

SPEAKING OF SPOKES

# Marathon Tour a Success

By Dave Ward
Publisher

Utah cyclists experienced a first on April 23, 2005, the date of

the Salt Lake Marathon. For the first time, cyclists were able, as part of the event festivities, to participate in an organized ride, the Ken Garff Volvo Salt Lake City



Bike Tour. This bike tour followed the marathon route which started at the Olympic Bridge on the University of Utah campus, wound through parts of the Salt Lake Valley, and ended at the Gateway Center. With the marathon scheduled to start at 7:00 a.m., cyclists began one hour earlier at 6:00 a.m. so that the last cyclist would finish (or quit, I suppose) well before the leading marathoners caught up to them.

When I first heard of this, I was intrigued with the idea, but

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Tour

# cycling utah

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Cover Photo: Away. The break in the Pro/1/2 group, Buffalo Stampede Road Race, April 9, 2005 Photo: Steve Conlin See more photos of his at cyclingogden.com

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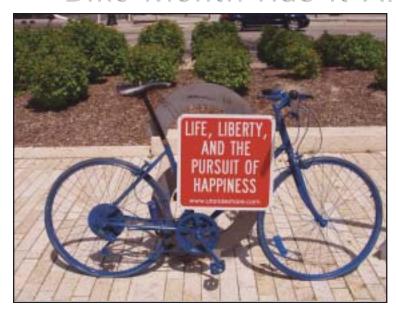
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**BIKE MONTH PREVIEW** 

# Bike Month Has it All!



The Spoke and Word Project has placed message bikes around Salt Lake City to promote bicycling. See this bike at the Main Library.

Photo: Julie Bond

By Julie Bond

May is National Bike Month and Salt Lake City will celebrate with a month full of events and activities. This year marks the 49th annual Bike Month designated by the League of American Bicyclists in an effort to expand and motivate more Americans to commute by bike. Governor's Proclamation

On April 19, Governor Jon Huntsman signed a proclamation declaring May 2005 as Bike Month in Utah. The proclamation encourages Utahns to rediscover Utah and observe Bike

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Month by participating in individual and family cycling events, conserving energy by cycling to work, and improving their health through increased involvement in cycling and proper exercise.

### Spoke and Word

New this year, "Spoke and Word" bicycles will be scattered around the city during May. Bright blue bicycles will speak to passers by with messages expressing the various benefits of biking. "As children, bikes spoke to all of us. Then we got old, busy, and boring. The "Spoke and Word" project is a

healthy reminder for people of all ages of the benefits and joys of a bike ride." says Lisa Romney, Environmental Advisor to the Mayor. The "Spoke and Word" bicycles have been donated by the Salt Lake Bicycle Collective in partnership with Salt Lake City and UTA Rideshare.

### **Business Challenge**

Also new this year, UTA Rideshare created a Business Challenge for bicycle commuters that will run from May 9-21. Businesses taking on the challenge form teams of employees who will bike to work or rack their bikes on a UTA bus or TRAX during the two weeks of the Challenge. Each team member receives points for their commuting days and bonus points for attending events during Cycle Salt Lake week. Teams will compete in three categories determined by the number of employees at their business location. The top team in each of the three categories will receive a free Papa John's pizza party at their work location.

# Cycle Salt Lake Week

# **Live Green Festival**

Cycle Salt Lake week activities begin on Saturday, May 14 at the Live Green Festival hosted by the Downtown Alliance. The festival runs from 10 a.m. to 6 p.m. on Pierpont Avenue

Saturday, May 21

Utah State Fair Park

Cycle Salt Lake

Century Ride

between West Temple and 200 West. Downtown bicycle tours will leave at 10:30 a.m. and 1:30 p.m. guided by local cyclists Lisa Romney and Brian Price. Riders will enjoy a casual pace while touring the city.

### **Mountain Bike Ride**

On Sunday, May 15 a guided Mountain Bike Ride will begin at Popperton Park leaving at 2 p.m. The ride will follow a section of the Shoreline Trail with spectacular views of the city and plenty of amazing single track. If riding the roads is more your style, on Monday, May 16, local bicycle guide Grant Aagard will provide a tour of the city. The tour will leave Popperton Park at 6 p.m. and riders will enjoy learning the history of city landmarks in downtown and the

Avenues. The tour will end with a scenic pump up Memory Grove and back to Popperton Park.

### Bike To Work Day

Bike to Work Day is Tuesday, May 16. The Mayor's Bike to Work escorted ride is always a favorite event during the week. The ride leaves Liberty Park at 7:30 a.m. and the route follows city bike paths to the West side of the city and ends at Library Square. Led by the Mayor, the ride is police escorted and suitable for riders of all abilities. Upon arrival at Library Square participants will be treated to breakfast and prize drawings. The Salt Lake City 2005 Bicycle

Continued on page 11

# CYCLE SALT LAKE CENTURY MAY 21, 2005



# NINETEENTH ANNUAL

START TIME: 7:30 AM @ THE UTAH STATE FAIR PARK, 155 NORTH 1000 WEST THERE WILL BE THREE RIDE LENGTHS: 31 MILES, 67 MILES AND 100 MILES.

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TRAIL OF THE MONTH

# Glenwild Trail is a Perfect Early Spring Park City Ride

By Gregg Bromka

The Glenwild Loop exemplifies the new age of Park City, where recreational trails have become an integral part of a new development's master plan. Open space is plentiful at Glenwild, so its trails are more naturally tied to the land than the somewhat contrived trails around other developments. The loop's double-climb, double-descent profile, moderate difficulty rating, and copious amount of buffed trail make it well-suited for riders of almost every level from strong beginners with a solid fitness base, to everyday mountain bike bums looking for quality singletrack, to pro racers wanting to log sprint intervals. Regardless of who you are, Glenwild is loads of fun. Since the loop is low and exposed by Park City standards, riders flock to it during early spring and remain loyal to it through late autumn. And being located only 20 minutes from Salt Lake City, valley bikers will find that Glenwild is easier to access than many Wasatch Front rides.

### **Details:**

This loop can be ridden in either direction, but clockwise seems to be the norm. Counterclockwise is a tad harder. So go with the flow, or be a rebel and go against the grain. It's a free world, right?

Go to the bridge over Spring Creek, and fork left on Stealth Trail. The smooth dirt path follows the meandering stream then veers away from it, rising up the sagebrush hills. Parts of Stealth can get choppy from exposed rocks in the tread, especially at the tightly carved. When you hit the rough stuff, pump hard on the pedals or dismount briefly; and then you'll be cruising again. Pass the 24/7-Jeremy Ranch

FEET

**HURT?** 

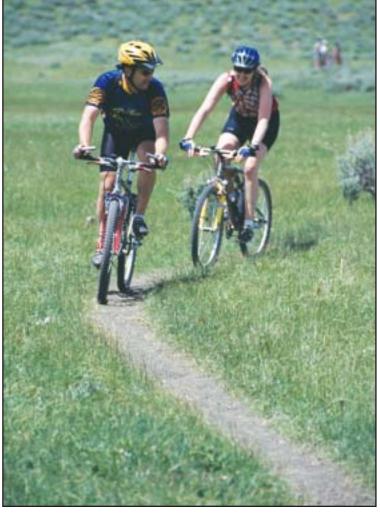
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Glenwild Loop makes every biker a happy biker. Photo by Gregg Bromka

Connector Trail, fork left on Glenwild Loop Trail, and top out at the unassuming mount of Kimball Knoll.

You've paid your first set of dues, so it's time for a return on your investment. Bank down a dozen switchbacks over the next mile and cross a road next to a gate. Now, kick in the afterburners and jet across the meadows on baby-butt smooth singletrack, passing Cobblestone Loop along the way. Giant slalom skiers will appreciate the sweeping turns and free-flowing nature of this segment. Lean into the turns and have faith in your knobbies.

hills for the second climb of the day, which, fortunately, is smoother and easier than Stealth (tech 2-3). Top out next to the Glenwild guard station, and fork left on Blackhawk Trail to descend more switchbacks. The ride ends with a smooth roll alongside Spring Creek back to the trailhead.

Cobblestone Loop: Add 3.6 miles, 450 vertical feet, and about one-half hour to the Glenwild Loop by exploring the Cobblestone Loop. Built in 2003, this "lollipop" loop route delves into the backwoods of Parley's Park and is a fun little circuit on excellent singletrack

(tech 2-3). The stem part of the lollipop, or out-and-back section, is a gradual climb across sage hills. After crossing a paved road, you enter a wooded hollow, and come to the loop. Riding the loop counterclockwise seems to be popular and ends with a sweet little descent through the hollow. Portions of the trail are pocked with small cobbles (thus the trail's name), but the choppy tread is no match for today's smooth-riding fullsuspension bikes. Climb again on the loop's backside and descend along the side of a wooded hollow to close the loop. The return leg to Glenwild Loop is a long wavering glide on smooth tread. Plans exist for more trails to take off from the

Glenwild Loop Trail: The milelong section of the Glenwild Loop Trail between Blackhawk and Stealth Trails officially makes the Glenwild Loop a "loop." Huh? (Pick up a copy of "Park City Trails Map" by Mountain Trails Foundation to see why.) Use it to eke out a few more miles from the standard Glenwild Loop by taking it back to the top of Stealth and then descending Stealth to the trailhead instead of Blackhawk. The grades are gentle, and the view you'll get of the ski jumps at the

loop's far side, so keep your ears

tuned for future developments.

Utah Olympic Park is pretty keen.

### **Just the Facts:**

**Location:** 7.3 miles north of Park City, 16 miles east of Salt Lake City

Length: 9.1 miles, loop

Tread: 9.1 miles singletrack

Physically: Moderate (The loop's first climb up Stealth Trail is harder than the second climb up Glenwild Trail, so persevere.)

**Technically:** 2-3+ (Stealth and Blackhawk Trails are rough at the switchbacks; the rest of the loop is buffed.)

**Gain:** 1,000 feet

### **Trailhead Access:**

From Park City, drive north to Kimball Junction at I-80 (Exit 145) and turn right onto Bittner Road (north frontage road). Turn left onto Glenwild Drive in 0.4 mile and park at the Spring Creek Trailhead. From Salt Lake City, take Exit 145 from I-80.

Excerpted from Mountain Biking Park City & Beyond, by Gregg Bromka-due out this summer. For other Utah trails, get a copy of Mountain Biking Utah by Gregg Bromka at your favorite bike shop or at cyclingutah.com.

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Moon

the



Antelope

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### MOUNTAIN BIKING GUEST EDITORIAL

# Invasion of the Off-Road Vehicles

By Liz Thomas

When was the last time you took a trip to southern Utah to ride along slickrock and redrock canyons only to encounter a swarm of ATVs, dirt bikes, rock crawlers, or super-modified Jeeps (all considered "off-road vehicles, or "ORVs") coming up the trail at you? Or maybe you've discovered that your favorite single-track is quickly becoming a two track or worse yet, a broad washboarded road?

Challenging mountain bike trails that are prized by bikers are losing their charm and attractiveness as they become thoroughfares for increasing numbers of ORVs. In fact, several well-known bike trails around the Moab area, including Poison Spider, Amasa Back and Gemini Bridges, have seen such an increase in ORV use that many local bike shops steer their customers away from these trails to avoid the motorized hoards, or because the character of the trails have changed due to increased ORV use.

### It's Only Going to Get Worse

Just a few years ago, bikers could ride for hours on almost any trail in Utah and expect few encounters with ORVs. No longer. The number of recreationists using public lands has increased, and the number of ORV users has exploded (registered ORVs in Utah have increased 212 percent since 1998, with over 160,000 registered ORVs; the total number of ORVs has been estimated to be two to three times the registered number). And there is

no evidence suggesting that this trend will change in the future. As the numbers have grown, it has become increasingly difficult for non-motorized users to share the trails with ORVs, and most recreationists, including some ORV users, acknowledge that a problem exists and that some changes need to be made.

Many of southern Utah's great bike trails are located on public lands managed by the Bureau of Land Management (BLM). While popular trails in northern Utah, such as the Skyline Trail and Shoshone Trail, are on U.S. Forest Service lands.

BLM's current management plans (some dating back to the late 1970's) were drafted when ATVs, rock crawlers and mountain bikes were barely a concept. These plans, known as Resource Management Plans (RMPs), lay the groundwork for all agency decisions for the next 10-15 years. The RMPs currently in effect direct motorized and non-motorized recreationists to the same areas and to the same trails. In addition, these dated plans do not account for the growing value that American's place on wilderness and undeveloped, natural landscapes.

The BLM's "behind the times" plans, coupled with the agency's "head in the sand" approach have allowed this crisis to build to a critical mass. Due to BLM's unresponsiveness to uncontrolled ORV use across the landscape, the whine of ORVs and the lasting scars of huge tire tracks are increasingly filling Utah's few undeveloped and wild places. And

The Department of

Transportation (DoT) would provide the money and have to report in two years on how well the programs worked.

The provision would also order the Transportation Research Board of the National Academy of Sciences to study how to convert car trips to bike trips. Researchers would explore limits to bike transportation caused by weather, land use, traffic patterns, carrying capacity of bicycles and bicycle infrastructure. They would also explore how much energy the nation could save, cost and benefits of bicycle infrastructure and other factors that could encourage biking.

The measure would provide \$5.15 million for the pilots, \$300,000 for DoT to oversee the program, and \$750,000 for the study.

The Senate, meanwhile, has yet to act on an energy bill. But Sen. Richard Durbin (D-IL) and Susan Collins (R-ME) introduced the same bicycling measure as an independent bill (S 808), referred to the Committee on Commerce, Science & Transportation. Neither Utah senator initially signed on as a cosponsor.

-Charles Pekow

well-meaning, but uninformed bicyclists that are displaced by ORVs, are carving new trails through sensitive wilderness-quality lands.

### Fixing the Problem

Although the situation is bleak, it's not beyond repair. We're at a point in time in which we can change the course. BLM offices around the state are updating their old management plans, which cover over 11 million acres of public lands -- including the slickrock canyons of the Moab and Monticello area; the San Rafael Desert and southern San Rafael Swell sandwiched between Capitol Reef and Canyonlands National Parks; the Bookcliffs; the Mojave desert near St. George; and the lands that border Zion National Park and the Grand Staircase-Escalante National Monument.

In a nutshell, BLM must devise a balanced and workable solution such as dividing the existing spider web of trails between motorized and non-motorized uses. An equitable distribution of recreational opportunities on public lands between motorized and non-motorized areas should approach 50-50. For comparison, the current RMPs are weighted heavily in favor of motorized recreation, with

over 85% of all BLM lands in Utah within one mile of a motorized route. Moreover, the plans must assure that all uses of the public lands will allow for the long-term protection of the natural resources - the thing that attracted folks to these spectacular areas in the first place!

### Be the Squeaky Wheel

We know that ORV users are sending letters, making visits and doing whatever else they can think of to convince BLM that all trails should be open to motorized vehicles. If this happens, non-motorized use of these trails - including mountain bike use - will be pushed out by an endless line of ATVs, dirt bikes and jeeps. It's up to non-motorized recreationists, including bikers, to be vocal if they want the agency to set aside a few motor-free areas.

BLM's Draft plans are disappointing. Thousands of miles of route are being proposed for motorized use, with no bike trails in the draft plans, and no analysis of conflicts that might arise between motorized and nonmotorized recreationists trying to use the same areas and trails.

There can be no doubt that recreation pressures on Utah's spectacular public lands will continue to grow over the next decade. Will every special place eventually be a motorized playground, or will some places be

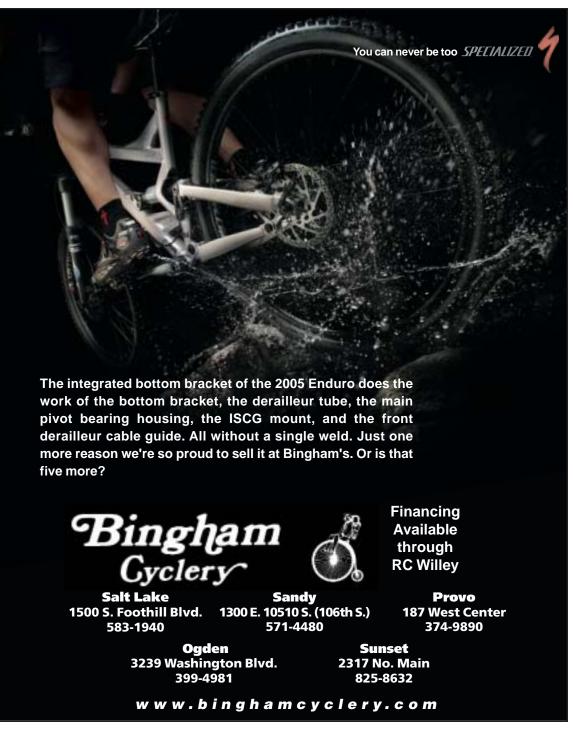
managed for quiet, non-motorized recreation? Will some places be managed to protect the natural resources that are the heart of what makes Utah so special?

The Southern Utah Wilderness Alliance is working towards the goal of having a reasonable and balanced approach to recreation on Utah's unique public lands. We've worked with individuals and businesses throughout the state in order to draft citizen proposals for recreation management. These citizen proposals that have been submitted to the BLM include some bike trails. We welcome your input to identify areas and existing trails that should be reserved for non-motorized use.

There are a couple ways to get involved and have a voice in how our public lands are managed: 1) go to SUWA's website www.suwa.org, click on Resource Management Plans then scroll down to the Take Action section; 2) for northern Utah forest trails, go to

www.utah.sierraclub.org/ogden, click on Conservation Issues/Off-Road Vehicles. Both of these webpages have links to the BLM and U.S. Forest Service webpages if you're craving more acronyms.

Liz Thomas is the Field Attorney in the Southern Utah Wilderness Alliance's Moab office.



# Conserve By Bike Bill

Bicycling may officially become part of the national strategy to save energy.

The House passed the Energy Policy Act of 2005 (H.R. 6) including the Conserve by Bicycling Program, which would create up to 10 pilot projects around the country designed to save energy by promoting bicycling as an alternative to motorized transportation.

The measure appeared in original drafts of the legislation but the Energy & Commerce Committee deleted it from the version it sent to the House floor. But Rep. Earl Blumenauer (D-OR), long one of bicycling's staunchest advocates in Congress, introduced an amendment on the floor to restore it, which the House agreed to by an unrecorded voice vote.

The 10 geographically-dispersed pilots could provide "education and marketing tools" to get people out of cars and onto bikes. Grantees could also form partnerships among transportation, law enforcement, environment, public health, education and energy agencies. They would have to document how much energy they saved.

# <u>BIKE ADVOCACY</u>

# Share the Road Signs in Big Cottonwood Start UDOT Pilot Program

By Chad Ambrose

It's a cool spring Saturday morning, and the year's first climb up one of the Cottonwood Canyon's steep grades is taking its toll on your legs and ego. The droves of skiers have left the mountains lonely now with nothing but you, towering summits, blue skies and sightseeing drivers buzzing past. It is a magical time of year when the soul and nature strive to become one again. As outdoor muscle powered travelers we have set new goals and placed objectives before us and like the wild flowers that reach towards the skies unveiling their re-born colors, we too seek new heights. We enter the canyons to absorb the freedoms that are shed upon us as the sound of the spinning sprocket is cascaded quietly against the cool breeze. However seeking this freedom is often a risky proposition.

More often than not as cyclists, we approach these steep, winding



and often narrow roads with trepidation. The fear of not being recognized or respected by vehicles is overwhelming.

Until now, in the Cottonwoods, drivers do not have warning or reminders of the presence of cyclists on the road. However, like the turning of the seasons, a

Archery

Baseball

Basketball

Arm Wrestling

Basketball Skills

much-needed improvement is coming to Big and Little Cottonwood Canyons. Under the direction of UDOT's Region 2 area traffic engineer Ritchie Taylor and Bicycle and Pedestrian Coordinator Sharon Briggs, these canyon roads will be appropriately marked, with cyclist signs in key risk spots. At the mouth of both the Cottonwood Canyons a diamond shaped sign that carries the figure of a bicycle with the words "Share the Road" will be erected. As the cyclist or driver moves further up the canyons, occasionally the same diamond shape will be seen, typically ahead of blind spots or areas where the risk increases.

Locations have been chosen including, the Storm Mountain corner, directly below the "S' curve and at the beginning of the double lane above Silver Fork. In Little Cottonwood a sign will be seen across from the gate buttress climbing region (mile marker 2), also just past Tanner's Flat campground below where the double lane begins. There will also be signs to remind drivers descending both canyons. There will be six signs in both Big and Little Cottonwood Canyon. UDOT is launching a statewide initiative and the Cottonwood Canyons are the first to be addressed.

Like all mountain travelers we don't want nature polluted with man made objects, and those involved in the design and posting of the signs have been cognizant of this issue. We ride these canyons producing only carbon dioxide from tired lungs contributing minimally to the degradation of the wild. These are state roads, which must be shared with cyclists. After much winter survey, site mapping and deliberation, UDOT has constructed the appropriate signs and has begun the foundation of the posting process. Signs will be placed the middle of May. This is a huge benefit to the cycling community and drivers in this state and to any visitor pedaling up these canyons.

To commemorate this great improvement, UDOT will be hosting an unveiling celebration of the newly erected signs May 14, 2005 at the Park and Ride at the mouth of Big Cottonwood Canyon. Mark your calendars as this event begins promptly at 1:00 pm. As a cycling community this is our chance to support the great efforts of UDOT in making our canyon roads a little safer.

Cyclingutah.com

for trails, event links.our forum section, and Free Classified Ads

COMMUTER OF THE MONTH

# Dodson Bikes for Budget and Health

By Lou Melini

For many of us, bicycling is truly an alternative form of transportation. We choose to ride, leaving our car in the driveway. For some people, the bicycle is not necessarily an alternative. Our commuter profile this month is 51 year-old, Roger Dodson. He travels to Utah County via Trax and bus, finishing his commute with a 3-mile bike ride to his job as an estimator for a construction company. I met Roger while riding bus 811 to Draper.

Cycling Utah: Your travel to your job could be considered quite an inconvenience by most American standards. You should be commended for your efforts. So why do you do it?

Roger Dodson: I have always had a bike, but this past year I forced myself to make it my primary means of transportation. I had some unexpected financial difficulties and the bike/bus is a great way to insure I remain within my budget. However I primarily do it for my health. My previous high blood pressure is under control and my stamina has improved. I've been doing this for a little more than a year and I love it. I buy a bus pass every month and that's it. I save hundreds of dollars while improving my health. I do have a 3rd motivation. When I am riding in beautiful weather and enjoying the countryside; it is almost spiritual. It is one of the better decisions I have made in a decade.

C.U.: What is your ride like with the bike on Trax and bus? Any problems? How are the drivers with regards to your bike?

R.D.: The 811 bus I take from Utah County to Trax runs only once an hour, so I occasionally miss it if I'm involved at work. When the weather is nice, the amount of other people on bikes increases. Since the bus racks only hold 2 bikes, I have had to wait 2 hours on 2 occasions for an unoccupied bike rack. I have had some bus drivers allow me to take my bike on board if there is room. Most of the drivers are helpful and great to ride with. There are a few that go by the book and make it hard, even if the bus has a lot of space. Trax has a rigid rule that requires standing at the end of the coach and holding your bike. I sometimes sit down in a seat and hold my bike if I don't inconvenience any one else.

Though I have had a few tough times riding the bus, I still prefer it. As I see the price of gas go higher and higher, I only smile. With the current nice weather, I can't imagine driving.

C.U.: You told me that you had a lot of flat tires but you now have a solution. What's the formula?

R.D.: I used to have a problem with flat tires. I got a flat nearly every week, mostly due to thorns. Last September I put Mr. Tuffy liners in my tires and have not had any flats since. I do notice a slight wobble, but at the slow speeds I ride it is not a problem. I am so happy to not have flats, I will put up with a little wobble.

C.U.: You also had some theft problems?

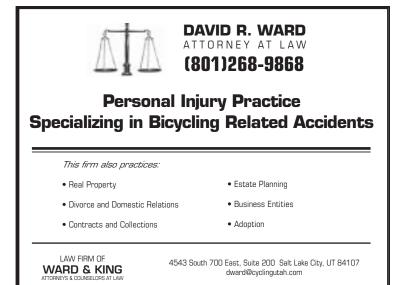
R.D.: I have had a few water bottles stolen when I've gone into a convenience store. I keep my small headlamp and taillight in my pocket to avoid theft. I had a bike stolen from the old Fred Meyer in downtown Salt Lake. I had a braided wire cable lock that I thought no one could cut. They did! As I consider getting a newer and more expensive bike, I am thinking of getting a better braided wire cable lock AND using the U-lock. There is almost nothing that will deter a determined thief except perhaps high quality locks and chaining them in a very visible and accessible area.



Bass Fishing Biathlon (Archery) Bowling Boxing Cowboy Action Shooting Cross Country Cycling Diving Equestrian (4 Events) Fencing Golf (Adult) Golf (Junior) Gymnastics (Boys) Gymnastics (Girls) Horseshoes Inline Skating Karate Kayaking Mountain Biking Paint Ball Power Lifting Power Tumbling Racquetball Road Races Rock Climbing Sailing Sculling/Crewing Shooting Skateboarding Soccer (Adult 3 on 3) Soccer (Youth) Softball (Girl's Fast Pitch) Softball (Slow Pitch) Swimming Table Tennis Tae Kwon Do Tennis Track & Field Trapshooting Triathlon Volleyball (Indoor) Volleyball (Outdoor) Water Polo

Weightlifting

Wrestling



# COACH'S CORNER

# **Sprint Tactics in Race Situations**

By Tommy Murphy

Field sprinting is not an exact science. A thousand things have to go right in order for you to win. Above all, field sprinting is about two things: preparation and awareness. You have to go into a race knowing everything you can possibly find out about the race, your opponents, and yourself. And during the race you have to be as aware as possible of any factors that can influence or change your planned outcome.

**Know the Race:** Most races have handbooks or race bibles that lay out course descriptions and maps. This information is critical in determining how a race may develop and where key tactical moves need or will be made. It's best if you can preride or pre-drive courses taking notes of the critical and final parts of the course. Memorize the corners in the last kilometers, especially the last corner before the finish. If you can see the finish that's great, but it's not always possible. You have to know what the finish is going to be like. Is it uphill? Wide or narrow? Are there any corners or road hazards (man-hole covers, pot holes, etc) that lead into the finish? All of this will affect your positioning in the field entering the sprint.

Know Your Competition: Who are the strong riders? Who's a good sprinter? Which are the strong teams? This can be hard to determine in amateur racing but often there's at least one team and a few riders that always stand out. If you know there's a team with strong riders then rely on that team to help control the race, but let it be know, that it's always a risk relying on anyone for help in a race besides your own teammates.

Know Your Team: If the planned tactic for the day is for your team to set you up for the sprint, have confidence in your team to chase breaks down and put you in a good position for



the final sprint. The corollary to this is, the harder they work for you, the harder you work to win for them.

### **During the Race**

**Keep a Cool Head**: You (hopefully) did your homework on the race and your competition.

Stay Towards the Front: Big races get crazy, and you want to stay out of the craziness so you don't waste energy. Stay in the top 15-30 percent of the field, and always keep a teammate or two near you if you have them. Use lighter gears, spin more (don't push the gear), and make sure you are eating and drinking enough. Do everything that you can do to conserve energy.

Stay Vigilant: What's going on ahead of you, behind you, around you? Watch for surges, attacks and wind changes.
Surges happen when there's a speed decrease at the front of the field, because of a headwind or some other variable, and riders from the back start to come around you. Don't let this happen. If you let one or two guys come around you, you could find yourself 20 riders back in seconds. Keep your position.

Breakaways: Again this is about doing your homework. Any breakaway is a risk and you have to know going into a break that you are not going to conserve energy. If someone goes up the road, it really helps to know what their strengths are not necessarily how they feel that day – but in general. If you find yourself in a break, be smart about the situation. If you're confident that you're the best sprinter there, make it come down to a sprint in the break. Conversely, if there are stronger riders in the group make them work more. You're always playing a game within a break so every situation will be different and you have to improvise.

The Final Kilometers: Its crunch time and the pack is starting to fight for position. Rely on your teammates to keep you in position, and have one teammate with you as a designated lead-out. Stay on their wheel and let them steer you through traffic to the front. Lots

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

of riders like to get on some big sprinter's wheel, but it gets hectic fighting for that wheel, so you'll need to decide whether to fight for that wheel or to stick with a teammate for the final move. Often riders will try a last-ditch flyer to stay away. Like earlier breaks, it's a judgment call. If the pack speed is really high, then stay in; they'll probably get reeled back in. But if you think they're going to make it stick, then you have to make your decision fast to cross that gap.

1KM Out: There's no etiquette or respect for having a wheel even in the pros, and even less in amateur racing. At this point, pack speed is really fast and things can get sketchy. Make sure to establish your position near the front and don't let the bumping bother you. You'll need to start using your energy to stay at the front.

Know the course, and start paying really close attention to what's happening around you. Do not let anyone take the wheel you're on! Once you flash under that banner, think quickly about what's left. The speed is really high and you want to be at the front, but sheltered. When going this fast, if you come out into the wind you'll go straight backwards, so stay on that wheel. Check conditions. Is the wind

coming from the left? If so, pass your lead-out to the right to use them for shelter. If you have a headwind, are you able to stay on that wheel longer? These are calls you'll need to make quickly and aggressively.

500-200M Out: Full go. At this point you can't do much about what's happening around you anymore. Get in the zone and sprint as hard as you can. If your team has been working for you up to this point, it is now your turn to repay them for their efforts. Don't get distracted and lay the hammer down until you

cross that finish line!

The ability to sprint swiftly and effectively is critical to cycling success. It is a fact that the majority of the races a cyclist enters will come down to a sprint of some kind. Sprinting well involves constant practice as both the physical and tactical elements need to be developed. In order to improve your sprinting, you need to take some time to examine all the components that make up a successful sprint, physically and tactically. Don't just race, race smart!

Tommy Murphy is a coach with Carmichael Training Systems. He works with a wide variety of athletes from the beginner to the professional athlete. For more information about CTS services and coaching, email Tommy at Tmurphy@trainright.com or call 435-787-8556 (www.trainright.com).



# Cycling Utah's 2005 Bicycle Club Guide Vol. 2

### Cache Valley Veloists Bicycle **Touring Club**

Contact - Bob Jardine, president veloistbob@yahoo.com 435-752-

Website - http -//www.cvveloists.org/ Type of Cycling - Road Touring &

Location - Logan, Utah Club Statement - Cache Valley Veloists is a club committed to fun, moderately-paced recreational bicycle touring. The Tours are memberled, and designed to meet a wide range of bicycling interests and ability levels. CVV affords an opportunity to cycle on rural roads, through pastoral countryside, for a relaxing and enjoyable cycling experience.

### **Canyon Bicycles VeloCity**

Sponsors - Canyon Bicycles Contact - Mike Pratt, 576-8844 Website - CanyonBicycles.com Type of Cycling - Road Racing & MTB Racing. Some Recreational rides to include women's road & mtb

Location - Draper Club Statement - The core of our club is focused on local racing.

# **Canyon Sports Cycling Club**

Major Sponsors - Canyon Sports, Excel Spa & Fitness, Red Rock

Contact - Alan Greenberg, 801-942-3100, info@canyon sports.com Website - www.canyonsports.com Type of cycling - Road Racing, Mountain Bike Racing, Cyclocross Racing, BMX Racing, Mountain & Road recreational riding. Location - Salt Lake City Club Focus - To promote all aspects of cycling.

### Logan Race Club

Team Name - Healthy Choice -Goble Knee Clinic Team Sponsors - Healthy Choice Foods, Goble Knee Clinic, Lin Sox, Sipple Investment Solutions, Sienna Development, Park City Frame & Gallery, Giant Bicycles, Profile Design, Lake Shoes, Louis Garneau. Club Sponsors - USU Community Credit Union, Square1 Printing, The Sports Academy and Racquet Club, Preston Watts Auto Collision. Contact - Marc Yap Irccycling@comcast.net Website - www.loganraceclub.org Type of Cycling - road & MTB racing and recreational racing/riding Location - Logan, Utah Club Statement - The Logan Race Club (LRC) is a laid back and talented cycling community based in Cache Valley, Utah. Originally formed by a handful of road racers, the club's mission has matured over the years and is the promotion of our awesome sport within as well as beyond the Cache Valley community. Club members are riders of all abilities and interests, on the road and in the dirt.

Racing teams within the club include the UCA #1 ranked Healthy Choice-Goble Knee Clinic men's elite road team, a women's elite road team, a UCA #1 ranked Developmental Cat 3 team, a Junior development team, and a mountain bike team. The LRC racing program aims to build a strong chain of development from junior to elite ranks. The LRC also traditionally puts on several of the region's top USCF and citizen races throughout the year, including the extremely popular Bear Lake Classic.

Complimenting its successful racing program, LRC recreational rac-

ers/riders comprise the great majority of the club and are highly active in citizen races, regional tours, and plain old fun. Several touring rides are scheduled within Cache Valley this year. Off the bike, the LRC reaches out to the community through its collaboration with the National Safe Kids Coalition as well as heavy participation in local bicycle rodeos throughout the year.

Sponsor - Barbacoa Mexican Grill Contact - Chris Peterson cpmarriott@yahoo.com

Website - www.miduole.com Type of cycling - Road racing Club Statement - Mi Duole, roughly translates from Italian as "I Suffer." Mi Duole is one of the oldest racing teams in the region--formed in Salt Lake City in 1984. Alumini include Marty Jemison (previously with US Postal) and Levi Leipheimer of

Mi Duole has members who race the criterium and UCA series races. Others focus on longer road races such as LoToJa. Though Mi Duole is not a Masters team, many members (particularly our Cat 3's) compete in Masters Categories. We usually field a good number of Cat 4 & 5 racers.

Many on the team enjoy long-distance and climbing as part of loosely organized training. Overall, we're race oriented, but still in it just for

### **Ogden One Cycling Club**

Survive the Challenge

Matt Howard.

Sponsors - Harristone, Sun Valley Mortgage, The Bike Shoppe, Utah Transit Authority (UTA), and John Watson Chevrolet Contact - Shawna Rowley, srowley@weber.edu, (801) 782-3618, or matt@thebikeshoppe.com, (801) 476-1600

Website - www.OgdenOne.com Type of Cycling - Mainly road, but we welcome everyone! Location - Ogden, Utah Club Statement - Since 2002, members of the Ogden One Cycling Club have supported cycling throughout the Northern Utah area. Our club members, from all over the Wasatch front, are friendly and encouraging and welcome riders of all abilities. Many of our members are successful in the Utah racing scene and are willing to offer advice to other interested club members when requested. We have fast paced rides, slower paced rides, and women only rides. Please check our website for ride schedules.

### Porcupine Pub & Grille/Contender **Bicycles**

Major Sponsors - Porcupine Pub & Grille, Contender Bicycles Contact - Mike Meldrum 424-9216, windfly@netzero.com Club Website www.porcupinepub.com Type of Cycling - Road & Mtb racing, recreational/club ridings Location - Salt Lake City

Club Statement -Porcupine/Contender Cycling Club is a local club dedicated to bettering the appreciation and enjoyment of cycling by promoting good sportsmanship, exercise and camaraderie. We also help put on the Porcupine Hill climb up Big Cottonwood Canyon which raises money for cancer victims and research.

### **Rocky Mountain Cycling Club**

Sponsors - Rhodes, McCann Erickson, Wattage Training, Contender Bicycles and JCC Contact - Jess Dear, jessdear@xmission.com, 808-1137 or Greg Steele, greg@wattagetraining.com, 815-0921 Club Website - rmcconline.com Type of Cycling - Road Racing, Mtb racing, and recreational riding Location - Salt Lake City Club Statement - RMCC is a group of cyclists dedicated to riding and racing together and having fun. RMCC also has a strong focus on developing younger riders and producing a top quality junior development program. A club where everyone involved, we have a great time, fun rides and are always getting faster.

# **ULTRA**

Sponsors - Now Affiliated with

Contact - Bill Habel, (801) 486-2567, dharma91@juno.com Website - www.ultra-tc.org Type of Cycling - Recreational tan-

Location - Wasatch Front Club Statement - ULTRA has recently become an affiliate of BBTC (Bonneville Bicycle Touring Club) and club rides are now posted on http -//www.bbtc.net as well as ULTRA's club website. As always, single bikes are also welcome on all on the clubs tandem rides.

**United Cyclists of Jackson Hole** 



Sponsors - Hoback Sports, Teton Cycle Works, Wilson Backcountry Sports, Pearl St. Bagels, The Edge Sports, Fitzgerald's Bicycles, Clif Bar, Jackson Hole Mountain Resort Contact - Robin McGee, robin@bearcreekinc.com 307-732-1911, or Travis Ward. tlward@gmail.com Club Website - www.ucjh.org Type of Cycling - Road Racing, Mtb racing, road touring, mtb recreational Location - Jackson Hole, WY Club Statement - To promote and encourage awareness and participation for all levels and ages of riders in all forms of cycling in Jackson Hole; to provide training and racing opportunities for local cyclists; to promote a sustainable cycling environment in Jackson Hole through advocacy, education, and trailbuild-

# **UtahMountainBiking.com**

Sponsors - UtahMountainBiking.com

web site Contact - Bruce Argyle, Mike Engberson, 801-756-6027, bruce@utahmountainbiking.com Website - UtahMountainBiking.com Type of Cycling - Mountain bike recreation and racing Location - Alpine, UT Club Statement - The UtahMountainBiking.com web site features mountain biking trail information for over 200 Utah trails, bike repair instructions, feature articles, first-aid information, trail videos, and a biking discussion board. UtahMountainBiking sponsors an Intermountain Cup race team (all riders welcome). UMB hosts the annual Frozen Hog winter mountain bike race, and organize occasional group rides when we feel like it.

# X-Men Canyon Bicycles

Sponsors - Canyon Bicycles, Giro and Rocky Mountain Bicycles Contact - Mike Hanseen, 278-1500 Website - www.canyonbicycles.com Location - Olympus Cove, Salt Lake

Club Statement - Our club supports road and mountain bike racers as well as casual riders who ride just because it's fun. We have Saturday group rides that are great opportunities to meet other like-minded people. Our riders range from the Junior ranks through all USCF categories, to NORBA and masters mountain bikers. If you like crits, road races, the Intermountain Cup Mountain Bike races or off road endurance events, you'll like us. Most importantly, we're friendly and you'll feel right at

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

details.

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CHARLES SCRIVNER MEMORIAL TIME TRIAL Sunday, June 19, start time 7:30 am in Evanston. Flat 10 mile out and back.

DOWNTOWN COURTHOUSE CRITERIUM Sunday, June 19, start time 12:15 pm in Downtown

Race Hotline (866) 783-6300 ext. 459

On-line Registration www.active.com

For complete race information, please visit

www.evanstoncycling.org

# <u>MOUNTAIN BIKE RACING</u>

# **Endurance Racing 101**

By Todd Tanner

Over the past 13yrs I've raced road, track, downhill, dualslalom, mountain cross, cross country, cyclocross and bmx, at the end of the 2003 race season I rode as part of the Sobe-Cannondale Co-ed team at 24hrs of Moab. This was my first experience with endurance racing and I was hooked! Now my current focus is marathon or endurance type XC events, I split my racing between local XC events, the newly established NMBS Marathon XC series and any other endurance race I can fit in my schedule. I'm not sure what motivates me more to race these long distance and often grueling events, the competition, the challenge or the prospect of spending time on my bike riding great trails in new areas. In truth I'd have to say I'm just addicted to riding/training and "epic" type rides are my favorite. I can't think of anything I'd rather do than explore new trails and terrain for hours on end and it just so happens that these type of rides are perfect training for

endurance racing. I often wake up in the morning, throw on my riding gear, load up on water and food, grab my cell and a few dollars (just in case) and head out for an adventure exploring new trails or finding new routes to a planned destination. Sometimes this leads to an "epic" ride that I'll remember forever and sometimes I walk in the door worn out and delusional swearing I'll never do that again...funny thing is, regardless of the previous days events (good or bad) I'll wake up the next morning itching to get on my bike and head to the trails for a new adventure.

If you are up for the challenge I guarantee that doing an endurance XC race will push you to explore your limits both physically and mentally and proper preparation and training will make all the difference. Physically it is important to have a strong endurance base with regular low to moderate intensity training rides that build in length to your expected race time for the event. Of course this isn't feasible with 12 or 24 hr events,

in this case you can do long (4-6 hr) rides on consecutive days. These long days will also help prepare you mentally; it's easy to lose focus when you're on the bike for so long and usually riding by yourself. Adding a few short, high intensity days to your program will give you the topend needed to round out your fit-

Having a plan for adequate nutrition and hydration is critical. I think dehydration and "bonking" are the two most common contributors to a bad race experience or DNF. Even with my experience I have underestimated my body's needs numerous times. Last year at the Snowshoe, WV marathon XC I had to stop at the last feed station and guzzle what seemed like 5 gallons of Gatorade so I could ride cross-eyed to the finish. My mistake was I carried only the food and fluid I expected to use for 4 hrs, the race ended up taking 6 \_...big misjudgment on my part. It is always better to have more food and fluid than needed so plan ahead. Have someone to give

you hand-ups or plan to use a hydration pack that will hold enough fluid to meet your needs and don't skimp on gels, bars or whatever else suits your taste. There will generally be feed stations provided at the event but still be prepared and self-sufficient, sometimes the feed stations seem awful far apart!

So if you decide to try your hand at an endurance event this year there are a number of local and regional races to choose from on some of the best courses in the country. If you prepare properly it will be a great adventure and an epic ride, just remember it's all about the experience. See you on the trails!

### **Endurance Event Schedule** (for complete information, see the Mountain Bike Racing calen-

7/2 - 12 Hours of Endurance (team/individual) - Park City.

dar on page 16)

UT 7/14-17 - NMBS#4 Marathon/Mini-Marathon XC -Schweitzer, ID 7/23 - Endurance 100 (team relay/50 mi individual) - Park City/Deer Valley, UT 7/21-24 - NMBS#5 Marathon/Mini-Marathon XC -Snowmass, CO 7/30 - Brian Head Epic (100 & 50 mi XC) - Brian Head, UT 7/31 - Laramie Enduro (111 km XC) - Laramie, WY 8/4-7 - NMBS #6 Marathon/Mini-Marathon XC -Brian Head, UT 8/6 - Durango 100 (100 mi XC) - Durango, CO 8/27 - Endurance 100/50 (100/50 mi individual XC) - Park City/Deer Valley, UT 9/? - 24 Hours of Soldier Hollow - Heber, UT 10/1 - 12 Hours of Las Vegas -Las Vegas, NV 10/15-16 - 24 Hours of Moab -

# Tour of Utah Updates

The Tour of Utah has announced the race route for the 2005 stage race, hosted by Thanksgiving Point.

Scheduled for May 26 - 30, 2005, the Tour of Utah is a fiveday, six-stage event, taking professional and amateur cyclists along a course spanning the Salt Lake and Utah Valleys. While covering almost 500 kilometers, cyclists will be riding as far west as Tooele, Utah, as far south as Santaquin, Utah, and climbing to an altitude of nearly 9,000 feet. Although the first two stages are reserved only for professional and top amateur categories, other amateur categories will still cover over three hundred kilometers and participate in the grueling "Nebo" climb.

Also, two-time Olympian and Tour de France veteran,

Frankie Andreu, will lead the Citizen category of the Suncrest Road Race, on Saturday, May 28, 2005.

Frankie Andreu has raced in the Tour de France more than any other American and was team captain of US Postal the first two years Lance Armstrong won the Tour de France.

In addition to leading the Suncrest Road Race, Frankie will be the official Tour of Utah commentator, announcing Saturday's Thanksgiving Point Criterium.

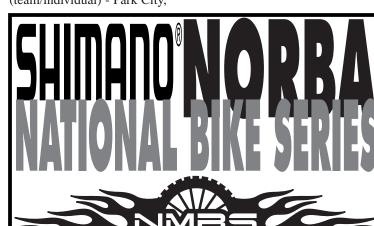
Andreu will present a "Behind the Scenes of the Tour de France" presentation with an insider's perspective on everything you always thought about while watching the Tour de France.

Frankie Andreu's entertaining slide show is a hit for any crowd - racing or touring. The presentation encompasses some of the

funniest stories from his racing career. It includes a glimpse into the operations of the US Postal Service along with a "behind the scenes" look at the Tour de France, a view of the Tour you will never see on television.

After a successful opening year in 2004, the Tour of Utah has added two new stages for professional categories and doubled its sponsorship. With a cash purse of nearly \$24,000, a capped field will be competing in one of the premier cycling events in the western United States.

You can find out more information about the Tour of Utah event and review course maps by visiting the official race website at www.tourofutah.com.



Moab, UT

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# BIKE ADVOCACY

# Utah Bicycle Coalition Seeks to Promote Bicycling Statewide

### By Ted Wilson

The death of Josie Johnson, well covered in Cycling Utah, was a major incentive for Utah Bicyclists. It resulted in a first-class effort at the Utah State Legislature to get a 3 ft. law for bicyclists and a big breakthrough with the conservative side of the legislature when Senator Curt Bramble (R-Utah County) not only supported 3ft. but also provided \$20,000 for bicycle safety.

The other event stimulated by the death of Josie Johnson is the organization of the Utah Bicycle Coalition (UBC.) Why such an organization? Utah is already peppered with well-run and effective bicycle groups. These organizations boost mountain biking, touring, racing, city riding, and many other elements and goals of the cycling community.

But none of the current organizations, beyond their immediate constituencies, apply the bipartisan political whack needed to get things done on a statewide basis. While the state, through the Utah Highway Patrol and the Utah Department of Transportation, has done meaningful work for bicyclists, it is obvious much more must be done.

Exponential growth patterns stagger planners of motorized and bicycle travel. Cars, motorcycles, scooters, trucks, motor homes, and trailers demand more and more space on Utah roads. So, too, in the Lance Armstrong era, bicyclists multiply and need room to travel. There are bound to be conflicts. Steel trumps flesh in collisions, so a much bigger effort must now be made to keep them safe-

# Utah Bicycle Coalition Mission Statement

The mission of the Utah Bicycle Coalition is to promote and preserve

safety, opportunities, and responsibilities of cyclists throughout the state of Utah through legislation, education, and facilities development.

The objectives are as follows:

- 1. To work for good laws and legislation that promote safe cycling.
- 2. To participate in transportation planning and construction providing accommodations for safe cycling.
- 3. To educate cyclists and motorists about safe cycling, sharing the road, and obeying the law.
- 4. To assist in the development, growth, and effectiveness of local cycling advocacy groups.
- 5. To develop a network of safe cycling routes throughout Utah.
- 6. To promote sustainable, healthy lifestyles.
- 7. To support Utah's cycling industry.

ly apart.

Add to the growth pattern the ever-increasing cost of gasoline. The bicycle becomes one of the principal means to make travel more efficient. As government works to increase the use of the bicycle by attracting more people out of their cars and on to two wheels, much more must be done to insure riding efficiency and safety.

A renewed effort and attention must be paid now to providing bicycle space on new roads, retrofitting roads where bike travel is concentrated, building special bike lanes, signing roads with bicycle safety messages, educating both bicyclists and drivers on safety methods, and other safety initiatives.

We must also make a statewide effort to make bicycling more enjoyable. Providing more state travel information on great bicycle tours; helping to enlarge bicycle touring as a travel incentive for state tourism; helping mountain bikers with information, trail access, and facilities; supporting racing activities including perhaps a Tour de Utah of international class; and promotion of the bicycle as a valuable commuter methods are all objectives taking a state effort. The UBC aims to meet these goals.

Not wishing to interfere or compete with the many excellent Utah bicycling clubs and groups, the UBC seeks to combine their advocacy efforts and not compete with them. For example, the Bonneville Touring Club does a wonderful job organizing bicycle touring. The UBC might represent the Bonneville Club in expanding touring support but it would only work through them with their cooperation. On the other hand, the UBC might also help organize a touring club in a part of the state without one. The UBC seeks to become a true umbrella organization.

How might the UBC gather the non-partisan political support and efforts of the many people who support its goals? An amazing thing happened this year as we worked to pass the 3 ft. law at the state legislature. About 35 bicyclists came together prior to the legislative session beginning to organize the UBC and to support the 3 ft. law. John Weis, colleague of Josie Johnson and avid cyclist, led the effort on the hill. I helped also since I was permanently stationed at the legislature doing work for Salt Lake City govern-

John and I routinely sent out emails advising our 35 cyclists of the up and downs of the 3ft. bill. The 35 passed our advisories along their own email trees. We, and our courageous sponsors Rep. Roz Mcgee (D) and Sen. Curt Bramble (R), were immediately targeted for a ton of advice (some of you guys are strong and outspoken!) and so did the other legislators. Several lawmakers stopped me in the

capitol hallway and said, "OK, Ted, turn off the email." I lamely said I didn't try to stimulate it but when I thought about it I realized we had unintentionally harnessed a strong force of citizen input on bicycle safety. Almost an avalanche. Usually when a legislator tells you to stop input it means you have succeeded in getting the message across. It is a big compliment.

And why did the emails spring up? Because we as cyclists are sick and tired of being targets on our state roads, that's why. We are flesh trying to move along in a simple and environmentally sound way in a sea of steel. Whether we are right or wrong about safety, we lose when a car hits us. And we feel we need the attention, concern, and support of those who seek our vote.

Republicans or Democrats take notice. We come from all walks of life and there are evergrowing thousands of us out there who choose thorough our vote who leads us. We will take action, review records, and support those who support us. Simple, no? Take names. Take numbers. Kick a few butts. UBC now understands politics in its best form.

But make no mistake; though we represent cyclists in our state, we are not fundamentally a political organization. We won't make political donations. We won't file as professional lobbyists. We won't take out political ads. But we will send strong citizens along to identify our issues and seek redress in cities, counties, and on Capitol Hill in Utah. Our power will be basic. It will be a grassroots, bottom-up effort.

Join us. Won't you?

Ted Wilson is president and main instigator in the formation of the UBC and former mayor of Salt Lake City. Cycling Utah will have more information on how to get involved with the UBC in upcoming issues as the UBC continues to take shape.

Senator Harkin Introduces Safe and Complete Streets Act April 14 -- Senator Harkin (D-IA) introduced S.794, the Safe and Complete Streets Act of 2005, with the goal of getting the provisions of his bill included in SAFETEA. One way this can happen is for the leadership of the Senate **Environment and Public Works** Committee to include these changes in what is called a "manager's amendment" to the bill. An action alert from America Bikes can be found at www.americabikes.org.

- S. 794, The Safe and Complete Streets Act contains three key provisions:
- 1. Nonmotorized
  Transportation Safety, including a requirement for state transportation departments to adopt a "complete streets" policy.
- 2. Safe Routes to School, which adopts the [higher] funding levels and policy language from the House reauthorization bill, and
- 3. Nonmotorized Transportation Pilot Program, also taken directly from the House bill.
- -League of American Bicyclists

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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.



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**ROUTE 211** 

# Ch Ch Ch Changes ....



### By Greg Overton

Cycling news during recent weeks has been mostly full of change. Especially change in the professional peleton, and mainly in terms of a shrinking peleton. Various retirements and drug suspensions have left the group a bit smaller than it was at the beginning of the season.

Some of the names are small and not very well known, but others are colossal in the sport. Names like Armstrong, Cipollini and Tafi retiring or announcing plans to retire mid season. Lance Armstrong will take at least six Tour de France wins back to Austin and leave the great race open for the next champion to arise. He will ride in the 2005 Tour in pursuit of his seventh yellow jersey, and will retire immediately following the last stage this year. Mario Cipollini takes seventeen years of being the fastest cat in the group, and his 189 pro victories back to his home in Italy, announcing his immediate retirement just a week before the start of the Giro d' Italia, a race in which he holds the record for stage wins with 42. Andrea Tafi takes a long and great Classics career, one that includes wins in Paris Roubaix, the Tour of Flanders and the Italian National Championship out of the groupetto. Tafi, as they say, has great class as a rider and will ride selected races this season before calling the end.

Other names, like Hamilton, Hondo and even in post-retirement, Museeuw have been banned from the sport because of positive drug testing. Tyler Hamilton will get to keep his Olympic gold medal, but most likely lose his career as a result of the two year ban he received after testing positive at the Athens Olympics last year. The ban, coupled with the Pro Tour's strong recommendation that teams not hire positive-tested riders for two years after their ban, is a clear blow to the 34 year old. Sprinting star Danilo Hondo tested positive at this year's Tour of Murcia and received a two-year ban. Hondo was one of the top young sprint kings to vie for the spot vacated now by Cipollini. And Yohan Museeuw, a legend in cycling, a hero in Belgium and a solid fixture as top contender for the Spring Classics for over a decade as well as multiple winner of Paris Roubaix, was exposed when transcripts of telephone conversations, in which he was discussing how to mask performance enhancing drugs and lower his testing levels, were made public in an ongoing investigating of the veterinarian accused of supplying drugs to athletes in Belgium. Even though Museeuw retired last year, he received a ban

from the sport, as his conversation left little doubt that he was using banned substances during his career.

Other changes in cycling that surprised were the announcement that both Colnago and Cannondale will be sourcing frames from Taiwan in the coming year. In a very uncharacteristic move for an Italian bike company, Ernesto Colnago announced that his company's mid level models will be manufactured in Taiwan, mostly by the largest manufacturer of bikes in the world, Giant. Colnago even went so far as to become the first non-Asian company to join a manufacturers' group that was founded by Giant's president, Tony Lo. This is outside common behavior for the traditionally very provincial and proud Italian cycling industry. Although many Italian brands are actually manufactured in Asia currently, one would be hard pressed to find an admission of the fact. But necessity of market trends has forced a more open-minded Italy. With virtually no carbon fiber frame production in Italy, and the much lower cost of Asian production of commodity aluminum bikes, it's clear that to stay competitive, even provincialism must be faced with reality.

Under some of the same pressures faced by Colnago, Cannondale, a traditionally proud and Made in the USA company, announced that its new carbon fiber bikes will be manufactured in Taiwan. The company that arguably, to Gary Klein at least. originated the aluminum performance bicycle frame, had to face the reality that bike frames made from strings and glue are highly thought of in the marketplace, and that its lightweight aluminum bikes were no longer an alternative, but the norm. Admitting that the company has no facility or expertise to ramp up production of carbon fiber bikes, Cannondale turned to an unnamed source in Asia for its new product offering.

In other recent news reflecting the globalization of our sport, com-

ponent giant Shimano opened a manufacturing plant in the Czech Republic and new marketing offices in Moscow and Neerhen, the Netherlands. These add to the company's facilities in Malaysia, China and Singapore. The main focus of the Moscow office is to promote Shimano's main product line, fishing gear, to the huge market there.

Positive news coming from the world of cycling includes the announcement, or revelation, that Lance Armstrong last year made an anonymous cash donation of "a substantial sum" of money to the UCI for its drug detection research and testing methods. It was suggested that one of the methods funded by the Armstrong donation was the test used to detect his former teammate Hamilton's positive status at the Olympics.

And U.S. soldiers of the 116th Brigade Combat Team's 1st Battalion, 148th Field Artillery and Iraqi Security Forces provided security and served as race officials for the Iraqi National Bicycle Championships March 11.

On a not so positive global note, Canada's trade department assessed a 48% tax on imported bicycle goods to combat its shrinking domestic product's competitiveness. US exports were spared the tax, but the dominant Asian imports were the main target, and received the assessment. Canadian importers have formed a coalition to fight the tariff, fearing a dramatic downturn in sales due to the inflated prices resulting from the tax.

Imported products have been a concern in the cycling industry for many years. In the eighties, North American and European suppliers were concerned over the low prices and high quantities of Japanese products entering the market. In a few short years, many Japanese companies lost market share to lower priced goods from Taiwan, and Taiwanese products were then usurped by Chinese goods. Now we see an influx of products being manufactured more cheaply by Eastern European, Indian and

# Bike Month - Continued from page 3

Commuter of the Year will also be announced.

Bike to Work Day riders can stop at one of four breakfast locations and enjoy free bagels and cream cheese. This year's breakfast stops are located at 900 South 900 West (Contender Bicycles), 500 Chipeta Way (ARUP), 2100 South 200 East (SL County Complex) and 3600 South 700 West (UTA Offices) in Salt Lake City.

### Bike Movie Night

On Wednesday, May 19, join fellow cyclists for a relaxed night at the movies. This year the movie will be shown at the Tower Theatre at 7 p.m. The movie will feature a "bicycle theme" and admission is free. A \$5 donation to the Salt Lake City Bicycle Collective is encouraged.

### **UTA Bike Bonanza**

On Friday, May 20, the ninth Annual UTA Rideshare Bike Bonanza will bring cyclists and community members together at the Gallivan Plaza. From 4 p.m. to 8 p.m. there will be free Papa John's pizza, drinks, Creamies, booths, kids' race, bike decorating, free bike tuneups, and all kinds of prizes including a cruiser donated by Contender Bicycles, and pick up your registration bag for the Cycle Salt Lake Century ride. At 7 p.m. join Mayor Rocky Anderson for an escorted bike ride around the city.

# **Cycle Salt Lake Century**

The week concludes with the state's largest century rides.
The nineteenth annual recreational Cycle Salt Lake Century will begin at the Utah State Fair

Park at 7:30 a.m. Entry fees assist the Mayor's Bicycle Advisory Committee to build and maintain bicycle routes and trails and promote bicycle advocacy in Utah. Riders are encouraged to attend Friday's Bike Bonanza for pre-registration and packet pick-up.

### UTA Utah County Bike Bonanza

Utah County residents can also enjoy several May Bike month events. The Utah County UTA Rideshare Bike Bonanza will take place on Thursday evening, May 26. The event provides a fun filled evening with family and friends and includes free giveaways and a kid's bike safety rodeo. The UTA Rideshare Bike Bonanza tent will be located on the east side of the street, on 200 West, south of Center Street in downtown Provo. At 6 p.m. attendees can enjoy a short citizen's bike ride with Provo City Mayor Lewis Billings.

# Thanksgiving Point Tour of Utah Festival

Ending the month on Saturday, May 28, the Tour of Utah at Thanksgiving Point Cycling Festival will be one of the most exclusive events offered at any bicycle race in the region. Held in conjunction with the Tour of Utah, there will be live entertainment, musical performers, a rock climbing wall and a BMX air show. The event will run from 12 noon to 6 p.m.

For complete information on Bike Month events, visit www.cyclingutah.com or www.utarideshare.com or see the calendar on page 14.

Vietnamese production houses. More globalization in the cycling industry. And the more things change the more they stay the same.



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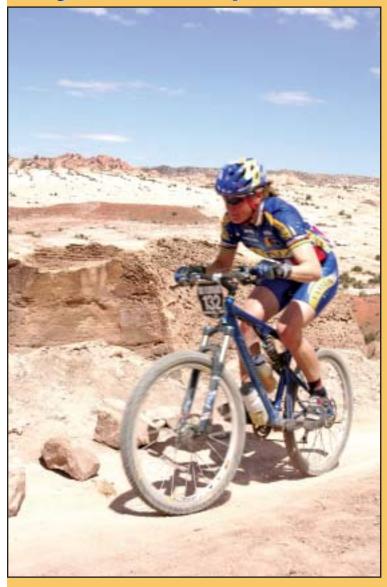
www.fightmsutah.org

1-800 FIGHT MS



# MOUNTAIN BIKE RACING

# Obye, Dunlap and Smith Take Tour of Canyonlands



Above: Alison Dunlap (Luna Chicks) won both races over the weekend. Middle: Travis Brown of Trek/FRS plus. Right: Moab's Kristen Peterson. All photos from Saturday's time trial.

Photos: Moab Action Shots. See more photos at www.moabactionshots.com

### By Eric Jean

The 15th annual Tour of Canyonlands opened the Mountain States Cup racing season yet again, but this time it had a bit of a twist. The weekend featured two different time trial events. Saturday showcased clear blue skies and the newest singletrack in Moab with the Sovereign Trail Time Trial. The course was a 12-mile loop, which started on sandy two track

and lead into the very technical Sovereign singletrack. For the general racing public the performance mark was to beat a time of one hour.

Pro rider Allen Obye of Magtec shattered the one hour mark winning the event with a time of 40:43.3 followed by Ford Cycling's Jay Henry six seconds back. Former world champion Allison Dunlap of Luna Chicks took the top spot on the podium with a very fast



47:10.1 followed by Kathy Sherwin of Heber City in 49:19. Notable local and mtb legend Kirsten Peterson of Moab won the women's expert 30-39 division easily breaking the hour barrier.

Sunday threatened rain but ultimately made for perfect race conditions for the Amasaback Hill Climb. As the pro riders would compete first, Brian Smith of Trek/VW would set the pace with a blistering time of 13:21.7 on the technical 2-mile course. Travis Brown showed that fatherhood hasn't slowed him by setting a time just 2 seconds back. Dunlap would not be denied as she again claimed the women's title with a 16:08.7. Moab locals were on a mission to make a statement as they took two of the top three semi-pro spots and other expert titles. Another very notable Utah presence at the event was Team Sugar. The team was representing in full Sugar Fashion and made a big impression on the other Mountain States Cup Teams. Much thanks to the ladies for coming out!

See Results on page 20.





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# INTERMOUNTAIN CUP

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The Desert Rampage, St. George, UT March 5 April 30 Showdown at Five Mile Pass, Lehi, UT May 14 Soldier Hollow Hammerfest, Heber City, UT May 21 The Sundance Spin, Sundance, UT May 28 Cache Valley s Joyride, Logan, UT June 4 Deer Valley Pedalfest, Deer Valley Resort, UT Utah Summer Games XC Race, Cedar City, UT June 11 Chris Allaire Memorial/Utah Open State July 9 Championship, Solitude, UT July 23 Taming the Tetons, Jackson Hole, WY Wolverine Ridge XC Race, Double Points!, Regional August 13 Finals, Evanston, WY

All races are Cross Country Events, No License Required!





# ROAD RACING

# Weyen and Sherwin Take Buffalo Stampede







Above left: Matt Weyen takes the sprint over Dave Harward Below left: The women's 1-3 field taking it easy. Above: John Osguthorpe on the front with Thomas Cooke (left) and Matt Weyen (right).

**Photos: Steve Conlin** 

By Darcie Murphy

### See more photos at www.cyclingogden.com

The weather forecast for Antelope Island's road race is rarely great, and to keep with tradition, this is year was no different. Luckily the winds were strong enough to blow most of the storm right over -- and strong enough to blow 2/3 of the elite men's field right out of the race! No kidding, the wind was so terrible that the men's pro peleton just could not

stay to the right side of that darn yellow thing they call the center line as they attempted to chase a break of about 15 riders. The break was strung out by the end with only a few strong men left. At the finish it was Matt Weyen of Iomega/Orbea who took the win over Dave Harward of Canyon Bicycles with

Porcupine/Contender's Aaron Jordin finishing third. As the break trickled across the finish line, the majority of the elite men's peleton

watched from the sidelines as they had been disqualified for violation of crossing the yellow line. Better luck next year guys!

13

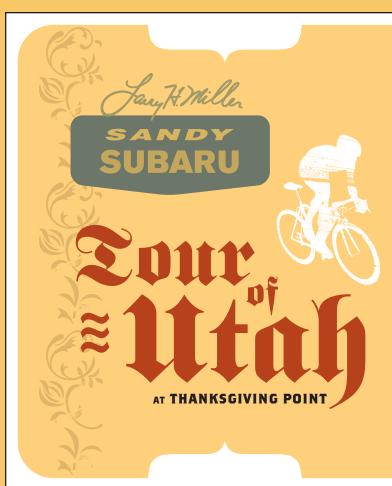
The wind was the decisive factor for nearly every race at Antelope Island this year. None of the categories were as determined to gutter the field as the elite men but there were obvious frustrations for all racers this day.

The category 1/2/3 women started just behind the men's category 1/2 field. Tiffany Pezzelo quickly got things rolling as she attacked off the front on the second lap of ten. As she slowly increased her gap, Ogden One sent Nisie Van de Kamp up the road to join Tiffany in the break, but in tow, was Tiffany's teammate Kathy Sherwin. Now with a two on one advantage for Team Biogen, Nisie faced the entourage of attacks by the pair until she was left to battle the wind on her own. Who says mountain bike racers don't know how to race on the road! Kathy, predominantly a mountain bike racer, pulled her Biogen teammate Tiffany Pezzelo to the win with Nisie Van de Kamp (Ogden One/Heartstrings) finishing third behind the duo.

In other categories, Megan McCowen (Porcupine/Contender) sprinted around Nicole Evans (Sportsbaseonline) in the category 4 women for the win with Karen Appleby finishing third. In the category 3 men, Logan Race Club's secret weapon, David Hatch, time trialed away to victory with Sam Krieg finishing second and Mitchell Peterson rounding out the podium in third.

Thanks to all of the participants who braved the weather and Drew George and all of Ogden One for continuing to organize such a great event.

See results on page 22.



# memorial day weekend

THURSDAY MAY 26 - MONDAY MAY 30

# cycling festival

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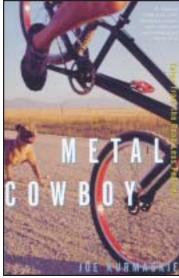
# TOUROFUTAH.COM

REGISTER AT: www.sportsbaseonline.com

**BOOK REVIEW** 

14

# Adventures with the Metal Cowboy



By Lou Melini

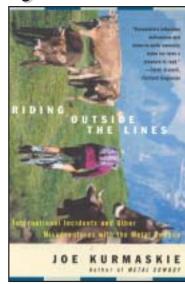
Metal Cowboy: Tales from the Road Less Traveled published by Breakaway Books, New York, N.Y.; 1999

Riding Outside The Lines published by Three Rivers Press, New York, N.Y.; 2003 Author: Joe Kurmaskie

Non-supported bicycle touring is similar to a rolling theater performance waiting to happen. The stage setting is the road, campground or small town that one is riding through. You and those that you meet combine to form the cast of the play. The show may not occur for several days of riding, or it may play twice in one day. Inevitably you will have live theater on a bike tour, the memories staying with you for a lifetime.

Joe Kurmaskie has written 2 books sharing his extensive touring experience in Europe and Australia, plus North and South America. For the reader without time to digest a novel, Mr. Kurmaskie provides a collection of stories, most of which are less than a dozen pages. His books will most likely appeal to cyclists who have done bicycle tours or for those looking for short stories with a little adventure, humor or just plain entertainment. The stories

F35



are varied enough that the reader will chuckle, smile, nod or in some way acknowledge a relationship to many of the stories.

Mr. Kurmaskie uses bicycling as a central theme to his collection of stories, a similar format used by other writers. For example, W.P. Kinsella uses baseball as the theme for his collection of short fictional works, The Thrill of the Grass. (Mr. Kinsella also wrote Shoeless Joe, the basis for the movie, A Field of Dreams). If I can find fault with Mr. Kurmaskie's books, it would be that they are too personal. In other words, he is a part of every story, though not necessarily the central character. You may want to ask yourself if you are willing to read about someone's bike trips, similar to watching your neighbor's home movies of his vacations year after

Overall the books are fun to read, and witty. Mr. Kurmaskie uses language well. The title of his first book came about after a "blind old rancher while crossing the street tapped on my bike and panniers with his cane. Ah, a metal cowboy, he exclaimed". His night at a hotel, which happened to have an Elvis impersonator convention held in Southern Utah, was a great read.

Another Utah connection story involved "Button Boy", riding a

ROAD RACING

# Gillespie and Sherwin win Hell of the North



bike described as "Frankenstein marriage of a shopping cart, a tricycle and a chopper, the saddle of this contraption being a bucket seat from a 1965 Mustang". His nickname was derived from the hundreds of buttons pinned to his garments. While waiting for a drawbridge to close in New Jersey, button boy and Mr. Kurmaskie were then joined by 2 "fresh-

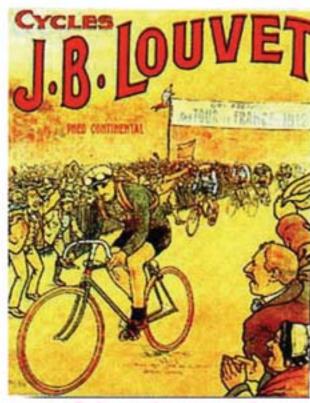
faced" Mormon missionaries on their bikes. You will then read how this rather incongruous group broke into a rendition of the gospel song "Deeper River" with button boy playing a fiddle, one of the many items strapped to his bike.

Pick up either book, and enjoy yourself.

Left: Kathy Sherwin Above: Bart Gillespie charges through the dust ahead of Dirk Cowley and the Pro/1/2 break. Photos: Dave Iltis

See results on page 22.





# Saturday Aug.13th

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cedarcycle.com

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

<u>Springdale</u> 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

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**Cole Sport** 

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Jans Mountain Outfitters

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**Summit Cycle and Snow** 

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White Pine Touring

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

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# 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 bebikes.com

<u>Kaysville</u> The Bike Rack

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

Sunset

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

# SALT LAKE COUNTY

Central Valley **Canyon Bicycles** 

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

Canyon Sports Ltd.

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**Golsan Cycles** 

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<u>Salt Lake City</u>

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

**Bingham Cyclery** 

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

<u>Salt Lake City</u> **Fishers Cyclery** 

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Go-Ride Mountain Bikes

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**Guthrie Bicycle** 

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**Guthrie Bicycle** 

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REI

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Wild Rose Mountain Sports

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

South Valley **Bingham Cyclery** 

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

**Canyon Bicycles** 

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

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

REI

(Recreational Equipment Inc.)

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

South Valley **Revolution Mountain Sports** 

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

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**Downhill Cyclery** 

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Provo

**Bingham Cyclery** 

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

Mad Dog Cycles

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

Racer's Cycle Service

163 N. University Ave. Provo, UT 84601 (801) 375-5873 racerscycle.net

<u>Springville</u>

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

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**Diamond Peak Mountain Sports** 

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<u>Ogden</u>

The Bike Shoppe 4390 Washington Blvd.

Ogden, UT 84403 (801) 476-1600 thebikeshoppe.com

Bingham Cyclery

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

**Canyon Sports Outlet** 

705 W. Riverdale Road Riverdale, UT 84405 (801) 621-4662 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 appropiate information

Let us know about any corrections to existing listings!



**Battle Bay BMX** — (801) 796-8889 **Rad Canyon BMX** — (801) 824-0095

Mondays — BMX race practice with Laurie at Rad Canyon (Old Bingham Highway/Welby Pit) \$2.00 at track. 942-3100

Thursdays — BMX Race with Laurie at Rad Canyon, 942-3100

Fridays — BMX Racing at the new Ogden Track. Meet at Canyon Sports at 5:15 p.m., 621-4662

For more BMX track info, visit cyclingutah.com



# **Advocacy Groups**

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Calendar of Events sponsored by



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

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

Home of the Bike and Wife Swap!

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.bonnevilletrail.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.: emaill info@slccriticalmass.org

May 7 — GOTS, Bike and Outdoor Toy Swap, Wild Rose, 702 3rd Ave, SLC, (801) 533-8671

May 7-8 — 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, 1790 Bonaza Dr., Park City, (435) 655-2621 or visit www.youngriders.com

May 14 — 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 14th - 11-3pm - Sandy Cycle Day. Mini-clinics, test rides, give aways and local cycling groups. REI Sandy, 230 W 10600 S. , Kristen Kenley, 501-0850 kkenley@rei.com

May 14-21 — Cycle Salt Lake Week, weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more!

May 14 — Live Green Festival. Guided Bicycle Tours 10:30 AM and 1:30 PM. Pierpont Avenue (West Temple to 200 West), Amy Durham (801) 333-1106 or www.downtownslc.org

May 15 — Cycle Salt Lake Mountain Bike Tour, 2-5 pm, Meet at Popperton Park at 11th Ave & Virginia St. in SLC, Brian Price, (801) 328-0499 or brian@slcbikecollective.org

May 16 — 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 17 — 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@slcgov.com, Meet at the northeast corner of Liberty Park

May 17 — UTA Rideshare Bike to Work Day, riders can stop at one of our stations for free bagels and cream cheese 7:30 a.m. to 9:00 a.m. 900 South and 900 East, Contender Bicycles, 3600 South 700 West, UTA Administrative Offices, 2100 South 200 West, Salt Lake County Complex, 500 Chipeta Way, ARUP at Research Park

May 18 — Bicycle Movie Night presented by SLC Bike Collective. This is a fundraiser for the SLC Bike Collective. Prizes! Movie will have bicycle theme with at least one bicycle. Location Tower Theatre, 9th East and 9th South, SLC. Cost: \$5 suggested donation. Time is 7:00 PM. Brian Price at (801) 328-2453 or brian@slcbikecollective.org

May 20 — UTA Rideshare Bike Bonanza, 4-8 pm, Presented by UTA Rideshare, Salt Lake City, SLC Bike Collective, and Cycle Salt Lake Century. Join Mayor Anderson for an evening guided downtown SLC bike ride. Music, Papa John's pizza, drinks, Creamies, prize drawings, bike tune ups, kids criterium, bike rodeo, and much more. Pick up your registration packet for the Salt Lake Century Ride at the

event. Decorate your bike and then ride with the Mayor at 7 p.m. Location: 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 21 — 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.cyclesaltlakecentury.com Contact Jon R Smith (801) 596-8430 or jonrsmith@mac.com

May 26 — Utah County UTA Rideshare Bike Bonanza, food and drink, free prizes, free bike tune-ups, 6 pm bike ride with the Mayor, kids bike rodeo, registration for the Tour of Utah, and bike trail information, 6:00 - 8:00 p.m. The UTA Rideshare Bike Bonanza tent will be located on the east side of the street, on 200 West south of Center Street in downtown Provo, For more information contact Stacey Gaultney at sgaultney@uta.cog.ut.us or (801) 227-8958, Visit utarideshare.com for event updates.

May 28 — Tour of Utah Cycling Festival at Thanksgiving Point, Free kids race, free bike safety clinics, live band on site, free swag, cool vendors and a BMX show, Held in conjunction with the Tour of Utah, Thanksgiving Point, Lehi, UT, tourofutah.com, (801) 400-6130

June 4 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

**November?** — Utah Trails and Pathways Conference, planning, design, consruction, funding and more, www.stateparks.utah.gov, (435) 229-8310



# **Tours and Festivals**

May 13-15 — San Rafael Swell Mountain Bike Festival, 17th Annual, Emery County, (435) 637-0086

June 18 — Night Owl Ride, Cottonwood Valley, Las Vegas, NV, procyclery.com, (702) 452-9367 or (702) 228-9460

July 16 — Brian Head Bash Fat Tire Festival, Group Rides and more, (435) 677-3101

**August 5-7** — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595

September 3-5 — Brian Head Fall Colors Fat Tire Festival, Group Rides and more, (435) 677-3101

Sep 22 - Sep 25 — IMBA Trail School, Friends of Pathways, Jackson, WY, David Vandenberg, fop@wyoming.com

Sep 29 - Oct 2 — IMBA Trail School, Bureau of Land Management, Vernal, UT, Daniel Gilfillan, daniel\_gilfillan@blm.gov

Oct 6 - Oct 9 — IMBA Trail School, Moab Trails Alliance, Moab, UT, Kim Schappert, kschappe@hotmail.com

Oct 13 - Oct 16 — IMBA Trail School, Dixie National Forest, Cedar City, UT, Nick Glidden, nglidden@fs.fed.us

October 27-30 — Moab Fat Tire Festival. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab, UT, (435) 260-1182

November 5 — 10th Annual Blue Diamond to Jean Mountain Bike Benefit. 33 mile non-competitve ride. Blue Diamond, NV, (702) 228-4076 or (702) 837-6522 or (775) 727-5284.



### 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), USA Cycling (719) 866-4581

# **Weekly Series Races**

Wednesdays — Short Track MTB Series, 5:30 pm, park at Hogle Zoo or across street at Shoreline Trailhead, register, then ride up the hill to start line, Salt Lake City, (801) 792-9048

Wednesdays — May 18 - August 31, Soldier Hollow Training Series, alternates with Sundance Training Series, 6:30 p.m., (801) 404-0946

Wednesdays — May 11-September 7, Sundance Weekly MTB series, every other Wed., 6:30 pm, alternates with Soldier Hollow Training Series, Sundance

# TAILWINDS BICYCLE TOURS

www.tailwinds-tours.com
PO Box 17137
Holladay, UT 84117

WARNING: Cycling through scenery this breathtaking can be exhilarating. Bringing extra film or memory cards is highly recommended.



For more information on our Monument Valley Tour, one of our other tours or to schedule a custom tour please visit our website at <a href="https://www.tailwinds-tours.com">www.tailwinds-tours.com</a> or give us a call at (801) 556-3290.

Tell us you saw this ad in Cycling Utah for a 5% discount





Sunday, June 26, 2005 Genoa/Carson Valley, NV - 13th Annual Nevada's Historical Bicycle Tour. Challenging Century combining the rich western history of Nevada and the beauty of Lake Tahoe.

Bicycle Tour

September 11, 2005

Lake Tahoe, NV - 3rd Annual. The perfect time of year to enjoy a great ride around Lake Tahoe's 72-mile shoreline.





September 18-24, 2005

14th Annual "One Awesome Tour Bike Ride Across Nevada" - Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park.

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

Resort, (801) 223-4849

### Utah MTB Races

- May 7 Bordertown Challenge, 14th Annual, Wild Rockies Series #3, Oasis, NV, (208) 342-3910
- May 14 Hammerfest at the Hollow, Intermountain Cup #3, Soldier Hollow, Midway, UT, Ed Chauner at (801) 942-3498
- May 21 The Sundance Spin, Intermountain Cup #4, Sundance Resort, Sundance, UT, Ed Chauner at (801) 942-3498
- May 28 Cache Valley's Joyride, Intermountain Cup #5, Sherwood Hills Resort, Logan, UT, (435) 245-3628
- May 30 Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- June 4 Deer Valley Pedalfest, Intermountain Cup #6, Deer Valley, UT Ed Chauner, 801-942-
- June 4-5 Bountiful Bomber Downhill Race, Utah DH Series, Bountiful, UT, (801) 375-3231
- June 11 Utah Summer Games, Intermountain Cup #7, Three Peaks Recreation Area, Cedar City, (435)865-8421, UTAH, (435) 586-5125 (435)865-8421, (800) FOR-
- June 16-19 NORBA NMBS #3 Deer Valley, ui, XC/ST/DH/MTNX/Super-D, (719) 866-4581
- July 2 The 12 Hours of Endurance, 12 hour endurance race to benefit National Ability Center, Individual and Team Categories, Park City, (435) 649-2129
- uly 4 Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849 July 4
- July 9 Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #8, Solitude, XC - Ed Chauner, 801-942-
- July 9 Blue Mountain Bike Chase, 25 mile race, Monticello City Recreation, Monticello, UT, (435) 587-2029
- July 9-10 Bald Mountain Challenge Downhill, DH and Super-D, Utah DH Series, Deer Valley, UT, (801) 375-3231
- July 16 Snowbird Mountain Bout, 18th Annual!, Intermountain Cup #9, Snowbird, Ed Chauner at (801)942-3498
- July 23 Taming the Tetons,

)942-3498

- July 23 The Endurance 100/Mind Over Mountains, 100 mile team relay, 50 mile individual, Park City, (435) 649-2129
- July 30 Brian Head Epic 100, qualifier for the 2005 World Solo Championships, Brian Head, (909) 866-4565
- August 4-7 NORBA NMBS #7, XC/ST/DH/MTNX/SuperD/Marath on, Brian Head Resort, Brian Head, UT, (719) 866-4581
- August 6 Durango MTB 100, Durango, CO, (970) 259-7771
- August 13 All WestWelvering Communications Wolverine Ridge XC Race, 12th Annual, Intermountain Cup #11, Series Finals, Evanston, WY - contact Paul Knopf or Amanda Wanner at planning@mail.evanstonwy.org at planning@mail.eval.bloi.ivvj.c.g or (307) 783-6470 or (866) 783-6300 ext. evanstoncycling.org
- August 20 Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- August TBA Utah DH Series, (801) 375-3231
- August 21 Widowmaker Hill Climb 10 AM, Ride to the top of the Tram, Snowbird Resort, (801) 583-6281
- August 27 The Endurance 100/Mind Over Mountains, 100 mile and 50 mile individual race, Park City, (435) 649-2129
- September 3-5 Flyin' Brian Downhill Race, DH and Super-D, Utah DH Series, Brian Head, UT, (801) 375-3231
- **September 10** Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- September 10-11 24 Hours of Soldier Hollow, Heber, UT, (435) 615-8220
- **September 17** Tour des Suds 25th Anniversary, Park City, (435) 649-6839
- October ? Utah Singlespeed Championship, 10 am start, Sundance Resort, Sundanceresort.com or 801-223-
- October 10-11 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 15-16 24 Hours of Moab, 10th Annual, (304) 259-

# Idaho and Regional **Mountain Bike Races**

- May 7 Bordertown Challenge, Wild Rockies Series #3, Oasis, UT, (208) 587-9530
- May 22 5th Annual Coyote Classic, Boise, ID, (208) 338-1016
- May 28-30 Iron Horse Bicycle Classic, Road and Mountain Events, Durango, CO,(970) 259-4621
- June 4 Kelly Canyon Knobby Challenge XC, Knobby Tire Series, Kelly Canyon Ski Resort, (Rhire), Idaho Falls, ID (208) 338-
- June 11 Revenge of the Singletrack, Wild Rockies Series #4, Twin Falls, ID, (208) 587-9530
- June 1,8,15,22,29 Wednesday Night MTB Series/Wood River Cup #1-4, ID, (208) 481-0300
- June 15 Teton Village Short Track XC #1, 6 pm, Teton Village, WY, (307) 733-5228
- June 18 Idaho City Excellent Adventure, Wild Rockies Series #5, Idaho City, ID, (208) 587-9530
- June 25-26 Soldier Mountain XC and DH, Knobby Tire Series, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016
- June 22 Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 739-9025
- July 3 Urban Assault, Knobby Tire Series, Downtown Boise, ID, (208) 338-1016
- July 4 10th Annual WYDAHO Bike Race, Grand Targhee Ski and Summer Resort Alta, WY, 1-800-TARGHEE ext. 1313 or 307-353-2300
- July 6 Teton Village Short Track XC #2, 6 pm, Teton Village, WY, (307) 733-5228
- July 20 Teton Village Short Track XC #3, 6 pm, Teton Village, WY, (307) 733-5228
- July 14-17 NORBA NMBS #5, Schweitzer Mountain Resort, ID, XC/ST/DH/MTNX/Super-D/Marathon, (719) 866-4581
- July 17 Grand Targhee Ski Hill Road (10 am in Driggs) and Mountain Time Trial (1 pm in Teton Canyon), 9 a.m., Driggs, ID, (208) 201-1622 or www.tvtap.org
- July 23 Taming the Tetons,

- July 21-24 NORBA NMBS #6, Snowmass, XC/ST/DH/MTNX/Super-D/Marathon, (719) 866-4581
- July 20 Teton Village Short Track XC #3, 6 pm, Teton Village, WY, (307) 733-5228
- July 31 Laramie Enduro, 111 K mountain bike race, Happy Jack, Laramie, WY, 307-745-4499
- July 31 Pomerelle Pounder DH, Wild Rockies Series #7, Albion, ID, (208) 587-9530
- August 7-8 21st White Knob Challenge, Knobby Tire Series, Mackay, ID, Kurt Holzer at (208) 890-3118
- August 20 Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 733-5335
- August 20-21 Tamarack Twister Idaho State NORBA XC and DH Championship Finals, Knobby Tire Series Final, Tamarack Ski Resort, Cascade, ID (208) 338-1016 or (208) 325-1000
- August 27-28 Brundage Bike Festival, Wild Rockies Series #8, XC, DH, McCall, ID, (208) 587-9530
- September 11 Galena Grinder, Galena Lodge, ID, (208) 726-4010 or galenalodge@sunvalley.net
- September 24-25 Rama, Wild Rockies Series #9, XC, DH, Freestyle Festival, Road Criterium, Lava Hot Springs, ID (208) 587-9530
- October 1 Las Vegas 12 Hour Race, 2500' climbing per lap, Las Vegas, NV, tmr-unlimited.com, (702) 277-6536



### 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 — Saturday at noon in

- 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, ~8000 W., 6 pm, (801) 944-8488
- **DMV Criterium** Driver's Training Center, Where: 4700 S. 2780 W. West Valley City Times: A Flite - 6pm. B Flite - 7 pm., C/D Flite 7:45 pm (April 6 - September 28), Map
- Royal Street Hillclimb TT May 12 -September 22, Every other Thursday, 5:30 p.m., 900' elevation gain, Royal Street, Park City, (435) 901-8872
- Wednesdays Thanksgiving Point Criterium Series, April 6th -September 28, 6:00 pm, A flightcat 1, 2, 3, 6:00-6:55 pm, B flightcat 3-4, 6:00-6:45 pm, C flightbeginner-cat 5, 7:00-7:30 pm, \*Women's flight , 7:00-7:30 pm, \*Women may race any flight they choose, 3003 Thanksgiving Way, (next to I-15), Lehi, UT visit www.utahvalleyracing for more information, or call (801) 400-6130
- Thursdays Logan Race Club Time Trial Series, 6:30 pm, see www.loganraceclub.org weekly locations, Logan, (435)

For dates, see below.

# 2005 Utah Road Races

- May 3,17,24,31 RMR Crit Series, Salt Lake, (801) 944-8488
- May 4,11,18,25 DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065
- May 5, 19 Salt Air TT Series, Every other Thurs, (801) 944-8488
- May 12, 26 Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872
- May 7 Sports Medicine Center of Utah Criterium, Pioneer Park, Salt Lake City, (801) 944-5042
- May 10-15 CANCELLED 5 Crits in a Row, E-Center, Gateway, Rocky Mountain Raceways, Deer Valley/Park City, Sugarhouse, (801) 944-5042
- May 21-22 Bear Lake Classic, 54 miles, one lap around Bear Lake (Pro/1/2 do 2 laps), flat on the west side and north, great rollers that are a blast on the east side, start at Blue Water Resort, 3 man TTT on Sunday, Tour on Sunday, Bear Lake/Garden City, Kevin

Continued on Page 18



# cycling utah

# CALENDAR OF EVENTS

# Road Racing

# (Continued)

- May 26-29 Tour of Utah Thanksgiving Point Stage Race, 5 stages, \$24000 prizelist!, Lehi, UT, Jason Preston, (801) 400-6130
- June 7,14,21,28 RMR Crit Series, Salt Lake, (801) 944-8488
- June 1,8,15,22,29 DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065
- June 2,16,30 Salt Air TT Series, Every other Thurs, (801) 944-8488
- **June 9,23** Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872
- **June 4** State Road Race Championship, Logan, UT, (435) 752-5131 or (435) 787-2534
- June 11 Sugarhouse Crit, State Criterium Championship, Sugarhouse Park, SLC, UT, (801) 944-8488
- June 12 State Time Trial Championship, Salt Air, 30 km, (801) 944-5042
- June 18-19 All West High Uintas Classic Stage Race, 17th Annual, Kamas, UT to Evanston, WY, contact Paul Knopf or Amanda Wanner planning@mail.evanstonwy.org or (307) 783-6470 or (866) 783-6300, ext. 459, evanstoncy-
- cling.org

  June 20 July 3 Park City
  Cycling Festival, Elite, Masters,
  Junior, and Espoir National
  Championships, Park City, UT,
  (719) 866-4581
- June 23-25 Utah Summer Games, Righthand Canyon, Lund Hwy, Desert Mound, Checkshani Cliffs, Cedar City, (435) 865-8421, (800) FOR-UTAH
- **July 5,12,19,26** RMR Crit Series, Salt Lake, (801) 944-8488
- July 6,13,20,27 DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065
- July 7,21 Salt Air TT Series, Every other Thurs, (801) 944-8488
- **July 14,28** Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872
- **July 9-10** Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532
- July 16 Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (801) 400-6130
- July 30 Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, (801) 442-5800 or (801) 677.0134
- **August 2,9,16,23,30** RMR Crit Series, Salt Lake, (801) 944-8488
- **August 3,10,17,24,31** DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065
- August 4,18 Salt Air TT Series, Every other Thurs, (801) 944-8488
- **August 11,25** Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872
- **August 5-7** Cache Festival of Speed, Logan, UT, (435) 752-5131 or (435) 787-2534
- August 12-14 Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 990-1393
- August 20 Snowbird Hill Climb, 7:30 AM, 10.2 Miles from Shopko

# **CONTINUED FROM PAGE 15**

- on 9400 S. 2000 E. to Snowbird (801) 933-2110
- August 27 Jeff Rogers Memorial San Pete RR, Spring City, UT, Jeremy Smith, jeremysmithslc @yahoo.com, (801) 733-6687
- **September 6,13,20,27** RMR Crit Series, Salt Lake, (801) 944-8488
- September 7,14,21,28 DMV Crit Series, Every Wednesday, Salt Lake, (801) 553-1065
- September 1,15,29 Salt Air TT Series, Every other Thurs, (801) 944-8488
- September 8,22 Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872
- September 10 LOTOJA, 203 miles from Logan, UT to Jackson, WY, (801) 771-6200
- September 24 —UTA Downtown Ogden Criterium, downtown in the Municpal Park between 25th & 26th Streets, Ogden, UT, (801) 589-3675
- October 4-7 Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsg@infowest.com
- October 8 City Creek Bike Sprint, 10 am, 5 1/2 mile climb up City Creek Canyon in Salt Lake City, road or mountain bikes, UCA Points Series Event, (801) 583-6281

# **Regional Road Races**

- May 5, 19 Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 652-3532
- May 10 Tuesday Nighter #5, Pleasant Valley/Ten Mile Creek Rd., Boise, ID, (208) 343-3782
- May 13-15 Treasure Valley Omnium, RR, TT, Crit, Boise, ID, teamdobbiaco.com, (208) 412-
- May 14 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 17 Tuesday Nighter #6, Bogus Basin, ID, (208) 343-3782
- May 21 Eagle Hills Circuit Race, Boise, ID, (208) 343-9130
- May 24 Idaho Cycling Enthusiasts Criterium Series, Pocatello ID 208 282 5426
- Pocatello, ID, 208-282-5426

  May 21 Trail Creek TT, Ketchum, ID, (208) 726-3497
- May 24 Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426
- May 27-30 Ecology Center Classic, 4 stages, \$10,000 prize list, Missoula, MT, (406) 728-5733
- May 28-30 Iron Horse Bicycle Classic, Road and Mountain Events, Durango, CO, (970) 259-
- May 31 Tuesday Nighter #8, Bogus Hillclimb, Boise, ID, (208) 343-3782
- June 2 Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 652-3532
- **June 7** Tuesday Nighter #9, Pleasant Valley/Ten Mile Creek Rd., Boise, ID, (208) 343-3782
- **June 10-12** Tour of Eagle, Eagle, ID, (208) 884-1925
- **June 14** Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426
- **June 14-16** Lyle Pearson Classic Stage Race, evenings, Boise,ID, (208) 343-3782

- June 18 Idaho State Time Trial Championships, Bellevue, ID, 7am, (208) 726-7693
- June 18-19 Ketchum Circuit Race and Criterium, Ketchum/Sun Valley, Idaho, Greg Stock (208) 726-0707
- June 21 Tuesday Nighter #10, Pleasant Valley/Ten Mile Creek Rd., Boise, ID, (208) 343-3782
- June 24-26 Elkhorn Classic Stage Race, Baker City, OR, (503)
- June 25-26 Dead Dog Classic Stage Race, Laramie, WY, (307) 745-4499
- June 28 Tuesday Nighter #11, Bogus Hillclimb, Boise, ID, (208) 343-3782
- July? North Las Vegas Criterium, Las Vegas, NV, 702-228-9460
- July 5 Tuesday Nighter #12, Pleasant Valley/Ten Mile Creek Rd., Boise, ID
- **July 5,19** Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426
- July 9-10 Gate City Grind Stage Race, (208) 282-2503 or (208) 652-3532
- **July 12** Tuesday Nighter #13, Bogus Hillclimb, Boise, ID, (208) 343-3782
- **July 15-17** Long Valley Stage Race, Boise, ID, (208) 343-3782
- July 17 Grand Targhee Ski Hill Road (10 am in Driggs) and Mountain Time Trial (1 pm in Teton Canyon), 9 a.m., Driggs, ID, (208) 201-1622 or www.tvtap.org
- **July 19** Tuesday Nighter #14, Pleasant Valley/Ten Mile Creek Rd., Boise, ID, (208) 343-3782
- July 23 Well's Fargo Twilight Criterium, Boise, ID, (208) 343-3782
- July 24 The Morning After Criterium, Boise, ID, (208) 343-9130
- July 23-24 BYRDS Junior Stage Race, cyclist@cableone.net
- July 30 Hoot Owl Circuit Race, Pocatello, ID, 208-282-5426
- July 30 Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228
- August 2 Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782
- August 2, 16 Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426
- August 4 Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 652-3532
- **August 13** Mt. Harrison Hill Climb, Boise, ID, (208) 336-3854
- August 16 Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782
- **August 21** Table Rock HC RR, Boise, ID, (208) 867-2488
- **August 23** Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782
- August 20-28 Magic Valley Senior Games, Bill Hart (208) 543-4451
- August 27-28 Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118
- **September 3-4** Grand Valley Bicycle Classic, Road Race and Criterium, Grand Junction, CO, (970) 245-8850
- September ? Mt. Charleston Hill Climb, Las Vegas, NV, 702-228-9460
- September 4 Quail Hollow

- Hillclimb, Boise, ID, (208) 343-3782
- **September 10** Race to the Angel, 20th Annual, 2800' climb, Wells, NV, (775) 752-3540
- September 10 Bogus Basin Hill Climb, Boise, ID, (208) 343-3782
- September 17-18 Lava Rama, Wild Rockies Series #8, XC, DH, Road Criterium, Lava Hot Springs, ID (208) 587-9530
- October 1-2 Nevada Senior Games. Must be 50 years or older. Four events: 5K and 10K time trails and 20K and 40K road races. (702) 242-1590



- 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!, Jill at (801) 809-2570.
- Mondays Show and go road ride from Canyon Sports, 1844
  East Ft. Union Blvd. at 6:00 p.m.
  Faster pace ride with emphasis on pacelining and sprinting. No drop format but come ready to fly! Any questions, Canyon Sports @ 942-3100.
- Wednesdays Show and go mountain ride from Canyon Sports, 1844 East Ft. Union Blvd. at 5:30 p.m. 10-15 mile off road, intermediate pace. Any questions, Canyon Sports @ 942-3100.
- **Thursdays** Show and go road ride from Canyon Sports, 1844 East Ft. Union Blvd. at 5:30 p.m. Intermediate ride for those looking to put some miles on. Any questions, Canyon Sports @ 942-
- 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



- May 7 Yellowstone Spring Cycling Tour 2005, Lakeside Ride, West Yellowstone, MT, (406) 646-7701
- May 7 Color Country Century, 100 miles from Cedar City through Cedar Valley to New Harmony to Parowan, (435) 586 5210 or (435) 559-2925
- May 7 Nephi 100, BBTC Super Series ride, Nephi, UT, (801) 943-
- May 8-13 Monument Valley & 4 Corners Tour, (801) 556-3290
- May 15 Santa Fe Century, Santa Fe, NM, (505) 982-1282
- May 21 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 Bear Lake Classic Tour, 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) 770-9852
- May 15 In The Valley 100, BBTC Super Series Ride, circles Salt Lake Valley, starts in Draper Park, (801) 943-2117
- May 29 June 8 Utah Parks Tour, Southern Utah, Adv. Cycling Association, (800) 755-2453
- June 4 Little Red Riding Hood, women's only metric century ride, 35, 63, and 100 mile options, Wellsville, Cache Valley, (801) 486-8140
- **June 4-5** Idaho MS 150 Bike Tour, Eagle, ID, (208) 388-1998 ext. 2 or

- (208) 342-2881
- June 4-5 Tour de Cure, Golden Spike Century, 40, 60 and 100mile routes, raise money for the American Diabetes Association, Box Elder High School, Brigham City, UT, (888) 342-2383 x7075
- June 5 America's Most Beautiful Bike Ride, 35, 72, 100 miles, 14th Annual, benefit for the Leukemia Society, Lake Tahoe, NV, (800) 565-2704
- June 11 Bob LeBow Bike Tour -"Health Care for All.", routes from 3-100 miles, Nampa, Idaho, asandven@trhs.org or 208-467-4431
- June 11 Up and Over 100, bottom of Emigration Canyon to Park City, Coalville, and back, (801) 943-2117
- June 12-18 Utah Border to Border Tour, Kanab to Cornish (near Logan), 479 miles, (801) 556-3290
- June 17 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, the beach, and visitor center. Registration fee includes park entry, t-shirt and refreshments, about 20 miles round trip, contact Neka Roundy, Davis County Tourism, (801) 451-3286 or tour@co.davis.ut.us
- June 25 Tour of Marsh Creek Valley, fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, then enjoy food, fun, and music at the Riverfest. Rob Van Kirk at (208) 282-2503 or (208) 652-3532
- June 25-26 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, 13th Annual, Genoa / Carson Valley, NV, (800) 565-2704
- July 1-4 Northwest Tandem Rally, Bend, OR, nwtr2005@nwtr.org
- July 2 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

  July 10 Mt. Nebo Loop, start in Nephi to Springville to the Mt.
- Nebo loop, (801) 943-2117

  July 23 3rd Annual Tri County
  Tour, Boise, ID, Linda Laky, (208)
  336-1070 x 106 (linda@united-waytv.org)
- July 23 August 1 Great Divide Wind River, Jackson to Lander, WY, dirt and road, Adv. Cycling Association, (800) 755-2453
- July 31 August 5 Bicycle Idaho, Coeur d'Alene to Wallace to Coeur d'Alene, (541) 385-5257
- August 31 Chalk Creek 100, Park
   City to Coalville to Chalk Creek
   and back, (801) 943-2117
   July 31 Stanley Challenge,
- Boise, ID, (208) 867-2488

  August 13 ULCER, Century Tour around Utah Lake, 100, 74, and
- 46 mile options, (801) 947-0338 **August 14** Blue Cruise Wheels for Wellness, Meridian, ID, (208) 387-
- August tba Cycle For Life, benefit ride for injured cyclists, 8, 30, 66, and 100 mile options, Eden

Park, Eden, UT, (801) 272-1302

August 20 — Promontory Point 125. Brigham City to Promentory, (801) 943-2117

August 20 CANCELLED Moonshadows in Moab, benefits Tyler Hamilton Foundation, 435-259-2698

August 27 — Desperado Dual, 200 mile double century in Southern Utah, 100 mile option, Panguitch, (435) 586-7567

August 28 — The Big Ride, 164 miles, Mt. Green over Monte Cristo, to Evanston and back, (801) 943-2117

August 28 - September 3 — BBTC Southern Utah Parks Tour, (801) 486-8140

August 28 - September 2 — SPUDS 10 - Gooding to Salmon, Idaho, 1-866-45-SPUDS

August 27 — Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Club. registration/check in, 12 mi north of Logan on Hwy 91. Registration fee \$18 (early), \$20 day of ride. Fee includes rest stops, lunch. For information and forms call 435-

**September 5-10** — WYCYC XV, ride across Wyoming, Lander to Dubois, Cyclevents, 1-888-733-

September 3-9 — Cycle Utah Tour, Southern Utah, Adv. Cycling Association, (800) 755-2453

September 5 — Hooper Horizontal 100, State Agriculture Building to Hooper and Back, (801) 943-2117

September 11 — Tour de Tahoe, ride around Lake Tahoe, 72 miles, Lake Tahoe, NV, (800) 565-2704

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

September 11-17 — Southern Utah National Parks Tour, (801) 596-

September 18-24 — OATBRAN, One Awesome Tour Bike Ride Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

September 24 — Josie Johnson Memorial Ride, this memorial ride is being dedicated in Josie∂s honor to bring the community together to raise awareness for bicycle safety, meet at the corof 500 South and Guardsman∂s Way (1580 E) at 11:30 am, ride will start at 12 noon, www.slcbac.org or call Jason at (801) 485-2906 eve. or (801) 565-6163 day

September 24 — Heber Valley Century. 50 & 70 mile options. Enjoy scenic Heber Valley during its autumn finest during this fun and challenging ride that visits the Olympic venues. Contact 801.677.0134, bike2bike.biz

September 25 - October 1 — LAG-BRAU (Legacy Annual Great Bike Ride Across Utah), Blanding to St. George, 400 miles on scenic highways and through National Parks, fundraiser for young Native American education, (801) 278-

September 25 - October 1 — CANYONS III - A Ride Across Southern Utah, Springdale to Lake Powell, 1-866-CycleUT

October 7-9 — Moab Century Ride, Moab to La Sals and back, 45, 65, 100 mile options, Tour benefits the Lance Armstrong Foundation, 435-259-2698

October 2-7 — Monument Valley & 4 Corners Tour. (801) 556-3290

October 8 — Yellowstone Fall Old Faithful Cycling Tour 2005, West Yellowstone, MT, (406) 646-7701

October 15 (tba) — Las Vegas Century , 22,37,55,80 and 110 miles, benefits Ronald McDonald House. (702) 252-4663 ext 4

September 24, October 29 -Twisted 10K, 20K & 30K competitions, events include running, mountain biking or paddling, call for location, (801) 597-5177

May 28 — Timpanogos RUMBLE, 3-5 hr Sprint Race Bike, Trek, Ropes, O-course, 5 pm, Provo, Utah, (801) 597-5177

June 18 — Jackson THROW DOWN, 6-8 hrs Full Day Race, Bike, Trek, Ropes, O-course, Paddle (class 1+ - 2), Jackson Hole, WY, (801) 597-5177

August 6 — Boise BRAWL, 6-8 hrs Full Day Race Bike, Trek, Ropes, O-course, Paddle, Boise, ID (801) 597-5177

# Women's MTB Clinics

Team Sugar will hold three mountain bike maintenance clinics this summer for women only. The first on May 11 will focus on spring cleaning your bike and bike fit. The June 8 clinic features all you need to know about your wheels including changing flat tires. And on July 13, clinic goers will learn a lot about their drive train including how to repair a broken chain. Space is limited. Cost is \$20. For more info, call Jean at 435-513-2271.

# Make a Fashion Statement -Wear your helmet!

# Cyclists File Amicus Brief to KY Supreme

The League, together with local cycling clubs in Kentucky, today filed an Amicus Brief in the Kentucky Supreme Court to defend a bicyclists' right to the road. The case arises from a crash in which the driver of a truck pulling a trailer moved back across the path of a bicyclist before passing the rider. The rider's bike was caught in and dragged under the trailer. The diver admitted in court that he failed to look to see if he was clear of the bicyclist – but the jury ignored this evidence and the judges instruction on the rights of a bicyclist in Kentucky and decided that the bicyclist should have pulled over and stopped to let the driver pass, i.e. they shouldn't have been there. The case was lost on appeal and is now before the Kentucky Supreme Court. The League filed with the brief with the Louisville Bicycle Club, Ashland Cycling Enthusiasts, Bluegrass Cycling Club, Chain Reaction Cycling Club (Paducah) and Bowling Green League of

-League of American Bicyclists

Bicyclists.

# Speaking of Spokes from page 2

had a couple of reservations. First, I was not big on the start time. Okay, that is just a personal slug trait of mine, but I really dislike getting up at 4:30 a.m. Actually, it worked out because we had to get up at 4:00 a.m. to take my niece to the airport for an early flight. So, we just dropped her off and headed up to the start line. Still, but for the early start of this ride, I could have assigned the airport duty to my son or begged my wife to take her.

On a more serious note, I was concerned with the entry fee. \$35 (or \$45 for a late entry) is a lot to pay for a 25 mile bike ride. For tandem riders, such as my wife and me, \$70 is a lot to shell out. In addition to wondering about the value, I was concerned about the turnout given that fee. As it turned out, more than 1000 riders popped for the entry fee and signed up, so I suppose my concern was unwarranted.

As to the value, I was pleasantly surprised at how much I enjoyed this. Primarily, I enjoyed being able to wind through 25 miles of urban streets without having to stop or yield for any stop signs, stop lights, traffic . . . actually, without having to stop at all. The police did an excellent job, so far as I could see, of manning the route. I quickly adjusted to not worrying about traffic, feeling confident in how well the route was kept safe and clear. This ride was indeed a unique experience, and just plain old fun.

The only problem I had was psychological: I had to consciously tell myself it was alright to blow right through stop signs and red lights. I also could not escape the unnecessary feeling of relief upon approaching an intersection or seeing a light turn green.

Further, I was impressed with the "goodies" that came with the event. Instead of another gaudy, cheap t-shirt to go in one's pile of unneeded, unwanted and rarely

worn t-shirts, each entrant received an attractive, yellow (how appropriate for cyclists) long-sleeved athletic shirt. It still had the name of the event on the front and the sponsors on the back, but the logo design was sleek and professional. And at the end of the ride, each rider received a "Finisher" medallion and then walked down an alley picking up all kinds of free food and treats.

19

We did have one close call. We were on a slightly downhill section approaching a very tight left hand turn. A cyclist pulling a child's buggy just ahead of us came into the intersection too fast and rolled over. We first heard and then saw what was happening. Fortunately, though we were too close to stop, we were able to swing out around the accident. However, two policemen manning the intersection, upon seeing the crash, came running out to assist. In doing so, they obviously did not take into account that cyclists, unlike runners, cannot quickly stop, particularly on a heavy tandem. I yelled to them, and was able to maneuver around them as well. Fortunately, all others were able to avoid them also, but some instruction to police on how to deal with such incidents in a cycling setting appears to be in

The only other detraction from our ride, at least for my wife, apparently was me. I guess the racing instinct just cannot stay caged. I like passing others, and must subconsciously dislike others passing me. As a result, we finished the route in one hour fifteen minutes. Karma later complained that she did not even have time to take a drink. Whatever, I said. Anyone on the back of a tandem should be able to take a drink anytime they want.

Despite this, we both really enjoyed this event. The freedom from traffic and traffic rules was great fun, and we are looking forward to doing it again but at a more leisurely pace.

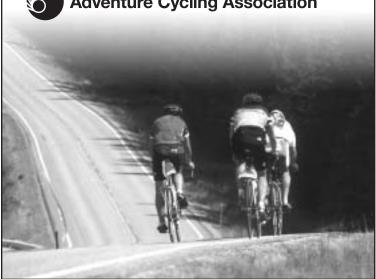
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or call (800)755-2453







cycling utah

# RACE RESULTS

0:46:50



**Tour of Canyonlands** Sovereign Trail Time Trial, Moab, Utah, April 23. 2005

Beginner Men 19-24 1. John Slomski Jr 1:04:58

Beginner Men 25-29

1. Robert Sharp 0:49:25 2. J Weingast 0:53:43

3. Andy Damman 0:56:03

. Jesse Hill 0:58:10 Steve Jones 0:59:07

Beginner Men 30-34 1. Forest Dramis, Tcw Racing 0:54:50

2. Jamie Hansen, Ibex 1:02:42 James Dominguez, Rocky Mour

Hammer 1:03:48 4. Reg Rhodes 1:05:02 5. Jason Phillips 1:38:09

Beginner Men 35-39

1. Paul Nash 0:55:03

2. Horacio Gutierrez 0:55:07 Greg Francis, Mountain-bliss.com

4 Raymond Mason 1:16:50 Brad Whittle, Mountain Bliss Color

1:29:16

Beginner Men 40-49

Timothy Menamara 0:57:56 2. Michael Moran 1:04:53

Manuel Jacquez 1:06:12 4. Kevin Lawrence 1:07:52

Scott Gosling 1:11:46 Beginner Men 50+

1. Walter Tibbitts 1:22:21 2. Ron Gager 1:29:52

Beginner Women 19-29 Jill Damman 1:13:55

 Danielle Griess, Rcky Mtn Hammer Gel 1:15:24

3. Monica Green 1:16:55 4. Rebekah Williams 1:20:32

5. Lori Jansen 1:20:35 Beginner Women 30-39

Abigail Slingsby 1:10:59
 Trista Francis, Mountain-bliss.com

3. Alejandra Aldunate 1:15:15 4. Thia Whittle, Mountain Bliss Color 1:38:17

Junior Beginner Men 11-12

1. Gino Pastore 1:06:36 Kyle Rhodes 1:34:08

Brett Gordon, Steamboat Cycling 1:37:30

1. Ford Hojnoski, Advanced Energy

Solu 1:18:08 2. Caleb Whittle, Mountain Bliss Color

Junior Beginner Men 15-16 1. Kyle Anderson 0:59:23

Alan Prater 1:06:37

3. Benjamin Gager, Smba 1:06:42

Junior Beginner Men 17-18

1. Eric Anderson 1:03:48

2. Zachary Vistuba, Front Rangers-cos 1:13:56

Sport Men 19-24 1. Evan O'toole 0:51:24

1:25:34

Ryan Marle 0:57:26

3. Connor Shreve, Fort Lewis College 0:58:46

4. Riley Tucker, Parks Sportsman 1:01:41

Center/p 1:01:57 Sport Men 25-29

1. Ryan Hughes, Mtc/aardvac Racing 0:49:05

2. Kevin Noleen 0:52:36

3. Brett Foncannon, My Wallet 0:53:30

4. Carl Gose 0:53:505. Michael Giem, Comotion Sports

We're

more than

just ink

on paper.

0:54:33

Gel 0:47:54 2. Brian Costello 0:48:36

3. Nathan Mccrary, Team Nokia 5140 0:48:48

4. Robert Batey 0:49:55 5. Jason Glenn, Rcky Mtn Hammer Gel 0:50:59

Sport Men 35-39

1. Christopher Marr, Peleton Cycle Race T 0:48:40

2. Brad Stamp 0:51:26

Robert Lamielle 0:51:36
 Jason Buchanan 0:52:44

5. Loren Dumont, Mountain Pedaler

Sport Men 40-49

Jeff Rhodes, Team Dean 0:50:35
 Rodrigo Gil, Moreno De Mora

Peloton Cycles 0:52:19
3. Michael Martin 0:52:31

4. Steve Held, Acmeracing.net 0:53:16

5. Carl Brackpool, Carl@brackpool.com 0:53:32

Sport Men 50+

1. Stefan Handschin, Mountain Pedaler of 0:53:51

2. Dick Newson, New Moon/spin Cycle 0:59:06

3. James Pitkin, New Moon-spin Cycle 4. Lee Duncan 1:01:33

5. Brad Roy 1:01:36

Sport Women 19-29

. Sonya Bugbee 1:00:06 2. Lynn Bush, Mtbchick.com/cannono 1:01:49

Janis Sandlin, Comotion 1:02:36 4. Natalie Ryan, University of Denver 1:05:09

Sport Women 30-39

Julie Minahan 0:56:20 2. Cathy Morton, Team Sugar/white

Pin 1:01:14 3. Lisa Richmond, Team Sugar/white Pin 1:01:26

4. Colleen Craig 1:03:48 5. Kari Gillette, White Pine/team Suga

1:04:10 Sport Wor Mary Wehe, Kenda -Rohloff-k2

1.10.52

Junior Sport Men Bryce Gordon, Steamboat Cycling
 0:52:24

2. Tim Woods, Crested Butte Academ 0:53:20

3. Brennan Stege 0:53:40

4. Calvin Berry, Y-riders 0:54:24 Spencer Reeves, Justin Hawkins

0:55:23 Junior Sport Womer

1. Aliciarose Pastore, Durango Cyclery 1:11:00

2. Jill Behlen, Y Riders 1:12:08

Pro Men

Allan Obye, Mgtec 0:40:43 2. Jay Henry, Ford Cycling 0:40:47 3. Brian Smith, Trek/vw Rocky Mtn

4. Travis Brown, Trek/frs Plus 0:41:24 5. Nick Martin, Trek/vw 0:42:06

Semi-pro Men Ryan Artale, Maverick/ciber 0:43:57
 Ryan Hamilton, Dean Cavelry

0:43:58

Joel Mischke, Ajax Factory Team 0:44:24

4. Len Zanni, Ajax Factory Team 5. Chad Wells, North Country Cycle

0:44:39 Juniorx Men

Colin Cares, Smba 0:44:28
 Kevin Rice, Tokyo Joe's 0:45:22

3. Mitchell Hoke, Crm 0:47:02 4. Colin Osborn, Team Maxxis 0:48:51
5. Benjamin Kraushaar, Durango

Wheel Club 0:49:16

1. Alison Dunlap, Luna Women's Mtb Tea 0:47:10

0:49:19

3. Jennifer Smith, Tokyo Joes / Golite 0:49:40 4. Danelle Ballengee, Trainingrx.com

5. Tonya Laffey, Mtbchick.com 0:52:25

Expert Men 19-24 1. Marko Ross-bryant, Yeti Cycle

3. Dustin Wanstrath, Fort Frames Usa. 0.47.44

4. Taylor Foss, Bingham Cyclery 0:48:33

Expert Men 25-29

 Kenny Deemer, Comotion
Sports/yeti 0:46:05 2. Yuki Saito, Www.rnmsports.com/be

3. Jan Koles 0:47:46 4. Jake Lueckel, Laserlaser.com

0:48:10 5. Henry Esperon, Aardvac Racing

Expert Men 30-34 1. Derek Henderson, Rcky Mtn Hammer Gel 0:46:36

2. Matt Simmons, Procycling 0:47:49 6. Seth Ramsbottom, Comotion/yeti 0:49:22

 Scott Newton, Poison Spider Bicycl 0:50:00 5. Aaron Arnold, Paragon Ski And

Expert Men 35-39 Ethan Franklin, Tokyo Joes/golite

0:48:39 2. Bob Saffell, Revolution Mountain 3. Stephen Lechner, Comotion 0:49:51

4. Mike Armstrong, Ajax Factory Team 0:50:06

5. Sean Cassily 0:50:33 Expert Men 40-49 1. Mike Hogan, Louisville Velo Club 0:46:49

2. Johnny Biggers, Crested Butte Builde 0:47:19 3. Robert Westermann, New Moon

Media/ Spin 0:47:52 4. Brent Peacock, Towracing.com 0:49:42

5. Greg Gorrell, Feedback Sports 0:49:46 Expert Men 50+ Russell Asleson, Procycling 0:49:51
 Dana Franklin, Danaco Cycles

0:50:15 3. Nils Holten, Adventure Cycles 0:57:19

4. Gary Peterson, Comotion Sports 0:57:47

5. Bill Connelly, Velo De Animas Singlespeed Men

1. Ken Bloomer, Independent Fabricat 0:47:06 John Stevens, Ardvac 0:48:53
 Dan Durland, Rcky Mtn Hammer

Gel 0:50:30 4. Carey Wilson, Grand Sports King of

0:50:31 5. Derek Newton 0:52:27 Singlespeed Women

1. Kara Durland, Rcky Mtn Hammer Gel 1:02:01 Expert Women 19-29

1. Amy Drumm, Ruby Canyon Cycles 0:53:25 2. Valerie Alexander, Hub of Aspen 0:55:20

3. Kimberly Garvie 0:55:47 4. Chloe Forsman, Tokyo Joe's/go 5. Ashley Eyre 0:59:49

Expert Women 30-39

1. Kirstin Peterson 0:53:56 2. Megan Castle, Comotion Sports

> 3. Jennifer Hanks, Mtbchick.com/cannond 0:56:45

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. Christy Kopasz 0:57:23 Expert Women 40+ Mary Monroe, Tokyo Joe's/golite
 0:58:45

2. Paula Maresh, Comotion/yeti Racing 1:01:18 3. Devora Peterson, Tokyo Joes

4. Ellen Guthrie, New Moon/spin Cycle 1:03:31 5. Kathryn Judson, Golden Bear Bikes/te 1:03:40

1:03:07

**Tour of Canvonlands Hill** Climb Time Trial, Moab, Utah, April 24, 2005

1. Andy Damman 12:19:38

2. J Weingast 12:20:17 3. Jesse Hill 12:22:31

Beginner Men 30-34 Forest Dramis, TCW Racing 12:19:43

2. James Dominguez, Rocky Mountair Hammer Gel 12:25:21

3. Charles Watkins 12:27:44 Beginner Men 35-39 1. Paul Nash 12:19:43

Beginner Women 19-29
1. Danielle Griess, Rcky Mtn Hammer Gel 12:25:15

2. Jill Damman 12:25:50 3. Lori Jansen 12:27:29 Monica Green 12:27:38
 Rebekah Williams 12:28:23

2. Brett Gordon, Steamboat Cycling 3. Kyle Rhodes 12:30:37

Junior Beginner Men 11-12
1. Gino Pastore 12:21:45

Junior Beginner Men 15-16

1. Kyle Anderson 12:19:13 2. Alan Prater 12:27:21 Junior Beginner Men 17-18
1. Eric Anderson 12:22:58

 Zachary Vistuba, Front Rangers COS 12:30:47 Sport Men 19-24 Evan O'Toole 12:17:05 Sport Men 25-29

 Ryan Hughes, MTC/Aardvac Racing
 12:16:51 2. Robert Sharp 12:16:51 3. Raul Chacon, Team Evergreer Racing 12:18:42

4. Brett Foncannon, My Wallet 5. Michael Giem, CoMotion Sports 12-18-55

Sport Men 30-34 Brian Costello 12:17:03 Jeremy Torres, Rocky Mtn Hammer Gel 12:17:07

3. Jason Glenn, Rcky Mtn Hammer Gel 12:17:33 4. Peter Kan, Vail Nordic 12:17:37 Devin Mccune, COMotion Sports

12:17:42 Sport Men 35-39

1. Christopher Marr, Peleton Cycle Race Team 12:16:16

Lewis Kirkegaard 12:17:27
 Brad Stamp 12:17:45

Robert Lamielle 12:17:46
 Loren Dumont, Mountain

Pedaler 12:18:17 Sport Men 40-49
1. Jeff Rhodes, Team Dean

12:17:34 Michael Martin 12:18:42 3. Tim Kuntz 12:19:03

4. Rodrigo Gil, Moreno De Mora Peloton Cycles 12:19:26 Andy Mitas, CoMotion 12:19:47

Sport Men 50+ Terry Stuthers 12:20:24

2. Dick Newson, New Moon/Spin Cycle 12:20:43 3. Philip Yearsley, Brian's Bicycle Repair 12:21:45

4. Brad Roy 12:22:21 5. Ronald Gillingham 12:22:42 **Sport Women 19-29** 

. Lynn Bush, Mtbchick. 2. Janis Sandlin, COmotion 12:22:14

 James Statamin, Comotion 12:22:17
 Aliza Cohen, Comotion 12:22:58
 Natalie Ryan 12:22:58 Sport Women 30-39 Catherine Chalecki, comotion sports 12:21:51 2. Cathy Morton, Team Sugar/White

Pine Touring 12:21:54 3. Jordana Schwartz 12:22:24 L. Colleen Craig 12:22:44 5. Lisa Richmond, Team Sugar/White

Pine 12:22:51 Sport Women 40+ Junko Kazukawa, AthleticClub At DenverPlace 12:23:27

Mary Wehe, KENDA -ROHLOFF-K2 12:26:27 Junior Sport Men 1. Bryce Gordon, Steamboat Cycling

2. Colin Strutlers 12:17:22

Junior Sport Women

12:13:22

 Colin Studies 12.17.22
 Matthew Beaton, Y-Riders 12:17:52
 Spencer Reeves, Justin Hawkins 12:18:21 5. Calvin Berry, Y-Riders 12:18:24

1. Aliciarose Pastore, Durango Cyclery

12:22:04 2. Jill Behlen, Y Riders 12:26:00 Pro Men 1. Brian Smith, Trek/VW Rocky Mtn

2. Travis Brown, Trek/FRS Plus 12:13:24 3. Jay Henry, Ford Cycling 12:13:35 Lance Runyan, Titus 12:14:21
 Christopher Jung, Waltwork/Fuentes Design 12:14:38

Semi-Pro Men Brian Lugers 12:14:13 Ryan Hamilton, Dean Cavelry 12:14:46 3. Michael Mccalla, Slickrock

Cycles/Waltworks 12:15:00

 Shannon Boffeli, Revolution 12:15:00 5. Greg Frozley, Pro Cycling Mountain Bike Team 12:15:04

JuniorX Men
1. Colin Cares, SMBA 12:14:57 2. Kevin Rice, Tokyo Joe's 12:15:18 3. Colin Osborn, TEAM MAXXIS

12:16:24 Benjamin Kraushaar, Durange 5. McConnell Franklin, Colavita Cooking Light 12:17:18

Expert Men 19-24

1. Marko Ross-Bryant, Yeti Cycle 12:15:19

Www.mmsports.com/Best USA

Cyclery/Aardvac Racing 12:16:29
3. Kenny Deemer, CoMotion

4. Jake Lueckel, LaserLaser.com

Scott Newton, Poison Spider Bicycles 12:15:45

5. Derek Henderson, Rcky Mtn

2. Stephen Lechner, CoMotion 12:16:44

5. Brian Hollister 12:17:34

3. Christopher Pohowsky 12:16:45

4. Douglas Hudson, Feedback Sports

Mike Hogan Louisville, Velo Club

2. Robert Westermann, New Moon

Edge/Eric's/ECaps/Ellsworth 12:16:51 5. Tim Barnes, Team DEAN 12:16:53 Expert Men 50+

Russell Asleson, ProCycling

3. Gary Peterson, CoMotion Sports 12:20:19

4. Gary Myers, Titus Mobile Cyclery 12:20:54

5. Nils Holten, Adventure Cycles

Ken Bloomer, Independent
Fabrication 12:15:27

5. Derek Newton 12:17:59

2. John Stevens, Ardvac 12:15:44

3. Dan Durland, Rcky Mtn Hammer

4. Paul Stucki, Team Dean Grassroots

Singlespeed Women

1. Kara Durland, Rcky Mtn Hammer

Chloe Forsman, Tokyo Joe's/Go Lite

2. Amy Drumm, Ruby Canyon Cycles

Valerie Alexander, Hub Of Aspen

5. Amy Wood, Comotion 12:20:35

Mtbchick.com/Cannondale 12:19:16

1. Stacy Newton, Team Sugar / White

4. Erika Tieszen 12:20:13

Expert Women 30-39

Expert Women 30-39

Jennifer Hanks,

2. Scott Summers 12:19:19

Media/ Spincycle 12:16:43
3. Johnny Biggers, Crested Butte

Hammer Gel 12:16:15

1. Bob Saffell 12:16:43

Expert Men 35-39

Expert Men 40-49

Builders Inc. 12:16:44

. Steve Meyer, A Racers

Peter Kenyon, Paragon Ski & Sport

Matt Simmons, ProCycling 12:16:04
 Sam Rondeau, Organic Valley

Jake Ziemba, Ziemba Dean 12:16:12

2. Jake Wells, Moontime

Sports/Yeti 12:16:42

Expert Men 30-34

12:15:41

12:16:45

12:16:07

12:17:05

12:17:27

12:22:12

Singlespeed Men

Gel 12:16:03

Gel 12:20:36

12:19:22

12:19:46

12:19:49

2. Tyler Henderson, TEAM DEAN 12:15:41 12:19:16 3. Christy Kopasz 12:19:40 3. Dustin Wanstrath, Fort Frames USA

4. Amy Robillard, Acmeracing.net 12:19:59 4. Blake O'Donnell, None 12:16:26 5. Cindy Burkart 12:21:03

Expert Women 40+

1. Mary Monroe, Tokyo Joe's/Golite 5. Taylor Foss, Bingham Cyclery 12:16:40 Expert Men 25-29 12:21:17

2. Devora Peterson, Tokyo Joes 12:22:00 Paula Maresh, COMotion/Yeti Racing 12:22:03 4. Ellen Guthrie, New Moon/Spin Cycle 12:22:55

Pine Touring 12:20:36

2. Lisa Hudson, Feedback Sports

Showdown at Five Mile Pass Intermountain Cup Race #2, Lehi, Utah, April 30, 2005

12 & Under

1. Skyler Fullmer 12:24:22 2. Rhet C. Povey 12:24:46

3. Dan Land 12:25:08

. Merrick Taylor 12:25:37 Jordan Castle 12:26:35

9 & Under 1. Justin Griffin 12:07:42, UtahMountainBiking.com 2. Hunter Tolbert 12:07:48, Trace's

Racing Mules 3. John Jones 12:10:20, Dad 4. Morgan Payne 12:10:44

5. Max Clark 12:10:49 Beg Men 13-15 1. Nicholas Castle 12:52:35

2. Dave Larsen 12:55:39 3. Taylor Jones 1:00:37 4. Stuart C. Povey 1:11:12 5. Eric M. Mabom 2:13:39

Beg Men 16-18 1. Cameron Anderson 12:52:04, Revolution Mountain Sports 2. Jacob LaRocque 1:06:09, Dod

Racing
3. Taun Stewart 1:08:12 Beg Men 19-29
1. Rob Fisher 12:51:17 2. Judd Zimmerman 12:51:54 3. Willie Nelson 12:51:53, Racer's

4. Justin Smith 12:55:17 5. Daniel Weller 12:56:16 Beg Men 30-39 1. Cougar Hall 12:52:39

Cycle Service

Kevin D. Talbot 12:53:16, Mom & Pops 3. Vladimir Capka 12:57:32 4. Demian Reed 12:57:53
5. Nathane Lystrup 12:57:54

Beg Men 40+ 1. Greg Christiansen 12:55:55 2. Don Goldberg 12:58:05 3. Lyle Castle 12:59:37

Bike Shop 5. Reed Hamblin 1:03:06 Beginner Women 1. Lucy Juliette 1:05:05, Revolution

. Mark K. Crosby 1:02:11, Taylor's

2. Peggy O. Basdekas 1:07:32 3. Terena Jepson 1:09:44, Pedro 4. Kellie Williams 1:14:01, UtahMountainBiking.com

Clydesdale

2. Bryce Perkins 12:56:07, Team Putz 3. Mark Ney 12:56:15, Highland Continued on page 20

Michael I VanHook 12:54:52

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SINCE 1894

# Letters to the Editor

# Pro Peloton Disappoints

Saturday turned out to be a windy- but thankfully, dry- day at the Antelope Island Road Race. I was crazy enough to brave the strong winds and frigid temperatures to go out and support those racers who are crazier than I. There was a good turnout, which is fantastic for such a blustery day, and racing started off well. About six laps into the Pro/1/2 race there were two groups of about six each off the front and a small group of about five dropped off the back. When the main peloton came through the start/finish line Gary Bywater, a race official, pulled the entire pack from the race, for violating the centerline rule. A shocking move, I've watched a lot of races and never seen something so drastic. What shocked me even more was that only about 10 of the 30 or so riders came back, the rest kept going! Ok, maybe they didn't hear him. So when they came around again, Bywater again announced that they were disqualified only another handful came back. It took Bywater three laps to get the pack pulled out of the race. Most of the riders sulked off; upset they were out of the race. (Though I imagine there were probably a few glad to be out of the wind). Some of the riders got upset and complained, and cussed out Bywater and other officials for being pulled. These are supposed to be the best/most-experienced racers in Utah, they know the rules, and were reminded of them before they started the race that day. Not only that, but they were warned several times during the race that they were not racing safely, by crossing the yellow line.

It is disappointing to me that these riders who are looked up to by all the other racers behave in such a way and represent their sponsors so poorly. I know they all want the win, but they need to obey the rules they agreed to. I was glad to see Bywater pull the peloton for not following the rules. Doing so at an early season race like this sets a strong precedence that riders must follow the rules set out by the UCA and race officials or they will be cut from the race. My thanks to the officials who work so hard, and put up with so much to keep our races running safely and smoothly.

So as it turns out, the group off the back ended up placing (most of them) within the top fifteen! Here's to bad luck!

-Debbie Hansen, Salt Lake City

# Racing comes first?!

My brother and I both participate actively in local mountain bike racing. At the recent Intermountain Cup race at Fivemile pass my brother had an interesting experience (I was in Dallas and unable to be there). 20 minutes into his first lap he caught his handlebar on a tree. This flipped him onto his back (midair) and he landed in a rock garden on his lumbar region. His head was whiplashed backwards and struck a rock, cracking his helmet in half. Now I realize that mountain biking is dangerous and I realize that racers are putting in their best effort to post the fastest time they can. But several riders rode past my brother as he lay in the road, unable to respond to their quick, "Are you ok?" This is wrong!! This is friendly, recreational racing and no one stopped to help my brother. When he first crashed he was unable to move -- he was numb from the waist down and very disoriented due to the head trauma he had sustained. For all those riders knew he could have had a severe closed head injury and paralyzed! It is very disappointing to me that other riders responded in this manner. I enjoy racing and the competition involved. But that should never take precedence over stopping and helping an injured rider. I hope this will help other riders think about those they are riding with and come across on the trail. It's not worth winning a race if you could have potentially saved a life! I know I'm preaching, but having helped several people over the years and watching the trend of people becoming more and more self absorbed, I wanted my voice to be heard. Help others on the trail! Someday, you may need someone to help you. Even if you never need help, it's still the right thing to help others before passing them by.

By the way, my brother is doing well. A lot of things could have gone wrong. Luckily, they didn't. We need to be concerned for our fellow riders, even if they are our competitors. After laying on the ground for about 10 minutes and no one stopping or coming to help him, he realized that he needed to get himself out. By this time he felt sensation in his legs again so he got up and began riding his bike. He felt ok, so he actually finished the race. And did well.

However, I think he should have called it a day and sought out some medical attention.

-Ed Warr

# High Uintas 65 + Riders Wanted

Notice to Licensed Riders ages 65 and over. The High Uintas Classic Stage Race will consider a 65 (+) age category if we can at least 5 riders 65 and over to sign up for the race. If interested, please contact Alan Stockland at 801-479-9597 or e-mail to astockland@weber.edu

-Alan Stockland

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BY NEAL SKORPEN





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Downtown Crit 5/7/05
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Details and registraion at www.sportsbaseonline.com

What's on your mind?
Send your feedback and letters to the editor to: dave@cyclingutah.com

# RESULTS: CONTINUED FROM PAGE 20

4. Robert Cummins 12:58:08, New Moon Media/Spin

Cycle 5. Christopher Williams 12:58:38,

# UtahMountainBiking.com

1. Chris W. Peterson 2:29:04, Balance Bar/Devo

2. Brock Olson 2:51:19, Binghams **Exp Men 19-29** 

# Will Wood 2:24:34, BikersEdge/DJ Ortho Jake M. Pantone 2:25:09, Biker's Edge/DJ Ortho

3. Taylor Foss 2:32:05, Bingham Cyclery

# 4. Nate L. Stowers 2:32:22, BikersEdge/DJ Ortho 5. Tim G. Hodnett 2:37:44, Mad Dog Cycles

# Exp Men 30-39

1. Chris A. Holley 2:19:07, Mad Dog Cycles Richard D. Abbott 2:19:22. Revolution Mountain

# 3. Jack Dainton 2:20:45, Steve's Ed Sauce

4. Brad W. Pilling 2:22:18, Revolution 5. Jarom Zenger 2:25:27, Racing Cycle Service

# Exp Men 40+

1. Robert Westermann 2:20:06, New Moon Media/Spin Cycle

2. Jeff Caton 2:23:10, Cole Sport

. Daren Cottle 2:26:45, Porcupine Pub/Contender

 Jake Malloy 2:28:10, 9th & 9th 5. Kenny Jones 2:31:37, Racers Cycle Service

### Expert Women

Roxanne Toly 1:53:52, Jans
 Sue F. Abbene 1:54:28, Team Biogen-Idec

3. Jennifer Hanks 1:58:29, Revolution/mtbchick.com

4. Amy Klepetar 2:01:33, Sugar/White Pine Touring 5, Amy Campbell 2:04:12, Revolution Mountain

1. Jim Westenskow 1:45:00, OgdenOne

2. Roger Gillespie 1:45:24, Biogen 3. Tom Perry 1:46:35, Canyon Cycles

4. Steve Wimmer 1:49:44, Wimmer's Ultimate

5. Dick Newson 1:51:53, New Moon Media/Spin

Eric Jones 2:51:11, Biogen-Idec
 Todd Tanner 2:57:18, Bingham's/Scott USA

3. Lance R. Runyan 2:57:42. Stein Eriksen Sport

4. Charlie Gibson 2:59:06, Racer's Cycle Service 5. Shannon Boffeli 3:04:54, Revolution Mountain

6. Mitchell Peterson 3:09:03, Balance Bar/Devo

7. Greg Gibson 3:10:22. Racer's Cycle Service

8. Kyle P. Wright 3:21:28, Biker's Edge/DJ Ortho 9. Ty Hansen 3:34:22, Cannondale/Revolution Pro Women

1. Georgis Gould 2:29:32, Tamarack

Cindi Hansen 2:41:47, Revolution/mtbchick.com

Single-Speed
1. Chris S. Holland 1:34:14, Pedros/Canyon Bicycles

2. Dusty Labarr 1:34:58, Tamarack/Goldy's 3. Racer Gibson 1:37:32, Racer's Cycle Service

 Brad Keyes 1:38:13, Racers Cycle Service 5. David Kelsey 1:43:27, New Moon Media/Spin Cycle

### Sport Women

1. Erin Collins 1:51:47, Racers Cycle

1. Erin Collins 1:51:47, Racers Cycle
2. Kara C. Holley 1:53:00, Mad Dog Cycles
3. Linda Kopp 1:57:14, Ellsworth
4. Beth Neilson 1:58:50, Logan Race Club
5. Janet Munro 2:01:54, Wild Mountain Honey/Kona

Spt Men 16-18
1. Todd Graham 2:03:22, Desert Cyclery

2. Brandon A. Johnson 2:03:42, Mad Dog Cycles 3. Brent R. Randall 2:08:30 4. Kevin Perry 2:51:06, Healthy Choice/Guru's

Spt Men 19-29

. Reed Abbott 1:33:30, Mad Dog Cycles

2. David Welsh 1:39:17 3. Ryan M. Bradshaw 1:42:37, Red Rock Bicycles 4. Britt Hawke 1:43:05, Bike Peddler

5. Derryl R. Spencer 1:46:48, Cutthroat Racing/Spin

Spt Men 30-39
1. Leif Johansson 1:37:55
2. Drew Neilson 1:39:31, Logan Race Club

3. Chad Harris 1:39:57, Racers Cycle Service 4. Eric T. Johnson 1:40:24, Mad Dog Cycles

5. Craig L. Pierson 1:42:15

Spt Men 40+
1. Cory T. Petersen 1:39:14

Kevin Nelson 1:40:12, X-Men
 Scott Toly 1:43:59, New Moon Media/Spin Cycle

Bart Anderson 1:46:36, Little Valley Cyclery

# 5. Doug Davis 1:48:26, New Moon Media/Spin Cycle

Spt/Exp Men 13-15

1. Mike H. Voth 12:55:16, Young Riders Alex Scott 1:02:12, Young Riders

3. Doug W. Johnson 1:05:03, Mad Dog Cycles

4. Tyler Wall 1:05:06, Team Evan



1. Kathleen Wismer1:07:33, Pedros/Canyon Bicycles

Ranae Poelman 1:07:41, Autoliv

### Hell of the North, Salt Lake City, Utah, April 2,

1. Bart Gillespie, Biogenideo

Tina LaRocque 1:12:02

2. Cameron HOFFMAN, Ogden One 3. Mitch McBeth, Canyon Squadra Elite

4. Aaron Jordin, Porcupine/Contender . Norman Bryner, Ogden One

6. Rodney Smith

. Dirk Cowley, Sportsbaseonline.Com 8. Robert Lofgran, Ogden One

9. Christopher Hull, Porcupine/Contender 10. Travis Horton, Sportsbaseonline.Com

Cat 1-2-3 Women

Kathy Sherwin

2. Tiffany Pizzulo

### 3. Margaret Douglass, WWCC

Denise Van de Kamp

6. Amy Campbell

7. Maren Gibs Shanin Miller

Cat 3 Men

2. Justin Grisham

Scott Allen, Canyon Bicycles
 Jon Milner, Canyon Bicycles

6. Chris Kunstadt, New Moon Media

Jamie Longe, Canyon Bicycles
 Jason Houchin, Rocky Mountain Cycling Club

9. Bryan Williams, Healthy Choice - Goble Knee

10. Stewart Richards, Autoliy

### Cat 4 Men 1. Matthew Bright

Kent Carlsen, Joyride
 Dave Sellers

 William Macfarlane Nick Ekdahl, Guthries

6. Darrick Riggs, Joyride

7. Daren Cottle

9. Tim Stack

10. Rodney Boynton, Concept Construction / Fazolies Cat 4 Women

1. Jen Hanks

Shanna Niles 3. Mielanie Helm

4 Debbie Chigin

Cat 5 Men

1. Shannon Buffeli Stephen Fullmer

3. Craily Farnsworth

4. Robert Wuebker 6. JJ Merrill

Jeramia Johns

Riley Frazier

9. Bonn Turkington

10. Dantley Young
Junior 10-16 Men

Master 35+ Men

. Greg Freebairn, Canyon Bicycles

2. Glen Adams 3. Jason Andersen, New Moon Media

Stewart Richards, Autoliv 5. Art O'Connor

6. Andrew Lock, X-Men 7. Jeff Stenquist, New Moon Media

8. Perry Woods, Ogden One 9. Steven Lewis, Cole Sport

10. Trenton Higley, Bike Rack Racing Team Master 45+ Men 1. Jeff Clawson, Canyon Bicycles

2. Jon McConnell, Canyon Bicycles

# Buffalo Stampede, Antelope

1. Ken Louder, Sportsbaseonline.Com

Island, April 9, 2005

Cat 1-2 Men

Matt Weyen, Iomega/Orbea
 David Harward, Canyon Squadra Elite

Aaron Jordin, Porcupine/Contender
 Cameron Hoffman, Ogden One

5. Calvin Alan

6. Anthony Johnson, Sportsbaseonline.Com, Sobieski

& Bradley

7. Allan Butler, Healthy Choice - Goble Knee Clinic Bart Gillespie, Biogenidec

9. Daniel Adams, Ogden One

10. Jesse Gordan Cat 1-2-3 Women

Tiffany Pizzulo
 Kathy Sherwin

3. Denise Van de Kamp

4. Karen Dodge

5. Laura Howat, New Moon Media 6. Courtney McBeth 7. Margaret Douglass, WWCC

8. Kathy Robinson

Kelly Crawford, Binghams
 Kelly Crawford, Binghams
 Walker, Binghams

Cat 3 Men

Sam Krieg
 Mitchell Peterson

4. Nate Page, Bike Rack Racing Team 5. David Blades, Rocky Mountain Cycling Club
7. Ben D'Hulst

8. Byrson Garbett

 Scott Allen, Canyon Bicycles
 Robert McGrovern Cat 4 Men

Leon Bergant

2. Lance Runyar

Alvin Stewart
 Matthew Bright

5. Mike Shom 6. Jason Hendrickson

. William Macfarlane 8. Kent Carlsen, Joyride

9. Daren Cottle 10. Nick Ekdahl, Guthries

1. Karen Ortiz

Nicole Evans

Karen Appleby

Kelly Dailey
 Heather Holmes, Rocky Mountain Cycling Club

6. Megan McCown, Porcupine/Contender . Juel Iverson

Ranae Poelman Cat 5 Men

2. Dustin Eskllson

. Shannon Buffeli 4. Dantley Young 5. Micheal Hassler, Bike Rack Racing Team

6. Kent Barton 7. Fob Beasher

8. Adam Pascale 9. Chris Fisher 10. Jarom Perry

Junior 10-16 Men 1. Creed Ebell 2 Todd Bell

5. Jill Smith

3. Dana Hoffman, Ogden One

4. Brayden Harris

5. Kieth Powell 6. Jacob Odgen

Master 35+ Men

. Dan Minert, Autoliv 2. Greg Freebairn, Canyon Bicycles

3. Gary Porter, Autoliv

4. Craig Kidd James Ferguson, Autoliv
 Stewart Richards, Autoliv

. Jerald Hunsaker Carman Espinoza Mike Payan

10. Perry Woods, Ogden One Master 45+ Men

Dale Maughar

Jeff Clawson, Canyon Bicycles 3. Larry Strom 4. Mitch White

6. Don Bowen 7. Richard Blanco

Tour of the Storm, Hurricane, Utah, April 23-24,

OVERALL GC

1. Burke Swindlehurst, Navigators

Ryan Barrett, Healthy Choice - Goble Knee Clinic
 Cameron Hoffman, Ogden One

4. Nate Thomas, Healthy Choice - Goble Knee Clinic 5. Marc Yap, Healthy Choice - Goble Knee Clinic 6. Winfield Gibson

7. David Harward, Canyon Squadra Elite 8. Alex Rock, Porcupine/Contender

9. Norman Bryner, Ogden One 10. Eric Pardyjak, Park City Cycling Academy Cat 1-2-3 Women

 Darcie Murphy, Ogden One
 Kris Walker, Binghams 3. Jamie Williams, Healthy Choice - Goble Knee

4. Kathy Robinson

8. Darcie Strong

. Kelly Crawford, Binghams Cat 3 Men 1. Sam Krieg

2. Nate Page, Bike Rack Racing Team 4. Mitchell Peters 5. David Hunt

. Scott Allen, Canyon Bicycles Stewart Richards, Autoliv

 Jamie Longe, Canyon Bicycles
 Christopher Davidson
 Eric Thompson Cat 4 Men

1. Jeff Morgan

William Macfarlane 3. Eric Bonder 4. Patrick Fasse, New Moon Media

5. Eric Rasmussen 6. Darrick Riggs, Joyride 7. Phillip Wood

8. Darin Wilson, Mi Duole 9. Gary Bishop 10. Nick Ekdahl, Guthries

Megan McCown, Porcupine/Contender Karen Ortiz

4. Kelly Dailey . Christie Johnson Juel Iverson

8. Valerie Porter Cat 5 Men

1. Dustin Eskllson . Adam Pascale

6. Matthew Campbell
7. J Darley, Healthy Choice - Goble Knee Clinic

Junior 10-16 Men

5. Dan Harper

2. Conner Oleary, Mi Duole 3. Tanner Putt 4. Cody Wignall, Rocky Mountain Cycling Club

1. Mike Fogarty, Sportsbaseonline.Com, Sobieski &

1. Jillian Gardner, Porcupine/Contender Master 35+ Men

Bradley
3. Gary Porter, Autoliv 4. Art O'Connor

James Ferguson, Autoliv Zan Treasure, Autoli

 Carman Espinoza
 Vance Checketts Master 45+ Men Dale Maughan

3. Jerald Hunsaker Jeff Herran
 Michael MacDonald 6. Jeff Clawson, Canyon Bicycles

7. Bill Cutting, New Moon Media Master 55+ Men

2. Hardin Davis, New Moon Media

Ken Louder, Sportsbaseonline.Com, Sobieski &

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ROAD RACING

# Speed and Rain at the Tour of the Storm

### By Tommy Murphy

The Tour of the Storm Stage Race, formerly known as the Chums Classic Stage Race, has seen many changes in its existence. Looking at this year's race in comparison to previous runnings of this race it's easy to see that it's a totally different event. Just from 2004 to 2005, Tour of the Storm has undergone major changes to both the road race and individual time trial stages. For '05 the Quail Creek Road Race was replaced with the new 'Camel's Back Loop' Road Race held in the Hurricane industrial park. This course is no stranger to racers as the finish for the Quail Creek Road Race and the old Chums Classic prologue took place on the same roads. Also new for '05 was the Leeds individual time trial that replaced the Hurricane airport

road time trial. Racing began Saturday morning with the Leeds individual time trial. Originally slated as a 30km out and back time trial, the TT quickly fell upon the Utah racing chopping block and was reduced to only 15km. With the shortened distance, only minimal time gaps separated the racers. In the men's Pro,1,2 field it was Gardie Jackson (Healthy Choice/Goble Knee Clinic) taking the win over Burke Swindlehurst of Team Seasilver. In the women's Pro,1,2,3 field,

Darcie Murphy (Ogden One/Heartstrings) took a narrow victory over Kris Walker of the Logan Race Club with Darcie Strong (WWCC) finishing out the podium.

With only minimal time gaps separating the top riders, the Downtown crit proved to be a critical stage with forecasted afternoon showers and its technical 180 degree corner. The women's 1,2,3 field took to the start first with Kris Walker continually pushing and attacking the pace and Darcie Murphy countering every move. Mulitple microburst storms graced the afternoon crits leaving the course wet and gritty for the competitors. As the storms rolled in, the racers did as well making the wheel pit as popular as the local McDonalds on a Friday night. In the end, it was Kris Walker taking the sprint over Darcie Murphy in a photo finish with Darcie Strong once again rounding out the podium. Shortly after the women's crit, the crash 3 men, I mean category 3 men, took to the line. With quieter skies came the thunder of the wrecks in the 180 corner. With nobody stationed at the corner, the 'U' turn quickly became as popular as watching the bull riding at the rodeo as the Rhodes team quickly took to the motto, 'if we can't beat, we'll at least go down trying.' As in

the beauty of a perfectly execut-

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ed team time trial, the category 3 men had the corner timed to perfection with their beautifully choreographed wrecks one after another. In the aftermath of the 'war of the corner' it was Jonathan Gardner of Porcupine/Contender taking the win over Sam Krieg.

Following the cat. 3's, the men's Pro,1,2 field hit the course hard and fast in more ways then one. Not long into the race the first wreck took place taking out Healthy Choice's Kirk Eck. Following Eck's unwelcomed departure, Healthy Choice continued their bad luck with their riders flatting lap after lap due to the debris left in the road by the rain. About 20 minutes into the race former national team member, Cameron Hoffman (Ogden One), made a quick move taking with him Burke Swindlehurst. "After my 5th place TT performance I knew I had a shot at a podium position. The crit here suits me perfectly! I love tight and technical courses. After about 5 laps into the crit I knew I had good legs and high energy levels to make a big effort and bring back some time on my competition. About 20 minutes into the crit I took off, Burke

rhythm and gained more and more time on the pack." (Cameron Hoffman) In the final laps, Dave Harward of Canyon Bicycles suffered an untimely flat. With the wheel pit closed, Dave's teammate quickly gave up his bike so Dave could conbring Dave back to the pack, meaning of true team sacrifice worse luck than to flat just inside of 9 laps to go when the everything they could, sacrificing their finishes, to get me back into the pack. They were awethe end it was Burke over break-away companion Cameron Hoffman with Marc Yap (Healthy Choice/Goble Knee Clinic) taking the pack sprint more then a minute behind.

With more rain in the forecast and dropping temperatures, Sunday played host to the 'Camel's Back Loop' Road Race.

was the only guy to follow. We quickly got into a rotating tinue the race. With additional teammates dropping back to help Canyon Bicycles showed the and support. "I couldn't have had pit closed, but my teammates showed their true colors and did some!" said Dave Harward. In Swindlehurst who took the win

'Camel's Back Loop' features two climbs with the second climb being the steeper and longer of the two. Once again the women's 1,2,3 race fell victim to the Utah racing chopping block with a shortened race from 6 laps to 4 laps and only a total race time of one hour and fifteen minutes (if you round up). With the decreased laps came an increase in attacks with Kris Walker was on the prowl. On lap 3 of 4, Walker hit the pack hard with an attack that sent her up the road solo with Darcie Murphy not far off. With her sights set Murphy quickly bridged up to Walker with what was thought to be the winning break. In the final miles the pack once again bridged back up to break only to face another hard hit by Murphy on the final climb to the finish which saw her solo away for the win. Jamie Williams of the Logan Race Club finished in second with her teammate, Kris Walker, rounding out the podium. In the end, it was Darcie Murphy (Ogden One) who one the overall with Kris Walker (LRC) taking sec-

Williams (LRC), finishing third. The men's Pro-1-2 field set off for ten laps shortly after the category 4 and 5 men finished their bath in the rain. Not much happened earlier in the race as the teams just let the course do the damage. Lap after lap the lead group slimmed in size as the hills took their course. "In the road race, for some reason, every team decided to single me out as the guy they wanted to hurt, drop and gain time over.

ond and teammate, Jamie



Top left: The break in the Women's Crit. **Bottom left: Elite Men's Crit** Above: Cameron Hoffman leads the chase group in the

**Photos: Tommy Murphy** 

After about 5 laps of easy cruising I became bombarded by attacks. Teams made alliances, forcing me into a position to chase everything that was a GC contender. I fielded so many attacks! After the chase group caught up with the lead pack I learned that Ryan Barrett was off the front. I thought, 'I have enough time to spare.' During the last lap, it was cat and mouse with the GC contenders," said Cameron Hoffman. With two laps to go, Ryan Barrett (Healthy Choice/Goble Knee Clinic)

Camel's Back Loop Road Race.

through down the winning attack on the big climb to solo off for the win. In the final lap, two additional riders, Marc Yap and Jody Harris (Ogden One), got off the front of the pack with Jody Harris taking second and Marc Yap finishing third.

In the end, Burke Swindlehurst of Team Seasilver held on for the overall win while Ryan Barrett (Healthy Choice/Goble Knee Clinic) moved into second place overall with Ogden One's Cameron Hoffman finishing third.

**EPIC EVENTS PRESENTS** 



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# **TOURING**

# Pedaling Border to Border Against Diabetes



Arizona Border, South of St. George, the first day of the tour, April 2 (left-right) Matt Score, Matt Vogel, Dave Nevins, Pete Hoogenboom, Kim Hale. Photo: Derek Smith

### By Pat Hemrich

The Border-to-Border Against **D**iabetes bike tour traversed a 502-mile route from the Utah-Arizona border to the Utah-Idaho border during the first week of April. The five-rider BBAD (pronounced Be Bad) tour team's purpose was to raise awareness of the value of an active lifestyle for people with diabetes. The tour was the idea of a new, local non-profit group called No Limits Cycling, and the team, which included four riders with Type 1 diabetes and one cancer survivor, began their adventure south of St. George on April 2 accompanied by their support vehicle driven by Joel Bingham of Bingham Cyclery.

Their route the first day took them from the Utah-Arizona border through St. George and Enterprise to Cedar City. This route included a scenic, 10-mile stretch of gentle and steep (up to 18%) climbs on a bike/pedestrian path through the Snow Canyon State Park. A broken shifter on one bike and a broken spoke on another did not deter the team from completing the 102-mile first day.

The second day continued with a big tailwind on to Milford, where they were greeted with a motorcycle escort from Bubba, a local resident, and cheering supporters at Penny's Diner who had made a big welcome banner that unfortunately blew away in the big wind just before the team arrived at the Oak Tree Inn in Milford.

Day three started with an ominous "Next Services 75 miles" sign just north of Milford. Thirty miles into the ride, the tailwind turned into a strong headwind with rain, so getting to the next night's stop in Delta, Utah was tough, made especially rough by the semi trucks racing past covering the cyclists with whatever the trucks were carrying (hay, pebbles, pigs, horses, etc.).

Day four was a ride through the rolling hills to Eureka, followed by a great downhill through the canyon and a beautiful view of Mt. Nebo, up a long series of false summits on the climb from Goshen to Santaquin and finally arrival in Payson for the night. The following day took them back the way they came the previous day to Elberta, north on Highway 68 on the west side of Utah Lake, out of rural Utah and into the Salt Lake metro area.

Day six, Thursday, was another day of tailwinds on their ride from Sandy, though the west side the Salt Lake valley, to Ogden. After the heavy traffic of Highway 89, the steep toll road in Ogden was pleasant, even if a bit painful after 420+ miles of riding in six days.

Friday, the last day of the tour and the day that would give meaning to the Border-to-Border title, began in Ogden in a downpour. It rained cats and dogs through Brigham City where it finally quit raining and was just plain cold. As they passed through town a bank time and temperature display said 34°F. Finally the BBAD riders were nearing Idaho on an I-15 frontage road somewhere north of Tremonton. And just when you thought things couldn't get any worse . . . the pavement ended.

The BBAD bike tour finished its last seven miles on the frontage road of I-15 as it alternated between pavement and muddy gravel. But then the sun came out, and all participants realized that they had proved -if only to themselves-that there are truly "No Limits" for people with diabetes. Members of the BBAD team are Kim Hale (Layton), Peter Hoogenboom (Salt Lake City), Matt Vogel (San Francisco), Dave Nevins (Boise), and Matt Score (Boise).

For more information on the team visit www.nolimitscycling.org or www.insulinfactor.com



