

**WEST CYCLING JOURNAL
MOUNTAIN**

cycling utah

**2008 UTAH
AND IDAHO
EVENT
CALENDAR
INSIDE!**



**DIRT
PAVEMENT
ADVOCACY
RACING
TOURING**

- Utah and Idaho Calendar of Events - p. 4
- Complete Triathlon Calendar - p. 8
- Riding the Climbs of the Tour de France - p. 2
- Cache Valley Advocacy - p. 3
- Surviving Your First Triathlon - p. 9
- A Colorado Bike Tour - p.10
- Frozen Hog - p. 12
- Cyclocross Wrapup - p. 13
- Draper Road Rides - p. 14
- 24 Hours of Moab - p. 15
- Commuter Column - p. 17
- Shop Directory - p. 18
- Hamstring Health - p. 19
- Results - p. 20
- A Bicycle Tour of Wisconsin - p. 22

SPEAKING OF SPOKES**On Holy Ground - Riding the Climbs of the Tour de France**

Elliot Morris descending the Col du Gandon.

Photo: Dave Ward

By **David Ward**
 Publisher

"Because it's holy ground," responded Elliot Morris, my friend and fellow cyclist. This was the finish to a conversation about our recent trip to ride famous and legendary climbs from the Tour de France.

The conversation began with Elliot telling of our trip. Eventually it led, as such conversations do, to the question, "How do those climbs compare to here?" In truth, we have climbs that are every bit as hard as most of the climbs in the Tour. Little Cottonwood Canyon in Salt Lake rivals most of them, and the climb from Parowan to the Brianhead ski resort can reduce you to walking or standing still.

When riding in the Rockies, you actually climb to higher elevations than you do in the Alps and Pyrenees. Further, these climbs, with a few notable exceptions, will have you grinding and gasping just as much. Explaining this often leads to the query, "Why then travel all the way to France?" And the answer is

Continued on page 10

Bonneville Cycling Club presents

Little Red Riding Hood

Women-Only Ride

Sat., June 7, 2008 • 8am Start
 Through Cache County & Southern Idaho
 Start: Wellsville, UT, City Park • Choose **36** or **46** or **64** or **80** or **104** miles
 Registration closes at 2,250 riders **OR** June 1 at 11pm, whichever comes first. No "day of" registration.
Online Registration Only: www.bccutah.org
 Recorded information: (801) 474-2282

Help Wanted

Trek Bikes of American Fork
 Position: Sales Manager

Experienced background in high end bicycle retailing with proven sales history. Requires both emphasis on sales and overseeing/managing a sales team. Excellent work environment. Great lifestyle/surroundings. Competitive salary based on experience/drive. Health insurance/401k benefits. **General Sales positions also available.** Apply and submit resume online at: www.trekaf.com

Blayn's Cycling

Your link to cycling

Jamis Felt Intense
 We don't just fix your bike,
 We make it perform!

284 S. Main St
 Springville, UT 84663
 Phone: 801-489-5106
blaynscycling.com

LEMOND **RACERS** BARRY FISHER
 CYCLE SERVICE

Utah County's Independent
 Road and Mtn. Mechanic
 Pro Team Experienced

159 W. 500 N. • Provo, UT
 (801) 375-5873 • racerscycle.net



World Class Coaching for
 Competitive and Recreational
 Cyclists. Don't Just
 Train... Trainright!

Tommy Murphy
 435.787.8556
tmurphy@trainright.com



P.O. Box 57980
 Murray, UT 84157-0980
www.cyclingutah.com
 You can reach us by phone:
 (801) 268-2652
 Our Fax number:
 (801) 263-1010

Dave Iltis, Editor &
 Advertising
dave@cyclingutah.com

David R. Ward, Publisher
dward@cyclingutah.com

Contributors: Gregg Bromka, Ben Simonson, Michael Gonzales, Lou Melini, Joaquim Hailer, Adam Lisonbee, Andy Singer, Erik Moen, Greg Overton, Lukas Brinkerhoff, Elliot Morris, MoabActionShots.com, Heather Gilbert, Scott Kelly, Jon Gallagher, Tom Jow, Lynn Ware Peak, Gordon Stam

Distribution: Dave, Karma, and Marinda Ward, Doug Kartcher, David Montgomery (To add your business to our free distribution list, give us a call)

Administrative Assistant:
 Lindsay Ross

cycling utah is published eight times a year beginning in March and continuing monthly through October.

Annual Subscription rate:
 \$15

(Send in a check to
 our P.O. Box)

Postage paid in Murray, UT

Editorial and photographic contributions are welcome. Send via email to dave@cyclingutah.com. Or, send via mail and please include a stamped, self-addressed envelope to return unused material. Submission of articles and accompanying artwork to cycling utah is the author's warranty that the material is in no way an infringement upon the rights of others and that the material may be published without additional approval. Permission is required to reprint any of the contents of this publication.

Cycling Utah is printed on 40% post-consumer recycled paper with soy-based ink.

Cycling Utah is free, limit one copy per person.

© 2008 **cycling utah**
 Pick up a copy of
cycling utah at your
 favorite bike shop!

Cover Photo: Three riders enjoy warmer temperatures in Southern Utah at the Zion Century on February 23, 2008.
 Photo: Joaquim Hailer. Find your photo at Zazoosh.com.

ADVOCACY

Cache Valley Efforts Move Forward as Aggie Blue Bikes Provides Free Bike Use to USU Students and the County Bike/Ped Committee Works For Bikeability

By Lukas Brinkerhoff

The bikes are blue, Aggie-blue and currently 40 students ride them absolutely free of charge.

For the past 2 1/2 years, Aggie Blue Bikes has been providing free transportation to USU students. Adam Christensen, the program's fearless director, says the program has logged 27,000 miles, with 16,000 being ridden during 2007. That is enough miles to go around the globe a little more than once.

The successful bicycle library uses bikes that are donated or found and then refurbished. The program's headquarters houses four repair stands and three complete tool kits that are used to repair and tune the bikes. Once the old bikes have been made ride able they are painted blue and made available to students.

According to Christensen, 70 bikes are available and 40 are currently checked out. Once the weather warms up, he expects all the bikes to be in use. The program plans to add another 50 bikes by summer. Christensen says storage space is their biggest obstacle and points out that their facilities can only house so many bikes.

The program's other obstacle is money. The bikes need parts, paint and maintenance every semester. Christensen currently spends a lot of time writing grants to help fund

the program. Without the grants, the program would disappear or students would have to foot the bill. In an effort to perpetuate the program and ensure its future success, students will be asked to pay a \$1 increase in student fees that would go directly to the program. The fee increase will be decided on the next USU student ballot.

Students can check out a bike for up to a semester at a time. During the semester, students are responsible to ensure the bikes aren't stolen and are expected to not abuse them. At the end of each semester the bikes are returned and tuned.

In hopes of expanding its offerings, Aggie Blue Bikes is working with the business and engineering colleges at USU to derive a business model and the technology to provide a Paris-like free-for-all bike check out. Ideally, the bikes would be placed around campus at different stations where students would swipe a credit card or student ID that would take a deposit for the bike. Once the bike is returned, all but \$0.25 or \$0.50 would be refunded back to the user.

The other project currently being pursued is a grant for computers that would allow Aggie Blue Bikes to more accurately log the miles, as well as when the bikes are being used. Currently the users are asked to estimate their miles and days

ridden when they return the bikes. Christensen hopes the computers would allow him to see what keeps students from using bikes as transportation and then be able to tailor his education programs to overcome these obstacles.

Besides the bikes, Aggie Blue Bikes also offers League of American Bicyclist courses to help educate students on proper riding etiquette as well as handling skills. They also offer what they call "Community Weeklies" where they bring in professionals from the community to teach classes on topics such as air quality, commuting and maintenance. Students are encouraged to learn maintenance and repair principles through the program's one-on-one tutorials. Once students know what is wrong with their bike they are given the opportunity to use the tools to fix their own rides. There is also free air for all. Christensen is adamant about not competing with local shops and insists that complicated repairs be done at one of the six bike shops. He also does not sell anything more than brake cables.

Aggie Blue Bikes is definitely a highlight of Cache Valley advocacy but the Bicycle and Pedestrian Advisory Committee has been making their own progress.

Jaynan Chancellor, committee head, says, "We are at the "tipping

point" and are quickly gathering momentum with some of our goals.

For example, in the past year we have established routes and placement of "Bike Route" and "Share the Road" signs. Signage will be posted this summer."

She hopes that these routes will be the first to be swept after the snow melts but cannot guarantee anything.

For the past 8 months the committee has been learning the political "lay of the land," as Chancellor puts it. She says they are currently developing policy they can recommend to municipalities.

Bob Bayn, another member of the committee, says they are also working on education by potentially becoming part of the UDOT/SLC Bicycle Collective which would bring free bike training to Cache Valley. He says, "We have half a dozen certified instructors in Cache Valley now - ready to help cyclists be better, safer cyclists; and help novices become confident users of the street network on a bike. Central to this effort is the Aggie Blue Bikes program on the USU campus."

Bayn, Chancellor and Christensen all agree that the outlook for bicycle advocacy in Cache Valley is positive. Chancellor notes that the roads are wide, the blocks long and the drivers, for the most part, are friendly. She estimates that

10-12 percent of drivers are annoyed by bikers but the majority, 80 percent, is respectful and friendly.

Bayn agrees saying that most drivers are respectful and cautious and although conditions aren't bad there is room for improvement. He hopes for better asphalt conditions, cleaner roadways and better stop-light detection systems.

Christensen says there activists or "terrorists" who think being aggressive will bring change and who expect change to happen now. He says that the Bicycle and Pedestrian Advisory Committee has it right, by taking things a little slower and working within the local government to get things done.

He says he feels good about the future. Looking at his own success with Aggie Blue Bikes he feels that the same energy can be taken off campus and used to implement policies around the valley to create a complete cycling friendly community.

You can reach Aggie Blue Bikes at (435) 797-0964 or at www.usu.edu/ucc/bikes.

The Cache Bike/Ped committee meets monthly in the Cache County Building. Usually the first Thursday of the month at 5:30pm in the 3rd floor conference room. For more information, contact Jaynan Chancellor - jchance@cc.usu.edu, 435-753-2553, or visit cachempo.org.



BLACKBOTTOMS

C Y C L E W E A R

A UTAH COMPANY

GET YOUR CUSTOM TEAM OR CLUB GEAR TODAY

GET STARTED TODAY TO HAVE YOUR GEAR READY FOR THE TOUR DE CURE & MS 150

CONTACT US TODAY WWW.BLACKBOTTOMS.COM - custom@blackbottoms.com - 866-566-8285




BLACKBOTTOMS
CYCLEWEAR

FULL CUSTOM TEAM APPAREL
10 Piece Minimum!
Call us Today

OFFICIAL JERSEY PROVIDER OF
National Mountain Bike Series,
Southern California State Championship
University of Utah Cycling Team



It doesn't matter if you're a team of 200, or just some friends that want to hit the open road, at Blackbottoms we are committed to giving you the best bang for your buck. With competitive pricing, and superior quality, we know you will be satisfied. With Blackbottoms you can have your clothing in as little as 6 weeks!

Give us a call or email...

Email: custom@blackbottoms.com

Phone: 866-566-8285

WWW.BLACKBOTTOMS.COM

WWW.BLACKBOTTOMS.COM

cycling utah

CALENDAR OF EVENTS

Calendar Guidelines:

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

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

Let us know about any corrections to existing listings!



**Bicycle
Motocross**

Rad Canyon BMX — (801) 824-0095

Deseret Peak BMX — www.deseret-peakcomplex.com, Tooele

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

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

TBA — Rad Canyon BMX, Race For Life, Double Point Race. Registration 9-10 am, racing ASAP (11am) 9700 S. 5250 W., South Jordan, (801) 824-0095.

July 25-28 — Rad Canyon BMX, ABA GREAT SALT LAKE NATIONALS. radcanyonbmx.com, 9700 S. 5250 W., South Jordan, (801) 824-0095

For more BMX track info, visit cyclingutah.com



**Cycling
Events**

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

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

Calendar of Events sponsored by



CANYON SPORTS
Bike Sales & Repair & Rental

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

699 W. Riverdale Rd.
Riverdale
(801) 436-2018
canyonsports.com

Jamis Triathlon
Bike Rentals!

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.

2008 Cycling 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

Tuesdays — Bike Polo League, Liberty Park, Salt Lake City, 7 pm, enter from 13th S. and come up the 7th East side to the road entering the center of the park. All welcome, bring bike, gloves, and helmet. Mallets provided. More info: Scott at (801) 870-9292.

March 8 — Sports Am 15th Annual Bike Swap and Show, Utah State Fairpark, 10th W and N. Temple, Grand Building, 10 am, SLC, (801) 583-6281, sports-am.com

March 28-30 — Moab MUni Fest (a mountain unicycling event), Moab, UT, zadig@engineer.com or Rolf Thompson at (801) 870-5949, moabmunifest.com

April TBA — Bike Lecture, Michael Sagan, the industrial design lead at the Trek bicycle corp. for the last 10 years, will be giving a presentation on the design and manufacture of the top Trek designs in April at Trek Bicycles of American Fork. He will also share stories about wind tunnel testing, with Lance Armstrong and the Discovery Team in Europe. trekaf.com, Trek Bicycles of American Fork 356 No. Meadow Lane, American Fork Utah 84003 (801) 763-1222

May 3 — GOTS, Bike and Outdoor Toy Swap, Wild Rose, 702 3rd

Ave, SLC, (801) 533-8671, wildrosesports.com

May 3-4 — 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 Bonaza Dr., Park City, (435) 649-8710 or (435) 659-1188 or visit www.youngriders.com

May 10 — Bikes for Kids Charity Bike Swap, held at Cottonwood Cyclery, 2594 E. Bengal Blvd, Salt Lake City, (801) 942-1015, bikesforkidsutah.com

May 10-17 — Cycle Salt Lake Week, weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more!

May 10 — Downtown Alliance's Live Green Festival, 10 am to 6 pm at Library Plaza, Downtown Salt Lake City, www.livegreenslc.org

May 10 — 5th Annual Bicycle Film Festival, showings will include films from the Bicycle Film Festival never before seen in Utah, live music afterwards, benefit for the SLC Bike Collective, 7:30 pm, The Depot at The Gateway, 400 W. and S. Temple, Salt Lake City, (801) FAT-BIKE slcbikecollective.org

May 11 — 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 12 — 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 or grant@tailwinds-tours.com

May 13 — 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., chair@slcbac.org, www.slcbac.org

May 13? — 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 TBA — Utah County UTA Bike to Work Day, West side lawn of the Historic County Courthouse in downtown Provo (University Avenue/Center Street), 7:30 - 9 am, For more information contact, For more information contact Stacey Adamson at sadamson@rideuta.com or (801) 227-8958 Visit www.utarideshare.com for event updates.

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 16 — UTA Rideshare Bike Bonanza. Music, food, prize drawings, expo, free bike tune ups, activities for kids and much more! 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: Pat Dierks pdierks@rideuta.com or (801) 287-2062, www.utarideshare.com

May 16 — Summit County Bike To Work Day, and Commuter Cup Challenge, free breakfast at certain locations, Encouraging Park City and Summit County to Bike to Work, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

May 17 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 35, 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 or download a Registration Form 2006 Course Map

May 17 — Cache Valley Bike Festival, workshops, races (fastest and slowest), bike decorating, bike toss, and more, 10 a.m. to 2 p.m. at Merlin Olsen Park (300 E Center St.), Logan, Utah, Aggie Blue Bikes @ 435-797-0964 ext. 3 or at aggiebluebikes@gmail.com or www.usu.edu/ucc/bikes.

May 17-18 — Cole Sport Bike Swap, supports the Mountain Trails Foundation, 1615 Park Avenue, Park City, (435) 649-4806, mountaintrails.org

May 21 — Ride of Silence. Ride to raise cycling safety awareness among motorists, police, and city officials. This is a free ride that asks cyclists to ride no faster than 12 mph and remain silent during the ride. Meet at 7:00 p.m. at the Gallivan Center (239 S. Main Street). More info: Raleigh Fehr raker@msn.com or www.rideofsilence.org

June 7 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

June 7 — National Trails Day, 9 am, Meet at White Pine Touring at the Rail Trailhead, Coffee and bagels, Project TBA, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

June 14 — Venture Outdoors Festival, 3-10 pm, Millcreek Township Festival, cycling clinics, cycling gurus on hand, Canyon Rim Park, 3100 S. 2900 E, (801) 466-0686, millcreekoutdoors.org

June 18-21 — IMBA World Trails Summit, IMBA Summits bring mountain biking advocates, land managers, ski resort professionals and the bike industry together for collaboration, planning and celebration, Patti Bonnet patti@imba.com, 303-545-9011, IMBA.com

July 12 — Utah Tour de Donut, 21 mile circuit race and donut eating (subtract time for eating donuts each lap), bike safety rodeo, kids race, American Fork, UT, (801) 763-1216, utahtourdedonut.com

September 22 — World Car Free Day, worldcarfree.net



**Mountain
Bike**

Tours and Festivals

2008 Events

March 28-30 — Moab MUni Fest (a mountain unicycling event), Moab, UT, zadig@engineer.com or Rolf Thompson at (801) 870-5949, moabmunifest.com

April 11-15 — JDS Sportcoaching Mountain Bike Skills Camp, recreational mountain bike rider with off-road experience, as well as mountain bike racers of all levels - beginner to expert, contact scott@jdsportcoaching.com, 303-736-2198, www.jdsportcoaching.com

April 18-20 — Bookcliffs Trailfest, Three days of trail-riding, Trail-school, Trail-building, More trail-riding, Food, Music, Partying, and More trail-riding. It's TRAILfest!, FuzzyTheBikeGuy@msn.com, fuzzysbicycleworks.com/, (435) 637-2453

April 24-27 — 13th Annual New Belgium Brewing Company Fruita Fat Tire Festival, World renowned trails, bike events, bike expo and live music in downtown Fruita, Clunker Crit, Prizes, Fun, Fruita, CO, (970) 858-7220, fruitamountainbike.com

May 1-4 — IMBA Trail School, Flagstaff, AZ, Anthony Quintile anthony@absolutebikes.net

May 15-16 — IMBA Trail School, Durango, CO, Mary Monroe, mary@trails2000.org

May 16-18 — San Rafael Swell Mountain Bike Festival, 22nd Annual, Emery County, (435) 637-0086

May 22-26 — Black Hills Fat Tire Festival, rides, races (hill climb, XC, Super-D), Film Festival, and more, Rapid City, South Dakota, (605) 394-5225, bhfatirefestival.com

June 7 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

June 21-22 — Wild Rockies 11th Annual Boise to Idaho City Tour, Boise to Idaho City (camp over night) and back to Boise, Darren Lightfield 208-388-1971, wildrockies.com

June 18-21 — IMBA World Trails Summit, IMBA Summit will bring mountain biking advocates, land managers, ski resort professionals, trailbuilders, tourism officials and the bike industry together for collaboration, planning and celebration, Trail Care Crew too, Patti Bonnet patti@imba.com, 303-545-9011, IMBA.com

July 14-15 and July 17-18 — Rocky Mountain Bicycles Dirt Series Women's Mtn Bike Camp, Park City. Contact (604) 905-8177 (canada) or info@dirseries.com for more info.

July 21-22 — Rocky Mountain Bicycles Dirt Series Women's Mtn Bike Camp, Sun Valley, ID. Contact (604) 905-8177 (canada) or info@dirseries.com for more info.

June 15 - September 5 — Great Divide, Canada to Texas, dirt, Adv. Cycling Association, (800) 755-2453

July 9-13 — Girlfriends Go Tours: Park City Mtn Experience. Mountain Bike Clinic & Summer Camp for Women. All inclusive 5-day bike camp. For more info, www.girlfriendsgo.com or Lynn, (435) 640-3931

August 16-22 — Cycle the Divide, starts in Steamboat Springs, CO, Adv. Cycling Association, (800)

755-2453, adventurecycling.org
September 13-19— Base Camp Fruita, mountain biking camp, Fruita, CO, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

September 21-28— Colorado/Utah Canyon Country, Fruita-Moab-Fruita, Kokopelli Trail and more, dirt, 335 miles in the dirt, Southern Utah, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

October 4? — Take Your Kid on a Mountain Bike Ride, Boise, ID, byrdscycling.com

October 24-26 — Chile Ho-Down Bike Festival, 3rd annual festival includes group rides, a dirt jump contest, Halloween costume party, prize giveaways and just an all around good time, possibly a DH race, Chile Pepper Bike Shop, 435-259-4688, www.chilebikes.com



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

Weekly Series Races

Tuesdays TBD— Solitude Full Throttle Midweek Mountain Bike Race Series, June 24, July 1, July 8, July 15, July 29, August 5, Registration at 5:45, race at 6:30, 4, 8, and 12 mile options, Solitude Mountain Resort, Entry 1 (Moonbeam Lot), SkiSolitude.com or call Nick or Jay at (801) 536-5784

Wednesdays — May 7, 14, June 4, 18, July 2, 16, 30 August 13, 27, Soldier Hollow Training Series, (alternates with Sundance) 6 p.m., (801) 358-1145

Wednesdays — May 21, 28, June 11, 25, July 9, 23, August 6, 20, Sundance Weekly MTB series, 6:30 pm, alternates with Soldier Hollow Training Series, Kids' Races on May 21, June 25, July 23, August 20, Sundance Resort, (801) 223-4121

2008 Utah MTB Races

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

April 12 — Cholla Challenge, Intermountain Cup #2, Hurricane, UT, XC, Jerry Simmons, (435) 674-3185, intermountaincup.com

May 3 — Showdown at Five Mile Pass, 14th Annual, Intermountain Cup #3, Lehi, UT, XC, Ed Chauner at (801) 942-3498, intermountaincup.com

May 10 — Wimmer's Bicycle Race XC, Intermountain Cup #4, Sherwood Hills Resort, Logan, UT, (435) 752-2326, intermountaincup.com

May 17 — Hammerfest at the Hollow, Intermountain Cup #5, Soldier Hollow, Midway, UT, Ed Chauner at (801) 942-3498, intermountaincup.com

May 24 — Sundance/Parks

Sportsman Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849, sundanceresort.com

May 26 — Stan Crane Memorial XC, Intermountain Cup #6, Draper, UT, Ed Chauner at (801) 942-3498, intermountaincup.com

May 31 — Sundance Spin, Utah State Open Championship, Intermountain Cup #7, Sundance, UT, XC - Ed Chauner, 801-942-3498, intermountaincup.com

June 1 — Bountiful Bomber Downhill Race, Utah DH Series, Bountiful, UT, (801) 375-3231, go-ride.com

June 7 — Deer Valley Pedalfest, Intermountain Cup #8, Deer Valley, UT - Ed Chauner, 801-942-3498, intermountaincup.com

June 14 — Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #9, Solitude, UT, XC - Ed Chauner, 801-942-3498, intermountaincup.com

June 21-22 — Wolf Mountain Mayhem Downhill Race, DH/Super-D/Dual/Quad X, Utah DH Series, Wolf Mountain Resort, (801) 375-3231, go-ride.com

June 21 — 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, thee100.com

June 21 — Sundance/Parks Sportsman Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849, sundanceresort.com

June 26-29 — NORBA National Mountain Bike Series #4, XC, STXC, DH, Dual Slalom, Deer Valley, UT, XC/ST/, (435) 884-3515, mtbnationals.com

July 5-6 — White Pine Downhill Race, DH/Super-D, Utah DH Series, White Pine Resort, Palmdale, Wyoming, (801) 375-3231, go-ride.com

July 12 — Blue Mountain Bike Chase, 25 mile XC race, Monticello City Recreation, Monticello, UT, (435) 587-2029, monticelloutah.org

July 12 — 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, tentatively at Deer Valley Resort, Park City, (435) 659-1188 or visit youngriders.com

July 19 — Snowbird Mountain Bout, 21st Annual, Intermountain Cup #10, Snowbird, Ed Chauner at (801) 942-3498, intermountaincup.com

July 19 — Sundance/Parks Sportsman Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849 or sundanceresort.com

July 19-20 — Bald Mountain Challenge Downhill, DH and Super-D, Utah DH Series, Deer Valley, UT, (801) 375-3231, go-ride.com

July 26 — Taming the Tetons, Intermountain Cup #11, Jackson Hole, WY, Ed Chauner at (801) 942-3498, intermountaincup.com

July 26 — The Endurance 100/Mind Over Mountains, 100 mile team relay, 50 mile solo, Park City, thee100.com, (435) 649-2129

August 2-3 — Pomerelle Pounder, 2 DH, Utah DH Series, Wild Rockies Series #5, Burley, ID, (208) 388-1971, (801) 375-3231, go-ride.com, wildrockies.com

August 9 — Cook-Sanders Associates Wolverine Ridge

XC Race, 15th Annual, Intermountain Cup #12, 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, intermountaincup.com

August 16 — Altra Widowmaker Hill Climb 8 AM, Ride to the top of the Tram from 9400 S and 2000 E, Snowbird Resort, (801) 583-6281, sports-am.com

August 16 — Sundance/Parks Sportsman Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849 or sundanceresort.com

August 16-17 — Flyin' Brian Downhill Race, DH and Super-D, Utah DH Series, Brian Head, UT, (801) 375-3231, go-ride.com

August 21-24 — Great American Mountain Bike Stage Race, 4 stages, 280 miles, Brian Head, Utah, Tom Spiegel, teambigbear@aol.com or Jeff at (435) 884-3515 or teambigbear.com

August 23 — The Race for Everyone, a low pressure, easy entry event for any mountain biker, from ICUP regulars to 1st Timers, families and kids encouraged to attend, bike safety, bike setup, and more, benefits Kids on the Move, Sundance Resort, Contact Keith Payne 801.368.5321 or Mad Dog Cycles at (801) 222-9577, sundanceresort.com

August 23 — The Endurance 100/Mind Over Mountains, 100 mile, 100 km, and 50 mile individual races, Park City, thee100.com, (435) 649-2129

August 31 - September 1 — Sundance Showdown, Super-D and DH, Utah DH Series, Sundance, UT, (801) 375-3231, sundanceresort.com

September 6 — 5th Annual Sundance Single Speed Challenge, 10 am start, Sundance Resort, sundanceresort.com or (801) 223-4121

September 13 — 12 hours of Sundance, 7 am - 7 pm, Sundance Resort, (801) 223-4849 or sundanceresort.com

September 14 — Tour des Suds, 26th Annual, Park City, (435) 649-6839 or mountaintrails.org

September 14-20 TENTATIVE — The Endurance 100 ULTRA, Park City, thee100.com, (435) 649-2129

September 20 — Widowmaker Hill Climb 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort, (801) 583-6281 or sports-am.com

October 13-14 — Huntsman World Senior Games. Must be 50 years or older. three events: hill climb, downhill, and cross country, St. George, UT, 800-562-1268 or hws@infowest.com or senior-games.net

October 11-12 — 24 Hours of Moab, 13th Annual, Moab, UT, (304) 259-5533 or grannygear.com

2008 Idaho and Regional MTB Races

March 15-16 — St. Patty's Day Downhill, Super-D and Downhill, Bootleg Canyon, Nevada, crashinnovations@cox.net, (714) 222-8064

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

April 12 — Barking Spider, Wild Rockies Series #1, XC, trail run, Nampa, ID, (208) 388-1971, wildrockies.com

April 19, 20, 30 — Short Track Training, brokenspokecycling.com

May 6 — National Mountain Bike Series #2, Fontana, CA, (435) 884-3515, mtbnationals.com

May 2-3 — 4th Annual New Belgium Brewing Company 18 Hours of Fruita, Highline Lake State Park, Loma Colorado, CO, (970) 858-7220, emgcolorado.com

May 4 — 6th Annual Coyote Classic, AMBC event, Avimor, ID, (208) 338-1016, knobbytireseries.com

May 10 — Sagebrush Scramble Short Track XC, Knobby Tire Series, Pocatello, ID, (208) 338-1016, knobbytireseries.com

May 23 - May 26 — The Chile Challenge, XC, SD, MX, DH, NMBS event, Angel Fire Resort, Angel Fire, New Mexico, racemsc.com

May 28, June 4, 11, 18, 28 — Wood River Cup #1-5, Short Track XC, (June 28 is Idaho STXC State Championship) Hailey, ID, (208) 481-0300, roadanddirt.org

May 31 — Moose Chase XC, Knobby Tire Series, Coeur D'Alene, ID, (208) 338-1016, knobbytireseries.com

June 2-3 — Janna Brimmer Memorial Salmon Idaho Slam, Wild Rockies Series, XC, DH, Salmon, ID, (208) 388-1971, wildrockies.com

June 14 — Pocatello City Creek XC, Knobby Tire Series, Pocatello, ID, (208) 338-1016, knobbytireseries.com

June 18 — Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 733-5056

June 21-22 — Soldier Mountain XC and DH, Knobby Tire Series, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016, knobbytireseries.com

July 4 — 13th Annual WYDAHO

Bike Race, XC, Grand Targhee Ski and Summer Resort Alta, WY, Andy at 1-800-TARGHEE ext. 1309 or awilliams@grandtarghee.com, grandtarghee.com

July 5-6 — White Pine Downhill Race, DH/Super-D, Utah DH Series, White Pine Resort, Palmdale, Wyoming, (801) 375-3231, go-ride.com

July 11-13 — Brundage Mountain Bike Festival, Wild Rockies Series, XC and DH, trail run, McCall, ID, (208) 388-1971, wildrockies.com

July 11-13 — Blast the Mass, Mountain States Cup, Snowmass Resort, Aspen, CO, racemsc.com

July 20 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 690-9896, ucjh.org

July 26 — Taming the Tetons, Intermountain Cup #11, Jackson Hole, WY, (801) 942-3498, intermountaincup.com

July 26 — Galena Grinder Whit Henry Memorial Race XC and Marathon, Knobby Tire Series, Ketchum, ID, Don Shepler (208) 720-3019, (208) 726-4010 or don@galenalodge.com or 208-338-1016, knobbytireseries.com

July 26 — Laramie Enduro, 111 K

CYCLE SALT LAKE CENTURY MAY 17, 2008



TWENTY SECOND ANNUAL

START TIME: 7:30 AM @ THE UTAH STATE FAIR PARK, 155 NORTH 1000 WEST THERE WILL BE THREE RIDE LENGTHS: 36 MILES, 67 MILES AND 100 MILES.

FOR INFORMATION OR TO REGISTER ONLINE

CYCLESALTLAKECENTURY.COM

OR CONTACT

JON R SMITH (801) 596-8430

CSLCENTURY@MAC.COM

OUR PROUD SPONSORS

- REI
- C.R. ENGLAND TRANSPORTATION
- SLC MAYOR'S BICYCLE ADVISORY COMMITTEE
- UTA RIDESHARE
- ACTIVE.COM
- ANTELOPE ISLAND STATE PARK RANGERS
- BICYCLING MAGAZINE
- BINGHAM CYCLERY
- CYCLING UTAH MAGAZINE
- CLIFBAR
- GALLIVAN CENTER
- PAPA JOHN PIZZA
- REDDY ICE
- SLC BICYCLE COLLECTIVE
- SALT LAKE CITY CORPORATION
- SALT LAKE CITY TRANSPORTATION
- SPORTS MEDICINE CENTER OF UTAH
- TAILWINDS BICYCLE TOURS, LLC

edwin cycles
 no production aftertaste...
 custom & semi-custom frames
 hand crafted in Salt Lake City
 mtb/road/cross/stems
 steel/titanium
 801-815-9918 edwincycles.com

mountain bike race, Happy Jack, Laramie, WY, 307-745-4499, laramieenduro.com

July 30, August 6, 13, 20?? — **Teton Village Short Track XC Series**, 6:30 pm, Teton Village, WY, (307) 690-9896, ucjh.org

August 2 — **24th White Knob Challenge**, Knobby Tire Series, Mackay, ID, Kurt Holzer at (208) 890-3118 or 208-338-1016, knobbytireseries.com

August TBA — **Durango MTB 100**, Durango, CO, (970) 259-7771, gravityplay.com

August 2-3 — **Pomerelle Pounder**, 2 DH, Utah DH Series, Wild Rockies Series #5, Burley, ID, (208) 388-1971, (801) 375-3231, wildrockies.com

August 9 — **Butte 100**, Fundraiser for Mariah's Challenge, Butte, MT, Gina Evans, eatdirtpigpen@hotmail.com or 406-498-9653 and Bob Wagoner, bwtriplerprod@hotmail.com or 406-490-5641

August 16 — **Silver Creek Pedal and Plunge XC**, Knobby Tire Series, Garden Valley, ID (208) 338-1016, knobbytireseries.com

August 16 — **Rendezvous Hill Climb**, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 690-9896, ucjh.org

August 29-31 — **Tamarack Twister Idaho State NMBS XC Championship Finals**, Knobby Tire Series Final, XC, STXC, DH, Dual Slalom, Tamarack Ski Resort, Tamarack, ID (208) 338-1016 or (208) 325-1035, knobbytireseries.com, mtbnationals.com

August 23-24 — **24 Hours of Grand Targhee Mountain Bike Race**, XC, Grand Targhee Ski and Summer Resort Alta, WY, Andy at 1-800-TARGHEE ext. 1309 or awilliams@grandtarghee.com, grandtarghee.com

September 14 — **Boise to Bogus Banzai**, 16.5 mile, 4100 vertical foot descent, Wild Rockies Series, Boise, ID, (208) 388-1971, wildrockies.com

September 19-21 — **Cactus Cup MTB Race**, Las Vegas, NV gobike1.com, (706) 549-6632

September 20-21 — **Wild Rockies Series Finals and NW Collegiate MTB Conference Race**, Open to all riders, Wildrockies Series Finals, Bogus Basin, Boise, ID, (208) 388-1971, wildrockies.com



Road
Racing

General Info

Utah Road Racing - USCF, Utah Cycling Association - James

Ferguson, 801-476-9476, utahcycling.com

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

Utah Weekly Race Series

Cyclesmith Rocky Mountain Raceways Criterium — Saturdays at 12 noon in March (8,15,22,29), Tuesdays in April 1 - September 30, 6 pm, 6555 W. 2100 S., West Valley City, UT, Map, (801) 209-2479, utahcritseries.com

Salt Air Time Trial — Every other Thursday April 3 - September 18 (April 3,17, May1,15, June 12,26, July 10,24, August 7,21, September 4,18), 1-80 Frontage Road West of the International Center, (801) 209-2479, utahcritseries.com

DMV Criterium — Wednesdays (April 16 - September 24), Driver's Training Center, Where: 4700 S. 2780 W., West Valley City Times: A Flite - 6pm. B Flite - 6:55 pm. (April 16 - September 24), Map, 801-651-8333 or cdcarter44@msn.com, utahcritseries.com

Royal Street Hillclimb TT NOT CONFIRMED — Every other Thursday (July 3,17,31, August 14,28, September 11), 5:30 p.m., 900 ft. elevation gain, Royal Street and Deer Valley Drive, Park City, (435) 901-8872, utahcritseries.com

Ogden Cash Crit — Thursdays, May 8- July 31, 6 pm, C flight: 6:00pm (30 min), B flight: 6:40pm (40min), A Flight: 7:30pm (50min), BDO (600 W 12th St), Ogden, UT, westonvw@yahoo.com, (801) 388-0517

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

2008 Utah Road Races

April 5 — **Hell of the North**, UCA Series, 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, hellofthenorth.com

April 12 — **Earth Day Pedal Cup**, 10:00 AM, City Creek Canyon, Sign up at Canyon Bicycles 3969 S. Wasatch Blvd., sports-am.com, (801) 583-6281

April 12-13 — **Triple Valley Stage Race**, UCA Series, Skull Valley Road Race, Salt Lake Valley TT (near Herriman), Tooele Valley Circuit Race, jeremysmithslc@yahoo.com or (801) 558-7215 or triplevalley.com

April 19 — **Tax Day Circuit Race**, Dirt, Pavement, Pain, Fun, Pocatello, ID, Sam Krieg sam@kriegcycling.com or see idahocycling.com or (208) 652-3532or (208) 233-0951

April 26 — **East Canyon Road Race**, UCA Series, 11 AM, From East Canyon Resorts to Lost Creek Reservoir and back, East Canyon Resort, Sign up at Canyon Bicycles 3969 S. Wasatch Blvd., sports-am.com, (801) 583-6281

May 3 — **Buffalo Stampede Road Race**, UCA Series, Antelope Island, info: The Bike Shoppe at (801) 476-1600 or thebikeshoppe.com

May 10 — **Darek Leyde Downtown Criterium**, UCA Series, a portion of the proceeds will be donated to cancer research, Pioneer Park, Utah State Criterium Championship, Salt Lake City, (801) 209-2479

May 9-10 — **Women's Road Racing Cycling Clinic**, group riding, racing skills and tactics, bike safety, SLC, (801) 809-2570

May 17-18 — **Bear Lake Classic**, UCA Series, 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, 8:45 am start at Blue Water Resort, All categories including competitive citizen's, 3 person TTT (men's and women's categories) 9am on Sunday, Bear Lake/Garden City, Kevin Rohwer, (435) 770-9852, loganraceclub.org or bearlake.com

May 24 — **Garden Creek Gap Road Race**, UCA Series, Pocatello, ID, Sam Krieg sam@kriegcycling.com or idahocycling.com or (208) 652-3532or (208) 233-0951

May 31 — **Skull Valley TT**, UCA Series, Utah State Time Trial Championship, Skull Valley, UT, Crystal Chambers, teaminertia_cyclingclub@yahoo.com or (801) 446-8183 or golsancycles.com

June 7 — **Draper Challenge Hillclimb Race**, Starts 8:00 am at Equestrian Center located at 1600 E. Highland Drive, Draper, UT, DraperTrailsDay.com or Ken Murdock at (801) 205-3700.

June 7 — **Sugarhouse Crit**, UCA Series, Sugarhouse Park, SLC, UT, (801) 209-2479

June 14 — **Little Mountain Road Race**, UCA Series, Utah State Road Race Championship (category riders), Logan (Newton), UT, loganraceclub.org, 435-563-6489

June 19-21 — **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, utahsummergames.org

June 21-22 — **Cook-Sanders Associates High Uintas Classic Stage Race**, UCA Series, 20th 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, evanstoncycling.org

June 28-29 — **Gate City Grind Stage Race**, UCA Series, Pocatello, ID, (208) 652-3532or (208) 233-0951 or idahocycling.com

July 12 — **Porcupine Hillclimb**, UCA Series, Big Cottonwood Canyon, Salt Lake City, 801-424-9216 or porcupinecycling.com

July 12 — **Farmington Festival Days Criterium**, UCA Series, Farmington, UT, Tyler Servoss velo11@gmail.com or (949) 637-0159 or bebikes.com

July 18-19 — **Capital Reef Classic Stage Race**, UCA Series, ITT, Criterium, 120 mile road race, Torrey, Utah, tasbr crazy@hotmail.com, 435-425-3491, capitolreef-classic.com

July 19 — **Sundance Hillclimb**, UCA Series, Provo, UT, (801) 223-4849 or sundanceresort.com

July 26 — **Chalk Creek Road Race**, UCA Series, also, juniors and masters Utah State Championship, Coalville, UT, 801-424-9216, porcupinecycling.com

August 2 — **Mt. Ogden Road Race**, UCA Series, 9 am start, Snowbasin, UT, 801-528-2907 or sessions11@msn.com, or mountainelement-utah.com

August 2 — **Felt Tour de Park City**, UCA Series, 170 mile race through Northern Utah's beautiful mountain valleys, raffle. Contact: info@mountainraceworks.com, tourdepartcity.com or Riley at 435-671-5053

August 9 — **Huntsville 100 Road Race**, UCA Series, Huntsville, UT, (801) 576-1531, rmcconline.com

August 13-17 — **Tour of Utah**, America's toughest stage race, five stages, Pro/1 Men only, (801) 558-2136 or tourofutah.com

August 15 — **TourofUtah**, Downtown Salt Lake City Criterium for cat2/3 men, master's 3+, (801) 558-2136 or tourofutah.com

August 16 — **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, snowbird.com

August TBD — **Tour de Gap Stage Race**, in conjunction with the Iron County Fair, Parawon, UT, (435) 477-8380 or (435) 590.0196 or fourdegap.net

August 23 — **Jeff Rogers Memorial Sanpete Classic Road Race**, UCA Series, Spring City, UT, jeremysmithslc@yahoo.com or 801-558-7215, skuitahcycling.com

August 30 — **Antelope Island Time Trial**, UCA Series, Antelope Island, Utah, 10, km, 20km or ~40km depending on your category, 801-476-9476, ferg@natca.net, bmbbc.com

September 6 — **LOTOJA**, 206 miles from Logan, UT to Jackson, WY, (801) 546-0090 or lotojaclassic.com

September 13 — **The Climber's Trophy**, UCA Series, 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 or teamcsr.org

September 13-15 — **Hoodoo 500**, 500 mile ultramarathon bike race in S. Utah, St. George, Hoodoo500.com, embassy@planetultra.com, 818-889-2453

September 27 — **Harvest Moon Historic 25th Street Criterium**, UCA Series, downtown Ogden in the Municipal Park between 25th & 26th Streets, Ogden, UT, (801) 589-1716 or steve@newcastlemt-ortgage.com or ogdenone.com

October 7-10 — **Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race.** 800-562-1268 or hwsq@infowest.com or seniorgames.net

October 11 — **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 or sports-am.com

October TBD — **UVSC Cycling/ LAF Benefit Criterium. UVSC Campus**, Orem, UT, 2pm, Registration G parking lot, 3pm beginner-intermediate race, 4pm Advanced race, livestrongutah@gmail.com, 801-473-6003

October ? — **Utah Cycling Association Rider Meeting**, Salt Lake City, James Ferguson, UCA Executive Director, 801-389-5706, ferg@natca.net or utahcycling.com

Idaho Weekly Race Series

Tuesday Nighter Training Ride — Road Ride every Tuesday from April 8 to July 15, Pleasant Valley/ Ten Mile Creek Road. Bogus Hillclimb every Tuesday from July 22 to September 2 at Bogus Road Intersection (6:20 pm), Boise, ID, (208) 343-3782, georgescycles.com

April 16, 30, May 28, June 25 (Time Trial); May 14, June 4, July 2, August 13 (Hillclimb) — Idaho Cycling Enthusiasts Time Trial/Hillclimb Series, 10 km for flat TT on the Gate City Grind Course, Hillclimb is up Scout Mountain (except 8-13 at Crystal Summit), Pocatello, ID, 208-232-1745 or 208-652-3532, idahocycling.com

Thursdays — **Snake River Criterium**

Series, April 17 - May 15, TT Series May 22 - August 21, Nampa, ID, Lindsay's Cyclery, (208) 376-2482, willlindsay@msn.com

2008 Idaho and Regional Road Races

March 15-16 — **Fort Lewis College Race**, Collegiate plus USCF open team time trial, Durango, CO, Dave Hagen - hagen_d@fortlewis.edu, 970-759-4056

March 16 — **Jason Broome Memorial Time Trial**, Boise, ID, (208) 343-3782, georgescycles.com

March 29-30 — **Mad Cow Classic**, RR, TT, Crit, Fruita, CO, (970) 248-1014, org.mesastate.edu/cycling

March 30 — **Slammer Road Race #1**, Boise, ID, (208) 343-3782, georgescycles.com

April 6 — **Bird's of Prey Road Race #3**, Boise, ID, (208) 343-3782, georgescycles.com

April 12-13 — **Copper Valley Stage Race**, TT, Crit, RR, Globe, Az (1.5 hours from Phoenix), Darik Russell, 480-326-9352, darik.russell@gmail.com

April 13 — **Chicken Dinner Road Race #4**, Nampa, ID, (208) 343-3782, georgescycles.com

April 19 — **Tax Day Circuit Race**, Dirt, Pavement, Pain, Fun, Pocatello, ID, Sam Krieg sam@kriegcycling.com or see idahocycling.com or (208) 652-3532or (208) 233-0951

April 23 — **FCA Endurance Time Trial**, Boise, ID, (208) 861-7227 or mlharvey@clearwire.net

April TBD — **Mesa State Wed Crit Series**, Grand Junction, CO, (970) 248-1014, org.mesastate.edu/cycling/

April 18-20 — **Tour of Walla Walla**, Stage Race, Walla Walla, WA, (509) 520-9779, toffww.org

April 27 — **Spring RR #5**, Emmett-Roubaix, Boise, ID, (208) 343-3782, georgescycles.com

May 9-11 — **George's Cycles Time Trial Festival**, \$10,000 purse, Boise, ID, (208) 343-3782, georgescycles.com

May 17 — **Galena Hill Climb Time Trial**, Galena Lodge to Galena Summit, ID, (208) 726-7693, durance.com

May 20 — **Idaho Cycling Enthusiasts Criterium Series**, Holt Arena, Pocatello, ID, 208-652-3532, idahocycling.org

May 23-25 — **Treasure Valley Stage Race**, RR, TT, Crit, Boise, ID, teamdobbiaco.com, (208) 412-3527

May 23-26 — **Iron Horse Bicycle Classic**, Road Race, TT, and Criterium, Omnium, Durango, CO, (970) 259-4621, ironhorsebicycleclassic.com/

May 24-26 — **Summit Center Stage Race**, Flagstaff, AZ, 928-214-9398, summitvelo.com

May 24 — **Garden Creek Gap Road Race**, Pocatello, ID, Sam Krieg sam@kriegcycling.com or idahocycling.com or (208) 652-3532or (208) 233-0951

June 7 — **Lyle Pearson 200**, team relay road race from Boise to Sun Valley, Boise, ID, (208) 343-3782, georgescycles.com

June 13 — **Tour of Eagle**, Eagle (9 miles northwest of Boise), ID, (208) 340-7224, roadbicycling.com

June 10 — **Idaho Cycling Enthusiasts Criterium Series**, Holt Arena, Pocatello, ID, 208-652-3532, idahocycling.com

June 15 — **Intermountain Orthopaedics Idaho State RR and Criterium Championships**, Boise, ID, Kurt Holzer at (208) 890-3118, lostrivercycling.org

June 18, 25 and July 9 — **Wednesday Night Criterium Racing at the Fairgrounds**, Boise, ID, teamico.org

June 20-22 — **Elkhorn Classic Stage Race**, Baker City, OR, (503) 652-3763, elkhornclassicstage-ace.com

June 21 — **Idaho State Time Trial Championships**, 8 miles south of Bellevue, ID, 7am, (208) 726-7693, durance.com

bikethewest.com
nevada's best bicycling events

The "X" Rides - The Road is Out There May 3-4, 2008

Rachel, NV - 11th annual. Does Area 51 exist? Join the fun AlienFest 40-mile night road ride and 27-mile mountain bike ride to Area 51.

America's Most Beautiful Bike Ride - Lake Tahoe

June 1-3, 2008
Stateline, South Shore Lake Tahoe
Sold Out! Annual. A great Century Ride around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program.

Tour of the Carson Valley - BBQ & Ice Cream Social June 22, 2008

Genoa, NV - 2nd Annual tour of the beautiful Carson Valley. 44-Mile, 20-Mile Bike & Hike and Family Fun Ride. Live music, BBQ & Ice Cream Social.

Tour De Tahoe - Bike Big Blue • September 7, 2008

Lake Tahoe, NV - 6th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline.

OATBRAN • September 14-20, 2008

17th Annual "One Awesome Tour Bike Ride Across Nevada" - Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park.

For More Info call 1-800-565-2704
or go to bikethewest.com

June 28-29 — Dead Dog Classic Stage Race, Laramie, WY, deaddogclassic@hotmail.com, 307-742-4565, deaddogclassic.com

June 28-29 — Gate City Grind Stage Race, (208) 652-3532 or (208) 233-0951, idahocycling.com

May 24-25 — Tour of the Bitterroot, RR, TT, Crit, Missoula, MT, (406) 531-4033 or tourofthebitterroot.com

July 13 — Grand Targhee Ski Hill Road Time Trial, 9 a.m., Alta, WY, (208) 354-2354, peakedsports.com

July 19 — Well's Fargo Twilight Criterium, 22nd Annual, NRC race, Boise, ID, (208) 343-3782, georgescycles.com

July 20 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 690-9896, ucjh.org

July 22 — Idaho Cycling Enthusiasts Holt Arena Criterium Series, Pocatello, ID, 208-652-3532, idahocycling.com

July 26 — Allan Butler Memorial Criterium, Idaho Falls, ID, contact Ron Bolduc at (208) 523-5347, alpinecycle@onewest.net, idahocycling.com

July ?? — BYRDS Tour of Idaho Junior Stage Race, tobincocaching@earthlink.net, (208) 343-9130 or (208) 343-2607, byrdsycling.com

August 2-3 — Snowbowl and Wupatki Road Races, Flagstaff, AZ, 928-214-9398, summitvelo.com

August 9 — Lamoille Hill Climb, 13 miles, 3100' of climbing, 9 am, Lamoille, NV, Dean Heitt (775)-738-2497, dgheitt@frontier.net, elkvelo.com

August 7-11 — USA Cycling Road Festival, Elite, Masters?, Junior, and Espoir National Championships, Orange County, CA, (719) 866-4581, usacycling.org

August 8-10 — Gateway Canyons Classic, Road Race, Time Trial, and Clinic, Grand Junction, CO, (970) 931-2458, luke@gtwycanyons.com, gatewaycanyonsbikerace.com

August 9 — Mt. Harrison Hill Climb, Triple Crown #1, Boise, ID, (208) 323-2376, aerocyclos.com

August 12 — Idaho Cycling Enthusiasts Holt Arena Criterium Series, Pocatello, ID, 208-652-3532, idahocycling.com

August 12-16 — Southeast Idaho Senior Games, criterium, hillclimb, road race, time trial, Pocatello, ID, Jody Olson, (208) 233-1212

August 16 — Table Rock Hillclimb, Triple Crown #2, Boise, ID, (208) 867-2488, georgescycles.com

August 30 — Mt. Charleston Hill Climb, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Las Vegas, NV, 702-449-6842, tinge.y.john@gmail.com, mountcharlestonhillclimb.com

September 6 — Bogus Basin Hill Climb, Triple Crown #3, 36th Annual, Boise, ID, (208) 343-3782, georgescycles.com

September 13 — Race to the Angel, 23rd Annual, 3000' climb, Wells, NV, (775) 752-3540, wellsnevada.com

September 20 — Trail Creek Time Trial, Ketchum, Idaho, (208) 726-3947, elephantsperch.com

September 25 — WCSN USA CRITS Finals, part of the USA CRITS Championship, during Interbike, Mandalay Bay Resort, Las Vegas, NV, usacrits.com, 706-549-6632

October 4-5 — 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, nevadaseniorgames.com



2008 Utah and Regional Road Tours

March 1-4 — 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, skinnytirefestival.com

March 29 - April 17 — Yellowstone Cycle Days, ride free in Yellowstone National Park with no traffic, (406) 646-7701, cycleyellowstone.com

April 12 — Zion Canyon 200 K, self-supported brevet ride, Confluence Trailhead Park, St. George, Utah, (435) 586-7567 or subrevet.org

April 19 — Willard Bay 100, BBTC Super Series ride, self-supported, Centerville to Willard Bay, roadcaptain@bbtc.net or (801) 598-0294

April 19 — 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, saltlakecitymarathon.com or email SKerr@DevineSports.com or call (801) 456-2540

April 26 — Tour de Summerlin, 10, 35, 80 mile routes, Las Vegas, NV, (702) 252-8077, tourdesummerlin.com

April 26-27 — Cactus Hugger Cycling Festival in St. George, Utah. Featuring the 8th Annual Cactus Hugger Century on Saturday, 7:30 am, with post-ride meal for all riders (11:00 am to 4:00 pm), "Helmets for Kids", cycling activities for children, Sunday 10 am 45 mile tour to Zion National Park. Call 435-229-1404 or clucygo@skyviewmail.com or visit cactushugger.org.

May 3 — Tour de Fire, metric double century, Las Vegas, NV, 702-228-9460, tdfire.com

May 3 — Nephi 100, BBTC Super Series ride, Randy Sutherland Ride for ALS, self-supported, Springville to Nephi, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

May 3-4 — 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, bikethewest.com

May 3 — Ghost Town Riders Century, Benefits Valley Mental Health, Deseret Peaks Complex, 2930 West Hwy 112, Tooele, UT, (801) 677-0134, bike2bike.org

May 10 — Yellowstone Spring Cycling Tour 2008, Lakeside Ride, benefits Yellowstone Park Foundation, West Yellowstone, MT, (406) 646-9427, cycleyellowstone.com

May 10 — Pine Valley Mountain 300 K, self-supported brevet ride, Confluence Trailhead Park, St. George, Utah, (435) 586-7567 or subrevet.org

May 17 - June 1 — 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 or bike2bike.org

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

May 17 — Ride for Independence, National Federation for the Blind, Boise, ID, tvcbblindidaho.org

May 17, 2008 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 35, 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 cslcen-

tury@mac.com. Online registration at cyclesaltlakecentury.com or download a Registration Form 2006 Course Map

May 18 — Santa Fe Century, Santa Fe, NM, (505) 982-1282, santafe-century.com

May 26 — McCool McMemorial Day 100, BBTC Super Series ride, SLC, UT, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

May 31 — 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@insvcs.com, bikesforkidsutah.org

May 31 - June 6 — Cycle Utah, St. George through the National Parks, 279 miles, Southern Utah, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

June 1 — 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, bikethewest.com

June 1 — Eureka 105, BBTC Super Series ride, Saratoga Springs, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

June 2? — Utah Lake Festival, Begin at Vivian Park, end at Utah Lake, bike ride begins at 10:00am, (801) 538-5216

June 7 — Little Red Riding Hood, women's only metric century ride, 35, 63, and 100 mile options, Wellsville, Cache Valley, (801) 474-2282 or bbtc.net

June 7 — 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, Kanarraville, New Harmony, Parowan, Summit, and Enoch, Cedar City, UT, (801) 677-0134 or (435) 865-8421 or bike2bike.org

June 7 — Hurricane 400 K, self-supported brevet ride, Hurricane Utah, (435) 586-7567 or subrevet.org

June 7? — 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-race \$15, race day \$20. On-line reg. at uilc.org or call Cathy or Kim at 466-5565 voice or TTY.

June 9 - July 3 — Great Alaska Highway Ride, Dawson Creek to Fairbanks, AK, rides@pedalerspubandgrille.com

June 14 — 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 Marshall Emsley, memsley@diabetes.org or register now at tour.diabetes.org

June 14 — 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, trhs.org

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) 598-0294, bccutah.org

June 21 — Bike for the Cure, a benefit ride for the Susan G. Komen Foundation. 5.5, 42, and 58 mile (and tentatively 100 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, sanpete-

com

June 21 — Up and Over, BBTC Super Series ride, Salt Lake to Summit County roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

June 21 — 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) 652-3532 or (208) 233-0951, idahocycling.com

June 21-27 — Cycle Montana, Missoula-Anaconda-Missoula, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

June 22 — Tour of the Carson Valley, on former Pioneer, Pony Express, Stagecoach & Emigrant Wagon roadways. 14, 20, and 44 miles, Genoa NV, (800) 565-2704, bikethewest.com

June 22-28 — Utah Border to Border Tour, Kanab to Logan, 479 miles, (801) 556-3290, tailwinds-tours.com

June 28-29 — Bike MS: Harmon's Best Dam Bike Ride, Benefits MS Society and multiple sclerosis research, 40, 75, or 100 mile route on Saturday and Sunday, Cache Valley Fairgrounds (400 South 500 West), Logan, Utah, (801) 424-0112 or fightmsutah.org

June 28 — RATPOD (Ride around the Pioneers in one day), 130 mile tour, Dillon, MT, ratpod.org, (406) 549-5987

July 4 — Taterville 100, BBTC Super Series Ride, self-supported century, Wellsville to Idaho and back, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

July 4-6 — Northwest Tandem Rally, McMinnville, OR, nwtr2008@verizon.net, nwtr.org

July 4 - September 20 — Great Western Loop, Frisco, CO to Jackson Hole, to Oregon, California, Nevada, Utah and Frisco, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

July 12-13 — Dual State, Dual Century Weekend Challenge, two 100-mile rides or two 50-mile rides, Tremonton, UT, (801) 556-3290, tailwinds-tours.com

July 13 — 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) 598-0294, bccutah.org

July 13-18 — Idaho Relaxed, bike trails tour, Coeur d'Alene, ID, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

July 18 — Antelope by Moonlight Bike Ride, 13th 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, daviscountyutah.gov

July 19 — 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 subrevet.org

July 20 — Upland Roller 100, BBTC Super Series Ride, self-supported century, Waship, UT, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

July 24 — Chalk Creek 100, BBTC Super Series Ride, self-supported century, Park City to Coalville to Chalk Creek and back, roadcaptain@bbtc.net or (801) 598-0294

July 24?? — Pedal Away Parkinson's, 10 mile benefit ride, 8 am, Gailey Park, 200 S 300 W, Kaysville, pedawayparkinsons.com or redspice@comcast.net

July 26 — Pioneer Century, BBTC Super Series Ride, self-supported century, Morgan, UT, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

July 26 - July 30 — Family Fun Idaho, bike trails tour for the family, Coeur d'Alene, ID, Adv. Cycling Association, (800) 755-2453, adventurecycling.org

July 27- August 1 — Bicycle Washington, Mead, WA to Colville to Mead, (541) 385-5257 or 800-413-8432, oregonbicycleride.org

August 2 — Felt Tour de Park City, Fully Supported Century Road Ride starting and finishing at Park City. 52, 108, 170 mile rides through Northern Utah's beautiful mountain valleys, great aid stations, raffle. Contact info@mountainraceworks.com for questions. Additional details can be found at tourdeparkcity.com or contact Riley at 435-671-5053

August 3 — Preride ULCER, BBTC Super Series Ride, self-supported century, Thanksgiving Point, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

August 4 — R.A.N.A.T.A.D. (Ride Around Nebo And Timp in A Day), Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000 feet of



Cycles for Pavement • Cycles for Dirt

Clothing • Footwear • Parts

Accessories • Service • Repair

702 E 3rd Ave • Salt Lake City

(801) 533-8671

wildrosesports.com



Continued

climbing, (801) 223-4849, sundanceresort.com

August 9 — ULCER, Century Tour around Utah Lake, 100, 74, 56, and 24 mile options, (801) 474-2282 or president@bbtc.net or bbt.net

August 10 — Blue Cruise Wheels for Wellness, Meridian, ID, (208) 331-7409, bcidahofoundation.org

August 10-16 — Ride Idaho, 7 day supported bicycle tour, Pocatello, Driggs, Idaho Falls, (208) 344-5501, rideidaho.org

August 10-16 — Oregon Bicycle Ride XXII, Cave Junction to Etna, CA and back, (541) 385-5257 or 800-413-8432, oregonbicycleride.org

August 16 — Stanley Challenge, Boise to Stanley, unsupported, Boise, ID, (208) 867-2488, georges-cycles.com

August 16 — Sawtooth Century Tour, Ketchum, ID, mgillbreath@vengaventures.com, (208) 726-7285

August 17 — Promontory Point 120, BBTC Super Series Ride, self-supported century, 120 miles, Brigham City to Promontory, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

August 23 — Desperado Dual, 200 mile double century in Southern Utah, 100 mile option, Panguitch, UT (435) 586-7567, desperadodual.com

August 23 — Cache Valley Century Tour, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, 12 mi north of Logan on Hwy 91, 435-752-2253, cvveloists.org

August 23 — Bike the Bear Century, 50, 100 mile rides, Camp Hunt, Bear Lake, Garden City, UT, (801) 475-7488, jeborn@bsaemail.org

August 23 — CASVAR 2008, Pony Express 20, Colt 45, Pioneer 65, Blazing Saddle 85 and Saddle Sore Century rides, Star Valley - Afton, WY, info@casv.org, 307-883-9779, or casv.org

August 23-24 — Bike MS Road, Sweat, and Gears, benefits the MS Society of Idaho and multiple sclerosis research, 25-75-125 miles, McCall, ID, (208) 336-0555, bikems.org

August 23 - September 7 — BRASU, Bike Ride Across Scenic Utah Tour, 5 states, 5 National Monuments, 5 National Parks, 2 National Forests, and 5 Nations, (801) 677-0134 or bike2bike.org

August 24 — Twin Counties Century, 8, 30, 66, and 100 mile options, Huntsville Park, Huntsville, UT, (801) 556-3290, tailwinds-tours.com

August 24 — The Big Ride, BBTC Super Series Ride, self-supported, 150 miles, Sugarhouse Park, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

August 24-30 — Tour of Southern

Utah, St. George, Carmel Junction (via Zion National Park), Bryce National Park, Escalante, Torrey, Panguitch, Cedar City and back to St. George, planetultra.com, 818-889-2453

August 31 - September 6 — North Rim Tour, St. George, to Jacob Lake, AZ, to the North Rim of the Grand Canyon, planetultra.com, 818-889-2453

September 1 — Hooper Horizontal 100, BBTC Super Series Ride, self-supported century, State Agriculture Building to Hooper and Back, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

September 4-13, 4-6, or 7-13 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), three ride options, Blanding to Cedar City, 400 miles on scenic highways and through National Parks, (801) 654-1144, lagbrau.com

September 7 — Tour de Tahoe, Bike Big Blue, 6th Annual, ride around Lake Tahoe on the shoreline, spectacular scenery, great food and support, 72 miles, Lake Tahoe, NV, (800) 565-2704, bikethewest.com

September 7-13 — Southern Utah National Parks Tour, 233 miles through Cedar City, Zion, Bryce Canyon, Cedar Breaks, (801) 556-3290, tailwinds-tours.com

September 13 — 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, Sarah Leeds, (208) 232-0742, contact@fsalliance.org

September 14-20 — OATBRAN, One Awesome Tour Bike Ride Across Nevada, 17th 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, bikethewest.com

September 19-21 — Moab Century Tour, Moab to La Sals and back, 45, 65, 100 mile options, Tour benefits the Lance Armstrong Foundation, (435) 259-2698, moabcentury.com

September 20 — Fall Colors Ride, BBTC Super Series Ride, self-supported century, SLC to Wanship, roadcaptain@bbtc.net or (801) 598-0294, bccutah.org

September 20 — I Think I CANYons benefit ride for the Fourth Street Clinic, a nonprofit healthcare clinic in Salt Lake that provides free healthcare for the homeless, Little Cottonwood Canyon, Big Cottonwood, Millcreek, and Emigration, start and finish at the Olympus Hills Shopping Center located on Wasatch Blvd. near 3900 South. Start time 7 am; registration begins at 6:30 am., Joel Welch, Friends of Fourth Street, 801-631-7872, jroelwelch@hotmail.com, ithinkicanyons.com



2008 Multi-Sport Events

March 1 — Blue Mountain Triathlon, 4 mile ski, 32 mile bike, 6 mile run, Monticello City Recreation, Monticello, UT, (435) 587-2029, monticellooutah.org

March 6 — Wasatch Revolution tri team free mini clinic, "What to Expect at Your First Tri" 7:30 p.m. at Wasatch Running Center 8946 S. State Street Sandy, Kim Abbott, triathlonmom@gmail.com, (801) 523-3659

March 8 — XTERRA Winter World Championship, bike, run, snowshoe, ski mountaineering, Dave Nicholas, info@xterraplanet.com, (877) 751-8880, xterraplanet.com

March 20 — Wasatch Revolution tri team free mini clinic, "Equipment: Go-Fast Gear" at Revolution Mountain Sports 8714 S 700 E Sandy, 6:00 p.m., Kim Abbott, triathlonmom@gmail.com, (801) 523-3659

March 29 — TimpTriClub Icebreaker Triathlon, 300 m swim, 20 k bike, 5 k run, American Fork, UT, (801) 636-6613, goldmedalracing.com

March 29 — Dual at Sand Hollow, Duathlon, Sand Hollow State Park, St. George, Utah, Doug McCoy, dmccoy@castlerockmultisports.com, 775-722-9238, www.castlerockmultisports.com

April 3 — Wasatch Revolution tri team free mini clinic, "Basic Bike Maintenance" at Revolution Mountain Sports 8714 S 700 E Sandy 6:00 p.m., Kim Abbott, triathlonmom@gmail.com, (801) 523-3659

April 5 — 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, gravityplay.com

April 12 — USU Triathlon, 9 am, 400M Swim, 10K bike and 2.5K run, HPER building on USU's campus in Logan, UT, sigep.usu@gmail.com, Scott Biggs, 435.881.5033, www.ususigep.com

April 17 — Wasatch Revolution tri team free mini clinic, "Transition Training" at Wasatch Running Center 8946 S State Street Sandy 7:30 p.m., Kim Abbott, triathlonmom@gmail.com, (801) 523-3659

April 19 — 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, kanabtri.com, 435-632-6012

April 19 — Sand Hollow Aquatic Center Triathlon, St. George, UT, 435-627-4560

April 19 — Rage 5 Triathlons, Intermediate, Short distances, Lake Mead, NV, bbscendurancesports.com

April 26 — 4th Street Clinic Triathlon and 5 K, 300 yard swim, 8 mile mountain bike ride, 5K run, Huntsman Center, University of Utah, 4thstreettriathlon@gmail.com, (801) 540-6213, 4thstreettri.blogspot.com/

April 26 — Telos Timp Triathlon, Orem Fitness Center, Orem, UT, www.t3triathlon.com, 801-678-4032 or shaun@t3triathlon.com

May 10 — St. George Triathlon, Sand Hollow Reservoir, St. George UT, sgtrifecta.com, race@sgtri.com, (702) 401-6044

May 17 — TriUtah Women of Steel Triathlon, 8 am, American Fork Recreation Center, 454 North Center, American Fork, UT, 300 meter pool swim, 10 mile bike, and 3 mile run, relay teams are welcome, triutah.com, info@triutah.com, 801-631-0965

May 24 — Sunrise Duathlon, run-bike-run, International Distance and Sprint Distance, Copper Hills High School, West Jordan, UT, hessstravis@hotmail.com, 801-520-9755, hesscancer.org

May 31 — Shark Attack Triathlon, 400 yd swim, 12 mile bike, 5k run,

Utah Loses a Cycling Ambassador and Pioneer

The Utah cycling community lost one of its most active and admired members with the passing of Franklin 'Clair' Jensen December 30, 2007. Jensen succumbed to the effects of a brain hemorrhage suffered during a ride with friends and club members in St. George the previous day. Clair, as most knew him, was a driving force in the southern Utah cycling scene, having worked with local leaders in Cedar City for safe bike lanes and public awareness of riders. He was a founding member of the Color Country Cycling Club in 1997, and was selected to carry the Olympic torch for the 2002 Olympic Games in Salt Lake City. He and close friend Lonnie Wolff had organized the Deperado Dual double century in southern Utah starting in 2003.

Jensen was an avid rider of brevets, traditional long distance cycling events that cover 120 – 1200 km, ridden with no support and in all types of weather. Brevets are timed, but not for winners and losers in the manner of races. They are a test of endurance, navigation and perseverance. These events have grown in popularity in the U.S. in recent years, with participation growing and dedicated bikes and gear becoming available. Jensen had finished 30 such events in the California Triple Crown Series, and 50 in all across the western U.S., several of those covering more than 300 miles in a single day or continuous ride.

In 2007, Jensen and Wolff realized a dream and goal by riding the most famous brevet of all and the oldest cycling event in the world, the 750 mile Paris-Brest-Paris. They were the first riders from Utah to qualify for the event, which includes 5000 riders in a grueling self-supported format that mirrors the event's historic origins. Illness prevented Jensen's completion of P-B-P in 2007, but he was planning to attempt it again on its next occurrence in 2011.

Jensen, a long time resident of Cedar City and retired Director for the Utah Division of Wildlife Resources, was nearing the end of a 50 mile ride with club members in the St George area on December 29, when he felt dizzy and stopped his bike to sit down. He lost consciousness and never regained it. He was airlifted to a hospital in Las Vegas where it was determined that he had suffered a massive brain hemorrhage. The next day, with family and friends at his side, he was removed from life support.

Jensen is survived by his wife of 46 years, along with their two children, and their spouses and families. He is also remembered fondly by fellow randonneur and brevet riders from around the U.S. who had had the privilege to meet and know him as an infectious and inspirational ambassador for the sport of cycling and as a great friend. A celebratory group ride was held on New Year's Day in St. George by many of those friends, and memorial services were held in Cedar City on January 5, 2008.

Interbike to Salt Lake City?

Interbike, the bicycle industry's trade show, is considering a move from its current location in Las Vegas to a new venue in 2010. In a presentation at the Bicycle Leadership Conference in January, Interbike Show Director Lance Camisaca went over requirements for the show in regards to exhibit space needed, accessibility, bike friendliness, among others. The venues being considered are Anaheim, California, Denver, Colorado, Las Vegas, and Salt Lake City.

Salt Lake meets several of the requirements including access to great locations for an on-bike demo and bike friendliness, but the Salt Palace may not meet the size needs of the show. Interbike is on the same scale as Outdoor Retailer, but the design of many of the larger booths require more space.

Officials from the Salt Lake Convention and Visitor's Bureau have been meeting with organizers to try and bring the show to Salt Lake City. Salt Lake is still being considered, but the organizers are leaning towards Anaheim or Denver.

The economic impact of the show on Utah would be equivalent to that of Outdoor Retailer. The presentation is available online here: <http://www.interbike.com/ib/press/downloads.jsp>

Also Kids race, Crystal Hot Springs, Honeyville, UT, Kelly McPherson, kellym@desertsharks.com, (801) 634-5490, desert-sharks.com

May 31 — Unicycle Triathlon, swim 400m, unicycle 2 miles, run 3k, South Jordan Aquatic Center, UT, copeland.thomas@gmail.com, (801) 913-8017, unicycleutah.tripod.com/id2.html

June 1 — IronMan Boise 70.3, 1.2 mile swim, 56 mile bike, 13.1 mile run, Boise, ID, (727) 942-4767, ironmanboise.com

June 7 — Salem Spring Triathlon, Knoll Park, Salem, UT, racetri.com, (801) 465-4318

June 7 — Vikingman, 1/2 distance triathlon, Burley, ID, 208-431-0463 or vikingman.org

June 14? — 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 14 — Utah Summer Games Triathlon, Olympic and Sprint, Sand Hollow Reservoir, Hurricane, Utah, utahsummergames.org/sports/triathlon.html, 435-865-8421 or email race@sgtri.com

June 14 — Battle at Midway Triathlon, Olympic Distance Tri, off-road duathlon, doggie doo-

athlon, Midway, UT, 801-450-8477, info@bamtriathlon.com or bamtriathlon.com

June 21 — 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

June 21 — Provo Triathlon, Olympic and Sprint, also kids race, Utah Lake State Park, Provo, UT, (801) 361-9425 or provotri.com

June 28 — Dinoland Triathlon, Olympic and Sprint, Vernal, UT, 435-789-7720 or www.dinotri.com

June 28 — San Rafael Classic Sprint Triathlon, Huntington, UT, 435-637-0207 or davecapalbo@yahoo.com

July 12 — 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



DAVID R. WARD
ATTORNEY AT LAW
(801)268-9868

Personal Injury Practice Specializing in Bicycling Related Accidents

This firm also practices:

- Real Property
- Estate Planning
- Divorce and Domestic Relations
- Business Entities
- Contracts and Collections
- Adoption

LAW FIRM OF
WARD & KING
ATTORNEYS & COUNSELORS AT LAW

4543 South 700 East, Suite 200 Salt Lake City, UT 84107
dward@cyclingutah.com

COACH'S CORNER

Surviving Your First Triathlon

By Scott Kelly

The sport of triathlon has been growing exponentially in the US over the past decade. By the last quarter 2007, USA Triathlon (the governing body of the sport) reported that they had surpassed the 100,000 member mark. Utah has been experiencing this ripple effect with many local triathlons attracting 800-1000 participants. This growing interest in the sport bodes well for people looking to add a new challenge to their lives with a host of races to choose from throughout the state.

Preparing for your first triathlon may seem daunting at first. You may ask yourself "how can I prepare myself to train and race in one sport, much less three?" Or, "I know how to bike and run but I can't swim. What am I going to do?"

For many people, swimming and/or swimming in the open water is often one of the most challenging aspects of triathlon. This is where a swim coach or Master's swim program can be of assistance in helping you with stroke analysis to help refine your swim technique. Being a part of an organized swim program will provide you with consistent workouts to help prepare to go the distance.

Given that you are reading this publication you, no doubt, may have ridden a bike a few times in your life. The bike leg of all triathlons makes up the greatest distance of the race. With this in mind, it should bring comfort to you in knowing you should be able to get through that portion of the event with relative ease. If you are new to cycling, then joining a bicycle or triathlon club will provide you with access to experienced cyclists who will show you the ropes, from safe places to ride, to the challenges of hill repeats and time trials.

For some, running is often perceived as the easiest of the three triathlon disciplines, however, after riding a bike for a few miles it can be very challenging to get your legs prepared for transition to the bike leg of the race. Transitioning from swim to bike and bike to run to requires practice. Try running immediately after finishing a bike ride. Known in the sport as a brick (combining any two of the three disciplines in training) it is essential to get your leg muscles used to this transition from using cycling muscles to running muscles. It often takes the first mile of the run to get your leg turnover moving more efficiently. With time and practice in training, your bike to run transition should steadily improve.

Triathlons are not always won by the fastest swimmer, cyclist or runner but by the person who is well balanced in the three disciplines. Pacing and learning to be patient over the course of an event is crucial to your overall performance. The longer the distances, the more important it is to conserve your energy and save your best effort for the final miles of the race.

Fast swimmers will often gain a big lead on the field in the swim, then be overtaken on the bike and/or run. Or, you could be a fast swimmer and cyclist and be overtaken on the run. Conversely, a slow swimmer, yet steady cyclist and runner, can come out of the water and still make up time on the field.

Many things can happen during a race (flat tires, crashes, equipment malfunctions, nausea, etc.) Through training and racing you learn to "go with the flow" and keep moving toward the finish line despite prob-

lems that may occur along the way.

Another important point to remember is whatever clothing you wear going into the water (under your wetsuit) should be worn throughout the race. In other words, no changing of clothing is needed in transition (other than shoes.) Purchase and wear functional clothing that wicks moisture. Trying to put dry clothes on a wet body will slow you down considerably. Any time spent in transition counts toward your overall finishing time. Therefore, keep it simple and move from swim to bike and bike to run swiftly!

Selecting the Appropriate Distance

USA Triathlon requires that race directors adhere to certain criteria in order for an event to be sanctioned by the organization. It is not a requirement for a race to be USAT sanctioned, however, many races choose to be sanctioned for the liability insurance benefits and to add more credibility to their event. Although there are set defined distances for the sport of triathlon, distances can vary based upon the geography of any given race course, traffic control, safety issues, etc. In the end, it is up to the discretion of the race director to determine the distances that will best work on the course they have chosen and in the community where the event is being held. The safety of all participants is the most important consideration for any race director in planning an event.

There are typically seven standard distance variations of triathlon, to choose from as follows. Keep in mind that triathlon can combine many other sports. A winter version has now become popular combining three or sometimes more sports such as running, mountain biking on snow, cross country skiing and/or ski mountaineering and snowshoeing.

SPRINT Triathlon [Swim: 200-500 yards (Pool), Bike: 9-11 miles, Run: 2-3 miles]

SPRINT Triathlon [Swim: .5 mile, Bike: 13 miles, Run 3.1 miles]

OLYMPIC DISTANCE [Swim .9 mile, Bike 24.8 miles, Run 6.2 miles]

HALF IRONMAN [Swim 1.2 miles, Bike 56 miles, Run 13.1 miles]

IRONMAN [Swim 2.4 miles, Bike 112 miles, Run 26.2 miles]

XTERRA (Sport) [Swim .5, Bike 10 miles, Run 3.1 miles]

XTERRA (Long Course) [Swim .8 mile, Mtn. Bike 18 miles, Run 6.2 miles]

Obviously, if you are new to the sport, it would make sense for you to start with a Sprint distance triathlon. If open water swimming scares you, start with a Sprint distance triathlon with a pool swim.

Familiarize Yourself With the Race Course

Once you have selected the appropriate distance triathlon and have registered for the event, it makes good sense check out the course in advance of the race. With the abundance of triathlons that we now have here along the Wasatch Front, it's easy to go visit and train on the course you have selected. Most triathlon websites have course profiles complete with statistics like elevation gain, blah, blah for you to study. If visiting the course is not possible you can then train on roads with similar profiles that mimic the course you will race on.



Above: The transition from swim to bike at the TriUtah Xango Echo Triathlon, Coalville, Utah -- July 14th, 2007. Photo: Brett Pelletier Find your photo at Zazoosh.com.

Open Water Swimming

Even for experienced swimmers, the start of a triathlon with an open water swim can be downright scary! Most swim starts are separated by age groups or combined age groups (i.e.: 20-24, 25-29, etc.) Wave assignments are assigned the night before or on the morning of the event and are often defined by the color of swim cap (provided by the race.) Find your wave start time. Get your wetsuit on (highly recommended if not often required) and head to the water. If you are a beginner you would be best advised to enter the water at the back of your wave so you don't get swum over. The swim course should be marked with large, brightly colored inflatable buoys. An announcement should be made before the swim starts as to which way you will swim the course (clockwise/counter clockwise.) Depending on the length of the swim you may be required to swim two loops of the same course.

With this in mind, pick some fixed points on land (in line with those buoys) that you can use to sight on (large rocks, buildings, parked vehicles, etc.) Often, once a race starts it can be hard to see these buoys from the water level due to glare from the sun, fogged goggles, waves, etc. That's where these larger corresponding, fixed points come in handy because they are much more visible. Sight often so you don't swim off course. You should practice in the pool raising your head slightly, looking forward and sighting on those fixed points and buoys, while continuing your normal freestyle arm turnover.

Everyone will be trying to swim as tight a line between buoys as possible. Beginners should avoid cutting the buoys too close because you will get knocked around. If you stay 20 yards wide on each buoy turn you should have a much more pleasant swim experience.

Also keep in mind, that unless you are in the last wave or two there will be other faster swimmers coming from behind. Don't panic! They

will quickly pass you and be gone.

Many triathletes new to open water swimming experience a condition called hyperventilation. This condition is brought on by a combination of cold water, adrenalin, a spike in heart rate and the pressure of a wetsuit around your chest leading to what feels like a smothering effect every time you try to put your face in the water. This can happen right off the beach or after swimming for a few minutes. Should you experience this condition, avoid panic and keep moving forward doing the breaststroke with your face out of the water. Relax your breathing and think calming, positive thoughts. Once your heart rate slows down, you should be able to get your face back in the water and resume the freestyle swimming. If you are extremely taxed, then look for the nearest boat or person on a surfboard and swim over to that object and grab hold until you get your breathing under control. Most triathlon officials will not disqualify you from the event for holding onto a boat as long as it doesn't aid your progress in the water.

The Transition

The "art" of the transition can take years to perfect, however, here are a few key points to keep in mind when moving from swim to bike (T1) and then bike to run (T2.)

Transition 1 (T1) Swim to Bike

- The transition begins when you exit the water
- Move swiftly out of the water and up the beach/boat ramp
- If there's a queue, don't wait for the wetsuit peelers
- Peel the wetsuit down to your waste, get arms out of the sleeves
- Make your way into the transition area and locate your bike (know what row you are on ahead of time - pick out a landmark i.e.: bright colored hand towel placed over top tube or on bike seat.)
- Finish removing your wetsuit
- Put on cycling shoes, helmet, sunglasses

- Be sure to buckle your helmet before approaching the bike exit or you may incur a penalty
- Move swiftly to the bike-out exit

Transition 2 (T2) Bike to Run

- Decrease speed as you approach the end of the bike segment
- There will be a designated line where you must dismount your bike
- Don't cross this line while riding or based upon USA Triathlon rules you could be penalized (time penalty) or disqualified.
- Move swiftly to your designated spot within the transition area (you may want to consider removing your shoes after you dismount the bike as it can be difficult to run and/or walk swiftly with cycling shoes on.)
- Remove your helmet, put on socks (if you choose to use them), slip on your running shoes, clip on race belt (your run # attaches to this)
- Move swiftly to Run-out exit
- Observe all signs designating multi-looped run course (Sprint vs. Olympic)
- Enjoy the Run and head swiftly toward the finish line!

Equipping Yourself for Triathlon

Triathlon requires a wetsuit (if you're planning to do one with an open water swim), a road or mountain bike (along with a helmet & cycling shoes) and running shoes. If you're not sure if you want to invest in all this equipment, then you can consider renting some of these items. Many area bike shops rent road/mountain bikes as well as wetsuits.

(See attached equipment checklist.)

The sport of triathlon, if you enjoy it, can be quite addictive! For many, it's not just a sport but also a lifestyle. It's a great way to visit parts of the state (and for that matter the world) that you might not normally visit and can make for some fun family vacations. Keep things in perspective, prepare yourself in advance of the event, look to those with more experience in the sport for guidance and most of all have fun!

Scott Kelly is a 25-year veteran of the sport. He is a personal trainer specializing in the sport of triathlon and the founder/Head Coach of TEAM Fast Lane a Salt Lake City based, USA Triathlon sanctioned club. For more info visit teamfastlane.com or call (801) 558-2230.

Help Wanted

Master Mechanic Wanted
Experience a must.
Apply online
www.golsancycles.com

Help Wanted

Bike Shop Manager
Seeking a motivated individual with experience in operating a bicycle shop. Unique growth opportunity for qualified individual with new company to open during 2008 in the Salt Lake City area. For more information please call 801-949-1717

Stop
Global Warming,
Ride
Your
Bike!

TOURING

On Holy Ground - Riding the Climbs of the Tour de France (Continued from page 2)

Dave arriving at the top of the Col du Galibier. Photo: Elliot Morris

easy. "Because it's holy ground."

Indeed, if it is the strain and challenge of climbing you are seeking, you might as well stay home. You can find it here. What you cannot find here is the rich history of legendary cycling icons laboring up these sacred slopes trying to shed their challengers and be the first to the top.

Unlike Luz Ardiden, Little Cottonwood Canyon has no history of Lance Armstrong being hooked and jerked down by a fan's souvenir bag, only to rise like a phoenix to catch, pass and bury Jan Ullrich and nail down his fifth Tour victory. Unlike Tom Simpson on Mont Ventoux, no one has died racing his bike to Brianhead. And unlike Octave Lapize, no one is famous for being the first to crest a climb like the Tourmalet during the world's

greatest bicycle race, and on a single-gear bike to boot.

There is a richly woven fabric of Tour history spread across these famous climbs. You cannot play baseball in Yankee or Dodger stadium. You cannot play football on Lambeau Field or basketball in The Garden in Boston.

But you can climb the Galibier. You can beat yourself up on Mont Ventoux. You can test yourself on the Tourmalet. And you can labor up the switchbacks of l'Alpe d'Huez. And as you do so, you can feel the fatigue and experience the pain that plagued your cycling idols who raced up these mountains and made them famous.

These climbs have history, in mythical measure, and you cannot find such history involving the greatest cycling heroes anywhere but on

the cols of the Tour de France. And that is why we fly to France to ride these legendary and holy slopes.

The Pilgrimage

So it was that in the fall of 2005, I took, with my friend, Rick Wallin, my ultimate dream vacation: A two week trip to France to ride legendary climbs of the Tour. When it was over, I knew I would have to do it again.

So early last year I approached Rick, but he could not go. However, Elliot had succumbed to the cycling addiction, so I asked him if he would like to join me. It took very little time or talk to convince him.

For both trips, I chose to go in late September following my participation in the LOTOJA Classic. This time frame puts us there when there is little traffic or tourist activity, and allows us much freedom. We do not need reservations because we can find hotels as we go along, and we are free to deviate from our planned itinerary. For me, it is also my time of top conditioning. The downside is that in late September the weather can be unpredictable.

Two years ago, we began our tour in the Pyrenees and moved on to the Alps. So I planned this trip in reverse. The weather is probably more questionable in the Alps, so it seemed reasonable to hit it a week earlier, though the difference of one week is more chance than anything. Additionally, most Tour climbs can be done from either direction, so by traveling in the opposite direction, we would be correctly positioned to

ride many of them from the other side.

The Alps

On September 22, we found ourselves in a rental car on the road from Lyon to St. Jean de Maurienne ("St. Jean") a small town in the Alps perfectly situated for access to numerous famous climbs. We located a nice, 2-star hotel and checked in. When doing so, the desk clerk said, "You are cyclists." I looked at Elliot and myself, and saw no way he could have divined that. When I asked how he knew, he touched his nose and said simply, "I can smell them." I discovered his secret when I later realized I had on a Campagnolo belt buckle.

You can ride right from St. Jean to climb the Col du Télégraphe, Col du Galibier, Col du Mollard, Col de la Croix de Fer, Col du Glandon, and Col de la Madeleine. With a fairly short drive, you can begin climbing the Col de l'Iseran, Col du Mont-Cenis, Col du Lautaret, Col de l'Izoard, Les Deux Alpes and l'Alpe d'Huez.

We stayed in St. Jean three nights, riding on day 1 the Col de l'Iseran and Col du Mont-Cenis, on day 2 the Col du Télégraphe and Col du Galibier, and on day 3, the Col du Mollard and Col de la Croix de Fer.

At 2770 meters, the Col de l'Iseran would be the highest point during our trip. We had been watching the weather reports. The forecast was iffy at best and the weather was deteriorating, so it made sense to do our highest ride while the weather still held. So on our first morning,

we drove about 60 kilometers to Lanslebourg to start our ride.

Except for a short, stiff climb near our start, the first 19 kilometers were a mostly flat ride to the ski resort town of Bonneval-sur-Arc where the climbing really starts. We quickly ascended above tree line and crossed into the scenically stark Parc Nationale de Vanose, and then on to the top of the Col de l'Iseran. Though we started in sunshine, clouds had gathered by the time we reached the top. With the loss of the sun, we quickly began to cool, so we hurriedly posed for pictures by the summit sign before donning our warmer clothing for the descent back down. It was a screaming descent as there were not too many switchbacks to slow us down and we were soon enough back to Lanslebourg.

We then turned to our left and headed up the Col du Mont-Cenis. Our "scent-sitive" desk clerk had told us this was a short, easy climb of 10 kilometers and so we thought it would be a good way to finish off the day. He was right about short, but seriously wrong about easy. We had to grind all the way to the top, where I out-sprinted Elliot to be the first to arrive. Unfortunately for him, I had not told him we were racing. In the process, we gained 661 meters of elevation in the process and bucked a vicious headwind for the last two kilometers. Besides, it was foggy, moist and cold. Nevertheless, the descent was great fun, as are all descents, and we were soon enough in the car with the heater on high. Our total elevation gain for the day was 2009 meters, or about 6600 feet.

The next day dawned clear and cool. We rode right from our hotel, and we were soon on the road which climbs gradually from St. Jean to St. Michel de Maurienne ("St. Michel") where the hard climbing starts. As

GHOST TOWN

www.bike2bike.org



A Century of Fun on 2 Wheels

801-677-0134

Century
100 65 50
mile options

Tooele, UT

Date: May 3, 2008

Time: Start 7:30-8:30



Dave and Elliot at the top of the Col de la Croix de Fer

you leave St. Michel, the road immediately pitches up, and you switch-back through lush forest for the next 12 kilometers to the top of the Col du Télégraphe. It is a quick 5 kilometer descent to the town of Valloire where we began the upward push to the top of the Col du Galibier which sits at an elevation of 2660 meters. Our total climbing for the day was 2045 meters (6710 feet).

Our clear and sunny climb up the Col du Galibier was a sharp contrast to my climb of two years ago, where I pedaled through 3 inches of snow and ice on the last steep kilometer to the summit. While the latter makes a great story, I much prefer the sun and clear roads.

The descent is long, with a fun mix of long, slow curves intermixed with three sections of winding switchbacks. Being our second day, I was getting more confident on the descents, to the point where I actually scared myself with the speed I took into some of the switchback turns.

Our third day was spent climbing the Col du Mollard and the Col de la Croix de Fer. It took me forever to get Elliot to pronounce Croix correctly (roughly, "kwa", not "kroy" or "krö-eex"). Our original plan was to take the main road and climb directly up the Croix de Fer. However, on our first day when we drove to St. Jean, we took the scenic route over the Croix de Fer from the opposite side. In doing so, we discovered the main road from St. Jean up the Croix de Fer was closed for construction, and it would be necessary to climb by way of the Col du Mollard. In driving down the Col du Mollard, the realization dawned on both Elliot and me that the climb back up would be a bear.

Thus, while the Croix de Fer is

higher and more well-known, our route made the Mollard the toughest part of the day. Also, the weather had finally caught up with us. It had been raining most of the night and all morning. Fortunately for us, it stopped just before our departure. In fact, though we experienced some very light rain, we were never subjected to any real rain storms during our trip. We were very lucky. On our trip two years ago, Rick and I experienced drenching downpours on three separate days.

St. Jean sits right at the base of these climbs, and so we started climbing right out the door of the hotel. The roads were wet, and we climbed through mist and fog to Albiéz-le-Jeune, a resort town situated at the top of the Col du Mollard. It was a tough climb, but the cold air, intermittent fog and wet conditions all made for a cool but refreshing, vibrantly colorful and almost surreal ride.

From the top of the Mollard, we descended to the main road and commenced the climb up the Croix de Fer. It was here that Elliot had his first of four falls during our trip. I was leading, and wanted to pull off to the right to stop for a photo. As I slowed, Elliot overlapped my rear wheel and, as our wheels touched, he went down. Fortunately, we were going slowly, and he was unhurt. While I may have been somewhat responsible for this fall, I had nothing to do with the next three, as shall be seen.

As with the Mollard, we ascended on wet roads, up through the town of St. Sorlin-d'Arves, and from there through intermittent fog till we reached the summit. There, we quickly ducked into the Chalet du Col de la Croix de Fer, a small restaurant, where we had soup and hot

chocolate to warm up. After that, it was back out into the cold, damp air for a fast descent down the Col du Glandon and return ride to St. Jean to complete a 74 kilometer loop. The elevation gain for the day was 1845 meters (6045 feet).

Having already checked out of our hotel, we made the drive that evening to Bourg d'Oisans, the small town at the base of l'Alpe d'Huez. Before heading out, however, we made a quick stop at a grocery store called "Géant". As we were walking back to our car which was parked up the street from the Géant, another car pulled up asked me where the Géant was. I turned a pointed back down the road. After they drove off, both Elliot and I laughed at the irony of having two Frenchman ask me, a foreigner, for directions, and to the only place of which I knew the location.

The next day started out sunny, but again cool. After our breakfast of hot chocolate, croissants and bread, we were on our bikes and headed for the top of l'Alpe d'Huez. It had become readily apparent by now that Elliot could climb faster than me, which is no great achievement. However, on the descents, I was clearly the master. So, he would always wait on the top, and I would wait at the bottom, of each climb. Today would be no exception as he reached the top several minutes before I arrived.

It is a flat ride for the first couple of kilometers from Bourg d'Oisans to where the climb up l'Alpe d'Huez begins, and it begins with a vengeance. By the end of the first switchback, you are already in such severe oxygen debt that you are prepared to worship the sacred names of Fausto Coppi and Lance Armstrong which appear as the 1952 and 2004 l'Alpe d'Huez stage winners on the sign marking the end of your first of these 21 famous switchbacks. This reverence is especially reinforced for me as I was there for the 2004 time trial up this climb and watched the strength, drive and determination with which Armstrong crested the end of the final switchback, sped



View of Bourg d'Oisans from the climb up l'Alpe d'Huez Photo: Dave Ward

on toward victory and inscribed his name in the annals of this historic climb.

With the sun shining, I quickly warmed up as I progressed up the switchbacks. However, it then clouded over and briefly snowed intermittently, and when I reached the top I quickly began to freeze. Elliot and I darted into the first (and probably only) open café we could find and warmed ourselves with hot chocolate and the jovial company of the café's two proprietors.

There are actually three roads to the top of l'Alpe d'Huez, the famous one up the front, and one up each side. From the top, we descended briefly to the south, and then climbed back up to the top of the south road, the Col de Sarenne. Little used, this road is an obstacle course of rocks, boulders and debris. This, of course, makes descending even more fun. Further down, however, you reach smoother road and then new pavement which comes about halfway up the climb. As you descend, this new pavement can lead to a false sense of security, as with my friend Elliot.

He was on a straight stretch of this road and decided to relax and let himself go. Unfortunately, just beyond the slight curve in the road was an unseen, 180° turn. The road

was wet from a rain which had preceded us, and when Elliot pulled on his brakes to quickly slow down, his rear wheel slid out and down he went. I had stopped above to take some pictures, and was on my way down when I came upon Elliot laying on the road in apparent agony, his bike ten yards beyond. Stopping, I asked if he was alright, to which he groaned, "Yes." So I instructed him to stay put till I could get his picture! Not being in a mood to move quickly, he graciously complied.

After we got Elliot back together, we descended on down to the colorful town of Mizoën which is situated on the mountain slopes just above the Chambon dam. The rain preceding us made this town, which prides itself on its abundance of beautiful flowers, crisp and colorful.

From there, we crossed the dam and took on the 10 kilometer climb up the wet and cold roads to the ski resort of Les Deux Alpes. I got a jump start on Elliot, and it became a competition, which I won, to see if I could reach the top before he caught me. That was only the second of four times I reached a summit before him. The first time, the Col du

Continued on page 21

801-942-3498 or www.intermountaincup.com

March 1	The Desert Rampage, St. George, UT
April 12	Cholla Challenge, Hurricane, UT
May 3	Showdown at Five Mile Pass, Lehi, UT
May 10	Wimmer's Bicycle Race, Sherwood Hills, UT
May 17	Soldier Hollow Hammerfest, Heber City, UT
May 26	Stan Crane Memorial XC, Draper, UT
May 31	The Sundance Spin, Sundance, UT
June 7	Deer Valley Pedalfest, Deer Valley Resort, UT
June 14	Chris Allaire Memorial/Utah Open State Championship, Solitude, UT
July 19	The 20th Annual Mountain Bout, Snowbird, UT
July 26	Taming the Tetons, Jackson Hole, WY
August 9	Wolverine Ridge XC Race, Double Points!, Regional Finals, Evanston, WY

All races are Cross Country Events, No License Required!

photo: joaquinhailer.com

Cactus Hugger Cycling Festival

FEATURING 2 DAYS OF ROAD RIDING FUN

- The 8th Annual Cactus Hugger Century, Saturday 4/26 (42, 65 and 100 mile ride options)
- Family Fun Ride (5 miles), Saturday 4/26
- A 45 mile Ride through Zion National Park, Sunday 4/27
- Helmets for Kids and safety events

INFORMATION

- Registration at www.Active.com
- Find more information at www.cactushugger.org
- For complete St. George area lodging, camping and touring information, visit St. George Area Convention and Visitors Bureau at www.utahstgeorge.com or call 1-800-869-6635.
- Proceeds from the event will be used to purchase free Helmets for Kids and for local bicycle advocacy and education programs.

SPONSORED BY

Southwestern Utah Bicycle Touring Association

INFORMATION

dclucygo@skyviewmail.com
or call 435-229-1404

April 26-27, 2008 • Ivins, Utah • www.cactushugger.org

MOUNTAIN BIKE RACING

Frozen Hog Kicks Off Mountain Bike Racing Season



Scott Wetzel on his way to the overall win at the Frozen (Snowy) Hog. Photo: Joaquim Hailer. Find your photo at Zazoosh.com

By Heather Gilbert

The mortal hearts of the UtahMountainBiking.com volunteers must have been filled with dread when faced with the seemingly endless snow of January. The Snow Gods have gone crazy this year, devouring stone, soil, and mountain bike trail with their untrammelled

(and untrampled) crystalline abundance. When the team showed up in Lambert Park, with every slope on every hillside proclaiming the numinous glory of Winter, they stared deeply into the frozen landscape ... then put on their boots, picked up their shovels, and got to work.

According to UMB's Bruce Argyle, at least 18 individuals contributed over 100 hours helping prep

the course before the race. "We were determined that racers would be able to come out and pre-ride. But every time we got the trail ready, a new snowstorm would bury it the next day."

But the UMB volunteers were unstoppable. Every new storm was followed by a herd of boot stompers, powder trompers and snow movers. The day before the race saw Bruce himself shoveling fresh powder in the dark at 4:30 am, clearing almost 2 miles of singletrack by 3pm (which, for those math geeks out there, is a "shovel speed" of 0.2 miles per hour).

On February 2nd, race morning arrives with a trail ready to ride and 98 crazy racers (including 4 kids under the age of 12) ready to ride it. There is something incredibly vitalizing about people who bend the categories of intelligence, madness and idiocy with a demonstrative joy of bike ... this small shelterless tribe rushing around beneath the pale cold sky attempting to warm up before the race.

Today I'm riding expert for the first time, and no more than a handful of heartbeats after staging, I hear someone yell, "Go!" Plunging headlong into the race, I might as well be standing still as the true experts around me devour distance in near instantaneous bursts of power, leav-

ing clouds of breath hanging effortlessly in the air behind them. They are gone before my cold muscles have even begun to move.

This year's race features a longer loop, with more twists, turns and climbing. Sport riders face their longest and toughest Hog yet, in a year when conditions are conspiring to make things even tougher. And experts face an even higher-mountain add-on with 50% more climbing, designed to slow them down so they won't catch the sport riders.

The narrow track, flanked with snowy sidewalls at least a foot high on either side, is rife with tip-over, bobble, and endo possibilities. But the trail is packed nicely thanks to the hard-working volunteers, and the air is filled with the satisfying crunch of tires finding purchase on snow.

Scott Wetzel takes an early lead after the shake-out loop, followed closely by Nate Stowers, and they back and forth for the lead during this first lap - two expert men who, based on their performances in this race, could easily ride up the side of a building without breaking a sweat.

Back in the pack, I have my own exciting moment when I manage to scare a herd of deer with my super-power biking abilities of wobbling down the track while somehow managing to keep the shiny side up and the black rubbery bit down.

After reaching the top of the expert loop, the trail falls down the hillside, winding through scrub oak and maple denuded by winter, boughs stark and skeletal in the icy landscape. Riding a bike downhill in the snow is like a semi-controlled falling. True control is an illusion, with a tendency to correct and over-correct in a weaving manner befitting a bicycling circus bear. True disaster, however, is generally avoidable if you keep your weight off your hands, feet level, body loose, eyes forward, and hands off the front brakes. Even with perfect form, however, the ride down this slippery slope is an adventure in fishtailing fun, with many chances for minor mishaps, or as Tuff Guppy from the UMB team refers to them, "photo opportunities."

The second lap starts quickly, but the hundred bikes on the first lap have turned the race into not so much a frozen hog as a churned-

up-soft-great-mass-of-slushy hog. Under the wheels, the loose snow moves as unsteady as water, and any vague, lingering hint of tire grippiness is soon lost. The second lap becomes a long, winding death march with hike-a-bikers alternatively running, walking and trudging through the thick sludge of trail.

This ponderous trudge, however, works to the advantage of racer Kenny Jones, who noticed that he was flat at the top of the expert loop on the second lap. "I was intentionally riding with very low pressure, which must have caused my tubeless tire to burp out the side wall. I think the Stan's latex fluid must have frozen. But since the rest of the race was mostly a hike a bike anyway, it really didn't seem to matter much that I was riding a flat. When I was able to ride I just had to stand up and put all my weight on my front wheel to keep my tire from coming off the rim. Before I knew it, I was heading up the road to the finish line" ... to win the expert men's 40+ division.

Scott Wetzel pulled ahead of Nate Stowers during the final lap, winning the overall race in a time of 1:03:10. The four-person team competition was won by Chosen Frozen, with team members Scott Wetzel, Joe Gardner, Mike Walkenhorst, and Jason Gardner. And the expert women? Well, there were two of us ... and my worthy competitor, Kellie Williams, flatted during the first lap, yet still managed to hike her bike across the finish line with a smile on her face. We have both definitely earned our crazy biker bragging rights today.

Mike Engberson, the race coordinator, felt the race turned out perfectly. "Not only did the racers have a great time, we raised a bunch of money for some good causes. Thanks to Richard Williams and Racer's Cycle Service, we were able to raise \$650 for cancer research by raffling off a singlespeed bike. We will also be giving Alpine City a fat check to help with trail development and maintenance." He proclaimed the race "a huge success," and judging by the smiling faces surrounding me at the finish line, it seems the racers would agree.

See results on page 20.

WANT TO START RACING YOUR BIKE?

FIND OUT HOW AT UTAHCYCLING.COM

RACE SCHEDULE

APRIL

05: HELL OF THE NORTH RR
12-13: TRIPLE VALLEY SR
19: TAX DAY CIRCUIT
26: EAST CANYON RR

MAY

03: BUFFALO STAMPEDE RR
10: SLC DOWNTOWN CRITERIUM**
17: BEAR LAKE RR
18: BEAR LAKE TTT*
24: GARDEN CREEK GAP RR
31: SKULL VALLEY TT**

JUNE

07: SUGARHOUSE CRITERIUM
14: LITTLE MOUNTAIN RR**
21-22: HIGH UINTAS SR
28-29: GATE CITY GRIND SR

* NON-UCA EVENT

**STATE CHAMPIONSHIP

UCA

UTAH CYCLING ASSOCIATION

www.utahcycling.com



infinitecycles

infinitecycles



Heard of us yet? You will.

infinite
LIFETIME SERVICE

3818 W 13400 S
Riverton, UT
888.699.4773
infinitecycles.com

cannondale
DIAMONDBACK
JAMIS BICYCLES
TITUS
EASTERN LOOK

CYCLOCROSS

Cyclocross Season Wrap-Up



Ali G putting the hurt on Bart Gillespie at Utah Cyclocross Series finale at Ft. Buenaventura in Ogden on December 8, 2008. Goulet had Gillespie in trouble for most of the race, but Gillespie rallied to take the win and the series.

Photo: Dave Iltis Find 2007 cyclocross photos at Zazoosh.com.

By Jon Gallagher

The Utah Cyclocross Series turned 13 in 2007, and what a year it was. Record participation, epic racing, over the top conditions, and, if possible, more love for cross than ever. There were a few new categories this year, lots of new faces and racing right down to the last place on the first day right through to the

last. Everything you'd want a cross season to be, other than it was over much too soon.

The season opened in late August with the first annual Worlds Collide CX at the Wasatch County Fairgrounds in Heber. More than 80 riders turned out in sweltering heat but were rewarded with a post race clam bake. Cross was on for 2007 and the community couldn't wait for

the Series to open in late September.

Fort Buenaventura welcomed the series back a few weeks later with "good," meaning bad, conditions to get things rolling. More bad weather followed a week later at Heber, with Portland style mud sending racers home happy but with lots of bike maintenance to do. This would be the theme for most of the season on Series weekends – race hard, go home happy, clean bikes, repeat. Never had a Utah cross season been blessed with so much bad/good weather.

Bart Gillespie continued to show himself as the once and future King of Utah cyclocross in the Men A field, although Ali Goulet mounted a respectable challenge week in and week out, even getting the better of Bart at Race # 4 at Fort Buenaventura. The Masters 35+ A flight continued to grow as a category, and the depth of the racing benefited. Dave Wood saved the best for last and took his only win of the year in the double points final and stole the Overall as a result. The new Masters 35+ B category was probably the most hotly contested category, with 5 different winners splitting the 10 races, before Rich Caramadre edged Mike Pratt for the series win.

Sixteen year old Conor O'Leary delivered near weekly beatings to the Men B field and pointed clearly to the future of Utah cross. Sean Hoover twice got the better of him and someday will proudly remind us all that "he beat Conor O'Leary back when." The Men C field was consistently the biggest field every week. Eric Gardiner mounted a late charge for the Overall win that came

up just 4 points short of Troy Nye's deserved win.

The Singlespeed category also saw its biggest and most competitive fields ever, with Steve Wasmund and Bryce Young battling for victory, before Steve came out the Overall winner.

The Women A and B field also showed that they're not afraid to come out and play in the mud. Kris Walker, in her late 40s, came down from Idaho and stormed the Women A field as a tune up to another fine ride at Nationals. Christy Clay took the Women B category over long time Series competitor Lisa Fitzgerald.

If there was anything that pointed to the future of Utah cyclocross it would have to be the Junior 14 & Under category. 27 juniors in this category lined up for the State Championship and kept coming out in often wintry conditions to fantastic crowd support. Paden Hoover flew the family colors to another Overall win, with Chelsea Layer

being the best of the Junior 14 & Under Girls. Tanner Cottle won the Junior 15-18.

The Team Competition had several teams going back to high school algebra, trying to calculate team points and multiple variable equations to try and figure out who might win it all. The numbers all fell into place for Contender – stop by the shop and lust after the trophy that's proudly on display.

The season finally wrapped up on January 5th with the Last Call Cross Race and Awards Party. A good time on both accounts, with some great racing in the snow and mud at Wheeler Farm in the morning, and a great band, theme and party that night that was nearly ruined by a lot of really bad 80s costumes. Here's hoping Matt can come up with a party theme in 2009 that keeps us all from looking so ridiculous.

For more information, visit utahcyclocross.com. For results, see page 20.

GET THE EDGE... TRAIN SMART, TRAIN RIGHT.

VO₂ TESTING NOW AT BIKERS EDGE

Peak Intensity High Intensity Moderate Intensity Low Intensity



target™ INTENSITY Zones

will maximize your workout with fewer injuries, less fatigue, less pain, and rapid results. It's the right way to workout!

\$80 per visit. \$160 for 3 visits throughout the year.

Ask our staff about safe, accurate, and affordable VO₂ Testing today!



232 N. Main Kaysville | 801-544-5300 | Mon: 1-7 Tues-Fri: 10-7 Sat: 10-5 | bebikes.com

RIDE OF THE MONTH

All Roads Lead to Draper

By Gregg Bromka

Skiing this winter has been, as Food TV star Rachel Ray would say, "Yum-O!" But there is only so much of Utah's deliciously frothy powder I am able to devour. With the arrival of March, my legs long to spin in smooth circles again. Since mountain biking in northern Utah appears to be a very distant dream this spring due to a banner snow pack, road cycling will be my activity of choice. The Cotton Bottom Loop (the route of the first annual Josie Johnson Memorial Ride) serves as my default fitness ride, but as my base miles add up, it will be little more than a warm up to extended trips to Draper and to the variety of routes radiating from it. Therefore, my standard 20-mile east-bench loop will have the potential to grow to near century length on roads that venture to the very south end of the valley and even into Utah County. Each of these three rides is a great route by itself, but what sets Draper apart is how they can be linked together to suit your cycling needs.

Dimple Dell Loop (12.3 miles, moderately difficult, fair to good margin of comfort)

Bust out this loop during lunch break or whenever you need a quick cycling fix. After the stair step climb up Wasatch Boulevard and the

white-knuckle descent on Dimple Dell Road, you'll return feeling like your time was well spent.

Head north out of Draper City Park around the traffic circle, and turn right onto Draper Parkway, which bends north and becomes 1700 East. After a gradual spin, turn right onto Wasatch Boulevard and gear down for the stiff mile-long grind past Hidden Valley Park followed by smaller risers up to the intersection with Little Cottonwood Canyon Road. If you attack this section with gusto, you'll peg your AT and keep it there for 20 minutes or more. Turn left onto LCCR, and then turn left again onto 3100 East. Reward for your previous effort is a quick but thrilling, high-speed descent around S-curves on Dimple Dell Road. Easy cruising thereafter on the country-style lane passes upscale residences, horse ranches, and an open space park after which the route is named. Upon returning to the familiar junction at 1700 East and Wasatch Boulevard, you'll retrace your tracks to Draper City Park with a cool-down spin.

Draper Loop (14.2 miles, moderately easy, fair margin of comfort)

Ask 10 cyclists how they ride the "Draper Loop" and you'll likely get 10 different answers. This core loop links Draper with Sandy via Pony Express Road (I-15 west frontage road) and leaves open several

options for lengthening your ride to Riverton, Herriman, or West Jordan. Like the Dimple Dell Loop, it's good for a lunchtime getaway or whenever time is short and you want to stretch your legs. Although you'll battle traffic most of the way, you'll also find sweeping vistas of the Salt Lake Valley and pedal beneath the looming massif of Lone Peak.

Head south out of Draper City Park, and turn right onto Highland Drive. You'll warm up quickly as Highland crests a highpoint that offers a scenic view of the valley's entire length. A fast descent leads to the I-15 interchange at 14600 South, where you link to Pony Express Road on the west side of I-15. The shoulder is non-existent here but traffic is generally light, so the margin of comfort is good. Pass the "Pen" (Utah State Penitentiary), and follow alongside the interstate all the way to 11400 South. The first mile on 11400 South is a unnerving because it narrows dramatically at the I-15 underpass and then passes through a busy commercial district, so be aware of traffic behind you and at intersections. Thereafter, the shoulder widens to a comforting eight feet, although it doubles as a parking lane, too. The loop's only notable climb is the half-mile-long eight-percent pitch that starts at 1000 East. Punch it and max out. You'll recover as you loop back to Draper via 1700 East, but the sight of Lone Peak towering overhead may still leave you breathless.

Traverse Mountains Loop (24.5 miles, moderately strenuous, poor to fair margin of comfort)

The combined climb up Rambling Road and Traverse Ridge Road is the main attraction, or distraction, of this ride. It's perfect for racers in training or for anyone wanting to build power in his/her pedal stroke. A fast glide into Utah County and long rolling miles around Point of the Mountain round out the loop.

Want scenery? This loop is stuffed with eye-candy from panoramic views of the Salt Lake and Utah Valleys, to inspiring vistas of the Central Wasatch Range and Oquirrh Mountains, to shockingly beautiful sights of the Southern Wasatch Range. Not even the blight of two major gravel pits at Point of the Mountain can erase such indelible images of northern Utah.

Head south from Draper City Park, and turn right onto Highland Drive; then turn left shortly onto Rambling Road to begin the inevitable. Rambling tilts up quickly, levels, then rises abruptly again. It's a rude little introduction to the two-mile, eight-percent grind up Traverse Ridge Road that lurks ahead.

Suncrest Drive is a high-speed tuck-and-glide descent off the Traverse Mountains into Utah County, but the regal sight of Mount Timpanogos might stop you dead in your tracks. (If you're a die hard for vertical, then turn around and retrace your tracks for "double the pleasure." Back onto the flats, Highway 92 offers an easy spin westward to the I-15 interchange. There, you'll have to pick your poison: loop around Point of the Mountain on the east or west frontage roads. Both are downright dangerous due to narrow lanes and fast-moving dump trucks accessing gravel pits, but the Pony Express Road on the west side has a slight edge with less traffic overall.

To round out the loop, connect with Minuteman Drive on the east

side of I-15 (you'll welcome the comfort of a designated bike lane), and wind idly through Draper on 300 East, Fort Street (745 East), and 12300 South back to Draper City Park.

"Super size" your ride by tying all three routes together for a 40-mile loop. First, ride Traverse Mountain Loop around Point of the Mountain, and then link to the middle section of Draper Loop. Finish with a lap around Dimple Dell Loop.

Excerpted from *Bicycling Salt Lake City*, by Gregg Bromka

Get copies of Gregg's Utah guidebooks: *Bicycling Salt Lake City*, *Mountain Biking Utah*, *Mountain Biking Utah's Wasatch Front*, and *Mountain Biking Park City & Beyond*. at your favorite bike shop.

Heiden to Open New Park City Clinic

February 22, 2008, PARK CITY, UT — Dr. Eric Heiden, five-time Olympic gold medalist and speed skating legend and his wife, Dr. Karen Heiden will open Heiden Orthopaedics in Park City this spring.

After two highly successful careers in elite sports, the first as a world-record-setting Olympic speed skater and the second as national champion and Tour De France cyclist, Dr. Heiden went on to study orthopaedic surgery, earning his medical degree at Stanford University. A few years ago, the Heidens moved to Utah to join TOSH – Utah's respected Orthopaedic Specialty Hospital in Salt Lake City. The practice is scheduled to open in April in the Saddleview Office Park. For more information visit www.heiden.orthopaedics.com.

(See also an interview with Eric Heiden in *cycling utah's* September issue online at cyclingutah.com)

Bingham Cyclery is proud to present:

SPECIALIZED

Concept Store

Now Open at our new location in Ogden!
The Peloton Café Now Open at the Ogden Location!

**Bingham
Cyclery**



Financing
Available
through
RC Willey

Check our
website for
details!

Salt Lake
1500 S. Foothill Blvd.
583-1940

Sandy
1300 E. 10510 S. (106th S.)
571-4480

Provo
187 West Center
374-9890

Ogden
NEW! 1895 S. Washington Blvd.
399-4981

Sunset
2317 No. Main
825-8632

www.binghamcyclery.com



SALT LAKE COUNTY
BICYCLE
ADVISORY COMMITTEE
www.slcbac.org

**Salt Lake County Bicycle Map
Now Available!**

Pick one up for FREE at:

Salt Lake area bicycle shops
Salt Lake County Recreation Centers
Salt Lake County Libraries
Salt Lake County Parks & Recreation Offices
Salt Lake County Mayor's Office



Check our website for locations or
download and print your own copy

MOUNTAIN BIKE RACING

24 Hours of Moab is a Pilgrimage



K.C. Holley rips through a corner during the daylight portion of the 24 Hours of Moab. Photo: MoabActionShots.com Find your photo from the event on their website.

By Adam Lisonbee

Moab, Utah. The name itself conjures up an image of mystery and intrigue. And the actual landscape only furthers that sentiment. Edward Abbey called Moab, “the most beautiful place on Earth. He said that, “every man, every woman, carries in heart and mind the image of the ideal place, the right place, the one true home.” This was never truer than for every man and every woman who rides a mountain bike.

Each year hundreds of thousands of sojourners find themselves in Moab, some for the first time, others returning to the slickrock and sand for yet another visit. Moab has become the Mecca of mountain bikes. It is a place every rider must

visit at least once in his or her lifetime. And yet, the beauty, the mystery, and the pull of the place lies much deeper than what your typical pilgrim may see on a typical visit. Sometimes it can be discovered in the midst of silence while on a solo ride deep in the forgotten canyon lands. It can also be found in a most unlikely place—one of chaos, noise, and crowds. I am referring of course, to the 24 Hours of Moab.

Each October the pilgrimage to Moab takes on a distinctly focused approach, as thousands of mountain bike racers assault the same place, at the same time. It is a lonely field behind the rocks that for the most of the year, remains quiet and empty. On this particular weekend it is anything but quiet. Four hundred fifty

teams and nearly 100 solo riders invade this space, all with one goal in mind: riding a bike as fast and as much as possible in 24 hours.

The race has become an icon of a cultural movement within the sport of mountain biking. It is symbolic of all that is happening in today’s racing world. More riders are racing solo, more are on single speeds, and more people than ever are enjoying the unique challenge of around-the-clock relay racing. It is appropriate that this iconic event takes place in the shadow of Moab’s iconic landscape. The mighty La Sals in the distance and the shifting sand under-wheel make this event an experience of a mountain biker’s lifetime.

From this empty, barren place a city of epic proportions rises out of the dust. Camp trailers, tents, bikes, generators, and more bikes materialize, and in a matter of hours the place becomes a busy, thriving hub of race activity. People are meeting old friends, clearing the land of sticky bushes and cheat grass and setting up elaborate campsites complete with running showers, lights, barbecue grills, bike racks, and stereo systems.

The 24 Hours of Moab has one of the most unique starts of any race in the world. Five hundred riders line up and run, Le Mans style, for about 400 meters and then leap onto their bikes. Other races begin this way, but few boast the sheer numbers of the Moab race. To see 500 bikers running for everything they are worth is a fantastic and... well, hilarious sight. The chaos of the run is out of control, and for a few minutes it seems that at any point, any number of disasters could happen.

And then the riders are gone, and all is quiet.

This year I rode the race on a four-person singlespeed team (Mad Dog #1). It was a welcome change after racing the last three years as a

solo rider. I was relaxed and rested going into the event, looking forward to riding and socializing at one of my favorite mountain bike races. We had assembled a competitive team, with Chris Holley, his wife K.C. Holley, Cycling Utah’s 2007 female mountain biker of the year, myself, and Brad Keyes. We knew from the beginning, however, that we would most likely be racing for second place behind our friends, and fellow Utah County residents, “The Jack Mormon Militia.” Over the last season or two the Jack Mormon Militia (Jason Asay, Chucky Gibson, Josh Wolfe, Tim Allen) has set a standard at 24-hour races, not just as a singlespeed team, but as the best overall team. This year they were back at Moab, in defense of their singlespeed title, and also as the fastest team at the event.

Racing on a team is a unique experience. While there is time to relax between laps, the pressure of the race is a constant reminder that soon the team’s position in the race will be squarely on your shoulders. And so, during downtime there is a lingering sense of urgency about that next lap, never far enough away, and yet not coming soon enough. The tension builds as the rotation through the team continues. And almost immediately, it seems, you are at the start house watching anxiously for your teammate to arrive.

The anxiety of waiting for your turn melts away as you start your lap. The chaos of the start house, the noise of the public address system, and the crowds of people are left behind as the lap becomes your only focus. For 15 miles you hammer, pushing your body to its limits. The Moab course is littered with obstacles. There are drops, ledges, sharp rocks, sketchy lines, and of course, sand. Sand is everywhere on the course, and one small mistake can pull you off the bike,

forcing you to run through a sandy wash.

A sense of relief washes over riders as they pedal the final mile into camp. Time to rest, eat, and let the pressure of the race sit on another pair of shoulders.

This year Utah teams did extremely well at the race. Leading that charge was the Cannondale/Mona Vie team with Utahns Bart Gillespie and Thomas Spanning. They teamed up with former Utah resident Jason Sager and New Mexican Nina Baum to not only win the Coed Pro/Am class, but also to win the entire race. They completed 20 laps, and were the only team to do so. In fact, the top three teams in the entire race were all made up of Utah riders. Across the board Utah teams posted great results, with many finishing on the podium in their respective classes.

When it was over, our pre-race inclinations were correct. We finished in second place in the singlespeed team category behind the Jack Mormon Militia, who finished second in the race for the overall title to Cannondale/Mona Vie, while Cannondale/Mona Vie’s Vet team (Matt Ohran, Isaac Wilson, Todd Henneman, Kyle Mears) was third overall. After the race I sat and watched the activity around me. Slowly the city of camp trailers, tents, and bike racks started to dissolve back into the desert. Across the meadow the sandstone fins were soaking in the morning sun, and I thought for a fleeting moment that this was the perfect place, the “one true home.” And then the reality of having to pack up my campsite hit me, and all thoughts of any perfection were gone. And yet, as I started putting my things together, my thoughts already started looking forward to next year.

See full results at GrannyGear.com

EPIC EVENTS ANNOUNCES THE

LOTOJA
CLASSIC

SATURDAY, SEPTEMBER 6
26TH ANNUAL LOGAN TO JACKSON BIKE RACE
1000 CYCLISTS / 206 MILES / 3 STATES / 1 DAY

REGISTRATION OPENS TUESDAY, APRIL 8

FOR EVENT INFORMATION AND RACE REGISTRATION VISIT
WWW.LOTOJACLASSIC.COM

LETTER TO THE EDITOR

Wheels of Commerce

A little more than two decades ago many people in the Utah cycling industry got the idea to make a buck off of opening a cycling shop. Why not, the sport was lively and the shops that existed seemed to do well for themselves, so a bounty of racer/enthusiasts turned shop entrepreneurs opened a shop - often within a stones throw of another shop. The carnage that followed was deplorable; almost every shop that had opened closed its doors after realizing that liking bikes isn't enough to warrant selling them. Especially when there isn't that much money to be had in the industry as a shop owner anyway. Unfortunately, many established owners lost their trade - often the only thing they'd done their whole lives - their livelihood, their life's work lost because of feigning interest and an easy buck.

For a while after the shop glut of new and newly closed had expired itself the remaining shops lived in relative harmony. Growing their own businesses while respecting their neighbors. However in the past two years it seems the trend to overpopulate the valley with bike shops has once again taken over. The effect will be hard on all bike shop owners, especially those already feeling the bite from start up shops willing to undercut existing dealers in order to make the sale. Unfortunately, the upstarts and those also responsible for stepping on others' toes aren't worried about the cycling industry as a whole, or how undercutting prices affects all dealers including themselves and makes all dealers look cheap and flea-marketesque in the eyes of consumers.

The market is changing, and owners need to reestablish themselves as professionals in a trade demonized by the likes of on-line purchasing and discount chains and shops with poor customer service willing to slash prices to keep a sale. When a shop is willing to take 5% markup on a bike instead of 20% they are telling a customer there is not reason why they shouldn't buy from a discount store. There is obviously no quality difference, in the consumer's mind, in a \$300.00 bike from Wal-Mart and the \$375.00 bike from a bike shop if the shop is willing to go down on their price. The

customer in that price bracket isn't worried about quality or service, only price. The mission of the shop owner is to retain the integrity of the industry and educate the public on quality vs. quantity; slowly, continuously, with great effort in order to preserve what everyone in the cycling industry counts on for the continuation of the sport and elite cycling...that is the local bike shop.

Some owners are too eager to open second and third stores to steal into markets that would drastically effect other dealers - some to the point of extinction - before they look into their own stores and improve their customer service, repair turn-around, and community involvement to make more money. The retail cycling industry in Utah - like many other cities - has become cut throat and not oriented on becoming a cycling community. With rising crime, rising obesity, pollution, and gas prices owners are more worried about their pockets and running other people out of business than in building a solid lifestyle community around themselves - community where their customers will be lifelong not because of a discount but because they feel important when they walk in and because the store adds something positive to their lives. In return, our industry grows in respect and importance in the lifestyle of Utah, and the rest of the world.

Having a shop team or club is not considered community involvement. How many school education seminars has your shop become involved in? Does your shop have a person dedicated to working with city planners and city recreation officials and school officials to get ride lanes and kids-only lanes so kids can get to school safely? Being great in terms of being a shop isn't sitting around waiting for the world to come in the door. Being great as a shop and as an owner is opening the front door and inviting the neighborhood in, and making yourself great in their eyes. Anyone can take, it takes greater people to give.

-Crystal Chambers
Owner, Golsan Cycles

What's on your mind?

Send your feedback and letters to the editor to:
dave@cyclingutah.com

Ogden Cyclist Dies After Being Struck Twice by Same Vehicle

On the evening of December 1, 2007, 73-year-old Marie Gabaldon was tragically killed after being hit by a motor home and then unknowingly backed over by the same vehicle on 24th Street in Ogden.

According to Lt. Scott Conley of the Ogden Police Department, Marie Gabaldon was walking her bicycle diagonally across the intersection of 24th Street and 600 West when she was hit by the side of a large motor home.

A 52-year-old Ogden man was driving his motor home when he heard and felt the impact of something hitting his vehicle. Not knowing what had occurred, the motorist quickly pulled over and in his haste to better see what he had hit, he proceeded to back over the victim which resulted in her unfortunate death.

Police concluded that weather was not a factor in this accident, but that visibility, due to the time of day (early evening), may have been a contributing element.

No citations have been or will be issued to the motorist. After conducting extensive interviews and receiving a clean toxicology report for the driver, Police determined the death to be an accident. The victim apparently had failed to cross at the designated crosswalk which police believe could have prevented the accident.

-Chris Near

MECHANIC'S CORNER

The Under Appreciated Component

By Tom Jow

The Seat Post

Riding high on the frame but in the shadow of the saddle stands the seat post. Not too glamorous in appearance it has a big job: supporting the rider. A maintenance free component it seems, it may go along for years without nary a peep or problem. Rarely a component that fails, more often a problem arises when time comes to replace it. Over a long period of time without service the seat post will become rusted or seized inside the seat tube. A stuck seat post can be a very expensive repair.

Stuck seat posts are caused by a chemical process called galvanic corrosion. The corrosion occurs when two dissimilar metals are in contact with each other, as in the case of a steel bicycle frame and aluminum seat post. A chemical reaction occurs and the two materials bond themselves together. This is the reason grease or anti-seize is used when installing aluminum seat posts. Some manufacturers of carbon fiber frames do not recommend using grease inside the seat tube. Also, carbon fiber seat post manufacturers do not recommend using grease during installation because clamping force may be compromised allowing the saddle to slip during riding. There are specific products available for carbon seat post installation. When in doubt, consult the manufacturer's installation instructions.

Maintenance for the seat post shaft is simple and should be done

once or twice yearly. Mark the seat post height with a pen or a piece of tape and remove it from the frame. Wipe the seat post and the inside of the seat tube clean with a rag. For aluminum seat posts in metal frames, apply grease or anti-seize to the post and reinstall to the marked level. If the frame and/or post are carbon fiber, install it clean or with a carbon fiber paste such as Finish Line "Fiber Grip" paste. Finally, tighten the seat post binder bolt to the proper torque (very important with carbon posts).

Also, the mounting bolts and plates for the saddle should be cleaned. Dirty mounting bolts and plates are notorious for generating annoying creaking sounds. First mark the saddle fore-aft position (with a marker or tape). Then mark the angle of the seat post. Remove the mounting bolts. Clean the parts. Lubricate the bolt threads with grease and reinstall in the proper position.

Just like the seat post itself, maintaining it does not seem like a glamorous or complicated job. But the task of removing a stuck post is time consuming and expensive. It can, however, provide a reason to install that top of the line seat post you've been dreaming of.

Tom works at Wild Rose Sports in Salt Lake City. He has done sales, repairs, race team support and bicycle fitting for nearly 30 years.

7 County Mega Trail Proposed

It takes mega vision to create a "Mega Trail". That's what a group of Utah trail advocacy groups are generating as they unite to bring a trail of epic proportion to our great state. Carol Potter, of Mountain Trails Foundation in Park City, is part of the effort to establish a trail that will connect seven Utah counties.

Yes, seven Utah counties: Utah, Weber, Summit, Davis, Morgan, Wasatch and Salt Lake Counties. These counties will be connected by one trail with myriad connections to existing trail systems. Total distance of the single "Mega Trail": 300 sweet miles of varying terrain. Potter stresses that the trail is largely conceptual at this point, but she has good reason to believe the plan will receive funding in 2009. Why? The concept originated from the Rails to Trails Conservancy which is a leader in helping communities procure funding from the Federal Transportation Enhancements program, the largest source of funding for trail development. And this is exactly the type of project they like.

Roughly 60% of the trail exists currently, the other portion has been proposed.

Where will the trail be? To keep it conceptually simple: as far North as Ogden, as far south as Provo. It will be an oblong loop that encompasses the Wasatch Front and Back, with one dissection of the loop near Parley's Canyon. The westerly extreme will be towards the Salt Lake International airport, the easterly point in the Heber Valley. The coalition of advocacy groups is meeting on Valentine's Day to take an inventory and fine-tune their plan to present as a proposal on March 3.

What can the average bicycle enthusiast do to support this project? Read updates in Cycling Utah and be prepared to encourage our legislators to vote in support of the federal Transportation Enhancements act when it is up for reauthorization in 2009.

-Lynn Ware Peek

Salt Lake City Bicycle Collective News

Maybe it was the remodeling, maybe it was the new tools, compressor or sandblasting booth, whatever the case the demand on the Community Bike Shop continued through the winter. Which meant the Salt Lake City Bicycle Collective has maintained their summer hours and not cut back to winter hours. Honored by the tremendous support of the growing bicycle community, the Collective has hired a full-time volunteer coordinator, Krista Bowers, to help organize their biggest year yet. If you would like to volunteer on a number of different projects from bike repair to working with kids call 801-FAT-BIKE or email krista@slcbikecollective.org. Also, the Collective will be hosting a Bicycle Film Festival on May 10th, 2008 at the Depot. The Film Festival will be just one of many events that are part of Bike Month in May. For more information, visit slcbikecollective.org.

Does Area 51 Exist?

The ride organizers of the "The 'X' Rides" aim to find out where the U.S. Government is keeping its information on extra-terrestrials on March 3-4th during their ride in Rachel, Nevada. Based out of the Little A'Le Inn, this ride commemorates the 11th annual dedication of Nevada's Extraterrestrial Highway (Hwy 375). Saturday May 3, features an Alien Fest with a Alien Costume Contest, Light Up your Bike Contest and a special award for the bike that most resembles a UFO. This is followed by "The X Ride - Into the Twilight Zone", a 40 Mile, road bike, night ride to the infamous Area 51 Mailbox and back to the Little A'Le Inn for a party. Sunday morning, May 4, features "The X Ride - To the Outer Limits", a 27 Mile Mountain Bike ride from the Mailbox to the actual Security Perimeter of Area 51. For more information visit BiketheWest.com or call 800-565-2704.

Parley's Trail Feasibility Study Underway

The bicycle link between Salt Lake County and Summit County through Parley's Canyon is one step closer to reality. In January a design consortium of Baker, Perkins Engineering, and ArcoSito Design, Inc. was selected to conduct a feasibility study on the project, assessing such issues as site qualities, possible alignments, land ownership, agency jurisdiction, environmental impacts, and possible funding sources. The final product of this study will be a Masterplan that will be presented in the fall of this year. With a Masterplan in place the project can start attracting funds and really make progress towards completion.

Already local planning agencies have taken notice of the project and the implications of a cycling connection across the middle of the Wasatch. The idea of a figure eight loop encompassing Heber, Midway and Provo to the south and Coalville, Morgan, and Ogden to the north, connected by the Parley's Trail in the middle, is receiving serious consideration among trail developers in Salt Lake, Utah, Wasatch, Summit, Morgan, and Davis counties. A new age for Utah cycling may be dawning as the implications of a 300 mile paved trail circling the Wasatch start to sink in. But first the Parleys Trail must be completed, and with the implementation of the feasibility study that goal becomes even more tangible.

For more information on the Parley's Trail, contact Gordon Stam, gstam@xmission.com, (435) 901-3965.

**Support Your
Local Bike
Shop!**

COMMUTER OF THE MONTH

Nick Rueff and Eric Summerhays Set High Standards for Black Diamond Equipment and Bike Commuting!

By Lou Melini

OK, I will admit, I didn't ride every day this winter to work. I walked to work 3 times this winter due to snowstorms. Fortunately I like to walk and the 1½ hour walk each way helps prepare for snowshoeing, hiking and backpacking. Twice on my walk to work I met up with Nick Rueff riding his bike to work. Nick is an engineer at Black Diamond (BD), a name well known for the highest quality equipment in the climbing, skiing, and backpacking world. He is responsible for ensuring that the products at BD meet the high standards we have come to expect. I watched him use those engineering skills to smoothly navigate his ride in snowy, nasty weather. Eric Summerhays is the Manufacturing Manager for Black Diamond. He has been car-free since May of 2007.

Rueff and Summerhays are 2 of upward of 25 bike commuters that may be seen during the summer months at Black Diamond.

Cycling Utah: I have to say I was impressed that first day I saw you. Why do you choose to commute by bike? How long have you been doing this?

Nick Rueff: I did a little bike commuting in Kentucky, but when I came to Utah in 2004 I found the mountain biking very good and accessible which drew me into biking. Shortly thereafter, I started to commute to work, which quickly lead me to a deep interest in the social and environmental effects of cycling. Additionally, as an engineer, I've always been captivated by the efficiency and aesthetic simplicity of bikes. I commute about 15 miles each day. I have an Xtracycle for errands to the grocery store, Home Depot, etc. The only time I use my truck is to go out of town to climb. I commute for a myriad of reasons-it wakes me up, I get great exercise, on most days it's faster than driving, gas is expensive, and possibly most importantly for me, I am doing my part to reduce the amount of air pollution in the valley.

C.U.: You've taken transportation by bike to the next level by being car-free since last May. What led to that decision?

Eric Summerhays: A friend gave me an old '80's Falcon road bike and I turned it into a fixed gear commuter. I commute to simplify my life, save a little coin, do my part to help the environment and that nice ride home does my mental state just right.

C.U.: Being car-free has some Pro and Con issues in our society. How has getting rid of your car affected you?

E.S.: The Pros are a healthy lifestyle, reduce my carbon footprint, save money (to then spend on my bikes), a pleasant ride to and from work and all around good times. Being car-free forces me to really think about every thing I do and whether it is worth the effort. The cons are no more spur of the moment road trips which is basi-

cally the only con. I can walk to Emigration Market; and my wife is a doctoral student at the U and, thanks to UTA, has been car free for 7+ years. I used to go on road trips almost every weekend to climb. That at first was very difficult but it has reminded me I live in the Wasatch and there is really no need to leave.

C.U.: Eric, what tips do you have for winter riding?

E.S.: Studded Novara tires! I run a Shimano dynamo hub and light set so I don't need batteries. (No, the resistance is not significant) I would highly recommend this for commuters. With regards to clothing, a light thermal layer and good rain and snow shell. The balaclava is key. If you can breath through cloth it saves your lungs from freezing.

C.U.: Nick, what tires were you using on that nasty day I saw you? What other equipment tips can you pass on for winter riding?

N.R.: Riding in winter is fun-as long as I know what to expect. If my hands and feet are warm, the rest me is usually okay. I check the temperature each day before I leave. If the temperature dips below 25°, I usually use a balaclava, ski goggles and some warmer layers. Fenders are also important to keep the junk on the road off of you. I use a variety of tires. I slipped a couple of times last year so I now use small cross tires (700 X 30C I think) for days that are a little snowy and a pair of 700 X 35C studded knobbies for the really bad days. Because it's always dark during my winter commute, lights are important. Up front, I use a Cateye HL-EL530 (bright and uses rechargeable AA's) to see where I'm going and a small blinkie so people can see me and for some redundancy. It is convenient and cheaper than an integrated rechargeable lighting system. I use a standard red blinkie in the back. My bag and shoes have reflective strips on them too. I may use a Black Diamond headlamp on my helmet when it is really dark or nasty out. It's light and bright!

C.U.: I noticed that you were wearing ski goggles through the snow. I found that the loss of peripheral vision was annoying. What are your thoughts?

N.R.: I use the goggles below 25 even though I lose some peripheral vision. I use them to keep my face warmer. Also my eyes don't water and freeze. Companies are doing a better job of making super low-profile goggles.

C.U.: When the temperature drops below 10° I have a problem with my hands, so I now use mittens with a fleece lining. My thumbs still get a little chilly, but otherwise I am fine. My face never gets cold with a fleece helmet liner and I rarely have problems with my feet with neoprene shoe covers. Do you have any particular problems with fingers? Toes? Face? and how do you solve that problem?

N.R.: For sure the extremities are the parts that are going to suffer

when it gets that cold. I found that I can ride to work quite comfortably below 10° if I dress appropriately: warm socks and waterproof/windproof shoe covers on my feet, fleece leg warmers for my legs, fleece insulated windproof gloves are all I usually need for my hands, full balaclava and ski goggles for my head. This set-up only leaves my nose uncovered. I haven't had a day when it's been too cold. If too much covers my mouth and nose, I can have a bit of trouble breathing, plus the condensation from my breath can freeze and make it worse. I carry a backpack with all my stuff for the day, which keeps my back really warm (i.e. sweaty), so a light fleecelined jacket is all I need.

C.U.: How do bicycling to work and your position with Black Diamond complement each other?

N.R.: To make the best climbing, mountaineering and skiing equipment, you have to have a group of people who are dedicated users. Being located in Salt Lake allows us to be right in the middle of everything we make. Being able to ride to work and go out and test gear makes working at Black Diamond more rewarding than you standard engineering job.

C.U.: What products does Black Diamond sell that can be useful in the cycling world?

N.R.: We have a full line of gloves from lightweight liners to down mittens, all of which could work for cycling. Headlamps that are super lightweight and unbelievably bright work great for commuting. We have packs and a single strap messenger bag in a couple of sizes. For touring cyclists we have bombproof tents that are ultra lightweight. One of the employees did the Great Divide Trail with beta-mid tents. He discovered that the position where the poles normally go is equal to the space between two bike wheels. He would flip his bike upside down, drape the tent over it, stake it down and be set. Go to www.bdel.com or stop by our retail store.

C.U.: Nick and Eric, thanks for participating in this column. My wife is wondering if I am going to ride every day next winter in order to not be outdone!

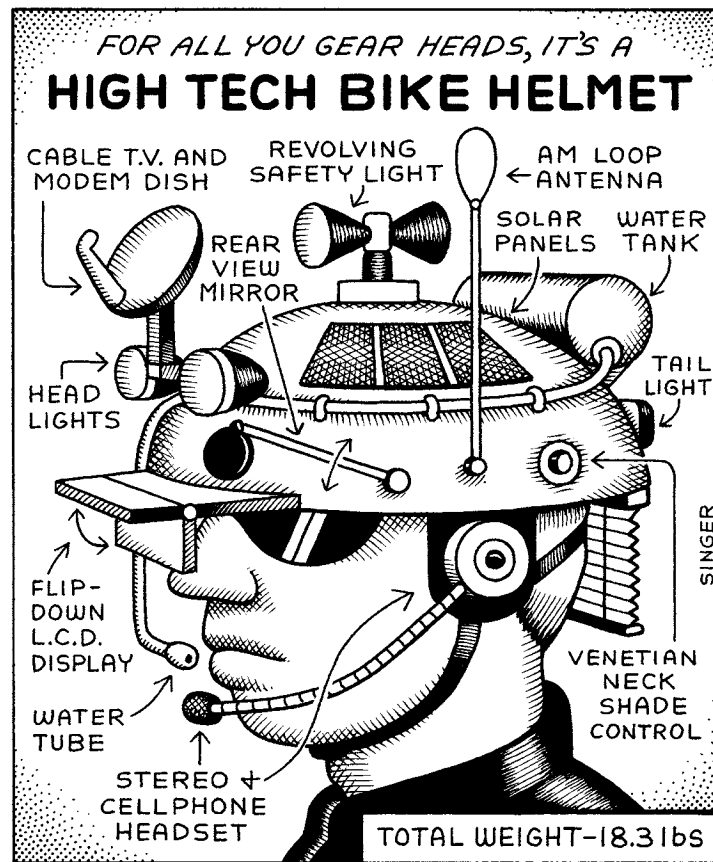
I had mentioned last fall that I was going to "retire" my column. To everyone who made complimentary comments regarding my commuter column, THANK YOU. I did need a break from deadlines, but I decided to continue the column. I hope to continue to promote the importance of more cyclists using bikes in a utilitarian manner, which I believe is the most important means of improving the cycling infrastructure and safety of all bicyclists. Make your bike your first transportation choice and ride it everywhere.

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

-Lou Melini

NO EXIT

© Andy Singer



Raisin Retires from Racing

The day before Thanksgiving, and just a week before his wedding, Saul Raisin received some bad news. His team, Crédit Agricole, decided that the risks of continuing his career would be too great. Shortly after learning about the decision Saul called me in tears. Not only had his dream been ripped from his grasp, but his future was suddenly in doubt.

Since that time I've been inspired as I've watched him piece things together again. His marriage to Aleeza went forward as planned. He's accepted numerous speaking engagements while continuing his training schedule with an eye on triathlons, and his Raisin Hope Foundation has been named the beneficiary of the Air Force Classic which is a UCI sanctioned race to be held on May 4 near Washington D.C.

When I recently asked Saul about his future in cycling he impressed me yet again with his answer: "I've always said cycling is a part of my life. Cycling will always be a part, and nothing more. For me my life has just begun with the most beautiful girl in the world. The best is yet to come!"

-Dave Shields

For updates on Saul please visit www.SaulRaisin.com. For information about his book, which has just been named The Best Sports Biography of 2007 by USA Book News please visit www.TourdeLife.us. For an interview with Saul, see our Fall 2007 issue online at cyclingutah.com.



SATURDAY CYCLES

Touring - Commuter Headquarters

Un-sprung Spring Sale

- Surly on sale!
- Arkel and Lone Peak Bags
- Fenders from Honjo, Planet Bike, SKS and more.
- Brooks Saddles on Sale.
- Racks by Tubus, Jandd, IRD +
- WOOL clothes by Salsa, EWR +

2204 North 640 West, West Bountiful

298-1740 – Open Saturdays 10-6

(watch for expanded store hours in Spring)

(only 10 miles from downtown)

Bring this ad in for 10% off any purchase till 4/1

BICYCLE SHOP DIRECTORY

SOUTHERN UTAH

Brian Head

Brian Head Resort Mountain Bike Park
329 S. Hwy 143
(in the Giant Steps Lodge)
P.O. Box 190008
Brian Head, UT 84719
(435) 677-3101
brianhead.com

Cedar City

Cedar Cycle
38 E. 200 S.
Cedar City, UT 84720
(435) 586-5210
cedarcycle.com

Moab

Chile Pepper
702 S. Main
(next to Moab Brewery)
Moab, UT 84532
(435) 259-4688
(888) 677-4688
chilebikes.com

Poison Spider Bicycles

497 North Main
Moab, UT 84532
(435) 259-BIKE
(800) 635-1792
poisonspiderbicycles.com

Uranium Bicycles

284 N. Main Street
Moab, UT 84532
(435) 259-2928
uraniumbicycles.com

Price

Decker's Bicycle
77 E. Main Street
Price, UT 84501
(435) 637-0086
deckersbicycle.com

BicycleWorks

640 E. Main Street
Price, UT 84501
(435) 637-BIKE
fuzzysbicycleworks.com

St. George

Bicycles Unlimited
90 S. 100 E.
St. George, UT 84770
(435) 673-4492
(888) 673-4492
bicyclesunlimited.com

Desert Cyclery

1091 N. Bluff
St. George, UT 84770
(435) 674-2929
(866) 674-2929
desertcyclery.com

Red Rock Bicycle Co.

446 W. 100 S. (100 S. and Bluff)
St. George, UT 84770
(435) 674-3185
redrockbicycle.com

Sunset Cycles

140 N. 400 W.
St. George, UT 84770
(435) 215-4251
sunset-cycles.com

Springdale

Zion Cycles
868 Zion Park Blvd.
P.O. Box 624
Springdale, UT 84767
(435) 772-0400
zioncycles.com

NORTHERN UTAH

Logan

Joyride Bikes
65 S. Main St.
Logan, UT 84321
(435) 753-7175
joyridebikes.com

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

745 N. Main St.
Logan, UT 84321
(435) 752-2326

Park City

Brothers Bikes
520 N. Main Street,
#DHeber City, UT 84032
(435) 657-9570
brothersbikes.com

Cole Sport

1615 Park Avenue
Park City, UT 84060
(435) 649-4806
colesport.com

Dharma Wheels Cyclery

6415 N. Business Park Loop
Rd. #J
Park City, UT 84098
(435) 658-0032
dharmawheelscyclery.com

Jans Mountain Outfitters

1600 Park Avenue
P.O. Box 280
Park City, UT 84060
(435) 649-4949
jans.com

Stein Eriksen Sport

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

Park City Rides

1571 West Redstone Center Dr.,
Suite 120
Park City, UT 84098
(435) 575-0355
parkcityrides.com

White Pine Touring

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

Vernal

Altitude Cycle
580 E. Main Street
Vernal, UT 84078
(435) 781-2595
altitudecycle.com

NEVADA

Boulder City

BC Adventure Bicycles
1323 Arizona St.
Boulder City, NV 89005
(702) 293-0599
bouldercitybikes.com

WASATCH FRONT

DAVIS COUNTY

Bountiful

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

Saturday Cycles

2204 N. 640 W.
West Bountiful, UT 84010
(801) 298-1740
saturdaycycles.com

Kaysville

The Biker's Edge
232 N. Main Street
Kaysville, UT 84037
(801) 544-5300
bebikes.com

Sunset

Bingham Cyclery
2317 North Main
Sunset, UT 84015
(801) 825-8632
binghamcyclery.com

SALT LAKE COUNTY

Central Valley

Canyon Bicycles
3969 Wasatch Blvd.
(Olympus Hills Mall)
Salt Lake City, UT 84124
(801) 278-1500
canyonbicycles.com

Canyon Sports

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

Cottonwood Cyclery

2594 Bengal Blvd
Cottonwood Heights, UT 84121
(801) 942-1015
cottonwoodcyclery.com

Spin Cycle

4644 South Holladay Blvd.
Holladay, UT 84117
(801) 277-2626
(888) 277-SPIN
spincycleut.com

Salt Lake City

Bicycle Center
2200 S. 700 E.
Salt Lake City, UT 84106
(801) 484-5275
bicyclecenter.com

Cyclesmith

250 S. 1300 E.
Salt Lake City, UT 84102
(801) 582-9870
cyclesmithslc.com

Bingham Cyclery

1500 S. Foothill Drive
Salt Lake City, UT 84108
(801) 583-1940
binghamcyclery.com

Fishers Cyclery

2175 South 900 East
Salt Lake City, UT 84106
(801) 466-3971
fisherscyclery.com

Go-Ride Mountain Bikes

3232 S. 400 E., #300
Salt Lake City, UT 84115
(801) 474-0081
go-ride.com

Salt Lake City

Guthrie Bicycle
803 East 2100 South
Salt Lake City, UT 84106
(801) 484-0404
guthriebike.com

Hyland Cyclery

3040 S. Highland Drive
Salt Lake City, UT 84106
(801) 467-0914
hylandcyclery.com

REI

(Recreational Equipment Inc.)
3285 E. 3300 S.
Salt Lake City, UT 84109
(801) 486-2100
rei.com

SLC Bicycle Collective

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

The Bike Guy

1555 So. 900 E.
Salt Lake City, UT 84105
801-860-1528
thebikeguyslc.com

Wasatch Touring

702 East 100 South
Salt Lake City, UT 84102
(801) 359-9361
wasatchtouring.com

Wild Rose Sports

702 3rd Avenue
Salt Lake City, UT 84103
(801) 533-8671
wildrosesports.com

South Valley

Axis Sports
762 E. 12300 South
Draper, UT 84020
(801) 495-4455

Bingham Cyclery

107 E. 12300 S.
Draper, UT 84020
(801) 571-4480
binghamcyclery.com

Canyon Bicycles

762 E. 12300 South
Draper, UT 84020
(801) 576-8844
canyonbicyclesdraper.com

Golsan Cycles

10445 S. Redwood Road
South Jordan, UT 84095
(801) 446-8183
golsancycles.com

Infinite Cycles

3818 W. 13400 S. #600
Riverton, UT 84065
(801) 523-8268
infinitecycles.com

REI

(Recreational Equipment Inc.)
230 W. 10600 S.
Sandy, UT 84070
(801) 501-0850
rei.com

Revolution Bicycles

8714 S. 700 E.
Sandy, UT 84070
(801) 233-1400
revolutionutah.com

Staats Bike Shop

2063 E. 9400 S.
Sandy, UT 84093
(801) 943-8502
staatsbikes.com

UTAH COUNTY

American Fork/Lehi

Bike Barn
201 E. State St.
Lehi, UT 84043
(801) 768-0660
bikebarn@hotmail.com

Payson

Downhill Cyclery
36 W. Utah Ave
Payson, UT 84651
(801) 465-8881
downhillcyclery.com

Provo/Orem

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

Mad Dog Cycles

360 E. 800 S.
Orem, UT 84097
(801) 222-9577
maddogcycles.com

Mad Dog Cycles

936 E. 450 N.
Provo, UT 84606
(801) 356-7025
maddogcycles.com

Park's Sportsman

644 North State St.
Orem, UT 84057
(801) 225-0227
parkssportsman.com

Racer's Cycle Service

159 W. 500 N.
Provo, UT 84601
(801) 375-5873
racerscycle.net

Springville

Blayn's Cycling
284 S. Main Street
Springville, UT 84663
(801) 489-5106
blaynscycling.com

WEBER COUNTY

Eden/Huntsville

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

Ogden

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

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

Canyon Sports Outlet
699 W. Riverdale Road
Riverdale, UT 84405
(801) 436-2018
canyonsports.com

Skyline Cycle
834 Washington Blvd.
Ogden, UT 84401
(801) 394-7700
skylinecyclery.com

BOOK REVIEW**The Northern Tier is Choppy**

Review By Lou Melini

Unless you are a member of the Adventure Cycling Association (ACA), you may not understand how the title relates to cycling. The Northern Tier is one of 21 routes mapped by the ACA to make the journey of a touring bicyclist a little easier. If you wish to travel overnight by bicycle, you need to become familiar with the Adventure Cycling Association. The Northern Tier route takes you 4,295 miles from Anacortes, Washington to Bar Harbor, Maine. Lief Carlsen and his wife, Mary, shortened the ride by 295 miles by starting in Chelan, Washington. Along the way they will tell you about the challenges of riding in some of the more remote parts of the United States, dealing with weather, logistics of finding lodging and most importantly, learning all over again about being with each other for every waking and non-waking minute except for breaks to a bathroom.

In my opinion, writing a good book about bicycle touring that would appeal to a large audience is difficult. Bicycle tours are personal, exploring the inner self, which is difficult to translate to others. Miles From Nowhere, a round-the-world bicycle adventure by Barbara Savage (1983, published by the Mountaineers) or The Road of Dreams, a 2-year bicycling and hiking adventure around the world by Bruce Junek (1991, imagesoftheworld.com) would be categorized as "adventure travel" and therefore have a wider appeal. Other bicycle touring books fall into a very narrow category for a very specific audience. In addition, a touring book can read like a diary. Unfortunately for The Northern Tier, it falls into the latter category. It reads like a diary and will appeal to people like me who want to learn more about what makes a bike tour successful. The book is also written in what I will call a choppy style. In Williston, North Dakota, Lief cannot obtain the size tube he desperately needs so he hopes to find one at the bike shop in Minot, N.D. When they arrive in Minot, there is no mention if he found a tube. Instead he talks about his disappointment of not having a folding solar panel at the post office that he had ordered!

There are some redeeming parts of the book that would be helpful to novice and even experienced tourists. For example, 2 people on a tandem for 51 days can produce some mental strains. Lief and Mary had their issues when he says on day 25 "There is more cooperation and less head butting between us than usual. She sure can be sweet when she isn't pissed off and she hasn't been pissed in days. I want to take her hand and skip down the sidewalk. I think these are the best of times". You will unlikely find a book about unsuccessful bike tours, but the statement by Lief identifies a seldom discussed, yet large part of any tour, compatibility issues. Perhaps that is why nearly all bike tourists I meet on the road are solo or with one other person. The fact that they rode 4000 miles over 51 days indicates that they were able to overcome their differences.

I have to think that Lief did a lot of compromising to make things work. On day 26 he writes, "We mailed the trailer and all the camping gear home and will be staying in motels from now on. It has not escaped my attention that surrendering the trailer represents the culmination of a difference of opinion between Mary and me that has been a source of friction throughout this ride-and Mary's opinion has prevailed. She has always argued for luxury over frugality..." He later writes, "We did 95 miles and could have done more but this is where the motels are and we're utterly dependent on them now."

The Carlens took on quite an adventure for their first bicycle tour longer than 4 days. They touched on the many aspects of bicycle touring, dealing with weather, finding food that is up to one's standards, finding lodging, taking time to be a "tourist on vacation", and the daily grind of riding a bike, such as Mary's perpetual state of saddle soreness. I was somewhat astounded when Lief writes that they carried only one spare tube, which they managed to lose while crossing eastern Montana, a location not known for bike shops.

Did I learn anything from this book? Well, maybe is the best answer I can give. I learned that I would not be doing a long tour with the Carlens. I have a great touring partner in my wife Julie. I was reminded of the communication requirements for the uncertainties that occur nearly daily on a bike tour. On the other hand, the Carlens may not want to tour with us given our "style" of touring. The Northern Tier didn't cost much from Adventure Cycling Association and it is portable enough to read anywhere. I am "Old-School" so books are still my number one source of reading. However one may find similar information from Crazyguyonabike.com or from the touring blogs found on the ACA website. There are currently 65 journals for the Northern Tier on the ACA website and 100 citations when I typed in "The Northern Tier" on the search engine for CrazyGuyonabike.com.

I can't highly recommend this book except to that audience of bike tourists, who like me, want to know more about the "science" of touring and how to avoid mistakes that can lead to a bad experience. I am glad I read it but it may get passed onto someone else with a shared interest.

The Northern Tier: One Couple's Bicycle Ride Across America
By Lief Carlsen, 2007, paperback, available at LuLu.com.

Cyclingutah.com for trails, event links, photos, back issues, links, and more!

HEALTH**Hamstrung!**

By Erik Moen PT, CSCS

The hamstrings are important! The hamstrings are a muscle group comprised of three muscle bellies (biceps femoris, semimembranosus, and semitendinosus).

These muscles originate at the ischial tuberosities (aka butt bones) and travel downwards, below the knee to their attachments on the tibia (shin bone) and fibula. The hamstrings primary action is known to be a knee flexor or knee bender. The hamstrings also serve important roles in hip extension and rotation-stabilization of the knee. Key functions of most muscles are characterized by their ability to move through a range of motion (flexibility), torque production (strength), and coordination. The hamstrings are often the forgotten entity for the cyclist. Let's face it, most cyclists when given a choice in the weight room will "show case" their quadriceps development. Not to imply that the quadriceps are not important. The quadriceps, along with the gluteals, are the primary motor for bicycling. Cyclists often neglect their hamstrings in fitness development. Another way of unintentionally neglecting the hamstrings is to assume a low saddle height. Low saddle heights are gentle on the hamstrings. I have found through basic clinical research that most healthy and injured cyclists assume a lower than "standard" saddle height. Low saddle heights do not put much stretch on the hamstrings. Low saddle heights put the hamstrings on a disadvantaged length-tension relationship, thus limit a fitness stimulus to the hamstrings in pedaling. Low saddle heights allow for over-emphasis of the quadriceps and neglect for the hamstrings.

Flexibility of the hamstring group is important. Limited hamstring flexibility disallows the cyclist from reaching forward to an appropriately placed handlebar (aero or standard drops). Therefore, if you want to assume the David Zabriskie look as he charges a Pro Tour prologue, you better work on your hamstring flexibility. Hamstring flexibility (and secondarily gluteals) allows an athlete to forward-bend through the hips. Limited ability to forward bend to a given handlebar position will result in a "cheat-reach". A "cheat-reach" is an irregular forward flexion of the back or long reach through the shoulders to allow reach to the handlebars. The "cheat-reach" scenario will result in neck, back, or shoulder discomfort.

Flexibility

If you are the average guy, you have poor hamstring flexibility. In

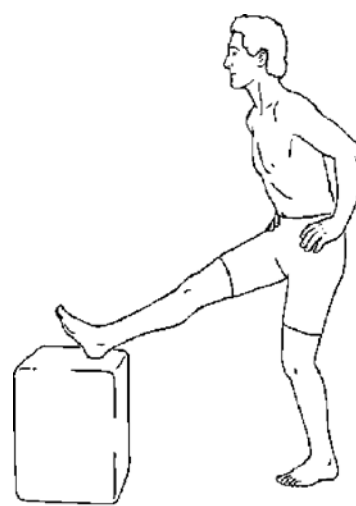
general, men tend to have limited hamstring flexibility while women tend to have good hamstring flexibility but with limited coordination. Both men and women can have relative weakness of hamstrings in relationship to the quadriceps.

If you have goals of utilizing a true aero position or just want to look like a professional bike racer you should plan to have good hamstring flexibility. Good hamstring flexibility for bicycling means having 70-90 degrees of hamstring flexibility (have a Physical Therapist help you). Poor hamstring flexibility will put you at risk for knee injuries as well as back pain. A great hamstring stretch is performed from standing (Figure 1). Place your foot on a chair with your stance foot in a forward directed position. Bend forward by rotating from the hip. Keep your back and pelvis straight/flat. The stretch leg should assume a slight bend of the knee. The resultant stretch should be felt in the middle of the hamstrings.

Assume a stretch load that would be considered mild to moderate. No bouncing. Hold your stretch position for a combined stretch time of two minutes (e.g. 3 stretches of 40seconds). Keep your stretches symmetrical. Only stretch your legs as far as the weakest/tightest link.

Figure 1: Standing hamstring stretch

(Copyright VISUAL HEALTH INFORMATION (VHI))



Out-stretching your arms to mimic an aero position may advance

this standing stretch.

Another nice way of stretching the hamstrings is by assuming a prolonged, long-sitting position (Figure 2). Simply sit on the ground with your legs outstretched in front of you. Keep your feet and knees pedal-width apart. Keep your feet pointed straight upright. Walk yourself up into upright sitting (flat back) until a light stretch is felt in hamstrings. Most guys will not be able to sit all the way up with a flat back. Advancement of the stretch will have you grab behind your knees and pull forward while keeping the back/pelvis flat.

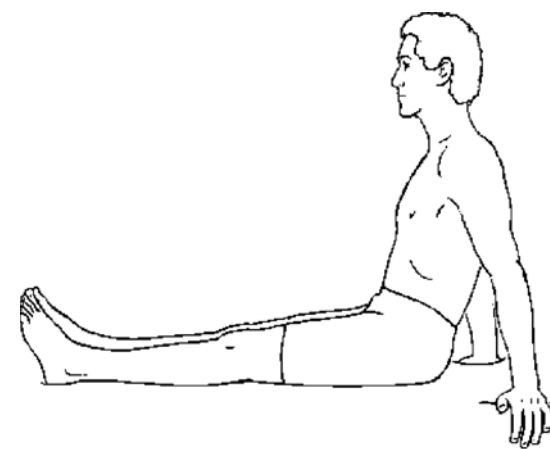


Figure 2: Seated hamstring stretch

(Copyright VISUAL HEALTH INFORMATION (VHI))

Any new exercise should be started with caution and keen attention to good form. Please visit a Physical Therapist if you have a history of injury or are having difficulty understanding principles of flexibility. Physical Therapists are the best people to assess musculoskeletal function/dysfunction. Improving your hamstring flexibility will help you assume appropriate positions on the bicycle with greater comfort and economy. Improved hamstring flexibility will lessen your chances of low back pain and knee injuries. A regular morning ritual of hamstring stretching would be a great start to improved bicycling function. My next article will discuss methods of improving hamstring strength and coordination.

Erik Moen PT, CSCS owns Corpore Sano LLC. He is a physical therapist who specializes in bicycling biomechanics and bicycle-related injury treatment. www.bikept.com.

IMBA's 2008 World Summit to be held in Park City in June

Mountain biking enthusiasts from around the globe will gather in Park City, Utah, June 18-21 for the 2008 IMBA World Summit. IMBA Summits bring mountain biking advocates, land managers, ski resort professionals, trailbuilders, tourism officials and the bike industry together for collaboration, planning and celebration.

"We could not be more excited about the location of our 2008 gathering," says IMBA executive director Mike Van Abel. "Park City is a model trails community and IMBA's host club, the Mountain Trails Foundation, is also a model of shared-use leadership, with non-motorized groups coming together to create amazing trails and maybe more important, a tight-knit trails community."

"Park City was losing its trails to rapid development. In the course of a couple of years, we went from trails being an after-thought in the planning process

to where trails are given equal weight with streets and utilities in new development," said Mountain Trails Foundation founder and IMBA Board Member Tom Clyde. "Practically all of the trail system is on private land, and now there is almost a competition among the development community to see who can build the best trails. This is because an active trails community got behind the cause."

The 2008 IMBA Summit will be open to the public, and will feature advocacy seminars, trailbuilding workshops, networking, great food, parties, celebrity guest speakers and some big surprises. Topics will include the economic power of trails, sustainable trailbuilding, liability and risk management, urban trail networks, building club capacity and much more.

IMBA's most recent Summit attracted more than 400 delegates from 17 nations for three days of seminars and discussions in Whistler, BC. A compendium of online resources can be found at IMBA's website (imba.com).

cycling utah

RACE RESULTS

Cyclo
Cross

Utah Cyclocross Series Race #2, Heber, Utah, October 6, 2007

A
1. Bart Gillespie
2. Ali Goulet
3. Reed Wycoff
4. Aaron Stites
5. Bryson Perry
6. Art O'Connor
7. Jon Gallagher
8. Dave Harward
9. Eric Rasmussen
10. Bryan Gillespie

35+
1. Aaron Jordin
2. Step o han Warsocki
3. Daren Cottle
4. Dave Wood
5. Mike Kracht
6. Gary Fuller
7. Jay Burke
8. Sam Moore
9. Bob Saffell
10. Linde Smith

B
1. Jason Potter
2. Connor O'Leary
3. Kevin Wilde
4. Kelly Glenn
5. Chris Sherwin
6. Sean Hoover
7. Brent Peacock
8. Devon Alvarez
9. Kyle Cramer
10. Chris Makay

C
1. Phillip Pattison
2. Mike Walkenhorst
3. Charles Heaton
4. Rodney Kopish
5. Stephen Brown
6. Tom Bacus
7. Eric Gardiner
8. Brett Johnson
9. Gage Jacobsen
10. Marty Connors

Wmn A
1. Erin Collins
2. Dayna Deuter
3. Julie Holmes
4. Lara Kendall
5. Lyna Saffell
6. Carolyn Yeaton

Wmn B
1. Meara McClenahan
2. Jennie Wade
3. Theresa Carr
4. Nancy Alcabes
5. Lisa Fitzgerald
6. Amy Andrews
7. Christy Clay
8. Tamara Artz
9. Babs Isak
10. Heather Gilbert

Juniors 15-18
1. Tanner Cottle
2. Keegan Swenson
3. Peter Lowell
4. Bobby Cannon

Singlespeed
1. Steve Wasmund
2. Racer Gibson
3. Bryce Young
4. Jason Lloyd

5. Jess Dear
6. Matt Ohran
7. Rich Drossen
8. Jason Hendrickson
9. Steven P Lewis
10. Robert Sorenson

35+ B
1. Mike Pratt
2. Roger Gillespie
3. Dave Leikam
4. Troy Lupcho
5. Doug Smith
6. Lew Rollins
7. Mark Pasternak
8. Matt Bradley
9. Scott Toly
10. Von Meow

Juniors 14 under
1. Paden Hoover
2. Jacob Layer
3. Quincy Bacus
4. Chelsey Layer
5. Jase Hoover

**Utah Cyclocross Series
Race #3, RMR, West
Valley, Utah, October 13,
2007**

A
1. Mitchell Peterson
2. Ali Goulet
3. Jon Gallagher
4. Eric Rasmussen
5. Dave Harward
6. Reed Wycoff
7. Aaron Stites
8. Bryan Gillespie
9. Jim Fearick

35+
1. Step o han Warsocki
2. Craig Kidd
3. Sam Moore
4. Gary Fuller
5. Linde Smith
6. Daren Cottle
7. Bob Saffell
8. Chuck Collins
9. Darrell Davis
10. Dave Wood

B
1. Sean Hoover
2. Connor O'Leary
3. Kevin Wilde
4. Jason Potter
5. Aaron Phillips
6. Devon Alvarez
7. Chris Sherwin
8. Jeremy Clay
9. Kelly Glenn
10. Marc Divall

C
1. Charles Heaton
2. Mike Walkenhorst
3. Phillip Pattison
4. Eric Gardiner
5. Brett Johnson
6. Gage Jacobsen
7. Stephen Brown
8. David Koltz
9. Zane Freebairn
10. Jashua Parrish

Wmn A
1. Kris Walker
2. Kathy Sherwin
3. Peter Lowell
4. Bobby Cannon

Wmn B
1. Meara McClenahan
2. Marit Fischer
3. Christy Clay
4. Nancy Alcabes

5. Lisa Fitzgerald
6. Theresa Carr
7. Shanna Matheson
Juniors 15-18
1. Tanner Cottle
2. AJ Bates
3. Chase Frantz
Singlespeed
1. Bryce Young
2. Jess Dear
3. Jason Lloyd
4. Rich Drossen
5. Robert Hamlin
6. Steven P Lewis
7. Jesse Gordon
8. Jim Rowan

Wmn A
1. Kris Walker
2. Dayna Deuter
3. Julie Holmes
4. Jenelle Kremer
5. Lyna Saffell
6. Susannah Pratt

Wmn B
1. Marit Fischer
2. Heather Gilbert
3. Tamara Artz
4. Lisa Fitzgerald
5. Theresa Carr
6. Jennie Wade
7. Shanna Matheson
8. Juel Iverson
9. Babs Isak

Juniors 15-18
1. Tanner Cottle
Singlespeed
1. Steve Wasmund
2. Bryce Young
3. Jason Lloyd
4. Jess Dear
5. Racer Gibson
6. Eric Flynn
7. Robert Hamlin
8. Daniel Nelson
9. Seth Gunderson
10. Tyler Jones

**Utah Cyclocross Series
Race #4, Fort
Buenaventura Ogden,
Utah, October 20, 2007**

A
1. Ali Goulet
2. Bart Gillespie
3. Jon Gallagher
4. Art O'Connor
5. Aaron Stites
6. Reed Wycoff
7. Dave Harward
8. Eric Rasmussen
9. Bryan Gillespie
10. Chris Peterson

35+ A
1. Step o han Warsocki
2. Matt Ohran
3. Sam Moore
4. Daren Cottle
5. Bob Saffell
6. Darrell Davis
7. Linde Smith
8. John Itlis
9. Gary Fuller
10. Jay Burke

B
1. Kevin Wilde
2. Sean Hoover
3. Kelly Glenn
4. Connor O'Leary
5. Devon Alvarez
6. Chris Sherwin
7. James Glenn
8. Marc Divall
9. Nathan Kamerateh
10. Kyle Cramer

C
1. Mike Walkenhorst
2. Eric Gardiner
3. Brett Johnson
4. Zane Freebairn

5. Troy Nye
6. Ryan Westenskow
7. Kelsey Phelps
8. Gage Jacobson
9. Phillip Pattison
10. Stephen Brown

Wmn A
1. Marit Fischer
2. Heather Gilbert
3. Tamara Artz
4. Lisa Fitzgerald
5. Theresa Carr
6. Jennie Wade
7. Shanna Matheson
8. Juel Iverson
9. Babs Isak

Juniors 15-18
1. Tanner Cottle
Singlespeed
1. Steve Wasmund
2. Bryce Young
3. Jason Lloyd
4. Jess Dear
5. Racer Gibson
6. Eric Flynn
7. Robert Hamlin
8. Daniel Nelson
9. Seth Gunderson
10. Tyler Jones

35+ B
1. Rich Caramadre
2. Roger Gillespie
3. Mike Pratt
4. Peter Cariveau
5. Dave Leikam
6. Mark Pasternak
7. Lew Rollins
8. Matt Bradley
9. David Cole
10. Doug Smith

Juniors 14 under
1. Collin Curtis
2. Brad Thurgood
3. Paden Hoover
4. Grayson Pitcher
5. Tyler Jones
6. Alli Rossberg
7. Joshua Cole
8. Will Carnel

**Utah Cyclocross Series
Race #5, Wheeler Farm,
Salt Lake City, Utah,
October 21, 2007**

A
1. Bart Gillespie
2. Mitchell Peterson
3. Jon Gallagher
4. Reed Wycoff
5. Dave Harward
6. Eric Rasmussen
7. Aaron Stites
8. Art O'Connor
9. Jim Fearick
10. Kevin Wilde

35+ A
1. John McKone
2. Step o han Warsocki
3. Aaron Jordin
3. Dave Wood
4. Isaac Wilson
5. Sam Moore
6. Gary Fuller
7. Linde Smith
8. Chuck Collins
9. Mike Kracht
10. Darrell Davis

B
1. Connor O'Leary
2. Kelly Glenn
3. Chris Sherwin
4. Chris Davidson
5. Devon Alvarez
6. Aaron Phillips
7. Seth Bradley
8. Tyler Fought

9. Jess Dear
10. John Brooks

C
1. Troy Nye
2. Mike Walkenhorst
3. Eric Gardiner
4. Tanner Cottle
5. Stephen Brown
6. Brett Johnson
7. Phillip Pattison
8. Jeff Johnson
9. Joshua Parris
10. David Koltz

Wmn A
1. Heather Holmes
2. Dayna Deuter
3. Julie Holmes
4. Lara Kendall
5. Meara McClenahan
6. Annie Deprey
7. Marit Fischer

Wmn B
1. Jennie Wade
2. Christy Clay
3. Rachel Giesiewicz
4. Lisa Fitzgerald
5. Laurel Hunter
6. Theresa Carr
7. Shanna Matheson
8. Courtney Henley
9. Meaghan Cunningham
10. Ethan Nelson

Juniors 15-18
1. Keegan Swenson
2. Connor Matthews
3. Tanner Cottle
Singlespeed
1. Bryce Young
2. Steve Wasmund
3. Jess Dear
4. Racer Gibson
5. Jason Lloyd
6. Clark Mower
7. Matthew Peterson
8. Ryan Ashbridge
9. Daniel Roper
10. Robert Hamlin

35+ B
1. Rich Caramadre
2. Roger Gillespie
3. Mark Pasternak
4. Rich Caramadre
5. Lew Rollins
6. Doug Smith
7. Matt Bradley
8. Dave Leikam
9. Mark Miller
10. David Cole

Juniors 14 under
1. Paden Hoover
2. Brad Thurgood
3. Quincy Bacus
3. Brad Thurgood
4. Tyler Jones
5. Joshua Cole
6. Alli Rossberg
7. Nate Hansen
8. Uri Eddington

**Utah Cyclocross Series
Race #6, Heber, Utah,
November 3, 2007**

A
1. Bart Gillespie
2. Ali Goulet
3. Reed Wycoff
4. Eric Rasmussen
5. Dave Harward
6. Bryson Perry
7. Aaron Stites
8. Art O'Connor
9. Jim Fearick
10. Kevin Wilde

35+ A
1. Daren Cottle
2. Aaron Jordin
3. Dave Wood
4. Isaac Wilson
5. Sam Moore
6. Gary Fuller
7. Linde Smith
8. Chuck Collins
9. Mike Kracht
10. Darrell Davis

B
1. Connor O'Leary
2. Kelly Glenn
3. Chris Sherwin
4. Chris Davidson
5. Devon Alvarez
6. Aaron Phillips
7. Seth Bradley
8. Tyler Fought

9. Tyler Fought
10. John Brooks

C
1. Troy Nye
2. Mike Walkenhorst
3. Eric Gardiner
4. Tanner Cottle
5. Stephen Brown
6. Brett Johnson
7. Phillip Pattison
8. Jeff Johnson
9. Joshua Parris
10. David Koltz

Wmn A
1. Heather Holmes
2. Dayna Deuter
3. Julie Holmes
4. Lara Kendall
5. Meara McClenahan
6. Annie Deprey
7. Marit Fischer

Wmn B
1. Jennie Wade
2. Christy Clay
3. Rachel Giesiewicz
4. Lisa Fitzgerald
5. Laurel Hunter
6. Theresa Carr
7. Shanna Matheson
8. Courtney Henley
9. Meaghan Cunningham
10. Ethan Nelson

Juniors 15-18
1. Keegan Swenson
2. Connor Matthews
3. Tanner Cottle
Singlespeed
1. Bryce Young
2. Steve Wasmund
3. Jess Dear
4. Racer Gibson
5. Jason Lloyd
6. Clark Mower
7. Matthew Peterson
8. Ryan Ashbridge
9. Daniel Roper
10. Robert Hamlin

35+ B
1. Rich Caramadre
2. Roger Gillespie
3. Mike Pratt
4. Peter Cariveau
5. Dave Leikam
6. Mark Pasternak
7. Lew Rollins
8. Matt Bradley
9. David Cole
10. Doug Smith

Juniors 14 under
1. Paden Hoover
2. Brad Thurgood
3. Quincy Bacus
3. Brad Thurgood
4. Tyler Jones
5. Joshua Cole
6. Alli Rossberg
7. Nate Hansen
8. Uri Eddington

**Utah Cyclocross Series
Race #7, Utah State
Championship, Wheeler
Farm, Salt Lake City,
Utah, November 10,
2007**

A
1. Bart Gillespie
2. Bryson Perry
3. Dave Harward
4. Mitchell Peterson
5. Reed Wycoff
6. Sam Krieg
7. Jon Gallagher
8. Eric Rasmussen
9. Jason Sager
10. Chris Peterson

35+ A
1. John McKone
2. Aaron Jordin
3. Gary Fuller
4. Mike Kracht
5. Isaac Wilson
6. Sam Moore
7. Step o han Warsocki
8. Jay Burke
9. Dave Wood
10. Chuck Collins

B
1. Connor O'Leary
2. Sean Hoover
3. Kelly Glenn
4. Eric Moore
5. Jeremy Clay
6. Bo Pitkin

7. Tyler Fought
8. Devon Alvarez
9. Clark Mower
10. Seth Bradley

C
1. Mike Walkenhorst
2. Troy Nye
3. Rodney Kopish
4. Jeff Johnson
5. David Koltz
6. Franklin Williams
7. Brett Johnson
8. Phillip Pattison
9. Eric Gardiner
10. Craig Curtis

Wmn A
1. Kathy Sherwin
2. Kris Walker
3. Tiffany Pezzulo
4. Dayna Deuter
5. Erika Powers
6. Meara McClenahan
7. Jenelle Kremer
8. KC Holley
9. Julie Holmes
10. Marit Fischer

Wmn B
1. Jennie Wade
2. Heather Gilbert
3. Christy Clay
4. Laurel Hunter
5. Lisa Fitzgerald
6. Juel Iverson
7. Theresa Carr
8. Kimberly Beisner
9. Meaghan Cunningham
10. Shanna Matheson

Juniors 15-18
1. Keegan Swenson
2. Bryce Young
3. Connor Matthews
4. Tanner Cottle
5. AJ Bates
Singlespeed
1. Alex Rock
2. Steve Wasmund
3. Cameron Lasky
4. Racer Gibson
5. Jason Lloyd
6. Clark Mower
7. Matthew Peterson
8. Ryan Ashbridge
9. Daniel Roper
10. Robert Hamlin

35+ B
1. Rich Caramadre
2. Roger Gillespie
3. Mark Pasternak
4. Rich Caramadre
5. Lew Rollins
6. Doug Smith
7. Matt Bradley
8. Dave Leikam
9. Mark Miller
10. David Cole

Juniors 14 under
1. Paden Hoover
2. Brad Thurgood
3. Quincy Bacus
3. Brad Thurgood
4. Tyler Jones
5. Joshua Cole
6. Alli Rossberg
7. Nate Hansen
8. Uri Eddington

**Utah Cyclocross Series
Race #8, Wheeler Farm,
Salt Lake City, Utah,
November 24, 2007**

A
1. Bart Gillespie
2. Ali Goulet
3. Reed Wycoff
4. Eric Rasmussen
5. Dave Harward
6. Bryson Perry
7. Aaron Stites
8. Art O'Connor
9. Jim Fearick
10. Kevin Wilde

35+ A
1. Daren Cottle
2. Aaron Jordin
3. Dave Wood
4. Isaac Wilson
5. Sam Moore
6. Gary Fuller
7. Linde Smith
8. Chuck Collins
9. Mike Kracht
10. Darrell Davis

B
1. Connor O'Leary
2. Kelly Glenn
3. Chris Sherwin
4. Chris Davidson
5. Devon Alvarez
6. Aaron Phillips
7. Seth Bradley
8. Tyler Fought

9. Tyler Fought
10. John Brooks

C
1. Troy Nye
2. Mike Walkenhorst
3. Eric Gardiner
4. Tanner Cottle
5. Stephen Brown
6. Brett Johnson
7. Phillip Pattison
8. Jeff Johnson
9. Joshua Parris
10. David Koltz

Wmn A
1. Heather Holmes
2. Dayna Deuter
3. Julie Holmes
4. Lara Kendall
5. Meara McClenahan
6. Annie Deprey
7. Marit Fischer

Wmn B
1. Jennie Wade
2. Christy Clay
3. Rachel Giesiewicz
4. Lisa Fitzgerald
5. Laurel Hunter
6. Theresa Carr
7. Shanna Matheson
8. Courtney Henley
9. Meaghan Cunningham
10. Ethan Nelson

Juniors 15-18
1. Keegan Swenson
2. Connor Matthews
3. Tanner Cottle
Singlespeed
1. Bryce Young
2. Steve Wasmund
3. Jess Dear
4. Racer Gibson
5. Jason Lloyd
6. Clark Mower
7. Matthew Peterson
8. Ryan Ashbridge
9. Daniel Roper
10. Robert Hamlin

35+ B
1. Rich Caramadre
2. Roger Gillespie
3. Mike Pratt
4. Peter Cariveau
5. Dave Leikam
6. Mark Pasternak
7. Lew Rollins
8. Matt Bradley
9. David Cole
10. Doug Smith

Juniors 14 under
1. Paden Hoover
2. Brad Thurgood
3. Quincy Bacus
3. Brad Thurgood
4. Tyler Jones
5. Joshua Cole
6. Alli Rossberg
7. Nate Hansen
8. Uri Eddington

**Utah Cyclocross Series
Race #9, Wheeler Farm,
Salt Lake City, Utah,
December 1, 2007**

A
1. Bart Gillespie
2. Ali Goulet
3. Reed Wycoff
4. Eric Rasmussen
5. Dave Harward
6. Bryson Perry
7. Aaron Stites
8. Art O'Connor
9. Jim Fearick
10. Kevin Wilde

35+ A
1. Daren Cottle
2. Aaron Jordin
3. Dave Wood
4. Isaac Wilson
5. Sam Moore
6. Gary Fuller
7. Linde Smith
8. Chuck Collins
9. Mike Kracht
10. Darrell Davis

B
1. Connor O'Leary
2. Sean Hoover
3. Kelly Glenn
4. Eric Moore
5. Jeremy Clay
6. Bo Pitkin

7. Tyler Fought
8. Devon Alvarez
9. Clark Mower
10. Seth Bradley

C
1. Mike Walkenhorst
2. Troy Nye
3. Rodney Kopish
4. Jeff Johnson
5. David Koltz
6. Franklin Williams
7. Brett Johnson
8. Phillip Pattison
9. Eric Gardiner
10. Craig Curtis

Wmn A
1. Kathy Sherwin
2. Kris Walker
3. Tiffany Pezzulo
4. Dayna Deuter
5. Erika Powers
6. Meara McClenahan
7. Jenelle Kremer
8. KC Holley
9. Julie Holmes
10. Marit Fischer

Wmn B
1. Jennie Wade
2. Heather Gilbert
3. Christy Clay
4. Laurel Hunter
5. Lisa Fitzgerald
6. Juel Iverson
7. Theresa Carr
8. Kimberly Beisner
9. Meaghan Cunningham
10. Shanna Matheson

Juniors 15-18
1. Keegan Swenson
2. Bryce Young
3. Connor Matthews
4. Tanner Cottle
5. AJ Bates
Singlespeed
1. Alex Rock
2. Steve Wasmund
3. Cameron Lasky
4. Racer Gibson
5. Jason Lloyd
6. Clark Mower
7. Matthew Peterson
8. Ryan Ashbridge
9. Daniel Roper
10. Robert Hamlin

35+ B
1. Rich Caramadre
2. Roger Gillespie
3. Mark Pasternak
4. Rich Caramadre
5. Lew Rollins
6. Doug Smith
7. Matt Bradley
8. Dave Leikam
9. Mark Miller
10. David Cole

Juniors 14 under
1. Paden Hoover
2. Brad Thurgood
3. Quincy Bacus
3. Brad Thurgood
4. Tyler Jones
5. Joshua Cole
6. Alli Rossberg
7. Nate Hansen
8. Uri Eddington

**Utah Cyclocross Series
Race #10, Fort
Buenaventura, Ogden,
Utah, December 8, 2007**

A
1. Bart Gillespie
2. Ali Goulet
3. Reed Wycoff
4. Eric Rasmussen
5. Dave Harward
6. Bryson Perry
7. Aaron Stites
8. Art O'Connor
9. Jim Fearick
10. Kevin Wilde

35+ A
1. Daren Cottle
2. Aaron Jordin
3. Dave Wood
4. Isaac Wilson
5. Sam Moore
6. Gary Fuller
7. Linde Smith
8. Chuck Collins
9. Mike Kracht
10. Darrell Davis

B
1. Connor O'Leary
2. Sean Hoover
3. Kelly Glenn
4. Eric Moore
5. Jeremy Clay
6. Bo Pitkin

Keep in Shape No Matter the Season

- 27 Schwinn IC Elite Spin Bikes
- Group Fitness
- Pilates
- Kickboxing
- Personal Training
- Cybex, Nautilus, Ground Zero Circuit
- Treadmills, Ellipticals, Bikes, Stair Climbers
- Adults Only Free Weights
- Teen Free Weights
- Indoor and Outdoor Track
- Tennis
- Racquetball
- Squash
- Swimming (All Year)
- Basketball
- Whirlpool, Sauna, Steam
- Massage
- Nursery Facilities

5445 South 900 East Salt Lake City, UT 84117

SPORTS MALL
A Full Service Private
Family Athletic Club

www.sportsmallgroup.com

CALL TODAY
FOR MEMBERSHIP INFORMATION
801-261-3426



For distinctive
printing,
publishing
and design,
it's all in
the spin.

**TRANSCRIPT
BULLETIN**
SINCE 1894 Publishing

Proud printer of *Cycling Utah* Since 1993

58 North Main • P.O. Box 390 • Tooele, Utah 84074-0390
435-882-0050 • Salt Lake 801-355-6525 • Toll Free 866-721-9992
Fax 435-882-6123 • www.tbpublishing.com

4. Mark Pasternak
 5. Mike Pratt
 6. Mark Miller
 7. Matt Bradley
 8. Dave Leikam
 9. David Cole
 10. Doug Smith
- Juniors 14 under**
1. Paden Hoover
 2. Jacob Layer
 3. Brad Thurgood
 4. Chelsey Layer
 5. Jesse Smith
 6. Joshua Cole

Utah Cyclocross 2007 Series Overall Team Point Competition

1. Contender Bicycles 2673
2. Canyon Bicycles Draper 2380
3. Mona Vie/Cannondale 2309
4. Revolution 2274
5. Porcupine/Specialized 1998
6. Timpanogos Cyclery 1994
7. Cole Sport 1932
8. Cutthroat Racing 1737
9. Racers Cycle Service 1437
10. Ridley Factory Team 1313
11. Bingham 1248
12. VMG 949
13. Bikeman.com 778
14. DNA Cycling 726
15. Porcupine Cycling 705
16. Canyon Bicycles 588
17. Joy Ride Bikes/Utah State 583
18. Inertia 564
19. CycleSmith 456
20. White Pine Touring 385

Utah Cyclocross 2007 Series Overall Individual Point Competition Overall A

1. Bart Gillespie; Mona Vie/Cannondale 353
2. Ali Goulet; Ridley Factory Team 324
3. Reed Wycoff; Contender Bicycles 295
4. Jon Gallagher; Cole Sport 277
5. Eric Rasmussen; Porcupine/Specialized 272
6. Dave Harward; Porcupine/Specialized 267
7. Mitchell Peterson; Mona Vie/Cannondale 216
8. Bryan Gillespie 207
9. Art O'Connor; Mona Vie/Cannondale 197
10. Kris Arnott; VMG 173
11. Kevin Wilde; Porcupine/Specialized 172
12. Aaron Stites; Racers Cycle Service 163
13. Bryson Perry; Canyon Bicycles Draper 158
14. Jared Inouye; Bikers Edge 133
15. Chad Harris; Racers Cycle Service 130
16. Alex Grant; Pearl Izumi 121
17. Jim Fearick; Contender Bicycles 112
18. Brandon Firth 109
19. Jason Sager; Mona Vie/Cannondale 72
20. Ryan Barrett; Sienna Dvlpmt/Goble Knee 70

- Overall 35+ A**
1. Dave Wood; Canyon Bicycles 290
 2. Step o han Warsock; Porcupine/Specialized 284
 3. Sam Moore; Porcupine Cycling 276
 4. Gary Fuller; Revolution 271
 5. Mike Kracht; Revolution 258
 6. Daren Cottle; Porcupine/Specialized 244
 7. Linde Smith; Ridley Factory Team 237
 8. Bob Saffell; Revolution 216
 9. Racer Gibson; Racers Cycle Service 187
 10. Aaron Jordin; Porcupine/Specialized 169
 11. Jay Burke; Revolution 144
 12. Chuck Collins; ICE/Kreig 126
 13. Jeff Clawson; Canyon Bicycles 119
 14. John Ittis; Cole Sport 113
 15. Darrell Davis; Contender Bicycles 109
 16. Matt Ohran; Mona Vie/Cannondale 92
 17. John McKone; CCB/Volkswagen 92
 18. Isaac Wilson; Mona Vie/Cannondale 76
 19. Craig Kidd; ICE/Kreig 76
 20. Jim Fearick; Contender Bicycles 70

- Overall 35+ B**
1. Rich Caramadre 376
 2. Mike Pratt; Canyon Bicycles 369
 3. Roger Gillespie; Mona Vie/Cannondale 352
 4. Mark Pasternak; Contender Bicycles 322
 5. Dave Leikam; Bikeman.com 289
 6. Mark Miller; Canyon Bicycles 282
 7. Doug Smith; Contender Bicycles 275
 8. Matt Bradley; DNA Cycling 271
 9. Lew Rollins; Canyon Bicycles 258
 10. David Cole; Ridley Factory Team 225
 11. Von Meow; 53x11 211
 12. Joel Zenger; Racers Cycle Service 209
 13. Lew Melini; Canyon Bicycles 139
 14. Scott Kern; Cutthroat Racing 189
 15. Shawn Lupcho; Mona Vie/Cannondale 175
 16. Nick Ekdahl; Revolution 167
 17. Ryan Merkle; Racers Cycle Service 159
 18. Shawn Haran; Canyon Bicycles 158
 19. Mike Marcci; Revolution 155
 20. Scott Toly; Cole Sport 137

- Overall B**
1. Connor O'Leary; Mona Vie/Cannondale
 2. Sean Hoover; Canyon Bicycles 380
 3. Kelly Glenn; Contender Bicycles
 4. Chris Sherwin; Revolution
 5. Devon Alvarez; Cole Sport 333
 6. Marc Divall; Contender Bicycles 295

7. James Glenn
 8. Tyler Fought; Contender Bicycles
 9. Seth Bradley; DNA Cycling
 10. Aaron Phillips
 11. Jeff Street; Canyon Bicycles
 12. Kevin Wilde
 13. Eric Greenwood; Kuhl Clothing
 14. Josh Gunter; VMG 195
 15. Alex Whitney; CycleSmith 191
 16. Kevin Parry; DNA Cycling
 17. Bo Pitkin; White Pine Touring
 18. Clark Mower; Contender Bicycles
 19. Jason Potter; Bridgetown Velo
 20. Charles Heaton; Canyon Bicycles
- Overall C**
1. Troy Nye; Bikeman.com 435
 2. Eric Gardiner; Joy Ride Bikes/Utah State 431
 3. Mike Walkenhorst; Timpanogos Cyclery 413
 4. Phillip Pattison; Inertia 377
 5. Brett Johnson; Cole Sport 366
 6. David Koltz 343
 7. Stephen Brown; Cutthroat Racing 329
 8. Pat Terry; Timpanogos Cyclery 317
 9. Ethan Nelson; Timpanogos Cyclery 315
 10. Kelsey Phelps; Timpanogos Cyclery 294
 11. Jeff Johnson 292
 12. Phil Pattison; Inertia 240
 13. Ronald Jensen; Bingham 234
 14. Mike Rossberg 234
 15. Perry Brown 231
 16. Jonathan Fields; www.probicydeparts.com 228
 17. Jorge Rojas; Karma 360 228
 18. Kerry Thurgood; Timpanogos Cyclery 228
 19. Scott Rice; Timpanogos Cyclery 216
 20. Craig Curtis; Cents Payroll 215

- Wmn A**
1. Kris Walker; kreigcycling.com 284
 2. Dayna Deuter; Ridley Factory Team 264
 3. Julie Holmes; Squadra/Velocita 240
 4. Tiffany Pezzulo; Squadra/Velocita 193
 5. Jennie Wade 184
 6. Marit Fischer; Contender Bicycles 174
 7. Lyna Saffell; Revolution 157
 8. Kathy Sherwin; Velo Bella 145
 9. Meara McClenahan; Contender Bicycles 145
 10. Jenelle Kremer; Revolution 133
 11. Rachel Geslewicz; Mona Vie/Cannondale 105
 12. Erin Collins 67
 13. Erika Powers; Revolution 65
 14. Lara Kendall; White Pine Touring 59
 15. Jodie Anderson; Revolution 48
 16. Heather Holmes; Kenda 42
 17. Carolyn Yeaton 30
 18. Susannah Pratt 30
 19. Annie Deprey; Squadra/Velocita 26
 20. KC Holley; Racers Cycle Service 26
 21. Jamie Bennion 21

- Wmn B**
1. Christy Clay; Contender Bicycles 271
 2. Lisa Fitzgerald 257
 3. Theresa Carr; Revolution 219
 4. Jennie Wade; Ridley Factory Team 218
 5. Shanna Matheson; Porcupine Cycling 207
 6. Rachel Geslewicz; Mona Vie/Cannondale 176
 7. Babs Isak 136
 8. Laurel Hunter 133
 9. Meaghan Cunningham 130
 10. Nancy Alcabas 128
 11. Heather Gilbert; Cutthroat Racing 127
 12. Marit Fischer; Contender Bicycles 117
 13. Tamara Artz; Cutthroat Racing 97
 14. Brandi Gorden; VMG 92
 15. Meara McClenahan; Contender Bicycles 77
 16. Sonia Holt 64
 17. Courtney Henley 56
 18. Amy Andrews; Cutthroat Racing 55
 19. Juel Iverson; Ivory Homes 54
 20. Tasha Keys; Racers Cycle Service 43

- Juniors 15 - 18**
1. Tanner Cottle; Porcupine/Specialized 219
 2. Keegan Swenson; Young Riders 165
 3. Conor Matthews; Young Riders 118
 4. AJ Bates 84
 5. John Burton; Joy Ride Bikes/Utah State 66
 6. Chase Frantz; Cole Sport 61
 7. Kellie Williams 59
 8. Cameron Lasky 32
 9. Eric Stratton 30
 10. Peter Lowell 29
 11. Bobby Cannon; Canyon Bicycles 27
 12. Andrew Severence; Cents Payroll 10
 13. Ryan Hanseen 5

- Juniors 14 under**
1. Paden Hoover; Canyon Bicycles 293
 2. Brad Thurgood; Timpanogos Cyclery 276
 3. Chelsey Layer; Cutthroat Racing 230
 4. Collin Curtis; Cents Payroll 213
 5. Joshua Cole 165
 6. Tyler Jones; Bountiful Bicycle 140
 7. Jacob Layer 130
 8. Jase Hoover; Canyon Bicycles 120
 9. Bryson Duncan; Barbaoca 119
 10. Nathan Greenisen 118
 11. Will Camell 117
 12. Ashley Heath 113
 13. Quincy Bacus 98
 14. Sam Allen; Canyon Bicycles Draper 97
 15. Tanner Allen; Canyon Bicycles Draper 85
 16. Alli Rossberg; Thin Air 80
 17. Jesse Smith; Cutthroat Racing 72
 18. Ezra Scofield 69
 19. Grayson Pitcher; Joy Ride Bikes/Utah State 67
 20. Kayla Curtis; Cents Payroll 44

- Singlespeed**
1. Steve Wasmund; Cutthroat Racing 330
 2. Bryce Young; Bingham 308
 3. Racer Gibson; Racers Cycle Service 279
 4. Jason Lloyd; Team Sally 269
 5. Jess Dear; RMCC 242
 6. Robert Hamlin; Recycled and New Bicycles 219
 7. Steven P Lewis; Cole Sport 209
 8. Robert Sorenson; VMG 196
 9. Alex Rock; Contender Bicycles 190
 10. Ryan Ashbridge; Revolution 167
 11. Clark Mower; Contender Bicycles 165
 12. Jim Rowan; Bountiful Bicycle 139
 13. Daniel Nelson; Racers Cycle Service 138
 14. Daniel Roper; Cutthroat Racing 125
 15. Patrick McKnight 124
 16. Matthew Peterson 97
 17. Eric Miesch; Team Nastro 83
 18. Eric Flynn; CycleSmith 68
 19. Rich Dressen; FFKR 66
 20. Jason Hendrickson; FFKR 66

Wind and Rain Buffet the 2008 Amgen Tour of California — Utah Riders Make Their Mark

Former Utah resident, Rowland Hall graduate, and Mi Doule team member Levi Leipheimer won his second consecutive Amgen Tour of California title in convincing fashion. The California stage race was held from February 17 – 24. Unlike the 2007 edition where he led from start to finish, Leipheimer did not show his cards until stage 3. With a superb performance in the toughest mountain stage Leipheimer finished second to Rabobank’s Robert Gesink. He then further set himself apart in the stage 5 time trial. By winning the stage and beating an amazing collection of time trial talent including current world champion Fabian Cancellara and multiple grand tour stage winners David Millar and Utah’s own David Zabriskie. The powerful Team Astana kept the race under control for the remaining two stages to ensure Leipheimer's second overall win in as many years.

How Utah’s Riders fared

David Zabriskie (Slipstream/Chipotle) was at the front of the race through out the week. He picked up a bit of a stomach bug that was circulating around the peloton and was slightly off his game. In the race of truth he finished 6th against arguably the best time trial field ever assembled on American soil. Finishing the week out strongly, Zabriskie garnered an impressive 6th place overall, while helping his team mates David Millar and Christian Vandevelde to the second and third steps on the podium.

Jeff Louder (BMC) finished a strong 24th overall, helping his team to the special most aggressive team award for the week long tour, as well as keeping team mate Scott Nydam in the King of the Mountains Jersey. Thanks in large part to Jeff’s support BMC team leader Alexandre Moos finished 10th overall.

Burke Swindelhurst (Bissell) rode aggressively for his team through out the first half of the race. Unfortunately he suffered from hypothermia during stage 4’s frigid slog into San Luis Obispo and was forced to abandon.

-Tyler Servoss



- Frozen Hog 2008, Alpine, Utah, February 2, 2008**
- 12&Under**
- 1 Bergaust Lars 9:40
 - 2 Caleb Gerber 9:48
 - 3 Zackary Allred 16:17
 - 4 Owen McCarrel 16:31
- M13-17**
- 1 Bryson Higgins 1:50:51
 - 2 Kyle Jackson 1:51:26
 - 3 Elias Gerber 2:33:03
- M18-29**
- 1 Joe Gardner; Chosen Frozen 1:04:52
 - 2 Mike Walkenhorst 1:06:02
 - 3 Mark Chillson; Contender 1:15:30
 - 4 Seth Hejny 1:16:22
 - 5 Trevor Anderson 1:21:37
 - 6 David Cook 2:03:34
 - 7 Gary Argyle 2:04:44
 - 8 Benjamin Parker; Omniture 2:16:46
- M30-39**
- 1 Aaron Luck 1:08:07
 - 2 Jason Gardner; Chosen Frozen 1:08:13
 - 3 Josh Felt; Joyride Bikes 1:15:17
 - 4 Randy Willes 1:23:38
 - 5 Lucas Bee 1:30:40
 - 6 Mike Oblad; Elsworth/Blackbottoms/HylandCyclery 1:31:06
 - 7 Mark Pasternak; Contender Bicycle 1:31:53
 - 8 Shane Horton; UtahMountainBiking.com 1:31:55
 - 9 Greg Johnson; Mad Dog Cycles 1:31:57
 - 10 Denmark Jensen 1:32:26
 - 11 Frank Gold 1:34:36
 - 12 Ryan Allred 1:34:40
 - 13 Shae Mayner 1:36:37
 - 14 Joshua McCarrel 1:37:07
 - 15 Jason White 1:38:17
 - 16 Thomas Blair 1:38:33
 - 17 Ryan Woodward 1:39:24
 - 18 Brett Peterson; IMFT Diffusion Derelicts 1:40:23
 - 19 Jeffrey Frederick; UtahMountainBiking.com 1:49:32
 - 20 Jarad Long 1:51:28
 - 21 Trevor Bee; IMFT Diffusion Derelicts 1:54:02
 - 22 Daniel Bedoya 1:56:58
 - 23 Jared Ferguson 2:04:02
 - 24 Scott Whiting 2:04:42
 - 25 Brian Harris 2:07:47
 - 26 Steve Spackman 2:09:25
 - 27 Gabriel Sermon 2:11:41
 - 28 Derek Ransom 2:21:23
 - 29 John Painter 2:27:28
- M40-49**
- 1 Rich Caramadre 1:03:08
 - 2 Drew Lewis 1:09:07
 - 3 Kirk Phillips 1:17:18
 - 4 Eldon Nelson; Team Fatty 1:21:33

- 5 Jim Jackson 1:25:33
 - 6 Kerry Smith 1:26:21
 - 7 Patrick McKnight 1:27:35
 - 8 Brandon Balkman; Mad Dog Cycles 1:28:24
 - 9 Christopher Cockrell 1:31:27
 - 10 Michael Boyer 1:35:49
 - 11 Vince Jones; Bikeman.com 1:51:27
 - 12 Hunt Willoughby 1:53:19
 - 13 Roger Mann 1:59:00
 - 14 Clay Perry; TestFest 2:03:58
- M50+**
- 1 Daryl Devey 1:18:01
 - 2 Larry Wimmer 1:25:11
 - 3 Tim Fisher; Mad Dog Cycles 1:25:45
 - 4 Dick Newson; Cutthroat Racing 1:28:15
 - 5 Dean Huber; Flower Children/Wildrose 2:02:32
 - 6 Gene Poncelet 2:09:08
 - 7 Russell Durtschi 2:42:46
- Singlespeed**
- 1 Kurt Wolfgang 1:01:35
 - 2 Jason Lloyd; Team Sally 1:09:22
 - 3 Riley Frazier; Racer's Cycle Service 1:16:09
 - 4 Brandon Cory 1:56:51
- W18-29**
- 1 Emily Hawkes 1:37:11
 - 2 Eryn Kinder 1:44:16

- W30+**
- 1 Brigitte Felt; Joyride Bikes 1:45:11
 - 2 Lisa Fitzgerald 1:51:00
 - 3 Tonya Hutchison 1:51:53
 - 4 Shanna Matheson; Utah Premier Cycling Ski Utah 2:40:00
 - 5 Jolene Nosack 2:41:09
- XM18-29**
- 1 Nate Stowers; Bikers Edge/Destination Homes 1:06:14
 - 2 Reed Wycoff; Contender Sambucca 1:12:04
 - 3 Gus Hemingway; E Michigan Univ. 1:13:15
 - 4 David Welsh 1:17:05
 - 5 Adam Kinder 1:46:18
- XM30-39**
- 1 Scott Wetzel; Chosen Frozen 1:03:10
 - 2 Steve Wasmund; Cutthroat Racing 1:13:12
 - 3 Racer Gibson; Racer's Cycle Service 1:15:35
- XM40+**
- 1 Kenny Jones; Racer's Cycle Service 1:12:32
 - 2 Mike Holder; Meat Hucker 1:14:24
 - 3 Brad Keyes; Racer's Cycle Service 1:15:31
 - 4 Sam Moore; Canyon Bicycles 1:19:21
 - 5 Bryant Christensen 1:20:00
 - 6 Brent Christensen 1:24:48
 - 7 Bruce Nielsen 1:31:29
 - 8 Alan Jarrett 1:42:54
 - 9 Robert Dimino 1:49:01
 - 10 David Krummenacher 2:11:36
 - 11 Greg Gerber 2:11:52
- Xwomen**
- 1 Heather Gilbert; Cutthroat Racing 1:54:59
 - 2 Kellie Williams; Racer's Cycle Service 3:08:00

On Holy Ground - Continued from page 11

Mont-Cenis, I had not, as previously stated, told him we were racing. The third time, Plateau de Beille, he bonked. And the final time, the Col de Portet d’Aspet, he was injured from a fall.

We found a food store at the top, purchased some refreshment, and hung around inside while we ate and tried to warm up. It was a cold, shivering descent back down to the dam, and then a long, fast and fun descent through the forested, fall-colored canyon before completing this loop in Bourg d’Oisans. In total, we had 1810 meters (5938 feet) of climbing. Upon arriving, we changed clothes, jumped in our car, left the Alps behind, and headed toward the mother of all Tour climbs, Mont Ventoux.

Mont Ventoux

Mont Ventoux. Situated between the Alps and the Pyrenees, the name conjures up images of straining muscles and heaving lungs as racers struggle up its long, steep road. It is brings to mind Ventoux’s claim in the 1967 Tour on Tom Simpson as he willed himself on, dying within two kilometers of its summit. It instills a sense of foreboding as you contemplate your own assault on its slopes.

It was a long drive from Bourg d’Oisans to Bédoin, the small town at the base of Mt. Ventoux. We arrived shortly before midnight only to find there were no vacancies at the only hotel not closed for the night. This required that we drive on to Carpentras where, at 12:30 a.m., we found an open hotel with a very welcoming room. This made for a late start the next morning, delayed even further when, upon approaching Bédoin, I discovered I had left my wedding ring in the room and we had to return for it.

When we finally parked the car, we were still tired. It was cold and windy outside, and threatening additional foul weather. I looked at Elliot and said, “I am having a hard time getting excited about this.” He agreed, and suggested we drive part way up the mountain to check out the conditions. As we were already running late, and as I feared further delay would only further dampen my spirits, I decided we should just start riding. If the weather turned us back, so be it.

Once we got out of the car and

moving, our morale improved and we started up the slopes. The thing about Mont Ventoux is this: You start climbing, and after a few kilometers you think, “This isn’t too bad. I can handle this.” The road then kicks up a couple of notches, and next you come to the sign that advises you that the average pitch for the next 15 kilometers is 9.1 %. Ouch! But what can you do? You just keep pushing the pedals over.

Elliot stopped a couple of times, so I ended up waiting for him at Le Chalet Reynard, a restaurant just above tree line and 6 kilometers from the top. The ride up had been chilly, and only the hard effort had kept me from freezing. So, I took refuge inside the restaurant while I waited, almost dreading the vicious wind (after all, “ventoux” means windy) that most certainly would oppose us in the final kilometers. While waiting, another cyclist came down and I asked him what the conditions were like. He explained that he had not been able to climb the last two kilometers because of the wind, blowing snow and worsening road conditions.

When Elliot arrived, I passed this report on to him. He cheerfully said that he was satisfied with the climb we had already done. I wavered, wanting to gain the summit, but fearing the potentially dangerous conditions. Finally, we decided to just sit down and eat omelettes and crepes and then head back down the mountain.

The decision to eat omelettes and crepes was a good one, as they were some of the best I have ever eaten. I even had to pass on Elliot’s comment to the chef that the trip to France was worth it just for this meal. But I wish we had at least tried for the top, and gone as far as possible. I am very obsessive about summits, and I regret not having given it my best shot.

Nevertheless, after this most excellent meal, we crawled back inside our damp jackets and gloves and enjoyed a thrilling downhill dash to Bédoin and our car. Once there, we visited a small bike shop, stopped in at a pastry shop, and set out for Quillan, the small town which would be the start for our next day’s challenge and launch into the Pyrenees, the Port de Pailhères.

[Look for the second part of ON HOLY GROUND in next month’s issue of **cycling utah.**]

XMission connects me to maps, trail conditions and friends.

For fast, local broadband call today.

XMISSION
INTERNET

801.539.0852
www.xmission.com



Cyclingutah.com for trails, event links, photos, back issues, links, and more!

ROAD TOURING

Why do the Leaves Change Color? A Bicycle Tour of Wisconsin

By Lou Melini

"Where should we go on our next long bike tour?," my wife asked. We decided on a bike tour around the state of Wisconsin. Primarily we went simply because Julie is originally from Manitowoc, Wisconsin which sits along Lake Michigan about 40 miles south of Green Bay. Wisconsin also has thousands of miles of sparsely used county roads, which lead to the multitude of dairy farms throughout the state. The state is known to have bicycle friendly drivers. To navigate around the state, there are statewide and local maps that include perhaps a thousand miles of state trails suitable for bicycle travel (wisconsinline.com/attractionsbiket-rails.html). The state bicycle maps can be obtained from the Bicycle Federation of Wisconsin (bgw.org) to help you travel throughout the state. The maps are color coded for traffic volume and road width. (Non-member price is \$18 for the set of 4 maps. Membership is \$25, which reduces the cost to \$10 plus \$5 for shipping for members or non-members.) Our final reason for choosing a Wisconsin tour was to see the changing of the colors of the northern forests.

We started our tour on September 8th and ended it three weeks later. We chose late summer in hopes that it would be cold enough to avoid mosquitoes, see the changing of the leaves, but avoid very chilly October weather. The leaves didn't disappoint us. The weather turned out to be quite pleasant the last week of our trip, so going a week later would have been a better choice in order to avoid our first two days swatting mosquitoes whenever we stopped.



Julie and Lou in front of her dad's house in Manitowoc Wisconsin.

Estimates of how bad the mosquitoes were ranged from the "worst in" four years to ten years depending on which resident we talked to. Fortunately there were only two days of mosquitoes.

The Route

We did a clockwise route around the state from Manitowoc. We first went south of and a little west of Milwaukee to Waterford, Wisconsin where we visited with Richard Schwinn at the Waterford Bicycle factory where our bicycles were made. We were guided through the Milwaukee suburbs by Julie's aunt until we picked up Richard's directions to the factory. Richard also gave us routing information to supplement our travel west to Devil's Lake State Park, a "very unique natural feature of Wisconsin", according to Richard. From there we took the free ferry across the Wisconsin River, since there is no bridge to Merrimac, Wisconsin.

Shortly after leaving the ferry, we left the roads in Reedsburg to ride the Wisconsin bike trails, which are created from old rail lines. The most famous bike trail, and perhaps the first rail-trail in the nation, is the Elroy-Sparta trail, a section of a 120-mile trail system that starts at Reedsburg and ends north of

LaCrosse. The Elroy-Sparta section was created some 35 years ago. I fondly reflected on this trail from my 1975 ride across the U.S. We left the bike trail in La Crosse, Wisconsin. Traveling north from La Crosse, we used maps from the Adventure Cycling Association (ACA) to travel to Osceola, Wisconsin, primarily staying on the Minnesota side of the Mississippi River. We continued using the ACA maps, supplemented by the Bike Federation of Wisconsin maps, to cross the northern woodlands of Wisconsin to Escanaba, a city along the shore of Lake Michigan in the Upper Peninsula of the state of Michigan.

We had originally planned on traveling on to Mackinac Island. However a large portion of travel would have been on the shoulder of Route 2, a heavily traveled road. Being "spoiled" by the sparse travel on the county roads in Wisconsin, we instead turned back into Wisconsin, doing a loop in the northeast portion of the state before returning to Julie's hometown. Our travels took us 1500-miles around the state.

Cycling Highlights

Wisconsin may not rate highly with many travelers as a destination



Typical of the farms in Wisconsin. Shot in the vicinity of Sparta, Wisconsin. Photo: Julie Melini

highlight, but from a rider's point of view, it should be on every bicycle touring agenda. We plan on returning to Wisconsin in four or five years for another tour. It was that good!

Riding on the county roads allowed for a lot of side-by-side riding due to the low traffic volumes with approximately 6 cars/hour, less when the Packers were playing. The glut of county roads is due to the need of every dairy farm to have

the car would give you 6' or space or more. Many a car simply traveled at our speed until it was proper to pass! I even waved to few cars indicating it was safe to pass within the no passing zone without any takers.

Riding in Wisconsin is certainly not boring. Yes, you have vast fields of corn and the scent of Wisconsin cologne wafting from the dairy farms. But you also have vast forests in the north, flat lakeside views in the east, rolling hills of trees

The Route: Cedarburg, Wisconsin, Muskego; Whitewater; Ridgeway; Devil's Lake; Elroy; Crescent City, MN; Lake City, MN; Stillwater, MN; Cumberland, WI; Sarona, WI; Clam Lake; Boulder Junction; Watersmeet, MI; Crystal Falls, MI; Escanaba, MI; Crivitz, WI; Cranden, WI; Shawno, WI; Wrightstown, WI; Manitowoc, WI. 1484 Miles, 71 miles/day.

milk picked up at least every two days and Wisconsin has a whole lot of dairy farms. We rode for up to half an hour without any cars. The only down side of low traffic volume is a lack of services. In addition to the lack of traffic, Wisconsin has some of the most bike friendly drivers in the country. Except for the Menominee Indian Reservation and a few places in the eastern part of the state, drivers would (a) not pass you in a posted no passing zone, (b) not pass you if there was an oncoming car, and (c) if they did pass you,

and farmland in the middle of the state, and very picturesque steep hills along the Mississippi Bluffs. But, one needs to be prepared for a multitude of 200-meter rollers in the west-central part of the state and some 20+ degree leg-busting ascents along the bluffs. The views from our lakeside campsites were wonderful. Wildlife is plentiful, especially if you like birds (i.e. wild turkeys and eagles). The cornfields feed a lot of raccoons that on two occasions raided our bread and trail mix from our panniers. (Note: bring raccoon-

THINK OUTSIDE THE BLOCK!

Get A Grip

BICYCLE SAFETY COURSES

Is your significant other addicted to bikes? The "Get a Grip" course was designed to help give you the confidence you need to get out there and ride too.

Course covers bicycle safety checks, fixing a flat, on-bike skills, crash avoidance techniques and includes a student manual.

SALT LAKE CITY **BICYCLE COLLECTIVE**
Recycling Bicycles, Building Communities

www.slcbikecollective.org
info@slcbikecollective.org **801-FAT-BIKE**

SPONSORED BY **UPOL**

ride for fun. ride for health. ride for the cure.

ride the **Tour de Cure**
AMERICAN DIABETES ASSOCIATION

June 14, 2008 • Brigham City, Utah
100-mile, 60-mile, 25-mile routes
Register at 1-888-342-2383 or
www.diabetes.org/utahtourdecure

A
American Diabetes Association
Cure • Care • Commitment



Julie riding on a typical county road some where between Clam Lake and Boulder Junction which are two towns in Northern Wisconsin. This part of the trip followed the Adventure Cycling Association North Lakes map Section 1. Photo: Lou Melini



Lou on the Mountain/Bay trail, an 80+ mile trail from Wausau to Green Bay. We entered the trail at Shawano (leaving the Adventure Cycling North Lakes Section 2 map) and exited the trail just east of Pulaski. Note the grass on this trail as it is not as well maintained or perhaps less used than the trails in the western part of the state. It was still very nice. Photo: Julie Melini

proof food container from www.armoredoutdoorgear.com).

As I mentioned before, the Wisconsin trail system is an extensive network, supporting cycling, walking, horses in a few areas where the trail is wide enough, and snowmobiles in the winter. For an annual fee of \$15 (or \$3/day), one can use the state trail system. In addition to the "400" trail, Elroy-Sparta trail, and the La Crosse River trail, we spent time on the Military Ridge Trail and the Mountain Bay trail. These five trails alone total 250 miles, on which we did about 150 miles. The trails are an easy ride, even with Julie's 28C tires and 20-25 # of touring stuff in her panniers. The surfaces are primarily crushed limestone, but are paved within the boundary of some towns. Small economies surround the trails. We ate at cafes, camped at campgrounds, and obtained other small services (bike shops) adjacent to the trails or a short ride off of the trail. The Elroy-Sparta depot (the former train depot) even has a shower for trail users. Many of the cities have their own trail network for getting into town which we took advantage of on many occasions, including entering the suburbs of Milwaukee.

"Need to Know" Advice

Services on the lightly traveled county roads are sparse. We carried a total of 6 water bottles, obtaining water at times from churches and motels. In some small towns, "grocery stores" were no more than a modified convenience store. We generally over-bought at "real" grocery stores and always had some type of emergency meal, to which a few additions would make a tasty feast. We were also prepared for both camping and motels, as there was not always a choice of camping in some locales. In 20 nights, we camped 12 times. Prices were around \$20 at most commercial campgrounds. Make sure you ask for a "tent site", otherwise you will be sent to the \$25 site with electrical hoop-ups. We also stayed at many campgrounds located within the county park system — also around \$20. All of the campgrounds had showers except for one located in the backyard of a Minnesota farmhouse and a Forest Service campground in Michigan. We stayed four nights in motels — twice due to rain, once when we did not have a campground choice in the Stillwater, Minn. area, and once to meet Julie's dad. We stayed two nights in the home of friends and relatives of Julie. And, we were pleasantly offered two nights in the homes of complete strangers. Beth, a

Warmshower member (www.warmshowers.org) in Sarona, Wisconsin spotted us and made her offer just as we were about to check into a motel to escape the rain. Ron drove along side of us as we were entering Lake City, Minnesota. He and his wife later took us on a sailboat ride.

My experience with Wisconsin regarding great places to eat is somewhat jaded by my in-laws penchant for buffet-style restaurants such as Ponderosa steak houses. We did have a few great café breakfasts and brunches, but we mostly cooked our own meals. Our only dinner dining experience was at the "best restaurant" in Clam Lake, a small northern Wisconsin town. Our menu selection was mostly choices of some combination of hamburger and fries (deluxe vs. regular). Most people were more interested in the bar portion of this "restaurant". Like most of northern Wisconsin, many of the businesses in the smaller towns were "For Sale". Clam Lake was no exception, with half the businesses (2 out of 4) being advertised as "For Sale".

Leaving Wisconsin — Lessons Learned

The weather was generally excellent for riding with daytime temperatures in the 60-75 degree range. We had two days of rain and several days of cloudy and cooler weather.

However one day we almost encountered the mother of all bad Midwestern weather. In addition to our turnaround in Escanaba, Michigan, we made an earlier spontaneous attempt to ride in the Upper Peninsula (U.P.). We entered the U.P. on Route 45, being pushed along by our only tailwind on our trip. (We had several headwinds.) The road was busy with truck traffic and noisy, with its only redeeming characteristic being a fairly wide shoulder. We already started not liking the U.P. and its lack of secondary roads. Upon entering the town of Watersmeet, my wife became panicky over the fact that we were not sure of our camping/motel options up the road. Stopping at a Forest Service visitor center we were told that not only did we not have any camping options for about 80 miles, but that the next and only motel outside of town was 25 more miles. Mr. Friendly Ranger also informed us that we were to expect nasty rain and possibly tornados in the direction we were heading. My wife went from panic to hysteria over the tornado thing. I tried to reassure her that only trailer parks seem to get hit by tornados. Also I had never heard of a bicyclist being swept away by a tornado. My second, and naturally

better suggestion was the motel across the street from Mr. Ranger's place or the Casino motel. We chose the family owned motel with granny at the registration desk.

We had previously stayed at two Motel 8's on our travels that were \$55, minus my 10% AARP discount. We also stayed at one motel for \$40 due to the lack of a T.V. in Clam Lake, the same town with the "best restaurant in town" dining experience. Here in Watersmeet the price was \$70 for a room without a phone, a door that had to be opened in a "special" way given the age of the door and no AARP discount. We had laundry to do, so stopping early for the day wasn't such a bad idea. The Laundromat was conveniently across the street from the motel. It had washers, but no soap dispenser. Every dryer was out of order. This is Watersmeet, Michigan, a town that proudly boasts the nickname of its high school, The Nimrods. A nimrod is by dictionary definition, a great

hunter, however the town should be characterized in the more derogatory manner which most people associate with term "nimrod". The next morning we retraced our route back to the bike friendly roads of Wisconsin, hoping that our afternoon return to the Michigan Upper Peninsula is more pleasant.

The short ride along some back roads to Escanaba via the ACA maps was a nice ride, however getting back to the more bike friendly roads of Wisconsin was a better choice vs. traveling to Mackinac Island. In Crivitz, Wisconsin, we listened to John talk about how he converted his campground into a respectable place from the previous owner's "party" campground. We would agree, camping along a stream in his family friendly campground. In Crandon Wisconsin, we had a panoramic view of the colorful trees across from our lakeside campsite. After Shawano, we traveled on 25 of the 80-mile Mountain-Bay trail,

stopping off at a very nice café in Pulaski along the way. Apparently our order of Salmon Benedict for me, and the Italian eggs for Julie was a rare choice by the regular customers. That was the local's loss as the meal was delicious, but given my biases about the food choices of Wisconsinites, not surprising. Our final night was at a campground in Wrightstown, which on weekends in the fall, "specializes" in catering to RV's going to the Packer games. It is a nice campground that is unfortunately located between the noisy highway and a smells of an upwind dairy farm. On the 21st day we returned "home" to Manitowoc, riding the last 20 miles along the bike trail paralleling Lake Michigan.

So, Why do the Leaves Change Color?

We heard mostly that leaves change color due to cold or lack of moisture. According to Kirsten Held of the Wisconsin Department of Natural Resources, "the brilliant and vibrant Wisconsin leaf color changes need a series of fall days filled with bright sunshine and cool, but frost free evenings. This causes lots of sugars to be produced and trapped in the leaves, which ultimately leads to the intense red, orange and purple coloration in the leaves of certain tree species. Drought and temperatures do affect the intensity and duration of the fall color season, but it is the decrease in daylight that determines the timing of the fall colors. Yellows are from the carotenoid pigments in the leaves, and anthocyanins produce the brilliant reds and purples and orange. Chlorophyll gives the leaves their green color, but with the decrease in sunshine, less chlorophyll is produced so that the other colors can predominate." So with that in mind, make your plans to ride the friendly roads of Wisconsin.

For more photos, visit gallery.mac.com/melini

bike
MS

HARMONS
your neighborhood grocer
Celebrating 75 Years

Best Dam Bike
Ride 2008

one hundred rides. one destination.
a world free of MS.

MS
National
Multiple Sclerosis
Society
Utah State
Chapter

Best Dam Bike Ride

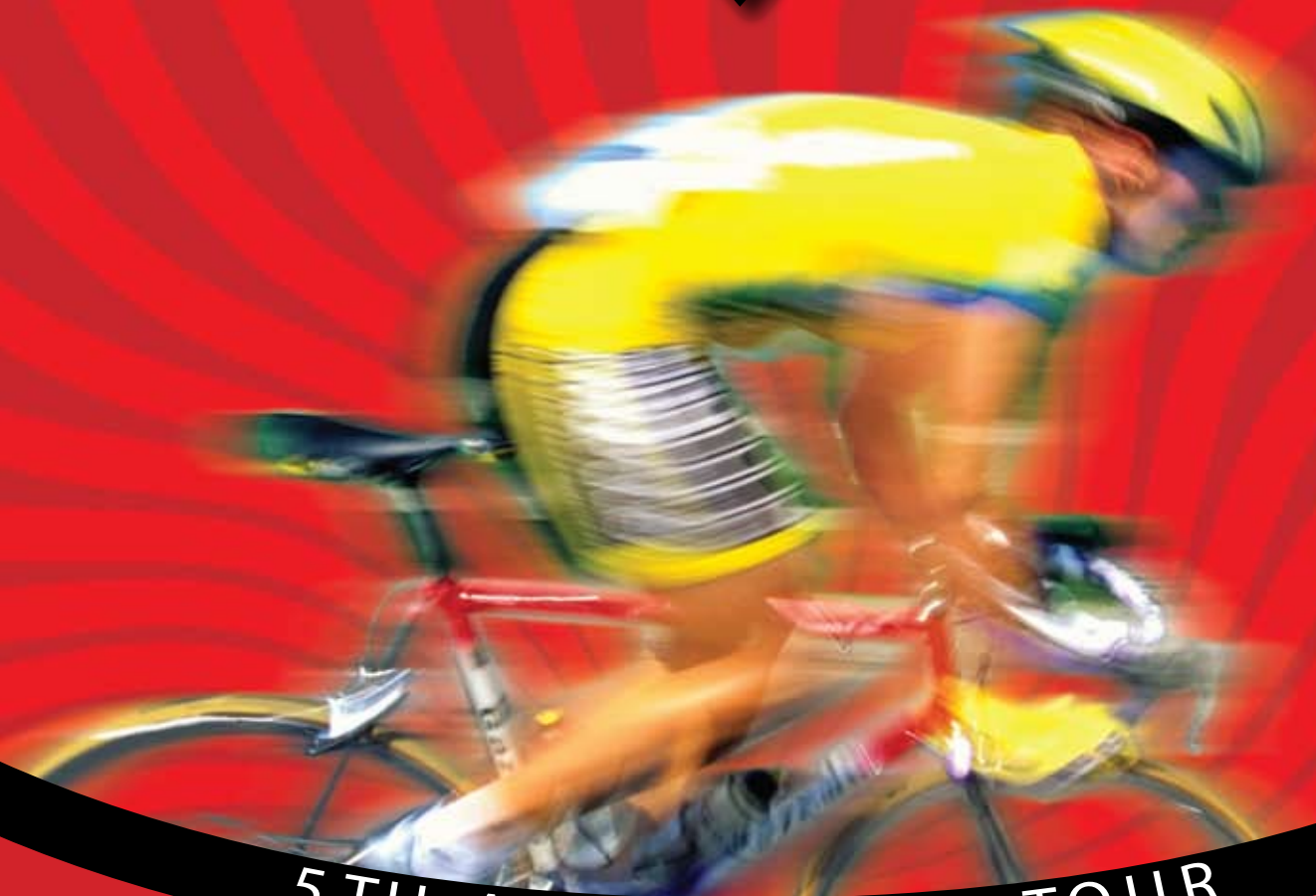
June 28-29 | 150 miles, 2 days | register at bikeMS.org

Location: Cache Valley, UT

Start: Cache Valley Fairgrounds; Logan, UT

JOIN THE MOVEMENT

Everyone Wins.



5TH ANNUAL BIKE TOUR

Saturday April 19, 2008 • saltlakecitymarathon.com

A devine Sports Event
the power to finish

