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YEAR!**

**2007
UTAH
AND
REGIONAL
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CALENDAR
INSIDE!**



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PAVEMENT
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RACING
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SPEAKING OF SPOKES

On Good Behavior

By David Ward
Publisher

I had decided to remain quiet on this, but in the end find myself frustrated and somewhat incensed. So, instead of staying silent, here goes.

Salt Lake City Mayor Rocky Anderson recently proposed an ordinance to require that bicyclists wear helmets while riding in Salt Lake City. This proposal was sent to Lou Melini, the chair of the Mayor's Bicycle Advisory Committee (MBAC), an informal, ad hoc committee which has functioned in its present form for approximately twenty years. Lou asked for input from committee members and others who are subscribed to the MBAC email list.

A tremendous amount of response and dialogue followed, with nearly all those voicing opposition to the proposed ordinance. Based on the response and MBAC's own deliberations, the committee recommended against the ordinance for all ages, but gave partial support for an under-18 ordinance.

The details and denouement of this proposed ordinance are addressed in other articles in this issue by those with better knowledge and understanding than I can bring to the discussion. Rather, I take issue with two aspects of this whole affair.

First, I oppose laws that seek to enforce "good behavior". For this reason, in addition to opposing this proposed ordinance, I oppose mandatory seatbelt laws, helmet usage for motorcyclists, laws that ban trans fats, laws that ban personal cell phone use while using crosswalks, etc. There are always those who want to pass laws to protect us

from ourselves. However, individuals should have the right to engage in behavior that is potentially dangerous or harmful to themselves. In other words, they should have the right to be stupid.

I am familiar with the argument that such behavior does in fact impact others in the sense that, if one is injured, it is going to impose a hardship on his or her family, lead to increased insurance premiums, etc. But that rationale is very indirect, and can be used to justify any law to prevent a broad range of behaviors. Laws could be passed that mandate exactly what we eat, that ban football, that ban the driving of cars, that outlaw being overweight, etc. It is a rationale that opens the door to "do-gooders" of every ilk and cause.

The real issue is at what point do we say government should no longer mandate and legislate "good" or "healthy" behavior? I draw the line at the point where one's actions do not directly inflict harm on another or expose the other to harm. To be honest, that definition needs to be fleshed out, and I am still, after much thought, trying to do just that. Whatever definition I reach, however, the wearing of bicycle helmets is outside that definition and should not be legally mandated. (One caveat at that relates to minors: It is well recognized that government has not only the right but the duty to protect minors until they reach a generally recognized age of maturity.)

As I stated, there are other and more politically acceptable arguments against this proposed ordinance. Many different people have come up with a variety of good and exceptionally reasonable arguments. But I have been surprised

at the near unanimity of opposition to this proposed ordinance. In the end, an undercurrent to this nearly unanimous opposition is the sense that Mayor Anderson is overstepping what government should be involved in legislating.

My second issue is with Mayor Anderson's attitude and approach and his own failure of good behavior. We all know how outspoken he is. He has a right to be so, though many will debate the propriety of his actions and words when done under the guise and mantle of mayor. What I find curious, and what really irritates me, is his arrogance toward those who disagree with him.

His response to MBAC's opposition to his proposed ordinance has been to belittle the committee members and to propose to formalize the committee. When first advised of the committee's opposition, his response was to expand his efforts to include motorcyclists and others using a non-enclosed means of motorized transportation.

Next, he suggested that Lou Melini should be removed as the MBAC chair, and has criticized him and other committee members.

Finally, he has now proposed that MBAC be a formal board for which application must be made and appointment received from whom else but the mayor. Given Mayor Anderson's track record with many city staffers, it is clear this would result in members who do not independently advise the Mayor, but those who support and babble the approved rhetoric.

The MBAC has functioned well for a long period of time, and has been an important resource relied upon by mayors preceding Mayor Anderson. As a result, much good has been accomplished. In fact, Mayor Anderson has actually created little of the bicycle infrastructure now in place. Palmer

DePaulis and Deedee Corradini were the mayors when the current bicycle pathway network was built up. They were around when the Salt Lake City Transportation Department created positions for Dan Bergenthal and even a dedicated alternative transportation person (Julie Eldridge). They pushed for and dedicated resources to the Jordan River Parkway. It was their original support that encouraged MBAC to assist in seeking funding to get Emigration Canyon widened for bike lanes. They were behind the bike path in Popperton Park, supported the airport bike path, and helped with the creation of the first several bike maps. They were around for and strongly supported the Parley's Crossing project. They supported the establishment of the Cycle Salt Lake week and the first bike races around the City County Building.

All this was done with the input and involvement of MBAC. So, why change a good thing? Why fix something if it isn't broken? Well, apparently because MBAC does not agree with Mayor Anderson's narrow vision and he has the power to do so. That is arrogance at its worst, and Mayor Anderson is guilty of it.

Mayor Anderson's proposed ordinance has been successful in creating nearly complete consensus where it rarely exists: Among the bicycling community. And it has been successful in revealing political attitudes and actions at their most arrogant level. It is an ordinance that should not be passed and should never have been pursued.

Editor's Note: **cycling utah** strongly encourages cyclists of all ages to always wear a helmet.



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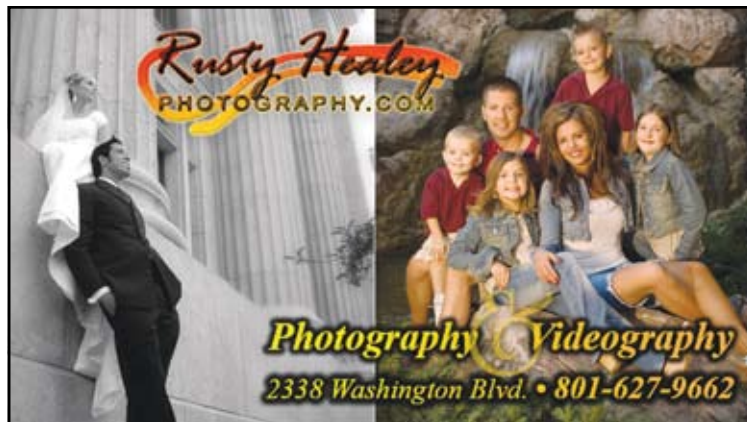
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Cover Photo: Two riders having great fun in the 2006 Moab Century Tour near Castleton Tower, Castle Valley, Moab.
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ADVOCACY

Bicycle Helmets, Politics, and the Future of Salt Lake City's Mayor's Bicycle Advisory Committee (MBAC)

By Lou Melini

A report by the Chair of the Salt Lake City's Mayor's Bicycle Advisory Committee (MBAC)

Due to a busy agenda, it was not until the closing of the November meeting that Dan Bergenthal of the city transportation department approached me and asked "The Mayor is considering an ordinance to make bicycle helmets mandatory in the city. What do you and the MBAC think?" "He wants a policy in place by January". I procrastinated for nearly two weeks before e-mailing those on the MBAC list and various national bicycling organizations. Perhaps I was dreading the avalanche of responses. The number of replies was large, but not as voluminous as I expected. The replies came as far away as England with nearly the same message, "Don't do it!"

After reviewing several hundred pages of information sent to me, I sent a response to Mayor Anderson on behalf of the MBAC opposing a helmet ordinance as written. The MBAC suggested an ordinance for those under 18, a change in wording of the ordinance to include language protecting cyclists in court (contributory negligence clause), and suggesting language that would focus enforcement as educational, not punitive. The suggestions also reflected the views of the MBAC to enforce current laws rather than the

creation of a new law. The letter to the Mayor also expressed concerns regarding the effect of the ordinance to reduce the number of cyclists. In researching the issues, the MBAC disagreed with many claims submitted by cyclists who wrote in opposition to the helmet ordinance. The letter of recommendation to the Mayor was submitted the day that an article on helmets was being printed in the City Weekly.

Initially the Mayor was in agreement with the under 18 suggestion, however, a couple of days later the original ordinance proposal was back on the table without any of the recommendations by the MBAC being considered. An article in the Salt Lake Tribune, which preceded a tribune editorial, cast the debate into an emotional tug-of-war. In addition, the Mayor responded to an e-mail on the MBAC list, further dividing the City and the MBAC from a compromise ordinance. The issue has been defined as "road warriors" vs. "common-sense safety enforcement". On one side of the issue are the Mayor, The Tribune, and some safety advocates that propose a helmet ordinance that will make all cyclists safe from harm. On the other side is a large group of cyclists that primarily insist there should be choice in the matter. In the middle is a small group working for a compromise ordinance, with coordination from law enforcement and interested organizations that will make a helmet ordinance workable and successful.

The MBAC rewrote the ordinance to again reflect support for an under 18 law, despite the majority of cyclists opposing this compromise. The MBAC also included language similar to the seat belt law to state that a helmet should not be used as contributory negligence, making the helmet ordinance a secondary offense, and changing some wording to theoretically protect bike shops from liability. The MBAC felt that these changes were necessary as the city has not shown any educational or enforcement plans to coordinate with the helmet ordinance. A MBAC review of the history of helmet ordinances in Washington, Connecticut, Florida, Oregon, Texas, and Maryland all had educational and enforcement plans in place when helmet laws were enacted. This rewrite of the ordinance was submitted at the February meeting of the MBAC.

The city responded to the rewritten ordinance a document "Mandatory Helmet Laws: Answers to the Most Common Questions". In addition the city has stated that the current MBAC is no longer recognized by the city as an advisory committee until it formally meets the city guidelines for volunteer boards. There are a number of questions that still need to be answered before a helmet ordinance is advanced. Only time will tell what effects, good or bad, will occur as a result of a helmet ordinance if the questions are not addressed.

At press time, the MBAC will either be reorganizing itself to meet the requirements of city volunteer boards or stay an independent group focused on lobbying for the cyclists of Salt Lake City.

Text of the Proposed Ordinance

The text of the proposed helmet ordinance is below. The original text proposed by Mayor Anderson is:

12.80.67

Bicycle Helmets:

- A. A person shall not operate or as a passenger upon any bicycle, on a street, bicycle path, sidewalk, public park or on any other public right-of-way unless that person is wearing a properly fitted and fastened bicycle helmet. This requirement also applies to a person who rides upon a bicycle while in a restraining seat which is attached to a bicycle or in a trailer towed by a bicycle.
- B. A bicycle helmet shall meet or exceed the minimum bicycle helmet safety standards set by the U.S. consumer Product Safety Commission (CPSC), the American National Standards Institute (ANSI), the American Society for Testing and Materials (ASTM), or the Snell Memorial Foundation.

The substitute text proposed by the MBAC is below. Additions are underlined. Replaced text is in ~~strikethrough~~.

12.80.67

Bicycle Helmets:

- A. A person under the age of 18 shall not operate or as a passenger upon any bicycle, on a street, bicycle path, sidewalk, public park or on any other public right-of-way unless that person is appropriately wearing a ~~properly fitted and fastened~~ bicycle helmet. This requirement also applies to a person who rides upon a bicycle while in a restraining seat which is attached to a bicycle or in a trailer towed by a bicycle.
- B. A bicycle helmet shall meet or exceed the minimum bicycle helmet safety standards set by the U.S. consumer Product Safety Commission (CPSC), the American National Standards Institute (ANSI), the American Society for Testing and Materials (ASTM), or the Snell Memorial Foundation.
- C. Enforcement by a state or local law enforcement officer shall be only as a secondary action when the person has been detained for a suspected violation of Utah Code Title 41, Motor Vehicles, or Salt Lake City code other than Subsection A or B, or for another offense.
- D. A violation of clause A or B:
 - (1) does not constitute contributory or comparative negligence on the part of a person seeking recovery for injuries; and
 - (2) may not be introduced as evidence in any civil litigation on the issue of negligence, injuries, or the mitigation of damages.

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CALENDAR OF EVENTS

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

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

Let us know about any corrections to existing listings!



Battle Bay BMX — (801) 796-8889

Rad Canyon BMX — (801) 824-0095

Deseret Peak BMX — deseretpeak-bmx.netfirms.com, Tooele

May - October — Rad Canyon BMX, Practice Tuesdays 6:30-8:30 pm. 9700 S. 5250 W., South Jordan, (801) 824-0095.

May - October — Rad Canyon BMX, Single Point Races Thursdays, Registration 6-7 pm, racing ASAP (7:30pm). 9700 S. 5250 W., South Jordan, (801) 824-0095.

For more BMX track info, visit cyclingutah.com



Advocacy Groups

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7939 or (801) 487-6318.

Salt Lake County Bicycle Advisory Committee — Meetings are the second Monday of each month from 5-7 p.m. in suite N-4010 of the Salt Lake County Government Center, 2001 S. State, SLC, (801) 485-2906

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

Calendar of Events sponsored by



1844 E. Fort Union
Salt Lake City
(801) 942-3100

705 W. Riverdale Rd.
Riverdale
(801) 621-4662
canyonsports.com

Home of the Bike and Wife Swap!

Provo Bike Committee — Meetings are the first Wednesday of each month, 5:00 p.m. in the City Council office, 351 West Center Street, Provo, Call the City Council offices at 801-852-6120 or email gilbert.bradshaw@gmail.com or duncanish@gmail.com

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

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

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

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

Utah Bicycle Coalition — Statewide advocacy group, utahbikes.org

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

2007 Events

Salt Lake Critical Mass — Last Friday of every month, 5:30 pm,

meet at the Gallivan Center, 200 S. between State and Main in SLC, for more info, if you have a bike to lend, etc.: email slccriticalmass@yahoo.com

March 2-3 — Boise Bike Swap, 4th Annual, Boise, ID, (208) 343-3782

March 3 — Sports Am/Sports Guide, 14th Annual Bike Swap and Show, Utah State Fairpark, 10th W and N. Temple, Grand Building, 10 am, SLC, (801) 583-6281

March 23-25 — Moab MUni Fest (a mountain unicycling event), Moab, UT, zadig@engineer.com or Rolf Thompson at (801) 870-5949

April 21 — CANCELLED - 4-H Bike Rodeo, 10 a.m.- 2 p.m., youth ages 6-13, rain or shine, Bicycle Skills Test, Road Hazards, Helmet Check, Bike Maintenance, Road Signs, Salt Lake County Government Center - Southeast Employee Parking Lot, 2001 S State Street, (801) 468-3180

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

May 5-6 - Young Riders Bike Swap, Annual White Pine Touring swap to benefit The Young Riders youth based mountain bike program, great time with food and raffles, dropoff **May 4-5**, White Pine Touring, 1790 Bonanza Dr., Park City, (435) 649-8710 or (435) 659-1188 or visit www.youngriders.com

May 12 — Canyon Sports Bike and Wife Swap, Ogden Store, 705 W. Riverdale Road, and Cottonwood Store, 1844 E. Fort Union, (801) 621-4662 or (801) 942-3100

May 12-19 — Cycle Salt Lake Week, weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more!

May 13 — Intermediate Mountain Bike Tour 2:00 — 5:00 p.m. Meet at Popperton Park at 11th Ave. & Virginia St. in SLC. Cost: free. More info: Brian Price brian@slcbikecollective.org

May 14 — Tailwinds Bicycle Touring Downtown Historic Tour of Salt Lake City. Meet at Popperton Park at 11th Ave. & Virginia St. in SLC at 6:00 p.m. Cost: free. More info: Grant Agard (801) 556-3290

May 15 — Salt Lake County Mayor's Bike to Work Day. Presented by the Salt Lake County Mayor's Office and the Salt Lake County Bicycle Advisory Committee. Join us for a mellow ride with Mayor Peter Corroon and other city mayors under Sheriff's escort. Bike from Liberty Park to the Salt Lake County Government Center at 2100 S. State St. Meet at 7:30 a.m. at the northeast corner of Liberty Park, 700 E. 900 S. Cost: free. More info: Dan Fazzini Jr., (801) 262-2737 www.slcbac.org

May 15 — UTA Bike to Work

Stations: riders can stop at one of our stations for free bagels and cream cheese, TENTATIVE: 900 South and 900 East, Contender Bicycles, 3600 South 700 West, UTA Administrative Offices, 2100 South and State Street, Salt Lake County Government Center, 500 Chipeta Way, ARUP at Research Park, Westminster College — 1840 South 1300 East (Tanner Plaza), University of Utah — TRAX Stadium Station, Hotel Monaco — 15 W. 200 South, (801) 287-2066

May 15 — Road Home Bike Tuning. Free bicycle tune-ups at the Road Home, 210 S. Rio Grand St. (455 W.) sponsored by the SLC Bike Collective. More info: www.slcbikecollective.org or 801-FAT-BIKE

May 18 — UTA Rideshare Bike Bonanza. Music, food, prize drawings, free bike tune ups, activities for kids and much more! This year the Bike Bonanza is happening in conjunction with the Downtown Alliance's Live Green Festival. Join us at the Gallivan Center (239 S. Main Street) from 4:00 — 9:00 p.m. Pick up your registration packet for the Salt Lake Century Ride at the event too. Cost: free. Visit www.utarideshare.com for event updates. More info: Shaina M. Quinn (801) 287-2066, squinn@rideuta.com and www.utarideshare.com

May ? — Bicycle Movie Night presented by SLC Bike Collective. This is a fundraiser for the SLC Bike Collective. Prizes! Movie will have bicycle theme with at least one bicycle. Location Brewvies, 677 S 200 W, SLC. Cost: \$6 suggested donation. Time is 7:00 PM. More info: www.slcbikecollective.org or 801-FAT-BIKE

May 18 — Bike To Work Day, Encouraging Park City and Summit County to Bike to Work, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

May 19 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 33, 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 cslcentury@mac.com, Online registration at www.cyclesaltlakecentury.com

May ? — Utah County UTA Rideshare Bike Bonanza, food and drink, free prizes, free bike tune-ups, 6 pm bike ride with the Mayor, kids bike rodeo, and bike trail information, 5:30 - 8:30 p.m. The UTA Rideshare Bike Bonanza tent will be located on the east side of the street, on 200 West south of Center Street in downtown Provo. For more information contact Stacey Adamson at sadamson@rideuta.com or (801) 227-8958 Visit www.utarideshare.com for event updates.

June 2 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

June 2? — National Trails Day, 9:00am Meet at Spiro Trail, Park at Park City Mountain Resort, Presented by Mountain Trails Foundation, Snyderville Basin

Recreation Department and Park City Municipal Corporation and IMBA Sponsored by Silver Star, Starbucks, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

June 2? — Mountain Trails Foundation Trail Fest, Join IMBA and Mountain Trails and celebrate our Trails. Area trail planners will bring their latest maps of upcoming trail projects, Food, beverages, silent auction, 5:00pm Miner's Hospital Park City Utah (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

June 16? — Venture Outdoors Festival, 3-9 pm, Millcreek Township Festival, cycling gurus on hand, 3100 S. 2900 E, (801) 466-0686, millcreekoutdoors.org

September 21? — 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, Jordan Gates, 535-7939, Meet at the northeast corner of Liberty Park



Tours and Festivals

March 23-25 — Moab MUni Fest (a mountain unicycling event), Moab, UT, zadig@engineer.com or Rolf Thompson at (801) 870-5949

April 19-22 — IMBA Trail School, Price, Utah, contact Dondra Nance, dondra.nance@ceu.edu

April 21-22 — Bookcliffs Trailfest, Enduro/XC Race and Trials contest Saturday. Free camping and music Saturday night. IMBA Trail School, Festival Group-rides Sunday. Great prizes, Cool trophies, Sweet trails. FuzzyTheBikeGuy@msn.com, PASSutah.com, (435) 637-2453

April 26-29 — Fruita Fat Tire Festival, 12th Annual, Clunker Crit, Prizes, Fun, Fruita, CO, (970) 858-7220

May 18-20 — San Rafael Swell Mountain Bike Festival, 21th Annual, Emery County, (435) 637-0086

June 2 — Draper Trail Days Mountain Bike Ride. Starts 9am at Equestrian Center located at 1600 E. Highland Drive., 6 mile loop, For more information go to: www.DraperTrailsDay.com or call Ken Murdock at 205-3700.

June 14-17 — IMBA Trail School, BLM, Cedar City, Utah, contact Wade Judy, wjudy@blm.gov

June 16-17 — Cycle Idaho's 10th Annual Boise to Idaho City Tour, Boise to Idaho City (camp over night) and back to Boise, Harley Parson (208) 288-2327 or (208) 573-8123, cycleidaho.com

July 8-19 — Great Divide Colorado, Salida, CO to NM, dirt, Adv. Cycling Association, (800) 755-2453

July 21-27 — Cycle Montana, Whitefish to Lincoln, 252 miles, Adv. Cycling Association, (800) 755-2453

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

August 18-19? — Mountain Bike Challenge for MS, Tamarack Resort, Idaho, jefflarsenboise@yahoo.com, (208) 938-9917

September 15-22 — Colorado Canyon County, Grand Junction,



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Mountain Bike Racing

General Info

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

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

2007 Utah MTB Races

March 3 — Classic Desert Rampage, Intermountain Cup #1, St. George, UT, XC - Kayleen Ames, (435) 245-3628 or (435) 757-4310

March 10 — Frozen in Time Icebike Race and Skate Ski Duathlon, mountain bike time trial and skate ski race, 8 am, benefit for IMBA, held at the White Pine Touring Center, Park City, (801) 661-1947

April 7 — Cholla Challenge, Intermountain Cup #2, Hurricane, UT, XC, Jerry Simmons, (435) 674-3185

April 21-22 — Bookcliffs Trailfest, Enduro/XC Race and Trials contest Saturday. Free camping and music Saturday night. Festival Group-rides Sunday. Great prizes, Cool trophies, Sweet trails. FuzzyTheBikeGuy@msn.com, PAssUtah.com, (435) 637-2453

May 5 — Showdown at Five Mile Pass, 13th Annual, Intermountain Cup #3, Lehi, UT, XC, Ed Chauner at (801) 942-3498

May 19 — Hammerfest at the Hollow, Intermountain Cup #4, Soldier Hollow, Midway, UT, Ed Chauner at (801) 942-3498

May 24 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

May 28 — Stan Crane Memorial XC, Intermountain Cup #5, Draper, UT, Ed Chauner at (801) 942-3498

May 28 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

June 2 — Draper Challenge Mountain Bike Race. Starts 9:30am at Equestrian Center located at 1600 E. Highland Drive. For more information or to register go to: www.DraperTrailsDay.com or call Ken Murdock at 205-3700.

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

June 9 — Deer Valley Pedalfest, Intermountain Cup #6, Deer Valley, UT - Ed Chauner, 801-942-3498

June 15-17 — NORBA National Mountain Bike Series #3, Deer Valley, UT, XC/ST/DH/4X/Super-D, (435) 884-3515

June 21 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

June 23 — The 12 Hours of the E100, 12 hour endurance race with site fee to benefit National Ability Center, Individual and Two and Four person Team Categories, Park City, thee100.com, (435) 649-2129

June 30 — Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #7, Solitude, UT, XC - Ed Chauner, 801-942-3498

June 30 - July 1 — Bald Mountain Challenge Downhill, DH and Super-D, Utah DH Series, Deer Valley, UT, (801) 375-3231

July 4 — Sundance Super-D Downhill Race, 9 am, Sundance

Resort, (801) 223-4849

July 7 — Wimmer's Bicycle Race XC, Intermountain Cup #8, Sherwood Hills Resort, Logan, UT, (435) 752-2326

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

July 14-15 — Flyin' Brian Downhill Race, DH and Super-D, Utah DH Series, Brian Head, UT, (801) 375-3231

July 14 — Snowbird Mountain Bout, 20th Annual, Intermountain Cup #9, Snowbird, Ed Chauner at (801) 942-3498

July 19 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

July 21 — Taming the Tetons, Intermountain Cup #10, Jackson Hole, WY, Ed Chauner at (801) 942-3498

July 21 — The Endurance 100/Mind Over Mountains, 100 mile team relay, 50 mile solo, Park City, thee100.com, (435) 649-2129

July 28? — Brian Head Epic 100 and Titanium 50, 50 and 100 mile races, Brian Head, (909) 633-6729

July 28 — Park City Perfect 10 Endurance MTB Race, 7 a.m. to 5 p.m., Solo (M/F), Duo (M/F/coed), Three person teams (M/F/coed) categories, The Canyons Resort, Park City, (435) 659-1188 or visit www.youngriders.com

August 4 — Wolverine Ridge XC Race, 14th Annual, Intermountain Cup #11, Series Finals, Jill Smith, jsmith@evanstonwy.org 307-783-6459 or Paul Knopf, pknopf@evanstonwy.org 307-783-6458; or 1-866-783-6300 ext. 470., evanstoncycling.org

August 11 — 4th Annual Sundance Single Speed Challenge, 10 am start, Sundance Resort, Sundanceresort.com or (801) 223-4121

August 16 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

August 18 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

August 25 — The Endurance 100/Mind Over Mountains, 100 mile, 100 km, and 50 mile individual races, Park City, thee100.com, (435) 649-2129

September 2-3 — Sundance Showdown, DH and Super-D, Utah DH Series, Sundance, UT, (801) 375-3231

September 8-9? — 24 Hours of Soldier Hollow, noon to noon, Heber, UT, (801) 243-0704

September 8 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

September 15-16 — Silver Spur Fall Classic XC race, also Trail Run and climbing contest, Snowbird and Alta, UT, 801-933-2110

September 15 — Tour des Suds, 26th Annual, Park City, (435) 649-6839

September 22 — Widowmaker Hill Climb 10 AM, Ride to the top of the Tram, Snowbird Resort, (801) 583-6281

September 22 — 12 hours of Sundance, 7 am - 7 pm, Sundance Resort, (801) 223-4849

October 6? — Utah State Singlespeed Championship, 10 am start, Sundance Resort, Sundanceresort.com or 801-223-4121

October 15-16 — 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

October 13-14 — 24 Hours of Moab, 12th Annual, (304) 259-5533

2007 Idaho and Regional MTB Races

March 30 - April 1 — NORBA National Mountain Bike Series #1, NOVA, Fountain Hills, Arizona, AZ, (435) 884-3515

April 21 — Barking Spider, Wild Rockies Series #1, XC, Nampa, ID, (208) 388-1971

May 4-6 — NORBA National Mountain Bike Series #2, Fontana, CA, (435) 884-3515

April 28-29?? — 18 Hours of Fruita, Fruita Fat Tire Festival, Fruita, CO, (970) 858-7220

May 20 — 5th Annual Coyote Classic, AMBC race, Avimor, ID, (208) 338-1016

May 12-13 — Lava Rama, Wild Rockies Series #2, non-NORBA XC, Utah Downhill Series NORBA DH, DH and dual trials, Lava Hot Springs, ID (208) 388-1971

May 26-27 — Pocatello XC and DH, Knobby Tire Series, Pocatello, ID, (208) 338-1016

May 26 - May 28, 2007 The Chile Challenge, Downhill/4X NMB5 Points Race, Angel Fire Resort, Angel Fire, New Mexico, www.racemsc.com

May 30, June 6, 13, 20, 30 — Wood River Cup #1-5, Short Track XC, Hailey, ID, (208) 481-0300

June 2-3 — Moose Chase XC and DH, Knobby Tire Series, Coeur D'Alene, ID, (208) 338-1016

June 2-3 — Salmon Idaho Slammer, Wild Rockies Series, XC, DH, Salmon, ID, (208) 388-1971

June 9 — Idaho City Excellent Adventure, Wild Rockies Series #3, XC, Idaho City, ID, (208) 388-1971

June 17 — Silver Mountain DH, Knobby Tire Series, Kellogg, ID, (208) 338-1016

June 20 — Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 733-5056

June 23-24 — Soldier Mountain XC and DH, Knobby Tire Series, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016

July 1 — Silver Mountain DH, Knobby Tire Series, Kellogg, ID, (208) 338-1016

July 1 — Urban Assault, Knobby Tire Series, Downtown Boise, ID, (208) 338-1016

July 4 — 12th Annual WYDAHO Bike Race, XC, Grand Targhee Ski and Summer Resort Alta, WY, 1-800-TARGHEE ext. 1348 or 307-353-2300 or kmetherell@grand-

targhee.com

July 14-15 — Brundage Mountain Bike Festival, Wild Rockies Series #4, XC and DH, McCall, ID, (208) 388-1971

July 21 — Taming the Tetons, Intermountain Cup #10, Jackson Hole, WY, (801) 942-3498

July 22 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 690-9896

July 28 — Galena Grinder Whit Henry Memorial Race XC and Marathon, Knobby Tire Series, Ketchum, ID, Don Shepler (208) 720-3019, (208) 726-4010 or harleyquinn7@onebox.com or 208-338-1016

July 28 — Laramie Enduro, 111 K mountain bike race, Happy Jack, Laramie, WY, 307-745-4499

August 1, 8, 15, 22 — Teton Village Short Track XC Series, 6:30 pm, Teton Village, WY, (307) 690-9896

August 4 — 23rd White Knob Challenge, Knobby Tire Series, Mackay, ID, Kurt Holzer at (208) 890-3118 or 208-338-1016

August 4 — Durango MTB 100, Durango, CO, (970) 259-7771

August 4-5 — Pomerelle Pounder, DH, freestyle, Utah DH Series, Wild Rockies Series #5, Burley, ID, (208) 388-1971

August 10-12 — NORBA National Mountain Bike Series #6, XC/ST/DH/MTNX/Super-D, Snowmass Resort, Aspen, CO, (435) 884-3515

August 18 — Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 690-9896

August 18-19 — Tamarack Twister Idaho State NORBA XC and DH Championship Finals, Knobby Tire Series Final, Tamarack Ski Resort, Cascade, ID (208) 338-1016 or (208) 325-1000

September 14-16 — Boise to Bogus Banzai, 16.5 mile, 4100 vertical foot descent, also Super-D and DH, Wild Rockies Series #6, also NW NORBA Singlespeed Championship, plus music by the Beach Boys, Boise, ID, (208) 388-1971

September 23 — NW NORBA Collegiate MTB Conference Race, Open to all riders, Knobby Tire Series, ?, ID, (208) 338-1016

October 7? — 12 Hours of Bootleg Canyon Race, 2500' climbing per lap, Boulder City, NV, tmr-unlimited.com, (702) 277-6536



Road Racing

General Info

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

USA Cycling, Mountain Region Road Racing (UT, AZ, NM, CO, WY, SD), George Heagerty, (719) 535-8113.

Utah Weekly Race Series

Rocky Mountain Raceways Critrium — Saturdays at 12 noon in March, Tuesdays in April - September, 6 pm, 6555 W. 2100 S., West Valley City, UT, Map, (801) 209-2479, utahcritseries.com March 17, 24, April 3, 10, 17, 24, May 1, 8, 15, 22, 29, June 5, 12, 19, 26, July 3, 10, 17, 24, 31, August 7, 14, 21, 28, September 4, 11, 18, 25

Salt Air Time Trial — Every other Thursday April 13- September 28, I-80 Frontage Road West of the International Center, (801) 209-2479, utahcritseries.com April 12, 26, May 10, 24, June 7, 21, July 5, 19, August 2, 16, 30, September 13, 27

DMV Critrium — Wednesday's, Driver's Training Center, Where: 4700 S. 2780 W., West Valley City Times: A Flite - 6pm. B Flite - 7 pm., C/D Flite 7:45 pm, 801-651-8333, utahcritseries.com April 4, 11, 18, 25, May 2, 9, 16, 23, 30, June 6, 13, 20, 27, July 4, 11, 18, 25, August 1, 8, 15, 22, 29, September 5, 12, 19, 26

Royal Street Hillclimb Time Trial — Every other Thursday, 5:30 p.m., 900 ft. elevation gain, Royal Street and Deer Valley Drive, Park City, (435) 901-8872, utahcritseries.com May 31, June 14, 28, July 12, 26, August 9, 23

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

GHOST TOWN

Date: May 5, 2007

Time: Start 7:30-8:30

Century Tooele, UT

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Utah Road Races Continued

2007 Road Races

April 7 — 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 7 — Earth Day Pedal Cup, 10:00 AM, City Creek Canyon, (801) 583-6281

April 21 — Tax Day Circuit Race, Dirt, Pavement, Pain, Fun, Pocatello, ID, (208) 282-2503 or (208) 233-0951

April 28 — East Canyon Road Race, 11 AM, East Canyon Resort, (801) 583-6281

May 11-12 — Women's Road Racing Cycling Clinic, group riding, racing skills and tactic, bike safety, SLC, (801) 809-2570

May 5 — Buffalo Stampede Road Race, Antelope Island, info: The Bike Shoppe at (801) 476-1600

May 12 — Draper City Criterium, Draper, UT, jeremysmithslc@yahoo.com or 801-558-7215

May 19-20 — Bear Lake Classic, 52 miles, one lap around Bear Lake (Pro/1/2 and Ill's do 2 laps), flat on the west side and north, great rollers that are a blast on the east side, 8:30 am start at Blue Water Resort, 3 person TTT (men's and women's categories) 9am on Sunday, Bear Lake/Garden City, Kevin Rohwer, (435) 770-9852

June 2 — Utah State Time Trial Championship, Antelope Island, Utah, 10, km, 20km or ~40km depending on your category, 801-476-9476, ferg@natca.net

June 2 — Crack of Dawn Hillclimb, 6:00 AM, Millcreek Canyon, (801) 583-6281

June 2 — Draper Challenge Hillclimb Race. Starts 10:30am at Equestrian Center located at 1600 E. Highland Drive. For more information or to register go to: www.DraperTrailsDay.com or call Ken Murdock at 205-3700.

June 9 — Sugarhouse Crit, Sugarhouse Park, SLC, UT, (801) 209-2479

June 16-17 — High Uintas Classic Stage Race, 19th Annual, Kamas, UT to Evanston, WY, contact Jill Smith, jsmith@evanstonwy.org 307-783-6459 or Paul Knopf, pknopf@evanstonwy.org 307-783-6458; or 1-866-783-6300 ext. 470.

June 21-23 — Utah Summer Games, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound, Checkshani Cliffs, Cedar City, (435) 865-8421 or (435) 559-2925

June 24 — Darek Leyde Downtown Criterium, a portion of the proceeds will be donated to cancer research, Pioneer Park, Utah State Criterium Championship, Salt Lake City, (801) 209-2479

June 30 - July 1 — Gate City Grind Stage Race, (208) 282-2503 or (208) 233-0951

July 1 - July 7 — Tour of Utah, America's toughest stage race, eight stages, (801) 400-6129

July 7 — Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, 801-424-9216

July 14 — Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (801) 400-6129

July 21 — Coalville Road Race, also, juniors and masters Utah State Championship, Coalville, UT, 801-424-9216

July 28 — Garden Creek Gap Road Race, Pocatello, ID, (208) 282-2503 or (208) 233-0951

August 4 — Huntsville 100 Road Race, Huntsville, UT, (801) 576-1531

August 11 — Wolf Creek Pass Road Race, Utah State Road Race

Championship for category riders, Starts in Francis. Route goes over Wolf Creek Pass to Tabiona and then back over the pass to the finish in Francis, (435) 513-0432, parkcitycycling.com

August 18 — Snowbird Hill Climb, 8 AM, registration from 6-7:30 am, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 933-2110

August 18-19 — Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 990-1393

August 25 — Jeff Rogers Memorial Sanpete Classic Road Race, Spring City, UT, jeremysmithslc@yahoo.com or 801-558-7215

September 1 — The Climber's Trophy, an individual time trial up the south side of Big Mountain from MM 3 to MM 9., first rider up at 11 AM, contact Jon Gallagher jonbear68@msn.com

September 8 — LOTOJA, 206 miles from Logan, UT to Jackson, WY, (801) 546-0090

September 15-17 — Hoodoo 500, 500 mile ultramarathon bike race in S. Utah, St. George, Hoodoo500.com

September 22 — Harvest Moon Historic 25th Street Criterium, downtown Ogden in the Municipal Park between 25th & 26th Streets, Ogden, UT, (801) 589-1716

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

October 13 — City Creek Bike Sprint, 10 am, 5 1/2 mile climb up City Creek Canyon in Salt Lake City, road or mountain bikes, (801) 583-6281

2007 Idaho and Regional Bicycle Road Races

March 11 — Jason Broome Memorial Time Trial, Boise, ID, (208) 343-3782

March 18 — Slammer Road Race #1, Boise, ID, (208) 343-3782

March? — Snake River Criterium Series, Nampa, ID, (208) ?

April 11 — Idaho Cycling Enthusiasts Time Trial Series, 10 km, Pocatello, ID, 208-232-1745 or 208-282-2503

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

April 1 — Bird's of Prey Road Race #3, Boise, ID, (208) 343-3782

April 12 - May 10?? — Mesa State Wed Crit Series, Grand Junction, CO

April 15 — Chicken Dinner Road Race #4, Nampa, ID, (208) 343-3782

April 10,17,24 — Tuesday Nighter Training Ride, Boise, ID, (208) 343-3782

April 20-22 — Tour of Walla Walla, WA, (509) 520-9779

April 21 — Tax Day Circuit Race, Dirt, Pavement, Pain, Fun, Pocatello, ID, (208) 520-9231 or boycadam@isu.edu

April 28 — Mad Cow Classic, RR, TT, Crit, Grand Junction, CO

April 29 — Spring RR #4, Emmett-Roubaix, Boise, ID, (208) 343-3782

May 1,8,15,22,29 — Tuesday Nighter, Boise, ID, (208) 343-3782

May 2,9 — Idaho Cycling Enthusiasts Time Trial Series, 10 km, Pocatello, ID, 208-232-1745 or 208-282-2503

May 13 — Arrowrock TT Series #1, Boise, ID, (208) 323-2376

May 16, 30 — Idaho Cycling Enthusiasts Hillclimb Time Trial Series, 10 km up Scout Mountain, Pocatello, ID, 208-232-1745 or 208-282-2503

May 19 — Galena Hill Climb Time Trial, Galena Lodge to Galena Summit, ID, (208) 726-7693

May 22 — Idaho Cycling Enthusiasts Criterium Series, Holt Arena, Pocatello, ID, 208-282-2503

May 26-27 — Iron Horse Bicycle Classic, Road Race and Criterium, Durango, CO, (970) 259-4621

May ? — Arrowrock TT Series #2, Boise, ID, (208) 323-2376

June 27 — Hailey Criterium Series, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext. 1

June 6,12,19,26 — Tuesday Nighter Training Ride, Boise, ID, (208) 343-3782

June 2 — Lyle Pearson 200, team relay road race from Boise to Sun Valley, Boise, ID, (208) 343-3782

June 5 — Idaho Cycling Enthusiasts Criterium Series, Holt Arena, Pocatello, ID, 208-282-2503

June 8 — Tour of Eagle, Eagle (9 miles northwest of Boise), ID, (208) 340-7224

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

June 13 — Idaho Cycling Enthusiasts Time Trial Series, 10 km, Pocatello, ID, 208-232-1745 or 208-282-2503

June 13-17 — Ketchum Omnium, Trail Creek TT, Circuit Race x2, Road Race, Criterium, Ketchum/Sun Valley, Idaho, Greg Stock sunsummit@cox-internet.com or (208) 726-0707

June 20 — Idaho Cycling Enthusiasts Hillclimb Time Trial Series, 10 km up Scout Mountain, Pocatello, ID, 208-232-1745 or 208-282-2503

June 22-24 — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-3763

June 23 — Idaho State Time Trial Championships, 8 miles south of Bellevue, ID, 7am, (208) 726-7693

June 23-24 — Dead Dog Classic Stage Race, Laramie, WY, dead-dogclassic@hotmail.com, 307-742-4565

July 6-8 — Big Sky Cycling Classic, RR, TT, CR, Crit, Missoula, MT, (406) 531-4033

June 30 - July 1 — Gate City Grind Stage Race, (208) 282-2503 or (208) 233-0951

July ? — Wood River Challenge Team Time Trial, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext.1

July 3,10,17 — Tuesday Nighter Training Ride, Boise, ID, (208) 343-3782

July 11,18 — Hailey Criterium Series, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext.1

July 5-17 — USA Cycling Road Festival, Elite, Masters, Junior, and Espoir National Championships, Seven Springs, PA, (719) 866-4581

July 7-8 — Treasure Valley Omnium, RR, TT, Crit, Boise, ID, teamdobbiaco.com, (208) 412-3527

July 8 — Grand Targhee Ski Hill Road Time Trial, 9 a.m., Alta, WY, (208) 201-1622

July 10,17,24 — Idaho Cycling Enthusiasts Holt Arena Criterium Series, Pocatello, ID, 208-282-2503

July 14 — Allan Butler Memorial Criterium, Idaho Falls, ID, contact Ron Bolduc at (208) 523-5347, alpinecycle@onewest.net

July 21 — Well's Fargo Twilight Criterium, 20th Annual, NRC race, Boise, ID, (208) 343-3782

July 22 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 690-9896

July 24 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

July 26-29 — BYRDS Tour of Idaho Junior Stage Race, tobinoaching@earthlink.net, (208) 343-9130 or (208) 343-2607

July 28 — Garden Creek Gap Road Race, Pocatello, ID, sam@kriegcycling.com or (208) 232-2054

July 31 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

August 1 — Idaho Cycling Enthusiasts Hillclimb Time Trial Series, 10 km up Scout Mountain, Pocatello, ID, 208-232-1745 or 208-282-2503

August 7,14,21,28 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

August 7 — Idaho Cycling

Enthusiasts Holt Arena Criterium Series, Pocatello, ID, 208-282-2503

August 7-11 — Southeast Idaho Senior Games, criterium, hillclimb, road race, time trial, Pocatello, ID, Jody Olson, (208) 233-1212

August 10-12 — Gateway Canyons Classic, Road Race, Time Trial, and Clinic, Grand Junction, CO, (970) 931-2458, luke@gtwycan-yons.com

August 11 — Mt. Harrison Hill Climb, Triple Crown #1, Boise, ID, (208) 323-2376

August 20 — Old Horseshoe Bend HC RR, Triple Crown #2, Boise, ID, (208) 867-2488

August 25-26 — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118

September 1 — Mt. Charleston Hill Climb, Las Vegas, NV, 702-228-9460, steve@bristlecone.net

September 4 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

September 8 — Race to the Angel, 21st Annual, 3000' climb, Wells, NV, (775) 752-3540

September 8 — Bogus Basin Hill Climb, Triple Crown #3, 35th Annual, Boise, ID, (208) 343-3782

October 6 - October 7 — Nevada Senior Olympics, Must be 50 years or older, Cycling Four Events — 5K and 10K Time Trials, 20K and 40K Road Races. Plus all other sports. Call 702-242-1590 or nevadaseniorgames@earthlink.net



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



2007 Utah and Regional Road Tours

March 2-5 — 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 1-19 — Yellowstone Cycle Days, ride free in Yellowstone National Park with no traffic, (406) 646-7701

April 14 — Willard Bay 100, BBTC Super Series ride, self-supported, Bountiful to Willard Bay, roadcaptain@bbtc.net or (801) 573-9970

April 21 — Tour de Summerlin, 10, 35, 80 mile routes, Las Vegas, NV, (702) 252-8077

April 21 — Salt Lake City Marathon Bike Tour, 25 miles without stoplights through the streets of Salt Lake on the SLC Marathon course, start: 6:00 a.m. at the Olympic Legacy Bridge near the Fort Douglas TRAX stop, saltlake-citymarathon.com or email biketour@devinerace.com or call (801) 412-6060

April 27-29 — Cactus Hugger Cycling Festival in St. George, Utah. Featuring the 7th Annual Cactus Hugger Century with post-ride meal for all riders (11:00 am to 4:00 pm), "Helmets for Kids", cycling activities for children, criterium and tour to Zion National Park. Call 435-229-1404 or visit www.cactushugger.org for additional information.

April 29 — BBTC Super Seris, BBTC Super Series ride, self-supported, route TBA, roadcaptain@bbtc.net or (801) 573-9970

May 5 — Ghost Town Riders Century, Benefits Valley Mental Health, Deseret Peaks Complex, 2930 West Hwy 112, Tooele, UT, (801) 677-0134

May 19 - June 3 — BRA SU, Bike Ride Across Scenic Utah Tour, 5 states, 5 National Monuments, 5 National Parks, 2 National Forests, and 5 Nations, (801) 677-0134

May 5 — Tour de Fire, metric double century, Las Vegas, NV, 702-228-9460

May 12? — Nephi 100, BBTC Super Series ride, Randy Sutherland Ride for ALS, self-supported, Springville to Nephi, roadcaptain@bbtc.net or (801) 573-9970

May 5-6 — The "X" Rides, 'The Road is Out There', 10th Annual, 2 fun rides on and off Nevada's Extraterrestrial Highway (HWY 375), Rachel, NV, near Area 51, (800) 565-2704

May 12 — Yellowstone Spring Cycling Tour 2006, Lakeside Ride, benefits Yellowstone Park Foundation, West Yellowstone, MT, (406) 646-9427

May 12 — Color Country Century, 8 am, unsupported ride, 100 miles, Cedar City, (435) 586 5210 or (435) 559-2925

May 19 — Ride for Independence, National Federation for the Blind, Boise, ID, tvcbblindidaho.org

May 19 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 33, 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 cscentury@mac.com, Online registration at www.cyclesatlakecentury.com or download a Registration Form 2006 Course Map

May 19 — Bear Lake Classic, 54 miles, recreational ride in conjunction with Bear Lake Classic Road Race, one lap around Bear Lake, flat on the west side and north, great rollers that are a blast on the east side, 8:30 am start at Blue Water Resort, Bear Lake/Garden City, Kevin Rohwer, (435) 770-9852

May 20 — Santa Fe Century, Santa Fe, NM, (505) 982-1282

May 25 - 27 — Northwest Tandem Rally, Yakima, WA, yakimarides@yahoo.com

June 2 — Little Red Riding Hood, women's only metric century ride, 35, 63, and 100 mile options, Wellsville, Cache Valley, (801) 486-8140 or penperk@networld.com

June 2? — Utah Lake Festival, Begin at Vivian Park, end at Utah Lake, bike ride begins at 10:00am, (801) 531-0244

June 2-8 — Cycle Utah Spring, St. George through the National Parks, 279 miles, Southern Utah, Adv. Cycling Association, (800) 755-2453

June 3 — America's Most Beautiful Bike Ride, 35, 72, 100 miles, 16th Annual, benefit for the Leukemia and Lymphoma Society, Stateline, South Shore Lake Tahoe, NV, (800) 565-2704

June 9 — American Diabetes Association / Tour de Cure-Golden Spike Century. 25,60, and 100 mile options. This ride is for a great cause in a beautiful rural setting. Box Elder High School, Brigham City, UT. For more information call (888) DIABETES - email Wendy Kelly - wkelly@diabetes.org or register now at tour.diabetes.org

June 9 — Utah Summer Games Petroglyph Century, in conjunction with the Utah Summer Games, 50, 62, 100 mile options, Starts at the Cedar City Equestrian Center (just North of Hwy 56, west of Cedar City), through Hamilton, Kanarrville, New Harmony, Parowan, Summit, and Enoch, Cedar City, UT, (801) 677-0134 or (435) 865-8421

June 9 — Bryce Canyon 200 K, self-supported brevet ride, check-point will be open at 6:15 am, ride at 7:00 am., Garfield County Fairgrounds at 800 North Main St. in Panguitch Utah, (435) 586-7567

or www.subrevet.org

June 9 — Bob LeBow Bike Tour - "Health Care for All.", routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, helping support primary health care for our most indigent patients, Nampa, Idaho, asandven@trhs.org or 208-467-4431

June 9? — Utah Independent Living Center's 5K "Run & Roll", hand-cycle, wheelchair & walk/run categories. (Best hand cycle time last year was 14:13). Meet east of the Redwood Recreation Center, 3100 So. Redwood Rd., SLC. Registration 8:30 am., race time 9:30. Cost (incl. T-shirt) pre-ace \$15, race day \$20. On-line reg. at www.xmission.com/~uilc or call Cathy or Kim at 466-5565 voice or ITTY.

June 16 — Up and Over 100, BBTC Super Series, self-supported century, bottom of Emigration Canyon to Park City, Coalville, and back, roadcaptain@bbtc.net or (801) 573-9970

June 10-16 — Utah Border to Border Tour, Kanab to Logan, 479 miles, (801) 556-3290

June 11- July 5 — Great Alaska Highway Ride, Dawson Creek to Fairbanks, AK, rides@pedalerspubandgrille.com

June 23-24 — Snake River Idaho MS Bike Tour, benefits the MS Society of Idaho and multiple sclerosis research, 55-110 miles, Idaho Falls, ID, (208) 336-0555

June 23 — Tour of Marsh Creek Valley, fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, then enjoy food, fun, and music at the Riverfest. Rob Van Kirk at (208) 282-2503 or (208) 233-0951

June 23-24 — Harmon's MS Bike Tour, Benefits MS Society and multiple sclerosis research, 40, 75, or 100 mile routes on Saturday and Sunday, Cache Valley Fairgrounds (400 South 500 West), Logan, Utah, (801) 424-0112 or www.fightmsutah.org

June 29 — Antelope by Moonlight Bike Ride, 12th Annual, This a popular non-competitive ride, held at night during the full-moon. Views are spectacular, food is delicious. ride goes from marina to the historic Fielding Garr Ranch, about 22 miles round-trip. Registration fee includes park entry, t-shirt and refreshments. For more information contact Neka Roundy, Davis County Economic Development, 801-451-3286 or tour@co.davis.ut.us

June 30 — Killer Loop Populaire, Southern Utah Brevet, 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 30 - July 1 — Dual State, Dual Century Weekend Challenge, two 100-mile rides or two 50-mile rides, Tremonton, UT, (801) 556-3290

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

July 4 — Taterville 100, BBTC Super Series Ride, self-supported century, Wellsville to Idaho and back, roadcaptain@bbtc.net or (801) 573-9970

July 7-13 — Cycle Montana, Whitefish, 342 miles, Adv. Cycling Association, (800) 755-2453

July 8 — Mt. Nebo Loop, BBTC Super Series Ride, self-supported century, start in Nephi to Springville to the Mt. Nebo loop, roadcaptain@bbtc.net or (801) 573-9970

July 9 — R.A.N.A.T.A.D., Start at Sundance and ride down to Payson around the Nebo Loop to Nephi and then back up through Utah Valley to American Fork, then ride up AF canyon around the Alpine Loop and finish back at Sundance, 170 miles with over

13,000 feet of climbing, (801) 223-4849.

July 14 — Birthday Century, BBTC Super Series Ride, self-supported century, route TBA, roadcaptain@bbtc.net or (801) 573-9970

July 21 — Pioneer Century, BBTC Super Series Ride, self-supported century, Mountain Green, roadcaptain@bbtc.net or (801) 573-9970

July 29 — Chalk Creek 100, BBTC Super Series Ride, self-supported century, Park City to Coalville to Chalk Creek and back, roadcaptain@bbtc.net or (801) 573-9970

July 29- August 3 — Bicycle Washington, Mead, WA to Colville to Mead, (541) 385-5257 or 800-413-8432

August 4 — Desperado Dual, 200 mile double century in Southern Utah, 100 mile option, Panguitch, (435) 586-7567

August 5 — Stanley Challenge, Boise to Stanley, unsupported, Boise, ID, (208) 867-2488

August 5-11 — Ride Idaho, 7 day supported bicycle tour, Couer d'Alene to Lewiston and back, (208) 344-5501, rideidaho.org

August 11 — ULCER, Century Tour around Utah Lake, 100, 74, 56, and 24 mile options, (801) 220-0677 or president@bbtc.net

August 12 — Blue Cruise Wheels for Wellness, Meridian, ID, (208) 387-6817

August 12-18 — Oregon Bicycle Ride XXI, Cave Junction to Etna, CA and back, (541) 385-5257 or 800-413-8432

August 18 — Sawtooth Century Tour, Ketchum, ID, info@sawtoothvelo.org or 208-726-0946, ext.1

August 19 — Promontory Point 120, BBTC Super Series Ride, self-supported century, 120 miles, Brigham City to Promontory, roadcaptain@bbtc.net or (801) 573-9970

August 26 — Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in, 12 mi north of Logan on Hwy 91, 435-752-2253

August 25 — Bike the Bear Century, 50, 100 mile rides, Camp Hunt, Bear Lake, Garden City, UT, (801) 475-7488, jeborn@bsamail.org

August 26 — Cycle For Life, benefit ride for cyclists injured in auto/bike accidents, 8, 30, 66, and 100 mile options, Huntsville Park, Huntsville, UT, (801) 556-3290

August 26 — The Big Ride, BBTC Super Series Ride, self-supported, 164 miles, Mt. Green over Monte Cristo, to Evanston and back, roadcaptain@bbtc.net or (801) 573-9970

September 3 — Hooper Horizontal 100, BBTC Super Series Ride, self-supported century, State Agriculture Building to Hooper and Back, roadcaptain@bbtc.net or (801) 573-9970

September 8-10 — Sawtooth Bike Trek, fundraiser for American Lung Association of Idaho, Sun Valley, Galena area, sshpherd@alaw.org. (208) 345-5864

September 9 — Tour de Tahoe, Bike Big Blue, 5th Annual, ride around Lake Tahoe on the shoreline, spectacular scenery, great food and support, 72 miles, Lake Tahoe, NV, (800) 565-2704

September 9 — Galena Lodge, Galena Lodge, ID, (208) 788-9184

September 9-15 — Southern Utah National Parks Tour, 233 miles through Cedar City, Zion, Bryce Canyon, Cedar Breaks, (801) 596-8430

September 15? — Fall Colors Ride, BBTC Super Series Ride, self-supported century, location TBA, roadcaptain@bbtc.net or (801) 573-9970

September 15-16 — MS Idaho Bowtie Bike Tour, 100-200 miles, Boise, ID, (208) 336-0555

September 17-23 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Blanding to

Cedar City, 400 miles on scenic highways and through National Parks, fundraiser for young Native American education, (801) 654-1144

September 22 — Heber Valley Olympic Century. 25, 50, 62, 100 mile options. Also, Biathlon option! Enjoy scenic Heber Valley in its autumn finest during this fun and challenging ride that visits the Olympic venues, fundraiser for Huntsman Cancer Institute, Contact Bob @ 801.677.0134, bike2bike.org

September 23? — Bike for the Cure, a benefit ride for the Susan G. Komen Foundation. 5.5, 42, and 58 mile options through Central Utah. Start and finish in Spring City, UT. Register on-line at active.com or contact Erika Stover (435) 283-2158 or cestover@mail.manti.com

September 23-29 — OATBRAN, One Awesome Tour Bike Ride Across Nevada, 16th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

September 29 — Fourth Annual Josie Johnson Memorial Ride, this memorial ride is being dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, meet at Sugarhouse Park, ride will start at 10:30, will travel to mouth of Big Cottonwood Canyon and back. www.slcbac.org or call Jason at (801) 485-2906 or John Weis at (801) 278-3847

September ? — Bikes for Kids with Dave Zabriskie, metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray. We will be giving away 1,000 bikes, helmets and jerseys to disadvantaged children in the Salt Lake Valley. The start time is 7:00 am at the Costco in Murray and a bike safety and rodeo will be held at 11:00 for all kids. Contact Teresa at (801) 453-2296 or tmay@finsvcs.com.

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

September 30 - October 6 — Monument Valley & 4 Corners Tour, Monticello, UT, (801) 556-3290

October 5-7 — Moab Century Tour, Moab to La Sals and back, 45, 65, 100 mile options, Tour benefits the Lance Armstrong Foundation, (435) 259-2698

October 6 — Yellowstone Fall Old Faithful Cycling Tour, West Yellowstone to Old Faithful and back, MT, (406) 646-7701

October 20 — Las Vegas Century, 25, 50,64 and 109 miles, Jim Little (702) 360-4751 or vegasbikeclub.org

October 20 — Tour de St. George, Ride with us around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile Option. 100% of the proceeds to benefit local bicycling advocacy, 8:00am at 900E & 100S (Dixie State College), www.tourdestgeorge.com, 435-229-5443, info@tourdestgeorge.com.

December 31 - January 1 — New Year's Revolution, century each day, 50, 70, 100 mile options, Ride out the old year, Ride in the New Year, Benefiting Parkinson's Disease, 8 am, Phoenix, AZ, Contact Bob @ 801.677.0134, bike2bike.org

March 24 — TimpTriClub Icebreaker Triathlon, 300 m swim, 20 k bike, 5 k run, (801) 636-6613, goldmedalracing.com

March 24 — Adventure Xstream

Moab - 12 Hour race, 10-15 mile river run, 35-40 mile mountain bike, 6-8 mile trail run, 275' rappel, (970) 259-7771

April 14 — TriUtah Buffalo Duathlon, Antelope Island, 20K bike/5K run or 40K bike/10K run, triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

April 14 — Legacy Hop into Spring Triathlon, Legacy Center, Lehi, UT, (801) 492-3442

April 14 — 4th Street Clinic Triathlon and 5 K, 300 yard swim, 8 mile mountain bike ride, 5K run, Huntsman Center, University of Utah, 4thstreettri@gmail.com

April 21 — Kanab Triathlon Sprint, Swim 400 meters, Bike 10 miles, Run 3.1 miles Beginner, Swim 200 meters, Bike 5 miles, Run 1.5 miles, Kanab City Pool, www.kanabtri.com, 435-632-6012

May 12 — St. George Triathlon, Sand Hollow Reservoir, St. George UT, sgtrifecta.com, race@sgtri.com, (702) 401-6044

May 19 - TriUtah Women's Triathlon, South Davis Recreation Center, Bountiful, UT, 300 yard pool swim, 10 mile bike, and 3 mile run, relay teams are welcome, triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

June 2 — Salem Spring Triathlon, Salem, UT, racetri.com, (801) 423-3321

June 9 — Desert Sharks Splash Triathlon, adult long and short and kids division, Deseret Peaks Aquatics Center, Tooele, UT, 801-450-8477 or desert-sharks.com

June 9 — Pleasant Grove Triathlon, 14 and under Super Sprint (1 mile run, 3 mile bike, 250 yd swim), Sprint for all others (3.1 mile run, 8.5 mile bike, 500 yd swim), team categories also, pgtri.com, (801) 796-1745

June 16 — Telos Utah Valley Triathlon, Olympic and Sprint, Benjamin, Utah, www.t3triathlon.com, 801-368-8279 or email csnow360@yahoo.com

June 16 — Utah Summer Games Triathlon, Olympic and Sprint, Hurricane, Utah, utahsummergames.org/sports/triathlon.html, 435-770-3122 or email jared@sgtrifecta.com

June 23 — DinoLand Triathlon, Vernal, UT, 435-789-7720 or eteamz.active.com/DinoLandTri

June 23 — Provo Triathlon, Utah Lake State Park, Provo, UT, (801) 225-0076

June 30 — Deer Creek Triathlon, Midway, UT, trailrun.com or 801-373-3900

July 1 — Battle at Midway Triathlon, Olympic Distance Tri, Midway, UT, 801-450-8477, bamtriathlon.com/

July 14 — TriUtah XANGO Echo Triathlon, Echo Reservoir, Coalville, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter

Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

July 28— Blanding Hillman Triathlon, Swim .75 mile, Bike 15 miles, Run 3.2 miles. Kids' triathlon **July 27**. Recapture Reservoir, Blanding, 435-678-1314 or email solsen@sanjuanschools.org

August 4 - TriUtah Cache Valley Classic Triathlon, Hyrum Reservoir, Hyrum, UT (near Logan, UT), Sprint and Olympic distance open water swim triathlons. Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

August 4 — Fish Lake Triathlon, Fish Lake, UT, goldmedalracing.com or (801) 492-3442

August 11 — Scofield Triathlon, Olympic, Sprint and Novice, the highest elevation triathlon in the USA, Mountain View State Park Boat Ramp, Scofield, www.scofieldtriathlon.com, email info@scofieldtriathlon.com or (801) 557-6748

August 11 — Utah Half Triathlon, Provo, UT, racetri.com, (801) 423-3321

August 18 — Nissan Xterra Mountain Championship, offroad triathlon, XTERRA: 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport: 750m swim / 15k mountain bike / 5k trail run, Pineview Reservoir to Snowbasin, 1-877-751-8880, xterraplanet.com

August 25 — TriUtah Jordanelle Triathlon, Jordanelle Reservoir, Park City/Heber City, UT, Sprint and Olympic distance open water swim triathlons. Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

August 26 — Wild Ride XTERRA Regional Championship Mountain Triathlon, McCall, Idaho, (208) 388-1971

September 8 — Camp Yuba Triathlon, Yuba State Park, UT, racetri.com, (801) 423-3321

September 15 — TriUtah Ogden Valley Triathlon, Pineview Reservoir, Huntsville, UT, Sprint and International distance open water swim triathlons. Sprint road: 750 Meter Swim/16mi Bike/5K Run, Olympic road: 1.5K Swim/32mi Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

September 22 — Kokopelli Triathlon, Sand Hollow Reservoir, St. George UT, sgtrifecta.com, race@sgtri.com, (702) 401-6044

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MOUNTAIN BIKE RACING

Frozen Hog Serves Up Frozen Trails

By Ryan Miller

It's 6 in the morning. The alarm goes off. I hit the snooze button... twice. Temperature outside is easily in the lower teens and I'm putting on cycling clothes. What's wrong with this picture? Scratch that, what's wrong with my head? Ok, so I had a few too many cocktails the night before, but besides a small headache I'm all too sober. So, why am I about to drive to Alpine on this frigid Saturday morning to ride my bike? Ah yes, it's time again for the Frozen Hog! I love this race. And I've loved it ever since my wife made me move from warm sunny Arizona so that she could go to grad school. Not sure why, but maybe it's a lemons/lemonade sort of thing or maybe it's because come February in Arizona you're at the height of the cycling season and right now my body is aching to get on the bike, any bike, and ride, or maybe it's because the folks over at Utahmountainbiking.com just know how to put on a really fun event. It's probably a combination of all of those, but whatever the reason it's gotten me out there for the last 4 years in a row.

This year's race, in my humble opinion, was the finest to date. The bitter cold was a little daunting at first, but all agreed it kept the trail nice and hard and the mud non-existent. The trail is such that one has to be on guard at all times. Each new twist and turn through the oaks could reveal a patch of ice, a nice little drop or that guy in front of you who didn't quite make the turn and is scrambling to get back on course as he maneuvers through the snow half on and half off his bike.

The race saw its biggest turnout to date as some 150 plus nut jobs did just as I did and crawled out of their warm beds to line up at the start. To thin the categories out before hitting the tight single track the promoters had us do a short loop. This seemed to work out well and put most everyone out on the trail in single file. Passing on the course though is nearly impossible for the first half unless you get lucky and the racer in front takes a little side trip over the bars. Not a big deal because as soon as the trail turns into double track the room to pass and make up time was plentiful. Besides the ice patches which took this rider out once, the frozen

tire ruts throughout the course made for some interesting trail obstacles, but in the end only added to the thrill.

Speaking with the racers as they came in I got only good words and big smiles (oh, and one guy puking behind the bushes, but he seemed to be having fun at it). If there was any thing that disappointed at all was that it wasn't long enough. Without the mud and deep snow the course was fast. With experts riding only 3 sub 20-minute laps, they were done before we knew it.

True to their form Bruce and his compatriots at Utahmountainbiking.com did a fine job once again. The race was fun, the people were friendly and the schrag was primo. Taking top honors in the categories were the usual suspects with Bart Gillespie (Cannondale) taking the expert 30-39 category and finishing well ahead of his competitors, Kara Holley (Mad Dog Cycles) and Erin Collins (Racer's Cycle Service) battled it out for the women's expert category with Kara taking it in the end by only 20 seconds. Adding an interesting twist to the race was the unusually large number of single speeds in the other categories. Kenny Jones (Racer's Cycle Service) on his single took the expert 40+ category while Brad Keys (Racer's Cycle Service) smoked his competition in the single speed category.



Above: Kenny Jones (Racer's Cycle Service) won the men's expert 40+ on a single speed.

photo: Joaquim Hailer. Find your photo at JoaquimHailer.com

See Results on page 16.

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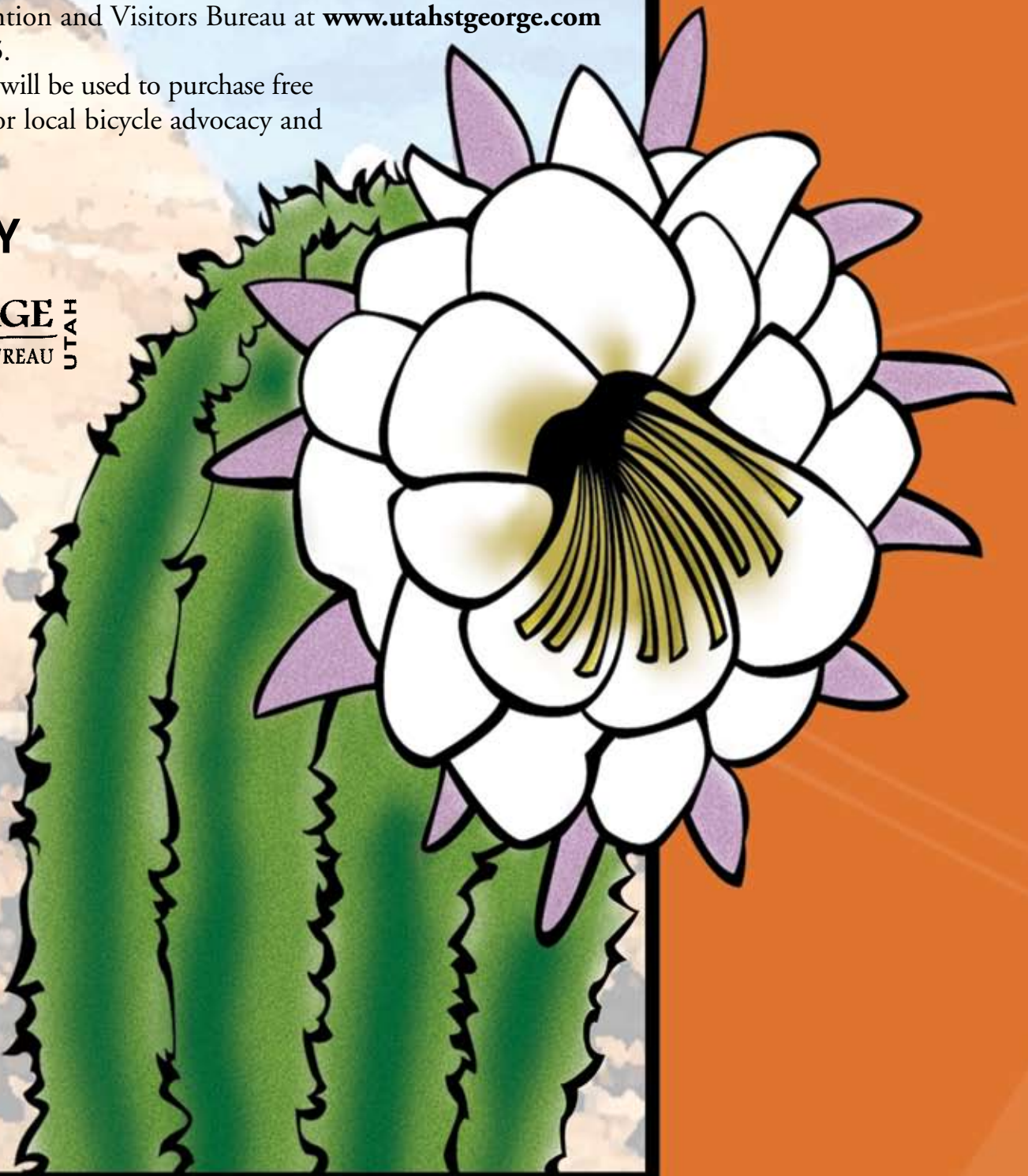
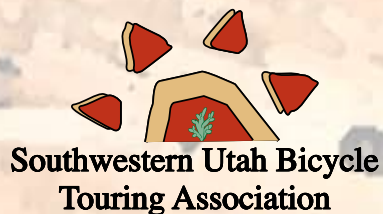
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ROAD TOURING

48 States and 9775 Miles Made for a Dream Tour



By Pete Hoogenboom

On October 19, 2006 I returned to Salt Lake City finishing a seven-month bicycle tour during which I cycled to all of the lower 48 states. By the time I was done, I had ridden 9775 miles, had 14 flats – all of them on the rear tire – replaced ten tires due to wear or damage, worn out a saddle, replaced the chain five times, and replaced the cleats on my cycling shoes six times. I had climbed hills and mountains totaling 375,602 feet, and burned an estimated 629,986 calories. A lot of people ask, “Would I do it again?” Definitely!

My dream of touring the country by bicycle began 20 years ago at a time when I was really struggling with control of the Type 1 diabetes that I’ve had since 1974. It would still be a dream except I was lucky enough to win the 2005 Bayer Dream Fund, an annual contest of Bayer HealthCare’s Diabetes Care

Division to help people with diabetes achieve a personal dream. This was my personal dream.

On March 18, 2006 my wife, Patricia, and I left Salt Lake City to begin the tour and to share the message that having diabetes doesn’t mean giving up your dreams. We headed south to Arizona, and then began a large counter-clockwise loop around the country.

On the way to Durango, Colorado

Near Page, Arizona, I had my first flat and the only mechanical problem of the tour. The magnet on my rear wheel began touching the cyclometer sensor on the chainstay. Each time I moved it to where it wouldn’t click, it stopped working. I worked on it during the day. That evening, I fixed it permanently by moving the sensor and magnet to an entirely new spot on the rear wheel.

March 27 we camped at the Navajo National Mon-Betatakin Ruin. I also had my second flat. In the morning, it rained while I

prepared for the short ride into Kayenta. This was the first day I rode in the rain. During the 30 miles into Kayenta, it rained off and on and I had my third flat.

I rode through Monument Valley on March 30, then to Bluff, Utah where we camped. We woke up to freezing cold, but the skies were clear. I headed for Cortez, Colorado. The first 42 miles were on highway 163 along the San Juan River and into a strong headwind. The next day’s ride was short—43 miles to Durango, but it included an 8450-foot mountain pass. At the summit, there was heavy snow falling. The snow-covered road, limited visibility, heavy traffic, and a bicycle wasn’t a good mix, so this day became the first of just two days when I had to change my plans due to the weather. I rode as far as Mancos, then drove to Durango. I came back to Mancos the next day to finish the 27-mile ride into Durango.



Left: September 19 — Traveling from Missoula, Montana to Lewiston, Idaho, Peter rode along the remote and beautiful Lochsa River.
Above: September 13 — Larry Newman, a cycling friend from Bozeman, Montana, joined Peter for four days of riding through western Montana.
Photos: Pat Hemrich

The South

I had never visited the South – on bike or otherwise – so I didn’t know what to expect. As it turns out I have nothing but good memories of it. Temperatures and humidity were rising, but still pleasant when we were there in May. The terrain was gently rolling hills through fields of green grasses and thick forests providing plenty of shade.

It was rare to find a rideable shoulder all the way from Arkansas to West Virginia. I learned to depend on the rear-view mirror that was attached to my sunglasses and to feel comfortable cruising along very near the white line, just inches from a drop-off into the weeds in the road-side ditch. The rural roads I traveled had very light traffic. Passing cars generally gave me the entire lane.

I didn’t know that logging was a big industry down South. Logging trucks combined with no shoulders makes for a nervous bike riding, but in the roughly 1,750 miles I rode through the South, I only had one bad experience with a truck and it wasn’t a logging truck. It was on one of those rare roads in the South

with a shoulder, but the shoulder was unrideable due to a rumble strip that ran the entire width of the shoulder. The trucker must not have understood why I wasn’t using the shoulder because he honked his horn continuously for the half-mile or so that he approached me from the rear. I finally gritted my teeth and rattled across the rumble strip for a hundred yards until he passed.

Blue Ridge Parkway

I cycled easily through the rolling hills of Georgia, into the western corner of South Carolina and the Appalachian Mountains. Near Lake Toxaway, North Carolina, I encountered my first Appalachian Mountain road. Unlike western mountain roads which gradually ascend switchback fashion, this road – like many others in the Appalachians – go directly up the mountainside. As I struggled up the mountain towards the North Carolina border, I was looking forward to our next day of rest in Asheville, North Carolina, the place that Greg Lemond called one of the best training locations in the world.

May 26 we headed north on the Blue Ridge Parkway which follows





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Above: Peter Hoogenboom approaching the Utah Diabetes Center and the finish of his 9775 mile bicycle tour to the 48 contiguous states. Photo: Steven Leitch

the ridgelines of the Appalachian Mountains. It offers spectacular scenery, no trucks, and slower speed limits but its constant up and down is challenging riding. Of the entire 469 miles of the Blue Ridge Parkway, there is only one 10-mile stretch in Virginia that is truly flat.

In Roanoke, Virginia, we stayed overnight at the home of Kevin and Lisa McDonough, who we met through warmshowers.org, a web site resource for touring cyclists. Kevin is a former Cat 3 racer. He gave me three days worth of route suggestions that were flatter alternatives to riding the Parkway. In Kevin's words, "I only ride the Parkway when I want to suffer."

Upstate New York

New York was one of the few states that we visited more than once. Heading north in June, I was within 60 miles of Manhattan and surprised that I could be close to NYC and still be riding through rural areas. In early July I returned to New York heading west from Vermont on Highway 5 which is an official state bike route. Highway 5 rolls up and down as it parallels the Mohawk River and the Erie Canal. We had beautiful days with tolerable temperatures and winds.

In Jamestown, New York, I was invited on a club ride with the Hollyloft Ski and Bike Shop cycling team. It was a 30-mile cruise around Lake Chautauqua with about

20-30 club members. Although I had four months of touring under my belt, I was nervous about riding with a bunch of racing cyclists. They were easy on me, and I enjoyed their company for one day out of the 159 days of riding on the tour.

The Midwest

Riding through Ohio, Indiana, Illinois, and Wisconsin was the most challenging riding of the whole tour. Temperatures were in the high 90's and low 100's with very high humidity day after day. I would start riding between 7 or 8 in the morning. An hour later, my jersey would be soaked with sweat, and it never dried out. But the terrain was very flat, and the roads were good, wide, with usable shoulders.

In early August, we were in southern Wisconsin. One of my

favorite rides of the tour was the ride from Mount Horeb to Boscobel, Wisconsin. It started with much cooler temperatures and about five miles of riding on a well-packed gravel trail. In the village of Barneveld, I had another flat – the twelfth of the tour. After I replaced the tube, I turned onto County Road T, a well-maintained farming road through beautiful Wisconsin farmlands and eventually to the banks of the Wisconsin River. I followed the Wisconsin River for about 40 miles to the town of Boscobel.

Northern Idaho

We reached Montana in early September and we were enjoying the much cooler temperatures. Eastern Montana offered early glimpses of mountains, daily increases in elevation, beautiful landscapes, and some of the most remote areas that we traveled through. A cycling friend Larry Newman from Bozeman joined me for four days of riding to Missoula. It was luck of the draw for Larry that he joined me in riding the four coldest and wettest days of the tour.

By the time we reached Missoula, the weather was drying out and warming up. I continued west on Highway 12 towards Lewiston, Idaho. There's a 133 miles stretch on Highway 12 with no towns and few services. We split this section into two days. It was a beautiful ride through lush forests alongside the Lochsa River. Traffic was light and after reaching Lolo Pass there was 100 miles of mostly downhill riding.

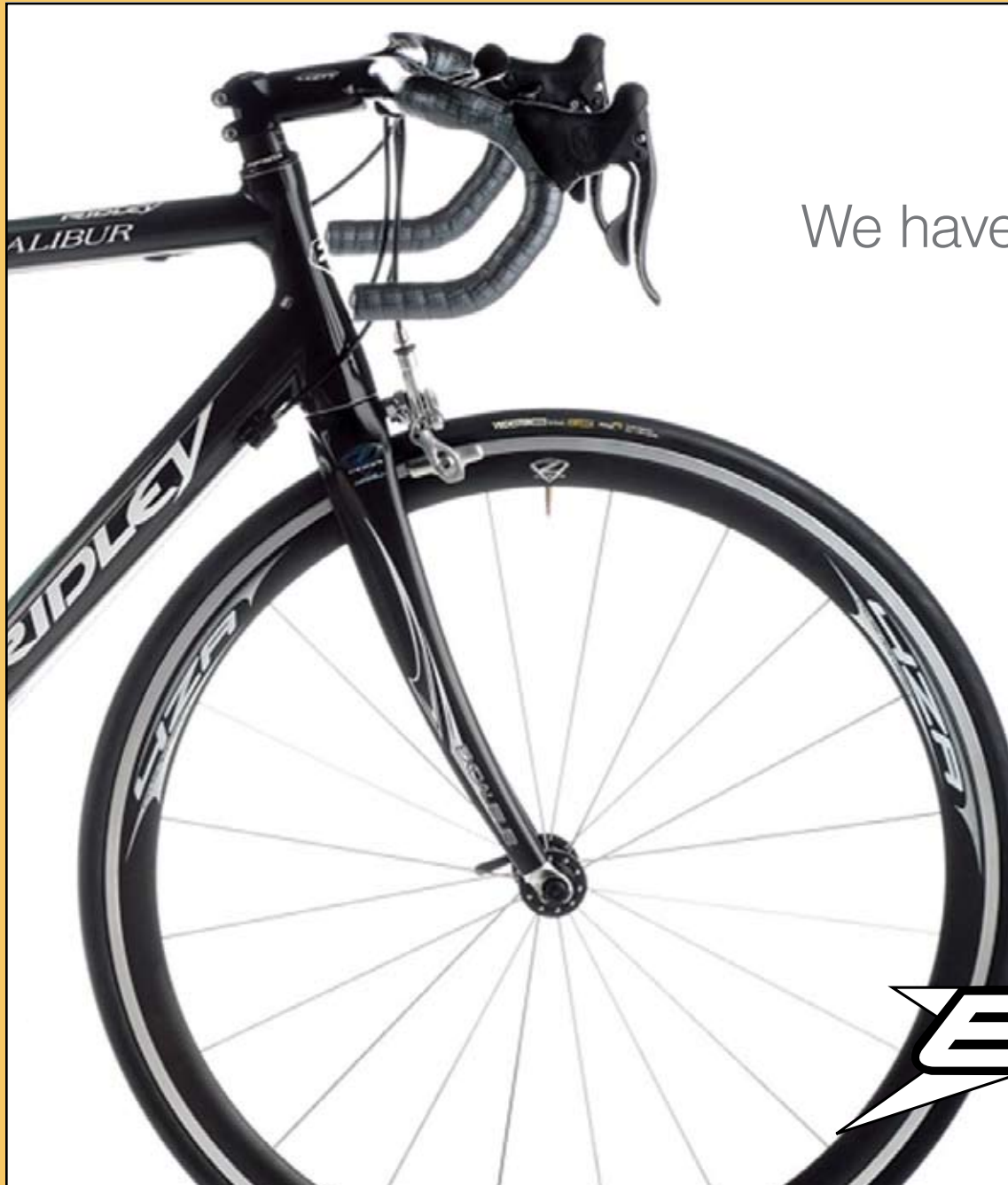
On September 20, I rode from Kamiah, Idaho to Lewiston, Idaho.

I had to choose between a flat road that was dangerously busy with traffic and another quieter route with more climbing. I chose the latter, and I'm glad I did because after many ups and downs totaling about 5000 feet of climbing, I was treated to the Winchester Road. It starts just outside Winchester, Idaho. In the course of 15 miles, it drops 2700 feet. It winds back and forth along the edges of steep valleys. The area had few trees allowing a clear view of the upcoming road and any traffic that might be headed up the canyon. I only encountered a couple cars during the entire descent. It was a great reward for the extra climbing I did that day and it tops the list of my favorite descents of the tour. It would be a very good reason to take your bike with you next time you're planning a trip to Lewiston.

The Last Day

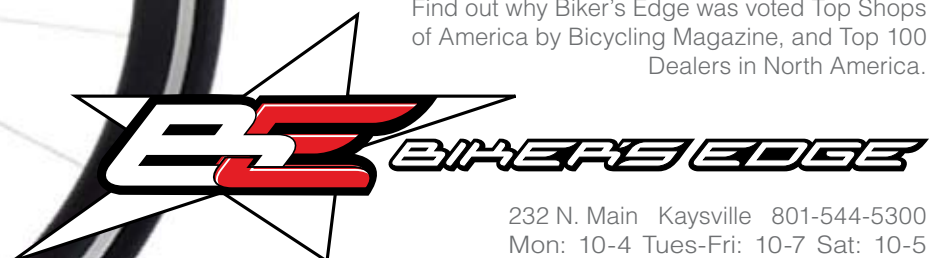
On the last day of the tour, I was honored to have many cycling friends join me for the final day's ride from Thanksgiving Point to the Utah Diabetes Center near the University of Utah campus. It was the perfect spot to finish the tour because it was the same spot from which I started the tour seven months and one day earlier. As I approached the Utah Diabetes Center on Arapeen Drive, the road was lined with about a hundred friends and co-workers who had come out to welcome us home.

And now I'm back looking forward to the 2007 cycling season which probably won't be as far flung as 2006, but then, maybe. . . I can dream, can't I?



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RIDE OF THE MONTH

Cotton Bottom Loop, A Salt Lake Classic Road Ride

By Gregg Bromka

"March Madness" has become synonymous with a soft couch, a big screen TV, a bottomless bowl of Jolly Time Blast O Butter, and watching the NCAA basketball championships. But what I find most maddening about March, other than the fact that my hometown Syracuse Orangemen haven't cracked the top 25 this year, is waiting for the snow to melt up high so I can romp on my favorite singletracks again. In the mean time, I'll be hitting the road, not on mountain bike trips to Moab or St. George, but with my road bike on rides leaving straight from my house. Although I've been a mountain biking purist for 20 years and have written nearly a dozen books about fat-tire trails, road cycling has always been a passion, if not a necessity, and Salt Lake County abounds with dozens of classic routes ranging from flatter-than-Kansas spins on the valley floor to Tour de France-caliber ascents up mountain canyons.

I never knew how strong the road cycling community was in Salt Lake until I saw a thousand-plus cyclists spin past my home on the first annual Josie Johnson Memorial Ride a couple years ago. Also known as the Cotton Bottom Loop, the JJMR, has been a longtime locals' favorite, even before it became the annual memorial ride to commemorate cyclists who were victims of fatal accidents with motorists. The route links together 2000 East/2300 East and Wasatch Boulevard on a rolling 20-mile loop around the east side of Salt Lake City. Only two short hills mark the route, both of which are over with by the time you spike your heart rate, leaving long level miles in between. Most appealing about this loop, as is typical of most rides in the Salt Lake Valley, is that you can tap into it from anywhere along the way and you can lengthen it almost indefinitely by adding on peripheral roads. With that in mind, the JJMR caters to recreational riders out for a casual spin



On the road to the Cotton Bottom at last year's Josie Johnson Ride. Photo: Dave Iltis

and to sponsored racers on training runs.

The JJMR officially begins at Sugarhouse Park and first heads south on the 1700 East bike lane past Highland High School. After a quick jog through the neighborhood past the I-80 overpass, the route turns right onto 2000 East and heads southbound for the Cotton Bottom Inn. There's one key turn along the way that keeps you on quite residential roads and off busier thoroughfares: turn right onto Terra Linda Lane shortly after crossing Lincoln Avenue at about 4200 South (look for Lincoln Elementary School off to the left); then take the first left onto Albright Drive. You'll cross 4500 South and continue south on Holladay Boulevard. Traffic gets heavy as you approach the business district at the intersection of Murray-Holladay Boulevard and the shoulder is pretty choppy, so watch your line; the shoulder widens far-

ther on and then it's a straight shot to 6200 South.

To avoid brushing shoulders with traffic at the 6200 South/I-215 interchange, stay straight past the Cotton Bottom Inn. Just before the road ends at a parking garage, look for the inconspicuous Old Mill Trail (paved bike path) on the left that crosses over the creek. You'll zig-zag through the Old Mill Corporate Center parking lots and come to the stop light at 3000 East. Go through the light onto Big Cottonwood Canyon Road for a gradual uphill run past the historic Old Mill and Hog Wallow Tavern, which is popular with "bikers" who wear leather not lycra. Pump hard up a quick hill and take Fort Union Boulevard left to the intersection with Wasatch Boulevard.

Named for the mountains that rise sharply overhead, Wasatch Boulevard is a classic 6-mile-long rolling time trial between Fort

Union Boulevard/7200 South and 3300 South. Put your head down, pick a gear, and spin. (Just be sure to turn right past the gravel pit or you'll return to the Cotton Bottom at 6200 South.) But if you lift your head from your aero tuck, you'll find that the foothills road is an outdoor geologic classroom showcasing classic western geomorphology. The route traces the fragmented Wasatch Fault, which uplifted the range and effectively divided the Rocky Mountains to the east from the Basin and Range to the west. Right above the road are vestiges of the conspicuous wave-cut shoreline of ancient Lake Bonneville. The Great Salt Lake, the evaporative offspring of Lake Bonneville hides to the north behind the city's modest high-rise district.

To return to Sugarhouse Park, you can either take 3900 South downhill to 2000 East and retrace your tracks, or you can link to the paved Parleys Crossing section of the Bonneville Shoreline Trail to cross over I-80. For the latter, jog right at 3300 South then immediately left onto Wasatch Boulevard. You'll find the trailhead at the road's end a half mile away. There's a sharp descent on the south end and short stiff climb on the north end. Ride the wide sidewalk alongside Foothill Drive and turn right onto Thunderbird Drive. Make a left onto Wasatch Drive (different than Wasatch Boulevard), and cruise through the eastside neighborhood. Lastly, turn left onto 1700 South and glide downhill all the way to 1500 East. Another left onto 1500 East takes you back to Sugarhouse Park via a roadside bike lane.

You'll find this and 22 more road rides in Gregg Bromka's forthcoming guidebook, *Bicycling Salt Lake City*, due May 2007

Get a copy of Gregg's other Utah guidebooks *Mountain Biking Utah*, *Mountain Biking Utah's Wasatch Front*, and *Mountain Biking Park City & Beyond*. at your favorite bike shop.

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Bike Collective Looking for Volunteers

The Salt Lake City Bicycle Collective is experiencing tremendous growth, but we need bike lovers of all kinds to help make it happen. Join us Mondays nights for volunteer work parties at our Community Bike Shop from 5 to 9 pm. We also are looking for more Cycling Instructor candidates for our BikeEd program -- these are a paid positions! For more information call 801-FAT-BIKE, visit us online at www.slcbikecollective.org, or go to stop by our Community Bike Shop at 2312 S. West Temple. Enjoy the ride and remember, cyclists fare best when they act and are treated as drivers of vehicles.

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May 28	Stan Crane Memorial XC, Draper, UT
June 9	Deer Valley Pedalfest, Deer Valley Resort, UT
June 30	Chris Allaire Memorial/Utah Open State Championship, Solitude, UT
July 7	Wimmer's Bicycle Race, Sherwood Hills, UT
July 14	The 20th Annual Mountain Bout, Snowbird, UT
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August 4	Wolverine Ridge XC Race, Double Points!, Regional Finals, Evanston, WY

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photo: joaquinhailer.com

CYCLOCROSS

Utah Cyclocross Series Race #9 at Ft. Buenaventura in Ogden



Above: Bart Gillespie won race 9 and the overall series for the 11th time in 12 years. Photo: Dave Illis. See more photos on cyclingutah.com's photo gallery. See race and series results on page 16.

Tour of Utah Update

Utah will once again host the best in American professional cycling, as the 2007 Larry H. Miller Tour of Utah brings major U.S. stage racing to the Wasatch Front July 1-7. The 2006 event was the area's first venture into major stage racing, and was a huge success, with its final stage, from Deer Valley to Snowbird Resort being awarded the year's best stage by VeloNews magazine in its annual 'Best Of' issue. For 2007, the race has been elevated by the UCI to 2.2 status, and is part of the ProTour Series, with riders competing for valuable UCI points. The race is seeking UCI 2.1 status for 2008, which would allow the major top tier teams from around the world to compete.

Also new for 2007 is a change in the race's organizational structure. Ownership has passed to the Larry H. Miller Group, and the race is now a non-profit 501c3 event, with proceeds going to benefit the Larry H. Miller Charities. A Board of Directors has been formed that includes former Salt Lake City mayor Ted Wilson, Olympic Gold Medallist and US Professional Cycling Champion Eric Heiden, Greg Miller of the LHM Group, and Jason Preston of Three Peaks Promotions, who originated the event. Preston commented, "I'm very pleased with the growth and direction of the race. There is a great team in place, everyone is excited and I'm confident that the race will be great this year and for years to come."

The courses for this year's race are still tentative, but the stages tentatively include a Park City prologue, road races from Lehi to Miller Motorsports Park and Ogden to Snowbasin/Wolf Mountain, a stage in Provo in conjunction with the Freedom Festival on July 4, an individual time trial at Kennecott Land's new Daybreak community, nearly 17,000 feet of climbing and 114 miles in a Salt Lake City to Snowbird Resort stage, and finishing with a downtown Salt Lake City circuit race that will also include the Freedom Peloton fundraiser citizen ride along the same course.

The signature stage from 2006 is being expanded to include even more climbing, starting in Salt Lake City, instead of last year's departure from Deer Valley, and climbing to Park City, continuing through Midway, Sundance, SunCrest and to the finish in Snowbird. The lengthened course adds several thousand feet of climbing and more than 20 miles to an already legendary day of racing.

For more information on the race and how to become involved, either as a volunteer for the event or in the fundraising efforts in conjunction with the race, visit the tour of Utah website at tourofutah.com. Full coverage of the 2006 Tour of Utah is available in our September 2006 issue online at cyclingutah.com.

-Greg Overton

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MECHANIC'S CORNER

Shopping for a New (Used) Bike

By Tom Jow

Each spring in our shop, we go through the ritual of pouring over bike catalogs, searching for and bantering about what bike we are going to purchase for the season. New or used, everyone likes to get a new (used) bike. Purchasing a new bike is easy because it is new and it comes with a warranty. Buying a used bike can be a little more challenging because the buyer is responsible for judging its condition. There are two factors to consider. First, will the bicycle fit? If it fits, then is the bicycle in good working order so as not to require major unseen repairs? Here is some basic information to help you find a new ride.

First, check to see if the prospective bicycle will fit. If it does not fit, checking over the rest of the bike is a waste of time. Measure the seat height and reach from seat post to handlebar on your old bike if you have one and write these down for comparison. If not, the most basic way to see if the frame fits is a stand-over test. Just like it is stated, stand over the top tube of the bicycle. A road bike with a traditional frame should have about one to two inches of clearance. A mountain bike should have approximately two to four inches. However, sloping top tube road or mountain frames will have more clearance and long travel mountain bikes have less. Tall riders may have a little more clearance. Then try adjusting the seat. The proper seat height should be adjusted so there is approximately a 20-degree bend in the knee at full extension. Next, the reach from the saddle to the handlebars should be comfortable. For casual recreational riding, the angle of the back should

be at least 45 degrees high with the hands on the tops of a road bike handlebar, or on the grips of a mountain bike bar. The height of the handlebar in relationship to seat is also important. A handlebar lower than the seat means a lower back angle. If you have never had one, a professional bike fitting is a good idea.

Check the frame for cracks, bends or dents. Bends and dents are often a result of crash damage. Inspect the handlebars, stem, saddle, and seat post carefully. Chips in the paint are easily sealed but cracks in paint, especially near tubing joints, often indicate a current or future crack in the frame.

Second, inspect the drive train, suspension, brakes and wheels. Checking the wheels over is pretty easy. Just give 'em a spin. If they are straight and true, and the spokes are tight, chances they are probably in good shape. For good measure, remove the wheels from the bike and give the axles a spin with the fingers. They are in good condition if they feel smooth and quiet with a hair of resistance. Loud, rough spinning axles indicate the need for an overhaul or new bearings.

Did the brakes rub during the spin portion of the wheel inspection? Cable brakes are, like wheels, easy to diagnose. Do they operate smoothly? Look for kinks and cracks in the cable housing. Cable ends are often frayed, but when individual strands are broken the cable needs to be replaced. Brake pads just plain wear out. If they look worn, they probably are. Hydraulic brakes may not be so easy to diagnose. Brake hoses should be free from oily dirty residue and kinks. Oily dirt could indicate a leak that may

require a new brake line. Squeeze and hold the brake levers. They should engage quickly and hold firm under pressure. Brake rotors that are bent will rub. The color of the rotors should be clean and shiny with maybe a slight tinge of blue. Rotors with grooves in the brake surface or that look burnt (dark blue) are damaged and require replacement. Replace the pads with the rotors.

Suspension forks and rear shocks are a bit more complicated. First, compress the fork and rear suspension. Do they move easily and silently? Next, check oil and dirt around the seals. Are the upper tubes scratched? Damaged upper tubes cause leaky seals, and these tubes are not replaceable. In this case a new fork is required. Hold the front brake on and wiggle the bike forward and back. If there are clunking sounds or visual movement at the upper/lower leg junction the bushings may be worn. This is an expensive and time-consuming repair. Rear suspensions have bushings or bearings to facilitate movement of the swing arm. Test these parts for wear also. Grasp the rear wheel and give it a good yank back and forth horizontally.

Finally, inspect the drive train. Is it clean? Spin the crankshaft. The chain should move freely, with no kinks, bends, or twists. Likewise the chain wheels should also be free of bends. Sometimes individual teeth may be damaged which may cause the chain to jump off. Bent rings will need to be replaced. Remove the chain from the chain wheels and spin the crank. Similar to the wheel axles, it should rotate freely and quietly. Grasp one of the arms and try to wiggle it sideways. A good one will have no movement. The derailleurs also should be free of excessive movement in their pivots. Wiggle them too. Remember, components of the drive train can continue to work well together even

Quick Shot by Chad Nikolz

"In criterium racing, you do multiple laps of the same short course over & over again. If you ever crash, or have a mechanical, you get a "free lap" to relax & fix your problem.

So, when it comes to winning races, an experienced cyclist knows that proper training, nutrition & equipment always come 2nd to knowing "every trick in the book." - I. Vanna Vin



when extremely worn. Replace one part, however, and you may end up replacing the whole thing.

An inspection like this is quick and easy to do. If you can, combine this inspection with a test ride. The test ride reinforces if the bike may fit and the condition of the moving parts. Really, a bicycle's appearance is usually indicative of its condition. It is rare that a bike that looks well cared for is a money pit. If the bike

passes these criteria and the price is right, it may well be worth purchasing.

Tom is manager at Wild Rose Sports in Salt Lake City. He has done sales, repairs, race team support and bicycle fitting for nearly 30 years. Tom also has a difficult time keeping his wallet closed at bike swaps and yard sales.

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GIANT	cannondale <small>HANDMADE IN USA</small>	TITUS	YETI <small>BYCICLE</small>	INTENSE
Anthem Womens Anthem 1 Trance 1 Reign 1	Rush Prophet	RacerX Motolite	575 ASX	Spyder 29 Spyder 5.5
We have these bikes in a variety of sizes			We also demo road bikes	
8714 South 700 East Sandy, UT 801.233.1400 RevolutionUtah.com				

one less car

Last Friday of EVERY Month.

CRITICAL MASS

slcriticalmass.org

5:30pm @ Gallivan Center

cycling utah

RACE RESULTS

Cyclo
Cross

Utah Cyclocross Series Utah Cyclocross Series Race #4 October 28, 2006 Rocky Mountain Raceway, West Valley City

Juniors 4 Starters

1. Drew Severance
2. Tanner Cottle; Porcupine
3. Paden Hoover; Sportsbase
4. Jacob Layer

Category A

1. Bart Gillespie
2. Jason Sager
3. Thomas Spannring; Cole Sport
4. Art O'Connor;
5. Bryson Perry
6. Jon Gallagher
7. Matthew Sutton
8. Aaron Stites
9. Mitchell Peterson; Devo
10. Gary Dastrup; VMG
11. Eric Rasmussen; Porcupine
12. Brandon Firth; Biker's Edge
13. Bryan Gillespie
14. Jared Nelson
15. Reed Wycoff
16. Stephen Brown

Men 35+

1. John McKone; CCB
2. Sam Moore; Porcupine
3. Glen Adams
4. Isaac Wilson
5. Darren Cottle; Porcupine
6. Dirk Cowley
7. Denny Kalar; Cole Sport
8. Bob Saffell; Revolution
9. Jeff Clawson
10. Devon Alvarez; Cole Sport
11. Strika Chord; Cole Sport
12. Scott Toly; Cole Sport
13. Steven Lewis

Women A

1. Kathy Sherwin; Ford Cycling
2. Tiffany Pezzulo; Ivory Homes
3. Jen Hanks; Revolution
4. Julie Holmes

Category B

1. Daniel Nelson; Y Cycling
2. Will Nesse
3. Jesse Hofman; White Pine
4. Nick Ekdahl; Revolution
5. Chad Harri
6. Jeff Ure; Autoliv
7. Dan Chudleigh; Contender
8. Roger Gillespie
9. Charles Heaton; Canyon Bicycles
10. James Glenn; Contender
11. Jay Burke
12. Jared Inouye
13. Kevin Wilde; Revolution
14. Chris Sherwin; Revolution
15. Sean Hoover; VMG
16. Brian Jensen
17. Sam Sloan; Revolution
18. Darren Marshal
19. Craig Farnsworth; Racer's
20. Mike Kracht; Revolution

Category C

1. Connor O'Leary
2. Ira Tibbits
3. Kevin Ely; Team Hoppers
4. David Cole
5. Michael Barlow
6. David Leikam; Bikeman
7. Neale Schiffman
8. Rich Caramadre
9. Phillip Pattison
10. Steve Miller
11. Michael Spencer; Cutthroat
12. Bill Peterson
13. Stephen Brown; Cutthroat
14. Reed Gann; USU Cycling
15. Mike Severance
16. Micheal Yount
17. Scott Kern
18. Cody Wignall

19. Pat Putt; Cole Sport
20. Michael Kirklen

Women B

1. Kaitlin Barklow
2. Nikki Stone; Cutthroat
3. Lisa Fitzgerald
4. Nancy Alcabas

Singlespeed

1. Steve Wasmund; Cutthroat
2. Matt Ohran
3. Rich Dressen; Ogden One
4. Steven Lewis; Cole Sport
5. Jason Lloyd

Utah Cyclocross Series Race #5, November 5, 2006 Wheeler Farm, Salt Lake City

Juniors

1. Paden Hoover; Sportsbase
2. Jase Hoover
3. Chelsea Layer
4. Will Carnell

Category A

1. Jason Sager
2. Bart Gillespie
3. Sam Krieg; ICE
4. Prime Time; Contender
5. Aaron Jordan; Porcupine
6. Jim Fearick; Contender
7. Jesse Gora
8. Darrell Davis
9. Gary Dastrup; VMG
10. Kris Arnott; VMG
11. Jared Nelson
12. Reed Wycoff
13. Greg Steele

Men 35+

1. John McKone; CCB
2. Sam Moore; Porcupine
3. Denny Kalar; Cole Sport
4. Step-o-han Warsocki; Specialized/ Porcupine
5. Dirk Cowley
6. Isaac Wilson
7. Bob Saffell; Revolution
8. Barry Makarewicz
9. Jeff Clawson
10. John Iltis; Cole Sport
11. Strika Chord; Cole Sport
12. Scott Toly; Cole Sport
13. Wayne Cottrell; Ogden One
14. Steven Lewis

Women A

1. Kris Walker; Int. Sports Med
2. Jen Hanks; Revolution
3. Julie Holmes

Category B

1. Mike Kracht; Revolution
2. Gordon Watson
3. Jesse Hofman; White Pine
4. Ryan Ashbridge; Revolution
5. Jared Inouye
6. Nick Ekdahl; Revolution
7. Foosball Peters; White Pine
8. Kevin Wilde; Revolution
9. James Glenn; Contender
10. Jess Dear; Rhodes
11. Kelly Glenn; Contender
12. Linde Smith; Raleigh
13. Matthew Pederson
14. Sam Sloan; Revolution
15. Jethrem Cole
16. Jeremy Clay; Vangaurd Media
17. Jeff Street
18. Mike Cooper
19. Steve Brown
20. John Rech; Contender

Category C

1. Michael Barlow
2. Seth Bradley; DNA
3. Rich Caramadre
4. David Cole
5. Neale Schiffman
6. David Leikam; Bikeman
7. Micheal Yount
8. Steve Miller
9. Mark Pasternak
10. Tanner Putt; Cole Sport
11. Tom Bacus
12. Matt Bradley
13. Scott Kern

14. Mike Rossberg
15. Aaron Luptak; Porcupine
16. Ronald Jensen; Bingham
17. Pat Putt; Cole Sport
18. Kerry Thurgood; Timp Cyclery

Women B

1. Kaitlin Barklow
2. Sandra Branby
3. Lisa Fitzgerald
4. Lyna Saffell; Revolution
5. Nancy Alcabas
6. Kimberly Beisrl

Singlespeed

1. Racer Gibson; Racer's
2. Will Nesse
3. Rich Dressen; Ogden One
4. Terry McGinnis
5. Steven Lewis; Cole Sport
6. Daniel Roper
7. David Benson
8. Forest Gladding
9. Jason Lloyd
10. Steve Wasmund; Cutthroat

Utah State Cycloross Championship, Utah Cyclocross Series Race #6, November 11, 2006, Wheeler Farm, Salt Lake City

Juniors

1. Drew Severance
2. Cody Wignall
3. Tanner Cottle; Porcupine
4. Paden Hoover; Sportsbase
5. Chase Frantz
6. Collin Curtis
7. Jacob Layer
8. Quincy Bacus
9. Jase Hoover
10. Chelsea Layer
11. John Bacus
12. Will Carnell
13. Jessi Smith

Category A

1. Chris Pietrzak; Porcupine
2. Bart Gillespie
3. Ali Goulet Alan; Factory
4. Sam Krieg; ICE
5. Art O'Connor; www.artoconnor.com
6. Thomas Spannring; Cole Sport
7. Bryson Perry
8. Jon Gallagher
9. Jason Sager
10. Mitchell Peterson; Devo
11. Aaron Stites
12. Bryan Gillespie
13. Jim Fearick; Contender
14. Matthew Sutton
15. Jarom Zenger
16. Kris Arnott; VMG
17. Brandon Firth; Biker's Edge
18. Gary Dastrup; VMG
19. Aaron Phillips
20. Chris Peterson

Men 35+

1. John McKone; CCB
2. Sam Moore; Porcupine
3. Barry Makarewicz

Masters 45+ State Champion

4. Step-o-han Warsocki; Specialized/ Porcupine
5. Isaac Wilson
6. Dirk Cowley

Masters 45+ 2nd Place

Masters 45+ 3rd Place

8. Rich Kendall
9. Darren Cottle; Porcupine
10. Bob Saffell; Revolution
11. Jeff Street
12. Strika Chord; Cole Sport
13. Brian Avery
14. Scott Toly; Cole Sport
15. Wayne Cottrell; Ogden One
16. Louis Melini

Women A

1. Kathy Sherwin; Ford Cycling
2. KC Holley; Racer's Cycle Service
3. Jen Hanks; Revolution
4. Julie Holmes
5. Maren Gibson; Racer's Cycle Service

6. Margaret Douglas; VMG

Category B

1. Mike Kracht; Revolution
2. Ryan Ashbridge; Revolution
3. Connor O'Leary
4. Nick Ekdahl; Revolution
5. Daniel Nelson; Y Cycling
6. Gordon Watson
7. Chad Harris
8. Jesse Hofman; White Pine
9. Roger Gillespie
10. Kelly Glenn; Contender Bicycles
11. Jeff Ure; Autoliv
12. Darren Marshall; Shoreline Cycle
13. Kevin Wilde; Revolution
14. Linde Smith; Raleigh
15. Ira Tibbits
16. Sam Sloan; Revolution
17. Charles Heaton; Canyon Bicycles
18. Sean Hoover; VMG
19. Trent Duncan

9. Roger Gillespie
10. Foosball Peters; White Pine
11. Jared Inouye
12. Matthew Pederson
13. Darren Marshall
14. Sean Hoover; VMG
15. Chris Sherwin; Revolution
16. Justin Brady; ICE
17. Jeff Ure; Autoliv
18. Charles Heaton; Canyon Bicycles
19. Sam Sloan; Revolution
20. Clark Mower; Contender

Category C

1. Connor O'Leary
2. Michael Barlow
3. Neale Schiffman
4. Seth Bradley; DNA
5. Stephen Brown; Cutthroat
6. Micheal Yount
7. David Cole
8. Rich Caramadre
9. Tanner Putt; Cole Sport
10. Phillip Pattison
11. Matt Bradley
12. Michael Spencer; Cutthroat
13. Reed Gann; USU Cycling
14. Mitch Heiner
15. Tom Bacus
16. Mark Pasternak
17. Bret Johnson; Cole Sport
18. Mike Severance
19. Ryan Merkley
20. Steve Miller

Women B

1. Kaitlin Barklow
2. Sandra Branby
3. Jenelle Kremer
4. Nikki Stone; Cutthroat
5. Lisa Fitzgerald
6. Lyna Saffell; Revolution
7. Nancy Alcabas
8. Kimberly Beisrl
9. Amy Andrews
10. Sonia Hult

Singlespeed

1. Steve Wasmund; Cutthroat
2. Will Nesse
3. Kevin Wilde
4. Racer Gibson; Racer's
5. Rich Dressen; Ogden One
6. Terry McGinnis
7. Steven Lewis; Cole Sport
8. Matt Ohran
9. Daniel Roper
10. Forest Gladding
11. Andrew Locke; Salt Lake Cycling Team
12. Jason Lloyd
13. Ryan Miller
14. David Benson
15. Mark Olsen

Utah Cyclocross Series Race #7 November 25, 2006 Wheeler Farm, Salt Lake City

Juniors

1. Tanner Cottle; Porcupine
2. Chase Frantz
3. Collin Curtis
4. Paden Hoover; Sportsbase
5. Quincy Bacus
6. Chelsea Layer
7. Nathan Greeneisen
8. Jase Hoover
9. Jessi Smith
10. Jacob Layer

Category A

1. Bart Gillespie
2. Jason Sager
3. Thomas Spannring; Cole Sport
4. Jon Gallagher
5. Bryson Perry
6. Aaron Stites
7. Bryan Gillespie
8. Prime Time; Contender
9. Steve Wasmund
10. Jim Fearick; Contender
11. Jared Nelson
12. Gary Dastrup; VMG
13. Ryan Ashbridge
14. Matthew Sutton
15. Eric Jeppson

Men 35+

1. Step-o-han Warsocki; Bingham's
2. Sam Moore; Porcupine
3. Mike Kracht
4. Darren Cottle; Porcupine
5. Dirk Cowley
6. Brian Avery
7. Scott Toly; Cole Sport

Women A

1. Kris Walker; Int Sports Med
2. Julie Holmes

Category B

1. Gordon Watson
2. Connor O'Leary
3. Jesse Hofman; White Pine
4. Chad Harris
5. Paul Davis
6. Nick Ekdahl; Revolution
7. Daniel Nelson; Y Cycling
8. Roger Gillespie
9. Kelly Glenn; Contender Bicycles
10. Jeff Ure; Autoliv
11. Darren Marshall; Shoreline Cycle
12. Kevin Wilde; Revolution
13. Linde Smith; Raleigh
14. Ira Tibbits
15. Sam Sloan; Revolution
16. Charles Heaton; Canyon Bicycles
17. Sean Hoover; VMG
18. Trent Duncan

19. Jim Harper; Revolution
20. Doug Smith; Barbaoca

Category C

1. Stephen Brown; Cutthroat
2. Mitch Heiner
3. Micheal Yount
4. David Leikam; Bikeman
5. Seth Bradley; DNA
6. David Cole
7. Cody Wignall
8. Phillip Pattison
9. Steve Miller
10. Matt Bradley
11. Ryan Merkley
12. Tom Bacus
13. Reed Gann; USU Cycling
14. Scott Kern
15. Greg Johnson
16. Scott Heiner
17. Justin Moss
18. Ethan Nelson; Timp Cyclery
19. Jeff Uberti; USU
20. Shawn Haran

Women B

1. Kaitlin Barklow
2. Jenelle Kremer; Revolution
3. Lisa Lloyd
4. Nancy Alcabas; VMG
5. Karen Williams
6. Emily Heider
7. Amy Andrews

Singlespeed

1. Steve Wasmund; Cutthroat
2. Racer Gibson; Racer's
3. Will Nesse
4. Daniel Roper
5. Andrew Locke; Canyon
6. Steven Lewis; Cole Sport
7. David Benson
8. Aaron Ross

Utah Cyclocross Series Race #8, December 2, 2006 Ft. Buenaventura, Ogden

Juniors

1. Chase Frantz
2. Drew Severance
3. Tanner Cottle; Porcupine
4. Jacob Layer
5. Paden Hoover; Sportsbase Online
6. Collin Curtis
7. Michael Swink
8. Chelsea Layer
9. Will Carnell
10. Matt Swink

Category A

1. Bart Gillespie
2. Art O'Connor; www.artoconnor.com
3. Chris Pietrzak; Porcupine
4. Thomas Spannring; Cole Sport
5. Jason Sager
6. Jon Gallagher
7. Aaron Stites
8. Sam Krieg; ICE
9. Richard Feldman
10. Josh Cooper
11. Matthew Sutton
12. Kris Arnott; VMG
13. Gary Dastrup; VMG

Men 35+

1. Sam Moore; Porcupine
2. Step-o-han Warsocki; Bingham's Cyclery
3. Mike Kracht; Revolution
4. Darren Cottle; Porcupine
5. Strika Chord; Cole Sport
6. Scott Toly; Cole Sport

Women A

1. Nicky Wangsgard
2. Kris Walker; Int. Sports Med
3. KC Holley; Racer's Cycle Service
4. Julie Holmes
5. Lisa Lloyd

Category B

1. Connor O'Leary
2. Daniel Nelson; Y Cycling
3. Kevin Wilde; Revolution
4. Jared Inouye
5. Sean Hoover; VMG
6. Kelly Glenn; Contender
7. Jon Milner; Canyon Bicycles
8. Charles Heaton; Canyon Bicycles
9. Jeff Ure Autoliv
10. Roger Gillespie
11. Nick Ekdahl; Revolution
12. Gordon Watson
13. Darren Marshall; Shoreline Cycle
14. Matthew Pederson
15. Justin Brady; ICE
16. Chad Harris
17. Eric Jepsen
18. Sam Sloan; Revolution
19. Josh Gunter; VMG
20. Alex Whitney; Porcupine

Category C

1. Kurt Wolfgang
2. Mitch Heiner
3. Micheal Yount
4. Matt Bradley
5. Seth Bradley; DNA
6. Rich Caramadre
7. Tanner Putt; Cole Sport
8. Cody Wignall
9. Stephen Brown; Cutthroat Racing
10. Bret Johnson; Cole Sport
11. David Cole
12. David Leikam; Bikeman
13. Phillip Pattison
14. Tom Bacus
15. James Swink
16. Mike Severance
17. Jesse Ellis; Slow Train
18. Mark Pasternak
19. Reed Gann; USU Cycling
20. Brad Paster

Women B

1. Kaitlin Barklow
2. Lyna Saffell; Revolution
3. Karen Williams

Singlespeed

1. Steve Wasmund; Cutthroat Racing
2. Will Nesse
3. Racer Gibson; Racer's Cycle Service

Utah Cyclocross Series Race #9, December 9, 2006 Ft. Buenaventura, Ogden

Juniors

1. Tanner Cottle; Porcupine
2. Drew Severance
3. Collin Curtis
4. Paden Hoover; Sportsbase Online
5. Jacob Layer
6. Chelsea Layer
7. Jase Hoover
8. Will Carnell

Category A

1. Bart Gillespie
2. Jason Sager
3. Art O'Connor; www.artoconnor.com
4. Sam Krieg; ICE
5. Thomas Spannring; Cole Sport
6. Jon Gallagher
7. Aaron Stites
8. Matthew Sutton
9. Connor O'Leary
10. Gary Dastrup; VMG
11. Eric Jeppson
12. Jim Fearick; Contender Bicycles
13. Prime Time; Contender Bicycles
14. Kris Arnott; VMG
15. Mitchell Peterson; Devo
16. Racer Gibson; Racer's Cycle Service
17. Chris Peterson

Men 35+

1. Sam Moore; Porcupine
2. Step-o-han Warsocki; Bingham's Cyclery
3. Mike Kracht; Revolution
4. Darren Cottle; Porcupine
5. Strika Chord; Cole Sport
6. Scott Toly; Cole Sport

Women A

1. Kris Walker; Int. Sports Med
2. Julie Holmes

Category B

1. Daniel Nelson; Y Cycling
2. Kevin Wilde; Revolution
3. Guy Perry
4. Kelly Glenn; Contender Bicycles
5. Jesse Hofman; White Pine
6. Nick Ekdahl; Revolution
7. Jeff Street
8. Sean Hoover; VMG
9. Charles Heaton; Canyon Bicycles
10. Jared Inouye
11. Chad Harris
12. Jeff Ure; Autoliv
13. Jess Dear Rhodes
14. Jon Milner; Canyon Bicycles
15. Matthew Pederson
16. Kurt Wolfgang
17. Sam Sloan; Revolution
18. Doug Smith; Barbaoca
19. Eric Jepsen
20. Clark Mower; Contender Bicycles

Category C

1. Michael Barlow
2. David Leikam; Bikeman
3. Mitch Heiner
4. David Cole
5. Micheal Yount
6. Matt Bradley
7. Seth Bradley; DNA
8. Rich Caramadre
9. Stephen Brown; Cutthroat Racing
10. Bret Johnson; Cole Sport
11. Jesse Ellis; Slow Train
12. Mark Pasternak
13. Michael Spencer; Cutthroat
14. Reed Gann; USU Cycling
15. Tom Bacus
16. Phillip Pattison
17. Ryan Merkley
18. Ethan Nelson; Timp Cyclery
19. Scott Kern
20. Aaron Smith

Women B

1. Karen Appleby
2. Karen Williams
3. Jenelle Kremer; Revolution
4. Nikki Stone; Cutthroat Racing
5. Lyna Saffell; Revolution
6. Kaitlin Barklow
7. Lisa Fitzgerald
8. Nancy Alcabas; VMG
9. Amy Andrews
10. Sonia Hult

Singlespeed

1. Steve Wasmund; Cutthroat Racing
2. Racer Gibson; Racer's Cycle Service
3. Andrew Locke; Salt Lake Cycling Club
4. Will Nesse
5. Steven Lewis; Cole Sport
6. Shawn Haran; Salt Lake Cycling Club

Utah Cyclocross Series 2007 Final

Overall Individual Standings

- Overall A**
- 349 Bart Gillespie
 - 331 Jason Sager
 - 314 Thomas Spanning; Cole Sport
 - 254 Sam Krieg; ICE
 - 236 Aaron Stites
 - 233 Art O'Connor; www.artoconnor.com
 - 230 Matthew Sutton
 - 198 Gary Dastrup; VMG
 - 196 Jon Gallagher
 - 190 Chris Pietrzak; Porcupine
 - 185 Jim Fearick; Contender Bicycles
 - 182 Connor O'Leary
 - 168 Prime Time; Contender Bicycles
 - 167 Kris Arnott; VMG
 - 167 Mitchell Peterson; Devo
 - 139 Brandon Firth; Bikers Edge
 - 135 Ali Goulet; Alan Factory
 - 117 Ryan Ashbridge
 - 111 Bryson Perry
 - 86 Bryan Gillespie
 - 80 Reed Wycoff
 - 77 Jared Nelson
 - 76 Eric Rasmussen; Porcupine
 - 68 Aaron Jordan; Porcupine
 - 67 Greg Steele

- Overall 35+**
- 347 Sam Moore; Porcupine
 - 339 Step-o-han Warsocki; Porcupine
 - 287 Darren Cottle; Porcupine
 - 249 Strika Chord; Cole Sport
 - 234 Dirk Cowley
 - 232 Scott Toly; Cole Sport
 - 215 Bob Saffell; Revolution
 - 189 John McKone; CCB
 - 149 Denny Kalar; Cole Sport
 - 145 Mike Kracht; Revolution
 - 138 Devon Alvarez; Cole Sport
 - 130 Jeff Clawson
 - 113 Isaac Wilson
 - 104 Wayne Cottrell; Ogden One
 - 73 Barry Makarewicz
 - 69 Jeff Street
 - 64 John Iltis; Cole Sport
 - 62 Brian Avery
 - 60 Steven Lewis; Cole Sport
 - 42 Glen Adams
 - 35 Peter Barquin
 - 35 Rich Kendall
 - 26 Linde Smith; Raleigh
 - 20 Louis Melini; Canyon Bicycles
 - 5 James Berry

- Overall B**
- 422 Daniel Nelson; Y Cycling
 - 417 Jesse Hofman; White Pine
 - 394 Nick Ekdahl; Revolution
 - 354 Sean Hoover; VMG
 - 334 Jeff Ure; Autoliv
 - 324 Kelly Glenn; Contender Bicycles
 - 314 Matthew Pederson
 - 309 Darren Marshall; Shoreline Cycle
 - 296 Charles Heaton; Canyon Bicycles
 - 292 Jared Inouye
 - 277 Connor O'Leary
 - 276 Mike Kracht; Revolution
 - 272 Sam Sloan; Revolution
 - 268 Roger Gillespie
 - 259 Kevin Wilde; Revolution
 - 257 Linde Smith; Raleigh
 - 245 Chad Harris
 - 240 Alex Whitney; Porcupine
 - 240 Josh Gunter; VMG
 - 240 Louis Melini; Canyon Bicycles
 - 240 William Curry
 - 240 Daniel Nye; Cutthroat Racing
 - 240 Doug Smith; Barbaoca
 - 228 George Klonizos; Revolution
 - 223 Gordon Watson

- Overall C**
- 375 Seth Bradley; DNA
 - 369 David Leikam; Bikeman
 - 367 David Cole
 - 334 Micheal Yount
 - 321 Rich Caramadre
 - 299 Stephen Brown; Cutthroat Racing
 - 297 Matt Bradley
 - 274 Reed Gann; USU Cycling
 - 244 Phillip Pattison
 - 240 Steve Miller
 - 236 Mitch Heiner
 - 229 Neale Schifffman
 - 228 Tanner Putt; Cole Sport
 - 224 Scott Kern
 - 218 Phil Pattison; Inertia
 - 214 Mike Rossberg
 - 211 Ronald Jensen; Bingham's Cyclery
 - 211 Kulani Fisher; Racer's Cycle Service
 - 206 Kerry Thurgood; Timp Cyclery
 - 204 Aaron Luptak; Porcupine
 - 201 Pat Putt; Cole Sport
 - 190 Mark Pasternak
 - 189 Connor O'Leary
 - 182 Max Hasson
 - 165 Michael Spencer; Cutthroat Racing

- Overall Women A**
- 226 Julie Holmes
 - 192 Kris Walker; Int. Sports Med
 - 152 Jen Hanks; Revolution
 - 104 Kathy Sherwin; Ford Cycling
 - 63 KC Holley; Racer's Cycle Service
 - 62 Tiffany Pezzulo; Ivory Homes
 - 60 Sue Abbene; Raleigh
 - 35 Nicky Wangsgard
 - 27 Maren Gibson; Racer's Cycle Service
 - 26 Lisa Lloyd
 - 25 Margaret Douglas; VMG
 - 5 Carolyn Heaton; Team Sugar
- Overall Women B**
- 231 Kaitlin Barklow
 - 223 Lisa Fitzgerald
 - 201 Lyna Saffell; Revolution
 - 154 Karen Williams
 - 153 Nikki Stone; Cutthroat Racing
 - 152 Nancy Alcabas; VMG
 - 140 Sandra Branby
 - 133 Amy Andrews
 - 129 Jenelle Kremer; Revolution
 - 77 Kimberly Beiserl
 - 70 Karen Appleby
 - 53 Sonia Hult
 - 32 Virginia Houston; Velo Bella
 - 32 Lisa Lloyd

- 31 Tracy Stafen; Cole Sport
- 28 Shannon O'Grady; Contender Bicycles
- 26 Emily Heider

- Overall Juniors**
- 279 Tanner Cottle; Porcupine
 - 249 Paden Hoover; Sportsbase Online
 - 222 Jacob Layer
 - 212 Drew Severance
 - 181 Collin Curtis
 - 180 Chelsea Layer
 - 124 Jase Hoover
 - 116 Chase Frantz
 - 110 Will Carnell
 - 59 Quincy Bacus
 - 44 Jessi Smith
 - 40 Cody Wignall
 - 33 Tanner Putt
 - 31 Levi Colton
 - 27 Nathan Greeneisen
 - 23 John Bacus

- Overall Singlespeed**
- 292 Steve Wasmund; Cutthroat Racing
 - 268 Racer Gibson; Racer's Cycle Service
 - 226 Steven Lewis; Cole Sport
 - 197 Will Nesse
 - 146 Daniel Roper
 - 135 Andrew Locke
 - 134 Rich Dressen; Ogden One
 - 84 David Benson
 - 73 Jason Lloyd
 - 67 Terry McGinnis
 - 62 Matt Ohran
 - 56 Scott Stebbins
 - 51 Forest Gladding
 - 50 Ryan Miller
 - 44 Shawn Haran
 - 40 Kevin Wilde
 - 29 Jeff Bates; Pereria Cycles
 - 25 Dustin Kilborne
 - 23 Tom Bacus
 - 23 Aaron Ross
 - 21 Mark Olsen



5th Annual Frozen Hog Winter Mountain Bike Race, Lambert Park, Utah, February 3, 2007

12 and Under - 2 Short Laps

- Cade Perry; Salt Lake Running Co. 7:18
- Lars Bergaust 9:26

SingleSpeed - 2 Laps

- Brad Keys; Racer's Cycle Service 33:10
- Troy Nye; Bikeman.com 34:52
- Kris Arnott; Vanguard Media 36:10
- Tony Woodruff 36:34
- Ryan Miller; Cutthroat Racing 36:50
- Stephen Hales; Revolution 40:16

Sport Men 13-17 - 2 Laps

- Kyle Sumsion; Human Performance 38:42
- Alex Casey 42:21
- Cameron Wheat 44:06
- Trevor Beard; Team Elite 45:37
- Kory Sumsion 51:47
- James Sakurai; Assed Out 52:25
- Kyle Jackson 57:41

Sport Men 18-29 - 2 Laps

- Mitch Heiner; DNA / Autoliv 36:24
- Casey Zaugg 36:25
- Seth Hejny 38:35
- Bud Higgins 42:11
- Ralph Upshaw 43:26
- Eric Taylor 44:53
- Steven Brumbaugh; Lovelands Cycle 45:34
- Spencer Pearson 46:20
- Joel Kushlan; OLY 48:31
- Bobby Welch 50:57
- Jess Perea 53:12
- Brad Parkinson 54:20
- Frank Gold 57:15
- Drew Williams 57:42
- Chris Holt; Assed Out 1:00:09
- Dan Evans 1:01:24
- David Tranter 1:10:01
- Shaun Sakurai; Assed Out 1:10:13
- Lucas Bee 1:14:48
- Johnathon Haider 1:18:20

Sport Men 30-39 - 2 Laps

- Guy Perry; Salt Lake Running Co. 32:58
- Patrick Batten 36:01
- Carson Chynoweth; Mad Dog Cycles 36:44
- Jack Gage; Lovelands Cycle 36:47
- Greg Larson; Revolution 38:21
- Elliot Smith 38:44
- Seth Bradley 40:08
- Chris Cockrell 40:32
- Greg Johnson; Mad Dog Cycles 40:50
- Steve Tuttle 41:15

- Tyler Giles 41:20
- Jason Gardner 42:41
- Todd Taylor 43:12
- Joshua McCarrel; Clammy Chamois 44:03
- Rusty Lugo 44:04
- Joe Lindsley; Assed Out 44:05
- Jerry Jensen 45:50
- Jeremy Stott 46:08
- David Roskelley 46:29
- Marco Briones; Clammy Chamois 46:54
- Ryan Hirst 47:32
- Jon Sharp; Team Elite 48:38
- Timothy Hern; Pedal Masher 49:00
- Scott Boberek 52:39
- Matt Robinson; Clammy Chamois 53:22
- Glen Bancroft 54:12
- Mike Evans; Rhinos 54:48
- Shane Horton 57:00
- Kevin Parry 59:53
- Jason White 1:02:13
- Matt Bradley; DNA Cycling 1:02:56
- Trevor Bee 1:12:47

Sport Men 40-49 - 2 Laps

- Rich Caramadre 38:16
- Scott Russell; Cutthroat Racing 39:32
- Jim Harper; Revolution 40:30
- Scott Nichols 40:43
- Matt Rutter; Human Performance 41:57
- Kevin Lawrence 42:00
- David Lynton 42:26
- Jim Jackson 42:53
- Kerry Smith 43:51
- Shane Evertsen 44:22
- Scott Heiner 45:05
- Paul Zimmerman 45:51
- Bruce Nielsen 46:04
- Vince Jones; Bikeman.com 46:11
- Greg Gerber 46:36
- René Stott 47:29
- J Robert Sumsion 48:37
- Christopher Artig 48:42
- Hunt Willoughby 48:57
- Robert Rose 50:07
- Wade Liedtke 51:09
- Keith Hansen 51:43
- Drew Lewis 52:30
- Leo Kearsley 54:22
- Patrick McKnight 1:00:53

Sport Men 50+ - 2 Laps

- Daryl Devey 40:34
- Dennis McCormick; Wildrose Flower Ch. 41:20
- Greg Paul 42:59
- Gene Poncelet 47:06
- Mark Schaerrer 51:54
- Richard Welch 52:08
- Steve Horstranshoff 54:34
- Lynn Stephens 1:19:38

Sport Women 13-17 - 2 Laps

- Kellie Williams; Racer's Cycle Service 52:10
- Erika Bailey; Team Elite 1:00:01

Sport Women 18-29 - 2 Laps

- Jenelle Kremer; Revolution 49:57

Sport Women 30+ - 2 Laps

- Sarah Sutherland 44:55
- Lisa Fitzgerald 47:45
- Lydia Hill 50:26
- Tonya Hutchison 51:51
- Heather Gilbert 53:02
- Amber Hatfield 1:00:28

Expert Women - 3 Laps

- Kara Holley; Mad Dog Cycles 55:23
 - Erin Collins; Racer's Cycle Service 55:42
 - Heather Hemingway-Hales; Revolution 1:23:46
- Expert Men 18-29 - 3 Laps**
- Josh Wolfe; Racer's Cycle Service 45:25
 - Stewart Goodwin; Euclid Outdoors 52:54
 - Jason Asay 52:56
 - Dave Larsen; UtahMountainBiking.com 56:43
 - Joe Gardner 1:04:40

Expert Men 30-39 - 3 Laps

- Bart Gillespie; Cannondale 42:29
 - Jason Sager; Free Sager 45:23
 - Cris Fox; Not For Hire 45:24
 - Scott Wetzel 47:25
 - Chris Holley; Mad Dog Cycles 48:29
 - Chris Peters; White Pine 49:35
 - Javier Vargas; Utah Velo 49:42
 - Sam Moore 50:42
 - Stephen Wasmund; Cutthroat Racing 50:14
 - Paz Ortiz; Porcupine 51:42
 - Tom Warr 52:53
 - Ed Warr; UtahMountainBiking.com 53:16
 - Bryon Wright; Cutthroat Racing 57:46
 - Jon Reese 1:14:52
- Expert Men 40+ - 3 Laps**
- Kenny Jones; Racer's Cycle Service 49:00
 - Randy Clark; Human Performance 51:26
 - Riley Frazier; Racer's Cycle Service 52:37
 - Todd Winner 54:25
 - Brandon Balkman; UtahMountainBiking.com 55:05
 - Alan Jarrett 58:14
 - Larry Wimmer 58:17
 - Tim Fisher 58:54
 - Michael Mower 1:03:06

TRACK RACING

A Velodrome for Utah?

By Greg Overton

During the fall of 2006, two different groups began pursuing the planning, funding and construction of a velodrome in the Salt Lake Valley, and they have now combined their efforts under the Salt Lake Velodrome Committee to make a concerted push for the project. Details are still unfolding, but a likely location is in the Salt Lake Valley, to be developed with Midvale City near 7200 South and I-15.

The proposed location is a near a former federal Superfund site. Negotiations are in progress. The location is ideal since it's 15 minutes from the airport, near a Trax station, and has hotel accommodations nearby.

Committee member Gary Bywater, longtime Utah racer and official, has been involved in this and two previous efforts in 1976 and 1984. "I'm extremely excited because things are coming together and a track is possible in the next two years," said Bywater. Bywater raced on the track from 1962-1982 including an appearance at the National Championships in 1977. During that time, Utah ran qualifiers at the Suntana Raceway and at the Utah Fairpark Oval. "Track racing would put Utah in the national spotlight. The Tour of Utah has UCI certification, we've had the Olympics, we have the Jazz, we have Real; Utah is becoming a sports haven," said Bywater.

Plans call for a 250 meter UCI sanctioned track, probably constructed in concrete. It is still undetermined whether the track will be indoors, making it a year-round venue, or an open track similar to the facility located at the US Olympic Training Center in Colorado Springs. Funding and construction costs, as well as overhead costs will be a determining factor initially. It's possible that it would be designed as an open facility that could be enclosed at a later date.

Track racing is a growing part of cycling, and tracks are either under way or being planned for the Phoenix, Arizona area, Eagle (near Boise), Idaho (Idaho Velodrome and Cycling Park, idahovelopark.org), and New Mexico. In conjunction with the Colorado Springs track and others in California and Washington, the possibility of a race series is already being discussed. The Salt Lake project has received enthusiastic support from USA Cycling, the sport's governing body in the U.S. Steve Johnson, USA Cycling's CEO and former Salt Lake City resident, "This is a wonderful project for the sport and for the Salt Lake community."

Track racing has a rich history in Utah, and has brought champions here in the past. In the early 20th century, the original Salt Palace in downtown Salt Lake City housed a track that was part of the international racing circuit and hosted the sport's brightest stars, including Major Taylor and Frank Kramer. The altitude of the Salt Lake Valley, at just over 4000 feet above sea level, creates a most attractive venue for world record attempts, since it provides much of the benefits of high altitude tracks but is not high enough to be considered a high altitude venue for record attempts. This offers an advantage to riders who would attempt to set world records since high altitude records are typically awarded with an asterisk, and the 'real' records are considered to be the ones set at lower altitudes.

Individuals interested in helping with the committee can contact Ryan Miller at (801) 661-1947 or rmiller@azteca.com.

Cycling Utah will continue to provide information on this project and will publish updates as they become available.

I-80 Frontage Road Still Closed in SLC

The I-80 frontage road from 5600 W to 7200 W in Salt Lake will remain closed to all traffic until late June to mid-July. Previously, the contractor had indicated that the project would be done by spring. Salt Lake City Transportation is working on alternative routes and safety measures for cyclists in this area.

Cyclists may ride on the shoulder of I-80 if necessary. This is not a good situation and cyclists are encouraged to use extra caution.

Pack, Mainor had fastest times at 24th LoToJa Classic


Last October's report on the 24th Annual LoToJa Bicycle Classic overlooked two important highlights: the fastest time for the overall race was posted by a citizen male rider, and a Category IV woman rode the 206-mile course over 30 minutes faster than the Category I-III Women's winner.

Nate Pack of Holladay, Utah posted the fastest overall time of 9:15:11 in the Citizen Men's 27-34 category. The Team Brute Force racer's time was one minute and 45 seconds faster than Category I, II Men's winner Kirk Eck (9:15:11) of Logan Race Club.

Category IV Women's rider Tiffany Mainor of Las Vegas' Red Burro Racing, crossed the finish line in 9:55:06—the fastest female on the course for the day. Jean Halladay, the Category I-III Women's winner from Kuna, Idaho, came in nearly 32 minutes slower at 10:26:43.

Such recordable finishing times, in which a lower category rider can post the fastest finishing time, are made possible because of the LoToJa's staggered category starts.

-David Bern



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COMMUTER OF THE MONTH

Riding for Those Who are Disabled

By Lou Melini

This month's commuter column features Sarah Grant, an occupational therapist. She has previously been employed as program director for SPLORE and most recently commuted to her job at St. Mark's Hospital.

Cycling Utah: What is SPLORE? Sarah Grant: SPLORE provides outdoor activities for people of all ages with various disabilities such as multiple sclerosis, cerebral palsy, brain and spinal cord injuries, blindness, or deafness among others.

C.U.: I assume riding to work is easy, compared to the challenges of your clients at SPLORE?

S.G.: I was definitely inspired by some of the people I have met who live with a disability. The people that will give it their all even when

Sarah Grant on Day 15 of her journey.

Photo courtesy Sarah Grant

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the odds are against them or who will try something new even when others around them doubt their ability. I enjoyed helping them in their challenges. One can say that commuting to work can also be challenging, though to a lesser degree. Commuting by bike will help changes to oneself (improved energy and release of stress), and society (less congestion and pollution). Not many people commute to work by bike so others will put doubt in your ability to ride to work or make negative comments about your choice of transportation.

C.U.: I understand that you challenged yourself further by bike "commuting" across the United States to raise money for SPLORE last year. How was that challenge? S.G.: I did ride across the U.S. over the course of 50 days. It was great! I rode with 45 others, all strangers before the ride. I was the only one raising funds for SPLORE. The ages of the riders ranged from 14-69. In addition to U.S. riders, there were folks from the United Kingdom, Australia, and the mainland of Europe. Two of the 4 teens rode on a triple with their mom who has since set a master's world hour record.

C.U.: Did your bike commuting help in preparing for the ride across the U.S.? How so?

S.G.: Preparing for the mental, physical and emotional fatigue that sometimes occurs on long days in the saddle is different than a 12 mile round trip commute. However, com-

muting helped with dealing with the various weather conditions one may encounter on a long trip. Wet weather, no problem, I had fenders while the others did not. Hills and varying temperatures were also not a problem as I dealt with both while commuting. The one thing I learned to deal with was to take a daily < 15-minute ritual with creams and lotions to avoid burning and chafing, something not appreciated on a short bike commute.

C.U.: Why did you choose to ride across the U.S. to raise funds? S.G.: Part of the reason for this ride rather than a more "traditional" fund-raiser was so that I could challenge myself rather than challenging others to push to their limits. Despite not being a super athlete I never doubted that I could do the ride because I see other people accomplish that is defined as "impossible" by doubters. A lot of things may seem "impossible" like riding your bike to work or across the U.S., but in the end it comes down to a simple desire to make a change and believing that you can do it.

C.U.: How can others help SPLORE?

S.G.: Get on the website (splore.org), and simply see where you can help the most.

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

Jordan Parkway Enhancements

Salt Lake County is wrapping up a project of placing a bicycle and pedestrian bridge over 3900 South and the Jordan Parkway. Over 5 years of planning went into this project. The project cost was \$700,000 — \$140,000 from the County and the balance from Federal Transportation Enhancements funds. Once officially open in the spring, it will provide safe access for trail users over the busy roadway. The slopes on both sides are gentle with wide curves making it ideal for all users.

Last fall the County with the help of a \$19,000 matching grant from State Parks & Recreation paved the one-mile section of trail near 3900 South. The Jordan Parkway is now paved from I-80 all the way to 11500 South. In addition, the County is in the process of removing non-native species and will be replacing them with indigenous species in the spring.

Riverton has also been in the process of enhancing their section of the trail which picks up again 1/2 mile south of the above break around 11800 South. Just north of Bangerter Highway, a new wildlife habitat is being engineered along with an uncovering and outlet of some previously uncharted hot springs right along the trail. The Main trailhead for this area is about 1 mile west of the Prison on 14600 South.

Photos and more information are available at www.safe-route.org.

-Dan Fazzini Jr.

UTAH BIKE INDUSTRY

Reynolds Makes Top Quality Carbon Fiber in Utah

By Greg Overton

For the latest installment in our ongoing series featuring Utah manufacturers of cycling equipment, I paid a visit to Reynolds Composites in West Jordan, makers of carbon fiber forks, wheels, handlebars and other components. Reynolds is a subsidiary of MacLean Quality Composites, which manufactures other things such as body panels for the Chevrolet Corvette, the Hans Device used in auto racing to protect drivers from head and neck injuries in a collision, and windsurfing masts, to name a few.

We'll stick to bike stuff here. MacLean-Fogg purchased Quality Composites, a major supplier of composites to the cycling industry, six years ago. A year later it purchased Lew Wheels and Reynolds, enabling the company to offer several leading composite products to consumers in addition to those it already offered to manufacturers. I was given the tour of their 90,000 square foot facility – of which about 60% is used to produce cycling products – by Jonathon Geran, Reynolds' Director of Sales and Marketing; and afterward we sat down to talk about the company's products and history.

For those of you who've been around cycling for more than a few years, you know the Reynolds name as one of the oldest in the sport, manufacturer of the venerable manganese based tubesets, 531 and 753, that were used to build the finest steel frames since the 1920's. Thousands of races have been won on bikes with the famous 'Reynolds Butted Tubes' logo, and an overwhelming majority of professional racing victories have been aboard Reynolds-tubed frames.

Things have changed a bit. Reynolds is now a leading carbon fiber composite manufacturer in the world. The company still supplies tubes for bike frames, including frames with impressive professional victories, but instead of steel tubes, they now provide the carbon fiber tubes for brands such as Trek, Serotta, Calfee, Parlee, Seven and Specialized. And the tubes are no longer forced into shape over a red-hot mandrel inside a dirty and noisy steel plant, they're instead wound or layered and then kept in a freezer until shaped and then cured in an oven.

Reynolds also manufactures its own brand of carbon fiber forks, wheels, handlebars and accessories for bicycles. It's Ouzo Pro fork has been a mainstay of quality road and triathlon bikes for nearly a decade,



Reynolds Carbon Fiber is made here in West Jordan. Jonathan Geran is Reynolds' director of sales and marketing. Photo: Greg Overton.

and new for 2007 is the lighter UL (Ultra Light) fork, created with design input from legendary designer and builder, Tom Kellogg. Since the company's purchase of Lew Wheels, Reynolds has become a leader in carbon fiber wheel design and construction, and with its refinement of resin technology has developed the Attack wheel, an all carbon fiber clincher rim that will withstand the heat and pressure that a rim's sidewall is subjected to during hard riding. Geran explained that carbon fiber clinchers have been an extremely tough challenge to develop because the available resins would soften and deteriorate under the heat generated by the brakes-to-rim friction on a mountain descent. But Reynolds has developed a resin and sidewall design to withstand higher temperatures and braking forces. This also helped in the development of Reynolds first, and new for 2007, all carbon mountain bike wheelsets, providing stronger and stiffer rims that are destined for off road punishment.

This talk about wheels brought us to the testing area of the Reynolds facility. Geran told me that the company has specified the highest quality thresholds in the industry, and each Reynolds product design must pass these thresholds before being offered to consumers. He explained that Reynolds randomly tests five of each one hundred forks manufactured to ensure consistent quality and processes. A typical fork testing apparatus will "cycle" the fork for a prescribed number of times (usually approximately 250,000). Simplified, this means that the fork is clamped into the device in a similar manner that it would be on a bike with a wheel installed, and then it's shaken and flexed and vibrated to exaggerate the deformations and loads that will affect it during your Sunday ride. Each movement counts as a cycle. It's a torture chamber for bike forks, and Geran told me that their forks are so durable that they rarely incur damage in testing, and the engineers executing the testing typically give up before the fork does.

Reynolds wheels are similarly tested for consistency, with ten of every one hundred being randomly tested with drop tests, a rolling "bump" test and for proper spoke tension, trueness and dish. While the company markets only complete

wheels under the Reynolds brand, it manufactures about three thousand carbon fiber rims per year for other brands in the cycling industry. All are tested in the same manner and must meet the Reynolds standard for quality and durability. The manufacturing process for rims is different from tubes and other products in terms of the heat and time used to cure the resin. Since wheels are more sensitive to deformations and must be perfectly straight and true, it's a much slower process and the heat is controlled more diligently as the oven is brought up to temperature and then cooled to prevent slight deformations from occurring.

Geran commented that typically it takes the company 12-18 months to design and develop a product and have it ready to place in the market. The design process is crucial, in part, because of the material's anisotropic characteristics. This means that an item made with carbon fiber can be designed to be stiff in one direction or plane, and compliant in another, as opposed to a material like aluminum, which is isotropic, having the same characteristics in each direction. This creates more opportunities in the concept and design stages, since there are variables that can be manipulated with the material, and therefore more options to consider and design in or around. The new UL fork was an exception, being developed over a compressed 12 month process, with all of the company's efforts dedicated to it, as opposed to the normal process of several products being developed concurrently.

Reynolds is carrying on the tradition of carbon fiber technology that has been strong in the Salt Lake City area for three decades. Even the industry standard bladder molding technology, which provides optimum compaction of the combined layers of fiber cloth while eliminating excess air and resin deposits was developed and introduced in Salt Lake City nearly thirty years ago. Now, nearly every carbon fiber product available is manufactured using this process. Many of the innovations and new carbon fiber cycling products from the past two decades can be traced to or through the folks at Reynolds Composites, and certainly many of those in the coming decades will originate there as well.



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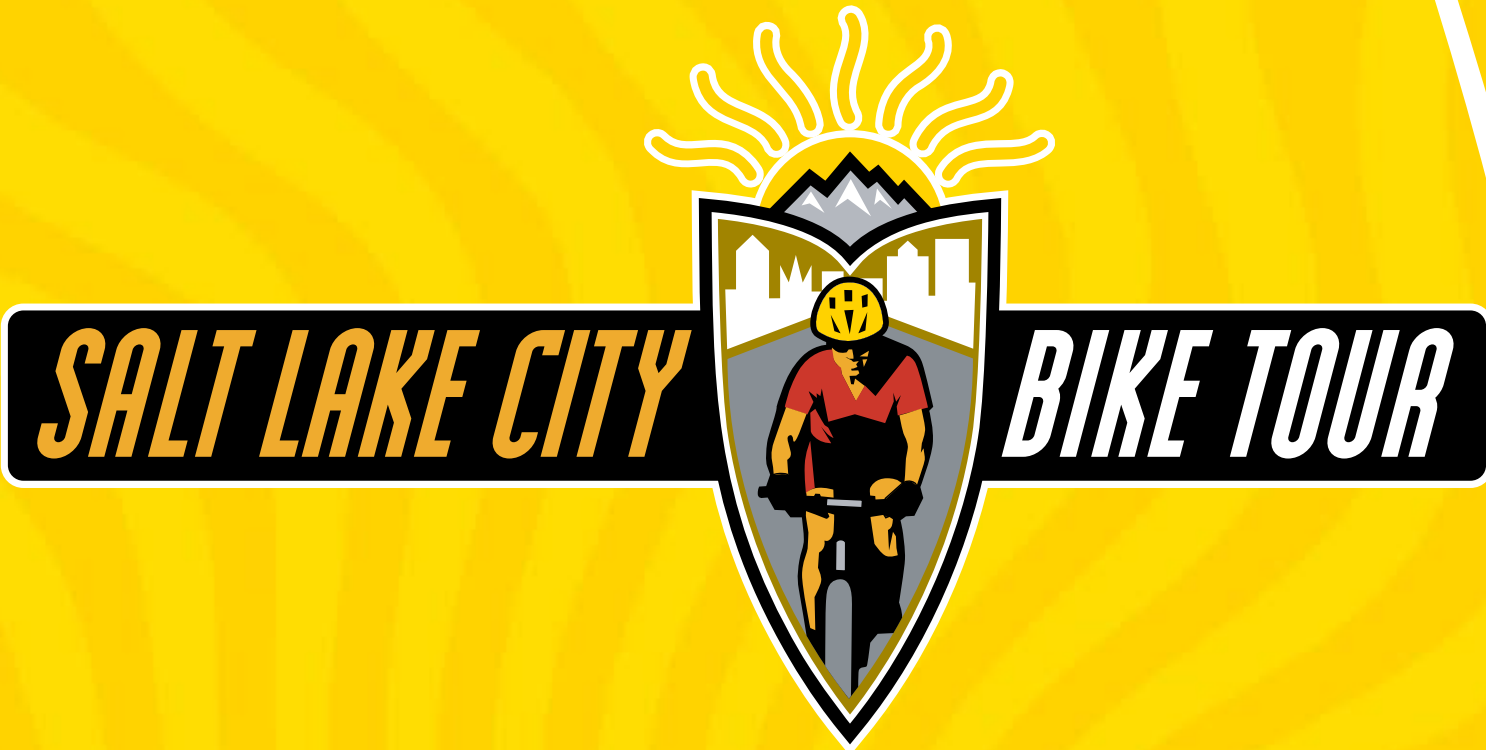
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