

cycling utah

TOUR OF UTAH WRAPUP! BRIAN HEAD NORBA!



DIRT
PAVEMENT
ADVOCACY
RACING
TOURING

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SPEAKING OF SPOKES

Cycling Utah is Here for You

By David Ward
Publisher

It is September 11, and I am sitting down to write my column for this issue. It is hard to not reflect on what I was doing on this day 5 years ago. In fact, I was right where I am now, sitting at my table, in front of my laptop, writing my column for our upcoming issue, and watching the television coverage of the attacks on the World Trade Center and the Pentagon. Like everyone, I was stunned, and knew the world had suddenly changed.

I will not expound on any of the issues surrounding the events of, or leading up to or following, that day. Indeed, I probably feel more confused now than I did then as I have come to recognize the complexity of those issues and of our world in which they have arisen. I only know that it gives me perspective on what I fill my life with to make it meaningful.

Probably the most important thing I can do, and over which I have some control, is to help make life better in the small circle within which I move. Interestingly, publishing Cycling Utah is one aspect of my life where I feel I have perhaps made a contribution to my community. I received an email today from a person who added the postscript, "BTW... Cycling Utah is a great read. It is a great asset to Utah." In the end, I guess that is

what makes life meaningful, being an asset to those around us.

I think you will find this issue of Cycling Utah will continue in the tradition of bringing information and entertainment to our cycling community. Primary in this issue is coverage of the Larry H. Miller Tour of Utah. It was a huge event for our state, one which VeloNews referred to as a possible top-tier UCI stage race and third national tour. It was an ambitious undertaking and, despite some bumps along the road, very successful. The Wasatch Front is second to none in the geography it has to offer such an event, and our cycling community is strong. With this year's success, we can expect the Tour of Utah to be back on the calendar next year, and hopefully to continue to grow in years to come.

Also in this issue is an article on Wasatch Pedicab Co. in Salt Lake City. This article caused me to reflect back on a trip to India in 1994. We were in Calcutta, and had hired a pedicab to take us around the area known as the City of Joy. Those pedicabs were a far cry from what you will find here. They were old, single speed machines that the pedicabby strained to get rolling. My wife felt so bad for the extreme exertion of our small and skinny pedicabby that she made me get out and push from behind.

A regular feature in Cycling Utah is Lou Melini's monthly commuter column. This month, Lou

interviews Travis Jensen, the lead designer for the trails system that will be built along with the Legacy Parkway project from North Salt Lake to Farmington. It is interesting to read of the efforts and experiences of those who commute by bicycle, and in this case, of one involved in planning and designing that affects bicycle commuting. Lou's article in our July issue focused on two doctors, one of whom, Rick Wallin, is my good friend. Rick is a busy man, and it took some diligence on Lou's part to finally hook up with Rick. Lou himself is a dedicated cyclist and commuter, and as much an asset to our cycling community as anyone.

Advocacy is important to Cycling Utah, and we always include articles on cycling issues and advocacy efforts. This issue has an article on "complete streets", an effort dedicated, according to the brochure of the National Complete Streets Coalition, to advocating for streets and roads that "welcome

all citizens". This effort encourages states, cities and communities to develop streets and roads for "drivers, transit riders, pedestrians, and bicyclists, as well as for older people, children, and people with disabilities."

Next month's issue will have full coverage of the LOTOJA, the epic, 206 mile road race from Logan, Utah to Jackson, Wyoming, which I rode last Saturday for the 19th time. I tell people it is my annual war on aging. My wife just says I am crazy. But interestingly, it is an event that has taken on meaning in my life. It is never easy, but it is a constant reminder that if I prepare and then "hang tough" as my father has always counseled me, success does come. The success is not in winning, because I do not win. The success is in lining up at the start, and striving to finish. It reminds me of a line from the old Jimmy Stewart classic movie "Shenandoah" when he says, "If we don't try, then we don't do. And if we don't do, then what are we here for?"

Cycling Utah is here for you. I think you will find this issue informative, interesting and helpful. I hope that it is an asset to you.



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Cover Photo: 3.5 km from the finish of Stage 6 of the Tour of Utah. Riders are (left to right) Burke Swindlehurst, Jeff Louder (obscured in back), Chris Wherry, Thomas Peterson.

Photo: Dave Iltis, see more photos online at cyclingutah.com

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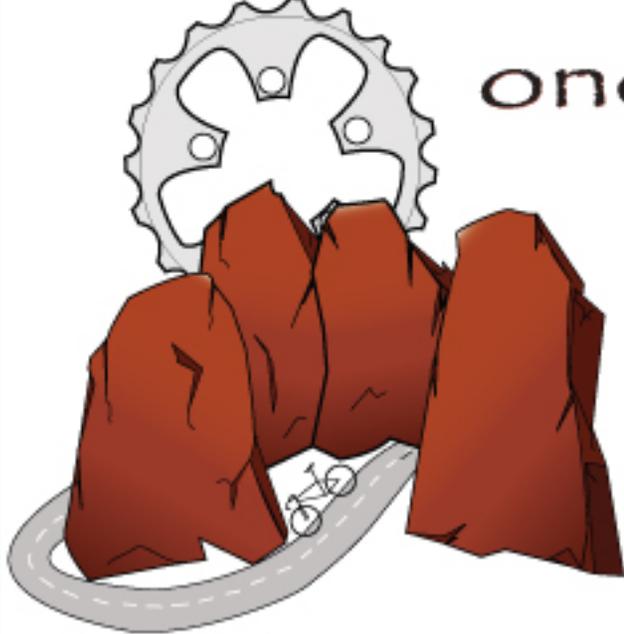
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ROAD RACING

Moninger Triumphs in Tour of Utah; Louder and Swindlehurst Shine

By Greg Overton

"Maybe you'll be lucky, maybe your town will be the next Boomtown."

Greg Brown, from the song 'Boomtown'

We're all lucky. Our hometown is poised to become the next boomtown for American road racing. The 2006 Larry H. Miller Tour of Utah presented by Zions Bank put this area on the front burner as a venue for top level racing, gaining high marks as an event and as a race friendly community. The terrain, with its rolling desert and steep mountains close by, easy travel for teams, most of which are either based in California or Colorado, and enough population – but not too much – to provide great crowds, yet still allow for a lot of open roads for race courses. Welcome to the boomtown!

Team directors and riders alike heaped praise on this year's race, and the race deserved it. For an inaugural major stage race, the 2006 Tour of Utah was a shining success, with great racing, cooperative agencies and excited fans. America's most successful professional rider, Scott Moninger added the Tour of Utah to his list of more than 250 victories, and local heroes Jeff Louder and Burke Swindlehurst defended their home turf with grit and great effort. Here's a recap of how the race took shape.



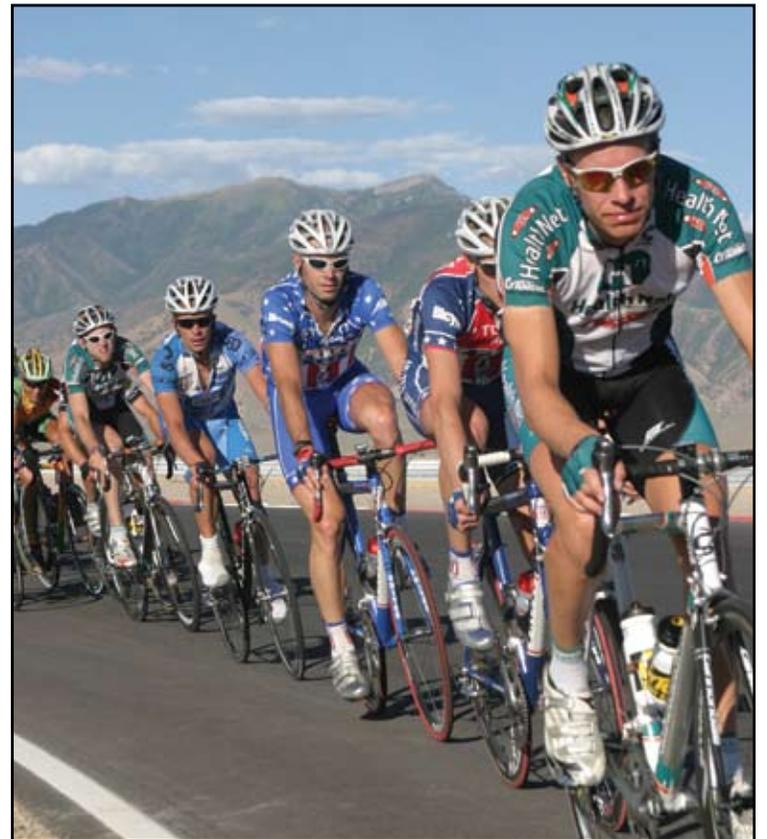
NuSkin Road Race - Stage One, 106 miles, a bit of everything

The first stage began with a festival at the Start/Finish area in downtown Provo. Once the nearly 100 riders, from 16 teams, were staged and the notables were introduced to the crowd, the race was off, winding through south and west Provo before turning north to begin its loop of Utah Lake. The race was neutral for the first few miles until leaving the congestion of city streets. As the peloton rolled toward American Fork and the northern traverse of Utah Lake, billowing black clouds were approaching from across the lake. And then the winds came.

Along the rural roads that skirt Utah Lake's northern edge, wind

gusts of 40 to 60 mph pelted the riders with sand, tumbleweeds, and materials from the housing developments under construction along the roadside. "It was a sort of rider-imposed neutral race for a while because no one could see", said Moninger. After several minutes, the windstorm was gone, and the rain came. Luckily it was not falling hard and it did not last long.

By the time the race turned south along the western edge of Utah Lake, Mother Nature had calmed herself and the racing could begin in earnest. The peloton was slow to capture the moment as rain jackets were handed back to team cars, lost items like sunglasses were replaced and the riders seemed to sort of check themselves to make certain everything was okay again. Even the race radio announcer chimed in to ensure that all of the vehicles in



Left: Sergey Lagutin (right side) took the sprint in stage 1 and the overall points jersey. Photo: Dave Ward

Above: In Stage 2, Louder, Baldwin, and Wherry are 1, 2, 3. Wherry won the stage over Louder at the Miller Motorsports Park. He took over the lead. Photo: Dave Iltis

the caravan were present and in their proper place in line. Once satisfied that everything was in order, she

Continued on page 10

06 BIKE CLOSEOUT
 CANNONDALE
 TITUS
 SANTACRUZ
 JAMIS
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Another Cyclist Killed

Trena Wood, 26, of Annabella, Utah, set out for an early morning ride on Thursday, June 29, 2006. An avid cyclist and a member of the Central Utah Cyclers she rode often. She was heading North on State Highway 118 just south of Richfield at around 8:00 a.m. when traffic is heavy with cars. The road in that area is narrow and doesn't have a lot of shoulder.

A Mitsubishi Montero came from behind and struck her as the cars driver reached for something inside of her purse. As she did so the vehicle drifted to the right where it hit Wood. She was taken to Sevier Valley Hospital where she later died of injuries sustained in the accident. The driver of the Montero was cited for negligently failing to avoid a bicyclist or violating the "three foot law." Trena's parents are not interested in taking any legal action against the driver.

Trena was a very active person who liked to hike, run, and bike. Cycling was her way of recovering from a previous auto accident that she had been in. It was her own personal rehabilitation to get herself back on track. Rex Murdock a close friend and a member of the Central Utah Cyclers said "she was a really nice gal, a very sweet kind young lady."

Trena was the last of nine children. She married Richard Hawley in August 2001 in the Manti LDS Temple. They later divorced. She excelled in school and was fond of the challenge that academia presented her with. Her family refers to her as a very special and valiant person. She will be greatly missed by those closest to her.

-Carly Carcione

Bicycle Advisory Committee in Davis County

A new bicycle advisory group has formed in Davis County. The Davis Bicycle Advisory and Advocacy Committee will be working to: improve cyclists' amenities on the roads, on public transportation and at work; educate the public about sharing the road with bicycles; and remove hazards from bicycle routes. To get involved, attend the meeting at the Davis County Building, September 20th, Room 219 at 6:30 pm in Farmington (28 East State Street). Please contact Bob with questions at (801) 677-0134.

The Mayor's Bicycle Advisory Committee, the leading bicycle advocacy group in Salt Lake and Utah, wants to encourage all cyclists to participate. There are monthly meetings on the second Wednesday of every month at 5 p.m. in the City & County Building, Rm. 326 or 335, 451 South State Street. For details, visit the Cycling Utah web site (www.cyclingutah.com) or call the Mayor's office at 535-7939 or Lou at 487-6318.



UtahMountainBiking.com Claims ICS Team Title

Revolution Mountain Sports won four of the first six races and it looked like they were on their way to a repeat victory in 2006. In mid-May a new threat started to rise, UtahMountainBiking.com. UtahMountainBiking.com had the most points in 7 of the 14 races and the races that they did not win they were always in the top 2 or 3. The victory was locked up in the double-points race in Evanston, Wyoming where UtahMountainBiking.com scored the most points of any team in a single event all season.

The competition was fierce during this 14-event, 6-month series with 12 teams battling it out for the coveted Intermountain Cup Trophy. Revolution started the season strong by winning the first 2 events. Past champion, Mad Dog Cycles crushed the other teams in race #3 but Revolution came roaring back with victories in races 4 and 6. During this time UtahMountainBiking.com just kept building their team and quietly accumulated points. At race #5, at Soldier Hollow, UtahMountainBiking.com edged out Revolution by 4 points to take their first victory. The ball was now rolling and no team could slow down UtahMountainBiking.com. They continued to win at Deer Valley, Sundance, Snowbird, Jackson, Wendover and Evanston.

Congratulations to UtahMountainBiking.com and to all the teams that competed in the 2006 Intermountain Cup Mountain Bike Racing Series.

The top 10 teams follow:

1. UtahMountainBiking.com - 1,020 points,
2. Revolution- 912 points,
3. Mad Dog Cycles - 669 points,
4. Cutthroat/Spin Cycle - 324 points,
5. Young Riders - 280 points,
6. Canyon Bicycles - 225 points,
7. Racers Cycle Service - 207 points,
8. Logan Race Club/Wimmer's - 183 points,
9. Bikers Edge/Destination Homes- 143 points,
10. Team Sugar/White Pine Touring - 140 points.

For complete results go to www.intermountaincup.com.

-Ed Chauner

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CITY LIFE

Pedicabs Offer Eco-Friendly Transportation

By Aaric Bryan

Brooks Gray and Chad Cole first got the idea to start Salt Lake City's only pedicab business after seeing them in Charleston, South Carolina. With pedicabs in almost every city they visited after that, they decided they definitely needed to start their own business and bring them to Utah.

"They were everywhere, but here," Cole said.

After spending 14 months working with Salt Lake City officials to obtain permits and insurance, Wasatch Pedicab Co. opened in February of 2005, with five tricycles.

The 21-speed tricycles are equipped with a full-suspension cabs, turn signals and lights. They weigh 220 lbs and are



Cruising in Style.

Photo: Aaric Bryan

permitted to go on any street in Salt Lake City. The eco-friendly tricycles are human-powered. The water used for cleaning is the only resource they use. Rich

Hall, operation manager and rider for Wasatch Pedicab, performs a weekly full-maintenance check on each bike. Hall, who didn't have a driver's license

before Wasatch Pedicab hired him in March of 2005, said, "I know how to keep my only form of transportation running."

The pedicabs run from 6 p.m. - 2 a.m. Tuesday-Saturday and try to concentrate their business downtown, but Cole said they've ridden customers as far as Sugarhouse and the University. Gray said customers can range from vacationers wanting a tour of the city to people who have been drinking at the bars and want a safe ride home.

According to Gray, the pedicab clientele is half-tourist and half-residential. Customers can hail a passing cab or call 801-301-2598. The pedicabs run year-round, weather permitting.

"The riders' uniforms change from shorts and sandals to Gortex and ski goggles," Cole said.

Wasatch Pedicab leases the bikes out and provides insurance for the riders. The riders are independent contractors and

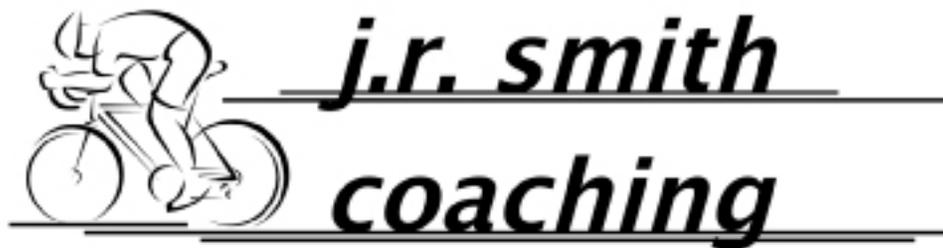
work for tips only.

"Tips have ranged from as low as a penny to as high as \$125," Cole said.

Riders can travel up to 30 miles a night and pick up over 20 customers a night, but according to both Cole and Gray, how much a rider makes depends on his social skills not his riding ability. Wasatch Pedicab has seven riders, but Gray said they could always use more. Riders must be 18 and have a valid Utah driver's license. Lease rates start at \$5 on Tuesdays and are \$25 on the weekends.

"We never try to make our money off our riders," Cole said.

Cole and Gray make their money by selling advertising on the back of their bikes. Three of the bikes are equipped with a 27 inch LCD television. Wasatch Pedicab sells 15 seconds spots to interested companies. For advertisement information call 801-330-6714 or 801-330-6684 or visit wasatchpedicabs.com.



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Tues. Oct. 17 at 7:00 PM

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 or E-mail Cari at cjunge@slc.jcc.org
www.slcc.org

Sports Mall

Orientation & Registration
Thursday, October 19
at 7:00 PM

5445 South 900 East, (Murray)
 To register, call the Front Desk at 801-261-3426,
 or E-mail Linda at lcarly@skehan.org
www.sportsmallgroup.com

Treehouse Athletic Club

Orientation & Registration
Wednesday, October 18
at 7:00 PM

1101 E. Draper Parkway, (Draper)
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www.TacFitness.com

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 Phase III: February 19 - March 23, 2007

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TRAIL OF THE MONTH

Solamere Loop: A Neighborhood Trail Like No Other

By Gregg Bromka

The Solamere Loop, anchored by the base of Deer Valley Resort in Park City, demonstrates how the concerted efforts of individuals, planners, and developers have made recreational paths an integral part and valuable amenity to this mountain community. Although contrived, these singletracks are excellent, and you'll quickly appreciate the locals' commitment to improving their quality of life through recreation. Don't expect to experience the solitude of true back-country trails on this route because condominiums, custom homes, and paved roads are almost always in sight. That's okay. Singletrack through a residential community is better than no singletrack at all.

Four climbs hallmark the loop, none of which is overly taxing. Each is offset with an exciting descent, blending full-throttle straightaways and tricky switchbacks. Typical to mountain biking in Park City, you can tack on peripheral trails to the Solamere Loop and ride to your heart's and legs' content—embark on Lost Prospector Trail, add on Spin Cycle and Village Trails, link to lower Deer Valley Resort trails, or connect Rossi Hill to Tour des Suds to Gravedigger to Johns Trail to Sweeney's Switchbacks and

other paths for a marathon ride around Park City. Whoa!

Details:

The basic loop starts out from the base of Deer Valley Resort at Snow Park Lodge with an easy half-mile glide down Deer Valley Drive South toward Park City followed by a short heart-pumping climb up Meadow Mountain Road. There, you hop onto Gambel Oak Trail and hit the dirt. But you won't be escaping into the backcountry because from open spots on the trail you can spy Deer Valley's lower slopes in the distance and spy into the backyards of custom homes edging the trail. Inasmuch, the trail might get booted around because of ongoing new home construction. Hey, it's Park City. Get used to it.

The dirt-and-pebble trail rises moderately through the namesake foliage and around three pairs of switchbacks. One rocky stretch near the top will test your muscle and balance. After topping out in a small clearing on the side of Masonic Hill, the descent down Solamere Connection Trail counters the previous climb with 13 tight switchbacks, plus a few squiggles at the bottom, on smooth and choppy tread. Take the descent at race pace and you're in for a thrill. Exit to Solamere Drive opposite the tennis courts

and ride clockwise on paved roads to the exclusive Deer Crest Resort off Queen Esther Drive. The foreboding entrance gate keeps public motorists out, but the bypass trail welcomes mountain bikers. Head up the paved lane a bit and then take the singletrack forking sharply left. Nostalgic mountain bikers will recognize this as part of the old, cherished NORBA Telemark Park race course of the early 1990s. A left onto Jan's Connector Trail continues the steady climb that takes you higher and higher above the upscale community.

Hop onto Hidden Hollow Trail and circle around Snow Top knoll, beginning with fast, baby-butt smooth singletrack through towering aspens and culminating with a tight, switchbacking climb through scrub oak. Glimpses of the Uinta Mountains and Jordanelle Reservoir are gained along the climb, whereas Solamere and lower Deer Valley spread out far below upon cresting the knoll. Gravity takes hold quickly as you freewheel off Snow Top, so ready the brakes or you'll get tossed when the straightaway falls abruptly into rough, angled switchbacks.

If you've been taking notes so far then you'll be quick to realize that three climbs are now history and only one remains—the hump over what locals affectionately



James charges up Snowtop Trail with Deer Valley Meadows far below. Photo: Gregg Bromka

call Heinous Hill. After crossing McKinley Gap at the upper Deer Crest guard station, you'll climb moderately around biker friendly turns, and you might wonder "what's so heinous about this hill?" Your question will be answered when you roll off the top and drop through tight, steep, rough switchbacks that have compelled even pro racers to dab a foot or dismount in haste. A right turn at Roosevelt Gap signals the final descent to Snow Park Lodge, which like previous trails combines fast straightaways with unannounced hairpin turns.

Just the Facts:

Length: 7.5 mile loop on mostly singletrack

Physical difficulty: Moderately strenuous with four steady climbs and four switchbacking descents.

Technical difficulty: Moderate to high. Good trails throughout

but the umpteen switchbacks can get pretty choppy at times. The drop of Heinous Hill is short but wicked.

Gain: 830 feet.

Trailhead access: From Park Avenue (at Jans and Cole Sport), take Deer Valley Drive to Deer Valley Resort's Snow Park Lodge (resort base). From Old Town Park City (Main Street), take Heber Avenue to the roundabout, and then take Deer Valley Drive to Snow Park Lodge.

Excerpted from the newly released guidebook Mountain Biking Park City & Beyond, by Gregg Bromka. Get a copy of this or of Gregg's other Utah guidebooks at your favorite bike shop.

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ROAD RACING

Zabriskie Wins USA Cycling Pro Time Trial Championship

Greenville, S.C. (September 1, 2006)-USA Cycling awarded its first-ever professional time trial national championship Friday to David Zabriskie (Salt Lake City, Utah/CSC) who outpaced 54 other pro cyclists to claim a stars-and-stripes jersey.

Zabriskie, 27, beat defending elite men's time trial champion Chris Baldwin (Boulder, Colo./Toyota-United) by a 31.97-second margin after Baldwin crashed in the final 400 yards of the 20.13-mile course.

The only American in history to win a stage in each of cycling's three grand tours - the Tour de France, the Giro d'Italia and the Vuelta a España - Zabriskie clocked a winning time of 41 minutes, 49.59 seconds on a rolling course to capture his second-career national time trial title as a pro. Zabriskie captured the 2004 elite men's national title as a member of the U.S. Postal Service Team when the race was open to both professional and amateur riders alike.

"I rode the course once yesterday; it turned out to be a lot harder today than I was expecting it to be," Zabriskie said. "I knew the course was short, and I knew it would really be an intense effort. When I went through the time check, I believed that I was

20 seconds ahead, and to me that wasn't enough time. I really started digging as deep as I could go."

Zabriskie, one of only five Americans to wear the yellow jersey in the Tour de France, now sets his sights on the UCI Road World Championships in Salzburg, Austria September 21. Although not yet officially selected, Zabriskie has met the automatic qualification criteria and has expressed his interest in competing for a rainbow jersey.

Salt Lake City's Jeff Louder finished eighth.

Results

1. Dave Zabriskie (Salt Lake City, Utah/CSC) 41:49.59 (46.48kph)
2. Chris Baldwin (Boulder, Colo./Toyota-United) +0.31.97
3. Jason McCartney (Coralville, Iowa/Discovery Channel) +0.51.41
4. Mike Friedman (Boulder, Colo./TIAA CREF) +1.08.41
5. Bernard VanUlden (Belmont, Calif./Navigators Insurance) +1.25.47
6. Danny Pate (Colorado Springs, Colo./TIAA CREF) +1.28.41
7. Tom Abb Zirbel (Boulder, Colo./Priority Health) +1.29.68
8. Jeff Louder (Salt Lake City, Utah/Health Net-Maxxis) +1.37.72

Quick Shot by Chad Nikolz

"When that gun goes off and it's time to compete, it's like Dr. Jekyll and Mr. Hyde. I get multiple personalities."

- Lawrence Merling
Bicycle racer



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MOUNTAIN BIKE RACING

Big Guns Race Brian Head NORBA

By Kristy Ann Pike

Husband-wife team Jeremy Horgan-Kobelski and Heather Irmiger brought home a pair of golds in cross-country for the Subaru/Gary Fisher pro team August 5 at the 2006 NORBA National Mountain Bike Series in Brian Head.

Back at their favorite altitude after competing at sea-level, the pair took advantage of superior climbing skills to repeat their double-first finishes from one year ago on the same course.

"We did it last year," said Horgan-Kobelski at the finish line when he learned that Irmiger was among the leaders for the women. "It's cool that we're both in a position to do it again."

Horgan-Kobelski, who started the race ranked first among the pro-men, took the lead early, and held on for a convincing win at 1:40, more than three minutes ahead of second- and third-place finishers Geoff Kabush (Team Maxxis) and Jeremiah Bishop (Trek/VW), and one minute behind his own 1:39 win from a year ago.

"The whole last half of the



course, I couldn't see anyone behind me. Sometimes, my mind would play tricks on me, and I'd think I'd

hear a chain," he said, but in the end, no one could even come close. "This is my favorite course.



Left: Jeremy Horgan-Kobelski (Subaru-Gary Fisher)
Above: Salt Lake's Alex Grant (Rocky Mountain/Oakley)
Below: Heather Irmiger (Subaru-Gary Fisher)
photos: Susan Candee



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It's got everything," said Horgan-Kobelski, who also finished first in the pro men's short track on August 6. "I love altitude races. They've got a special place for me. This is the kind of stuff I grew up riding."

"JHK was really strong," said Kabush, who struggled a little coming off of Sonoma's sea-level race. "I tried to chase, but he still managed to stretch it out. This is JHK's series to win or lose now. He's deserved it."

Utah's top pro entry Eric Jones (Raleigh - 19th) finished fifteenth in cross country despite a twisted chain and crash at Scout Camp in the last 20 minutes of the race. "11,000 feet twice is really hard," said Jones, "and the downhill is really rough—it wears you out, too." The Salt Lake native also finished 16th in short track.

Other Utahans in the top 25 cross country finishers included Salt Lake's Alexander Grant (Rocky Mountain/Oakley) at 20th and Heber City's Thomas Spannring (Cole Sport) at 25th. Spannring also took 18th in short track.

While hubby Horgan-Kobelski won his cross-country race easily, Irmiger was in a tight competition with second- and third-place finishers Katerina Nash and Shonny Vanlandingham, both of the Luna team.

Vanlandingham took a convincing lead coming out of the start, but then "I hit the only big puddle out there and I slid out." Coming off a virus that had her camped on the couch for two weeks, the number-one women's competitor finished the day third.

Nash of the Czech Republic came from behind on a descent to catch up with the leaders. She eventually pulled ahead, but in a battle that wasn't "nearly as straight-forward," as last year's win, Irmiger attacked Nash on the last pavement climb to finally grab the gold at 2:01 after a hard-fought race.

Horgan-Kobelski met her at the finish line with arms open wide. "We both feel so great, so high, it's awesome to share that together," said Irmiger. "It was an insane battle."

A battle fought on familiar turf for Irmiger. "I like the feeling of suffering at high altitude. When I get dizzy, it feels good. I'm like 'Oh yeah! I'm feeling the pain.' I feel at home."

"I completely died," explained Nash, who finished second. "I cramped up in the last half-mile."

Heber City's Kathy Sherwin (Ford Cycling) placed 11th on the day. Ranked ninth nationally for cross country, Sherwin depended on her descending skills at Brian Head. "I went from something like 20th to 11th with the technical downhill," she said.

If Sherwin, who has raced every weekend but two since March, wasn't entirely pleased with her performance, she took it all in stride. "It's just a tough day at the office. If that's a bad day, I'll take it."

Sherwin was the only Utah woman to place in the top 25 for cross country, but Brian Head resident DJ Morisette (Copper Chase Condos) took 32nd on her home course.

In women's short track results, Susan Haywood (Trek/VW) took first, with Irmiger second and Nash third. Sherwin finished 9th, and Morisette 27th.

Despite the high altitude, the racers universally appreciated the mountain venue. "If you can't

breathe, you can't breathe," said Duncan Riffle, national downhill champ who finished 5th at Brian Head, his first altitude race of the year. "You just deal with it."

Riffle appreciated the diversity of the downhill course that had profited from a year of rain and erosion. "There's more rock, less dirt. It's more challenging—it should be fun," which, he pointed out, was after all, the reason he rides.

He wasn't the only one enjoying himself. Eric Carter, former national champion, and at 36, elder spokesman for the sport, was on hand. He

spent the day before his race doing Brian Head's famous Bunker Creek trail, and the night before the race camping. An odd way to prepare? Maybe not for "a bike geek."

"No matter how I finish, I'm going home after this weekend, and I'll say I went camping and rode on a really good trail and I had a good time."

Others agreed. While Brian Head's grueling and sometimes remote cross-country course may be less spectator-friendly than others that simply go in repetitive loops, it's a rider's dream—and nightmare.

"You're just out there, and you better bring spare tubes," said Nash. "It's going back to the roots. It's a great idea to have at least one of these a year. It's great for us."

"This is the greatest venue," said women's sixth-place cross-country finisher Jimena Florit (Luna Chix), a Buenos Aires native who mountain-biked her way out of the big city. "The course is the funnest course. It is very complete. The view is beautiful. This is what we enjoy."

For complete results, visit NorbaNationals.com.

Men's Pro XC

1. Jeremy Horgan-Kobelski, 1:40:13.05
2. Geoff Kabush, 1:43:18.58
3. Jeremiah Bishop, 1:43:24.08
15. Eric Jones, 1:48:11.87
20. Alex Grant, 1:51:39.27
25. Thomas Spannring, 1:52:56.31

Women's Pro XC

1. Heather Irmiger, 2:01:57.05
2. Katerina Nash, 2:02:32.46
3. Shonny Vanlandingham, 2:03:07.67
11. Kathy Sherwin, 2:16:09.07
32. DJ Morisette, 2:29:56.70
35. Hilary Wright, 2:34:27.71
44. Jennifer Hanks, 2:48:50.43



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ROAD RACING

Tour of Utah (continued from page 3)



announced, "Okay, we're racing again in the 2006 Tour of Utah."

After a couple of small attacks were reeled in quickly along the rolling hills heading south, two riders were able to escape the peloton. Jesse Anthony of Kodakgallery.com and Clayton Barrows of Team Einstein's were one minute ahead of the field after two miles of hard effort, with HealthNet-Maxxis powering the chase. Anthony, a six time National CycloCross Champion, had the horsepower to drive the break, and several others were able to break from the main field and form a couple of small but strong groups off the front, causing the field to let up a bit. Anthony and Barrows continued to hammer, pushing their lead to 10 minutes at the 65 mile mark.

Once the main field got serious about chasing again, there were five riders away. The lead duo of Anthony and Barrows were followed by a three man chase that had gained 5:50 on the field at 75 miles into the stage. With HealthNet-Maxxis, Navigators and Toyota United powering the chase at nearly 40 mph, the gap began to shrink fast, and the three man chase group

was caught in Springville with less than ten miles to the finish. Anthony and Barrows were now only 2:00 off the front, with a small climb and three tough laps of a finishing circuit in downtown Provo ahead of them.

As the field approached the climb, a crash in the pack disrupted the chase for a few seconds, but by the short and fast descent onto the finishing circuits, the speed was back to nearly 40 mph again and the breakaway was being brought back quickly. On the second of the three laps, the two riders who had spent all day together on the roads circling Utah Lake were caught, and the sprinters began assembling near the front for the long and fast finishing straight.

Bunch sprints are so exciting to watch, and this one was no different as riders swerved in and out of the pack, trying to find a fast wheel or a clean line to the finish. Team Navigators rider and Uzbekistan National Champion, Sergey Lagutin accelerated clear at the finish and won the sprint by more than a bike length ahead of Andrew Pinfold of Team Symmetrics and Michael

Friedman of TIAA Cref, taking the inaugural yellow leader's jersey. Asked if he positioned himself for the win purposely, Lagutin, through a translator, said, "...everything happened so fast, I just rode as fast as possible so I would not be dropped."

Steve Williams Memorial Road Race - Stage Two, 93 miles, more of the same and then something totally different

The second stage took the race from Thanksgiving Point in Lehi to the Miller Motorsports Park in Tooele. It was 93 miles, and heat and wind dominated about 80 of those. Temperatures were above 100 degrees for most of the stage, and a gusty cross wind along the Pony Express route through the West Desert kept the racing pretty subdued. Several attacks launched from the peloton as the race left Lehi and climbed the hills toward the town of Cedar Fort, but with the long climb of Five Mile Pass just ahead, Team Navigators, along with TIAA Cref set a fast tempo that brought the field back together and discouraged any further attacks on the climb.

Once over the climb, the attacks came again as groups of three and four riders tried to get away, only to be chased by a strong effort at the front of the main field by Navigators riders, as they protected the race leader, Lagutin. Once the course turned north toward Tooele, the strong crosswind was suddenly a tailwind and riders began accelerating off the front with regularity. Finally, two riders were able to make an attack stick. Team HealthNet-Maxxis rider Mike Sayers, along with Ryan Yee of Successfulliving.com built a lead of just over one minute as they



Left: Chris Wherry on a roll. He's shown here winning the KJZZ Time Trial in Heber.

Above: Chris Baldwin punches it on his way to the downtown Salt Lake City Circuit race win.

Photos: Dave Ittis

entered Tooele and the fast downhill approach to the Motorsports Park.

This isn't the first time a bike race has been ridden on a motorsports track, but it's the first time here, and it is a terrific venue for it. With cheering crowds lining the finishing straight and along the mezzanine of the press box building, the riders entered the track flying. From the mezzanine vantage point, spectators watched a five man break bridge from the main filed and catch Sayers and Yee on the fourth lap of the track. Included in that break were Anthony, still riding strong, Freidman also making an impact, and Kirk O'bee, another dangerous rider. Missing the break was Team Navigators, now obliged to drive the chase in team time trial fashion at the front as the race continued around the slightly hilly and very curvy racetrack.

With less than one lap to the finish, Navigators' efforts were successful and the field was together again. Not for long, though, as former Junior National Champion

and member of the KJZZ composite team, Zach Grabowski attacked and quickly gained 18 seconds. Navigators did not respond, but Toyota United -clearly looking for the stage win - put in a strong chase to catch Grabowski. With less than 2k to the finish, the field looked poised for another bunch sprint to the line, but U.S. National Road Champion and Toyota United rider, Chris Wherry had other ideas as he initiated an attack. Also launching was Jeff Louder of HelathNet-Maxxis, and the two riders flew to the finish with the peloton close behind.

Wherry just pipped Louder at the line, and Lagutin led the sprint for third, again proving to be one of the faster riders in the race and retaining his leader's jersey. "Louder and I attacked at the same time with about 2k to go. We were each looking for a solo break, but it turned into a 2k sprint!" Wherry explained.

Overall general classification was shaping up after this second stage, with Lagutin leading

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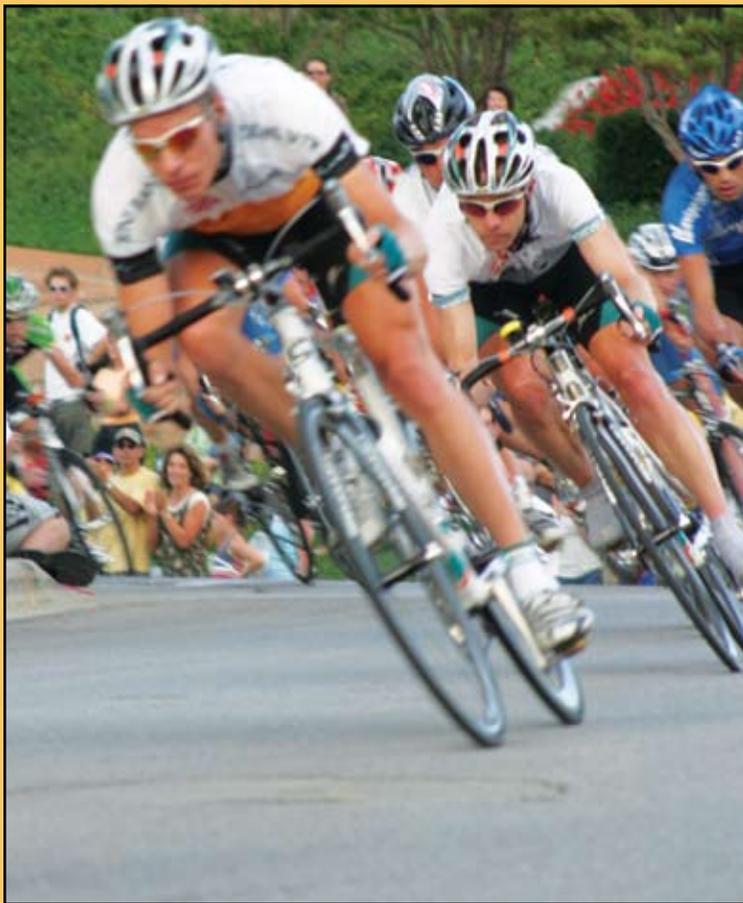
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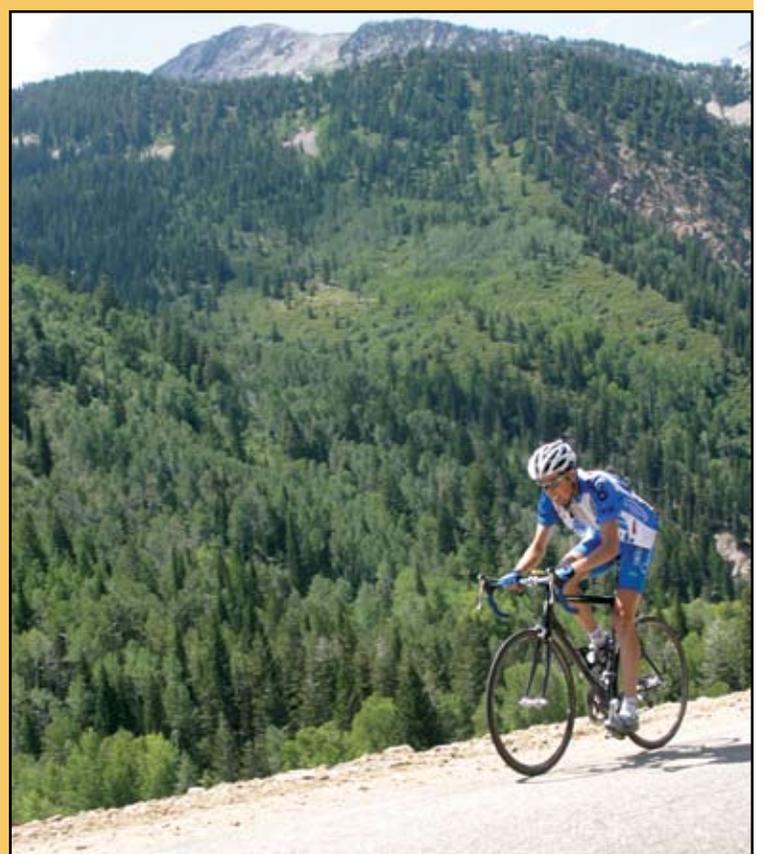
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KJZZ Time Trial - Stage Three, 8.5 miles, contro il tempo

Stage Three's time trial was a relatively short out and back course with the start and finish adjacent to each other in downtown Heber. The course was relatively flat with a grunt of a climb at the turnaround point, and a slightly downhill approach to the finish, which combined with a tailwind to create very fast speeds overall. Priority Health rider Tom Zirbel, showing fresh scars from the Stage One crash, began the day in 34th place on GC, but blistered the course in 16:13, well over a minute faster than anyone had ridden to that point. With 33 riders left to finish, the wait was on for Zirbel, and as rider after rider crossed the line with slower times, it looked as though he may not only stand on the podium for the day, but a stage win was becoming a possibility. That is until US National Time Trial Champion Chris Baldwin finished 15 seconds faster. With only a few riders still on the course, there was still hope, and the crowd was watching the clock along with Zirbel to see if his time would hold and place him on the podium for the day. As the top GC riders continued to finish with slower times than Zirbel, he stood in second place with two riders yet to finish. The first of those to come into view on the finishing straight was overall second place rider Wherry, who turned in a time of 15:50, placing him in first for the day, and relegating Zirbel to third. Race leader Sergey Lagutin finished only 14 seconds behind Wherry, pushing Zirbel off the podium and



into fourth place for the day. The crowd sympathetically moaned for Zirbel, who had to wait for the very last rider to finish to learn that he would not be on the podium. Wherry's win made it two in a row for him, and his average speed for the course was 32 mph, a scorching pace considering the record for a time trial in the Tour de France, held by Utah's Dave Zabriskie, is only two mph faster. And kudos to TIAA Cref rider Michael Creed, who mys-

teriously finished the stage with only one pedal attached to his bike!

The End Road Race - Stage Four, 75 miles, up, up and away and off the front

The Stage Four road race began in searing heat at high noon, and retraced a portion of the Stage One

Continued on page 12

Above: Overall winner Scott Moninger (HealthNet) follows teammate (and race leader for the stage) Jeff Louder in the downtown Twinlab circuit race. Sometimes when they are riding that fast, it's hard to get a clear shot.

Right: Blake Caldwell (TIAA-Cref) soloed to victory in the stage 6 Snowbird Road Race. TIAA-Cref rode a masterful race. photos: Dave Iltis

Wherry by 4 seconds and Louder by 8 seconds. Pinfold, Anthony and Freidman completed the top six, at 12, 13 and 15 seconds back respectively. The remaining favorites were

bunched together just 22 seconds behind the leader.

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Continued from page 11

course on the rural roads southwest of Provo before turning east, and up, to the summit of the Nebo Loop. Because of the heat, and the length of the climb, just over 20 miles, race officials made the decision to eliminate one of two laps around the base of West Mountain, shortening the stage by nearly twenty five miles. As one official commented, "It's not just today's stage, it's the accumulation of the first three days in the heat and wind, combined with a brutal climb to finish today's stage. And with the next two stages being very difficult, we made the decision to ease up a bit today."

No matter, Stage Four would still be brutal. As the race rolled out of Provo and onto the flat farm roads toward West Mountain at the southern tip of Utah Lake, the pace was relatively tame with small groups of riders attempting to get away only to be caught as the major teams were determined to control the race leading to the climb. As Toyota United director Harm Johnson commented after the Stage Three time trial, "tomorrow...we'll try to control the race and concentrate on defending the lead."

He wasn't joking. Both Toyota United and Team Navigators set the early pace for the peloton, riding between 30 and 35 mph to discourage attacks. As riders tried to launch off the front, the exposure to the wind combined with the pace of the field would ensure the attacks were short lived. This was the story of the race for the first 30 miles. Small groups or individual riders would appear off the front for a few seconds, but the barreling peloton would gobble them up again.

At about 35 miles into the race, a group did manage to get away and stay there, building a lead of two minutes by the time the race reached Payson and the base of the climb.

The group was being powered by Navigators rider Phil Zajicek, Mike Sayers of HelathNet Maxxis, and Michael Creed of TIAA Cref, who also had teammate Blake Caldwell in the break. The lead was at 2:45 ahead of the field at the base of Payson Canyon, after a Sprint Competition on Payson's Main Street just before turning to start the climb. But as the climb began in earnest on the narrow, twisty and steep lower sections of the canyon, the break began to falter and come apart.

As riders were falling off the break group, Zajicek attacked and was quickly riding alone. Farther down the road, a small group had attacked off the front of the main field. This attack was instigated and powered by Burke Swindlehurst of Team Navigators, and he was flying. The field was slow to react, as it was very early in the climb and the major teams waited for each other to chase. Swindlehurst was quickly nearly a minute up the road and began catching and passing riders from the earlier break. It was clear now that Zajicek had placed himself in the break and stayed up the road so Swindlehurst would have a teammate on the climb when he launched this planned attack.

Once the field began chasing, the lead hovered around one minute as Swindlehurst caught his teammate Zajicek and the two began to work together on the climb. Powering the chase was Scott Moninger of HealthNet-Maxxis, with most of the race favorites in tow, including Louder, Wherry, Baldwin, and Glenn Chadwick and Cesar Grajales of Team Navigators.

By now the field had been shredded by attacks, counter attacks and chases. Swindlehurst had exploded the peloton with his early attack, and it seemed that Moninger, who had left his chase group behind, was the only rider who might catch him. Zajicek finally cracked

after his huge effort on the day, just as Moninger caught he and Swindlehurst. Moninger sat on Swindlehurst's wheel, clearly working for his teammate Louder, who was now finding his climbing legs and chasing hard with a group that included Wherry, Chadwick and Grajales.

Swindlehurst was the overall leader on the road for a short period as he rode more than a minute ahead of the chase group, now being powered by his good friend and training partner Louder, who was putting in a Herculean effort to chase down the leaders. The race could possibly be captured if the chase group failed to catch, and Louder knew this. Swindlehurst is one of the strongest riders in the peloton, and a great climber. If he were to gain a lead of a minute or two on this stage, with a strong team to protect him, the race could be over. Of course, the same could be said for Moninger, Swindlehurst's shadow on the climb now, depending upon how strong the commitment was for HealthNet to work for Louder in his hometown race.

Fortunately for HealthNet, the issue of team leadership did not come up, as Louder's chase was successful and his group caught the two leaders with the finish line in sight, and they had dropped race leader Wherry. Almost immediately after the Louder group caught them, Moninger attacked and won the stage, knowing his team leader had safely bridged. But Louder wasn't finished and won the uphill sprint for second place on the day ahead of Chadwick and Swindlehurst. Louder's finish placed him in the yellow race leader's jersey, something he had dreamed of, "I get to wear the yellow jersey in front of my home town crowd tomorrow in Salt Lake City! My hat's off to Burke. He showed a lot of courage and rode at the front all day today, but our strategy was great. Scott's a

terrific tactician and marked Burke to eliminate him staying away and putting the race to bed today." Swindlehurst commented, "I may have been a little over anxious at the start of the climb. I felt great, and we just wanted to put pressure on Toyota United, but Scott is a great climber and was marking me to eliminate Jeff's losses. The finish came up sooner than I expected, so I didn't begin my sprint as early as I should have at the end."

Twinlab Circuit Race - Stage Five, 42 miles, round and round and up and down

Downtown Salt Lake City provided the course. Huge crowds provided the noise and atmosphere. A killer hill provided the pain. For six laps of a circuit that climbed from the valley floor in downtown Salt Lake City to the Utah State Capitol, and plunged back down a fast and twisty descent, the riders' climbing, descending, bike handling, nerve, strength and concentration were put to the test. This was no day off as some in the peloton had hoped, and as races of this type sometimes are - unless the course is a killer like this one.

The Start/Finish area was located on the west side of the Delta Center, and a huge festival covered the plaza outside the arena. Music glared on loudspeakers, spectators were everywhere, vendors were vending all types of food and merchandise, and venerable former professional rider turned announcer Bob Roll was on hand to announce the day's stage.

It was a very fun stage and crowds lined the course near the Start/Finish and along the climb to the capitol grounds to cheer the riders on each lap as they challenged the course.

An early breakaway rode clear on lap three that included Chris Baldwin, Michael Creed, Dominique Perras of Kodakgallery.com and Andrew Bajadali of the KJZZ Composite team. It was a strong break with each rider capable of taking the stage. Team HealthNet-Maxxis formed at the front to chase and protect the yellow jersey, while Navigators and Toyota United sat in the peloton, content to let HealthNet do the work. On the fifth lap, Team Navigators riders Lagutin and Chadwick initiated an attack that gained 45 seconds on the field, and bridged to within 30 seconds of the lead breakaway.

As the main field passed through the Start/Finish area to begin the final lap, the front of the peloton was covered in Toyota United, TIAA Cref and HealthNet-Maxxis jerseys. HealthNet and TIAA Cref had clearly decided to chase, while Toyota United was there to protect Baldwin and to make it difficult for the other teams to form a cohesive pursuit of the break.

Baldwin attacked his breakaway companions at the top of the climb, immediately shattering the breakaway. He stayed clear and safe on the descent and powered in for a solo win. Behind him there was mayhem as riders remaining from the break were trying to hold off the hard charging attacks from the main field. Jacob Ercker of Team Symmetrics and David Ramsay of Successfulliving.com were suc-

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cessful, finishing second and third respectfully. But the remaining five riders of the break were caught and passed by the field, which finished in a bunch sprint, again won by Lagutin. Louder, Swindlehurst and Moninger were all safely protected in the field. Everyone was quickly thinking about tomorrow's final stage. Baldwin commenting, "Today's win was great, but it was a tougher course than we expected. I just hope to be in decent shape for tomorrow's stage, which is going to be epic."

Snowbird Mountain Road Race - Stage Six, 90 miles, three climbs, the one we've all been waiting for

This is the signature stage of the Tour of Utah. Even riders who did not compete in this year's race know about it. The riders who did compete want to forget it. Until next year, of course. The stage departed Deer Valley Resort under partly cloudy skies and 50 degree temperatures, a marked contrast to the previous stages in the race. Everything was calm and cool; the peloton was rolling along easily, contemplating the climbs ahead. The tranquility lasted for about ten miles. On the run-in to the town of Midway, nearly the entire TIAA Cref team attacked, taking a few riders with them. The break easily got up the road, and gained a quick 1:30 on the field. There was no reaction from the peloton, the thinking probably that they were just going for the Sprint points in Midway, and with such a long hard day ahead, they would never stay away. So the field let them go.

They kept going. The time gap increased to two minutes, three minutes, five minutes! As the race entered the upper Provo Canyon, TIAA Cref riders were riding as though it were a team time trial at the front of the break. As the course turned from Provo Canyon to begin the climb toward Sundance and the Alpine Loop, TIAA Cref was riding at the front, continuing to set the pace on the steep pitches leading to Sundance. Their pace setting began to drop riders from the break, and it dwindled from eleven to seven, four of those remaining were TIAA Cref riders Blake Caldwell, Steven Cozza, Timmy Duggan and Thomas Peterson. Along with these riders were Neil Shirley of the KJZZ

Composite team, Stefani Barberi of Toyota United and Phil Zajicek of Team Navigators. HealthNet-Maxxis failed to place a rider in the break.

As the time gap to the main field continued to hold steady on the climb, the race leaders and favorites grew more uncomfortable at the notion that this break was not going to crack. A chase group formed off the front of the peloton that included all the major players and began to eat into the time gap of the leaders. As the break reached the top of the climb, the lead was down to less than four minutes. The very fast descent of American Fork Canyon allowed the chase group to continue chipping away at the lead.

As the chase group made the turn to start the climb of Traverse Ridge to the Suncrest summit, the gap had been reduced to 2 minutes, and was shrinking still. Cozza accelerated from the break on a relentless attack at about the halfway point of the climb, causing the group to react and increase its pace, thereby maintaining its nearly two minute advantage to the top of the climb and the descent into Draper, where Cozza was caught and the breakaway group was again intact and working together.

Louder led the chasers over the top and to speeds of 60 mph on the descent. There was urgency in this group as it was now clear that they had allowed the break too much time for too long, and they would have to chase very hard to reach the lower slopes of Little Cottonwood Canyon with any chance to prevent losing the race to one of the riders in the break. Caldwell was now the overall leader on the road. With less than seven miles remaining, the chase was on and Moninger and Louder were working hard to protect their GC positions. The other contenders in the group would have been content to let the HealthNet riders do all of the work, but their own GC hopes were also on the line. TIAA Cref had blown the race open with what seemed a silly move so early in the stage and with so much climbing still ahead.

It was proving tougher than expected to catch the break, though, and the lead was nearly three minutes as the lead group entered Little Cottonwood Canyon for the final ascent of the race. After less than a mile of climbing in the canyon, the break was finally cracking, and now included only Caldwell and Cozza from TIAA Cref, along with Shirley

and 19-year-old Barberi. The attacks were coming hard and often from the behind as the chase group was splitting, with some riders accelerating and some going backwards. The first to try an attack was Grajales, who was caught by Louder and Moninger, towing Swindlehurst and others along. Grajales was dropped, leaving a group of five that included Moninger, Swindlehurst, Louder and Chadwick, along with Peterson, who had stayed with this group after being dropped from the leaders. Wherry was chasing hard just behind, trying to make the bridge before the attacks began again.

The lead was now down to 1:30 with Moninger setting a blistering pace for the chase group. Caldwell attacked the breakaway group and got away alone off the front, knowing that his chances were going to be killed if the chase group caught him. Chadwick and Swindlehurst were taking turns attacking the chase group, and finally Chadwick got away, creating a 100 meter gap on the yellow jersey. Once it became apparent that Louder couldn't respond in time to catch Chadwick, who was sitting just 23 seconds off his yellow jersey, Moninger, two seconds behind Louder overall, began a solo chase of the Navigators rider.

With 2k to the finish, Caldwell was 18 seconds in front of Shirley, who had left the other breakaway riders, and 35 seconds ahead of those remaining riders from the break. Chadwick had been caught and marked by Moninger, and the two were gaining ground fast at just over one minute back. The yellow jersey group that also included Swindlehurst, Peterson and Wherry was at 2:20 behind Caldwell. Louder's overall lead on Caldwell entering the day's stage was 3:02. As the race stood with 2k to go, Moninger was the new race leader with Chadwick in second, and Louder was fighting for his podium spot, trying to limit Caldwell's advantage on the climb.

Caldwell crossed the line with an average speed of 23.39 mph on the day, an amazing pace considering the amount of climbing, not only on the major climbs, but also the rolling climbs from Deer Valley to Provo Canyon and the approach to Little Cottonwood Canyon. Shirley came in second on the day, 11 seconds behind the winner and Zajicek crossed the line third at 21 seconds back. Now all eyes were on the race clock to see who would finish first, second and third over-



Above: Mark Santurbane was Utah's third best finisher. photo: Dave Ittis

all. Would Chadwick be able to escape Moninger, the best climber in the race, to gain the final leader's jersey? Would Louder preserve a final podium spot? Riders who were strung out on the climb continued to cross the line. Lieto at 30 seconds, Barberi at 57. Then Moninger and Chadwick appeared at the finishing straight together and crossed the line that way, at 1:21 behind Caldwell. Swindlehurst was next, at 1:47. The crowd was anxious to see Louder, who appeared next and crossed the line at 2:22, preserving third place overall and a coveted podium spot. Moninger commented after the stage, "Today was a very hard stage, although I never felt in real difficulty today. I think the altitude was an issue for some of the riders, but I'm used to it, living in Colorado. Today came down to who had the best legs on the last climb. When Jeff couldn't react, it was my job to cover Glenn and preserve the win for the team. If Jeff couldn't quite get it, and we really wanted him to, then I had to try for it for the team." Louder added, "Scott rode for me today, no question, but I just couldn't react to that last attack by Chadwick, and Scott could. It's a great team victory and I'm very happy." Moninger then commented, "The key today was the middle climb, the smallest of the day. When we couldn't bring back the break there, we knew it was going to be a hard finish, and Jeff rode like crazy to get us to the last climb."

Final General Classification positions were held by Moninger in first, followed by Chadwick, 21 seconds behind and Louder at 59 seconds back. Swindlehurst finished fourth overall at 1:16, and Caldwell's epic

ride in the final stage moved him to fifth place overall, 1:29 behind the overall winner. The Sprint Points jersey was won by Lagutin, and the Best Climber's jersey went to Shirley, based on King of the Mountains Points he gathered riding in the breakaway on the last day. Top team honors went to Team Navigators.

Major stage racing has come to Utah, and it was a perfect match. All major sponsors have signed on for at least two more years, and the race has a great spot on the calendar to allow it to grow even larger and attract more teams, quite possibly major professional teams from Europe as well as those from the U.S. that competed this year. Plans are already being made for next year's race and it's sure to be another successful event. Congratulations are in order for race Director Jason Preston of Three Peaks Promotions, Larry H. Miller, Zions Bank, the Utah Sports Commission and all of the sponsors, race officials and the hundreds of volunteers. It requires a community effort to present a race of this size, and the 2006 Tour of Utah showed that Utah is a wonderful host for it.

Larry H. Miller Tour of Utah Overall GC

1. Scott Moninger; Health Net 14:57:50
2. Glen Chadwick; Navigators 14:58:11
3. Jeff Louder; Health Net 14:58:49
4. Burke Swindlehurst; Navigators 14:59:06
5. Blake Caldwell; Tiaa Cref 14:59:19
6. Chris Wherry; Toyota United 14:59:54
7. Cesar Grajales; Navigators 15:02:01
8. Thomas Peterson; Tiaa Cref 15:02:23
9. Dominique Perras; Kodakgallery.com/Sierra Nevada 15:02:55
10. Neil Shirley; KJZZ - Composite Team 15:03:03

For complete results, see page 16.

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CALENDAR OF EVENTS

Calendar Guidelines:
Listings are free on a space available basis and at our discretion. Submit your event to: dave@cyclingutah.com with date, name of event, website, phone number and contact person and other appropriate information. Let us know about any corrections to existing listings!



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

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

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

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

For more BMX track info, visit cyclingutah.com



Advocacy Groups

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

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

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

Calendar of Events sponsored by



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705 W. Riverdale Rd.
Riverdale
(801) 621-4662
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Provo Bike Committee — Meetings are the first Wednesday of each month, 5:00 p.m. in the City Council office, 351 West Center Street, Provo, Call the City Council offices at 801-852-6120 or email gilbert.bradshaw@gmail.com or duncanish@gmail.com

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

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

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

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

Utah Bicycle Coalition — Statewide advocacy group, utahbikes.org

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

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

September 7-9 — Utah Trails and Pathways Conference, planning, design, construction, funding and more, www.utahtrailsconference.com, (801) 629-8558

September 22 — CANCELLED Mayor's Bike to Work Day presented by Salt Lake City Mayor's Office and MBAC, a mellow ride with Mayor Rocky Anderson under police escort from Liberty Park to the City/County Bldg, then free breakfast and raffle for all participants, Cost: free, 7:30 am, Liberty Park, Lisa Romney, 535-7939, lisa.romney@slcgov.com



Tours and Festivals

September 30 — Take Your Kid on a Mountain Bike Ride, Boise, ID, byrdscycling.com, (208) 434-2607

October 26-29 — CANCELLED Moab Halloween Bike Fest. Group rides, bicycle DemoExpo, fun competitions, evening entertainment. Moab, UT, (435) 260-1182



General Info

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

Wild Rockies Unplugged Series information (Idaho), (208) 587-9530.

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

Weekly MTB Races

Wednesdays — Soldier Hollow Training Series, May 3, 10, 17, June 7, 21, July 5, 19, August 2, 16, 30, Alternates with Sundance, 7 p.m., (801) 404-0946

Wednesdays — May 24, 31, June 14, 28, July 12, 26, August 9, 23, September 6, Sundance Weekly MTB series, 6:30 pm, alternates with Soldier Hollow Training Series, Sundance Resort, (801) 223-4849

Utah MTB Races

September 16 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

September 16-17 — Silver Spur Fall Classic XC race, also Trail Run and climbing contest, Snowbird and Alta, UT, 801-933-2110

September 16 — Tour des Suds, 26th Annual, Park City, (435) 649-6839

September 30 — Widowmaker Hill Climb 10 AM, Ride to the top of the Tram, Snowbird Resort, (801) 583-6281

October 7 — Utah State Singlespeed Championship, 10 am start, Sundance Resort, Sundanceresort.com or 801-223-4121

October 16-17 — 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 14-15 — 24 Hours of Moab, 11th Annual, (304) 259-5533

Idaho and Regional MTB Races

September 16-17 — Salmon Grand Prix, XC, DH, freestyle, Utah DH Series?, Wild Rockies Series #9, Salmon, ID, (208) 587-9530

October 8 — 12 Hours of Bootleg Canyon Race, 2500' climbing per lap, Boulder City, NV, tmr-unlimited.com, (702) 277-6536

October 8 — Boise to Bogus Banzai, Wild Rockies Series #10, 16.5 mile, 4,100 vertical foot descent, Boise, ID, (208) 587-9530



Road Racing

General Info

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

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

Utah Weekly Race Series

Rocky Mountain Raceways Criterium — Saturdays at 12 noon in March, Tuesdays in April - September, A/B's - 6 pm, C/D's 7 pm, 6555 W. 2100 S., West Valley City, UT, (801) 944-5042

Salt Air Time Trial — Every other Thursday April 13- September 28, I-80 Frontage Road West of the International Center, (801) 944-5042

DMV Criterium — Wednesdays, Driver's Training Center, Where: 4700 S. 2780 W., West Valley City Times: A Flite - 6pm. B Flite - 7 pm., C/D Flite 7:45 pm (April 5 - September 27), 801-651-8333

Wednesdays — Thanksgiving Point Criterium Series, April 5th - September 27, 6:00 pm, A flight-cat 1, 2, 3, 6:00-6:55 pm, B flight- cat 3-4, 6:00-6:45 pm, C flight- beginner-cat 5, 7:00-7:30 pm, *Women's flight, 7:00-7:30 pm, *Women may race any flight they choose, 3003 Thanksgiving Way, (next to I-15), Lehi, UT visit www.tourofutah.com/wed.html for more information, or call (800) 708-9804

Royal Street Hillclimb TT — May 18 - September 7, Every other Thursday, 5:30 p.m., 900 ft. elevation gain, Royal Street and Deer Valley Drive, Park City, (435) 901-8872.

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

For dates, see calendar below.

Utah Road Races

September 5, 12, 19, 26 — RMR Crit Series, Salt Lake, (801) 944-5042

September 6, 13, 20, 27 — DMV Crit



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Series. Every Wednesday, Salt Lake, 801-651-8333

September 14, 28 — Salt Air TT Series, Every other Thurs, (801) 944-5042

September 16 — The Climber's Trophy, an individual time trial up the south side of Big Mountain from MM 3 to MM 9., first rider up at 11 AM, contact Jon Gallagher <jonbear68@msn.com>

September 23 — UTA Harvest Moon Downtown Ogden Criterium, downtown in the Municipal Park between 25th & 26th Streets, Ogden, UT, (801) 589-3675

September 30 — Allan Butler Memorial Criterium, Thanksgiving Point, Lehi, UT, (801) 400-6130

October 10-13 — Huntsman World Senior Games. Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. 800-562-1268 or hwsg@infowest.com

October 14 — 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

October 28 — Halloween Criterium, Thanksgiving Point, Lehi, UT, (801) 400-6130

November 26 — Thanksgiving Criterium, Thanksgiving Point, Lehi, UT, (801) 400-6130

Idaho and Regional Bicycle Road Races

September 16 — Mt. Charleston Hill Climb, Las Vegas, NV, 702-228-9460, steve@bristlecone.net

September 23 - October 8 — Nevada Senior Olympics, Must be 50 years or older, Cycling Four Events — 5K and 10K Time Trials, 20K and 40K Road Races. Plus all other sports. Call 702-242-1590 or nevadaseniorgames@earthlink.net



Weekly Rides

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

Utah and Regional Road Tours

September 16 — Sawtooth Century Tour, Ketchum, ID, info@sawtoothvelo.org or 208-726-0946, ext.1

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

September 23 — Heber Valley Olympic Century. 50 & 62 mile options. Enjoy scenic Heber Valley during its autumn finest during this fun and challenging ride that visits the Olympic



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venues, fundraiser for Huntsman Cancer Institute, Contact Bob @ 801.677.0134, bike2bike.org

September 23 — Bike for the Cure, a benefit ride for the Susan G. Komen Foundation. 5.5, 42, and 58 mile options through Central Utah. Start and finish in Spring City, UT. Register on-line at active.com or contact Erika Stover (435)283-2158 or cestover@mail.manti.com

September 24-30 — OATBRAN, One Awesome Tour Bike Ride Across Nevada, 15th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, (800) 565-2704

September 30 — Bikes for Kids with Dave Zabriskie, metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray. We will be giving away 1,000 bikes, helmets and jerseys to disadvantaged children in the Salt Lake Valley. The start time is 7:00 am at the Costco in Murray and a bike safety and rodeo will be held at 11:00 for all kids. Contact Teresa at (801) 453-2296 or tmary@finsvcs.com.

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

October 1-6 — Monument Valley & 4 Corners Tour, Monticello, UT, (801) 556-3290

Oct 6-8 — Moab Century Tour, Moab to La Sals and back, 45, 65, 100 mile options, Tour benefits the Lance Armstrong Foundation, 435-259-2698

October 7 — Yellowstone Fall Old Faithful Cycling Tour 2006, West Yellowstone, MT, (406) 646-7701

October 7 — Third Annual Josie Johnson Memorial Ride, this memorial ride is being dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, meet at Sugarhouse Park, ride will start at 10:30, will travel to mouth of Big Cottonwood Canyon and back. www.slcabc.org or call Jason at (801) 485-2906 or John Weis at (801) 278-3847

October 21 — Las Vegas Century, 22,37,55,80 and 110 miles, benefits Ronald McDonald House. (702) 340-1500

October 21 — Tour de St. George, Ride with us around Snow Canyon State Park, Gunlock Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile Option. 100% of the proceeds to benefit Habitat for Humanity, 8:00am at 900E & 100S (Dixie State College), www.tourdestgeorge.com, 435.680.0085, ryang@mooseknuckleralliance.org or timbosplace@msn.com, tourdestgeorge.com

December 31 - January 1 — New Year's Revolution, century each day, 50, 70 mile options, Benefiting Utah Hemophilia Foundation, 8 am, Phoenix, AZ, Contact Bob @ 801.677.0134, bike2bike.org

Multi-Sport Races

September 16 — Ogden Valley Triathlon, Pineview Reservoir, Huntsville, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/16mi Bike/5K Run, Olympic road: 1.5K Swim/32mi Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624



General Info

For more information on Utah's Cyclocross series, visit utahcyclocross.com

Utah and Idaho Cross Races

September 29 — Utah Cyclocross Series #1, Twilight Cross, 5:30 pm, Utah Olympic Park, utahcyclocross@msn.com

September 30 — Sandy Point Beach Race #1 and Cross Clinic, Boise, ID, jkenedy@rmci.net

October 7 — Utah Cyclocross Series #2, Ft. Buenaventura, Ogden, utahcyclocross@msn.com

October 7, October 21, November 4, November 18 — Idaho Cyclocross Series, Eagle Island State Park, Eight miles west of Boise. Take US 20/26 to Linder Road and follow the signs, Brad Streeter at (208) 866-3384

October 14 — Utah Cyclocross Series #3, Rocky Mountain Raceways, utahcyclocross@msn.com

October 21 — Utah Cyclocross Series #4, Utah Olympic Park, utahcyclocross@msn.com

October 28-29 — Crosstoberfest, Idaho State CX Championships, Hailey, ID, 208-720-3610

November 5 — Utah Cyclocross Series #5, Wheeler Farm, SLC, utahcyclocross@msn.com

November 11 — Utah Cyclocross Series #6, State Championship, Wheeler Farm, utahcyclocross@msn.com

November 11-12 — Sandy Point Beach Race #2 and 3, Boise, ID, jkenedy@rmci.net

November 25 — Utah Cyclocross Series #7, Wheeler Farm, SLC, utahcyclocross@msn.com

December 2 — Utah Cyclocross Series #8, Ft. Buenaventura, Ogden, utahcyclocross@msn.com

December 9 — Utah Cyclocross Series #9, Ft. Buenaventura, Ogden, utahcyclocross@msn.com

ADVOCACY

Utah Bicycle Coalition Looking for Volunteers

In the fall of 2004, after the tragic fatality of Josie Johnson, former Mayor and cyclists Ted Wilson contacted several people involved in cycling advocacy, industry, clubs and racing to discuss what might be done to improve the future of cycling in Utah. Over the next year this group became the Utah Bicycle Coalition with nonprofit 501c3 status. In brief, the goal of Utah Bicycle Coalition (UBC) is to create safer cyclists, safer drivers and safer roads throughout the state. You can learn more about the organization and read the Mission Statement at www.utahbikes.org.

There is a sense of urgency we all feel about moving forward with several cycling objectives but for now, we are an all-volunteer organization and are in need of individuals with commitment to help us move forward. Below is a list of objectives we have identified that we would like support for. Some of these are state or national programs that already have a background and some will require starting from scratch. If any of these captures your interest and you would be willing to take a leadership or assistant role, or if you have a background in them please let us know.

Statewide Share the Road Campaign

When the three-foot passing law was passed, the legislature provided the Utah Highway Patrol with \$20K to educate the public about it. That funding only lasted a few months with radio ads along the Wasatch Front. We are now looking to create a larger, statewide, share the road media campaign.

Safe Routes to Schools

UDOT has been provided funding for this federal program. The UBC needs volunteers who will work with UDOT and local schools to represent the interests of cyclists while they implement the program.

Complete the Streets

Completing the streets means routinely accommodating travel by all modes. This is a national program with many partners and more can be learned about it at www.completestreets.org. UDOT has made some significant progress in this area and the MBAC has been pushing for Salt Lake City to adopt a Complete Streets policy. We would like to see advocates around the state approach their city and county with a Complete Street proposition.

Parley's Canyon Bike Route (separated from I-80)

This route would link Summit County with Salt Lake County and may be the first of a series of bike routes linking the Wasatch Front with the Wasatch Back. Gordon Stam has done some preliminary work identifying a corridor for a route but more work is needed.

Share the Road License Plate for your car

Texas, Ohio, Florida, S. Carolina, N. Carolina, Washington, Virginia, Kentucky, and Georgia all have a "Share the Road" specialty license plate and Oklahoma and Mississippi are pending. You can see their designs at www.sharetheroad.org. It's time Utah joined the list. It looks better than a bumper sticker and will provide ongoing funding for share the road education. This will involve pulling together a coalition of supporters and pitching it to the Legislature.

This is not an exhaustive list of projects so if there is another program you are interested in promoting let us know. There is a lot of work to do to make cycling fun and safe. If you've ever thought of getting involved, we'd like to meet you.

If you would like to volunteer, contact Malcolm Campbell, President, Utah Bicycle Coalition, at (801) 463-7108 or archit@pobox.com. To find out more about the UBC, visit utahbikes.org.

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RACE RESULTS



All West Communications Wolverine Ridge XC Mountain Bike Ridge, Intermountain Cup Race #14 and Series Finals, August 12, 2006, Evanston, Wyoming

12 & Under
 1. Justin Griffin; UtahMountainBiking.com 0:31:49
 2. Carleen Hunsaker; UtahMountainBiking.com 0:42:17
 3. Erich Kolan; Revolution 0:43:12
 4. Gale Pilling; Revolution 0:43:13
 5. Destrey Enders; Autoliv 0:45:52
 6. Liesl Harr; Red Rock Bicycles 0:50:28
 7. Sabrina Esposito; Logan Race Club 0:50:49
 8. Makenna Bullard 0:56:35
 9. Rhet C. Povey; The Bike Shoppe 1:04:15
 10. Justin Lange 1:04:55

9 & Under
 1. Dallin Searle; UtahMountainBiking.com 0:13:40
 2. Tanner Searle; UtahMountainBiking.com 0:14:40
 3. Brayden Nielsen; Young Riders 0:15:29
 4. Joe Pilling; Revolution 0:15:35
 5. Mackenzie Nielson; Sambucca/Contender 0:16:09
 6. Drew Palmer-Leger 0:16:57
 7. Samuel Harr; Red Rock Bicycles 0:18:18
 8. Shawn Nielsen; Young Riders 0:19:25
 9. Scott Abbott; Revolution Peak Fastener 0:21:22
 10. Madeleine Hales; Revolution Mountain Sports 0:22:16

Beg Men 13-15
 1. Daniel VanWagner; UtahMountainBiking.com 1:48:17
 2. Tanner Cottle; Porcupine/Specialized 2:01:53
 3. Vince Bria; Utah Mountain Biking 2:55:49

Beg Men 16-18
 1. Jordan Petersen; Utah Mt Biking.com 1:38:40
 2. Jeffrey Sorenson 1:40:16
 3. Casey Jensen; UtahMountainBiking.com 1:52:07

Beg Men 19-29
 1. Casey Zaugg 1:23:55
 2. Dan Hutchings; UtahMountainBiking.com 1:42:59
 3. Samuel Mullins; Taylors Bike Shop 2:02:59

Beg Men 30-39
 1. Joe Christensen; Revolution Mountain Sports 1:32:50
 2. Darren Harris 1:33:51
 3. Roy Smeal; Red Rock Racing/Spin Cycle 1:38:13
 4. Chad D. Hunter; UtahMountainBiking.com 1:39:43
 5. Travis Buzzard; Revolution Mountain Sports 1:44:02

Beg Men 40+
 1. John VanWagner; UtahMountainBiking.com 1:29:59
 2. Jonathan Atzet 1:32:37
 3. Mike Pettoff; Bikers Edge 1:40:17
 4. Rich Phippin 1:42:27
 5. Kris Nosack; UtahMountainBiking.com 1:42:46
 6. Mark K. Crosby; Taylor's Bike Shop 1:50:45
 7. Scott Hunsaker; UtahMountainBiking.com 1:56:18
 8. Marc M. Schaefer; Revolution 1:56:24
 9. Jeff S. Hansen; JSH Surveying 2:00:33
 10. Mark Mueller 2:21:08

Beginner Women
 1. Annie Band 1:45:24
 2. Camila Esposito; Logan Race Club 1:48:49
 3. Megan Clark; Taylor's Bike Shop 1:49:28
 4. Meghan Buzzard; Revolution Mountain Sports 1:53:32
 5. Kathryn Byrne; Cutthroat Racing/Spin Cycle 1:58:08
 6. Irene Ota; Revolution Mountain Sports 2:08:33
 7. Ashley Wagner 2:10:58
 8. Cady Williams 2:16:33
 9. Jill Adams 2:16:34
 10. Juli Hunter; UtahMountainBiking.com 2:54:22

Clydesdale
 1. Trent Wignall; Canyon Bicycles 1:53:06
 2. Mike Oblad; Ellsworth Bikes/Hyland Cyclery 2:02:43
 3. Charles Mills; Bills Bicycle 2:02:50
 4. Greg Johnson; Mad Dog Cycles 2:09:57
 5. Aaron Mullins; Taylors Bike Shop 2:16:56
 6. David Barrus 2:25:24

Exp Men 16-18
 1. Dave Larsen; Utah Mt Biking.com 3:10:56

Exp Men 19-29
 1. David Welsh; Cedar Cycle /Color Country 2:11:59
 2. Derryl R. Spencer; Cutthroat Racing/Spin Cycle 2:26:32
 3. Justin Healy; CycleSmith 2:26:39
 4. Reed Abbott; Revolution 2:28:39
 5. Russ Sundbeck 2:30:03
 6. Adam Gurtler; Mad Dog Cycles 2:51:45

Exp Men 30-39
 1. Brad W. Pilling; Revolution 2:10:27
 2. Richard D. Abbott; Revolution/Peak Fasteners 2:11:18
 3. Chad Harris; Racers Cycle Service 2:13:52
 4. Bob Saffell; Revolution 2:13:59
 5. Tim G. Hodnett; Mad Dog Cycles 2:15:48
 6. Brad Newby; Red Rock Bicycles 2:23:48
 7. Mark W. Espin; Bountiful Cycle 2:26:02
 8. Samuel Moore; Porcupine/Canyon Spts 2:30:36
 9. Derrick K. Batley; Team Red Rock 2:31:39
 10. Ryan Ashbridge; Revolution Mountain Sports 2:55:16

Exp Men 40+
 1. Jack Dainton; X Men 2:19:48
 2. Kevin W. Nelson; Canyon Bicycles 2:25:23
 3. Daren Cottle; Porcupine/Specialized Racing 2:31:42

Expert Women
 1. Amanda Riley; Teton Cycle Works 1:53:37
 2. Wendy Wagner; Chipolte-Titus Mt Bike Team 1:58:22
 3. Stacy L. Newton; Team Sugar/White Pine Touring 2:07:47
 4. Cyndi Schwandt; Sugar/White Pine Touring 2:28:53

Men 50+
 1. Mark Enders; Autoliv 1:51:11
 2. Brad A. Mullen; Canyon Bicycles 1:51:52
 3. Dwight Hibdon; Mad Dog Cycles 1:55:37
 4. Bill Dark; Mad Dog 1:56:25
 5. Craig D. Williams; Cutthroat Racing 2:03:39
 6. Bruce R. Argyle; UtahMountainBiking.com 2:05:32
 7. Dean Huber; Flower Children 2:11:49

Men 57+
 1. Joel Quinn; Revolution 1:36:39
 2. Lewis Rollins; Sambucca/Contender 1:36:44

Pro Men
 1. Chris A. Holley; Mad Dog Cycles 2:05:48
 2. Chad B. Wassmer; Cole Sport 2:10:27
 3. Cris Fox; BikeHusls.blogspot.com DNF

Pro Women
 1. Sara Watchorn; Porcupine/Contender 2:01:49
 2. Erika Powers 2:05:52
 3. Lisa R. White; Porcupine/Canyon Sports 2:06:52
 4. Hannah Steele; Teton Cycle Works 2:12:06
 5. Lisa J. Watson; Teton Cycle Works 2:12:06
 6. Lucy J. Jordan; Team Revolution 2:14:49
 7. Jenelle Kremer; Revolution 2:20:21
 8. Lyna Saffell; Revolution Mtn. Sports 2:24:23
 9. Whitney Thompson; White Pine Touring/Team Sugar 2:37:01
 10. Kit Howard; Team Sugar/White Pine Touring 2:41:13

Spt Men 16-18
 1. Brent R. Randall 1:55:49
 2. Eric Taylor; UtahMountainBiking.com 2:16:21
 3. Kellie Williams; UtahMountainBiking.com 2:32:15

Spt Men 19-29
 1. Nathan Carey; Fitzgeralds 1:50:24
 2. Mark Longfield 1:52:07
 3. Tim Nelson 1:52:41
 4. Ben Hutchings; UtahMountainBiking.com 1:59:52
 5. Aaron Davis 2:02:29
 6. Stephen Brown; Cutthroat Racing/Spin Cycle 2:02:42
 7. Aaron Hagge; Porcupine/Canyon Sports 2:04:03
 8. Andrew S. Davis 2:06:50
 9. Brandon Wilde; The Mighty Pink Belt 2:10:42
 10. Jesse Sorenson; Mad Dog Cycles 2:25:16

Spt Men 30-39
 1. Paz M. Ortiz; Porcupine/Canyon Spts 1:45:52
 2. Dave Fassnacht; 1:48:41
 3. Craig Pierson; 1:50:47
 4. Karl Vizmeg; Mad Dog Cycles 1:51:24
 5. Jeffrey R. VanBlarcom; Bikers Edge 1:51:45
 6. Carson Chynoweth; Mad Dog Cycles 1:52:18
 7. Michael C. Engerson; UtahMountainBiking.com 1:53:39
 8. Ron Palmer-Leger 1:53:45
 9. Nathan Lystrup; 1:56:23
 10. Matthew Flygare; UtahMountainBiking.com 2:01:21

Spt/Exp Men 13-15
 1. Zane Enders; Autoliv 2:01:00
 2. Tyler Wall; Team Evanston 2:05:19
 3. Keegan Swenson; Young Riders 2:06:35
 4. Stuart C. Povey; The Bike Shoppe 2:07:23
 5. Logan Phippin; Autoliv 2:14:56
 6. Conor Mathews; Young Riders 2:16:40
 7. Mason West; Young Riders 2:17:12
 8. Justin Griffin; UtahMountainBiking.com 2:20:22
 9. Joshua Elston; AutoLiv Jr. Mtn. Bike Team 2:25:41
 10. Jed Harr; Red Rock Bicycles 2:28:19

Women 35+
 1. Leslie Knowlton-Fredette; Vanguard Media Group/Spin 1:43:50
 2. Jolene Nosack; UtahMountainBiking.com 1:52:37
 3. Dot Verbrugge; Mad Dog Cycles 1:52:38
 4. Dorothy Parkinson; Taylors Bike 1:53:10
 5. Heather L. Hemmingway-Hales; Revolution 2:01:04
 6. Sally Hutchings; UtahMountainBiking.com 2:16:11

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 1. Leslie Knowlton-Fredette; Vanguard Media Group/Spin 1:43:50
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 3. Dot Verbrugge; Mad Dog Cycles 1:52:38
 4. Dorothy Parkinson; Taylors Bike 1:53:10
 5. Heather L. Hemmingway-Hales; Revolution 2:01:04
 6. Sally Hutchings; UtahMountainBiking.com 2:16:11

Intermountain Cup Mountain Bike Racing Series 2006 Final Team Point Standings

1. UtahMountainBiking.com, Alpine, Utah; 1020
 2. Revolution Peak Fasteners, Salt Lake City, Utah; 912
 3. Mad Dog Cycles, Orem, Utah; 669
 4. Cutthroat/Spin Cycle, Salt Lake City, Utah; 324
 5. Young Riders, Park City, Utah; 280
 6. Canyon Bicycles, Salt Lake City, Utah; 225
 7. Racers Cycle Service, Provo, Utah; 207
 8. Logan Race Club/Wimmers, Logan, Utah; 183
 9. Bikers Edge/Destination Homes, Kaysville, Utah; 143
 10. Team Sugar/White Pine Touring, Park City, Utah; 140
 11. Vanguard/Spin Cycle, Holladay, Utah; 137
 12. Team Red Rock, St. George, Utah; 117

Intermountain Cup Mountain Bike Racing Series Final Individual Point Standings

Pro Men
 1. Bart Gillespie; Raleigh 953
 2. Eric Jones; Raleigh 900
 3. Chris Holley; Mad Dog Cycles 758
 4. Ty Hansen; Revolution/Cannondale 617
 5. Kevin Day; Biker's Edge/DestinationHomes 491
 6. Alex Grant; Rocky Mtn./Oakley 482
 7. Brandon Firth; Biker's Edge/Dest. Homes 419
 8. Matt Sutton; Wasatch Touring 419
 9. Ross Scatchard; Bliss Racing 391
 10. Geoffrey Montague-Yeti/Desert Cycle 362
 11. Shannon Boffeli; Revolution 357
 12. Thomas Spanning; Cole Sport 325
 13. Reed Wycoff; Contenders 307
 14. Blake Zumbrunen; Revolution 301
 15. Chad Wassmer; Cole Sport 299

Pro Women
 1. Kara C. Holley; Mad Dog Cycles 1063
 2. Kathy Sherwin; Ford Cycling 743
 3. Jennifer Hanks; Revolution 738
 4. Sue Abbene 692
 5. Roxanne Toly; Jans 670
 6. Teresa Eggertsen; X-Men 385
 7. Pamela Hanlon; Jans 173
 8. Sandra Bloomer; Independent Fab. 122
 9. Jennifer Wilson; Titus/Clif Bar 122
 10. Denise Vandekamp; Ivory Homes 95
 11. Lorien Lightfield; Tamarack 83
 12. D.J. Morissette; Ellsworth/Copper Chase 64
 13. Julie Minahan; Jans 55

Expert Men 19-29
 1. David Welsh; Color Country/Cedar Cycle 1236
 2. Ryan Blaney; Bike Peddler 791
 3. Justin Healy; Cycle Smith 774
 4. Reed Abbott; Revolution 749
 5. Matthew Sutton; MOVED UP 645
 6. Adam Gurtler; Mad Dog Cycles 691
 7. Derryl Spencer; Cutthroat/Spin Cycle 561
 8. Chris Mackay; Cole Sport 334
 9. Adam Lisonbee; Mad Dog Cycles 315
 10. Britt Hawke; Bike Peddler 303
 11. Tyler Wilhelmssen; Guthrie Race Club 266
 12. Luke Costello 248
 13. Christen Thompson 220
 14. Tim Lewin 149
 15. Geoffrey Montague; Yeti/Desert Cycle-MOVED 130

Expert Men 30-39
 1. Brad Pilling; Revolution 1361
 2. Richard Abbott; Revolution/Peak Fasteners 1153
 3. Chad Harris; Racers Cycle Service 1006
 4. Ryan Ashbridge; Revolution 860
 5. Bob Saffell; Revolution 892
 6. Sam Moore; Porcupine 697
 7. Brad Newby; Red Rock 639
 8. Jarom Zenger; Racer's Cycle Service 584
 9. Chris Holley; Mad Dog Cycles-MOVED 527
 10. Tim Hodnett; Mad Dog Cycles 465
 11. Derrick Batley; Team Red Rock 434
 12. Marc Wimmer; Wimmers Ultimate Bitler/LRC 431
 13. Mark Espin; Bountiful Bicycle 446
 14. Aaron Stites; Racer's Cycle Service 421
 15. Cris Fox; For Hire 284

Expert Men 40+
 1. Daron Cottle; Porcupine/Specialized 1034
 2. Stuart C. Povey; The Bike Shoppe 1050
 3. Bruce Lyman; Mad Dog Cycles 894
 4. Curt Bates; Canyon Bicycles 681
 5. Robert Westermann; Vanguard/Spin Cycle 578
 6. Chris Bingham; Porcupine/Specialized 338
 7. Jack Dainton; Jim's Lube Shop 575
 8. Darrell Davis; Contender Bicycle 258
 9. Fabian Esposito; Logan Race Club 244
 10. Todd Henneman; Jans/Trek 239
 11. Riley Frazier; Racers Cycle Service 172
 12. Cory Peterson 168
 13. Kenny Jones; Racers Cycle Service 130
 14. Ken Chord; Cole Sport 130
 15. Greg Buchko; Fitzgeralds 124

Expert Men 16-18
 1. Tres Wilson; Young Riders 567
 2. Ryan Harrison; Revolution 487
 3. Alex Gordon; Young Riders 352
 4. Chris Peterson; Balance Bar/Devo 216

Expert Women
 1. Amanda Riley; Teton Cycle Works 833
 2. Stacy Newton; Sugar/WPT 724
 3. Cyndi Schwandt; Sugar/WPT 546
 4. Bethany Nelson; LoganRaceClub/Wimmer 513
 5. Ellen Guthrie; VMG 463
 6. Wendy Wagner; Chipolte-Titus 453

Men 50+
 1. Brad Mullen; Canyon Bicycles 672
 2. Dwight Hibdon; Mad Dog Cycles 508
 3. Bill Dark; Mad Dog 543
 4. Bruce Argyle; UtahMountainBiking.com 550
 5. Craig Williams; Cutthroat/Spin Cycle 543
 6. Mark Enders; Autoliv 383
 7. Bruce Allen; Jans/Trek 332
 8. Dana Harrison; Revolution 262
 9. Dean Huber; Flower Children 210
 10. Roger Gillespie; Raleigh 202
 11. Steve Wimmer; LoganRaceClub/Wimmers 189
 12. Curtis Landgraf; S.MoyersBikeTouring 181
 13. Gary Katchner; Golsan's Cycles 147
 14. Bob Dawson; Cycle Smith 144
 15. Jim Pitkin; Cutthroat/Spin Cycle 142

Men 57+
 1. Lewis Rollins; Sambucca/Contender 582
 2. Joel Quinn; Revolution Mountain Sports 556
 3. Jim Westenskov; Ogden One 374
 4. Brent Peterson; Racers Cycle Service 111
 5. Steve Miller; Canyon Bicycle 57
 6. Ron Melton; Bingham Cyclery 49
 7. David Wagner 49
 8. Gene Poncelet 49

Sport Women
 1. Lisa White; Canyon Sports 604
 2. Hannah Steele; Wild Mtn. Honey/Teton Cyclery 563

Sport Men
 1. Brian Tolbert; Big TraceRacing & Mules 526
 2. Stephen Wasmund; Cutthroat Racing 453
 3. Tom Noaker; Young Riders 318
 4. Kenny Jones; Gary Fisher 301
 5. Jon Gallagher; Cole Sport 279
 6. Ryan Miller; Cutthroat Racing/Spin Cycle 296
 7. Eric T. Johnson; Mad Dog Cycles 292
 8. Chad Hunter; UtahMountainBiking.com 184
 9. Jeff Bulger; Parks Sportsman 166
 10. Brad Keyes; Racers Cycle Service 155
 11. Chris Peters; White Pine Touring 147
 12. Forrest Gladding; forestgladding.com 141
 13. Lynda Wallenfels; Health FX 104
 14. Samuel Sloan; Revolution 104
 15. Tom Warr; Porcupine/Canyon Sports 88

Sport Men 13-15
 1. Stuart Povey; Bike Shoppe 494
 2. Mason West; Young Riders 357
 3. Tyler Wall; Team Evanston 355
 4. Keegan Swenson; Young Riders 312
 5. Dylan Klautt; Young Riders 186
 6. Connor Mathews; Young Riders 231
 7. Justin Griffin; UtahMountainBiking.com 209
 8. Jed Harr; Team Red Rock 167
 9. Jared Peterson 159
 10. Jonathon Bruns 65
 11. Alex Gordon; Young Riders 63
 12. Brady Adams; BYRDS 63
 13. Ty Eggmann 56
 14. Angelo Roman; BYRDS 56
 15. Jordan Niedrich 49

Sport Men 16-18
 1. Dave Larsen; UtahMountainBiking.com 585
 2. Kellie Williams; UtahMountainBiking.com 441
 3. Brent Randall 380
 4. Tyler Beyerle; Biker's Edge/DestinationHomes 235
 5. Doug Johnson; Mad Dog Cycles 192
 6. Eric Wilder; Young Riders 163
 7. Erik Taylor; UtahMountainBiking.com 162
 8. Jed Miller 121
 9. Brandon Johnson; Mad Dog Cycles 113
 10. Jeff Sawyer; Young Riders 110
 11. Christian Maynes; Revolution 109
 12. Terry Walker 102
 13. Phillip Hovey; X-Men 101
 14. Cyrus Jackson; Young Riders 75
 15. Allen Steadman; Lost River Cycling 64

Sport Men 19-29
 1. Brandon Wilde; The Mighty Pink Belt 496
 2. Jesse Sorenson; Mad Dog Cycles 453
 3. Nate Carey; Fitzgerald's Bicycles 380
 4. Justin Healy; Cycle Smith-MOVED UP 359
 5. Ryan Bradshaw; Red Rock 320
 6. Stephen Brown; Cutthroat/Spin 283
 7. Ben Hutchings; UtahMountainBiking.com 280
 8. Josiah Halverson 222
 9. Dan Fisher; Revolution 207
 10. Danny Christensen; Red Rock 193
 11. Mark Longfield 192
 12. Craig Chilton 173
 13. Tyler Nelson; Oakley 172
 14. Tim Nelson 154
 15. Trevor Thompson 150

Sport Men 30-39
 1. Ryan Ashbridge; Revolution-MOVED UP 751
 2. Michael Engers; UtahMountainBiking.com 799
 3. Carson Chynoweth; Mad Dog Cycles 569
 4. Eric Jpeesen; Midoolee/barbaoco 0:50:13
 5. Jason Hendrickson; Team Cyclesmith 0:50:36
 6. Mike Sohms 0:50:53
 7. Aaron Torres 0:51:12
 8. Sean Hoover; New Moon Media 0:51:22
 9. Matt Campbell; Rocky Mtn. Cycling Club 0:52:12
 10. Darren Marshall 0:52:13
 11. Connor O'Leary 0:52:19
 12. Clint Carter; Vanguard Media Group Cycling Team 0:53:44
 13. Brian Reilly; Cyclesmith 0:53:55
 14. Curtis Doman; Inertia 0:54:03
 15. Piotr Strzelec 0:54:15

Sport Men 40+
 1. Todd Winner 700
 2. Tom Henning; Canyon Bicycles 564
 3. Bart Anderson 507
 4. Scott Toly 444
 5. Jim Harper; Revolution 382
 6. Paul Moot; Mad Dog 324
 7. Scott Russell 301
 8. Marc Anderson 270
 9. Doug Davis; Cutthroat/Spin Cycle 246
 10. Alex Brozcol 238
 11. Fabian Esposito; Logan Race Club 226
 12. George Klionzos 208
 13. James Kiselewski; Little Wind Racing 208
 14. David Bruns 190
 15. Todd Hughes 135

Men 50+
 1. Brad Mullen; Canyon Bicycles 672
 2. Dwight Hibdon; Mad Dog Cycles 508
 3. Bill Dark; Mad Dog 543
 4. Bruce Argyle; UtahMountainBiking.com 550
 5. Craig Williams; Cutthroat/Spin Cycle 543
 6. Mark Enders; Autoliv 383
 7. Bruce Allen; Jans/Trek 332
 8. Dana Harrison; Revolution 262
 9. Dean Huber; Flower Children 210
 10. Roger Gillespie; Raleigh 202
 11. Steve Wimmer; LoganRaceClub/Wimmers 189
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 13. Gary Katchner; Golsan's Cycles 147
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 4. Brent Peterson; Racers Cycle Service 111
 5. Steve Miller; Canyon Bicycle 57
 6. Ron Melton; Bingham Cyclery 49
 7. David Wagner 49
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Sport Women
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 2. Hannah Steele; Wild Mtn. Honey/Teton Cyclery 563

Sport Men 13-15
 1. Stuart Povey; Bike Shoppe 494
 2. Mason West; Young Riders 357
 3. Tyler Wall; Team Evanston 355
 4. Keegan Swenson; Young Riders 312
 5. Dylan Klautt; Young Riders 186
 6. Connor Mathews; Young Riders 231
 7. Justin Griffin; UtahMountainBiking.com 209
 8. Jed Harr; Team Red Rock 167
 9. Jared Peterson 159
 10. Jonathon Bruns 65
 11. Alex Gordon; Young Riders 63
 12. Brady Adams; BYRDS 63
 13. Ty Eggmann 56
 14. Angelo Roman; BYRDS 56
 15. Jordan Niedrich 49

Sport Men 16-18
 1. Dave Larsen; UtahMountainBiking.com 585
 2. Kellie Williams; UtahMountainBiking.com 441
 3. Brent Randall 380
 4. Tyler Beyerle; Biker's Edge/DestinationHomes 235
 5. Doug Johnson; Mad Dog Cycles 192
 6. Eric Wilder; Young Riders 163
 7. Erik Taylor; UtahMountainBiking.com 162
 8. Jed Miller 121
 9. Brandon Johnson; Mad Dog Cycles 113
 10. Jeff Sawyer; Young Riders 110
 11. Christian Maynes; Revolution 109
 12. Terry Walker 102
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 14. Cyrus Jackson; Young Riders 75
 15. Allen Steadman; Lost River Cycling 64

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 5. Ryan Bradshaw; Red Rock 320
 6. Stephen Brown; Cutthroat/Spin 283
 7. Ben Hutchings; UtahMountainBiking.com 280
 8. Josiah Halverson 222
 9. Dan Fisher; Revolution 207
 10. Danny Christensen; Red Rock 193
 11. Mark Longfield 192
 12. Craig Chilton 173
 13. Tyler Nelson; Oakley 172
 14. Tim Nelson 154
 15. Trevor Thompson 150

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 2. Michael Engers; UtahMountainBiking.com 799
 3. Carson Chynoweth; Mad Dog Cycles 569
 4. Eric Jpeesen; Midoolee/barbaoco 0:50:13
 5. Jason Hendrickson; Team Cyclesmith 0:50:36
 6. Mike Sohms 0:50:53
 7. Aaron Torres

35+ USCF Master Women

- Laura Howat; 0:53:58
- Pro Cat1/2 USCF Men**
- Mate Page; Biker's Edge 0:47:37
- Norman Bryner 0:47:58
- Robert Logfran 0:48:24
- Benjamin D'Halst; Ogden One 0:48:59
- Mark Zimbelman; Utah Valley Racing 0:49:48
- Scott Guzman-Newton; Poison Spider Bicycles 0:50:25
- Mike Hanseen 0:53:00
- Trenton Higley; Bikers Edge 0:53:45
- Tyler Higley 0:53:50

Pro Cat1/2/3 USCF Women

- Inge Travis 0:54:04
- Nicole Evans; FFKR Arch /S80 0:54:29
- Jen Ward; Wasatch Women 0:55:32
- Chellie Terry; Fitzgerald's Bicycles 1:01:27
- Kriste McLimoi; Utah Valley Racing 1:04:30

Jeff Rogers Memorial Sanpete Classic Road Race, Spring City, Utah, August 26, 2006

Pro 1/2 Male

- Burke Swindlehurst; Navigators 3:45:33
- Dave Harward; Porcupine/Specialized Racing; 1:35
- Sandy Perrins; Sienna Dev't - Goble Knee Clinic; 1:38
- Aaron Jordin; Porcupine/Specialized Racing; 2:20
- Brent Cannon; VMG Cycling; 2:51

Cat 3 Male

- Scott Patten; VMG Cycling; 3:49:56
- Dustin Eskelson; Bingham's; 0:16
- Eric Jeppson; Mi Duole
- Eric Rasmussen; Porcupine/Specialized Racing; 0:22
- Colin England; VMG Cycling

Cat 4 Male

- Jason Asay; 2:57:36
- Daniel Nelson; Y Cycling
- Jon SCHOFIELD; Mi Duole / Barbaoca
- Spencer deBryn; Porcupine/Canyon Sports
- Mike Hadley

Cat 5 Male

- Corey Brand; SLC Cycling Club; 2:57:36
- Don Whipple
- Jeff Moses; 0:02
- Brian Avery; Canyon Bicycles; 0:39
- Douglas Hansen; Inertia

35+ Male

- Gris Williams; Skullcandy; 3:03:02
- Steve Warsock; Porcupine/Specialized
- Bruce Bilodeau; Porcupine Cycling; 0:06
- Jon Milner; Canyon Bicycles; 0:15
- Jeff Clawson; Canyon Bicycles; 1:07

Master 45+ Male

- Ed Chauner; Barbaoca/Miduole; 3:02:32
- Jerald Hunsaker; Bountiful Mazda; 0:04
- Jamie Longe; Canyon Bicycles
- Kevin Shepard; Mi Duole; 0:51
- Charles Palmer; VMG Cycling; 1:22

55+ Male

- Gary Powers; 3:30:39
- Erik Nordenson; Poissonspiderbicycles.com; 9:46
- Henry Ebel; SLCC; 16:35

Pro 1/2/3 Female

- Laura Howat; VMG Cycling; 3:03:21
- Jen Ward; Wasatch Women; 0:01
- Laura Patten; VMG Cycling; 1:40
- Nisic Van De Kamp; Ivory Homes; 2:20
- Darcie Strong; WUCC

Master Cat 4 Female

- Sandra Hyra; Team WI
- Lisa Palmer-Leger
- Margaret Douglas
- Marlene Hatch
- Laurie Hunter; Santa Cruz Spokesman

Junior 17 and under

- Cody Wignall; FFKR/Sportsbaseonline.com
- Taylor Eisenhart; SBO Junior Racers
- Evan Whipple

Larry H. Miller Tour of Utah Presented by Zions Bank August 7-12, Provo, Salt Lake City, Park City, Heber, Snowbird

Stage 1, Nuskin Road Race, 106 Miles, Provo Around Utah Lake and Back

- Sergey Lagutin; Navigators 3:50:22
- Andrew Pinfold; Symmetrics Cycling 3:50:22
- Michael Friedman; Tiaa Cref 3:50:22
- Cesar Grajales; Navigators 3:50:22
- Jeff Louder; Health Net 3:50:22
- Michael Sayers; Health Net 3:50:22
- Chris Wherry; Toyota United 3:50:22
- Dominique Perras; Kodakgallery.com/Sierra Nevada 3:50:22
- Ken Hanson; BMC Racing 3:50:22
- Valeriy Kobzareno; Navigators 3:50:22
- Kirk O'Be; Health Net 3:50:22
- Alexi Martinez; Successfulliving.com 3:50:22
- Jonathan Garcia; Team Einstein's Cycling 3:50:22
- Charles Coyle; Vitamin Cottage 3:50:22
- Neil Shirley; KJZZ - Composite Team 3:50:22
- Andrew Randell; Symmetrics Cycling 3:50:22
- Joshua Thornton; Toyota United 3:50:22
- Chris Baldwin; Toyota United 3:50:22
- Adam Curry; Broadmark/Hagens-Berman 3:50:22
- Curtis Gunn; Successfulliving.com 3:50:22
- Owen Laine; BMC Racing 3:50:22
- Thomas Peterson; Tiaa Cref 3:50:22
- Sandy Perrins; Sienna Dev't/Goble Knee Clinic 3:50:22
- Jason Donald; Team Einstein's Cycling 3:50:22
- Christopher Stockburger; Toyota United 3:50:22
- Blake Caldwell; Tiaa Cref 3:50:22
- Mike Dietrich; Kodakgallery.com/Sierra Nevada 3:50:22
- Jacob Rytlewski; Priority Health 3:50:22
- Cory Collier; Team Einstein's Cycling 3:50:22
- Jacob Erker; Symmetrics Cycling 3:50:22
- Christopher Jones; KJZZ - Composite Team 3:50:22
- Eric Wohlberg; Symmetrics Cycling 3:50:22
- Stefano Barberi; Toyota United 3:50:22
- Justin England; Toyota United 3:50:22
- Max Jenkins; CA Giant/Village Peddler 3:50:22
- Glen Chadwick; Navigators 3:50:22
- Burke Swindlehurst; Navigators 3:50:22
- Craig McCartney; Vitamin Cottage 3:50:22
- Douglas Ollershaw; Health Net 3:50:22
- Dave Harward; Team End (Utah Allstars) 3:50:22
- Mike Telega; CA Giant/Village Peddler 3:50:22
- Scott Nydam; Bmc Racing 3:50:22
- Scott Moninger; Health Net 3:50:22
- Calvin Allan; Broadmark/Hagens-Berman 3:50:22
- John Hunt; CA Giant/Village Peddler 3:50:22
- Eric Pardyjak; Team End (Utah Allstars) 3:50:22
- Timmy Duggan; Tiaa Cref 3:50:22
- Ryan Yee; Successfulliving.com 3:50:22
- Todd Hageman; Team End (Utah Allstars) 3:50:22
- Zachary Grabowski; KJZZ - Composite Team 3:50:22
- Steven Cozza; Tiaa Cref 3:50:22
- Michael Creed; Tiaa Cref 3:50:22
- Andrew Bajadali; KJZZ - Composite Team 3:50:22
- Kirk Eck; Sienna Dev't/Goble Knee Clinic 3:50:22
- Ryan Hamity; Team Einstein's Cycling 3:50:22
- Omer Kem; Priority Health 3:50:22
- Mitchell Moreman; Vitamin Cottage 3:50:22
- Clayton Barrows; Team Einstein's Cycling 3:50:22
- Mark Santurbane; Broadmark/Hagens-Berman 3:50:22

- Matt Cooke; KJZZ - Composite Team 3:50:22
- David Rodriguez; BMC Racing 3:50:22
- Brian Sheedy; Priority Health 3:50:22
- Phil Zajicek; Navigators 3:50:22
- Jesse Anthony; Kodakgallery.com/Sierra Nevada 3:50:22
- Brandon Chrichton; Symmetrics Cycling 3:50:22
- Jared Berger; Vitamin Cottage 3:50:22
- Ryan Barrett; Sienna Dev't/Goble Knee Clinic 3:50:22
- Scott Zwizanski; Kodakgallery.com/Sierra Nevada 3:50:22
- Cameron Evans; Symmetrics Cycling 3:50:22
- Jesse Gordon; Team End (Utah Allstars) 3:50:22
- Skylere Bingham; Team End (Utah Allstars) 3:50:22
- Daniel Vinson; Sienna Dev't/Goble Knee Clinic 3:51:07
- Drew Miller; Successfulliving.com 3:50:22
- Tom Zirbel; Priority Health 3:50:22
- Aaron Luckerman; Broadmark/Hagens-Berman 3:50:22
- Daniel Ramsey; Successfulliving.com 3:51:44
- Kevin Rowe; CA Giant/Village Peddler 3:50:22
- Jason Allen; kodakgallery.com/Sierra Nevada 3:50:22
- David Robinson; Kodakgallery.com/Sierra Nevada 3:50:22
- James Mattis; CA Giant/Village Peddler 3:50:22
- Chris Lieto; CA Giant/Village Peddler 3:50:22
- Ian Ayers; KJZZ - Composite Team 3:50:22
- Jacob Rosenbarger; BMC Racing 3:50:22
- Chris Brennan; Vitamin Cottage 3:51:07
- Thomas Cooke; Sienna Dev't/Goble Knee Clinic 3:51:09
- Alex Rock; Team End (Utah Allstars) 3:51:44
- Bryson Perry; Successfulliving.com 3:54:39
- Dan Timmerman; Priority Health 3:57:44
- Joby Siciliano; Team Einstein's Cycling 3:58:23
- Nathan Miller; BMC Racing 3:58:23
- Glen Mitchell; Priority Health 3:58:45

Stage 2, Steve Williams Memorial Road Race, 97 Miles, Thanksgiving Point to Miller Motorsports Park in Tooele

- Chris Wherry; Toyota United 3:23:17
- Jeff Louder; Health Net 3:23:17
- Sergey Lagutin; Navigators 3:23:17
- Andrew Pinfold; Symmetrics Cycling 3:23:22
- Neil Shirley; KJZZ - Composite Team 3:23:25
- Ken Hanson; BMC Racing 3:23:25
- Scott Moninger; Health Net 3:23:25
- Joshua Thornton; Toyota United 3:23:25
- Burke Swindlehurst; Navigators 3:23:25
- Thomas Peterson; Tiaa Cref 3:23:25
- Andrew Bajadali; KJZZ - Composite Team 3:23:25
- Jesse Anthony; Kodakgallery.com/Sierra Nevada 3:23:25
- Chris Baldwin; Toyota United 3:23:25
- David Rodriguez; BMC Racing 3:23:25
- Michael Friedman; Tiaa Cref 3:23:25
- Dominique Perras; Kodakgallery.com/Sierra Nevada 3:23:25
- Michael Creed; Tiaa Cref 3:23:25
- Blake Caldwell; Tiaa Cref 3:23:25
- Timmy Duggan; Tiaa Cref 3:23:25
- Stefano Barberi; Toyota United 3:23:25
- Mike Telega; CA Giant/Village Peddler 3:23:25
- Tom Zirbel; Priority Health 3:23:42
- Glen Chadwick; Navigators 3:23:25
- Eric Wohlberg; Symmetrics Cycling 3:23:25
- Jacob Erker; Symmetrics Cycling 3:23:25
- Cesar Grajales; Navigators 3:23:25
- Scott Nydam; Bmc Racing 3:23:25
- Craig McCartney; Vitamin Cottage 3:23:25
- Jacob Rosenbarger; Bmc Racing 3:23:25
- Daniel Vinson; Sienna Dev't/Goble Knee Clinic 3:23:25
- Jason Donald; Team Einstein's Cycling 3:23:25
- John Hunt; CA Giant/Village Peddler 3:23:25
- Jacob Rytlewski; Priority Health 3:23:25
- Curtis Gunn; Successfulliving.com 3:23:25
- Sandy Perrins; Sienna Dev't/Goble Knee Clinic 3:23:25
- Jonathan Garcia; Team Einstein's Cycling 3:23:25
- Steven Cozza; Tiaa Cref 3:23:25
- Bryson Perry; Successfulliving.com 3:23:42
- Dave Harward; Team End (Utah Allstars) 3:23:42
- Brian Sheedy; Priority Health 3:23:42
- Michael Sayers; Health Net 3:23:42
- Owen Laine; BMC Racing 3:23:42
- Christopher Stockburger; Toyota United 3:23:42
- Justin England; Toyota United 3:23:42
- Ryan Yee; Successfulliving.com 3:23:42
- Clayton Barrows; Team Einstein's Cycling 3:23:42
- Todd Hageman; Team End (Utah Allstars) 3:23:42
- James Mattis; CA Giant/Village Peddler 3:23:42
- Kevin Rowe; CA Giant/Village Peddler 3:23:42
- Brandon Chrichton; Symmetrics Cycling 3:23:42
- Christopher Jones; KJZZ - Composite Team 3:23:42
- Charles Coyle; Vitamin Cottage 3:23:42
- Cameron Evans; Symmetrics Cycling 3:23:42
- Calvin Allan; Broadmark/hagens-berman 3:24:12
- Douglas Ollershaw; Health Net 3:24:12
- Valeriy Kobzareno; Navigators 3:24:28
- Chris Lieto; CA Giant/Village Peddler 3:24:31
- Scott Zwizanski; Kodakgallery.com/Sierra Nevada 3:24:36
- Cory Collier; Team Einstein's Cycling 3:24:38
- Skylere Bingham; Team End (Utah Allstars) 3:24:45
- Zachary Grabowski; KJZZ - Composite Team 3:24:55
- Ryan Hamity; Team Einstein's Cycling 3:25:06
- Kirk Eck; Sienna Dev't/Goble Knee Clinic 3:25:06
- Eric Pardyjak; Team End (Utah Allstars) 3:25:41
- Andrew Randell; Symmetrics Cycling 3:25:45
- Alexi Martinez; Successfulliving.com 3:26:12
- Kirk O'Be; Health Net 3:26:12
- Mike Dietrich; Kodakgallery.com/Sierra Nevada 3:26:17
- Mark Santurbane; Broadmark/Hagens-Berman 3:26:17
- Jesse Gordon; Team End (Utah Allstars) 3:26:17
- Nathan Miller; BMC Racing 3:26:17
- Matt Cooke; KJZZ - Composite Team 3:27:54
- Omer Kem; Priority Health 3:27:54
- Glen Mitchell; Priority Health 3:27:54
- Ian Ayers; KJZZ - Composite Team 3:27:54
- Max Jenkins; CA Giant/Village Peddler 3:27:54
- Joby Siciliano; Team Einstein's Cycling 3:27:54
- Chris Brennan; Vitamin Cottage 3:27:54
- Drew Miller; Successfulliving.com 3:27:54
- Phil Zajicek; Navigators 3:27:54
- Daniel Ramsey; Successfulliving.com 3:27:54
- Ryan Barrett; Sienna Dev't/Goble Knee Clinic 3:27:54
- Adam Curry; Broadmark/Hagens-Berman 3:27:54
- Jared Berger; Vitamin Cottage 3:29:54
- David Robinson; Kodakgallery.com/Sierra Nevada 3:30:01
- Jason Allen; Kodakgallery.com/Sierra Nevada 3:30:04
- Mitchell Moreman; Vitamin Cottage 3:36:04

Stage 4, The End Road Race, 69.9 Miles, Provo to Mt. Nebo

- Scott Moninger; Health Net 2:38:32
- Jeff Louder; Health Net 2:38:51
- Glen Chadwick; Navigators 2:38:51
- Burke Swindlehurst; Navigators 2:39:04
- Cesar Grajales; Navigators 2:40:07
- Jonathan Garcia; Team Einstein's Cycling 2:40:07
- David Rodriguez; BMC Racing 2:40:12
- Phil Zajicek; Navigators 2:40:12
- Chris Wherry; Toyota United 2:40:12
- Dominique Perras; Kodakgallery.com/Sierra Nevada 2:40:19
- Blake Caldwell; Tiaa Cref 2:40:51
- Sergey Lagutin; Navigators 2:41:07
- Nathan Miller; BMC Racing 2:41:12
- Scott Nydam; BMC Racing 2:41:15
- Thomas Peterson; Tiaa Cref 2:41:18
- Tom Zirbel; Priority Health 2:42:21
- Chris Lieto; CA Giant/Village Peddler 2:43:38
- Jesse Anthony; Kodakgallery.com/Sierra Nevada 2:43:38
- Mitchell Moreman; Vitamin Cottage 2:43:38
- Omer Kem; Priority Health 2:43:38
- Cory Collier; Team Einstein's Cycling 2:43:38
- Valeriy Kobzareno; Navigators 2:43:38
- Brian Sheedy; Priority Health 2:43:38
- Michael Creed; Tiaa Cref 2:43:38
- Kirk O'Be; Health Net 3:26:12
- Mike Dietrich; Kodakgallery.com/Sierra Nevada 3:26:17
- Mark Santurbane; Broadmark/Hagens-Berman 3:26:17
- Jesse Gordon; Team End (Utah Allstars) 3:26:17
- Nathan Miller; BMC Racing 3:26:17
- Matt Cooke; KJZZ - Composite Team 3:27:54
- Omer Kem; Priority Health 3:27:54
- Glen Mitchell; Priority Health 3:27:54
- Ian Ayers; KJZZ - Composite Team 3:27:54
- Max Jenkins; CA Giant/Village Peddler 3:27:54
- Joby Siciliano; Team Einstein's Cycling 3:27:54
- Chris Brennan; Vitamin Cottage 3:27:54
- Drew Miller; Successfulliving.com 3:27:54
- Phil Zajicek; Navigators 3:27:54
- Daniel Ramsey; Successfulliving.com 3:27:54
- Ryan Barrett; Sienna Dev't/Goble Knee Clinic 3:27:54
- Adam Curry; Broadmark/Hagens-Berman 3:27:54
- Jared Berger; Vitamin Cottage 3:29:54
- David Robinson; Kodakgallery.com/Sierra Nevada 3:30:01
- Jason Allen; Kodakgallery.com/Sierra Nevada 3:30:04
- Mitchell Moreman; Vitamin Cottage 3:36:04

Stage 3, KJZZ Time Trial, 8.5 Miles, Heber City

- Chris Wherry; Toyota United 15:50.7
- Chris Baldwin; Toyota United 15:58.9
- Sergey Lagutin; Navigators 16:08.8
- Tom Zirbel; Priority Health 16:13.1
- Jeff Louder; Health Net 16:16.4
- Glen Chadwick; Navigators 16:23.6
- Scott Moninger; Health Net 16:27.8
- Chris Lieto; CA Giant/Village Peddler 16:28.4
- Cesar Grajales; Navigators 16:32.2
- Burke Swindlehurst; Navigators 16:36.0
- Brian Sheedy; Priority Health 16:38.1
- Michael Friedman; Tiaa Cref 16:42.1
- Eric Wohlberg; Symmetrics Cycling 16:44.9
- Timmy Duggan; Tiaa Cref 16:45.0
- Stefano Barberi; Toyota United 16:51.3
- Scott Nydam; BMC Racing 16:51.6
- Steven Cozza; Tiaa Cref 16:52.9

- Justin England; Toyota United 16:53.3
- Andrew Randell; Symmetrics Cycling 16:56.7
- Blake Caldwell; Tiaa Cref 16:58.2
- Clayton Barrows; Team Einstein's Cycling 17:00.9
- Daniel Ramsey; Successfulliving.com 17:01.9
- James Mattis; CA Giant/Village Peddler 17:02.4
- Thomas Peterson; Tiaa Cref 17:03.6
- Jacob Rosenbarger; BMC Racing 17:03.9
- John Hunt; CA Giant/Village Peddler 17:05.4
- Neil Shirley; KJZZ - Composite Team 17:07.7
- Jacob Erker; Symmetrics Cycling 17:08.5
- Curtis Gunn; Successfulliving.com 17:09.1
- Andrew Pinfold; Symmetrics Cycling 17:09.5
- Kevin Rowe; CA Giant/Village Peddler 17:10.7
- Owen Laine; BMC Racing 17:13.9
- Dominique Perras; Kodakgallery.com/Sierra Nevada 17:14.3
- Christopher Stockburger; Toyota United 17:14.8
- Mark Santurbane; Broadmark/Hagens-Berman 17:16.2
- Jacob Rytlewski; Priority Health 17:16.9
- Joshua Thornton; Toyota United 17:16.9
- Andrew Bajadali; KJZZ - Composite Team 17:17.1
- Jesse Anthony; Kodakgallery.com/Sierra Nevada 17:18.1
- Mike Telega; CA Giant/Village Peddler 17:18.6
- David Rodriguez; BMC Racing 17:21.0
- Jason Donald; Team Einstein's Cycling 17:22.4
- Nathan Miller; BMC Racing 17:22.5
- Scott Zwizanski; Kodakgallery.com/Sierra Nevada 17:22.8
- Alex Rock; Team End (Utah Allstars) 17:26.5
- Bryson Perry; Successfulliving.com 17:27.3
- Drew Miller; Successfulliving.com 17:27.3
- Valeriy Kobzareno; Navigators 17:29.0
- Jonathan Garcia; Team Einstein's Cycling 17:29.1
- Jared Berger; Vitamin Cottage 17:29.1
- Phil Zajicek; Navigators 17:33.0
- Sandy Perrins; Sienna Dev't/Goble Knee Clinic 17:34.4
- Cory Collier; Team Einstein's Cycling 17:35.0
- Christopher Jones; KJZZ - Composite Team 17:35.4
- Mike Dietrich; Kodakgallery.com/Sierra Nevada 17:35.5
- Andrew Pinfold; Symmetrics Cycling 17:38.4
- Jesse Gordon; Team End (Utah Allstars) 17:44.8
- Ken Hanson; BMC Racing 17:47.1
- David Robinson; Kodakgallery.com/Sierra Nevada 17:47.1
- Ryan Hamity; Team Einstein's Cycling 17:51.0
- Zachary Grabowski; KJZZ - Composite Team 17:52.4
- Kirk O'Be; Health Net 17:52.7
- Glen Mitchell; Priority Health 17:53.9
- Calvin Allan; Broadmark/Hagens-Berman 17:55.0
- Douglas Ollershaw; Health Net 17:56.9
- Daniel Vinson; Sienna Dev't/Goble Knee Clinic 17:57.4
- Jason Allen; Kodakgallery.com/Sierra Nevada 17:58.4
- Craig McCartney; Vitamin Cottage 17:59.7
- Max Jenkins; CA Giant/Village Peddler 18:03.1
- Charles Coyle; Vitamin Cottage 18:03.7
- Eric Pardyjak; Team End (Utah Allstars) 18:04.5
- Ryan Yee; Successfulliving.com 18:07.2
- Mitchell Moreman; Vitamin Cottage 18:16.4
- Michael Sayers; Health Net 18:17.2
- Todd Hageman; Team End (Utah Allstars) 18:19.4
- Ian Ayers; KJZZ - Composite Team 18:19.8
- Dave Harward; Team End (Utah Allstars) 18:25.2
- Joby Siciliano; Team Einstein's Cycling 18:29.7
- Chris Brennan; Vitamin Cottage 18:35.4
- Michael Creed; Tiaa Cref 18:53.6
- Alexi Martinez; Successfulliving.com 18:53.9
- Ryan Barrett; Sienna Dev't/Goble Knee Clinic 18:55.0
- Omer Kem; Priority Health 19:00.6
- Adam Curry; Broadmark/Hagens-Berman 19:02.9
- Kirk Eck; Sienna Dev't/Goble Knee Clinic 19:05.2
- Matt Cooke; KJZZ - Composite Team 19:16.6
- Skylere Bingham; Team End (Utah Allstars) 19:49.3

Stage 5, Twinlab Circuit Race, 37 Miles, Downtown Salt Lake City

- Chris Baldwin; Toyota United 1:17:24
- Jacob Erker; Symmetrics Cycling 1:17:24
- Daniel Ramsey; Successfulliving.com 1:17:24
- Nathan Miller; BMC Racing 1:17:24
- Andrew Bajadali; KJZZ - Composite Team 1:17:24
- Charles Coyle; Vitamin Cottage 1:17:24
- Dominique Perras; Kodakgallery.com/Sierra Nevada 1:17:24
- Valeriy Kobzareno; Navigators 1:17:24
- Michael Creed; Tiaa Cref 1:17:50
- Sergey Lagutin; Navigators 1:18:19
- Jeff Louder; Health Net 1:18:19
- Christopher Jones; KJZZ - Composite Team 1:18:19
- Brian Sheedy; Priority Health 3:42:19
- Justin England; Toyota United 1:18:19
- Jesse Anthony; Kodakgallery.com/Sierra Nevada 1:18:19
- Steven Cozza; Tiaa Cref 1:18:19
- Jacob Rosenbarger; BMC Racing 1:18:19
- Chris Wherry; Toyota United 1:18:19
- Neil Shirley; KJZZ - Composite Team 1:18:19
- Calvin Allan; Broadmark/Hagens-Berman 1:18:19
- Blake Caldwell; Tiaa Cref 1:18:19
- Clayton Barrows; Team Einstein's Cycling 1:18:19
- Scott Moninger; Health Net 1:18:19
- Thomas Peterson; Tiaa Cref 1:18:19
- Jonathan Garcia; Team Einstein's Cycling 1:18:19
- Bryson Perry; Successfulliving.com 1:18:19
- Tom Zirbel; Priority Health 1:18:19
- Jacob Rytlewski; Priority Health 1:18:19
- Burke Swindlehurst; Navigators 1:18:19
- Chris Lieto; CA Giant/Village Peddler 1:18:19
- Justin England; Toyota United 3:48:41
- Joshua Thornton; Toyota United 3:48:41
- Timmy Duggan; Tiaa Cref 3:48:41
- Nathan Miller; BMC Racing 3:51:00
- Ryan Hamity; Team Einstein's Cycling 3:52:32
- DUGGAN, Timmy TIAA CREF 13
- Jesse Gordon; Team End (Utah Allstars) 3:55:55
- Charles Coyle; Vitamin Cottage 3:55:55
- Jared Berger; Vitamin Cottage 3:55:55
- Burke Swindlehurst; Navigators 1:18:19
- Andrew Randell; Symmetrics Cycling 1:18:19
- Mark Santurbane; Broadmark/Hagens-Berman 1:18:19
- David Rodriguez; BMC Racing 1:18:19
- Cory Collier; Team Einstein's Cycling 1:18:19
- Jared Berger; Vitamin Cottage 1:18:19
- Owen Laine; BMC Racing 1:18:19
- Phil Zajicek; Navigators 1:18:19
- Mike Dietrich; Kodakgallery.com/Sierra Nevada 1:18:19
- Glen Chadwick; Navigators 1:18:19

- Christopher Stockburger; Toyota United 1:18:19
- Christopher Jones; KJZZ - Composite Team 1:18:19
- Ian Ayers; KJZZ - Composite Team 1:18:19
- Brian Sheedy; Priority Health 1:18:19
- Jason Donald; Team Einstein's Cycling 1:18:19
- Cameron Evans; Symmetrics Cycling 1:18:19
- Ryan Yee; Successfulliving.com 1:18:19
- Eric Wohlberg; Symmetrics Cycling 1:18:19
- Curtis Gunn; Successfulliving.com 1:18:19
- Brandon Chrichton; Symmetrics Cycling 1:18:19
- Mike Telega; CA Giant/Village Peddler 2:53:12
- Daniel Vinson; Sienna Dev't/Goble Knee Clinic 2:53:12
- Max Jenkins; CA Giant/Village Peddler 2:53:12
- Timmy Duggan; Tiaa Cref 2:53:28
- Dave Harward; Team End (Utah Allstars) 2:53:58
- Jacob Rytlewski; Priority Health 2:54:24
- Cameron Evans; Symmetrics Cycling 2:54:54
- James Mattis; CA Giant/Village Peddler 2:57:46
- Chris Baldwin; Toyota United 2:57:46
- Christopher Jones; KJZZ - Composite Team 2:59:00
- Andrew Bajadali; KJZZ - Composite Team 2:59:00
- Omer Kem; Priority Health 2:59:00
- Chris Brennan; Vitamin Cottage 2:59:00
- Justin England; Toyota United 2:59:00
- Christopher Stockburger; Toyota United 2:59:00
- Charles Coyle; Vitamin Cottage 1:21:11
- Zachary Grabowski; KJZZ - Composite Team 2:59:00
- Scott Zwizanski; Kodakgallery.com/Sierra Nevada 2:59:00
- Ryan Hamity; Team Einstein's Cycling 3:01:09
- Clayton Barrows; Team Einstein's Cycling 3:01:09
- Joshua Thornton; Toyota United 3:01:09
- Valeriy Kobzareno; Successfulliving.com 3:01:09
- Glen Mitchell; Priority Health 3:01:09
- Kirk O'Be; Health Net 3:01:09
- Ken Hanson; BMC Racing 3:02:34
- Ryan Hamity; Team Einstein's Cycling 3:04:49
- Ryan Barrett; Sienna Dev't/Goble Knee Clinic 3:05:45
- Curtis Gunn; Successfulliving.com 3:05:45
- Adam Curry; Broadmark/Hagens-Berman 3:05:45
- Andrew Pinfold; Symmetrics Cycling 3:05:45
- Alexi Martinez; Successfulliving.com 3:05:45
- Ken Hanson; BMC Racing 3:05:45
- Craig McCartney; Vitamin Cottage 3:05:45
- Charles Coyle; Vitamin Cottage 3:05:45
- Kirk Eck; Sienna Dev't/Goble Knee Clinic 3:05:45
- Skylere Bingham; Team End (Utah Allstars) 3:05:45
- Joby Siciliano; Team Einstein's Cycling 3:05:53
- Todd Hageman; Team End (Utah Allstars) 3:11:42

Stage 6, Snowbird Mountain Road Race, 90 Miles, Park City to the Alpine Loop to Snowbird

- Blake Caldwell; Tiaa Cref 3:29:34
- Neil Shirley; KJZZ - Composite Team 3:29:45
- Phil Zajicek; Navigators 3:29:55
- Chris Lieto; CA Giant/Village Peddler 3:30:04
- Stefano Barberi; Toyota United 3:30:31
- Chris Wherry; Health Net 3:30:55
- Glen Chadwick; Navigators 3:30:55
- Burke Swindlehurst; Navigators 3:31:21
- Thomas Peterson; Tiaa

COMMUTER OF THE MONTH

An Advocate for a Bicycle and Community Friendly Transportation System

By Lou Melini

Travis Jensen is this month's featured bicycle commuter. He has combined his long time advocacy for a bicycle friendly community with his current position designing road, trail and transit design. He has commuted by bike, bike on bus and bike on Trax for a number of years in both Salt Lake and Utah counties.

Cycling Utah: You have put your heart and passion into cycling through your work.. What are you specifically doing at present?

Travis Jensen: I am the lead designer for the trails system that will be built along with the Legacy Parkway project from North Salt Lake to Farmington. Hopefully I am helping cyclists by properly designing the stuff that you are all going to be riding a bike on. Imagine how much better are roads would be if the designers knew that they were including bicycle transportation during the design phase!

C.U.: You were chair of Provo's bike advocacy community. What was your major accomplishment? Have you continued this commitment now that you are in Salt Lake?

T.J.: The biggest accomplishment was probably bringing more awareness of the needs of cyclists to the Mayor, City Council, and the engineering department. Currently I am on the board of the Utah Bicycle Coalition.

C.U.: You are currently car-free? Why?

T.J.: I actually owned a car until June of 2005. I couldn't justify my contributing to global warming. I have been happy with my choice. I also "rent" out my parking space in my condo building for \$75/month! I think the best aspect of not owning a car is the perspective one has of the

community when you see it from a bike or on foot.

C.U.: If a bike commuter wanted to get involved in advocacy what is the best way-the neighborhood community council, the county or city bicycle advisory committees or as a member of a national organization such as the League of American Bicyclists?

T.J.: All of the above would be a great answer. Each has their own needs for cyclists to be a part of. My answer for the best choice of involvement is none of the above. Simply riding your bike as much as you can (replacing your car) and persuade others to do the same. I think the more of us that are on the road, the more respect we'll receive, and drivers will become more accustomed to safely driving around us. Also, educate yourself on how cycling advocacy fits into the larger transportation/land use picture, and then work to have your community adopt policies that will contribute to bicycle-friendliness.

C.U.: What is currently lacking in the advocacy groups? Should there be more education of riders and car drivers, or better infrastructure for the two to co-exist?

T.J.: What is lacking is sheer numbers. To those that are reading this column and wondering whether to get involved, STOP WONDERING AND GET INVOLVED! Of the 2 choices, education vs. infrastructure, education is most important. If every cyclist out there know how he or she should ride and obeyed traffic laws, then we'd get a lot more respect and drivers would know what to expect from us when they see us on the roads.

C.U.: How does riding in Salt Lake County (City) compare to Utah County (Provo)?

T.J.: The climate is better in Salt Lake City due to the higher number of cyclists.

I feel that there is more tolerance for cyclists in Salt Lake City, though we still have our work cut out. For long rides, Provo was better as I could go out my front door and do 100 miles hitting only 2 stoplights.

C.U.: What is the greatest hindrance to bicycle friendly streets (complete streets policy)?

T.J.: For the better part of the 20th century, our communities were designed on the assumption that if someone wants a gallon of milk, they're going to drive to get it. As a result, we are now saddled with a large amount of infrastructure that is unfriendly to cyclists and pedestrians. It will take a very long time to reclaim that friendly space. Everything from roadway design standards (wide and fast) to municipal zoning codes (minimal parking and building setback requirements) contribute to the problem by increasing the distances between where we live, work, shop, and go to school or church. For traffic engineers it is a self-fulfilling prophecy. If traffic grows and we continue to widen roads and increase speeds, then destinations spread out more which increases traffic so the roads need to be widened...etc. We cannot build our way out of sprawl, but we can build our communities like we did before the car. As our cities become communities unto themselves and cease to be just someplace to drive through as fast as possible on our way to somewhere else, then we'll know that we are making progress towards bicycle and pedestrian friendly roads.

C.U.: How do bike lanes help bike commuters?

T.J.: Bike lanes can help on some

CYCLOTOON

BY NEAL SKORPEN



streets, but bike lanes are a band-aid fix to a road that wasn't designed to accommodate bikes in the first place. No amount of bike lanes, share the road signs or bike route symbols can turn a 6 lane road with a design speed in excess of 40 MPH into a bike-friendly road. Ultimately, speeds must be reduced and the number of lanes decreased. This, of course, must go hand-in-hand with land use changes such as smaller building setbacks (which reduce vehicle speeds) and mixed-use zoning that decreases the distance between destinations and increases the viability of walking and cycling.

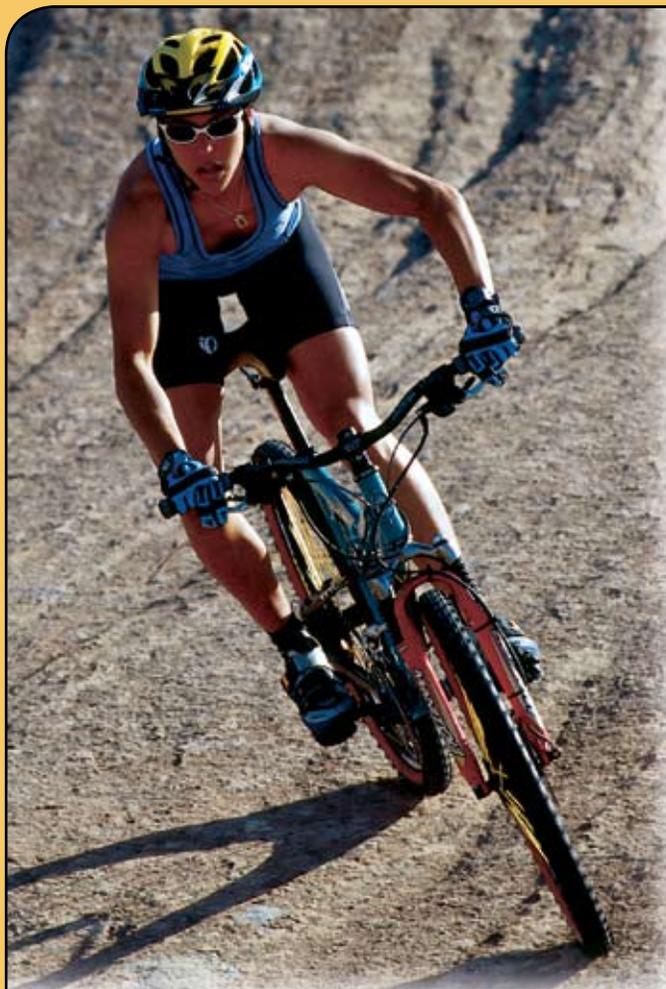
C.U.: Now for a completely different question, tell me about your bike that is specifically designed for commuting, the Breezer.

T.J.: The Breezer is unique, at least

in the U.S. It has front and rear fenders, a chainguard, lights on the front and back that are powered by a generator in the front hub, and a rack on the back all of which come as part of the bike when sold. Joe Breeze and Gary Fisher were the pioneers of the mountain bike back in the 70's. Fisher went the route of making high-end mountain bikes and Breeze decided to devote his time into tapping the societal and environmental potential of the bicycle to replace driving.

C.U.: Thank you Travis for your time and expertise.

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



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Brian Head

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

Cedar City

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

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Chile Pepper
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(435) 259-1134
(800) 825-9791
slickrockcycles.com

Price

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Price, UT 84501
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bikemd@preciscom.net

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St. George, UT 84770
(435) 673-4492
(888) 673-4492
bicyclesunlimited.com

Desert Cyclery

514 N. Bluff
St. George, UT 84770
(435) 674-2929
(866)-674-2929
desertcyclery.com

Red Rock Bicycle Co.

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

Springdale

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

NORTHERN UTAH

Logan

Joyride Bikes
65 S. Main St.
Logan, UT 84321
(435) 753-7175
joyridebikes.com

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

745 N. Main St.
Logan, UT 84321
(435) 752-2326

Park City

Christy Sports
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Silver Lake Village
Deer Valley, UT 84060
(435) 649-2909
christysports.com

Cole Sport

1615 Park Avenue
Park City, UT 84060
(435) 649-4806
colesport.com

Jans Mountain Outfitters

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

Stein Eriksen Sport

@ The Chateaux
7815 Royal Street
(mid-mountain/Silver Lake)
Deer Valley, UT 84060
(435) 647-9174
steineriksen.com

Stein Eriksen Sport

@ The Stein Eriksen Lodge
7700 Stein Way
(mid-mountain/Silver Lake)
Deer Valley, UT 84060
(435) 658-0680
steineriksen.com

Summit Cycle and Snow

1571 West Redstone Center
Dr., Suite 120
Park City, UT 84098
(435) 575-0355
summitcycling.com

White Pine Touring

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

Vernal

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

WASATCH FRONT

DAVIS COUNTY

Bountiful

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

Kaysville

The Biker's Edge
232 N. Main Street
Kaysville, UT 84037
(801) 544-5300
bebikes.com

Sunset

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

SALT LAKE COUNTY

Central Valley

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

Canyon Sports Ltd.

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

Golsan Cycles

1957 E. Murray-Holladay Rd.
(4780 South)
Salt Lake City, UT 84117
(801) 278-6820
golsancycles.com

Spin Cycle

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

Salt Lake City

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

Cyclesmith

250 S. 1300 E.
Salt Lake City, UT 84102
(801) 582-9870
cyclesmithslc.com

Bingham Cyclery

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

Fishers Cyclery

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Salt Lake City, UT 84106
(801) 466-3971
fisherscyclery.com

Go-Ride Mountain Bikes

3232 S. 400 E., #300
Salt Lake City, UT 84115
(801) 474-0081
go-ride.com

Salt Lake City

Guthrie Bicycle
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Salt Lake City, UT 84111
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guthriebike.com

Guthrie Bicycle

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

Hyland Cyclery

3040 S. Highland Drive
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(801) 467-0914
hylandcyclery.com

REI

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3285 E. 3300 S.
Salt Lake City, UT 84109
(801) 486-2100
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SLC Bicycle Collective

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(801) 328-BIKE
slcbikecollective.org

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Salt Lake City, UT 84102
(801) 359-9361
wasatchtouring.com

Wild Rose Mountain Sports

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

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Bingham Cyclery
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Canyon Bicycles

762 E. 12300 South
Draper, UT 84020
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canyonbicyclesdraper.com

Golsan Cycles

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South Jordan, UT 84095
(801) 446-8183
golsancycles.com

REI

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

Revolution Bicycles

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

UTAH COUNTY

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Bike Barn
201 E. State St.
Lehi, UT 84043
(801) 768-0660
bikebarn@hotmail.com

Trek Bicycles of

American Fork
356 N. Meadow Lane
American Fork, UT 84003
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Payson

Downhill Cyclery
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Down Shift Cycles

1063 N. State Street
Orem, UT 84057
(801) 221-7499
downshiftcycles.com

Mad Dog Cycles

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

Mad Dog Cycles

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

Park's Sportsman

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(801) 225-0227
parksportsman.com

Racer's Cycle Service

159 W. 500 N.
Provo, UT 84601
(801) 375-5873
racerscycle.net

Springville

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Springville, UT 84663
(801) 489-5106
biknut@sisna.com

WEBER COUNTY

Eden/Huntsville

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Mountain Sports
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peakstuff.com

Ogden

The Bike Shoppe
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(801) 476-1600
thebikeshoppe.com

Bingham Cyclery

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Ogden, UT 84403
(801) 399-4981
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Canyon Sports Outlet

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Riverdale, UT 84405
(801) 621-4662
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ADVOCACY

Complete Streets in Utah?

By Jason Bultman

The words "complete streets" are being used frequently in bike advocacy circles across the country. Numerous studies have shown that people want safer roads and they would choose alternative transportation and recreation in their communities, such as walking or bicycling, if safe accommodations existed. Currently, roads are built with primarily one mode of transportation in mind: cars. And while most people do travel by cars, advocates have been asking for more balance in road planning and design to consider all road users and their safety – advocates have been asking for complete streets.

A handful of complete streets policies exist at the state level and many at the local city, county, and regional (MPO) level. New policies are being pursued all over the country, with end goals to improve safety, encourage physical activity, benefit the disabled, and reduce car traffic. Here in Utah, concerned citizens have met with John Njord, UDOT's Executive Director, and the mayors of both Salt Lake City and Salt Lake County, to request action for completing the streets.

UDOT has recently announced the implementation of Bicycle and Pedestrian Checklists that are now included in the Roadway Design Manual of Instruction.

To support the implementation, a new policy 07-117 titled Routine Accommodations for Bicyclists and Pedestrians, states: Establish guidance and requirements for addressing the safety and mobility of bicyclists and pedestrians in all roadway projects. The intent of the checklists and the policy is to ensure that the transportation needs of bicyclists and pedestrians are considered in all state road projects. The checklists are to be completed earlier in the project planning process at the Concept, Scoping, and Final Design phases (before construction). The link to the Roadway Design Manual of Instruction (MOI) is found at www.udot.utah.gov under the "Doing Business" tab and then "Consultant and Designer Resources." The bike/ped section begins on page 209 and the checklists on page 218. The direct link is www.udot.utah.gov/index.php/m=c/tid=1498.

The bicycle and pedestrian checklists were adopted from PennDOT. A local bicycle advocacy group was supportive of the measure, but reported after four years: "There is no measurable evidence that the checklist has been implemented at all. While some projects have seen an increase in sidewalks and wider shoulders, most projects continue along without any bicycle and pedestrian accommodations." One potential weakness in the use

of the checklists is lack of any supervisory signoff on the decision of whether to include any bike/ped improvements. And the policy would be stronger if bicycle and pedestrian transportation needs will be required instead of "...bicycle and transportation needs will be considered..." But regardless of language, these steps in the right direction by UDOT will hopefully result in an improved implementation system for building safer streets.

Mayor Rocky Anderson and Mayor Peter Corroon, both strong bicycle advocates, are warm to the idea of implementing top-down policies for complete streets. In a meeting at the county government center with former Salt Lake City Mayor Ted Wilson, the County Mayor Peter Corroon responded in his quiet, strong manner by saying "I think we should do it." A model at the County level could spur similar action from other cities, with help from the Salt Lake County Bicycle Advisory Committee and the developing master plan. Salt Lake City is already a relatively bike-friendly place, and requiring complete streets was an easy prospect for Rocky to support. At a meeting in the Mayor's chambers, Rocky persisted that the best traffic solution is to build a corridor system for bicyclists that is separate from automobiles, similar to some of our overseas neighbors in Holland and Denmark.

What are complete streets? Adequate right lane width for both a car and bicycle to share the road is an example. Shoulders for bicycling should be free from dangerous holes or debris. Instead of widening roads to accommodate bicyclists, the "road diet" approach has been shown effective in certain conditions where the left lane widths are reduced or even eliminated to provide wider right lanes or shoulders. A recent project on Highland Drive in Salt Lake City, where 4 travel lanes were reduced to 2 lanes with 24-hour parking, resulted in lower automobile speeds but maintained the same traffic capacity.

Pedestrians could use smooth sidewalks, protected from automobile travel lanes and free from the snow plowed from the street. Curb cuts for wheelchair travel and visibility for safe intersection crossing should be included. Many design elements for traffic calming and pedestrian safety are available to the planner – raised crosswalks or speed table, curb extensions, raised median islands, lower speed limits. Of course Salt Lake City has made headlines with recent dramatic improvement in pedestrian safety. The recent shifts by UDOT and Salt Lake City and County should help set a great example for all of Utah's cities and towns.

More information on complete streets is available at www.completestreets.org

Bike for the Cure

One woman is diagnosed with breast cancer every 3 minutes. Every 13 minutes, the disease claims another life in the U.S. Bike for the Cure, a scenic bike ride through beautiful Central Utah will be held on September 23rd to help raise funds for breast cancer research, as all proceeds will be donated to the Susan G. Komen Foundation, one of the world's foremost organizations working to find a cure.

There are three options for this ride. A historical 5.5 mile tour through the streets of Spring City is perfect for families. For those who want more miles and scenery, there are 42 mile and 58 mile routes available that begin and end in Spring City. Register on-line at active.com or contact Erika Stover for more information or cestover@mail.manti.com or 435-283-2158 Registration forms are also available at local bike shops.

What would the world be like if everyone rode a bike?

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