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*SPEAKING OF SPOKES*

# Early Season Perspectives

By Dave Ward  
Publisher

As I write this, I am looking out at six inches of new snow, and it is still falling. My mind moves backwards, eleven years, to March 1993, when Bob Truelsen and I launched this publication. I clearly recall setting out in my car in an equally heavy snowstorm to distribute our inaugural issue. It seemed out of place to be delivering a local cycling publication in such a storm with a foot of snow on the streets.

We had our share of naysayers at that time, who suggested such a publication would never last long. Indeed, as I look back, I realize that conventional wisdom would say they were correct. But we were willing to give it a go, and not be deterred by all the reasons why we would not be successful.

We have worked hard. Also,



we have had some unusual circumstances that turned in our favor, and have had some plain old good luck come our way. There are several such instances that, but for their occurrence, *cycling utah* would have ceased its existence. But I firmly believe these things happen to those who move forward with determination.

My wife was reading an article about Tyler Hamilton. He stated how fortunate he had been, and how many times things just seemed to go his way to bring him to where he is now.

Continued on page 7

**Cover Photo: Don't Try this at home! Utah's Josh Bender at the Red Bull Rampage, October 2003**  
Photo by Brian Schiele, see more photos at [www.mtbbrian.com](http://www.mtbbrian.com)

## **cycling utah**

P.O. Box 57980  
Murray, UT 84157-0980  
[www.cyclingutah.com](http://www.cyclingutah.com)

You can reach us by phone: (801) 268-2652  
Our Fax number: (801) 263-1010

Dave Iltis, Editor & Advertising  
[dave@cyclingutah.com](mailto:dave@cyclingutah.com)



David R. Ward, Publisher  
[dward@cyclingutah.com](mailto:dward@cyclingutah.com)

Robert L. Truelsen, Executive Editor  
[btrue@cyclingutah.com](mailto:btrue@cyclingutah.com)

**Contributors:** Greg Overton, Neal Skorpen, Gregg Bromka, Ben Simonson, Michael Gonzales, Cindi Hansen, Bill Harris, Ron Lindley, Brian Schiele, Jason Bultman, Ron Georg, Keith Carlsen, Tom Jow, Terry McGinnis

**Distribution:** Michael Gonzales, Rachel Gonzales, David Montgomery, Doug Kartcher

**Administrative Assistant:** Lindsay Ross

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## TRAIL OF THE MONTH

## Jughandle Loop is a Dream Ride in Canyonlands

By Gregg Bromka

If you can't arrange a trip on the White Rim Trail, then the Jughandle Loop is the next best thing. Like the White Rim, Jughandle is a continual scenic highlight. The loop commences along the Colorado River, rises up to the Island in the Sky District of Canyonlands National Park, and then returns you to the river. Along the way, the route crosses nearly 100 million years of geology that represent an ancient time when shallow seas, river deltas, and drifting dunes buried southeastern Utah under a massive wedge of mud and sand. The sediments' flat-laying nature has been preserved largely intact, but headward erosion and down-cutting rivers have peeled back the earth's skin to reveal Canyonlands, famed layer cake strata.

Hallmarking the loop is the Shafer Trail's infamous switchbacks on a precariously emplaced jeep road scratched into the face of a sheer cliff. Whether you charge up at race pace or creep like a snail, the accomplishment entitles you to interminable chest-beating. Either way, the near 1,000-foot gain rewards you with redrock scenery that will take your breath away, what little you have left that is. And according to the laws of physics, "what goes up must come down." Long Canyon is one long downhill thrill. You'll need to watch your front wheel as you round switchbacks and drop through "Pucker Pass," but if you lift your eyes they'll fall upon the parading fins of Behind the Rocks backed by the ever-present La Sal Mountains.

**Notes on the trail:** First some fine print. Bicyclists *must* pay the park fee when exiting Canyonlands National Park on the Island in the Sky road (\$5.00 in 2000).

Beginning at Jughandle Arch, follow UT 279 south along the Colorado River, and pass the potash plant. About 3 miles out, pavement turns to dirt (now called the Potash Trail), passes the boat launch, and begins climbing away from the river. The road rolls down then up then down and up again past the brick-red rocks of the Cutler Formation and Fred Flintstone's "golf ball." Go around the cerulean potash evaporation ponds in Shafer Basin, and then curve past Pyramid Butte on the left and a monolithic tower on the right.

Colossal amphitheaters have been stamped from the Island in the Sky, a rim like glacially sculpted bowls. But tongues of ice had no hand in shaping these lands. Rather, the wavering cliffs



A trio of riders are drawn into Long Canyon.

Photo by Gregg Bromka

and terraced strata are the result of headward erosion. This relentless pushing back of the earth's skin give Canyonlands its striking wedding cake characteristics.

A long steady climb over teeth-chattering limestone precedes a pinch in the road where cliffs brush your shoulder on the right and undercut your pedal on the left. Here, you can make out the overlook at Dead Horse Point State Park above and Goose Neck mesa below, which has been the subject of countless postcards. You'll find an out-house at the intersection with the White Rim Trail should you need to "lighten your load" before tackling the climb ahead.

The Shafer Trail makes a beeline toward the base of a 1,000-foot-tall wall of rock, and you might wonder if you took a wrong turn onto a dead-end street. But as you near the cliffs (and exhaust your gears), the task becomes all too apparent. The suffering is surprisingly short lived, so just grin and bear it, but the visually and physical rewards are interminable.

Connect with pavement, and race north across the Island in the Sky mesa for 6 miles (paying the fee at the park's gate), and fork right on UT 313 toward Dead Horse Point State Park. After 1.7 miles, veer left on a graded dirt road where UT 313 bends right for the park. The parading fins of Behind the Rocks and the salt sprinkled La Sal Mountains are dead in your sights. Pull back on the reins as the earth opens up to Long Canyon, ricochet around the rough curves, and squeeze tightly down Pucker Pass (on the brakes that is). Pass under a bus-

size rock slab that fell from the canyon's rim in 1997, and ride your two-wheeled jackhammer down around more switchbacks before enjoying the mellow cruise back to the trailhead.

**General location:** 18 miles west of Moab (by vehicle).

**Distance:** 36.5-mile loop.

**Tread:** 10.5 miles of pavement, 26 miles of variably sandy, rocky, and washboarded double-track.

**Aerobic level:** Strenuous. This would be a solid ride even if it was all paved, but it's not. You'll be huffing and puffing all the way to the base of the Shafer Trail switchbacks where you'll have to dig deep to make the grade. The paved Island in the Sky road is a breeze unless the breeze is blowing in your face. Your legs constantly act as shock absorbers while descending Long Canyon and rarely get to rest.

**Technical difficulty:** Moderate. All jeep roads can exist in varying states of erosion or repair.

**Elevation gain:** 3,200 feet. One third comes by way of the Shafer Trail switchbacks.

**Finding the trail:** From the center of Moab, travel 4.1 miles north on U.S. 191, and then turn left on UT 279/Potash Road. Drive south alongside the Colorado River 13.7 and park at the bottom of Long Canyon, just past Jughandle Arch.

Excerpted from *Mountain Biking Utah* by Gregg Bromka. Available at your favorite bike shop.



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## MOAB MOUNTAIN BIKER

## Moab's Singletrak Initiative and the Scarlet "U"

By Ron Georg

The Moab Singletrack Initiative was introduced over a year ago, it earned coverage in the national mountain biking press, and by now you're ready to plan your trip to Moab to ride fresh singletrack. So you'll probably enjoy Wag's Way, CCDH, Top Shelf, UPS/LPS, Dave's, Chile, Hazard County and more.

Of course, you might also get a ticket. None of these trails are legal, and there's not much possibility they will be (except Hazard County, but I'll get to that). That's because they all bear the scarlet "U", the taint applied to any trail created by users instead of...well, that raises a big question.

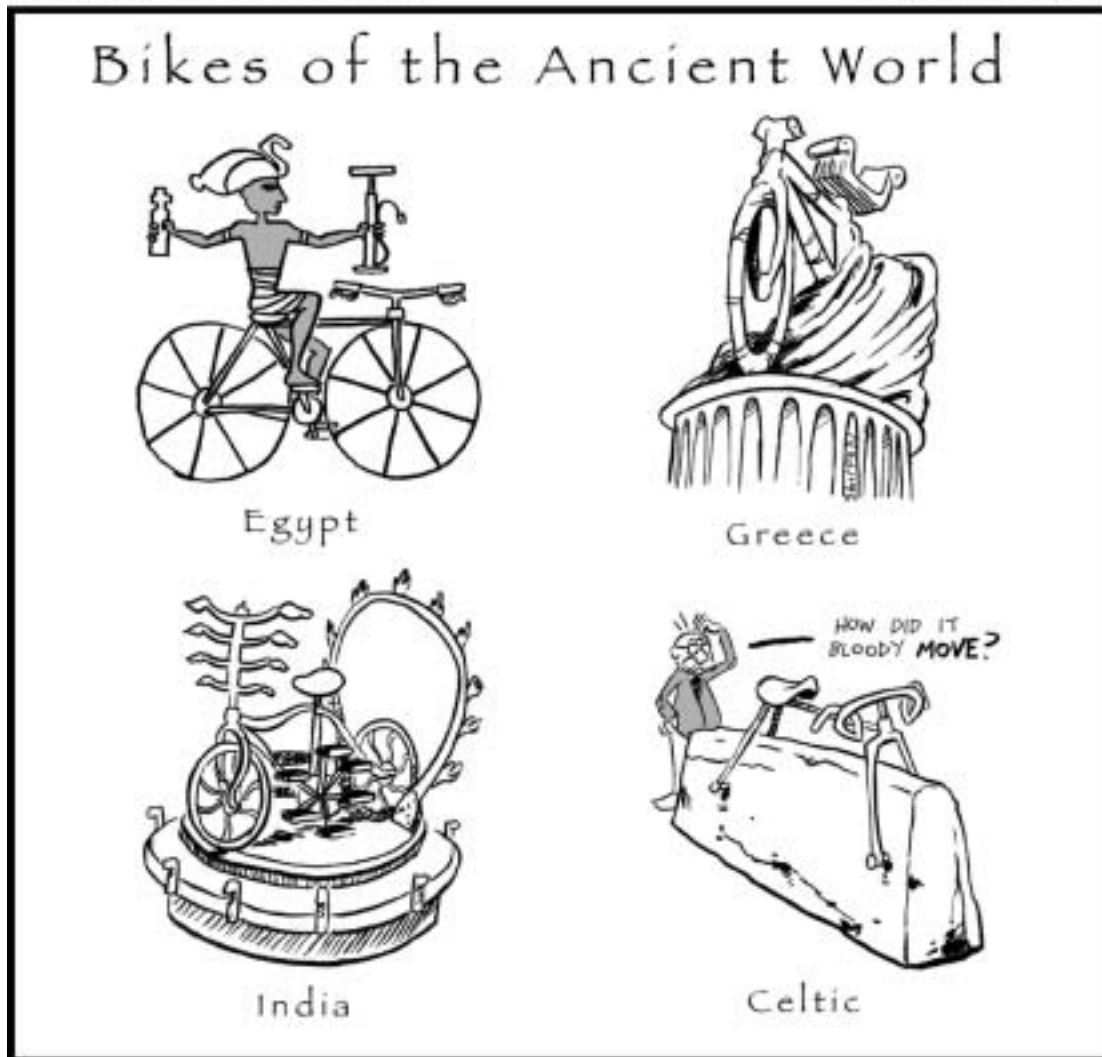
The land agencies around Moab, probably like most, aren't creating trails. The trails which exist on the lands they manage are all user created, whether those users were sheep or uranium miners. Sure, the Forest Service may have installed a road or two to help out the logging industry, but the singletrack in the La Sal Mountains outside Moab is mostly old—and current—livestock routes.

It's only been recently that the Forest Service has inventoried their trail system. Officials acted surprised when they found Moonlight Meadows, a trail that has been in guidebooks for over a decade. Instead of accepting the omission as the bureaucratic oversight it was, they closed the trail.

Now they'll point to Moonlight as a shining example of the fruit of cooperation. According to Forest Service history, Moonlight Meadows was a renegade trail that was saved through the cooperative efforts of local advocates and land managers. And local advocates and volunteers did cooperate, just like Patty Hearst helped rob that bank. What else is a captive to do?

Actually, the Forest Service made this their own project. Before it could be approved, Moonlight had to be run through

## CYCLOTOON



the regulatory wringer until it was smooth and tame, until it could be plunked down in any National Forest anywhere as just part of the system. There was no need for cyclists' input, because the Forest Service knows how to build a trail.

Never mind that this trail was used pretty much exclusively by cyclists and cattle. It wasn't relevant that no one had ever ridden up Moonlight—the Forest Service doesn't build one-way trails. The local Forest Service Trail Specialist marked the reroute of Moonlight on his own. Where locals would have created a meandering, flowing route using indigenous materials, this cooperative effort netted straight lines and pressure-treated bridges.

Which leads us to Hazard County. The Forest Service has assured us, in the documentation approving Moonlight, that after Hazard there will be no more sanctioning user-created trails. That may be a good thing. Hazard County was a spectacular, user-created descent from Warner Lake to the La Sal Loop Road, connecting the Burro Pass Trail with the Kokopelli Trail.

The trail included numerous stunts, from log bridges to cliff drops. The Forest Service cleared all those out with chain saws and shovels, leaving the route on the ground. Now it's been marked for a reroute, again without cyclists' input. When they're done, you should be able to ride it blindfolded, provided you've been on any other Forest

Service route, which are all built to exacting specifications. It will certainly need a new name.

Of course, Moab's most famous rides are on Bureau of Land Management property. They are famous for good reason, offering technical challenges in spectacular terrain. Route like Amasa Back, Pritchett Canyon, Flat Pass, and

Porcupine Rim will always be classic mountain bike rides. They're also jeep roads. Riders who've seen the singletrack possibilities offered on desert terrain such as Gooseberry Mesa, Thunder Mountain, or anything in Fruita are asking why Moab doesn't have similar routes.

The BLM has responded to Moab's Singletrack Initiative by suggesting advocates go out and find old, unused jeep routes to designate non-motorized and convert to singletrack. That would be an okay idea, if there were any. Motorized use has been allowed to proliferate to the point where every interesting route is driven, and motorized users—not to mention Grand County—will fight any effort to remove routes from their inventory.

Besides, even the good jeep routes could be much, much better for mountain biking. Jeep roads were created for utilitarian purposes like mining or ranching. They were designed to get there, not necessarily to enjoy the ride. The fact that these landscape scars make great bike rides only proves the point that well-designed routes through Moab's desert would be mind-blowing.

Some already exist. However, so long as local agencies continue to treat all user-created trails as poison, they'll never be legal. For a couple of years now local riders have attempted to present themselves as a responsible user group, not to mention an important economic constituency. Ironically, that's led to more

Continued on page 5

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obstacles than openings. Advocates have been simply handing the agencies insider information, which has often worked against mountain biking.

Perhaps most maddening, this isn't national policy. Forest Service Districts are fiefdoms of local head rangers, who set policy. Some BLM agencies have adopted adaptive management strategies, which is bureaucratize for dealing rationally with reality. But in Moab neither agency seems willing to adapt to the idea that non-motorized, low-impact recreation like mountain biking needs their support instead of their control.

In a recent email, a high-level local advocate commiserated over the lack of new trail development, specifically on Forest Service property. She pointed out that a new head ranger will be appointed soon, so the tide may change. "If not," she added, "Then we'll just have to lead the double life of trying to use the system and being outlaws. I'm getting sick of it."

Pro mountain biker Marla Streb, in her autobiography "Downhill", goes further: "Yes, I am admitting that I have ridden illegal trails. I understand how excited people can get over this 'criminal' act, but many of these same people 'roll their own', cheat on their taxes, rip those little do-not-remove tags off their pillows. In the great scheme of things I do not think riding a bike through the woods, responsibly of course, is any worse for the environment than driving your car to the gym for an aerobics class."

Since trying to work within the system, it seems like more and more Moab riders are reaching the same conclusion.

Editor's Note: The views on illegal trailbuilding are those of the columnist and do not necessarily reflect those of *cycling utah*.

**Provo Honors 2003 Bike Commuters of the Year**

On February 17, 2004, Mayor Lewis Billings of Provo honored Matt Christensen and Buddy Richards as the 2003 Bicycle Commuters of the Year. This was the first year (of many to come, we hope) that these awards were given out. Both Matt and Buddy are professors at BYU and almost exclusively use their bicycles to make the 2-3 mile commute to and from their jobs. Mayor Billings handed out the awards, citing health benefits, improved air quality, and lessened infrastructure impacts as reasons why it is in Provo's interests to promote bicycling as a transportation alternative.

Matt teaches Chinese and started bike commuting as an undergraduate student at BYU. As a graduate student at Ohio State and during summer jobs in his hometown in the Bay Area, he has always biked to work. Matt bikes every day for the health, for the fun, and for the sheer joy of the ride (I'm sure we can all relate). Buddy has been bicycle commuting for more than 20 years and has even been observed riding up to golf courses with his golf clubs in his bike trailer.

**Salt Lake Bicycle Collective Gears Up for 2004**

The Salt Lake City Bicycle Collective is gearing up for an eventful 2004 after the momentum built from our recent end-of-the-year celebration. Thanks to all who attended and contributed to our event at Stoneground Restaurant. We are currently building bikes in our fourth Bike Bonanza course at YouthCity. Field trips have included a visit to the powdercoating factory at Steel Coatings Inc., rummaging through the Collective's used bike pile for parts, and checking up on the professionals at Contender Bicycles. However, most of our time is spent at our shop in the Central City building (SE corner 300 E 600 S) Monday and Wednesday from 4-5:30pm. If anyone out there appreciates kids and has a hankering for wrenching used bikes, please call Jonathan at 688-0183.

The Collective is busy working to refurbish a space in the Glendale Plaza (approximately 1200 S 1250 W). To date we have cleaned the flooded basement and prepared the basement for bike storage. The next project is to move the bikes and parts downstairs so we can fix the ceiling and paint, paint, paint! With enough construction work and adequate fundraising, we hope to open our public bicycle shop sometime this summer. We plan to offer mechanics courses and build bikes to offer the low-income residents of our community. If any of the above sounds interesting and you would like to contribute, we could sure use the help. You can call 328-BIKE or email through our website [www.slcbikecollective.org](http://www.slcbikecollective.org).

**Weber Pathways Looking For Executive Director**

Weber Pathways, the Ogden area's bicycle and trail advocacy group, is looking for an executive director. They are a non-profit organization dedicated to promoting, planning, and preserving non-motorized public pathways and surrounding open spaces in Weber County, Utah. You can reach them at [weberpathways.org](http://weberpathways.org) or via email at [wp@weberpathways.org](mailto:wp@weberpathways.org).

**Witty Leaves Cycling to Focus on Speedskating**

(COLORADO SPRINGS, Colo.) December 18, 2003—Chris Witty (Park City, Utah) has announced that she will take a break from the sport of cycling effective immediately as part of a decision to focus her efforts entirely on her speedskating career.

Witty, who placed fifth in the 500 meter time trial at the 2000 Olympic Games in Sydney, was considered by many to be a serious medal contender in the sprint events at the upcoming 2004 Olympic Games. As a member of Team T-Mobile, Witty made an immediate impact on the track after her return to cycling last season resulted in two medals at the Pan American Games and two U.S. National Championships.

After her brief return to cycling, Witty has decided to return to the ice full time with the goal of defending her Olympic gold medal in the 1000 meter speedskating event she claimed at the 2002 Olympic Games in Salt Lake City. This type of commitment, according to Witty, requires both a true passion and 100% of her attention as she looks forward to the 2006 Olympic Games.

The lack of that passion and commitment as it relates to cycling ultimately helped her make this decision. "My heart is simply not in the sport of cycling at the moment and to make the kind of commitment and sacrifice it takes to be a successful athlete in an Olympic year, you have to love what you're doing. I appreciate the support and opportunity to ride for the U.S. National Team and Team T-Mobile, but I've decided to turn my attention to my true passion."

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## Route 211

# Catching Up After Hibernation

By Greg Overton

Welcome back to Route 211 and another season of Cycling (in) Utah! It's been a long, cold and snowy winter and here's hoping that will equalize into a terrific early spring and great riding among emerald green fields and mountains. Route 211 has been covered in snow and each of its twenty one switchbacks are icy and frozen as well, but it will be challenged by hundreds of riders in the coming months, as they try to reach the prize at the top, L'Alpe d'Huez.

It's been an off season of note in the cycling world, with events ranging from tragic and early death to victorious celebration of life. From small companies being gobbled by conglomerates to others failing to meet the struggle to stay afloat.

The most shocking news to come to us this winter was the recent death of Italian great Marco Pantani, who's lifeless body was discovered in a hotel room in Rimini, near his childhood home of Cesinatico.



Speculation over the cause of death has stretched the gamut from suicide to cocaine overdose. The great climber had lived in turmoil for several years after being virtually shunned from the pro peloton over alleged doping, although he never tested positive for any banned substance. There were initial reports of anti depressants in Pantani's room, but no lethal dosages were found, and there was no sign of struggle or trauma. Later investigations by Rimini police sparked rumors of cocaine use by the rider who had been recently quoted as feeling betrayed by cycling and the Italian cycling federation.

Pantani had also talked of making a comeback to racing this year.

Pantani was certainly the greatest climber of his generation, and perhaps of all time had his racing not been fragmented by serious injuries due to crashes early on in his professional career, and the doping scandal later. He returned after a devastating crash which had him off his feet for several months with a broken femur, among other injuries, to win both the Giro d'Italia and Tour de France in 1998. During that Tour, Pantani set the record for the fastest climb of Route 211, Le Alpe d'Huez, averaging just over 17 mph from the beginning of the climb to the finish at the summit. His climb that day, the fourth major climb of the stage, was described as "looking as though he was running up the hill with a bicycle underneath." Apparently he never stopped running. Ciao, Il Pirate.

More medical news related to another Italian rider's comeback this season had mountain bike, and sometime road, racer Paola Pezzo being rushed to the hospital by her coach for emergency appendix removal. This year was to be the two-time Olympic gold medalist's return to the forefront of the World Cup scene after a partial hiatus. She will be off the bike for several weeks leading to the early season races, but is expected to return to form quickly.

On a happier medical note, for those of you who have read the previous accounts in Route 211 of my longtime friend and cycling mentor Glenn Volmer, who was diagnosed just about a year ago with cancer, and given three month's life expectancy; his latest checkup over the winter showed no sign of the cancer that nearly took his life last summer. It's a tremendous victory for human spirit and determination. Glenn is currently beginning his training for the Mount Evans Hillclimb in Colorado in July, and is already planning to ride several centuries this spring. No longer off the back, he will again be setting the pace for riders several decades younger on Mount Evans. Allez!

In the category of 'News that we never thought we would hear', came the announcement that venerable magazine editor and mountain biking style and opinion guru Zapata Espinoza is now an employee of Trek Bicycles and moved from his beloved Southern California to

Waterloo, Wisconsin, to help Trek market its bicycles. First I'll get this out of the way, "Like they need help!" It seems incongruous for the mountain bike nation's hippest cat to cozy up to the industry's largest corporate giant. And move to wintry Wisconsin to do it! Strange times, indeed. In the opinion of the Route 211 crew (yours truly), it's yet another terrific move in a long line of terrific moves by the big T - reference hiring Mr. Armstrong and his band of bike racers a few years back. Then there are the earlier hirings of Gary Fisher, Keith Bontrager and Greg LeMond. Trek once again proves that it is the best organization in the bicycle industry, and knows how to stay there. Best wishes to both!

In other bike industry news, aluminum and carbon fiber giant Easton recently purchased Velomax, makers of some of the best wheels available. Let's see, the wheels are already aluminum, so is there a carbon fiber wheel in the future for Velomax? Maybe magnesium?

"It's a huge problem for the industry, and I don't know how we are going to regain control", is how one bicycle manufacturing leader explained his opinion to me recently regarding how the bicycle industry is still trying to grasp the issue of Internet sales of its products. The proliferation

of discounted product available online has caused many shops to begin selling online as well, either overtly or covertly, in order to stay in the game and survive. This has caused major anxiety for manufacturers and distributors who are trying to protect dealer territories and contracts. It is a real problem for local retail bike shops, that began a few years ago, but has really expanded in the past two years, and now the historical distribution and pricing channels have all but disappeared. The leaders in the industry are grappling with the issue and their strategies to regain control. Watch for changes in the dealer networks and availability of some of the major brands as they struggle to protect their product values and dealer structure. In the same conversation, we were told that Shimano has encountered problems with its new ten speed Dura Ace, and has had to re-think some of its design issues. Maybe that's why Lance Armstrong chose to reach back and grab a set of 1980 Dura Ace AX brakes for his time trial rig in the recent Volta ao Algarve in Portugal. Welcome to the Retro Grouch club, Lance!

Have a great March. Here's hoping the snow melts - apologies to my skiing pals - and the roads clear soon!

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Continued on page 7

Such things often do seem like luck and sheer good fortune. And they often are. But Hamilton was putting all his effort into pursuing a cycling career, and as such was prepared to take advantage of good fortune when it came his way.

That, I believe is the lesson from Hamilton, and to a smaller degree from the continued publication of *cycling utah*: Good fortune smiles upon those who work hard and hang tough. This idea is not new, but it does bear repetition and retention.

Now, as we begin our twelfth year of publication, I look back with a sense of satisfaction and forward with anticipation. Our original goal was to provide useful and current cycling news and information. I hope, and do believe, we have and will continue to achieve that goal. As a result, I honestly feel we have been and will continue to be a positive influence in the cycling community, and that cycling in our region is better and stronger because *cycling utah* is around.

\*\*\*\*\*

Like many people, I was shocked at the passing of Marco Pantani. I cannot say I was a great fan of his. Indeed, in 1998, I was a big fan of Jan Ullrich, and so was not happy when Pantani rode away from him in that year's Tour de France. But I admired Pantani's ability, and rather liked his flair.

1999, however, gave us an inkling that maybe all was not right with Pantani. Booted from the Giro d'Italia because of a suspiciously high hematocrit level, I like many others believed Pantani was using performance-enhancing drugs, most likely EPO. Indeed, I believed, and still believe, that is the reason he defeated Ullrich in the

1998 Tour.

The events of the next couple of years presented an erratic Pantani, both on and off the bike. As he sought to return to his cycling glory, it appeared he again succumbed to the temptation of drugs. Additionally, his difficulties were coupled with, and perhaps brought on, bouts of depression, making life even that much more difficult for him. Ultimately, these led to his passing under tragic circumstances.

This has caused me to reflect on Pantani's life and ambitions. It is apparent to me that Pantani lived for glory on the bicycle. His obsession threw every thing else out of proportion. Sporting success at any level, but particularly at the highest levels, is exhilarating. Many athletes succumb to its all-consuming allure. But somewhere in their minds and hearts, most are able to keep some perspective, realizing that such achievement is fleeting, that there may be too high a price to be paid, and that there is much life to be lived outside of one's cycling career and after it ends. I do not think Pantani had that perspective. And therein lies the tragedy.

I hope we can all keep perspective in our lives, and pursue that which will bring us long-term satisfaction and fulfillment. For those of us who enjoy it, cycling can be a part of that perspective. Riding helps me to feel better both physically and emotionally. The small amount of racing I am able to do brings a thrilling aspect to my life. I am a better person because of my cycling hobby.

Sometime this summer, when I am on my bike slogging up a tough climb, I will think of Pantani and the tragedy of his life. But I will also visualize him attacking on a steep slope, and how impressive and powerful he was. And I will wish I could climb like him.

COACH'S CORNER

Passion: The Fruit of Champions

By Bill Harris

"I don't need the money...I race because I love bike racing"

-Lance Armstrong

To be really good in this sport you have to eat and breathe cycling. You have to live the life. If you want to stand on the podium you must have PASSION. If you're into racing for the money, the glitz, or the glamour, you better look elsewhere because there is very little money to be made, we look silly in those bike shorts and most girls/guys think bike racers are self centered weirdo's that ride in circles. Fortunately, like fitness, passion is something that can be and should be, trained. Fitness will only take you so far. Passion will take you the rest of the way.

One of the best ways to develop your passion is to learn about the history of the sport. When Lance Armstrong first went to Europe to race he was often criticized for being a brash Texan who didn't know and respect the history of cycling. It's ironic how today Lance hob knob's with Eddy Merckx, the greatest cyclist of all time and he talks about how he wants to win a stage on Mount Ventoux so his name will be up there with the giants of the sport. This story of Lance reminds me a lot of our hometown boy Dave Zabriskie. When I coached Dave as a junior it was quickly apparent that he had plenty of talent and that he could go somewhere in this sport, if only he knew where somewhere was. At the time he had no clue about the history or traditions of cycling. So one of the first things I did with him was to talk with him about the different Grand Tours and how the World Cup of cycling works. I told him that if he learned about the history of these races and the great racers of the past that he would someday be a part of that history. Dave did his homework, he now rides on the same team as Lance Armstrong and in 2002 Dave completed the Tour of Spain, it won't be long before we see him in the Tour de France.

If you don't know in which months they race the Tour of Italy, Tour de France and Tour of Spain you're in big trouble. If the names Merckx, Ja Ja, Lemond, Hinault, Tomac, Fignon and Coppi don't ring a bell, you better get it together. If you don't know the difference between the cobblestone and the tarmac you're in for a rough ride. Finally, if you don't know the voices of Phil and Paul you might as well pack it in. If you had trouble with any of this I suggest the following immediate action be taken.

- Extensive daily readings of Cycle Sport, Velonews and Pro Cycling. These magazines are available from a good bike shop, Barnes and Noble, or [www.bikingbooks.com](http://www.bikingbooks.com).
- Daily surfing of [cyclingnews.com](http://cyclingnews.com), [velonews.com](http://velonews.com), [pezcyclingnews.com](http://pezcyclingnews.com), [dailypeloton.com](http://dailypeloton.com) and [procyling.com](http://procyling.com)
- Weekly viewings of videos purchased from [www.worldcycling.com](http://www.worldcycling.com)
- OLN channel subscription.

With daily readings of these magazines and websites you will start to understand the sport better. You will learn the names of the big races and the names of the best racers. From the pictures you will see the suffering it takes to win and the pleasures of winning. You'll find hero's in the sport and racers to admire for their courage and skill. From weekly watching of the videos and OLN you will learn the skills and tactics needed to win.

The point is. Get reading and get watching. Develop and grow your love and passion for cycling and you too can stand on the podium.

I don't ever let a cold, rainy or snowy day stop me from training, because from what I have read, it never stopped Eddy Merckx.

Bill Harris has coached regional, national, Olympic and World Champions in three different sports. To contact Bill about his cycling coaching services send e-mail to [bill@yellowjersey.com](mailto:bill@yellowjersey.com) or check out his website at [www.yellowjersey.com](http://www.yellowjersey.com)



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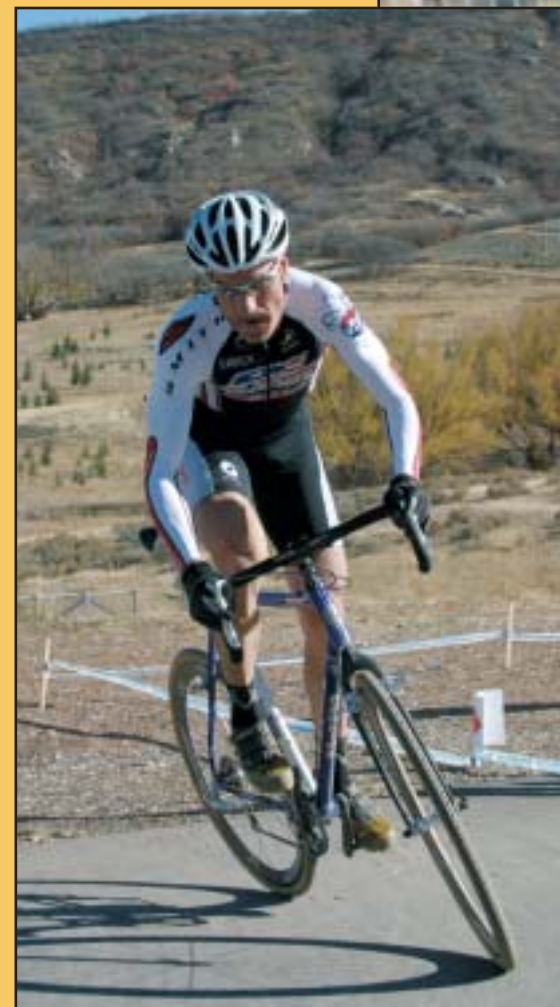


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CYCLOCROSS

# Utah Cup of 'Cross Photo Gallery

Photos by Dave Iltis  
Editor



October 25, 2003  
Clockwise from left:

Sally Warner (Biogen) on her way to the women's win.

Idaho's Richard Feldman (Durance), Masters National CX Champion, finished fourth.

Third Place Bart Gillespie (Biogen) leads second place Adam Obye (Balance Bar/Devo).

Marc Gullickson (Redline) on his way to victory.

See results on page 14.

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- May 1 Aardvark's Showdown at Five Mile Pass, Lehi, UT
- May 15 Soldier Hollow Hammerfest, Heber City, UT
- May 29 The Joyride, Logan, UT
- June 5 Deer Valley Pedalfest, Deer Valley Resort, UT
- June 12 Utah Summer Games XC Race, Cedar City, UT
- June 19 Pedal Powder, Powder Mountain, UT
- June 26 Chris Allaire Memorial/Utah Open State Championship, Solitude, UT
- July 3 Brian Header, Brian Head, UT
- July 17 The 17th Annual Mountain Bout, Snowbird, UT
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FREERIDING

# Red Bull Rampage



Utah's Aaron Day. Photo: Brian Schiele, mtbbrian.com

By Keith Carlsen

The second afternoon of practice is uncomfortably quiet. Notorious big-air hucker Josh

Bender came and left hours ago—the landing for his questionable 30-foot drop raked as smooth as an airport runway. "Bender's a dreamer," quips head judge Jim

Conway. Other freeriders, carrying specialized trail-building tools, carve in-runs to cliffs, test landings, and build massive kickers. The start of the 3rd Annual Red Bull Rampage freeride mountain bike contest is less than 24 hours away. "Why isn't anybody riding?" yells freeride pioneer and judge Brett Tippie. "It's the calm before the storm," replies one of the 25 photographers vying to catch a piece of the early action.

Is the photographer right? Will tomorrow bring the high intensity Rampage action seen in years past? With five of last year's top-10 finishers out with injuries—including heavy hitters Tyler "Super T" Klassen, Darren Berrecloth, and Robbie Bourdon—anything could happen. Will the bevy of young up-and-comers break bones trying to ride beyond their abilities? And then there are the veterans. Do Richie Schley, Andrew Shandro, Wade Simmons and Cedric Gracia still have what it takes to evolve this sport? As the blare of the bullhorn signals an end to practice these questions, like the red dust of the Virgin, Utah, desert, hang in the air.

On a sunny, October morning, no less than 100 photographers and filmers scramble for the best angle on Bender's cliff. The local hero will be the first rider released from the Red Bull arch, poised like a tiara on top of the mountain. On a 1,500 vertical foot amphitheater of stair-stepping sandstone, 27 of the world's best freeriders must

thread a line down a course that is less a trail and more a series of jumps. A panel of judges will critique the riders on style, amplitude, fluidity, difficulty of line, and overall impression. Under a new rule, riders who crash will be docked 15 points, which would knock them out of contention.

Bender knows that his jump is risky. Still, after a solid upper run, he finds his takeoff ramp, and points his bike off a near vertical wall 10 times his height. He floats in the air for several seconds, but slams hard, the soft dirt stopping his bike and sending him somersaulting toward another cliff. He's uninjured, but his crash put him over the four-minute time limit, automatically earning a DNF for the run. Still, he remained optimistic. "I wanted to be original and creative," Bender says. "That's what this contest was meant to be about."

France's Gracia, adding a back flip to his world cup downhill racing speed and aggression, qualifies in first place. Thomas Vanderham, the 19-year-old from North Vancouver, B.C., grabs second with big, smooth drops. Crossing over from the motocross world, first-time rampage competitor Steve Romaniuk, riding with a broken nose and bruised ribs, nails a 15-foot, no-footer to qualify third. Nine other competitors, including Schley, Shandro, and a host of new blood, advance to the finals.

The day two, final venue funnels into a steeper, more severe

section of large cliffs, rollovers, and gaps. With a \$10,000 cash purse on the line, competitors know that conservative lines won't win. After solid performances by 32-year-old Shandro, Irishman Glyn O'Brien, and Utah local Greg Smith, Gracia is in the starting gate. He explodes onto the course, nailing multiple 10- and 20-foot cliff-drops before throwing a no-hander over a gap jump. At the bottom he heads for the point-to-point, step-down gap made famous last year by Bourdon. Without hesitation he drops the 15-foot cliff and nails the narrow landing for a flawless first run. His score of 88.8 out of 100 possible points secures the championship. After two runs, Shandro and O'Brien finish second and third, respectively.

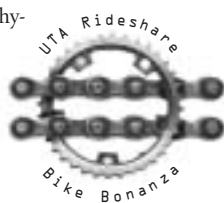
While no one matched the 30-foot drops landed by Klassen in 2002, the 2003 Rampage saw innovation in line selection and a dramatic overall improvement in rider abilities. "This year the level of competition was ridiculous—we stepped up huge. And the good thing is we didn't see really any hard crashes with people breaking themselves," said an enthusiastic Gracia. "Last year I looked at [the Bourdon gap] and thought, 'I'm not going to do this, it's stupid.' This year I show up and do it in training. Next year I'm scared to come—what is going to happen? Do I need to show up with a motorcycle or something?"

The Rampage was held from October 16-19 in Virgin, Utah.



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Tackling the 100-mile Salt Lake Century? Or just want to have fun? Either way, don't miss the UTA Bike Bonanza the night before. It's a celebration of cycling for everyone, starting with Mayor Rocky Anderson leading a downtown ride through scenic Salt Lake City, then ending with an evening at the Gallivan Center full of music, free prizes and lots of carbohydrates. The first 100 kids who complete the on-site safety course even get a free bike helmet. Bike decorating begins at 5:30 p.m., and the Mayor's Ride starts at 5:45 p.m. For more information log on to [www.utarideshare.com](http://www.utarideshare.com) or call 287-2066.



### CYCLE SALT LAKE WEEK

<p><b>SATURDAY, MAY 8</b> RMCC Downtown Criterium Place: Pioneer Park <a href="http://www.rmcconline.com">www.rmcconline.com</a></p>	<p><b>MONDAY, MAY 10</b> Historic Tour of the City Place: Popperton Park, 11th Ave. &amp; Virginia Time: 6:00 PM</p>	<p><b>WEDNESDAY, MAY 12</b> Bicycle Movie Night Place: Brewvies, 677 S. 200 W. Time: 7:00 PM</p>	<p><b>FRIDAY, MAY 14</b> UTA Rideshare Bike Bonanza Place: Gallivan Center, 239 S. Main St. Time: 5:30 PM</p>
<p><b>SUNDAY, MAY 9</b> Mountain Bike Tour Place: Popperton Park, 11th Ave. &amp; Virginia Time: 2:00 PM - 5:30 PM</p>	<p><b>TUESDAY, MAY 11</b> Mayor's Bike to Work Day Place: Northeast corner of Liberty Park Time: 7:30 AM</p>	<p><b>THURSDAY, MAY 13</b> The Ride Home SLC Bicycle Collective will tune bikes for The Road Home Shelter Time: 5:00 PM - 7:00 PM</p>	<p><b>SATURDAY, MAY 15</b> Cycle Salt Lake Century Place: Utah State Fair Park Time: 7:30 AM</p>





Action from the 2003 Moab Freeride Contest.

Photo: Ron Lindley

### 2003 Utah State Championship Downhill Series Wrap Up

2003 proved to be a great year for downhill mountain bike racing in Utah. The series was comprised of seven races, including two in Southern Idaho. It began last June in Bountiful, then traveled to Pomerelle (Idaho), Brian Head, Deer Valley, Lava Hot Springs and finally to Moab. Each race venue was different, and the courses all had their own unique characteristics. The steep, winding single track of the Bountiful Bomber course was a sharp contrast to the fast, technical slickrock that comprised the Moab Rim course. Even at Brian Head, where two separate races were held, the courses were quite a bit different from each other.

Over the summer, the competition among racers was intense but fun. New friendships were developed and old ones were strengthened between racers of ages ranging from 10 to 50. Kris "Krispy" Baughman won the Pro Men's Class State Championship with a string of

impressive performances throughout the series. Expert Class stud Mark Christensen was nearly invincible winning his class. Idaho's Denise Wardwell dominated the Women's Expert Class winning most of the races she entered. Junior Expert Nate Davis coasted to a Utah State Championship, as most of his competition bumped up from Junior Sport Class, and those guys won State honors in the Sport Class at season's end. Topping that excellent Junior Sport Class was Andrew Pierce, who many considered most improved racer of the year! State Championship Medals were awarded to series class winners at a special ceremony in Moab.

### The 2004 Utah State Championship Downhill and Super-D Series

A few changes have been made to the 2004 series format which should add more excitement to the racing. In addition to downhill racing, Saturday Super-D races will be held at each of the Brian Head and Deer Valley events. The downhill races will also feature two runs

per race this year, which means there will be no day-of race registration due to early start times, so heads up, racers -- be sure to sign up for each race at least the day before (Super-D racers can still register on the day of their race).

For a complete schedule, see the calendar section on page 12.

### Moab Freeride Contest

The fourth installment of the World's original mountain bike freeride contest was held on Sunday, October 5th, 2003 in good ol' Moab, Utah. A big crowd of big-air fans watched as a group of incredibly talented riders navigated down some wild and gnarly terrain on the Moab Rim. Riders were challenged by a completely new course this

### SouthWest Idaho Cycling Association Formed

February 13, Boise — Boise is home of a brand-new United States Cycling Association (USACycling) local association named the Southwest Idaho Cycling Association (SWICA) Gerard Bisceglia, Chief Executive Officer of USACycling entered into the Local Association Agreement with SWICA today.

SWICA was formed to promote amateur bicycle racing in the Boise area. SWICA is an unincorporated not for profit organization formed by representatives of Boise's nationally recognized cycling clubs. Initial board members include representatives of Intermountain Orthopaedics/Lost River Cycling Club, Boise Cycling Club, Dobbiacco, Treasure Valley Cycling Club, Boise Developmental Cycling Club, Goldy's Cycling Club, and Lactic Acid Cycling Club. All USACycling clubs in Southwest Idaho have a right to board membership positions.

It is a cooperative enterprise among the local cycling race clubs with the goal of making the Boise amateur bicycle racing scene better than ever. SWICA and its representatives will sell USACycling race licenses, upgrade racer categories, identify and assign race officials, provide race permits and insurance, obtain and share race equipment and generally serve to assist local sanctioned bicycle racing in southwest Idaho. SWICA's board has appointed Kurt Holzer of Intermountain Orthopaedics/Lost River Cycling as manager.

Andy Bopp, 2003 USCF Idaho district representative, will continue to serve as the racer upgrade coordinator for all United States Cycling Federation (USCF) (road racing) and National Off Road Biking Association (NORBA) (mountain bike racing). Kurt Holzer will be the race-permitting representative. Holzer can be reached at [kholzer@idahoinjurylaw.net](mailto:kholzer@idahoinjurylaw.net).

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golsancycles.com

### Utah County

### Orem

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

### Payson

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

### Provo

**Aardvark Cycles**  
936 E. 450 N.  
Provo, UT 84606  
(801) 356-7043  
(877) 346-6098  
www.aardvarkcycles.com

### Bingham Cyclery

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

### Springville

**Blayn's Cycling Service**  
290 S. Main Street  
Springville, UT 84663  
(801) 489-5106  
biknut@sisna.com

### Weber County

### Eden/Huntsville

**Diamond Peak  
Mountain Sports**  
2429 N. Highway 158  
Eden, UT 84310  
(801) 745-0101  
www.peakstuff.com

### Ogden

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

### Bingham Cyclery

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

### Canyon Sports Outlet

705 W. Riverdale Road  
Riverdale, UT 84405  
(801) 621-4662  
www.canyonsports.com

These shops support  
**cycling utah.**  
Please support them.

## cycling utah

## CALENDAR OF EVENTS

**Calendar Guidelines:**

Listings are free on a space available basis and at our discretion.

Submit your event to: [dave@cyclingutah.com](mailto:dave@cyclingutah.com) with date, name of event, website, phone number and contact person and other appropriate information

Let us know about any corrections to existing listings!

**Bicycle Motocross**

**Battle Bay BMX** — (801) 796-8889  
**Rad Canyon BMX** — (801) 824-0095  
 For more track info, visit [cyclingutah.com](http://cyclingutah.com)

**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) 535-7939 or (801) 328-2453.

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

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

**Volunteer** to help build the Bonneville Shoreline Trail (801) 485-6975 or visit [www.bonneville-trail.org](http://www.bonneville-trail.org).

**Events**

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

**March 13** — Sports Am 11th Annual Bike Swap and Show, State Fairgrounds, 10th W and N. Temple, Promontory Building, 10 am, SLC, (801) 583-6281

**March 26-28** — Moab MUni Fest 2004, A Unicycle Festival in Moab!, [zadig@engineer.com](mailto:zadig@engineer.com)

**May 1** — GOTS, Bike and Outdoor Toy Swap, Wild Rose, 702 3rd Ave, SLC, (801) 533-8671

**May 8-15** — Cycle Salt Lake, weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more!

**May 8** — RMCC Downtown Criterium. Pioneer Park, 500 South 400 West. Come out and enjoy a day of racing with all classes of Men's and Women's events. Noon to 8:30 PM. Contact Marek Shon (801) 944-5042

**Calendar of Events sponsored by**

2175 S.900 E.  
 Salt Lake City  
 (801) 466-3971  
[fisherscyclery.com](http://fisherscyclery.com)

**Salt Lake's Road Bike Specialists!**

**May 9** — Cycle Salt Lake Mountain Bike Tour, 2-5 p.m., Meet at Popperton Park at 11th Ave & Virginia St. in SLC, Jason Bultman, (801) 485-2906

**May 10** — Tailwinds Bicycle Touring Downtown Historic Tour, Meet at Popperton Park at 11th Ave & Virginia St. in SLC at 6:00 PM, Grant Aagard (801) 272-1302

**May 11** — Mayor's Bike to Work Day presented by Salt Lake City Mayor's Office and MBAC, a mellow ride with Mayor Rocky Anderson under police escort from Liberty Park to the City/County Bldg, then free breakfast and raffle for all participants, Cost: free, 7:30 am, Liberty Park, Lisa Romney, 535-7939, [lisa.romney@ci.sl.ut.us](mailto:lisa.romney@ci.sl.ut.us), Meet at the northeast corner of Liberty Park

**May 12** — Bicycle Movie at Brewvies presented by SLC Bike Collective. This is a fundraiser for the SLC Bike Collective. Movie will have bicycle theme with at least one bicycle. Brewvies is at 677 S. 200 W., SLC. Cost is \$6.00 and 21 years under your belt. Time is 7:00 PM. Brian Price (801) 328-2453 or [info@slcbikecollective.org](mailto:info@slcbikecollective.org)

**May 12** — Provo Bike to Work Day, Location TBA, start at 7:30 a.m. Events include a group ride with the Mayor, food, giveaways, etc., sponsored by UTA, (801) 852-6120

**May 13** — The Ride Home, SLC Bike Collective will tune bikes for the Road Home Shelter, 5-7 pm, 210 S. Rio Grande, (801) 328-2453

**May 14** — UTA Rideshare Bike Bonanza, Presented by UTA Rideshare, Salt Lake City, SLC Bike Collective, Choose to Ride and Cycle Salt Lake Century. Join Mayor Anderson for an evening guided downtown SLC bike ride. Music, pasta dinner, prize drawings, bike tune ups, kids criterium, bike rodeo, movies and much more. Pick up your registration packet for the Salt Lake Century Ride at the event. Decorate your bike at 5:00 p.m. and then ride with the Mayor at 5:45 p.m. Gallivan Plaza, 239 South Main Street, in SLC. For more information contact Julie Bond at 801-287-2066 or [jbond@uta.cog.ut.us](mailto:jbond@uta.cog.ut.us). Visit [www.utarideshare.com](http://www.utarideshare.com) for event updates.

**May 15** — Cycle Salt Lake Century 31, 67 and 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM. Online registration at [www.cycle-sallakecentury.com](http://www.cycle-sallakecentury.com) Contact Jon R Smith (801) 596-8430 or [jonrsmith@mac.com](mailto:jonrsmith@mac.com)

**June 5** — National Trails Day, call Eric Spreng at REI, (801) 486-2100 for info.

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

**Help Wanted:**

Salt Lake cycling shop seeks qualified sales assistant. Bicycle sales experience preferred. Drop or send resume to: Fishers Cyclery, 2175 S 900 E, SLC, Ut. 84106

**Cactus Hugger Century**

**April 3, 2004  
 Ivins, Utah**

**Registration begins at 6:30 am  
 Mass start at 7:30 am  
 at Xetava/Kayenta/Ivins  
 Choose 46, 76, or 100 miles**

**Lucy Ormond, Director  
[clucygo@msn.com](mailto:clucygo@msn.com)**

**By: Southwestern Utah Bicycle Touring Association**

**Fees: \$35 until Mar 26, Then \$40**

**Preregister Online at Active.com**

**Mail-in forms available through  
 SWUBTA.com**

**BBTC.net or**

**Duane (LDL@redrock.net) 435-656-2422**

**Mountain Bike****Tours and Festivals**

**March 26-28** — Moab MUni Fest 2004, A Unicycle Festival in Moab!, [zadig@engineer.com](mailto:zadig@engineer.com)

**March 28** — Women's Mountain Biking and Tea Society (WOMBATS) informational meeting, Find out what wombats is all about, what we have in store for this season, how to become a wombat, background on the organization, 1pm Contact: Stephanie Earls 364-9381 (for more info and meeting location)

**April 29-May 2** — Fruita Fat Tire Festival, Fruita, CO, (970) 858-7220

**May 14-16** — San Rafael Swell Mountain Bike Festival, 17th Annual, Emery County, (435) 637-0086

**July 31-August 1** — Brian Head Bash Fat Tire Festival, Group Rides and more, (435) 677-3101

**August 6-8** — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595

**September 18-19** — Brian Head Fall Colors Fat Tire Festival, Group Rides and more, (435) 677-3101

**October 23** — Chet Peach Ride and B-B-Q, Fruita, CO, (970) 858-7220

**October 28 - 31** — Moab Fat Tire Festival. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab, UT, (435) 260-1182 or (800) 635-6622

**November 6** — 9th Annual Blue Diamond to Jean Mountain Bike Benefit. 33 mile non-competitive ride. Blue Diamond, NV, (702) 228-4076 or (775) 727-5284.

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

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

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

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

**Utah MTB Races**

**March 6** — Desert Rampage, Intermountain Cup #1, St. George, UT, XC - Kayleen Ames, (435) 245-3628

**March 27** — Cholla Challenge, Intermountain Cup #2, St. George, UT, XC, Jerry Simmons, (435) 674-3185

**April 24-25** — Tour of Canyonlands, DH, XC, Moab, UT, (303) 432-1519

**May 1** — Aardvark's Showdown at Five Mile Pass, Intermountain Cup #3, Lehi, UT, XC - Ed Chauner, 801-942-3498

**May 15** — Hammerfest at the Hollow, Intermountain Cup #4, Soldier Hollow, Midway, UT, (801) 942-3498

**May 22** — Bordertown Challenge, 14th Annual, Wild Rockies Series #3, Oasis, NV, (208) 342-3910

**May 29** — Cache Valley's Joyride, Intermountain Cup #5, Wellsville/Logan/Sardine Canyon, UT, (435) 245-3628

**June 5** — Pedalfest XC, Intermountain Cup #6, Deer Valley, UT - Ed Chauner, 801-942-3498

**June 6** — Bountiful Bomber Downhill Race, Bountiful, UT, (801) 375-3231

**June 12** — Utah Summer Games, Intermountain Cup #7, Three Peaks Recreation Area, Cedar City, (435) 865-8421, (800) FOR-UTAH, (435) 586-2770

**June 12** — The Endurance 100/Mind Over Mountains, 100 mile team relay or solo 50 miler, Park City, (435) 649-2129

**June 19** — Pedal Powder, Intermountain Cup #8, Powder Mountain, Ed Dilbeck, (801) 479-5015

**June 26** — Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #9, Solitude, UT, XC - Ed Chauner, 801-942-3498

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

**July 3** — Brian Header, Intermountain Cup #10, Brian Head, UT, XC, Clark Krause, (435) 586-2770

**July 3-4** — Bald Mountain Challenge Downhill #1, Deer Valley, UT, (801) 375-3231

**July 10** — Brian Head Epic 100, qualifier for the 2002 World Solo Championships, Brian Head, (909) 866-4565

**Buffalo Stampede  
 Bike Race**

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 BEFORE APRIL 8TH

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 CONTACT 801-476-1600

**July 10** — Blue Mountain Bike Chase, 25 mile race, Monticello City Recreation, Monticello, UT, (435) 587-2029

**July 17** — Snowbird Mountain Bout, 17th Annual, Intermountain Cup #11, 15th Annual, Snowbird, (801)942-3498

**July 17** — Durango MTB 100, Durango, CO, (970) 259-7771

**July 17-18** — Flyin' Brian I Downhill Race, Brian Head, UT, (801) 375-3231

**August 14**— Wolverine Ridge XC Race, 11th Annual, Intermountain Cup #12, Series Finals, Evanston, WY - contact Paul Knopf or Amanda Wanner at [planning@allwest.net](mailto:planning@allwest.net) or (307) 783-6470 or (866) 783-6300

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

**August 22** — Widowmaker Hill Climb 10 AM, Snowbird Resort, (801)583-6281

**August 28** — The Endurance 100/Mind Over Mountains, 100 miler, 100 km, and 50 miler, Park City, (435) 649-2129

**September 5-6** — Flyin' Brian II Downhill Race #2, Brian Head, UT, (801) 375-3231

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

**September 18-19** — Bald Mountain Challenge Downhill #2, Deer Valley, UT, (801) 375-3231

**September 18** — Tour des Suds, Park City, (435) 649-6839

**October TBD** — Moab Rim Downhill and Freeride Contest, Moab, UT, (801) 375-3231

**October TBD** — Red Bull Rampage Free Ride Contest, 3rd Annual, Virgin, UT (435) 772-BIKE

**October 11-12** — Huntsman World Senior Games. Must be 50 years or older. three events: hill climb, downhill, and cross country. 800-562-1268 or [hwsq@infowest.com](mailto:hwsq@infowest.com)

**October 16-17** — 24 Hours of Moab, 9th Annual, (304) 259-5533

**Regional Mountain Bike Races**

**March 14** — Desert Sol Cup, Mountain Bike Racing, Boulder City, Nevada, 702-277-6536

**April 3** — Desert Sol Cup, Mountain Bike Racing, Boulder City, Nevada, 702-277-6536

**April 25** — Barking Spider, Wild Rockies Series #1, Nampa, ID, (208) 342-3910

**May 1** — The Vegetarian MTB Race, Fruita Fat Tire Festival, Fruita, CO, (970) 858-7220

**May 2** — Oregon Trail Classic, Wild Rockies Series #2, Baker, OR, (208) 342-3910

**May 20-23** — NORBA NCS #1, Snow Summit Mountain Resort; (909) 866-4565

**May 22** — Bordertown Challenge, 14th Annual, Wild Rockies Series #3, Oasis, NV, (208) 342-3910

**May 23** — 3rd Annual Coyote Classic, Boise, ID, (208) 338-1016

**May 29-31** — Iron Horse Bicycle Classic, Road and Mountain Events, Durango, CO, (970) 259-4621

**June 6** — Revenge of the Singletrack, Wild Rockies Series #4, Twin Falls, ID, (208) 342-3910

**June 9-30** — Wednesday Night MTB Series/Wood River Cup #1-4, ID, (208) 481-0300

**June 19** — Kelly Canyon Knobby Challenge XC, Kelly Canyon Ski Resort, Idaho Falls, ID (208) 338-

1016

**June 20** — Idaho City Excellent Adventure, Wild Rockies Series #5, Idaho City, ID, (208) 342-3910

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

**July 3** — Wood River Cup Finals, State Short-Track XC, ID, (208) 481-0300

**July 4** — 9th Annual WYDAHO Bike Race, Grand Targhee Ski and Summer Resort Alta, WY, Cara Woelk at 1-800-TARGHEE ext. 1313

**July 11** — Tamarck MTB Race, Tamarack, ID, (208) 325-1000

**July 17-18** — Brundage Bike Festival, Wild Rockies Series #6, XC, DH, McCall, ID, (208) 342-3910

**June 19** — Kelly Canyon Knobby Challenge XC, Kelly Canyon Ski Resort, Idaho Falls, ID (208) 338-1016

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

**July 28 - August 1** — NORBA NCS #6, Schweitzer Mountain Resort, ID, XC/ST/DH/MTNX, (719) 866-4581

**August 7-8** — 19th White Knob Challenge and MTB Stage Race, Mackay, ID, Kurt Holzer at (208) 890-3118

**August 14-15** — Pomerelle Peaks, XC on Sat, DH on Sun, Wild Rockies Series #7, Albion, ID, (208) 342-3910

**August 21** — Idaho State NORBA XC Championship Finals, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016

**August 26-29** — NORBA NCS #8, XC/ST/DH/MTNX Marathon, Durango, CO, (970) 259-4621

**September ?** — Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 733-5335

**September 11** — Galena Grinder, Galena Lodge, ID, (208) 788-9184

**September 18-19** — Lava Rama, Wild Rockies Series #8, XC, DH, Road Criterium, Lava Hot Springs, ID (208) 342-3910



**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.

**Utah Road Races**

**March 6,13,20,27** — RMR Crit Series, Salt Lake, (801) 944-8488 (Saturdays in March, Tuesdays starting April 1)

**April 3,6,13,20,27** — RMR Crit Series, Salt Lake, (801) 944-8488

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

**April 3** — Hell of the North, just north of the Salt Lake Int'l Airport, 5 mile circuit. includes 1.75 mile stretch of dirt road!, Christian Johnson, (801) 937-6348

**April 10** — Buffalo Stampede Road Race, Antelope Island, (801) 589-3675

**April 17** — Earth Day Pedal Cup, 10:00 AM, City Creek Canyon, (801) 583-6281

**April 17-18** — Tour of the Storm, 3 stages, 2 days, Hurricane, UT, (801) 944-5042

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

**May 13,27** — Salt Air TT Series, Every other Thurs, (801) 944-8488

**May 1** — East Canyon Road Race, 11 AM, East Canyon Resort, (801) 583-6281

**May 7-8** — Women's Road Racing Cycling Clinic, racing skills and tactics, SLC, (801) 944-2456 or (801) 466-6312

**May 8** — RMCC Rhodes Criterium, 12 noon, Pioneer Park, Salt Lake City, (801) 944-5042

**May 22** — Bear Lake Classic, 54 miles, one lap around Bear Lake, flat on the west side and north, great rollers that are a blast on the east side, start at Blue Water Resort, Bear Lake/Garden City, Kevin Rohwer, (435) 755-2075

**May 28-31** — Thanksgiving Point Stage Race, 5 stages, Lehi, UT, Jason Preston, (801) 400-6130

**June 1,8,15,22,29** — RMR Crit Series, Salt Lake, (801) 944-8488

**June 2,9,16,23,30** — DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065

**June 10,24** — Salt Air TT Series, Every other Thurs, (801) 944-8488

**June 8-12** — 5 Crits in a Row, Gateway, Park City, Sugarhouse and two TBA, (801) 944-5042

**June 12** — Sugarhouse Crit, (801) 944-8488

**June 17-19** — Utah Summer Games, Righthand Canyon, Lund Hwy, Desert Mound, Checkshani Cliffs, Cedar City, (435) 865-8421, (800) FOR-UTAH

**June 19-20** — High Uintas Classic Stage Race, 16th Annual, Kamas, UT to Evanston, WY, contact Paul Knopf or Amanda Wanner at [planning@allwest.net](mailto:planning@allwest.net) or (307) 783-6470 or (866) 783-6300

**June 26** — Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, (801) 442-5800

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

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

**July 8,22** — Salt Air TT Series, Every other Thurs, (801) 944-8488

**July 3** — Snowbasin Earl Miller Hillclimb Time Trial, 11 miles from Huntsville to Snowbasin, Huntsville, UT, (801) 589-3675

**July 10-11** — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532

**July 17** — Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (801) 400-6130

**July 25** — Deer Valley Criterium, State Championships, (801) 944-5042

**July 31** — Herriman Road Race, Utah State Championships, LAJORS, (801) 944-5042

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

**August 4,11,18,25** — DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065

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

**August 1** — Antelope Island TT, Utah State Time Trial Championships, Antelope Island, (801) 731-8335

**August 7-8** — Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 990-1393

**August 12-22** — Park City Cycling Festival, Masters, Junior, and Espoir National Championships, Park City, UT, (719) 866-4581

**August 21** — Snowbird Hill Climb, 7:30 AM, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 583-6281

**August 28** — Jeff Rogers Memorial Eureka RR, great road race through the Tintic Mining District, Eureka, UT, Jeremy Smith, (801) 733-6687

**September 3-6** — Cache Classic Stage Race, Logan, UT, (435) 752-5131 or (435) 787-2534

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

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

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

**September 11** — LOTOJA, 203 miles from Logan, UT to Jackson, WY, (801) 771-6200

**October 5-8** — 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](mailto:hwsq@infowest.com)

**October 9** — City Creek Bike Sprint, 10 am, 5 1/2 mile climb up City Creek Canyon in Salt Lake City,

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](http://www.cyclingutah.com)) or call the Mayor's office at 535-7939 or Brian at 328-2453.

road or mountain bikes, UCA Points Series Event, (801) 583-6281

**Regional Road Races**

**March 14** — Slammer Road Race #1, Boise, ID, (208) 343-3782

**March 21** — TT Training Series #1, Boise, ID, (208) 336-3854

**March 27** — TT Training Series #2,

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**Saturday: Biker Bash at the Poison Spider Bike Shop**

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cycling utah

# RACE RESULTS



## Cyclocross

### 2003 Utah Cyclocross Series, Season Point Totals

- Overall A+**
- 1 Bart Gillespie 410
  - 2 David Harward 362
  - 3 Dave Wood 355
  - 4 Art O'Connor 323
  - 5 Jim Fearick 293
  - 6 Aaron Jordan 249
  - 7 Racer Gibson 240
  - 8 Jon Gallagher 235
  - 9 Eric Flynn 222
  - 10 Darrell Davis 210
  - 11 Terry McGinnis 183
  - 12 Bill Harris 148
  - 13 Shannon Boffelli 147
  - 14 John Iltis 139
  - 15 Ali Goulet 118
  - 16 Todd Tanner 113
  - 17 Tom Horrocks 93
  - 18 Kelly Ryan 85
  - 19 Trevor Garner 78
  - 20 Alex Rock 72

#### A Category

- 1 Dirk Cowley 403
- 2 Nathan Kamerath 349
- 3 Denny Kalar 322
- 4 Jeff Clawson 291
- 5 Linde Smith 275
- 6 Jimmy Tart 232
- 7 Eddie Hill 211
- 8 Daniel Chudleigh 206
- 9 Richard Kendall 189
- 10 Bob Saffell 181
- 10 Mitchell Peterson 181
- 12 Tom Horrocks 176
- 13 Ron Peeleman 140
- 14 Peter Barquin 133
- 15 Robert Wray 126

#### B Category

- 1 Stan Price 350
- 2 Sean Hoover 263
- 3 Bob Kimzey 256
- 4 Devon Alvarez 231
- 5 Wayne Cottrell 226
- 6 Mike Pratt 225
- 7 Strika Chord 197
- 8 Tom Paolucci 194
- 9 Jeff Street 185
- 10 Phillip Pattison 176
- 11 Stephen Narsoccki 175
- 12 Jeff Clawson 173
- 13 Ryan Harward 167
- 14 Jon Kolon 163
- 14 Mitchell Peterson 163

#### C Category

- 1 John Rech 361
- 2 Michael Burnside 360
- 3 Greg Florez 358
- 4 Wayne Cottrell 323
- 5 Matt Rigby 297
- 6 Alan Greenburg 287
- 7 Doug Smith 286
- 8 Alex Whitney 280
- 9 Will Nesse 228
- 10 Rob Wuebker 209
- 11 Jim Speer 202
- 12 Craig Farnsworth 198
- 13 Gregory Adams 180
- 14 Walt Chudleigh 168
- 14 Wes Slaughter 168
- 16 Bret Mouton 157
- 17 Benjamin Sukow 147
- 18 Kaleb Legore 131
- 19 Michael Ownbey 129
- 20 Jason Dunaway 128

#### Women's A

- 1 Cynthia Lodding 280
- 2 Tiffany Pezzulo 183
- 3 Lisa Peck 92
- 4 Meg Horrocks 69
- 5 Kathy Sherwin 59
- 6 Karen Dodge 29

#### Women's B

- 1 Lina Saffell 241
- 2 Karen Ursich 207
- 3 Anne Donohue 145
- 4 Julie Dolan 91
- 5 Jana Koyle 72
- 6 Meg Laferriere Horrocks 66
- 7 Christine Ferrario 58
- 8 Laura Hill 52
- 9 Katie McClelland 48
- 10 Jennifer Hanks 31
- 11 Emmie Cheatham 27

#### Juniors

- 1 Tanner Putt 295
- 2 Jason Legore 186

### Utah Cup of Cross, UCI Category 3 Cyclocross Race, Soldier Hollow, October 25, 2003

#### Cat1/2 Male

- 1 Marc Gullickson 00:59:02:37
- 2 Alan Obye 00:59:41:00
- 3 Bart Gillespie 01:00:04:27
- 4 Richard Feldman 01:00:42:16
- 5 Frank Mapel 01:00:49:52
- 6 Ben Turner 01:00:53:25
- 7 Brandon Dwight 01:03:00:81
- 8 Omar Kem 01:04:41:23

Race Results are sponsored by



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Specialists!

- 9 Shawn Harshman 01:05:34:25
- 10 Jared Gibson 01:11:34:25

#### Cat1/2/3 Female

- 1 Sally Warner 00:46:19:24
- 2 Lisa Peck 00:46:41:14
- 3 Maren Partridge 00:48:44:50

#### Master Male

- 1 Art O'Connor 00:50:25:01
- 2 Dave Wood 00:50:27:71
- 3 Aaron Jordin 00:51:02:26
- 4 Bill Harris 00:52:31:12
- 5 John Iltis 00:53:57:55
- 6 Dirk Cowley 00:54:15:93
- 7 Tom Horrocks 00:55:10:22
- 8 Brent Peacock 00:55:12:01
- 9 Terry McGinnis 00:56:31:47
- 10 Gary Fuller 00:56:57:09
- 11 Darrell Davis 01:02:57:09
- 12 Wayne Cottrell 01:02:57:09
- 13 Peter Barquin 01:02:57:09
- 14 Steven Lewis 01:09:57:09
- 15 Ray Polito 01:09:57:09

#### Junior Male

- 1 Tucker Thomas 00:46:15:46
- 2 Mitchell Peterson 00:47:32:33
- 3 Severin Skolrud 00:49:00:10
- 4 Andy Brooks 00:52:09:62
- 5 Christian Niederhauser 00:52:51:35

#### Cat 3 Male

- 1 Ali Goulet 00:45:23:32
- 2 David Harward 00:45:54:45
- 3 Jim Fearick 00:46:23:22
- 4 Brandon Rirth 00:47:04:57
- 5 Trevor Gardner 00:47:16:55
- 6 Daniel Chudleigh 00:47:22:82
- 7 Jon Gallagher 00:47:28:71
- 8 Robert Milne 00:48:54:16
- 9 Nathan Kamerath 00:51:40:15
- 10 Denny Kalar 00:51:51:23
- 11 Linde Smith 01:10:51:23
- 12 Chris Magerl 01:10:51:23

#### Cat 4 Male

- 1 John Milner 00:35:02:06
- 2 Mike Bronn 00:35:25:20
- 3 Ryan Harward 00:36:54:76
- 4 Shawn Lupcho 00:37:15:35
- 5 Sean Hoover 00:37:41:58
- 6 Jeff Street 00:38:05:47
- 7 Steve Mower 00:38:31:03
- 8 Gregory Florez 00:39:16:37
- 9 Alex Whitney 00:41:06:08
- 10 Gordon Garrett 00:41:50:89
- 11 Mark Bunker 00:42:53:89
- 12 Anne Donohue 00:45:03:63

#### Moab Freeride Contest, October 4-5, 2003

1. Lance Canfield; 72
2. Greg Smith; 69
3. Kris Baughman; 62
4. Blake Robinson; 56
5. Sterling Pinnit; 55
6. Trent Kuchyt; 49
7. Eric Prinster; 47
8. Michael Tantaros; 41

#### Moab Rim Downhill, October 4-5, 2003

- Pro Men**
1. Gene Hamilton; Astrix/Better Ride; 3:45.20
  2. Kris Baughman; Go-Ride; 3:49.41
  3. Scott Crabill; Go-Ride; 3:50.30

#### Expert 19-29 Men

1. Mark Christensen; Guthries; 3:42.60
  2. Mike Abbott; 3:52.54
  3. Eric Frost; Instant Replay; 3:59.55
  4. Phillip Vega; Joy Ride; 4:09.44
  5. Joe Hanrahan; Poison Spider Bicycles; 4:18.09
  6. Jerad Ropelato; 4:35.52
  7. Scott Colson; 4:58.63
  - Blake Robinson; dns
- Expert Men 30-39**
1. Justin Alvey; Go-Ride; 3:48.61

2. Damon Kirchmeier; Yeti/Azonic/Maxxis; 4:00.61
3. Dave Mosher; Mtn West Offroad; 4:20.48
4. Emmanuel Pons; 4:25.33
5. Drew Reddinger; 4:33.01
6. Jeff Gosztly; Golsan/Azonic; 4:35.17
7. Mark Goodbarn; 4:53.65

#### Expert Men 40+

1. Rod Evans; 4:23.20
2. Randy Braden; 4:29.69
- Dave Barclay; Bikes 2 Boards; dns

#### Expert Men 13-18

1. Derek Thompson; 4:07.44
2. Andrew Pierce; Go-Ride; 4:08.17
3. Chris Hadley; Go-Ride; 4:30.35
4. Cash Kiser; Rocky Mtn. Descent; 4:37.69
5. Brandon Turman; Rocky Mtn Descent; 4:43.08
6. Sterling Pinnit; 4:50.19
7. Trent Kuchyt; 5:03.23
8. Riley Barlow; DOD Racing; 5:06.11

#### Pro Women

1. Faith Bradley; Go-Ride; 5:10.45

#### Expert Women

1. Denise Wardwell; Joy Ride; 5:43.32

#### Sport Men 19-29

1. Dan Prince; Zanders; 4:07.47
2. Tyler Blaine; 4:22.17
3. Chad Bryce;
- Marzocchi/Maxxis/Sun Ringle; 4:22.57
4. Josh Demann; 4:44.90
5. Zane Pinnit; 4:53.72
6. Travis Elquist; 5:02.78
7. Dave Kozdeba; 5:28.74

#### Sport Men 30-39

1. Bryan Schafroth; 4:18.25
2. Craig Skinner; 4:29.22
3. Bryan Safarik; 4:52.55
- Doug Frei; Pocatello Police; dns

#### Sport Men 13-18

1. Robert Kirchenheiter; 5:32.78
2. Chris Bova; Boofa Deez Nuts; 5:45.91
3. AJ Barclay; Bikes 2 Boards; 7:25.79

#### Beginner Women

1. Amber Nuchols; Instant Replay; 8:04.34



## Mountain Bike Racing

### Utah State Championship Downhill Series 2003 Series Point Totals

- Pro/Semi-Pro Men**
1. Kris Baughman; 308
  2. Scott Crabill; 289
  3. Matt Johnston; 225
  4. Doug Gormley; 207
  5. Pete Schaffer; 109
  6. Moses Mexia; 106
  7. Chris Canfield; 105
  8. Chris O'Connor; 96
  9. Gene Hamilton; 60
  10. Lance Canfield; 60
  11. J.P. Cutterloh; 56
  12. Silas Hesterberg; 56
  13. Chris Van Dine; 56
  14. Nathan Toone; 33
- Expert 19-29 Men**
1. Mark Christensen; 292
  2. Mike Abbott; 198
  3. Phillip Stevens; 150
  4. Nik Blaskovich; 145

5. Phillip Vega; 143
6. Von Williams; 139
7. Eric Frost; 110
8. Carl Marcum; 86
9. James Peterson; 84
10. David Houlton; 83
11. Rob Norbutt; 81
12. Joe Hanrahan; 61
13. Jed Colvin; 50
14. Denver Werre; 46
15. Garret Hunley; 39
16. Jerad Ropelato; 30
17. Todd Byle; 30
18. Nick Newman; 30
19. Benjamin Greenberg; 30
20. Scott Colson; 26
21. Boe McGee; 23
22. Scott Fitzgerald; 21
23. James Renner; 19

#### Expert Men 30-39

1. Justin Alvey; 292
2. Emmanuel Pons; 246
3. Damon Kirchmeier; 238
4. Dave Mosher; 236
5. Jeffery Gosztly; 232
6. James Gillespie; 111
7. Jerry Vanderpool; 29
8. Drew Reddinger; 35
9. Shad Donnell; 35
10. Danny Kienlen; 35
11. Mark Goodbarn; 26
12. Scott Neison; 26

#### Expert Men 40+

1. Rod Evans; 296
2. Dave Barclay; 284
3. Stephen Waldron; 218
4. Randy Braden; 46
5. Donnie Losee; 39

#### Expert Men 13-18

1. Nate Davis; 239
2. Tyler Dautel; 135
3. Kyle Wehmanen; 92
4. Taylor Dennis; 86
5. Derek Thompson; 50
6. Hayden Price; 50
7. Myles Raymond; 43
8. Cash Kiser; 39
9. Sawyer Stewart; 39
10. Brian McAllister; 39
11. Brandon Turman; 35
12. Mickey Borg; 35
13. Sterling Pinnit; 30
14. Trent Kuchyt; 26

#### Pro Women

1. Faith Bradley; 360

#### Expert Women

1. Denise Wardwell; 296
2. Connie Misket; 213
3. Michelle Camp; 126
4. Rileigh Aller; 96
5. Lyndsey Wirth; 81
6. Lusana Schutz; 69
7. Darnell Peterson; 43
8. Nicole Garcia; 43
9. Sarah Long; 39
10. Jen Doherty; 35
11. Jessica Koyle; 23

#### Sport Men 19-29

1. Tyler Blaine; 143
2. Chad Bryce; 140
3. Josh DeMann; 128
4. Daniel Prince; 117
5. Ben Craner; 87
6. Justin McBride; 47
7. Dave Kozdeba; 35
8. Doug Sheneman; 30
9. Joshua Parris; 25
10. James Cooper; 24
11. Troy Quesnel; 19
12. Travis Elquist; 18
13. James Ropeloto; 15
14. Adam Eaton; 15
15. Zane Pinnit; 15
16. Scott Colson; 12
17. Jon Barton; 12
18. Brian Nuttall; 9
19. Peter Girvan; 9
20. Brandon Winnie; 4
21. Kevin Slider; 3

#### Sport Men 30-39

1. Bryan Schafroth; 154
2. Craig Skinner; 150
3. Bryan Schafroth; 128
4. Doug Frei; 84
5. Bryce Pratt; 30
6. Stephen Aller; 27
7. Chris Ragus; 26
8. Travis Black; 23
9. Les Hinman; 19
10. Brian Ranniger; 19
11. Matt House; 19
12. Randy Earle; 12
13. Carl Cavallaro; 12
14. Scott Reynolds; 9

#### Sport Men 13-18

1. \*\*Chris Hadley; 197
2. \*\*Andrew Pierce; 182
3. \*\*Riley Barlow; 138
4. Mitch Andrus; 132
5. Nic Hadley; 49
6. Chris Brooks; 47
7. Tres Wilson; 42
8. Art Widmar; 41
9. David Stokes; 34
10. Trevor Hammett; 22
11. Anthony Stuckey; 19
12. Zachary Schuster; 9
13. Brandon Milbrandt; 6
14. Robert Kirchenhieter; 6
15. Brock Swenson; 4
16. Odus Bussberg; 3

#### Sport Men 40+

1. Dave Prunkard; 60

#### Sport Women 19+

1. Selena Kontuly; 120
2. Amber Nichols; 30

#### \* raced Sport at Bountiful

#### \*\* raced Sport at Deer Valley

#### \*\*\* raced Expert at Brian Head 1

#### \*\*\*\* raced Sport at Brian Head 1

#### ^ raced Sport at Brian Head 2

## MOVIE REVIEW

### Triplets of Belleville is a Must See for Cyclists



By Terry McGinnis

This feature-length, animated film is about a French boy named Champion who's only joy is riding his bike. Trained by his adoptive grandmother, Madame de Souza, he grows up to compete in the Tour de France. The scene involving his training will be vaguely familiar to all cyclists; after an all day ride in the rain and cobbles with Souza, Champion stumbles into the house and collapses on the table. Grandma Souza then proceeds with a post ride ritual that is weird yet strangely familiar.

During the Tour de France, Champion and a few of his fellow racers are kidnapped by box-shouldered French Mafia thugs who spirit them off to Belleville (a surreal impression of 1930s-1950s Manhattan) where they are forced to race each other on a strange three-rider computrainer of sorts as part of a clandestine gambling operation. It is obvious that Champion has been driven too hard, to the point where he has become something less than human (during their capture, their cleats sound like hoofs when they walk and the only sounds they make is a whinny). There are also images of doping, though the substance in question is intravenous French wine. The other cyclists who have been kidnapped express fear and exhaustion, but Champion pedals away, accepting his new fate because cycling is his passion. It is likely that he misses his grandmother, but he is simply resigned to wait for rescue.

And the adventure that his club-footed grandma and morbidly obese dog go through to rescue him is another truly bizarre segment of this virtually dialogue free 78-minute film. They set out across the sea in a paddle boat to rescue their boy, but once ashore they soon become lost, hungry and penniless, that is until the frog-eating Triplets of Belleville, former scat singing jazz prodigies turned experimental musicians, come to their rescue.

The caricature of cycling and the Tour, French mobsters, French automakers, and many excesses

are pretty hilarious. It drags a little, but The Triplets of Belleville is a very strange, very loving French salute to obsession, affection, and persistence. It also has offers a touching and believable evocation of a dog's life (I swear Bruno is modeled after my dog Reggie). Director, producer, writer Sylvain Chomet obviously spent some time living life as a bike racer. His vision of the intricacies of cycling are too accurate not to have. Just ask Marty Jemison, who spent four years racing in France as an amateur as well as competed in two Tours de France and watched the film with me.

One of the most entertaining and original films of 2003, The Triplets of Belleville is a must-see for anyone, especially cyclists, looking for a great film outside of the recent mainstream releases.

Editor's Note: The Triplets of Belleville is playing at the Broadway Centre theater in Salt Lake City. They can be reached at (801) 321-0310.

ONE LESS CAR

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**CRITICAL MASS**

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Boise, ID, (208) 336-3854

**March 28** — Spring Road Race #2, Ola Valley, Boise, ID, (208) 343-3782

**April 4** — Monument Ridge Circuit Race, Boise, ID, (208) 336-3854

**April 6** — Tuesday Nighter #1, Pleasant Valley/Ten Mile Creek Rd., Boise, ID

**April 13** — Tuesday Nighter #2, Bogus Basin, ID

**April 15** — Snake River Criterium Series, Nampa, ID, (208) 465-6491

**April 17** — TT Training Series #3, ID, (208) 336-3854

**April 18** — Spring RR #3, Black's Creek, Boise, ID, (208) 343-3782

**April 20** — Tuesday Nighter #3, Chapporral Speedway, Boise, ID

**April 22** — Snake River Criterium Series, Nampa, ID, (208) 465-6491

**April 24-25** — Tour of Walla Walla, WA, (509) 527-8724

**April 13** — Tuesday Nighter #4, Bogus Basin, ID

**April 29** — Snake River Criterium Series, Nampa, ID, (208) 465-6491

**May 1** — TT Training Series #4, ID, (208) 336-3854

**May 2** — Spring RR #4, Emmett-Roubaix, Boise, ID, (208) 343-3782

**May 4** — Tuesday Nighter #5, Pleasant Valley/Ten Mile Creek Rd., Boise, ID

**May 6** — Snake River Criterium Series, Nampa, ID, (208) 465-6491

**May 11** — Summer Night at the Track #1, Road/Track, Boise, ID, (208) 343-3782

**May 13** — Lindsay's Thursday Night TT Series, Nampa, ID, (208) 465-6491

**May 15** — Galena Hill Climb Time Trial, Galena Lodge to Galena Summit, ID, (208) 726-7693

**May 15** — Birds of Prey Road Race, Kuna, ID, (208) 389-7429

**May 16** — Eagle Hills Circuit Race, Boise, ID, (208) 343-9130

**May 18** — Tuesday Nighter #6, Bogus Basin, ID

**May 18, 25** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

**May 22-23** — Elam Classic, Road Race and Criterium, Grand Junction, CO, 970-250-5458

**May 25** — Tuesday Nighter #7, Pleasant Valley/Ten Mile Creek Rd., Boise, ID

**May 29-30** — Snake River Omnium, Nampa, ID, (208) 465-6491

**May 29-31** — Iron Horse Bicycle Classic, Road and Mountain Events, Durango, CO, (970) 259-4621

**May 28-31** — Ecology Center Classic, 4 stages, NRC Event, \$10,000 prize list, Missoula, MT, (406) 728-5733

**June 1** — Tuesday Nighter #8, Pleasant Valley/Ten Mile Creek Rd., Boise, ID

**June 4-6** — Tour of Eagle, Eagle, ID, (208) 884-1925

**June 8** — Summer Night at the Track #2, Road/Track, Boise, ID, (208) 343-3782

**June 12** — Sam Boyd Circuit Race and Criterium, Las Vegas, NV, 702-228-9460

**June 12** — Grand Targhee Ski Hill Road Time Trial, 9 a.m., Alta, WY, (307) 353-2252

**June 15** — Tuesday Nighter #9, Bogus Hillclimb, Boise, ID

**June 15** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

**June 20** — 50/50 Team Time Trial, Lost River Cycling, Boise, ID, contact Kurt Holzer (208) 890-3118

**June 22-24** — Lyle Pearson Classic Stage Race, evenings, Boise, ID, (208) 343-3782

**June 25-27** — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-3763

**June 26-27** — Dead Dog Classic Stage Race, round two of the High Uintas-Dead Dog Stage Race Series, Wyoming State Championships, Laramie, WY, (307) 745-4499

**June 26** — Idaho State Time Trial Championships, Bellevue, ID, 7am, (208) 726-7693

**June 26-27** — Ketchum Circuit Race and Criterium, Ketchum/Sun Valley, Idaho, Greg Stock (208) 726-0707

**June 29** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

**June 29** — Summer Night at the Track #3, Road/Track, Boise, ID, (208) 343-3782

**July 6** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

**July 3** — North Las Vegas Criterium, Las Vegas, NV, 702-228-9460

**July 4** — Elko Jaietan Criterium, Part of the Elko Basque Festival, Elko, NV, (775) 738-5245

**July 10-11** — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532

**July 13** — Tuesday Nighter #12, Pleasant Valley/Ten Mile Creek Rd., Boise, ID

**July 20** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

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

**July 20** — Summer Night at the Track #4, Road/Track, Boise, ID, (208) 343-3782

**July 24** — Well's Fargo Twilight Criterium, Boise, ID, (208) 343-3782

**July 25** — The Morning After Criterium, Boise, ID, (208) 343-9130

**July 27** — Summer Night at the Track #5, Road/Track, Boise, ID, (208) 343-3782

**July 31** — Mt. Harrison Hill Climb, Boise, ID, (208) 336-3854

**August 1** — Day at the Track, series final, Road/Track, Boise, ID, (208) 343-3782

**August 22** — Table Rock HC RR, Boise, ID, (208) 867-2488

**August 26** — Lindsay's Thursday Night TT Series Final, Nampa, ID, (208) 465-6491

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

**August 28-29** — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118

**September 4** — Mt. Charleston Hill Climb, Las Vegas, NV, 702-228-9460

**September 5** — Quail Hollow Hillclimb, Boise, ID, (208) 343-3782

**September 11** — Race to the Angel, 17th Annual, Wells, NV, (775) 752-3540

**September 11** — Bogus Basin Hill Climb, Boise, ID, (208) 343-3782

**September 18-19** — Lava Rama, Wild Rockies Series #8, XC, DH, Road Criterium, Lava Hot Springs, ID (208) 342-3910



**Weekly Rides**

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

**Sunday Group Ride** — 9 a.m., Canyon Bicycles in Draper, 762E., 12600 S., (801) 576-8844

**Road Tours**

March 5-8 — The Moab Skinny Tire Festival. A Lance Armstrong Peloton Project Event, Four days of group road rides and events in the striking landscape in and around Arches and Canyonlands National Parks. For more information about the festival, including registration materials, info@skinnytirefestival.com or (435) 259-2698.

April 3 — Cactus Hugger Century, 4th Annual, 46, 76, or 100 mile options, Xetava Gardens, Kayenta/Ivins, St. George, (435) 656-2422 or (435) 635-5181

April 17 — Tour de Summerlin, Las Vegas, NV, (702) 791-4275

April 24 — Willard Bay 100, BBTC Super Series ride, Bountiful to Willard Bay, (801) 943-2117

May 1-2 — The "X" Rides, 2 fun rides on and off Nevada's Extraterrestrial Highway, Rachel, NV, near Area 51, (800) 565-2704

May 8 — Yellowstone Spring Cycling Tour 2004, (406) 646-7701

May 8 — Nephi 100, BBTC Super Series ride, Nephi, UT, (801) 943-2117

May 15 — Tour de Fire, Las Vegas, NV, 702-228-9460

May 15 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 31, 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., (801) 596-8430 or Fax (801) 322-5056 or jonrsmith@mac.com

May 22 — Color Country Century, 100 miles from Cedar City through Cedar Valley to New Harmony to Parowan, (435) 586 5210 or (435) 559-2925

May 23 — In The Valley 100, BBTC Super Series Ride, circles Salt Lake Valley, starts in Draper Park, (801) 943-2117

May 28-31 — Northwest Tandem Rally, Eugene, OR, (206) 781-3858

June 5 — Little Red Riding Hood, women's only metric century ride, Wellsville, Cache Valley, (801) 943-2117

June 5-6 — Idaho MS 150 Bike Tour, Meridian, Boise, ID, (208) 388-1998 ext. 2 or (208) 342-2881

June 5-11 — Cycle Utah Tour, Southern Utah, Adv. Cycling Association, (800) 755-2453

June 6 — America's Most Beautiful Bike Ride, 35, 72, 100 miles, benefit for the Leukemia Society, Lake Tahoe, NV, (800) 565-2704

June 12-13 — Tour de Cure, Golden Spike Century, 40, 60 and 100-mile routes, raise money for the American Diabetes Association, Box Elder High School, Brigham City, UT, Nikki Whye at (888) 342-2383 x7075

June 12 — Bob LeBow Bike Tour - "Health Care for All.", routes from 3-100 miles, Nampa, Idaho, asandven@trhs.org or 208-467-4431

June 19 — 2nd Annual Tri County Tour, Boise, ID, Linda Laky, (208) 336-1070 x 106 (linda@united-waytv.org)

June 19 — Up and Over 100, bottom of Emigration Canyon to Park City, Coalville, and back, (801) 943-2117

June 20-26 — Utah Border to Border Tour, (801) 556-3290

June 26-27 — MS 150 Bike Tour, Benefits MS Society and multiple sclerosis research, Cache Valley Fairgrounds (400 South 500 West, Logan, Utah), (801) 493-0113

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

June 26 — Killer Loop, a 66 or 100 mile loop from Cedar City through Brianhead and Back to Cedar. This brevet style ride features 8500+ feet of climbing at altitudes up to 10,400 feet. (435) 586-7567

June 26 — Tour of Marsh Creek Valley, fully supported ride pre-

sented 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. Mitch White at 208-241-5322 or jmwhite@nicoh.com

July 2 — Antelope by Moonlight Bike Ride, 11th Annual, 10:00 P.M. start, check-in begins at 8:30 p.m., at the Antelope Island State Park entrance This a popular non-competitive ride, held at night during the full-moon. Views are spectacular, food is delicious. Ride along the Great Salt Lake on the Davis County causeway and on to Antelope Island State Park. Registration fee includes park entry, t-shirt and refreshments, about 20 miles round trip, contact Neka Roundy, Davis County Tourism, (801) 451-3286

July 18 — Mt. Nebo Loop, start in Nephi to Springville to the Mt. Nebo loop, (801) 943-2117

July 25-31 — Bicycle Idaho, Melba to Ketchum to Melba, (541) 385-5257

July 31 - August 7 — Great Divide Wind River, Jackson to Lander, WY, dirt and road, Adv. Cycling Association, (800) 755-2453

August 1 — Chalk Creek 100, Park City to Coalville to Chalk Creek and back, (801) 943-2117

August 3, 10, 17, 24, 31 — Half-Bogus Ride, Bogus Basin, (208) 343-3782

August 7 — ULCER Training Ride, 75 miles, location TBD, (801) 943-2117

August 8 — Stanley Challenge, Boise, ID, (208) 867-2488

August 14 — ULCER, Century Tour around Utah Lake, 100, 74, and 46 mile options, (801) 947-0338

August 15 — Blue Cruise Wheels for Wellness, Meridian, ID, (208) 387-6817

August 21 — Promontory Point 125, Brigham City to Promontory, (801) 943-2117

August 23-28 — Bear Lake, Northern Utah & Southern Idaho Tour, (801) 556-3290

August 28 — Desperado Dual, 200 mile double century in Southern Utah, 100 mile option, Panguitch, (435) 586-7567

August 29 - September 4 — BBTC Southern Utah Parks Tour, (801) 486-8140

August 29 — The Big Ride, 164 miles, Mt. Green over Monte Cristo, to Evanston and back, (801) 943-2117

August 30 - September 4 — SPUDS 10 - Boise to Salmon, Idaho, 1-

866-45-SPUDS

September 4 - Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in, 12 mi north of Logan on Hwy 91. Registration fee \$17 (early), \$20 day of ride. Fee includes rest stops, lunch. For information and forms call 435-752-2253.

September 6-11 — WYCYC XV, ride across Wyoming, Jackson Hole to the Bighorns, Cyclevents, 1-888-733-9615.

September 7 — Half-Bogus Ride, Bogus Basin, (208) 343-3782

September 4-10 — Cycle Utah Tour, Southern Utah, Adv. Cycling Association, (800) 755-2453

September 11 — Hooper Horizontal 100, State Agriculture Building to Hooper and Back, (801) 943-2117

September 12 — Tour de Tahoe, ride around Lake Tahoe, 72 miles, Lake Tahoe, NV, (800) 565-2704

September 12 — Galena Tour, Galena Lodge, ID, (208) 788-9184

September 12-18 — Southern Utah National Parks Tour, (801) 596-8430

September 25 — Cycle For Life, benefit ride for injured cyclists, (801) 272-1302

September 26 - October 2 — 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 26 - October 2 — CANYONS III - A Ride Across Southern Utah, Springdale to Blanding, 1-866-CycleUT

Oct 1-3 — Moab Century Ride, Moab to La Sals and back, Tour benefits the Lance Armstrong Foundation, 435-259-2698

October 3-8 — Monument Valley & 4 Corners Tour, (801) 556-3290

October 9 — Yellowstone Fall Old Faithful Cycling Tour 2004, (406) 646-7701

October 16 — Las Vegas Century, 37, 62, or 100 miles, benefits Ronald McDonald House, (702) 407-3077

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## GEARHEAD

## Three Hot New Component Designs Mean it's Time to Upgrade!

By Tom Jow

Each new season brings hot new bicycle and component designs. As always, some of the finest technical innovations are for mountain bikes. I've chosen three products I like to mention here. The first is new front and rear shock designs from manufacturers Progressive, Manitou, and Fox Shox. The second is tubeless tire and wheel systems from Mavic and Stan's No Tubes. The third and final is Shimano's STI paddle shifter, which debuted with the new XTR group in 2003. These new products will change the way mountain bikes and riders perform.

In 2004, full suspension bikes will be more efficient than ever. More efficient because front and rear shocks have been redesigned to better resist the downward forces of the rider.

This season, Fox Racing Shox feature the "Inertia-Valve" in their F80x and F100x suspension forks. The inertia-valve utilizes a valve which remains closed when forces are exerted downward (from the rider), but opens when forces are upward (from the ground). This allows all of the rider's power to be transferred to the drive train when sprinting or on smooth surfaces. The standard Fox rear shocks now use a special low-speed compression circuit called Pro-Pedal. Pro-Pedal damping greatly reduces the effect of

pedal forces on the rear suspension, therefore transferring more power to the pedals.

Progressive, maker of the Fifth Element rear shock and Manitou are using stable platform valving (SPV). SPV uses an adjustable air chamber to allow the rider to fine tune the amount of low-speed compression damping (pedal input). In other words, more air equals more damping, less bounce.

However, where tires are concerned using less air is better. In 2001, the French company Mavic introduced the Universal Systeme Tubeless (UST) wheel set. The UST wheel is similar to an automobile wheel, having no holes in the rim for spokes. And because there is no tube, tire pressures can be reduced. This increases traction, decreases rolling resistance and the risk of pinch flats. The Mavic UST wheels can be used with or without tubes and are now available for prices as low as \$230.

Rather than redesign the whole wheel, Stan's No Tubes developed a rim strip and a lightweight sealant to allow the use of tube tires and wheels without tubes. The result is a very light tubeless system that has puncture resistance from goat heads, cactus and ten penny nails. For 2004, Stan has designed a tubeless specific rim that will inflate and seal better than any other. This new wheel set was ridden to victory by 2003 NORBA Women's National Champion Mary

McConneloug.

The third product I like is the Shimano STI paddle shifters for XTR and XT groups. These shifters now operate like the STI road shifters. To operate the shifters, press the lever down for a harder gear and lift up with the back of the hand for an easier gear. In addition to new shifters, Shimano has also reintroduced the rapid rise (low normal) rear derailleur. This makes shifting smooth and quick and precise. However awkward it may seem at first, it is easy to adapt to.

These are just some of the many technical innovations for 2004. These components will take mountain biking to a new level. New shocks with platform valving will make every full suspension bike climb better. Tubeless tires will increase traction and puncture resistance. And new shifters will make hitting that crucial gear a breeze. If there was ever a time to upgrade your mountain bike, this is it.

Tom is a former U.S. National Team Mechanic and is currently Team Manager for Salt Lake City based Team Biogen-Idec. He also works at Wild Rose Sports in Salt Lake City.

## MOUNTAIN BIKE RACING

## 24 Hours of Fun



Cindi's Teammate Tonya Laffey at the 24 Hours of Moab. Photo courtesy Tonya Laffey

By Cindi Hansen

Some say that if you race the 24 Hours of Moab more than once, you're crazy. During the race, I've heard people swear that they'll never do it again. But once the race is over, and you've had time to reflect on what an amazing experience you had, you can't wait to do again next year. Even if your race wasn't a success, the limit you take yourself to, is one that you may not reach any other time during the season.

If you're lucky enough to claim your camp spot before the valley turns into a tent city, you watch as thousands of people close in around you, and settle in for a long night. Every year, campsites are more and more elaborate. Anything from sofas and a T.V. to a full on circus tent equip with heaters and an industrial size kitchen.

Although, campsite arrangements make the stay a bit more comfortable, meal preparation and

rest is where a racer makes their gains. After racing in this event for the last three years, the hardest thing about it is deciding what to eat, on the trail and off. Because of the long laps, cold temperatures, and lack of rest, it's very easy to lose your appetite and sometimes, the only thing you can do is force the food down.

There are sections on the race course that many people fear to ride during the day when they can see what's coming, but at night, you might ride the same spot that gave you trouble a few hours earlier. The beauty of night riding is sometimes you don't have time to react to the terrain before you ride it. It just happens.

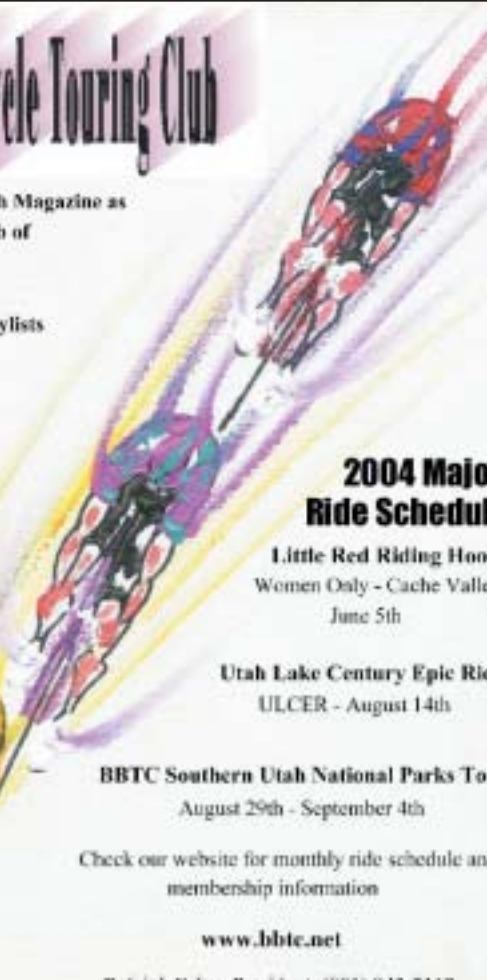
When it's all said and done, and you're racing back to the course, the sun is about to peer over the La Sal's, and "Hear Comes The Sun", is playing over the loud speakers, an amazing feeling comes over you. You've just survived 24 Hours of hell on bike, and are thinking on to next year.

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