributions go to Breast Cancer Research Fund., Vegas, 801-763-1222, vegas@trekaf.com, trekaf.com

October 13 — Tour de St. George, St. George, UT, Ride with us around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile Option. 100% of the proceeds to benefit local bicycling advocacy, 8:00am at 900E & 100S (Dixie State College), Ryan Gurr, 435-674-3185, info@spin-geeks.com, tourdestgeorge.com

October 21-24 — Breast Cancer Network of Strength's Ride to Empower, Springdale, UT, A destination bike ride that raises funds to provide breast cancer support. Bike routes range up to 100 miles. Network of Strength will provide you with cycling guidance and fundraising support., Deb Bowling, 818-889-2453, embassy@planetultra.com, ride.networkofstrength.org

November 27 — Saturday Fatter-day Ride, Saratoga Springs, UT, Join us for the 3rd annual Saturday Fatter-day ride to benefit the Utah Food Bank. We burn off a bit of turkey and pie calories riding to the top of Sun Crest. Bring a donation for the

Food Bank as your "entrance fee.", Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

Regional Road Touring

March 15-21 — Solvang Spring Tour, Solvang, CA, Early season warm weather training in Sunny Southern California. 50-100 miles per day on the roads where Lance trained for all his Tours de France. Deb Bowling, 818-889-2453, embassy@planetultra.com, ride.networkofstrength.org

March 20 — TOTS Tour of Three States Winter Escape, Mesquite, NV, 8:00 AM start on self-supported 100 from OASIS Casino parking lot in Mesquite NV to St George via Utah Hill to Sunset/Bluff St. and back, Shorter leg options of 30 and 50 miles. Self supported with store stops., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

March 26-April 16 — Yellowstone Cycle Days, Tentative dates, Yellowstone National Park, MT, Ride free in Yellowstone National Park before the roads open to the public. This is a unique way to enjoy the beauty of the park., Sara Hoovler, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com, nps.gov/yell/planyourvisit/spring-bike.htm

April 10 — Tour de Cure, Henderson, NV, Enjoy views of Lake Mead and walled canyons in this fully supported cycling fundraiser to Stop Diabetes! Routes include 100mi, 100k, 50k, and 25k., Mary Stokes, 702-369-9995 x7484, mstokes@diabetes.org, tour.diabetes.org

April 24 — Tour de Summerlin, Las Vegas, NV, 10, 35, 80 mile routes, Vistas Community Park, circumnavigates Las Vegas., Steve Clausse, 702-252-8077, steve@mcghies.com, tourdesummerlin.com

May 1 — Tour de Fire, Boulder City, NV, Century, 20, 42, 73, 99, 132 mile options, benefits Nevada Childhood Cancer Foundation, starts near Boulder City, NV., Debra Craig, 702-228-9460, procyclery@cox.net, tdfire.com

May 16 — Santa Fe Century, Santa Fe, NM, 25th Anniversary, 3,000 riders. 25, 50, 75, and 100 mile routes. Terrain - flat, rolling, moderately hilly, 6 food stops, SAG support vehicles., Willard Chilcott, 505-982-1282, willard@cybermesa.com, santafecentury.com

May 22 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, tvblindidaho.org

May 22 — Blue Cruise - Twin Falls, Tentative, Blue Cruise of Idaho, Twin Falls, ID, Recreational bike ride with 15, 30 and 50 mile distances. 8:30 a.m., lunch & t-shirt included, bene-

fitting Canyon Rim Trail system., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcdidaho.com, bluecruiseidaho.com

May 22 — Ride for the Pass, Aspen, CO, A charity bike race/recreational ride to benefit the Independence Pass Foundation. 15th Annual ride will be from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970 963-4959, fulcon@comcast.net, independencepass.org

June 6 — America's Most Beautiful Bike Ride - Lake Tahoe, Lake Tahoe, NV, 19th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethewest.com, bikethewest.com, bikeand-skitahoe.com

June 7-July 1 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Annual supported ride up the full length of the Al-Can Highway, Dawson Creek, BC to Delta Junction, AK. The ultimate wilderness road bike trip., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com

June 12 — Bob LeBow Bike Tour - "Health Care for All", Nampa, ID, Routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, helping support primary health care for our most indigent patients., 208-467-4431, asandven@trhs.org, trhs.org

June 19 — Tour of Marsh Creek Valley, Pocatello, ID, 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., Mike Colloer, dadcolloer@hotmail.com, idahocycling.com

June 26 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream, a camp in Western Montana for children, young adults and families affected by cancer., Jennifer Benton, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 26 — BCRD Sawtooth Century Tour, Ketchum, ID, Ketchum to Alturas Lake and back, fully supported half and full century routes. Aid stations included. A portion of the proceeds from the Tour go to the Wood River Bicycle Coalition., Janelle Conners, 208-788-9142, jconners@bcdrd.org, bcdrd.org

June 27 — Blue Cruise - Meridian, Blue Cruise of Idaho, Meridian, ID, Recreational bike ride with 15, 30, 50 and 100 distances. Beginning at 7:00 a.m. Lunch & t-shirt included in registration. Benefits Boise Greenbelt., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcdidaho.com, bluecruiseidaho.com

June 27 — Tour of the Carson Valley - Barbecue & Ice Cream Social, Genoa, NV, Mormon Station State Park. 3rd Annual. Fully supported with rest stops, tech support and SAG. 12 mile Family Fun Ride, 20-mile Bike & Hike & 44 miles., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethewest.com, bikethewest.com, bikeandskitahoe.com

July 2-5 — Northwest Tandem Rally, Medford, OR, A weekend of tandem fun!, dstenton@uvic.ca, nwtr.org

July 4-16 — B.E.A.R.S. 5 - Bicycling the Extraordinary Alaskan RoadS, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and motels., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com

July 10 — Blue Cruise - Coeur d'Alene, Blue Cruise of Idaho, Coeur d'Alene, ID, Recreational bike ride w/ distances of 15, 30 and 62 miles, 8:00 a.m., lunch & t-shirt included, Benefits North Idaho Centennial Trail Foundation., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcdidaho.com, bluecruiseidaho.com

July 24-30 — Idaho Bicycle Ride, Carey, ID, 6-day fully supported road tour starting and ending in Carey, ID. Arco, Challis, Stanley, Hailey, Carey., Sandy Green, 541-385-5257, 800-413-8432, info@oregonbicycleride.org, oregonbicycleride.org

July 24 — Boulder Sunrise Century, Boulder, CO, Plains cruising, canyon carving & high-alpine rollers with views for miles. 75, 100 mile option, 30 miles downhill to the finish. 7 aid stations, full course support, post-event meal, music, beer garden & sponsor arena., Traci Brown, 303-875-9000, trac@tracibrown.com, bikerPELLI.com

July 31 — Cascade - Warm Lake 3 Summit Challenge 2010, Cascade, ID, 8:00 a.m. start time, Climb Big Creek Summit from the Cascade side, Warm Lake Summit, Big Creek Summit from the Warm Lake side. Guest riders include Greg Randolph, '96 Olympic Road Cyclist, Kristin Armstrong, '08 Olympic Gold Medalist and World Champion, Remi McManus, '01 US National Road Race Champion. 1,000 rider limit., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 7-14 — Oregon Bicycle Ride XXIV, Klamath Falls, OR, 7-day supported road tour starting and ending in Klamath Falls, OR. Klamath Falls, Bly, Silver Lake, Diamond Lake, Butte Falls, Fort Klamath, Klamath Falls., Sandy Green, 541-385-5257, 800-413-8432, info@oregonbicycleride.org, oregonbicycleride.org

August 8-14 — Ride Idaho, Coeur d'Alene, ID, 7 day supported bicycle tour, 448 total miles, Coeur d'Alene, Priest Lake, Sandpoint, Troy, MT, Thompson Falls, MT, Kellogg, Harrison, Coeur d'Alene., Julie England, 208-344-5502, julie.england@ymcatvidaho.org, rideidaho.org

August 21-22 — Bike MS Road, Sweat, and Gears, McCall, ID, Benefits the MS Society of Idaho and multiple sclerosis research, 20, 25, 40 & 60 miles, Camp Pinewood., Erin Farrell, 208-388-1998, idi@nmss.org, bikems.org, msidaho.org

August 21 — HeArt of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees are \$40.00 and \$65.00 that will cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. \$5 early bird discounts. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-529-6666, mabe@theartmuseum.org, theartmuseum.com

August 22 — Blue River Century and Metric Century, Tentative, Summit County, CO, 4 ride options, 3 century finishes and a metric century, 7 am, benefiting the Lance Armstrong Foundation., Marie Willson, 303-321-5196, marie@bluerivercentury.com, bluerivercentury.com

August 28 — CASVAR 2010, Afton, WY, Pony Express 20, Colt 45, Pioneer 65, Blazing Saddle 85 and Saddle Sore Century rides, Star Valley., Howard Jones, 307-883-9779, 307-413-0622, info@casv.org, casv.org

September 12 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, Bike Big Blue, 8th Annual, ride around Lake Tahoe on the shoreline, fully supported with rest stops, tech support and SAG. 72 miles, 2600 vertical gain. Boat Cruise & 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethewest.com, bikethewest.com

September 18 — Tour de Vins, Pocatello, ID, Bike Tour - 16.5, 32 and 60 mile options, ride through Buckskin and Rapid Creek, fundraiser for Family Service Alliance (family violence prevention), start at 8 a.m. at corner of Humbolt & 5th Ave in Pocatello., Sarah Leeds, 208-232-0742, sarahl@fsalliance.org, FSAlliance.org

September 18 — 2nd Annual Sawtooth Cycle Challenge 2010, Sun Valley, ID, 4 rides/races, all start in Sun Valley, Galena Summit Challenge (30 Miles), Metric Century to the Top of Galena and back, Extreme! 150 mile Road Challenge from Sun Valley to Idaho City to Sun Valley, benefits Leukemia and Lymphoma Society, Rob Nesbit, 208-371-5198, sccinfo@cableone.net, sawtooth-cyclechallenge.blogspot.com

September 25 — Yellowstone Fall Old Faithful Cycling Tour, West

Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, Supported ride., Sara Hoovler, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 25 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, Supported ride., Sara Hoovler, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 26-October 2 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 19th 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. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethewest.com, bikethewest.com

October 9 — RTC Viva Bike Vegas, Las Vegas, NV, 118-mile century ride, a 62 mile metric-century ride and a 35-mile ride. Proceeds benefit the Nevada Cancer Institute and Las Vegas After-School All-Stars Program., Alison Blankenship, 702-676-1542, blankenshipa@rtc-snv.com, rtc-snv.com

December 31-January 1 — New Year's Revolution, Goodyear, AZ, Celebrate the end of one year and the beginning of the new year as we Ride out the Old and Ride in the New Year. 2 different routes in warm & sunny Arizona. Escape the cold. 3 distances each day (100, 70, 50), ride and enjoy the warmth., Bob Kinney, 801-677-0134, bob@bike2bike.org, Bike2Bike.org

Multisport Races

February 27 — 3rd Annual Tuacahn Duathlon, Ivins, UT, Sprint (1.5m run, 12m bike, 1.5 m run), Olympic (3.1m run 24m bike, 3.1m run), a 5K fun run, and a free kids race. Time: 9:00am Location: Tuacahn Center for the Performing Arts 1100 Tuacahn Dr., Doug McCoy, 775-722-9238, dmc-coy@castlerockmultisports.com, castlerockmultisports.com

March 6 — Blue Mountain Triathlon, Monticello, UT, 4 mile ski, 18 mile mountain bike ride, 5 mile run., Eddie Allred, 435-587-2029, eddie@monticelloutah.org, monticelloutah.org

March 20 — TimpTriClub Icebreaker Triathlon, American Fork, UT, Sprint distance and kids race, American Fork Rec Center, 9 am., Levi Cress, 208-631-0040, levicress@hotmail.com, timptriclub.com, racetrif.com

March 27 — Adventure Xstream Moab, Moab, UT, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike through the magnificent canyons of Moab. 50 miles of multisport racing., Will Newcomer, 970-259-7771, 2010@gravityplay.com, gravityplay.com

April 10 — Sand Hollow Aquatic Center (SHAC) Triathlon, St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 8 a.m. and 11 a.m. Indoor swim, outdoor route for run and bike legs. Cap of 300 each category., Aaton Metter, 435-627-4560, recreate@sgcity.org, sgcityrec.org

April 10 — Buffalo Run Duathlon, Antelope Island, UT, Run along the roads and trails of historic Antelope Island. This early spring duathlon will challenge your conditioning as well as providing magnificent vistas. Long (10K-40k-5k) or short (4m-10m-2m) distance options. Benefits the Hess Cancer Foundation., Bob Kinney, 801-677-0134, bob@bike-2bike.org, hesscancer.org

April 10 — American Fork Duathlon, American Fork, UT, 2 mile run, 15 milke bike, 2 mile run. Trek Bicycles of American Fork, 8 a.m., Vegas, 801-763-1222, vegas@trekaf.com, trekaf.com, mytinyurl.com/afduathlon

April 10 — Icebreaker Triathlon, Vernal, UT, Sprint distance at the Uintah Recreation District Bldg., Jeff Winterton, 435-781-0982, jeffw@uintahrecreation.org, uintahrecreation.org

April 17 — Rage Triathlons, Lake Mead, NV, Sprint, Olympic, and

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April 17 — Telos Timp Triathlon, Orem, UT, Orem Fitness Center, Splash, Swim: 350 M, Run: 5k , Bike 12 miles., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

April 17 — Legacy Duathlon, Salt Lake City, UT, Course 1: run 2 miles, bike 20 miles, run 2 miles. Course 2: Bike 20 miles., Joseph Coles, info@onhillevents.com, onhillevents.com

April 24 — Balanced Man Triathlon, Logan, UT, 750 Meter swim, 20 K bicycle course and a 5 K run. Promoted by USU's SigEp Fraternity., Chris Barron, 435-764-6148, barro-nusu@yahoo.com, ususigep.com

April 24 — 10th Annual 4th Street Clinic Triathlon and 5K, Salt Lake City, UT, 300 yard swim, 8 mile mountain bike ride, 5K run, Huntsman Center, University of Utah. All proceeds benefit the Fourth Street Clinic, which provides free health care to homeless Utahans. , Bryce Snow, 801-369-6433, bryce.snow@hsc.utah.edu, fourthstreetclinic.org

April 24 — SpringsPrint, Salt Lake Triathlon Series, Salt Lake City, UT, Starts in the world-class Kearns Olympic pool, transitions to a challenging bike course and ends with a run and finish inside the Olympic Oval., Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com

May 1 — Ironman St. George, St. George, UT, 2.4 mile swim, 112 mile bike, 26.2mile run., Helen , helen@ironman.com, ironmanstgeorge.com

May 1 — Speed Tri, Henderson, NV, Lake Las Vegas, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

May 15 — St. George Triathlon, St. George, UT, The first race of the SG TRIFECTA series at Sand Hollow, sprint and Olympic distances., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

May 15 — Road Duathlon at the Endurance Festival, Pocatello, ID, 35K road duathlon course includes 30K road bike, followed by 5K run (597' total elevation gain on road bike course, flat to low rollers on run course) on the scenic roads up to the Mink Creek Recreation Area, and greenway following the Portneuf River, running and road bike divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, DuXtreme.com

May 21-22 — TriUtah Women of Steel Triathlon, American Fork, UT, Utah's only all women triathlon! Friday expo, motivational speakers and registration. Sat 8 a.m. start time, American Fork recreation center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

May 22 — Speed Tri, Boise, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

May 29 — Daybreak Triathlon, Salt Lake Triathlon Series, Salt Lake City, UT, Get ready for the best spectator swim around, a killer bike course near the Oquirrh Mountains and a run that is unparalleled., Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com

June 5 — Salem Spring Triathlon, Salem, UT, Knoll Park., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

June 5 — Vikingman, Heyburn, ID, 1/2 distance and olympic distance triathlon, Riverside Park., Lisa Clines, 208-431-0463, info@vikingman.org, vikingman.org

June 5 — Willard Bay Triathlon, Garden City, UT, Sprint - 750 m swim, 20K bike, 5K run. Olympic - 1500 m swim, 40K bike, 10K run., Joe Coles, 801-335-4940, joe@goldmedalracing.com, willardbaytriathlon.com

June 12 — Ironman Boise, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., 727-942-4767, boise@ironman.com, ironmanboise.com

June 12 — TriUtah Cache Valley Classic Triathlon, Hyrum, UT, Hyrum Reservoir, 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, Pristine mountain views on a great country course., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

June 12 — Desert Sharks Shark Attack Triathlon and Kids Triathlon, Riverton, UT, Pool sprint distance triathlon, Steve Avery, 801-450-4136, stevea@desert-sharks.com, desert-sharks.com/shark_attack

June 13 — Utah Summer Games Triathlon, Hurricane, UT, Sprint, Olympic and Relay, Sand Hollow Reservoir, Utah State Division of Parks and Recreation. 7:00 AM Competition begins. USAT sanctioned., Doug McCoy, 775-722-9238, dmccoy@castlerockmultisports.com, utahsummergames.org/sports/triathlon.html, castlerockmultisports.com

June 19 — Provo Triathlon, Provo, UT, Olympic and Sprint, also kids race, Utah Lake State Park. Race starts at 7 a.m. for Olympic, 7:10 for sprint and about 9:30 for kids., Aaron Asay, 801-361-9425, aaron@sbrtri.com, provotri.com

June 19 — Redfish Lake Triathlon and Duathlon, Redfish Lake, ID, 6,500 foot elevation. Olympic and Sprint Tri distances, Sprint Duathlon, Redfish Lake Swim!, Jeff Clegg, 208-774-3536, 208-644-6405, jeff@redfishlake.com, redfishtri.com

June 19 — Speed Tri, Cascade, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

June 26 — Rock Cliff Tri at Jordanelle, Salt Lake Triathlon Series, Salt Lake City, UT, The Jordanelle Reservoir near Park City is hands down one of the best locations to race in the state. , Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com

June 26-27 — West Yellowstone Mountain Bike Biathlon, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Sara Hoovler, 406-599-4465, randlesara@yahoo.com, rendezvouskitrails.com/biath.html

June 26 — Adventure Xstream Durango, Durango, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike through the majestic San Juan mountains. 50-100 miles of multisport racing., Will Newcomer, 970-259-7771, 2010@gravityplay.com, gravityplay.com

July 9-10 — San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pick-up available Friday night., Dave Capalbo, 435-637-0207, davecapalbo@yahoo.com, sanrafaelclassic.com/

July 10 — TriUtah Echo Triathlon, Coalville, UT, Echo Reservoir, 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, Utah's best open water triathlon course., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

July 10 — Cache Valley's Super Sprint Triathlon, Logan, UT, 500 M swim, 12.5 mile bike, 5K run, Logan Aquatic Center, 7:30 am, a portion of the proceeds are donated to the American Mother's Association., Joseph Coles, info@onhillevents.com, cvsst.com, runnercard.com

July 17 — Scofield Triathlon, Price, UT, Kid's, Sprint, Olympic and "ESCAPE from Scofield" distances, the highest elevation triathlon in the USA, Mountain View State Park Boat

Ramp., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

July 17 — Blanding Hillman Triathlon, Blanding, UT, Swim .75 mile, Bike 15 miles, Run 3.2 miles, Kids' triathlon July 24, Recapture Reservoir., Stephen Olsen, 435-678-1314, solsen@sanjuanschools.org, hillmantriathlon.info

July 24 — Stansbury Tri, Salt Lake Triathlon Series, Stansbury Park, Tooele County, UT, new bike and run courses for 2010, Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com, ustrisports.com/stansbury.htm

July 31 — Sunrise Dew, West Jordan, UT, This duathlon will challenge your riding skills as you climb up Butterfield Canyon before screaming down to the transition area. Two distances: long (10k-40k-5k) or short (4m-10m-2m). Benefits the Hess Cancer Foundation., Bob Kinney, 801-677-0134, bob@bike-2bike.org, hesscancer.org

July 31 — Burley Idaho Lions Spudman Triathlon, Burley, ID, spudman@burleylions.org, burleylions.org/spudman.html

July 31 — Layton Triathlon, Layton, UT, 300 M swim, 11 mile bike, 5K run, Layton Surf and Swim, Joseph Coles, info@onhillevents.com, laytontriathlon.com

July 31 — Payette Lakes Mountain Triathlon, McCall, ID, Olympic:1.5 km lake swim, 40km bike, 10km run. Sprint: 1 km lake swim, 20km bike, 5 km run. Difficult course at elevation with a significant out and back climb up and over Secesh on the road bike portion. Youth triathlon also offered Friday 7/30 at the Whitetail Swimming Center., Kurt Wolf, kwolf@mccall.id.us, littleskillhill.org

August 6-7 — Battle at Midway Triathlon and Multisport Festival, Midway, UT, The BAM weekend included an offroad duathlon (Bike, Run) on Friday, and a Triathlon (Sprint and Olympic) and Trail run (10k and 5k) on Saturday., Rob Leishman, 801-450-8477, info@wasatchracing.com, bamtriathlon.com, wasatchracing.com

August 6-7 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, sprint on Saturday, Kristen Seitz, (208) 365-5748, gemcountyrecreationdistrict@gmail.com, emmetttri.com

August 7 — Zoot Aspen Triathlon and Duathlon, Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. The perfect triathlon for beginner triathletes looking for a unique challenge and seasoned racers wanting to compete on a short, but challenging course. USAT sanctioned event. Also featured is a duathlon and aquathon (swim/bike)., Sandra Doeblner, 970-920-5140, aspenspecialevents@ci.aspen.co.us, aspenrecreation.com

August 14 — Herriman Triathlon, Herriman, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. 11:59 p.m. local time. Black Ridge Reservoir., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

August 14 — Park City Triathlon, Park City, UT, Sprint, Olympic, Relay. Jordanelle State Park & Park City., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

August 21 — Rush Triathlon, Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, boby@rexburg.org, rushtriathlon.com, rexburg.org

August 21 — TriUtah Jordanelle Triathlon, Park City, UT, Jordanelle Reservoir, 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, 12th Annual., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

August 21 — Speed Tri, Cascade, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

August 22 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), Wild Rockies Series, McCall,

ID, Ponderosa State Park next to Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trail run, mass start at 9:00 am in the Park and the finish line festivities begin at 12:00 noon with the racer feed and music., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies-racing.com, xterraplanet.com

August 28 — Utah Half Triathlon, Provo, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. Utah Lake Park. 6:45 a.m., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

August 28 — Bear Lake Brawl Triathlon, Garden City, UT, 8:00AM This course is fairly flat bike course that rolls along the Bear Lake blue waters. USAT sanctioned. Participants love the scenery and views. Sprint, Olympic, and Half distances., Joe Coles, 801-335-4940, joe@goldmedalracing.com, goldmedalracing.com, onhillevents.com

September 6 — Youth and Family Triathlon, Murray, UT, Start time: 8 AM, Murray Park. Youth 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run. Adults/Youth 11+ distances: 150 yards, 4.3 miles, 1mile., Jo Garuccio, 801-566-9727, jo@agegroupsports.com, greatbasin-coaching.com

September 11 — Camp Yuba Triathlon, Yuba State Park, UT, Yuba State Park, Oasis Campground., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

September 11 — City Creek Mountain Duathlon at the Endurance Festival, Pocatello, ID, 15K trail course (1463' total elevation gain) on the famed City Creek Trail system. Also trail running and off-road duathlon divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, DuXtreme.com

September 11 — Alta Canyon Sports Center I Can Triathlon, Sandy, UT, 400m swim, 9 mile bike and 5K run., Alta Canyon Sports Center - 9565 S. Highland Dr., Lois Spillion, 801-568-4602, lspillion@sandy.utah.gov, sandy.utah.gov

September 18 — Kokopelli Triathlon, St. George, UT, Great season closer!Sprint and Olympic distances, the third race of the SG TRIFECTA series at Sand Hollow, post race food included., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

September 25 — XTERRA USA Championship/ XTERRA Utah,

Ogden, UT, XTERRA Utah on Saturday offering 2 different distances: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA Championships on Saturday too (Pros only): 1.5k swim / 30k mountain bike / 10k trail run; the XTERRA USA Championship is the culmination of a series of more than 50 qualifying events across the US that award points to the top athletes in XTERRA's eight regions., Ann Mickey, 877-751-8880, info@xterra-planet.com, xterraplanet.com

October 9 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older, Swim - 500 yards, Bike - 20K, Run - 5K., Kyle Case, 800-562-1268, hwsq@infowest.com, seniorgames.net

October 16 — 2010 Land Rover Pumpkinman Triathlon, Boulder City, NV, 7:00 a.m. start, Lake Mead National Rec Area.Intermediate, Short, and Halfmax, Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

October 16 — SAC Triathlon, St. George, UT, Sprint, Beginner and Kids Triathlon at the Summit Athletic Club., Rebecca Dalley, 435-628-5000, rebecca@thesummitac.com, mysummitathleticclub.com

October 23 — Powell3 Triathlon Challenge, Page, AZ, Sprint- 750m swim, 20k bike, 5k run/Olympic- 1500m swim, 40k bike, 10k run., Joe Coles, 801-335-4940, joe@goldmedalracing.com, goldmedalracing.com

November 6 — Telos Turkey Triathlon, Orem, UT, Orem Fitness Center, Splash, Swim: 350 M, Run: 5k , Bike 12 miles., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

November 7 — 6th Annual Nevada Silverman Full and Half Triathlon, Henderson, NV, Full and half distance triathlon, called toughest course in North America by more than 2,500 finishers over the past 5 years. Will be the 2011 ITU Long Course World Championships., Frank Lowery, 702-914-7852, info@silvermannv.com, silvermannv.com

November 13 — Turkey Triathlon, St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 8 a.m. and 11 a.m.. Indoor swim, outdoor route for run and bike legs., Aaton Metler, 435-627-4560, recreate@sgcity.org, sgcityrec.org

Utah Bike Summit

Salt Lake City, in partnership with nonprofit organizations from the Utah bicycle community, will be presenting The Utah Bike Summit - Building Strong Voices for Bicycling, a two-day summit focused on networking, capacity-building, and effective advocacy. Jeff Miller, Executive Director of the Alliance for Biking & Walking, will kick off the panel discussions with an examination of bicycling issues in Utah. Other panels will include Working with Business, Being an Effective Advocate, and Working with Governmental Agencies. Participants will join in facilitated discussion sessions aimed at addressing their bike issues and brainstorming solutions. Networking opportunities include a Legislator's Appreciation Meet-and-Greet at the City & County Building on Friday evening. Registration for the Utah Bike Summit is free but seating is limited. The registration deadline is April 2, 2010. The event will be held at the Salt Lake City Main Library on April 16 from 12pm-5pm and April 17 from 8am-4pm. To register, or for further information, visit utahbikesummit.com



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ROAD RIDING

Against the Wind: A 24 Hour Ride from Wyoming to Arizona



Above: The full crew at the Arizona Line. Right: Scott and Tod.

By Chris Peterson

"So what do you mean by big?" Scott's question was meant to clarify *how* big. As a veteran of a ride several summers ago, when he, Chris Chamberlain, Ken Jones and I had ridden straight-through from Salt Lake to St. George, Scott knew *big*. Half committed, I laid down the plan, "How about we knock off Wyoming to Arizona?" Scott smiled, "Cool... when do we go?" There are some people you should never bluff. Scott is one of them.

With Scott on board, the idea gained some legitimacy. Surprisingly, a few Mi Duole teammates were also interested. Knowing that scheduling conflicts could take out some riders at the last minute, we gathered a group and targeted several mid-summer dates, agreeing to go on the first weekend that promised manageable weather. Optimally, we would have 3 - 5 riders going the distance.

The goal was as simple as it was formidable—ride 368 miles from Wyoming to Arizona in 24 hours. It seemed possible, but just barely. "WyToAz," as we had come to call it, was on.

Previous Salt Lake to St. George rides had proven that convenience stores, flat tires and pee breaks eat up a surprising amount of time. We would have to maintain a solid pace to compensate for any time off the bikes. There would be no direct support, no close follow-vehicle for easy hand-ups, or a too-easy bail out.

9:05 a.m., Friday, August 7: With little ceremony—beyond an obligatory group mug shot at the bullet-riddled state line marker—we were on our way. Enjoying a cool morning vista of the Uinta Mountains rising to the south, we were rolling comfortably down Chalk Creek. Tod Harris, Scott Verhaaren and I were happy to have additional company. Trent Duncan, and Scott's brother, Brian would escort us

along the first leg of the ride. Favorable winds and a sense of nervous optimism accompanied our group through the farmland of Coalville and Wanship. Pastoral bliss quickly gave way to interstate grit and quartering headwinds as we jumped on I-80 bound for Silver Creek Junction.

Weather could make all the difference. Ideally this ride would be done just after a frontal passage, bringing cooler temperatures and avoiding the typical breezes from the south. Rolling past Jordanelle Reservoir it appeared the weather was not quite synchronized with our schedule. Winds were becoming stronger. Knowing we had a ridiculous distance yet to go, Trent worked to take the brunt of the wind as we traded pulls into Midway. Brian, having better sense than the rest of us, bid farewell and exited near Park City.

Our first planned stop, in Midway, was a chance to make a quick assessment of how we were doing. So far, so good. Taking on food and drink, we moved on. Plowing past Deer Creek Reservoir was disheartening. The ride was just getting started and we now faced winds strong enough to bring up whitecaps on the lake. Unspoken doubts were surfacing. If conditions persisted we would be done before we really got started. Grinding our way through Provo Canyon, we were discouraged over what we had hoped would be a quick blast into Provo. At the mouth of Provo Canyon, Trent peeled off and we were left to fend for ourselves.

Now down to the core group of three, we unexpectedly felt invigorated, with a sense of commitment and independence. Winds abated and traffic lights were less loathsome than anticipated as we cranked down University Boulevard. Our carefully chosen route through Provo, Spanish Fork and Payson served us well.

Doddering around a Nephi gas station, we were beginning to show tell-tale signs of 'road shock.' Reloading



drinks and selecting food was clumsy and inefficient. Nothing close to the quick pit stop we had aspired to. Subconsciously, we were avoiding what lie ahead. Winds had once again become strong, with flags now snapping straight out of the west. Boring a hole into this steady headwind would be brutal. Pacing ourselves up a short climb to Dog Valley and toward Delta, we retreated into our own little worlds. Banter was sparse as we carefully adapted to each shift in the wind, hoping to find shelter as we drafted each other into the late afternoon sun. Though Scott and I looked dorky carrying small hydration packs, Tod was suffering further indignity. His small daypack, being somewhat larger than our camelbaks, was now functioning as a drogue chute. Not one to be intimidated, Tod just dug in, often leading for more than his fair share.

Nephi to Delta was turning out to be the crux of the ride. My thoughts centered on just getting to Delta where we would recharge supplies and meet two additional comrades. With luck—if conditions held true to previous rides—we would experience a favorable change of winds at dusk. Fifteen miles from Delta, I wondered if the others were suffering as much, or if it was just me. As I was pondering whether Tod and Scott would simply kill me, hide the body, and hitchhike home—the cavalry showed up.

Ken Jones and Colin Reid drove up and idled along beside us. Energetic and excited, they contrasted our Donner Party outlook. After a brief rolling discussion through the car window, Ken joined us for the remaining miles into Delta. Passing through Lynndyl, the sarcasm was perfect as Ken cheerily noted, "only a Lotoja left to go," referring to the 206-mile race from Logan, Utah to Jackson, Wyoming.

Sprints for town lines, county lines, state lines, sovereign nations and whatever else, are a traditional cycling pastime. Though conserving energy was the order of the day, who were we to break with custom? There would be a sprint for the Delta town line. When the going gets tough, wear stupidity like a badge of honor. Hey... it was working for us.

Grazing numbly through store aisles, we wasted more time deliberating over the smallest of minutiae. Endurance rides are all about grit and groceries. Food choices matter—but so does just getting down the road. Colin would now ride with us, while Ken—planning to rejoin us somewhere around Milford—continued ahead in the car. Rolling out of Delta, I was excited; this was truly the heart of the ride. The 180 miles to Delta had been a prologue.

Anxious to make use of his conditioning and assist us, Colin pulled into the fading light. Each time one of us would move around Colin to take the lead, he would simply spin back to the front and camp there. We did not dispute him for many miles. Dusk was spectacular as we anticipated the novelty of burning through an entire night. The sign read—*Next Services 68 Miles*. This is what we had come for.

Into the void... The 75-mile segment to Milford is a surreal and initially dead-flat chunk of the Great Basin. Under a full moon, with no traffic, we were able to fully enjoy our own personal Area 51. Winds had moderated and shifted, occasionally providing a quartering tailwind. Taking longer turns at the front, we would use only one headlight at a time. High quality LED and HID lights enabled us to cruise steadily at better than twenty miles an hour. Our only hazards were the occasional kamikaze rabbit and a few cattle guards...or so we thought.

"Cow!" We scrambled to avoid a pile up and strained to see the bovine obstacle course in front of us. Dodging through an impromptu rodeo, we joked about the immeasurable style points that would be awarded to anyone who bunny-hopped a napping cow.

Ratcheting up our livestock radar, we rode on to Milford, and our only planned meal off the bikes. After seventy miles of empty desolation, Milford was eerie and absolutely quiet. Silently drifting into town, with better than 250 miles behind us, we were allowing ourselves to believe that we really might pull it off.

Detouring to the west end of town, we rolled up to the lone island of activity. An all-night diner would provide a welcome chance to eat, adjust, and assess. We all felt remarkably well, aside from expected wear and tear. Huge burgers and omelets were gleefully inhaled. Real food was a great contrast to the mostly carbo-swill we had been consuming on the fly. Stories were told of how on a previous all-night odyssey, one of us had fueled up on an immense plate of sweet and sour pork, only to find himself carbo-unloading on the side of the road ten miles later.

My goal was to maintain a cheeseburger pace as we rolled toward Minersville and the climb that would follow. The idea being—that if effort was kept below 70% of max—one could actually digest food needed to sustain the long effort. Muscles were slow to resume the task. We marveled at how our legs had turned to wood and our saddles to granite. Ken would now ride with us, ensuring that the rest of us did less than our fair share as we lumbered away from Milford.

The climb south out of Minersville would be our next gauntlet. I knew that once we cleared the summit, our group would likely make it to Arizona. Progressing up the alluvial fan that spills out of the pass, we chatted and turned off headlights to better enjoy the moonlit panorama.

Still, the distance and climb were taking a toll. Though Tod was easily as capable as any of us, he was beginning to flag. Stopping at the summit, we enjoyed a few minutes respite while putting on what little additional clothing we had. It was now remarkably chilly. Perspiration from the climb was working against us. Agreeing that ibuprofen and caffeine are key food groups, and briefly saluting others who were unable to make the ride—we were on our way. Ken pulled like a locomotive, determined to get off the pass in a hurry. Even with good headlights, drafting through open range at 35 mph was unnerving. The desire for a clean line-of-sight trumped an effective draft, so I pulled out to the leeward side and suffered to match the pace.

Tod was paying dues. His pack and loose fitting jacket were forcing him to work even harder to maintain the pace. Exhaustion and hypothermia were creeping up on him as we rumbled across the flats leading to Cedar City. Small things generate large penalties as their effects compound over many hours.

Cedar City was meting out its own punishment. Visible from at least forty miles out, the lights of the city never seemed to get closer. It was as if by some remarkable phenomena of plate tectonics, Cedar was outrunning us. Finally flatlands gave way to the hinterlands of town. I noted that only fourteen cars had overtaken us the entire night.

Hitting the gas station adjacent to I-15 around 4:00 a.m., we straggled in to stock up on groceries. Ricocheting aimlessly around the store it was apparent Tod was in bad shape. Even more dazed than the rest of us, he hesitated and said he did not know if he would be able to keep going. This was an awful prospect. Tod does not quit. Ever.

But the meter was running and we still had miles to go. After we had stalled and fidgeted for half an hour, Tod thought it best to just sling a leg over his bike and see if the hill through town would warm him up. Easing up Main Street, it was apparent that he was still dangerously hypothermic and could not continue. Finishing without

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Tod would certainly take the luster off the ride. It had been 315 miles of concentration, exhaustion, dehydration, hypothermia and sleep deprivation. In another setting it would be considered a war crime. Here it was recreation.

Quickly descending the frontage road from Cedar City to Kanarrville, we made excellent time. With the down slope winds at our back, we were again moving at speeds where even good headlights were barely adequate. Recovering in the car, Tod had bounced backed to the point where he at least knew his name and what planet he was on. Agreeing to drive, Tod allowed Colin to join in the last forty miles. Let's see... Tod's not well enough to ride, so let him drive. Great idea!

Merging onto I-15 in the first light of morning, we had timed it correctly. Blowing through the usual freeway shoulder flotsam, we often separated out of a pace line, in an effort to avoid the worst of the debris. Still, we made good speed, nudging 50 mph on a few of the steeper grades.

Flat tire. Previous to this, we had experienced only one flat. Now that time was running short, we were especially impatient with a CO2 cartridge malfunction that seemed to take forever. Temporarily split off as we were, Scott and I had to make it work. Finally we cobbled things together and made haste for the Toquerville exit. Rejoining the others, we drilled it down the frontage road toward Leeds, motivated by the fact that it was getting warm and time was running short.

Debris we had rolled through on the freeway came back to haunt us with another flat. This time the repair went quickly and we were up and running in only a couple minutes—but not before a pair of local riders passed by. Sizing up our motley appearance and giving us the crusty eye, they did not even say “hello” as they sailed past. Game on... Ken quietly took the front and proceeded to reel them in. Sitting in with them, the usual pleasantries and chitchat began. Looking at our headlights, and odd gear, the inevitable question arose “Where are you guys going?” Scott handled it masterfully, “Well, it's not so much where we're going, but where we've been... we left Wyoming at nine o'clock yesterday morning, and if we don't pick it up, we're not going to make Arizona by nine.” Ken, grinning, took the cue and once again amped up the pace. Yes, we shamelessly gloated as we dropped a couple guys 340 miles into our ride.

Checking the clock, there was no time to be smug. Saint George would present congestion and traffic lights that could be costly. Briefly, we considered blowing right through town on the freeway, but bailed out when a highway patrolman eyed us at the on ramp. I was getting nervous as we hammered with newfound determination. With only a few minutes remaining, we time-trialed down River Road toward the state line—it looked grim.

Noting perfect pavement beneath our wheels, we realized this brand new road was not going where we needed. Only a few hundred yards from the border, we could now see the old road—fenced off and torn up. We could stop, hop the fence and hoof it, but that seemed wrong—after all, we had set out to *ride* to Arizona, not hike. Taking our chances, we rounded a turn to the east, paralleling the border. Thankfully, just over a small rise, the road turned south to a cattle guard and the dirt of Arizona.

9:03 a.m., Saturday: Checking our watches, we had made it with just two minutes to spare. Reconciling a cool sagebrush meadow in Wyoming—24 hours earlier—with the cactus, creosote and heat of the Arizona strip was impossible. “Surreal” ...it was the only description we could agree on.

GEAR PICKS

The Skinny on Lizard Skins DSP Bar Tape



Review by Tyler Servoss

Lizard Skins' Dura Soft Polymer bar tape, released in early 2009, was created by long time company employee Brad Barker. Brad is an avid golfer and wanted to apply some of the same materials and technologies used in golf club grips to handle bar tape. The extensive research and development process spanned a period of two years and involved input from riders in twelve countries, including sponsored riders such as David Clinger.

The standard version of DSP has a thickness of 2.7mm, while the new race version, just released in January 2010, weighs in on the lighter side at only 1.8mm thick. The race version was added after testing feedback indicated that racers preferred less padding and closer contact with the bars.

As I have road tested this Utah product over the last six months, I have noticed several differences. The first thing is the tacky feel of the tape surface. The feel was noticeably improved from that of the foam Easton Tape that I usually run. It gripped better when wet and provided a more comfortable ride. The standard version I tested has the Lizard Skins logo stamped into the tape for added grip. DSP also has an outer coating that is very wear resistant and easy to clean; it can be wiped down with a damp cloth and resists stains.

I am definitely impressed with the durability of this bar tape in comparison with traditional tape. It does not stain or scuff like other tape and the grip is excellent. Following the wrapping instructions is crucial as improper wrapping can result in peeled edges or over stretched materials. The company has posted a how-to-wrap video on their web site www.lizardskins.com. The DSP Race and standard tape have an MSRP of \$34.99 and can be purchased directly through their website or at your local bike shop.

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TOURING***Tour Around the Oquirrh has Great Variety of Environments***

Top left: Martin on the Jordan River Parkway bike trail, somewhere in South Jordan.

Middle: Grave markers at the Camp Floyd Cemetery.

Right: On the way to Five Mile Pass.

Far right: The view across Rush Valley.

By Martin Neunzer

For me, the arrival of the FrontRunner commuter train in Ogden opened up a whole new range of cycling possibilities. One day, I

got out the maps and tried to figure out some self-contained weekend tours, specifically without the use of a car. I figured that would keep the challenge level high and would earn me some "green" points.



The block of mountains immediately west of Salt Lake City (the Oquirrh Mountains, pronounced "OH-ker") seemed to have a circumference of about 160 km (100 miles), a reasonable two-day tour, I thought. But none of my maps had enough detail to really know if there were any workable camping spots along the way. There's quite a bit of desolate country on the west and south sides of the mountains...

One rainy Sunday last autumn, I drove the loop, and figured out

most of the details. One option for camping, although not quite ideal, was the BLM off-road vehicle area at Five-Mile Pass.

I also "discovered" Camp Floyd State Park, near present-day Fairfield. Camp Floyd was the site of the larg-

est military build-up right before the Civil War, with as many as 3,000 soldiers at its peak. The US Government was paranoid about the effect the Mormons were going to have in the



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Salt Lake valley, and troops were dispatched with a number of goals: Establish a forcible presence in the area in case of a "Mormon rebellion," figure out what the polygamous Mormons were up to, and prospect for gold in the hopes that a rush could be started which would dilute the local population with gentiles.

I left without having the opportunity to visit their museum; so all the usual nagging questions remained. Why was this hellhole of a site chosen? After all, it was a solid day's ride from here to Salt Lake City, hardly convenient to do surveillance. Who was "Floyd" and what horrible deed had he done to get his name attached to this camp? And how many artillery pieces are lost in the area?

Naturally, when I got ready to do the tour this past spring, I realized I needed a third day, because the train doesn't run on Sunday. That was an advantage, actually, as the distance from the train station added perhaps 80 km (50 miles) to the minimum loop.

My first day dawned overcast and threatening, but with the forecast of clearing by afternoon and sunny for the next two days. I delayed my departure from Ogden for an hour to let a small squall pass. From the main station in Salt Lake, I had to travel only a few blocks to pick up the Jordan River Parkway trail, which, in two fun hours took me almost all the way across the valley without having to deal with any cars to speak of! Of course, I did get a flat. One guy I talked to was surprised that's all I got; he believes this "sticker-infested stretch" is a serious detriment to this pathway.

Anyway, the weather continued to look threatening, but the majority of it seemed to be moving off, as predicted. After a great toasted sub

sandwich in Riverton, I climbed over the small pass from the Salt Lake Valley to Utah Valley (someday the construction on this section will be completed, but for most of it I was able to ride outside the barrels). I was making good time, and came to realize I could make it to the state park with time to tour the museum if I didn't dally too much.

Of course, it soon started to drizzle, but I was quite comfortable in my light raingear. I obtained all the water I would need for the next 24 hours at the convenience store in Cove Fort, and was at the state park by 4:30 pm. It was raining harder now, and the storm showed really no sign of moving out. By the time the museum closed, it was raining harder than ever, and I found that I had lost my desire to continue. I pedaled off anyway, but soon realized there was a little city park with a restroom that I needed. I stopped there, not really noticing a guy in a muddy rain jacket also heading for the john. As I was washing up (hot water!), he asked me where I was going to camp.

He said he was with a group of archeologists ("arkies") working on a dig in one corner of Camp Floyd that is destined to be an RV park.

They had been given permission to camp at the dig site. He then asked if I would like to join his group. My interest in archeology suddenly peaked!

By the strangest coincidence, he had just completed a half-cross-country cycling trip last fall, with a buddy of his who rode a recumbent. Due to a wrist injury, they had delayed their departure from Iowa until mid-September, so had run into all imaginable sorts of weather crossing the Rockies. He had also, at one point, contemplated a 'Round the Oquirrh Mountains tour, but had never quite put it together.

By the time we had our tents up, the rain had pretty much stopped, and I had a great time photographing in the cemetery and in Fairfield.

One more little squall spun off the Oquirrh in time to make me eat dinner in the tent, but night was calm and mostly dry.

The next morning, Mel invited me to inspect where they had been digging. They had found a corner of one of the barracks, complete with floor planking and the lowest course of adobe bricks still in place. They



had also unearthed some trinkets: A rusty spike, bits of broken glass, etc. Their plan was to use the location of the barracks as a reference point to eventually locate the latrines, which, as everyone knows, is the best location to recover of all sorts of interesting stuff (worthless then, fascinating now). Since then, they have done extensive trenching, and have discovered the remains of many more interesting structures.

Mel seemed to think they had to locate the camp a "politically correct" distance from Salt Lake City, as to not antagonize Brigham Young too much. But by all accounts, it really was an awful place (about 85 of the officers and men didn't survive the three years).

One soldier's diary describes the land as worthless and grassless, with their only water supply a stream not large enough to drown a mouse in. One can imagine perhaps only a few weeks of enjoyable weather in a year; the remainder being too hot or too cold. Cove Fort was the nearest "town," and it seems clear that the Mormons made a pile of money supplying the Army with everything they needed. As for the artillery pieces?

Vague accounts say two were bogged down and abandoned as soldiers were recalled for the Civil War, perhaps north of Utah Lake somewhere. John B. Floyd was Secretary of War, but soon ran off to the South. For the last six months of its existence, the camp was named "Camp Crittenden." History is indeed fickle.

I eventually left Mel to his muddy trenches; not one of his digging buddies had shown up by 10:00 am. I cycled over Five-Mile Pass, realizing it would have taken me more than an hour to get to the next acceptable place to camp. I pushed a substantial headwind all the way to Stockton (I don't mind admitting I walked all the hills), although for the last few kilometers a steady stream of RVs with ATVs coming back from the Little Sahara Sand Dunes sucked me along. I figure headwinds are part of the game, and I'm less depressed by them on a recumbent than I have been on an upright bike.

My plan had been to camp in the junipers near Clover, but the headwind sapped all my ambition, so I found a secluded spot in the small pass south of Grantsville. The wind died with the sunlight, and I had a

very pleasant night. There was even a little frost on the tent by morning...

The next morning I only had to descend to Grantsville, then complete the mind-numbingly flat section along the south end of the Great Salt Lake back to the train station. I was home by 4:00 on Monday, tired, but ecstatic that I had done all I had set out to do, and had some great adventures along the way.

I estimate that I rode about 220 km (135 miles) in three days, so I would have to classify this tour as serious, but not epic.

Interestingly, the route has a huge variety of environments: Somewhat rough urban areas, a long secluded bike trail, the suburban zone at the south end of the valley, the crazy Saratoga Springs strip malls, pretty bleak desert (punctuated by nerve gas sensors because of the nearby weapons de-militarization facility), a short section of rumble-stripped freeway, a little taste of the Great Salt Lake, some cool jointed concrete roadway and a very surrealistic bike trail past the International Airport with multiple security gates...



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**START A CHAIN REACTION.
STOP DIABETES.**



Take the Ride of Your Life
American Diabetes Association
Tour de Cure


PRESENTED BY: 

BRIGHAM CITY, UTAH
SATURDAY, JUNE 12, 2010
100 MILES • 65 MILES • 25 MILES • FAMILY FUN MILE


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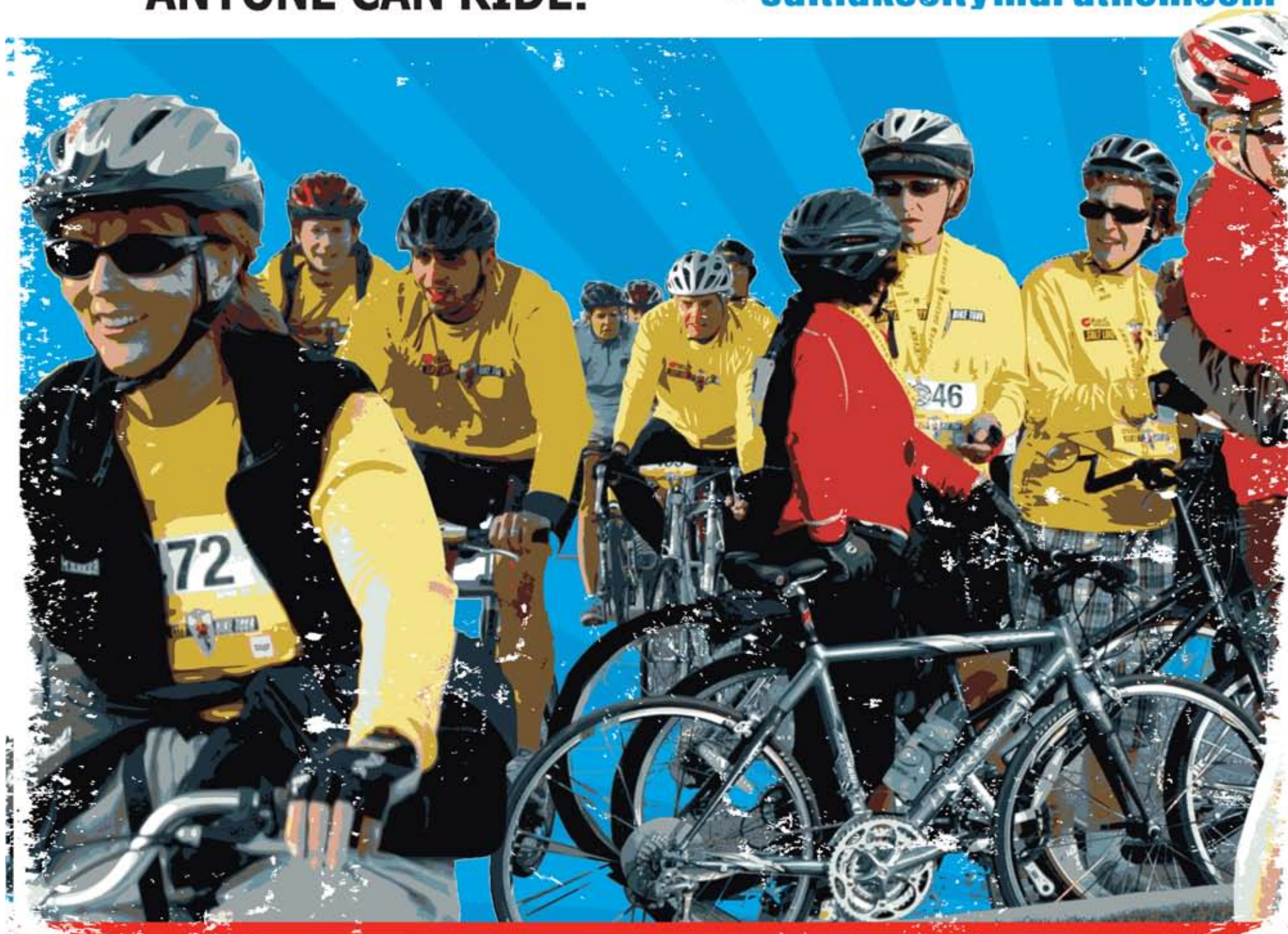
No Cars - Just Bicycles for 25 miles

Saturday, April 17, 2010

ANYONE CAN RIDE!

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