

VOLUME 9 NUMBER 1

FREE

MARCH 2001

M O U N T A I N W E S T C Y C L I N G J O U R N A L

cycling utah

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National Champion (cruiser class and 20") Arielle Martin of Cedar Hills, UT will wear the Number 1 plate this season in the 15 year-old girl's class in the National Bicycle League photo by Tony Malone

IMBA/Mountain Bikers Win! BLM Reverses Plan

January 19, 2001 - After receiving more than 10,000 comment letters from mountain bikers in 30 days, the Bureau of Land Management has decided not to group mountain bikes with motorized vehicles in a controversial new management plan. The BLM's OHV Strategy, made official January 19th (the final day of the Clinton Administration), calls for a separate plan to manage mountain bikes.

"This change is exactly what we want," said International Mountain Bicycling Association executive director Tim Blumenthal. "Mountain bikers spoke and the BLM listened."

A draft of the National Off-Highway Vehicle Management

Strategy was released Dec. 4 for public comment. The plan surprisingly included mountain biking.

IMBA mobilized an effective mountain biker response by alerting its membership through broadcast emails and website updates, hand-delivering an official comment letter to senior BLM officials in Washington D.C., and focusing media attention on this important issue.

"The success of our effort proves that mountain bikers are a powerful group whose opinions can shape national policy," said Blumenthal. "This is a milestone for mountain biking."

IMBA was concerned that the BLM's plan to link mountain biking and motorized policies

would have led to unwarranted access restrictions and served as a negative precedent.

The BLM and IMBA will continue to work together to promote responsible mountain biking through education, volunteer trailwork and other joint projects.

The BLM, which manages 264-million acres of U.S. public land, is the world's largest land management agency.

IMBA is an international non-profit mountain biking group with 32,000 individual members and more than 400 affiliated clubs dedicated to bringing out the best in mountain biking.

The final version of the BLM's strategy is available at www.blm.gov

Jemison to Lead Noble House

Two-time Tour de France finisher and former USPRO Champion Marty Jemison, Park City, will lead the Noble House Professional Cycling Team for 2001. The fifteen rider team is based out of Lancaster, Pa and also includes Utah's Chris McGovern. The team will race domestically and is vying to be the number one tier three team in the world as well as shooting for a repeat of Jemison's USPRO victory.

Cover Photo:

Gooseberry Mesa in St. George
Photo by Gregg Bromka

Read Gregg's Trail of the Month on page 5

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BIKE ADVOCATE

R-E-S-P-E-C-T Spells Advocacy

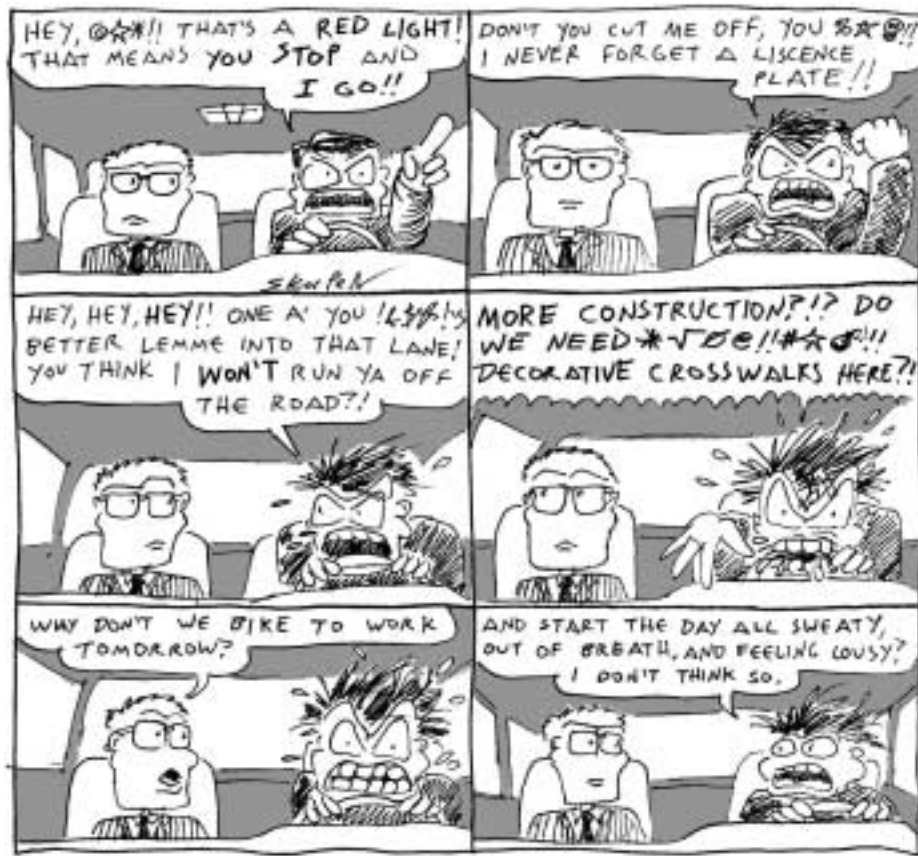
By Chris Quann

An underlying goal of all bicycle advocacy is to promote respect for bicycling as a means of vehicular transportation. To promote the idea that a person riding along the road on a bicycle has as much right to be there as the driver of an automobile. To celebrate the most mechanically efficient system of transportation ever devised by man.

Bicycle advocacy takes many forms. The simplest form is to communicate with other users of the road. When I am riding and wave to a semi driver, and they wave back, I feel I have practiced bicycle advocacy. I have made a connection with another driver. I have added to a bank account of good will between a driver and their idea of bicyclists. My own bank account of good experiences with motorists goes up.

Occasionally, we experience withdrawals from this account. Bad experiences with drivers. So far, my account has never been in the red.

When cyclists are struck by motorists, sometimes a funny thing happens. Though a driver may be flagrantly negligent, the accident is treated differently. People will, for some reason, sometimes make the assumption that the cyclist must somehow be at fault. Perhaps the cyclist was somehow invisible. Why is this? Should a 4,000 pound vehicle lend someone more credibility than a 25 pound vehicle? The operators of both vehicles are people. Motorists must be held accountable in accidents where they are clearly at fault. Part of the solution is to educate police officers that bicyclists are vehicle drivers with the same rights and responsibilities as motorists.



Not all cyclists are created equal, though. An eight-year-old child on a bicycle cannot be expected to understand all the rules of the road, and probably should not ride unescorted on a busy road. This fact should not automatically excuse the person that runs her over. That person has, at a minimum, a responsibility to keep their eyes open and their vehicle under control. Perhaps there is a different level of accountability expected, and respect given, to bicyclists because no license is required to drive a bicycle.

Perhaps bicycling is under-respected because people feel it's a means of transportation they outgrow upon being promoted to driving cars. Perhaps it's because when a motorist sees us on bicy-

cles, they assume that we do not pay our fair share of road costs and are thus not entitled to share the road. Whatever the reason, bicycle advocacy is concerned with getting bicyclists the respect we deserve.

And, boy, do we deserve respect. We are smart enough to have discovered the dual benefits of exercise and transportation that cycling provides. We move fast enough to cover vast distances at a pace slow enough to see some of the details of our surroundings. We can eat whatever we want and not gain weight. Our vehicle generates no pollution, inflicts very little wear and tear on our road system and requires very little space to park compared to a car. I could go on and on about how bicycles are

part of a better society. Bicycle advocacy strives to train society to be better for cyclists.

For me, a better society is one where I can ride on any road I want and everyone is happy to see me there. A better society has well-designed bike racks everywhere, smooth roads without holes, wide shoulders, and ramps where they should be. A better society has employers that provide showers at the workplace. A better society is one where cyclists get more respect.

An easy way to create a better society is to wave to people. When a driver returns my wave, it means three things: 1) they see me, 2) they know I see them, and 3) they know I expect them to see me. (Not to mention the sheer existential affirmation) A germ of respect is created and the world is better for it. Perhaps that driver will now look out for bicyclists a little more, and perhaps down the road an accident may be prevented. Making the world safer and better for cyclists is what bicycle advocacy is all about.

And, of course, always wave to policemen. And, hey, let's be careful out there. Chris Quann is the chair of the Salt Lake City Bicycle Advisory Committee and a Cat. 3 Racer.

UDOT Names New Bike/Ped Coordinator

The Utah Department of Transportation, Statewide Planning Section, is pleased to announce that Sandy Weinrauch has been appointed as Utah's Bicycle and Pedestrian Planner. Ms. Weinrauch is replacing Debbie Hall, who is leaving the Department.

Just a few of the many duties Ms. Weinrauch will be performing include serving as Enhancements Coordinator, acting as a liaison for UDOT with the various pedestrian, trail, bike, and disabled advocacy groups in the state, serving on the State Traffic & Pedestrian Coordinating Council and the Enhancements Advisory Committee, raising the awareness within UDOT of pedestrian and bicycle issues and solutions, and advising local governments on pedestrian and bicycle programs. Ms. Weinrauch can be reached at (801) 965-3897.

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COACH'S CORNER

Train for the Salt Lake Century in 10 Weeks

By J.R. Smith

Bike Fit:

Your bike needs to fit you properly before attempting a century or any other ride. The best place to get properly fit is with a professional who does bike fits or a bike shop with the expertise to properly fit you. Listed below are general guidelines for a proper fit:

Standover height – approx. 4 cm. Clearance between crotch and top tube on level surface. Note: This will not be applicable with sloping top tube frames.

Cleat position: Cleat setup for average size foot (size 8-9) is that ball of foot (Distal head of metatarsal bone) is over the center of pedal spindle.

Seat height: When pedal is at the bottom of the pedal stroke

and foot level there should be an approximate 25-30 degree angle bend in the knee. Saddle should be level.

Saddle fore/aft position: At the 3 o'clock pedal position (parallel to the ground) drop a plumb line (string with a weight attached) from the tibial tuberosity (small bump on the front side of the shin bone, just below the kneecap, where the tendon from the quadricep attaches to the skin) toward the pedal. When the plumb line intersects the center of the spindle the fore aft position is set.

Handlebar height: Approximately 5 – 8 cm. below the top of the seat.

Stem length: While on the trainer place hands in the drop position on the handlebars and look straight down. If the stem length is correct it should block out the front hub. Another method is put your hands on the hoods and look forward on an approximate 45 degree angle. Have someone hold a plumb line at the tip of your nose. The plumb line should pass approximately one

Training Time (in hours):

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	0.5	0.75	Off	1.0	1.0	2.0	Off	5.25
2	0.5	1.0	0.5	1.5	1.0	2.5	Off	7.0
3	0.5	1.0	1.0	1.5	1.0	3.0	Off	8.0
4	1.5	1.0	1.5	1.0	1.5	3.5	Off	10.0
5	0.5	1.0	Off	1.0	1.0	2.0	Off	5.5
6	0.75	1.0	1.5	1.0	1.0	2.5	Off	7.75
7	1.0	1.5	1.0	1.5	1.0	3.5	Off	9.5
8	1.0	1.5	1.5	1.0	1.5	4.5	Off	11.0
9	1.5	1.5	1.0	1.5	1.5	5.5	Off	12.5
10	1.0	1.5	1.5	Off	0.5	Century		

inch behind the handlebars.

Note: The above is only an approximation and a proper fit should be done professionally. Costs usually range from \$30-\$50.

Nutrition:

Proper caloric loading and intake during the ride is critical. You should eat a healthy meal of approximately 1000-1500 calo-

ries 2-3 hours before the ride. You should also be drinking an electro-glucose replacement carbohydrate drink during the ride (a minimum of 12 oz. per hour). Also eat a Clif bar or similar energy bar during the ride. The above schedule should allow you to complete a century with strength to spare as long as you have a mechanically sound bike that fits properly and provided you use proper nutrition.

Coach's Corner Question and Answer


Next month we will try to answer questions you may have about training, nutrition, etc. We will alternate articles and training questions in *The Coach's Corner*. Please send your questions to consultjr@aol.com or fax to (801) 263-1010. The subject heading should be Cycling Utah Coaches Question. You must include your name and phone number in case a referral needs to be made to an appropriate professional. If your question is used in Cycling Utah your name will be published with the question unless you specifically request it not be.

Zabriskie to Ride for U.S. Postal

Salt Lake City's Dave Zabriskie joins Lance Armstrong and former Utahn Levi Leipheimer on the U.S. Postal Pro Cycling Team for 2001. Zabriskie, the youngest member of the team at 22, is a former Junior and Espoir National time trial champion. In 2000, Zabriskie added a second place overall in the Redlands Classic stage race and a victory in the Espoir category in the Grand Prix des Nations time trial to his palmares.

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TRAIL OF THE MONTH

St. George's Church Rocks Trail - Quick Fix For Slickrock Cravings

By Gregg Bromka

If you crave slickrock, then you'll get a quick fix on Church Rocks. Once you start the loop section, the route is nearly all rock, whether open expanses or broken ledges. And it's a known fact that riding any type of slickrock is better than riding no slickrock when in the desert.

You won't find solitude on Church Rocks because the entire route is within earshot of Interstate 15. Sure the paved four-laner is intrusive, but the highway actually lends to the ride's intrigue. Early on, you pedal under the freeway, not via a lofty bridged underpass, but through a football field-long drain pipe. When you enter the tunnel you might think, "this is dumb," but half-way through it gets damn spooky when you're front tire disappears from sight and frantically strip off your sunglasses. You'll pray that the roof doesn't cave in or that all of St. George doesn't flush the toilet at once.

Once you're out on the loop, you can turn your back on the streaming traffic and be charmed by the terraced sandstones back-dropped by the Pine Valley Mountains and by the ever-present temples of Zion National Park on the eastern skyline.

This route enters the Red Cliffs Desert Reserve, which serves as protected habitat of the threatened desert tortoise. Spying one of the slow-moving lumps is rare, but you should be on the lookout just the same.

Just the Facts:

Length: 4.3 miles, out-and-back with loop.

Tread: Sand and rock double-track for .5 mile, a short section of sandy singletrack, and then nearly 3 miles of broken slickrock.

Aerobic level: Moderate. A few short steep climbs on slickrock at the loop's beginning are tough. The rest descends or rolls gently. The .5 mile climb back to the trailhead is steep.



View from the Church Rock Trail

Photo by Gregg Bromka

Technical difficulty:

Moderately high. Slickrock sections are always a test of your bike handling skills. Sandy sections can also have loose rocks.

Elevation changes: The loop wanders between 3,200 feet and 3,400 with an elevation gain of about 400 feet.

Notes on the trail:

This route enters the Red Cliffs Desert Reserve, so it is imperative that you stay on route. From the parking area atop Washington Black Ridge, take the left fork past the steel gate and descend the rutted, rocky doubletrack to Grapevine Pass Wash. Follow the sandy track toward the freeway, and then drop off the embankment to the 8-foot tall culvert running under the freeway. That's your route!

Riding through the tunnel under the freeway is totally bizarre. A dim pinhole of light, what seems a mile away but is only a hundred yards or so, draws you through. Instinctively, you'll howl like a dog at the moon. Half way in, or half way

out if you're an optimist, what little daylight that had filtered in from the tunnel's ends has all but dissipated and you are biking by brail. Gradually, the end of the tunnel approaches and you exit to the blinding light of day.

The next half mile to the loop is tough to follow. Basically, cross Grapevine Pass Wash (usually dry), then ride parallel to it to a slickrock ramp and bend right. Curve left after a few hundred feet and climb around the left/west side of a prominent sandstone dome then up its backside. Just follow the painted dots and dashes that look like lichens, or are those lichens that look like splashes of paint?

Once on the dome head east (toward Zion N. P.) on a trail that hugs the interface between brushy soil to the left and barren rock to the right. Gradually the pesky but entertaining trail descends off the rock ridge. When you see Church Rocks floating in the sand and sage far ahead (they look more like a matching set of terra cotta tea pots), the trail bends right and doubles back to the west below

the ridge you just rode atop.

Cross the sand, sage, and rock slabs on the low, sloping terrace. As Grapevine Pass Wash nears, ignore a path forking left and follow the rows of purposefully placed pebbles and rocks; then retrace you tracks down the wash through the spooky drain pipe.

The Mojave tortoise, commonly called the desert tortoise and scientifically Gopherus agassizii, is one of many tenacious reptiles that has survived the earth's evolution since the age of dinosaurs. Like all "cheloniens" or turtles, they are cold-blooded and cannot regulate their body temperature. Thus they keep from boiling or freezing by seeking shelter under

rock ledges and brush or by burrowing beneath the sand where temperatures are more constant.

Tortoise populations have been victimized to a large extent by livestock grazing, and in certain areas tortoise densities have declined at alarming rates. Immediately north of St. George, the desert tortoise finds its home amidst prime undeveloped real estate. The Red Cliffs Desert Reserve was established in 1996 to help protect the desert tortoise and other unique and threatened wildlife and to provide open space for the people of Washington County. The desert tortoise has effectively survived 100 million years of adverse conditions and wants little more than to be left alone so that it may continue its deliberate existence.

Finding the trail: From St. George, take St. George Boulevard east to Red Cliff Drive (Exit 8 off Interstate 15). Turn left and travel 3 miles on Red Cliff Drive to Washington. Continue east on Telegraph Street for 2.5 miles; then turn left on a gravel road marked by a cattle guard at the top of the hill on Washington Black Ridge. (Watch for oncoming traffic rising over the blind hill.) Take the gravel road 1 mile north to a Y junction and park on the ridge.

Excerpted from Mountain Biking Utah (revised 2nd Edition, 1999)

"She who succeeds in gaining the mastery of the bicycle will gain the mastery of life." - Francis Willard, from - How I Learned to Ride the Bicycle; Reflections of an Influential 19th Century Woman.

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A More "Personal" Club - By Women, For Women

As a woman-cyclist or cyclist-in-the-making, you may have experienced a difficult time in finding a comfortable place to start or peers with whom to pursue your

cycling ambitions along the Wasatch Front. The two year-old Wasatch Women's Cycling Club (WWCC) was

created to change that. Several of the team's founders were members of Team Nissan when it was a women-only club in 1999. Team Nissan helped get the women's race scene rolling, but like many clubs it only lasted a couple of seasons. Of the 30+ clubs in Utah, only one of

them, the WWCC, caters specifically to women. WWCC is unique because it offers an opportunity for women to learn about fitness, technical (and

SWC ("Several Women Cyclists") seeking more women cyclists to join in pedaling interludes on a regular basis - must be chatty, friendly, and willing to spin. All inquiries welcome.

not-so-technical) aspects of cycling, and competition from other women.

WWCC's model of a nurturing, supportive, and reputable women's cycling club has fueled the growth of the club to over 20 members this year ranging from recreational riders to seasoned

competitors. These numbers bode well for the growth of women's racing in Utah, one of the club's missions. Local women's racing has been on the upswing over the last few years often with field sizes of a dozen women or more. Utah Premier,

Bingham's, and Goldy's of Idaho help provide balanced competition.

There are two bi-monthly WWCC clinics scheduled for 2001. The first clinic, April 14th and April 28th, focuses on building road racing skills and tactics and will incorporate on-the-bike training. This clinic is open to all women interested in learning about racing road bikes. The second clinic, May 14th and May 21st, will focus on roadside maintenance, fitness, and cycling skills for beginning and intermediate cyclists. For more information about these clinics or the WWCC, please visit WWCC's website at www.wcc-utah.org or call Spin Cycle in Salt Lake City at 277-2626.

Buccambuso to Jelly Belly

Brad Buccambuso of Logan will ride for the second-year, California-based pro road team Jelly Belly. The team boasts 1999 US PRO overall tour winner Eddy Gragus and is coached by Danny Van Haute. They will focus on National Racing Calendar events.

Bike Shorts

New Sponsor for Utah Premier

Salt Lake City (February 15, 2001) - When the first RMR crit unofficially opens the Utah road racing season in mid-March, the cycling team formerly known as Utah Premier will be sporting a new look and a fortified roster. New Moon Media, a Utah-based brand strategy, e-Business and web development company will take over as primary sponsor of the competitive team. The club, which will continue to be called Utah Premier, was formed in the late '70's and is the oldest racing club in the state. It is now 60 members strong. In addition to New Moon Media's graphics, the team will also carry the logos of Salt Lake Pizza & Pasta/Fiddler's Elbow, ProTel Networks and Nate Wade Subaru.

The New Moon Media Cycling Team will pick up where Saturn left off last fall, fielding a competitive elite men's team that includes Mark Schafer, Steve Lewis, Christian Johnson, John Iltis and Mike Peterson, along with the addition of a new elite group of women riders; Laura Howat, Christine Iltis, Laurie Humbert. The core of experienced elite riders will provide support and mentoring for a roster Juniors, Masters, and up and coming racers. For more information, see utahpremier.com.

MERCURY TOUR CANCELLED FOR 2001

Colorado Springs, Colo. (Jan. 18, 2001) - The National Off-Road Bicycle Association (NORBA) announced Thursday that the Mercury Tour will not take place in 2001.

The year 2000 marked the

end of the Mercury Tour's four-year corporate sponsorship contracts. NORBA has been unable to secure sponsorship in time to plan or execute the event in 2001 at the expectation level set by the successful Mercury Tour. The August 31 deadline for placement on the Union Cycliste Internationale (UCI) race calendar was also a factor.

Bike Courses offer Street Smarts and Road Skills

The University of Utah Lifelong Learning program is offering two new bicycle courses in April. The first course, "Street Smart Cycling", is based on the nationally recognized Bike Ed program from the League of American Bicyclists. It will include the Road I course curriculum with supplementary material on bike commuting. Goals of the course include developing the skills required for sharing the road with motorists, handling intersections safely, and avoiding and dealing with emergency situations on the road. The course includes classroom discussion, parking lot skills drills, and supervised riding.

The second course, "Thursday Roadies" will be for athletic road riders who want to learn the skills of riding in a paceline, drafting, cornering, and the basics of training for cycling. This course is ideal for the rider interested in discovering the joys of road riding, riding their first century, joining a bike club, or even moving into bike racing. Come with your bike and prepared to ride for 60-90 minutes each night. For more information, call 801-581-6463 or see www.cvrta.utah.edu/~macleod/bike/safety/bikeed/



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Route 211

Guerini, Roll, Dogs Found on Road to L'Alpe d'Huez

By Greg Overton

Well, it must be spring again. It's snowing outside, but it's a "wet" snow, so it must be spring. Ah, besides, we need the moisture, right? That's what I always hear the folks saying who've seen many more springs than I have anyway.

I say what we need is a barrage of 90-degree, blazing-sun, road tar-melting, see you in a few hours 'Honey, I'm going for a ride', days. Another reason I know it's spring is that someone is busting my chops about a deadline. Haven't heard that song for a while - at least since October. Nevertheless, welcome back to another year of Cycling Utah and cycling in and around Utah!

This piece of otherwise empty page has been filled in the past by a monthly feature called Classic Corner. We had a blast chatting each month about The Good Old Days, and The Good Old Bikes, and The Good Old Components and The Good Old Racers. I still feel the same way about all that stuff, but got the ultimatum, er, idea to change the act for this year's edition of Cycling Utah. So the angle is different, or shall I say "artistic direction" is different now, and we've changed the name to Route 211.

Some of you may know the significance of the name Route 211 as it relates to cycling. In case you don't, here's a couple of hints: it's a road in France, possibly the most famous route in the Tour de France, and it's probably in the top five of every road rider's wish list for a climb. Think about it. It will show up later in this story.

On Route 211, we will discuss all kinds of cycling stuff from classic related items, new products and changes, to bike

industry rumors and half truths. If a deadline is approaching (or passed), there may have to be a few outright untruths as well! There will come the oft-threatened DeRosa story, maybe even a little mountain bike stuff - a bit here and there about the Tom Ritchey's and Scott Nicols of the world. Heck maybe even a little on Josh Bender, pivot designs and rear travel. Hopefully there will be something along the way for anyone bored enough to take a look.

Route 211 will include stories overheard and eavesdropped about great races and feats of super human strength. Like the fact that from the time he was a child, Greg LeMond had the use of only one kidney. Which means that after taking on buckshot in '86, he went on to win two Tours de France and one World Championship with the use of only one kidney and one lung, as well as the added weight of lead pellets imbedded in his body. Just think if those were titanium dude! And as a bonus, he defeated Laurent Fignon. Or the story of Bob Roll jumping into the front yard of a picnicking French family to empty his body's cargo hold, and borrowing a napkin, during a stage of the Tour. Okay, maybe that's not super human, or even great. But it's kinda funny.

There's a guy out there somewhere (I hope) that we at the bike shop used to call Wild Bill, who would take his mountain bike into the west desert of Utah, and ride around from a base camp for thirty to forty days at a time. I don't mean he would drive out somewhere and park an RV. No, he RODE his bike

from Orem, packed with enough supplies to stay out there the whole time. Maybe some of you in that area remember seeing him with his longish white hair and beard, no helmet, jeans, unbuttoned flannel shirt (if it was warm), and boots. Riding his GT Zaskar with full racks and racks full, steering damper installed to help in case the weight shifted quickly, and a six pack of, uh, his version of a recovery drink tied to the handlebar for easy access (even if it wasn't warm). More about him on Route 211.

There's the race in Baja, Mexico, called the Tour of Baja where one particular stage had one particular dog run out in front of the peloton, shooting fear into every racer as they approached. Dogs can't be trusted in this situation as they are not familiar with the classic European concepts of road racing etiquette that specify absolutely no dogs on the course. However, the Tour of Baja is not in Europe, and the road racing etiquette of Baja, Mexico, clearly states that a particular dog on the course in front of the peloton may fall victim to an armed race official on a motorcycle leading said peloton. The race official was a deadeye aim from the back of a moving motorcycle, and the dog was quickly off the back. The shocked, yet relieved peloton whizzed down the road with a new story for the folks back home.

Route 211 has also seen its share of odd things on a bike. Why, just a couple years ago, the Italian Guerini was on his way to a glorious stage win in the

Tour, possibly the biggest day of his career. A race fan so wanted to stand on Route 211, and capture Guerini's day on film for his photo album back at the hut, that he stepped into the Italian's path and froze deer-like until the very moment that the rider tried to negotiate around the fan. At precisely that moment, the fan moved in the same direction and body checked the Italian climber to the tarmac. After what I'm sure was a "Lesson in Italian in Twenty Words or Less", Guerini was able to remount his bike and ascend to his victory. The fan was removed to the ditch beside Route 211 by the other fans

there who were afraid he would give all fans a bad name.

That was on L'Alpe D'Huez, Route 211 in the French Alps, and the name of a popular model of Greg LeMond bicycle. And those are some of the things that will be falling from my rattling head to my slowly ticking keyboard each time someone yells about a deadline Yesterday! for the next few months. I hope it'll be as much fun for anyone out there as it will be for me, and I hope all my classic bike buddies will find some relief that I still managed to mention DeRosa, Greg LeMond and the Tour de France!

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ROAD PREVIEW

Tarheads Rejoice!

By David R. Ward
Publisher

Every year cycling utah has run a road season preview. When we first started publishing in 1993, writing the preview was an easy task. It was possible to list and comment on virtually every event.

Fortunately, that task is no longer an easy one. The number and quality of events has increased each year to the point that a road enthusiast has a bountiful menu of options from which to plan an exciting and satisfying cycling season.

While it is no longer possible to mention every event, what follows is an attempt to highlight events illustrating the variety of choices. A complete and up-to-date listing of cycling events can be found in each issue of cycling utah and at cyclingutah.com.

TOURING 2001

The best source for touring events is the Bonneville Bicycle Touring Club (BBTC). BBTC has organized weekly rides throughout the cycling season. Visit their website at www.bbtc.net to find information on these rides.

In addition to their weekly rides, BBTC organizes three major touring events. The Little Red Riding Hood Metric Century in Cache Valley, Utah scheduled for June 2 is one of only two women-only metric centuries in the United States. Next is a late summer favorite, the Utah Lake Century Epic Ride (ULCER) set for August 18 which circles around Utah Lake.

BBTC's biggest undertaking of the year is the Southern Utah Parks Tour, September 9-15. This multi-day event takes the limited field of 60 riders through

three of Utah's most beautiful parks, Zion National Park, Bryce National Canyon, and Cedar Breaks National Monument.

While BBTC may be the biggest player in touring, there are many other exciting road events. The first major century is the Cycle Salt Lake Century Ride set for May 19. This event, a ride from Salt Lake to Antelope Island and back, annually draws one of Utah's biggest crowds of the year with over 700 riders.

The MS 150 Bike Tour, a 2-day event on June 23-24, also has its setting in the beautiful Cache Valley. This is an opportunity to participate in a scenic and relaxing tour while raising money for a good cause.

May 12 and October 6 are the dates for the Yellowstone Spring and Fall Cycling Tours 2001. These two events set in and around Yellowstone Park are two of my favorites, and are the bookends for the touring season. The Spring Tour is highlighted by the Lakeside Ride which in its course rolls alongside Hebgen, Quake and Henry's Lakes, while the Fall Tour includes a ride from West Yellowstone through the Park to Old Faithful, with a shuttle back for those who do not want to do the round trip.

RACING 2001

Most of the races in Utah and the surrounding area are part of the Utah Cycling Association's (UCA) Points Series. A complete listing of these races can be found at www.utahcyclingassociation.com.

Leading off the season are the Antelope Island Road Race near Ogden, Utah on April 7, and the Chums Classic on April 21-22 in



The Rocky Mountain Raceway Criterium Series gets underway March 3 at 12 Noon. It's a great place to learn to road race with a new recreation flite.

Photo: Dave Iltis

warm and sunny Hurricane near St. George. These two races give an early indication of the racers' fitness and who to watch for during the coming road racing season.

Highlighting June are the High Uintas Classic on the 16-17 and the Utah Summer Games on the 21-23. Always challenging, the High Uintas road race begins in Kamas, Utah and, weather permitting, takes the racers over the backbone of the High Uintas at 10,900 feet before descending for the long run into Evanston. Meanwhile, the Utah Summer Games always provide an enjoyable racing experience in the environs of Cedar City.

The fast and exciting Twilight Criterium will again take place on the streets of Boise, Idaho on July 28. In August, you can suffer or, if you prefer, watch others suffer as they thrash themselves on the steep climbs to the Snowbird Ski Resort above Salt Lake. The Snowbird Hill Climb is scheduled for August 25.

The season closes with three big events. First is the popular 3-day Platte Bridge Station Stage Race in Casper, Wyoming on September 1-3. Next is the LOTOJA Classic, a challenging and exhausting 203 mile, one-day race from Logan, Utah to Jackson, Wyoming. Finally, the 50+ seniors wind up the season at the Huntsman World Senior Games in St. George, Utah.

For those who follow women's racing, the world-class Hewlett Packard Women's Challenge will take to the roads of Idaho June 13-24. This is a great opportunity to observe the best women racers in the world battle in a grueling stage race.



Joel Kath Cranks up the 'Cross at Soldier Hollow

Photo by Kim Morris





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MOUNTAIN PREVIEW

Let Them Eat Dirt!

By Robert Truelsen
Executive Editor

With snow flying in many parts of Utah, it's hard to imagine that the mountain bike season has begun. As you read this, racers launched the season at the Red Rock Desert Rampage in St. George March 3. Let the games begin.

As in years past, the 2001 mountain bike racing season is defined by the 11-race Intermountain Cup Series. Series promoter Ed Chauner has once again tweaked the series to keep the racing fresh. The big change for 2001 is the elimination of NORBA licenses for racers. Now you really don't have a reason NOT to race your mountain bike. In addition, for the fourth year in a row, registration fees will remain the same. New categories have been added to include Women 35+ and Clydesdales at 210 pounds.

For our neighbors to the north, Ron Dillon is still doing his "unplugged" Wild Rockies Series with its 10 races in Idaho and Nevada including the Barking Spider in Nampa, ID, and the Bordertown Challenge in Oasis, NV. His events continue to attract hundreds of competitors at the more popular venues.

Quite an assortment from which to pick and choose. See our print and web edition calendar for all the events in our region.

Intermountain Cup

Many familiar faces return for 2001 and a couple of new

ones. The Showdown at Five Mile Pass returns for 2001 with a new sponsor aboard. Aardvark Cycles now sponsors the event.

The Utah Summer Games mountain bike event on June 16 joins the series in 2001. This event has been a popular event for experienced and novice racers. Affiliation with the Intermountain Cup Series should bring more interest in the Cedar City venue.

Powder Mountain will be the site of the Pedal Powder event on July 28. Powder Mountain entered the racing scene in 2000 as the sight of the inaugural 8 Hours of Ogden at Powder Mountain. This area provides racers with a very challenging course at elevation with serious climbing.

The Series once again concludes with the Wolverine Ridge finale in the Uintah Mountains outside of Evanston, Wyo. on August 18. See Cycling Utah's Calendar of Events both in print and on the web for the complete listings of the Intermountain Cup Series events.

Weekly series

Cyclocross czar and promoter Matt Ohran brings back the Canyon Park Mountain Bike Series in Provo Canyon. The series begins in April and continues through August. This series provides a great means of mid-week training and overall fitness.

Classics

Utah's classic mountain bike race, the Tour of Canyonlands, returns to the red rock country of



Singletrack at Powder Mountain

Photo by Robert Truelsen

Moab. This is a great opportunity for racers to compete against some of the best national riders from Durango and elsewhere in Colorado who use this race as training prior to the national series. If your early season training isn't what you had hoped for, the Tour of Canyonlands is a great race for spectators.

The best of the best return to Deer Valley June 28 - July 1 for the NORBA National Championships Series Race #3. This NCS race provides locals a great opportunity to compete against the nation in this "big-time" event. But this event is not just for racers. It's a great opportunity to have a great hike to watch the action on the course, get some great photos and just have a great time at this professional event.

The official end to the mountain bike racing season for many racers is the Deer Valley Rally, the official Utah State Mountain Bike Championships held at

Deer Valley. Date is yet to be announced. Promoter Ron Lindley also designs the courses and rest assured that the course will be worthy of a state championship. Be prepared for the ultimate challenge.

Notables

If endurance racing is your bag, there is the Brian Head Epic 100 July 8. This race is a qualifier for the 2001 World Solo Championships.

Then on August 25, the 8 or 4 Hours of Ogden at Powder Mountain returns for its sophomore year. Will a Sport class rider win again this year?

Monticello hosts the Blue Mountain Bike Chase on July 14. Never been to Monticello? Then make 2001 the year you visit.

Like to climb hills? Then mark August 26 on your calendar for the Widomaker Hill Climb at Snowbird Resort.

Over 50 but still have the

competitive drive? Prepare yourself for the Huntsman World Senior Games October 15-17. Four events: hill climb, downhill, cross-country and a festival to boot.

For the extreme crowd of endurance racing, there's the 24 Hours of Moab October 13. Team and individual classes and some of the most creative team names we've seen. Don't forget your flashlight.

Festivals

For the family or non-competitive types, mountain bike festivals provide great riding experiences. Now this is what it's all about, isn't it?

Bike Fest 2001 will be held in St. George March 31 - April 1. There will be rides, competitions, contests and clinics.

Your participation in the Antelope Island Buffalo Bike Ride April 21 helps fund trail

Continued on Page 12

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CALENDAR OF EVENTS**Bicycle
Motocross**

Harbor Bay BMX — (801) 253-3065.

Rad Canyon BMX — (801) 964-6502.

**Cycling
Events****General Info**

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

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

March — Burgers for Bikes, Bikes for Kids, Donate a Bike get a burger!, Boise, ID, (208) 343-3782

March 17 — Sports Am 9th Annual Bike Swap and Show, Expo Mart, 200 S. 230 W., SLC, 583-6281

May 4-5 — GOTS, Bike and Outdoor Toy Swap, Wild Rose, 702 3rd Ave., (801) 533-8671

May 12 — Idaho Cycling Enthusiasts/ISU Outdoor Program Bike and Outdoor Equipment Swap, Idaho State Univ. campus, Pocatello, ID, (208) 282-2503

May 14,21 — Women's Basic Cycling Clinics, maintenance, fitness, bike handling, SLC, (801) 944-2456 or (801) 355-4376

July ? — Boise Bike Festival, booths, safety displays, raffles, and vendors for all to enjoy

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

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

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

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

Utah Races

March 3 — The Red Rock Desert Rampage, Intermountain Cup #1, St. George, UT, XC - Kayleen Ames, 435-245-6950

March 31 — Bike Fest 2001, Intermountain Cup #2, St. George, XC - Rees Weaver, 435-634-2201

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

**Calendar of Events
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April 21-22 — Tour of Canyonlands, Moab, UT, (303) 432-1519

May 2,9,16,23,30 — Canyon Park Mountain Bike Series, Provo Canyon, (801) 322-3788

May 5 — Aardvark's Showdown at Five Mile Pass, Intermountain Cup #3, Lehi, UT, XC - Ed Chauner, 801-942-3498

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

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

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

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

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

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

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

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

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

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

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

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

July 21 — Canyon Bicycles' Draper Dash, Intermountain Cup #8, Draper, UT, XC - Ed Chauner, 801-942-3498

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

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

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

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

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

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

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

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

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

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

Regional Races

April 22 — Barking Spider, Wild Rockies Series #1, Nampa, ID, (208) 342-3910

April 28 — The Vegetarian MTB Race, Spirit of the Rockies Mountain Bike Race Series #1, Fruita, CO, (970) 858-7220

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

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

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

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

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

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

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

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

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

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

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

Mountain Bike Tours

March 31 - April 1 — Bike Fest



2001, A Mountain Biking Festival for the Entire Family, rides, competitions, contests, clinics, St. George, UT, (435) 674-1402

April 14 — Antelope Island Buffalo Bike Tour, (801) 272-1302 after 5 p.m.

April 26-29 — Fruita Fat Tire Festival, Fruita, CO, (800) 873-3068

May 18-20 — San Rafael Swell Mountain Bike Festival, 14th Annual, Emery County, 435-381-5620

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

Road Racing**General
Info**

**Utah Road
Racing** - USCF

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

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

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

Utah Road Races

March 3,10,17,24,31 — RMR Crit Series, Salt Lake, (801) 944-8488 (Saturdays in March, Tuesdays starting April 4)

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

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

April 5,19 — Salt Air TT Series, Every other Thurs, (801) 944-8488

April 7 — Antelope Isle RR, (801) 392-4019

April 14,28 — Women's Road Racing Cycling Clinics, racing skills and tactics, SLC, (801) 944-2456 or (801) 355-4376

April 21 — Earth Day Pedal Cup, 10:00 AM, City Creek Canyon, (801) 583-6281

April 21-22 — 11th Annual Chums Classic, 3 stages, 2 days, Hurricane, UT, (801) 392-4019

April 29 — Up and Over Time Trial, 10 miles of fun!, (801) 278-6820

May 1,8,15,22,29 — RMR Crit Series, Salt Lake, 944-8488

May 2,9,16,23,30 — DMV Crit Series, Every Wednesday, Salt Lake, 944-8488

May 3,10,24 — Salt Air TT Series, Every other Thurs, 944-8488

May 6 — East Canyon Road Race, 11 AM, East Canyon Resort, (801) 583-6281

May 12 — RMCC Rhodes Criterium, Salt Lake City, (801)

The Mayor's Bicycle Advisory Committee, the leading bicycle advocacy group in Salt Lake and Utah, wants to encourage all cyclists to participate. There are monthly meetings on the second Wednesday of every month at 5 p.m. in the City & County Building, Rm. 326 or 335, 451 South State Street. For details, visit the Cycling Utah web site (www.cyclingutah.com) or call the Mayor's office at 535-7738 or Chris at 486-9002.



313-1239

May 13 — Utah Premier Criterium, (801) 553-1065

May 20 — 5 Man Team Time Trial, (801) 944-8488

May 26-27 — Snake River Stage Race, (208) 465-6491

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

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

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

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

June 10 — Utah State Road Race Championships, (801) 944-8488

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Regional Races

March 31-April 1 — Spring Mountain Omnium, Las Vegas, NV, (702) 228-9460

March 11 — Windy "Two-Person" Time Trial, Boise, ID, (208) 384-1832

March 18 — Slammer Road Race, Boise, ID, (208) 343-3782

April 8 — Blacks Creek Road Race, Boise, ID, (208) 343-3782

April 12, 19, May 3, 10 — Snake River Criterium Series, 7 p.m., Nampa, (208) 465-6491

April 14, 21, 28, May 19 — Durance Spring Time Trial Series, Ketchum, ID, (208) 726-7693

April 29 — Road Race Round Three, Boise, ID, (208) 343-3782

May 22 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at (208) 282-2503

May 26-27 — Snake River Omnium, Nampa, ID, (208) 465-6491

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

May 26-28 — Ecology Center Classic, 4 stages, \$10,000 prize list, Missoula, MT, (406) 728-5733

May 20 — Eagle Hills Circuit Race, Boise, ID, (208) 343-9130

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

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

June 12 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at (208) 282-2503 June 13-24 — Hewlett Packard Women's Challenge, Idaho, (208) 345-7223

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

June 26 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at (208) 282-2503 June 30 — Idaho State Time Trial Championships, Bellevue, ID, 7am, (208) 726-7693

July 7-12 — USCF Master's

National's, Spokane, WA, (509) 455-7657

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

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

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

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

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

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

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

Road Tours

Weekly Rides

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

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

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

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

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

Regional Tours

March 10-11 — 2-Day Road and Mountain Tour, Raise funds for the Lance Armstrong Foundation, Moab, (435) 259-2698

April 7 — Cactus Hugger Road Ride, St. George, (435) 635-5480 or (435) 635-5181

May 5-6 — The "X" Rides, 2 fun rides on and off Nevada's Extraterrestrial Highway, Rachel, NV, near Area 51, (800) 565-2704

May 12 — Great Salt Lake Bird Festival presents "Celebrating the flight of shorebirds and the human spirit" 2000 Fun Run/Walk Ride, start 7:00 A.M., check-in 6:30 A.M., Antelope Island State Park, Bikes will ride the new East Side Road, and/or Mountain View Trail, 11 miles round trip, This non-competitive ride is in conjunction with Great Salt Lake Bird Festival, Davis County FairPark in Farmington, Utah, Davis County Tourism, 801-451-3286

May 12 — Yellowstone Spring Cycling Tour 2000, (406) 646-7701

May 19 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back,

30, 66, or 100 mile options. Benefits go to the Mayor's Bicycle Advisory Committee for trail and bike advocacy projects in the Salt Lake region and to the American Cancer Society, (801) 479-4247 or (801) 486-9002.

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

June 2 — Buffalo Challenge, mountain bike wellness ride, Antelope Island, 801-626-7967

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

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

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

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

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

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

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

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

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

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

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

September 15-16 — Idaho MS 150 Bike Tour, Boise, ID, (208) 388-1998

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

September 16-22 — OATBRAN,

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

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

October 6 — Yellowstone Fall Cycling Tour 2000, (406) 646-7701

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



Soldier Hollow 'Cross Action

Photo by Kim Morris

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May 12, 2001

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For more information call:

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Mountain Preview

continued from page 9

projects on Antelope Island. A great Spring tune-up ride for enthusiasts and racers alike.

Experience Colorado slick-rock at the Fruita Fat Tire Festival April 26-29 in Fruita, Colo.

Many would like to see this area become a national park. Experience the 14th Annual San Rafael Swell Mountain Bike Festival May 18-20 and form your own opinions.

And last, but certainly not least, is the Canyonlands Fat Tire Festival October 17-21. Group rides, bicycle DemoExpo, fun competitions and evening entertainment await you in Moab. There you have it, your whole 2001 cycling season already planned for you. Now, go experience it.

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National

Racing

USA Cycling - USCF, NORBA, NBL, NCCA 719-578-4581
National Bicycle League(BMX) 614-777-1625

Advocacy

Int'l Mountain Bike Association 303-545-9011
League of American Bicyclists 202-822-1333

Utah

BMX Racing

Rad Canyon BMX Track 801-964-6502
9700 S. 5250 W., West Jordan

Harbor Bay BMX Track 801-253-3065

Lindon Boat Harbor, 2130 W. 600 S., Lindon

Mountain Bike Racing

Intermountain Cup Mountain Bike Series 801-942-3498

Road Racing

USCF Utah Representative - Dirk Cowley 801-944-8488

Utah Cycling Association 801-944-8488

USAC Regional Representative: Rogene Killen 970-587-4447

USAC,USCF Board Member: Chuck Collins 801-582-8332

USCF Board Member: Dave Iltis 801-328-2066

Touring

Bonneville Bicycle Touring Club 801-596-8430

Advocacy

Mayor's Bicycle Advisory Committee(SLC) 801-486-9002

or 801-535-7738

UDOT Bicycle/Pedestrian Coordinator- Sandy Weinrauch 801-965-3897

Wasatch Front Regional Council Bike Planner:

George Ramjoure 801-292-4469

Bonneville Shoreline Trail Committee 801- 816-0876

IMBA Utah Representative - Jon Gallagher 435-655-7250

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COED PRO/AM

1. Team #6 - Sobe/Headshok, 20 laps finishing at 1:05:42, Eric Jones, Shonny Vanlandingham, Peter Swenson, Amber Neben
2. Team #7 - Cane Creek/Zeal, 19 laps finishing at 12:18:45, Gretchen Reeves, Jay Henry, Michael Janelle, Willow Koerber
3. Team #4 - Schwinn-Jamba Juice, 17 laps finishing at 12:17:43, Dave Chase, Matt Gersib, Leah Trapp, Danielle Heinrichs

MEN'S SOLO

1. Team #62 - Wilson, Dawes, 15 laps finishing at 1:06:00
2. Team #8 - Stamstad, John, 15 laps finishing at 1:12:55
3. Team #40 - Hamilton, Andrew, 14 laps finishing at 12:00:10

WOMEN'S SOLO

1. Team #39 - Haywood, Sue 11 laps finishing at 12:05:39
2. Team #36 - Lawson, Kerry, 11 laps finishing at 1:16:45
3. Team #38 - Tower, Janice, 11 laps finishing at 1:38:45

DUO PRO/EXPERT

1. Team #191 - Oops! I Did It Again!, 18 laps finishing at 12:17:16
Cris Fox, Bart Gillespie
2. Team #59 - Mrazek/Deschutes Brewery, 18 laps finishing at 12:48:12, Jeff Burnard, Chris Decker
3. Team #50 - BSR Sports Peas & Weenies, 18 laps finishing at 1:00:00, Bob Weiner, Amon Pease

MEN'S EXPERT

1. Team #74 - Hub of Aspen, 20 laps finishing at 1:01:57, Charlie Tarver, Charles Eckart, Mike Scanlen, Butch Peterson
2. Team #75 - Juicy Hogs, 19 laps finishing at 12:23:45, Joel Mischke, Gavin Seedorf, Chuck Coyle, Todd Carver
3. Team #82 - Shapeupcashion.com, 19 laps finishing at 12:37:16, Bill Daley, Gary Thompson, Stash Bankston, Ken Husbands

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WOMEN'S EXPERT

1. Team #88 - Ketchup, 16 laps finishing at 12:37:47, Becca Blay, Cloe Shelton, Summer Stewart, Cariza Arce
2. Team #089 - South Mondo She Devils, 16 laps finishing at 1:17:25, Susan Grandjean, Kathy Parent, Jane Keyes, Sarah Tescher
3. Team #87 - Bad Betty, 15 laps finishing at 1:11:42, Denise Rayer, Lynette Klein, Annie Webster, Carmen Bastek

5 PERSON OPEN

1. Team #142 - John William Bomber Builders, 18 laps finishing at 12:33:36, Alex Hamory, Adam Smith, Rob McRae, Jason Foote, Renee DuPree
2. Team #189 - Tour the Peaks, 18 laps finishing at 12:35:17, Robert Ames, Amy Harris, Circ Toepel, Vic Marlow, Mark Sechler
3. Team #146 - Steem/Health Performance, 18 laps finishing at 1:10:05, Ed Morandi, Richard Picot, Fred Porter, Scott Newton, Molly O'Gorman
4. Team #172 - Royale With Cheese 17 laps finishing at 12:48:30, Kenny Bradley, Jeff Work, Chip MacLaren, Keith Hofreiter, Sonja Evers
5. Team #167 - Pedal Power/Channel Point 17 laps finishing at 1:15:30, Jonathan Nordby,

Dan Wieland, Greg Keller, Kathleen Swart, Mark Emeis

MEN'S SPORT

1. Team #338 - Zoom Splat, 18 laps finishing at 12:50:10, Scott Harris, Justine Ochoa, Ben Wagenman, Sean, McCourt
2. Team #331 - Wasatch, 18 laps finishing at 1:13:26, Matt Sutton, Line Dempsey, John Rogers, Zep Tittensor
3. Team #314 - Taint Misbehavin, 17 laps finishing at 12:09:40, Brent Van Bueren, Randy Blough, Kevin McCurdy, Dave Adam
4. Team #224 - Country Critters, 17 laps finishing at 12:14:02, Barney Eaton, Fletcher Yaw, George Espinoza, Denis O'Donovan
5. Team #245 - No Mo & the Rockets, 17 laps finishing at 12:14:06, Gavin Gonzales, Darren McCaulley, Ryan Weibel, Clay Cravens

WOMEN'S SPORT

1. Team #349 - Sisters of the Saddle II, 14 laps finishing at 12:14:45, Lauren Barros, Ashley Patterson, Tricia Petzold-Paisley, Heidi Dahlgren
2. Team #346 - Juliana 14 laps finishing at 12:47:32, Elayna Caldwell-Grim, Dana Enos-Price, Karen Roitz, Mary Monroe
3. Team #341 - Do-"Gu"-Dolls, 14 laps finishing at 1:19:08, Erika Garcia, Melanie Garcia, Mori Pantezzi, Megan Moore

MEN'S VETERAN

1. Team #371 - Vet-X, 18 laps finishing at 12:39:14
Bart Adams, Ed Chauner, Eric Jones, Paul Quinlan
2. Team #365 - Pedal Power/Marmot Electric, 18 laps finishing at 12:53:24, Bruce Kelly, Ronan Murray, John Cummins, Jergen Smith
3. Team #73 - Home Slice, 17 laps finishing at 12:06:00, Don Keller, Dave Anderson, Anthony Anderson, Scott Fiedler

WOMEN'S VETERAN

1. Team #374 - Margarita Mamas, 14 laps finishing at 12:23:25, Susan DiBiase, Rhonda Swenson, Carol Tucker, Kim Rider

2. Team #376 - Toxic Shock, 13 laps finishing at 12:49:45, Angie Cline, Kerry Dalen, Kim Bear, Jeanette Brasher
3. Team #372 - Flower Power, 11 laps finishing at 12:56:20, Barb Cline, Pam Hanlon, Janice Greene, Lauren Swezey

MEN'S MASTERS

1. Team #381 - South Beach Bombers/Return of Taint, 17 laps finishing at 12:36:20, Paul Gotthelf, Gary Plath, Jerry Mullihin, John Armstrong
2. Team #377 - Azimoto, 16 laps finishing at 12:54:56, Seth Dawson, Scott Lideen, John Schaefer, Rich Bauer
3. Team #379 - Old Home Boys, 15 laps finishing at 12:01:50, Brent Petersen, Roger Gillespie, Nick Reece, Steve Miller

MEN'S JUNIORS

1. Team #383 - Dank, 15 laps finishing at 12:42:15, Alex Hagman, Mark Welgos, Jeff Anderson, Jesse Durance
2. Team #382 - Chili Peppers, 14 laps finishing at 12:40:14, Matt James, Chris Clifford, Nick Rothacher, Justin Welch
3. Team #387 - Y-Riders, 13 laps finishing at 12:00:06, Torin Priem, Kjel Peterson, Nick Berlin, Owen Lewis

CLYDESDALE

1. Team #388 - Bicycles Unlimited, 14 laps finishing at 12:09:55, Isaac Smilowitz, Bob Owen, Dave Bennett, Roy Hoyt
2. Team #353 - Full Sail Big Beers, 13 laps finishing at 12:45:22, Dave Farmer, Mario Washko, Mike Floyd, Chip Wernig
3. Team #390 - Other, Other White Meat, 13 laps finishing at 1:42:10, Scott Moody, Glen McDaniel, Mike McFarland, Scott Hendrickson

Utah Cyclocross Series 2000 Overall Points Standings

Men's Category A+

1. Bart Gillespie, 340 pts.
2. Gabriel Blanco, 324 pts.
3. Shannon Boffeli, 269 pts.
4. CrisFox, 263 pts.
5. Carter Davis, 236 pts.
6. Joel Kath, 216 pts.
7. Leo O'connor, 196 pts.
8. Jared Gibson, 193 pts.
9. Art O'connor, 158 pts.
10. Rob Wesemann, 154 pts.
11. Jon Gallagher, 144 pts.
12. Darrell Davis (Dr. Cross), 113 pts.
13. Thomas Cooke, 111 pts.
14. John Iltis, 108 pts.
15. Bart Adams, 96 pts.

16. Dirk Cowley, 87 pts.
17. Alex Rock, 78 pts.
18. Steven P. Lewis, 72 pts.
19. Sebastian Blanco, 64 pts.
20. Brandon Firth, 60 pts.
21. Jim Deschenes, 51 pts.
22. Lou Gillbert, 47 pts.
23. Kelly Ryan, 36 pts.
24. Christian Johnson, 35 pts.
25. Matt Ohran, 33 pts.
26. Wyatt Petersen, 32 pts.
27. Bryan Radzinski, 23 pts.
27. Eric Jones, 23 pts.
29. Jarom Zenger, 19 pts.
30. Jeremy Smith, 10 pts.
30. Ian A. Smith, 10 pts.
32. Heinrich Deters, 8 pts.
33. Joel Zenger, 0 pts.

Men's Category A

1. Linde T. Smith, 272 pts.
2. Lou Gillbert, 218 pts.
3. Kevin Radzinski, 201 pts.
4. Logan Garey, 177 pts.
5. Brent Peacock, 174 pts.
6. Chris Magerl, 156 pts.
7. Andrew Lock, 151 pts.
7. Scott Ford, 151 pts.
9. Dan Christopherson, 110 pts.
10. Gary Fuller, 108 pts.
11. Jesse Lassley, 107 pts.
12. Bob Hunt, 101 pts.
13. Dan Chudleigh, 98 pts.
14. Chann Head, 81 pts.
15. Brent Cannon, 73 pts.
16. Jared W. Nelson, 66 pts.
17. Ron Poeleman, 65 pts.
18. David Tsai, 64 pts.
19. Chuck Collins, 49 pts.
20. Robert Sorenson, 46 pts.
20. Pete Barquin, 46 pts.
20. Barry Croker, 46 pts.
23. Jamin Madsen, 43 pts.
24. Joe Purahger, 40 pts.
24. Gordon Garrett, 40 pts.
26. Isaac Wilson, 30 pts.
26. Brent Cannon, 30 pts.
28. Evan Hepner, 29 pts.
29. Shawn Lycho, 26 pts.
30. Loran White, 11 pts.
31. Greg Reiche, 9 pts.
32. Tom Wehe, 7 pts.

Women's A

1. Christine Iltis, 335 pts.
2. Mindy Gillespie, 210 pts.
3. Teresa Eggertsen, 77 pts.
4. Amelia Henry, 75 pts.
5. Kate O'conner, 25 pts.
6. Melissa Thomas, 0 pts.

Men's Category B

1. Cristiano Pereira, 301 pts.
2. Tracy Nielsen, 294 pts.
3. Jim Pitkin, 232 pts.
4. Chris Sehy, 209 pts.
5. Jeff Street, 157 pts.
6. Richard Eriksen, 113 pts.
7. Line Dempsey (LineDrive), 83 pts.
8. John McConnell, 80 pts.
9. Denny Kazar, 73 pts.
10. Everett Hobby, 52 pts.
11. Joe Jankelson, 42 pts.
12. Chip Tomsuden, 39 pts.
13. John Berneike, 30 pts.
14. Reginald Foster, 28 pts.
15. Korlin Gillette, 27 pts.
16. Tyler Turkington, 26 pts.
17. Benjamin T Stratton, 25 pts.
17. Nic Wilcox, 25 pts.
19. Robert Kimzey, 21 pts.
20. S. McWharter, 19 pts.
20. Julien Gasieuski, 19 pts.
22. Gary Wheeler, 17 pts.
23. James Dumas, 15 pts.
24. Doug Kast, 11 pts.
25. Brent Hulme, 10 pts.

Men's Category C

1. Brent Hulme, 164 pts.
 2. Walt Chudleigh, 105 pts.
 3. Tyler McConnell, 90 pts.
 4. Lloyd Marble, 79 pts.
 5. Andy Yentsch, 54 pts.
 5. David Blanco, 54 pts.
 7. Brady Hansen, 50 pts.
 8. Jared Shelton, 30 pts.
 8. Brett Stevens, 30 pts.
 10. Jared Huff, 27 pts.
 11. Ray Dahl, 25 pts.
 11. Greg Adams, 25 pts.
- Women's B**
1. Hollie Boe, 360 pts.
 2. Shoni Hansen, 141 pts.
 3. Tanya, 27 pts.

**-Antelope Island Road Race-
Saturday, April 7, 2001**
Antelope Island State Park, Utah
Presented by: The Bike Shoppe and Harristone
A Utah Cycling Association Point Series Event. Held Under USCF Permit
Minimum of \$1000 cash plus merchandise prizes.

CATEGORY	DISTANCE	START	PRIZE	PLACES	ENTRY FEE
Master 45 +	40 Miles	9:00 AM	Trophies*	5	\$20
Master 55+	40 Miles	9:00	Trophies*	5	\$20
Women Cat 1-3	40 Miles	9:02	\$500	5	\$20
Women Pub/Cat 4**	40 Miles	9:04	Trophies*	5	\$20
Men Pub/Cat 5**	40 Miles	9:06	Trophies*	5	\$20
Men Cat 1-3	60 Miles	11:00	\$500	5	\$20
Men Cat 4	40 Miles	11:02	Trophies*	5	\$20
Master 35+	40 Miles	11:04	Trophies*	5	\$20

* Trophies and quality merchandise from The Bike Shoppe ** Public women are category 4. Public men are category 5. These are citizen classes for beginners only. ** Entry fee includes one day license. *** Entry fee cash only for Non-Utah Cycling Association members.
Excellent 4 mile rolling course located on scenic Antelope Island. \$7 per car State Park use fee required. (Pile in and carpool!) **Sign up 7:30 to 10:30 at Antelope Island State Park.** I-15 Exit 335 in Layton. Then West. Allow 1 hour drive time from Salt Lake City. Bring the family. Antelope Island is interesting and fun! Showers, beaches and picnic facilities available.

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March 31 Bike Fest 2001, St. George, UT
May 5 Aardvark Showdown at Five Mile Pass, Lehi, UT
June 9 Pedalfest XC, Deer Valley, UT
June 16 Utah Summer Games XC Race, Cedar City, UT
June 23 The 14th Annual Mountain Bout, Snowbird, UT
July 7 Brian Header, Brian Head, UT
July 14 Chris Allaire Memorial, Solitude, UT
July 21 Canyon Bicycle's Draper Dash, Draper, UT
July 28 Pedal Powder, Ogden, Utah
August 11 Taming the Tetons, Jackson Hole Mtn. Resort, WY
August 18 Wolverine Ridge XC Race, Evanston, WY

All races are Cross Country Events, No License Required!

'Cross Adventures

continued from page 16

"heavy wash for soiled clothing" cycles to get the crud off the clothes. They still bear the stains.....

Volume 2 - Trailside Park Crashfest, October 22, 2000

Uuuuuggggghhhhhh. Today was one to forget. Unfortunately, the body won't let me forget for a few days methinks. Today's race was in Park City's Trailside park. Temperature about 38 degrees (but windy! Brrrrrrr!). Precipitation - SNOW. Alas, even with proper warm-up and clothing, just standing around for 10 minutes for the race start froze us all to death.

Once again, the beginning of the race was a good battle! I followed "Marvelous Mindy" Gillespie in the beginning until we got to the barriers at which point I was able to move ahead. Luckily I was ahead on the climb because I could not go fast! Madame Marvelous eventually caught and passed me ("Slow down, girl! You're hurting me!") and I hung on for dear life. I busted a gut and passed her again on the barriers mid-

climb. Then, just before the downhill, she dove ahead of me and a guy we were about to pass. He slowed me down and she had a good gap! (listen to me curse inwardly as I admire her successful tactic). I punched the downhill and was back on her wheel through the start-finish area. WHEW!!! Thought to myself, "So cool to be battling it out with the Ms. Mindy!" As we turned the roundabout to the stairs, Mindy went wide, but crashed hard on the pavement (ouch!). It was really slick and MANY people went down there that day. I pushed on, hoping to get the gap again before she caught me on the climb. OF COURSE, she caught me on the climb and I just tried to go as hard as I could to keep her in sight. It was SOOOO hard to do! My legs were totally bonked! I kept her in sight the rest of that lap, but the next time we went up the climb she went to a galaxy far, far away.....

You know the saying, "out of sight, out of mind." Other thoughts entered into the gaping hole of my mind. My head hurts and trying to ride this uphill simply SUCKS. I mentally let down and didn't try to keep up or catch up. Lo and behold, I had forgotten about Theresa until she came

clambering by me on the climb ("Coming by on your right!") on the 4th lap. UGH!!! I just decided to ride it out and finish. I wish that was the end. However, I was unable to escape the crash-fest that was taking everyone else out as well. Rode over the bridge in front of Dangerboy thinking "Must-not-brake-over-bridge." Don't remember doing so but when I went over the bridge my front wheel slid out. Hit my head, shoulder and hip hard on the ground (Oh, how I love thee helmet and glasses). Wah! Can we go back in time and stay in bed this morning? Oh well, I guess it's nothing that some Advil and a good night's sleep won't cure. Too bad I couldn't sleep last night.

Hey, did anyone else see the throw-up on the climb? Congratulations to that guy! I guess that sums up what cross is all about in one mouthful.

Congratulations to Marvelous Mindy on another smashing victory! Additional kudos to Holly Boe, who is learning to dance in the snow and the mud and is an inspiration to all.

Editor's Note: Christine was the overall series points champion. See the results section for the rest of the series' totals.

Utah's Johnson Named as USA Cycling's Chief Operating Officer

Colorado Springs, Colo. (Nov. 30, 2000) - As a part of general restructuring for 2001, USA Cycling (USAC), the national governing body for the sport of cycling, announced the appointment of Dr. Stephen C. Johnson to the position of chief operating officer Thursday.

Johnson began working with USAC in 1998 in a consulting role as the director of Project Triad, a program that consolidated athlete development and other sport services. He joined the organization full time in July 2000 as the director of the USA Cycling Development Foundation, an organization established to raise money for athlete development programs.

"USA Cycling has spent the past nine months reevaluating our core mission and organizational goals. As a result of that process, we have emerged with a renewed commitment to international excellence, our bicycle racing community and the growth of competitive cycling in this great country," Johnson said. "Although we have a tremendous amount of work ahead of us, I am excited to be part of a team that will be dedicated to the realization of these goals."

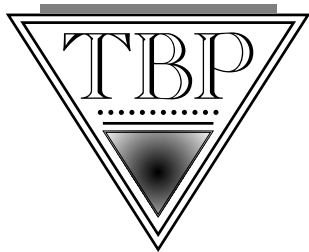
Chuck Collins, USAC Vice-President, applauded the move, "Steve's appointment is one of the best things to happen for the bicycle racing community in the last 20 years. He's smart and he's gonna figure this out. Steve will build a system that will meet the redefined goals of USA Cycling."

Johnson's previous national governing body experience includes director of sports science for the U.S. Ski and Snowboard Association (1991-97). He is also a past member of the FIS (international skiing federation) Medical Committee (1996-98).

A noted author and researcher, Johnson was an associate professor of exercise and sports science, as well as adjunct associate professor for the departments of bioengineering and division of foods and nutrition, at the University of Utah. He also served as director for the Human Performance Research Laboratory at the university. Johnson currently sits on the Board of Directors for the Institute of Sport Science and Medicine, located in Salt Lake City.

A cyclist at heart, Johnson was honored by the U.S. Cycling Federation, a member association of USA Cycling, as 1989's Masters Athlete of the Year. His cycling accomplishments include two masters road cycling World Cup championships, eight national road championships and 16 Utah district road titles.

Johnson, who is married and has four children, earned both his bachelor's degree in biology (1978) and his Ph.D. in exercise physiology (1985) from the University of Utah.



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The author on a balmy day at South Mountain

photo by John Iltis



John Iltis at Soldier Hollow

Photo by Kim Morris, October 21, 2000

"And Now for a Report from the Feminine Side of 'Cross...'"

By
Christine "Muckwheat" Iltis

Volume 1 - Soldier Hollow Mudfest, October 21, 2000

OK, so we don't have names like Bart "king of cross" Gillespie and "Dangerboy," we are simply "the chicks." Unfortunately, you can count us on one hand (and sometimes only 1 finger - just be careful which one you use!). All the same, the racing's been pretty good so far. "Marvelous Mindy" Gillespie is the defending series champion so she, of course, is the one to set your mark on. Alas, one could not ask for a more humble and friendly nemesis.

We raced with the "B" group and, for the start of our race, were treated to the pouring rain which finished off the "A" group. If only the rain had continued! It was not to be. Chris Humbert "shortened" our race to 4 laps, thinking we'd be done in 30 minutes. Because most of us were walking the last two laps, it took a full hour.

For the first lap, the battle was on and it was good! I followed right behind Mindy until the pavement after the uphill triple barrier where she got a small gap. "Oh, no! Must-not-get-dropped-so-soon!" I pushed it hard over the top and dove by her on the downhill. Yeah! Still in the race.

"Oh, *\$#!" biffed it at the bottom of the hill (must remember to take that turn slower next time...) As covered with mud, head to toe. As Marvelous Mindy passed me by I picked up my bike and silently cursed to myself the fact that it was now packed full of mud. Actually, my bike would get MUCH worse before the day was over, so I needn't have worried. I recovered and passed Mindy again on the next downhill. Thought better of taking this one so fast and didn't crash (insert "Small Victory" cheer here). The next time I looked behind me it was Sue, not Mindy in hot pursuit.

Apparently, Mindy found out just how little clearance that brand new Cannondale truly had. Not much!

The next three laps were not a race against the competition, they were a race of WILL to go on! By lap 2 the mud was REALLY sticking hard. It was a relief to hit the pavement so one could bang the mud off the shoes and allow the road to get rid of some of it on the wheels. "Oh how I wish I was Dangerboy with a clean spare bike each lap!"

Riding became Oh-So-difficult. Carrying the bike became Oh-So-Much-MORE-difficult as it felt like a hundred pound slimy gorilla. Each lap became more running than riding. The 4th lap was the worst, however, as the bike simply refused to go

forward at times. When I hit the steep portion of the PAVED section I had to get off and run it! There was too much resistance from the muck on the bike to be able to pedal (plus, it had been two laps since I was able to actually clip into my pedals). The 4th lap seemed to take FOREVER as almost nothing was rideable anymore (Read: BIKE unrideable due to *\$#!-ing MUCK). The sun came out (figuratively) for a brief moment as, for the first time EVER, I lapped a guy instead of a (million) guy(s) lapping me (insert another "Small Victory" cheer here).

Anyone want perspective on this one? It took a rinse off with a garden hose, one "soak" cycle, one "prewash" cycle and TWO

Continued on Page 15

HUNTSMAN WORLD SENIOR GAMES "Senior Challenge" in Color Country St. George, Utah - USA October 9-12, 2001

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