

WEST MOUNTAIN CYCLING JOURNAL

cycling utah

**CELEBRATE
BIKE
MONTH!**

**OUR 15TH
YEAR!**

**DIRT
PAVEMENT
ADVOCACY
RACING
TOURING**

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SPEAKING OF SPOKES

Great Way to Start the Day

By David Ward
Publisher

As we rolled through the first spotlight, my daughter and tandem stoker, Marinda, said, "Wow! We don't have to stop for lights?" Well, I thought she already knew that. Indeed, that is the biggest draw for this event. For 26.2 miles, you blow through all the stop signs and stoplights, not only with no guilt, but with everyone's full approval. What a novelty and satisfying experience.

I must admit, I had my doubts about this year's Salt Lake Marathon Bike Tour. Last year's event was held in June. This year, the date was moved up to April, nearly two months earlier. My first reaction on learning this was, "It is going to be cold and dark, and maybe even snowing." Frankly, cold I can handle reasonably well down to about 25°F. But I really don't care much for dark, especially with hundreds of cyclists around me. And I do not ride in snow.

But the promoter, Devine Sports,



being experienced as it is, probably already knew that by start time, it would be starting to get light. Actually, some people had lights on their bikes, but they really were unnecessary. The temperature was about 40°F, so it was reasonably comfortable. And it did not snow, though at 5:30 a.m., as we were driving to the start, the streets were wet from a rainstorm that had just passed over

Marinda and I are going to be riding this year's Seattle to Portland (STP) event, a 2-day, 200 mile ride, and the Salt Lake Marathon Bike Tour was the kick-off to our training.

This was a needed start with the STP being less than three-months away and Marinda having hardly been on a bike this year.

I had planned to arise at 4:30 a.m. and leave at 5:00 a.m. to arrive in plenty of time to be ready for the 6:00 a.m. start. However, I inadvertently set the alarm for 4:30 p.m., and at 5:10 a.m., Karma happened to awaken and see the clock. We exploded out of bed and, amazingly, were on the road to the start by 5:25 a.m. We arrived just in time to motor up to the rear of the seemingly numberless cyclists massed behind the start line.

When the gun sounded for the start, it was a good 5 minutes before we could actually clip in and go. Though I have not learned final figures, I estimate there were over 2000 riders, and we had to slowly inch along till most of them had finally started. Once we were rolling, though, it was a pleasant, albeit crisp, ride.

It is always a bit of an experience to maneuver on a tandem when in a throng of cyclists. You have to choose your line carefully and in advance, and watch closely for those quick and quirky moves that singles often make. And while the uphill

are a challenge, the flats and downhills are a tandem's opportunity to motor. So it was that Marinda and I worked our way and took advantage of our opportunities to move ahead through the cyclists.

With this ride being Marinda's start of the cycling season, by the time we were coasting toward the midpoint of the ride, we were also standing for a short period to provide some already needed relief to her rear. We would repeat this periodically for the rest of the ride.

My wife, Karma, who had taken us to the start and dropped us off, was waiting at the finish. She had been there for some time when we arrived, and later commented on peoples' smiles as they finished. What struck Karma was the variety: Everything from really white to really yellow teeth, straight and even to missing and misshapen teeth. But without exception, they were all smiling, including Marinda despite her sore bottom.

This is a fun event. It starts early, and it is relatively short. It can be the start of a longer tour for the day, or it can simply be the refreshing kick-off to a day full of other activities or chores. Either way, the Salt Lake Marathon Bike Tour's 26.2 mile non-stop, traffic-free ride is a great way to start the day.



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Cover Photo: The women's 1-3 field passes by East Canyon Reservoir during the Sports Am East Canyon Road Race on April 28, 2007. See the story on page 12.
Photo: Joaquim Hailer. Find your photo at JoaquimHailer.com.



Little Red Riding Hood

WOMEN ONLY!

A Bonneville Bicycle Touring
Club Production

38, 68 and 100 mile options

Saturday, June 2, 2007

Wellsville, Utah 8:00 a.m. Start Time
Benefit Ride for Breast Cancer Research



For more info go to: BBTC.NET

Call Lynda: 801-467-5594

Robin or Penny: perk@networld.com

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BIKE MONTH PREVIEW

Celebrate May as Bike Month on the Wasatch Front!

By Shaina Miron Quinn

With spring's welcome arrival, UTA Rideshare and the League of American Bicyclists are glad to announce that May is National Bike Month. To get a feel for National Bike Month, visit the official website of the League of American Bicyclists at www.bikemonth.com. Need some ideas? See the League of American Bicyclist's 50 Ways to Celebrate Bike Month for suggestions such as: Plan a cycling vacation, Wear spandex to your next board meeting, Take a family ride on a local trail, and Ask your employer to install bike racks at your workplace.

So what's going on along the Wasatch Front? Salt Lake Bike Week 2007 runs from Saturday, May 12th to Saturday, May 19th. This weeklong celebration includes a Bike-to-Work Day, a Bike Bonanza festival, the Cycle Salt Lake Century Ride, and so much more (see schedule in the calendar of events and in the ad elsewhere in the paper). Provo City and Ogden are also hosting Bike-to-Work Day events. UTA Rideshare is a proud supporter of Bike Week and urges everyone to Bike-to-Work or to try cycling for fun, fitness or transportation.

Bike Month is also a time to take stock of what's changed in your community. For example since

last May, Salt Lake City accomplished a lot including approving the Complete Streets executive order, increasing law enforcement targeted at motorists and bicyclists for violating bicycle related city codes, performing special maintenance on bike routes (like raising manholes, replacing bicycle unfriendly storm drain grates and sweeping) and applying to become a Bicycle Friendly City.

You might be pleasantly surprised to look back and see the progress your community has made. Let Bike Month stand as a marker to check your local goals and celebrate wins, and to keep asking for more, better and safer cycling.

Your presence (or absence) during Bike Month events is the best reminder to your elected officials that cyclists are taxpayers and voters too. Supporting Bike Month helps your city, county and state bicycle advocacy groups too. Most of the activities are free, but if not, part of your fee or donation goes directly to these organizations. Bike Month is the largest, most prominent national observance of cycling. Local and regional events happen every week. Bike Month comes just once a year.

Do something this May to make Bike Month personally meaningful and fun for you. But most important – Ride!

BIKE MONTH PREVIEW

Celebrate May as Bike Month on the Wasatch Back!

By David Pitkin

The Wasatch back will be joining their front side friends during the third week of May to celebrate bike week. Park City, Summit County and Wasatch County will be proclaiming Friday, May 18th as "Bike to Work Day". So get on your bike, stop burning oil and start burning fat!!!

On the morning of Friday, May 18th, bike by the Yarrow Hotel in Park City, the Basin Recreation Field House in Summit County or the Heber City Park in Wasatch County for a free continental breakfast and coffee between 7-9am. Include your child, and make it "Bike to School & Work Day". Don't forget to register for the free opportunity drawing for bike related prizes or hand your bike off to one the volunteer mechanics for a free quickie tune and safety inspection.

Another free way to have fun, and encourage your employees or coworkers to bike to work, is to pre-register for the 2nd Annual "Commuter Cup Challenge". Put together a team, made up of people in your company or organization, and see how many can bike to work on Friday, May 18th. The team in each category with the highest percentage of participants biking to work will win awards and great prizes, not to mention

bragging rights until next year. Become your team's leader today and register for free at www.mountaintrails.org

At lunchtime, bike over to the rail trail adjacent to Whitepine Touring for the "Noon at NOMA" fun bike ride down the rail trail.

In the evening, dust off your townie, beach cruiser or clunker and bike to Cole Sport at 5:30pm for the start of the inaugural police escorted "Cruiser" ride through the neighborhoods of Park City, culminating with a BBQ on the deck of Squatter with biker dinner and drink specials.

Help support the Mountain Trails Foundation by dropping off your used bike equipment in advance at Cole Sport and stop by on Saturday, May 19th and Sunday, May 20th for their bike swap.

During the week, show up at Jan's, Whitepine, Cole Sport and Park City Rides for road and mountain bike shop led group rides, including the first all-women's Team Sugar ride.

Check out www.mountaintrails.org for all the details and Bike to Work on Friday, May 18th. Have fun, get fit and remember...your job is just something you do between rides.

Bike Month in Logan

In an effort to promote clean air, bike education, and family fun, Aggie Blue Bikes will host the 2nd annual Cache Valley Bike Festival on May 19 from 10 a.m. to 3 p.m. at Merlin Olsen Park (300 E Center St.) in Logan.

"Aggie Blue Bikes will provide workshops on bike maintenance, road safety, air quality, and fun taught by local businesses and professionals in the community," said Sarah Wagstaff, Aggie Blue Bikes event and education coordinator.

"People can show up at the festival and register for their race. They are all free. There will also be live music and free food. It's a great family event," said Wagstaff.

One of the activities is a bike toss where people can throw a bike across the parking lot like a shot put. Other activities include parking lot competitions for the slowest and fastest biker, as well as a bike-decorating contest to see who has the most creative bike.

For more information call Sarah Wagstaff @ 435-797-0964 ext. 3 or at aggiebluebikes@gmail.com or visit www.usu.edu/ucc/bikes.



start em' young

Young, old, beginner or hardcore, you'll find plenty to celebrate at UTA Rideshare's 12th Annual Bike Bonanza.

Friday, May 18th, bring your family, friends, and bikes to the Gallivan Center from 4:00–8:00 p.m. for free bike tune-ups, safety demonstrations, free bike helmets for the first 70 kids, music, food and a chance to win a new cruiser. At 6:00 p.m., join Salt Lake City bike police for a fun bike ride around the city. And be sure to pick up your registration packet for the Cycle Salt Lake Century Ride on Saturday.

For more information about this and other Bike Week activities, log on to www.utarideshare.com or call 287-2066.

2007 Bike Week | Visit utarideshare.com for times and locations

<p>Saturday, May 12 Live Green Downtown Sustainable Living Festival</p> <p>Sunday, May 13 Intermediate Mountain Bike Tour</p> <p>Monday, May 14 Tailwinds Bicycle Touring Downtown Historic Tour</p> <p>Tuesday, May 15 UTA Rideshare Bike to Work Day Riders can stop by for free bagels</p>	<p>Tuesday, May 15 Salt Lake County Mayor's Bike to Work Day. Ride with Mayor Peter Corroon and other city mayors under police escort</p> <p>Tuesday, May 15 Rocky Mountain Raceways Criterium</p> <p>Wednesday, May 16 Ride of Silence: Raising cycling safety awareness</p> <p>Wednesday, May 16 DMV Criterium Driver's Training Center</p>	<p>Thursday, May 17 Road Home Bike Tuning. Free bicycle tune-ups sponsored by the SLC Bike Collective</p> <p>Friday, May 18 UTA Rideshare Bike Bonanza</p> <p>Saturday, May 19 Cycle Salt Lake Century Ride: Salt Lake City to Antelope Island and back, with different mile options</p> <p>Saturday, May 19 Pedal Pusher Film Festival</p>
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cycling utah's 2007 Bicycle Club Guide

Why join a club? Well, to start with, the advice you get from fellow club members is invaluable. Without it, you will spend a long time learning from experience. Last week, on a slight downhill during the Salt Lake Marathon Bike Tour, I came alongside a lady pedaling for all she was worth but going almost nowhere. Her problem? She was in her small chain ring. She was obviously new to cycling, with a nice new bike and stylish gear. I imposed myself long enough to describe her problem to her and explain how and when to shift between chain rings. She made the shift, and life was immensely better. This is the kind of knowledge quickly and easily assimilated when riding with a club.

Quickly gaining this knowledge is especially important in racing - skills and savvy are everything. The faster you learn, the sooner you will become more competitive. Clubs and team members are invaluable in accelerating the learning curve. Road racers benefit tremendously from having teammates who attack, block, pace and otherwise assist each other.

One of the main benefits of joining a club is the social atmosphere. Racers and recreational riders alike enjoy sharing stories, adventures and whoppers. Joining a club makes it easy to get to know others, and to plan social events and rides together.

So, if you haven't already, find a club, join up, and enjoy the ride.

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

Blackbottoms Cycling Club

Sponsors -
Contact - Jason Preston, 801-400-6130, jason@tourofutah.com
Website - Blackbottoms
Type of Cycling - Competitive and recreational cycling
Location -
Club Statement - Blackbottoms Cycling Club is focused on the development of new recreational cyclist and educating of elementary level racers through seasoned advanced racers. Blackbottoms racing team is focused on racing as a unified, friendly team.

Bonneville Bicycle Touring Club (BBTC)

Sponsors -
Contact - John McCool, 801-220-0677, president@bbtc.net
Website - www.bbtc.net
Type of Cycling - Road rides with a pace rating system, mountain bike rides, tours, and ultra-marathon.
Location - Salt Lake City
Club Statement - We are Utah's largest and oldest cycling club. We are an umbrella club for all cyclists in Utah with members from St. George to Logan, and even France. We have rides all year long, every day through the season, as many as five or six some days. BBTC has members of all levels from newbie's, to racers, tourist, and Ultra-marathon riders. We have 2 event rides, The Little Red Riding Hood, and ULCER. If you ride a bike in Utah, you should be a BBTC member! I invite you to join us.

Cache Valley Veloists Bicycle Touring Club

Sponsors -
Contact - Brian Diamond, 435-563-9330, cvveloists@gmail.com
Website - www.cvveloists.org

Type of Cycling - Road touring and recreational mountain biking
Location - Logan
Club Statement - The Cache Valley Veloists Bicycle Touring Club is committed to fun, moderately paced recreational bicycle touring. The tours are member-led, and designed to meet a wide range of bicycling interests and ability levels. Every fall, their Cache Valley Century event raises funds to help support Common Ground Outdoor Adventures as well as other bicycle advocacy groups throughout the Cache Valley area.

Cole Sport Racing

Sponsors - Cole Sport Park City, Murray BMW, Bell Helmets, Smith Optics, Deer Valley Resort
Contact - Steven Lewis, 801-554-5531, Echoites@allwest.net
Website - www.teamcsr.org
Type of Cycling - Road, cyclocross, mountain, singlespeed, unicycle, touring - anything that looks like a bike!!!
Location - Park City
Club Statement - Cole Sport Racing is dedicated to increasing both visibility and participating in cycling events and racing. We offer weekly rides on Monday nights leaving from Cole Sport on Park Avenue as well as fall/winter cyclocross practice and cater to all riding and fitness levels. We support the local racing scene with the Royal Street Thursday Night Hillclimb, Utah Hillclimb Championships as well as other Mountain Biking and Cyclocross events and racing. We are committed to safe and fun recreation on the bike.

Contender Bicycles Cycling Club
Sponsors - Contender Bicycles, Café Espresso, Team Nash, England

Trucking, Plumb and Company Realtors, The Gooch Firm, SportsBaseOnline
Contact - Alison Littlefield, 801-364-0344, contenderclub@aol.com
Website - contenderbicycles.com
Type of Cycling - Road racing, mountain bike racing, road touring, and mountain recreational
Location - Salt Lake City
Club Statement - The Contender Bicycles Cycling Club would like to provide an opportunity for members to participate in all aspects of the sport of cycling from racing to recreational riding to advocacy. This year the club is involved with a number of events, group rides, clinics and races. Everyone is invited to join! Please contact ContenderClub@aol.com for more information!

Cutthroat Racing

Sponsors - Uinta Brewery, Spin Cycle- Holladay, Brewvies Brewpub and Cinema, Total Body Pilates and Yoga, Fetish Cycles, Light and Motion, Maxxis Tires, SunRingle, Hayes Brakes, Genuine Innovations, Ryder Eyewear, ProGold Lubricants
Contact - Stephen Wasmund, 801-824-6063, cutthroatracing@gmail.com
Website - www.cutthroatracing.org
Type of Cycling - Road racing, mountain bike racing, road touring, and mountain recreational. Critical Mass to cyclo-muting to 24hr mountain bike races to cyclocross to LOTOJA
Location - Salt Lake City and Park City
Club Statement - Cutthroat Racing was established in 2005 to give cyclists of all types and abilities a place to go where they could have fun and feel welcome. We now have a broad spectrum of more than 60 members who enjoy the full spectrum of cycling from commuting by bike to long slow(er) tours to some pretty darn fast racing. Cutthroat is also dedicated to promoting cycling as a viable form of transportation and supports other non-profit

cycling advocacy groups. If cycling is the type of cycling you enjoy, then come join us. Team Gatherings: 1st Wednesday of each month at the Uinta Brewery.

Dirt Betty Social Society

Sponsors -
Contact - Dondra Nance, 435-613-5243, dirtbetty@hotmail.com
Website -
Type of Cycling - Mountain biking and recreational
Location - Price
Club Statement - Riding with the Dirt Betty Social Society is unlike any other riding or social experience you've had. First, it is a safe, accepting environment where every woman, lady, and girl, regardless of age, is welcome. Second, most rides will exclude our male counterparts. No testosterone here! Next, Dirt Betty's have varying skill levels but that is what makes it great...we learn from each other. Some of us have been riding our whole lives and mountain biking is second nature. Others haven't been on a bike in years. No one is left behind! Lastly, you can just hang out with the girls for an evening at a social event or you can ride every ride. We will even have some fun winter activities when we can't get on our bikes. Riding schedules available via email.

Evanston Wyoming Cycling Club / Team Evanston

Sponsors - Titanium Title, Cook-Sanders Associates, Inc., Professional Engineers and Surveyors.
Contact - Paul Knopf, City of Evanston Liaison to the Evanston Cycling Club, 307-783-6458, pknopf@evanstonwy.org; Mike Putnam, President, miklyn@wyoming.com; Patrick O'Rourke, Vice President, celt23586@msn.com
Website - www.evanstoncycling.org

Continued on page 20

ms bike tour

START TO FINISH MS

MS NATIONAL MULTIPLE SCLEROSIS SOCIETY

While you may not know what it feels like living with multiple sclerosis, you can make a move that will affect the lives of those who do. Every day we're moving closer to the cure. But we can't do it without you. So let's ride, and together we can Start to Finish MS.

June 23-24, 2007
Cache Valley Fairgrounds, Logan, Utah
Register online at www.fightmsutah.org or call 1-800-FIGHT-MS

Antelope by Moonlight 2007

LIVE AND LET RIDE

**Antelope by Moonlight Bike Ride
June 29, 2007**

Join the ride starting at 10:00 pm at the marina at Antelope Island State Park.
On-site registration begins at 7:30 pm.

Early Registration through June 15. For information contact Davis County Economic Development 801-451-3286, www.daviscountyutah.org

MECHANIC'S CORNER

Understanding Disc Brakes

By Tom Jow

The hydraulic disc brake has now become original equipment on nearly every middle and upper end mountain bike. These powerful brakes, once considered to be for "downhill" only, can even be found on road, 'cross and hybrid bicycles. Although they seem complicated, hydraulic brakes actually require less maintenance than cable brakes. Read through the questions below to learn a little more about these great brakes.

Q. How much maintenance do disc brakes need?

A. Because hydraulic disc brakes have self-adjusting pads, they actually require less maintenance than cable brakes. Like all bicycle component systems, they should be inspected regularly.

Q. What type of fluid do hydraulic brakes use?

A. Many brands use DOT (automotive) brake fluids, including Avid and Hayes. Magura and Shimano are two brands that use specially formulated mineral oil.

Q. Do these fluids need to be changed?

A. Yes. DOT brake fluid absorbs water, which will affect braking over time. Dependant upon use, brake fluid should be changed between 1 – 4 years of use.

Q. How long do brakes pads last?

A. Brake pad life is dependant on use. The average Utah user could expect at least one season per set. When the pad material thickness is less than a dime it is time for replacement. It is important that brake pads be replaced before they are completely worn out.

Q. My new brakes do not feel as powerful as everyone says.

A. New brakes require "burn-in" time, during which brake pad material is worn onto the rotors increasing friction, and therefore power of the brake. This period lasts for one or two rides. Avoid overheating the brakes during the burn-in period.

Q. What about weak old brakes?

A. Brakes that have a spongy, soft feel when squeezing the levers may have air in the line and need bleeding. This can be caused by a leak in the system or tipping the bike on its side or upside down. If the levers feel solid, it is possible the pads and rotors have been contaminated with oil. Replace the pads and clean the rotors with rubbing alcohol.

Q. How are the brakes adjusted so they do not rub?

A. Some brakes can be adjusted by loosening mounting bolts and moving the caliper over ever so slightly. Others require adding or removing very thin spacers. Sometimes the brake pads can be adjusted by placing a business card or two between the pad and rotor on the side that rubs.

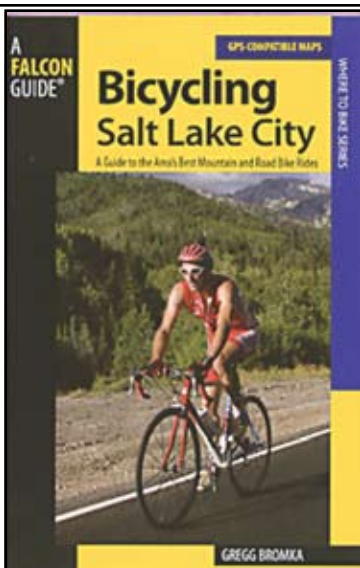
Q. Why do the brakes rub at the end of a long downhill?

A. The reason is heat. Disc brake rotors are thin metal and may change shape due to high heat. Heat is also transferred into the caliper and fluid. The fluid may expand, pressing the pads out a small amount. After cooling the brakes usually return to normal.

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

Bicycling Salt Lake City Guidebook Released

Veteran mountain biking guidebook author, Gregg Bromka, changes gears this spring and hits the pavement for local road cyclists. His newly released guidebook, *Bicycling Salt Lake City*, with a foreword written by cycling utah's publisher, David R. Ward, features 23 road rides throughout the Salt Lake Valley. The book covers the Wasatch Front's seven canyon roads, from City Creek to Little Cottonwood Canyon, along with the ever-popular Wasatch Boulevard along the foothills. Additionally, it describes rides around Saltair in the north to several rides originating out of Draper in the south. Novice riders will relish the mellow Jordan River Parkway while endurance junkies can hone in on the 100-mile-long Oquirrh Mountains Loop.



Mountain bikers won't feel slighted, for there are 10 of the best dirt rides in the Central Wasatch, too, making *Bicycling Salt Lake City* somewhat of a "crossover". If you're serious about off-road riding, though, you should consider buying Gregg's well-known guide, *Mountain Biking Utah's Wasatch Front*.

One in the series of pocket-sized Falcon Guides, *Bicycling Salt Lake City* is both concise and compact. Each route begins with a brief overview followed by quick notes on distance, gain, physical difficulty, technical difficulty (mountain biking), and "margin of comfort" (road rides), which addresses a road's shoulder and level of safety. A mile-by-mile ride log combined with a shaded relief map and an elevation graph round out each chapter. Missing is Bromka's penchant for photography, as there is nary a picture in the book. The trade off is that the feather-light, hand-size book stashes easily in a jersey pocket. Just pack it along with an energy bar and go ride.

You can find *Bicycling Salt Lake City* at your favorite bike shop or book store throughout the valley. Retail price is \$12.95.

CYCLES SALT LAKE CENTURY
MAY 19, 2007

Start Time 7:30 AM, Utah State Fair Park, 155 North 1000 West
 Three Ride Lengths 36, 67 and 100 Miles. For More Information
 and Online Registration go to www.cyclesaltlakecentury.com or
 Call Jon R. Smith 801.596.8430 Fax 801.322.5056

active.com | **REDDY ICE** | **target** | **SPORTSMEDICINE CENTER OF UTAH** | **PAPA JOHN'S** | **CLIF BAR BICYCLING Magazine**

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cycling utah

CALENDAR OF EVENTS

Calendar Guidelines:

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

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

Let us know about any corrections to existing listings!



Battle Bay BMX — (801) 796-8889

Rad Canyon BMX — (801) 824-0095

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

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

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

For more BMX track info, visit cyclingutah.com



Advocacy Groups

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

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

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

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

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

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

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

Park City Alternative Transportation Committee —

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!

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

Utah Bicycle Coalition — Statewide advocacy group, utahbikes.org

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

2007 Events

Salt Lake Critical Mass — Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC, for more info, if you have a bike to lend, etc.: email slccriticalmass@yahoo.com

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

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

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

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

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

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

May 15 — Salt Lake County Mayor's Bike to Work Day. Presented by the Salt Lake County Mayor's Office and the Salt Lake County Bicycle Advisory Committee. Join

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

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

May 16 — Ride of Silence. Ride to raise cycling safety awareness among motorists, police, and city officials. This is a free ride that asks cyclists to ride no faster than 12 mph and remain silent during the ride. Meet at 7:00 p.m. at the Gallivan Center (239 S. Main Street). More info: Raleigh Fehraker@msn.com or www.rideofsilence.org

May 16 — Utah County UTA Bike to Work Day, West side lawn of the Historic County Courthouse in downtown Provo (University Avenue/Center Street), 7:30 - 9 am, For more information contact Stacey Adamson at sadamson@rideuta.com or (801) 227-8958 Visit www.utarideshare.com for event updates.

May 17 — Road Home Bike Tuning. Free bicycle tune-ups at the Road Home, 210 S. Rio Grand St. (455 W.) sponsored by the SLC Bike Collective. More info: www.slcbikecollective.org or 801-FAT-BIKE

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

May 18 — Summit County Bike to Work Day and Commuter Cup Challenge, free breakfast at certain locations, encouraging Park City and Summit County to Bike to Work, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

May 19 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 33, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., (801) 596-8430 or Fax (801) 322-5056 or cslcentury@mac.com, Online registration at www.cyclesallakecentury.com

May 19 - 20 — Cole Sport Bike Swap, supports the Mountain Trails Foundation, 1615 Park Avenue, Park City, colesport.com or (435) 649-4806

May 19 — 4th Annual Pedal Pusher Film Festival, showings will include films from the Bicycle Film Festival never before seen in Utah, live music afterwards, benefit for the SLC Bike Collective, 7:30 pm, The Depot at The Gateway, 400 W. and S. Temple, Salt Lake City, (801) FAT-BIKE slcbikecollective.org.

May 19 — Cache Valley Bike Festival, workshops, races (fastest and slowest), bike decorating, bike toss, and more, 10 a.m. to 3 p.m. at Merlin Olsen Park (300 E Center St.), Logan, Utah, Sarah Wagstaff @ 435-797-0964 ext. 3 or at aggiebluebikes@gmail.com or www.usu.edu/ucc/bikes.

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

June 2 — National Trails Day, 9am, Meet at White Pine Touring at the Rail Trailhead, Coffee and bagels, Bike to Wanship or Drive to Wanship, At Wanship fencing and weed patch project, Commerative Bandanas and lunch for the first 50 workers, Celebration of National Recreation Trail Designation for the Rail and Utah State Parks 50th Birthday (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

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

September 21? — Mayor's Bike to Work Day presented by Salt Lake City Mayor's Office and MBAC, a mellow ride with Mayor Rocky Anderson under police escort from Liberty Park to the City/County Bldg, then free breakfast and raffle for all participants, Cost: free, 7:30 am, Liberty Park, Jordan Gates, 535-7939, Meet at the northeast corner of Liberty Park



Tours and Festivals

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

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

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

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

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

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

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

September 15-22 — Colorado Canyon Country, Grand Junction, Kokopelli Trail and more, dirt, 335 miles in the dirt, Southern Utah, Adv. Cycling Association, (800) 755-2453



General Info

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

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

Weekly Series Races

Wednesdays — May 9, 16, June 6, 20, July 18, August 1, 15, Soldier Hollow Training Series, (alternates with Sundance) 6 p.m., (801) 358-1145

Wednesdays — May 23, 30, June 13, 27, July 11, 25, August 8, 22, Sundance Weekly MTB series, 6:30 pm, alternates with Soldier Hollow Training Series, Sundance Resort, (801) 223-4121

2007 Utah MTB Races

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

July 19 — Sundance Kids MTB Race,

kids under 12, 5 pm, Sundance Resort, (801) 223-4849

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

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

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

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

August 4 — Cook-Sanders Associates Wolverine Ridge XC Race, 14th Annual, Intermountain Cup #12, Series Finals, Jill Smith, jsmith@evanstonwy.org 307-783-6459 or Paul Knopf, pknopf@evanstonwy.org 307-783-6458; or 1-866-783-6300 ext. 470., evanstoncycling.org

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

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

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

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

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

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

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

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

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

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

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

October 15-16 — Huntsman World Senior Games. Must be 50 years or older. three events: hill climb, downhill, and cross country. 800-562-1268 or hwsig@infowest.com

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

2007 Idaho and Regional MTB Races

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Road Racing

General Info

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

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

Utah Weekly Race Series

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

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

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

Royal Street Hillclimb Time Trial — Every other Thursday, 5:30 p.m., 900 ft. elevation gain, Royal Street and Deer Valley Drive, Park City, (435) 901-8872, utahcritseries.com July 12, 26, August 9, 23, September 6

Canyon Sports Night Riders Criterium Series — Fridays, May 4, 18, June 1, 22, July 13, 27, August 10, 24, September 7, 21, A flite, B flite, C flite, 9 pm - 11 pm, signup at 8 pm, USCF permitted, qualifies for upgrade points, Rocky Mountain Raceways, 6555 W.

2100 S., West Valley City, UT, for more information, CanyonSports.com or (801) 942-3100.

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

2007 Utah Road Races

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

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

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

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

May 26 — Garden Creek Gap Road Race, Pocatello, ID, (208) 282-2503 or (208) 233-0951

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

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

June 2 — Draper Challenge Hillclimb Race. Starts 10:30am at Equestrian Center located at 1600 E. Highland Drive. For more

information or to register go to: www.DraperTrailsDay.com or call Ken Murdock at 205-3700.

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

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

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

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

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

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

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

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

July 21 — Coalville Road Race, also, juniors and masters Utah State Championship, Coalville,



5th annual bike & wife swap!

Saturday, May 12th
10:00am - 6:00pm

Want to sell your used bike?

bring it to our store on Saturday & register

between 8:00am & 10:00am and

we'll help you sell it!

[all bikes must be picked up by 6:00pm]

All bikes are **10% OFF** for
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Raleigh★Jamis★Marin★Diamondback
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Cottonwood
942-3100

1844 E. Ft. Union Blvd.

Ogden
621-4662

705 W. Riverdale Rd.





Utah Road Races Continued

UT, 801-424-9216

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

August 11 — Wolf Creek Pass Road Race, Utah State Road Race Championship for category riders, Starts in Francis. Route goes over Wolf Creek Pass to Tabiona and then back over the pass to the finish in Francis, (435) 513-0432, parkcitycycling.com

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

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

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

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

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

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

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

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

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

2007 Idaho and Regional Bicycle Road Races

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

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

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

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

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

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

May 26 — Garden Creek Gap Road Race, Pocatello, ID, sam@kriegcycling.com or (208) 232-2054

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

August 1 — Idaho Cycling

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

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

August 7 — Idaho Cycling Enthusiasts Holt Arena Criterium Series, Pocatello, ID, 208-282-2503

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

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

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

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

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

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

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

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

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

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



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

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

Wednesday Night Ride — 5:30 pm at the SLC Main Library on 200 E and 400 S., all levels and bikes welcome on this fun ride.



2007 Utah and Regional Road Tours

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

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

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

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

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

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

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

May 19 — Cycle Salt Lake Century

Ride, Salt Lake to Antelope Island and back, 33, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., (801) 596-8430 or Fax (801) 322-5056 or cscentury@mac.com, Online registration at www.cyclesaltlakecentury.com or download a Registration Form 2006 Course Map

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

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

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

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

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

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

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

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

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

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

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

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

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

June 16 — Bike for the Cure, a benefit ride for the Susan G. Komen Foundation. 5.5, 42, and 58 mile options through Central Utah. Start and finish in Spring City, UT. Register on-line at active.com or contact Erika Stover (435) 283-2158 or cestover@mail.manti.com

June 16 — Up and Over 100, BBTC Super Series, self-supported century, bottom of Emigration

Canyon to Park City, Coalville, and back, roadcaptain@bbtc.net or (801) 573-9970

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

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

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

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

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

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

June 30 — Killer Loop Populaire, Southern Utah Brevet, a 66 or 100 mile loop from Cedar City through Brianhead and Back to Cedar. This brevet style ride features 8500+ feet of climbing at altitudes up to 10,400 feet. (435) 586-7567

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

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

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

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

July 9 — R.A.N.A.T.A.D. Start at Sundance and ride down to Payson around the Nebo Loop to Nephi and then back up through Utah Valley to American Fork, then ride up AF canyon around the Alpine Loop and finish back at Sundance, 170 miles with over 13,000 feet of climbing, (801) 223-4849.

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

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

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

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

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

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

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

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

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

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

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

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

August 25 — Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in, 12 mi north of Logan on Hwy 91, 435-752-2253

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

August 25 — 4 Canyons of Doom supported road ride, challenge mind, body and spirit on this mountainous century up Little and Big Cottonwood, Millcreek and Emigration canyons. Become one of the few who have conquered this legendary route. Starts at Dimple Dell park 7am. Info- BSG Events (801) 560 6479

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

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

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

September 8-10 — Sawtooth Bike Trek, fundraiser for American Lung

Association of Idaho, Sun Valley, Galena area, sshepherd@alaw.org, (208) 345-5864

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

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

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

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

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

September 17-23 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Blanding to Cedar City, 400 miles on scenic highways and through National Parks, fundraiser for young Native American education, (801) 654-1144

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

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

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

(801) 485-2906 or John Weis at (801) 278-3847

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

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

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

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

October 5-6 — Bikes for Kids with Dave Zabriske, October 5th - dinner and silent auction, October 6 - metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray. We will be giving away 1,000 bikes, helmets and jerseys to disadvantaged children in the Salt Lake Valley. The start time is 7:00 am at the Costco in Murray and a bike safety and rodeo will be held at 11:00 for all kids. Contact Teresa at (801) 453-2296 or tmay@finsvcs.com.

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

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

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

Multi-Sport Races

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

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

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

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

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

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

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

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

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

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

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

July 14 — TriUtah XANGO Echo

Triathlon, Echo Reservoir, Coalville, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

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

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

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

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

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

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

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

August 26 — Wild Ride XTERRA Regional

SLC Bike Collective News

It is warm outside and the Salt Lake City Bicycle Collective has kicked into full gear. In May they are launching a massive "Get A Grip" advertising campaign for their Safety and Mechanics classes. They have also secured The Depot as the location of their Pedal Pusher Film Festival. On May 19th the doors will open around 7:30pm and inside will be one of the best film and cycling events of the year. There will be live music, bike schwag (including frames), track stand competitions, and free bicycle valet parking -- so ride down! If you are a mechanic, volunteers are needed for wrenching at the Road Home at 200 S. and Rio Grande on May 17th from 5:30 to 8:30pm. For more information about the Bicycle Collective, their events and programs go to their website, www.slcbikecollective.org or call 801-FAT-BIKE.



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ROAD RACING

Tax Day Pays for Santurbane and Walker



Above: Dave Harward, Sandy Perrins, and Mark Santurbane. photo: Brian Lehnhof. See more photos at AnthemPhotoWorks.com

By Rob Van Kirk and Karen Appleby-Krieg

The second edition of the Tax Day Circuit Race drew 160 riders to the small town of Inkom, Idaho, ten miles south of Pocatello. Adam Boyce, Sam Krieg, and Mitch White of the host club, Idaho Cycling Enthusiasts, and the officiating crew of Ellie Gallagher, Mark Hoffman, and Missy Burk put on a great day of racing, despite the typical spring-time weather of wind, rain, hail, snow, and 40-degree temperatures interspersed with periods of intense sunshine.

The race started with a 5-mile rolling uphill trip out to the 7.3-mile circuit, which featured 3 miles of gradual climbing, a ¼-mile steep climb, and a screaming descent back to the bottom. The various classes rode between 1 and 7 full laps on the circuit plus another half lap to finish at the top. Category 1 rider Todd Hageman commented, "that's a hard course for this early in the season!" This was evident in the early races of the day, in which riders fell off the pace every lap up the climb. The largest bunch finish all day was in the master's 35+ race, which Scott Allen (Canyon Bicycles) won in an 8-man sprint.

A strong field showed up for the women's 1-2-3 race, which

Group (SLC), WWCC (SLC), and Fitzgerald's Bicycles (Jackson, WY) were all represented. The race began conservatively, with everyone riding tempo to discourage a major attack before the first climb. Laura Howat (Vanguard Media Group) attacked at the top of the first climb to take home the cash QOM prime. On the second lap, Chellie Terry (Fitzgerald's Bicycles) and Karen Appleby-Krieg (Bobs-Bicycles.com) briefly got off the front. The field chased back on in hot pursuit and continued riding strong tempo in the cold and windy weather until the fifth and final trip to the top.

On the final half lap, all of the teams launched attacks, but each was quickly brought back until the base of the climb. At this point, the field started to string out on the steep section of the climb. Kris Walker (Bobs-Bicycles.com), Laura Howat (Team Vanguard Media), and Chellie Terry (Fitzgerald's Bicycles) made the final selection. With approximately 400 meters to go, Howat launched a strong attack but was unable to shake Walker and Terry. The three rode together toward the line when Walker threw down a strong sprint to take the win at the top of the climb. Howat held on for second and Terry rode in for third.

Forty-one riders lined up for the 60-mile men's pro-1-2 race, which featured eight trips up the climb. Game was on only a couple miles into the race, when Robert Lofgren (Contender), Marc Yap (Sienna Development/Goble Knee Clinic),

ended up experiencing the worst weather of the day. Bobs-Bicycles.com (Boise, ID), Vanguard Media

Eric Flynn (Bingham's/Northshore), Eric Rasmussen (Porcupine/Specialized), Jeff Sargent (FFKR/Sportsbaseonline), and Jason Castor (Contender) initiated a breakaway group. Kris Lunning (Fitzgerald's) bridged up a mile or two later. By the top of the first climb, a group of six (Lofgren, Yap, Flynn, Rasmussen, Sargent, and Lunning) was working smoothly together. With all the major teams represented in the break, the field was content to ride tempo, although given the difficult nature of the course, "tempo" to some was spitting others off the back each time up the climb.

By the 5th crest of the summit, the breakaway group was starting to come apart, and a group consisting of 2006 winner Dave Harward (Porcupine/Specialized), Mark Santurbane (Bob's-Bicycle.com), and Sandy Perrins (Sienna/Goble) had broken free of the pack and was closing in on the break. With three laps to go, Lunning attacked the remnants of the lead group, and only Flynn and Sargent were able to respond. Flynn eventually fell off the pace, but Lofgren was able

to claw his way back up. With less than two laps to go, the Harward trio completed the bridge and threw down enough heat on the penultimate climb to drop Lunning and Lofgren. Sargent remained as the only member of the original breakaway to make the lead group, which by the last lap consisted only of Harward, Santurbane, and Sargent. These three went to the last kilometer together, with Santurbane ultimately prevailing by about 7 seconds over Harward. Sargent was clearly the day's iron man, finishing in 3rd place, only 12 seconds behind Harward and a full minute ahead of Lunning, who rallied on the final lap to take a solid 4th.

Race organizers promised an even better event next spring, with longer races and later start times for the category 4 and 5 riders. However, the only prediction they made about the weather was that it would be unpredictable.

See results on page 18.

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March 3	The Desert Rampage, St. George, UT
April 7	Cholla Challenge, Hurricane, UT
May 5	Showdown at Five Mile Pass, Lehi, UT
May 19	Soldier Hollow Hammerfest, Heber City, UT
May 28	Stan Crane Memorial XC, Draper, UT
June 2	The Sundance Spin, Sundance, UT
June 9	Deer Valley Pedalfest, Deer Valley Resort, UT
June 30	Chris Allaire Memorial/Utah Open State Championship, Solitude, UT
July 7	Wimmer's Bicycle Race, Sherwood Hills, UT
July 14	The 20th Annual Mountain Bout, Snowbird, UT
July 21	Taming the Tetons, Jackson Hole, WY
August 4	Wolverine Ridge XC Race, Double Points!, Regional Finals, Evanston, WY

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ROAD RACING

Perry and Howat Tops at East Canyon

Above: On the road east of Henefer, Sienna Development/Goble Knee Clinic drove the break.
photo: Joaquim Hailer. See more photos at joaquinhailer.com

By **Chuck Collins**

Sports-Am's East Canyon Road Race supported by Mike Hanseen's Canyon Bicycle Club greeted three hundred participants for the 10:00 a.m. start on the last Saturday of April. This year was the fourteenth addition of the sixty-mile USCF out-and-back event from the East Canyon resort to Lost Creek reservoir located north east of Croydon, Utah. The race features some of the best road racing scenery Utah has to offer marked by rolling terrain through ranch land, red-rock topography near Henefer, and distant views of the high mountains of the Wasatch. Tactically, the race features the penultimate ten-kilometer climb returning from Henefer and a half-kilometer finishing kicker on the backside of Big Mountain.

Some controversy hovered over the race as registration closed five days early where commonly pre-race registration closes the Thursday before a Saturday event. In addition, the total field size was capped at 300 participants based on the premise that parking is limited at the resort. Further, the promoter was clear that there would be no day-of registration. Still, some racers were turned away at the race or were not able to register including pre-race 45+ category UCA points leader, Mark Skarpohl.

With the help from Canyon Bicycles, all participants seemed to sign in efficiently and the race started on time, officiated by USCF Gary and Louise Bywater, and Cindy Yorgason as the moto-official.

As number of USCF category 5 men participants exceeded the fifty-rider limitation set by the race regulations, the group was split in two. All category five participants were notified at the sign in that there would be two groups. The promoter did not anticipate this possibility before the race announcement was officially approved by the UCA. Inevitably some category five riders missed the notification and raced in the wrong group. This led to a delay in the post-race awards ceremony as officials tried to sort out the mishap as finishers had been cross-listed in the results.

The big boys started innocently enough as all of the teams were well represented. Experience reminds all that show time ultimately occurs on the big climb out of Henefer generally after the establishment of a fully represented break on the outbound leg. Of real note, sometime by the East Canyon reservoir shortly after the start, eventual winner Bryson Perry flatted and his Sienna Development/Goble Knee Clinic/ Logan Race Club (LRC) teammate Jared Nelson stopped and gave Bryson his wheel. Jared spent the rest of the race OTB and did not finish last.

As the race unfolded, a break of nine riders did indeed get established shortly before the turn around by the dam. LRC riders Bryson Perry, Mike Booth, Nate Thomas, and super domestique Sandy Perrins dominated the make-up of the break which also had perennial strong man Porcupine/Specialized Racing's Dave Harward, Ogden One and former junior US Junior

National track team rider Cameron Hoffman, Bingham's/Northshore's Eric Flynn and Todd Hageman, and FFKR/Sportsbase/Xango hammer Art O'Connor.

Somewhere about a kilometer from the top of the climb back out of Henefer, Cameron Evans put it down and gapped the leaders of the group. Bryson Perry and the rest of his LRC compadres didn't panic but instead after a moment reeled in Cameron. This effort popped Art, Eric, and Nate. Now the nine were six and they were over the top with ten km to the finish - all flat except for the finish.

With the big climb behind them, team tactics and motor speed became the cards to play. LRC had to cover multiple attacks in-bound by Dave, Todd, and Cameron, to preserve Bryson for the finish. Bryson won followed by Cameron and Dave. The race leaders averaged over 41 kph.

The women's category 1-2-3 race also was selected on the climb out of Henefer with Laura Howat and Kelly Crawford summing first. Laura out-dueled Kelly on the finishing climb, Jill Wilkerson-Smith time-trialed the remaining ten kilometers for third.

All in all, this beautiful race Saturday was successful and reflects the efforts of a thriving bicycle racing community. Sports-Am had marked the course well and had the Morgan County Search and Rescue team acting as course marshals in Henefer and Croydon. Sports-Am had marked many of the potholes with orange spray paint that accent the country road and had swept gravel from all of the corners and on the descent into Croydon. Sports-Am provided all with food and beverage at the post race awards ceremony on the back deck of the main lodge of the resort.

See race results on page 18.

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MOUNTAIN BIKE RACING

Sager Wins Again, Hanks Triumphs at Cholla Challenge



Above: Jason Sager (in back) beat Bart Gillespie for the second time in a row. Photo: Ryan Dionne.

By Ryan Dionne

It was hot, and it was dusty. But the 80+ degree weather in Hurricane didn't stop most of the 230 racers from finishing the Cholla Challenge. While Northern Utah experienced comfortable biking temperatures in the 60's and 70's, riders sucked their Camelbaks dry in the desert heat April 7.

"It was a tough race. Not necessarily because of the climbing, but because of the conditions," says Jerry Simmons, owner of the Red Rock Bicycle Company and organizer of the Intermountain Cup's second race of the season. "I've run that six years now, and I've never seen it like that."

In past years Simmons started the race at 10 a.m. to allow Mother Nature to warm up the course, but the desert chill was still present when the bikers left the starting line. So this year he pushed the start time back even further to 11 a.m. But that was a mistake.

That extra hour allowed Mother Nature to torch the 12-mile, shade-less course. While most racers finished with merely fatigue, one rider was disoriented on the course and needed an I.V. to rejuvenate her. Even the water stop halfway through the course – which was an afterthought – ran dry before lap two. "I guess you live and learn," Simmons remarked.

But despite the hot, dry conditions which provided for an entirely different course than last year, pro rider Jason Sager (Mona-Vic/Cannondale) managed to ride strong and finish first with a 3-lap, 36-mile time of 2:24:33. As planned, the Park City resident had teammate Bart Gillespie (Mona-Vic/Cannondale) right on his tail finishing just one second back. "My goal was for us to go 1-2-3 out here,"



Above: Sara Watchorn (Revolution) won the women's expert race. Photo: Ryan Dionne

says Sager. But the plan ended with Gillespie because fellow teammate Thomas Spannring (Mona-Vic/Cannondale) took 7th, finishing more than 20 minutes behind the leaders.

The course was obviously slower when comparing overall times from last year to this year. Pro riders like Sager and Gillespie came in about 10 minutes slower than last

year – despite still averaging about 15 mph. While the two teammates finished in the same position as the Classic Desert Rampage, fellow pro rider Cris Fox (Canyon Bicycles) took third. Fox, who finished fourth in St. George behind Spannring, was three minutes behind the duo.

Continued on page 15



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RIDE OF THE MONTH

Canyons of the Wasatch, Part I

By Gregg Bromka

Only a non-bicyclist would dare ask the most foolish of questions: Why ride your bike up a canyon road when you live in a flat city? The answer is painfully profound: Because it is there. Here are four classic canyons that are there for you to ride, excerpted from my new book, *Bicycling Salt Lake City*.

City Creek Canyon Road

Located only one mile from Salt Lake City's central business district, City Creek Canyon is a treasured amenity for the valley's residents. Within minutes, you can escape the confines of urbanism and become immersed in a tranquil natural sanctuary. Shady picnic areas dot the banks of the bubbling creek and an array of wildlife thrives within the brushy canyon.

The lower road to the water treatment plant rises in stair-step fashion with short moderately pitched hills softened by gentle respites. Past the plant, the road rises steadily and more steeply and summons your lowest gears on a permanent basis. It's all good. The return glide, although regulated by a 15 mph speed limit, is worth the effort.

At 11.2 miles, round trip, you can knock off City Creek during lunch time. With more time to spare, you can make it the target of a trek across the foothills or as an add-on

to the loop around 11th and 3rd Avenues.

There is no shoulder on the road but margin of comfort is good because vehicles are prohibited on the odd-numbered bike days. Still, you must use caution when descending and stay to the road's far right side because there are numerous blind turns, and pedestrians and ascending cyclists invariably wander into your lane.

To get there, take Bonneville Boulevard one-half mile from the intersection of B Street and 11th Avenue to the entrance to City Creek Canyon. Park at the gate or at the nearby Bonneville Shoreline Trail trailhead. By bicycle, pedal up the paved road through Memory Grove Park.

Emigration Canyon Road

Aptly named, Emigration Canyon was the final leg of the Mormon Pioneer's historic trek to the Salt Lake Valley in 1847, led by Brigham Young. Today, the canyon's paved road is one of the most popular rides in the Wasatch Range. With ride-to access from the city's east bench, gentle to moderate grades, and light to moderate traffic (not to mention two quaint cafes), Emigration beckons racers is full regalia to rec riders in t-shirts.

Averaging about three percent grade and gaining only 1,270 feet over its 15.6-mile round-trip course, Emigration is the easiest of the

Wasatch's canyons. It's the perfect fitness ride with consistently pitched gentle grades broken by short inclines that demand slightly more effort. The last 1.8 miles steepen to near five percent. If you wear a heart rate monitor, then you'll find Emigration makes for an ideal 30-minute time trial.

Margin of comfort varies from fair to good overall. Recent road reconstruction at the canyon's bottom and striping for a new bike lane will make the first several miles refreshingly comforting over the downright dangerous conditions of years past.

To get to Emigration Canyon, drive or ride one mile east of the intersection of Foothill Drive and Sunnyside Avenue (800 South). You can park at the Bonneville Shoreline Trail trailhead across from Hogle Zoo or at nearby Rotary Glen Park.

East Canyon Road/UT 65

Whether ridden by itself or tacked onto either Parleys Canyon or Emigration Canyon, the East Canyon Road to Big Mountain Pass has a "euro" feel, as the last several miles switchback steeply to the 7,420-foot-high "col." It's hardly "hors de categorie," but it's a stiff climb just the same. Racers might dance on their pedals up the grade; mortals might wish for lower gears.

Those not hellbent on dropping the peloton will be interested to know that the ride has historical significance, as it was the chosen route of the Mormon Pioneers, California Trail, Pony Express, Overland Stage, and original telegraph line between 1846 and 1861. At 16.2 miles round trip and gaining nearly 1,900 feet, East Canyon Road borders on strenuous. The ride begins with a 1.5-mile warm-up at six percent grade that will jump start your heart faster than a double shot of espresso. A long gradual mid-route approach precedes the final three-

mile, seven-percent grind to Big Mountain Pass.

The return flight is a huge return for your climbing investment, highlighted with steep hairpin turns up top, high cadence miles in the middle, and a tuck-and-glide straightaway to the finish. Margin of comfort varies from good initially to fair thereafter. The road is signed "Share the Road" throughout, and traffic is generally light. But be alert to lumbering RVs and boat-towing trucks on weekends.

Save gas and supersize your ride by accessing East Canyon Road from Emigration Canyon Road. Just descend 1.5 miles from Little Mountain Summit to UT 65 and go left to head to Big Mountain Pass. You'll nearly double your ride in distance and in elevation gain. Alternatively, ride 5 miles up Parley's Canyon/I-80 to the East Canyon Road exit. If you really want to go the distance, first knock off the Parley's Canyon/I-80 climb to Parley's Summit (see below), and upon descending make a "side trip" up East Canyon Road to Big Mountain Pass. Whoa!

From Salt Lake City, drive (or pedal) 5 miles up I-80 in Parleys Canyon and take Exit 134 for East Canyon/UT 65. Park and embark just past the golf cart bridge for Mountain Dell Golf Course.

Parleys Canyon/I-80

Despite I-80 being a major transportation corridor between Salt Lake City and all points east, Parleys Canyon is quite popular with bicyclists. Named after Parley Pratt, a Mormon pioneer who first built a toll road up the canyon to Park City in the mid 1800s, Parleys Canyon mixes gentle and steep grades where you can perfect your high cadence "tempo" riding or build your raw climbing power. Endurance junkies can use Parleys as a stepping stone for longer treks to Park City or up

East Canyon Road.

Parleys gains 2,300 feet over the 22-mile round trip, so it's nothing to scoff at. Riders with modest fitness and reasonably low gearing will find the climb to be a sit-and-spin "tempo" ride. If your bike lacks low gears, then you'll be pumping hard at low cadence most of the way. Past the Lamb's Canyon exit the canyon road locks into a six percent grade for three tedious miles to the summit.

Truckers are warned of the canyon's three to six percent grades, but your brakes won't be smoking on the descent because there is a fair amount of pedaling, and a stiff up-canyon wind will likely be in your face. Also in your face are inspiring views of tall peaks, like Mount Aire, and neighboring canyons and ridges.

Even though the interstate's shoulder is often ten feet wide, margin of comfort is no more than fair. You'll brush elbows with vehicles while accessing the canyon via on ramps, and once on the interstate a rumble strip next to the white line forces you to ride where gravel and debris collect most. Of course, vehicles whizzing by at 70 mph is unnerving, but you'll get numb to it.

Next Month: Canyons of the Wasatch Part II (Mill Creek, Big Cottonwood, and Little Cottonwood Canyons)..

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

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ROAD RACING

Perry and Sherwin Take Hell of the North



Above: Bryson Perry (Sienna Development/Goble Knee Clinic) drives the Pro/1/2 break. Perry won the race solo. Photo: Joaquim Hailer. See more photos at joaquinhailer.com

By Ryan Barrett

For those unfamiliar, Hell of the North (Salt Lake) features a 5-mile circuit that is almost a typical Midwest "Square in a corn-field" road race. For those not from the Mid-west, this means it's flat. However, Hell does have one redeeming feature that makes it one of The Author's favorite events on the UCA calendar; and that is the 1.75-mile dirt road segment of each lap. Pro-1-2 men ride 10 laps; Pro-1-3 women ride 5.

The men's race started off fast and furious with Orange County group ride star Tommy Nelson (slumming in Utah) attacking multiple times. A group of about 8 formed coming out of the dirt on the first lap. This group was slowly whittled down to 5 bro-dudes; The Author, Bryson Perry, and Mike Booth (all of Sienna Development-Goble Knee Clinic), Mark Santurbane (Bob's Bikes), and the aforementioned Tommy Nelson (PAA Cycling). This group rolled smoothly together for the majority of the race. With about three laps to go, The Author punctured, and was given a wheel by teammate Mike Booth; effectively ending Booth's race.

With overwhelming odds in the breakaway, Perry attacked with just under a lap to go. Santurbane tried to bring him back, but with no help from Nelson (who just happened to be staying at Perry's house) and The Author (a teammate), it was in vain. Perry poured on the watts and soloed to victory. The Author easily rolled around Santurbane for a 1-2 punch from Sienna Development-Goble Knee Clinic. Nelson flatted the last time through the dirt and had to be content with fourth. Dave "Hardwood" Harward (Specialized/ Porcupine) won the sprint for 5th.

The women's race was taken out by mountain bike pro Kathy Sherwin (Titus) who said her "only goal was to train at a max effort for the Sea Otter Classic MTB race that was coming up". Defending champion, Tiffany Pezzulo (Ivory Homes) flatted on the first lap leaving the group short one strong rider short. Sherwin, keeping her training in mind, sat on the front of the bunch and rode as hard as she could

for the remainder of the race with occasional assistance from Laura Patten (Vanguard Media Group). Apparently, Sherwin rode pretty darn hard, as she rode the remainder of the field off her wheel on the final dirt section to secure the win. Nisie Van de Kamp (Ivory Homes) came through in 2nd, ahead of Patten.

See race results on page 18.

Ryan Barrett is an all-around biker dude. He is a territory manager for Reynolds Cycling. He raced pro for a few years before "retiring" (haha) to Utah to make babies. He remains active in the local racing scene as part of the Sienna Development-Goble Knee Clinic team and through coaching, and enjoys long walks on the beach and writing about himself in the third person.

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 Lou at 487-6318.



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BOOK REVIEW

How to Live Well Without Owning a Car

By Lou Melini

True or False:

1. According to AAA, the average American spends \$8,410 per year to own an automobile.
2. The Surface Transportation Policy Project states that the average American spends 443 hours annually in a car.
3. Edmonds.com calculates that if you purchased a used 2001 Toyota Camry LE in 2005, the true cost of the car after 5 years is actually \$26,411.
4. Taking the average expenditure of a car, investing it at an 8% return, you will be a millionaire in 40 years.

All of the above answers are true except for number 4. The correct answer to #4 according to Mr. Balish is 30 years! You will find all of these tidbits and more in Chris Balish's new book, *How to Live Well Without Owning a Car*.

If your car seems like a money pit, financial calculations make you dizzy and you are looking for that pot of gold at the end of the rainbow, then "How to Live Well Without Owning a Car" is for you. Balish does briefly discuss global warming, pollution, and environmental insults due to cars. Primarily he is going to make you feel good where most people like to feel good, in the wallet or pocketbook. Yes, he will make not owning a car equal to someone landing on your Boardwalk property with hotels.

Before I give too much praise for Chris Balish's book, I have to

make a disclaimer. I and 3 other Salt Lakers (Julie Bond, formerly with UTA, Michael Wise of the Salt Lake Bike Collective, and Travis Jensen with the Utah Bicycle Coalition) are quoted in this book. I have been awaiting his book since exchanging e-mails with him last year. For the record, I purchased my book at the Green Building Center; no free lunch for this review.

"If you currently own or lease a car, truck or SUV, this book has the power to give you a \$5,000 to \$10,000 raise."

The first of four sections in Balish's book discusses the economics of owning a car, and as CarBusters Magazine states, targets Americans who haven't thought about the financial affects of owning a car.

"Being able to get to and from work reliably is a fundamental requirement for living car free."

In section two he discusses this fundamental need. Included are chapters on public transit, bicycles, motorcycles and scooters, and an excellent chapter on walking. He also asks the most important question in one chapter entitled, "Should you move closer to where you work?" He even includes a short chapter on grooming. If there is another edition, he should add a chapter for those who need to leave work at times for meetings, sales calls, or deliveries.

"Virtually any errand and almost all shopping can be done easily and conveniently without ever getting

into a car".

Section three discusses the nearly equally important non-work transportation. This is a rarity in most books of this type. One chapter is devoted to socializing and dating without a car. Unfortunately, Salt Lake City doesn't have a car-sharing program like the one he discusses.

"Living well without a car"
Section four eases the uninitiated into a car-free lifestyle. It also touches on going car-lite and how to handle life with children with less car use. Chris even has a chapter on "what to do with that extra time and money"

The book received good reviews in Bike Culture Magazine (East Coast) and CarBusters Magazine. However the latter also stated that if you are a dedicated car-free or car-lite devotee, then the book is not the book to buy. I disagree with that, as it will reinforce your arguments to those who worry about your lifestyle. "Cutting Your Car Use" by Ghent and Semlyen and previously reviewed in Cycling Utah "Divorce Your Car" by Katie Alvord (both published by New Society Publishers) are two similar books with different focuses. If you are thinking of getting rid of a car, this is your book. Or, if you have a friend who is constantly complaining about the cost of a car, this would make a great gift.

How to Live Well Without Owning a Car by Chris Balish. Ten-Speed Press, 2006.

Cholla - from page 13

Except for a one-mile loose, sandy section that Simmons took out of the course and a two-mile section he added, the course was the same as past years. It started off through a wash, went into a short moderately uphill section of slickrock, then riders climbed towards a brake-burning, rocky downhill section. The combination of sand, washes and singletrack were then thrown in amongst the numerous whoops to keep riders on their toes.

Those whoops are the very obstacles that helped take expert rider Kris Arnatt of Salt Lake City out of the race. The constant teeter-tottering takes a toll on the legs and Arnatt said he couldn't find a rhythm and DNF'd about halfway through his three laps.

Not everyone's a fan of a flat-ter Midwest-style XC race, but Sager is. Though the top finisher is a well-known rider throughout the Intermountain Cup series on all types of terrain, the flat Cholla Challenge is a good change. "I like to do more than pedal uphill and coast downhill," he says.

But Gillespie and expert women's rider Sara Watchorn (Revolution) don't necessarily agree. Perhaps the hardest part of the race was the lack of downhill Gillespie said. "You're pedaling the whole time for two plus hours." And Watchorn thinks the downhills are worth suffering on the climbs.

There was some shuffling around in the expert women's category between this race and the Classic Desert Rampage. Erin Collins, who took first in St. George, raced pro in Hurricane and Watchorn grabbed the top spot on the podium. She finished a minute ahead of teammate Erika Powers (Revolution), who took fifth in St.

George, and three minutes ahead of third place finisher Chanda Jeppson (Cedar Cycle/Color Country), who claimed the same spot as the rampage. All averaged between 10 and 11 mph with times of 2:12:07, 2:13:16 and 2:15:19. Despite her strong finish, Watchorn wasn't satisfied. "I woulda liked to have felt a little better at the end," she smirked.

Despite the heat and dry, dusty trails, even first-timers like Stacy Griswold (Team Red Rock), a truck driver from Southern Utah, had a great time. "I'd do it again," he said after finishing sixth in his debut mountain bike race. He expected the race to be a \$31 trail ride, but he said the competition kept him pushing his body harder. "Passing people was awesome!"

Perhaps the biggest surprise in registration came in the sport class. "Sport men 30-34 and sport men 40+ were both huge classes," says Simmons. The categories had 18 and 28 competitors respectively. Pro women had three riders - Jennifer Hanks (Revolution/Peak Fasteners), Kara Holley (Mad Dog/Subaru/Gary Fisher) and Erin Collins who finished in that order - while single-speeders chalked up six riders.

From Hurricane, Intermountain Cup riders travel to Lehi for the 13th Annual Showdown at 5-mile Pass on May 5. The relatively flat races are finished, and now it's on to the higher-altitude courses with leg-burning climbs, screaming-fast downhills and cooler temperatures unlike the Cholla. "I set this one up to give it a little variety," Simmons says. "I think this is a good course - a good tune-up for the races coming up."

See race results on page 18.

Driver in Williams Death Sentenced

On October 16, 2005, Rogelio Molina struck and killed cyclist Claude O. Williams on N. Temple in Salt Lake City. Molina's blood alcohol level was 0.14. The vehicle continued on after hitting Williams. The accident was witnessed by a cab driver who called police. On October 23, 2006 in Third District Court, Molina plead guilty to Automobile Homicide, a third degree felony. On January 8, 2007, Molina was sentenced to 2 years in jail followed by 36 months probation by Judge William Barrett. Because Molina is not a U.S. citizen and is in the country illegally, he will be deported after serving his jail sentence and not be allowed back into the U.S. If he returns to the U.S., he would be required to serve the remaining 36 months. The District Attorney's office felt that with the evidence available, they prosecuted the case with the best outcome possible. They contacted Mr. Williams' family to make sure that they were comfortable with the plea bargain. "After talking with the family (of Mr. Williams), and knowing their wishes, we felt this (sentence) was something we could live with," said Bob Stott of the Salt Lake County District Attorney's Office.

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RACE RESULTS



Cholla Challenge, Intermountain Cup Race #2, Hurricane, Utah, April 7, 2007

12 & Under
 1. Justin Griffin; UtahMountainBiking.com 0:25:51
 2. Ryan Westermann; VMG 0:27:43
 3. Galen Carter 0:30:19
 4. Cale Pilling; Revolution/Peak Fasteners 0:31:13
 5. Carlee Hunsaker; UtahMountainBiking.com 0:31:25
 6. Benji Bullock; Ames Promoting 0:35:33
 7. Clair Pilling; Revolution/Peak Fasteners 0:39:01
 8. Sammy Jones; Racers Cycle Service 0:39:02
 9. Kendra Keyes; Racers Cycle Service 0:44:19
 10. Samantha Bria; UtahMountainBiking.com 0:52:09

9 & Under
 1. Wesley Wallenfels 11:40
 2. Joe Pilling; Revolution/Peak Fasteners 12:18
 3. Samuel Harr; Red Rock Bicycles 13:05
 4. Thayne Reid 15:16
 5. Thomas Zenger; Racers Cycle Service 16:06
 6. Lia Westermann; VMG 16:13
 7. Eliza Zenger; Racers Cycle Service 16:33
 8. Ariana Davis 16:42
 9. Jordan Christensen; Team Red Rock 18:41
 10. Cassidy Keyes; Racers Cycle Service 19:30
 11. Sierra Pogue; Revolution 19:31

Beg Men 13-15
 1. Chandler Harr; Red Rock Bicycles 1:18:13

Beg Men 16-18
 1. Chet Norman; Team Red Rock 1:26:51
 2. Vincent Bria; UtahMountainBiking.com 1:19:18
 3. Colin Hunsaker; UtahMountainBiking.com 1:19:29
 4. Bryce Bullock; Ames Promoting 1:22:33

Beg Men 19-29
 1. Dennis Stacy; Perfect Fit 1:05:29
 2. Justin Dickey 1:48:23

Beg Men 30-39
 1. Stephan Bergen; utanmountainbiking.com 1:00:41
 2. Travis Buzzard; Revolution 1:02:44
 3. Jonathan Hall 1:03:10
 4. Brett Stenrett 1:04:13
 5. Rich Gurr 1:08:59
 6. Michael Gurr 1:09:58
 7. Brian Oblad 1:16:12
 8. Craig Belt; Red Rock Bicycles 1:23:55

Beg Men 40+
 1. Todd Jackson 1:03:40
 2. Bryan Newberry 1:04:18
 3. Steve Bills; DNA Cycling/Golsan Cycles 1:06:23
 4. Glenn Strickland 1:09:58
 5. Randy Stewart 1:11:14
 6. Stacy Griswold; Team Red Rock 1:14:35
 7. Glenn Liberatore 1:14:47
 8. Kraig Graham 1:17:03
 9. Scott Hunsaker; UtahMountainBiking.com 1:20:28
 10. Craig Bruin 1:22:09

Beginner Women
 1. Britany L. Ellis; Mad Dog Cycles 1:10:12
 2. Amanda L. Sherrod; Hyland Cyclery 1:10:52
 3. Jennifer Curry; Mad Dog Cycles 1:15:22
 4. Catherine Curtis 1:20:52

5. Liesl Harr; Red Rock Bicycles 1:32:16
 6. Sherry Gifford 1:34:45
Clydesdale
 1. Mike Oblad; Ellsworth Bikes/Hyland Cyclery 2:10:59
 2. Greg Johnson; Mad Dog Cycles 2:14:02
 3. Jeff Strong; Nu Vision 2:35:59
 4. Jim Verhaal; Autoliv 2:42:43
 5. Evan Christensen; UtahMountainBiking.com 2:49:33
 6. Bill Webb; Autoliv 3:01:53

Exp Men 19-29
 1. Jonny Hintz; Biker's Edge 2:52:54
 2. Jerry Bowers; Revolution 2:56:38
 3. Ryan Harrison; Revolution 2:58:33
 4. Chris Petersen; Team Devo 3:05:38
 5. Eduardo Vargas; Team Red Rock 3:09:13
 6. Tyler Wilhelmsen; Guthries 3:14:38
 7. Erick Greenwood; KUHL 3:16:16
 8. Ryan Krusemark; KUHL 3:27:03

Exp Men 30-39
 1. Richard D. Abbott; Revolution/Peak Fasteners 2:34:49
 2. Brad W. Pilling; Revolution/Peak Fasteners 2:38:06
 3. Chad Harris; Racers Cycle Service 2:42:04
 4. Brandon Cunningham; Collins Motorsport 2:43:40
 5. Fred Porter; Revolution/Peak Fasteners 2:45:08
 6. Benjamin Allen 2:48:18
 7. Ryan Ashbridge; Revolution/Peak Fasteners 2:48:10
 8. Sam Moore; Porcupine/Canyon Sports 2:48:43
 10. Bob Saffell; Revolution/Peak Fasteners 2:49:41
 11. Paz Ortiz; Porcupine/Canyon Sports 2:50:50
 12. Jared Nelson; Summit Velo 2:51:18
 13. Derick Batley; Team Red Rock 2:53:48
 14. Matt O'Hran; Mona-Vic/Cannondale 2:54:33
 15. Brad Newby; Team Red Rock 2:58:17
 16. Mark Esplin; Bountiful Bicycle Center 3:14:04

Exp Men 40+
 1. Mike Hileman; Nu Vision Sport Optics 2:34:23
 2. Jim Juenger 2:50:43
 3. David Kelsey 2:56:28
 4. Brad Ortiz; Revolution/Peak Fasteners 2:57:35
 5. Antoine Gonzales; Team CES Racing 2:57:49
 6. Daren Cottle; Porcupine/Specialized Racing 2:59:14
 7. Alex Lizarazo; Ogdan One 3:11:23
 8. D Davis; Cutthroat 3:12:22
 9. Robert Westermann; VMG 3:13:12
 10. Todd Wimmer 3:17:58
 11. Kevin Nelson; Canyon Bicycle 3:19:53

Expert Women
 1. Sara Watchon; Revolution 2:05:07
 2. Erika Powers; Revolution 2:06:16
 3. Chanda Jeppson; Cedar Cycle/Color Country 2:08:09
 4. Ellen Guthrie; VMG 2:14:25
 5. Kary Moore; Sugar/WPT 2:19:03
 6. Lisa White; Team Sugar/White Pine 2:24:17

Men 50+
 1. Dana Harrison; Revolution/Peak Fasteners 1:47:50
 2. Victor Rodriguez; Team CES Racing 1:53:42
 3. Gary Strabala; Nu Vision 1:55:13
 4. Brad A. Mullen; Mad Dog Cycles 2:01:19
 5. Bob Dawson 2:06:17
 6. Paul Moote; Mad Dog 2:09:06
 7. Craig D. Williams; Cutthroat Racing 2:12:16
 8. Tim Fisher; Team Momentum 2:15:49
 9. Jim Pitkin; Cutthroat Racing 2:18:03
 10. Byron Kosick; Team Red Rock 2:23:32
 11. Dean Huber; Flower Children/Wildrose 2:25:21
 12. Dave Roth; Cutthroat Racing 2:30:31
 13. Lynn Stephens; UtahMountainBiking.com 2:11:30

Men 57+
 1. Jim Westenskow; OgdanOne 2:09:05
 2. Bruce R. Argyle; UtahMountainBiking.com 2:09:23
 3. Joel Quinn; Revolution/Peak Fasteners 2:10:25
 4. Doug Cottle; Porcupine 2:30:03
 5. Dennis Larson; Revolution/Peak Fasteners 3:41:03

Pro Men
 1. Jason Sager; Mona-Vic/Cannondale 2:24:33
 2. Bart Gillespie; Mona-Vic/Cannondale 2:24:34
 3. Chris Fox; Canyon Bicycle 2:27:31
 4. Chris Holley; Mad Dog/Subaru/Gary Fisher 2:31:47
 5. David Welsh 2:36:20
 6. Reid Wycoff; Contender Bicycles 2:39:56
 7. Thomas Spanning; Monavie/Cannondale 2:48:08

Pro Women
 1. Jennifer Hanks; Revolution/Peak Fasteners 2:56:05
 2. Kara C. Holley; Mad Dog/Subaru/Gary Fisher 3:01:39
 3. Erin Collins 3:07:59

Single-Speed
 1. Kenny Jones; Racer's Cycle Service 1:47:03
 2. Brad Keyes; Racer's Cycle Service 1:47:28
 3. Jamie Pogue; Revolution 1:53:02
 4. Jon Lambert; Revolution 2:06:07
 5. Chad Hunter; utahmountainbiking.com 2:53:16

Sport Women
 1. Jody Anderson; Revolution/Peak Fasteners 2:09:48
 2. Jenelle Kremer; Revolution/Peak Fasteners 2:18:47
 3. Destiny Ortiz; Porcupine 2:22:15
 4. Michelle Lizarazo; Ogdan One 2:26:55
 5. Lyma Saffell; Revolution/Peak Fasteners 2:32:13
 6. Whitney Thompson; Team Sugar/White Pine Touring 2:47:59
 7. Amber Hatfield; UtahMountainBiking.com 2:56:53

Spt Men 19-29
 1. Alan R. Stettler 1:51:51
 2. Dan Weller 1:58:57
 3. Erik Skramstad; Pro Cyclery 2:09:46
 4. Ben Hutchings; UtahMountainBiking.com 2:12:59
 5. Garrett H. Kener; Mad Dog Cycles 2:15:58
 6. Brandon Wyld; Gonzo Quixote 2:20:50
 7. Tyler Margetts; UtahMountainBiking.com 2:23:04
 8. Ben Martin 2:45:37
 9. Nick Hopson 2:34:10

Spt Men 30-34
 1. Scott Billings; Mad Dog Cycles 1:54:41
 2. Jesse Sorenson; Mad Dog 1:55:05
 3. Greg Larson; Revolution/Peak Fasteners 1:59:22
 4. Rich Bruin; Porcupine/Canyon Sports 2:00:19
 5. Danny Christensen; Red Rock Bicycles 2:00:28
 6. James White 2:00:50
 7. Shae Mayner 2:01:35
 8. Matt Flygare; utahmountainbiking.com 2:01:35
 9. Harward David; Porcupine/Specialized Racing 2:02:43
 10. Jeff Sherrod; Hyland Cyclery 2:03:47
 11. Aaron Smith; Bikeman.com 2:04:48
 12. Darren Harris; Kadshanky 2:09:38
 13. Carl Goodfellow; Bountiful Bicycle 2:11:19
 14. Ramsey Moore 2:17:01
 15. Dan Hutchings; UtahMountainBiking.com 2:23:49
 16. John Skramstad 2:31:10

Spt Men 35-39
 1. Todd NeuMarker; UtahMountainBiking.com 1:54:06
 2. Gavin T. Cook; Revolution 1:56:36
 3. Joel Zenger; Racers Cycle Service 1:57:34
 4. Keith Payne; Mad Dog 1:57:55
 5. Michael C. Engbersen; UtahMountainBiking.com 2:01:13
 6. Danny Spencer; Logan Race Club 2:01:14
 7. Vladimir Capka; Cutthroat Racing 2:07:28

8. Joe Christensen; Revolution/Peak Fasteners 2:09:55
 9. Ryan Woodward 2:24:43
 10. Steve Parrish 2:29:35
Spt Men 40+
 1. Chad Hughes; Team Red Rock 1:50:56
 2. Dave Smith; Team Red Rock 1:52:21
 3. Scott Russell 1:55:27
 4. Marty Sheeran; Team Red Rock 1:59:04
 5. Craig Pierson 2:03:04
 6. John VanWagoner; UtahMountainBiking.com 2:03:45
 7. Jim Harper; Revolution 2:05:34
 8. Scott Toly; Cole Sport 2:07:09
 9. Larry Tucker; Racers Cycle Service 2:09:20
 10. Rafael Palacios; Park City Rides 2:09:30
 11. Rodney Ward; Wheelie Fun 2:11:17
 12. Jeff Lambert; Revolution 2:13:29
 13. Rich Caramadre 2:14:09
 14. Don Goldberg 2:14:28
 15. James Wedge; Revolution/Peak Fasteners 2:14:33
 16. Randal Klimes 2:18:30
 17. Kris Nosack; UtahMountainBiking.com 2:19:12
 18. Mark Keller; Nu Vision 2:19:53
 19. Brian Dunton; Revolution/Peak Fastener 2:20:19
 20. Kendall Sullivan; Team Red Rock 2:21:56
 21. Robert Pearce; Team Pro Cyclery 2:22:24
 22. Reed Hamblin 2:23:12
 23. Gordon Garrett; Racers Cycle 2:24:25
 24. Lyle Castle 2:25:19
 25. Dominick Bria; utahmountainbiking.com 2:34:39
 26. George Klionzos 2:40:42
 27. Tracy Ence; Team Red Rock 2:52:48

Spt/Exp Men 13-15
 1. Daniel VanWagoner; utahmountainbiking.com 2:19:37
 2. Tanner Cottle; Porcupine/Specialized 2:34:10
 3. Merrick Taylor 2:36:52
 4. Justin Griffin; utahmountainbiking.com 2:47:31

Spt/Exp Men 16-18
 1. Jed Miller; Team Red Rock 2:03:09
 2. David Larsen; Utah Mtn Biking.com 2:07:24
 3. Cameron Lowry; Young Riders 2:12:09
 4. Jed Harr; Team Red Rock 2:30:48

Women 35+
 1. Whitney Pogue; Revolution/DNA 1:08:59
 2. Melissa Quigley; Team Sugar/White Pine 1:10:56
 3. Heather Gilbert; Shoobi/Uintah Cutthroat 1:12:40
 4. Jolene Nosack; UtahMountainBiking.com 1:16:17
 5. Lisa M. Saturnino 1:29:12
 6. Sally Hutchings; UtahMountainBiking.com 1:22:03
 7. Sharree Snyder; Mad Dog 1:34:54
 8. Juli Hunter; UtahMountainBiking.com 1:41:00



Hell of the North Road Race, Salt Lake City, April 7, 2007

Pro 1-2
 1. BRYSON PERRY; Sienna Dev't - Goble Knee Clin 02:02:39
 2. RYAN BARRETT; Sienna Dev't - Goble Knee Clin 02:02:47
 3. Mark Santurbane; Team Bobs-Bicycles.Com 02:02:47
 4. Tommy Nelson; Sixtuff 02:03:39
 5. Harward David; Porcupine/Specialized Racing 02:04:39
 6. Billy Allen; FFKR/Sportsbaseonline.com 02:04:39
 7. Todd HAGEMAN; Bingham's/Northshore 02:04:39
 8. Jeremy Smith; Vanguard Media Group Cycling 02:05:07
 9. Justin Rose; Team Bobs-Bicycles.Com 02:08:26
 10. Skyler Bingham; Bingham's/Northshore 02:10:09
 11. Mark Skarphol; Cole Sport 02:11:46
 12. Eric Rasmussen; Porcupine/Specialized Racing 02:12:57
 13. Alex Rock; Contender Bicycles 02:13:09
 14. JARED NELSON; Sienna Dev't - Goble Knee Clin 02:13:09
 15. Jesse Gordon; Contender Bicycles 02:13:09

Cat 3 Men
 1. Richard Urena; Vanguard Media Group Cycling T 02:23:14
 2. Daniel Nelson; Y Cycling 02:26:21
 3. Dantley Young; CONTENDER-SAMBUCCA 02:26:21
 4. Sean Hoover; Canyon Bicycles 02:26:21
 5. Patrick FASSE; Vanguard Media Group Cycling T 02:26:21
 6. Eric THOMPSON; Vanguard Media Group Cycling T 02:26:21
 9. Gary DASTRUP; VMG 02:26:21
 10. Dustin Eskelson; Bingham's/Northshore 02:28:10
 11. Clark Mower; Contender 02:28:10
 12. Aaron Torres; VELOSORT RACING 02:46:01
 13. Justin Drummond; ICO 02:28:45
 14. Piotr Strzelec; NA 02:29:25
 15. Robby Hansen; Canyon Bicycles 02:40:27

Cat 4 Men
 1. Jason Asay; Hiro

Energy Drink 01:06:28
 2. Perry HALL; Wright/Park City Rides 01:06:28
 3. Brad Gehrig; Salt Lake Cycling Club 01:06:28
 4. Kyle Cramer; SBR Sports 01:06:28
 5. Colby Tanner; Barbacoa 01:06:28
 6. Rob Brasher; MiDuole / Barbacoa 01:06:28
 7. Adam Catmull; Inertia 01:06:37
 8. Ty HANSEN; Revolution - Peak Fasteners 01:06:37
 9. Brian Jensen; Autoliv 01:06:37
 10. Adam Pascale; Vanguard Media/Utah Premier 01:06:37
 11. Weston HYMAS; Porcupine Cycling 01:06:37
 12. PJ Greek; Wright/Park City 01:06:37
 13. Justin TOTH; Contender -- Sambucca 01:06:50
 14. Kirk Minor; Vanguard Media Group Cycling T 01:07:02
 15. Llewellyn HUMPHREYS; Team Millisecond 01:07:17

Cat 5 Citizens Male
 1. Corey Brand; Salt Lake City Cycling Club 01:09:14
 2. Jason Smith; Team Inertia 01:09:14
 3. Cameron Patch; Velo Club 01:09:14
 4. Jerrel Storrud; Porcupine Cycling 01:09:14
 5. Chris SHERWIN; Revolution / Yeti 01:09:14
 6. Matt Bradley 01:09:14
 7. Kash Johnson; Canyon Bicycles 01:09:14
 8. Monte Still 01:09:14
 9. Dave Benson; EPO 01:09:14
 10. Bryce Yang; Bingham Cyclery 01:09:14
 11. Brian Tolbert; Bike Peddler 01:09:14
 12. Michael VAN HOOK 01:11:15
 13. Samuel Straight; Mi Duole 01:11:15
 14. David Cole; NA 01:11:22
 15. Christian Ricks; Y Cycling 01:12:36

Junior 10 - 18 Male
 1. Tanner Puff; Cole Sport 01:24:11
 2. Gabe Crawford 01:36:41
 3. Andrew Hale 01:41:42
 4. Dan HOOVER; Canyon Cycle Draper 01:43:23

Masters 35+ Male
 7. Gary PORTER; Bountiful Mazda Cycling Team 01:30:52
 8. Greg Freebairn; Porcupine/Specialized Racing 01:33:35
 9. Mike Hanseen; X-men 01:35:01
 10. Robert SORENSON; Vanguard Media Utah Premier 01:35:45
 11. BRIAN BOUDREAU 01:35:45
 12. Curtis Doman; Inertia 01:35:45
 13. Bruce Bilodeau; Canyon Bicycles 01:36:42
 14. Brian Avery; salt lake cycling club 01:36:42
 15. Kathy Sherwin; Titus Cycles 01:36:42
 16. Sam Barkley; Cutthroat Racing 01:41:53

Masters 45+ Male
 1. MARK SKARPHOL; COLE SPORT 01:35:57
 2. Dirk Cowley; FFKR/Sportsbaseonline.com 01:36:43
 3. Peter Barquin; Cole Sport 01:36:48
 4. Jeff Clawson; Canyon Bicycles 01:36:48
 5. Chuck Collins; ICE/ROCKY MOUNTAIN SURGERY CEN 01:36:48
 6. Steven Lewis; COLE SPORT 01:38:52
 7. Jeff STREET; Canyon Bicycles 01:39:32
 10. Don BOWEN; Bountiful Mazda 01:39:45
 11. Gary Gardiner; Bountiful Mazda 01:39:45
 12. Perry Woods 01:40:20
 13. Michael MACDONALD; Bountiful Mazda 01:43:11
 14. Steve Wilcox; Porcupine/Specialized Racing 01:44:45
 15. Kevin Shepard; Contender 01:44:45

Masters 55+ Male
 1. Ken LOUDER; FFKR Architects/SBO.com 01:39:32
 2. Shannon Storrud; Porcupine Cycling 01:45:20
 3. Henry Ebel; Canyon Bicycles of Salt Lake 01:46:38

Cat 1-2 Female
 1. Kathy Sherwin; Titus Cycles 01:22:41
 2. Nisie ANTACLE; Ivory Homes 01:22:41
 3. Laura PATTEN; Vanguard Media Group Cycling T 01:23:48
 4. Tiffany ZAULOFF; Team Ivory Homes 01:24:11
 5. Sonia Maxwell; VMG 01:37:16

Cat 4 Female
 1. Lori Frandsen; Wasatch Women 01:35:01
 2. Julie Ann Holmes; Your Name Here 01:41:24
 3. Lisa pascard; NA 01:42:24
 4. Kristin Vincent; UT Velo Club 01:24:11

Tax Day Circuit Race, Pocatello, Idaho, April 21, 2007
Men Pro 1-2: 60 Miles
 1. Mark Santurbane; Team Bobs-bicycles.com 2:43:49
 2. Dave Harward; Porcupine/Specialized Racing 2:43:56
 3. Jeff Sargent; FFKR/Sportsbaseonline.com 2:44:08
 4. Kris Lunning; Fitzgeralds Bicycles 2:45:07
 5. Nate Page; Contender Bicycles 2:46:30
 6. Pete Kuenenmann; Ogdan One 2:46:32
 7. Robert Lofgran; Contender Bicycles 2:47:01
 8. Sandy Perrins; Sienna Dev't - Goble Knee Clinic 2:47:13
 9. Mike Booth; Sienna Dev't - Goble Knee Clinic 2:47:44
 10. John Mckone; Ccb/volkswagen 2:48:05
 11. Nate Thomas; Sienna Dev't - Goble Knee Clinic 2:48:18
 12. Todd Hageman; Bingham's/Northshore 2:48:18
 13. Craig Kidd; Ice Rocky Mountain Surgery 2:48:22
 14. Jesse Gordon; Contender Bicycles 2:48:40
 15. Brent Cannon; Contender Bicycles 2:48:48
 16. Alex Rock; Contender Bicycles 2:49:15
 17. Cameron Hoffman; Ogdan One Cycling Team 2:49:37
 18. Jason Hendrickson; FFKR/Sportsbaseonline.com 2:49:53
 19. Kevin Van Loon; FFKR Architects / Sportsbaseonline.com 2:53:40
 20. Norman Bryner; SLCC 2:53:40
 21. Eric Flynn; Bingham's/Northshore 3:04:26
 22. Eric Pardyjak; Bingham's/Northshore 3:04:26
 23. Eric Rasmussen; Porcupine/Specialized Racing 3:04:26
 24. Marc Yap; Sienna Dev't - Goble Knee Clinic 3:07:44
 25. Patrick Ramirez; Contender Bicycles 3:07:44
 26. Eric Jeppson; Bingham's/northshore 3:09:29
 27. Gardie Jackson; Sienna Dev't - Goble Knee Clinic 3:12:13
 28. Robert Sorenson; Vanguard Media Utah Premier 3:20:12

Men Cat 3: 54 Miles
 1. Brandon Lynch; Sun Summit South 2:26:49
 2. Dustin Eskelson; Bingham's/Northshore 2:27:46
 3. Ian Tuttle; Fitzgeralds 2:28:25
 4. Connor O'Leary; Velosport Racing 2:28:38
 5. L.J. Riel; Canyon Bicycles 2:28:56
 6. Mitch Peterson; Devo 2:28:56
 7. Nathan Armin; FFKR/Sportsbaseonline.com 2:28:56
 8. Sean Hoover; Canyon Cycle Draper 2:28:57
 9. Chris Peterson; Devo 2:29:24
 10. Dantley Young; Contender Bicycles 2:29:24
 11. Patrick Fasse; Vanguard Media Group Cycling Team 2:29:31
 12. Richard Urena; Vanguard Media Group Cycling Team 2:29:43
 13. Piotr Strzelec 2:29:56
 14. Gary Dastrup; Vanguard Media Group 2:29:56
 15. Bruce Bilodeau; Canyon Bicycles 2:30:28
 16. Aaron Olsen; FFKR 2:31:35
 17. Clint Carter; Vanguard Media Group Cycling Team 2:31:47
 18. Darrick Riggs; Sienna Developement/Goble Knee Clinic 2:32:18
 19. Jared Inouye; Biker's Edge 2:31:47
 20. Robert Bennion; Biker's Edge 2:36:43
 21. Nicole Evans; Team Lipton 2:37:53
 22. Cameron Candelaria; Canyon Bicycles 2:39:46
 23. Todd Taft; Vanguard Media Group 3:02:44
 24. Jonathan Gardner; Canyon Bicycles 3:02:44

Men Cat 4: 24 Miles
 1. Perry Hall; Wright/Park City Rides 1:15:27
 2. Courtney Larsen 1:15:37
 3. Ty Hansen; Revolution - Peak Fasteners 1:17:28
 4. Justin Brady; Ice Rocky Mountain Surgery 1:18:09
 5. Walter Blanco; University of Utah Cycling 1:19:54
 6. Dave Hageman; Ice Rocky Mountain Surgery 1:19:59
 7. Colton Hlavinka; Byrds 1:20:51
 8. Adam Boyce; Ice Rocky Mountain Surgery 1:22:37
 9. Scott Openshaw; RMCC 1:23:47
 10. Michael Macchi; Rocky Mtn 1:24:02
 11. Wayne Hofeldt 1:25:01
 12. John Thomas; Gallatin Valley Bicycle Club 1:26:56
 13. Jerrel Storrud; Porcupine Cycling 1:31:10

Men Cat 5: 17 Miles
 1. Kash Johnson; Canyon Bicycles 0:56:15
 2. Cameron Patch; Velo Club 0:56:15
 3. Shane Dunleavy; Vanguard Media Group Cycling Team 0:56:15
 4. Kyl Samway 0:59:13
 5. Jeffery Banks 1:00:06
 6. Marcus Singleton 1:00:59
 7. Jedd Cox 1:01:08
 8. Jason Speirs 1:01:25
 9. Dave Wilding 1:01:34
 10. Jared Benson; Y Cycling 1:03:15
 11. Michael Van Hook; Contender/Sambucca 1:04:04
 12. Shane Watt 1:04:46

Master Men 35+-32 Miles
 1. Scott Allen; Canyon Bicycles 1:36:19
 2. Andrew Lock; Canyon Bicycles 1:36:19
 3. Gary Porter; Bountiful Mazda Cycling Team 1:36:19
 4. Jon Gallagher; Cole Sport 1:36:28
 5. Jeff Ure; Bountiful Mazda Cycling Team 1:36:28
 6. Dan Minert; Bountiful Mazda Cycling Team 1:36:28
 7. William Martin 1:36:28
 8. Rob Van Kirk; Ice Rocky Mountain Surgery 1:36:28
 9. Greg Freebairn; Porcupine/Specialized Racing 1:37:30
 10. Stephen Tueller; Bountiful Mazda Cycling Team 1:37:30
 11. Bob Saffell; Revolution-Peak Fasteners 1:43:14
 12. Justin Kline; Ice Rocky Mountain Surgery 1:44:03
 13. Shane Dunleavy; Vanguard Media Group Cycling Team 1:45:22
 14. Alex Lizarazo; Ogdan One 1:50:06

Master Men 45+-32 Miles
 1. Mark Zimbelman; Bountiful Mazda 1:35:37
 2. Mark Skarphol; Cole Sport 1:35:37
 3. Jerald Hunsaker; Bountiful Mazda 1:35:37
 4. Mark Schaefer; Paultracy.com 1:36:07
 5. Dirk Cowley; FFKR/Sportsbaseonline.com 1:36:07
 6. Clyde Done; FFKR Arch /SBO 1:36:37
 7. Chuck Collins; Ice Rocky Mountain Surgery 1:36:37
 8. Jeff Clawson; Canyon Bicycles 1:37:55
 9. Tony Chesrow; Cole Sport 1:38:01
 10. Donald Armstrong; Bountiful Mazda 1:38:20
 11. Michael Longmire; NRO 1:39:19
 12. Michael MacDonald; Bountiful Mazda 1:40:26
 13. Perry Woods 1:41:14
 14. Don Bowen; Bountiful Mazda 1:41:23
 15. Keith Anderson; Logan Race Club 1:41:58
 16. Scott Bales; Bountiful Mazda 1:42:00
 17. Nate Timms; Miduole 1:47:51
 18. Steven P. Lewis; Cole Sport 1:50:07
 19. Bob Walker; Bountiful Mazda 1:50:27
 20. Sam Wolfe; Canyon Bicycles 1:50:57
 21. Jonas Neeser; Ice Rocky Mountain Surgery 1:55:02
 22. Darwin Mingo; Welltrients for Life 1:55:37

Master Men 55+-24 Miles
 1. Gary Simmons; Bountiful Mazda 1:24:08
 2. Shannon Storrud; Porcupine Cycling 1:24:08
 3. Gary Powers; RMCC 1:38:58
 4. Joe Lehman 1:50:06

5. Laura Patten; Vanguard Media Group Cycling Team 2:15:17
6. Jill Wilkerson-Smith; Intermountain Financial 2:15:23
7. Karen Appleby-Krieg; Team Bobs-bicycles.com 2:16:24
8. Jamie Bennion; Team Bobs-bicycles.com 2:16:30
9. Ruthie Shapiro; Vanguard Media Group 2:17:08

Women Cat 4: 24 Miles

1. Jillian Gardner; Canyon Bicycles 1:31:37
2. Jamie Leake 1:31:37
3. Lori Frandsen; Wasatch Women 1:31:53
4. Trish Kalbas-Schmidt; Bobs Bicycles Cycling Club 1:32:03
5. Beth Neilson; LRC Wimmers 1:34:11
6. Karen Mohr; Lrc Wimmers 1:46:21
7. Brandi Gordon; Vanguard Media Group Cycling Team 1:46:58
8. Kristin Vincent; Utah Velo 1:50:39

Master Women 35+: 24 Miles

1. Jodi Cuccia; Intermountain Orthopaedics 1:46:14
2. Michiko Lizarazo; Ogden One 1:50:44

Sports Am East Canyon Road Race, 60 Miles, East Canyon Resort, April 28, 2007**Men 1/2**

1. Bryson Perry 02:19:18
2. Cameron Hoffman 02:19:23
3. Dave Harward 02:19:28
4. Todd Hageman 02:19:36
5. Mike Booth 02:19:38
6. Sandy Perrins 02:19:43
7. Eric Flynn 02:20:08
8. Nate Thomas 02:20:37
9. Art O'Connor 02:20:54
10. David Francis 02:21:27
11. Ryan Barrett 02:21:36
12. John McKone 02:21:39
13. Jeremy Smith 02:21:40
14. Ben D'hulst 02:21:42
15. Eric Jeppsen 02:21:55
16. Marc Yap 02:21:59

17. Norman Bryner 02:22:16
18. Gardie Jackson 02:23:53
19. Zan Treasure 02:23:55
20. Brent Cannon 02:25:03

Men 3

1. Connor O'Leary 02:32:04
2. Robert Bennion 02:32:15
3. Dustin Eshelson 02:32:18
4. Cameron Lasky 02:32:19
5. Ben Nichols 02:32:22
6. Ali Goulet 02:32:46
7. Patrick Fasse 02:33:32
8. Sean Hoover 02:33:34
9. Lance Christiansen 02:33:42
10. Curt Doman 02:33:45

11. Cody Wignall 02:33:55
12. Jon Schofield 02:33:56
13. Piotr Strzelec 02:34:02
14. Gory Dastrup 02:34:15
15. Darrick Riggs 02:34:43
16. Matteo Campbell 02:35:04
17. Todd Taft 02:35:08
18. Clint Carter 02:35:16
19. Weston Woodward 02:36:05
20. Andrey Yarbrough 02:36:51

Men 4

1. Josh Carter 02:35:32
2. Perry Hall 02:35:35
3. David Gontrun 02:35:39
4. Adam Jones 02:35:36
4.5. Shannon Boffelli 02:35:43
5. Adam Catmull 02:36:27
6. Colby Tanner 02:36:32
7. Ken Webster 02:36:38
8. Brian Randall 02:36:29
9. Rodney Boynton 02:37:50
10. Patrick Greis 02:37:59
11. Gene Smith 02:38:02
12. Zach Terry 02:38:03
13. Kelly Glenn 02:38:05
14. Gareth Orr 02:38:07
15. Rob Brasher 02:38:09

Men 5

1. Kash Johnson-1 02:34:45
2. Elliott Smith-1 02:34:46
3. Jason Smith-1 02:34:53
4. Cortlan Brown-1 02:36:07
5. John O'Connell-1 02:36:21
6. Chad Burt-1 02:38:02
7. David Cole-1 02:38:23
8. Chris Thresher-1 02:39:48
9. Lance Anderson-1 02:44:29
10. Jeffrey Johnson-1 02:44:35
11. Sandy White-1 02:45:04
12. Scott Taylor-1 02:45:09
13. Dave Benson-1 02:45:16
14. Seth Bradley-1 02:45:41
15. Tyler Kirk-1 02:47:39

Men 35+

1. Dave Sharp 02:31:59
2. Gary Porter 02:32:04
3. Brian Fife 02:32:10
4. Bruce Bilodeau 02:32:16
5. Scott Allen 02:32:18
6. Stephen Tueller 02:32:22
7. James Ferguson 02:32:26
8. Jeff Ure 02:32:55
9. Andrew Lock 02:33:08
10. Michael Olsen 02:34:51
11. Steve Warsocki 02:35:18
12. Greg Freebairn 02:37:47
13. Dave Fosnocht 02:39:06
14. Mike Hanseen 02:42:29

15. Al Thresher 02:45:01

Men 45+

1. Mark Schaefer 02:33:42
2. Mark Zimbelman 02:33:46
3. Dirk Cowley 02:33:54
4. Jerald Hunsaker 02:33:56
5. Donald Armstrong 02:34:46
6. Clyde Done 02:34:56
7. Tony Chesrow 02:34:58
8. Jeff Clawson 02:35:05
9. Chuck Collins 02:35:33
10. Lance Newey 02:35:36
11. Korlin Gillete 02:36:55
12. Michael Macdonald 02:37:33
13. David Kelsey 02:37:35
14. Daren Cottle 02:37:38
15. Nate Timms 02:38:03
16. Sam Wolfe 02:40:16
17. Bill Cutting 02:41:21
18. Gary Gardiner 02:42:55

Men 55+

1. Ken Louder 02:36:41
2. Gary Simmons 02:39:07
3. Jim Gilland 02:51:56
4. Shannon Storrud 02:56:37
5. Phil Pattison 03:03:42
6. Henry Ebell 03:44:29

Female 1/2/3

1. Laura Howat 02:57:58
2. Kelly Crawford 02:58:00
3. Jill Wilkerson-Smith 02:59:21
4. Ruth Shapiro 02:59:47
5. Tiffany Mainor 03:00:07
6. Alison Bryon 03:02:52
7. Kathy Robinson 03:02:57
8. Sonia Maxfield 03:08:46
9. Cori Richards 03:22:24

Female 4

1. Lori Frundsén 01:58:42
2. Kathy Robinson 01:58:43
3. Jillian Gardner 02:00:16
4. Heather Nielson 02:00:40
5. Kelly Dailey 02:00:58
6. Leslie Cooper 02:10:11
7. Brandi Gordon 02:10:35
8. Diana Evans 02:10:46

Female 35+

1. Jennifer Quinn 02:15:05
2. Brenda Olsen 02:15:52

Juniors

1. Paden Hoover
Juniors
1. Matt Wride
2. Tj Eisenhart
3. Bobby Cannon
4. Nate Sorensen
5. Keith Powell

News from the Utah Cycling Association

Hopefully the recent changes to the UCA will be evident to those of you involved in road racing in our region. Some will be more obvious than others and all should be for the better.

Our redesigned website www.utahcycling.com has become more user friendly and easier to navigate. Changes include a New Rider FAQ section, a rider/club/shop spotlight, calendar reminders and the return of points standings on the home page.

The most significant improvement, however, has to be the team database and subsequently the improved results. Hell of the North results were posted on the website the same day!

The UCA has also purchased a laptop computer and video camera to facilitate quick and accurate results like we experienced at Hell of the North. These items will be available for all UCA clubs at their events at a nominal fee.

For 2007 there are 21 UCA races on the calendar and we have 28 registered teams, plenty of racing (and racers) and we hope to see you on the road.

-Terry McGinnis

Salt Lake City Complete Streets Order Signed

Earlier this year, Salt Lake City Mayor Rocky Anderson signed an executive order requiring Salt Lake City to accommodate the transportation needs of bicyclists and pedestrians in future road construction or reconstruction projects. The order, is intended to further promote walking and bicycling as safe, effective alternatives to automobile transportation, and to ensure City transportation projects fully plan for the variety of uses of public rights of way over the long term.

The executive order provides clear requirements and guidelines for the incorporation of bicycle and pedestrian ways into City road construction and reconstruction projects. The order also establishes a Complete Streets Committee, consisting of the Transportation Director, Planning Director, City Engineer, and, where appropriate, the Airport Director, to judge whether including walkways or bikeways on a given public right of way is proportionate to the projected use of the right of way by pedestrians and bicyclists.

The document can be found online at cyclingutah.com/news/Completestreets.pdf.

ADVOCACY**Bike and Ped Safety?**

By Charles Pekow

State legislatures play a key role in ensuring bicycle and pedestrian safety. Actions by state, local and federal governments have made streets safer for people to bike and walk.

Or so says the National Conference of State Legislatures (NCSL) in an advisory to its members. Its new Transportation Review: Pedestrian and Bicycle Safety indicates that NCSL thinks its members play an important role in ensuring the safety of bicyclists. But the data the report provides indicate that state legislatures are doing a lot more debating and introducing of safety legislation than actually implementing it.

NCSL reported that last year, state legislatures considered nearly 80 bicycle and pedestrian bills, though they passed far fewer. Many deal with motorist responsibilities; another common topic involved increasing penalties for violating rules.

But the most common bicycle safety issue that spurred (unsuccessful) legislation concerned helmet use, NCSL reported. And for good reason. Of the 782 bicyclists killed in the United States in 2005, 673 were not wearing helmets, according to the National Highway Traffic Safety Administration.

Twenty states, Puerto Rico and the District of Columbia had previously enacted laws requiring some users (most commonly juveniles) to wear helmets, according to the Insurance Institute for Highway Safety. But Idaho, Utah, Colorado and Wyoming had not, though. Ironically, though it proved a popu-

lar topic for legislative debate, no state enacted a helmet law last year. (Data do not include local ordinances.)

But a recent issue that some state legislatures did succeed in passing legislation around last year involved the nuisance of motorized scooters on the bikepaths. Colorado and six other states have enacted legislation restricting use of "toy bikes" or "pocket bikes." As their popularity increases, NCSL's review suggests, state and municipal authorities "will want to address" how they affect bicyclists and pedestrians.

Another common topic involved Safe Routes to Schools, efforts to encourage children to bike and walk to school safely. Several states had similar legislation before passage of the 2005 federal SAFETEA-LU Act that offered each state at least \$1 million. (In 2004, for instance, Colorado earmarked some of its federal traffic safety funds for projects around schools.) But the federal law, obviously, provided a spur to states, which not only get the money but get considerable leeway in designing their own programs.

But most states hadn't figured out yet exactly what to do with their Safe Routes money. Options range from educating children about bicycle safety to designing safe bike routes and promoting biking and walking instead of getting a ride in an auto to school. As of this January, 29 states were still figuring out what to do and only South Dakota had made no effort. It's still too early to judge the effectiveness of these programs but the issue will remain popular as states continue to figure out what to do and then do it, NCSL's paper predicts.

ROAD RACING**Tour of Utah Postponed**

SALT LAKE CITY – The Board of Directors of the Tour of Utah bicycle race announced today that this year's event will be postponed. While enthusiasm and support for the Tour of Utah continues to be high, after several months of aggressive sales and marketing efforts, the management team was unable to secure the required level of sponsorship support needed to produce the multi-stage race they had planned. Based on initial feedback from potential sponsors, the race organizers believe that postponing the race will allow the time necessary to secure sufficient sponsor support to produce the race.

Chairman of the Board, Greg Miller, is hopeful that the combination of the new management team assembled in January 2007, general interest from the business community and excitement from cyclists, will result in a strong community event in the future. "In assessing our current staff, meeting personally with community stakeholders and business leaders, and observing the Tour of California bicycle race, I believe that we have the foundation in place to build a well-respected and successful event," Miller said. "We hit the ground running in January, and after getting up-to-speed, realized that we will better serve the community by postponing this year's race. We need to get an earlier start in order to time our fundraising efforts with annual corporate budget cycles." In connection with today's announcement, Ted Wilson, Executive Director of the Tour of Utah, is stepping down to pursue other opportunities. "Ted did a great job getting us to where we are today," Miller said. "We will miss his leadership and wish Ted the very best in his endeavors." A replacement will be named in the near future.

In addition, the Utah Sports Commission announced it will work with USA Cycling and Medalist Sports, LLC, one of the leading cycling event planners, to create and develop a broad-based, comprehensive cycling strategy for the state of Utah, including the Tour of Utah.

"This strategy will allow the state to explore cycling in greater detail to the benefit of the sport and the Tour of Utah," said Jeff Robbins, President and CEO of the Utah Sports Commission.

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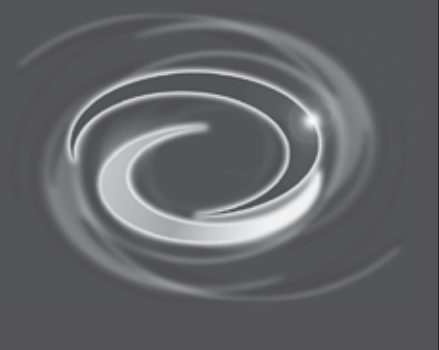
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Club Guide - continued from page 4

Type of Cycling - Road racing, mountain bike racing, road touring, mountain recreational.

Location - Evanston, Wyoming
 Club Statement - The Evanston Wyoming Cycling Club is a 501(c)(3) charitable non-profit corporation. Primary purposes of the Cycling Club include promoting community education of bicycle related issues; establishing partnerships with the local school district; encouraging the development of pathways for bicycle and pedestrian use; and advocating the sport of bicycling as healthy outdoor recreation. The Cycling Club promotes bicycle education and safety through community programs such as Helmets for Heather and the Safe Kids Coalition. The Club offers three annual PEDAL (Promoting Educational Development and Learning) scholarships to graduating Evanston High School seniors for post-secondary education. The Club coordinates an annual bike safety poster contest for elementary age students. In partnership with the City of Evanston, the Cycling Club helps to coordinate the annual High Uintas Classic stage race and the Wolverine Ridge XC mountain bike race.

Finn's Restaurant / Cyclesmithslc.com

Sponsors - Finn's Café, Cyclesmith, Scott Machinery, Christopher Kia/Nissan, Raw Bean Coffee, Downtown Storage, Wattage Training, Raleigh Bikes, Torelli Components and Wheels
 Contact - Justin Grisham, 314-540-7245 (cell), 801-582-9870 (work), justin@cyclesmithslc.com
 Website - www.cyclesmithslc.com
 Type of Cycling - Road racing, mountain bike racing, triathlon (Sprint, Olympic, and Ironman), recreational riding cyclocross

Location - Salt Lake City
 Club Statement - We're a small team and welcome anyone who wants to join. We offer weekly mountain bike rides, road rides, and skills days out of our shop (Cyclesmith) as well as shop discounts, coaching, and the pleasure of having the best mechanics in town take really good care of your bike. Everyone is welcome, from new juniors to experienced masters.

Idaho Cycling Enthusiasts / Rocky Mountain Surgery Center

Sponsors - Rocky Mountain Surgery Center, A.G. Edwards, Scott's Ski and Sports, Rob's Ride On Bikes and Snow, Barries Ski and Sports, Kirk's Cruisers
 Contact - Rob Van Kirk, 208-282-2503, vankrobe@isu.edu
 Website - www.idahocycling.com
 Type of Cycling - Road racing and touring, commuting, and advocacy
 Location - Pocatello, Idaho
 Club Statement - Idaho Cycling Enthusiasts ("ICE") was founded in 1997 "to encourage bicycle riding, to promote a healthy lifestyle, provide recreational opportunities and demonstrate that cycling is a practical means of transportation." ICE is the current incarnation of what over the years has been a sequence of bicycle clubs in the Pocatello area. Cycling has a long history in Pocatello, and the roots of current club activities, rides and members date back at least 30 years.

Ivory Homes

Sponsors - Ivory Homes, Back in Motion Chiropractic, Park City Iron Man, Hillbilly High Rollers Investments, DMT
 Contact - Nisie Antacle, 801-440-0290, nisie77@hotmail.com; Kirsten Kotval at k.kotval@att.net
 Website -
 Type of Cycling - Road racing
 Location - Salt Lake City
 Club Statement - The Ivory Homes Cycling Team is focused on repre-

senting and promoting the sport of cycling and their supporters in an exciting, healthy, and responsible light, while providing development opportunities for elite and junior athletes. Racing locally and regionally Ivory Homes cycling team invites new members interested in competing and supporting primarily women's cycling in Utah.

Logan Race Club / Wimmer's Mountain Bike Team

Sponsors - Wimmer's Ultimate Bicycles, Bridgerland Cache Animal Hospital, Treehouse Pediatrics and Family Care, CVTD (Cache Valley Transit District), "TEC" Electric, Santa Cruz, Louis Garneau, Gyro
 Contact - Beth Neilson, lrcmtb@yahoo.com; Steve or Mark Wimmer, 801-752-2326
 Website - www.loganraceclub.org
 Type of Cycling - Mountain bike racing

Location - Logan
 Club Statement - The Logan Race Club / Wimmer's Mountain Bike Racing Team includes a vast array of riders from the Cache Valley area that range from experts to those that are new to the racing scene. This team includes youth riders that we hope will be inspired to have the same passion for riding bikes as the veteran racers on the team.

Porcupine / Canyon Sports

Sponsors - Porcupine Pub & Grille, The Dodo Restaurant, Canyon Sports, Pharmanex, Squatters / Wasatch Beers, Rhino Socks
 Contact - Mike Meldrum, 801-424-9216, mikesride@gmail.com
 Website - www.porcupinecycling.com
 Type of Cycling - Road Racing, mountain bike racing, recreational and casual.
 Location - Salt Lake City
 Club Statement - Porcupine Cycling Club is dedicated to bettering the appreciation and enjoyment of cycling while having fun. Our club

consists of cycling and mountain bike enthusiast ranging from highly competitive racers to those who are simply looking for riding partners. We also put on the Porcupine Big Cottonwood Hill Climb to raise funds for local cancer research and victims. We will once again be running the 2nd annual Chalk Creek Road Race in Coalville, which is the State Championships for Masters and Junior categories.

Price Area Singletrack Society (PASS)

Sponsors - BicycleWorks
 Contact - Fuzzy Nance, FuzzyTheBikeGuy@msn.com, 435-637-BIKE (2453)
 Website - www.Groups.msn.com/PriceAreaSingletrackSociety
 Type of Cycling - Mountain bike trail-riding and trail-building
 Location - Price
 Club Statement - PASS's main focus is building & riding technical singletrack to create a Mountain biking destination here in Price, create recreational options which don't support terrorism, and get people to get outside and BREATHE. TrailFest in April. 4th of July Group-Rides & Barbeque, and the Arts Festival Group-Rides in August are our big events, and we hold Big Wednesday rides Wednesday afternoon all Summer.

Racer's Cycle Service

Sponsors - Racer's Cycle Service, Pharmanex, Bontrager, Felt
 Contact - Racer Gibson, club@racerscycle.net, 801-375-5873
 Website - www.utahvalleycycling.com and www.racerscycleservice.com
 Type of Cycling - Road racing, mountain bike racing, cyclocross, training, commuting
 Location - Provo
 Club Statement - We are all about having fun riding and racing bikes. Come have fun with us. I am the founder of Utah Rocky Mountain Bikers a mountain biking club located in Utah County. The club has been in existence for three years and has an emphasis on trail work.

Rocky Mountain Cycling Club

Sponsors - Who's Your Daddy Energy Drink, City Pet Club, Revolution Mountain Sports, Blue Competition Cycles, Williams Cycling, 8fish
 Contact - Don Trop, 801-576-1531, don.trop@comcast.net
 Website - www.rmconline.com
 Type of Cycling - Road racing and road touring
 Location - Salt Lake City
 Club Statement - Rocky Mountain Cycling Club (RMCC) is the longest running competitive cycling club in Utah. Founded in 1990 under the sponsorship of Brackman's Bagels at 9th and 9th, the team has been a guiding force in the development and promotion of cycling in Utah. RMCC is composed of approximately 100 riders, with about 70% being recreational cyclists and 30% competitive racers. RMCC is a regional cycling team, competing throughout the intermountain west from early March through late September. 80% of our racing is right here in Utah and Southern Idaho, but team members do travel to select events in California, Oregon, Colorado, Wyoming, Arizona and New Mexico. RMCC members also participate in many of the charity and other large organized tours within the state of Utah. This includes the Moab Skinny Tire Festival to benefit the Lance Armstrong Foundation,

the Utah MS 150, St. George Cactus Hugger, Utah Lake Century Epic Ride (ULCER) and Salt Lake Century. With regular Saturday group rides and informal weekday rides, RMCC riders are always present on the Road.

Salt Lake City Cycling

Sponsors: Canyon Bicycles
 Contact: Mike Hanseen, (801) 278-1500, inahurry@canyonbicycles.com
 Website: www.canyonbicycles.com
 Type of Cycling (Road Racing, Mtb racing, road touring, mtn Recreational or any combo of the above): Road and Mountain
 Location: Salt Lake City
 Club Statement: Weekly club rides for both road and mountain. Majority of members are road riders. 100% open to all to join. No cliques! No high school theatrics, no judgments just having fun riding bikes.

Southwestern Utah Bicycle Touring Association (SWUBTA)

Sponsors -
 Contact - Lucy Ormond, 435-229-1404, clucygo@skyviewmail.com
 Website - www.swubta.com
 Type of Cycling - Recreational road cycling and weekend tours. Limited mountain biking.
 Location - St. George
 Club Statement - SWUBTA's mission is to provide weekly rides for recreational cyclists, promote bicycling as a healthy, economical and environmentally friendly means of transportation, and promote bicycle safety education in the community. The Cactus Hugger Century is our annual fund raiser to buy helmets for kids in the community.

Team Bad Ass Coffee

Sponsors - Bad Ass Coffee Company, WorkingRx, Envision Lending, AltaVista Chiropractic, Fiddler's Elbow, HyperSpice, Prudential Utah Real Estate
 Contact - Steve Dwyer, dwyste@hotmail.com, 801 824-2200; Ann Hoffman, annhoffman@comcast.net, 801-706-2237
 Website -
 Type of Cycling - Road touring with a mission
 Location - Salt Lake City
 Club Statement - Team Bad Ass Coffee is a cycling team formed for the sole purpose of raising funds and awareness to fund medical advancement. The team consists of friends of all ages and abilities who share our mission to stomp out pain and suffering through cycling. If you share our dream to improve the lives of millions, have the desire to be around great people, or just want to wear the award winning jersey, please contact us.

Team Biker's Edge / Destination Homes

Sponsors - Biker's Edge, Destination Homes, Skinny Fische, Mountain Orthopedic, John Henry Smith Insurance, Global Link Logistics
 Contact - Jake Pantone 801-544-5300, jake@bebikes.com or Jonny Hintze, jonny@bebikes.com
 Website - www.bebikes.com
 Type of Cycling - We are a club that embraces all cycling related disciplines. The main focus of our club however is recreational and competitive road cycling and Mountain bike racing.
 Location - Kaysville
 Club Statement - The Biker's Edge/Destination Homes Cycling Club is beginning its second season. We are a growing club/team of individuals

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driven to excel on and off the bike. Our club currently has around 150 members, most from the Weber and Davis County Areas. We are very visible at cycling events across the state from road/mountain races to century rides. We are composed of beginners and pros alike with a common love for the sport of cycling. We have several group rides each week including women's only ride, slower beginner ride, and fast/long training rides. Biker's Edge is our main sponsor and was recently ranked among the Top 100 Retailers in the Nation. We are also a major sponsor of LOTOJA, The Goal Foundation, and Weber County Pathways. Cyclists of all abilities are welcome!!

Team Inertia Cycling Club

Sponsors - Golsan Cycles, International Document Services, Optimum Mortgage, Rentmeister Electric, Waterford School
Contact - Crystal Chambers, 801-446-8183, teaminertia_cycling-club@yahoo.com
Website - www.golsancycles.com
Type of Cycling - Road and Tri mountain biking. Beginners to racers.
Location - South Jordan
Club Statement - Team Inertia's purpose is to serve as a cohesive fraternization within the cycling community to promote a positive cycling experience for anyone wanting to participate. Bi-Monthly meetings, weekly club rides, team activities, race promotion and attendance, and cycling education are our club's initiatives.

Team Intermountain Financial / JR Smith Coaching (WWCC)

Sponsors - Intermountain Financial Group, JR Smith Coaching, Revolution Cycles, Clif Bar, Arosnet
Contact - Daphne Perry, President, 801-694-1714, daphneaw@usa.net; Jill Wilkerson-Smith, Race Team Treasurer, 801-809-2570, jillybean898@yahoo.com; Darcie Strong, Secretary, 801-815-4847, darciestrong@hotmail.com
Website - www.wasatchwomen-cycling.org
Type of Cycling - Road racing and recreational road riding
Location - Salt Lake City
Club Statement - WWCC was founded in 1999 by Jill Wilkerson-Smith and Daphne Perry. The purpose of our club is to provide an educational and encouraging environment for women to achieve their racing or recreational cycling goals. WWCC fields an elite and developmental race team, Team Intermountain Financial/JR Smith Coaching. WWCC is pleased to announce their elite team roster for Team Intermountain Financial/JR Smith Coaching: Lori Frandsen, Kristi McImoil, Lisa Milkavich, Kathy Robinson, Darcie Strong, Jen Ward, Jill Wilkerson-Smith

Team Pedro's SLC

Sponsors - Canyon Bicycles, Este Pizzeria, William's Realty
Contact - Doug Peterson, 801-523-6010, MTN-D@modernte.com
Website - www.pedrosSLC.com
Type of Cycling - Mountain XC, road and cruisers
Location - Salt Lake City
Club Statement - Entering our 8th year as a team, our mission has and always will be focused on the "Love" of riding. We aspire to be positive ambassadors of our sponsors and the sport of cycling to the SL community. Racing is a blast (we love Ed), but you're more likely to

find our team around the trailhead enjoying conversation and a FINE adult beverage after a great ride. If the cooler is not empty, you're welcome to share. Tuesday and Thursday nights are always reserved for group rides. All are welcome to join and schedules are posted at pedrosSLC.com.

Team Revolution / Peak Fasteners

Sponsors - Revolution Mountain Sports, Peak Fasteners, John Henry Smith Insurance, Redwood Road Endodontics, Edgewood Builders, S-Works Audio Visual Installation, The Recreation Club, Solitude Mountain Resort, Giant Bicycles, Cannondale, SigmaSport, Crank Brothers, Maxxis, GU
Contact - Bob Saffell, 588-9020, stupidbikebs@mac.com
Website - www.teamrevolutionracing.com
Type of Cycling - Mountain bike racing, cyclocross racing, recreational riding with a bit of road thrown in.
Location - Sandy
Club Statement - Team Revolution / Peak Fasteners returns for year 4 of dirt domination. Our motto "Try Harder" can be heard at events throughout the mountain west. We are the 2 year reigning team champion in the UTCX team competition and we were the 2005 team ICUP champions, we focus on having fun, being fast and friendly. Be sure to come out to the 2nd annual Stan Crane Memorial race in Draper on Memorial Day.

Team Sugar / White Pine Touring

Sponsors - Whitepine, Camelbak, Smith, Clifbar, Whitepine, Butcherschophouse, Prana, PC Lock and Key, Silver Mountain, US Bank, Cannondale, Elite
Contact - Keri Gillette, kgs skier@msn.com, 801-232-8354
Website -
Type of Cycling - Mountain bike racing
Location - Park City
Club Statement - Team Sugar is a dedicated group of women mountain bike racers devoted to introducing as many women as possible to the sport as well as to promote the fun of competitive racing.

UtahMountainBiking.com

Sponsors - utahmountainbiking.com
Contact - Michael Engberson, 801-653-2689, umb@madsci.com
Website - www.utahmountainbiking.com
Type of Cycling - Mountain bike racing, mountain recreational
Location - Alpine and Lehi
Statement - UtahMountainBiking.com has a race team that competes mainly in the Intermountain Cup Racing Series. The race team won the 2006 Intermountain Cup Race Series team competition. Come race with us! We also hold group rides for all riding abilities that are organized through the website's mountain biking discussion board. Please visit the forum section to get involved.

Utah Premier Bicycle Club / Vanguard Media Group Cycling Team

Sponsors - Vanguard Media Group, Canyon Bicycles, Salt Lake City Nate Wade Subaru, Medical Review Institute of America (MRIoA) Blue Star Café Reynolds, Cycling Smith Optics Display Business
Contact - Bill Cutting, 801-949-4080, bcutting@vanmedia.com
Website - www.vanguardcycling.com
Type of Cycling - Primarily road racing and road touring. However,

we proudly count two national mountain bike champions (Ellen Guthrie and Rob Westerman) among our members.

Location - Salt Lake City
Club Statement - Vanguard Media Group Cycling Team / Utah Premier Cycling Club is among the oldest organized race clubs still operating in Utah. We're a group of 100 road and mountain cycling enthusiasts, both men and women. Most of us race-some more seriously, some less-but we count no fewer than three stars and stripes jersey-holders (and one ex-Olympian) among our members. Our current Cat I/II team is comprised of eight racers-men and women, and led by Chris Humbert and Terry McGinnis. At the same time, our Cat III lineup is probably one of the strongest in the state. We promote three road race events: The Salt Palace Revolution Criterium, The Sanpete Classic Road Race, and the weekly DMV Criterium.

Utah Rocky Mountain Bikers

Sponsors - R&R Environmental
Contact - Kerry Smith, smith4@burgoyne.com, 801-221-9365
Website - www.urmb.org
Type of Cycling - Mountain bike riding, trail building, maintenance and advocacy.
Location - Orem
Club Statement - We are riders, trail builders, trail advocates and partners with other trail users. We

look beyond the next bend in the trail and the next ride to ensure trails for the future. Since 2003, URMB has adopted the Bridal Veil Falls to Squaw Peak Road section of the Bonneville Shoreline Trail located in Provo Canyon. URMB is an IMBA affiliated club. We follow IMBA Rules of the Trail. We currently conduct trail work and trail-advocacy with Uinta National Forest Service and local cities. URMB will never let meetings interfere with riding! There are many directions URMB can grow with support, i.e. IMBA MTB Patrol, Swap meets, Family Rides, Beginner Rides, etc. Join up and help us grow!

Utah State University Cycling (USU Cycling)

Sponsors - Sunrise Cyclery, Al's Sporting Goods, Joyride! Bikes, CTS, USU Outdoor Recreation Center, Hickman Dental, All-Safe Pool Safety Barriers, Sell My Time Share Now, Condis Foods, Louie's Electric
Contact - Justin Moss, 435-764-2479, aggiebiker@gmail.com; Ira Tibbitts, 435-757-2709, ira.tibbitts@gmail.com
Website - www.usu.edu/cycling
Type of Cycling - Collegiate mountain, cyclocross, and road
Location - Logan
Club Statement - The goals of USU Cycling are: to provide an opportunity for fair and safe competition

for collegiate cyclists; to support a diverse group of events including road racing, cyclo-cross and mountain biking, and to promote an increase in the number of members of the club, the number of events promoted by the club and the level of competition.

Wasatch Mountain Club

Sponsors -
Contact - Audrey Rindfleisch, audreyrin@juno.com, 801-647-0756
Website - www.wasatchmountain-club.org
Type of Cycling - We do recreational road touring, road biking and mountain biking
Location - Salt Lake City
Club Statement - The Wasatch Mountain Club was incorporated in 1920 by an informally organized group that had been hiking together for several years. The Wasatch Mountain Club is a recreational outdoor club for adults. Activities are scheduled monthly and open to any member. The primary activities are hiking; backpacking; rock, ice, and alpine climbing; whitewater kayaking, canoeing, and rafting; flat water canoeing, sailing; mountain and road biking; snowshoeing; Nordic skiing, social programs, and conservation pursuits. Ride listings are posted each month in the club publication: The Rambler. We also post all activities online at wasatchmountainclub.org.

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COMMUTER OF THE MONTH

Bicycling Bridges Religious and Political Divides

By Lou Melini

This month's commuter column will feature three cyclists, Dave Raymond, Rob Halter, and Tod Harris, who live approximately ¼ mile apart in the northeast corner of the Canyon Rim. (Canyon Rim, a part of unincorporated Salt Lake County, is north of 3300 South, and east of I-215 until it meets the Salt Lake City border). There are three other bike commuters, including the writer of this column and his wife, and previously profiled Ryan Evans who also live within this small corner of Canyon Rim. The destinations of the profiled riders range from Research Park, the LDS Church office building to a high-end woodworking shop in South Salt Lake with mileage from 12-15 miles day on their commute.

Cycling Utah: So why do you guys ride to work? Were you aware of the number of riders in our small world of Canyon Rim?

Rob H: Not enough self-discipline to exercise without a reason. Riding to work invigorates me. I am more ready to tackle the day at work. It also helps me rationalize buying cool bike stuff. I have noticed a lot

of cyclists in our area, but not recognizing them as commuters.

Tod H: The riding keeps me in good shape, I save a ton of money on gas and car maintenance, and I can think about issues and how to work them out. I wasn't aware of the number of commuters in our area. I sometimes ride with 6 or 7 of my teammates (Midoule/Barbacoa) from this area on my way to work. Some of them commute with me now and then. Dave R: I enjoy the fact that instead of sitting in a car for 30 minutes, I spend my time not only getting to where I need to but also maintaining my fitness. From a traffic congestion point of view, I am part of the solution, instead of part of the problem.

C.U.: We are a pretty diverse group. I know we have different religious and political affiliations. If everyone biked, would this common bond help bring people together to solve other issues in the community? Be more tolerant of each other? Stop stereotyped labeling based on religion or political affiliation?

R.H: I think I'm pretty tolerant. Any common bond will help bring people together, though it doesn't mean we will have the same viewpoint on other issues. The common

bond will help people approach the issues with respect for the opposition, in other words be more tolerant other opinions.

Tod H: I think riding brings cyclists together. However I can connect with my neighbors who do not ride because we have a different common bond, so they don't think I'm the "odd guy who rides a bike" anymore. With enough bonds, we can eliminate labels like apples and oranges and consider them simply fruit. I do think I am a little more tolerant of someone with whom I share a common bond. I ride with a rather diverse group. Our joy of riding transcends our diversity. Dave R: Humans seem to always find a way to subdivide and categorize. We even do it within our cycling community with labels of "roadie", "commuter", and "fat-tire folks". We should think about greeting each other on our bikes rather than looking at what type of bike we are riding or what clothing we are wearing. Cycling has the potential to transcend politics, race, gender, and religion, even socio-economics.

C.U.: What would it take for the leaders of the various religions in Utah to actively promote a reduction of car use by asking people to bike or walk to work?

R.H: There would have to be a strong local effect, for example,

my bike was the only one at the LDS Church Office Building. A few years ago a second bike rack was installed and now both racks are full most days. I take that as a positive sign.

C.U: Can our political parties come together and improve transportation for cyclists?

Tod H: I sincerely hope so. Getting people out of their cars and onto bikes is beneficial in so many ways that we ought to do all we can to make it easier and more rewarding for anyone will to give it a try.

C.U: Thank you all for participating in this column. In my attempt to create a non-controversial but interesting topic within the narrow confines of bike commuting, I learned a lot.

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

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Parley's Pathway Project Update

In October, the Parley's Pathway Project, the folks behind the Parley's Canyon Bike Trail, submitted an application for Federal Transportation Enhancement (TE) funding to help with a feasibility study on the project. The project will establish a bike route through Upper Parley's Canyon from Mountain Dell to the Summit, thus providing Interstate-free bicycle access between Salt Lake and Park City. The application was rejected, or more accurately the project was not selected for funding. The reason given was that the selection committee felt that the counties of Summit and Salt Lake should cooperate in developing the feasibility study and when that is completed re-apply for federal TE funding. That cooperation has begun. Recently representatives of the two counties met to initiate an Interlocal agreement, a legal compact defining the financial contributions of both counties in funding a feasibility study for the project. Upon completion of the interlocal agreement the project will go out to bid. The planning agency that wins the bid will develop a master plan for the project. When that is complete, the Parley's Pathway Project will re-apply for TE funding.

That is the state of the Parley's bike route so far. It's on track and the future looks bright. If you are interested in contributing or getting involved contact Gordon Stam at gstam@xmission.com or (435) 901-3965.

Weber Pathways Receives Largest Donation in Organization's History

Weber Pathways recently received the largest single donation in its twelve year history. The Biker's Edge in Kaysville donated a commercial lot which Weber Pathways sold for \$327,000. At the donor's request, Weber Pathways will use the proceeds for trail- and trail-related projects throughout the County. These will include development of a trail corridor along the Weber River, continuation of the Bonneville Shoreline Trail in Weber County, construction of trails in Ogden Valley, and development of trail-related programs.

Mary Hall, the Chair of Weber Pathways, reflected the excitement of the non-profit's Board, when she said, "Weber Pathways survives and thrives from the generous donations of its many supporters. We are especially grateful to the Biker's Edge for their generosity and commitment. Such a significant gift will go a long way towards continued development of trail systems in Weber County."

Zach Chatelain of the Biker's Edge said, "We are extremely excited to be able to make such a great positive contribution to the trails in Weber County. We all love to ride and are thrilled at the prospects of new and better trails in the area. I know that these trails will be enjoyed by both those who live in the area and those to come to visit for years to come and would also like to thank Weber Pathways for everything they have done to make this happen."

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ADVOCACY

Complete Streets in Utah County?

By Ashton Ward

"Share the road," a popular cycling advocacy motto, applies to more than just cyclists said Brad Woods, founder of the Timpanogos Bicycle Transportation Alliance.

The Utah County-based advocacy group, which Woods founded after experiencing the difficulties of a commute from Orem to BYU campus daily, assigns members to work with local governments to make sure non-car travelers have a voice in community decisions.

Woods works mostly with the Orem area, and is also a member of the board of directors of the Utah Bicycle Coalition. The goal of the group is not just to make sure that cyclists have a safe place to ride, but that pedestrians and other non-car travelers have a safe path to travel.

Woods said that Complete the Streets, a movement towards roadways that accommodate all types of travel, is the basic vision the group wants to help cities embrace in city

planning

"Forty percent of the US population can't drive," Woods said. "We're disenfranchising people by only investing in cars. I'd like to see [Complete Streets] instituted as a policy. Everyone has the right to the right of way. It means good sidewalks, bike lanes...it doesn't matter what the facility is [we just need something]."

Jim Price, Transportation Planner for Mountainland Association, said that the obstacles to accommodating cyclists and pedestrians are cultural as well as financial. Besides the extra funding and effort needed from cities and city planners, city cultures need to accept cycling as a viable alternative to driving.

"The essence of it is that we don't have a culture of cycling here, we have a culture of motor, driving cars," Price said. "The use of bikes for transportation is accepted legally but culturally it's ok, it's just not a big priority with a lot of people. It's becoming more of a priority with

more and more people, but people don't think about it - which is why having real strong advocacy groups is important to get people thinking about it. Once people hear about it they get excited about this kind of thing."

Aside from not considering the matter, some members of the community seem outright against cyclists and pedestrians said Garret Hoyt, grad student at BYU. Hoyt said he feels like it stems from bad road etiquette on the part of cyclists and motorists.

While cycling near East Bay Golf course, Hoyt said he and several friends rounded a corner and heard gunshots coming from behind them. The shooter, using a small hand- or pellet gun, peppered the group for several seconds, leaving red welts on their backs.

After traveling far enough to get out of range, the group called the local authorities. However, the shooter was never identified and the problem never resolved.

"I mean, if a big truck blows smoke in your face," Hoyt said, "is it unintentional or is it retaliation for another cyclist that cut him off?"

Hoyt works with the city of Spanish Fork as a representative of the group. Spanish Fork is planning a new trail system to "bring the suburbs into the city," Hoyt said. The trails, which range from bike lanes to pedestrian trails, are mapped to allow travelers who choose not to drive a safe way to get around.

The most important thing that cyclists and pedestrians can do to motivate city leaders to accommodate non-motorized travel is to obey the rules and get involved, Hoyt said.

"It's easy to complain that we don't have enough cycling facilities and leave it at that, or to wish that we had more or get angry that we don't," Price said. "That energy

Quick Shot by Chad Nikolz

"An elite athlete is like a light-switch. Training or racing, on. Every other waking moment, off. With really nothing in between."

-Dr. Dopinsuxs



Utah Bicycle Coalition News

The Utah Bicycle Coalition Board of Directors met for its annual retreat on March 8th, 2007. The purpose of the retreat was to decide what the organization's focus should be for the upcoming year. Seven items were identified as the UBC's primary focus for 2007. These items are:

- Create a business plan to move the organization towards economic sustainability.
- Build the statewide "coalition" through outreach to local advocacy groups.
- Make the UBC website a more functional resource.
- Assist UDOT with the update of their statewide Bicycle Master Plan.
- Assist the Parley's Pathway Project in their efforts to create a bike trail from the Summit Park/Park City area to Emigration Canyon Road.
- Create a statewide bicycle safety campaign.
- Assist with the Josie Johnson Memorial Ride in September.

For more information about how you can get involved with any of these issues, please contact Malcolm Campbell at archit@pobox.com or (801) 680-2303 or Travis Jensen at travistri@gmail.com or visit utah-bikes.org.

and anger about being sideswiped by a car, someone yelling at you to get off the road, or the deaths that we've suffered the last few years, all of that is meaningful, but it's useless unless someone does something about that. Get involved, if you live down here in Utah county. Call Brad, get involved. They say somebody needs to do something, well, you be the somebody."

For more information on TBTA, contact Brad Woods at ginkow@gmail.com or <http://groups.google.com/group/>

Timpbta. For more information on the Spanish Fork Trail proposal, contact Chris Thompson with Spanish Fork at 801-798-5000, ext. 41 or for a trail map or more info on the trails committee, visit the Parks and Rec Department at spanishfork.org.

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ROUTE 211

Coors Classic Remembered

By Greg Overton

Editor Dave laid the 'Red Zinger/Coors Classic, Where it All Began' dvd set (published by VeloGear) on me a couple of months ago, and I think I owe him a nice lunch, or a gift in kind or perhaps even I owe him the comfort of meeting a deadline sometime in the future. Thanks Dave! This three dvd set is one of the coolest things I've watched in years - about twenty years! What a trip down memory lane for me. The boxed set was compiled by race director, Michael Aisner, from footage that includes everything from locally produced films to network productions, and it's a great compilation.

I wasn't around for much of the Red Zinger days, so the footage of those races was very interesting to me. And the names heard being announced over the race's P.A. system caught my attention. Racers that many of us are familiar with, like Jonathan Boyer, George Mount and the Stetina brothers Dale and Wayne, are some of the greatest pioneers of modern American cycling. But other names pop up, too, that I didn't expect. Names like Bill Shook, who would go on to start American Classic Components that would supply riders with great components for their bikes, and still does; and Peter Gilbert, who helped found a company called Cane Creek. Tom Prehn, who has been instrumental at Cateye cycling electronics and now owns a cycling research firm that aids suppliers in the outdoor industries, is the only rider who rode every edition of the race. Several other of those early racers became shop owners and cycling

industry movers and shakers. Wayne Stetina became the head of Shimano American and Boyer has owned several cycling importing firms. It's interesting to note that not only the racing community has roots in this event, but also the cycling industry as a whole. The impact of the Red Zinger and Coors Classic can be felt almost everywhere in cycling today. Current stage races in America are patterned, at least to some degree, on the template developed by Aisner back then.

And the riders featured in the eighteen years of racing on this set is a who's who list of not only Americans, but also legends of the sport worldwide. American riders like Boyer, Greg LeMond, Andy Hampsten, Davis Phinney and Alexi Grewal can be seen racing against the likes of Bernard Hinault, Phil Anderson, Moreno Argentin and a host of Eastern Bloc riders, including Ekimov and Ugrimov who joined the European professional peloton once the doors opened for them. Much of the footage is more up close and personal than is possible with coverage of current racing, especially at the highest level. Riders were not so much lofty celebrities then, and were more available for interviews before and after stages.

Watching this footage, especially the Coors Classic years, was a great memory jogger for me. Having been present for most of the racing, I could recall some of the particular stages, and even some of the attacks and crashes, and wins and losses shown. Memories of strolling through the team vehicle areas and not just catching a glimpse, but actually speak-

ing with the likes of Hinault and Argentin, are snapshots that have held my imagination for the two decades since. Watching Hinault skidding his bike through a corner during a rainy Tivoli Criterium stage in downtown Denver, his teeth clinched in the tense style that earned him the nickname "Badger", as he tried to stay on the wheel in front of him. This was a five time Tour de France champion, racing a criterium in America, in the rain, in his last stage race before retiring, and still burning to ride at the front.

Hinault was probably chasing Davis Phinney in that race. Phinney, the winningest American professional racer, was money in the bank at the Coors Classic. The Boulder native watched the Red Zinger as a kid, and was captivated by bike racing. He became the race's record holder for stage wins, and was a great sprinter who had an innate ability to position himself for the win and find more speed than anyone else when it counted. Phinney also won several Tour de France stages and the 1988 final Coors Classic overall win in his great career that saw his transformation from criterium specialist to road racer as his 7-11 team became a fixture of the European Peloton. That team morphed into the Motorola Team, which eventually became Team Discovery Channel that still competes currently. The roots of recent success in American cycling go directly to and through the Red Zinger and Coors Classic.

The race also featured major alpine climbs in contrast to the American style criterium races. And from these mountain stages emerged the likes of Andy Hampsten, the only American to win the Giro d' Italia - on a mountain stage that he later commented was sort of like the stages he'd ridden in the Coors Classic. Jeff Pierce and Ron Keifel were also

great climbers who emerged at the Coors, Pierce becoming a Tour de France stage winner and Keifel winning more Giro stages than any other American. Jonathan Boyer, a Utah native and also a great climber, found success at the Red Zinger and became the first American to ride the Tour de France, finishing twelfth and opening the door for LeMond and the rest.

It was LeMond who, as a junior, rode at the front in this race with an international field of professionals and showed the promise that would ultimately lead to three Tour de France victories and three World Championships, and perhaps become the greatest racer in US history. Mostly from the launching pad of the Red Zinger. He later came back to win the race again as part of the La Vie Claire team. The great Columbian climbers, Herrera, Wilches, Parra and others came to the Coors to test their climbing legs before going on to win several climbers jerseys in the Tour de France. The real boom year for the Coors came in 1986, when the race was a prelude to the World Championships in Colorado Springs, and several top European teams competed in the Coors as training for the Worlds.

The Zinger/Coors was also the best venue in the world for women's racing, spawning other major women's stage races such as the Tour de France Femenin and the Ore-Ida races. From its beginning, the Red Zinger featured the best in women's cycling. In a twist, the best riders from Europe would have to come to America to compete at the highest level of their sport. And the racing was terrific, with annual battles for the leader's jersey between French cycling legend Jeannie Longo, Italian Maria Canins and American Connie Carpenter. The field also included World Champions like Rebecca

Twigg and Connie Young, along with Olympic and National teams from all over the world. For several years, the Coors was the top event for the women's peloton, and gave life to an almost non-existent segment of the sport, launching many careers in the process.

Living along Colorado's Front Range during the late seventies and during the eighties was like being dropped into cycling nirvana. Most US professional riders, several European pros, many world class triathletes, and hordes of top amateur riders were living and training there, all trying to reach the next level. Giro winners and Tour stage winners were trying to become Tour winners and World Champions, category one racers were trying to break into the professional ranks and so forth. The racing regionally each weekend was comprised of huge fields of hundreds of riders, with most categories being split into two fields to reduce the numbers for each peloton to a limit of 125. Racing began sometimes at 6 am, with the final category One/Pro event ending near dusk in order to fit in all of the races. It was a daily lifestyle for some and a career for others. And each August, it all came to a stop when 'The Coors' came to town. The local racing calendar was empty, cyclists and enthusiasts would follow the race around like Deadheads followed their band, sleeping in cars or packing hotel rooms. Others would travel from all over the country, even the world, to be part of the event. It was a great time for bike racing in America and it paved the road for everything that's come after it. And it was great to sit and watch it all again.

Thanks again Dave! You know, maybe I will meet a deadline one of these days, just to show my appreciation for this great trip down memory lane. Maybe.

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