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## SPEAKING OF SPOKES

## Re: Prize Money

By Dave Ward  
Publisher

Many of us involved in or who follow road racing are on the e-mail list, uca@topica.com. It is a list used primarily to get information regarding road racing out to those who are interested. Secondly, it tends to be a forum for discussion when someone gets a bug up their bottom about something. Some complain about this use of the e-mail list, but frankly I find it informative and, at a minimum, entertaining. I would hate to see these discussions relegated to a forum at some site that I have to log on to. I almost certainly would not do it. I like that they just show up in my in box when I check for e-mail.

Recently, there has been a bunch of banter about prize money and prizes in road racing, going under the subject title of "Re: Prize Money". Having been involved in road racing for almost twenty years, and on occasion during that twenty years winning or placing high enough to participate in whatever the "awards" were, I have received everything from a simple ribbon to a good chunk of change. Like many, I have a good basis for having an opinion on this. Unlike most, I have a fairly visible forum, namely this publication, in which to express



it.

The first race I ever entered was in 1984, the Salt Lake Tribune Fourth of July Criterium at Lagoon. Anybody remember that? I was as nervous and frightened as I could be. I had never been a good athlete, and feared, more than anything, being shelled off the back. I made all the mistakes a beginning racer could make, but ended up finishing in about the middle of a fairly large field. More importantly, I knew immediately that I could have done much better, and that I could be competitive.

At the conclusion of the day's racing, the awards were given. No one received anything but a trophy. But those trophies looked beautiful, and seductively beckoned to me. As I entered more races, and realized this was a sport I could be fairly good at, I resolved to win one of those Fourth of July Criterium trophies. It took me three more years to realize that goal, finally garnering a second place trophy

in 1987.

The next year, I attained my real goal, taking home the first place trophy for my division. By that time, I had actually already won several races and placed in many more. But that trophy represented what really motivated me to compete in the first place: The thrill and recognition of winning.

Now, almost twenty years later, and despite the demands and toll that family, profession, and other interests have taken, I still compete occasionally. However, it has been several years since I have actually won a race.

So why do I still race? I learned something along the way. The real thrill of racing is in the competition itself. I love the fast pace of a close peloton. I relish maneuvering through the pack as I try to move forward. I anxiously anticipate attacking to see if I can generate a good breakaway. I thrill at high speed pedaling in a close pack through a tight corner. I enjoy the tactical game of watching the race and trying to guess when to make a move and when to sit in. I feel great satisfaction in bridging or closing a gap that threatens to relegate me to pack fodder. More frequently, though, I experience the frustration of being unable to bridge or close a gap which does relegate me to pack fodder. But that makes the times I succeed even sweeter. I have a love/hate relationship with the anticipation of and participation in the final sprint to the finish line, even though I am

usually sprinting for a middle of the pack finish.

In short, win, place, straggle or fail to finish, I love to race. I would dare say that the majority of racers never win a race. But they race anyway. For reasons that may and often do differ from mine and those of others, they love to compete. It's that love of racing. That is why we do it.

Even the pros sacrifice. Yes, they may be paid. But except for the very elite few, most could make more money focusing their time and energy on other endeavors. So I say, swing all

the money to them, and the Category 1-2\* racers, that you can. They make by far the greatest commitment and sacrifice, and the cash they get is small in comparison.

The rest of us, such as Dr. Darrell Davis, who contributed one of the many e-mails in this discussion, will race for our own rewards. "I race because I just really dig bicycle races. The challenge is so unlike anything else I've done, and once in awhile you get to bust open the

Continued on Page 18



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## TRAIL OF THE MONTH

## The Wasatch's Other Mill Creek - Mueller Park Trail

By Gregg Bromka

Heading up to Mill Creek to log a few miles? You better be more specific to your honey-bunny about your destination because the Wasatch Front has two Mill Creeks: the ever-popular recreational haven tucked in the shadow of Salt Lake's Mount Olympus and Bountiful's more modest version. (In fact, Utah has 16 Mill Creeks according to All Topo Maps: Utah by Igage. Only Cottonwood Creek is a more popular geographical name.)

Like Salt Lake's Mill Creek, Bountiful's is a multi-use play area that offers picnicking, hiking, and mountain biking. Although there is a fee for the picnic grounds, hiking and mountain biking (dirt biking, too) on the canyon's Mueller Park Trail is free, you can bike every day, and dogs can run off leash all the time. It's no wonder more and more mountain bikers are crossing the county line to get the goods.

Mueller Park Trail epitomizes the metro-to-mountains transition for which the Wasatch Front is famed. Instantly, you'll turn your back on the suburban jungle and become immersed in the tranquil backcountry. You won't find staggering views of mountain peaks along this route because, for the most part, the trail is embraced by serene woods. Spirited sounds of nature drift from the timber, and a rich, earthy bouquet envelops your senses. There are, however, good views of the Great Salt Lake and the metropolitan valley from selected locations. And to top it off, the forever-curving single-track is one of the finest in the Wasatch.

**Just The Facts:****Location:** 2 miles east of Bountiful**Length:** 13 miles**Type:** Out-and-back**Tread:** All singletrack**Physically:** Moderate (steady climb w/ a few rough sections)**Technically:** 2-3+ (some rocky sections & tight turns but lots of buffed tread)**Elevation:****High:** 7,160 feet (Rudys Flat)**Low:** 5,250 feet (Mueller Park TH)**Gain:** 1,910 feet**Dogs:** Yes. Good water sources.**Details:**

Directions are pretty simple - up. Pick a low gear because from the start the trail rises quickly up a series of stretched-out switchbacks. Thereafter, the path heads generally eastward

into the mountains, rising steadily and weaving through several wooded hollows. Between these hollows, the path curves out across sunny slopes where you can peer into Mill Creek Canyon. After crossing a couple of footbridges that span trickling creeks, you come to the route's only junction. Make the right-hand switchback to continue, or go straight to the scenic overlook at Big Rock. It's only a few feet away. This is a good turnaround for those not wishing to go the distance and makes for an easy+, 6.4-mile, out- and-back trip.

Continuing up, the path steepens a bit and gets more choppy at times, or maybe it's just that the choppy spots make the trail seem steeper. Oak gives way to aspen and fir as elevation increases and temperatures cool. Cross a footbridge over a creek, and keep chugging uphill on the tight one-laner. A nice little downhill stretch gives your legs a rest; then a trio of tight turns signifies the top is less than a mile away. You can start your final sprint after crossing a mucky spring area that is covered with boardwalks. Take a break at Rudys Flat before coasting back down, or cuddle against a shady pine and doze away the afternoon.

"Been there, done that," you say? Then mix it up and try one of these variations instead of the tried-and-true routine.

**Option 1: Mueller Park Loop**

Instead of riding back down on Mueller Park Trail, descend North Canyon and then loop back to Mueller Park on paved roads. North Canyon Trail is a bit steeper than Mueller Park Trail, and the rutted doubletrack down in the canyon bottom can swallow you whole if you're not careful. When you exit North Canyon, glide down Canyon Creek Road, go right on Bonneville Boulevard past the Bountiful Golf Course, and return to the trailhead on Mueller Park Road. Total distance is about 13.5 miles.

On the flip side, try riding this loop in reverse by warming up on the paved roads first, climbing North Canyon, and freewheeling down Mueller Park Trail. North Canyon Trail is a serious pump that will build power into your pedal stroke. The glide down Mueller is a sweet treat.

**Option 2: Mueller Park Marathon**

Want to go big and save a buck or two on gasoline? Start from City Creek Canyon in Salt Lake City, and ride the Bonneville Shoreline Trail (BST) over to North Salt Lake;



Amy, Tricia, and Brad glide down Mueller Park Trail  
Photo by Gregg Bromka

then take Bonneville Boulevard into Bountiful. Loop Mueller and return. Total distance is about 27 miles and total gain is nearly 3,500 feet.

If "epic" is a staple in your mountain biking vocabulary, then start from Emigration Canyon. Ride the BST to City Creek, and then head over to Bountiful and around Mueller and return. You'll add on another 20 miles and 2,300 feet. Whoa!

**Trailhead Access:**

From I-15, take Exit 318 (2600 South, Bountiful, Woods Cross). Travel east on 2600 South. After crossing 200 West, 2600 South bends north and becomes Orchard Drive. Turn right on 1800 South (becomes Mueller Park Road), and travel 2.3 miles to Mueller Park Picnic Ground. The trail begins at the wooden bridge over Mill Creek.

Excerpted from *Mountain Biking Utah's Wasatch Front*, by Gregg Bromka (May 2003)

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## ADVOCACY

# New Bike Path Planned in UTA Railway Corridor at Point of the Mountain

By Jeff Stenquist

This is a follow-up article to the one I wrote in the October issue to give everyone an update on the progress of efforts to improve cyclist safety around the Point of the Mountain between Salt Lake and Utah Counties. There has been some good progress made and we need to keep the interest going.

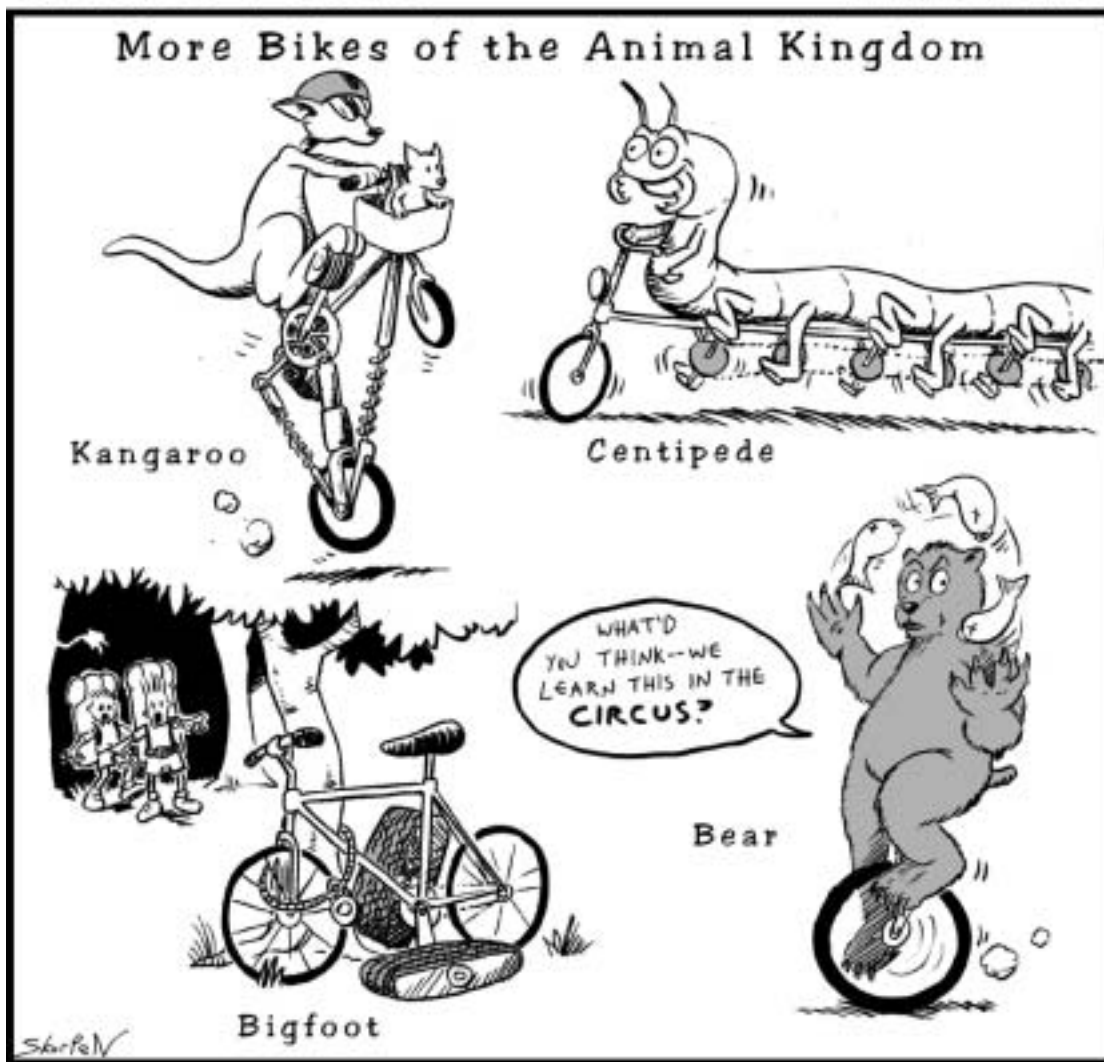
Last fall a meeting was held that included representatives from various gravel & trucking companies, Lehi city, Draper city, the Wasatch Front Regional Council, Mountainland Association of Governments (AOG), the cycling community and so forth.

Here is a summary of the main options presented:

1. Widen the frontage roads to add bike lanes. Everyone involved considered this to be the best option, if it could be done.
2. Add a bike trail parallel to the east-side frontage road. This is the option I was hoping to avoid in order to keep cyclists on the road.
3. Convert both frontage roads to one-way roads, east side going northbound, west side going southbound, and designate one side of the road for vehicle traffic and the other to bike traffic similar to the road around city creek between 11th Ave and the state capital. This was the option that I most wanted to see happen but I expected resistance, mostly to come from the gravel/trucking companies.

## CYCLOTOON

BY NEAL SKORPEN



As we examined the issues it was quickly apparent that option 1 is not feasible at this time, at least not for both roads for the entire distance. There just simply is no room at all to widen these roads which are squeezed between the freeway, the rail line and the steep hillsides.

When we discussed option 3 I was surprised to find that the gravel/trucking companies were totally in favor of the idea. However there was a lot of opposition from the Lehi city

engineers. They raised some valid issues but none of which seemed like they would be too terribly difficult to overcome. They simply wouldn't give the idea fair consideration and it quickly became apparent that nothing I said was going to convince them.

Then Jim Price from Mountainland AOG presented some ideas related to option 2 that were very interesting and creative. The problem with this option as we all know is that

bike trails are good for joggers and slow speed cyclists but generally do not work well for 'high-speed' cyclists. So in order to accommodate high-speed cyclists, Jim proposed several ideas. First was that we make the path much wider than normal (17 feet instead of the usual 10). Next, that a few feet on the side

be made out of a courser type of pavement that is good for slower traffic and then stripe it to indicate a separation between high speed and slow speed traffic. Also the path would be built on the existing UTA railway (the rails would be removed) so it would be straight and level.

One concern raised by the gravel companies was that there still would be points where the bike path would intersect with the roads coming in and out of the gravel pits that would still present a danger. To address this it was suggested that underpasses could be built to allow the trail to go under the gravel pit entrances without requiring bikes or trucks to have to stop and watch for each other (kind of like the bike path tunnel at the airport). Even with this type of bike path cyclists might still choose to use the road so Jim proposed that markers could be painted on the roadway to indicate that cyclists were on the road.

Given these accommodations and the difficulties with the other options presented this seemed to be a very good compromise and something that everyone involved was able to agree on so the decision was made to move forward with this option as quickly as possible. That was several months ago and since then Jim has been working to get the project moving although I'm surprised at how complicated a project like this can be. The issue now is keeping the momentum going to make sure that we can move the project for-

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ward to completion.

Now, to make a long story even longer, we've recently had an interesting twist to this saga. For several months Draper City has been in a very tough battle with Metropolitan Water District over a water treatment plant they want to build in the middle of valuable commercial land. I won't go into all the political details but basically Draper and Metropolitan water have reached a legal settlement that stipulates that in exchange for Draper allowing Metropolitan to build its treatment plant that Metropolitan will provide the city with several infrastructure improvements which include, guess what?!...widening the east frontage road (Minuteman Drive) to add a bike lane!!!! I don't have any details on time-frames etc. but I will definitely be watching this. Also I think we owe a big thanks to Draper City for putting that item on the list.

Hopefully with continued support we can see this project to completion and help improve cycling safety in our area.

For more information or if you would like to get involved, contact Jeff Stenquist at [jeff@finishfaster.com](mailto:jeff@finishfaster.com) or (801) 558-6875.

Editor's Note: Last fall, Natalee Wilson was killed by a gravel truck on the frontage road at the Point of the Mountain. Her death prompted the need for a solution to safety issues regarding riding in this area. Jeff has spear-headed these efforts.

For more information on the political ins and outs of the Draper City-Metropolitan Water District issue, visit: [www.stopsb50.us](http://www.stopsb50.us)

Letters to the Editor

## Critical Mass Hassled

Some of you may be familiar with the global Critical Mass movement. It will suffice to say that Critical Mass is an "organized coincidence", where maybe cyclists agree to ride on the streets together. Motivations for this monthly gathering vary from rider to rider, but the important thing is that we all agree to ride together as a group. Please join us if you're like-minded; in spite of what is written below, Critical Mass rides are usually great fun with great company. We gather the last Friday of every month at 5:30PM at the Gallivan Plaza in Salt Lake City.

Despite all the fun we have, the authorities seem to view us as a threat to those several-ton hunks of steel on the road (i.e. motor vehicles). The following is a quick summary of the April 25, 2003 ride and some of the fall-out. It is excerpted from an email on the Critical Mass mailing list: [slccriticalmass@topica.com](mailto:slccriticalmass@topica.com)

Most of the ride was very calm and cheerful. We left the Gallivan plaza a little after 6pm. For about an hour and a half, great fun was had by all and some of us played musical bicycles (highly recommended).

At around 7:30pm, four police officers on motorcycles pulled up to the Mass 200S and 600E and squished everyone over to the far right. We turned right on 700E and then again on 400S, with a large chunk of the Mass peeling off at

various points. The police then pulled over several cyclists on 400S between 200E and State, for several reasons. The officers issued tickets to two riders for riding on the sidewalk, and a third ticket to a rider for not turning right when he was in a right hand turn lane.

The remaining riders all stopped to make sure the police only hassled those ticketed a little bit. While we were gathered, one of the officers warned us that we are not allowed to gather on the sidewalk for more than 2 minutes. This officer suggested I would get in less trouble if I got a library card.

We decided to separate then, and almost immediately the same officer decided to give a fourth rider a ticket for only stopping once on the sidewalk before pulling into traffic (instead of twice). Those of us who were still around hung out to make sure the police only hassled this rider a little.

After that, I walked several blocks south with this rider and then returned to get my bike. I went north on State and two blocks later the same officer pulled me over with the intent of giving me a ticket for passing a vehicle on the right. However, instead of giving me a ticket this officer decided to talk to me like a person.

The crux of our conversation was his suggestion that we should get a parade permit for the next

Critical Mass. There is a long list of both pros and cons attached to this permit idea, but ultimately it is a very bad idea. My main reason for riding in Critical Mass is to try to convince motorists that bicycles belong on the road with them. By getting a permit we are telling them that cyclists need special permission to be on the road.

I will close with some related comments. First of all, the police officer hinted that we would not be hassled if we stick to one lane. Past experience says we will get hassled even in this case. Second, the officer mentioned that we bottleneck traffic for several blocks, which makes motorists angry. This argument is a red herring; any motorist stuck behind the Mass can turn at the next available intersection, which should be about 30 seconds away! I cannot accept responsibility for stupid people who insist on following the Mass for 10 blocks and then get mad at us because we slow them down 5 precious minutes. These drivers could have turned much earlier and not wasted their time or temper. Last of all, our Critical Mass riders here can take heart in the fact that this sort of thing has happened before in other cities. Sometimes, in some cities (e.g. San Francisco and Portland) the police decide to do away with these troublesome Critical Mass riders, and the two groups engage in a battle of wits. The Mass has yet to lose.

-Jesse Ratzkin  
Concerned Cyclist

Send your feedback and letters to the editor to: [dave@cyclingutah.com](mailto:dave@cyclingutah.com)



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## Cycling Utah's 2003 Bicycle Club Guide Part III

Editor's note: For more clubs, see a copy of our March and April 2003 issues available online at [cyclingutah.com](http://cyclingutah.com)

Club Name - Fazoli's Cycling Club  
Sponsors - Fazoli's, Taylor's Bike Shop  
Contact - Mike at (801) 836-5373  
Website - [www.taylorsbikeshop.com](http://www.taylorsbikeshop.com)  
Type of Cycling - Developmental Road and Mountain Racing  
Location - Provo, UT

Club Statement - The focus of the FAZOLI'S Cycling Club (FCC) is the advancement of cycling as an enjoyable and healthy sport. We are primarily involved in grassroots, developmental cycling in both road racing and some mountain bike racing. Through our group rides, club events, and promotion of sanctioned bicycle race (Fazoli's Sundance Hill Climb) Fazoli's Cycling intends to create higher visibility for bicycle racing and attract more people into the sport of bicycle racing.

The Fazoli's Cycling Club is open to any cyclist who participates in competitive cycling, as well as recreational riders. Non-members and visitors are cordially invited to join us on any scheduled rides, however, after three rides, we expect that you will join the club.

### Telluride MTB World Cup Cancelled

Redwood City, Calif. (May 2, 2003) – The Telluride 360° Adventure Festival featuring the UCI Mountain Bike World Cup scheduled for July 3-6, 2003 has been cancelled due to insufficient sponsorship funding.

The Town of Mountain Village, Colorado, home of the Telluride 360° Adventure Festival, and GaleForce Sports Marketing joined together in 2002 to expand the 360° Festival and UCI Mountain Bike World Cup. Both organizations worked diligently during the past nine months to secure the needed sponsorship for the 2003 event. Many companies showed sincere interest, but when the final funding decisions were made, all potential title sponsors cited the uncertainty in the world and the lethargic economy as reasons for not supporting the event.

"I am heartbroken that we cannot find a solution for this," said GaleForce President Rick Sutton. "GaleForce has a history of finishing what it starts, and this will be the first time in 13 years that we have needed to cancel an event. Unfortunately, the Town of Mountain Village and GaleForce are not prepared to absorb the financial liability of these events. Without the significant funding represented by title sponsorship, the hole is simply too deep for both Mountain Village and GaleForce."

### MOUNTAIN BIKE RACING

## Tour of Canyonlands XC

### JHK takes Moab Cross-Country Barnholt top woman

By Jason Sumner  
VeloNews

April 6, 2003 -

The red-hot run of Jeremy Horgan-Kobelski continued on a sunny Sunday in Moab, Utah, as the RLX Ralph Lauren rider picked up his second straight win of the 2003 mountain bike season, taking the cross country at the Tour of Canyonlands. In the women's pro race it was SoBe-Cannondale's Kerry Barnholt grabbing a runaway victory, besting her nearest competitor by almost six minutes.

Two weeks removed from his stage race win at the Nova Desert Classic in Arizona, Horgan-Kobelski shot down a field that included reigning U.S. national short track champion Todd Wells, and the Specialized duo of Jay Henry and Jimi Mortenson. Henry wound up second in the 25-mile race that was contested on a single, long loop. He was 1:31 back, while Mortenson was next through the finish, at 1:43. Wells (Mongoose-Hyundai), who was getting over a flu bug, settled for fifth, at 2:52, one spot behind the surprising Matt Shriver (3D Racing-Easton).

The course, which started just a 10 minutes drive from downtown Moab out Kane Creek Road, was mostly rolling fire road for its first half, including the steady climb to the top of Hurrah Pass. Then, after a quick descent, riders faced the race's defining moment, a brutally steep hike-a-bike section that stair-stepped 500 feet up to the top of the canyon rim above. From there is was mostly downhill on a mix of single and double track, before briefly returning to the fire road for the quick run into the finish.

### Team In Training to Moab Fat Tire Festival

Team in Training is recruiting participants for the Moab Fat Tire Festival on November 1st. Weekly training begins on May 17th. Sign up for the time of your life and help save others. For more information call 801/519-6600 or 877/243-8908 or visit [www.teamintraining.org/dm](http://www.teamintraining.org/dm) and click on Utah Details under Desert Mountain Details.

"It took me a while to warm up, but I came around and got a pretty good gap on Jacob's Ladder, then rode it in," said reigning U.S. national cross-country champion Horgan-Kobelski, referring to the trek up the mostly talus trail.

His win gave the RLX team six straight victories at the Moab race, with Horgan-Kobelski taking the last three, and team manager/rider Dave Wiens the three before that.

The women's race wasn't much of one, as Barnholt put 5:58 into second-place finisher Jennifer Smith (Trek-Rocky Mountain), with Ritchey-K2's Heather Irmiger next through, at 7:22. Irmiger is Horgan-Kobelski's longtime girlfriend. Kristin Johnson (T-Mobile), at 10:59, and Abigail Hippely (Maverick American), at 11:46, rounded out the top five.

The Tour of Canyonlands, which kicked off with a downhill on Saturday, was the first stop in the nine-race Mountain States Cup series. The next race is the Chalk Creek Stampede May 3-4, in Nathrop, Colorado. That event will include both mountain cross and cross-country races.

-courtesy of VeloNews

### PRO MEN

1. Jeremy Horgan-Kobelski, RLX Ralph Lauren, 25 miles in 1:29:19
2. Jay Henry, Specialized, at 1:31
3. Jimi Mortensen, Specialized, at 1:43
4. Matt Shriver, 3D Racing-Easton, at 1:51
5. Todd Wells, Mongoose-Hyundai, at 2:52

### PRO WOMEN

1. Kerry Barnholt, SoBe-Cannondale, 25 miles in 1:49:30
2. Jennifer Smith, Trek-Rocky Mountain, at 5:58
3. Heather Irmiger, Ritchey-K2, at 7:22
4. Kristin Johnson, T-Mobile, at 10:59
5. Abigail Hippely, Maverick American, at 11:46

### Young Riders Bike Swap

The Young Riders, Park City's Junior Mountain Bike Program, announces the Annual White Pine Fundraiser, Saturday and Sunday, May 24 & 25 from 9 AM – 5 PM at White Pine Touring in Park City. All of the proceeds will go to help fund the Young Riders programs, which include skill development, physical conditioning, environmental respect for trails and community contribution through both the recreational program and the competition team. For more information about the Young Riders Bike Swap, their summer programs, camps or race team, call 435-655-2621

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## ADVOCACY

## A Report on UDOT's Bike Plan

By Charles Pekow

Idaho has accomplished what only seven other states have: development of a long-range bicycle plan with measurable goals. Utah is included among the 29 states that have developed a bicycling plan, but unlike Idaho's, it fails to follow design guidance language of the Federal Highway Administration.

So concludes *Are We There Yet: Assessing the Performance of State Departments of Transportation (DoTs) on Accommodating Bicycles & Pedestrians*, a recent report from the National Center for Bicycling & Walking (NCBW) in Washington, DC. The study surveyed DoTs of all states and the District of Columbia, except West Virginia, which refused to cooperate. "Eleven years after the passage of the Intermodal Surface Transportation Efficiency Act, over 40 percent of all state DoTs have not complied with the most basic bicycle/pedestrian planning requirement: to develop a statewide long-range plan or plan element for bicycles and pedestrians" such as a chapter in a statewide transportation plan that gives bicycling the same consideration as other modes of transit, NCBW complains.

Idaho passed another major NCBW test by "routinely includ(ing) accommodations for bicycles in all state highway projects" and including bicycle

accommodations when circumstances allow. Only half the states passed this test. Utah flunked.

DoTs that didn't pass the test complained of an "absence of a stated priority in local plans, the reluctance of their agency to mark bike lanes for fear of potential liability, funding limitations, right-of-way and other terrain limitations, and the lack of standards to apply." But NCBW opines that "the reluctance of some state DoTs to routinely include accommodations for bicycles has more to do with a lack of desire and commitment than it does with a lack of opportunity." It suggests mandating a performance measure to ensure that all roads bicyclists are allowed on be designed with them in mind.

Utah, however, earned kudos for running a Safe Routes to Schools Program (SRS) and operating other statewide bicycle programs. Only 11 states have implemented SRS, including some with only pilot programs or little funding. Three more states responded that they were developing SRS projects. NCBW downgraded Idaho for lack of SRS or other bicycle funding streams.

NCBW plans further studies examining the performance of metropolitan planning organizations, local governments and other state agencies in accommodating bicyclists.

## MS 150 Bike Tour to Raise Funds to Fight Multiple Sclerosis

The Utah State Chapter of the National Multiple Sclerosis Society will hold its 17th Annual Utah's Best Dam MS 150 Bike Tour, which will take place along scenic roads in Cache Valley, Saturday, June 28 and Sunday, June 29.

The yearly fundraiser is the largest organized cycling event in Utah, with 1,500 riders expected to participate. The MS 150 Bike Tour is designed to raise money for National MS Society research projects and local programs for those affected by the disease. Participants raise \$150 or more in contributions from family, friends, and co-workers. This year, the chapter plans to raise \$518,000; last year the MS 150 Bike Tour raised over \$470,000.

Cyclists of all abilities will ride 40, 75, 100, or 150 miles during the fully-catered, two-day tour that begins and ends each day at the Cache County Fairgrounds in Logan. Riders will have access to rest stops, food and water, first-aid support, and SAG (supply, assistance, and gear) wagons along the route.

The annual tour also has a reputation for its great food and family-friendly atmosphere, with many riders and their families making it a tradition to camp out at the Cache County Fairgrounds. Saturday night, riders and their families will enjoy a dinner program, live music, an awards presentation, a pool party, and a Bingham Cyclery BMX show.

To register, participants can visit [www.fightmsutah.org](http://www.fightmsutah.org) or call 1-800 FIGHT MS by Friday, June 20. Registration will also be available at the event. The Utah State Chapter is also recruiting volunteers to lend a hand at the MS 150 Bike Tour.

-Brooke Nicole Upp

## 10th Annual Antelope by Moonlight Bike Ride

The Tenth Annual Antelope by Moonlight Bike Ride will be held on June 20, 2003. This special anniversary ride will feature a party atmosphere and anniversary cake. Participants are asked to decorate their bikes with lights and trimmings. Prizes will be awarded to the best-decorated bikes. This ride starts at 10 o'clock at NIGHT. It will be across the Davis County Causeway and along Island roads to the Visitor Center. This is a popular, family-friendly ride of 14-16 miles. The 2002 ride had approximately 600 participants. For more information visit [www.co.davis.ut.us/discoverdavis](http://www.co.davis.ut.us/discoverdavis) or call 801-451-3286.

## Flying? Leave Your CO2 At Home

The Federal Aviation Administration (FAA) would like to inform the cycling community that some items they are accustomed to carrying may be forbidden in their checked or carry-on baggage when traveling by air. For example, CO2 cartridges that are used to fill bicycle tires and many types of flammable and aerosol lubricants are classified as hazardous materials when transported in commerce. The Transportation Security Administration (TSA) is now inspecting both checked and carry-on baggage at most airports. When these items are discovered they will be removed and the incident will be reported to the FAA. Inadvertent or intentional violations of the Hazardous Material Regulations could result in a warning notice, fines up to \$30,000.00 for each violation, or criminal prosecution. When considering these items, it is recommended that athletes traveling by air BUY ON SITE and ENJOY THE FLIGHT. For more information, please visit the FAA web site at <http://asi.faa.gov> or contact your airline representative before packing your bags.

-Federal Aviation Administration

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## Route 211

# What's wrong with me? Is it the rain?

by Greg Overton

I'm sitting here looking at a blank computer screen while my cycling Utah deadline is barely visible in the distance. A couple of days ago it was staring me in the face. Before that it was looming. Now it's like the old saying, "if you see me getting smaller, it's 'cause I'm leaving."

I don't know what's wrong with me. Is it the rain? Rain. Wet, cold Spring rain in the Rocky Mountains. The only thing worse than snow for someone trying to hold to a resolution to ride more this year than last.

There is something about rain this time of year that keeps me from getting all excited to go out and ride. And this has been an extremely wet spring so far. (I know, we need the moisture). Maybe it's because a rain shower can take a perfectly good 65 degree day and turn it into a wet and windy 35 degree survival march if you're caught in it on your bike. And no matter which

direction the storm came from, that cold wet wind will be squarely in your face as you ride



head-down for the shelter of home.

I grew up in the South, where it rains more than it shines. And anytime after, say, mid-April, the rain actually feels *warm!* On a hot, humid June ride, you may find yourself looking around for clouds that may produce tangible evidence of the 100 percent humidity draped over you like an invisible blanket. The falling rain is very close to the ambient temperature and you can be

happy to just ride in it all day long. It is most times truly refreshing; its effects on your bike notwithstanding.

Then I moved to Colorado. The elevation gain was about 5500 feet from my home in Georgia, and the rain became a nemesis, bringing a cold stinging pain that the soft warm rains of home had never thought of being. The Front Range of Colorado receives an almost daily shower in the late afternoon, as moisture builds over the mountains and begins to move east, dumping bits of that moisture on the bicycle racers below who are trying to get a few training miles in before dark

To the non-exposed, this regular shower cools things down, makes the grass green, and fills the creeks and streams. But to those on two wheels, miles from shelter, it is just a cold sampling of what will become Kansas tornadoes tomorrow. Mother Nature's dark side.

I was always amazed that a

90-degree July day could fall victim to a freezing cold, skin pelting rain that would materialize from the clearest blue skies. Sometimes, Mother Nature would reveal her darkest mood, and drop a hailstorm "out of the blue". I think this was intended for the sole purpose of making us appreciate the freezing cold rain, and be happy with it.

There used to be a five day stage race called the Rocky Mountain News Stage Race (or something like that), sponsored by the Denver newspaper. One year in particular, we collectively must have really ticked off Mama N, because she threw something different at the ground each day as we were all trying to complete the daily stages. One of those days was designated by her as "Hail Day". The stones came down like marbles being thrown by the thousands. Those of us who were wearing helmets were having our "bells rung" so badly that we couldn't hear anything over the

deafening sound. Many racers received terrible welts to the skin from being pounded by the stones, and the road was covered with ice in the form of stones roughly the width of our tires. The racers had to be rescued from the course, and the day's stage canceled. *That* made me appreciate a simple rain shower. Still didn't like them, but I always knew there was something worse.

Now I'm caught surveying the sky before going for a ride, not wanting to be victim of a little downpour for fear of a bit of Spring coldness and wetness. I've grown soft. And my resolutions, like my deadlines, are looking smaller. But my bike is staying in good condition! And I'm in no danger of another encounter with Mother Nature's odd sense of humor, or her lack of compassion for the bike rider on a treeless stretch of road.

I keep telling myself we live in a desert, and the rains will end, and there will be glorious days of big blue skies and searing heat. Uhhggghh, the searing heat. And wind. There will always be wind, and it will always be a headwind. Hot, dry, windy July afternoons, not a raindrop to be found. Feast or famine, it's a no win for one whose passion is helpless in the face of weather's quirks. But through it all, it's more fun to be out there on that treeless stretch of road than to watch those quirks from behind a window.

Editor's Note: Greg can be reached at:  
grego@encore-sports.com

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| Men's Category 4/5   | 2:00 p.m.  | 50 minutes /100 | \$300, Top 10   | \$25 Entry Fee |
| Men's Master's 35+   | 3:00 p.m.  | 50 minutes /100 | \$500, Top 10   | \$25 Entry Fee |
| Men's Category 3     | 4:00 p.m.  | 50 minutes /100 | \$750, Top 10   | \$25 Entry Fee |
| Men's Pro /1/2       | 5:00 p.m.  | 70 minutes /125 | \$2,500, Top 20 | \$30 Entry Fee |

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## ADVOCACY

**Matheson Co-Sponsors Bike Bill**

By Charles Pekow

A one-time \$5.15 million grant program to encourage bicycle riding passed the U.S. House of Representatives. The House passed a comprehensive energy bill (H.R. 6) that includes a Conserve by Bicycling Program as a means of transportation to save fuel by getting people out of autos and on to bicycles. Rep. Earl Blumenauer (D-OR) introduced it on the floor as an amendment.

The Department of Transportation (DoT) would divide the funds into up to 10 geographically dispersed efforts to encourage people to ride bicycles instead of autos. Grantees could pay for education and advertising campaigns; build bicycle facilities; create partnerships among law enforcement, public health, energy, environment, transportation and other officials; and document results and energy savings. Grantees would have to pay for at least 20 percent of project costs with non-federal funds.

DoT would get \$300,000 extra to operate the program and publicize it and the results.

The legislation would also give the National Academy of Sciences (NAS) \$750,000 and two years to study the issue of converting motor trips to pedaling trips. NAS would study the results of the projects and the effects of weather, land use, traffic patterns, "the carrying capacity of bicycles," and bicycle infrastructure. The study would see how much energy the nation could save by encouraging bicycling, examine costs and benefits of investing in bicycling

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infrastructure, and define ways to encourage people to ride bikes instead of autos.

A similar measure is pending before the Senate Committee on Commerce, Science & Transportation. The Senate left for a two-week spring break still working on an energy package.

Meanwhile, Rep. James Oberstar (D-MN) introduced the Securing Transportation Energy Efficiency for Tomorrow (STREET) Act (H.R. 1491), which includes a similar provision to the Bike Commuter Act introduced by Rep. Earl Blumenauer (D-OR) allowing employers to reimburse employees for the costs of bicycling to work. But Oberstar's bill spells the benefits out more specifically.

The bill, which contains many provisions designed to improve transportation energy efficiency, would allow employers to offer up to \$75 a month to pay for the costs of bike maintenance, renting secure parking, showering and other costs of commuting to work by bike. The benefit could get adjusted annually for inflation. Current law allows a transportation benefit only for those who need auto parking and those taking public transit.

But the bill may have to travel far and require consumption of much congressional energy if it ever reaches a positive destination. Because it includes so many diverse provisions, six House committees can consider it: Transportation & Infrastructure, Science, Ways & Means,

Resources, International Relations, and Financial Services. Resources referred it to the Subcommittee on Energy & Mineral Resources, which has requested comments from the Department of the Interior.

So far, 18 representatives have cosponsored the bill, including Blumenauer, Michael Honda (D-CA), Peter DeFazio (D-OR), Jim Matheson (D-UT) and Juanita Millender-McDonald (D-CA).

**SAFE ROUTES TO SCHOOL TOOLKIT NOW AVAILABLE**

The Safe Routes to School Toolkit, a step-by-step guide to getting more children walking and biking to schools safely, is now available at <http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/safer-outeshtml>. It is based on the experiences of the Marin County Safe Routes to School pilot program and other programs in the United States, Canada and the United Kingdom. Successful SR2S programs in the United States have incorporated one or more of the following strategies:

- Encouragement (events and contests to entice students to try walking and biking)
- Education (teaches students important safety skills and launches driver safety campaigns)
- Engineering (creating physical improvements to infrastructure surrounding the school, reducing speeds and establishing safer crosswalks and pathways)
- Enforcement (local law enforcement to ensure drivers obey traffic laws).

Bicycle advocacy organizations, parents, teachers, schools, and communities will all find valuable information on how to start and run Safe Routes to School programs.

-League of American Bicyclists

## MOUNTAIN BIKE RACING

**Tour of Canyonlands DH****-Gracia, Dahlager earn downhill wins in Moab**By Jason Sumner  
VeloNews

**April 5, 2003** - It's not the biggest series in the country, or the most prestigious. But with stops in legendary fat-tire towns like Crested Butte and Moab, plus high-alpine beauties like Steamboat Springs and Snowmass, the nine-race Mountain States Cup certainly holds its own.

This year's series, which is actually a merger of the old Spirit of the Rockies and Mountain States Cup, got rolling Saturday just outside Moab, Utah, with day one of the Tour of Canyonlands. That brought the downhill, contested on the rocky slopes of the Moab Rim Trail, a 1.5-mile track that's more slickrock than dirt. The day's pro winners were Frenchman Cédric Gracia and Colorado's Gale Dahlager.

Gracia (Siemens-Cannondale) earned a narrow victory, besting Bernard Fredrick (Lenz Sport) by just 1.24 seconds, with Yeti's Ross Milan (Yeti) coming in third, at 4.31.

"It's not bad for no pedaling," said Gracia, who wore a helmet camera in what was his first competitive downhill race of the 2003 season.

The flamboyant Frenchman will now head to Northern California for next weekend's Sea Otter Classic, and then it's back across the Atlantic to race Maxxis Cup before the start of the World Cup series.

Meanwhile, Dahlager (Astrix-Poison Spider) got off to a good start in what she hopes will be her fourth run at the Mountain

States Cup overall title. And if this race was any indication, that's not at all far fetched. The 33-year-old was an Anne-Caroline Chausson-like 26.31 seconds faster than second-place finisher Faith Bradley (Go-Ride.com), with Martha Renn (Kind Cyclist) third, at 27.95.

"It's definitely different riding a course like this," Dahlager said. "You really have to let go and stay off the brakes."

Besides the slickrock, the fact that the downhill course was served by what is one of the few, maybe only, chairlifts in the country that is used primarily for mountain biking. The chair takes riders on a slow, steep ride up the west side of the valley, then drops them off near the top of the downhill course, which descends down to the banks of the Colorado River.

The second and final day of the Tour of Canyonlands will bring the cross country. The overwhelming favorite on the men's side will be reigning U.S. national champion Jeremy Horgan-Kobelski (RLX Ralph Lauren). Also in town is Mongoose rider Todd Wells. They'll battle in a 25-mile race that starts with a sustained fire road climb, before giving way to classic Moab double and single track.

**RACE NOTES**

- According to the EMTs on site, race day was relatively carnage free. But Friday's practice session saw one separated shoulder, one broken collar bone and four broken wrists. The course had several large ledge drops, including one that was at least 5 feet. There was an alternative line.  
- Former world downhill cham-

pion Myles Rockwell was seen course side cheering. Rockwell, who retired from racing at the end of last season, and his girlfriend are expecting their first child and have plans to get married soon.

- Gracia, who always seems to have some kind of business deal in the works, has founded a company that will act as a talent agency for extreme sports stars. Dubbed Xtreme Sports Talent, the company's aim is to get athletes work in the advertising world. The other Gracia news of the day was that he just bought a new three-story house in Andorra that has an elevator.  
- The owners of the Moab Rim Adventure Park have plans to build more trails and are even talking about putting a restaurant at the top of the chairlift.

**MOAB RIM DOWNHILL PRO MEN**

1. Cédric Gracia (F), Siemens-Cannondale, 2:28.12
2. Bernard Fredrick, Lenz Sport, at 1.24
3. Ross Milan, Yeti, at 4.31
4. Matt Thompson, Big Crank, at 6.98
5. Kain Leonard, at 8.22

**PRO WOMEN**

1. Gale Dahlager, Astrix-Poison Spider, 3:17.25
2. Faith Bradley, Go-Ride.com, at 26.31
3. Martha Renn, Kind Cyclist, at 27.95
4. Jennifer Whalen, Rumble Factory, at 35.32
5. Lisa Myklak, Astrix Sports, at 35.46

-Courtesy of VeloNews

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ROAD RACING

**A Buffalo Stampede on Antelope Island, April 12, 2003**



Story and Photos by  
**Bob Truelsen**

At the 2003 Buffalo Stampede road race at Antelope Island the unpredictable nature of bicycle racing was witnessed in sharp contrast to the constant of Mother Nature. Most notably, the constant wind.

April 12 turned into a beautiful Spring day. However, race organizers at Ogden One Cycling Club were no doubt anxiously watching the local

weather prognosticators in the days prior to the race for the latest forecasts. Utah's Spring has been much like a bicycle race: unpredictable. After a very mild winter with little precip, Spring has made for many soggy training days with ample snow and rain.

But Nature's only contribution to human misery this day was in the form of wind. Just ask Women's 1-3 winner Rydeen Stevens of Sandy.

Stevens, riding for 1st

**Continued on page 18**

Photos:  
Top: The Master's Peloton  
Right: Men's Pro/1-2 hit the climb.



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*MOUNTAIN BIKE RACING*

**Remembering 5-Mile Pass  
Intermountain Cup #2,  
- May 3, 2003**



By Cindi Hansen

What can you say about 5 Mile Pass? It's dry, it's dusty, the course is long and rough, there are those fun few climbs at the end; oh, and there's the hike-a-bike. Who can forget that? No one does, but that doesn't stop the 400 hundred or so racers from participating in one of the largest races of the season.

With the promise of rain, many racers were bundled up in all their warm weather gear. I over heard someone mention how cold it was and I thought about that first St. George race.

This weather was great!

As I stood in line waiting for my bunch to start, I got those same familiar feelings. "I should have went to the bathroom one last time, will I be warm enough, did I eat enough? I know this is going to hurt, why do I do this?" We make our way to the line and Ed Chauner counts down to the start.

"3, 2, 1," Just like that the race has begun, there's no turning back. I was pleasantly surprised to find myself riding with Elena Felin, Sobe/Cannondale, and Kathy Sherwin,



above: Richard Abbot leads Jim Rogers  
right: Todd Henneman takes the plunge.  
Photos: David Hill, courtesy of  
www.pinnacleimaging.photorelect.com

Continued on page 16



**Utah Summer Games**  
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Pro Men's Start  
Photo: David Hill  
courtesy www.pinnacleimaging.photorelect.com

## The 2003 Utah State Mountain Bike Downhill Series

This year's Utah State Mountain Bike Downhill Series starts on Sunday, June 8 in Bountiful. The series will consist of seven NORBA sanctioned races in Utah and two races in Idaho. Racers will count points earned from their best six finishes out of nine total races. Those with the most points at the end of the season will be crowned series champions.

The Utah races will feature the above mentioned Bountiful Bomber; other venues include Brian Head, Park City Mountain Resort, Snowbasin, Deer Valley and the Moab Rim. The Idaho races, which are part of Ron Dillon's Wild Rockies Series, offer Utah Series racers the opportunity to compete on a couple of great courses that are close enough to Utah to make them easily accessible: Pomerelle Resort (near Burley) and Lava Hot Springs.

For more information, please call Ron Lindley at 801-375-3231 or on the Web it's [www.go-ride.com](http://www.go-ride.com).

-Ron Lindley

jockey back and forth over the climbs. The other girl fell victim to chain-suck and I pulled away. As I conquered the hike-a-bike one last time my machine and I felt great. We were in the home stretch.

I passed a guy on the last climb before the final decent and pushed hard to the finishline. As I crested the gully, I stood up to sprint in. I heard the spectators cheering me on, telling me to, "go, go, go don't let him pass you". The guy I passed moments before was sprinting along side me, and we raced each other to the line. He barely beat me!

As I recovered slowly up the road, I thought about the last two hours of racing and about the question I asked myself before the start. "Why do I do this?" Because I love this sport, even if I didn't win.

-See Results on Page 16

**Wear your helmet,  
Your kids will  
thank you!**

### 5-Mile Pass - continued from page 11

Sobe/Cannondale, up the first climb. Usually, they're both gone ten seconds into the race! As we made our way up and over the first climb, I took the first left-hand corner to fast, and dove into the soft dirt. Three girls passed me. I was up and back on fast, though, and was able to catch back up with the group of three.

Ah, the hike-a-bike. A train of colorful jerseys ahead of me disappeared one by one over the climb. My calves are screaming at me to stop, but I can't, I'm almost to the top.

The long gradual climb up the road is one of the only sections where I can get into a rhythm and really push hard. I catch two girls on the fast decent and we make our way over the final climbs and on to our second lap.

The three of us ride together for about another twenty minutes. Two of us drop off and

**Motion**  
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Presents

Free kids bike race, 10-under with candy-filled pinata  
Dogs on leashes welcome  
Incredible, 1-lap course at the stunning Pequop Ranch!

**The 13th annual Bordertown Challenge,  
Saturday, May 24, Oasis, NV**  
(32 miles w of Wendover off I-80)

Runners/walkers=6 miles, start 9am  
Duathletes=6mile run, then a 20-mile mountain bike, start 9am  
Beg mountain bikes=12 miles start at noon  
Sport mountain bikes=20 miles start 11:30  
Pro/expert mt. bikes=23 miles start 11am

[www.wildrockies.com](http://www.wildrockies.com)

## INTERMOUNTAIN CUP 2003

**Mountain Bike Racing Series**  
801-942-3498 or [www.intermountaincup.com](http://www.intermountaincup.com)

|          |  |
|----------|--|
| March 1  | Red Rock Desert Rampage, St. George, UT                                |
| May 3    | Aardvark's Showdown at Five Mile Pass, Lehi, UT                        |
| May 17   | Hammerfest at the Hollow, Soldier Hollow, Heber City, UT               |
| May 31   | The Joyride, Logan, UT   |
| June 7   | Deer Valley Pedalfest XC, Deer Valley Resort, UT                       |
| June 14  | Utah Summer Games XC Race, Cedar City, UT                              |
| June 28  | Pedal Powder, Powder Mountain, UT                                      |
| July 5   | Brian Header, Brian Head, UT   |
| July 12  | Chris Allaire Memorial/Utah State Open, Solitude, UT                   |
| August 2 | The 16th Annual Mountain Bout, Snowbird, UT                            |
| August 9 | Wolverine Ridge XC Race, Double Points!, Regional Finals, Evanston, WY |

All races are Cross Country Events, No License Required!

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**THE SHOT**



# Utah State Championship Downhill Series

2003



**June 8: Bountiful Bomber -- Bountiful, Utah**  
**July 6: Pomerelle Peaks -- Pomerelle, Idaho**  
**July 20: Flyin' Brian 1 -- Brian Head, Utah\***  
**August TBA: Wasatch Plunge -- Snowbasin, Utah**  
**August 23: King of the Wasatch -- Park City, Utah**  
**September 1: Flyin' Brian 2 -- Brian Head, Utah\***  
**September 14: Bald Mtn. Challenge -- Deer Valley, Utah\***  
**September 21: Devil's Staircase -- Lava Hot Springs, Idaho**  
**October 4-5: Moab Rim Downhill & Freeride Contest -- Moab, Utah**

Presented by Salamander Promotions & Go-Ride  
For information check out [www.go-ride.com](http://www.go-ride.com)  
Salamander: 801-375-3231 Go-Ride: 801-474-0081



\* Super-D race too!

# BICYCLE SHOP DIRECTORY

## SOUTHERN UTAH

### Cedar City

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

### Moab

**Chile Pepper**  
550 1/2 North Main  
Moab, UT 84532  
(435) 259-4688  
(888) 677-4688  
www.chilebikes.com

### Moab Cyclery

391 South Main  
Moab, UT 84532  
(435) 259-7423  
www.moabcyclery.com

### Poison Spider Bicycles

497 North Main  
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(435) 259-7882  
(800) 635-1792  
www.poisonspiderbicycles.com

### Rim Cyclery

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Moab, UT 84532  
(435) 259-5333  
(888) 304-8219  
www.rimcyclery.com

### Panguitch

**Red Canyon MTB Center**  
P.O. Box 40  
3158 E. HWY 12  
Panguitch, UT 84759  
(435) 676-8657  
www.redcanyonbikes.com

### St. George

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(888) 673-4492  
www.bicyclesunlimited.com

### Red Rock Bicycle Co.

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St. George, UT 84770  
(435) 674-3185  
www.redrockbicycle.com

### Springdale

**Springdale Cycles and Tours**  
1458 Zion Park Blvd.  
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Springdale, UT 84767  
(435) 772-0575  
(800) 776-2099  
springdalecycles.com

## NORTHERN UTAH

### Heber City

**Heber Mountain Sports**  
164 S. Main  
Heber City, UT 84032  
(435) 657-1950  
hebermtnsports@juno.com

### Logan

**Al's Cyclery and Fitness**  
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Logan, UT 84341  
(435) 752-5131  
www.alssports.com

### Joyride Bikes

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(435) 753-7175  
www.joyridebikes.com

### Sunrise Cyclery

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

### Park City

**Christy Sports**  
7580 Royal St. E-107  
Silver Lake Village  
Deer Valley, UT 84060  
(435) 649-2909  
www.christysports.com

### Cole Sport

1615 Park Avenue  
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(435) 649-4806  
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## WASATCH FRONT Davis County

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(801) 295-6711

### Pedersen's Ski & Sports

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Bountiful, UT 84010  
(801) 298-4551

### Clearfield

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(801) 776-6559

### Kaysville

**The Bike Rack**  
49 E. 200 N.  
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(801) 544-5300  
bushesbikerack@aol.com

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**Bingham Cyclery**  
110 N. Main  
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www.binghamcyclery.com

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www.binghamcyclery.com

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(801) 278-6820  
golsancycles@aol.com

### Spin Cycle

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Holladay, UT 84117  
(801) 277-2626  
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www.spinycleut.com

### Murray/Cottonwood

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

### Choose to Ride

6148 S. State  
Murray, UT 84107  
(801) 74-PEDAL  
www.choosetoride.com

### Downtown Salt Lake

**Guthrie Bicycle**  
156 E. 200 S.  
Salt Lake City, UT 84111  
(801) 363-3727  
www.redrocks.com

### Wasatch Touring

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

### Wild Rose Mountain Sports

702 3rd Avenue  
Salt Lake City, UT 84103  
(801) 533-8671  
(800) 750-7377

### East Salt Lake/ Sugarhouse

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

### Bingham Cyclery

1370 South 2100 East  
Salt Lake City, UT 84108  
(801) 583-1940  
www.binghamcyclery.com

### Contender Bicycles

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Salt Lake City, UT 84105  
(801) 364-0344

### Fishers Cyclery

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

### Go-Ride Downhill Bikes

3232 S. 400 E., #500  
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www.go-ride.com

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(801) 484-0404  
www.redrocks.com

### REI

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www.rei.com

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www.canyonbicycles.com

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Sandy, UT 84070  
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www.rei.com

### Revolution Mountain Sports

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Sandy, UT 84070  
(801) 233-1401

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**T&T Bike and Ski**  
8621 S Highland Drive  
Sandy, UT 84092  
(801) 944-8038  
(877) SKI-PHAT  
www.altacam.com

### South Jordan

**South Valley Cycles**  
10445 S. Redwood Road  
South Jordan, UT 84095  
(801) 446-1415

## Utah County

### Orem

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

### Provo

**Aardvark Cycles**  
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(801) 356-7043  
(877) 346-6098  
www.aardvarkcycles.com

### Bingham Cyclery

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

### Copeland's Sports

4801 N. University Ave.  
Suite 210  
Provo, UT 84604  
(801) 852-2160  
www.shopsports.com

### Springville

**Blayn's Cycling Service**  
1190 N. Main  
Springville, UT 84663  
(801) 489-5106  
biknut@sisna.com

## Weber County

### Ogden

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

### Bingham Cyclery

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

### Riverdale

**Canyon Sports Outlet**  
705 W. Riverdale Road  
Riverdale, UT 84405  
(801) 621-4662  
www.canyonsports.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](mailto:dave@cyclingutah.com) with date, name of event, website, phone number and contact person and other appropriate information

Let us know about any corrections to existing listings!



Battle Bay BMX — (801) 796-8889

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

## Events

May 5, 12, 19 — Rad Canyon Bmx, Practice 6:30-8:30 pm. 9700 S. 5250 W., South Jordan, (801) 824-0095.

May 13, 15, 20, 22, 27, 29 — Rad Canyon Bmx, Single Point Races Tuesdays & Thursdays, Registration 6-7 pm, racing ASAP (8pm). 9700 S. 5250 W., South Jordan, (801) 824-0095.

June 2, 9, 16, 23, 30 — Rad Canyon Bmx, Practice 6:30-8:30 pm. 9700 S. 5250 W., South Jordan, (801) 824-0095.

June 3, 5, 10, 12, 17, 19, 24, 26 — Rad Canyon Bmx, Single Point Races Tuesdays & Thursdays, Registration 6-7 pm, racing ASAP (8pm). 9700 S. 5250 W., South Jordan, (801) 824-0095.

June 21 — Rad Canyon Bmx, Race For Life, Double Point Race. NO ABA MEMBERSHIP REQUIRED TO RACE. Saturday, Registration 4-5 pm, racing ASAP (6pm). 9700 S. 5250 W., South Jordan, (801) 824-0095.

July 18, 19, 20 — Rad Canyon Bmx, GREAT SALT LAKE NATIONAL. For registration and race times go to [www.ababxm.com](http://www.ababxm.com). 9700 S. 5250 W., South Jordan, (801) 824-0095.



## General Info

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7939 or (801) 363-0304.

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

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

## Calendar of Events is sponsored by



Salt Lake City • Sunset Layton • Ogden Sandy • Midvale • Provo

## Events

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

Tuesdays — May 27, June 10, July 8, Aug 12, Fixing flat tires and other ride stopping mishaps, Free Clinic, 7 pm, Tom @ Wild Rose, (801) 533 8671

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

May 10 — RMCC Downtown Criterium. Pioneer Park, 500 South 400 West. Come out and enjoy a day of racing with all classes of Men's and Women's events. Noon to 8:30 PM. Contact Barry Gardner (801) 523-9387

May 12 — Tailwinds Bicycle Touring Downtown Historic Tour. Meet in Liberty Park in front of the Jacob Chase Historic Home at 6:00 PM, Grant Aagard (801) 272-1302

May 13 — Mayor's Bike to Work Day presented by Salt Lake City Mayor's Office and MBAC, a mellow ride with Mayor Rocky Anderson under police escort from Liberty Park to the City/County Bldg, then free breakfast and raffle for all participants, Cost: free, 7:30 am, Liberty Park, Lisa Romney, 535-7939, [lisa.romney@ci.sl.ut.us](mailto:lisa.romney@ci.sl.ut.us), Meet at the northeast corner of Liberty Park

May 14 — Bicycle Movie at Brewvies presented by SLC Bike Collective. This is a fundraiser for the SLC Bike Collective. Movie will have bicycle theme with at least one bicycle. Brewvies is at 677 S. 200 W., SLC. Cost is \$6.00 and 21 years under your belt. Time is 7:00 PM. Brian Price (801) 328-2453 or [info@slcbikecollective.org](mailto:info@slcbikecollective.org)

May 16 — UTA Rideshare Bike Bonanza. Presented by UTA Rideshare and SLC Corporation. Join Mayor Anderson for an evening bike ride on the new 200 S. bike lanes. Live music, food and prize drawings. New bicycle for Grand Prize. Bike Ride: 7:00 PM, Music at 7:30 PM. Gallivan Plaza, 239 S. Main St. in SLC. Free! Contact Julie Bond (801) 262-5625 or [jbond@uta.cog.ut.us](mailto:jbond@uta.cog.ut.us)

May 17 — Cycle Salt Lake Century 31, 67 and 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:30 AM. Online registration at [www.cycle-saltlakecentury.com](http://www.cycle-saltlakecentury.com) Contact

Jon R Smith (801) 596-8430 or [jonsmith@mac.com](mailto:jonsmith@mac.com)

May 19 — Bike Swaps, Canyon Sports, Riverdale and Cottonwood locations, (801) 942-3100 and (801) 621-4662

May 24-25 — Park City Bike Swap to benefit Young Rider's MTB program, White Pine Touring, Park City, (435) 655-2621

June 7 — National Trails Day, call Rei at (801) 486-2100 for info.



## General Info

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

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

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

## Utah MTB Races

Wednesdays — Soldier Hollow Training Series, 7 p.m., (801) 404-0946

Wednesdays — April 30 - September 3 Sundance Weekly MTB series, 6:30 pm, alternates with Soldier Hollow Training Series, Sundance Resort, (801) 223-4849

May 17 — Hammerfest at the Hollow, Intermountain Cup #3, Soldier Hollow, Midway, UT, (801) 942-3498

May 24 — Bordertown Challenge, Wild Rockies Series #3, Oasis, NV, (208) 342-3910

May 26 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

May 31 — Cache Valley's Joyride, Intermountain Cup #4, Wellsville/Logan/Sardine Canyon, UT, (435) 245-6950

June 7 — Pedalfest XC, Intermountain Cup #5, Deer Valley, UT - Ed Chauner, 801-942-3498

June 8 — Bountiful Bomber Downhill Race, Bountiful, UT, (801) 375-3231

June 14 — Utah Summer Games, Intermountain Cup #6, Cedar City, (435) 865-8421, (800) FOR-UTAH, (435) 586-2770

June 28 — Pedal Powder, Intermountain Cup #7, Powder Mountain, Ed Dilbeck, (801) 479-5015

July 4 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

July 5 — Brian Header, Intermountain Cup #8, Brian Head, UT, XC, Clark Krause, (435) 586-2770

July 12 — Chris Allaire Memorial, Intermountain Cup #9, Solitude, UT, XC - Ed Chauner, 801-942-3498

July 12 — Brianhead Epic 100, qualifier for the 2002 World Solo Championships, Brian Head, (909) 866-4565

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

July 20 — Flyin' Brian I Downhill Race, Brian Head, UT, (801) 375-3231

August TBA — Wasatch Plunge DH Race, Snowbasin, UT, (801) 375-3231

August 2 — Snowbird Mountain Bout, Intermountain Cup #10, 15th Annual, Snowbird, (801) 942-3498

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

([www.cyclingutah.com](http://www.cyclingutah.com)) or call the Mayor's office at 535-7939 or Mark at 363-0304.



August 9 — Wolverine Ridge XC Race, Intermountain Cup #11. Series Finals, Evanston, WY - Paul Knopf, (866) 783-6300 or (307) 783-6470

August 23 — King of the Wasatch Downhill, Park City Mtn. Resort, (801) 375-3231

August 23 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

August 24 — Widomaker Hill Climb 10 AM, Snowbird Resort, (801) 583-6281

September 1 — Flyin' Brian II Downhill Race, Brian Head, UT, (801) 375-3231

September 13 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

September 14 — Bald Mountain Challenge Downhill, Deer Valley, UT, (801) 375-3231

September 20 — Tour des Suds, Park City, (435) 649-6839

October 4-5 — Moab Rim Downhill and Freeride Contest, Moab, UT, (801) 375-3231

October 10-11 — Red Bull Rampage Free Ride Contest, 2nd Annual, Virgin, UT (435) 772-BIKE

## EVANSTON • WY


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**SATURDAY, JUNE 21 - 9:00 a.m.**

Kamas, UT to Evanston, WY  
Bald Mountain Road Race - 80 miles  
"OVER THE TOP" 10,700'

**SUNDAY, JUNE 22 - EVANSTON, WY**  
Charles Scrivner Memorial Time Trial - 7:30 a.m.  
Downtown Courthouse Criterium - 12:00 p.m.

## FEES

Pro Men, I, II \$55; Pro Women, I, II, III \$50; other USCF \$45; Citizens \$35. Add \$5 for late registration on race day.

**INFORMATION: TOLL FREE# (866) 783-6300**

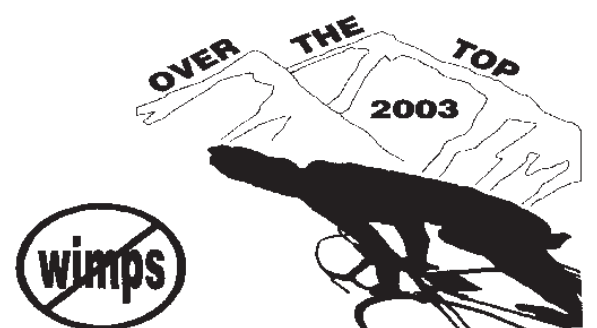
On-line Registration: [www.sportsbaseonline.com](http://www.sportsbaseonline.com)

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**OVER \$7,500 CASH & PRIZES!**



**October 13-14** — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hws@infowest.com

**October 18-19** — 24 Hours of Moab, (304) 259-5533

**Regional MTB Races**

**May 11** — 1st Annual Coyote Classic, Boise, ID, (208) 338-1016

**May 15-18** — NORBA NCS #1, Snow Summit Mountain Resort; (909) 866-4565

**May 24** — Bordertown Challenge, Wild Rockies Series #3, Oasis, NV, (208) 342-3910

**May 24-26** — Iron Horse Bicycle Classic, Road and Mountain Events, Durango, CO, (970) 259-4621

**June 4 - July 2** — Wednesday Night MTB Series, ID, (208) 788-9184

**June 7** — Revenge of the Singletrack, Wild Rockies Series #4, Twin Falls, ID, (208) 342-3910

**June 28** — Idaho City Excellent Adventure, Wild Rockies Series #5, Idaho City, ID, (208) 342-3910

**July 4** — 8th Annual WYDAHO Bike Race, Grand Targhee Ski and Summer Resort Alta, WY, Cara Woelk at 1-800-TARGHEE ext. 1313

**July 5-6** — Pomerelle Peaks, XC on Sat, DH on Sun, Wild Rockies Series #6, Albion, ID, (208) 342-3910

**July 5-6** — CANCELLED MTB World Cup, XC, DH, 4x5, Telluride, CO, (719) 866-4581

**July 12** — Kelly Canyon MTB, Idaho Falls, ID (208) 336-5821

**July 20** — State Short-Track XC, ID, (208) 788-9184

**August 14-17** — NORBA NCS #4, Durango, CO, (970) 259-4621

**August 2-3** — 19th White Knob Challenge and MTB Stage Race, Mackay, ID, Kurt Holzer at (208) 890-3118

**August 9-10** — 24 Hours of Boise, Bogus Basin, ID, (208) 367-1899

**August 9-10** — Claim Jumpers Downhill and Cross Country, Nevada NORBA State Championships, XC, DH, Great races in the middle of Nevada on Hwy 50, Austin, NV, (775) 964-1212

**August 23-24** — Brundage Bike Festival, Wild Rockies Series #7, McCall, ID, (208) 342-3910

**September 6** — Galena Grinder, Galena Lodge, ID, (208) 788-9184

**September ?** — Pahrump NV, (775) 727-5284 or (702) 228-4076

**September 20-21** — Lava Rama, Wild Rockies Series #8, XC, DH, Lava Hot Springs, ID (208) 342-3910

**Mountain Bike Tours and Festivals**

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

**August 9-10** — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595

**September 27** — Antelope Island Buffalo Bike Tour, (801) 947-0338

**October 30 - November 2** — Canyonlands Fat Tire Festival. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab, UT, (800) 635-6622



**Road Racing**

**General Info**

**Utah Road Racing** - USCF, Utah Cycling Association - Dirk Cowley, (801) 944-8488

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

**Utah Road Races**

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

**May 14,21,28** — DMV Crit Series, Every Wednesday, Salt Lake, 944-8488

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

**May 10-11** — Women's Road Racing Cycling Clinics, racing skills and tactics, SLC, (801) 944-2456 or (801) 466-6312

**May 10** — RMCC Rhodes Criterium, 12 noon, Pioneer Park, Salt Lake City, (801) 523-9387

**May 24-25** — Snake River Stage Race, (208) 465-6491

**May 31** — Antelope Island TT #1, Antelope Island, (801) 731-8335

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

**Last Friday of EVERY Month.**  
  
**CRITICAL MASS**  
 slccriticalmass.org  
**5:30pm @ Gallivan Center**

**Women's Cycling Apparel**



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**WE'RE BACK!**  
 Thank you to everyone who made the 1st Porcupine Big Cottonwood Hill Climb a success! Our 234 cyclists, community of volunteers and first year sponsors are the difference in making this annual charitable community event happen.

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cycling utah

## RACE RESULTS

Mountain  
Bike  
Racing**Aardvark's Showdown at 5-Mile Pass  
Saturday, May 3, 2003  
Intermountain Cup Mountain Bike  
Racing Series - Race # 2****12 & Under**

1. Tanner J. Putt; X-Men
2. Carsen Ware; Dixie Desert
3. Alex Scott; Young Riders

**9 & Under**

1. Rhet Povey
2. Sara Denton
3. Cale Pilling; Big Brawn Racing

**Beg Men 13-15**

1. Matthew L. Downing; Mad Dog Cycles
2. Conner Dougherty; Young Riders
3. Jason K. LeGore

**Beg Men 16-18**

1. Braxton Berrett; South Valley Cycle
2. Daniel L. Bride; Mad Dog Cycles
3. Kasey Curtis; Mad Dog Cycles

**Beg Men 19-29**

1. Jacob Balls; New Moon Media/Spin Cycle
2. Karl Jarvis; Racers Cycle Service
3. Jeremy Wood; Al's Sporting Goods

**Beg Men 30-39**

1. Aaron D. Larsen
2. Greg Christiansen
3. Jon Maraschin; New Moon Media

**Beg Men 40+**

1. Jeff Butler
2. William Hockett
3. Kelly Lassiter

**Beg Women 19+**

1. Karen Ursick; Pedros/Canyon Bicycles
2. Linda Kopp
3. Natasha Way

**Clydesdale**

1. Michael J. VanHook
2. Aaron Mullins; Taylors Bike Shop
3. Steve Pecorella

**Exp Men 16-18**

1. Scott J. Allen; X-Men
2. Mitchell Peterson; Healthy Choice/Guru's
3. Dustin Wynne; Young Riders

**Exp Men 19-29**

1. Trevor Simper
2. Ty Hansen; New Moon Media/Spin Cycle
3. Travis Hughes; Aardvarkcycles.com

**Exp Men 30-39**

1. Anthony Johnson
2. Phil Snow; Aardvark Cycles
3. Brad W. Pilling; Barrup Data

**Exp Men 40+**

1. Tom Noaker; Young Riders
2. Dana Harrison; Guru's
3. Jim Rogers; Stein Erikson Sport

**Men 50+**

1. Roger Gillespie; Sobe/Cannondale
2. Bill Dark; Mad Dog Cycles
3. Bill Peterson; Guru's

**Pro Men**

1. Todd Tanner; Sobe Cannondale/Guthrie
2. Charlie Gibson; Racer's Cycle Service
3. Craig Sandstrom; Tomac

**Pro/Exp Women**

1. Robin McGee; Jackson Hole Mt Resort
2. Pamela Hanlon; Jans
3. Elena Felin; Sobe/Cannondale

**Spt Men 16-18**

1. Rick Washburn; Mad Dog Cycles
2. David L. Peterson; Diamond Peak Ski & Sport
3. Ryan Washburn; Mad Dog Cycles

**Spt Men 19-29**

1. Quin G. Bingham; Al's Cycle
2. Paul Jordan; Racers Cycle Service
3. Kirk Topham; Instant Replay

**Spt Men 30-39**

1. Ed Warr
2. Al Thresher; Healthy Choice /Guru
3. John Griffiths; New Moon Media/Spin Cycle

**Spt Men 40+**

1. Dale Money
2. Mike Osborn; Racer's Cycle Service
3. Curtis Landgraf

**Spt Women 19+**

1. Christie A. Johnson; Sugar
2. Kaylene Kotter; Sugar
3. Lisa Richmond; Bike Empire

**Spt/Exp Men 13-15**

1. Ryan Harrison; Guru's
2. Kaleb J. LeGore; Healthy Choice/Guru's
3. Jeremy Kough

**Women 13-18**

1. Alison Lewis; X-Men

**Women 35+**

1. Ellen Guthrie; New Moon Media/Spin Cycle
2. Barbara E. Sherwood; New Moon Media/Spin Cycle
3. Rose Rees; Canyon Bicycle

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fisherscyclery.comSalt Lake's  
Road Bike  
Specialists!Road  
Racing**Weber State Criterium  
April 5, 2003****Men's 1-2**

1. John Osguthorpe
2. Bryson Perry
3. Jody Harris
4. Aaron Jordin
5. Art O'Conner

**Men's 3**

1. Andrew Lock
2. Justin Kline
3. Drew George
4. Peter Clark
5. John Laney

**Men's 4**

1. Chad Wells
2. Shawn Cheney
3. Will MacFarlane
4. Jeff Clawson
5. Doug Eliason

**Men's 5**

1. Kyle Wright
2. David Harward
3. David Strahl
4. Mike Payan
5. Michael Franklin

**Junior Men**

1. Bruce Hoffman
2. Dana Hoffman
3. Bill Peterson; Guru's

**Master's 35+**

1. Rob Van Kirk
2. Brent Cannon
3. Greg Freebairn
4. Gary Porter
5. Stewart Richards

**Master's 45+**

1. Dirk Cowley
2. Clyde Done
3. Donald Armstrong
4. Walter Blanco
5. Mark Bates
6. Stephen Pudlock

**Master's 55+**

1. Ken Louder
2. Alan Stockland
3. Kirk Topham; Instant Replay
4. Cynthia Martin
2. Margaret Douglas

**Women 4**

1. Michelle Dickson
2. Christine Kish

**Junior Women**

1. Cynthia Martin
2. Ashlee Bradbury

**Buffalo Stampede Road Race,  
Antelope Island, April 12, 2003****Men's 1-2**

1. Sandy Perrins
2. Eric Ransom
3. John Osguthorpe
4. Allan Butler
5. Justin Mayfield
6. Mitch McBeth
7. Eric Flynn
8. Todd Hageman
9. Gardie Jackson
10. Jeremy Smith

**Women 1-3**

1. Rydeen Stevens
2. Kirsten Kotval
3. Karen Dodge
4. Cynthia Martin
5. Elena Felin
6. Robin McGee
7. Lisa Milkavich

**Men's 3**

1. Jesse Westergard
2. Andrew Lock
3. Chris Chamberlain
4. Jon Baddley
5. Christopher McGill

**Women's 4**

1. Jan Nielsen
2. Kimberly Croft
3. Kristi McIlmoil
4. Jessica Preston
5. BriAnn Hoopes
6. Miriah Meyer
7. Liz Cushing
8. Leslie Finoff

**Men's 4**

1. Robert Crain
2. Fred Porter
3. Jeff Bland
4. John Hernandez
5. Marc Rosello

**Men's 5**

1. David Harward
2. Michael Paule
3. Jake Pantone
4. Kyle Wright
5. Justin Toth

**Master's 35+**

1. Gary Porter
2. Stewart Richards
3. Steve Tabarez
4. Mark Schaefer
5. Greg Roper

**Master's 45+**

1. Zan Treasure
2. Robert Keller
3. T Lasse Bjerga
4. Clyde Done
5. Charles Palmer

**Master's 55+**

1. Gary Simmons
2. Gary Dixon
3. Lee Bourne

**Junior Men**

1. Adam Steinke
2. Bruce Hoffman
3. Jonathan Diaz
4. Tanner Putt
5. Joshua Lobos
6. Nick Lobos
7. Dana Hoffman

**Junior Women**

1. Kris Walker
2. Ashlee Bradbury
3. Pamela Smith

**Tour of the Storm, Hurricane, UT,  
April 26-27, 2003****Stage 1****Men CAT 1-2**

1. Allan Butler; 00:25:16:32
2. Cris Fox; 00:25:57:49
3. Art O'Conner; 00:26:04:66
4. Marc Yap; 00:26:04:68
5. Jeremy Smith; 00:26:08:68

**Women CAT 1-2-3**

1. Rydeen Stevens; 00:29:54:92
2. Cynthia Martin; 00:31:44:51
3. Lisa Milkavich; 00:32:12:48
4. Margaret Douglas; 00:32:40:12
5. DJ Morissette; 00:33:57:35

**Men CAT 3**

1. Jesse Westergard; 00:25:26:47
2. Andy Bestwick; 00:27:55:72
3. John McConnell; 00:27:59:46

**Women CAT 4**

1. Kristi McIlmoil; 00:31:29:32
2. Colleen Corey; 00:31:44:36
3. Beth Hoffmeister; 00:32:22:47

**Men CAT 4**

1. John McGuire; 00:26:36:82
2. Travis Ward; 00:26:49:90
3. David Harward; 00:26:50:11

**Men CAT 5**

1. Mike Houtz; 00:29:33:49
2. Scott Allen; 00:29:49:06
3. Kevin Rohwer; 00:29:59:30

**Men 35+**

1. Chris Hansel; 00:26:33:52
2. Bob McCall; 00:26:36:97
3. Louie Amelburu; 00:26:52:98

**Men 45+**

1. Larry McCormick; 00:28:40:26
2. Brian Smith; 00:28:57:57
3. Jeff Pease; 00:28:58:10

**Men 55+**

1. Jim Hoffmeister; 00:32:29:38
1. Drew Olsen; 00:30:56:31
2. Adam Steinke; 00:32:02:97
3. Jon Bowman; 00:38:18:07

**TOS Stage 2****Men CAT 1-2**

1. Bill Harris; 00:47:57:12
2. Kirk Eck; 00:48:00:20
3. Allan Butler; 00:48:01:42
4. Michael Anderson; 00:48:01:42
5. Steve Prokopiw; 00:48:01:42

**Women CAT 1-2-3**

1. Cynthia Martin; 00:42:54:32
2. Rydeen Stevens; 00:42:54:32
3. Margaret Douglas; 00:43:30:35
4. Lisa Milkavich; 00:43:30:35
5. DJ Morissette; 00:43:31:77

**Men CAT 3**

1. Jesse Westergard; 00:51:22:42
2. Jeff Wyatt; 00:51:28:14
3. Andy Bestwick; 00:51:57:81

**Women CAT 4**

1. Colleen Corey; 00:29:42:56
2. Kristi McIlmoil; 00:29:43:10
3. Beth Hoffmeister; 00:30:16:54

**Men CAT 4**

1. David Harward; 00:28:20:60
2. Nathan Kamerath; 00:28:29:60
3. Jason Preston; 00:28:29:60

**Men CAT 5**

1. Matt Walden; 00:30:13:22
2. Jeremy Baxter; 00:30:13:22

3. Brent Thompson; 00:30:13:22

**Men 35+**

1. Louie Amelburu; 00:44:30:78
2. Glen Hinshaw; 00:44:50:35
3. Bob McCall; 00:44:50:35

**Men 45+**

1. Victor Rodriguez; 00:29:49:63
2. Thomas Milligan; 00:29:49:63
3. Peter Barquin; 00:29:49:63

**Men 55+**

1. Jim Hoffmeister; 00:31:20:57

**Men JR**

1. Drew Olsen; 00:20:30:47
2. Adam Steinke; 00:20:43:22
3. Jon Bowman; 00:21:02:37

**TOS Stage 3****Men CAT 1-2**

1. Allan Butler; 03:29:20:46
2. Carl Swenson; 03:29:22:37
3. Todd Hageman; 03:29:29:61
4. Cris Fox; 03:29:41:07
5. Michael Anderson; 03:30:12:11

**Women CAT 1-2-3**

1. Rydeen Stevens; 02:44:56:90
2. Lisa Milkavich; 02:52:02:78
3. Cynthia Martin; 02:54:47:44
4. Margaret Douglas; 02:59:14:43
5. DJ Morissette; 02:59:15:04

**Men CAT 3**

1. Andy Bestwick; 03:47:19:85
2. Jesse Westergard; 03:49:58:55
3. Blake Zumbrunnen; 03:53:45:27

**Women CAT 4**

1. Colleen Corey; 01:22:37:22
2. Beth Hoffmeister; 01:28:51:03
3. Kristi McIlmoil; 01:28:51:03

**Men CAT 4**

1. David Harward; 02:25:07:51
2. Anthony Johnson; 02:25:09:21
3. Jason Preston; 02:25:17:45

**Men CAT 5**

1. Jeremy Baxter; 01:18:29:78
2. Scott Allen; 01:18:29:78
3. Matt Walden; 01:18:52:30

**Men 35+**

1. Jack Dainton; 02:34:46:11
2. Bob McCall; 02:34:46:76
3. Gary Porter; 02:34:46:76

**Men 45+**

1. Thomas Milligan; 02:48:32:10
2. Larry McCormick; 02:48:32:10
3. Jeff Pease; 02:48:54:75

**Men 55+**

1. Jim Hoffmeister; 01:38:26:39

**Men JR**

1. Drew Olsen; 01:24:29:12
2. Adam Steinke; 01:25:03:04
3. Jon Bowman; 02:13:54:45

**TOS Overall GC****Men CAT 1-2**

1. Allan Butler; 04:42:38:20
2. Cris Fox; 04:43:39:98
3. Todd Hageman; 04:44:05:41
4. Carl Swenson; 04:44:52:72
5. Nate Thomas; 04:45:22:76

**Women CAT 1-2-3**

1. Rydeen Stevens; 03:57:46:14
2. Lisa Milkavich; 04:07:45:61
3. Cynthia Martin; 04:09:26:27
4. Margaret Douglas; 04:15:24:90
5. DJ Morissette; 04:16:44:16

**Men CAT 3**

1. Jesse Westergard; 05:06:47:44
2. Andy Bestwick; 05:07:13:38
3. Justin Kline; 05:13:48:02

**Women CAT 4**

1. Colleen Corey; 02:24:04:14
2. Kristi McIlmoil; 02:30:03:45
3. Beth Hoffmeister; 02:31:30:04

**Men CAT 4**

1. David Harward; 03:20:18:22
2. Travis Ward; 03:20:51:95
3. Jason Preston; 03:21:13:77

**Men CAT 5**



**Calendar - Continued from page 11**

**Utah Road Races (Continued)**

- June 4,11,18,25 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488
- June 5,19 — Salt Air TT Series, Every other Thurs, (801) 944-8488
- June 7 — Sugarhouse Crit, (801) 944-8488
- June 8 — International Center Criterium, (801) 944-8488
- June 14 — Herriman Road Race, tentative date, Utah State Championships, LAJORS, (801) 280-8916
- June 19-21 — Utah Summer Games, Cedar City, (435)865-8421, (800)FOR-UTAH
- June 21-22 — High Uintas Classic Stage Race, Kamas, UT to Evanston, WY, (866) 783-6300 or (307) 783-6470
- June 28 — Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, (801) 231-5335
- July 1,8,15,22,29 — RMR Crit Series, Salt Lake, (801) 944-8488
- July 2,9,16,23,30 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488
- July 3,17 — Salt Air TT Series, Every other Thurs, (801) 944-8488
- July 6 — Antelope Island TT #2, State TT Championship Antelope

- Island, (801) 731-8335
- July 12-13 — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532
- July 19 — Hill AFB Criterium, Ogden, UT, (801) 776-3917
- July 26-27 — Leave it to Beaver Stage Race, UT, (801) 944-8488
- August 5,12,19,26 — RMR Crit Series, Salt Lake, (801) 944-8488
- August 6,13,20,27 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488
- August 14,28 — Salt Air TT Series, Every other Thurs, (801) 944-8488
- August 2 — Snowbasin Earl Miller Hillclimb, 11 miles from Huntsville to Snowbasin, Huntsville, UT, (801) 620-1048
- August 2 — Davis Crit (Rusty Shoemaker Memorial), Davis County Technical Center, (801) 944-8488
- August 9 — Fazoli's Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (801) 400-6130
- August 16 — Antelope Island TT #3, Antelope Island, (801) 731-8335
- August 23 — Snowbird Hill Climb, 7:30 AM, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 583-6281
- August 23-24 — Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 677-2111
- August ? — 2 Man Team Time Trial,

- (801) 944-8488
- August 29 - September 1 — Cache Classic Stage Race, Logan, UT, (435) 752-5131 or (435) 787-2534
- September 2,9,16,23,30 — RMR Crit Series, Salt Lake, (801) 944-8488
- September 3,10,17,24 — DMV Crit Series, Every Wednesday, Salt Lake, (801) 944-8488
- September 11,25 — Salt Air TT Series, Every other Thurs, (801) 944-8488
- September 6 — Eureka RR, great road race through the Tintic Mining District, Eureka, UT (801) 553-1065
- September 13 — LOTOJA, 203 miles from Logan, UT to Jackson, WY, (801) 627-6200 or (800) 497-7335
- September 28 — Antelope Island TT #3, Antelope Island, (801) 731-8335
- 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
- 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, UCA Points Series Event, (801) 583-6281

**Regional Road Races**

- May 17 — Galena Hill Climb, starts at the base of Galena, ID, (208) 726-7693
- May 17 — Birds of Prey Road Race, Kuna, ID, (208) 389-7429
- May 18 — Eagle Hills Circuit Race, Boise, ID, (208) 343-9130
- May 20 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu
- May 24-25 — Snake River Omnium, Nampa, ID, (208) 465-6491
- May 24-26 — Iron Horse Bicycle Classic, Road and Mountain Events, Durango, CO, (970) 259-4621
- May 23-26 — Ecology Center Classic, 4 stages,NRC Event, \$10,000 prize list, Missoula, MT, (406) 728-5733
- May 24-26 — CANCELLED Platte Bridge Station Stage Race, 4 stages, Casper, WY, (307) 234-5330
- June 1 — Lyle Pearson Classic/Roubaix Road Race - 75+ mi Boise, ID, (208) 343-3782
- June 6-8 — Tour of Eagle, Eagle, ID, (208) 884-1925
- June 10 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu
- June 11 — Bogus Basin 'Tribute' Prologue, TT, Boise, ID, (208) 867-2488
- June 13-23 — CANCELLED-ConAgra Food's Women's Challenge, Idaho, 208-672-7223
- June 15 — 50/50 Team Time Trial, Lost River Cycling, Boise, ID, contact Kurt Holzer (208) 890-3118
- June 17 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu
- June 20-22 — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-3763
- June 24 — Summer Night at the Track #1, Road/Track, Boise, ID, (208) 343-3782
- June 28 — River Spirit Circuit Race, Boise, ID, (208) 343-3782
- June 28 — Idaho State Time Trial Championships, Bellevue, ID, 7am, (208) 726-7693
- June 29 — Ketchum Criterium, Ketchum/Sun Valley, Idaho, Greg Stock (208) 726-0707
- June 29 — Lyle Pearson Challenge (The Big Loop), Boise, ID, (208) 343-3782
- July 1 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu
- July 4 — Elko Jaietan Criterium, Part of the Elko Basque Festival, Elko, NV, (775) 738-5245
- July 12-13 — Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532
- July 15 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu

- July 22 — Summer Night at the Track #2, Road/Track, Boise, ID, (208) 343-3782
- July 26 — Twilight Criterium, Boise, ID, (208) 343-3782
- July 27 — The Morning After Criterium, Boise, ID, (208) 343-9130
- July 29 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu
- August 4-9 — USCF Master's National's, Louisville, KY, (719) 866-4581
- August 9 — Saturn Cycling Classic, "The Race", Boulder to Breckenridge, 140 miles, plus Nicole Reinhart Criterium, (303) 443-7020
- August 9 — Spectrum Festival of Speed Criterium, Boise, (208) 343-3782
- August 12 — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu
- August 16 — Table Rock HC RR, Boise, ID, (208) 867-2488
- August 17 — Day at the Track, Road/Track, Boise, ID, (208) 343-3782
- August 23 — Stanley Challenge, Boise, ID, (208) 867-2488
- September 6-7 — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118
- September 13 — Race to the Angel, 17th Annual, Wells, NV, (775) 752-3540
- September 13 — Bogus Basin Hill Climb, Boise, ID, (208) 343-3782

**Weekly Rides**

**Mondays** — April - September — Wasatch Women's Cycling Club (WWCC) Weekly Ride: fun/easy ~1 hr. ride , meeting at 6:00 p.m. at 1500 E 1500 S (by Einstein's). All welcome!, Melissa at (801) 466-6312.

**Calendar - Continued on page 19**

**7th Annual Killer Loop**  
A "Brevet Style" century



**KILLER LOOP**

**Saturday June 28**  
Main St. Park, Cedar City  
7:00 am start time

100 or 65 mile routes  
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**RE: Prize Money -  
Continued from Page 2**

whoop ass. The only thing better than watching someone suffer is being the one that's causing it. Maybe that's why I hate getting dropped, I know how much you all enjoy it."

In the movie, "Field of Dreams", Shoeless Joe Jackson in talking of playing baseball, stated, "Man, I did love this game. I would have played for food money. It was the game. The sound. The smells. ... It was the crowd, rising to their feet when the ball was hit deep. Shoot, I'd have played for free." Well, we do worse than that. Except for the pros, we all pay to race. And not just in entry fees. We pay in time, equipment, travel expense and numerous other ways that dwarf any money or prizes we might receive. Like Shoeless Joe, we do it because we love it.

It is a thankless job, being a promoter. Try as one might, there will be endless frustrations, financial worries, and whining riders. I have yet to come across a greedy promoter. Mostly, they just try to break even, and many fail to do that. A fortunate few, heaven forbid, pocket a little money at the end for their time. But it will be poor pay at best. For these reasons, it is the promoter's privilege to determine what he or she will offer for prizes and prize

money. All I ask is that the promoter put on a good event, run it efficiently, and not waste my time. Just participating takes enough of my time as it is. So, I have learned a few things in these nearly twenty years of racing. First, I will pay to race. If money were a factor, I would sell all my bikes and cycling gear and take up jogging around the block. Next, someone will always promote races. Though I can only wonder at why people put themselves through that torture, I bless their names. Finally, some racers will always whine. At any given time, most of us will not, but at some time, most of us will.

After reading and enjoying all the e-mails on this, I liked the "parting shot" from Dr. Davis: "Bill [Corliss] and I agree about why we race. We both knew that already. We probably also would agree that it's a lot more fun to do a race than promote one. I have been known to complain about races before, likely will again. See you [at the races]."

\*Amateur racers are classified in five categories, 1-5. Beginner racers are Category 5, and through experience move up to category 4, and even category 3. Advancement to category 2 and 1 is based on performance, with the next step being that of turning professional.



**Buffalo Stampede -  
Continued from page 10**

Endurance/Contender cycling team, spent nearly all of the race off the front, battling the wind by her lonesome. Not an easy feat considering this was her first race of the season and her admitted shortcomings in her battle with Nature.

"The wind was horrible," Stevens said. "When it's windy, I'm not very efficient."

Despite her "inefficiencies" she kept motoring and gained time on the remaining small pack of racers behind her. The wind certainly helped keep the chase group together but more importantly Stevens' teammates

**Sandy Perrins takes the Pro/1-2 Victory**

**Photo: Bob Truelsen**

kept the other riders in check.

At the end of the 40-mile race, Stevens was followed in by Kristen Kotval and Karen Dodge in second and third respectively making it a sweep for 1st Endurance/Contender.

In the other "money" event, the Men's 1-2 pack was vying for \$750 in prize money. Sixty miles of grinding it out against the merciless wind. Early season fitness (and lack thereof) quickly became evident.

After the first lap warmup, a break of six riders established a lead. This group seemed determined to make the early move stick. And indeed it did until 7 laps remained and one rider down, at which time the gap was whittled down to about 10 seconds. The break had packed it in.

Two riders, Sandy Perrins (Healthy Choice/Guru's) and Eric Ransom, then counter attacked at the feed zone and quickly gained about 30 seconds on the peloton with six laps to go. A two-man time trial ensued and they quickly doubled the gap on their pursuers. The pack seemed to throw in the towel at this point and didn't mount a serious pursuit of the attackers.

On the final lap Perrins made a push up the east-side hill that Ransom couldn't match and

Perrins soloed in for the well-deserved win.

Perrins, a member of the elite travel squad of Healthy Choice/Guru's, made the winning break at the feed zone with the intent of giving the team a rest, allowing them to sit in while the peloton worked to reel in the break.

The Telluride, Colorado native now living in Sandy was delighted with the win.

"I lost a bit of form in March due to the weather," Perrins said. "I got pounded."

"At the feed I said 'let's do it' and that's how a team works," Perrins said. Perrins teammate, John Osguthorpe led the peloton in for third place.

Jesse Westergard won a closely challenged Category 3 Men's race followed by Andrew Lock and Chris Chamberlain.

Jan Nielsen won the Women's 4 race with Kimberly Croft and Kristi Mcilmoil taking second and third.

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### Calendar - Continued from page 17

#### Weekly Rides Continued

**Mondays** — Park City Social Ride, 6 pm, easy pace, meet at Cole Sport, Park City, (435) 649-5663

**Tuesdays** — Weekly Tour of Heber Valley, meet at Heber Mountain Sports, 160 S Main St., Heber. 32 miles at a medium pace (Avg. 16-18 mph). Perfect for learning pace lines. (435) 657-1950.

**Wednesdays** — Weekly Tour of Heber Valley, meet at Heber Mountain Sports, 160 S Main St., Heber. 20 miles at a leisurely pace (Avg 10-14 mph) (435) 657-1950

**Wed MTB ride** — Women's Joyride, 5:30 p.m., meet at Joyride Bikes, 655 S. Main St., Logan, (435) 753-7175

**Thursdays** — Weekly Race around Heber Valley, meet at Heber Mountain Sports, 160 S Main St., Heber. 34 miles at a crisp pace with sprint zones (Avg 19-24 mph). Great for fine tuning the legs. (435) 657-1950

**Thursdays** — Park City Tempo Ride, 6 pm, fast paced, meet at Cole Sport, Park City, (435) 649-5663

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

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

### Road Tours

**May 10** — Yellowstone Spring Cycling Tour 2003, (406) 646-7701

**May 18** — Great Salt Lake Bird Festival presents "Celebrating the flight of shorebirds and the human spirit" 2002 Fun Run/Walk Ride, start 7:30 A.M., check-in 6:30 A.M., Antelope Island State Park, Bikes will ride the new East Side Road, and/or Mountain View Trail, 11 miles round trip, Proceeds benefit the Shorebird Sister Schools. This non-competitive ride is in conjunction with Great Salt Lake Bird Festival, Davis County FairPark in Farmington, Utah, Davis County Tourism, 801-451-3286

**May 17** — Cycle Salt Lake Century Ride, 31, 67, or 100 mile options. Sponsored by Cycle Salt Lake Century, Inc. a non-profit organization. Proceeds benefit local cycling organizations and advocacy groups. www.cyclesaltlake-century.com (801) 596-8430 or Fax (801) 322-5056 or jonr-smith@mac.com

**May 31 - June 1** — Tour de Cure, 40, 60 and 100-mile routes, raise money for the American Diabetes Association, Box Elder High School, Brigham City, UT, Nikki Whye at (888) 342- 2383 x7075

**June 1** — America's Most Beautiful Bike Ride, 35, 72, 100 miles, benefit for the Leukemia Society, Lake Tahoe, NV, (800) 565-2704

**June 7** — Little Red Riding Hood, women-only ride, Cache Valley, (801) 947-0338

**June 7-13** — Cycle Utah Tour, S. Utah, Adv. Cycling Association, (800) 721-8719

**June 20** — Annual Antelope by Moonlight Bike Ride, 10:00 P.M. start, check-in begins at 8:30 p.m., Davis County Causeway, Antelope Island State Park entrance This a popular non-competitive ride, held at night during the full-moon. Ride along the Great Salt Lake on the Davis County causeway and on to Antelope Island State Park. Views are spectacular, food is delicious. Registration fee includes park

entry, t-shirt and refreshments, 20 miles round trip, Neka Roundy, Davis County Tourism, (801) 451-3286

**June 22-27** — Utah Border to Border Tour, (801) 556-3290

**June 28-29** — MS 150 Bike Tour, Benefits MS Society, Cache Valley Fairgrounds (400 South 500 West, Logan, Utah), (801) 493-0113

**June 28** — Comstock Silver Century Historical Tour, Genoa / Carson Valley, NV, (800) 565-2704

**June 28** — Killer Loop, a 66 or 100 mile loop from Cedar City through Brianhead and Back to Cedar. This ride features 8000 plus feet of climbing at altitudes up to 10,400 feet. (435) 586-7567

**June 28** — Tour of Marsh Creek Valley, fully supported ride, options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, Rob Van Kirk at 208-282-2503 or vankrobe@isu.edu

**July 4-6** — Northwest Tandem Rally, Eugene, OR, (541) 485-8643

**July 13-19** — Bicycle Idaho, Melba to Ketchum to Melba, (541) 385-5257

**July 19-20** — Idaho MS 150 Bike Tour, Three Island Crossing State Park, Glenn's Ferry, ID, (208) 388-1998 ext. 2 or (208) 342-2881

**August 3-8** — Bear Lake, Northern Utah & Southern Idaho Tour, (801) 556-3290

**August 10** — Blue Cross Century Ride, Boise, ID, (208) 343-3782

**August 16** — ULCER, Century Tour around Utah Lake, (801) 947-0338

**August 30** - Cache Valley Century Tour - 100 mi/100 km. Hosted by the Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in at Richmond City Park, 12 mi north of Logan on Hwy 91. Registration fee for members \$12 (early) \$15 day of ride; non-members \$15 (early), \$18 day of ride. Fee includes rest stops, lunch and t-shirt. For information and forms 435-713-0212.

**August 31 - September 5** — SPUDS - Fall Harvest, Salmon to Rexburg, Idaho, 1-866-45-SPUDS

**August 31 - September 6** — BBTC Southern Utah Parks Tour, (801) 947-0338

**September 6-12** — Cycle Utah Tour, S. Utah, Adv. Cycling Association, (800) 721-8719

**September 7** — Tour de Tahoe, ride around Lake Tahoe, 72 miles, Lake Tahoe, NV, (800) 565-2704

**September 7-13** — Southern Utah National Parks Tour, (801) 596-8430

**September 8-13** — WYCYC XIV, ride across Wyoming, Jackson Hole to the Bighorns, Cyclevents, 1-888-733-9615.

**September 20** — Cycle For Life Benefit Ride, (801) 272-1302

**September 21-27** — OATBRAN, One Awesome Tour Bike Ride Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

**September 28 - October 4** — CANYONS II - A Ride Across Southern Utah, Springdale to Blanding, 1-866-CycleUT

**Oct 3-5** — Moab's 1st Century Ride, A road cycling event headquartered at the Red Cliffs Adventure Lodge, 435-259-2698

**October 4** — Yellowstone Fall Cycling Tour 2003, (406) 646-7701

**October 12-17** — Monument Valley & 4 Corners Tour, (801) 556-3290

**October 18** — Las Vegas Century, 37, 62, or 100 miles, benefits Ronald McDonald House, (702) 407-3077

### COACH'S CORNER

## Warmup? You need a Warmup

By Bill Harris

"What should I do for a warm-up before the race?" As a coach this is one of the questions I get asked the most and the answer is, it depends. It depends mostly on the type of race, the length of the race and the difficulty of the course in the first few miles. Is it a criterium, a road race, a time trial or an MTB race? How long will it take you to complete the race? Ten minutes or five hours? What is the course like in the first few miles? Does the course start off with a long uphill, a long downhill or does it go straight into a single-track section? The answers to these questions will help you develop a pre-race warm up strategy for each individual race.

Typically, warm-ups last from 20-60 minutes and are completed within about 10 minutes of the race start time. Generally, the shorter the race, the longer the warm-up needed. The longer the race, the shorter the warm-up needed. For example, a short five-mile time trail may require an intensive warm-up for up to 60 minutes. The longer intensive warm-up is needed so the body can handle a maximum effort right from the gun. Whereas with a 100-mile road race you could get away with as little as 20 minutes warm-up and use the first few miles of the race as an additional warm-up before you hit it hard.

Another factor to consider is the type of race. Generally a road race requires much less warm-up than a short criterium. The road race will typically start off slow versus a faster, harder start in a criterium. Time trials and MTB races may require a longer more intensive warm-up due to the fact that in both of these types of races you will be going VERY hard right from the start. In a road race or a criterium you can use the first few laps or miles as part of your warm-up. In a TT or MTB race you don't have this option, you must be ready to fire on all cylinders.

Knowing what the course is like in the first few miles is another factor to consider. If, in the first few miles you will be racing up a climb you may consider a longer more intensive warm-up so that you don't get dropped early in the race. If the race starts off with 10 miles of downhill you could probably get away without even doing a warm-up at all.

The important thing to keep in mind about a warm-up is that you don't want to waste all your energy warming up. You want to do just enough for the particular race and no more. You need all the energy you can get to win. Below is a typical 20-minute warm-up that you can do before most races. You can make this warm-up longer to suite the event by adding more recovery time between the harder efforts.

- 0-4 minute: spin very easy; keep your heart rate low. Start at 75rpm and build slowly to 90rpm.
- 5-11 minute: put it in a moderate gear, spin at around 90 rpm and shift to a harder gear every 2 minutes while maintaining 90 rpm
- 12-14 minute: do a 10sec sprint in a moderate gear each minute. Spin very easy for 50sec between sprints.
- 15-17 minute: do a hard 3-minute interval at around 90 rpm. This interval should be done at a fast race pace. Your heart rate should reach your threshold in the last 30 seconds.
- 18-20 minute: spin easy at 75-85 rpm. Let your heart rate drop. Go to the line and get ready to rumble.

Keep in mind that the above program is a general warm-up and that each individual will respond differently. Practice different warm-up techniques before your hard training sessions and races and soon you will know what works best for you.

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

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## ROAD RACING

**Butler Storms Hurricane**

Race winner Alan Butler of Healthy Choice-Guru's (in green) in the criterium  
photo: Tim Bowman

**A report on the Pro/1-2 Men's Event**

We paid for our nice winter weather with a wet and cold April, but the sun came out for the 1st Annual Tour of the Storm, April 26-27 in Hurricane, UT, a 2-day 3-stage road event.

The Travelodge in Hurricane seemed to be the hotel of choice as racers came into town all day Friday. The parking lot of the Travelodge was bristling with action as riders tested their TT gear and got their game face on. With strong performances leading up to the race it looked as if the race for the GC would be a fight between Al Butler (Healthy Choice) and Bill Harris (Xmen). First up Saturday morning would be a 20-K out and back TT over a demanding course. Bill Harris called off the fight after receiving a knockout punch (a broken spoke and a flat tire) shortly after the TT turn-around while Al Butler stole the show with an impressive TT victory. But strong rides in the TT from Chris "Sly" Fox (Guthries), Art O'Conner (Guthries) and Todd Hageman (Xmen) meant that there was still some work to be done if Al Butler wanted to win the overall.

Saturday afternoon saw the return of criterium racing to southern Utah. The course which circled around the Main Street Café featured a challenging 180 degree turn which kept the racers on their toes. Harris may have been down, but he was not out. Having won the last 3 additions of the St George Criterium he was not about to throw in the towel just yet. In the early minutes of the race Harris' Xmen

teammates Todd Hageman and Thomas "T\$" Cooke took turns softening up the field. At the races mid-point Harris attacked hard taking Kirk Eck (Healthy Choice) with him. For the remainder of the race the two built up a lead which hovered between 10-20 seconds while Hageman, Cooke, Sly Fox and the Healthy Choice boys kept the field at bay. On the last lap Harris sprinted away from Eck to take his 4th St George/Tour of the Storm criterium win in a row.

On the agenda Sunday morning was the 3-lap 81-mile Quail Creek RR. Al Butler, barring incident and with a well oiled team to support him looked to have things wrapped up on the GC. But a close look at the GC showed that there was still a fight for the remaining two podium spot. Fox, O'Conner, Swenson, Hageman, Cooke and a few more were all within striking distance.

The first lap of the RR was uneventful with a few failed breakaway attempts. The second time around was a bit tougher but at the end of the lap all the GC contenders were still together.

On the third and final lap the real action began on the rollers next to the Quail Creek reservoir as a small group containing Hageman, Fox and the race leader Al Butler broke clear. The lead group had about a 45 second advantage as they topped the very steep feed zone hill with 20 miles still to race. From the main group MTB pro Carl Swenson attacked hard up the feed zone climb. Harris went in pursuit but could not match the

blistering pace of Swenson and was dropped going over the top. Swenson would eventually catch the leaders while Harris was joined by Sean Young (Guthries) and Jeremy Smith (New Moon Media). For the remainder of the race the Harris/Young/Smith group would remain 1 minute behind the leaders with the main chase group another minute back. Up the final climb Butler and Swenson traded punches to the line and in the end it was Butler giving the final blow taking a well earned win in the RR and the GC overall. (note: this is Al Butler's second consecutive RR win on this course). The composition of the winning breakaway also shook up the final GC a bit.

## Results:

1. Al Butler 2. Cris Fox. 3. Todd Hageman 4. Carl Swenson 5. Nate Thomas

All in all it was a fun, well run event. A big thanks to the efforts of Marek Shon, the Century 21/Rhodes Cycling Team and the crew at Sportsbaseonline.com for putting the race on. See you next year.

-See results on page 16



Margaret Douglas in the Time Trial  
Photo: Cindy Yorgason



Governor LeVitt sign the proclamation declaring May as Bike Month.

Photo: David Harris, courtesy UTA

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