

### **ROAD RACING**

### Tour of Utah to bring Top U.S. Cycling Teams to Utah

Salt Lake City (May 2, 2006)

– At least five of the nation's top cycling teams have committed to compete in the 2006 Larry H. Miller Tour of Utah, scheduled for this Aug. 7-12. The professional cycling invitational, which is sanctioned by USA Cycling, is presented by Zions Bank in partnership with the Utah Sports Commission.

Riders from professional teams Toyota United, Health Net, Navigators, TIAA Cref and Team Successfulliving.com will compete in the six-stage race which covers more than 500 miles of some of the most breathtaking and difficult terrain northern Utah has to offer. While the race is invitation-only, organizers stated that there would be room for Utah's pro and category 1 riders.

The six stages will kick off with a 105-mile road race from Provo, around Utah Lake and finishing in downtown Provo. Stage 2 will be a 102-mile road race from Provo to Tooele finishing with 6 4.7-mile laps around the Larry H. Miller Motorsports Park. Stage 3 is a 15-mile individual time trial starting from Soldier Hollow through Midway and back to the start. Stage 4 is a 93-mile road race from Provo that finishes atop the brutal Mt. Nebo climb. Stage five is scheduled as a 62-mile circuit race to be held in downtown Salt Lake City on the evening of Friday, Aug. 11. Stage six, the final stage of the race, begins in Salt Lake City and ends at the Snowbird Ski and Summer Resort. The 114-mile

stage includes 17,000 vertical feet of climbing. The course begins in Salt Lake City, goes up and over Little Mountain, over Parley's Summit, through Summit County to Sundance, over the Alpine Loop road, then to Draper via Traverse Ridge, and finally ascending Little Cottonwood Canyon to finish at Snowbird. Phew! "This will break the backs of half of the cyclists," said Gardie Jackson (Sienna Development/Goble Knee Clinic).

"The Tour of Utah is an excellent opportunity that meets our needs of a hard end of the season stage race," said Toyota United team director Frankie Andreu. "The Utah mountains provide perfect racing conditions and we expect to bring a very talented roster to win this high profile race."

Billed as "America's Toughest Professional Cycling Race," the event will capitalize on the close proximity of downtown venues and high altitude climbs to create an extremely challenging and exciting race. Up to one hundred cyclists, representing 16 of the nation's top professional teams will compete for a total cash purse of \$45,000.

"We are really hoping the Tour of Utah can become the next big International Cycling event in the USA," said Ed Beamon, director of the Navigators Cycling Team. "The landscape, infrastructure, and hospitality should make Utah and ideal setting for a world class event. The Navigators Insurance Cycling team is proud to have the chance to compete in the first professional edition of the Tour of

Utah, and we hope to support our native Utahn, Burke Swindlehurst, in his attempt to keep the champion's trophy in state."

"The Tour of Utah, and specifically the downtown Salt Lake circuit race, will be a wonderful opportunity for the citizens of our state to experience the highest levels of competitive cycling right here in our own backyard. This is a great vehicle to showcase our state," said Greg Miller of the Larry H. Miller Group.

"Cycling is consistently ranked as one of the top three participation sports in the nation," said Tour of Utah Race Director Jason Preston. "The time is right for the Tour of Utah to graduate to a world-class, all-pro invitational."

The six-day tour will be accompanied by a rolling festival celebration to take place at the finish line of each of the six stages. Up to 100,000 spectators are expected to line the course and attend the festivals in Salt Lake City, Tooele, Provo, Midway, Mt. Nebo and Snowbird.

"An elite cycling event in Utah allows us to continue to help position the state as a leader in the sports community," said Jeff Robbins, president and CEO of the Utah Sports Commission. "Additionally, the event allows us to further focus on sports development as a key part of Utah's promotional and economic development strategy." The Sports Commission's experience with the Olympics will be invaluable in helping with the Tour.

Event organizers are position-

ing the Tour of Utah to become a UCI race in several years. They also hope that the Tour will raise driver's awareness of cyclists on Utah's roads and help to promote fit and healthy lifestyles.

Several other activities will be held in conjunction with the Tour of Utah. The Freedom Peloton Ride, open to 300 riders, will be held in conjunction with the Tour to raise money for LHM Charities and the Utah Bicycle Coalition. Details will be announced soon. Zion's Bank will donate \$10,000 to this effort. The Snowbird Hillclimb moves to August 12 and will be held in conjunction with stage 6. The long running Utah classic climbs 4000 feet and finishes at Entry 2 at Snowbird. Riders can then watch the conclusion of stage 6 later that day.

Race organizers also announced Zions Bank as a presenting sponsor of the event.

"Zions' sponsorship of the Tour of Utah and professional cycling is a powerful way to connect our brand with the customers we serve, the communities we support, and the associates we employ. The Tour of Utah's professional cycling event and Zions are ideal teammates," said Zions Bank President Scott Anderson.

The total budget for the race is over \$800,000.

More information about the Tour of Utah can be found on the official race website at www.tourofutah.com. Many volunteers will be needed. See the website for more details.



P.O. Box 57980 Murray, UT 84157-0980 www.cyclingutah.com You can reach us by phone: (801) 268-2652 Our Fax number: (801) 263-1010

Dave Iltis, Editor & Advertising dave@cyclingutah.com

David R. Ward, Publisher dward@cyclingutah.com

Contributors: Greg Overton, Neal Skorpen, Gregg Bromka, Ben Simonson, Michael Gonzales, Lou Melini, Aaric Bryan, Chad Nichols, Rob Van Kirk, Kris Walker, Shaina Miron, Charles Pekow, Bob Stokinger, Mary Duffy, Ryan Gurr, Paul Kidd, John Librett, Mark Muir, Chad Harris, Jon Gallagher, Harriet Wallis, Daniel McKeehan, Todd Hageman

Distribution: Dave, Karma, and Marinda Ward, Doug Kartcher, David Montgomery (To add your business to our free distribution, give us a call)

**Administrative Assistant:** Lindsay Ross

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

Annual Subscription rate: \$12 (Send in a check to our P.O. Box)

Postage paid in Murray, UT

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

Cycling Utah is printed on 40% post-consumer recycled paper with soy-based ink.

Cycling Utah is free, limit one copy per person.

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Cover Photo: Nicole Evans (FFKR/Sportsbaseonline.com) bridging on the first climb in the Sports-Am East Canyon Road Race.

Photo: Dave Iltis
See photos of the entire event
on cyclingutah.com.



### William Corliss Memorial Share the Road Ride

On Monday, June 5, there will be a road ride commemorating William Corliss who was killed on his bicycle on March 25th. The 20 mile social ride will be a tribute to Bill and promote sharing the road. Meet at 5:30 p.m. at Cole Sport, 1615 Park Avenue, in Park City. For more information, call the Mountaintrails Foundation at (435) 649-6839 or Cole Sport at (435) 649-4806 or email Carol Potter at carol@mountaintrails.org.



### **UTAH NEWS**

## May is Bike Month! Get Out and Ride!

**By Shaina Miron** 

#### **Bike Month Turns 50!**

With spring in the air, UTA Rideshare and the League of American Bicyclists are excited to announce that May is National Bike Month. Bike Month was started in 1956 by the League of American Bicyclists as a nation-wide celebration of cycling. Bike Month carries on fifty years later with a collection of community awareness campaigns, fun rides

and cycling safety courses. Elizabeth Preston with the League of American Bicyclists sends a Bike Month message for Utah cyclists to, "Ride! Ride a lot, ride safely, and share the road."

To get a feel for National Bike Month, visit the official website managed by the League of American Bicyclists at www. bikemonth.com. There you'll find a listing of Bike Month events by state, promotional materials for Bike Month like posters and public service announcements, and Bike Month planning resources. The website also houses a wealth of general cycling information including a Bike to Work Commuter's Booklet and a Bicycle Friendly Communities Brochure.

During Bike Month, cycling events of all types are organized around the state, and Utah is no exception. So what's going on in Utah? Utah's Bike Month centers on Cycle Salt Lake Week. Cycle Salt Lake Week 2006 runs from Saturday, May 13th to Saturday, May 20th. This weeklong celebration includes a Bike-to-Work Day, a Bike Bonanza festival, the Cycle Salt Lake Century Ride, and so much more (see schedule below). UTA Rideshare is a proud sponsor of Cycle Salt Lake Week and urges everyone to Bike-to-Work or to try cycling for fun, fitness or transportation.

In addition, there are events in Utah County and Summit County including a bike bonanza, bike to work days and more. See the Cycling Events Calendar on page 18 for complete details

On May 11th at 1:15 p.m. cyclists and UTA Rideshare will gather at the Utah State Capitol Building in Salt Lake City for the official signing of the Bike Month Proclamation by Governor Jon Huntsman, Jr. to declare May as Bicycle Month in the State of Utah. Part of the declaration says, "Utahns can rediscover Utah and observe Bike Month by participating in

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

Should you be a part of Bike Month? Absolutely! If you participate for the first time or continue a tradition, Bike Month is only as strong as the riders who actually show up. Your involvement in Bike Month is important to other cyclists. It matters to the local businesses that serve cyclists. And it's noticed by your elected officials. Your presence is the best reminder that people who bike are taxpayers and voters too. Just by being there, you'll reinforce how large the cycling community is. Supporting Bike Month also helps your city, county and state bicycle advocacy groups. Most of the events are free, but if not, part of your fee or donation goes directly to these organizations. Finally, Bike Month is the largest, most prominent national observance of cycling. Local and regional events happen every week. Bike Month comes just

Do something good for yourself and for other cyclists. Pick an event or two, bring a friend and come on out to enjoy Bike Month.

#### **CYCLE SALT LAKE WEEK**

Saturday, May 13 – Road I Course, 9:00 a.m. SLC Bicycle Collective, 2312 S. West Temple

Saturday, May 13 – Live Green Festival, Guided Bicycle Tours at 10:30 a.m. and 1:30 p.m., Pierpont Avenue, West Temple to 200 West

Sunday, May 14 – Cycle Salt Lake Mountain Bike Tour, 2:00 to 5:00 p.m., Popperton Park, 11th Ave & Virginia St.

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Tuesday, May 16 – UTA Rideshare Bike to Work Day, 7:30 a.m. to 9:00 a.m. Riders can stop at one of our stations for free bagels. Go to www.utarideshare.com for station locations.

Tuesday, May 16 – Salt Lake County Mayor's Bike to Work Day, 7:30 a.m., Liberty Park's northeast corner, 910 South 650

Tuesday, May 16 – Tailwinds Bicycle Touring Downtown Historic Tour, 6:00 p.m. Popperton Park, 11th Ave & Virginia St.

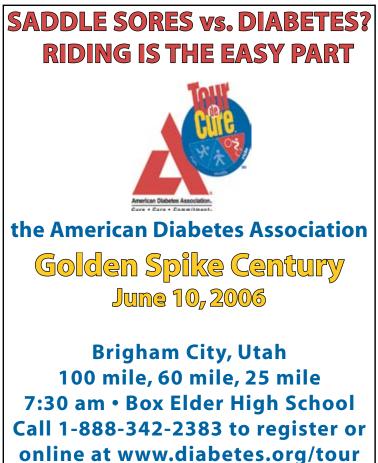
Thursday, May 18 – Bicycle Movie Night, 7:00 p.m. Brewvies Cinema Pub, 677 South 200 West

Friday, May 19 – UTA Rideshare Bike Bonanza, 4:00 to 8:00 p.m., Gallivan Plaza, 239 South Main St.

Saturday, May 20 – Cycle Salt Lake Century Ride, 7:30 a.m., Utah State Fair Park, 155 North 1000 West

For more information about these and other Cycle Salt Lake Week activities, see the Cycling Events calendar section on page 18, or online at cyclingutah.com or log on to www.utarideshare. com or call (801) 287-2066. Summit County events are listed in the calendar section on page







# cycling utah's 2006 Bicycle Club Guide II

Editor's Note: For part one of our club guide, see cyclingutah.com.

If you missed getting your club listed, you have a second chance. We will publish part 3 of the club guide in our next issue. If you would like your club listed, please email dave@cyclingutah.com for details.

#### Bikeman.com

Sponsors - Salsa Cycles, Panaracer, SRAM, Rockshox, Truvativ, Avid, Cyr Bus Lines, Slick Willy Lube, Lazer Helmets, Greyhound Juice Contact - Alan Starrett, 1-800-bikeman,

alan@bikeman.com Local Contact -Troy Nye, teej@networld.com **Website** - www.bikeman.com/

Type of Cycling - All Location - Utah

Club Statement - From collecting medals at the Masters World's, to the top podium step of NCS mountain bike races, Team Bikeman has a long history of top performances around the country. If you would like info on becoming a part of one of the top amateur teams in the country, please E-Mail our Team Director.

**Canyon Bicycles Cycling Club Sponsors** - Canyon Bicycles/Cervelo Bicvcles

Contact Person - Mike Pratt or Casey Ruff, (801) 576-8844, mikep@arosnet.

Website - www.canyonbicyclesdraper.

Type of Cycling - Road Racing, Mtn. Bike Racing, BMX Racing, and Cyclocross

Location - Draper, UT

Club Statement - The Canyon Bicycles Cycling Club is a cycling organization with the sole purpose of developing cycling in the local community. The CBCC is comprised of cycling enthusiasts of all abilities ranging from weekend warriors to experienced racers. So if you are looking for riding partner or a wild card spot in the Tour De France, then the CBCC is for you.

**Canyon Bicycles Cycling Team** Sponsors - Canyon Bicycles/Specialized Contact Person- Mike Pratt, (801) 576-8844, mikep@arosnet.com Website - www.canyonbicyclesdraper.

Type of Cycling - Road Racing, Mtn. Bike Racing, BMX Racing, and

Location - Draper, UT Club Statement - The Canyon Bicycles Cycling Team is a cycling organization with the sole purpose of developing cycling in the local community. The CBCC is comprised of cycling enthusiasts of all abilities ranging from weekend

**Cole Sport Racing** 

warriors to elite level racers.

**Sponsors** - Cole Sport, Park City SaiSommet Restaurant, Deer Valley Bike Deer Valley, Conform'Able, Bell Helmets, Smith Optics, Holiday Ranch Baking Company Spine Sports Medicine, Bohdiworks, BMW of Murray Contact - Jon Gallagher,

Contact - Jon Ganagner,
jonbear68@msn.com
Website - Teamesr.org
Type of Cycling - Road and Mountain
Bike Racing and Touring
Location - Park City Utah

**Club Statement** - Čole Sport Racing is dedicated to increasing both visibility and participating in cycling events and racing. We offer weekly rides on Monday nights leaving from Cole Sport on Park Avenue and cater to all riding and fitness levels. We support the local racing scene with the Royal Street Thursday Night Hillclimb as well as other Mountain

Biking events and racing. We are committed to safe and fun recreation on the

GS Casella- IMT-TitleOne

Sponsors: Idaho Mountain Touring, TitleOne title & escrow Company, Profile Design, Cheetah Bar, Visual Rush web design, Kenda Tires, Carbboom, Spinergy wheels, Ogata Chiropractic, Cyclista.com, Shain Helmets.

Contact - Gary Casella, 208-343-2839, Uru1sports@aol.com Website: www.roadbicycling.com

Type of Cycling - Road Racing

Location - Boise, Idaho
Club Statement - GS Casella is a team based around rider development and the pursuit of excellence. Over the past few years the squad has raced all levels of National and regional events, internationally, and with some fine results. The team has in the past groomed riders in a true team format, where commitment towards excellence and team spirit is the foundation for future success

**Ivory Homes** 

Sponsors - Ivory Homes, Iron Man Park City, Back in Motion

Chiropractics, Giant, Rudy Project, DMT **Contact** - Nisie Van de Kamp, denise. vandekamp@granite.k12.ut.us; Kirsten Kotval k.kotval@att.net

Type of Cycling - mostly road, some mountain

Location - Salt Lake, Park City Club Statement - Ivory Homes is a competive local race club focusing on local and regional road racing with a few members that do some mountain bike races. We are an all women's team with National Master Champions, and Utah State road and Critirium Champions. We encourage junior women racing and hope to build our membership in coming years. Ivory Homes is supportive and hopeful in our pursuits for successful road and mountain bike

2006 Teams -

1) Sienna Development - Goble Knee Clinic Men's Elite Cycling Team 2) Intermountain Health Care – LRC Women's Elite Cycling Team 3) Wimmer's Ultimate - LRC Mountain Bike Team

**Team Sponsors** - Sienna Development, Goble Knee Clinic, Healthy Choice Foods, Intermountain HealthCare, Lin Sox, Sipple Investment Solutions, Park City Frame & Gallery, Cannondale Bicycles & Dealers, Profile Design Lake Shoes, Louis Garneau, Zeal Optics, Xtreme Energy Gel.

Club Sponsors - USU Community

Credit Union, Square1 Printing, The Sports Academy and Raquet Club, Preston Watts Auto Collision Contact - Marc Yap / Kirk Eck, Irc. cycling@gmail.com

Website - www.loganraceclub.org Type of Cycling - road & MTB racing and recreational racing/riding

Location - Logan, Utah Club Statement - The Logan Race Club (LRC) is a laid back and talented cycling community based in Cache Valley, Utah. Originally formed by a handful of road racers, the club's mission has matured over the years and is the promotion of our awesome sport within as well as beyond the Cache Valley community. Club members are riders of all abilities and interests, on the road and in the dirt. Racing teams within the club include the UCA #1 ranked Sienna Development - Goble Knee Clinic men's elite road team, the IHC-LRC women's elite road team, and the Wimmer's Ultimate-LRC mountain bike team. The LRC racing program aims to build a strong chain of development from junior to elite ranks. The LRC also traditionally puts on several of the region's top USCF and citizen races throughout the year, including the extremely popular Bear Lake Classic. Complimenting its successful racing program, LRC recreational racers/riders comprise the great majority of the club

regional tours, and plain old fun. Several touring rides are scheduled within Cache Valley this year. Off the bike, the LRC reaches out to the community through its collaboration with the National Safe Kids Coalition as well as heavy participation in local bicycle rodeos throughout the

This year the club, led by the men's elite team, rides to honor the memory of one of our LRC family members, Allan Butler, who is off the front and has reached the finish line ahead of us all.

Logan Race Club/Wimmer's Mountain Bike Team

Sponsors - Wimmer's Ultimate Bicycles, CVTD (Cache Valley Transit District), "TEC" Electric, CampChef, Natural EsScents, USU Community Credit Union, Santa Cruz, Louis Garneau, Gyro, Square One Printing, Preston Watts, Zeal Optics, Sigma Sport, and Sports Academy and Racquet Club.

Contact - Beth Neilson, lrcmtb@yahoo. com, Steve or Marc Wimmer, 752-2326 Website - www.loganraceclub.org Type of Cycling - Mountain Bike

**Location** - Logan

Club Statement - Last year's race season brought out a strong showing of great riders on many different teams from the Cache Valley area. This year we have united together to form a mountain bike racing team that not only includes expert riders, but also those that are new to the racing scene. This includes many youth riders we hope will be inspired to have the same passion for riding bikes as the veteran racers on the team.

Mi Duole/Barbacoa

Sponsors - Barbacoa Mexican Grill; Contender Bicycles; Jones Waldo; South Mountain Rehabilitation: Christopher Nissan; and Durham Jones & Pinigar. Contact - Chris Peterson, <mailto - cpmarriott@yahoo.comcpmarriott@yahoo.com, 901-573-2900



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More information at www.thanksgivingpoint.com

Sponsored in part by UTA RIDESHARE

Website - www.miduole.com Type of Cycling - Mostly road racing, some Mtn bike racing, as well as training and recreational riding.

Location - Salt Lake City Club Statement - Mi Duole (roughly translated from Italian as "I Suffer ") is one of the oldest racing teams in the region--formed in Salt Lake City in 1984. Alumni include Marty Jemison (previously with US Postal) and Levi Leipheimer of Gerolsteiner. Mi Duole members regularly race at the criterium and UCA series races. Others focus on longer road races such as LoToJa. Though Mi Duole is not a Masters team, many members (particularly our Cat 3's) compete in Masters Categories. We usually field a good number of Cat 3, 4, 5, and masters racers. Many on the team enjoy long-distance and climbing as part of loosely organized training. Overall, we're race oriented, but still in it just for

Porcupine/Canyon Sports Sponsors - Porcupine Pub & Grille, Canyon Sports, Xcel Fitness, Easton Technical Products, Pharmanex Contact - Mike Meldrum, 801-424-9216, mikesride@gmail.com

Website - www.porcupinecycling.com Type of Cycling - Road Racing, Mtb Racing and recreational/casual. Location - Salt Lake City

Club Statement - Porcupine Cycling Club is dedicated to bettering the appreciation and enjoyment of cycling while having fun. Our club consists of cycling and mountain bike enthusiast ranging from highly competitive racers to those who are simply looking for riding partners. We also put on the Porcupine Big Cottonwood Hill Climb to raise funds for local cancer research and victims. New this year is the Coalville Road Race that will be run in conjunction with the hill climb July 8th & 9th.

Porcupine/Specialized Racing

Sponsors - Porcupine Pub and Grille, Specialized Bicycle Components, Back In Motion Chiropractic, First Endurance, Mountain States Moving, Chasebrook Company Contact - Aaron Jordin, 801-712-9701,

ajbikes@hotmail.com

Website - n/a
Type of Cycling - Road Racing, Mtb Racing, Triathlon

Location - Salt Lake City Club Statement - The Porcupine/ Specialized Racing team was established by a partnership between athletes and Sponsors to create a team that would be competitive across a range of categories and sports. The team's focus is participation in local, regional and national events and being competitive at those events as a team and as individuals. The team is also involved in fundraising and support for local charities through the Porcupine

Cycling Club. Please ask us about the bikes we ride, the charities we support and the **Sponsors** that support us so that we can help support them.

Rocky Mountain Cycling Club Sponsors - Rhodes Bake-N-Serv, City

Contact - Jess Dear, 801-808-1137, jessdear@xmission.com Website - Rmcconline.com

Type of Cycling (Road Racing, Mtb racing, road touring, mtn recreational or any combo of the above) - road racing and recreational riding

Location - Salt Lake City Club Statement - Rocky Mountain Cycling Club (RMCC) has been a main-

stay of the cycling scene in Utah for over 15 years. We promote recreational and competitive road cycling. So no matter if you're in to cycling just to stay in shape, or you are a competitive junkie - you are welcome to join us. We lead inter-group rides out of 9th & 9th and (occasionally) out of Draper.

**Team Cyclesmith** 

Sponsors - Cyclesmith, Scott Machinery, Downtown Storage, No More Homeless Pets, Continental, Raleigh

Point of **Contact** - Jason Hendrickson, (801) 582-9870, jason@cyclesmithslc.

Website - www.cyclesmithslc.com Composition - all riders, all abilities, all disciplines, all ages and genders. No racing obligation.

Location - Salt Lake City
Club Statement - We are bike team/club
(licensed), with emphasis on promoting cycling at all levels in both racing and non-race environments. Team members enjoy free service, discounts and lots of great folks to ride with at all levels. Team members are only asked to contribute with some time for a race, fundraiser event or regular scheduled trail work days. Come on down!

Team Espoir-Merrill Lynch Sponsors - Merrill Lynch, Great Harvest Bread Company, Bevco, Nephrology of Utah, First Endurance, Revolution Mountain Sports, Canyon Sports, Goldener Hirsch Inn, Cottonwood Heights Recreation Center, European Tanning, IDT

Contact Person - Sonia Maxfield (801) 943-3190 ext 177, espoircycling@yahoo.

Type of Cycling - Beginners to Advanced Road Biking for charitable

Advanced Road Biking for charitable activities and group rides

Club Statement - "Team Espoir-Merrill
Lynch" is a 501(c)(3) non-profit corporation formed primarily for the purpose of promoting fitness and raising money for charitable organizations. With over 150 members and expanding, Team Espoir is consistently one of the largest organized teams at the MS150 Bike Tour. With this year's new name, we are expanding our goals to increase our participation and contribution to community charitable and fitness events which include the donation of a hand cycle to the National Abilities Center in Park City for two disabled athletes to participate in the MS150 with Team Espoir. Competitive racers to beginning cyclists form our ranks. In addition to the MS150 Bike Tour, team members are actively involved in local centuries, competitive events (including LOTOJA), and weekend group rides. Please join us and have fun while contributing to worthy causes.

Pereira Bicycle Racing

**Sponsors** - Pereira Cycles, Wild Rose **Contact** -Tony Pereira, 801-209-9301, tony@pereiracycles.com

Website - www.pereiracycles.com Type of Cycling - Mtb Racing, Endurance Racing, Cyclocross, Randonneuring

Location - Salt Lake City Club Statement - Founded in 2005, Pereira Bicycle Racing consists of racers riding custom Pereira bicycles, handcrafted in Portland, Oregon. We live to ride and have fun. Keepin' it real y'all!

# \$8,000 Cash Purse

18th annual All West Communications

**High Uintas Classic Bicycle Stage Race** 

June 17th - 18th, 2006

Evanston, Wyoming

KAMAS TO EVANSTON BALD MOUNTAIN ROAD RACE, "Over the Top" 10,700' Saturday, June 17th, start time 9 am at Kamas City Hall. The classic 80 mile road race is back! Finish at the Wyoming State Hospital in Evanston.

CHARLES SCRIVNER MEMORIAL TIME TRIAL Sunday, June 18th, start time 7:30 am in Evanston. Flat 10 mile out and back.

DOWNTOWN COURTHOUSE CRITERIUM Sunday, June 18th, start time 12:15 pm in Downtown Evanston.

Race Hotline (866) 783-6300 ext. 459



Survive the Challenge

On-line Registration www.active.com

For complete race information, please visit

www.evanstoncycling.org





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> fenders. Yikes! Old's Cool! 2204 North 640 West, West Bountiful 298-1740 - Open Saturdays 10-6

### **HEALTH**

## Bridging Up: Cycling through the Disease Process

By John Librett, Ph.D., M.P.H.

In 1970, Olympic Medalist Jimmy Heuga was diagnosed with Multiple Sclerosis (MS). His doctors told him not to exercise believing that exercise would be detrimental to his health. After six years Heuga was frustrated with his inactive lifestyle, borrowed a friend's bike and started riding; it took twenty-years for the medical community to catch-up. In 1996, exercise began to be prescribed for MS Survivors. Indeed, evidence now shows that exercise improves health for MS Survivors through cardiovascular fitness, range of motion, flexibility, increased energy, improved balance, managed spasticity, and decreased muscle atrophy. Unfortunately, a very small percent of MS Survivors exercise. This lack of exercise among MS Survivors is a tragic scenario. Lack of exercise could worsen MS Survivor's ability to perform activities of daily living, leading to spiral decline of inactivity, increasing the risk of developing diseases such as osteoporosis, hypertension, obesity, diabetes, cardiovascular disease, and can-

Thirty years after Heuga climbed back on that bike, we have a call-to-action to educate and motivate all Survivors of catastrophic illness and injury toward the pursuit of physical activity and exercise. To meet this call-to-action the Active Survivors Network is building a bridge from the clinic to the community; Utah's cycling clubs can help span the bridge.

if I just spent the last five minutes keeping up with the leaders on the last hill climb. Unfortunately, this feeling is not from cycling. Startled awake from a deep sleep, my heart is pounding from a panic attack. Wide awake, sitting-up with my pillow propped against the headboard, I attempt to resume my sleep. For those recovering from a catastrophic illness or injury, panic attacks are a familiar scenario. However, for those recovering from a catastrophic illness or injury exercising though diagnosis, treatment, and recovery should be just as familiar.

Eight years after my cancer diagnosis the panic attacks are a distant memory. Now I'm lying in bed enjoying Hermann Maier's book The Race of My Life (VeloPress). This book confirms three important points. First, even the toughest athletes in the world are brought to their knees by a catastrophic illness or injury. Second, those confronted with a catastrophic illness or injury should pursue exercise goals during diagnosis, recovery, and beyond with the same determination they did before their illness or injury. And third, sedentary individuals recently diagnosed with a disease such diabetes, heart disease, or cancer can find support for exercise pursuits.

With nerves of steel Hermann Maier skied on the edge, tearing down icy slopes at speeds reaching 90 miles per hour. Nicknamed the "Herminator," Maier's fame was secured in ski racing history after winning

ski crash in Olympic history. In 2001, however, the Herminator suffered catastrophic injuries from a horrific motorcycle crash. Maier recalls lying in bed several weeks after the crash; "time and again I was startled out of my sleep in the middle of the night. . . Every night was a horror, and I began to grow frightened once it got dark.'

The fact that a catastrophic

injury, and subsequent illness, brought tremendous panic and fear to this tough-as-nails athlete should be comforting to those who are facing similar panic and fear. Importantly, however, is that Maier's phenomenal recovery was due to his dedication to fitness before, during, and after his life-threatening injuries; dedication that was supported by a team of physicians, friends, and coaches. Maier recalls his stationary bike workouts two months after his motorcycle crash; "Despite the pain that accompanied each exercise, I enjoyed this type of training enormously. . . And it was certainly clear to me that if I wanted a comeback this winter, I was going to have to get through this. So I gloomingly kept pumping the pedals."

This past February, Maier won another Olympic medal, a silver in the Super-G.

In 1998 I was diagnosed with cancer. I could be cliché by saying that nothing prepared me for cancer. On reflection, however, the knowledge gained from my athletic pursuits prepared me for my challenge with cancer. During treatment and recovery I

a support team of friends and training partners, practiced great nutrition and built a library of information. Setting short and long-term goals I applied the principals of periodization, base building, and recovery; and listened to my body on when to push hard and when to back off. Drawing from my experience with athletics, I fully embraced the understanding that hard effort and pain can pay off when done with great planning and sharp execution. Solidifying this effort, I sought spiritual and mental training at the Kanzeon Zen Center of Utah.

Eight years after my cancer diagnosis I'm convinced we need to push the envelope on exercise for Survivors. While individuals like Jimmy Heuga, Herman Maier, and Lance Armstrong can inspire those facing a catastrophic illness or injury; their role is limited. They cannot be your doctor, will most likely not be your riding buddy, and can't help much help with a spiritual pursuit. To fill this gap we have developed the Active Survivors Network. The mission of the Active Survivors Network is to educate and motivate Survivors of catastrophic illness or injury toward the pursuit of physical activity, exercise, and athletic competition (see sidebar).

### **Physical Exercise Across the Cancer Experience**

An example of one of our programs that can motivate and educate Survivors of catastrophic illness and injury is the applica-

CM., 2001). PEACE is an acronym for Physical Exercise Across the Cancer Experience. Originally developed by Canadian scientists as a framework for exercise research among cancer survivors, we're transforming PEACE into an exercise framework for the broad spectrum of catastrophic illness and injuries. The PEACE framework has five phases: 1) Pre-Treatment; 2) Treatment; 3) Post-treatment; 4) Resumption; 5) Survival. A goal of the Active Survivors Network is to educate and motivates Survivors of catastrophic illness or injury to be proactive with their exercise pursuit throughout the PACE framework's five phases.

At pre-treatment we are motivating Survivors to communicate the importance of exercise with their medical team so Survivors can continue an active lifestyle throughout their illness or injury experience. To support exercise from diagnosis through recovery, we are helping the empowerment of Survivors by educating the medical community on emerging evidence on exercise and clinical practice. For example, evidence reveals a dose-response relationship between exercise and health. As a way to prepare for treatment, exercise may build or maintain physical, functional, or psychological reserves. Before treatment exercise may improve cardiovascular endurance, cardiopulmonary and muscular fitness. A pre-treatment exercise program may have important bio-psycho benefits such as stress reduction and improved



preparation for upcoming medical treatments.

Beginning with diagnosis you must become the CEO of your care, proactively building your medical team. Do your homework, remembering that your medical team may not know as much as you on exercise and health. I went through three oncologists before I found one that understood and supported my exercise goals.

During treatment an individual's exercise or training program may be significantly and negatively impacted from surgeries, drug, and chemo therapies can lead to a downward spiral of sedentary behavior. For Survivors, this downward spiral starts with exercise intolerance, resulting in an increase in chronic illness, leading to an increase in sedentary behavior, leading to even greater loss to quality of life.

We are educating Survivors that exercise may ameliorate the effects of treatment, motivating Survivors to request exercise prescriptions. Exercise may diminish common side effects of cancer treatment such as pain, fatigue, nausea, vomiting, weight change, sleep difficulties, deterioration of lean body tissue, depression, anxiety, and low self-esteem. Research shows that cancer Survivors, who exercise during treatment have increased vigor and vitality, an increase in cardiorespiratory fitness, an increase in quality of life, reduction in depression, reduced anxiety, and reduced fatigue and tiredness. Compared to those who did not exercise during treatment and recovery, exercisers reported less nausea and fatigue while receiving and rehabilitating from treatment. Exercise also increased physical strength, and contributed to psychological wellbeing by inducing positive mood states. Importantly, exercisers reported higher levels of self-confidence, increased perceived control over

their lives, and a more positive outlook on life. As perceived control increased, depression, anxiety, and anger decreased.

Compared to non-exercising women, women who exercised during treatment displayed greater self-esteem, self-confidence, and body image. Research has also demonstrated that social support contributed to cancer survivors' ability to confront new challenges. Not only were new friendships developed, but survivors also had the opportunity to share their cancer experience and offer support to one another.

Post-treatment is time for rehabilitation. While the goal of an exercise program during treatment is to prevent decline in quality of life, post-treatment goals are to expedite recovery. Finally, resumption and survival focuses on specific long-term consequences and quality of life for Survivors. For instance, to prevent cancer growth I take a prescription drug once a day. While preventing cancer recurrence, side effects of this drug increase my risk for osteoporosis and cardiac arrhythmia. Fortunately the risk for these diseases can be minimized through exercise. Indeed for many Survivors of catastrophic illness or injury, resumption of normalcy may include a lifetime of prescriptive medication. Fortunately, many of these drugs have side effects that may be minimized through exercise.

### **How much to Exercise?**

So how much exercise should you do throughout a catastrophic illness or injury experience? Due to the broad spectrum of possibilities such as pre-diagnosis fitness, diagnosis and prognosis, and exercise tolerance and interests, prescribing the correct dose of exercise must be highly individualized. However, there are at least two considerations. First, exercise is typi-

cally measured by "dose." The formula for dose is *mode* (type of exercise), *frequency*, *intensity*, and *duration*. As a cyclist you would think of a training protocol as: *mode* – bike hill intervals; *frequency* - twice per week; *intensity* -- high; *duration* -- three minutes x six intervals with fifteen minute warm-up and cool down).

With your team, develop your exercise plan using these criteria adjusting the mode, frequency intensity, and duration through the illness or injury continuum. Second, keep a "training log" and track information. Specifically keep track of sleeping patterns, nutritional behavior, pain issues, and mental and emotional health, energy levels. You may also track resting and working heart rates, weight, strength, and flexibility status. Particularly focus on these variables as they relate to your prescribed dose of exercise. Be as specific as you like, realizing this information will help you and your medical team track of how you are responding a particular dose of exercise prescription. Be a patient and listen intensely to you body.

In closing, five weeks after surgery, Hermann Maier got on the stationary bike and peddled a maximum of 40 watts. While incredibly hard on the ego, it was his coach, training plan, and vision that kept him moving. Less than two years after his horrific injuries, Maier had ridden nearly 6000 miles on his road bike and lifted over eight hundred tons of weight. When Jimmy Heuga was diagnosed with MS the conventional medical wisdom of the time advised people with MS to avoid any physical stress. This was difficult for Heuga so he developed his own program of exercise, nutrition, and mental motivation.

Individuals like Maier, Heuga, and Armstrong pushed the limits on recovery, got back on the bike, and in doing so raised the bar for Active Survivors. As one of our members stated: "I was elated to find and join the Active Survivors Network because they seem to share the same things

BACK

OR

FEET

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## Thanksgiving Point to Host Cycling Festival, Omnuium, and ICS Race

LEHI, UTAH (March 14, 2006) – Thanksgiving Point, the Tour of Utah, and Three Peaks Promotions have partnered to present the Thanksgiving Point Cycling Classic, May 25 – 29, 2006.

The Thanksgiving Point Cycling Classic is a five-session road-cycling omnium, open to categories two and lower, presenting a \$12,000 total cash purse. Drawing top amateur competitors, the Classic provides an opportunity for these emerging cyclists to showcase their talents and compete for a generous cash purse and prizes.

Thanksgiving Point will simultaneously host the Point Blank XC – Intermountain Cup mountain bike race on Saturday, May 27, 2006 in Lehi, Utah on the Thanksgiving Point property. Presented by Revolution Mountain Sports, the Point Blank XC is Utah's first full-length flat track cross-country course. The Utah Transit Authority has partnered with the Thanksgiving Point Cycling Classic to promote bicycle awareness and safety in Utah County schools by sponsoring a cycling safety awareness campaign and community cycling festival. The UTA Rideshare Bike Bonanza, coupled with the opening session of the Classic, is a cycling festival with events for the entire family. Scheduled for Thursday, May 25, the UTA Rideshare Bike Bonanza opens in downtown Provo with a "Ride with the Mayor" at 6:00 PM and a kid's bicycle race sponsored by Wal-Mart of Lindon at 7:15 PM.

Tentative race courses are available on the official Thanksgiving Point Cycling Classic website, at www.thanks-givingpointclassic.com. To register for the Thanksgiving Point Cycling Classic visit the official race website, www.thanksgiving-pointclassic.com For more information or sponsorship opportunities for the Thanksgiving Point Cycling Classic and the Tour of Utah, visit www.tourofutah.com or call 800-708-9804. To sign up for fun and rewarding volunteer opportunities, visit www.tourofutah.com or call 800-708-9804.

and experiences as myself....
There were no rehabilitation programs or support resources that suited me because I wanted to get back what I've lost. The hospital rehab programs are about teaching the patient to walk, then shipping them out to adapt to their living situation, completely overlooking their maximum potential to recover."

Eight years after my cancer diagnosis I'm convinced we need to continue to push the edge of the envelope on exercise for Survivors; it's time to bridge-up.

To connect with the Active Survivors Network contact Dr. John Librett, PhD, MPH, President & CEO, (801) 558-5950. Membership is free. They are a 501c3 non-profit.

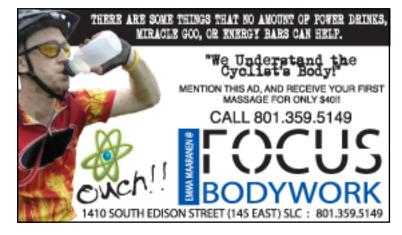
Active Survivors Network

#### <u>Jlibrett@ActiveSurvivor.org</u> <u>www.activesurvivor.org</u>

The Active Survivors Network is asking cycling clubs to designate a network liaison. This summer a congress will be held to discuss collaboration among cycling clubs. Club liaisons will be invited to attend.

References: 1. Courneya KS, Friedenreich CM., Framework PEACE: an organizational model for examining physical exercise across the cancer experience, Ann Behav Med. 2001 Fall;23(4):263-72.

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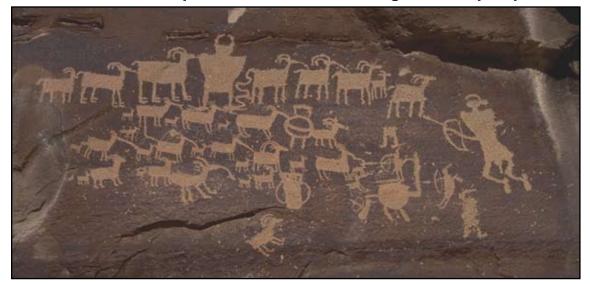
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### TRAIL OF THE MONTH

### Nine Mile Canyon: A Ride Through Antiquity



### The famed hunting scene in Cottonwood Canyon

#### By Gregg Bromka

Nine Mile Canyon is considerably longer than its name implies. The creek runs over 40 miles from just northeast of Price to the Green River at the head of Desolation Canyon. On its way, the creek penetrates the arid and austere Book Cliffs, one of the largest defacto wilderness areas in the continental United States. The canyon received its name from a topographer who did a nine-mile triangulation survey for the Powell expedition in 1869.

There are many places that are the scenic equal of Nine Mile Canyon, with its banded red stone cliffs peppered with sage and pygmy evergreens, but few rival its archaeological riches. This is where the Fremont Indians, a relative of the Anasazi, were first identified and described. With more than 10,000 estimated sites of antiquity, the canyon contains the largest concentration of Indian rock art in North America. You'll have to look closely to find many

because they are often hidden or faded from age. The Fremonts also constructed rock-walled granaries and tucked them into the canyon's walls. You'll have a field day if you pack along bin-

Nine Mile Canyon has a fruitful recent history as well. In the late 1880s, long before UT 6 connected I-15 and I-70, Nine Mile was the main route of travel and commerce between the Uinta Basin and Price. Old homesteads echo the romantic era of the West's evolution, and the old Nutter Ranch, which dates back to the 1890s, is one of Utah's longest running livestock ranching operations. And although the surrounding Book and Roan Cliffs seem devoid of mineral wealth, these sedimentary stacks house copious reserves of carbon dioxide and bituminous coal.

**Location:** Nine Mile Canyon is located about 25 miles east of Price off US 6.

**Distance:** 58 miles out-and-back

#### **Photo: Gregg Bromka**

(between Minnie Maud Creek and the road's end at private property).

**Tread:** The light-duty dirt road is suitable for passenger cars when dry but may stymie even four-wheel-drive vehicles when

**Difficulty:** Easy to strenuous depending on your chosen trailhead and turnaround point. The entire 58-mile round trip is nothing to scoff at.

Elevation change: The road drops from 6,950 feet at Minnie Maud Creek to 5,100 feet where the it ends at private property. If you do the math, the average grade is merely one percent, which for all practical purposes is flat. But if you go the distance, you'll climb nearly 2,000 feet on the return.

Finding the trail: From Price, drive 8 miles on US 6 through Wellington; then turn left for Nine Mile Canyon on Soldier Creek Road. Drive 21 miles to the bridge over Minnie Maud Creek, where pavement turns to dirt. Park at your discretion. Notes on the trail: Before you go, contact the Castle Country Travel Region (435-637-3009) to receive the pamphlet: Nine Mile Canyon: A Guide. Directions are pretty simple. Just point your front wheel eastbound down the canyon road and turn around when desired. Just remember that the return leg, although essentially flat,

will require more effort than the As Your Realtor You can expect the same level of service and support from me with your real estate transaction as when I serve our sicycle community. BIKES Chuck Collins - Realtor

desert environment, be sure to carry lots of water along with sun screen, insect repellent, and repair tools-or you might end up buzzard meat!

Stop 1.5 miles down from Minnie Maud Creek to view an old homestead that dates back to a time when the saddle people rode on was strapped to a horse not bolted to aluminum tubes with knobby tires. Nearly five miles down, you'll pass the first major petroglyph panels to your left on a rocky point. Look for more images on the ledge above. At 8 miles, you'll come to the Sheep Canyon excavation. With an eagle's eye, you'll spot several pit houses (round rock structures) on the large sagebrush hill to the left. A mile farther, you'll pass the ghost town of Harper, and Argyle Canyon enters from the left.

About 10.5 miles in, the road curves past a balanced rock that resembles the cartoon character Porky Pig. An excellent art panel is just beyond. Scan the hillsides with binoculars for hidden rock art over the next two miles. You'll pass Gate Canyon at about 17 miles, which is a good alternate trailhead for easy and moderate-level rides. Look up the slope at a 45-degree angle to view a granary. Another granary

can be found one mile farther after crossing a cattle guard. At 21.7 miles, Dry Canyon enters from the right and is guarded by the Mummy rock formation, so named because several mummies were unearthed in the vicinity. Cottonwood Canyon forks right at 22.7 miles. Pedal 1.5 miles up the side canyon to view the famous hunting scene (see photo). If you fork left from the Nine Mile Canyon road at 27.4 miles and go around a prominent rock outcrop, you'll find a wellpreserved granary perched on a ledge in a cliff face. It is a wonder how the Fremonts accessed this site.

Turn around when you reach the private property gate at 29 miles. Although it's a long way back to Minnie Maud Creek, you'll enjoy the canyon's new perspective.

A map is available for download at www.castlecountry. com/what to see/Nine Mile Canyon.pdf

Read more trail descriptions in Mountain Biking Utah and Mountain Biking Utah's Wasatch Fron by Gregg Bromka. Get a copy at your favorite bike shop or at cyclingutah.com.

### **Bicycle Commuter Act Introduced in Senate**

Senator Ron Wyden (D-OR) recently introduced the Bicycle Commuters Benefit Act of 2006. This Senate bill would provide employees the same benefit for commuting by bicycle that other employees get for taking mass transit. This bill matches HR 807 introduced by Rep. Earl Blumenauer (D-OR) last spring. The Senate bill is also supported by Senators Susan Collins (R-ME), Olympia Snowe (R-ME) and Maria Cantwell (D-WA).

-League of American Bicyclists

### Changes for the UCA

BY

HORSE,

Raleigh, and Guerciotti.

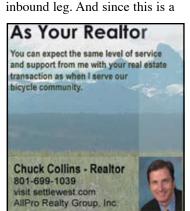
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On April 27, Utah's local road racing association, the Utah Cycling Association (UCA) held its General Membership meeting. It was announced that the UCA is now licensed with the State of Utah as a non-profit Corporation. The UCA is in the process of gaining tax-exempt status as a 501c(3) not-for-profit corporation with the Internal Revenue Service.

The membership ratified bylaws which will be used to govern the Association. Highlights of the Bylaws include: membership qualifications, elections procedures and race event guidelines. Dirk Cowley also announced that he is stepping down as Executive Director, but will remain on the five-member UCA Board. James Ferguson will take over as Executive Director until elections are held towards the end of the year. The UCA oversees permitting of road racing in Utah and also maintains a yearly points series.





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### **ADVOCACY**

### **Park City's Alternative Transportation Committee**

By Agric Bryan

The five members, who met at the first Park City Alternative Transportation Committee (ATC) last spring, probably couldn't imagine how much the ATC would expand and accomplish in less than a year.

Approximately twenty people now gather at the monthly meeting. This includes representatives from the city and county government, the Park City School Board, trail planners, the Health Department, bike shops and trail foundations. "The participation has been remarkable," stated Carol Potter of Mountain Trails Foundation. This participation has led to many accomplishments.

Last fall the ATC wanted to have cyclists represented in the Snyderville Basin Transportation Plan. They were able to have several pages added to the plan that recognized cycling as a viable method to decrease traffic congestion. The plan included a goal of increasing non-motorized traffic by five percent. According to the plan, this goal could be achieved by obtaining funds to build an interconnected urban trails network and education and incentives programs to encourage the public to cycle.

The ATC has lobbied to get

"Share the Roads" signs posted on state roads. Twelve signs should be posted by summer. The completion of this project is accredited to UDOT Engineer Tam Southwick who has overseen the project from the beginning and has not missed a single ATC meeting.

Currently, the ATC is working on the publication of "Roadie The maps will highlight favorite road bike rides in Summit and Wasatch counties. Summit and Wasatch County Trail Planner, Trish Murphy, supervised the assembly and computer graphing of the map. "She is the genius that put it together," Potter said. The maps will be available in May.

Upcoming projects for the ATC include hosting the May 19th Bike to Work Day and the May 20th Silver Spoke Celebration. The events coincide with National Bike Week.

The ATC will sponsor the Bike to Work Day Challenge. Companies who have the most people cycling to work that day will receive prizes. The prizes will be awarded June 3rd on National Trails Day. The ATC plans to use Bike to Work Day as a gauge to measure the popularity of cycling in Summit and Wasatch County.

The Silver Spoke Celebration

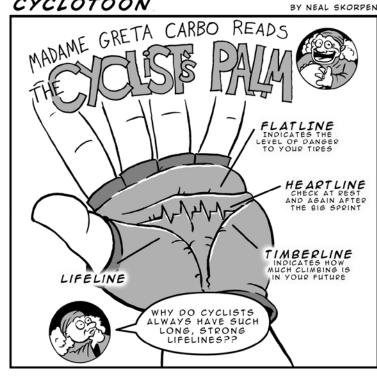
will commemorate the grand opening of Willow Creek Park and the East 224 Connector Trail. The trail will connect Kimball Junction and Park City. The trail will cut through densely populated neighborhoods and is part of the Snyderville Basin plan to reduce non-motorized traffic.

The celebration will include a ride of two groups. One group will start at Miner's Hospital the other will start at the Basin Recreation Field. The groups will meet at Willow Creek Park. After the ride, promotional items such as stickers, bike bells and kids' helmets will be given out. The "Roadie Map" and a trail map will also be given out at the festival. Bike shops will be giving safety instructions and there will be a bike rodeo for kids. There will be food, beverages and other activities available at the festival.

Not even a year old, the ATC has evolved drastically from five people trying to get some signs posted on a new road. "This committee shows what can happen when government, non-profits, businesses and interested citizens all cooperate, work together and present a unified presence in the community," Potter stated.

### CYCLOTOON

9



The ATC meets on second Tuesday of the month at Miner's Hospital in Park City at 9:00 a.m. Please contact Carol Potter, (435) 649-6839 or (435) 731-0975 or carol@ mountaintrails.org for more information.

Information on the National Bike Week events can be found in the calendar section on page 18, on cyclingutah. com's Cyciling Events calendar or at www.mountaintrails. org.

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

Buy Your Race Photos Online! visit cyclingutah.com's photo gallery



### UTA RIDESHARE BIKE BONANZA 19, 2006 # Gallivan Center

Ever thought of riding your bike to work? Where there's a will, there's a way. Get started at the UTA Rideshare Bike Bonanza. From 4:00 to 8:00 p.m., there'll be bike commuter experts on hand, free Papa John's pizza, spectacular stunt riding by SLC Trials, bike safety information, a kids' bike race, free bike tune-ups, bike registration and a cruiser giveaway. Then at 6:00 p.m. join Mayor Rocky Anderson for an escorted bike ride around the city. And be sure to register and pick up your packet for the Cycle Salt Lake Century Ride on Saturday.

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

> > UTA RIDESHARE

### Saturday, May 13,

SLC Bike Collective. 9:00 a.m. 2312 S. West Temple

#### Saturday, May 13 Live Green Festival

Guided Bike Tours, 10:30 a.m. and 1:30 p.m. Pierpont Avenue (West Temple to 200 West)

### Sunday, May 14 Mountain Bike Ride

Popperton Park, 2:00 p.m. 11th Ave. and Virginia St.

### Tuesday, May 16 UTA Rideshare Bike to Work Day

Raders can stop at one of our stations for free bagels, 7:30 to 9:00 a.m. Go to www.utarideshare. com for station locations.

### Tuesday, May 16

Salt Lake County Mayor's Bike to Work Day Liberty Park, northeast.

corner, 7:30 a.m. 910 South 630 East

#### Tuesday, May 16 Historic Tour of the City Popperton Park, 6:00 p.m.

11th Ave. and Virginia St.

### Thursday, May 18

7:00 p.m., 677 S. 200 W.

### Friday, May 19 UTA Rideshare Bike Bonanza

Gallivan Plaza, 4:00 to 8:00 p.m. 239 S. Main Street

### Saturday, May 20 Cycle Salt Lake Century Ride

Utah State Fair Park 7:30 a.m., 155 N. 1000 W.

























### **ROUTE 211**

## Riding for Your Life

### By Greg Overton

When Editor Dave told me about the story contributed by Dr. Librett for this issue of Cycling Utah (see page 6), it touched a topic that is very close and personal to me. You may recall past Route 211 stories I've written about my friend and old training partner Glenn Volmer, and his fight against cancer. Dr. Librett's review of findings that exercise is a positive in treating illness has been verified to me as I have closely watched my friend try to over come his illness for three years. His prognosis was to live less than three months upon is doctor's discovery of advanced prostate cancer.

Glenn had been a relentless rider for more than two decades, measuring his training in vertical feet climbed instead of mileage, and at age 59 could still climb with the best of them until just before his diagnosis. As a rider he had built tremendous fitness and a high pain threshold that would carry him well past his three-months-to-live mark; his doctors attribute his fitness for carrying him through his first week as a cancer patient. That week included examination,

diagnosis, testing, major surgery, further examination and prognosis.

Within three weeks, Glenn was back on his bike, riding the hills around his home in the mountains of Colorado. He would set goals to climb small hills, the hills that weeks before had not even been in his thought process as he warmed up for his weekly climb of Mount Evans, at over 14,000 feet, the highest paved road in the U.S. As Evans loomed above, he would wage his battle with his disease on the hills below, talking to his body, assigning value to each hill that reaching the top would eliminate a certain number of cancer cells. It was a mental game for sure, but Glenn knew that pushing his physical fitness would help his mental approach toward his cancer.

Not only did Glenn outlive his prognosis of three months, he climbed Mount Evans on his birthday five months after his diagnosis, proclaiming to me, "Not bad for a dead man." There was a group of friends and a birthday party afterward. He's climbed it a couple of times since then as well, and fought his way through the subsiding and recurring roller coaster of his cancer. His constant ally in the process has been the bike and the positive effects from riding it, both mentally and physically. "On the days when I am feeling strong, a ride feels pretty much like normal rides used to, just shorter and less intensive. When I'm feeling weak or having a bad day, a ride will give me a tool to help me fight what's going on inside my body, the cancer. On those days when I don't feel like I have fight left in me, if I can create the energy to get on the bike, I always return home feeling better and stron-

Glenn is still battling his body's illness. He recently spent a couple of weeks in the hospital to treat blood clotting in his extremities. His fitness level has deteriorated, understandably, over the past three years and he no longer attempts to climb Mount Evans. But a week after leaving the hospital, there he was, riding a gentle eleven flat miles near Denver, turning the pedals and talking to his body. This time assigning cancer points to road signs and mile markers, and still killing cancer cells with his bike. His

### **Tour de Cure Raises Money For Diabetes**

The 2006 Tour de Cure will take place on Saturday, June 10 in Brigham City. The Tour will raise money for the American Diabetes Association to find a cure for diabetes. Participants pay a \$25 registration fee and are asked to raise at least \$100 as a donation. 25, 60, and 100 mile options are available with the century ride going through Golden Spike Park. Organizers are expecting 600 riders this year. Diabetes affects more than 20 million Americans and 132,000 Utahns and claims more lives than breast cancer and AIDS combined. For more information, visit diabetes. org/tour or contact Gina Evans at (888) 342-2383 ext. 7075 or gevans@diabetes.org.

### **Team Sugar Bike Care Clinics**

Spring is here and it is time for the Team Sugar bike care clinics! Our first of four clinics will be held on Wednesday, May 10th from 7-9pm at White Pine Touring. This clinic will cover spring-cleaning, bike basics and a custom bike fit. Please bring you bike and shoes for a custom fit. This clinic is led by women and for women only. Come and join us for a fun night and get ready to ride! Sign up at White Pine, cost \$25.

goal is to ride most of the Sante Fe Century in May, a yearly pilgrimage that he's ridden many times.

So if you were to ask my opinion regarding the effects of exercise on illness, I think you'd find me standing alongside Dr. Librett and the Active Survivors Network. My friend Glenn and his doctors attribute his life to it. There is no guarantee that a life of healthy choices, eating right, and maintaining a high fitness level will prevent someone from having illness, but there

is overwhelming evidence that not doing those things can up the chances of illness. And now there is more and more evidence that fitness can be tremendous help when faced with illness. Even Glenn's doctors, who initially recommended that he not exercise and that he should "get his affairs in order" upon diagnosis, now use his example to their cancer patients. Glenn even bought a new bike this winter equipped with a new Campy group. Now, that's what I'd call getting your affairs in order!



### **TRAVEL Cycling with the French**

By Mary E. Duffy and Bob **Stokinger** 

If you come to France on a cycling holiday, consider riding with the French. Every Sunday from March through October there are hundreds of organized, noncompetitive bike rides throughout the country. For years we exchanged bonjour and bon courage as groups of cyclists passed. Who are they and where are they going? We saw groups too often for coincidence and too old for the Tour de France.

A few years ago, on a hot Sunday morning, we happened upon a tiny hilltop village. There in the town square was a rest stop for a bicycle ride organized by a local club. The volunteers welcomed us and offered snacks as we passed by looking for a toilet. Our internal odometers clicked these are the Sunday morning

The French Federation of Cyclotourisme (FFCT) has a network of 3100 clubs throughout France and coordinates noncompetitive cycling. Club members ride informally from once to several times a week. More interesting to the visitor are the organized Sunday rides. In our region, the Lot in southwest France, the local clubs coordinate their major rides through the departmental committee of cyclotourisme. The ride schedule is published on the FFCT's website (fftc.org) and in a booklet available through most tourist offices (Office du Tourisme or Syndicat Initiative) and bicycle shops. The routes, costs, and sites to discover are noted.

A typical ride is hosted by our bicycle club, Salviac Cyclotourisme. The ride occurs the last Sunday of June and includes three morning circuits and one in the afternoon. Cyclists register from 7:00 to 9:00 and depart at their leisure but not before joining in the welcoming coffee, juice, and pastries. The visitor will recognize participating clubs by their colorful shirts and immediately see the socializing that will continue throughout the day. Serious riders set a fast pace while others leisurely enjoy the sites along the well-marked route.

Within one to one and a half hours, cyclists arrive at the snack stop known as "le casse croûte" or "le revitaillement." Here the cyclists socialize while they drink coffee, juice, water, and wine and eat sandwiches of paté or jam, chocolate, cakes, and fruit. Nourished for the remainder of the morning the cyclists depart and the routes diverge. Salviac's routes of 48, 72, and 99 kilometers are typical. At 12:30 everyone who registers for the meal (repas) is back at the starting point.

The meals are oh so French. Last year the president of the 22 member Salviac club welcomed the cyclists and presented trophies to the most meritorious man and woman, a category undefined; the club with the most participants; and youth cyclists. The meal began with drinks (apéritifs) and

snacks before everyone gathered in the Salle des Fêtes for a sitdown dinner. Club members usually sit together and visitors are welcomed to join in. Cyclists show a particular interest in foreigners since so few participate. Americans are rare and when we participate, the French are pleasantly surprised.

The meal is typical of the region and reflects the produce in season. Sweet Quercy melon was served with thin slices of salty country ham. Roasted chicken and green beans were followed by small disks of goat cheese or brie. Dessert was a large portion of creamy crème caramel (flan) finished off with coffee. Baskets of bread and carafes of wine from local bakeries and wineries are plentiful. This experience is a far cry from the chips, Cheez-its, sandwiches and Diet Coke on organized Utah rides.

In our experience language is less an issue than expected since food and cycling easily bridge the gap. The men are as enthusiastic and knowledgeable about food as the women. Just be prepared for the careful detail and important distinctions made between what can seem like trivial differences to Americans.

Registration occurs the morning of the ride and can be confusing. Groups of cyclists licensed by the FFTC arrive together at the registration desk and show their identification cards. Non-licensed participants are the exception. Identify yourself as a non-licencié and pay accordingly. Ride, snack, and meal cost 23 euros or about \$29 (\$1.25 to 1 euro). Non-cyclists are welcomed to participate in the meal. Most clubs offer a walk or other activity for accompanying family and friends and this year, for the first time, there will be 3 VTT (mountain bike) circuits.

We cycled in France for 20 years before we decided to do our first club ride. The rides have opened up new routes and given us greater appreciation for and insight into France, its people, and culture. Don't wait 20 years before you ride with the French and make new friends. We look forward to welcoming you to Salviac for our annual club ride on June 25, 2006. Look for Bob's Red Sox cap as he serves you paté sandwiches at the casse croute.

Mary and Bob live in Salt Lake City and Salviac, France. Email: stokinger@yahoo.com FFTC: www.ffct.org Lot Departmental Committee of Cyclotourisme: www.randocy clovtt46.com

**Buy Your Race Photos** Online! visit cyclingutah.com's photo gallery. East Canyon, Hell of the North, RMR



### **MOUNTAIN BIKE TOURING**

### A Ride Around The Great Salt Lake



#### **By Chad Harris**

It began the way I believe many bicycle tours do, or at least should. I was aimlessly studying a map of the state when I saw a dirt road that connected to a gravel road, which led to the railroad tracks, which could be followed to this road, which winds its way up to that county road, which-ah hah. I had just discovered that it's possible to ride all the way around Great Salt Lake

'Discovered' may be too

strong a word, but I don't think so. I bounced the idea off a few non-cyclist buddies, to which the general reply was "The military owns the land out there and they'll never let you through." In January I took a drive out there and found a public road that went through the Air Force property, so I knew it was possible.

Next I tried the idea on some cycling friends. When invited, they just stared at me incredulously and finally said "no." Finally I asked Mark Muir, whom I met in Seattle three years ago. He was another Utah expat who missed the stark

desolation of the Great Basin as much as I did so it was easy to convince him to come.

That's how it began, two Utah natives setting out to rediscover the bastard-child of Utah's natural resources. We were ready to take on what may be the first circumnavigation of Great Salt Lake by bicycle. We wanted to see the lake for what it is and for what our society has done to it. We wanted to feel the desolation of the desert and see the impact of the industries along the shoreline. We wanted to swat the flies and smell the stink.

And we needed to do it all in one weekend, which led to the name of our expedition: Ride around Great Salt Lake in one weekend, or RAGSLOW.

#### Friday

Our first day of riding set the theme for the entire ride. We spent most of Friday afternoon hastily mounting racks and panniers to our bikes and packing them with gear. Our 2:00 pm departure time was pushed back to 6:30 that evening. We had wanted to get in about fifty miles that day but were happy to make it to the Great Salt Lake State Marina just west of Saltair. On the way we met up with a group of six riders from the Bonneville Bicycle Touring Club. We rode with them for several miles and told them about our trip. As we



Left: The railroad causeway west of Saltair. Photo: Chad Harris

#### Above: Chad rides through the Test and Training Range Photo: Mark Muir

arrived at Saltair and said goodbye, one of them portended "I hope you have enough water." So did we.

#### Saturday

If Friday's late start was a dark cloud looming on the horizon, then Saturday's ride was the tempest in her fury. We paid for our hasty preparation all day long.

The problems started before we left the marina. My front tire was flat. I had Slime® in my tubes so I thought I could just pump it up and continue. I made it about a hundred yards before it went flat again. The slime was the problem. Some of it had dried up in the stem, preventing

the stem from sealing properly.

I laid my bike on its side without removing the panniers to change the tube. The weight of my load must have bent my rack slightly because when I started riding again my fender was rubbing on the rear tire. I fiddled with it for another fifteen minutes before I gave up and removed the fender. I strapped it on top of my panniers next to my defunct Slime® tube.

The goal of our ride was to circle the lake by riding as close as practical to the shoreline. So this meant we took the road along the railroad tracks just north of Interstate-80. It seemed like a good idea based on our map.

About five miles down this



	Date	Start	Finish		Miles ridden
Friday	April 7, 2006	Salt Lake City	Great Salt Lake State Marina		22
Saturday	April 8, 2006	Great Salt Lake State Marina	Lakeside		74
Sunday	April 9, 2006	Lakeside	Monument Rock		71
Monday	April 10, 2006	Monument Rock	Salt Lake City		131
	•		To	otal	298

rocky road the Interstate bends to the south around the lakeshore while our road continued straight. There was water on both sides of us and we were engulfed by a flock of seagulls. Somehow over the noise of the birds Mark heard some jarring noises coming from his rack. One of the bolts that held the rack to the frame had vibrated loose. Well-prepared bicycle tourists have extra bolts stowed away for this sort of emergency. We borrowed one of the bolts holding on Mark's water bottle cage instead.

My rack had the same problem a few minutes later. This was the first of four times that my rack came off that day. My bike doesn't have braze-ons on the seat stays for mounting a rack so I used some pipe clamps purchased at a hardware store. I'd used this method on several tours before; in fact, I was using the same clamps from previous tours. When my rack started making noises I saw that I had not only lost a bolt down near the hub, but one of my pipe clamps had broken too.

I used the bolt from the broken pipe clamp to replace the bolt I had lost on the rack. Then I connected both frame supports to the one remaining pipe clamp. Once again, well-prepared bicycle tourists have extra pipe clamps stowed for emergencies like this.

When I-80 rejoined the railway we decided to leave the rocky railway access road and ride on the freeway. Here Mark discovered the first of two broken spokes his rear wheel suffered. Well-prepared bicycle tourists have extra spokes stowed for emergencies like this. This time we were prepared with extra spokes.

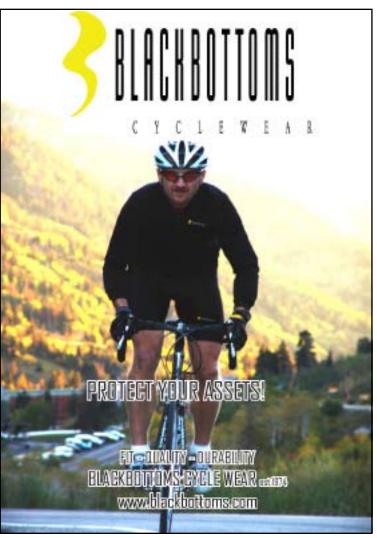
We rode about twenty miles on the freeway and got honks of support from a passing car with a bike rack on the roof. We turned north on the road to Rowley and the US Magnesium plant with its thick yellow cloud of chlorine gas. US Magnesium





Tommy Murphy 435.787.8556 tmurphy@trainright.com removes magnesium chloride from Great Salt Lake water to produce magnesium metal. In the process they release millions of pounds of chlorine into the atmosphere and are the eighth largest producer of dioxins in the country (EPA Toxics Release Inventory, 2004). We were happy to have tailwind blowing the toxic plume away from us as we approached.

North of US Magnesium we turned west again and climbed over Wrathall Pass in the Lakeside Mountains. The last pipe clamp holding on my rack broke on the way down the pass. My panniers dragged on the road before I could stop. Some guys in a Union Pacific truck stopped as we were fixing it to see if they could help. We had the rack reattached by then and didn't need help, so they warned us that some Indians were camping near Lakeside, about 20 miles away. I don't know what they meant by that, but we were going to camp at Lakeside any-





Mark on the dusty two-track.

Photo: Chad Harris

wav.

With the gear problems we'd had you might think we staggered the last 20 miles into lakeside to set up camp. But

that's not how it happened. The dirt road through the military

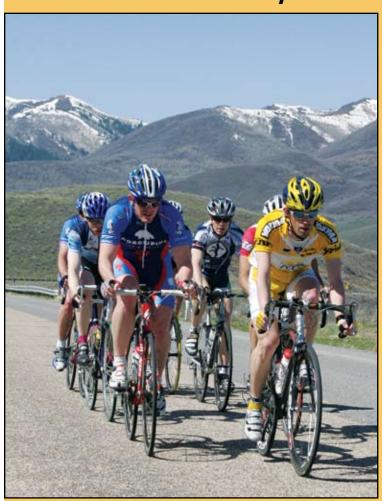
Continued on page 23





### **ROAD RACING**

### Perrins and Evans Triumph at East Canyon



### **By Dave Iltis**

What do you get when you mix sunny seventy degree temperatures, a beautiful low-traffic (except for the cows) road course, a UCA points race, and a thirteen year old event? 320 excited road racers. The Sports-Am East Canyon road race signaled that bike racing season is in full swing. The sixty mile course ran from East Canyon Resort to Lost Creek Reservoir and back, with one large climb in each direction.

In the men's Pro/1/2 race, the fireworks began in the first mile with Sandy Perrins (Sienna Development-Goble Knee Clinic) taking off with Mitch McBeth (Porcupine/Specialized) and Kevin Van Loon (FFKR/SBO) in tow. Shortly thereafter, Aaron Jordin (Porcupine/Specialized), Rob Van Kirk (ICE), Todd Hageman (Park City Cycling Academy), and Chris Stuart (ICE) came across and quickly built a large gap.

With all the major teams represented, the pack soft-pedaled

behind the rapidly moving break. By the time the seven escapees reached the bottom of the first climb, the gap was several minutes. The rapid pace on the climb shelled McBeth, Van Kirk, and Van Loon, leaving Jordin, Stuart, Hageman, and Perrins in control of the race.

Van Kirk, Van Loon, and Jeff Sargent (who bridged up) hung in no man's land until after the turnaround. Van Loon came off and then Sargent and Van Kirk were absorbed by the field on the return climb.

Meanwhile, the break had put 10 minutes on the field by the turnaround, in part helped by the cattle drive in Henefer that the riders had to negotiate. Even with some attacks and surges in the peloton, the break kept a 6 minute advantage by the top of the return climb.

The climb broke the field in pieces, with Burke Swindlehurst (Navigators) and Sam Krieg (ICE) pushing the pace and getting a gap at the top that they would hold until the finish.

The renegade riders at the front remained civil until the flats near the finish. With a mile to go, Hageman attacked and Stuart matched him. Then Jordin went, dropping Stuart. Hageman and Perrins held Jordin's wheel and with 150 meters to go, Perrins punched it and held off Hageman for the win. Jordin took third and Stuart fourth. Several minutes later, Swindlehurst topped Krieg for fifth

Perrins was happy with his team and his win especially after a year long break from racing.

**Continued on Page 17** 





Left: Todd Hageman (PCCA) taking his turn at the front of the Pro/1/2 break early in the race.

Above: Nicole Evans (FFKR/SBO) crests the second climb in front of Kathy Sherwin (Ford Cycling), Chris Walker (Intermountain Sports Medicine) and Nisie Van de Kamp (ivory Homes).

Photos: Dave Iltis See complete race photos online at cyclingutah.com. Click on the photo gallery.



### **FESTIVAL WRAPUP**

### Cactus Hugger and Cholla Challenge are Fun for All



By Ryan Gurr

The first annual Cactus Hugger Festival, held in St. George on April 31, May1-2, was a huge success despite the threatening rain and sleet the five days preceding the 3-day festival. Even with the weather worry, we had 536 cyclists participating in the Cactus Hugger Century ride (336) and the Cholla Challenge Mountain Bike

races (200) not including the 70 volunteers that made both events tick!

In addition, there were over 200 children and parents participating in the safety sessions. A highlight of the bike fest was SWUBTA and the St. George bike cops fitting and giving away helmets to 250 children. The line started at 9:15 and all 250 helmets were fitted on children by 10:30

on Saturday morning. Boxes of the Bell helmets donated by SWUBTA and the SGPD were unpacked and sorted according to size. Volunteers selected and fitted the helmets, trying to convince the kids and parents that a fit was more important than the appearance. Over 100 kids, with helmets, then participated in maneuvering skills course and bicycle 'races'. Bicycle safety literature was provided outlining Utah state bicycle riding regulations and safety tips.

We had a beautiful, warm, sunny day for the Cactus Hugger Century ride of 2006. The 361 riders came from Alaska, Idaho, Nevada, New Mexico, California, Arizona, Colorado, Illinois, North Carolina and the vast majority from Utah. Women comprised about 1/3 of the riders (the other 2/3 were men, I believe). Many riders have e-mailed very positive notes about the beauty of the area, the well-marked course, the good food and the cheerful and helpful volunteers.

A century is successful if it has three really great components: (1) plenty of food and water, (2) a well-marked course and (3) great volunteers. This year we successfully accomplished all three. At the Veyo Café rest stop, riders were treated to freshly baked pastries--yum! Sonia Hales planned and managed the lunch stop,



Left: Bart Gillespie (Raleigh) in good form, as always. Above: The future of mountain bike racing. photos: Daniel McKeehan
See complete event photos at highlifeimages.com.

which featured sandwiches on freshly baked bread delivered as needed by Jimmy John's--yum!

The Wells Fargo Bank Park made a pleasant grassy spot for riders to eat and rest. One of our local riders told us that the Coral Canyon rest stop was, "the prettiest spread I've ever seen at a rest stop." I think we satisfied the "good food" aspect. As to the course, no one got lost! The ride was so well marked. It took volunteers 13 hours to mark the entire course. No century is complete unless Joel Bingham is wrenching. He and John Reed did minor repairs all day.

Cholla (pronounced Choya) Challenge Course Conditions – PERFECT. If one were to look at the course, it becomes evident as to the origins of the name. Cholla cacti line the course tempting cyclists to run over their hardened barbed bodies. However, of the two hundred competitors in this year's Cholla Challenge, there was not one flat reported – not one! There was even a huge bonus prize waiting in the boxes for the rider with the most flats.

Sunrise on race day found a partly cloudy sky and a damp (in a word – perfect) course conditions. Soft, sandy sections of the course that have created challenges in past years were very rideable this time around. The kid's race went

Continued on page 17



### **COMMUTER OF THE MONTH**

16

### Lisa Romney -Making Commuting Easier for All of Us



#### By Lou Melini

This month's bike commuter profile features Lisa Romney, the Environmental Advisor to the Mayor of Salt Lake City.

Cycling Utah: First I would like to thank you and Mayor Anderson for the leadership in providing more awareness and improved infrastructure to make bicycle commuting easier and safer in Salt Lake City. How much energy do you receive knowing that there are more of us each year using the streets of Salt Lake City commuting to work?

Lisa Romney: It was amazing to see a noticeable change in the number of cyclists on our streets in the past year. Was it the higher gas prices, the safer streets or just more people recognizing the benefits of riding to work, but there has been a notable increase in bike

Continued on page 23

### **VIDEO REVIEW**

### **Cyclists Put Salt Lake City on the World Map**

By Lou Melini

Approximately one year ago, Jeff Neirmeyer and Marc Wangsgard pedaled for 39 days to New York City, the first leg of Mayor Rocky Anderson's message to the people of Turin for Peace, Youth and the Environment. This has been a tradition of the Winter Olympics since the 1992 Winter Games in Lillehammer. On February 8th of this year a reception was held at the Broadway Theater in which the participants watched A Message to the World: Salt Lake City to Torino, a documentary of the ride, which culminated in Mayor Anderson handing the proclamation to the Mayor of Turin, Italy.

This was not a race across America, but a true ride promoting the message of Mayor Anderson. Along the way, Jeff and Marc spoke to numerous elementary schools and Boys and Girls clubs. In addition they talked to many of the local people along the way as bicycling ambassadors for Salt Lake City. I was at the Broadway reception, watched the KUED (channel 7) showing of the film the following evening, and then again watched the film on my copy of the ride. I have to say that I have not tired of watching the ride. It is a truly inspirational ride conveying the message of Peace, Youth and the Environment.

After the ride across the U.S. the message was taken



**MAY 2006** 

by yacht to Belgium and then taken by Mayor Anderson and four other riders to Turin Italy. Throughout the film the riders are given a chance to discuss the reasons and meaning of the ride. The scenery of the trip is beautiful to see and the musical choreography is professionally done. The song "Bicycle" by Queen is played as dozens of children are riding around the City building to start the ride. The Doors, "Riders on the Storm" is well placed as Jeff and Marc ride in a snowstorm

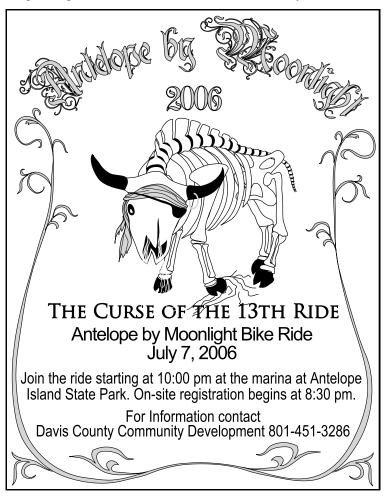
The ride for Peace, Youth and the Environment delivered to the Mayor of Turin was one of two world-recognized events that cyclists were a part of. The second was the World Leadership Award that Salt Lake City won in the category of the Environment. Whether we are out pedaling to work and reduc-

ing auto congestion and pollution or riding to raise money for Diabetes or Multiple Sclerosis we as cyclists are setting an example for the world to take notice.

By the way, no tax dollars were used for the trip. To all that made personal sacrifices to do the trip and deliver the message, congratulations. Sacrifice, of course is a relative term and I am sure that many of us wish to make the same ride.

The film may be available for purchase or loan from Salt Lake City. In the meantime, it is available for checkout at all Salt Lake City Libraries, and will soon be available at all Salt Lake County Libraries.





What's on your mind?
Send your feedback and letters to the editor to:

dave@cyclingutah.com

## ROAD RACING Hell of the North Lives up to Its Name





Top: Women's winnerTiffany Pezzulo (Ogden One) drives the women's field.

Below: L-R, Krieg, Barrett, race winner Harward, Flynn, and Swindlehurst suffering in the rain.

Photos: Dave Iltis. For complete race photos, visit cyclingutah.com's photo gallery.

### BikesUp!com

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



Brian at 328-2453.

See results on page 22.

The 2006 edition of the Hell of the North (Salt Lake) on April 1 was one for the books. A cold front hit the Salt Lake Valley just as the Pro/1/2 race was lining up. The temperatures dropped from 50 to 38 degrees and the heavy rain started switching over to sleet and snow. The course was a flat 5-mile course with 1.75 miles of dirt road near the Jordan River and 2200 West in Salt Lake City.

As the field hit the start/finish line after the first lap, Navigators Insurance rider Burke Swindlehurst attacked up the left side of the road. The group of 6, which included Kevin Radzinski (FFKR/Sportsbaseonline), Dave Harward (Specialized/Porcupine), Sam Krieg (ICE), Ryan Barrett (Sienna Development-Goble Knee Clinic), Eric Flynn (Park City Cycling Academy) and Swindlehurst, quickly established a gap on the field. On the third lap Jeff Louder (HealthNet) and Skylere Bingham (Specialized/ Porcupine) attacked out of the field in an attempt to bridge to the front group. Swindlehurst worked hard on the front of the break to keep a charging Louder off the

Attrition took its toll throughout as the break and the field dwindled in size. With one lap to go, both Barrett and Flynn had unfortunate flats. That left Swindlehurst, Harward and Krieg to duke it out for the win. On the flat windy run in to the finish Harward outkicked Krieg and Swindlehurst for the win. After the race, many riders were close to hypothermia from the icy conditions. Harward said, "That was the hardest race I've ever done."

The women's 1-3 race was held earlier in the day under better skies. Tiffany Pezzulo (Ogden One) outdueled Kathy Robinson (Porcupine) for the win.

-Todd Hageman

### East Canyon - from page 14

About taking off early in the race, he said, "I'll go like hell now and make it over the top of the climb and hope it sticks. That's the beauty

of how we like to ride, with my team to back me up, anyone (on my team) could have won."

In the women's race, Kirsten Kotval (Ivory Homes) and Megan McCowen went off the front early while the main field caught them near the top of the first climb. The women more or less stayed together until the return climb when Nicole Evans (FFKR/SBO) and pro mountain biker Kathy Sherwin (Ford Cycling) pushed the pace with Nisie Van de Kamp (Ivory Homes) and Kris Walker (Intermountain Medical Clinic) in tow.

The four remained together until the flats. After a few attacks near the reservoir, the break rolled towards the finish intact. Walker jumped first and Evans came around her to take the win. Sherwin took second, Walker third, and Van de Kamp fourth. Evans, a second year racer, said, "Kathy (Sherwin) and I were doing a lot of the pulling. I threw it down in the last kilometer and with 200 meters to go I sprinted and had a good finish." She will be riding in the upcoming Tour of the Gila in New Mexico.

The cat three riders had their hands full with Thomas Spannring (Cole Sport). The pro mountain bike rider got a gap at the turnaround and held it to the finish. Since the race met USCF distance and field size limits for upgrade points, and considering his dominant victory, perhaps Spannring will be moved up soon.

In the masters 45+, Darrell Davis and Kory Gillette got away near Croyden, but were caught five miles after the turnaround. A small group of riders stayed together on the climb back, with Mark Schaffer taking the win over Gary Porter and Darrell Davis. Schaffer commented, "It's a beautiful day, a perfect day to race...I'm old and I only race when it's nice weather."

Other category winners included Dave Sharp in the masters 35+, Cole Gibbons in the first category five race, Jason Asay in the second cat five race, Justin Brady in the men's 4's, Gary Simmons in the masters 55+, Kelsey Withrow in the women's 4's, and Keith Powell in the juniors race.

See results on page 22.

### **Driver Charged in Corliss Death**

May 3 — Bill Corliss was hit and killed in Saratoga Springs on March 25th by a pickup truck allegedly driven by Jeffrey C. Austin. According Utah County Deputy Attorney Matt Lloyd, Austin has been charged under Utah Code 41-6a-517 Driving with any measurable controlled substance in the body, a class B misdemeanor. According to Lloyd, charges were not higher since there was no evidence of criminal negligence in the accident. Additionally, the driver has not been charged with violating Utah's 3-foot law (41-6a-706.5). The County Attorney's office may add this charge at a later time. Investigating deputies did not recommend this charge. The class B misdemeanor charge carries with it a maximum penalty of 6 months in jail and an \$1850 fine. The minimum penalty is a \$1327 fine, 2 days in jail or 48 hours community service, and a substance abuse evaluation and counseling.

Austin's arraignment will be June 5th at 9 am in the Health and Justice Building at 51 S. University Parkway in Provo in Judge Ridge's courtroom. The case will be prosecuted by Deputy Attorney Aaron Nielsen.

-Dave Iltis

### Cactus Hugger - from page 15

off without a hitch and with Dallin Searle smoking the competition. As the big guys and gals were lining up and preparing to start, one

of the ham radio volunteers on the course radioed in that there was a problem with cows blocking the course. Fortunately, that problem was rectified with only a slight delay thanks to the radio guys and the cooperation of the cattlemen. What a mess that could have been if the race had started with no knowledge of the cows out there!

The course consists of slickrock followed by a moderate climb and a steep rocky descent. The remainder of the course is classic desert terrain of sage, cactus (cholla), washes and whoops. In addition to negotiating the terrain, the challenge part of the course is its distance. Bart Gillespie, pro rider and overall winner, had the fastest time with an average lap time of 37 minutes (18.5 average mph) for 3 loops or 34.5 miles. Isn't that supposed to be like roadie speed?! In the pro women's field, Kathy Sherwin (Ford Cycling) topped Jen Hanks (Revolution/Cannondale). The sport class went two loops for 23 miles. The quickest of the sport class was Ryan Bradshaw with a 2-loop time of 1 hr 33 min. Beginners managed one loop for 11.5 miles with a best time of 52 minutes by rider Rick Angell in the 30-39 class. The more fortunate ones who got the most for their money spent over 2 ½ hours out on the course.

Red Rock Bicycle Co puts on the event and this was the fourth year of the Challenge. The race director has some ideas for next year to make the course gnarlier than it is now.

After all the bills are paid, the profit from this year's century will be divided three ways (1) Mooseknucklers for bicycle advocacy; (2) the Cactus Hugger Festival fund for next year; and (3) SWUBTA to provide "Helmets for Kids" for next year, support the club activities and initiate club participation in bicycle safety, education and advocacy in the community.

Next year's Cactus Hugger Festival is scheduled for May 4-6, 2007 with a Cinco de Mayo theme for the three-day festival. So put that on your calendar!

See complete results on page 22.



### cycling utah

# **CALENDAR OF EVENTS**

Calendar Guidelines:
Listings are free on a
space available basis and
at our discretion.
Submit your event to:
dave@cyclingutah.com
with date, name of event,
website, phone number
and contact person and
other appropiate informa-

Let us know about any corrections to existing listings!



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

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) 328-2453.

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

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

**Provo Bike Committee** — Meetings

Calendar of Events sponsored by



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

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

Home of the Bike and Wife Swap!

are the first Wednesday of each month, 5:00 p.m. in the City Council office, 351 West Center Street, Provo, (801) 374-2033 or Travis.Jensen@c-b.com

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

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

### **Events**

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

**May 6** — GOTS, Bike and Outdoor Toy Swap, Wild Rose, 702 3rd Ave, SLC, (801) 533-8671

**May 6-7** — Young Riders Bike Swap, Annual White Pine Touring

swap to benefit The Young Riders youth based mountain bike program, great time with food and raffles, dropoff May 4-5, White Pine Touring, 1790 Bonaza Dr., Park City, (435) 649-8710 or (435) 655-2621 or visit www.youngriders.com

May 13 — Canyon Sports Bike and Wife Swap, Ogden Store, 705 W. Riverdale Road, and Cottonwood Store, 1844 E. Fort Union, (801) 621-4662 or (801) 942-3100

May 13-20 — Cycle Salt Lake Week, weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more!

May 13 – Road I Course, 9:00 a.m. SLC Bicycle Collective, 2312 S. West Temple, (801) 287-2066

May 13 — Live Green Festival. Guided Bicycle Tours 10:30 AM and 1:30 PM. Pierpont Avenue (West Temple to 200 West), Victoria Montoya, (801) 333-1106 or www.downtownslc.org

May 14 — Cycle Salt Lake Mountain Bike Tour, 2-5 pm, Meet at Popperton Park at 11th Ave & Virginia St. in SLC, Brian Price, (801) 328-0499 or brian@slcbikecollective.org

May 16 — UTA Rideshare Bike to Work Day, riders can stop at one of our stations for free bagels and cream cheese 7:30 a.m. to 9:00 a.m. 700 East and 900 South, Liberty Park (meet at the northeast corner), 900 South and 900 East, Contender Bicycles, 3600 South 700 West, UTA Administrative Offices, 2100 South and State Street, Salt Lake County Government Center, 500 Chipeta Way, ARUP at Research Park, (801) 287-2066

May 16 — Tailwinds Bicycle Touring Downtown Historic Tour, Meet at Popperton Park at 11th Ave & Virginia St. in SLC at 6:00 PM, Grant Aagard (801) 556-3290

May 18 — Bicycle Movie Night presented by SLC Bike Collective. This is a fundraiser for the SLC Bike Collective. Prizes! Movie will have bicycle theme with at least one bicycle. Location Brewvies, 677 S 200 W, SLC. Cost: \$6 suggested donation. Time is 7:00 PM. Brian Price at (801) 328-2453 or brian@ slcbikecollective.org

May 19 — UTA Rideshare Bike Bonanza, 4-8 pm, Presented by UTA Rideshare, Salt Lake City, SLC Bike Collective, and Cycle Salt Lake Century, Join Mayor Anderson for an evening guided downtown SLC bike ride. Music. Papa John's Pizza, creamies, prize drawings, bike tune ups, kids criterium, bike rodeo, and much more. Pick up vour reaistration packet for the Salt Lake Century Ride at the event. Ride with the Mavor at 6 p.m. Location: Gallivan Plaza, 239 South Main Street, in SLC. For more information contact Shaina Miron at 801-287-2066 or smiron@uta.cog. ut.us. Visit www.utarideshare. com for event updates.

May 19 — Bike To Work Day, Encouraging Park City and Summit County to Bike to Work, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www. mountaintrails.org

May 20 — Silver Spoke Celebration, celebrate the new East 224

Connector which links Park City and Basin Recreation Trails, Starts at Miner's Hospital and Basin Recretion Field House with a ride from Miner's Hospital and from the Basin Recreation Field House. Meet at the new Willow Creek Park for a grand opening celebration, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

May 20 — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 33, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., (801) 596-8430 or Fax (801) 322-5056 or jonrsmith@mac. com, Online registration at www. cyclesaltlakecentury.com or download a Registration Form 2006 Course Map

May 25 — Utah County UTA Rideshare Bike Bonanza, food and drink, free prizes, free bike tune-ups, 6 pm bike ride with the Mayor, kids bike rodeo, registration for the Thanksgiving Point Classic, and bike trail information, 5:30 - 8:30 p.m. The UTA Rideshare Bike Bonanza tent will be located on the east side of the street, on 200 West south of Center Street in downtown Provo, For more information contact Stacey Gaultney at sgaultney@uta.cog.ut.us or (801) 227-8958 Visit www.utarideshare.com for event updates.

May 27 — Thanksgiving Point Classic Cycling Festival, Free kids race, free bike safety clinics, live band on site, free swag, cool vendors and a BMX show, Held in conjunction with the Thanksgiving Point Cycling Festival, Thanksgiving Point, Lehi, UT, (800) 708-9804

June 1 - 4 - IMBA Trail School, The Subaru/IMBA Trail Care Crew will be in town to celebration National Trails Day with an IMBA Trailbuilding School and trailwork. Salt Lake City, UT, contact Ryan Miller, IMBA UT Rep, rmiller@azteca.com or Carol Potter, Mountain Trails Foundation, carol@mountaintrails.org

June 3 — National Trails Day, Volunteer on Trail Projects, call Eric Spreng at REI, (801) 486-2100 for info.

June 3 — National Trails Day, 9:00am Meet at Spiro Trail, Park at Park City Mountain Resort, Presented by Mountain Trails Foundation, Snyderville Basin Recreation Department and Park City Municipal Corporation and IMBA Sponsored by Silver Star, Starbucks, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

June 3 — Mountain Trails Foundation Trail Fest, Join IMBA and Mountain Trails and celebrate our Trails. Area trail planners will bring their latest latest maps of upcoming trail projects, Food, beverages, silent auction, 5:00pm Miner's Hospital Park City Utah (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

June 17 — Venture Outdoors Festival, 3-9 pm, Millcreek Township Festival, cycling gurus on hand, 3100 S. 2900 E, (801) 466-0686, millcreekoutdoors.org

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

September 22 — Mayor's Bike to Work Day presented by Salt Lake City Mayor's Office and MBAC, a mellow ride with Mayor Rocky Anderson under police escort from Liberty Park to the City/County Bldg, then free breakfast and raffle for all participants, Cost: free, 7:30 am, Liberty Park,

Lisa Romney, 535-7939, lisa.romney@slcgov.com, Meet at the northeast corner of Liberty Park



### **Tours and Festivals**

May 19-21 — San Rafael Swell Mountain Bike Festival, 20th Annual, Emery County, (435) 637-0086

**August 11-13** — Dinotrax Fat Tire Festival, Rides, Pasta Feed, Bluegrass Music, Flaming Gorge, (435) 781-2595 or (435) 889-3759

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

October 26-29 — 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-

**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**

May 6 — Showdown at Five Mile Pass, 12th Annual, Intermountain Cup #3, Lehi, UT, XC, Ed Chauner at (801) 942-3498

May 13 — Lava Rama, Wild Rockies Series #3, Intermountain Cup #4, non-NORBA XC, Utah Downhill Series Devil's Staircase NORBA DH, Freestyle Festival, Lava Hot Springs, ID (208) 587-9530

May 20 — Hammerfest at the Hollow, Intermountain Cup #5, Soldier Hollow, Midway, UT, Ed Chauner at (801) 942-3498

May 25 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

May 27 — Point Blank XC Race, Intermountain Cup #6, Thanksgiving Point, Lehi, UT, Ed Chauner at (801) 942-3498

**May 29** — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

June 3 — The Sundance Spin, Intermountain Cup #7, Sundance Resort, Sundance, UT, Ed Chauner at (801) 942-3498

**June 3-4** — Bountiful Bomber Downhill Race, Utah DH Series, Bountiful, UT, (801) 375-3231

June 10 — Deer Valley Pedalfest, Intermountain Cup #8, Deer Valley, UT - Ed Chauner, 801-942-3498

June Cancelled — Utah Summer Games, Three Peaks Recreation Area, Cedar City, (435) 865-8421 or (435) 586-5125

**June 17** — Cache Valley's Joyride,



A Benefit Ride Held For Cyclists Injured By Drunk Drivers Or as a result of Auto/Cycle accidents. Ride Options Include 8, 30, 66 & 100 Miles

SUNDAY, AUGUST 27, 2006 Huntsville Park, Huntsville, UT

For Registration Information See Us On The Web at <a href="https://www.cycleforlife.org">www.cycleforlife.org</a>

or call Grant Aagard (801) 556-3290

On-Line Registration Available at www.active.com

- Intermountain Cup #9, Sherwood Hills Resort, Logan, UT, (435) 245-
- **June 22** Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- June 24 The 12 Hours of the E100, 12 hour endurance race with site fee to benefit National Ability Center, Individual and Two and Four person Team Categories, Park City, thee100.com, (435) 649-2129
- July 1 Chris Allaire Memorial, Utah State Open Championship, Intermountain Cup #10, Solitude, UT, XC - Ed Chauner, 801-942-
- **July 1-2** Flyin' Brian Downhill Race, DH and Super-D, Utah DH Series, Brian Head, UT, (801) 375-3731
- **July 4** Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- July 8-9 NORBA National Mountain Bike Series #4, Deer Valley, UT, XC/ST/DH/Slalom/ Super-D, (909) 866-4565
- **July 8** Blue Mountain Bike Chase, 25 mile XC race, Monticello City Recreation, Monticello, UT, (435) 587-2029
- **July 15-16** Bald Mountain Challenge Downhill, DH and Super-D, Utah DH Series, Deer Valley, UT, (801) 375-3231
- July 15 Snowbird Mountain Bout, 19th Annual!, Intermountain Cup #11, Snowbird, Ed Chauner at (801) 942-3498
- **July 20**—Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- **July 22** Taming the Tetons, Intermountain Cup #12, Jackson Hole, WY, Ed Chauner at (801) 1942-3498
- July 22 The Endurance 100/Mind Over Mountains, 100 mile team relay, 50 mile solo, Park City, thee100.com, (435) 649-2129
- July29-30—Bordertown Challenge, 15th Annual, Intermountain Cup #13, Wild Rockies Series #7, XC, DH, freestyle, Oasis (near Wendover), NV, (208) 587-9530
- **July 29** Brian Head Epic 100 and Titanium 50, 50 and 100 mile races, Brian Head, (909) 866-4565
- August 5-6 NORBA National Mountain Bike Series #5, XC/ST/ DH/Slalom/SuperD, Brian Head Resort, Brian Head, UT, (909) 866-4565
- August 12 All West Communications Wolverine Ridge XC Race, 13th Annual, Intermountain Cup #14, Series Finals, Evanston, WY contact Paul Knopf or Amanda Wanner at planning@mail.evanstonwy. org or (307) 783-6470 or (866) 783-6300, ext. 459 or www.evanstoncycling.org
- August 17 Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- August 19 Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849
- August 26 Widowmaker Hill Climb 10 AM, Ride to the top of the Tram, Snowbird Resort, (801) 583-6281
- August 26 The Endurance 100/ Mind Over Mountains, 100 mile, 100 km, and 50 mile individual races, Park City, thee100.com, (435) 649-2129
- September 2-4 Sundance Showdown, DH and Super-D, Utah DH Series, Sundance, UT, (801) 375-3231
- September ? 24 Hours of Soldier Hollow, Heber, UT, (435) 615-8220
- **September 14** Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849
- **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
- 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

- May 21 4th Annual Coyote Classic, AMBC race, Avimor, ID, (208) 338-1016
- May 13-14 Lava Rama, Wild Rockies Series #3, Intermountain Cup #4, non-NORBA XC, Utah Downhill Series NORBA DH, Freestyle Festival, Lava Hot Springs, ID (208) 587-9530
- May 31, June 7, 14, 21, 28 Wednesday Night MTB Series/ Wood River Cup #1-5, Hailey, ID, (208) 481-0300
- June 3 Kelly Canyon Knobby Challenge XC, Knobby Tire Series, Kelly Canyon Ski Resort, (Rhire), Idaho Falls,ID (208) 338-1016
- **June 10** Revenge of the Singletrack, Wild Rockies Series #4, XC, Twin Falls, ID, (208) 587-9530
- June 18 Idaho City Excellent Adventure, Wild Rockies Series #5, XC, Idaho City, ID, (208) 587-9530
- June 21 Cache to Game XC Race, Mike Yokel Park, Jackson, WY, 12 mile MTB XC, Call (307) 739-9025
- **June 24-25** Soldier Mountain XC and DH, Knobby Tire Series, Soldier Mtn. Ski Resort, Fairfield, ID (208) 338-1016
- **July 2** Urban Assault, Knobby Tire Series, Downtown Boise, ID, (208) 338-1016
- July 4 11th Annual WYDAHO Bike Race, Grand Targhee Ski and Summer Resort Alta, WY, 1-800-TARGHEE ext. 1313 or 307-353-2300
- **July 5, 12, 19, 26** Teton Village Short Track XC Series, 6:30 pm, Teton Village, WY, (307) 733-4042
- **July 8-9** Brunndage Mountain Bike Festival, Wild Rockies Series #6, XC and DH, McCall, ID, (208) 587-9530
- **July 22** Taming the Tetons, Intermountain Cup #12, Jackson Hole, WY, (801) 942-3498
- July 23 Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228
- July 23 Galena Grinder Whit Henry Memorial Race, Ketchum, ID, Don Shepler (208) 720-3019, (208) 726-4010 or harleyquinn7@ onebox.com
- July 29-30—Bordertown Challenge, 15th Annual, Intermountain Cup #13, Wild Rockies Series #7, XC, DH, freestyle, Oasis (near Wendover), NV, (208) 587-9530
- July 29 Laramie Enduro, 111 K mountain bike race, Happy Jack, Laramie, WY, 307-745-4499
- August 5-6 22st White Knob Challenge, Knobby Tire Series, and Idaho Short Track XC State Championships, Mackay and Hailey, ID, Kurt Holzer at (208) 890-3118
- August 12-13 NORBA National Mountain Bike Series #6, XC/ST/ DH/MTNX/Super-D, Snowmass Resort, Aspen, CO, (719) 866-4581
- August 12-13 Pomerelle Pounder, XC, DH, freestyle, Utah DH Series, Wild Rockies Series #8, Burley, ID, (208) 587-9530
- Auguest 19 Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 733-5335
- August 19-20 Tamarack Twister Idaho State NORBA XC and DH Championship Finals, Knobby Tire Series Final, Tamarack Ski Resort,

- Cascade, ID (208) 338-1016 or (208) 325-1000
- **August 26** Durango MTB 100, Durango, CO, (970) 259-7771
- 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



#### **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 Series Races

- 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  ${f C}$

- 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**

- May 2,16,23,30 RMR Crit Series, Salt Lake, (801) 944-5042

- Lake, 801-651-8333
- **May 11, 25** Salt Air TT Series, Every other Thurs, (801) 944-5042
- **May 5-6** Women's Road Racing Cycling Clinic, group riding, racing skills and tactic, bike safety, SLC, (801) 809-2570
- May 6 Buffalo Stampede Road Race, Antelope Island, (801) 589-3675
- May 13 Utah State Time Trial Championship, Elberta, Utah, 20km or 40km depending on your category, (801) 937-6348, parkcitycycling.com/statett/
- May 18 Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872
- May 20-21 Bear Lake Classic, 52 miles, one lap around Bear Lake (Pro/1/2 and Ill's do 2 laps), flat on the west side and north, great rollers that are a blast on the east side, 8:30 am start at Blue Water Resort, 3 person TTT (men's and women's categories) 9am on Sunday, Bear Lake/Garden City, Kevin Rohwer, (435) 770-9852
- May 25-29 Thanksgiving Point Classic, 5 stage Omnium, Lehi, UT, Jason Preston, (800) 708-9804
- June 6,13,20,27 RMR Crit Series, Salt Lake, (801) 944-5042
- June 7,14,21,28 DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333
- **June 8, 22** Salt Air TT Series, Every other Thurs, (801) 944-5042
- June 1, 15, 29 Royal Street Hillclimb TT, 5:30 p.m., Park City,

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### cycling utah

# **CALENDAR OF EVENTS**

### Continued from page 19



### Continued

UT, (435) 901-8872

June 3 — Utah State Road Race Championship, Little Mountain Course, Logan, UT, (435) 757-

June 10 - Sugarhouse Crit, Utah State Criterium Championship, Sugarhouse Park, SLC, UT, (801) 944-5042

June 11 — Downtown Criterium, Pioneer Park, Salt Lake City, (801) 944-5042

June 17-18 — All West High Uintas Classic Stage Race, 18th Annual, Kamas, UT to Evanston, WY, contact Paul Knopf or Amanda Wanner at planning@mail.evan-stonwy.org or (307) 783-6470 or (866) 783-6300, ext. 459 or www. èvaństoncycling.org

June 22-24 — Utah Summer Games, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound, Checkshani Cliffs, Cedar City, (435) 865-8421 or (435) 559-2925

June 30 - July 2 — Gate City Grind Stage Race, (208) 282-2503 or (208) 233-0951

July 4,11,18,25 — RMR Crit Series, Salt Lake, (801) 944-5042

July 5,12,19,26 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

July 6.20 — Salt Air TT Series, Every other Thurs, (801) 944-5042

July 13,27 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

July 4 — Freedom Festival Criterium, Provo, UT, (800) 708-9804

**July 8** — Porcupine Hillclimb, Big Cottonwood Canyon, Salt Lake City, (801) 442-5800 or 801-424-

July 9 — Coalville Road Race. Coalville, UT, 801-424-9216

July 15 — Sundance Hillclimb, 8 mile climb from Hwy 189 (Provo Canyon) to the top of the Alpine Loop, Provo, UT, (800) 708-9804

July 22 — Draper Days Criterium, Draper, UT, jeremysmithslc@ yahoo.com or 801-558-7215

July 29 — Garden Creek Gap Road Race, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 30 — Old Town Pocatello Criterium, Pocatello, ID, (208) 282-2503 or (208) 233-0951

August 1, 8, 15, 22, 29 - RMR Crit Series, Salt Lake, (801) 944-5042

August 2,9,16,23,30 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

August 3,17,31 — Salt Air TT Series, Every other Thurs, (801) 944-5042

August 10,24 — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

August 5 — Cache Classic Downtown Criterium, Logan, UT, (435) 757-5091

**August 7-12** — Tour of Utah, six stages, Provo, UT, (800) 708-9804, tourofutah.com

August 12 — Snowbird Hill Climb, 8 AM, registration from 6-7:30 am, 10.2 Miles from Shopko on 9400 2000 E. to Snowbird, (801) 933-

 Huntsville 100 RR. August ? -Huntsville, UT, (801) 808-1137 or jessdear@xmission.com

August 19-20 — Tour de Gap Stage Race, in conjunction with the Iron County Fair, Parawon, UT, (435) 990-1393

**August 26** — Jeff Rogers Memorial Sanpete Classic RR, Spring City, contact Eric Thompson, 801 541-3840

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

September 6,13,20,27 — DMV Crit Series, Every Wednesday, Salt Lake, 801-651-8333

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

**September 7** — Royal Street Hillclimb TT, 5:30 p.m., Park City, UT, (435) 901-8872

September 9 — LOTOJA, 206 miles from Logan, UT to Jackson, WY, (801) 546-0090

**September 23** — UTA Harvest Moon Downtown Ogden Criterium, downtown in the Municpal 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

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**

May 2, 9, 16, 23, 30 — Tuesday Nighter, Boise, ID, (208) 343-3782

May 3, 17 — Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

May 5-7—Treasure Valley Omnium, RR, TT, Crit, Boise, ID, teamdob-biaco.com, (208) 412-3527

May 12-14 — Columbia Plateau Stage Race, Heppner, Oregon, (503) 231-0236

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

May 20 — Galena Hill Climb Time Trial, Galena Lodge to Galena Summit, ID, (208) 726-7693

May 23 — Idaho Cycling Enthusiasts Criterium Series, Holt A Pocatello, ID, 208-282-5426

May 27-28 — Iron Horse Bicycle Classic, Road Race and Criterium, Durango, CO, (970) 259-4621

**May 27** — Arrowrock TT Series #2, Boise, ID, (208) 323-2376

June 3, 10, 17, 24 — Hailey Criterium Series, Hailey, ID, info@sawtooth-velo.org or 208-726-0946, ext. 1

June 7.21 -Idaho Cycling Enthusiasts Hillclimb Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

June 6,13,27 — Tuesday Nighter Training Ride, Boise, ID, (208) 343-

June 9-11 — Tour of Eagle, Eagle, ID, (208) 884-1925?

June 10 — Lyle Pearson 200, team relay road race from Boise to Sun Valley, Boise, ID, (208) 343-3782

June 13—Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

June 17 — Gannett Roubaix Road Race, Hailey, ID, info@sawtoothvelo.org or 208-726-0946, ext.1

**June 17-18** — Ketchum Omnium, Trail Creek TT, Circuit Race, Criterium, Ketchum/Sun Valley, Idaho, Greg Stock sunsummit@cox-internet.com or (208) 726-0707 or (208) 726-3497

June 20-22 — CANCELLED Summer Solstice Stage Race, TT, RR, Circuit Race, evenings, Boise,ID, (208)

**June 23-25** — Elkhorn Classic Stage Race, Baker City, OR, (503) 652-

**June 24** — Idaho State Time Trial Championships, 8 miles south of Bellevue, ID, 7am, (208) 726-7693

June 24-25 — Dead Dog Classic

Stage Race, Laramie, WY, (307)

June 27 — Tuesday Nighter #11, Boise, ID, (208) 343-3782

June 30 - July 2 — Big Sky Cycling Classic, RR, TT, CR, Crit, Missoula, MT, (406) 531-4033

July 1-2 — Gate City Grind Stage Race, (208) 282-2503 or (208) 233-

July 2 — Wood River Challenge Team Time Trial, Hailey, ID, info@ sawtoothvelo.org or 208-726-0946, ext.1

**July 4, 11, 18** — Tuesday Nighter Training Ride, Boise, ID, (208) 343-

July 5,12,19,26 — Hailey Criterium Series, Hailey, ID, info@sawtooth-velo.org or 208-726-0946, ext.1

July 5 — Idaho Cycling Enthusiasts Hillclimb Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

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

July 16 — Grand Targhee Ski Hill Road Time Trial, 9 a.m., Alta, WY, (208) 201-1622

uly 18,25 — Idaho Cy Enthusiasts Criterium S Pocatello, ID, 208-282-5426 Idaho Cycling Series,

July 23 — Teton Pass Hill Climb, Wilson, WY, 8:30 road race, 10:30 mountain bike race - points for each Race, (307) 733-5228

July 22 — Well's Fargo Twilight Criterium, 20th Annual, NRC race, Boise, ID, (208) 343-3782

July 23? — The Morning After Criterium, Boise, ID, (208) 336-3854

July 22-23 — BYRDS Junior Stage Race, tobincoaching@earthlink. net, (208) 343-9130

**July 25** — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

July 29 — Garden Creek Gap Road Race, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 30 — Pocatello Downton Criterium, Pocatello, ID, (208) 282-2503 or (208) 233-0951

July 25 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

August 1, 8, 15, 22, 29 — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

**August 1, 8** — Idaho Cycling Enthusiasts Criterium Series, Pocatello, ID, 208-282-5426

August 9 — Idaho Cycling Enthusiasts Time Trial Series, Pocatello, ID, (208) 282-2503 or (208) 233-0951

August 11-12? — Magic Valley Senior Games

August 12 — Mt. Harrison Hill Climb, Triple Crown #1, Boise, ID, (208) 323-2376

August 13 — The Cycling Classic Road Race, Boise, ID, 208-343-4037 or jonathan@coresportsllc. com

August 20 — Table Rock HC RR, Triple Crown #2, Boise, ID, (208) 867-2488

August 26-27 — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-

September 2-3 Canyons Grand Valley Bicycle Classic, Road Race and Criterium, Grand Junction, CO, (970) 275-

**September 5** — Tuesday Night Half-Bogus Ride, Bogus Hillclimb, (208) 343-3782

**September 9** — Race to the Angel, 20th Annual, 2800' climb, Wells, NV, (775) 752-3540

**September 9** — Bogus Basin Hill Climb, Triple Crown #3, 34th Annual, Boise, ID, (208) 343-3782

September 16 — Mt. Charleston Hill Ölimb, 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.



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



#### Utah and Regional Road Tours

May 6 — Tour de Fire. metric double century, Las Vegas, NV, 702-228-9460

May 6 — Nephi 100, BBTC Super Series ride, Randy Sutherland Ride for ALS, self-supported, Springville to Nephi, (801) 943-2117 or president@bbtc.net

May 6-7 - The "X" Rides, 'The Road is Out There', 9th Annual, 2 fun rides on and off Nevada's Extraterrestrial Highway, Rachel, NV, near Area 51, (800) 565-2704

May 13 — Yellowstone Spring Cycling Tour 2006, Lakeside Ride, West Yellowstone, MT, (406) 646-

May 13 — Color Country Century, 8 am, unsupported ride, 100 miles, Cedar City, (435) 586 5210 or (435) 559-2925

May 14 — Around The Valley 100. BBTC Super Series Ride, self-supported century, circles Salt Lake Valley, starts in Draper Park, (801) 943-2117 or president@bbtc.net

May 21 — Santa Fe Century, Santa Fe, NM, (505) 982-1282

Mav 20 — Ride for Independence, National Federation for the Blind,

**May 20** — Cycle Salt Lake Century Ride, Salt Lake to Antelope Island and back, 33, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., (801) 596-8430 or Fax (801) 322-5056 or jonrsmith@ mac.com, Online registration at www.cyclesaltlakecentury.com or download a Registration Form 2006 and course map at cyclingutah.com

Mav 20 — Bear Lake Classic Tour, 54 miles, recreational ride in conjunction with Bear Lake Classic Road Race, one lap around Bear Lake, flat on the west side and north, great rollers that are a blast on the east side, 8:30 am start at Blue Water Resort, Bear Lake/Garden City, Kevin Rohwer, (435) 770-9852

June 3 — Little Red Riding Hood, women's only metric century ride, 35, 63, and 100 mile options, Wellsville, Cache Valley, (801) 943-2117 or president@bbtc.net

June 3 — Salt Lake City Marathon Bike Tour, 25 miles without stoplights through th e streets of Salt Lake on the SLC Marathon course, start: 6:00 a.m. at the Olympic Legacy Bridge near the Fort Douglas TRAX stop, saltlakecitymarathon.com or email biketour@devinerace.com or call (801) 412-6060

June 3-4 — Treasure Valley Idaho MS Bike Tour, 50-200 miles, Boise, ID, (208) 336-0555

June 3-9 — Cycle Utah Spring, St. George through the National Parks, Southern Utah, Adv. Cycling Association, (800) 755-

June 4 — America's Most Beautiful Bike Ride, 35, 72, 100 miles, 15th Annual, benefit for the Leukemia and Lymphoma Society, Stateline,





Sunday, June 4, 2006 Stateline, South Shore Lake Tahoe, NV -15th Annual. A great Century Ricle around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program.

Sunday, Sept 10, 2006 Lake Tahoe, NV - 4th Annual Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline.





Sept 24-30, 2006 OATBRAN -

15th Annual "One Awesome Tour Bike Ride Across Nevada" - Fully supported multi-day tour across the Silver State on US Hwy 50 -America's Loneliest Road, from Lake Tahoe to the Great Basin National Park.

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

- South Shore Lake Tahoe, NV, (800) 565-2704
- June 10 American Diabetes Association / Tour de Cure-Golden Spike Century. 25,60, and 100 mile options. This ride is for a great cause in a beautiful rural setting. Box Elder High School, Brigham City, UT. For more information call 1 (888) DIABETES email Gina Evans gevans@diabetes.org or register now at tour. diabetes.org
- June 10 Utah Summer Games Petroglyph Century, in conjunction with the Utah Summer Games, 50, 62, 100 mile options, Starts at the Cedar City Equestrian Center (just North of Hwy 56, west of Cedar City), through Hamilton, Kanarraville, New Harmony, Parowan, Summit, and Enoch, Cedar City, UT, (801) 677-0134 or (435) 865-8421
- June 10 Bob LeBow Bike Tour "Health Care for All.", routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, helping support primary health care for our most indigent patients, Nampa, Idaho, asandven@trhs. org or 208-467-4431
- June 10 Up and Over 100, BBTC Super Series, self-supported century, bottom of Emigration Canyon to Park City, Coalville, and back, (801) 943-2117 or president@bbtc.net
- June 11-18 Utah Border to Border Tour, St. George to Cornish (near Logan), 479 miles, (801) 556-3290
- June 12- July 6 Great Alaska Highway Ride, British Columbia to Alaska, rides@pedalerspubandgrille.com
- June 17 Killer Loop, a 66 or 100 mile loop from Cedar City through Brianhead and Back to Cedar. This brevet style ride features 8500+ feet of climbing at altitudes up to 10,400 feet. (435) 586-7567
- June 24 Tour of Marsh Creek Valley, fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, then enjoy food, fun, and music at the Riverfest. Rob Van Kirk at (208) 282-2503 or (208) 233-0951
- June 24-25 MS 150 Bike Tour, Benefits MS Society and multiple sclerosis research, Cache Valley Fairgrounds (400 South 500 West), Logan, Utah, (801) 493-0113
- **June 24-25** Dual State, Dual Century Weekend Challenge, two 100-mile rides or two 50-mile rides, Tremonton, UT, (801) 556-3200
- **July 1-3** Northwest Tandem Rally, Corvallis, OR, nwtr2006@ nwtr.org
- July 4 Taterville 100, BBTC Super Series Ride, self-supported century, Wellsville to Idaho and back, (801) 943-2117 or president@ bbtc.net
- July 7 Antelope by Moonlight Bike Ride, 12th Annual, This a popular non-competitive ride, held at night during the full-moon. Views are spectacular, food is delicious. ride goes from marina to the historic Fielding Garr Ranch, about 22 miles round-trip. Registration fee includes park entry, t-shirt and refreshments. For more information contact Neka Roundy, Davis County Economic Development, 801-451-3286 or tour@co.davis.ut.us
- **July 9** Tour de Boise, Boise, ID, (208) 343-3782
- July 9 Mt. Nebo Loop, BBTC Super Series Ride, self-supported century, start in Nephi to Springville to the Mt. Nebo loop, (801) 943-2117 or president@bbtc.net
- July 10 R.A.N.A.T.A.D. Start at Sundance and ride down to Payson around the Nebo Loop to Nephi and then back up through Utah Valley to American Fork, then ride up AF canyon around the Alpine Loop and finish back at Sundance, 170 miles with over 13,000 feet of climbing, (801) 223-
- July 15-16 Snake River Idaho

- MS Bike Tour, 55-110 miles, Idaho Falls, ID, (208) 336-0555
- **July 22 31** Great Divide Wind River, Jackson to Lander, WY, dirt and road, Adv. Cycling Association, (800) 755-2453
- **July 22 28** Cycle Montana, 319 miles, Adv. Cycling Association, (800) 755-2453
- July 24 Pioneer Century, BBTC Super Series Ride, self-supported century, Mountain Green, (801) 943-2117 or president@bbtc.net
- **July 29** Stanley Challenge, Boise to Stanley, Boise, ID, (208) 867-2488
- July 30 Chalk Creek 100, BBTC Super Series Ride, self-supported century, Park City to Coalville to Chalk Creek and back, (801) 943-2117 or president@bbtc.net
- **July 30- August 4** Bicycle Idaho, Sandpoint to Kellog to Sandpoint, (541) 385-5257 or 800-413-8432
- August 6-12 Ride Idaho, 7 day supported bicycle tour, Melba, Glenns Ferry, Buhl, Shoshone, Sun Valley, Stanley, & Lowman, 208.344.5502 ext 315, rideidaho. org
- August 11 Freedom Peloton Charity Ride, A Charity Ride to raise money for the Larry H. Miller Charities, Downtown Salt Lake City, Karilyn Preston, 801-209-3337, karilyn@tourofutah.com, tourofutah.com
- **August 13** Blue Cruise Wheels for Wellness, Meridian, ID, (208) 387-6817
- **August 13-19** Oregon Bicycle Ride XX, Klamath Falls to Lakeview to Klamath Falls, (541) 385-5257 or 800-413-8432
- August 19 ULCER, Century Tour around Utah Lake, 100, 74, 56, and 24 mile options, (801) 943-2117 or president@bbtc.net
- August 20 Promontory Point 120, BBTC Super Series Ride, selfsupported century, 120 miles, Brigham City to Promentory, (801) 943-2117 or president@bbtc.net
- August 26 Desperado Dual , 200 mile double century in Southern Utah, 100 mile option, Panguitch, (435) 586-7567
- August 26 Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in, 12 mi north of Logan on Hwy 91, 435-752-2253.
- August 27 Cycle For Life, benefit ride for cyclists injured in auto/bike accidents, 8, 30, 66, and 100 mile options, Huntsville Park, Huntsville, UT, (801) 556-3290
- **August 27** The Big Ride, BBTC Super Series Ride, self-supported, 164 miles, Mt. Green over Monte

- Cristo, to Evanston and back, (801) 943-2117 or president@bbtc.net
- August 27 September 2 BBTC Southern Utah Parks Tour, (801) 463-6016 and Bobrenwick@comcast net
- September 4 Hooper Horizontal 100, BBTC Super Series Ride, self-supported century, State Agriculture Building to Hooper and Back, (801) 943-2117 or president@bbtc.net
- September 9-19 Utah Parks Tour, 493 miles, Southern Utah, Adv. Cycling Association, (800) 755-
- September 10 Tour de Tahoe, Bike Big Blue, 4th Annual, ride around Lake Tahoe, 72 miles, Lake Tahoe, NV, (800) 565-2704
- September ? Galena Tour, Galena Lodge, ID, (208) 788-
- September 10-16 Southern Utah National Parks Tour, Cedar City, Zion, Bryce Canyon, Cedar Breaks, (801) 596-8430
- 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) 278-6220
- 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 venues, fundraiser for Huntsman Cancer Institute, Contact Bob @ 801.677.0134, bike2bike.org
- 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 tmay@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.slcbac.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
- 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



- May 13 St. George Triathlon, Sand Hollow Reservoir, St George. Olympic: Swim 1500 yards, Bike 24 miles, Run 6.2 miles, Sprint: Swim 700 yards, Bike 14 miles, Run 3.1 miles, www.sgtri.com 435-770-3122
- May 20 In Training Women's Triathlon, 300 meter swim, 10 mile bike, 5k run, Riverton, UT, triutah. com, (801) 631-2614
- May 27 Salem Spring Triathlon, Salem City Park. Swim 800 yard, Bike 12.4 miles, Run 3.1 miles. www.salemsprinatri.com
- June 3 Kanab Triathlon Sprint, Swim 400 meters, Bike 10 miles, Run 3.1 miles Beginner, Swim 200 meters, Bike 5 miles, Run 1.5 miles, Kanab City Pool, www.kanabtri. com, 435-632-6012
- **June 10** Saratoga Splash Triathlon, Sprint and kids division, Saratoga Springs Marina, 801-450-8477
- June 17 Telos Utah Valley Triathlon, Olympic and Sprint, Benjamin, Utah, www.telosrtc. com, 801-368-8279 or email csnow360@yahoo.com

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- June 17 Utah Summer Games Triathlon, Olympic and Sprint, Hurricane, Utah, utahsummergames.org/sports/triathlon.html, 435-770-3122 or email jared@ sgtrifecta.com
- J**uly 15** Blanding Hillman Triathlon, Swim mile, Bike 15 miles, Run 3.2 miles. Kids' triathlon July 14. Recapture Reservoir, Blanding, 435-678-1314 or email solsen@sanjuanschools.org
- July 15 XANGO Echo Triathlon, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/ 5K Run, Olympic road: 1.5K Swim/ 40K Bike/10K Run, www.triutah. com, info@triutah.com, 801-631-2614 or 801-631-2624
- July 22 Scofield Triathlon, Olympic, Sprint and Novice, the highest elevation triathlon in the USA, State Park Boat Ramp, Scofield, www.scofieldtriathlon. com email info@scolfieldtriathlon.com
- August 5 Cache Valley Classic Triathlon, Hyrum Reservoir, Hyrum, UT (near Logan, UT), Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624
- August 26 Jordanelle Triathlon, Jordanelle Reservoir, Park City/Heber City, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614



cycling utah

# RACE RESULTS



Cholla Challenge Cross Country Race, Intermountain **Cup Mountain Bike Racing** Series Race #2, April 1, 2006, St. George, Utah

#### Beg Men 13-15

- Beg Men 13-15

  1. Bryce Bullock 1:00:12

  2. Cyrus Jordan 1:00:13

  3. Colby Horn 1:01:40

  4. Merrick Taylor 1:11:37

  5. Vince Bria; UtahMountainBiking.com 1:14:47

  Beg Men 16-18

  1. Cheb Negren 12:55:25

- 1. Chet Norman 12:55:25 2. CJ Mathews 1:02:28
- 3. Jared Gentry 1:02:55 4. Derek McLaws 1:11:15 Beg Men 19-29
- Justin Moore; Mad Dog 12:57:23
- Micah Daniels 1:00:01
- 3. Kason Sullivan 1:02:47

- 3. Kason Sullivan 1:02:47

  Beg Men 30-39

  1. Rick Angell; Cutthroat 12:52:48

  2. Matt Love 12:53:01

  3. Andrew Hypio 1:01:20

  4. Christian Hancock 1:02:22

  5. Joe Christensen; Revolution 1:05:18
- Tate Jensen 1:06:44 Joel Zarret 1:09:45 Steve Gallegos 1:11:12

- 8. Steve Gallegos 1.11.12 Beg Men 40+ 1. Vincent Gest 12:53:07 2. John Files; Revolution 12:55:28 3. Jack Kent 12:55:47 4. Jan Beka 12:58:11 5. Dominic Bria; Utah Mtn Biking.com
- 6. Kurt Horn 1:03:11 Scott Hunsaker; Bingham Cyclery

- Nina Radetich 1:04:58
- Laura Lee 1:13:56
   Heather Richerson 1:15:06
- Rhonda Hypo 1:17:29 Heather Massey; Mad Dog 1:23:40 Suzi Bria; Ut Mtn Biking 1:48:10

- Clydesdale
  1. Mike Oblad; Hyland Cyclery 1:39:57
  2. Robin Brown; Pro Cyclery 1:45:45
  3. Aaron Mullins; Taylors Bike Shop 1:45:58
- Greg Johnson; Mad Dog 1:48:05
   Charles Mills 1:53:30
- Evan Christensen 2:31:45
- Exp Men 16-18

- Exp MkH 19-12 Exp Men 19-29 1. David Welsh 2:14:59 2. Tyler Wilhelmsen; Guthrie Race Club
- 3. Britt Hawke 2:32:21

- Gary Strabala; New Vision 1:34:46
  Brad Mullen; Canyon Cycles 1:36:02
  Bob Dawson 1:37:02
- Steve Wimmer; Logan Race 1:40:11 Brad Norman 1:47:13
- 5. Bruce Argyle; Ut Mtn Biking 1:47:56 7. Randy Buie 1:48:23 8. Dick Newson 1:51:09 9. Craig William; Cutthroat Racing 1:54:31
- 10. Jim Pitkin; Cutthroat Racing 1:54:4011. Dean Huber 1:59:50

### 1. Jim Westenskow; Ogden One 1:39:31 Spt/Exp Men 13-15

- 1. Alex Gordon; Young Riders 1:39:00 2. Jed Harr; Team Red Rock 2:01:12 3. Stuart Povey: Piles Cl.
- Stuart Povey; Bike Shoppe 2:02:38

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- Single Speed

  J. Jon Gallagher; Cole Sport 1:26:37

  Kenny Jones; Gary Fisher 1:28:45

  Peter Emery; Guthries 1:36:30

  Linda Wallenfels 1:36:45

  Scott Greenwood 1:41:01

  Troy Hye; Bikeman.com 1:43:10

- Brian Tolbert 1:58:59 Chad Hunter; Ut Mtn Biking.com 2:02:44

- 8. Chad Hunter; Ut Mtn Biking.com 2:02:44 Sport Men 16-18 1. Jed Miller 1:43:58 2. Christian Maynes; Revolution 1:50:53 3. Dave Larsen; Ut Mtn Biking.com 1:55:57 4. Tyler Beyeler; Bikers Edge 2:06:43 5. Eric B Wilder; Young Riders 2:09:05 Sport Men 19-29 1. Ryan Bradshaw; Team Red Rock 1:33:55 2. Danny Christensen; Team Red Rock 1:33:58
- Brandon Wilde 1:39:42
- Brandon Wilde 1:39/42 Jesse Sorenson 1:48:47 Steve Brumbaugi; Loveland 1:50:39 Michael Howell; Desert Cyclery 1:52:03 Sam Snarr 1:53:03 Josiah Halverson 1:53:22

- 9. Greg Snarr 2:00:57 10. Diane Weller 2:20:42 11. Brian Murray 2:24:28 Sport Men 30-39
- Tony Gonzales; Paul Tracy.com 1:26:18 Ryan Ashbridge; Revolution 1:26:30 Troy Lybert: Biker's Edge 1:26:33
- 4. Alex Lizarazo; Ogden One 1:27:30
  5. Craig Farnsworth; Racers Cycle Service
  1:28:12
- 6. Jack Gage; Loveland Cycle 1:28:34

- Jack Gage; Loveland Cycle 1:28:34
  Mark Muire; 1:28:57
  Michael Colleran 1:30:09
  Gavin Cook; Bikers Edge 1:30:56
  J. Karl Vizmeg; Mad Dog 1:31:16
  L. Carson Chynoweth; Mad Dog 1:31:30
  Linchael Engberson; Ut Mtn Biking. com 1:31:54
- 13. Dave Fasshacht 1:32:44
- AJ Belcher; Marker 1:32:55 Jeremy Spearman; Cuttroat 1:33:10 Drew Jordan; Revolution 1:34:40 Mathew Flygare; Ut Mtn Biking.com
- 18. Vladimir Capka; Cuttroat Racing
- 13.5.27 19. Rich Bruin 1:36:35 20. Keith Payne; Mad Dog 1:38:09 21. Tom Bacus 1:44:03
- Sport Men 40+
- Paul Moote; Mad Dog 1:35:47 Jim Harper; Revolution 1:36:53 Doug Davis; Cutthroat Racing 1:37:46 Mikcal Gallagher; Team Herbalife
- Scott Toly; Cole Sports 1:39:49
- Scott 101y; Cole Sports 1:39:49 Cory Marler; Bikeman.com 1:41:42 Larry Tucker 1:43:46 George Klonizos 1:46:46 Tim Bess 1:46:47 Peter Davidson 1:48:30

- Mark Thrower; Pro Cyclery 1:54:30 Kendall Sullivan 1:56:31
- 12. Kendali Sullivan 1:56:31
   13. Rod Olsen 1:59:10
   Sport Women
   1. Laura Tyson; Skylands Cycle 1:49:31
   2. Kelli Beard; Cutthroat Racing 1:50:45
   3. Janelle Kremer; Revolution 1:53:51
- Lucy Jordan: Revolution 1:54:26
- 5. Cathy Morton; Team Sugar/Wht Pine Touring 1:55:16 6. Lyna Saffell; Revolution Mtn Sports 2:02:57
- Jenny Merrill 2:06:44
- Shannon Bahrke: Revolution 2:10:40
- 9. Priya Noronha; Revolution 2:28:54 Women 35+ 1. Jolene Nosack; Ut Mtn Biking.com 1:07:54
- Dot Verbrugger; Mad Dog 1:07:55
- 3. Gayla Bacus 1:22:25 4. Heather Williams 1:35:16 5. Juli Hunter; Ut Mtn Biking.com 1:46:24
- **Women 50+**1. Robin Kirker; 1:14:47

- Exp Men 40+
  1. Robert Westermann; Van Guard 2:16:17 Curt Bates: Canvon Bicycles 2:16:18
- Kevin Nelson; Canyon Bicycles 2:24:12 Bruce Lyman; Mad Dog 2:31:57 John Novile; 2:43:46
- Expert Women Julie Minahan: Jans 2:31:47

- Thayne Reid Bailey Horn

- Cale Pilling; Revolution
- Ryan Westermann; Vanguard 10. Kestlie Reid

### Salt Lake City, Utah, April 1,

- Pro/1/2 Men Dave Harward; Porcupine/specialized Racing
   Sam Krieg; Ice Rocky Mountain Surgery
- Center
  3. Burke Swindlehurst; Navigators
  4. Ryan Barret; Sienna Dev't Goble Knee
- 5. Jeff Louder: Health Net Presented by Maxxis 6. Eric Flynn; Park City Cycling Academy
  7. Aaron Jordin; Porcupine/specialized Racing



### 9. Trenton Higley

- Cycling Team

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  - 8. Linde Smith: Team Biogenidec 9. Craig Pack; Imt/boc
  - Architects/sportsbaseon
  - Cyclesmith 14. Matt Cambell 15. Ken Louder; Ffkr
  - Architects/sbo.com 16. Eric Jeppsen; Miduole / 9th & 9th 17. Jesse Bekrey 18. Dustin Eskelson;
  - 19. Carl Majors: Rhodes Cat 4 Men Zachary Valdez Kevin Rowe; Ice
  - Ion Schofield
  - Todd Taft Scott Brody Max Hoener 9. Curtis Doman

  - Cyclesmith
    14. Tanner Putt
    15. J Darley
    16. Richard Urea

- Chris Holley: Mad Dog 2:11:48
- Chris Holley; Mad Dog 2:11:48 Brad Pilling; Revolution 2:14:20 Brad Newby; Team Red Rock 2:21:57 Richard Abbott; Revolution 2:23:30 Derrick Batley; Team Red Rock 2:32:03 Brandon Cunningham; LV Cyclery
- Chad Harris; Racer's Cycle Service
- Daren Cottle; Porcupine Specialized Cory Peterson 2:22:28

- 2. Kara Holley; Mad Dog 2:32:32 3. Elen Guthrie; VMG 2:47:52 Pro Men 1. Bart Gillespie; Raleigh Factory 1:57:02
- Brian Luggers; Rim Tours 2:05:22
   Shannon Boffeli; Revolution 2:11:00
   Heinrich Deter; Young Riders 2:11:18
   Ty Hanson; Cannondale/Revolution 2:11:22
   Reed; Contender 2:13:01
   Trevor Simper; Ut Mtn Biking.com
- 2. Taylor Foss; Bingham Cyclery 2:31:14 **Pro Women**1. Kathy Sherwin; Ford Cycling 2:23:18
  2. Jennifer Hanks; Revolution/Cannondale
- 9 & Under
- Dallin Searle; Ut Mtn Biking.com
  Audry Searle; Ut Mtn Biking.com
  Sam Harr; Team Red Rock
- 6. Jordan Christensen: Team Red Rock 6. Jordan Christensen; Team Red Rock
  7. Scott Abbott; Revolution
  12 & Under
  1. Justin Griffin; Utah Mtn Biking.com
  2. Chandle Harr; Team Red Rock
  3. Rhet Povey; Bike Shoppe
  4. Hunter Tolbert
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  6. Jordan Christian Com
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  9. Section of
- Dan Lund; Ut Mtn Biking.com Liesl Harr; Team Red Rock Carlee Hunsaker; Binghams

### Sammy Bria; Utah Mtn Biking.com Hell of the North Circuit Race,



8. Robert Sorenson; Vanguard Media Utah

Jason Montomery; Ice Ryan Mele Eric Thompson; Vanguard Media Group

- Lactic Acid Cycling
  11. Phillip Wood; Ffkr
- 12. Kent Carlsen
  13. Robert Bennion;
- Rocky Mountain Surgery
- Connor Oleary Nathan Aruim
- 9. Curtis Doman
  10. Justin Brady
  11. Zach Butterfield
  12. Mark Peterson;
  Vanguard Media Group
  Cycling
  13. Chris Colgan;
  Cyclognith

- Christian Thompson
  Ben Wallace
  Jon Bell; Na
  Jeff Penman
  Micheal Hassler
  David Leikam; Bikeman.com
- Todd Handy
- Warren Worsley; Colesport
   Mark Nielson; Sambucca Cycling
   David Hachey; Ice/rocky Mountain
- Surgery Center 14. Adam Boyce; Ice Rocky Mountain
- Surgery Center 15. John Eisenhart
- 16. Karsten Shumway; Canyon Bicycles / Cervelo

17. Brian Petersen18. Bill Hocket

20. Cody Wignall
Cat 5 Men
1. Jason Asay
2. Ryan Blarney

Cameron Wilcox Christian Thompson

19. Patrick Putt

- 17. Tim Eisenhart 18. Phillip Patten 19. Josh Gunto
- 19. Josh Gunto 20. Daniel Nye 21. Phil Pattison; Na 22. Jerrel Storrud; Na 23. Brian Avery Master Men 35-99
- Mark Skarpohl
   Thomas Cooke
   Glen Adams; Porcupine/specialized Racing
- Jamie Longe; Canyon Bicycles Mike Hanseen 6. Steve Warsocki; Porcupine/specialized
- Racing
  7. Greg Freebairn; Porcupine/specialized
- Racing Scott Allen; Canyon Bicycles
   John Rech; Contender/sambucca
- 10. Jeff Clawson; Canyon Bicycles Bruce Bilodeau; Porcupine Cycling Jeff Street Master Men 45-99

  1. Darrell Davis; Porcupine/contender
- Bicycles Kevin Shepard Mitch White; Ice/Rocky Mountain
- Perry Woods
  John Mcconnell; Porcupine/specialized 6. Don Bowen; Concept Construction
- Michael Macdonald; Bountiful Mazda mior Men 18-oct Daniel Jones; Central Valley Cycling Taylor Eisenhart; Sbo Jr Racers
- Trace Hanson: Na Jacob Layer; Team Oakridge
- 4. Jacob Layer; ream Oakridge
  5. Paden Hoover; Sbo Junior Racers
  6. Tristan Morse
  7. Colby Morse
  8. Mathew Lerdahl
  Pro/1/2/3 Women
- 1. Tiffany Pezzulo
  2. Kathy Robinson
  3. Nisie Van De Kamp
  4. Amy Campbell; Contender Bicycles
  Cat 4 Women
  1. Shannon O'grady; Cyclesmith
  2. Lovic Personer

Jamie Ben

University

Brandi Gorden; Sambucca Cycling Kimberly Washburn; Weber State 6. Virginia Houston; Velo Bella - Kona

### Tax Day Circuit Race,

### Pocatello, Idaho, April 15, 2006

- Cat 1/2/3 Men
  1. Dave HARWARD; Porcupine/Specialized Matt WEYEN; Hyde Park Cycle Sports
   Justin MAYFIELD; Hyde Park Cycle Sports 4. Jesse GORDON; Park City Cycling
- Academy
  5. Sam KRIEG; ICE/Rocky Mountain Surgery Phillip WOOD; FFKR/Sportsbaseonline.com
   Craig KIDD; ICE/Rocky Mountain Surgery
- Norman BRYNER; Guthrie Race Club 9. Zan TREASURE; Auto Liv
  10. Mark SANTURBANE; ICE/Rocky
- Mountain Surgery Center
  11. Jeff SARGENT; FFKR/Sportsbaseonline. 12. Todd HAGEMAN; Park City Cycling Academy
  13. Mike SOHM; Bingham/Northshore
  14. Ryan BARRETT; Sienna Dev't - Goble
- 15 Skylere BINGHAM: Porcupine/Specialized Racing
  16. Aaron JORDIN; Porcupine/Specialized
- Racing
  17. Eric PARDYJAK; Park City Cycling Academy
  18. Eric FLYNN; Park City Cycling Academy 19. Jason MONTGOMERY; ICE/Rocky Mountain Surgery Center 20. Nate THOMAS; Sienna Dev't - Goble
- Knee Clinic
  21. Christian MAYNES; CRC
  22. Mark ZIMBELMAN; Utah Valley Racing 23. Gardie JACKSON; Sienna Dev't - Goble 24. Robert SORENSON; Vanguard Media
- Dantley YOUNG: Logan Race Clu 26. Brandon ARCHIBALD; Hyde Park Cycle Sports
  27. Rob VAN KIRK; ICE/Rocky Mountain Surgery Center 28. Clint CARTER; VMG Cycling
- 28. Clint CARTER; VMG Cycling 29. Robert BENNION; Cycle Smith 30. Jonathan GARDNER; Canyon Bicycles 31. Greg ROPER; Logan Race Club 32. Lance CHRISTIANSEN; Logan Race Club 33. Carl MAJORS; Rhode

Cat 4/5 Men
1. Eric ANDERSON; NA

Ty HANSEN; Cannondale Mtn Bike Team Shannon BOFFELI; Revolution Matt THOMPSON; Logan Race Club Terry TOTEMEIER; ICE/Rocky Mountain Surgery Center
6. Justin BRADY; ICE/Rocky Mountain

Surgery Center 7. Kirk MINOR; Vanguard Media

- 8. Keith ANDERSON; Logan Race Club
- David HASSINGER
   Terry HUNTLEY; ICE/Rocky Mountain
- Surgery Center
  11. Kevin ROWE; ICE/Rocky Mountain
- Surgery Center

  12. David HACHEY; ICE/Rocky Mountain
- Surgery Center 13. J. DARLEY; Logan Race Club 14. Adam BOYCE; ICE/Rocky Mountain
- Surgery Center
  15. Dean ROSE; ICE/Rocky Mountain
- Surgery Center 16. Josh GUNTER; Vanguard Media 17. Heath PROPHET
- Master Men 35+/45+
- Master Men 354/45+

  I. Scott ALLEN; Canyon Bicycles

  2. Gary PORTER; Autoliv

  3. Russell THORSTROM; Digestive Health Clinic/AERO Cyclos

  4. Dan MINERT; Autoliv
- 5. Rob WESTERMANN; Vanguard Media
- Nob WESTERMANN; Yanguara Media
   Darrell DAVIS; Contender
   James FERGUSON; Autoliv
   Jeff CLAWSON; Canyon Bicycles
   Bruce BILODEAU; Porcupine Cycling
   Justin KLINE; ICE/Rocky Mountain
- Surgery Center
  11. Chuck COLLINS; ICE/Rocky Mountain
- 2. Michael PAUOLE; Canyon Bicycles
  3. Michael MACDONALD; Bountiful Mazda
  4. Steven LEWIS; Cole Sport/One-on-One
- 15. Kevin SHEPHERD: MiDoule Don BOWEN; Concept Construction
   David COFFIN; ICE/Rocky Mountain
- Surgery Center
  18. Jonas NEESER; ICE/Rocky Mountain
- Surgery Center

  19. Kirk HENDRICKS; ICE/Rocky Mountain
- 19. Kir HENDRICKS, ICE/ROCKY Modifiant Surgery Center 20. Kenneth CHORD; Cole Sport/One-on-One 21. Dan MCINTURFF **Master Men 55+** 1. Ken LOUDER; FFKR Architects/SBO

2. Henry EBELL: SLCC

- Cat 1/2/3 Women

  1. Kris WALKER; Intermountain Medical Clinic

  2. Kathy ROBINSON; IHC/Logan Race
- 3. Kelly CRAWFORD: Logan Race Club Nisie VAN DE KAMP; Ivory Homes Jen WARD Ellen GUTHRIE; VMG/Spin Cycle Jamie WILLIAMS; Logan Race Club
- Cat 4 Women
  1. Jamie BENNION; Intermountain Sports Med/LRC Med/LRC
  2. Jen HANKS; WWCC/Revolution
  3. Karen MOHR; Logan Race Club
  Junior Women 10-18
  1. Jillian GARDNER; SBO Junior Racers

### 1. Creed EBELL; SLCC Sports-am East Canyon Road

### Race, April 29, 2006

Juniors 1. Keith Powell Men Pro Cat 1,2 1. Sandy Perrins

Junior Men 10-18

- 2. Todd Hageman
  3. Aaron Jordin
  4. Chris Stuart
  5. Burke Swindlehurst
- 6. Sam Krieg
  7. Craig Kidd
  8. Dave Harward
  9. Ryan Barrett
  10. Skylere Bingham
- Mark Santurbane
   Eric Pardyac
- 13. Eric Flynr 14. Michael Mccalla
- Nate Thomas
   Norm Bryner
- 19. Zan Treasure
- 19. Zan Treasure
  20. Tyler Higley
  Men Cat 3
  1. Thomas Spannring
  2. Kris Henthorn
  3. Andrew Kulmatiski 4. Robert Bennion
- 5. Mitchell Peterson 6. Chris Peterson
- 7. Jake Pantone 8. Bryson Garbett 9. Mark Zimbelman 10. Bill Jacobus Phillip Wood
   Robert Hatch
- 13. Aaron Torres 14. Robert Mcgovern 15. Lance Runyan 16. Dustin Eskelson
- 17. Benjamin Dhulst 18. Jarom Zenger 19. Scott Patten 20. Jeff Ward Men Cat 4
- Nathan Arnim
   Ty Hansen
   David Gontrum Dave Bergart
   Christopher Murphy Steve Hunt

10. Kieth Anderson

Connor Oleary

1. Justin Brady

Perry Hall
 Pat Greis

- Colby Tanner 13 Kent Barton 13. Kent Barton14. Steven Hadley15. Shannon Boffeli16. Justin Saba17. Stephen Tueller18. Rob Brasher
- 20. Terry Totemeier

  Men Cat 5 Group 1

  1. Cole Gibbons Taylor Foss

19. Marc Rosello

3. Ryan Blaney Spencer Debry
 Jordan Arey
 Josh Carter

7. Ryan Harrison 8. Nate Galpin Spence Roper
 Eric Gibbons 11. Jon Bell

- - 13. Ben Wallace 14. Russell Barnett 15. Kash Johnson

  - 7. Chris Sherwin 8. Mike Loveland
  - 11. Jesse Washburn 12. David Hansen

  - 1. Dave Sharp
  - 3. Steven Fellows

  - John Iltis Steven Lewis
  - 11. Dan Minert 12. Kenstrika Chord 13. Dave Flaim Men 45 Masters
  - 5. Clyde Done 6. Lasse Bjerga
  - Kory Gillette 8. Dan Mcentee
    9. Steve Wilcox
    10. Rob Westerma
  - 14. John Mcconnell 15. Don Bowen 16. Charles Palmer
  - Men 55 Masters
    1. Gary Simmons
    2. Ken Louder
  - 3. John Bridge
  - Nicole Evans
     Kathy Sherwin
     Kris Walker
  - 6. Laura Howat 7. Karen Krieg 8. Amanda Riley Kirsten Kotval
  - 10. Laura Patten 11. Ellen Guthrie
  - Female Cat 4 1. Kelsey Withrow 2. Jennifer Hanks 3. Jill Dammar 1 Iamie Bennior
  - Paige Austin
     Sonia Maxfield 8. Marit Fischer

## Race Photos

Visit Our Photo Gallery! recent events: East Canyon

of all categories!

- 16. Stephen Helfenbein 17. John Eisenhart 18. Name Not 19. Paul Moote
  - Men Cat 5 Group 2 . Jason Asay . Ben Nichols
- 3. Kyle Wright Drew Neilson
   Todd Hamblin
- 6. Ken Webster
- Nike Loveland
   Robert Reeder
   Shawn Christiansen
- 13. John O'connell
- 13. John O'connell14. Shane Powell15. Lance Anderson16. Michael Hassler17. Terry Wampler18. Nicholas Schiffman
- 19. Todd Quinn
  20. Terry Preston
  Men 35 Masters
- Scott Allen 4. Mark Skarpohl
  5. Jack Dainton
  6. James Ferguson
- Donald Armstrong 10. John Rech
- 1. Mark Schaffer 2. Gary Porter
  3. David Kelsey
  4. Darrell Davis
- Paul Skiba
   Jamie Longe 13. Curt Bates
- Kevin Shepherd
   Michael Macdonald 19. Phillip Clair
- 4. Henry Ebell

  Female Cat 1,2,3

  1. Nicole Evans
- 5. Kelly Crawford
- 12. Lisa Milkavich
- 9. Tina Larocque
  10. Erin Arnold
  11. Jillian Gardner

Brandi Gorden
 Name Not Found

14. Tina Larocqu

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### Commuter Column - Continued from page 16

commuters! The more cyclists on the streets, the safer the streets become, and the more improvements the city, county and state are willing to invest to accommodate this "new" use. There have always been a few cyclists, but too few in the past to justify expensive infrastructure improvements.

C.U.: What have been some of the improvements that have been made recently to make Salt Lake City more bike friendly?

L.R.: The 200 South bike lane was a decade in the making, trying to convince the business owners of the benefits. The city came up with a good solution and Mayor Anderson had the guts to just do it. In addition we are constantly increasing the miles of bike lanes. We have installed 45 bike racks, placed "Share the Road" signs in critical areas, and recently completed a new section of the Jordan River Parkway. The city section of Emigration Canyon road is currently being widened and improved. An of course there is Bike Week and Bike to Work day to promote cycling.

C.U.: Bike Week is happening this month, and on May 16th, Bike to Work Day. What has attendance been like since you have had your position and how much influence does this have in increasing the numbers of bike commuters?

L.R.: In the past 5 years, the number of bike to work participants has doubled to nearly 100 riders. So can I say that the number of commuters, including those unable to attend bike to work day has doubled? Last year we had 75 riders, but if you remember, it poured heavily during the night and was still raining at the beginning of the ride. Bike to Work Day is an awareness day, but just one day. It does help as it provides a lot of awareness. Critical Mass brings 12 awareness days and as more people ride to work, they each bring more awareness.

C.U.: Salt Lake City recently won a World Leadership award in the category of Environment. I would like to think that those of us that commute to work and the efforts you and the Mayor have made to accommodate us were a part of the reason Salt Lake City won the award. Is that a true statement? Do you and the Mayor have a goal of a specific

percentage of transit commuting being done by bicycle and walking?

L.R.: Our bicycle activities and the community support for them was absolutely a winning component of our efforts. We do hope to continue to increase the number of non-polluting commuters in our community but we do not have a specific goal. Somewhere between the percent of bike commuters in Europe and China would be nice.

C.U.: I heard that you have a favorite but unique bike for commuting. Tell me about it. Do you carry your work clothes on it and change at work? How do you deal with helmet hair?

L.R.: My bike is a 3-speed beach cruiser. Light pink rims, hot pink leopard print top tube, and jet-black everywhere else; very nice! With the cruiser I don't have to change clothes. I pedal in high heels and have been known to hold an umbrella up and pedal when it is raining. I even have a pair of pink high heels to match the bike. I think it looks smashing!

I brought a blow dryer to touch up my hair at work, but since I bought the beach cruiser, all I can say is that it is no longer a problem.

C.U.: When you did drive to work what was your day like vs. riding to work?

L.R.: I wrote an article in the Catalyst Magazine about this. It had to do with music. When I drove to work the song that I would find myself singing in my head was "Boulevard of Broken Dreams" by Green Day. When I ride my cruiser it is always the opening song from the movie Legally Blonde entitled "Perfect Day". Doesn't that just say it all!

C.U.: Thank you Lisa for your participation in this month's column and thanks again for the administration and employees of Salt Lake City for helping us get around town on our bikes.

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

### RAGSLOW - Continued from page 13

land was smooth like pavement. The sunset was brilliant and the Indians turned out to be Basque sheepherders. We set up our tent between the railroad tracks and Strong's Knob, one of the small islands in the lake. We cooked cheese ravioli and watched the avocets feeding on the shore. The noise of the wind and passing trains kept us awake for a while but soon exhaustion set in and we slept.

#### Sunday

On Sunday we turned west from Lakeside toward Hogup Siding and the pumping station built after the 1983 flood to control the lake level. We rode on another rocky railroad causeway and were again passed by some Union Pacific workers in a truck. They stopped and asked "Are you lost?" This was a legitimate question considering how out of place we must have looked. I smiled and asked "is this the way to Wendover?" In hindsight, I should have asked them for some water.

We chose to ride a dusty twotrack along the lakeshore instead of an improved road through the Hogup Mountains because we wanted to stay within sight of the lake. The dusty two-track had been trampled by cows and was the roughest road we rode on the whole trip. We could have walked as fast as we were riding. We questioned passing up the improved road through the mountains, but our reasons for undertaking this adventure were views of the lake and the desolation. This dusty two-track gave

Our water supplies were running low when we finally met

up with an improved dirt road west of Dolphin Island. We left Salt Lake City carrying about six liters of water each and were lucky to have camped at the State Marina on Friday night where they had running water. We were twenty miles from the ghost town of Kelton, which our map said had a flowing well. Thankfully, road to Kelton was straight and smooth otherwise we might have run out of water.

I had an inch of water in my bottle when we arrived at the Kelton cemetery. Mark's water bottle was half full. We strolled through the cemetery and read the historical signs put up by the Bureau of Land Management before we looked for the well. We figured it would be an island of greenery in this sea of sage. Instead it was a mirage. The well was still there, but it was full of cobwebs. I couldn't see water down in the pipe, and had nothing to retrieve it if any was there. We had to continue east to Locomotive Springs, fifteen miles away.

Some teenagers in a pickup truck drove by and gave us their last bottle of water. I drank half of it before they had driven out of sight. It made the last few miles to the springs easier.

After pumping water from Locomotive Springs we rode east along the historic railroad grade to Monument Rock. We camped that night on the salt flats at the base of the rock and contemplated riding across the smooth surface all the way to Promontory Point.

### Monday

We woke up early Monday morning to a light rain and the necessity of riding all the way to Salt Lake City before nightfall. We had twenty miles of gravel road over the Promontory Mountains before we got to Golden Spike National Historic Site and paved roads. We didn't spend long at Golden Spike because we were looking forward to a huge lunch at Idle Isle in Brigham City, the third oldest restaurant in Utah.

Our stomachs were slightly distended when we rode out of Brigham City so we labored through the first few miles of highway 89 through Perry, Willard, Plain City and Hooper. We made one last stop at the Great Salt Lake Shorelands Preserve southwest of Clearfield where The Nature Conservancy has preserved 4,000 acres of marshes, ponds and mudflats with a mile-long boardwalk running through them to a 30-foot observation tower overlooking the lake. It's a peaceful place for birders, kids and cyclists.

The last 25 miles were a race against the sun with North Temple in downtown Salt Lake as the finish line. We crossed it shortly after 8:00 that evening, shook hands in front of Crown Burgers and sprinted for the light rail. People on the train looked at us a little funny. I wanted to explain what we had just done, but I thought they would not understand the significance of it. Something inside us had turned around. We set out to rediscover an underappreciated natural resource. We had seen the treasures of Great Salt Lake and experienced the harsh realities of its stark landscape. We had felt the desolation and knew the irony of being parched on the shore of a desert oasis. Yet we already longed to be out there again. We had turned the pedals but it was the lake that had turned on us to show us its unique beauty.

### TAILWINDS BICYCLE TOURS

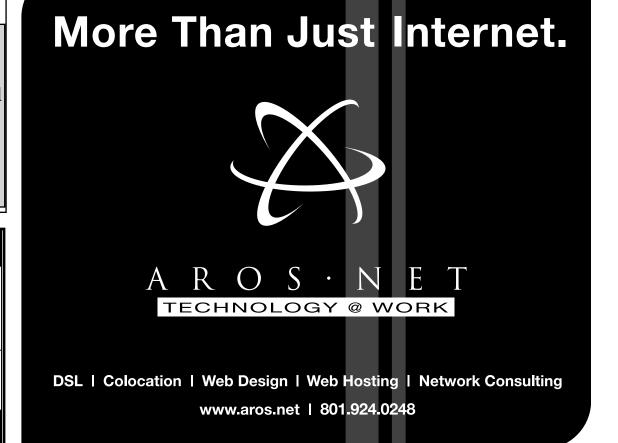


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### ROAD RACING Harward and Walker Take Tax Day Circuit Race





Above: Kelly Crawford (Intermountain Sports Medicine) on the attack in the women's 1-3 race.

Below: Sam Krieg (ICE) making the break suffer on the climb.

Photos: Paul Kidd

By Kris Walker and Rob Van

Idaho Cycling Enthusiasts in Pocatello held its inaugural Tax Day Circuit race on Saturday, April 15 in the hills east of Pocatello, after a last-minute venue change from a course originally planned in the city.

The day started out in pouring rain, which contributed to low turnouts for the early races, even though the sun was out by the time the category 4/5 men's group rolled out at 8:30. The course started with a neutral mile through the town of Inkom, and racing started on the ride up Rapid Creek, with 5 miles of short, stair-step climbs up to the 7.3-mile circuit. The circuit itself consisted of about 3 miles of gradual climbing on a winding, forested road, then a hard right switchback turn onto the steeper climb of about 0.8 miles out of the trees and onto a windswept ridge, where snowbanks still lined the road and the finish line was located. A steep, fast descent brought riders back to the bottom of the circuit.

In typical springtime fashion, the weather ranged from 60 legrees and sunny down at the start to 45-degree rain and hail showers and 35 mph winds on the finish summit. Ironically, only the early groups did not actually

experience rain during their races, although they warmed up in the

The women's 1-2-3 race started a little after 1:00 p.m. in pretty decent weather. The race rolled out of Inkom and pacelined up to the circuit. The first time up the hill was pretty civilized, and (Intermountain Sportsmedicine) pushed the pace up the final climb and the group broke up a bit. More attacks on the gradual uphill and a fierce pace by Nisie Van de Kamp (Ivory Homes) on the final climb split the group on the next lap, with five women left in the front group: Kathy Robinson, Kris Walker, and Kelly Crawford, all of Intermountain Sportsmedicine, Van de Kamp, and Jen Ward (Wasatch Women). On the descent, Ward lagged behind a bit, so the front four quickly organized a paceline and worked together. On the next lap, Walker flatted on the descent, caught the 3 leaders, and then top of the climb. A few attacks by Intermountain Sportsmedicine led to Walker getting away and by teammates Kathy Robinson and Kelly Crawford, with Van de

things were all together at the start of the second lap. Kelly Crawford and hence was chasing Ward, who was chasing the lead group. Ward Walker caught back on right at the riding alone to the finish, followed

page 22.

Kamp finishing 4th and Ward in

Clearing afternoon skies in the valley led to a field of 49 riders in the men's 1-2-3 race. The attacks began as soon as the neutral rollout was over, and the field was quickly strung out in single file up the stair-steps. Afterwards, a Boise rider with half a dozen races under his belt already this season described the first five minutes of the race as "the hardest 5 minutes of the season so far." By the time the group reached the circuit, riders were already falling off the back, and the group had split into several smaller groups by the top of the climb. Two of these merged on the descent. On the second time up the climb, the front group split again, this time for good, with seven riders making the lead group: Dave Harward (Porcupine/Specialized), Sam Krieg and Craig Kidd from the host ICE/Rocky Mountain Surgery team, Matt Weyen and Justin Mayfield from the Boise-based Hyde Park Cycle Sports squad, Jesse Gordon (Park City Cycling Academy), and the lone category 3 rider in the split, Phillip Wood (FFKR/Sportsbaseonline).

For the most part, the groups

formed on the second lap remained constant throughout the rest of the race, except for numerous riders who dropped out as the wind increased and rain and small hail began to fall during the second half of the race. Although a quick glance at the course profile would have suggested that it would favor the pure climbers, the 3mile gradual portion of the climb proved to favor power riders like Harward, while the steep section was not long enough for climbers like Krieg to open large gaps. The 7-strong lead group continued to put space between themselves and the somewhat larger chase group throughout the race. Weyen and Harward opened a decisive gap on the final climb, and it was clear that those two would duke it out for the win. Weyen later described the sprint as having started at the 1 km mark, just before the steepest part of the climb. Hoping to gain some advantage over Harward, Weyen pushed hard on the steep section and opened a slight gap, but Harward closed it down as they neared the 200-meter mark on the summit plateau. The two came across the plateau wheel-to-wheel, with Harward pushing ahead in the last 10 meters to take the win. Weyen's teammate Mayfield finished 3rd, followed by Gordon, Krieg, Wood, and Kidd.

Rider feedback was extremely positive about the race, except that everyone asked for a longer race next year! So, thanks to equally positive feedback from the City of Inkom and the local landowners, this event will definitely be back, bigger and better next year! Idaho Cycling Enthusiasts and its sponsors thank everyone who made the trip to Pocatello from both Boise and Utah to take part in our first attempt at a springtime race.

### See complete results on

### **REMEMBRANCE**

### Another Rider Not Coming Home

By Jon Gallagher

Bill Corliss woke up Saturday morning March 25th and probably thought "If it's Saturday I must be going for a bike ride.' The plan was to meet some fellow cyclists and ride around Utah Lake. Bill had been riding and racing bikes for 35 plus years and probably didn't give this ride another thought. It was just something he did in the spring, riding with friends, enjoying the outdoors, living life. Perhaps he told his wife, Deb, and his son, Jordan, "I'll see you this afternoon." Maybe there was a plan to walk the dogs when he got back, then a quiet family dinner on Main Street. Some chores around the house, pay some bills, return a few phone calls and make plans to ski with friends on Sunday. In the blink on an eye on that Saturday morning ride it suddenly didn't matter - Bill didn't make it home that day, dying tragically after crashing on that ride and falling into traffic.

I've been a friend, a neighbor, a teammate of Bill's for a number of years. I can't say I knew him well, just that he was a good guy who raced bikes, like any of us. He built his work around cycling, contributing his ideas and energy to the greater good of more people riding bikes. Bill defined in many ways what a member of any cycling community should be. Now he belongs to that community of riders who've left us too soon – Alan Butler, Josie Johnson, Chris Allaire, and dozens of other riders around the country, memorialized in races and rides. It's almost too sad to contemplate starting another season with news like this. Sadder still to think that Bill is not coming home.

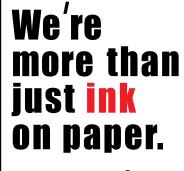
The thought that you could go out for a Saturday morning ride and not come home stopped my wife cold. It's a simple fact that we all know and for the most part ignore. Life is inherently dangerous and in order to live we constantly accept the risk of dying. Bill did nothing wrong on that ride, just a simple touch of wheels and an untimely fall. It's no consolation to the family and friends Bill has left behind, but the next time you go out to ride, think of him, whether you knew him or not. Think of those people that you know and love, and might leave behind. Ride defensively. Wear your helmet. Avoid traffic. The next time you get behind the wheel of a car, drive defensively. Give a wide berth to riders and runners and walkers and think of those people that they might know and love, and might leave behind. Accidents happen, but work hard to avoid them. Remember Bill Corliss.

The Bill Corliss Bike Advocacy Fund has been set up to continue Bill's love of cycling, bike safety and new rider mentorship. Donations can be made at any Frontier Bank (www.frontierbankfsb. com)

### **Cyclists Not Obeying Traffic Signal in Emigration Canyon**

Emigration Canyon is one of Utah's most popular recreational routes. As a result, Salt Lake City is widening the road at the mouth of the canyon to improve cyclist safety. The \$1.2 million dollar project will add bike lanes on both sides of the road from the entrance to the Donner Monument at the city/county boundary. The new bike lanes will tie in with existing county lanes. Construction continues from now until approximately early July. The construction zone spans 1700 feet and is only open to traffic in one direction at a time. Signals are at either end.

Unfortunately, many cyclists choose to ignore the signals and ride headlong into oncoming traffic. Ironically, this unsafe situation is being caused by the very cyclists that the project will benefit. After observing cyclists blowing through the light in the downhill direction, Dan Bergenthal of Salt Lake City Transportation implored, "Obey the law, that's all we're asking."





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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

### <u>Springdale</u>

Zion Cycles

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

### NORTHERN UTAH

### <u>Logan</u> 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** 

7580 Royal St. E-107 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

### <u>Vernal</u> 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

### <u>Kaysville</u>

The Biker's Edge

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

### <u>Sunset</u>

**Bingham Cyclery** 

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

### SALT LAKE COUNTY <u>Central Valley</u>

### **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**

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

### Salt Lake City

Go-Ride Mountain Bikes

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

### **Guthrie Bicycle**

156 E. 200 S. Salt Lake City, UT 84111 (801) 363-3727 guthriebicycle.com

### **Guthrie Bicycle**

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

#### RE

(Recreational Equipment Inc.)

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

### **SLC Bicycle Collective**

2312 S. West Temple South Salt Lake, UT 84115 (801) 328-BIKE slcbikecollective.org

### **Wasatch Touring**

702 East 100 South Salt Lake City, UT 84102 (801) 359-9361 wasatchtouring.com

### Wild Rose Mountain Sports

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

### South Valley

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

### **Canyon Bicycles**

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

### **Golsan Cycles**

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

### RE

(Recreational Equipment Inc.)

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 <u>American Fork</u>

### Trek Bicycles of

American Fork

468 N. Meadow Lane American Fork, UT 84063 (801) 763-1222 trekbikesofamericanfork.com

### <u>Lehi</u>

Bike Barn

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

### UTAH COUNTY (CONT.)

### <u>Orem</u>

**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

### Park's Sportsman

644 North State St. Orem, UT 84057 (801) 225-0227

parksportsman.com

### <u>Payson</u>

### Downhill Cyclery

36 W. Utah Ave Payson, UT 84651 (801) 465-8881

downhillcyclery.com

### Provo

Bingham Cyclery

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

binghamcyclery.com

### **Mad Dog Cycles**

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

### maddogcycles.com Racer's Cycle Service

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

### Springville

### Blayn's Cycling

290 S. Main Street Springville, UT 84663 (801) 489-5106 biknut@sisna.com

### WEBER COUNTY Eden/Huntsville

### **Diamond Peak**

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

### <u>Ogden</u>

The Bike Shoppe

4390 Washington Blvd. Ogden, UT 84403 (801) 476-1600

thebikeshoppe.com

### **Bingham Cyclery**

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

### **Canyon Sports Outlet**

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

### **Skyline Cycle**

834 Washington Blvd. Riverdale, UT 84401 (801) 394-7700

### **TOURING** Women Rule at Little Red Riding Hood



#### **By Harriet Wallis**

Bonneville Bicycle Touring Club (BBTC) annually sponsors one of only two all women's rides in the country and calls it Little Red Riding Hood. Last year it drew more than 800 women from Utah and the surrounding states but there were also riders from as far away as North Carolina. In addition, the ride is a fundraiser for the Huntsman Cancer Institute.

There's so much energy when all these women come together," said a rider from Arizona.

A group of 14 riders snapping photos of each at a rest stop were all nurses at an Idaho hospital. "We hope the hospital didn't shut down today because we are all here riding and having fun," one quipped.

The ride is held on the rolling rural roads in Cache Valley, and there are three route options: 38, 62 and 100 miles. The routes are well marked, and there are numerous rest stops with bathrooms and there is fabulous food served up by the BBTC men.

Last year, the hungry women riders consumed 10 cases of oranges, 11 cases of bananas, seven cases of cantaloupe, 150 pounds of watermelon, 850 sandwiches with all the fix'ns, 1,600 granola bars and 200 gallons of Gatorade, plus much, much more. All that food was just a snack along the way.

There was also a pre-ride breakfast and a post-ride meal served up by BBTC's men costumed as big bad wolves with rubber masks and furry tails.

There are other wolves too. A few wolves were seen riding bicycles along the route. And one wolf definitely devoured Grandma because he was wearing her nightie.

While women rule at the Little Red Riding Hood ride, it's the BBTC men who provide marvelous support. They paint arrows on the road to mark the routes, and on ride day the men operate the rest stops cutting melons, spreading sandwiches and mixing up gallons of Gatorade. They also drive along the route to assist the women riders. Last year, 65 men volunteered their help for ride day.

Little Red Riding Hood began 20 years ago with just a handful of women, and since then it has enjoyed a steady increase. In 2004 there were 425 riders, and last year the number nearly doubled to 810 women riders.

In addition to all the fun, food and friendship, Little Red Riding Hood raises funds for the Huntsman Cancer Institute. A portion of the ride fee goes to the Institute. Last year, BBTC contributed about \$4,800.

Little Red Riding Hood is scheduled for Saturday, June 3. Registration is \$35. For more information go to the BBTC web site at: www.bbtc.net

Harriet Wallis is a BBTC rider and a freelance ski writer and photographer who is the communications vice president for the western division of the North American Snowsport Journalist Association.



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## LITTLE RED RIDING HOOD **Women Only Bike Ride**

## Saturday, June 3rd 2006 Cache Valley, Utah





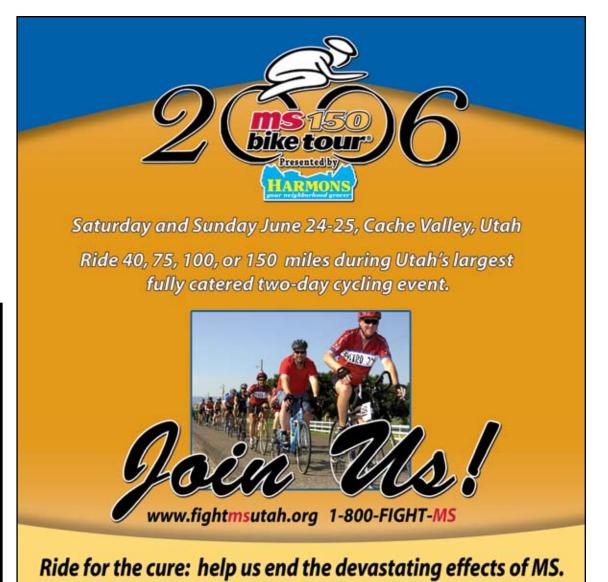


## 38,62 & 100 Mile Options

**Benefit Ride for Breast Cancer Research Huntsman Cancer Institute** 

For Information see web site: BBTC.NET

ROBIN & PENNY PERKINS: perk@networld.com (801)486-8140



### **TRANSPORTATION**

### **Bikes on Buses and Trains**

#### **By Charles Pekow**

Bikes on buses - sure. On trains, well-established. But some transit authorities around North America are getting more creative about how they will accommodate bicycles into mass transit systems.

"Transit agencies are providing an increasingly diverse set of bicycle services to their customers," states Integration of Bicycles and Transit: A Synthesis of Transit Practices, a report from the Transportation Research Board (TRB) done with funding from the Federal Transit Administration.

They have come up with ideas over the past decade including mounting bicycle racks on vanpools, creating bike stations, and allowing bikes on commuter boats. But not all bike accommodations aim to serve commuters. Transit agencies find they can accommodate trips made for social and recreational purposes during off-peak hours and weekends.

Transit authorities can boost their own business this way - a trip by bike doesn't necessarily mean one less public transit fare. "Bicycle and transit integration is viewed by many agencies as a reliable tool for marketing and promoting good community relations. Some agencies believe that bicycle services can help increase their base of regular customers. Others believe that bicycle services can build support from organizations that promote environmental issues and alternatives to personal automobile use," TRB stated.

TRB surveyed 56 transit agencies in the United States and Canada, including the Utah Transit Authority (UTA) in Salt Lake City, which it credits

for bike on bus and light rail programs, including allowing bikes on express buses. UTA also reported starting a bike on vanpool program in 2002 and bike parking facilities and transit stops in 2000. Only two other agencies reported a vanpool program. They are generally pretty simple - all they need is to buy standard bike racks and commuters can bike to and from their pick-up point.

But some other agencies operate programs not available in Salt Lake City (though some may not apply there). These include staffed bike stations available in three cities, allowing bikes on paratransit or taxis, and on ferries, trolleys and regional heavy rail.

And while UTA includes front-mounted racks on buses that can hold two bicycles, five agencies said their racks can accommodated three or more bikes. UTA was one of six agencies that said riders can bring their bikes inside the bus "under certain conditions" or at the driver's discretion. Only Grand River Transit in Kitchener, Ontario allows bikes inside buses at all times.

Other cities provide bike lockers. Most require cyclists to rent a specific locker. But several agencies, including the Central Florida Regional Transportation Authority, are experimenting with first-come, first served lockers at light rail stations.

The cities that started staffed bikestations borrowed the idea from Europe and Japan, where it already caught on. The facilities can include secure indoor parking, a repair shop, bike shop, changing rooms, restrooms, transit information, bike rentals, etc. Bikestation Long Beach in California operates in a transit

### UTA Averages 60,000 Bike/Bus-Trax Trips Per Month

UTA averaged more than 60,000 bikes-on-bus and TRAX per month last year, ranging from a low of 25,000 in January to a high of 95,000 in September (though it doesn't break down figures separately by bus and train). Usage depends largely on the weather and gas prices, according to UTA's Shaina Miron. "Bike counts increase when the weather is dry and warm and when fuel prices spike. 2005 saw more bikes carried in any year since 2001," she informed Cycling Utah.

All UTA buses include racks. But Miron acknowledged that in some cases, the two-bike carriers don't meet demand. So UTA has ordered 31 buses this year with three-bike racks for the most popular bike-on-

bus routes. Not all UTA buses will be able to carry the larger racks but when it buys buses in future, UTA will "specify three position bike racks as often as possible," Miron wrote us.

But unlike in Colorado, UTA does not offer summer bus service to ski resorts (except for two 'workers' buses in the morning and late afternoon).

Additionally, UTA plans to install 60 bike lockers this summer at several TRAX stations. It hasn't set rental fees or times yet (probably asking monthly or seasonal rentals). It plans to select locations based on existing bike rack use, and input from the cycling community and Salt Lake City.

Any vanpool that requests a bike rack can get one and so far five UTA Rideshare vanpools have. Anyone who wants to put a bike on a van or join a vanpool can contact Scott Miklos at (801) 287-2065.

-Charles Pekow

mall where bike routes meet buses and rail. A non-profit operates the station. TRB says that Long Beach became the first American city to operate a bikestation and is building a new \$400,000 one across the street from the original location.

A few other agencies started unique programs that fit their geography. Washington State Ferries in Seattle reports that more than 200,000 users have brought bicycles. Cyclists must either buy a \$20 permit or pay a surcharge for bringing their bikes, however. The service also learned to allow cyclists to board and disembark before drivers as too many of both kinds of vehicle were getting scratched.

And some agencies specifically accommodate bikers on popular recreational areas, such as taking mountain bikers to trailheads. Breckenridge Free Ride in Breckenridge, CO allows bikes on buses that head to local ski resorts during the summer. Cyclists like to ride downhill, then take ski lifts back up.

And BC Transit in Victoria, British Columbia provides ondemand pick-ups for residents who don't live near public transit routes. BCT dispatches four "community buses" to pick up people in suburbs with populations of less than 20,000, where demand doesn't justify regular bus service. And these buses include bike racks. One limit: The rack design blocks the headlights so bikes can only come on daylight hours.

The biggest objections to integration come not from passengers but from employees who fear it's another burden for drivers or more work for maintenance staff. "Many agencies have overcome these concerns through training, demonstrations and actual experience," the study notes. When they find the programs work, employees and unions tend to drop their objections.

Still, authorities are troubled by abandoned bicycles, vandalized lockers, bus washers damaged by bike racks, interference with windshield wipers and the need to remove the bike rack to tow a broken bus.

But the study warns that transit agencies need more data on how many cyclists use the programs, who, why, when and how to improve or expand efforts. Those that have collected some data report that use of bike-on-transit and bike parking grew over time. And, of course, usage increased when agencies drop permit requirements to take bikes on transit or increase the number of buses with bike racks. Use increases when agencies install racks on all buses or drop peak hour restrictions. But few agencies set performance measures to judge their bike services.

One unanswered question that needs further study: Do increased fares or fees generated by bicyclists outweigh the costs of accommodations for them?





