

cycling utah

May is Bike Month!

**Touring
Racing
Dirt
Pavement
Advocacy**

- Calendar of Events - p. 12
- Mill Creek Pipeline Trail - p. 3
- Tour of Canyonlands - p. 10
 - Results - p. 16
- Buffalo Stampede - p. 11
- Touring the San Juan Loop - p. 20
 - Club Guide Part II - p. 6
- Coach's Corner - Bill's Final Word - p. 8
- Bike Path Standards - p. 4



SPEAKING OF SPOKES

This will be a Great Summer to Ride

By Dave Ward
Publisher

While taking my turn driving a support vehicle during our trip along the White Rim Trail in Moab, Utah, I saw my friend, Gerry, who was driving the other support vehicle, stopped up ahead. As I pulled up behind his vehicle, he was standing on the rim at the head of a large canyon, looking out over the majestic formations. As I got out of my vehicle, and walked to over to him, he said, "This has to be the most beautiful place I have ever seen."

Just last week, the Deseret News had a quiz on Utah geog-

raphy, and one of the questions was, "The steepest paved road in Utah is?" Know the answer? It is U-143 from Parowan to Cedar Breaks National Park. Several years ago, while staying a few summer days in Brianhead, I rode down to Parowan and back up to Brianhead. As I was geared down to my lowest gear, going so slow I wondered if I was going to fall over as I struggled to turn the pedals, I thought, "This has to be the steepest road I have ever ridden." Turns out it was.

A few years ago, I penned what I feel is my best column ever, or at least the most meaningful to me. It was about

remembering and reminiscing as I rode one of my favorite Idaho routes, a quiet course from Malad to Pocatello.

What I am leading up to is this: Our Intermountain area has great variety and some of the best bicycling to be had anywhere. From red sandstone and slickrock routes in Moab to Rocky Mountain alpine mountain passes to lonely country roads rolling through wide expanses of sagebrush and dry-farmed wheat fields, pure enjoyment awaits the adventurous cyclist.

For those masochists who enjoy climbing, great rides abound. The climb from Jackson to the top of Teton Pass is a great workout, rewarding you with a magnificent view of the Jackson Hole area. For the real hardcore, descend down the other side to Victor, grab some refreshment, and then head back to the top. Be ready to stay on the brakes during the final descent back to Jackson.

Another favorite climb of mine is the Nebo Loop from Payson to Nephi. Also challenging is the climb from Beaver to the Elk Meadows Ski area. In fact, climbs to any ski area are likely to be rigorous and scenic. I do the climbs to Brighton and Alta somewhat regularly, given their close proximity to Salt Lake. I have also done the climb from Boise to Bogus Basin. Many of these, aside from those in the Wasatch Front, have the additional benefit of virtually no traffic during the summer cycling season.

I have spotted many rides that I still have on my list to do someday. So many times while traveling a new road in my car, I find myself wishing I were on a bike, and I add that route to my list. For example, there is that exit off I-15 just north of Malad. The road takes off to Weston over in the Cache Valley, and has been piquing my interest for years. Maybe this summer.

Anyway, the foregoing is only representative of all there is available to ride. I could write about many more, and certainly most of you could create an equal list without mentioning those I have described. The marvelous thing is, most of these are accessible within one to three hours of driving time, and certainly readily reachable for a weekend sojourn.

So, now that the cycling season is in full swing, get out there and ride. Also, be adventurous and do some new routes. It will expand your riding pleasure, and leave you hungry for more. This will be a great summer to ride. Let's do it.



The 5th Annual Moab Mountain Unicycling (MUni) Festival held March 26-28th, drew a record number of riders for any such event ever held in the U.S. 130 Unicyclists tested their riding skills in the rugged terrain of Slickrock in Moab Utah. Information about the event can be found at moabmunifest.com.

photo: John Foss, Amasa Back trailhead

Cover Photo: Kathy Sherwin, Cannondale, at Aardvark's Showdown at 5-Mile Pass, May 1, 2004.

Photo: Dave Iltis



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TRAIL OF THE MONTH

Mill Creek Pipeline Trail Offers Great Views

By Gregg Bromka

Springtime is in full bloom, your mountain bike is getting dusty (from trail use not from winter's neglect), and the Bonneville Shoreline Trail is becoming a bit too familiar. The Wasatch Range towers overhead, and vestiges of winter cling stubbornly to more than just the mountain tops. Itching for alpine singletrack? Then the Mill Creek Pipeline Trail will satisfy your craving in the mean time.

Mill Creek Pipeline Trail is the perfect ride for those wanting to experience the joy of singletrack without having to scale entire mountains. The path follows an old water flume line high up on the side of Mill Creek Canyon, curving into forested hollows and out across sunny slopes. Along much of the trail, the views of Mill Creek Canyon, its attendant peaks, and the distant Salt Lake Valley are fetching, if not superlative. Water flows downhill and so does the Pipeline Trail with the lion's share no more turbulent than a trickling brook. No shuttle? No problem. With four trailheads on Mill Creek Canyon Road, Pipeline Trail can be ridden as a number of loops varying from easy to moderate, combining paved road and dirt trail.

Details: Don't get duped into taking Lambs Canyon or Mount Aire Trails from the Elbow Fork trailhead (they're nasty climbs). The inconspicuously signed Pipeline Trail is about 100 feet down from the roadside parking area. After an initially rough section of small angular rocks, the trail smooths to hard-packed dirt. Still, you must concentrate on your front wheel because the trail is narrow with steep slopes brushing by your right shoulder and dropping sharply beneath your left pedal. Eyes forward; don't look down! The trail is more comforting farther on as it runs through a tunnel of oak, maple, and knee-high grasses. A pronounced right bend, which affords a grand view of Porter Fork, Mount Raymond, and Gobblers Knob across the canyon, announces the initially steep



Superlative views from a superlative trail.

Photo by Gregg Bromka

descent into Burch Hollow. A mellow roll through an archway of timber may make you day dream, but don't. Ahead is a rugged descent around six sharp switchbacks. Be cool, not lame—ride it, don't slide it! When you come to a T-junction, you can go left to the Burch Hollow trailhead or right to continue on the Pipeline Trail.

Going right, naturally, the trail contours the canyon's steep slopes once more. Portions are sunny, treeless, and scenic; others are enveloped by a wooded canopy. After a mile, the trail splits without warning; stay right and power up a sharp ramp dubbed "sucker hill." If you aren't quick with the shifters, you'll understand.

(Straight is a dead end.) One-half mile farther, you reach a footbridge over Church Fork creek. Go left to bail out to Mill Creek Road through the Church Fork picnic area or go straight to continue on the Pipeline Trail (right is a painful climb up to Grandeur Peak).

Over the next 2 miles, the trail continues weaving into forested hollows and out across treeless slopes where views are incredible. Come to the junction in Rattlesnake Gulch, and square up for the sharp descent to the trailhead. It's steep, loose, and technical. Do your best to not skid when dropping over the rocks, skittering on the gravel, and rounding the angular turns. Ride what you can and walk the rest.

The trail continues past Rattlesnake Gulch for another mile to a viewpoint of the entire Salt Lake Valley that is truly inspirational, but the last half mile exits the national forest and crosses private property. Obey any signs restricting travel.

Location: Lower Mill Creek Canyon

Length/Type: 7.2 miles/One-way (shuttle required)

Tread: All singletrack

Physical Difficulty: Easy (mostly flat, w/ one steep, rough descent)
Technical Difficulty: low-moderately high (mostly smooth tread w/ some rocks; steep slopes edge the

trail periodically; descent in Rattlesnake Gulch is steep & eroded)

Elevation Gain: 150 feet; loss: 1,460 feet

Trailhead Access: From I-215, take Exit 3 for 3900 South (if traveling southbound), or exit 4 for 3900 South (if traveling northbound). Go to the intersection of 3800 South and Wasatch Boulevard and turn right on Mill Creek Canyon Road. The fee station is in .7 mile; Rattlesnake Gulch is .7 mile past the fee station. Leave one vehicle here and shuttle 4.7 miles up Mill Creek Canyon Road to the Elbow Fork trailhead.

Know Before You Go:

*Mill Creek Canyon is a fee-use area. Vehicles pay the fee upon exiting the canyon (\$2.25 in 2003). Bicyclists are not charged a fee.

*Mill Creek Canyon Road is closed to vehicles above Maple Grove Picnic Area from November 1 June 30 (4 miles from the fee station).

*Dogs must be leashed on this trail on even-numbered calendar days. Dogs can be off-leash on odd-numbered calendar days

Excerpted from *Mountain Biking Utah's Wasatch Front* by Gregg Bromka. Available at your favorite bike shop or at cyclingutah.com.

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ADVOCACY

Bicycle Path Standards may be Revamped

By Charles Pekow

Bicycle trails aren't just for bicycles, though many were built mainly for them in mind. But within a few years, communities are likely to alter design to accommodate the multitude of other users. The Federal Highway Administration (FHWA) commissioned a study that says that users are using such a variety of vehicles on multi-use trails that the current standards designed for bicycles simply don't meet everyone's needs.

Most communities design trails based on the Guide to Development of Bicycle Facilities produced by the American Association of State Highway & Transportation Officials (AASHTO). The guidelines recommend dimensions for stopping, turning, trail width, etc. on the needs of the riders of 60-inch bicycles that don't take up more than two and a half feet of width.

But ride any trail on a good day and in addition to encountering the historical mix of other bicyclists, pedestrians and joggers; you're going to contend with types of traffic that either didn't exist hadn't hit mainstream a decade ago. You've got to ring your bell to alert travelers using inline skates, baby strollers (those designed for walkers and runners), kick scooters, skateboards, electric bicycles, segways, plus manual and power wheelchairs. Not to mention tandems, recumbent bikes, bike trailers for children and cargo, hand cycles, adult and children's tricycles and even four- and six-person quadracycles.

And the sharing issue also involves bike lanes on roadways

CYCLOTOON

BY NEAL SKORPEN



— as users of other means of transport, notably inline skaters, want to use bike lanes. Some jurisdictions allow the skaters to use local streets and some state legislatures are considering measures to allow them to.

So Sprinkle Consulting of Lutz, FL prepared a paper for FHWA called "Characteristics of Emerging Road & Trail Users & Their Safety," recommending reconsidering trail design to accommodate the multitude of

new users. If AASHTO adopts them and FHWA pushes them, they are likely to become the norm for new trails. Sprinkle tested trail users in three locations around the country, including the San Lorenzo River Trail in Santa Cruz. Sprinkle found that much previous research has focused on safety but not trail design.

Bikes with trailers, recumbents and power wheelchairs need more width. "The recommended two-way minimum trail width of 10 feet gave most users traveling single file in opposite directions enough room to pass each other, though some only barely," Sprinkle concluded.

A few other problems Sprinkle found with current standards and possible solutions:

- Riders of vehicles with more than two wheels or cycles longer than traditional bikes either can't make U-turns on 10-foot paths — or can barely make it. Hand cyclists, for instance, may need 15 or 20 feet and often have to turn around in stages. Designers may want to consider wider turnaround areas, if not wider paths.
- One fundamental flaw with AASHTO's recommended 10-foot minimum path width: while it accounts for two-way traffic and passing room, it doesn't consider traffic volume. And it really doesn't work for inline skaters, who need more space

than other users (almost five feet) because they swerve from side, while most users can travel in a relatively straight line. Two skaters traveling in opposite directions on a 10-foot path would just barely miss each other if they stick to their side of the road.

• When the trail meets the road, all users may not be able to cross safely. AASHTO recommended traffic signal timing based on the six-foot bicycle. But trailers, recumbents, hand cycles and quadracycles with longer length take longer time to cross the road. So "the AASHTO value is not sufficiently long for these user types, with potentially serious consequences," Sprinkle warns.

• AASHTO recommends at least four feet in width for any lane, which works for bicyclists, but not for motorized wheelchairs and quadracycles.

• Standards for "refuge islands" between lanes of opposing traffic where a path crosses a roadway won't work for recumbents, trailers and hand cycles. AASHTO calls six feet "poor," eight feet "satisfactory," and 10 feet "good." But trailers take up to eight feet and can barely fit. Current standards could cause nightmare scenarios where kids in a trailer get whacked by a car.

See the full schedule for CYCLE SALT LAKE WEEK, May 8-15, in the Calendar of Events on Page 14.

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MOUNTAIN BIKE RACING

Perfect 5-Mile Pass

By Dave Iltis
Editor

On a perfect day for racing, with temperatures in the low 70's, clear skies, 350 or so riders, and a relatively firm course, Kathy Sherwin (Cannondale) and Bart Gillespie (Biogen/Idex) scrawled their signatures on the 11-mile loop in Aardvark's Showdown at 5-Mile Pass. Gillespie took off in the first 300 meters and never looked back, building a solid multi-minute lead by the end of the first lap that he held until the finish of the four-lap Pro race. "I treated it like a cyclocross race. I wanted to get out in front, pick a line, and stay steady," Gillespie said. Just off a several week rest period where he rode several MS150's in support of the Multiple Sclerosis Society, he looked quite relaxed when he crossed the finish line. Todd Tanner (Guthrie) finished second before deciding whether or not to ride back to the Salt Lake Valley to train for the marathon cross-country category in the NORBA National Championship Series (NCS).

In the women's Pro event, Kathy Sherwin followed the same strategy as Gillespie in her decisive win. "I felt surprisingly well despite waking up with a head cold this morning." Sherwin is looking forward to competing in all of the NCS races this year and is shooting for a top 15 finish in one of the events. She's also planning on competing in the two World Cups to be held in Canada. Cindi Hansen (mtbchick) took second and commented on the crowd support, "It's so nice to go through the start finish and have people yelling for you. It feels so good and gives you a little extra." 5-Mile Pass was the third of twelve races in the Intermountain Cup Series.

See results on page 16 and find more mountain bike races in the calendar on page 14.



Top: Bart Gillespie looking fresh at the finish.
Bottom: The rest of the Pro Men's field. Photos: Dave Iltis
See more photos at www.cyclingutah.com.

Collective Seeks Volunteers

Do you like bikes? Are you looking for a volunteer opportunity? The Salt Lake City Bicycle Collective is looking for volunteers to help towards its mission of promoting cycling as an effective and sustainable form of transportation and as a cornerstone of a cleaner, healthier, and safer society. Volunteers can refurbish bikes that are delivered back into the community through various programs such as Navajo Santa, the public bike shop at the Glendale Plaza, and after school YouthCity courses. Volunteers are needed for the following activities:

YouthCity Instructor: Youthcity is an after school program located at the Central City building (600 S 300 E) where we teach the Bicycle Bonanza course to about 10 kids. They choose a used bike, strip it down, clean the parts while the frame/fork gets painted, and then rebuild their bike. Mechanics skills are a plus, but patience and a desire to mentor are a must. The course is 4:30-5pm Monday and Wednesday afternoons. Call Jonathan 688-0183.

Fundraiser: The Collective is operating on a very low budget and will need increased funding to start new programs and enhance current operations. You do not need previous experience to start fundraising, but you do need to share our passion for bicycle advocacy. Call Jason 485-2906.

Farmer's Market: Providing free valet parking and tune-ups during each Downtown Farmer's Market is darn fun, and we could use some help throughout the summer staffing our booth. There are also opportunities right now to help improve traffic problems at the Market by working on and planning new ideas with the Downtown Alliance. Call Edward 891-8289.

Director/Organizer: We have the following projects in the planning stage - community bike shop, outreach education, bike rodeos, junior racing, cycle art, etc. You could step in and take the reins on a new project or expand an existing one. If you are interested, call Jason at 485-2906.

Construction Laborer: The Collective is in the process of refurbishing a large space in the Glendale Plaza (1250 E 1200 S) for use as a shop and we could use help with electrical, plumbing, paint, wall repair, etc. Call Jason for more info at 485-2906.

For more information on the Collective, visit www.slcbikecollective.org.

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Cycling Utah's 2004 Bicycle Club Guide - Part II

Bikeman.com

Sponsors -
Contact - Dave Leikam, 801-537-5876, Leikams@earthlink.net
Website - www.bikeman.com
Type of Cycling - MTB racing and some road racing
Location - Salt Lake City
Club Statement - Team Bikeman.com is new to the Utah scene in 2004, but has been going strong in Maine and the Northeast for years. We are proud to be a part of the Bikeman.com family. Our goal is to have fun racing, improve personal fitness and raise money for our favorite charity- The American Lung Association. We are a small group but welcome new members of all abilities. Watch for us at the ICUP races!

Lazy Dogs Mountain Bike Club

Sponsors - Mad Dog Cycles
Contact - Dan Christopherson 801-360-1483, dan@maddogcycles.com
Website - maddogcycles.com or maddogcycles.com/site/page.cfm?PageID=103
Type of Cycling - Mountain Biking
Location - Mad Dog Cycles 736 S. State Street, Orem Ut, 84058
Club Statement - Lazy Dogs Mountain Bike Club has been organized to help promote cycling and create a friendly atmosphere for all ability levels of mountain bikers. We are going on our second year and are excited for the future. We are riding weekly alternating Wednesdays and Saturdays. We will also be working on improving trials and offering bike maintenance clinics.

MiDuole/ 9th & 9th

Sponsors - Barbacoa, Contender Bicycles
Contact - Robert Keller, rkeller@wilhunt.com, 801-583-5542
Website - www.miduole.com; or www.9thand9th.com
Type of Cycling - Road Racing, Centuries, Day tours
Location - Salt Lake City
Club Statement - Mi Duole, roughly translated from the Italian as I suffer, is one of the oldest bicycle racing teams in the Intermountain West, having formed in Salt Lake City in 1984. Alumni include founding member Marty Jemison, previously with the U.S. Postal Service team, and Levi Leipheimer, formerly with the U.S. Postal Service Team, and currently with Rabobank. Currently, the club has a group of members who race the criterium and UCA series races, and others who concentrate on weekend century rides and longer road races, espe-

cially Lotoja and climbing events. There are many who race, and many who don't. The purpose of the club is to provide companionship and support to riders with a fairly broad range of cycling abilities.

No Limits Cycling

Sponsors - Deltec Cozmo, Diabetes Specialty Center, Bicycle Center, Steve Story & Associates, Bingham Cyclery
Contact - Kim Hale or Peter Hoogenboom, 801-771-4532 or 801-585-5508, kim.hale@deltec.com or pjhoogen@comcast.net
Website - www.nolimitscycling.org
Type of Cycling - Road Racing
Location - Ogden and Salt Lake City
Club Statement - No Limits Cycling is a newly formed club for cyclists with diabetes and family or friends of people with diabetes. No Limits Cycling promotes an active healthy lifestyle for all members but especially those with diabetes. No Limits is open to all types of riders and experience levels and will cater rides to all levels. No Limits meets on Monday nights, alternating between Ogden and Salt Lake, for a 25-40 mile ride at a moderate pace. We will also be conducting a monthly biking and diabetes education classes to club members. Membership is \$50.00 for individual and \$75.00 for a family.

Porcupine Pub and Grille/Contender Bicycles

Sponsors - Porcupine Pub and Grille, Contender Bicycles, First Endurance, Riverbend Dental, Back In Motion Chiropractic, Help 2 Heal Foundation, Cook-Sanders Assoc.
Contact - Aaron Jordin, 801-712-9701, ajbikes@hotmail.com
Website -
Type of Cycling -
Location - Salt Lake City
Club Statement - Our club has a 2 pronged mission. The first is to support cycling in our community by promoting cycling related events, be heavily involved in the local bicycle race scene and to have fun on the bike. Our second mission is to give back to the community. We do this by supporting the Help 2 Heal Foundation (a nonprofit cancer support organization help2heal.org) by raising money for the organization. The club sponsors two major races, Hell of the North and The Big Cottonwood Hillclimb, where all proceeds go to Help 2 Heal. Individuals on the team are also asked to raise money throughout the year. The Club is open to anyone interested in supporting cycling, our community, and having fun on the bike.

Rocky Mountain Cycling Club (RMCC)

Sponsors - Rhodes Bake-N-Serve, Contender Bicycles, TrainingBible.com
Contact - Jess Dear, 801-808-1137, JessDear@xmission.com
Website - www.rmcconline.com
Type of Cycling - Road Racing and Recreational Road Touring and all other types.
Location - Salt Lake City, 9th East & 9th South (where most of our club rides begin)
Club Statement - Join one of the oldest and best cycling clubs along the Wasatch Front. RMCC has been racing, riding and having fun on the road for over a decade! RMCC is both a club and a race team, so no matter what your level of interest, we have a group of riders who can help take your riding to the next level. Everyone is welcome, so give us a call.

Team Sugar

Sponsors - White Pine Touring in Park City, Gary Fisher, Clif Bar, Hydrapak, Sports Instruments, Silver Mountain Sports Club, Reef Sandals, Kavu, Tommy Knockers, The No Name Saloon, Frontier Bank, U.S. Bank, The Canyons, and Bunya Bunya.
Contact - Brook Shinsky, 435-901-0224, bshinsky@whitepinetouring.com
Website - www.whitepinetouring.com
Type of Cycling - mountain bike racing
Location - Park City
Club Statement - Team Sugar is a group of 9 women based in Park City, Utah and Our goals go way beyond kicking butt! We hope to bring the fun back to racing, as well as to get as many women as possible into mountain biking. We host free learn to ride clinics based out of White Pine Touring every Tuesday at 6:00 pm. We welcome women of all ages and abilities, and rentals are available. Call 435-649-8710 for more information.

Utah State University Cycling Club

Sponsors - Utah State University, Electrical Wholesale Supply
Contact - Lynn Dudley, Neil Miner, Tommy Murphy, 435-770-0367, 435-787-8556, NMiner@cc.usu.edu, LDUD@mendel.usu.edu / TMurph@cc.usu.edu
Website - www.usu.edu/cycling
Type of Cycling - Road, Mtn, Cyclo-X, NCCA Affiliated
Location - Utah State University - Logan, Utah

Club Statement - The USU Cycling Club was established in 2000 to offer USU students the opportunity to race under the governing body of the National Collegiate Cycling Association (NCCA). The USU Cycling Club competes in the Rocky Mountain Collegiate Cycling Conference against schools from Southern Idaho, Colorado, Wyoming, New Mexico and Utah. There are over 15 schools that compete in the Rocky Mountain Conference including local rivals Weber State University and University of Utah. In order to race with an NCCA team, individuals must be an enrolled student of the sponsoring university, purchase a NORBA or USCF collegiate racing permit, fulfill all NCCA eligibility guidelines and sponsoring club and university guidelines. The USU Cycling Club also offers regular club memberships for students, alumni, and to the public.

Regional Clubs

Evanston, Wyoming Cycling Club

Sponsors - All West Communications, Bear River Lodge, Bootworks of Park City, BP America, BBX Ranch/Putnam Bison, ChevronTexaco, City of Evanston, City of Kamas, Domino's Pizza, Evanston Regional Hospital, Jack Jarose & Son, JB's Restaurants, Pacific Power, Uinta Engineering & Surveying, Inc., Wasatch Cache National Forest
Contact - Rick Slagowski, President, rickski2345@yahoo.com or Mike Swick, mswick@allwest.net
Website - Club
Website: www.evanstonwycycling-club.com

Type of Cycling - Road Racing, Road Touring and Mountain Bike Racing, Mountain Recreational
Location - Evanston, Wyoming
Club Statement - The purposes of the Evanston, Wyoming Cycling Club are as follows: To assist and cooperate with the City of Evanston, Wyoming and other community groups in the promotion and coordination of bicycling events and activities, and other events. To help develop bicycle trails and to promote and market such trails for road bicyclists and mountain bicyclists through the Evanston, Wyoming Bike Ride Guide. To promote bicycle safety and education for youth through community programs. To actively generate broad public support and community interest in and for the promotion, development and maintenance of bicycle riding as healthy outdoor recreation and as economic development for the City of Evanston and Uinta County. The Cycling Club in partnership with the City of Evanston helps coordinate the All West Communications High Uintas Classic Bicycle Stage Race and the Wolverine Ridge XC Mountain Bike Race.

Idaho Cycling Enthusiasts (ICE)

Sponsors - Idaho Orthopaedic and Sports Medicine Clinic at Idaho State University
Contact - Rob Van Kirk, 208-282-

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2503, vankrobe@isu.edu
Website - www.idahocycling.com
Type of Cycling - road racing and touring, commuting, mt. bike racing/recreational
Location - Pocatello, Idaho
Club Statement - ICE promotes road racing, touring, and commuting in southeastern Idaho. Many ICE members are avid mountain bike riders as well. The club is about five years old and is the current incarnation of a series of clubs that have existed in Pocatello over the years. ICE promotes a Tuesday night criterium series, now in its 8th year, the Tour of Marsh Creek Valley, now in its 7th year, and the Gate City Grind Stage Race, now in its 6th year. In addition, ICE members help in conducting cycling events at the Idaho Special Olympics State Games and at the Southeast Idaho Senior Games. The club is active in promoting the creation and maintenance of bike paths and bicycle commuting in general.

Lactic Acid Cycling, Race Team

Name: IMT / BOC Sports Medicine
Sponsors - IMT (Idaho Mountain Touring), Boise Orthopedic Center, (BOC) Sports Medicine, Cateye, Giro, Smith, ISMI (Idaho Sports Medicine Institute), Gold's Gym, Voler Team Apparel
Contact - Michael Coffman, 208-386-9711, macoffman@cableone.net
Website - www.lacticacidcycling.org
Type of Cycling - Combination of Road Racing, Mtn Bike Racing, and recreational riding on and off road.
Location - Boise, Idaho
Club Statement - Lactic Acid Cycling is one of the premier cycling clubs in the treasure valley. We promote cycling through our well organized recreational rides, by supporting a road and mtn bike race team, and by promoting two races, the Eagle Hills Circuit Race and the Morning After Criterium. Over the years our club has been able to build on previous years accomplishments, with 2004 looking to be another year of continued growth.

UCJH-United Cyclist of Jackson Hole

Sponsors - Jackson Hole Mountain Resort, Clif Bar, Fitzgerald's Bicycles, Hoback Sports, The Edge Sports, Teton Cycleworks, Wilson Backcountry Sports, JH Athletic Club, Pearl Street Bagels
Contact - Robin McGee, robin@bearcreekinc.com, 307-732-1911
Website - www.ucjh.org
Type of Cycling - Type of Cycling - Road, MTB, Juniors, Trail
Advocacy
Location - Jackson, WY
Club Statement - To support and encourage all forms of cycling in JH for all levels and ages of riders, provide training rides and races for local cyclists, and improve cycling conditions in JH through advocacy and trailwork.

Editor's Note: If you missed getting your club listed, you have a third chance. We will publish part 3 of the club guidesoon. If you would like your club listed, please email dave@cyclingutah.com for details.

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Route 211

Catching Up with Jeff Louder

By Greg Overton

"Y'all tryin to foller that crazy bike race that's a comin through? They'z goin up and over the mountain, but I don't know what'd make somebody wanna ride a pedal bike over that thing." Translated, that meant that our stop for gas was on the correct twisty and hilly bit of glassy smooth, tree-lined asphalt, as the Route 211 crew found itself in the nation's southland in late April for the second annual Tour de Georgia stage race. "Oh yeah Buddy, we're gonna watch 'em come by. We got our flags and signs ready, gonna see that Lance guy, and that Italian guy, the good lookin one we seen on the news last night. This is the biggest thing to come through here since Sherman!"

The Tour de Georgia has become the largest and most prestigious US race in only its second year, and this year it attracted a stellar field for the event, organized to benefit the Georgia Cancer Coalition. The peloton included notables Bobby Julich and several of his CSC teammates, a red-hot Chris Horner, Super Mario Cipollini, and overall winner Lance Armstrong with eight of his US Postal mates.

Beginning in the relative flatlands of central Georgia and making its way to the surprisingly steep and long climbs in the northeast portion of the state, the race was terrific; the closest thing to my fond memories of the Coors Classic race twenty years ago that I have experienced. Crowds were present in all the small towns along the route, with schools emptying to cheer the peloton as it rolled by, and citizens coming in droves to see what these crazy guys were doing on their "pedal bikes".

This year's Tour was a seven



Jeff Louder at the Tour of Georgia.

Photo: Greg Overton

stage, 648 mile event that included a terrific time trial, won by Mr. Armstrong, along with some hot sprint finishes and tough climbs. It is a great early season race, and promises to be bigger and better next year. One of the North American teams participating in this year's event was the Navigators Insurance squad. I was able to catch up with Salt Lake City resident Jeff Louder, in his fifth year as a professional racer, and in his second season with Navigators.

I asked for some of Jeff's thoughts before the fifth stage from Dalton to Dahlenega,, the first real climbing stage of the race, and again after the race finished, for his impressions of the event. Here's what he told us about the race, his season and the field.

"As far as my season has gone so far, I crashed a couple of weeks ago in Holland and bruised my shoulder and ribs, so I haven't been feeling great lately. That has delayed my form and put me off a bit. I am mostly here to ride for

Chris Baldwin and our sprinters Vassili Davidenko and Kirk O'Bea, so I hope to do my job well and finish well. I am anxious to get back to Salt Lake to see my fiancée, and sleep in my own home for a change. I haven't slept in the same bed for more than three nights since the season started. It's kind of the life of a gypsy."

We were happy to see the race courses lined with spectators, the best attendance the Route 211 crew has seen for a stage race since the old days of the Coors Classic. Jeff agreed and pointed to a couple of factors. "Armstrong always brings a huge atmosphere to American racing. He's so popular that it really changes the race, spectator and exposure wise. The race was a lot bigger in the public's view. I couldn't believe how many people were out watching the races. It was like a big race in Europe as far as the turnout and the interest"

"Cipo would be the same but to a much lesser extent. He does add something to a race and it was fun bumping shoulders with him in the finale trying to get my guys up there for the sprint. He also really won over a lot of the American racers, me included. I had always thought of him as a big ego but he really is just a character and nice guy."

I asked Jeff if the presence of these major riders changed the racing for the domestic racers or altered the way the races were ridden, in terms of controlling the race or tactics. "Its always harder with more division one teams. But

the strongest teams over all were American, there's more motivation on home turf. I would have to say the real difference isn't tactics as much as sheer strength and that comes from being able to buy the strong riders and then do the hard races."

The strength of the major players was in evidence during the 139 mile fifth stage, as a group of six riders got away early and stayed away on the long climb to the summit of Fort Mountain. This group did not include any of the top placings in the general classification, and were allowed to build up nearly a 13 minute lead on the rolling climbs between Fort Mountain and the finish in the beautiful and historic mining town of Dahlenega. Once the yellow jersey of Armstrong was in danger on the road, US Postal, Julich, and Horner took up the chase. The peloton quickly transformed to single file and groups began forming off the back of it. In a matter of ten or fifteen miles, the lead group was less than two minutes ahead when Jason McCartney of Team Health Net decided his chance for a stage win was now or never. He attacked, and soloed in for the win ahead of the main group of Armstrong, Julich and Horner. Just like that, the yellow jersey was safe again. Jeff Louder finished the day mid pack at number 62, his work well done.

Armstrong went on to win the race overall two days later as it finished near Atlanta, pleasing all the fans who came hoping to see the five time Tour de France win-

ner showing good early season form in his quest for a historical sixth Tour victory this year. Louder finished the race in 54th place overall, a great result for a rider who was still hurting from his crash in Holland. "I really suffered through the entire race. Its been a long time since I felt so bad for such a long period. The crash definitely put me back a lot and it was frustrating because my form was coming on prior to the fall. That being said, I wasn't anonymous in the race and I feel I did contribute to the race and to the Navigators Insurance team's goals. My time trial (Jeff finished 26th in the stage four individual time trial) was a sign that I was going alright

So what's next for Utah's pro? "I'm home in Salt Lake City now building up for the Wachovia week, particularly Philly. After that, [I want to] get some good results in the summer stage races like Beauce and Cascade. San Francisco is always a good way to go out so that's in the back of my mind as well, I'd love to get a result there."

Jeff told me that some of his favorite training in Salt Lake City are the weekly RMR races. But "my best memories are probably from the long group rides we used to do around here. The community in Salt Lake City is very good, there's a good core of strong riders. I feel like there was a time not so long ago that everyone could put away their rivalries and go out for some long hard rides together...If I were around more I'd love to promote that, there's nothing better than going out with 10-20 strong riders for an epic."

Thanks to Jeff Louder and the Tour de Georgia organizers.

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COACH'S CORNER

What the Mind Sees, The Heart Believes, The Body Can Achieve



Bill winning the criterium at the 2004 Tour of the Storm.

Photo: Steve Conlin

By Bill Harris

After 12 years of racing I've racked up some good results. 60+ Cat 1 wins, Masters 35+ National Criterium Champion, 2 other National Championship Medals, State RR Champion, State TT Champion, State Criterium Champion, RMR Champion, Salt Air TT Champion, 2 times UCA Criterium Series Champion, Cycling Utah Rider of the Year, Cycling Utah Road Racer of the Year and on and on. However, there is still one award I want to get and it will probably be the biggest challenge of them all.....Dad of the Year. With that

in mind I have decided to hang up my race wheels for awhile to focus on my family and our future. We will be moving to California so I can work in the family business and although I will continue coaching my race days are over. One of my clients recently said to me "Life is full of phases, each one better than the next". I hope he's right. I certainly have enjoyed writing the "Coach's Corner" over the last few years and I hope in some way I may have helped you out. For my final article I want to give you my best coaching advice yet and it's just a simple quote I picked up somewhere along the way.

"What the mind sees, the heart believes, the body can achieve"

I have always been a coach that tries to lead by example and in my final week of racing I wanted to show just how powerful this quote is by winning what would be my final Rocky Mountain Raceway Criterium and winning the criterium at the Tour of the Storm for the fifth consecutive time. After an early season injury sidelined me for a bit I trained like an animal with these races in mind, always picturing myself with my arms raised in victory. As I drew clos-

er to these races I could feel my form coming along and I started to believe it was possible. I told my teammates Evan Hepner, Dave Harward, Terry McGinnis and Thomas Cooke what I wanted to do and they too believed in me and committed to making it happen.

At the RMR, Evan and Dave drove hard from the gun putting Thomas and I in the winning break. Thomas, my best friend and long time teammate helped me keep the break alive. With two laps to go, my fiercest competitor over the years, Ryan Littlefield attacked and got a gap, I jumped across to him and asked that he ride hard so we could go man on man just for old time's sake. On the final lap I attacked hard, but Ryan who is never one to go down without a fight clawed his way back to me. But on this day I had the strength of twenty men and hit him one more time so I could raise my arms and savor my final moments on the drag strip.

At the Tour of the Storm I opened up the day with a blistering time trial, taking fourth place against some of the best in the west. I had my usual foot-long Subway Club for lunch and then rested up for the showdown at 7 pm. Nothing was going to stop me from winning this race. In the opening laps Evan and Terry helped keep things in check, but when Burke Swindlehurst attacked and opened up a sizeable gap I started to think all was lost. It was then that I called on Dave Harward to ride at the front. Lap after lap Dave drove the pace and slowly he brought Burke back and kept the dream alive. Once Burke was caught Dave

kept driving at the front keeping the pace high and chasing anyone that tried to spoil our plan. I have never seen a guy ride so hard for me as I did that night and I was not about to let him down. I knew if Dave could keep the race in check for me until the final lap I could do it. But with two laps to go Dave suddenly pulled off the front. Being his coach and knowing how much heart he has I knew he could give me some more. I yelled to him to give it more gas, he got back on the front and rode until he nearly passed out. With half a lap to go I could see the victory, my heart told me it was mine and my body delivered.

My 12 years of racing in Utah have been an incredible experience. I want to thank Mike Hansen for getting me started and keeping me going, Mike Pratt for all his support, Steve Johnson for the words of wisdom, Gary and Louise for putting up with all of us, all the other race promoters and officials for doing the toughest job of all, all my teammates over the years who rode their hearts out for me, all my competitors without which I would not have accomplished nearly as much, all my coached clients for giving me a chance to pass on the knowledge, Thomas Cooke for being there as a friend week in and week out through all the highs and lows, and finally Dave Harward for making my final showdown a dream come true.

Thanks for reading and thanks for the memories.

-Bill

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OFFICIALLY SPEAKING

Tour of the Storm (almost) Lives up to its Name

By Harry L. Lam

Springtime in southern Utah. The weather can provide just about anything, at any given moment. Scouting the weather forecasts for the weekend wasn't exactly settling.

Saturday morning started at about 6am with a quick breakfast, and a "briefing" on the day's events. Time trial first thing in the morning, with a break in the day before a full afternoon/evening of Crits. The weather appeared that it may cooperate for the day.

Normally, the mindset that I have going into a Time Trial is that I get to see all of the riders individually (for about 25 seconds each), and put some names with the faces.

A little more than an hour into the Time Trial, everything was going pretty smoothly. I should have expected something bizarre to break things up.

During one of the few 3 minute breaks in starts, a soft-spoken gentleman approached me and asked me how much longer we would be starting riders. After some "pondering", I told him that it would still be another hour and a half. He told me that there were going to be more than a hundred head of cattle on the road in about 40 minutes. I'm no math-whiz, but that just didn't add up.

After quite a bit of scrambling, and cooperation, the event continued with Doug Loveday setting the pace just ahead of Burke Swindlehurst in the Pro/1/2 field.

Following the morning's action, I was wondering what the Crits would be like. Would the weather continue to cooperate? How many cattle would be on this course?

The crits were very exciting, with the Masters 35+ race being one of the standouts. Right from the start, it was apparent that it was Louie (Amelburu) against the world. The gloves were off, as the pace was the fastest of the day, and with riders checking one another's moves like a hawk. It appeared that Louie was outnumbered with the Century 21 team taking turns controlling the pace, but in the end, Louie won the hotly contested race.

After 6 hours of great crits, it was time for the Pro/1/2 event.



G.C. winner Burke Swindlehurst in the criterium.

Photo: Steve Conlin

Like the Masters race, the action was hot, and it was time for Burke Swindlehurst (Navigators) to stretch his legs. Within 4 laps into the race, his breakaway had expanded to more than 20 seconds. He managed to hold onto that lead for the first half of the race, when the group got together and decided that enough was enough. As impressive as Burke's solo was, the bridge was equally impressive. David Harward left it all out on the course as he led several chases and attacks. In the end, it was (retiring) teammate Bill Harris that won the race.

On a down side, GC leader Doug Loveday went down pretty hard with just a few laps to go in the race. My best wishes for his recovery go out to him.

Sunday morning, we were greeted with some early morning rain. Fortunately, all of the rain occurred over the middle of the night, and the road race was spared.

The road race was a 27 mile lap around the Quail Creek reservoir, which consisted of some deceptive climbs, and plenty of fast descents down into the towns of La Verkin and Virgin before coming back into Hurricane.

Some notables on the road race were:

-The pace of the Masters 35+ group was quick enough to put them ahead of two groups that started ahead of them. In fact, the

only group that they did not catch, were the Pro/1/2.

-The Women's 1/2/3 field was fairly small, with several not making it through the complete 3 stages. Darcie Murphy managed to hold onto her GC lead, after Karen Dodge won Sunday's road race.

-In the Cat 3 race, David Hunt won the road race on familiar ground, but was not able to gain enough time on GC winner Phillip Coats.

-Another (former) local, Burke Swindlehurst came in with the win on the 81-mile race.
-Aaron Jordin (Pro/1/2) rode strong into 3rd place to move from 11th in the GC to 4th overall for the weekend.

After everything was done, and results were finalized, the sun shone brightly on the southern Utah town of Hurricane. And it was good.

Twilight Criterium Will Be NRC Race

BOISE, Idaho – The Wells Fargo Twilight Criterium will be part of bicycling's National Race Calendar (NRC) for the first time in 2004, according to Mike Cooley, race director and co-owner of George's Cycles in Boise.

"Making the NRC is a big deal because only a select number of races make the calendar," Cooley said. "Each race on the NRC is ranked and then given points. The points add up to a national ranking for each rider and team. The NRC has a prize list of cash, and the riders chase the points for the cash and the ranking."

The Twilight Criterium will be ranked as a 1.4 one-day event. According to Cooley, the NRC designation should raise the level of rider in this year's event a "notch or two."

The 2004 Wells Fargo Twilight Criterium is scheduled for Saturday, July 24 in downtown Boise beginning at 5:30 p.m. Races are scheduled for men who are licensed with the U.S. Cycling Federation to compete in categories 4 and 5; 3; and Pro, 1 and 2. One women's race is scheduled for licensed competitors in Pro, 1 and 2 categories.

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MOUNTAIN BIKE RACING

Majesty and Tragedy at the Tour of Canyonlands



By Lee McCormack

On Sunday, April 25 the Tour of Canyonlands began the Mountain States Cup on a perfect spring day in Moab, with blue skies and temperatures in the mid to high 60s. Heavy rain in the preceding week packed the dirt to unheard of fastness, and most dust particles were happy to cling to each other rather than accumulate in racers' nostrils.

Five hundred riders in 40 classes gathered in Kane Springs Canyon south of town, a cliff-

ringed rift teeming with mountain bikers, hikers, campers and off roaders. Beginners followed a 15-mile lollypop up Kane Creek Road, down to the creek, out into the open Kane Springs Canyon, around some swoopy river washes and back.

Everyone else climbed all the way to Hurrah Pass, bombed to the Colorado River, then caught Amasa Back Trail. Exposed singletrack made mistakes seem like a bad idea, and the infamous 150-foot hike-a-bike, called "Jacob's Ladder," tested everyone's mettle and Achilles tendons. Amasa fed racers back

onto Kane Creek Road for a fast descent to the finish. The 25-mile route combined open dirt roads with tech singletrack, a verdant valley with sweeping vistas.

Brian Smith of Trek/VW rolled the fastest pro time, with a 1:29:50.64. Jennifer Smith of VW/BonJovi/Cannondale blazed a 1:47:03.69 to win the pro women. Carl Swenson of RLX, who finished a minute behind Brian Smith, crested Hurrah Pass way out front only 33 min-

Continued on page 18

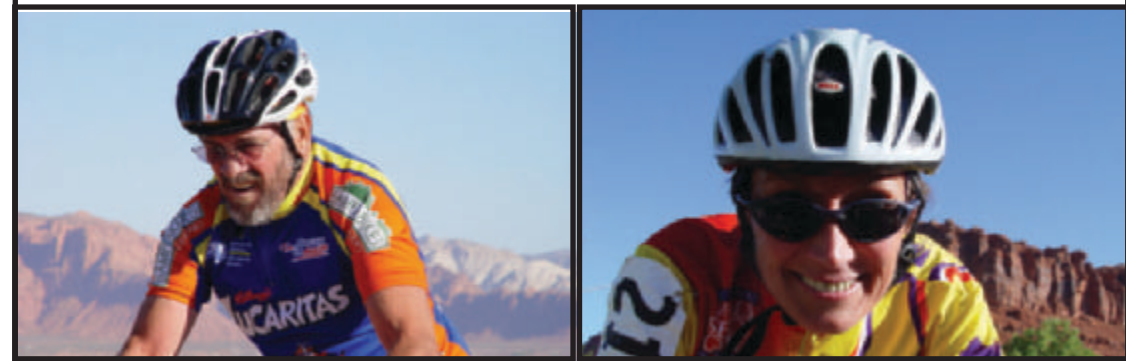


Left: Ben Hall at the Sea Otter Classic. Photo: John Shafer, Mtbr.com.

Above: Pro men winner Brian Smith charges up Hurrah Pass. Photo: Lee McCormack

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ROAD RACING

Swindlehurst, Elliot Take Buffalo Stampede



By Ryan Barrett
April 10, 2004

On a cool and breezy day at Antelope Island, Burke Swindlehurst (Navigators Insurance), and Megan Elliot (Quark) won the Buffalo Stampede road race.

In the men's even, Ryan Littlefield and Bill Harris made the early move, quickly establishing a gap of over two min-

utes. This gap would remain for over fifty miles of the sixty-mile event. The Global Phone Sales/Healthy Choice team was the first to take up the chase, but their efforts barely dented the gap of the two breakaways. Team Specialized went to the front after this and the gap was under a minute with three laps (of 15) to go. On the second to last time up the short steep

power climb, Swindlehurst attacked, taking only an elite group of riders with him. In the end, Swindlehurst took the victory, followed by Aaron Jordin, and John Osguthorpe.

In the women's event, Megan Elliot (Quark), the 2003 Under-23 U.S. National Road

Left: Women's winner Megan Elliot.

Above: What bike racing's all about. Mark Yap on the Island.

Photos: Jeff Anderson.

Champion, showed how she got the stars and stripes jersey by winning the women's event, followed by Karen Dodge and Karen Kotval.

See Results on page 16.

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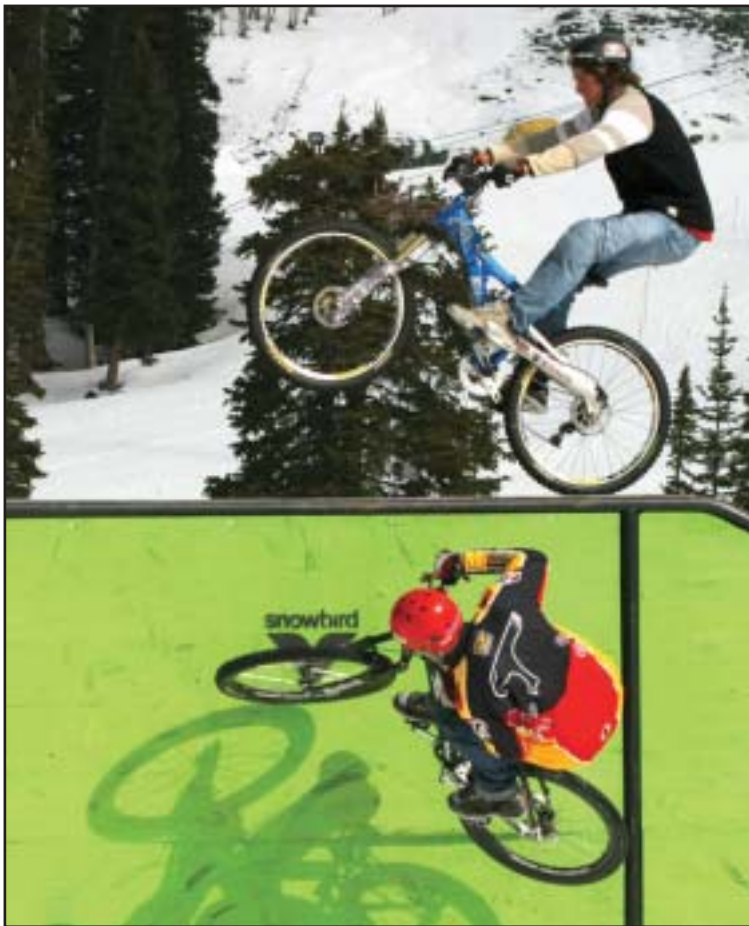
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FREE RIDING

Snowbird Jib Jam



The Bike Board2 Jib Jam, an event that included an on-snow mountain bike competition and trick competitions for skiers and riders, took place at Snowbird on April 24-25.
Photo: Tom Beer/Snowbird



GEARHEAD

A Clean Bike is a Happy Bike

By Tom Jow

Warm spring weather and mostly dry trail conditions bring miles of smiles to all bicyclists. However, especially for mountain bikers, early season riding also means dirty bikes. One of the best ways to have a smooth working bicycle is to keep it clean. A clean bike also looks better in the living room. Outlined below is a simple seven-step process.

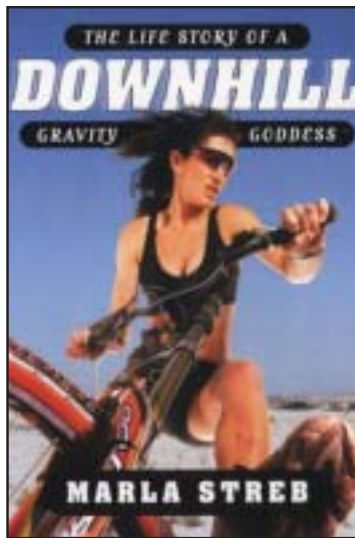
1. Clean the chain with a self-contained chain-cleaning tool, or apply a citrus-based degreaser to the chain, cogs, chain rings, derailleurs and other dirty oily areas. Allow to soak for five minutes
2. Fill a bucket with soapy dishwater.
3. First, scrub the drive train clean. If necessary, use a small screwdriver to scrape mud and grit from between cogs and chain rings.
4. Wash wheels and tires. Yes, tires. Scrub the tread, sidewalls and rim brake surfaces firmly.
5. Wash remaining parts with clean sponge or soft brush.
6. Rinse with low-pressure water hose. Minimize spray upon bearing components, i.e. hubs, bottom bracket.
7. Wipe or air dry.

This procedure should normally take around fifteen or twenty minutes. Throughout the summer, wash as often as is necessary to keep a smooth running cycle all summer long. For example, professional team mechanics wash bikes every day during a stage race. All the tools for the job can be purchased at your local bike shop. Remember, a clean bike is a happy bike!

Tom Jow has been a team mechanic at international stage races, World Championships and the 1992 Olympic Games. He is currently Team Manager for the Biogen-Idex Professional Mountain Bike Team.

BOOK REVIEW

Downhill - A Life Story of a Gravity Goddess by Marla Streb



By Cindi Hansen

Marla Streb is currently a member of the women's professional team, LUNA Chix. She started racing a little later in life, at age 28; but with age, comes experience and speed. Over the years, Marla has compiled one hell of a résumé. She had arguably her best year in 2003, winning the U.S. National Downhill Championship as well as the World Cup Downhill Finals in Austria.

It seems like every great athlete has overcome some large feat or obstacle before their love of a sport becomes their career. The same can be said of Marla Streb. Although, she didn't have to battle with cancer or injury, she did have to fight the pressures society place on women to stay thin and beautiful as well as

the need for her parents to accept and respect the choices she made. In a sport dominated by men like John Tomac and Ned Overend, Marla had to fight the stereotype that biking was for men, and women weren't supposed to sweat and get dirty.

This book tells how a woman fell in love with mountain biking and the risks she took to be the best. While on a bike touring retreat to Europe, Marla discovered a whole new world, one that required small gears and high cadence. Once back in the states, she picked up her life and traveled cross-country to the West coast to pursue some sort of biking career. What was supposed to be an attempt at cross-country greatness, took an unexpected turn toward downhill racing. Marla recounts her sweetest victories and agonizing defeats as well as the many sacrifices that helped her ride to the top of her class and become a gravity goddess.

A great book for any cyclist, female or male, I highly recommend that you pick it up. Whether you're a recreational rider, a weekend warrior, or a hardcore racer, Marla's story touches close to home for all.

To find out more about Marla Streb, visit her website at www.marlastreb.com or www.clifbar.com/play/lunachix-team.cfm?location=teamclif

Utah State Championship Downhill Series



2004



June 6: Bountiful Bomber -- Bountiful, Utah

July 10-11: Bald Mtn. Challenge I -- Deer Valley, Utah*

July 17-18: Flyin' Brian 1 -- Brian Head*

September 4-6: Flyin' Brian 2 -- Brian Head*

September 11-12: Bald Mtn. Challenge II -- Deer Valley*

* Super-D race too!

Presented by Salamander Promotions & Go-Ride
For information check out www.go-ride.com
Salamander: 801-375-3231 Go-Ride: 801-474-0081



BICYCLE SHOP DIRECTORY

SOUTHERN UTAH

Brian Head

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

Cedar City

Cedar Cycle
38 E. 200 S.
Cedar City, UT 84720
(435) 586-5210
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
(800) 559-1978
www.moabcyclery.com

Poison Spider Bicycles

497 North Main
Moab, UT 84532
(435) 259-7882
(800) 635-1792
www.poisonspiderbicycles.com

Rim Cyclery

94 West 100 North
Moab, UT 84532
(435) 259-5333
(888) 304-8219
www.rimcyclery.com

Price

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

St. George

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

Red Rock Bicycle Co.

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

Springdale

Springdale Cycles and Tours
1458 Zion Park Blvd.
P.O. Box 501
Springdale, UT 84767
(435) 772-0575
(800) 776-2099
springdalecycles.com

Zion Cycles

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

NORTHERN UTAH

Logan

Al's Cyclery and Fitness
1617 N. Main
Logan, UT 84341
(435) 752-5131
www.alssports.com

Joyride Bikes

65 S. Main St.
Logan, UT 84321
(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
Park City, UT 84060
(435) 649-4806
www.colesport.com

Jans Mountain Outfitters

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

White Pine Touring

1685 Bonanza Drive
P.O. Box 280
Park City, UT 84060
(435) 649-8710
www.whitepinetouring.com

Vernal

Altitude Cycle
580 E. Main Street
Vernal, UT 84078
(435) 781-2595
(877)781-2460
www.altitudecycle.com

WASATCH FRONT

DAVIS COUNTY

Bountiful

Bountiful Bicycle Center
2482 S. Hwy 89
Bountiful, UT 84087
(801) 295-6711

The Biker's Edge

390 N. 500 W. Suite 1
Bountiful, UT 84010
(801) 294-4433
thebikersedge@yahoo.com

Kaysville

The Bike Rack
232 N. Main Street
Kaysville, UT 84037
(801) 544-5300
bushesbikerack@aol.com

Layton

Bingham Cyclery
110 N. Main
Layton, UT 84041
(801) 546-3159
www.binghamcyclery.com

Sunset

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

SALT LAKE COUNTY

Holladay

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

Golsan Cycles

1957 E. Murray-Holladay Rd.
Salt Lake City, UT 84117
(801) 278-6820
www.golsancycles.com

Spin Cycle

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

Murray/Cottonwood

Canyon Sports Ltd.
1844 E. Ft. Union Blvd.
(7000 S.)
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
guthriebicycle.com

Downtown Salt Lake

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
wildrosesports.com

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

878 S. 900 E.
Salt Lake City, UT 84105
(801) 364-0344
contenderbicycles.com

Fishers Cyclery

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

Go-Ride Mountain Bikes

3232 S. 400 E., #500
Salt Lake City, UT 84115
(801) 474-0081
www.go-ride.com

Guthrie Bicycle

731 East 2100 South
Salt Lake City, UT 84106
(801) 484-0404
guthriebicycle.com

REI

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

Sandy/Draper

Bingham Cyclery
1300 E. 10510 S. (106th S.)
Sandy, UT 84094
(801) 571-4480
www.binghamcyclery.com

Canyon Bicycles

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

REI

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

Sandy/Draper

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

South Jordan

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

UTAH COUNTY

Orem

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

Payson

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

Provo

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

Bingham Cyclery

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

Springville

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

WEBER COUNTY

Eden/Huntsville

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

Ogden

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

Bingham Cyclery

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

Canyon Sports Outlet

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

cycling utah

CALENDAR OF EVENTS

Calendar Guidelines:

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

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

Let us know about any corrections to existing listings!

**Bicycle Motocross**

Battle Bay BMX — (801) 796-8889

Rad Canyon BMX — (801) 824-0095

For more track info, visit cyclingutah.com

**Cycling Events****Advocacy Groups**

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7939 or (801) 328-2453.

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

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

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

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

Events

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

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

Cycle Salt Lake Week

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

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

Calendar of Events sponsored by

2175 S.900 E.
Salt Lake City
(801) 466-3971
fisherscyclery.com

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

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

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

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

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

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

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

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

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

May 22 — Canyon Sports Bike and Wife Swap, Ogden Store, 705 W. Riverdale Road, and Cottonwood Store, 1844 E. Fort Union, (801) 621-4662 or (801) 942-3100

May 29-30 - Young Riders Bike Swap, Annual White Pine Touring swap to benefit The Young Riders youth based mountain bike program, great time with food and raffles, White Pine Touring, 1685 Bonanza Dr., Park City, (435) 655-2651 or visit www.youngriders.com

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

June 25 — The Collective, a freeriding film, will show at Brewvies, 7pm, feedthehabit.com, (801) 390-0179

July 13-18 — National Unicycling Championships and Convention, Salt Lake City, (801) 274-8167

November 4-5 — Utah Trails and Pathways Conference, planning, design, construction, funding and more, St. George, www.stateparks.utah.gov, (435) 229-8310

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

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

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

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

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

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

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

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

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

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

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

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

Weekly MTB Series

Wednesdays — Soldier Hollow Training Series, May 5, May 12, May 26, and every other Wed. until Sept. 1, 6:30 p.m., Midway, (801) 358-1145

Wednesdays — Sundance Weekly MTB series, starting May 19 and every other Wed. until August 25, 6:30 pm, alternates with Soldier Hollow Training Series, Sundance Resort, (801) 223-4849

Utah MTB Races

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

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

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

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

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

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

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

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

July 7 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

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

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

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

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

Annual White Pine Bike Swap!

To Benefit the Young Riders Mountain Bike Program

MAY 29 & 30 9AM - 5PM

White Pine Parking Lot - 1685 Bonanza Dr.

Come Enjoy a Great Time with Food & Raffles



Support Your Local Youth Mountain Bike Program

and Make Money Off Your Old Bikes!

Bikes accepted for the sale on,

Sunday, May 23 from 2 PM - 5 PM

Thursday, May 27 from 3 PM - 7 PM

Friday, May 28 from 10 AM - 6 PM

At White Pine Touring • 1685 Bonanza Dr. • Park City



For details call
655-2621

or visit us at
www.youngriders.com

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

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

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

July 24 — The Endurance 100/Mind Over Mountains, 100 miler, 100 km, 50 miler, 100 mile team relay, Park City, (435) 649-2129

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

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

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

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

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

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

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

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

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

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

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

Regional Mountain Bike Races

May 20-23 — NORBA NCS #3, Snow Summit Mountain Resort; (909) 866-4565

May 22 — Lava to Downata Off-Road Triathlon, Lava Hot Springs, ID, (208) 587-9530

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

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

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

June 12 — Revenge of the Singletrack, Wild Rockies Series #4, Twin Falls, ID, (208) 587-9530

June 16 — Teton Village Short Track XC #1, 6 pm, Teton Village, WY, (307) 733-5228

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

June 20 — Idaho City Excellent Adventure, Wild Rockies Series #5, Idaho City, ID, (208) 587-9530

June 23 — Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 739-9025

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

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

July 7 — Teton Village Short Track XC #2, 6 pm, Teton Village, WY, (307) 733-5228

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

July 17-18 — Brundage Bike Festival, Wild Rockies Series #6, XC, DH, McCall, ID, (208) 587-9530

July 21 — Teton Village Short Track XC #3, 6 pm, Teton Village, WY, (307) 733-5228

July 24 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each race, (307) 733-5228

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

August 1 — Laramie Enduro, 111 K mountain bike race, Happy Jack, Laramie, WY, 307-745-4499

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

August 14-15 — Pomerelle Peaks, XC on Sat, DH on Sun, Wild Rockies Series #7, Albion, ID, (208) 587-9530

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

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

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

September 18 — Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 733-5335

September 18-19 — Lava Rama, Wild Rockies Series #8, XC, DH, Road Criterium, Lava Hot Springs, ID (208) 587-9530



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), George Heagerty, (719) 535-8113.

Utah Weekly Series Races

Rocky Mountain Raceways Criterium — Tuesdays, 6 pm, 6555 W. 2100 S., West Valley City, UT, (801) 944-8488

Salt Air Time Trial — Every other Thursday, I-80 Frontage Road West of the International Center, (801) 944-8488

DMV Criterium -- Wednesdays, Driver's Training Center, Where: 4700 S. 2780 W., West Valley City Times: A Flite - 6pm. B Flite - 7 pm., (801) 553-1065

Royal Street Hillclimb TT — May 20 - September 23, Every other Thursday, 5:30 p.m., 900' elevation gain, (435) 901-8872

For dates, see below.

Utah Road Races

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

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

May 20 - September 23 — Royal Street Hillclimb TT, Every other Thursday, 5:30 p.m., 900' elevation gain, (435) 901-8872

May 7-8 — Women's Road Racing Cycling Clinic, group riding, racing skills and tactic, bike safety, SLC, (801) 485-4558 or (801) 466-6312

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

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

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

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

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

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

June 8-12 — 5 Crits in a Row, E-Center, Gateway, Rocky Mountain Raceways, Deer Valley (Master's/Junior Nationals course), Sugarhouse, (801) 944-5042

June 12 — Sugarhouse Crit, Sugarhouse Park, Salt Lake City, (801) 944-8488

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

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

June 26 — Porcupine Hillclimb, Big Cottonwood Canyon, Fundraiser for Help to Heal, Salt Lake City, (801) 442-5800

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

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

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

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

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

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

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

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

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

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

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

The Mayor's Bicycle Advisory Committee, the leading bicycle advocacy group in Salt Lake and Utah, wants to encourage all cyclists to participate. There are monthly meetings on the second Wednesday of every month at 5 p.m. in the City & County Building, Rm. 326 or 335, 451 South State Street. For details, visit the Cycling Utah web site (www.cyclingutah.com) or call the Mayor's office at 535-7939 or Brian at 328-2453.



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

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

Continued on Page 17

BRIAN HEAD, UTAH

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RACE RESULTS



Mountain Bike Racing

Tour of Canyonlands, Moab, Utah, April 24, 2004

Beginner Men 19-24

1. Connor Shreve; Maxis/661 1:07:23.17
2. Nick Kavass; Crested Butte Ac; 1:21:26.35

Beginner Men 25-29

1. Andy Kim; 59:57.61
2. John Cibulsky; 1:02:23.72

Beginner Men 30-34

1. Warren Worsley; 55:53.63
2. Greg Francis; 59:37.77
3. Chris Budish; Team Dirt Monkey; 1:12:40.98
4. Tim Berens; 1:28:05.14

Beginner Men 35-39

1. Brad Whittle; 1:04:09.36
2. Chad Farmer; 1:06:05.44
3. Rodney Ward; 1:09:08.96
4. Chris Lozano; Pine Creek Finan; 2:16:42.96
5. Mike Kowalski; Mountain Pedaler; 2:35:54.08

Beginner Men 40-49

1. Bill Rockwood; 58:48.85
2. Tom Keller; 59:05.83
3. John Venegas; Venegas; 1:06:50.25
4. Bud Harper; Bike Source/Harp; 1:51:34.50
5. David Rutherford; 1:51:58.29
6. Robert Letson; 1:58:31.59

Beginner Men 50+

1. James Bamum; 1:05:58.18
2. Kevin Gamble; 1:11:09.78
3. Bobby Shanks; 1:12:20.10

Beginner Women 19-29

1. Jen Arellano; 58:46.42
2. Julie Kailus; 1:01:56.28
3. Tina Godisak; Team Telluride; 1:04:54.22
4. Jill Schmitt; 1:09:58.26
5. Natasha Danko; 1:16:30.25

Beginner Women 30-39

1. Katherine Frank; Dvo; 1:07:00.88
2. Monica Myrick; 1:08:19.42
3. Trista Francis; 1:15:53.40
4. Thia Whittle; 1:16:03.94
5. Melissa Belkin; 1:23:17.54
6. Carrie Higgs; 1:58:16.28

Beginner Women 40+

1. Ann Schmidt; 1:08:57.11

Expert Men 19-24

1. Chad Wells; 1:46:26.02
2. Ty Hansen; New Moon Media; 1:56:26.15
3. Shawn Myers; Comotion Sport; 1:57:16.16
4. Jedediah Young; 2:03:06.55
5. Blake O'Donnell; Front Rangers; 2:05:02.05

Expert Men 25-29

1. Thomas Spannring; Team Euclid/Maxx; 1:40:18.82
2. Dave Harber; 1:41:11.50
3. Cashion Smith; L.E.G.'s; 1:42:25.18
4. Eric Nie; 1:42:31.12
5. Kenny Deemer; 1:42:35.72
6. Yuki Saito; 1:43:39.80
7. Daniel Murray; Team Telluride; 1:43:55.96
8. Calvin Squires; Guthrie; 1:45:15.24
9. Chester Reed; 1:46:32.83
10. Alan Simons; Bike Source; 1:48:02.49

Expert Men 30-34

1. Brian Lugers; 1:38:33.58
2. Len Zanni; Honey Stinger; 1:42:49.79
3. Sean Madsen; Sports Garage/Ro; 1:43:22.90
4. Derek Eilers; Adventure Cyclin; 1:43:57.13
5. Graeme Galyer; Denver/Boulder C; 1:44:43.67
6. Jeff Cospolich; Great Adventure; 1:45:40.64
7. Rob Lockett; Adventure Cycli; 1:45:47.87
8. Chad Kittles; SA Racing/Tomac/ 1:46:32.74
9. Robert Powell; RokhShox; 1:46:39.32
10. Richard Noyes; 1:46:42.51

Expert Men 35-39

1. Ronald Bollenbergh; ProCycling; 1:44:26.56
2. Dean Miller; Herman Miller; 1:45:11.72
3. Todd Smith; 1:47:06.26
4. Thane Hall; Uinta Coffee; 1:47:25.02
5. Brian Maslich; 1:47:25.91
6. Gary Kuntz; Adventure Cyclin; 1:47:56.15
7. Douglas Hudson; Feedback Sports; 1:51:02.86
8. James Dean; Mtn.Sports Out; 1:51:56.36
9. Brian Johnson; FCCC -Lee's Cyc; 1:53:14.21
10. Volker Orgeldinger; 1:54:28.91

Expert Men 40-49

1. Vaughn Joslyn; 1:43:38.62
2. Robert Westermann; 1:45:52.99
3. Mike Armstrong; Aspen Velo; 1:47:32.54
4. Larry Johnson; 1:47:54.39
5. Kenneth Jones; Racer's Cycle Service; 1:48:24.34
6. David Thompson; 1:49:52.95
7. Larry DeWitt; 1:51:15.40
8. Dana Franklin; 1:51:50.75
9. Bradley Schneider; Pikes Peak Velo; 1:52:46.35
10. Mark Gouge; 1:53:00.35

Expert Men 50+

1. Dawes Wilson; Moots/Pedal Power; 1:54:59.49
2. Jim Reed; 1:57:34.76
3. Gary Peterson; Comotion Sports/Y; 2:08:27.81
4. Tom Bamum; Poison Spider Bicy; 2:26:24.40
5. Nils Holten; 2:42:51.22

Expert Women 19-29

1. Keri Nelson; RoknRoll Sports; 2:01:13.80
2. Ann James; 2:05:16.43
3. Heather Baumgartner; Team Adventure C; 2:06:44.33
4. Molly Bockmann; 2:11:46.12
5. Sarah Peterson; 2:12:28.11
6. Paula Burks; 2:14:33.76
7. Rachel Braudis; 2:15:56.87
8. Brittany Walker; Co Motion Sports; 2:17:04.55
9. Kristina Andrus; 2:17:16.85
10. Nina Mento; Aspen Velo; 2:18:36.25

Expert Women 30-39

1. Pamela Hanlon; Jans; 2:02:17.72

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**Salt Lake's
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2. Amy Hermes; High Maintenance; 2:09:11.69
3. Jennifer Charette; Team Den; 2:10:25.69
4. Jona Bollinger; Team Telluride; 2:12:54.48
5. Misti Timpson; TeamSugar/WhiteP; 2:16:01.90
6. Janelle Kenny; CoMotion; 2:16:34.60
7. Bethany Elson; 2:16:42.66
8. Melanie Long; Adventure Cycling; 2:17:29.45
9. Lisa Famiglietti; Titus; 2:27:14.33

Expert Women 40+

1. Carol Quinn; Tune UP; 2:07:11.13
2. Robin Hoff; 2:14:49.07
3. Devora Peterson; Tokyo Joe's; 2:19:53.70
4. Lauri Medina; 2:30:18.44
5. Kathy Bodie; 2:40:12.33

Beginner Women 13-14

1. Melody Dull; 2:00:07.68

Junior Beginner Men 10 And Under

1. Kolin Evens; Laurel St/Racin; 1:04:05.09

Junior Beginner Men 11-12

1. Colin Wait; Mom And Dad; 1:07:16.99
2. Matt Meraeraea; 1:25:31.33
3. Max Staple; 1:45:04.57
4. Brandon Perez; 1:52:37.05
5. Blake Wiehe; Young Riders; 1:55:42.94
6. Joshua Lozano; 2:14:39.32

Junior Beginner Men 13-14

1. Bryce Gordon; Sore Saddle Cycle; 55:46.92
2. Adam Parke; 55:48.29
3. Trevor Haley; 1:00:30.40
4. Mike Voth; 1:06:16.14
5. Kyle Homer; 1:07:55.42
6. Alex Scott; Young Riders; 1:08:40.06
7. Brandon Mannheimer; Great Adventures; 1:19:20.48

Junior Beginner Men 15-16

1. Jacob Bergeron; 53:50.69
2. Brandon Lozano; Pine Creek Finan; 59:13.20
3. Ryan Tully; Colorado Velo/De; 1:08:39.13
4. Adam Wojdyla; Broadmoor Terrac; 1:08:46.42
5. Dylan Stucki; Mom And Dad; 1:11:51.59
6. Tommy Lozano; 1:15:18.35

Junior Beginner Men 17-18

1. Mike Wengo; 58:38.31
2. Keaton Ward; 1:01:52.65

Junior Sport Men 1-18

1. Scan Yarbrough; 51:42.93
2. Dutch Wiehe; Young Riders; 51:43.33
3. Ryan Wyble; Young Riders; 53:00.36
4. Patryk Matecki; 53:00.77
5. Benjamin Kraushaar; Durango Wheel Ct; 53:01.54
6. Dawson Stucki; Mom & Dad; 53:03.04
7. Eric Beckmann; 56:17.61
8. Kyle Vistuba; Front Rangers CO; 58:04.53
9. Mike Thigpen; 58:36.86
10. Colin Harris; Y-Riders; 59:10.14

Junior X Men 1-18

1. Mitchell Peterson; Balance Bar/Devo; 1:45:28.25
2. Walker Savidge; Wheatridge Cycle; 1:48:18.89
3. Ian Burnett; Durango Cyclery; 1:50:30.18
4. Dustin Wynne; 1:51:20.41
5. Tyler Scott; Young Riders ; 1:51:55.75
6. Dustin Wanstrath; Hassle Free Sport; 1:58:54.04
7. Andrew Wait; Durango Wheel Ct; 2:00:08.54
8. Tyler Henderson; Dean; 2:03:18.41
9. Andrew Simms; RMCEF; 2:06:09.91
10. Mitchell Hoke; Canyon Cycles/Sm; 2:10:34.63

Junior X Women 1-18

1. Kara Martin; Y-Riders; 2:25:03.00
2. Sabina Kraushaar; Durango Cyclery; 2:25:58.69
3. Chloe Forsman; Y-Riders; 3:53:05.07

Pro Men

1. Brian Smith; Trek/VW Rocky Mt; 1:29:50.64
2. Carl Swenson; RLX; 1:31:04.21
3. Mitchell Moreman; Dean Bicycles; 1:31:41.25
4. James Mortenson; Specialized Vail; 1:31:47.73
5. Jay Henry; Durango Coca-Col; 1:31:59.17
6. Mike West; Giant/OSO Energy; 1:32:37.44
7. David Wiens; RLX/RalphLauren; 1:34:01.67
8. Douglas Ryden; ProCycling; 1:34:12.87
9. Josh Bezecky; Dean; 1:35:09.36
10. Jesse Swift; Dean; 1:37:38.05

Pro Women

1. Jennifer Smith; VW/BonJovi/Canno; 1:47:03.69
2. Heather Imiger; Tokyo Joe's; 1:49:51.66
3. Melissa Thomas; Tokyo Joe's; 1:50:48.98
4. Kathy Sherwin; Cannondale; 1:52:19.64
5. Judith Freeman; Cannondale; 1:55:17.92
6. Rebecca Dussault; Subaru Factory T; 1:56:03.46
7. Chantal Thompson; 1:56:43.81
8. Lyn D'Amato-Frankli; Tokyo Joe's; 1:58:23.48
9. Rebecca Hodgetts; Mountain Sports; 1:58:30.91
10. Jill Adelstein; Pro Cycling; 2:00:17.69

Semi-Pro Men

1. Nick Martin; Trek/VW; 1:34:01.86
2. Mitch Westall; Team Dean; 1:35:31.04
3. Collin Becker; Ciber/Giant/Oso; 1:35:56.00
4. Gary Venable; Pro Cycling; 1:38:30.35
5. Greg Frozley; Cody Racing; 1:38:50.15
6. Blake Zumbrunnen; Guthrie; 1:38:58.93
7. Dwight DeBGiant; Rky Mt Dev; 1:39:07.41
8. Ryan Hamilton; Team DEAN; 1:39:26.33
9. Charlie Gibson; Racer's Cycle Se; 1:39:49.30
10. Chad Eskins; Yeti Cycles; 1:40:01.24

Single Speed Men

1. Jon Brown; 1:42:51.35
2. Chris Holland; Phamenex; 1:47:18.86
3. Jon Gallagher; 1:51:38.66
4. Charles Van Atta; Fisher/WRC; 1:52:27.80
5. Scott Newton; 1:55:25.05

Sport Men 19-24

1. Jerry Bowers; 1:56:25.88
2. Jared Saul; Syndicate Appare; 2:09:29.36
3. Rocky Fletcher; 2:13:18.93
4. Aaron Johnson; 2:37:49.21

Sport Men 25-29

1. Nathan McCrary; Active Elite/Egg; 1:54:37.32
2. Brian Stevenson; 1:55:17.97
3. Colin Gruen; 1:56:46.88
4. Adam Lavender; Ute City Cycles; 1:58:24.72
5. Robin Larewicz; Pro Cycling; 1:59:19.80

Sport Men 30-34

1. Glen Gollrad ;Velo Del Norte; 1:50:40.69
2. Thomas Hoffman; ORR Concrete; 1:52:42.99
3. Mark Bockmann; Fuente Design; 1:53:49.58
4. Doug Peterson; Pharanex; 1:53:51.72
5. Eddie Hinchliffe; 1:55:05.12

Sport Men 35-39

1. Loren Dumont; 1:55:35.26
2. Brad Stamp; 1:55:56.25
3. Mike O'Malley; Telluride Style; 1:57:34.69
4. Robert LaMielie; 1:58:29.81
5. Darron Cheek; A Racer's Edge; 1:58:46.00

Sport Men 40-49

1. Mike Kappelmann; ProCycling; 1:52:41.61
2. Jim Juenger; Sunnyside Sports; 1:54:09.54
3. Steve Vanderburgh; 1:57:51.76
4. Mike Haley; Canyon Cycles; 1:58:05.01
5. John Pennington; 2:01:46.39

Sport Men 50+

1. Dick Newson; New Moon/Spin Cy; 2:09:57.15
2. Jim Pitkin; 2:15:33.21
3. Dave Mangan; 2:20:22.25
4. Mike Beller; 2:23:40.77
5. Gary Behlen; 2:42:03.77
6. Richard Schimmels; 2:44:28.38

Sport Women 19-29

1. Jen Hanks; Team Sugar/White; 2:15:18.84
2. Rana Schnell; 2:26:53.34
3. Elizabeth Carrington; Pedal Power; 2:28:08.07
4. Sarah Black; Specialized/Ruby; 2:38:06.73
5. Christina Moon; 2:48:05.84

Sport Women 30-39

1. Megan Castle; 2:08:18.28
2. Stacy Newton; 2:14:37.24
3. Christy Kopasz; Intermountain Cy; 2:14:59.98
4. Leighann Mcgraw; ProCycling; 2:22:18.40
5. Mindi Hoffmaster; Ska Brewing/Yeti; 2:22:58.44

Sport Women 40+

1. Ellen Guthrie; 2:18:33.15

Aardvark's Showdown at 5-Mile Pass, ICS Series Race #3, Lehi, UT, May 1, 2004

12 & Under

1. Merrick Taylor; 12:23:58
2. Stuart C. Povey; 12:24:03
3. Brandon Perez; 12:29:02; Guthrie's Race Te
4. Jordan Castle; 12:43:06

9 & Under

1. Rhet C. Povey; 12:08:59
2. Daniel Brown; 12:09:37; Ruote Veloce
3. Ryan Westermann; 12:10:15; New Moon Media/Spin Cycle
4. Jesse Mott; 12:11:13
5. Britten Oliver; 12:11:41

Beg Men 13-15

1. Mike H. Voth; 12:56:36; Young Riders
2. Carsen D. Ware; 12:57:32; Bicycles Unlimited
3. Nicholas Castle; 12:58:12
4. Corey J. Denton; 1:02:31
5. Dustin Nordman; 1:02:37; Young Riders

Beg Men 16-18

1. Matt Bell; 12:58:53; Downhill Cyclery
2. Skyler Holder; 1:02:37; Peak Fasteners
3. Derek J. Goeckeritz; 1:04:58
4. Sean Hoggan; 1:20:55; Peak Fasteners

Beg Men 19-29

1. Brent Fischer; 12:52:18; Te Rrod
2. Aaron Hagege; 12:56:54
3. Rustin R. Jones; 12:57:19
4. Kyle Moore; 12:57:29; New Moon Media
5. Bryan Schouman; 12:58:16

Beg Men 30-39

1. Brad Johnson; 12:53:19
2. David W. Leik; 12:53:27; Boeing/Bikeman.com
3. Chester Lao; 12:53:53; New Moon Media
4. Warren Worsley; 12:53:54; bikeman.com
5. Stephen Burgess; 12:54:51; Pedro's Canyon Bicycles

Beg Men 40+

1. Timothy A. Slocum; 12:53:21
2. Lyle Castle; 12:58:28
3. David Oka; 12:59:06
4. Brent A. Jarrett; 12:59:56
5. Mark K. Crosby; 1:00:02; Taylor's Bike Shop

Beginner Women

1. Karen Ursick; 12:56:41; Revolution
2. Shelly Wiegand; 1:00:19
3. Terena Jepson; 1:01:38; Pedro
4. Mikkel Jones; 1:01:59
5. Shannon Clemens; 1:07:27

Clydesdale

1. Deryll R. Spencer; 12:51:17; Guthrie Bicycle
2. Bryon Wright; 12:52:46; Missing Link Racing
3. Bryce Perkins; 12:53:30
4. Aaron Mullins; 12:56:36; Taylors Bike Shop
5. Travis Skinner; 12:57:29

Exp Men 16-18

1. Dustin Wynne; 1:36:27; Young Riders
2. Tyler Scott; 1:45:42; Young Riders
3. Alan Madorin; 1:58:08

Exp Men 19-29

1. Quin G. Bingham; 2:17:21; AOS/DJ Ortho
2. Jake M. Pantone; 2:18:01; Biker's Edge

3. Ty Hansen; 2:18:02; New Moon Media/Spin Cycle
4. Nate L. Stowers; 2:18:09; AOS/DJ Ortho

**Calendar of Events -
Continued from Page 15.**

Utah Road Races

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

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

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

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

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

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

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

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

October 5-8 — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsq@infowest.com

October 9 — 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

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

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

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

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

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

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

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

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

Regional Road Races

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

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

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

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

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

May 30-31 — Racine for Jason Memorial Weekend Criterium Series, raise money to help Idaho racer Jason Broome in his fight with lymphoma, Bown Crossing, Boise, ID, (208) 890-3118

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

July 24 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Weekly Rides

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.

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

May 15 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 31, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., (801) 596-8430 or Fax (801) 322-5056 or jonrsmith@mac.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

June 26 — Tour of Marsh Creek Valley, fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, then enjoy food, fun, and music at the Riverfest. Mitch White at 208-241-5322 or jmwhite@nicoh.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

August 30 - September 4 — SPUDS 10 - Boise to Salmon, Idaho, 1-866-45-SPUDS

September 4 - Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in, 12 mi north of Logan on Hwy 91. Reg. Fee includes rest stops, lunch. For information and forms call 435-752-2253.

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

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

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

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

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

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

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

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

September 26 - October 2 — OAT-BRAN, One Awesome Tour Bike Ride Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

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

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

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

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

October 16 — Las Vegas Century , 22,37,55,80 and 110 miles, benefits Ronald McDonald House. lasvegascentury.org, (702) 407-3077

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Tour of Canyonlands - Continued from page 10

utes after the start, which is impressive considering the aid station worker took 40 minutes to drive up there.

From the aid station one could witness a wide range of physiques, fitness levels and attitudes. Hyperfit pros motored to machinelike performances. Type A experts hammered to glory. Forty-something men chatted about other cool rides. A heavy-set sport woman persevered with the biggest stoke of all.

Many believe our bodies are only a small part of who we are, that the other ninety-something percent consists of our higher selves. If you belong to this school of thought, then a race like Tour of Canyonlands becomes less of a physical test and more of a spiritual journey. No matter what your needs – victory, escape, challenge – the race helps you climb to a higher

level of prowess, enlightenment or just plain stoke.

Down on the wide-open valley floor, Ben Hall took a hard pull at the front of the expert 30-34 group. Ben Hall, 33, of Albuquerque, NM, with the bushy red beard and shaven legs, dropped back and tried to get into the paceline. He slipped into the draft, head down, and hammered to stay in contact. A Ford Excursion towing a trailer appeared in the road. The group split around the obstacle. Ben kept hammering, straight into the grill. His bike snapped. The windshield shattered. Ben soon died of a head injury. Racers on the return trip passed his sheet-covered body, a pool of his blood soaking into the dust.

Everyone in the mountain bike community offers the most sincere condolences to Ben's friends and loved ones. No doubt, for Ben this day marked a spiritual milestone. Let's hope he's OK wherever he is.



Cashion Smith leads a gang of experts to Hurrah Pass.

Photo: Lee McCormack

See Results on page 16.

For full race results go to cycling.utah.com

For the Mountain States Cup schedule go to handlebarand-grill.com

Results - from page 16

5. Steve Elmer 00:27:35:11

Cat 5 Men

1. Tye Foren 00:28:10:83
2. Michael Vaccari 00:28:10:83
3. Darrick Riggs 00:28:10:83
4. Tyler Wilhelmsen 00:28:12:76
5. Duane Bamson 00:28:13:59

Master Men 35+

1. Louie Amelburu 00:44:14:01
2. Chris Rowley 00:44:14:01
3. Jeff Sargent 00:44:22:37
4. Jon Gallagher 00:44:22:37
5. Dirk Cowley 00:44:22:37

Master Men 45+

1. Dale Maughan 00:27:38:18
2. William Cortiss 00:27:39:09
3. Jeff Pease 00:27:45:27
4. Bob Walker 00:27:45:27
5. Thomas Milligan 00:27:45:27

Master Men 55+

1. Jim Miller 00:27:39:04
2. Erik Nordenson 00:28:18:84
3. David Carlson 00:28:30:37

Junior Men

1. Adam Steinke 00:28:22:40
2. Ryan Wheeler 00:28:22:40
3. Bruce Hoffman 00:29:03:56

Stage 3 - Road Race

Pro Cat 1/2 Men

1. Burke Swindlehurst 03:36:36:15
2. Jacob Rubelt 03:36:39:45
3. Aaron Jordin 03:36:46:38
4. John Osguthorpe 03:36:48:87
5. David Harward 03:36:50:48

Cat 1/2/3 Women

1. Karen Dodge 03:00:11:64
2. Darcie Murphy 03:00:14:18
3. Kris Walker 03:00:21:35
4. Colleen Corey 03:01:06:36
5. Karen Lasko 03:03:35:37

Cat 3 Men

1. David Hunt 03:57:09:39
2. Jon Milner 03:57:12:00
3. Nate Kamerath 03:57:12:00
4. Andrew Peterson 03:57:12:71
5. Anthony Johnson 03:57:12:71

Cat 4 Women

1. Juliane Conner 01:33:32:20
2. Megan McCown 01:33:42:69
3. Ashley Dymond 01:35:14:17
4. Emily Ure 01:38:49:43
5. Kathy Robinson 01:38:49:43

Cat 4 Men

1. Trevor Simper 02:40:30:85
2. Christopher Carlson 02:40:36:98
3. Carman Espinoza 02:40:38:27
4. David Blades 02:40:42:05
5. Steve Elmer 02:40:43:58

Cat 5 Men

1. Tye Foren 01:29:45:60
2. Tyler Wilhelmsen 01:29:51:52
3. Darrick Riggs 01:29:52:24
4. Mike Bronn 01:29:54:07
5. Darin Wilson 01:30:12:35

Master Men 35+

1. Dirk Cowley 02:31:44:01
2. Mark Schaefer 02:31:44:68
3. Gary Porter 02:31:45:64
4. Stewart Richards 02:31:45:64
5. Louie Amelburu 02:31:45:64

Master Men 45+

1. Dale Maughan 02:37:24:26
2. Jeff Herran 02:40:33:96
3. Jeff Pease 02:43:35:13
4. Thomas Milligan 02:43:35:13
5. Bob Walker 03:03:31:31

Master Men 55+

1. Erik Nordenson 03:12:20:65
2. David Carlson 03:24:21:34

Junior Men

1. Adam Steinke 01:33:22:64
2. Ryan Wheeler 01:33:24:74
3. Bruce Hoffman 01:43:26:37

Final G.C.

1. Burke Swindlehurst 04:55:43:35
2. Jacob Rubelt 04:55:48:59
3. Gardie Jackson 04:56:45:33
4. Aaron Jordin 04:57:11:42
5. David Harward 04:57:20:47
6. Jesse Westergard 04:57:35:21
7. John Osguthorpe 04:57:41:83
8. Nathan Thomas 04:57:58:12
9. Ryan Littlefield 04:58:16:14
10. Eric Pardyjak 04:58:18:28

Cat 1/2/3 Women

1. Darcie Murphy 04:08:14:77
2. Karen Dodge 04:08:58:33
3. Kris Walker 04:09:51:26
4. Kristi McIlmoil 04:14:29:16
5. Noel Weddle 04:15:49:61
6. Kelly Crawford, 04:17:10:56
7. Colleen Corey, 04:40:38:06
8. Karen Lasko, 04:41:22:19

Cat 3 Men

1. Philip Coats 05:04:51:38
2. Charles Royalty 05:05:11:10
3. David Hunt 05:05:34:08
4. Ryan Gibson 05:05:39:52
5. Lance Christiansen 05:05:49:71

Cat 4 Women

1. Megan McCown 02:26:36:51
2. Juliane Conner 02:26:49:36
3. Ashley Dymond 02:27:37:80
4. Kathy Robinson 02:32:28:05
5. Keely Brooks 02:32:40:17

Cat 4 Men

1. Mark Todd 03:28:44:63
2. Christopher Carlson 03:29:24:55
3. Carman Espinoza 03:29:55:57
4. Trevor Simper 03:29:58:68
5. Scott Allen 03:30:31:78

Cat 5 Men

1. Mike Bronn 02:20:11:85
2. Tye Foren 02:21:06:55
3. Tyler Wilhelmsen 02:21:14:07
4. Michael Vaccari 02:21:17:40
5. Darrick Riggs 02:21:24:79

Master Men 35+

1. Mark Schaefer 03:36:04:67
2. Louie Amelburu 03:36:29:20
3. Dirk Cowley 03:36:55:03
4. Gary Porter 03:36:57:14
5. Doug Katona 03:37:38:88

Master Men 45+

1. Dale Maughan 03:26:11:12
2. Jeff Herran 03:30:13:02
3. Thomas Milligan 03:33:15:56
4. Jeff Pease 03:33:27:77
5. Bob Walker 03:53:32:73

Master Men 55+

1. Erik Nordenson 04:05:15:72
2. David Carlson 04:18:04:7

Junior Men

1. Adam Steinke 02:24:54:71
2. Ryan Wheeler 02:26:35:89
3. Bruce Hoffman 02:39:04:11

East Canyon Road Race, May 1, 2004, East Canyon Resort, Utah, 60 Miles

Cat 1-2

1. Jeff Sargent
2. David Harward
3. Aaron Jordin

4. Marc Yap
5. Eric Pardyjak
6. Thomas Cooke
7. Ryan Littlefield
8. Sandy Perrins
9. Allan Butler
10. Eric Flynn

Cat 3

1. Norm Bryner
2. Dan Hoopes
3. Jason Andersen
4. Pete Kuennemann
5. Greg Freebairn
6. Jon Milner
7. Tyler Moore
8. Robert McGovern
9. Fred Porter
10. Travis Ward

Cat 4

1. Scott Allen
2. Jon Rivinus
3. Carman Espinoza
4. Jamie Longe
5. Leon Bergant

Cat 5 Red

1. Francios Van Heerden
2. Tye Foren
3. Darrick Riggs
4. Justin Griffith
5. Matthew Whompson

Cat 5

1. Benjamin D'Hulst
2. Perry Hall
3. Darin Wilson
4. Jason Packard
5. Dave MacFarlane

Masters 35+

1. Craig Kidd
2. Jarom Zenger
3. James Yorgason
4. Mark Schaefer

5. Dan Minert
6. Andrew Lock
7. Dirk Cowley
8. Stewart Richards
9. James Ferguson
10. Bill Remillard

Masters 45+

1. Rick Black
2. Bill Cutting
3. John McConnell
4. Bruce McWhorter
5. Mark Sellenrich
6. Anthony Quinn
7. John Lauck

Masters 55+

1. Walt Chudleigh
2. Gary Powers
3. Lee Boume

Junior Men

1. Aaron Torres
2. Steven Yorgason
3. Creed Ebell

Women Cat 1-2-3

1. Crystal Yap
2. Kris Walker
3. Laura Howat
4. Lisa Milkavich
5. Margaret Douglas
6. Kristi McIlmoil
7. Rachel Cieslewicz

Women Cat 4

1. Kathy Robinson
2. Chris Ferrero
3. Denise Vanderkamp
4. Megan McCown
5. RaLee Eck
6. Kat Lynch
7. Erin Dellamas
8. Heather Hudson
9. Kelly Dailey
10. Ruth Shapiro

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San Juan Loop Tour - continued from page 20

the unique mountain community with its ski shops, holistic healing centers and five-star restaurants. Take the free tram ride to Mountain Green, a pleasant resort town at 9,500 feet.

Day Six: Telluride to Stoner, 45 miles: Today you will climb Lizard Head Pass, elevation 10,222. Enjoy the screaming descent from the headwaters of the Dolores back into the open desert. Camping is excellent in the National Forest near Stoner.

Day Seven: Stoner to Towaoc, 45 miles: Be sure to stop for supplies in Cortez. You have a long way to ride through the emptiness of the Ute Mountain Reservation. There is great camping at an RV Park connected to the Casino 17 miles south of Cortez.

Day Eight: Towaoc to Bluff, Utah, 65 miles: You've left the lush mountain landscape of the San Juan Range for the rolling sand hills of the Colorado Plateau, and the beginning of extreme solitude. Highway 262/163 changes elevation gradually and is practically devoid of vehicular traffic. Enjoy the long, lonely ride. Camp in a Bluff campground.

Day Nine: Bluff to White Canyon, 35 miles: Make sure to take the four-mile detour into Bluff for supplies. Today you'll hit the most remote stretch of highway in the lower 48, Highway 95. Camp in one of the drainages in the first 15 miles of highway - these are your best options for cooking and cleaning water.

Day Ten: Continue along Highway 95, 35 miles: Get ready for what will be your toughest day of climbing - 12 miles of 8 percent grade to

Day Ten: Climb on Highway 95 near Natural Bridges National Monument.

Natural Bridges National Monument. Camp among the blazing sandstone fins of White Canyon.

Day Eleven: Highway 95 to Lake Powell, 47 miles: Today is a good day to get up before sunrise and fly down the highway toward Lake Powell. Don't forget to stop at Fry Canyon for fresh veggie omelets and water - this is the only building you'll see along this 124-mile highway, and the only water stop for two more days if you bypass Hite Marina. Camp at one of the campgrounds near Lake Powell.

Day Twelve: Lake Powell to Hanksville, 52 miles: Enjoy a mellow morning climb in the shade of a sandstone canyon. Near the top you'll get your first glimpse of the Henry Mountains. At Hanksville turn north on Highway 24 and camp north of the Dirty Devil River.

Day Thirteen: Hanksville to Green River, 44 miles: Enjoy a rolling morning ride with incredible views of the San Rafael Reed to the west. At I-70 turn east and head toward Green River. On the Interstate you'll see the heaviest traffic of the trip, but the shoulder is wide and

forgiving. Camp at Green River State Park. Don't forget to stop at Ray's for a burger.

Day Fourteen: Today brings the necessary evil of completing the loop. The ride is scenic, though filled with that inevitable sense of loss that comes at the end of every good vacation. Exit I-70 at Crescent Junction and prepare for heavy traffic on Highway 191. Try to avoid this stretch on Fridays, when a huge influx of weekend mountain bikers and four wheelers roll into town. Be sure to stop into one of the many great restaurants in town to celebrate. You've had a long ride.



Day Fourteen: End of the trip by the Colorado River in Moab, Utah.



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August 23-28

Monument Valley & 4 Corners
October 3-8



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Cycle Salt Lake Century 2004

Spring is here and for most of us it is time to climb on the bike and start thinking of the cycling season, getting in shape and make plans for the many rides available to us this summer. For eighteen years now, the touring season's first major event in Northern Utah is the Cycle Salt Lake Century. This has been organized under several names in the past such as: American Investment Bank (AIB) Century, Mayor's Century Ride and the L. H. Miller Cycle Salt Lake Century, and this year as the Cycle Salt Lake Century. Offering three mileage-options of 31, 67 or 100 miles over a mostly flat course over rural roads, it has something for everyone at every level of cycling. The ride begins at the State Fairgrounds in Salt Lake City and travels to Antelope Island and back.

Over the years the Cycle Salt Lake Century has raised thousands of dollars for a variety of charities and organizations throughout the state. This year donations will be made to: Friends of Antelope Island, the Salt Lake City Mayor's Bicycle Advisory Committee, Ogden One Cycling Club, and UTA Rideshare.

In 2003, 1200 riders participated in the Cycle Salt Lake Century making it one of Utah's largest single day recreational bicycle events. This year's century is on May 15, 2004 and is the closing event of Cycle Salt Lake Week 2004. For further information contact: Jon R. Smith at (801) 596-8430 or jonrsmith@mac.com. Complete schedules for the week are online at cyclesaltlakecentury.com and cyclingutah.com.

Roll Over Multiple Sclerosis at the MS 150 Bike Tour

Voted "2003 Cycling Event of the Year" by Cycling Utah

Over the past 18 years, the MS 150 Bike Tour has become Utah's premier fundraising cycling event. On June 26 and 27, riders of all abilities will pedal up to 150 miles during this fully-catered, two-day tour through the breathtaking Cache County countryside. The route is primarily located along roads winding through the beautiful northern Utah scenery, making a southern loop on Saturday, and a northern loop on Sunday.

The MS 150 Bike Tour is held to raise funds for MS research and to help provide local programs to Utah families affected by multiple sclerosis—a chronic, unpredictable, and often disabling disease of the central nervous system. With your help the National Multiple Sclerosis Society Utah State Chapter hopes to raise \$750,000 from MS 150 Bike Tour participants who collect contributions from friends, family, and co-workers.

"What makes the MS 150 Bike Tour so exciting is the caliber of the event and the cause that it supports. It is satisfying to know that with each mile ridden, we are coming closer to finding a cure for MS." Tim Paine, board chair, National MS Society Utah State Chapter.

The annual tour also has a reputation for its family-friendly atmosphere, with many riders and their families making it a tradition to camp out at the fully-equipped Cache County Fairgrounds each year. Saturday night, riders and their families will enjoy a heartfelt keynote address, dinner program with live entertainment, pool party, BMX show, and an awards presentation.

To find out more or to register, visit www.fightmsutah.org or call 1-800-FIGHT-MS. Registration brochures can also be picked up at all Harmons Grocery and Bingham Cyclery locations.

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JULY 2
2004

Celebrate Independence Day with us at the 11th annual Antelope by Moonlight Bike Ride at Antelope Island State Park. Ride begins at 10:00 pm at the marina.

Call (801) 451-3286 for information. T-shirt, park entry, refreshments and entertainment are all part of entry fee.

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Antelope Island State Park - Buffalo Point Inc.
Friends of Antelope Island

BICYCLE TOURING

Bicycle Touring: The San Juan Loop



By Jill Homer
Photos by Jeff Roes

Locals all too often look through the virtues of their home state. Though many will tout the world class mountain biking of Moab and other southern Utah towns, bicycle touring in this state is still widely underrated.

With its remote highways, ample camping and stunning scenery, southern Utah offers excellent opportunities for self-supported bicycle vacations. A loop through southeastern and southwestern Colorado takes riders through the challenging and varied landscape of the Colorado Plateau. Though not an officially established ride, the San Juan Loop offers some of the best

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Day Six: Climb over Lizard Head Pass, elev. 10,222 feet.

biking Utah has to offer.

Casual riders should plan for two weeks along this 560-mile loop, allowing a comfortable average of about 40 miles per day. Because of extreme weather and elevation changes, riders should plan to bring plenty of supplies, multiple clothing layers, and at least two and a half gallons of water per person for some of the more remote stretches. Plan for temperatures ranging from 40 to 100 degrees, even in the summer. The following is a short itinerary of this ride, beginning in Moab, Utah.

Day One: Moab to La Sal Junction, 30 miles: Head south out of Moab on Highway 191, and be prepared for a sometimes treacherous climb out of the

Colorado River Basin. At La Sal Junction, turn east. Camping is good in the foothills of the La Sals, with spectacular views of the redrock cliffs at sunset.

Day Two: La Sal Junction to Naturita, Colo., 45 miles: Just before the Colorado Border, the road drops off the face of the earth into the Dolores River Basin. Sharp switchbacks reach 10 percent grades, and even the bravest tourists must wind their bikes slowly down. Camp along Highway 90 on the open desert plain.

Day Three: Naturita to San Miguel River, 42 miles: The gradual climb along the San Miguel River is stunning, and glimpses of a black bear or a

bald eagle aren't infrequent. Camp in one of several BLM Campgrounds along the river.

Day Four: San Miguel River to Telluride, 22 miles: Take a short day to make the skyward climb to Telluride on Highway 145. This stretch of road sees heavier traffic, so use caution on the

often tenuous shoulder. There are many different accommodations in Telluride, from city park camping to luxury hotels.

Day Five: Telluride rest day, 0 miles: Take a day off to explore

Continued on page 19



WOMEN ONLY!
BIKE RIDE!

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Saturday, June 26, 2004
Genoa/Carson Valley, NV - 12th Annual Nevada's Historical Bicycle Tour. Take a ride back in history through Nevada's Wild West and enjoy climbing nearly 9000 feet and the beauty of Lake Tahoe.

September 12, 2004
Lake Tahoe, NV - 2nd Annual. The perfect time of year to enjoy a great ride around Lake Tahoe's 72-mile shoreline.



Sept 26 - Oct 2, 2004
13th Annual "America's Loneliest Bike Tour" across Nevada's US Hwy 50 - 420 miles camping-style tour from the beauty of Lake Tahoe to the grandeur of the Great Basin National Park.

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