

VOLUME 11 NUMBER 8

FREE

OCTOBER/NOVEMBER 2003

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cycling utah

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SPEAKING OF SPOKES

Laid Back in New Orleans

By Dave Ward
Publisher

A couple of weeks before my wife, Karma, and I left for a weekend in New Orleans, I came across an article in the Deseret News about bicycle touring in the Big Easy. That led me to contact "Laid Back Tours" about arranging a bike tour during our visit. On our arrival on Friday, we made our way to their place of business to finalize our plans.

Laid Back Tours is owned and run by Musa Eubanks and his wife, Veda Manuel, out of their bike shop, Laid Back Bikes. That is somewhat of a misnomer, as what they specialize in are recumbents. When you walk in their shop, even though there are some uprights, there is no mistaking that recumbents are the rule here.

Musa and Veda are two of the friendliest people you could hope to meet. We chatted easily for awhile, and then asked them for recommendations as to how to spend our short weekend. We quickly realized that, in addition to being friendly, Veda and Musa are a virtual fount of information. By the time we left, more than an hour later, we had our agenda planned and had more information than we could possibly hope to remember or use.

We had scheduled our tour with Musa for Sunday morning. On Saturday, in addition to the other touristy things we did, we spent part of our time visiting Laura Plantation and eating dinner at Jacque-imo's,



both recommended by Musa and Veda. These turned out to be the best part of our Saturday, and highlights of our trip.

On Sunday, we arrived at the bike shop for our four-hour tour shortly after 10 a.m., expecting to be finished by 2 p.m. But, while "laid back" certainly has reference to their recumbent preference, it also describes Musa and Veda's relaxed approach. I talked Karma into doing the recumbent thing, and by the time we were set up, had finished jabbering, and had found Musa and Veda's dog, it was after 11:30.

Musa was a great guide. We had been on a couple of guided tours by this time, and had also read up on the history of New Orleans. Still, during our tour, Musa entertained us with detailed and unique aspects of New Orleans history, life and culture. Our other tours, while good, were prepared and rehearsed presentations. Our time with Musa was like sitting on a friend's back porch while he spent hours waxing on in a comfortable, intimate manner about the history, culture and good times of his home. The only difference was that we were sitting on recum-

bents with New Orleans as Musa's back porch.

First Musa showed us around the neighborhood, pointing out the different styles of home and sharing some of their history with us. He showed us the "shotgun" and "double shotgun" style homes, and explained why they were thus described. He took us past the disputedly longest standing home in New Orleans, and explained why that claim was disputed. He also told us why we would not stop in front of the home.

Next, Musa took us to the St. Louis No. 3 Cemetery. Like a man weaving a good yarn, Musa told how most tombs have in excess of 20 to 30 persons buried in them, climaxing his story with how that is accomplished. He also knew, and shared with us, the origin of the expression, "He got shafted" which, as you might guess, has something to do with how the high tomb occupancy is accomplished. Musa explained how the tombs are owned, and how it is decided who will be buried where. He knows all that detail. I could, of course, pass all that information on in this article, but my editor told me to keep it short. You will just have to take a tour with Musa... The point is, he knows all this, and it is a delight to be his audience.

From the cemetery, we went out to Lake Pontchartrain. On the way, he pointed out the levees that keep New Orleans from being flooded,

Continued on page 15



Musa explaining to Karma about New Orleans' famous cemeteries Photo: Dave Ward

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Cover Photo:
Bart "The Beagle" Gillespie on his way to winning at Wheeler Farm, Utah Cyclocross Series Race #1, October 5, 2003.

Photo by Dave Iltis

FIT or FAT THIS WINTER??

CYCLIST'S FITNESS PLAN A:

- 1) Windtrainer in your basement facing a blank wall.
- 2) Ergometer in front of TV with Flipper reruns.
- 3) Rollers in your kitchen with skid marks on linoleum.
- 4) Outdoor riding in the dark during a rush hour slush storm.
- 5) Lean Cuisine entrees and Skinny Thigh cream.
- 6) Four month paid vacation to sun country.

CYCLIST'S FITNESS PLAN B:

- 1) Skate skiing in Uinta mountains.
- 2) Snow Shoeing the Wasatch Crest trail.
- 3) Hiking for Telemark face shots at your favorite powder stash.

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You can reach us by phone: (801) 268-2652
Our Fax number: (801) 263-1010

Dave Iltis, Editor & Advertising
dave@cyclingutah.com



David R. Ward, Publisher
dward@cyclingutah.com

Robert L. Truelsen, Executive Editor
btrue@cyclingutah.com

Contributors: Greg Overton, Neal Skorpen, Gregg Bromka, Ben Simonson, Michael Gonzales, Charles Pekow, Chris Humbert, Jason Bultman, Aaron Teasdale, Rusty Healey, Jill Healey, Jason Dunaway, Dave Bern, Joaquim Hailer, Bill Harris

Distribution: Michael Gonzales, Rachel Gonzales, David Montgomery, Doug Kartcher

Administrative Assistant: Lindsay Ross

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

Annual Subscription rate: \$10
Postage paid in Murray, UT

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

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TRAIL OF THE MONTH

Little Cottonwood Canyon Trail



to mix it up a bit. The trail follows both the flume line of the Murray Hydroelectric Power System, built in the 1920s, and the old railroad that serviced Alta during its mining boom days in the late 1800s.

Details

Now, hop on your bike and pedal east on the gravel path alongside the paved walkway. Go around a steel gate, cross the paved access road for Wasatch Resorts (private property, stay on route), and continue on a wide gravel road. Go around another gate on the left/north side of the hydroelectric plant. Pass through a third gate, and then cross a small bridge to Little Cottonwood Creek's south bank. The trail is now doubletrack. On your right, you'll pass an old pavilion that has fallen prey to vandals; then the trail steepens and you'll have to power up a steep, bouldery section (tech 3+). Stay right at a junction (the left fork crosses a footbridge over the creek and exits to the highway at the power plant). The trail smoothes briefly, varies between singletrack and double-track, and passes many stream-side picnic spots.

Cross a hefty footbridge over

the creek, swing around a steel gate, and come to a junction at about 2.8 miles from the trailhead. Left leads up to Little Cottonwood Canyon Road at a road-side turnout signed "Little Cottonwood Trail." If you stay straight, you can continue climbing for another half-mile (tech 4) until the trail peters out near a pair of stone ruins across the creek. Return the way you came, or duck out to the highway for a speedy glide to the trailhead.

The Salt Lake Ranger District is analyzing the possibility of extending the trail to connect with the White Pine Canyon trailhead and then to existing trails at Snowbird and Alta. How sweet would it be to be able to ride all the way to Alta entirely on dirt?

Location: Mouth of Little Cottonwood Canyon

Length/Type: 6.5 miles/Out-and-back

Tread: Doubletrack and a touch of singletrack

Physical Difficulty: Moderate (short, steep, rough climbs interrupt the overall moderate grade)

Technical Difficulty: 2-4

(packed dirt & loose sand with some rocky sections)

Elevation Gain: 1,140 feet

Dogs: No, watershed

Trailhead Access:

From I-215, take Exit 6 (6200 South, Ski Areas.) Travel east on 6200 South then south on Wasatch Boulevard and UT 210. Follow signs for Alta and Snowbird to Little Cottonwood Canyon. Turn right at the canyon's flashing billboard, and park at the Temple Quarry Nature Trail.

Did You Know?

It took 40 years to cut and hand-carve the granite blocks, transport them by horse and wagon from Little Cottonwood Canyon, and erect the L.D.S. Salt Lake Temple.

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

Tricia goes mach-speed down the Little Cottonwood Canyon Trail . . . Not! Photo by Gregg Bromka

By Gregg Bromka

Little Cottonwood Canyon Trail is a fun, quick, hardy ride that is both scenic and historic. Although you're just a stone's throw from the canyon's highway, the forest's earthy bouquet, the air's stillness, and the creek's monotonic churning provide a riparian buffer between you and the intrusions of urbanism. During the pioneer era, Little Cottonwood Canyon offered its natural riches to hard rock miners, stone cutters, timber mills, and settlers. Many of their diggings and doings can still be seen along the trail today.

Before you head out, take a

stroll along the Temple Quarry Nature Trail (bikes are not allowed on the paved path), and read the plaques describing the local history. During the mid-1800s, Mormon pioneers quarried the Little Cottonwood Stock (quartz monzonite) to build the Salt Lake Temple. Look for chisel marks on the huge boulders. If you scan the canyon's craggy slopes with binoculars, you might spot mountain goats scurrying about. Also, the rock's frictional surfaces and steadfast cracks are a rock climber's delight. There's a lot of bouldering to be had along the trail, so pack along your climbing shoes

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BIKE ADVOCACY

Enhancements Funding Restored

By Charles Pekow

Don't expect any changes in federal support for bicycling immediately. Both authorizing and appropriations legislation covering Transportation Enhancements (TE), the Recreational Trails Program (RTP) and most other federal funding to states for bicycle trail construction, safety programs, etc. expired at the end of September. But an overwhelmed and divisive Congress failed to complete action on new law or spending, so it temporarily extended both, keeping everything about the same as before.

The House doused the fire

that threatened to burn down TE, though. It voted for the Petri/Olver amendment to restore the 10% of Highway Trust Fund money set aside for it in the FY 04 appropriations bill for the Department of Transportation. The House Appropriations Committee had earlier voted to end the TE earmark and allow states to use all the money for motor transportation projects (See the September issue).

The House then passed the bill with restored funding. The Senate Appropriations Committee also approved a bill to keep TE funding at about \$600 million. But since

Congress didn't finalize a bill by the start of FY 04 (Oct. 1), it passed a one-month extension bill funding the programs at last year's levels.

Meanwhile, the Transportation Equity Act for the 21st Century; the authorizing legislation for TE, RTP, etc.; also officially ran out of gas Sept. 30 and Congress hasn't even seriously begun the arduous process of writing a new law and it probably won't until next year.

Therefore, Congress passed the Transportation Extension Act of 2003. The bill keeps the programs alive at last year's levels through February (presuming continued appropriations). Congress will then have to consider long-term permanent reauthorization at the same time it debates the budget for FY 05. So it will have to consider the transportation bill with hundreds of billions of dollars at the same time it grapples with the federal

budget strained by a ballooning deficit, tax cuts, rebuilding Iraq and ever-expanding homeland security issues.

But since transportation project money comes from fuel taxes earmarked for it, transportation programs face less pressure for budget cuts than they otherwise would. The question remains, however, whether Congress will feel in the mood to increase gas taxes to increase spending.

Keep an eye on state transportation officials in the short term, though. The five-month reauthorization allows a new type of transportation: states can transport money among transportation programs – as long as they pay it back eventually. So theoretically a state can decline to fund new TE or RTP projects until March. "We don't think a lot of them will do that" however, says Martha Roskowski, executive director of America

Bikes, the lobby formed to fight for bicycling in TEA-21 reauthorization. States could also transfer money from other pots to bicycling projects, but the legislation allows them to use other money for them anyway, so the cycling community gains nothing from the flexibility, Roskowski says.

Meanwhile, the future of the two-person America Bikes Washington office remains murky. The bicycle industry-supported Bikes Belong campaign provides most of the cash and only committed funding through 2003. The legislative process, however, will go on well into 2004. "We're in discussions with Bikes Belong about continuing funding. I don't think they've made a final decision but they acknowledged this is important. We're fairly comfortable they'll continue this effort into 2004," Roskowski says.

Letter to the Editor

Critical Mass and Police 'Protection'

That Supervehicle rolling through the streets of Salt Lake every last Friday of each month composed of a diverse assortment of wheels and their peddlers, friendly yet assertive, chanting "We're not blocking traffic, we are traffic!" and extending their arms while gliding to the right or left at intersections, to the surprise and frustration of many motorists is Critical Mass. Critical Mass encourages people of all cadences to join in a celebration of public space. It is an opportunity to increase the visibility of cyclists in the city, asserting en masse the legality of bicycles on the roads. It is a street demonstration let spontaneously through the city as cyclists carry on casual conversation and enjoy the slow paced united revolution- pun intended. Throughout the rush-hour ride the mass often draws solo cyclists, and never fails to lure the police officers on motorcycles. They follow closely and hypervigilantly to detect any minor obstruction of traffic laws. Typically cyclists pay no attention to the officers while continuing to enjoy the ride. On the few last rides however, I have been offended by their domineering presence. For instance, when we take left turns some riders will stay in the inter-

section waiting as the rest pass through. This is referred to as "corking" and like a railway crossing arm it is a protective measure of the group to prevent hostile drivers from breaking up the cyclists. At the last mass two cyclists were cited for corking the road, yet throughout the rest of the ride the officers hypercritically corked all of our left turns for us. They even blocked an entire four-lane street downtown, and while making a spectacle with their flashing lights and sirens, escorted us to the other side of the street. While at first glance this treatment may seem courteous, even friendly, I perceive it to be highly paternalistic and quite coercive. Critical Mass is a self-sustaining and autonomous group of cyclists, and when the police compose a completely arbitrary almost theatrical production to "protect" us it is nothing less than offensive. The ride is cyclists' legitimate demonstration of their public rights and responsibilities on the road, not a show of police power- at the very least they could ride bikes.

-Susan Cummings
Salt Lake City, UT

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

Salt Lake City Bike Collective Turns Kids into Bike Mechanics

Summer Program

On August 14th, the Salt Lake City Bicycle Collective finished teaching its first earn-a-bike course. Called Bicycle Bonanza, this class taught 9 summer students in the YouthCity program how to take apart and reassemble a bicycle. In the end, the children kept the bike they fixed up. The kids, the YouthCity employees, and the Bicycle Collective volunteers all had an unfathomable amount of fun during the course. Janet Wolf, the YouthCity director, said "That bicycle class was beyond our dreams." (quote from Deseret News, 8/16/03)

Fall Program

On September 17th, the Bicycle Collective started its second earn-a-bike class, spreading bicycle skills and fun to a whole new group of children. The classes are Mondays and Wednesdays, 4--5:30 at the Central City Building, on the corner of 300 East and 600 South. They hope this class will be even more successful than the last. To make this class successful, the Bicycle Collective would like more volunteers to help teach the kids. If you like helping kids, have turned a wrench before in your life, and want to help, then please contact: the Salt Lake City Bicycle Collective-- info@slcbikecollective.org Jesse Ratzkin-- 532-4712 or ratzkin@math.utah.edu Not only is volunteering for this class a worthwhile endeavor, it's also one you can enjoy.

Collective Seeks Bike Donations

The Salt Lake City Bicycle Collective is accepting donations of bicycles, bicycle parts, and tools. If you are unable to sell your bike, your donation is tax-deductible. The collective refurbishes used bicycles and donates them to various community projects. Please call 328-BIKE or visit www.slcbikecollective.org for more information.

Critical Massquerade October 31st

The October Critical Mass will be extra fun since most riders will be dressed in costumes. Adorn yourself, your bike, or both and join the Critical Massquerade at 5:30pm on Friday, October 31, on the north side of the Gallivan Center. For more info check www.slccriticalmass.org.

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**Why They Voted the Way They Did-
Statements from Utah's Congressmen**

We asked Utah's congressmen why they voted the way they did on the Petri/Olver Amendment to restore funding for bicycle/pedestrian enhancements. These are their statements.

Rep. Rob Bishop, (R), Ogden, District 1. Vote: No.

"Before coming here, I was convinced Washington didn't know better than Utahns how to run our state. I'm even more convinced of that now. The Petri/Olver amendment was based on one issue: should the federal government mandate to states and localities how to spend transportation dollars? My "No" vote was not based on the merits of transportation enhancement activities, such as bicycling, which certainly need funding. It was based on my firm belief, confirmed after 16 years serving in the state legislature, that decisions like these are best made at the local level. The Petri/Olver amendment did not increase, adjust, or restore funding. It simply mandated to the states how to spend 10 percent of the money they were already getting. I'm confident that leaders at the local level know best how to allocate resources, and when decisions are left up to them, they will make choices that are in the best interest of all Utahns, including Utah's cycling community.

The goal of this amendment was to bypass all state and local leaders. By so doing, there will never be champions for cycling or any other enhancement activity in state or local governments. The mandated 10 percent funding level thus becomes a ceiling, not a floor, with no desire on the part of local leaders to buy into the program and ever increase it. It is counterproductive in the long-term and could potentially harm cycling more later than it seems to be helping now."

Rep. Jim Matheson, (D), Salt Lake City, District 2. Vote: Yes.

"I was very concerned when the Appropriations Committee change current law in the Transportation and Treasury bill--eliminating the requirement that states use some of their federal funding for transportation enhancement projects. I know how important this funding is in states like Utah, for trails and bike paths. I spoke with the leading Democrat on the subcommittee and asked that enhancements continue to be funded in the bill. When the bill came to the House floor, I voted for the Petri amendment, which passed the House by an overwhelming, bipartisan margin. This amendment restores funding for the program, which I believe is good for Utahns."

Rep. Chris Cannon, (R), Provo, District 3. Vote: No.

"One of our main concerns in Congress is ensuring a safe transportation system for Americans' travel. In recent years Utah has benefited greatly from federal funding and now enjoys faster, smoother and safer roads. However, there are still many roads in Utah and across the country that Congress needs to help make better using very stretched funds. While I enjoy the outdoors and the many bicycle paths throughout our beautiful state, I believe that funding must first go to ensure safety on our roads rather than recreational paths such as bicycle trails. In the future I hope that our fiscal situation will allow me to feel comfortable allocating more funds for such paths."

**MTB Adventure -
Continued from page 7**

probably close to shop closing time. After consulting the map our plan was executed: Aaron make like fixed gear and head west, Jason hammer east and fetch vehicle (don't break camp), meet somewhere on road, and pray for happy ending. Huge thanks to Brian at Cedar Cycle in Cedar City for being at the shop long after closing hours and getting us fixed up. We reinhabited our forest camp just west of the concrete developed, clearcut Navajo Lake campgrounds, tied our bikes to the stall, and spent an hour getting our fire started.

The next morning we heard some crazy, wailing sounds while climbing back up to the rim. At the top we rode into hundreds (thousands?) of herding sheep. The imposing stench and flying sheep dung from our tires didn't slow us down though. The stretch east is pure, unadulterated, fun-loving singletrack with views of Zion on the horizon. We enjoyed the sunset short of Strawberry Point and descended the dirt road in the dark. None of these roads are signed so some keen topo-map reading expertise came in handy. It was less handy having to trudge up the road for miles on end back to Navajo Lake.

Next to Blowhard Mountain we go. After passing the big ball alien landing site by the trailhead and dropping some burly descents, we stopped for the view of Cedar Breaks National Monument and Ashdown Gorge Wilderness. The stretch below the red ridge features some steep, tight switchbacks - a couple of which I walked (I know hard to believe), but Aaron cleaned 'em all, flaunting his extremism. We found a trailhead to the wilderness area and willingly parked our bikes to hike up a short section. At the bottom of the trail, I started up the road while Aaron practiced his hitchhiking skills. The play-by-play announcements on the walkie-talkie were not encouraging: "No cars...not a one", "Denied...denied again", "Whoa! Almost got runned over!" All the better, the post-sunset color over Zion National Park, the unsuspecting deer herds, and riding in the dark on a road with no traffic made the endless climb enjoyable.

We headed to Brian Head while I relished my new nickname - Shuttle - and found another great primitive campsite up some forest road.

With all honest intention, we set out to get a taste of Brian Head and finish by early afternoon to get home by suppertime. Now some people, so I hear, actually buy lift tickets instead of climbing this mountain, but we're far too extreme to do that kind of thing (plus they only run on weekends and it was Thursday). At the top, we tidied up the lift area a bit, did a little birdwatching, and started our descent. Somewhere high up on the Dark Hollow trail we were greeted by a "trail closed" sign but we still investigated the logging operation that was blocking our path. Turns out they were battling a beetle infestation. The alternative trail was awesome - Paradise Canyon has sweet singletrack through the thickest Aspen stands I've ever seen, a little steep loose dirt, and a parallel alpine stream. Ah, paradise.

Now at the beginning of this final ride we scoured the car for any and all edible items, which consisted of about twelve nuts, an orange, and a can of tuna. Not enough. There were no scout leaders dishing out food at the very developed but deserted scout camp. Luckily, we found some wild raspberries and grubs (for protein). Drained and fatigued from a week's worth of epic riding, we humbly walked and pushed our bikes uphill to reach the road by dusk and return to SLC by 2 a.m.

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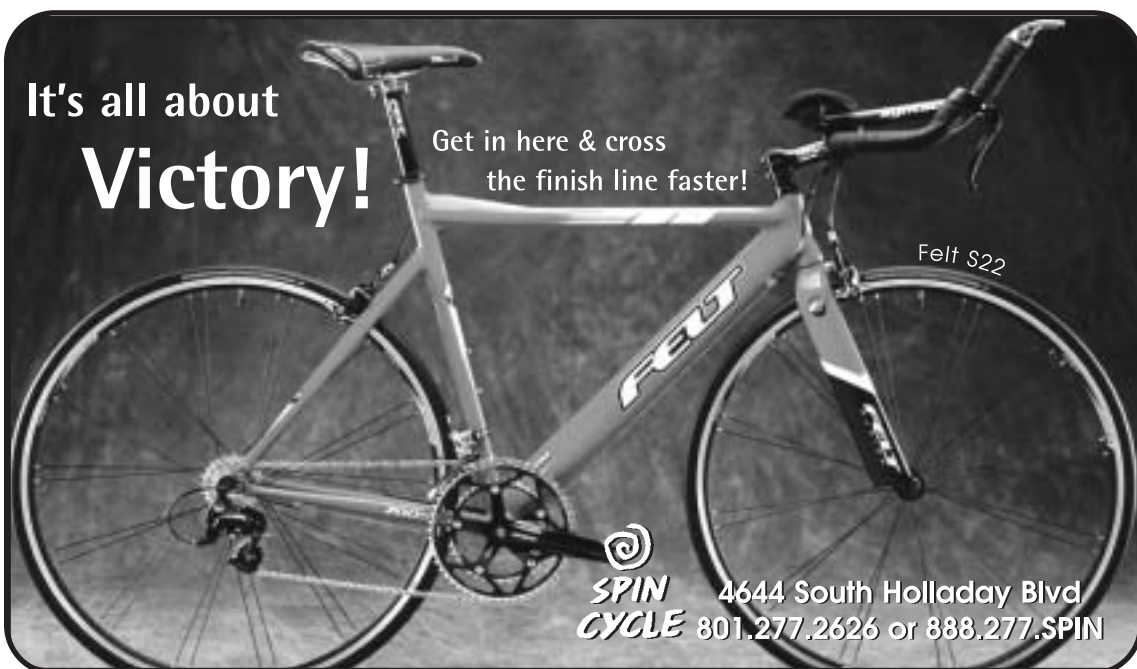
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Route 211

THE TOUGHEST HILL YET

By Greg Overton

Cycling and cancer have been connected in our minds and hearts for over six years now, since the shocking news that America's brightest racing star, Lance Armstrong, had been diagnosed with testicular cancer; threatening not only his future as a bike racer, but indeed his future, period. Now Armstrong is an inspiration for us all, and living proof that this terrible disease does often times lose the war it wages on the human body and spirit.

Earlier this summer, cancer came to wage its war on one of my oldest and dearest friends. Regular readers of Route 211 may recall a feature in these pages last year on Glenn Volmer. Glenn is another such inspiration who lives to ride his bikes, usually to the lung-robbing end of America's highest paved road, Mount Evans, Colorado. The road ends at 14,284 feet, at the hockey rink-sized tip of this massive mountain that rises fifty miles west of Denver. For years, Glenn has measured his riding season by his number of trips to this summit, among countless others. He tracks his rides in vertical feet gained instead of miles, usually going over 250,000 per



year.

Not this year. After experiencing a "nuisance" pain in his body that stayed for a few days, Glenn mentioned the pain to his doctor during his yearly physical exam. Three days later he was undergoing major surgery related to advanced prostate cancer. Both of his testicles were removed to stop the rapid spreading of the cancer via the testosterone produced by his body. He was to begin a barrage of chemotherapy and radiation in hopes that he may live the full fifty to sixty days that the doctors were predicting. He was not going to reach his sixtieth birthday, they told him. His birthday is in September, and he would surely not see the end of June. He was told to get his affairs in order. A business-like way of being told to say a lifetime's worth of goodbyes in two

months.

Glenn's cancer was detected in his bone marrow, his spinal chord and his brain and skull. It was found in his vital internal organs as well. Who could argue with his doctors when all this evidence was presented? Glenn told me about his drive home after hearing the prognosis, to Evergreen, about thirty miles from Denver. He made the drive alone, and said it was the longest trip he had ever taken, "what's the point?" he thought to himself. And he mentioned how he felt that all of the commuters rushing home to the mountains from Denver seemed to be spinning their wheels motionless and in a pointless race to nowhere. I couldn't argue with him. I couldn't say anything actually.

Glenn Volmer had ridden his bike or his skis nearly every day for the twenty odd years that I had known him. Before that he was a marathon runner and avid motocrosser. At twenty years older than my racing contemporaries and me, he could still climb with category one and two racers on any hill, and especially on Mount Evans. He has never used drugs or tobacco, never had more than an occasional drink, and then only if the Mexican food was hot enough to call for

it. He had not eaten red meat in over ten years, and basically led a stress-free life. Why would cancer wage such a complete war on this body?

After his surgery, upon being educated about the chemical war that was about to be waged on the cancer, and on the effect these chemicals were going to have on his body, Glenn said "thanks but no thanks." He told his doctors that he saw no reason to put his body through it, if the best case scenario was to die within a couple of months anyway. The doctors were a bit dismayed, but seemed to understand. They probably thought he was crazy, but didn't portray that notion to him. They reiterated that he should "make the proper plans and arrangements." He knew what that meant. Another long drive up the hill.

Glenn began to educate himself on the human body and spirit, and the effects of cancer's war on them both. He learned through solitary and comprehensive study what the natural effects of the disease were to his body, and conceived a natural plan for recovery, or at least for the short term goal of reaching his birthday in September, some three months away. And more than two months longer than he had been given to live. He was taking short bike rides within a month after the surgery. His energy and strength seemed to be slowly returning as June became July. He sent an email in early July saying, "not bad com-

puter skills for a dead man." His humor was returning as well.

July became August and Glenn resumed working. And kept riding. He was beginning to climb some of the snarly hills that surround Evergreen. He began to talk to the cancer inside his body, and encouraging the natural treatments he was taking to chase it into a full retreat, gaining victory in this war. Or at least in each day's battle. He takes what looks like a full two hands-full of supplements each day, along with several liquid supplements. He seems to be constantly revving his blender with concoctions of specific fruits and vegetables to nourish and arm his body for the fight. He began to feel "normal, almost".

On a sunny Saturday in early September, many of Glenn's friends gathered at the chilly and wind beaten summit of Mount Evans to celebrate his birthday, followed by a party with cake and ice cream at the Echo Lake Lodge 14 miles down the 28 mile climb. Glenn was there and in good spirits, if a little tired. You see, not only had he made it to his sixtieth birthday, and his party here at 10,000 feet. Glenn Volmer had ridden his bike to the summit of that mountain on his birthday! "Not bad for a dead guy."

Editor's Note: Greg can be reached at:
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COACH'S CORNER

2004 Is Just Around the Corner

By Bill Harris

For many of us the racing season is over and the weather is about to move in, soon we will be hanging up the bikes and breaking out the skis and snowboards. But this time of transition affords us the opportunity to take care of some needed business. Here are 10 tips to a better, faster, stronger next season

- Take sometime off the bike. Give your body and mind a chance to repair and recharge. Two weeks completely off the bike is the absolute minimum for the die hard racer but, four weeks completely off is more like it and will do you wonders. Take a vacation and reconnect with your family and friends.

- Do some cross-training. While taking some time away from the bike go for a jog, hike up Mount Olympus, go swimming, kick the ball around with your kids, go to the skate park and do some hand plants in the half-pipe. Stay active, have fun, but stay away from the bike

- Go to the doctor and get a complete check up. Make sure you've got no ailment that will keep you off the bike in 2004. If you do have an ailment maybe a few legal prescription drugs can clear it up in time. Keep in mind that "slow" is not an ailment.

- Go to the chiropractor. I don't know about you but I crashed a few times this year and 11 months hunched over the bars has my back twisted like a pretzel. Go get straightened out.

- Go to the dentist. Dealing with tooth problems in the middle of next season will set you back and mess up all your plans for a podium spot in the Tour.

- Take up yoga or Pilates. Stretch and strengthen your well-used muscles and also the ones you didn't use. Take time to focus on building a strong core and lower back. Breath out....and relax.

- Evaluate your season. Decide what you want to do with your cycling next year and set some hard, yet attainable goals. Maybe you want to win the Masters Nationals, which will be here, in our hometown next year or maybe you just want to finish your first ever century ride. Whatever the goals, with the help of a qualified coach or on your own, make a plan to reach them. A wise man once said, "you can't hit a target you can't see".

- Watch what you eat. Big Jan Ullrich got big in the off season from too many Weiss beers and cream puffs. If you keep the same eating habits that you have in the middle of the season you will blow up into a big balloon and then have to spend all winter losing the weight so you can start next season in some semblance of fitness. Moderation is the key. Same foods, just not so much.

- Sell your old bike on E-bay, but buy a new one from your local bike shop and help keep them in business through the cold winter months. There is lots of cool new bike stuff coming out for next year and nothing beats dropping a few bucks on a shiny new steed to keep you motivated.

- When all else fails and you just can't hang it up, break out the cross bike and head on out to the races. Two things will happen after your first cross race. You'll either hang up the bike the following day after a thorough beating or you'll fall in love with it like I have and spend another few months at full throttle and worry about next year, later.

Bill Harris has coached State, National, World and Olympic Champions in three different sports. To find out about cycling coaching from Bill check out his website at www.yellowjersey.com

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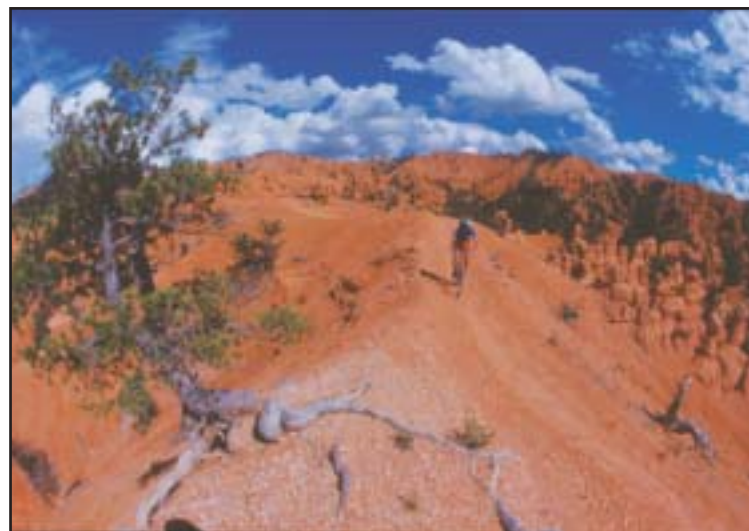
A Week of Extreme Birdwatching by Mountain Bike in Southwest Utah

By Jason Bultman
Photos by Aaron Teasdale

Audubon field guides and binoculars are not standard items on a mountain bike ride, but there are those of us out there testing the sports limits and pushing the envelope on what is humanly possible. Professional bike birder Aaron Teasdale and myself recently spent a week savoring single-track in wild Utah. This exploratory expedition in the Dixie National Forest spanned the Cedar City and Bryce Canyon areas. We were proud to represent a minority form of recreation amongst the prominent ATV and hunting activities, and I have recorded the adventure here, based on 100% facts, all mostly true.

When Major John Wesley Powell surveyed the current Escalante Grand Staircase terrain, the 10,188' finger pointing south from the Table Cliff Plateau was a good spot to do it. We shot north from Bryce Canyon past Pine Lake to camp at the trailhead to Powell Point and noted how elevation makes things colder. Now in the morning we two-wheelers were in four-wheeler territory, and what pure dumb luck it was to have bright orange mountain bike shorts - safe style for the fall season. I stuffed the stove and mugs in my Camelback and we rode the few miles of double- and single-track to the immense overlook. We spent a relaxing morning brewing tea, Bristlecone bouldering, and taking turns dropping hundred footers off Powell Point.

The next morning, after sufficient partaking of our staple breakfast, Guayaki yerba mate and organic oatmeal, we headed up the Thunder Mountain trail in Red Canyon. This super-fun, super-scenic, 100% singletrack ride just wouldn't stop getting better. The mostly moderate terrain winds through Bryce Canyon-esque hoodoos. Have you ever shot a section so enjoyable you turned around to climb it and re-enjoy? I



Jason enjoying the singletrack.

- Day 1, Powell Point, north of Bryce Canyon NP
- Day 2, Thunder Mountain trail, Red Canyon, Highway 12
- Day 3, Casto Canyon, Red Canyon
- Day 4, Virgin River Rim Trail, from Navajo Lake, Highway 14
- Day 5, Virgin River Rim Trail
- Day 6, Blowhard Mountain, north of Highway 14
- Day 7, Paradise Canyon/Dark Hollow, Brian Head Ski Resort

did that all day. I could tell you the total trip count and elevation gained according to my altimeter watch, but you wouldn't believe me, plus I don't remember. Aaron and I decided to not print anything about this dream trail so we could maybe have it to ourselves the next time also. Now we had all intention of roughing it and eating our camp food that night. But there we were the second night in a row - the Doghouse Cafe. This spot at Bryce Junction has a great vibe, good sandwiches, local drafts, pool, and darts.

After camping under a starry sky somewhere past the Casto Canyon trailhead up some forest road, my friend Aaron, who epitomizes the "extreme" style, spent the morning recovering from the previous day's sun exposure. August is a great time to go out in the high desert and get really hot. We opted to explore Casto Canyon on foot for an irie afternoon amidst "manned sentinels and

hooded monks." It's no wonder why Butch Cassidy and his crew sought cover in this colorful maze. On the list for when I return will be a loop up Casto, down the Cassidy trail, and around on Thunder Mountain.

Next trail on our scope was the Virgin River Rim trail, south of and paralleling Highway 14. The original plan of a multi-day mountain bike tour with BOB trailer and backpack was scrapped last minute. The stretch west from Navajo Lake is in Aspen-strewn forest and, excluding the ample evidence of illegal ATV encroachment, was an impressive mix of climbs and descents. About four miles down the trail (snap!) a huge stick wedged itself into Aaron's back tire, breaking the rear derailleur and a few spokes. It was actually a small log. But no time to cry in our beer - it was

Continued on page 5

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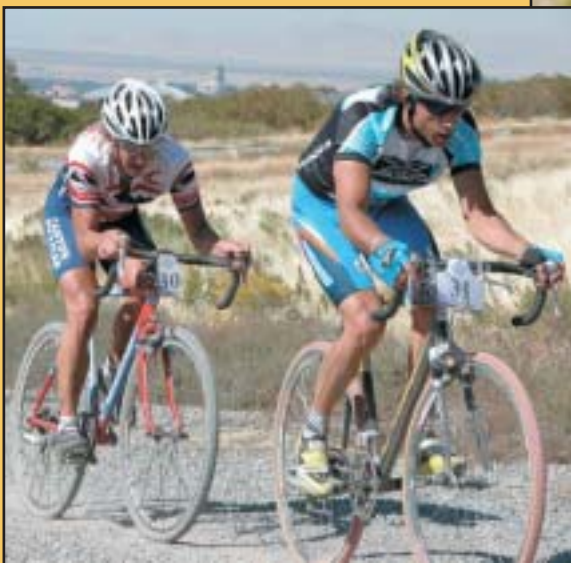
Cyclocross Photo Gallery

Photos by Dave Iltis and Maren Partridge



Right: Bart Gillespie hopping and winning at Wheeler Farm CX #1
 Center: Dave Harward, CX #1
 Far Left: Art "O-Train" O'Conner at CX#1
 Bottom Left: Tom Cooke leads Bill Harris at This is the Place State Park, CX#2
 Photo: Maren Partridge
 Bottom Right: Lisa Peck at Wheeler Farm, CX #3
 Top: Tanner Putt negotiates the barriers.

See results on page 14.



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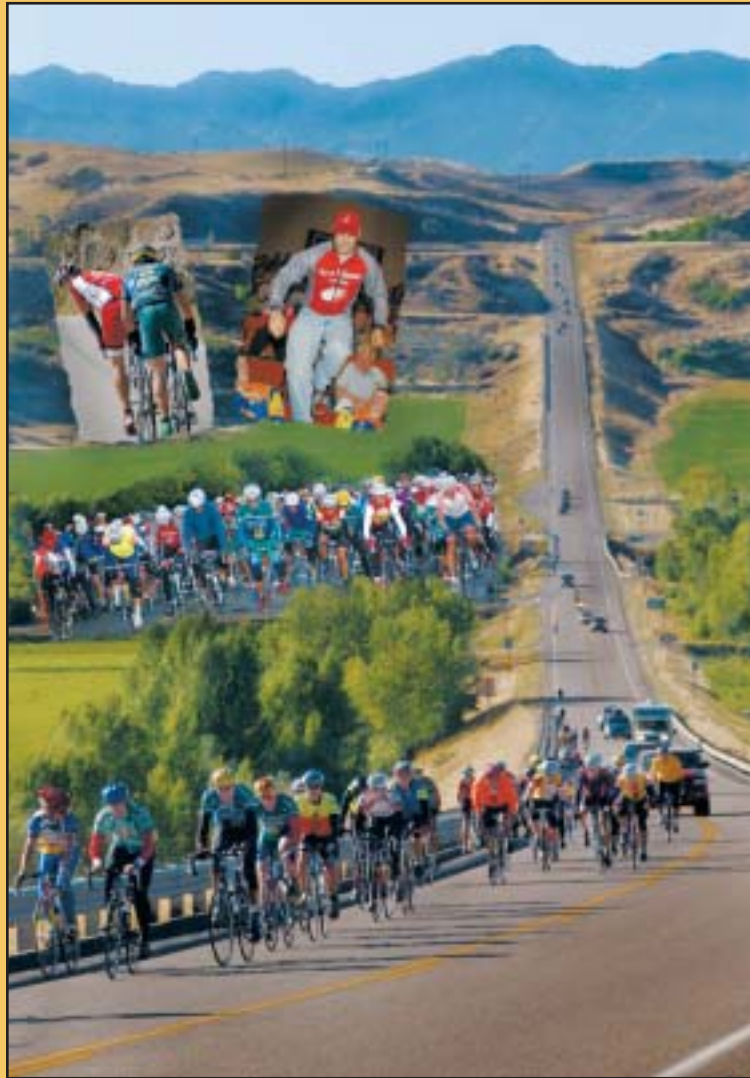
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ROAD RACING

Yorgason, Smith, Evans Top Record Lotoja Field

By Dave Bern



Above: Lotoja Photo Collage. Photos by Rusty Healey. Collage by Courtesy RustyHealeyPhotography.com
 Right: Jeremy Smith on his way to victory. Photo: Dave Ward

When 2003 LoToJa Classic winners Jeremy Smith of New Moon Media and Nicole Evans (unattached) rolled past the start line before dawn on Sept. 13, neither one expected to be category champions of the nation's longest, single-day road race by nightfall. "I felt a lot of pressure going in," said Smith, 30, who took third in last year's Pro I-II race. "At the start, I had some doubts. The Guru's team was overly stacked against us. It just didn't look promising."

Evans, 25, who is only in her second year of racing, and won last year's citizen's women event, looked at her competition and made a choice that perhaps helped her for the day.

"When I got to the start line, my goal was to stay with Robin (McGee, last year's women's winner), said Evans. "... I just didn't know the competition, and didn't know what was going to happen. But it was in the back of my head (to go for the win)."

And then there's the story of James Yorgason of Ogden One Cycling Team. As the Masters 35-44 rider crossed the start line, his design for the day was to assist teammate Mark Schaefer to victory, and to post a fast time.

But with over 8,000 miles in his legs and feeling "good" with 40 miles to go, Yorgason not only won his category, but rode the fastest overall time of the day at 8:15:08. Smith's winning time in



the Pro I-II race was four minutes slower.

"To win was just incredible," said Yorgason, who is 44 years old and has seven LoToJa's to his credit. "After I crossed the finish line, my wife came over and I just broke down and cried."

With 849 riders at the start line in front of Sunrise Cyclery, the 21st edition of the LoToJa Classic promised to be full of courage, emotion—and cold feet. Although skies were clear, a dry cold front blew through the night before.

The day also promised to be 184 miles long instead of the traditional 203. For the second consecutive year the finish was staged at Swan Valley, Idaho instead of Jackson Hole Ski Resort.

Hazardous road conditions in Snake River Canyon, caused by heavy road construction, prompted Race Director Brent Chambers to make the move.

The temperature was just above freezing as the Pro I-II's left Logan at 6:30 a.m., but a stiff northwest wind made it even cold-

er. Despite the cold, Smith got right to work. His goal was to either quickly create a break, or to become part of one, and to have it hold as long as possible.

Before the peloton had left Logan's city limits, Smith was in a group of six riders with a 100-yard gap. It was obvious to him the peloton was letting them go, and he chose not to waste the opportunity. After getting a quick wheel change at 20 miles, Smith and the group entered Preston with four minutes on the pack.

On the climb to Treasureton Summit, Smith and Sandy Perrin (Team Guru) held back to keep the group together, which mostly consisted of Cat III's. Over the top, the group reformed and kept the pack away through the first feed zone at Grace. Also by Grace, Smith's group was down to five riders.

With Soda Springs only a few miles ahead, Smith turned around

Continued on page 5

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Damon Kirchmeier in his qualifying run at the Bromont World Masters Mountain Biking Championships. He went on to take the Silver Medal in the 35-39 age group. He was the only Utahn to compete this year. Photo: Eldor Gemst



Action at the Flyin' Brian 2 Downhill, Brian Head, September 1, 2003 Photo: Joaquim Hailer

Downhill Legend Book Reading

Marla Streb, downhill legend, will read and sign her book, *Downhill: The Life Story of a Gravity Goddess*. An inspiring memoir from a world-class athlete whose life took off after she started going downhill. At the

age of 36, Streb continues to compete and win against women ten years younger at the highest levels of her sport -- downhill mountain biking. The reading will take place on Friday, November 7th at 6:00pm, at Sam Weller's Zion Bookstore, 254 S. State, Salt Lake City, (801) 328-2586.

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Much more.

Lotoja - continued from p. 9

and saw approximately 40 riders in full pursuit. He, Perrin and the others eased back, waiting to be absorbed. But then Bryson Perry (Guru's) and Jason Travis (Jans) bridged and reanimated the group just as they entered Soda Springs.

With more horsepower, Smith and the group had nearly four minutes on the peloton by the China Hat Feed Zone. That power was further increased when Utah State Time Trial Champion Jesse Westergard (Guru's) bridged as well.

However, what Smith feared at the start line had become reality. Although the break appeared to be successful, he was outnumbered by Guru riders. The group climbed Tin Cup Pass without attacks, and Travis won King of the Mountain.

The group stayed together on the descent to Freedom, riding what Smith described as a "crazy-fast pace." Turning north onto Highway 89, the riders hit the full brunt of a cold headwind. With the last feed zone at Etna behind them, the group rolled into Alpine Junction and prepared for the final push along Palisades Reservoir into Swan Valley.

On the day's last climb and with the Palisades Dam in view, Smith and Westergard attacked and got a 100-yard gap on the group. Their effort proved successful, but they were soon caught by Perry and Perrin.

"Three of them -- one of me, it couldn't get much worse," said Smith about those final miles to Swan Valley. "In my head I just said to myself, 'Don't get fourth place. Whatever you do, don't get fourth place!'"

But his heart had even higher aspirations. In the final meters Smith brilliantly and powerfully covered three quick and consecutive attacks from Westergard, Perry and then Perrin. With 50 meters to go, he blew around Perrins and crossed the line alone



When you ride for 9 hours, the feed is crucial. Photo: Rusty Healey. Courtesy RustyHealeyPhotography.com

for his first Cat. 2 victory. His winning time was 8:19:08, followed by Perrins at 8:19:11 and Perry at 8:19:20.

Smith noted that the headwind played a factor in the race, and slowed the overall time.

According to Evans, the headwind was a big factor in her winning time of 8:44:21. As evidence, she said her winning citizen ride last year was done in 8:31.

At the start line, Evans said she really didn't know what to expect out of the day. In addition to deciding to stay with Robin McGee, she figured she "had nothing to lose, and would just go for it."

Her relaxed attitude paid off. But at the finish line, she couldn't "go for it" as she would have liked due to congestion of riders during the final meters. When the licensed women arrived in Swan Valley, they were with a large group of Cat. IV and Cat. V men riders. It was a pack sprint.

Margaret Douglas and Darcie Murphy won second and third place, respectively, with the same time as Evans. Murphy also won the Queen of the Mountain prize at Treasureton and Tin Cup.

"This year I felt a lot better out there," said Evans. "I made sure that I was hydrated, and I ate every 20 minutes. That really helped."

For Jim Yorgason, what helped him win the licensed men's 35-44 category, and post the fastest overall time of 8:15:08, was a decision he made a year ago: To join a local club and consistently race

throughout 2003.

Shortly after Preston, he, teammate Mark Schaeffer and David Sharp (Ninth & Ninth), found themselves several hundred yards ahead of the 35-44 pack which had slowed for a nature break.

The three maintained their pace and Yorgason expected the pack to quickly catch them. Near the summit of Treasureton, the pack did get close—but that was the last time for the day. On the descent, Yorgason, Schaeffer and Sharp worked together and created a gap of several minutes.

Their speed and efficiency were so ideal, that they caught and passed the Pro, I-II peloton at Niter, and by Soda Springs, surprised the six-man, Pro, I-II breakaway. A few miles later, the Pro I-II's pedaled away, but the three veterans were only a few minutes behind the rest of the race.

With 20 miles to go, Yorgason said that he was feeling strong. It was about that time Schaeffer advised him to launch an attack against Sharp and go for the win.

"At about six kilometers out, I picked up the pace," said Yorgason. "It wasn't very fierce (the attack). I rolled in for the solo win. It's the most incredible feeling to solo in."

Of the 849 riders who started the 2003 LoToJa, only 111 were DNF's. The youngest riders to compete were 10 years old (relay team participants), and the oldest was Tom Dyson at 73 years.

The last group of riders crossed the finish line at 9:48 p.m.

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Salt Lake City, UT 84106
(801) 484-0404
www.redrocks.com

REI

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

Sandy/Draper

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

Canyon Bicycles

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

REI

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

Revolution Mountain Sports

8724 S. 700 E.
Sandy, UT 84070
(801) 233-1401

Sandy/Draper

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

South Jordan

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

Utah County

Orem

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

Payson

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

Provo

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

Bingham Cyclery

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

Copeland's Sports

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

Springville

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

Weber County

Ogden

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

Bingham Cyclery

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

Riverdale

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

cycling utah

CALENDAR OF EVENTS

Submit your event to:
dave@cyclingutah.com
 with date, name of event,
 website, phone number
 and contact person and
 other appropriate informa-
 tion
Send us your 2004
Events!

Bicycle Motocross

Battle Bay BMX — (801) 796-8889
Rad Canyon BMX — (801) 824-0095
 For more track info, visit
 cyclingutah.com

Events

Mondays — Rad Canyon Bmx,
 Practice, Mondays through
 September, 6:30-8:30 pm. 9700 S.
 5250 W., South Jordan, (801) 824-
 0095.

Tuesday and Thursday Evenings —
 Rad Canyon Bmx, Single Point
 Races Tuesdays & Thursdays
 through September (Saturdays in
 October), Registration 6-7 pm,
 racing ASAP (8pm). 9700 S. 5250
 W., South Jordan, (801) 824-0095.

Cycling Events

General Info

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

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

Provo Bike Committee — (801) 374-
 2033 or tjensen@Korve.com

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

Events

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

October 31 — Critical
 Massquerade. Wear a costume!
 See above for time and place.

November 7 — Marla Streb will
 read and sign her book: Downhill:
 The Life Story of a Gravity
 Goddess, 6 p.m., Sam Weller's
 Bookstore, 254 S. Main Street,
 SLC, (801) 254-2586

Wednesdays — August - October
 Canyon Sports weekly bike main-
 tenance clinic - no charge. 6:00
 pm, 1844 E. Fort Union Blvd., call
 942-3100 for info and reserva-
 tion.

Winter — Treehouse Cycling Camp
 with JR Smith, Draper, (801) 718-
 3787

Winter — Sports Mall Cycling

Calendar of Events
 is sponsored by



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

Camp with JR Smith, Salt Lake
 City, (801) 261-3426 ext. 135

Ongoing — Choose to Ride Bike
 Repair Classes Please call 747-
 3325 or visit choosetoride.com to
 reserve your class.

January & February — Choose to
 Ride will be holding Park Tool
 comprehensive bike repair class-
 es for road & mtn bikes. Please
 call Choose to Ride at 747-3325
 or choosetoride.com



Cyclo- cross

September 27 — Utah Cyclocross
 Series Race #1, Wheeler Farm,
 (801) 359-6161

October 4 — Utah Cyclocross
 Series Race #2, This is the Place
 State Park, (801) 359-6161

October 5 — Utah Cyclocross
 Series Race #3, Wheeler Farm,
 (801) 359-6161

October 12 — Utah Cyclocross
 Series Race #4, Wheeler Farm,
 (801) 359-6161

October 25 — Utah Cup of Cross,
 UCI Category 3 event, Elite
 Women, Elite Men, Juniors, U-23,
 B-Category, C-Category,
 Masters 35+, (435) 259-5663

October 25 — Hidden Springs CX
 Series #1, Boise, ID, (208) 336-
 3854

October 26 — Utah Cyclocross
 Series Race #5, Wheeler Farm,
 (801) 359-6161

November 1 — Utah Cyclocross
 Series Race #6, This is the Place
 State Park, (801) 359-6161

November 1 — Hidden Springs CX
 Series #2, Boise, ID, (208) 336-
 3854

November 8 — Utah Cyclocross
 Series Race #7, Riverdale (call for
 info), (801) 359-6161

November 8 — Hidden Springs CX
 Series #3, Boise, ID, (208) 336-
 3854

November 9 — Utah Cyclocross
 Series Race #8, Wheeler Farm,
 (801) 359-6161

November 15 — Utah Cyclocross
 Series Race #9, This is the Place
 State Park, (801) 359-6161

November 22 — Utah Cyclocross
 Series Race #10, Wheeler Farm,
 (801) 359-6161



Mountain Bike Racing

General Info

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

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

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

Utah MTB Races

October 13-14 — Huntsman World
 Senior Games. Must be 50 years
 or older. Three events: hill climb,
 downhill, and cross country. 800-
 562-1268 or hwsg@infowest.com

October 16-19 — Red Bull
 Rampage Free Ride Contest, 2nd
 Annual, Virgin, UT (435) 772-BIKE

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

Mountain Bike

Tours and Festivals

October 25 — Chet Peach, Fruita,
 CO, (800) 873-3068

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

Road Racing

General Info

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

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

Utah Road Races

TBA — UCA and Cycling Utah
 Rider Meeting and Awards
 Ceremony, Time and Place TBA,
 (801) 944-8488

TBA — UCA Promoter's Meeting,
 Time and Place TBA, (801) 944-
 8488

October 11 — City Creek Bike
 Sprint, 10 am, 5 1/2 mile climb up
 City Creek Canyon in Salt Lake
 City, road or mountain bikes,
 UCA Points Series Event, (801)
 583-6281

Weekly Rides

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

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

Mondays - August - October
 Canyon Sports weekly evening

intermediate mountain bike rides
 8-13 miles, fun pace & fun peo-
 ple, meet at Canyon Sports 5:30
 pm 1844 East Fort Union Blvd., call
 942-3100 for info.

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

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

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

Wednesdays — 5:30 p.m. Meet at
 5:20 in the parking lot on the west
 side of Borders bookstore at
 Riverwood shopping center.
 (4801 North University Avenue in
 Provo). Approximately 2 hours,
 pace/terrain/distance will vary
 depending on what the group
 wants. All welcome! For info:
 darciestrong@hotmail.com or
 (801) 796-5687.

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

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

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

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

Road Tours

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

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



INTRODUCES

JR SMITH'S CYCLING CAMP PROGRAM

In its fourth year, Cycling Camp is coming to the Treehouse
 Athletic Club. This off-season periodization program
 developed by Elite USA Cycling Coach JR Smith, is designed
 to improve fitness levels and outdoor riding skills for the
 competitive, and/or recreational cyclist.

WANT TO KNOW MORE?
 JOIN US:

ORIENTATION/Q&A :
Monday, October 13
7:00 pm
Treehouse Athletic Club
1110 E Draper Pkwy
(12300 So.)
Wellness Center

Cost: Treehouse Members \$290.00,
 Non-Members \$390.00.

SIGN-UP: You may sign up at
 the Orientation or call 553-0123
 to register. For any specific
 questions, call Laura, Treehouse
 Group Fitness Director, at 718-3787.

Halloween in Moab!

Moab Fat Tire Festival

October 30 - November 2, 2003

Group Rides • Cool Events and Prizes
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 or call 435-260-1182

Sponsored by the Bike Shops of Moab
 Proceeds Benefit the Moab Trails Alliance

ROAD RACING AND TRAVEL

What I did on my trip to the World Championships



Chris Humbert on location with the Devil.

By Chris Humbert

So about a year ago, it was announced that the World Road Championships would be coming to practically my old backyard, Hamilton Ontario. It was a no-brainer that I would attend, and hopefully rendezvous with some old cycling buddies while I was there. A few months ago, I finally tracked down my old friend Mike Roach, who I started racing with as a junior more than a few years ago. I hadn't seen him since I stayed with him while racing an NRC race in Augusta Georgia nine years ago.

Mike and his med school buddy (also a bike racer) Steve Sherman met me at the Buffalo airport the night before the Elite Men's Time Trial and we drove into downtown, where we had to stop for a good slice of pizza. We then got caught up and finally went to sleep close to midnight... Thursday morning we drove up to Hamilton, land of Tim Horton's and Labatts, and caught the men's Time Trial, convincingly won by Brit David Millar. The highlight of the day, besides running into Utah's very own Mark Yap, his huge wig of black curly hair, and his wife Crystal, was meeting the devil. Yes, we met THE Devil as he walked into the Hasty Market to buy a Twinkie or two (paint that image in your mind!). I'm not talking about Beelzebub, the Diablo, the Evil One, Lucifer or Satan, We met THE Devil, the one who appears at every race of significance anywhere in the World (you've seen him on TV). Nice guy... sponsored by LUK, manufacturer of full-service torque converters and clutch systems (?!).

What I found while watching

this race and the following "main events", the Women's and Men's Road Races, was that going to the World Championships was not magical because you were able to watch the race unfold before you. It was special because you became part of an incredible event, much like the Olympics. This World Championship in my eyes was bigger than the Olympics, because it did not compete with ten other venues and events going on at the same time. The crowds were huge (estimates put them at 105,000 for the men's road race, I'd estimate more like 150,000. If I didn't know I was only 45 minutes from the home of the Bills and chicken wings, I'd swear I was in Europe... we were surrounded by French, Italian, Russian, German, Swiss-German, Latvian, Polish, Swedish, Scottish brogue, British accents, Flemish, Spanish. We saw flags and fans from all over the world.

Highlights included...Going to the Press Conference courtesy of my being a journalist for Cycling Utah, after the Men's Road Race, where I had Igor Astarloa sign my media credentials. Meeting Peter Van Petegem's mom as we watched the medal ceremony. Hugging my old friend, a very lean Tina Mayolo-Pic before her race and wishing her "good luck and have fun", to which she replied "I'm SO nervous!". Talking to a former teammate, John Lieswyn, before his race, as he fiddled with his bike. He told me that someone had just yelled to him, "This isn't Superweek, John!" He seemed very confident, calm and ready to work for the team, with his comment being, "If the rain starts, it'll change our whole plan to con-

serve energy early". I wonder if the outcome of the race would've changed had the early raindrops kept up all day long?

As the men's race started, so did the rain, and as you all know by now, chaos ensued... crashes, broken bikes, bloodied riders. Tim Johnson told me after the race his thoughts after he crashed 10km into a 260 km event and raced single file into the dirty and windblown Start/Finish: "After I crashed the first lap, I thought, how the **** am I going to race another 6 1/2 hours like THIS?!?" He managed for about another 5 hours.

All in all, I, and the many, many friends I ran into from all over the country, had an absolutely amazing time. We ran countless miles, watching the races from the Beckett Street climb, the Claremont Access climb (with Jumbotron), the Start/Finish area (with two Jumbotrons), the feed zone tents, and the roads between. Downed a few fine Canadian beers in the Italian Hess Village, a block from the Start/Finish and site of one of the best criteriums I've ever raced. We met The Devil, shook hands with the new World Champion, patted Paolo Bettini on the back after his disappointing race, screamed for the Americans, the Swiss, and everyone else we recognized, ate fine Italian parmesan and olives in their 10,000 s.f. promotional area. If you ever have the chance to attend the World's, do it... I have a feeling ten years from now, we'll still be paraphrasing Michelle from American Pie: "and this one time at band camp/Worlds..."

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Are you ready?
The time of the year you have been waiting for is here...
2003

Utah Cyclocross Series

Schedule	
Sun. Sept. 28 - Wheeler Farm	11:00 am Start for
Sat. Oct 4 - This is the Place	B, C, Women & Juniors
Sun. Oct. 5 - Wheeler Farm	
Sun. Oct. 12 - Wheeler Farm	
Sun. Oct. 26 - Wheeler Farm	12:15 pm Start for
Sat. Nov. 1 - This is the Place	A+, A
Sat. Nov. 8 - Riverdale	
Sun. Nov. 9 - Wheeler Farm	(Venues and Dates subject to change)
Sat. Nov. 15 - This is the Place	
Sat. Nov. 22 - Wheeler Farm	

Reg. Fees: \$22 day of, \$175.00 for a Season Pass (10 races), or the 7 race pass for \$135.
Online Registration at www.SPORTSBASEONLINE.com

First timers your first race is 1/2 price..You dont even need a cross bike bring your MTB and stay in shape this fall/winter season.

Men A+ (Pro, Semi-pro, Expert, Cat 1, Cat 2,)
Men A (SlowExpert, Sport, Cat 3, Cat 4)
Men B (SlowSport, SlowCat 4, Cat 5, Beginner)
Men C (First Timers, entry level racers)
Women A (Pro, Expert, Sport, Cat 1, Cat 2, Cat3)
Women B (Beginner, Cat 4, Cat 5)

For more information visit the web site
www.utahcyclocross.com
Email: info@Utahcyclocross.com

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cycling utah

RACE RESULTS



Cyclocross

2003 Utah Cyclocross Series, Race #1, Wheeler Farm, 9-28-03

Men A+, 18 Starters

1. Bart Gillespie
2. Art O'Connor
3. David Harward
4. Aaron Jordan
5. Kelly Ryan
6. Dave Wood
7. Jim Fearick
8. Darrell Davis
9. Bill Harris
10. Eric Flynn
11. Racer Gibson
12. Jon Gallagher
13. Terry McGinnis
14. Alex Rock
15. Todd Tanner

Men A, 16 Starters

1. Tom Horrocks
2. Brent Cannon
3. Dirk Cowley
4. Greg Freebarian
5. Eddie Hill
6. Nathan Kamerath
7. Denny Kalar
8. "Late Registration" Toni
9. Gabriel Williams
10. Rob Wesermann
11. Chris Magerl
12. Robert Wray
13. Linde Smith
14. Peter Barquin
15. Devon Alvarez
16. Jimmy Tart

Men B, 20 Starters

1. Jeff Clawson
2. Mitchell Peterson
3. Devon Alvarez
4. Stan Price
5. Richard Kendall
6. Mike Pratt
7. Bob Kinsey
8. Jon Kolon
9. Mike Brown
10. Bob Stuffle
11. Chris Hawk
12. Stuart Tolley
13. Byron Kosick
14. Kenny Chord
15. Phillip Pattison
16. Tom Paolucci
17. Wayne Cottrell

Men C, 16 Starters

1. Ryan Harrison
2. Kaleb Legore
3. Matt Rigby
4. Will Nesse
5. Gregory Adams
6. Alan Greenburg
7. Alex Whitney
8. Scott Ford
9. Wes Slaughter
10. Jim Speer
11. Ryan Dolon
12. Coy McAfee
13. Greg Florez
14. Everett Hobby
15. Rob Wuebker
16. Jason Dunaway

Juniors, 2 Starters

1. Jason Legore
2. Tanner Putt

Women A, 1 Starter

1. Tiffany Pezzullo

Women B, 2 Starters

1. Meg Lafnerie Horrocks
2. Anne Donohue

2003 Utah Cyclocross Series, Race #2, This Is The Place, 10-4-03

Men A+, 19 Starters

1. Bart Gillespie
2. David Harward
3. Art O'Connor
4. Dave Wood
5. Todd Tanner

Race Results are sponsored by

2175 S.900 E.
Salt Lake City
(801) 466-3971
fisherscyclery.comSalt Lake's
Road Bike
Specialists!

2003 Utah Cyclocross Series, Race #3, Wheeler Farm, 10-5-03

Men A+, 18 Starters

1. Bart Gillespie
2. Art O'Connor
3. Dave Wood
4. Bill Harris
5. David Harward
6. Aaron Jordan
7. Eric Flynn
8. Jim Fearick
9. Racer Gibson
10. Trevor Garner
11. John Illis
12. Jon Gallagher
13. Terry McGinnis
14. Plate #39

Men A, 15 Starters

1. Dirk Cowley
2. Tom Horrocks
3. Denny Kalar
4. Plate #138
5. Richard Kendall
6. Plate #139
7. Plate #142
8. Linde Smith
9. Robert Wray
10. Plate #143

Men B, 18 Starters

1. Devon Alvarez
2. Jeff Clawson
3. Robert J. Milne
4. Jeff Street
5. Shawn Cheney
6. Mike Pratt
7. Stan Price
8. Sean Hoover
9. Eric Bunce
10. Jon Kolon
11. Strika Chord
12. Tom Paolucci
13. Bill Cutting
14. Robert Hansen

Men C, 21 Starters

1. Ryan Harrison
2. Will Nesse
3. Alan Greenburg
4. Greg Florez
5. Alex Whitney
6. Perry Brown
7. Gregory Adams
8. Ted Tatos
9. George Klinozos
10. Mark Bunker
11. Wayne Cottrell
12. Wes Slaughter
13. Jim Speer
14. Rob Wuebker
15. Everett Hobby
16. John Rech
17. Steve Holcomb

Juniors, 1 Starter

1. Tanner Putt

Women A, 3 Starters

1. Cynthia Loddings
2. Tiffany Pezzullo
3. Lisa Peck

1. Lisa Peck
2. Cynthia Loddings

Utah Cyclocross Series, Race #4, Wheeler Farm, 10-12-03

Men A+, 14 Starters

1. Christopher Pietrzak
2. Art O'Connor
3. Dave Wood
4. David Harward
5. Aaron Jordan
6. Alex Rock
7. Jim Fearick
8. John Illis
9. Kelly Ryan
10. Eric Flynn
11. Jon Gallagher
12. Kevin Radzinski
13. Darrell Davis
14. Shannon Boffeli

Men A, 12 Starters

1. Dirk Cowley
2. Greg Freebarian
3. Nathan Kamerath
4. Linde Smith
5. Rob Wesemann
6. Tyler Woods
7. Robert Wray
8. Brett Johnson
9. Scott Marland
10. Jimmy Tart
11. Ron Peleman

Men B, 17 Starters

1. Mitchell Peterson
2. Jeff Clawson
3. Jeff Street
4. Mike Bronn
5. Bob Soffell
6. Sean Hoover
7. Pete Kuennemann
8. Chris Hawk
9. Stuart Beling
10. Jon Milner
11. Devon Alvarez
12. Bob Kimzey
13. Strika Chord
14. Brian Hester
15. Phillip Pattison

Juniors, 2 Starters

1. Jason Legore
2. Tanner Putt

Women A, 2 Starters

1. Tiffany Pezzullo
2. Cynthia Loddings

Women B, 1 Starter

1. Jennifer Hanks

Men C, 26 Starters

1. Tracy Nielsen
2. Matt Rigby
3. Ted Tatos
4. Chris Peterson
5. Michael Burnsides
6. Rob Wuebker
7. John Rech
8. Greg Florez
9. John Tucker
10. Wes Slaughter
11. Alex Whitney
12. Mark Bunker
13. Doug Smith
14. Craig Farnsworth
15. Gregory Adams
16. Benjamin Sukow
17. Calvin Cahoon
18. Will Nesse
19. George Klinozos
20. Clark Jensen
21. Jim Speer
22. Coy McAfee
23. Gregory Flores
24. Steve Holcomb



Mountain Bike Racing

Flyin Brian 2 Downhill Race, September 1, 2003, Brian Head, UT

Pro Men

1. Matt Johnston 3.43.05
2. J.P. Cutterloh 3.53.96

3. Scott Crabill 4.00.53
4. Kris Baughman 4.00.91

Expert Men 19-29

1. Mark Christensen 3.59.95
2. Von Williams 4.09.72
3. Mike Abbott 4.10.96
4. Garret Hunley 4.14.09
5. Phillip Stevens 4.23.13
6. Nick Newman 4.24.77
7. James Peterson 4.36.98

Expert Men 30-39

1. Dave Mosher 4.21.39
2. Jeffrey Gosztyla 4.22.69
3. Justin Alvey 4.26.16

Expert Men 40+

1. Nate Davis 4.28.86
2. Rodney Evans 4.32.58
3. Steve Waldron 4.56.50
4. Donnie Losee 5.28.52

Pro Women

1. Faith Bradley 5.41.23

Expert Women

1. Denise Wardwell 5.47.99
2. Rileigh Aller 5.51.07
3. Connie Misket 6.02.92

Sport Men 19-29

1. Chad Bryce 4.22.51
2. Tyler Blaine 4.26.18
3. Dan Prince 4.28.26
4. Ben Craner 4.28.31
5. Josh Demann 4.45.35
6. Justin McBride 4.54.04
7. dnf Doug Sheneman

Sport Men 30-39

1. Dirk Cowley 4.24.67
2. Bryan Safarik 4.34.78
3. Brian Schafroth 4.35.71
4. Les Hinman 4.57.35
5. Stephen Aller 4.58.67
6. Carl Cavallaro 5.01.68
7. Scott Reynolds 5.23.86

Sport Men 13-18

1. Chris Hadley 4.24.00
2. Andrew Pierce 4.33.27
3. Riley Barlow 4.33.36
4. David Stokes 4.38.60
5. Mitchell Andrus 4.40.02
6. Chris Brooks 4.41.53
7. Sawyer Stewart 4.45.91
8. Brandon Milbrandt 4.46.67
9. Brock Swenson 4.55.79
10. Trevor Hammett 5.02.71
11. Odus Bussberg 5.12.33

Sport Men 40+

1. Dave Prunkard 5.03.12

Beginner Men 19-39

1. Joshua Wright 5.17.71

Beginner Men 13-18

1. Nic Hadley 4.46.28
2. Tracon Kirk 4.46.89
3. Chris Bova 5.12.99
4. Casey Swenson 5.47.86
5. Tyler Carruth 5.49.95
6. Talon Allred 6.17.33

Beginner Women

1. Lauren Waldron 9.26.39

Beginner 10 and under

1. Patrick Waldron 9.17.53

Super D Final Results

1. Alexander Hughes 12.42.73
2. Scott Reynolds 13.10.47
3. Kevin Tocke 13.21.40
4. Carl Cavallaro 13.45.18
1. Tracon Kirk 14.38.09
2. Kyle Foster 26.13.85
1. Jennifer Shoemaker 18.15.14

Bald Mountain Challenge Downhill Mountain Bike Race, Deer Valley, UT, September 14, 2003

Pro Women

1. Faith Bradley 5.58.34

Expert Women

1. Michelle Camp 6.15.87
2. Denise Wardwell 6.23.43
3. Darnell Peterson 6.45.00
4. Connie Misket 6.45.02

Pro Men

1. Matt Johnston 4.29.32
2. Chris Van Dine 4.32.38
3. Peter Schaffer 4.50.09
4. Doug Gormley 4.50.45
5. Kris Baughman 4.55.62
6. Scott Crabill 4.56.29

Expert 19-29 Men

1. Von Williams 4.45.17
2. Mark Christensen 4.56.85
3. Nik Blaskovich 4.59.23
4. Phillip Stevens 5.03.74
5. Mike Abbott 5.07.19
6. Phillip Vega 5.12.87
7. Joe Hanrahan 5.14.99
8. David Houlton 5.15.27
9. Scott Fitzgerald 5.16.29
10. Rob Norbutt 5.27.89
11. Tom Davidson 5.35.10
12. Jeremy Little 5.42.10
13. James Petersen 5.46.45

Expert Men 30-39

1. Damon Kirchmeier 4.45.07
2. Justin Alvey 4.59.59
3. Emmanuel Pons 5.12.86
4. Jeffrey Gosztyla 5.22.12

5. Shad Donnell 5.24.34

6. Dave Mosher 5.25.56
7. Scott Neison 5.30.55

Expert Men 13-18

1. Nate Davis 5.05.50
2. Kyle Wehmanen 5.10.73
3. Taylor Dennis 5.34.72

Expert Men 40+

1. David Barclay 5.22.48
2. Rodney Evans 5.22.94
3. Stephen Waldron 5.36.59

Sport Men 19-29

1. Dan Prince 5.03.82
2. Dave Kozdeba 5.14.29
3. Josh Demann 5.16.82
4. Tyler Blaine 5.20.21
5. Chad Bryce 5.24.29
6. Ben Craner 5.33.18
7. Peter Girvan 5.37.19
8. Joshua Parris 5.44.35
9. Brandon Winnie 5.46.30
10. Kevin Slider 5.52.57
11. Doug Sheneman 6.04.13

Sport Men 30-39

1. Bryan Schafroth 5.25.33
2. Bryan Safarik 5.42.70
3. Craig Skinner 5.42.85
4. Doug Frei 6.03.44

Sport Men 13-18

1. Andrew Pierce 5.03.82
2. Chris Hadley 5.20.29
3. Mitch Andrus 5.22.39
4. Riley Barlow 5.25.50
5. David Stokes 5.30.89
6. Tres Wilson 5.42.33
7. Zachary Schuster 5.52.20
8. Robert Kirchenhieter 6.06.21

Sport Women

1. Selena Kontuly 7.48.65

Beginner Men 19-39

1. Joshua Wright 6.25.57

Beginner Men 13-18

1. Naish Ulmer 5.45.25
2. Chris Bova 6.07.79
3. Nic Hadley 6.19.61
4. Tyler Carruth 6.51.55
5. Craig Bull 7.02.67
6. Patrick Waldron 7.40.25
7. Chris Geaslin 7.41.59

Super-D Final

1. Brandon Firth 17.42
2. Lance Runyan 17.55
1. Jeremy Davis 20.24
2. Tim Morris 21.06
3. Clint Bullock 24.04
1. Eric Geaslin 20.14
1. Naish Ulmer 21.47
2. Tres Wilson 22.45

1. Ali Walker 24.08

Soldier Hollow/Sundance Weekly MTB Series Final Point Standings

Expert Men

- | | |
|-----------------|------|
| Greg Gibson | 1198 |
| Josey Apostol | 1189 |
| Kenny Jones | 786 |
| Brock Cannon | 680 |
| Racer | 558 |
| Stewart Goodwin | 462 |
| Chuck Gibson | 438 |
| Brandon Firth | 422 |
| Chris Fox | 360 |
| Todd Tanner | 332 |

Expert Women

- | | |
|-----------------|------|
| Maren Partridge | 1264 |
| Cyndi Schwandt | 1244 |
| Cindi Hansen | 360 |
| Bethany Elson | 290 |
| Roxanne Toly | 240 |

Sport Men

- | | |
|---------------|-----|
| Mark Nelson | 580 |
| Kip Apostol | 471 |
| Riley Frazier | 410 |
| Elden Nelson | 364 |
| John Young | 318 |

Sport Women

- | | |
|-----------------|-----|
| KC Holley | 360 |
| Priya Noronha | 152 |
| Misti Timpson | 60 |
| Nicole Peterson | 60 |
| Torema Jeppson | 60 |

Beginner Men

- | | |
|------------------|-----|
| Drew Doll | 400 |
| Scott Riggs | 325 |
| Craig Farnsworth | 197 |
| Jeff Jiles | 191 |
| Jim Harper | 189 |

Beginner Women

- | | |
|--------------|-----|
| Lana Nelson | 632 |
| Diana Turley | 339 |
| Gina Riggs | 329 |
| Karen Hoggan | 325 |
| Emily Jarvy | 124 |

Tour des Suds, Park City, UT, September 20, 2003

Men's

- | | |
|---------------------|-------------|
| 1 PHILLIPS, AARON | 00:41:19.86 |
| 2 OCONNOR, ART | 00:41:36.91 |
| 3 FIRTH, BRANDON | 00:43:02.74 |
| 4 THE IMPALER, LARS | 00:43:02.74 |
| 5 SUTTON, MATTHEW | 00:43:40:72 |
| 6 NOAKER, TOM | 00:43:57:55 |
| 7 WESTERMANN, ROB | 00:44:22:08 |
| 8 PARKER, ANDREW | 00:45:31:62 |
| 9 GIBSON, RACER | 00:46:19:43 |
| 10 GALLAHART, JON | 00:46:30:02 |
| 11 WHITW, TIM | 00:46:49:65 |
| 12 DAINATOM, JACK | 00:47:12:13 |
| 13 STENEHJEM, DAVID | 00:47:12:13 |
| 14 CHILSON, DREW | 00:47:17:03 |
| 15 SMITH, JEREMY | 00:47:19:84 |
| 16 KALAR, DENNY | 00:47:25:45 |
| 17 FRANK, ETHAN | 00:47:35:96 |
| 18 WOLFE, SAM | 00:47:40:17 |
| 19 PETERS, CHRIS | 00:48:13:11 |
| 20 BROOKS, JOHN | 00:48:23:63 |
| 21 PERRIER, RICH | 00:48:53:77 |
| 22 BELING, STUART | 00:49:14:80 |
| 23 KUEHN, JEFF | 00:49:51:96 |
| 24 STEWART, CHASE | 00:49:54:76 |
| 25 ADAMS, JOSH | 00:50:00:37 |

Women's

- | | |
|------------------|-------------|
| 1 TOLY, ROXANNE | 00:50:09:48 |
| 2 HANLON, PAM | 00:50:40:33 |
| 3 HOWAT, LAURA | 00:51:07:66 |
| 4 GUTHRIE, ELLEN | 00:58:1 |



Aaron Phillips winning the Tour des Suds. Photo: Jason Dunaway

- 8 Jeff VanBlarcom, M, BR, 30, 1:04:38
- 9 Chard Berndt, M, BR, 30, 1:04:59
- 10 Kevin Dinwiddie, M, BR, 40, 1:07:20
- 11 Daniel Kough, M, BM, 16, 1:07:23
- 12 Craig Newman, M, BR, 30, 1:07:26
- 13 Kenneth Evans, M, BR, 50, 1:07:36
- 14 Jeremy Kough, M, BM, 12, 1:09:20
- 15 Mike Lister, M, BR, 50, 1:10:12
- 16 Doug Huntley, M, BR, 40, 1:11:47
- 17 Chad T. Wayment, M, BR, 30, 1:12:05
- 18 Jon Powell, M, BR, 40, 1:12:10
- 19 Stewart Wilson, M, BR, 50, 1:12:35
- 20 Gene Timmons, M, BR, 50, 1:12:54
- 21 John Sutton, M, BR, 50, 1:13:29
- 22 Bruce Campbell, M, BM, 50, 1:14:09
- 23 Nancy Neff, W, BR, 19, 1:14:56
- 24 Ken Kough, M, BR, 40, 1:17:04
- 25 Ross Kelly, M, BR, 40, 1:17:52
- 26 Jonathan Kough, M, BM, 16, 1:18:27
- 27 Cervando Lara, M, BR, 30, 1:19:50
- 28 Dean Heitt, M, BR, 40, 1:21:39
- 29 Bill Nash, M, BM, 40, 1:22:58
- 30 Ken Patterson, M, BR, 40, 1:23:10
- 31 John Wright, M, BM, 40, 1:23:38
- 32 Kevin D. Creel, M, BR, 30, 1:23:46
- 33 Liz Collett, W, BR, 40, 1:24:31
- 34 Pedro G. Ormaza, M, BM, 30, 1:24:58
- 35 Mark Alexander, M, BM, 40, 1:26:37
- 36 Tom Eriksen, M, BM, 40, 1:27:18
- 37 Laura M. Symmes, W, BR, 19, 1:27:29
- 38 Steve Safford, M, BM, 50, 1:28:07
- 39 Pat Tom, M, BR, 50, 1:28:12
- 40 Ted Taylor, M, BM, 40, 1:28:28

2003 CITY CREEK BIKE SPRINT, Salt Lake City, October 11, 2003

Category Place, Overall Place, Name, City, Time

MALE

CAT 1 - 3

- 1 1 RD-JOHN OSGUTHORPE 22:00.5
- 2 3 RD-NORMAN BRYNER 22:07.0
- 3 4 RD-ALEX ROCK 22:11.6
- 4 5 RD-JOSEPH SMITH 22:19.0
- 5 6 RD-BRYSON PERRY 22:22.4
- 6 7 RD-BILL HARRIS 22:31.1
- 7 8 RD-JESSE WESTERGARD 22:49.1
- 8 10 RD-MIKE WARD 23:35.2
- 9 11 RD-EDDIE HILL 23:39.0
- 10 12 RD-SANDY PERRINS 23:53.9

CAT 4 - 5

- 1 16 RD-TROY OLDROYD 24:36.0
- 2 25 RD-RICK MILLER 26:06.9
- 3 27 RD-MARSHALL JONES 26:23.2

MASTERS

- 1 2 RD-DAN MINERT 22:04.3
- 2 9 RD-DALE MAUGHAN 23:32.9
- 3 18 RD-KURT GAMMILL 25:10.3
- 4 22 RD-DALLEN LARSON 25:42.0
- 5 23 RD-BRUCE FLOWHORTER 25:55.0
- 6 12 RD-GREG FLOREZ 26:21.4
- 7 77 RD-HENRY EBELL 36:15.1

CAT 14

- 1 75 RD-CREED EBELL 36:02.2
- 2 95 MT-ACOB LAROCQUE 44:05.1
- 3 104 MT-STEVE ISON 50:45.6

Age 15 To 19

- 1 21 RD-CRISTIAN NIEDERHAUSER 25:41.3
- 2 29 RD-SAMOEI DEARDEN 27:06.2
- 3 32 RD-ADAM STEINKE 28:02.1
- 4 33 RD-STEPHEN PEIRCE 28:06.1
- 5 39 RD-CARL MAJORS 29:03.6

Age 19 To 29

- 1 13 RD-DANIEL CHUDELIHJ 24:08.8
- 2 14 RD-DAVID BOBELS 24:16.3
- 3 15 RD-NICHOLAS RIEGELS 24:28.8
- 4 10 RD-JEREMIAH JOHNSON 25:30.5
- 5 24 RD-J J M 26:05.5

Age 30 To 39

- 1 17 RD-PERRY HALL 24:46.9
- 2 31 RD-TODD TAFT 28:00.0
- 3 35 RD-DEREK LAURITZEN 28:26.3
- 4 36 MT-TROY NYE 28:33.7
- 5 40 RD-BOB ZANETTI 29:10.1

Age 40 To 49

- 1 30 RD-JOHN DIAMOND 27:50.0
- 2 34 RD-RANDY SHUTT 28:21.6
- 3 46 MT-CORY MARLER 30:34.9
- 4 47 RD-CLARK JENSEN 30:45.7
- 5 50 RD-MARK DODSON 30:53.4

Age 50 To 59

- 1 19 RD-KENNETH EVANS 25:13.2
- 2 37 RD-MICHAEL LONG 28:40.3
- 3 67 RD-FRED CRAWFORD 33:30.7
- 4 70 MT-EARL XAIZ 33:58.5
- 5 71 RD-DAVID ROCKEFELLER 34:13.2
- 6 98 RD-BOB STOKINGER 45:15.3

Age 60 To 99

- 1 87 MT-GENE HOFELING 45:11.5

TANDEM

- 1 82 TAN-TODD TROXELL 38:15.6

CLYDSDALE

- 1 65 RD-SHAU DEVER 32:55.4
- 2 103 MT-GENE WEBB 49:01.9
- 3 109 MT-MARK BARANOWSKI 56:32.9

FEMALE

CAT 4 - 5

- 1 69 RD-MICHELLE DICKSON 33:50.0

Age 7 To 14

- 1 83 MT-COURTNEY TROXELL 38:31.2

Age 19 To 29

- 1 74 MT-COLLIN TOMB 35:55.5
- 2 76 MT-ERIN ARNOLD 36:05.4
- 3 105 MT-KATHLEEN WALLER 51:46.2

Age 30 To 39

- 1 57 RD-LIZ LOCKETTE 31:42.8
- 2 72 MT-ROSANNE WATSON 35:07.9
- 3 72 MT-MELANIE WHITE 39:02.7
- 4 88 MT-ANNETTE BAIRD 39:45.1
- 5 90 MT-JUNE ZHU 40:41.9
- 6 93 MT-PRIVA NORONHA 42:54.7
- 7 94 RD-DEBBIE MINERT 43:01.8

Age 40 To 49

- 1 49 RD-CAROLYN JENSEN 30:50.9
- 2 64 RD-BECKY BURNETT 32:34.4
- 3 78 RD-MARY O'CONNOR 36:27.9
- 4 89 RD-DEB FRANK 40:25.1
- 5 101 MT-TINA LAROCQUE 47:11.2

Age 50 To 59

- 1 81 MT-DIMITRIJE MILOVICH 37:52.0

- 2 99 RD-MARY DUFFY 45:24.7
- Age 60 To 90**
- 1 102 MT-JANE TOMB 48:24.9

LOTOJA, September 13, 2003, Logan, UT to Jackson, WY

Category Place, Overall Place, Name, City, Time

Cat III

- 1, 4, Jeremy SMITH, SALT LAKE CITY, UT, 08:19:08
- 2, 5, Sandy PERRINS, SALT LAKE CITY, UT, 08:19:11
- 3, 6, Bryson WESTERGARD, NORTH OGDEN, UT, 08:19:36
- 4, 7, Jesse TRAVIS, PARK CITY, UT USA, 08:21:47
- 5, 9, Jason OSGUTHORPE, SALT LAKE CITY, UT, 08:25:12
- 7, 12, Kirk ECK, SMITHFIELD, UT, 08:25:13
- 8, 13, Brent JONES, SLC, UT, 08:32:28
- 9, 36, Ken HARRIS, OGDEN, UT, 08:32:26
- 10, 37, Jody SMITH, HOLLADAY, UT, 08:33:31
- 11, 38, Joseph SMITH, CLARKSON, UT, 08:34:09
- 12, 42, Joel PETERSON, CLARKSON, UT, 08:34:09
- 13, 44, Marc YAP, MILLVILLE, UT, 08:34:14
- 14, 46, Kyle BROWN, FARMINGTON, UT USA, 08:35:47
- 15, 49, Dennis PORTER, OGDEN, UT, 08:35:49
- 16, 50, Robert SORENSON, PARK CITY, UT, 08:35:51
- 17, 55, Matthew OHRAN, UT, 08:35:52
- 18, 56, Tom PETZOLD, BIRMINGHAM, MI, 08:35:53
- 19, 58, Alan BUTLER, SALT LAKE CITY, UT, 08:36:02

Cat III

- 1, 10, Jared NELSON, FLAGSTAFF, AZ, 08:21:55
- 2, 44, David BRUEMMER, IDAHO FALLS, ID USA, 08:35:47
- 3, 45, Anthony JOHNSON, SALT LAKE CITY, UT USA, 08:35:47
- 4, 46, Jason ANDERSEN, SANDY, UT, 08:35:47
- 5, 48, Andrew PETERSON, LOGAN, UT, 08:35:51
- 7, 52, Jake PANTONE, HUNTSVILLE, UT USA, 08:35:51
- 8, 53, Scott PRESTON, EDEN, UT, 08:35:51
- 9, 54, Lance CHRISTIANSEN, LOGAN, UT, 08:35:51
- 10, 57, Greg ROPER, NORTH LOGAN, UT, 08:35:54
- 11, 66, Nate KAMERATH, Salt Lake City, UT, 08:39:18
- 12, 64, Charles ROSETT, SANDY, UT, 08:44:28
- 13, 156, Wil WOOD, LOGAN, UT, 09:03:00
- 14, 157, David MILLER, WILSON, WY, 09:03:05
- 15, 158, Morgan WION, JACKSON, WY USA, 09:03:05
- 16, 197, Jeff STENOQUIST, DRAPER, UT, 09:12:14
- 17, 198, Henry HARPER, BOISE, ID, 09:12:30
- 18, 220, Aaron HEAP, SALT LAKE CITY, UT USA, 09:20:00
- 19, 290, Brian REES, OGDEN, UT USA, 09:55:16

Cat IV

- 1, 72, Michael LEMON, LOGAN, UT, 08:43:08
- 2, 73, Keith ANDERSON, RICHMOND, UT, 08:43:09
- 3, 85, Stephen PUDLOCK, OGDEN, UT, 08:46:28
- 4, 115, Craig NELSON, LA MESA, CA, 08:53:09
- 5, 136, Jose Clark, LOGAN, UT, 08:57:05
- 6, 137, Mike GILLETTE, WEST HAVEN, UT, 08:57:07
- 7, 138, Chris COCHELLA, SALT LAKE CITY, UT, 08:57:11
- 8, 139, Ryan PRETNER, LAS VEGAS, NV, 08:57:12
- 9, 140, Chris MAGERL, SALT LAKE CITY, UT, 08:57:22
- 10, 166, Vance CHECKETTS, PROVO, UT, 09:04:22

Cat V

- 1, 23, David JENSON, RIVERDALE, UT, 08:28:44
- 2, 32, Joshua WOODBURY, JACKSON, WY USA, 08:28:50
- 3, 34, David WEST, BOUNTIFUL, UT USA, 08:31:25
- 4, 39, David PITKIN, PARK CITY, UT, 08:33:45
- 5, 40, Steven FELLOWS, LAS VEGAS, NV, 08:33:46
- 6, 41, Carman ESPINOSA, PARK CITY, UT, 08:33:47
- 7, 59, Josey POSTOL, PROVO, UT, 08:38:33
- 8, 60, Stewart GOODWIN, PROVO, UT, 08:38:35
- 9, 61, Clark CARLILL, PLEASANT VIEW, UT, 08:38:44
- 10, 62, David FRANCIS, LAS VEGAS, NV, 08:38:46
- 11, 63, Brian JEPPSON, CEDAR CITY, UT, 08:38:46
- 12, 64, Mark TODD, LAYTON, UT, 08:38:48
- 13, 65, Alfred THRESHER, LAS VEGAS, NV, 08:38:49
- 14, 67, Bret PETERSON, LOGAN, UT USA, 08:40:56
- 15, 68, Joshua MORTENSEN, EDEN, UT USA, 08:41:56
- 16, 69, Quinten BINGHAM, HYRUM, UT USA, 08:41:58
- 17, 70, Daniel ALDRED, CARLSBAD, CA, 08:42:02
- 18, 71, Grant CHU, CARLSBAD, CA, 08:42:07
- 19, 74, Gordon STACOCK, SLC, UT, 08:43:12
- 20, 75, Daniel MACFARLANE, LITTLETON, CO, 08:43:12

Citizen 14 to 26

- 1, 174, Steven CUIRER, LAYTON, UT, 09:08:13
- 1, 174, Calvin SQUINES, SLC, UT, 09:08:13
- 3, 176, Jon KING, CENTERVILLE, UT, 09:08:13
- 4, 264, Jaryd BERN, SALT LAKE CITY, UT, 09:42:19
- 5, 357, Jared DALEBOUT, OGDEN, UT, 10:24:20
- 6, 436, Kyllir HORTON, DRAPER, UT, 11:03:29
- 7, 489, Daniel RICHARDS, SLC, UT, 11:26:07
- 8, 507, Tyler BARCLAY, BOUNTIFUL, UT, 11:34:32
- 9, 531, Matt DEMING, LAYTON, UT, 11:41:18
- 10, 539, Jon SKIDMORE, SLC, UT, 11:46:29
- 11, 561, Clark PEDERSEN, PROVO, UT, 12:01:25
- 12, 565, Rory BURKHART, LAYTON, UT, 12:06:13
- 13, 591, Christopher BARRON, PROVIDENCE, UT, 12:11:50
- 13, 591, Todd HENKE, PROVIDENCE, UT, 12:21:50
- 15, 601, Phillip PATTISON, SO. JORDAN, UT, 12:29:15
- 16, 617, Theo MATHEWS, MILLVILLE, UT USA, 12:59:11
- 17, 618, Jeffrey FERRIN, LAYTON, UT, 12:59:41
- 17, 618, Jesse WASHBURN, SO. OGDEN, UT, 12:59:41
- 17, 618, Kimberly WASHBURN, SOUTH OGDEN, UT, 12:59:41

Citizen 27 to 34

- 1, 170, David VANDENBERG, JACKSON, WY, 09:07:44
- 1, 171, William HORNBERGER, TREMONTON, UT, 09:07:50
- 3, 172, Shawn HIGGINS, JACKSON, WY, 09:07:53
- 4, 173, John LOUVIERE, WESTMINSTER, CO, 09:07:56
- 5, 206, Richard NEF, LAYTON, UT, 09:15:35
- 6, 212, Rick WIELOH, DRAPER, WY, 09:17:04
- 7, 213, Brandon JUDD, DRAPER, UT, 09:17:21
- 8, 229, Todd CHILD, SLC, UT, 09:23:04
- 9, 236, John FOJTEK, BOUNTIFUL, UT USA, 09:25:57
- 10, 237, Keith GREENWOOD, LEHI, UT, 09:26:10
- 10, 237, Darrin MARSHELL, SALT LAKE CITY, UT USA, 09:26:10
- 12, 263, Nate PACK, HOLLADAY, UT, 09:41:46
- 13, 265, Dwaine ALLGIER, SLC, UT, 09:42:46
- 14, 292, Erik DETTENMAIER, LOGAN, UT, 09:55:49
- 15, 299, Sean MCCANDLESS, SLC, UT, 09:58:46
- 16, 314, Dagan WRIGHT, SLC, UT, 10:03:59
- 17, 316, Forest DRAMIS, JACKSON, WY, 10:06:54
- 17, 316, Steven JANSEN, JACKSON, WY, 10:06:54
- 19, 319, Scott GRIFFITH, AFTON, WY, 10:07:11
- 20, 365, Chay COURTRIGHT, BURLEY, ID USA, 10:30:31
- 21, 378, Chay COURTRIGHT, BURLEY, ID USA, 10:30:31
- 22, 398, Neale KUYKENDALL, EUGENE, OR, 10:41:36
- 22, 398, Marko ZATYLYN, BOSTON, MA, 10:41:36
- 24, 401, Darrin WITTEWER, BEND, OR, 10:41:36
- 25, 402, Jason LEWIS, SALT LAKE CITY, UT, 10:41:40
- 25, 402, Jason LEWIS, SALT LAKE CITY, UT, 10:41:40
- 25, 402, Jason LEWIS, SALT LAKE CITY, UT, 10:41:40
- 25, 402, Jason LEWIS, SALT LAKE CITY, UT, 10:41:40

Citizen 35 to 44

- 1, 116, James YORGASON, DRAPER, UT, 08:54:09

Utah and Idaho Riders Win at World's

In the 2003 Masters Road World Championships in Europe in late August, two local riders won championships. Dirk Cowley (Salt Lake City) won the World Masters Stage Race Championship at Masters Bike Week in Deutschlandsberg, Austria. Cowley won 3 stages and was second twice. Richard Feldmen (Idaho) won the world title in the Time Trial (men 30-39). Feldmen posted a time of 24:49.73 over the 20km course, 15 seconds faster than his nearest challenger, Pasi Ahlroos (FIN).

- 2, 117, Alan TAKEMORI, LEHI, UT, 08:54:09
- 3, 118, Tim GRUBB, SOUTH WEBER, UT, 08:54:11
- 4, 119, Martin SHEERAN, ST. GEORGE, UT, 08:54:11
- 5, 120, Steven HANDLEY, CENTERVILLE, UT, 08:54:11
- 6, 121, Thomas CALTON, OGDEN, UT USA, 08:54:11
- 7, 122, Peter HOOGENBOOM, SLC, UT, 08:54:13
- 8, 123, Jonathan BAKER, HOLLADAY, UT, 08:54:14
- 9, 124, Chuck CHRISTENSEN, TREMONTON, UT, 08:54:14
- 10, 125, David WAKEFIELD, HYRUM, UT, 08:54:14
- 11, 126, Jim HERRICK, LOGAN, UT, 08:54:15
- 12, 127, John KELLY, EVANSTON, WY, 08:54:15
- 13, 128, John NIEDERT, ST. GEORGE, UT, 08:54:16
- 14, 129, Jay BENEDICT, LAYTON, UT, 08:54:17
- 15, 130, Eric BONDER, SLC, UT, 08:54:18
- 16, 131, Gardner BROWN, SALT LAKE CITY, UT, 08:54:20
- 17, 150, Paul STEMPNIK, WEST JORDAN, UT, 09:00:39
- 18, 151, John SHERVETS, SANDY, UT USA, 09:00:44
- 19, 159, Tim WHITE, SLC, UT, 09:03:07
- 20, 160, Jonathan GARDNER, WEST JORDAN, UT, 09:03:08

- Citizen 45 to 54
- 1, 114, Rob ROWLEY, KAYSVILLE, UT USA, 08:53:05
- 2, 186, Joseph SCHONEY, CEDAR CITY, UT, 09:10:11
- 3, 187, Ward WESSELS, LOGAN, UT, 09:10:11
- 4, 188, Russell HARRWARD, SANDY, UT, 09:10:11
- 5, 189, Blayn CORWIN, PROVO, UT, 09:10:14
- 6, 191, Lewis WINWARD, WILLARD, UT, 09:10:15
- 7, 192, Craig EGERTON, CEDAR CITY, UT, 09:10:16
- 8, 193, William DOUCETTE, LOGAN, UT, 09:10:19
- 9, 214, Joe YONK, MENDON, UT, 09:18:07
- 10, 239, Terry WILLIAMS, NORTH LOGAN, UT, 09:27:15
- 11, 240, John HERNANDEZ, SMITHFIELD, UT, 09:27:40
- 12, 244, Carl DOTY, JACKSON, WY, 09:28:23
- 13, 255, Gregory SKORDAS, MURRAY, UT, 09:35:55
- 14, 256, Mark RICHINS, CENTERVILLE, UT, 09:35:56
- 15, 275, Bradley RICH, SLC, UT, 09:46:38
- 16, 282, C BUSBY, BRIGHTON, UT, 09:50:30
- 17, 283, Kenneth HUGHES, SMITHFIELD, UT, 09:50:38
- 18, 286, Jay ATWATER, FRUIT HEIGHTS, UT, 09:52:24
- 19, 287, Kim NIELSEN, BOUNTIFUL, UT, 09:52:24
- 20, 300, Phillip PATTISON, WEST JORDAN, UT, 09:59:08

- Citizen 55 and over
- 1, 254, Jay SIMMONS, FOLSOM, CA, 09:35:25
- 2, 286, Franklin JENSEN, CEDAR CITY, UT, 09:43:16
- 3, 288, Robert NELSON, POCATELLO, ID, 09:52:49
- 4, 323, Lamar CLOWARD, AMERICAN FORK, UT, 10:09:04
- 5, 344, David WIEGAND, SANDY, UT, 10:18:37
- 6, 350, Bob FELDOTT, SLC, UT, 10:20:54
- 7, 478, Larry WINZELER, OREM, UT, 11:20:05
- 8, 515, Mike BOYD, EAGLE MOUNTAIN, UT, 11:38:21
- 9, 580, Marv WHITE, POCATELLO, ID, 12:14:19
- 10, 596, Tom DYSON, PROVIDENCE, UT, 12:24:56
- 11, 608, Robert WATKINS, CENTERVILLE, UT, 12:37:10
- 12, 633, David ANDERSON, BRIGHAM CITY, UT, 13:46:44
- 13, 635, Richard BARNES, LOGAN, UT, 14:02:04
- 14, 637, David WALLACE, HYRUM, UT, 14:22:09

- Citizen Women
- 1, 234, Kathy ROBINSON, SLC, UT, 09:24:51
- 2, 241, Ellen GUTHRIE, SLC, UT, 09:27:55
- 3, 260, Chanda JEPPSON, CEDAR CITY, UT, 09:40:22
- 4, 295, Alison CALTON, OGDEN, UT USA, 09:56:55
- 5, 327, Erin DELLAMAS, SALT LAKE CITY, UT, 10:11:21
- 6, 353, Celia NASH-UNDERWOOD, PARK CITY, UT, 10:23:17
- 7, 369, Misti TIMPSON, SLC, UT, 10:31:45
- 8, 376, Michelle BRADSHAW, SLC, UT, 10:34:25
- 9, 392, Tricia PAISLEY, SLC, UT, 10:37:39
- 10, 393, Jeanne PETZOLD, BIRMINGHAM, NI, 10:37:39
- 11, 398, Christina MCEVOY, SLC, UT, 10:40:29
- 12, 420, Kari

cycling utah Rider of the Year Awards!

By Dave Iltis
Editor

Hey, you can't argue with a World Championship, especially the second one in a career. Dirk Cowley (Rocky Mountain Cycling Club) won the World Stage Race Championship against a field of fast Europeans plus, he had 15 victories locally on his way to winning the Masters 45+ UCA series including the Masters 45+ State Time Trial Championship as well as the Sugarhouse Criterium 45+ race. Add that to his role as head of the UCA, owner of online registration company Sportsbaseonline.com, promoter of the RMR Criterium series and the Salt Air Time Trial series, and event management for numerous other local races. Where does he find the time? We'd like to know his secret. Since he has put in so much work with such positive results both on and off the bike, we recognize Dirk Cowley as Cycling Utah's Overall Rider of the Year.

Kathy Sherwin (Sobe/Cannondale) won 5 Intermountain Cup Races and the overall title, plus she competed in all 5 NORBA NCS races and finished 34th overall. She's our pick for Female Mountain Bike Rider of the Year.

Carl Swenson (RLX/Ralph Lauren) won all three of the Intermountain Cup Series races that he entered. Not only that, but he finished 5th overall in the NORBA National Championship Series in the Pro Men's category. We choose Carl as our Male Mountain Bike Rider of the Year.

Bart Gillespie (Biogen) won all but one of the 2002 Utah Cyclocross Series events that he entered and placed in the top ten in three UCI races. He's our choice for Male Cyclocross Rider of the Year for the second year in a row.

Cynthia Loddings won six races on her way to the Utah Cyclocross Series Title. She's our pick for female Cyclocross Rider of the Year.

On the road side, Bill Harris has another fantastic and very consistent year. He took the silver medal in the Masters National Championship



Dirk Cowley 'Crossing

Criterium. He won the RMR Crit Series, the Salt Air Time Trial Series, and the Overall Weekday Race Series as well finishing high in the UCA Series. Racing close to 100 times this year, he chalked up 23 victories. Bill is our Male Road Racer of the Year.

There is a saying that if you just show up in life, things happen. Cynthia Martin (Porcupine/Bicycle Center) did just that in the UCA Series. She won three races and was consistent and persistent on her way to winning the overall. She is our Female Road Rider of the Year.

Bonneville Bicycle Touring Club has close to 400 members who have ridden close to 68,000 miles on club rides alone. They organized six major rides this year including the popular tour the ULCER, and they had close to 300 club rides this year lead by numerous club members. We recognize BBTC as our Touring Club of the Year.

The Color Country Cycling Club does it all in Southern Utah. This year on the mountain side, they held four trail days, adopted the Prospector Trail, supported an IMBA mountain bike patrol, provided support at two ICS races, the Brian Head Epic, and the Utah Summer Games, they worked with the Red Cliffs Desert Reserve on trail access, and helped map and mark 27 miles of trails in the Three Peaks Recreation Area. We recognize them as our Mountain Bike Club of the Year.

The Logan Race Club/Guru's/Healthy Choice Race Team won the UCA team competi-

tion for the second year in a row as well helping Allan Butler to the individual title and placing Crystal Yap third in the Women's category. Plus, they organize the very popular, very well run Cache Classic. They also finished 4th in the ICS series. They are our Road Team of the Year.

Hilary Wright (Young Riders) should get her chance to compete at World's next season. This season, she earned it by winning the NORBA National Championship at Durango by destroying the field. She didn't get to compete because she was too young! For this feat, we award her with our Performance of the Year.

Damon Kirchmeier had a great year going fast. He was 4th in the 35-39 NORBA NCS Downhill Series, he won two races locally in the Utah Downhill Series 30-39 group, and to top it off, he won the silver medal in the 35-39 Category in the downhill at the Masters Mountain Bike World Championships in Bromont, Canada. He is our pick for Downhiller of the Year.

What biking event raised over \$550,000 for charity and had 1500 participants? Utah's Best Dam MS 150 Bike Tour. While riding the 150 mile 2-day tour in Cache Valley, riders raised an average of \$350 each for research projects and programs to support those affected by multiple sclerosis. The MS 150 is our Event of the Year.

We received this nomination for Commuter of the Year through the Salt Lake City Mayor's Office. We don't know who submitted it, but we liked it. "Janae Wallace's beater car has sat in her driveway with a flat tire for as long as I've known her. Other than driving a state vehicle for field work that takes her around the state as a geologist, she can be seen traveling on an old, converted mountain bike, since 1985; between her position at USGS, intermittent teaching at Salt Lake Community College, and stocking up on food-stuffs at a local grocer, she manages to ride nearly everywhere she goes,

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ROAD RACING

Nationals Coming to Park City in 2004

By Dave Iltis
Editor

In 2004, two National Championship road cycling events will be coming to Park City and Deer Valley. From August 12-22, The Park City Cycling Festival Presented by USA Cycling will be held in Park City, Deer Valley, and Antelope Island and will feature the Masters National Championships (age 30 years and older) from August 12-17 and the Junior (racing age 18 and under) and Espoir (racing age 19-22) from August 18-22. The event will be sponsored by the Park City Chamber of Commerce and Visitors Bureau and is sanctioned by USA Cycling. Gerard Bisceglia, CEO of USA Cycling said that, "We will be bringing together large numbers of riders so that juniors can be in the presence of icons and adults can meet and mentor juniors." He added that this development will help broaden the base of cycling.

Promoters Jeff Frost of Blue Wolf Productions and Tom Spiegel and Pat Follett of Team Big Bear will be heading up the Festival. Frost describes himself and the other promoters as the "blue collar guys of cycling." Bisceglia said that, "We are thrilled to be working with Frosty and Spiegel because of their years of professional commitment to the sport. USA Cycling is moving away from event management and going towards contracting with professional event management companies."

Several Utah individuals will be involved in the organizing as well including Cindy Yorgason and Mark Schaefer for the time trial and Dirk Cowley of Sportsbaseonline.com for registration and help with results. The X-Men Cycling Club, Ogden One Cycling Club, Jan's Cycling Club, and the Utah Cycling Association will all have affiliated roles as will the retail shops Cole Sport and Jan's of Park City.

The National Cycling Festival will draw large numbers of national caliber road cyclists to Utah in August. This of course means money for the local economy and prestige for Utah's cycling community. Eric Moore, USA Cycling's National Event Manager, expressed

USAC's point of view on the cycling festival. "We are trying to be cost effective. We are trying to bring membership together to create a bigger buzz for cycling in the United States." Much of it is also about putting "heads in beds," Moore noted. They are expecting upwards of 2800 cyclists to come for the road festival. Bill Malone, head of the Park City Chamber, said that, "Road biking is a popular sport here and we think that the demographics of road biking participants fit very well with Park City. We are excited to host the events and have been working in the summer to boost overnight visitation." He added, "Maybe we'll get to see the next Lance Armstrong."

For each age group, the road race title, criterium title, and time trial title will be decided. According to Frost, the road race will be an out-and-back/loop course that will start in Deer Valley and go towards Heber City and the Francis-Kamas-Oakley area before returning back to Deer Valley. Each race will have a rolling enclosure rather than shut down the roads entirely. The road race course route can be altered to provide a challenging race distance for each age group, featuring everything from a 10km circuit in Deer Valley for the younger Junior categories, to a series of loops totaling over 200km for the Espoir competitors. The criterium will take place at the base of Deer Valley Resort and will be centered at the Snowpark Lodge.

The time trial will be held on Antelope Island on the same course that was used in the Utah State Time Trial Championships this year. The 34 km out-and-back on the Fielding Garr Ranch Road on the East side of the island will be a fully closed course, according to Frost. The juniors and some master's categories will ride 10-20 km.

In the state time trial and an earlier time trial, a 32.5 km out and back course was used for most categories while a 16 km course was used for the juniors and masters. The fastest posted times on the 32.5 km course were 42:47 by Gardie Jackson in the Pro/1/2 category and 49:52 by Jen Ward in the women's 1-3 category.

"We are extremely excited about this," said Frost when asked about being awarded the promotion of the festival. "We know are strengths and limitations." Blue Wolf and Team Big Bear submitted bids on the festival to USA Cycling following a request by USAC for proposals in January of 2003. The two promotion companies put together a bid that was accepted. A letter of intent has been signed. USA Cycling maintains ownership of the events and will assist the local organizers with sponsorship sales.

The Festival should have a three-year stay in Park City with Elite Nationals (the best amateurs in the country) potentially being added to the party in 2005 and 2006. Senior (now Elite) Nationals were last held here in 1991 and 1989. Rishi Grewal won the road race in Deer Valley in 1989 while Lance Armstrong won in 1991 by destroying the field on a grueling Jeremy Ranch circuit course. This writer was also a competitor in those championships. Masters Nationals were last held in Park City in the mid-1980's where former-local fast guy Steve Johnson won one of his many national titles.



Sports Mall Cycling Camp 2003-2004



This four-month training program's function is to train athletes in the "off-season" and for those wanting to develop strong outdoor cycling skills as well as improve their fitness level. The Sports Mall offers a top-notch program with the best and latest training techniques designed by our elite USA Cycling Coach, JR Smith, and offers 10+ classes per week to meet various busy schedules. The camp will follow a periodization schedule over three six-week phases. Each phase will include an educational seminar with JR Smith. A V02 test or a Max Watt test at the beginning of phase I will be offered.

"kick-off" Seminar, Program Orientation and Registration:

Tuesday, October 21 from 7:30 - 9:00 pm
Sports Mall (5445 South 900 East)

Those unable to attend can register by calling Sports Mall, 261-3426 ext. 135, Diana. Cost \$279.00 for Sports Mall members and \$359.00 for nonmembers. * ATTENTION RETURN CAMP PARTICIPANTS: bring a friend (must register) and receive a \$30.00 discount.

Cycle Workouts :

Phase I—November 17- December 24
Phase II—January 5, 2004 - February 15, 2004
Phase III—February 16, 2004 - March 26, 2004