

VOLUME 18 NUMBER 3

FREE

MAY 2010

WEST MOUNTAIN CYCLING JOURNAL

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SPEAKING OF SPOKES

Utah Bike Month — A Time to Ride and Reflect

By David Ward
Publisher

May is National Bike Month. It has also been designated as Utah Bike Month by Governor Gary Herbert. In pondering Bike Month as the subject for this month's column, I have recalled how often I have reflected on and recognized the large and lasting impact cycling has had on my life.

I remember getting my first bicycle. It was for Christmas, 1956. I was five years old, and Santa came through with a red and cream colored Schwinn Spitfire. Later, I had a Schwinn 3-speed which I rode a couple of years till it was stolen. I then reverted to the Spitfire which I rode till I turned sixteen and could legally

drive. (I had driven for years delivering milk and running errands for the family dairy, but was not allowed to drive for my own purposes.) With license in hand, I abandoned the Spitfire for the wheel of a car for the next several years till I spent two years in France where my main mode of transportation was once again a bicycle.

After returning home, I began to occasionally commute by bike to school. Then in 1975, I started riding, and also running, for exercise and weight loss. That combination continued more or less for about ten years.

But the real impact of cycling on my life began in late 1985. I had hurt my foot, and though I could not run, I could still cycle and I turned primar-

ily to cycling for exercise. I have never looked back.

Before too long, I learned that bicycle racing actually occurred in Salt Lake. Prior to that, my exposure to bike racing was what I saw as a kid on ABC's Wide World of Sports, although I do remember being intrigued by it at that time. By then, my weight was down and I was quite fit. So, I searched out a few local races and went to observe them.

I finally entered my first race on July 4, 1986, the annual Lagoon Criterium, a race sponsored by Alan Miller, the owner of Miller's Ski and Cycle Haus in Ogden. Two years later, I won that race, a goal I had pursued since first entering it two years before.

I raced competitively, and rode for training, very intensely for the next ten to fifteen years. It was then that family, home, church and professional life finally caught up with me and I began to taper off. Indeed, it was about that time I had an epiphany that altered my life.

I was a successful Masters (then called Veterans) racer, but I could see that to improve, I would have to take my training and commitment to a higher level. I could also see that to do so would take substantial time and focus, mostly at the expense of my family. I believed, and feared, that would result in impaired relationships with my wife and children, and that was a sacrifice I was unwilling to make. I knew I did not want to reach my later years of life and have only memories of a racing career with, most likely, mixed results, and either weak or no relationships with my wife and/or children, whom I knew I

loved dearly. So, I consciously chose to cut back rather than increase my involvement in racing.

Nevertheless, though I moved away from racing, I have never lost my love for cycling. I have continued to ride for exercise and enjoyment. Indeed, I ride for more reasons than just those. I also ride to feel well emotionally, to release stress, to think and ponder, to spend time with good friends, and to be outside where I can enjoy and soak in the beauty and wonder of this life and the natural world God has blessed us with.

I had not intended all this reflection, but thinking on Bike Month sent me on a stroll down memory lane. It has been a pleasant stroll, and one I could have bored you with in much more detail and for much longer. But I suspect all of us who have adopted cycling as a part of our lives have our own memorable pathways and byways we can enjoy exploring.

But during this coming month, there is much in which to participate to celebrate this fantastic addiction we have. For years I have ridden the Cycle Salt Lake Century. Rescued many years ago by Jon Smith, it has been a key event in the month of May and has become one of the cornerstones of Utah Bike Month. For me, it is a motivating goal for which I train to be ready.

I have also participated in the Mayor's Ride to Work events, both with Salt Lake City Mayor Deedee Corradini (though I do not think she actually did the ride herself) and with Salt Lake County Mayor Peter Corroon, who did do the ride.

I have enjoyed the Bike Bonanza sponsored each year by the Utah Transit Authority. It is an opportunity to attend an event with activities and sponsors' booths there specifically for, and directed toward, cyclists and cycling. Last year, in conjunction with the Bike Bonanza, the First Annual Cycle and Style Show was held, an event I tremendously enjoyed. In the tradition of a true fashion show, models presented the latest fashionable bicycles and bicycle clothing. I was pleased to see that those attending the Bike Bonanza will be able to take in the Second Annual Cycle and Style Show, an event any avid cyclist will find entertaining.

May also brings the Goldilocks Women Only Bike Ride, the Second Annual Gallery Roll and numerous Bonneville Cycling Club rides. Check out cycling utah's Calendar of Events on page 20 (or online at cyclingutah.com) for a complete listing of events occurring during the month of May. Utah Bike Month is a great time for cycling enthusiasts to celebrate the bicycle by participating in some of the offered events.

And in the midst of doing so, it is also an excellent time for your own stroll down memory lane, reflecting on and relishing the many roads and byways you have ridden thanks to your love of cycling.



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Cover: The Cat 4 women's field in stage 2 of the Tour of the Depot. Tooele, Utah, April 10, 2010.

Photo: Dave Iltis

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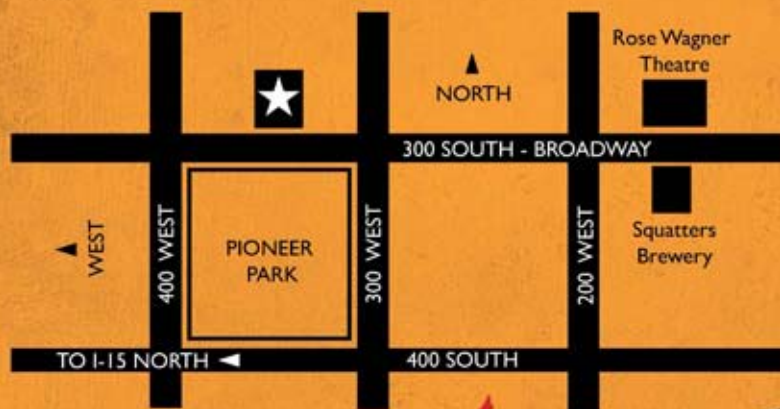
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UTAH BIKE MONTH

Take Part in Utah Bike Month!

Above: A cyclist passes one of many banners proclaiming May is National Bike Month that are being displayed in downtown Salt Lake City. Photo: Dave Iltis

By Curtis Clayton

Bi-cy-cle (noun) "a vehicle with two wheels in tandem, usually propelled by pedals connected to the rear wheel by a chain, and having handlebars for steering and a saddle like seat."

It sounds pretty simple when you look it up in the dictionary. This definition makes you wonder why we declare the whole month of May in behalf of this vehicle. We don't have a state car month or motorcycle month. We don't have a state airplane month or train month. Despite the fact they are also vehicles that get us from point A to point B we choose to honor only one of these forms of transportation by celebrating its existence the entire month of May.

Gary R. Herbert, as Governor of the State of Utah had declared May 2010 as Utah Bicycling Month. May is here and many events are planned across Utah to celebrate the bicycle. Governor Herbert is not alone in doing so. Many states across the USA are also celebrating National Bicycling Month by declaring their own bike month.

Our Utah Bicycling Month declaration reads:

Whereas, bicycling has been an important mode of transportation for more than a century;

Whereas, bicycling is a clean form of transportation that limits pollution and helps improve our air quality;

Whereas, bicycling is a less obtrusive form of commuting that helps alleviate roadway congestion;

Whereas, bicycling increases the health and wellness of its participants through exercise; and

Whereas, bicycling is considered to be a solution to many of our public

needs generated by population expansion;

Now, therefore, I, Gary R Herbert, Governor of the State of Utah, do hereby declare May 2010 as Utah Bicycling Month.

These are all great reasons why bicycling is a really unique form of transportation that makes it more than just "a vehicle with two wheels in tandem". Bicycling has been around for more than one hundred and fifty years with hundreds more to come. It helps us alleviate the poor air quality we have in this great valley along the Wasatch front. It also is a wonderful form of exercise that can really increase our quality of life.

I know for me and my family we enjoy bicycling for many reasons. We bicycle from our house to the local park for fun and sun. We bicycle to city parades and fireworks to avoid the crowded parking and traffic congestion. We bicycle to the library or grocery store for preferred front door parking. We bicycle around the neighborhood for entertainment. I choose to bicycle to and from the Trax station on my commute to work. I love to bicycle Utah's mountain bike trails from Mueller Park in Bountiful, to the Wasatch Crest trail up Big Cottonwood, to the Ridgeline trail in American Fork Canyon. My family and I have many reasons to celebrate during bicycle month. That's why we will be attending many Utah Bicycling Month events.

Events are planned for all types of bicyclists. Municipalities and mayors have scheduled bike to work days for commuters. Bike Month banners are hanging throughout downtown Salt Lake City. Utah Transit Authority and sponsors have planned bike bonanzas

and bike rodeos for kids and families. Bike races have been organized for cyclists. There is definitely something for everyone to make a connection with their bike. There is a full event list in our calendar of events on page 20 or visit www.UtahBikeMonth.org to help you decide which events to attend. Below is a small sampling of the many events available:

May 14 UTA Bike Bonanza 4p.m.-8p.m. at Gallivan Plaza, 239 South Main St, SLC. Give-a-ways, raffles, shows (including the Cycle and Style Fashion Show).

May 15 Cycle Salt Lake Century Race Register online at cyclesaltlake-century.org

May 15, 22 & 29 Bicycle Commuting Master Class SLC Bike Collective: Traffic law, gear, routes, etc. \$15

May 18 Salt Lake City/County Mayor Bike to Work Day 7:30 a.m. at Liberty Park 700 East 900 South.

May 18 Provo City and UTA Bike to Work Day 7:30a.m. at Historic County Courthouse west lawn.

May 19 Orem City and UTA Bike to Work Day 7:30 a.m. at City Center Park across from Orem City Offices.

May 19 Ride of Silence in Orem and Salt Lake City

May 21 Bike Art Gallery Roll

May 21 Ogden Mayor Bike to Work Day 7:30a.m. at A1 parking lot near Social Science bldg at WSU.

May 21 National Bike to Work Day All day from your home to your place of work.

This year be a pro-active supporter of bicycling in all its forms and show your love with your attendance at as many events as you can this May.

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cycling utah's 2010 Bicycle Club Guide Part II

**FAST?
SLOW?
YOUNG?
OLD?
DIRT?
ROAD?
RACING?
TOURING?
JOIN A CLUB
TODAY!**

Editor's Note: The first installment of our club guide is in our April 2010 issue online at cyclingutah.com or visit the clubs page. If you would like your club listed (it's free), please email clubs@cyclingutah.com for details.

Biker's Edge/Destination Homes!

Sponsors: Destination Homes, Edge Composites, Giro, Bell Photography, John Henry Smith Insurance, Mountain Orthopedics
Contact: Zach Chatelain, zach@bebikes.com, 801-544-5300
Website: bebikes.com/team
Type of Cycling: Road Racing, Mtn Racing
Base Location: Kaysville, UT
Club Statement: Our love and dedication to cycling is the driving force of team Biker's Edge/Destination. We enjoy the cycling community and try to support it through racing. We'd like to claim that we are a competitive team with top athletes and in some instances this may be true. No matter the outcome we enjoy competing and cycling.

Dirt Betty Social Society!

Contact: Dondra Abiron, dirtbetty@hotmail.com, 435-613-5243
Website: dirtybetty.com
Type of Cycling: Recreational Mountain and Road Biking, Road cycling/racing, running, advocacy and trail building.
Base Location: Price, UT
Club Statement: Riding with the Dirt Betty Social Society is unlike any other riding or social experience you've had. First, it is a safe, accepting environment where every woman, lady, and girl, regardless of age or riding skill, is welcome. Second, many rides exclude our

male, testosterone-driven counterparts. Lastly, Dirt Betty's take every opportunity to be outdoors whether it is just hanging out with tasty beverages or learning new skills. Although we go by Dirt Betty, we have opportunities for road riding (Road Betty), running (Run Betty), and training for Triathlons (Tri Betty).

North Eastern Utah Mountain Bike Association (NUMB)

Sponsors: Altitude Cycle
Contact: Kevin Christopherson, troyboy@northeasternutahmtb.org, 435-789-0601
Website: northeasternutahmtb.org
Website: facebook.com/home.php#!/group.php?gid=151796859731
Type of Cycling: Recreational Mountain & Road Cycling
Base Location: Vernal and Roosevelt, UT
Club Statement: NUMB's goal is to promote safe and environmentally responsible riding in North Eastern Utah. NUMB works with local land management agencies to increase, maintain and improve trails. NUMB is also responsible for organizing regular group rides and holding the world famous NUMB Fest each spring.

Racer's Cycling Service!

Sponsors: Racer's Cycle Service, Pharmedex, Niner Bikes, Felt
Contact: Racer Gibson, club@racerscycle.net, 801-375-5873
Website: utahvalleycycling.com, racerscycleservice.com
Type of Cycling: Road racing, mountain bike racing, cyclocross, training, commuting
Base Location: Provo, UT
Club Statement: We are all about having fun riding and racing bikes. Come have fun with us. We have members from all over the state, but most have some connection to the UC. Our mission is to keep secret the awesome riding that exists down here in Happy Valley.

Spider Bait Cycling!

Contact: Derrick Deaton, dmdeaton@comcast.net, 801-352-7400
Website: facebook.com/group.php?gid=32982807018
Type of Cycling: Road Touring and Racing
Base Location: Sandy, UT
Club Statement: We are a club that loves to get out and hit the road! We started by a few friends that started riding and rac-

ing together and thought it would be fun to start a team. We are about having fun and pushing ourselves to the limit while we are at it. If you like to train HARD and have FUN then we are the club for you.

Sugarhouse Cycling Club!

Sponsors: Guthrie Bicycle, Leland A. Gray Architects, Spectra Seven, Golden Eagle Construction
Contact: Briton Bailey, bdbailey@dsd-mail.net, 801-363-2511
Website: sugarhousecyclingclub.com
Type of Cycling: Road racing, road touring, cyclocross
Base Location: Salt Lake City, UT
Club Statement: Sugarhouse Cycling Club has the goal of providing a safe and fun environment where cyclists of all levels can learn new skills or pass their own skills on to new riders. Group rides and women only rides held weekly.

Team Wannabe!

Contact: Wanda Bates, wanda@teamwannabe.com, 801-362-1911
Website: teamwannabe.com
Type of Cycling: Road Tours and Charity Events.
Base Location: Payson, UT
Club Statement: Teamwannabe.com was founded in 2007 by Wanda Bates. She was 46 at the time and had recently been reintroduced to the joy of cycling while participating in the local Tour de Cure. The purpose of Team Wannabe is to encourage individuals of any age to get off the couch and go for a ride! We are an all inclusive group. Any one of any skill level is encouraged to join us for a ride.

The Church of the Big Ring-RealCyclist!

Sponsors: RealCyclist.com, VeloThreads
Contact: Brian Cadman, cadman@mac.com, 541-914-7397
Website: thechurchofthebigring.com
Type of Cycling: Road Racing, Cyclocross

Base Location: Salt Lake City/Park City, UT

Club Statement: We are a group of riders that want to race, and have fun doing so. With this in mind, we have nothing to offer other than great camaraderie, team motivated racing (yes, I am happy to bury myself for you), slick looking Team Big Ring kits (for a fee), and the joy of being part of something bigger. Our mission is to promote cycling at all levels and represent our sponsors in a respectable, professional manner and always keep it PRO.

The Fan Cycling Club!

Sponsors: KJZZ The Fan, Canyon Bicycles Draper, Guthrie Bicycles Sugar House, Blackbottoms Cycle Wear, Jamba Juice.
Contact: Jim Greene, jim@thefancycling.com, 801-8708776
Website: TheFanCycling.com
Type of Cycling: Road riding for fun and fitness!
Base Location: Salt Lake County, UT
Club Statement: The Fan Cycling club offers two to three weekly rides from beginner to advanced pace. Scheduled rides are posted on our website and include everything from long mountainous tours, to short, fun, social rides. Pick up a jersey at one of our sponsoring shops and enjoy great club discounts. Rides will be leaving weekly from Canyon Bicycles Draper or Guthrie Bicycle in Sugar House.

Utah Valley University!

Sponsors: SBR Sports, Wilson Diamonds
Contact: Mason Law, uvucycling@gmail.com, 801-891-5275
Website:
Type of Cycling: Road, MTB, Cyclocross
Base Location: Orem, UT
Club Statement: This year UVU Cycling has the opportunity to host the IMCCC Finals. This will be a great event with competition and college comradery. The event is open to the public as well, so come race with or against us on April

23rd and 24th in Orem and Spanish Fork. UVU Cycling Club promotes cycling through competitive racing and recreational riding. We are involved in enhancing performance through education and training. The club is open for any person to join, so come check us out!

Wasatch Mountain Club!

Contact: Barbara Hanson, barbhanson30@hotmail.com, 801-485-0132
Website: wasatchmountainclub.org
Type of Cycling: Self contained road touring, recreational road and mountain.
Base Location: Salt Lake City, UT
Club Statement: Established in 1920, the Wasatch Mountain Club is a recreational outdoor club for adults. Activities include both mountain and road bicycling as well as hiking, backpacking, climbing, skiing, snowshoeing, boating, social programs and conservation efforts. Activity listings, including rides, are posted each month in the club publication, "The Rambler" which can also be viewed on our Web page.

Wasatch Women's Cycling Club - Granger Medical Clinic!

Sponsors: Granger Medical Clinic, The Bolt Center, Pinon Café, JR Smith Coaching, Clif, and Revolution Bike Shop.
Contact: Darcie Strong, darciestrong@hotmail.com, 801-815-4847
Website:
Type of Cycling: Road racing although we do have some team members who do mtb racing and cyclocross.
Base Location: North Salt Lake, UT
Club Statement: WWCC is a womens' only race team. We were originally founded in 2000 and our mission is, and has been, to foster and encourage women to join the sport of competitive cycling by providing a fun, safe, and supportive environment for women.



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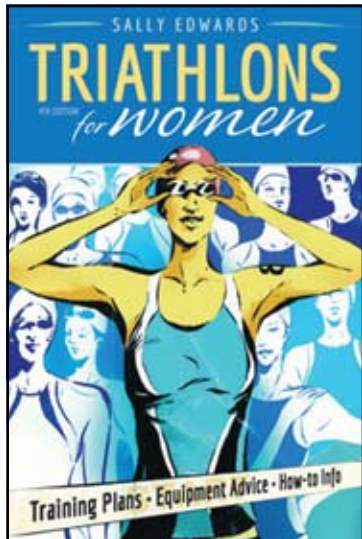
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BOOK REVIEW

Triathlons For Women

Lisa Kilday

After reading "Triathlons for Women," women will be inspired and prepared to finish their first triathlon. The author, Sally Edwards, is a former professional triathlete who motivates women to enter the sport of triathlon at any age or fitness level. Edwards is the spokeswoman for the Danskin Women's Triathlon Series and Trek Women Triathlon Series. She is also a prolific writer who has written or co-written 17 books on triathlon and heart rate zone training.

The Fourth Edition of "Triathlons for Women" remains a comprehensive guide to training for a triathlon. The book's advice and workout plans are useful to any new triathlete (male or female). However, the material added in the Fourth Edition, such as nutrition and weight loss tips, did not overhaul the book.

Ironically, Edwards starts the

weight loss chapter off with a pep talk on how women do not have to be thin to be healthy. The book expends clichés, such as, 'this is a lifestyle, not a diet' without strong recommendations on how to lose weight while becoming fit. The chapter does include a useful chart on food zones that ranks the nutritional value of food products by their glycemic index, quality, and fat, carbohydrate, protein, and fiber content.

However, the book does not explain how much food one should eat daily while training for a triathlon. The new chapter also fails to address the unique nutritional needs of a female multisport athlete, which may require a diet of increased iron and calcium for pre-menopausal women. On the other hand, the Wellness Chapter thoroughly addresses anemia and women's health issues.

Edwards also provides an exhaustive history of the sport of triathlon. She highlights women's accomplishments in the sport. The tone of the book is encouraging and full of upbeat prose. However, the changes to the Fourth Edition are not complete. The book unfortunately doesn't discuss online tools for creating and organizing a training schedule. The new nutrition section is useful for general diet tips, but not weight loss.

Overall, 'Triathlons for Women' is a great book for new triathletes. New triathletes are looking for a book to get them to the finish line. "Triathlons for Women" shows excellent sample 8-week beginner and intermediate training plans. The training plans are organized by duration of workout, distance, and heart rate. The inclusion of updated drills and an informative section on equipment and women's clothing is an improvement to the available training guides. Edwards and her book will successfully guide women to their first triathlon and a lifetime of wellness.

Triathlons for Women, Sally Edwards, VeloPress (Boulder, Colorado), (c) 2010, 4th edition, 274 pages, \$19.95, ISBN 978-1-934030-40-0



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Bicycle Relays in Utah

Road cycling is the new golf, or so they say. Visit a popular cycling route on a Saturday morning, such as Emigration Canyon and you will see hundreds of cyclist on the roads. These riders may not show up at the local UCA race, but they take their riding seriously. Nice bikes, colorful kits and fit bodies.

These groups along with their more competitive counter parts have spawned a new market for cycling events. LotoJa has led the charge with the explosive growth of its regular rider and relay divisions. The increased interest in relays has prompted the creation of a number of new events for the 2010 Calendar. Here we profile four:

Rockwell Relay: June 11th and 12th 2010

Route: Moab to St. George
Distance: 516 miles
Leg Lengths: 45 miles on average
Number of legs per rider: 3 and pre-set ride order
Exchanges: Pre-set location
Team Composition: 4 person teams can be mixed men or women, various age cumulative age categories
Support: Racers provide own race food and hydration
Website: rockwellrelay.com
Race founder Dan Stewart had this to say about the event. "We are excited to offer a new type of road event to the

Utah cycling community. Our focus is on giving the rider the best experience possible, so they will want to make our race a tradition and come back year after year. We are equally excited about the opportunity we have to support our charity TeamGive, with a portion of each team entry being donated to support their cause."

Saints to Sinners: July 30th and 31st 2010

Route: Salt Lake City to Las Vegas
Distance: 517 miles
Leg Lengths: 18 miles on average
Number of legs per rider: 3
Exchanges: Pre-set locations
Support: Racers provide race food and hydration supplemented by hydration at exchanges and food at major exchanges.
Team Composition: 5 or 10 rider teams standard. Other configurations possible at promoter's discretion.
Website: saintstosinnersbikerelay.com
Race founder Steve Tew "The Saints to Sinners Bike Relay is a great way to get from Salt Lake City to Las Vegas! The team relay format allows cyclists to pick the level of difficulty of their race and the fact that it is a fundraiser for Lou Gehrig's disease makes the race even better. In addition to being able to ride to Vegas, participants get to hang out with friends and create memories together at the different transition points and all along the way. This race has a broad appeal to participants of all riding levels and locations - ranging from amateur to advanced, and from Utah and Nevada to California as well as many other

states."

LotoJa: September 11th 2010

Route: Logan, Utah to Jackson Hole, Wyoming
Leg Lengths: 40 miles on average
Number of legs: Depends on team size
Exchange: Pre-set location
Support: Racers provide race food and hydration supplemented by neutral feed zones on applicable legs
Team Composition: Competitive Class- 2 rides or 3-5 riders; Non-Competitive Class- 2 to 5 riders.
Website: lotojaclassic.com
Race director Brent Chambers says "The relay category is geared for the participant that perhaps doesn't have enough time to train for the full distance, or they want to get a good group together to ride. The guys that are competing are probably doing so because they don't have time to train. Some relay teams do it as a way to get their feet wet. Instead of doing all 206 miles they just kind of get a feel for it. And then a year or two later they do the full distance. On the non-competitive side it is a family or group of friends who train together and want to share an adventure. They have a great time; it is a great way to enjoy the Lotoja course without committing the training needed to do the full race."

Salt to Saint: September 18th and 19th 2010

Route: Salt Lake City to St. George
Distance: 410 miles
Leg Lengths: Unlimited transitions

with recommended locations
Number of legs per rider: Unlimited
Exchanges: Pre-set locations
Support: Racers provide race food and hydration supplemented by 4 neutral feed zones.
Team Composition: Solo, 2, 4 or 8 rider teams
Website: salttosaint.com
Race director Clay Christensen says "Combining the amazing and diverse scenery Utah's Wasatch Front, with the camaraderie and accomplishment of what promises to be one of Western United States premier endurance cycling events, the Salt to Saint Relay offers an endurance challenge for both

solo endurance athletes and teams alike. Departing downtown Salt Lake City on September 17th and arriving in the beautiful red rock landscape of St. George on September 18th, the Salt to Saint, in partnership with the Utah Bike Coalition, is dedicated to promoting safe cycling across the State. Come be a part of the ultimate Intermountain West cycling experience."

-Tyler Servoss

Editor's Note: The Hoodoo 500, August 28-30, also offers 2 and 4 person relay team categories. For more info, see hoodoo500.com.

Utah State Road Race Championships

Little Mountain Road Race, Clarkston, Utah

Saturday, June 26, 2010

Course Description: 16-mile circuit race with one major climb (1 mile, 7-10% grade between Trenton and Clarkston) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Total elevation gain - 600 feet/lap

Start Times:

Category	Time	Laps	Miles
Men Pro I/II	9:00 AM	5	80
Men III	9:05	5	80
Men IV	9:10	4	64
Men V	9:15	3	48
Masters 35+ "A"	9:20	4	64
Masters 45+ / 35+ "B"	9:20	3	48
Masters 55+	9:20	3	48
Women Pro I, II, III	9:25	4	64
Women IV	9:30	3	48
Juniors 16-18	9:35	2	32
Juniors 13-15	9:35	1	16
Juniors 10-12	9:40	1*	10

★ = Juniors will do an abbreviated ½ lap of the road race

Staging Area: Clarkston City Park (NE Corner)

Prizes: Medals for top three in each category

Parking and Restrooms: Porta Potties and by the Clarkston ball diamond

Feed Zone: 200 Meters at top of Trenton to Clarkston Climb. No other feed zones will be allowed.

Race Entry Fees: \$40 for 18+ / \$10 for all Juniors. There will be a \$15 late fee for race-day registration.

Register online at: www.sportsbaseonline.com

Directions from Main & Center Street in Logan, UT:

- Head north on Main Street/HW 91 through Logan and continue to Smithfield, UT
- Turn left at 100 North/HW 218 and continue West through Newton (old location) and continue North on HW142 (turns into 200 E.) towards Clarkston.
- In Clarkston, turn left on Center Street - 1 & ½ blocks

Race Director: Kevin Rohwer - 435 - 770 - 9852; krohwer@engineeringexcitement.com

Presented by K2 Promotions and the Logan Race Club



RIDING IN SOUTHERN UTAH?

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LETTER THE EDITOR

HB91 - A Bill Whose Time Had Come

The Legislative 2010 Wrap written by Dan Fazzini, Jr (April 2010 issue), described the demise of HB 91 (<http://le.utah.gov/~2010/htmdoc/hbillhtm/HB0091.htm>) in the Senate on a tie vote. This bill, authored by Rep. Carol Moss had two main components. The first was to allow cyclists to treat stop signs as yield signs without having to come to a full stop before proceeding. The second part described how a cyclist can proceed through a red light when it is clear the light will not change based upon only the presence of a cyclist. Mr. Fazzini's account of the failure of the bill leaves out one major fact; that he and other "bicycle advocates" presumably representing their constituents were quite vocal in their opposition to this bill while testifying in front of legislators.

I was present at the initial house committee that considered this bill and spoke in favor of its passage. This bill was virtually a carbon copy of one that Idaho has had for years and works well for both cyclists and motorists. Arguments raised against it by cycling advocates were interesting, ranging from the "I can run a red light or stop sign but you can't because I know better" to the equally confusing "this will just piss motorists off" which is an extension of the "same roads, same rules" mantra.

The fact is, virtually all cyclists whether clad in their Radio Shack finest or cut off blue jeans run stop signs. We all treat them as yield signs, coming to a full-foot-on-the-ground-stop only when forced to by an oncoming motorist. Recognizing this as a fact and legalizing a common practice seems to make sense to me, but obviously not to real bike advocates. I fail to see the logic in thinking that a motorist will be less annoyed with me watching me run a stop sign when it is illegal than watching me run a stop sign when it is legal for me to do it.

Representative Moss is willing to bring this bill up again next year (it was only one vote from getting on the Governor's desk) but not if she is to be blindsided again by the "bicycle advocates" of the state. If you are reading this and think this law change makes sense, then contact Rep. Moss, contact your bicycle advocates, contact me (john.weis.slc@gmail.com) and say so. If there is solid support from the cycling community to pass this law, then it should get introduced in the 2011 session. On the other hand, if you are against such a bill, contact the same people and state your objections and why. "Same roads, same laws" has a reassuring feel to it but as cyclists willingly run stop signs, ride two or three abreast (cars can't do that), and have to deal with the fact that many stop lights in this state do not even know they exist, then perhaps a tweak or two to the laws are in order. HB91 was, to me, just such a tweak whose time had come.

-John Weis

Bicycle Advocacy: The Importance of Being Involved.

At the second annual Utah Bike Summit, we were privileged to hear from Jeff Miller, president and CEO of the Alliance for Biking and Walking, formerly the Thunderhead Alliance, a North American coalition of grass roots bicycle and pedestrian advocacy organizations. One of his primary messages was that local advocacy organizations are the KEY to making a difference for cyclists who want their voice heard on important issues.

What do bicycle advocacy groups do?

- Work with local and state governmental agencies to improve infrastructure for bicycling. This may include bike lanes, signage to promote bicycle safety, development of bicycle hubs (protected garage parking for bikes at important transportation hubs), and bicycle corridors within urban communities among others.
- Sponsor and support legislation that will improve cycling through better laws and transportation policies.
- Run public service announcements promoting all aspects of cycling, sharing the road, safety, and important upcoming events.
- Support implementation of Safe Routes to School, a federally funded program, with local government municipalities to improve bicycle accommodations for student to use to safely ride to school.
- Carry out campaigns to increase and improve bicycling such as 3-foot passing laws, development of car-free space, implementation of complete streets policies, and assuring accessible infrastructure for safe bicycling.
- Support implementation of complete streets policies by agencies that design, build, and repair roads. Complete streets policies consider the safety and needs of all potential users including bicyclists, pedestrians, and the disabled.
- Use education campaigns to promote bicycle safety, sharing the road, and bicycle commuting through courses at schools, drivers' training, law enforcement, and cyclist training courses.

In April, the Utah Bicycle Coalition, a non-profit organization, kicked off its membership drive. Interested cyclists can visit utahbikes.org to either sign up on line or download a membership application and send it in. Cyclists can also show their support with a Share the Road license plate available at Utah DMV offices or at dmv.utah.gov/licensespecialplates.html#sharetheroad. This license plate includes an annual \$25 donation to go to state wide bicycle advocacy activities.

-Ken Johnson, President Utah Bicycle Coalition

CYCLESALT LAKE CENTURY
MAY 15, 2010

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

England CARRIER SERVICES
Kirkham's outdoor products
Bingham Cyclery SINCE 1962
REI www.rei.com
Reddy Ice
BICYCLING MAGAZINE
cycling utah
Target
UTA RIDESHARE
Papa John's Better Ingredients. Better Pizza.
The Salt Lake City Mayor's Bicycle Advisory Committee

BICYCLE SHOP DIRECTORY

SOUTHERN UTAH

Brian Head

Brian Head Resort Mountain Bike Park

329 S. Hwy 143
(in the Giant Steps Lodge)
P.O. Box 190008
Brian Head, UT 84719
(435) 677-3101
brianhead.com

Cedar City

Cedar Cycle

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

Hurricane

Over the Edge Sports

76 E. 100 S.
Hurricane, UT 84737
(435) 635-5455
otesports.com

Moab

Chile Pepper

702 S. Main
(next to Moab Brewery)
Moab, UT 84532
(435) 259-4688
(888) 677-4688
chilebikes.com

Poison Spider Bicycles

497 North Main
Moab, UT 84532
(435) 259-BIKE
(800) 635-1792
poisonspiderbicycles.com

Rim Cyclery

94 W. 100 North
Moab, UT 84532
(435) 259-5333
(888) 304-8219
rimcyclery.com

Uranium Bicycles

284 N. Main Street
Moab, UT 84532
(435) 259-2928
uraniumbicycles.com

Price

BicycleWorks

710 W. Price River Dr.
(Creekview Plaza)
Price, UT 84501
(435) 637-BIKE
fuzzysbicycleworks.com

St. George

Bicycles Unlimited

90 S. 100 E.
St. George, UT 84770
(435) 673-4492
(888) 673-4492
bicyclesunlimited.com

Red Rock Bicycle Co.

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

Sunset Cycles

491 N. Bluff St.
St. George, UT 84770
(435) 215-4251
sunset-cycles.com

Springdale

Zion Cycles

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

NORTHERN UTAH

Logan

Joyride Bikes

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

Mt. Logan Cyclery

2561 North 200 West
Logan, UT 84341
(435) 752-4580
mtlogancyclery.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

Bootworks Cycle Center

Park City Resort Center, Plaza Level
Park City, UT 84060
(435) 649-3032
bootworks.com

Brothers Bikes

520 N. Main Street, #D
Heber City, UT 84032
(435) 657-9570
brothersbikes.com

Cole Sport

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

Dharma Wheels Cyclery

6415 N. Business Park Loop Rd. #J
Park City, UT 84098
(435) 658-0032
dharmawheelscyclery.com

Jans Mountain Outfitters

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

Mountain Velo

2080 Gold Dust Lane
Park City, UT 84060
(435) 901-8356
mountainvelo.com

Nineteen Sports

(Sundial Lodge at the Canyons Resort)
3920 Sundial Court, Suite H
Park City UT 84098
(435) 649-1901
nineteensports.com

Stein Eriksen Sport

@ The Stein Eriksen Lodge

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

White Pine Touring

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

Vernal

Altitude Cycle

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

NEVADA

Boulder City

BC Adventure Bicycles

1323 Arizona St.
Boulder City, NV 89005
(702) 293-0599
bouldercitybikes.com

WASATCH FRONT

WEBER COUNTY

Eden/Huntsville

Diamond Peak

Mountain Sports

2429 N. Highway 158
Eden, UT 84310
(801) 745-0101
diamondpeak.biz

Ogden

The Bike Shoppe

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

Bingham Cyclery

1895 S. Washington Blvd.
Ogden, UT 84401
(801) 399-4981
binghamcyclery.com

Canyon Sports Outlet

4598 S. 700 West
Riverdale, UT 84405
(801) 621-4662
canyonsports.com

Skyline Cycle

834 Washington Blvd.
Ogden, UT 84401
(801) 394-7700
skylinecyclery.com

DAVIS COUNTY

Biker's Edge

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

Bike Fix

145 S. Main Street
Bountiful, UT 84010
(801) 292-0453
bikefixutah.com

Bingham Cyclery

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

Bountiful Bicycle Center

2482 S. Hwy 89
Bountiful, UT 84010
(801) 295-6711
bountifulbicycle.com

Masherz

1187 S. Redwood Road
Woods Cross, UT 84087
(801) 683-7556
masherz.com

Saturday Cycles

2204 N. 640 W.
West Bountiful, UT 84087
(801) 298-1740
saturdaycycles.com

SALT LAKE COUNTY

Central Valley

Millcreek Bicycles

(formerly Canyon Bicycles)

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

Cottonwood Cyclery

2594 Bengal Blvd
Cottonwood Heights, UT 84121
(801) 942-1015
cottonwoodcyclery.com

Spin Cycle

4233 S. Highland Drive
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

336 W. Broadway (300 S)
Salt Lake City, UT 84101
(801) 583-1940
binghamcyclery.com

Contender Bicycles

875 East 900 South
Salt Lake City, UT 84105
(801) 364-0344
contenderbicycles.com

Fishers Cyclery

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

Go-Ride.com Mountain Bikes

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

Guthrie Bicycle

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

Hyland Cyclery

3040 S. Highland Drive
Salt Lake City, UT 84106
(801) 467-0914
hylandcyclery.com

REI (Recreational Equipment Inc.)

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

SLC Bicycle Collective

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

Salt Lake City Bicycle Company

177 E. 200 S.
Salt Lake City, UT 84111
(801) 746-8366
slcbike.com

Sports Den

1350 South Foothill Dr
(Foothill Village)
Salt Lake City, UT 84108
801-582-5611
SportsDen.com

The Bike Guy

1555 So. 900 E.
Salt Lake City, UT 84105
801-860-1528
thebikeguyslc.com

Wasatch Touring

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

Wild Rose Sports

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

South and West Valley

Bingham Cyclery

1300 E. 10510 S. (106th S.)
Sandy, UT 84092
(801) 571-4480
binghamcyclery.com

Canyon Bicycles

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

Canyon Bicycles

11516 S District Drive
S. Jordan, UT 84095
(801) 790-9999
canyonbicycles.us

Canyon Sports

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

Golsan Cycles

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

Infinite Cycles

3818 W. 13400 S. #600
Riverton, UT 84065
(801) 523-8268
infinitecycles.com

Lake Town Bicycles

1520 W. 9000 S.
West Jordan, UT 84088
(801) 432-2995
laketownbicycles.com

REI (Recreational Equipment Inc.)

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

Revolution Bicycles

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

Staats Bike Shop

2063 E. 9400 S.
Sandy, UT 84093
(801) 943-8502
staatsbikes.com

Taylor's Bike Shop

2600 W. 12600 S.
Riverton, UT
(801) 253-1881
taylorsbikeshop.com

Taylor's Bike Shop

3269 W. 5400 S.
Taylorsville, UT 84118
(801) 969-4995
taylorsbikeshop.com

UTAH COUNTY

American Fork/Lehi/Pleasant Grove

Bike Barn

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

Bike Peddler

24 East Main
American Fork, UT 84003
801-756-5014
bikepeddlerutah.com

Timpanogos Cyclery

665 West State St.
Pleasant Grove, UT 84062
801-796-7500
timpanogoscyclery.com

Trek Bicycles of American Fork

Meadows Shopping Center
356 N 750 W, #D-11
American Fork, UT 84003
(801) 763-1222
trekAF.com

Payson

Downhill Cyclery

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

Provo/Orem/Springville

Bingham Cyclery

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

Blayn's Performance Cycling

1738 S. State St.
Orem, UT 84097
(801) 225-7012
blaynsperformancecycling.com

Mad Dog Cycles

360 E. 800 S.
Orem, UT 84097
(801) 222-9577
maddogcycles.com

Mad Dog Cycles

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

Noble Sports

1575 South 1950 West Suite #1
Springville, UT 84663
(801) 995-3034
noblesports.com

Park's Sportsman

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

Racer's Cycle Service

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

SBR Sports

149 W. 400 N.
Orem, UT 84057
(801) 225-0076
sbrutah.com

Taylor's Bike Shop

1520 N. Freedom Blvd.
Provo, UT 84064
(801) 377-8044
taylorsbikeshop.com

Urban Downfall Cycles

335 E. University Parkway
Orem, UT 84058
801-691-0250
urbandownfall.com

Saratoga Springs

Epic Biking

1284 N. Redwood Road
Saratoga Springs, UT 84045
(801) 653

cycling utah

RACE RESULTS



Cholla Challenge 2010, Hurricane (Warner Valley), Utah, Intermountain Cup Mountain Bike Racing Series Race #2, April 3, 2010

9 & under boys

- Connor Larson; Revolution 0:09:26
- Lauren Bingham; Rooster 0:09:54
- Kaden Sullivan; Red Rock Bicycle Shop 0:10:28
- Hattie Ransom; Utah Mountain Biking 0:11:40
- Jacey Messer; Utah Mountain Biking 0:11:46

12 & under boys

- Cameron Larson; Revolution 0:21:30
- Joshua Peterson; Utah Mountain Biking 0:21:31
- Wesley Wallenfels 0:23:29
- Bryn Bingham; Roosters 0:23:37
- Hunter Ransom; Utah Mountain Biking 0:24:40

BM 13

- Damon Harris; Jolley Circle Racing 0:40:21
- Riley Stewart 0:42:44
- Kace Johnson; Skull Candy 0:46:16
- Dallin Bristol 0:54:16
- Chandler Stevenett 1:38:31

BM 16

- Cody Barney; Mad Dog 0:37:58
- Forest Johnson 0:40:25
- River Skinner; Needles Peak 0:42:01
- Landon Ashton 0:43:59
- Kyler Leavitt 0:46:26

BM 19

- Andrew Olsen 0:37:57
- JD Franz 0:39:51
- Paul Staten 0:44:45
- Cody Roberts 0:50:55

BM 30

- Brett Hillam 0:36:47
- Jeff Frederick; Utah Mountain Biking 0:37:26
- Rodney Miles; Cutthroat/Wild Rose 0:40:00
- Chris Morrill; Utah Mountain Biking 0:42:16
- Byron Larson 0:47:33

BM 40

- Larry Vogel 0:39:50
- Bret Barton 0:40:36
- Cort Ashton; Utah Mountain Biking 0:41:07
- Bruce Jones 0:41:50
- Paul Leavitt 0:42:58

BW

- Heather Clark; Mad Dog 0:42:06
- Lauren Argo 0:44:33
- Angela Johnson 0:44:47
- Jen Vogel 0:45:10
- Rachel Hutchings; Utah Mountain Biking 0:46:09

W 35+

- Alison Knutson; Cutthroat Racing 0:40:45
- Sally Fairbairn; Utah Mountain Biking 0:42:29
- Wendy Cope; Mad Dog 0:42:37
- Dorothy Gibson; Mad Dog 0:43:48
- Brandy Hammon; Diamond Peak 0:43:49

Sport/Expert 13-15

- Griffin Park; Jolley Circle 0:40:23
- Hunter Tolbert; Kuhl/Bingham's 0:42:21
- Dallin Johnson; Utah Mountain Biking 0:42:40
- Tyler Mullin; Racer's Cycles 0:47:31
- Zachary Peterson; Utah Mountain Biking 0:51:37

Sport/Expert 16-18

- Justin Griffin; Utah Mountain Biking 1:02:48
- Merrick Taylor; Kuhl/Scott 1:05:50
- Evan Taylor 1:10:20
- Drake Uriguen; LiveLifeRace.com 1:15:45
- Jesse Betebeinner 1:19:24

Sport Women

- Jennifer Hodnett; Mad Dog 1:19:35
- Rhonda Hysio; Revolution/Peak 1:22:25
- Colleen Tronik; Utah Mountain Biking 1:25:55
- Michelle Horoka 1:26:59
- Amber Hatfield; Utah Mountain Biking 1:42:35

Sport Men 19

- Chad Meekhof 1:08:56
- Jason McGrew 1:09:32
- Brendan Ashton; Utah Mountain Biking 1:20:30

Clydesdale

- Les Vierra; Diamond Peak 1:13:39
- Greg Johnson; Mad Dod 1:20:20
- James Argo 1:24:04
- Richard Ewell; Utah Mountain Biking 1:26:59
- Veldon Moser; Utah Mountain Biking 1:45:37

Sport Men 30

- Drew Free; Revolution 1:03:33
- Jack Gage; Utah Mountain Biking 1:05:02
- Jared Millington; Skyline Cycle 1:06:28
- Jake Weber; Utah Mountain Biking 1:09:33
- Jeff Olin; Mandalay Bay/McGhies 1:11:26

Sport Men 35

- Gary Rock; Sunset Cycles 1:03:00
- Mark Messer; Utah Mountain Biking 1:05:36
- Jared Royer; Red Rock Bicycle Shop 1:05:44
- Jason Hafen; Red Rock Bicycle Shop 1:06:02
- Brady Theobald; Mad Dog 1:08:22

Sport Men 40

- Paul Bracken; Red Rock Bicycle Shop 1:03:53
- Rob Brasher; Revolution/Café Rio 1:04:00
- Jason Sparks; Utah Mountain Biking 1:04:57
- Doug Rock; Red Rock Bicycle Shop

1:05:01

- Reed Topham; Hyland Cycle 1:05:17
- Robert Kunz; First Endurance 1:04:24
- Nick Rico; Adobe 1:04:45
- Shane Horton; Utah Mountain Biking 1:05:48
- Josh Mortenson 1:08:46

Walter Anyan 1:15:27

Men 57+

- Brad Mullen; Mad Dog 1:09:33
- Joel Quinn; Utah Mountain Biking 1:11:57
- Bill Park; Mad Dog 1:15:46
- Gene Poncelet; Utah Mountain Biking 1:24:43
- Bruce Argyle; Utah Mountain Biking 1:28:14

Men 50+

- Jay Griffin; Utah Mountain Biking 1:03:49
- Dave Smith; Red Rock Bicycle Shop 1:04:08
- Gary Strabala; Mandalay Bay/McGhies 1:04:58
- Steve Moss; Red Rock Bicycle Shop 1:05:04
- Craig Terry; Red Rock Bicycle Shop 1:06:24

Pro Men

- Burt Swindlehurst; Team Give/Blackbottoms 1:52:55
- Alex Grant; Cannondale Factory Racing 1:53:10
- Trevor Downing; Mafia 1:54:58
- Drew Edsall; Yeti/WTB 1:55:56
- Thomas Bender; Kuhl Mountain Biking 1:57:30

Pro Women

- Lynda Wallenfels; LW Coaching 1:34:48
- Kathy Sherwin; Mafia Racing/Pabst 1:36:55
- Sarah Kaufmann; Roaring Mouse/Elite/Titus 1:39:42
- Kara Holley; Mad Dog/29er 1:42:08
- Jennifer Hanks; Revolution/Peak 1:42:46

Expert Women

- Kelsey Bingham; Rooster 1:43:31
- Mary Foss; Kuhl 1:48:34
- Lisa White; Kuhl/Bingham's 1:51:26
- Lucy Jordan; Revolution/Peak 1:52:57
- Erika Tingey; Red Burro 1:54:55

Expert Men 19

- Joseph Moffitt; Mad Dog 1:32:59
- Edward Leon; Contender 1:33:01
- Noah Talley; Racer's Cycle 1:33:25
- Sam Sweetster; Cole Sport/Shred 1:36:39
- Tod Gilbert 1:45:12

Expert Men 30

- Duff Johnson; Skull Candy 1:30:02
- Matthew Fisher 1:30:31
- Eric Rasmussen; Kuhl 1:31:56
- Ryan Ashbridge; Revolution/Peak 1:33:11
- Carson Chynoweth; Mad Dog 1:33:21

Expert Men 40+

- Kevin Moffitt; Mad Dog 1:34:10
- Sam Moore; Canyon Bicycles 1:35:33
- Daren Cottle; Canyon Bicycles 1:36:04
- Dennis Barrett; LHM/Infinite Cycles 1:37:23
- Mike Driver LiveLifeRace.com 1:37:30

University of Utah/Bikes for Kids Utah Omnium, UCA Series, Salt Lake City, Utah

- DMV Criterion, March 26, 2010
- Women 1-2-3
1. Laura Patten; Ski Utah Cycling 35:17
2. Laura Howat; Ski Utah Cycling 35:18
3. Lori Harward; Ski Utah Cycling 35:20

Collegiate A Women

- Stephanie Skoreyko; University of Utah 35:21
- Jr 10-12 Girls
1. Jenna Gardner; PCIM 21:22
- Jr 10-12 Boys
1. Gianni Kennard 21:09

Jr 13-14 Boys

- Justin Griffin 20:11
- Jr 17-18 Boys
1. John Dustin 20:26
2. Brandon Buchanan 20:33
- Master Women
1. Roberta Powers; Revolution Cafe Rio 22:31

Women 4

- Megan Burger; Revolution Cafe Rio 22:32
- Collegiate C Men
1. Eric Ellis; Utah Valley University 35:25
2. Tyler Matson; Weber State University 35:27
3. William Broadbent; Utah Valley University 37:28

Collegiate D Men

- Matt (Whiny) Wilson; Utah Valley University 35:53
2. Tim Mulvihill 37:28
3. Cory Smith; Utah Valley University 37:28
4. Adam Cunningham; Weber State University 37:28
5. Drew Miller; University of Utah 37:28

Men 4

- G. Tanner Cottle; Kuhl 33:52
- Colin Joyce; ICE / ID Kidney Institute / SE 34:02
- Nathan Baldwin 34:02
- Cody Haroldsen; Ski Utah Cycling Team 34:02
5. Ryan Wilcock 34:04

Men 5

- Liam O'Donnell; SLC Bicycle Co. 34:07
- Jesse Jensen; The Contender Club 34:15
- Ryan Tanner; SLC Bicycle Co. 34:26
- Peter McMullin; Revolution/Cafe Rio 34:27
5. Jonathan Liddell; Revolution Cafe

Rio 35:56

- Collegiate B Men
1. Parker Conroy; University of Utah 50:44
2. Steve Sessions; University of Utah 50:44
- Men 3
1. Scott Allen; Canyon Bicycles-Draper 48:40

Men 3

2. Manny Cyers; Ogden One 48:58
3. Peter Archambault; RMCC/Cyclesmith 49:34
4. Cameron Candelaria; Utah Premier-Ski Utah Cycling 50:28
5. Carl Majors; RMCC/Cyclesmith 50:28

Pro 1-2

1. Mike Sohm; Canyon Bicycles-Draper 1:13:20
2. David Harward; Canyon Bicycles-Draper 1:13:25
3. Cameron Hoffman; Bikers Edge/Destination Homes 1:13:25
4. Dustin Eskelson; Barbacoa-Mi Duole 1:13:26
5. Bryson Perry; ColeSport 1:13:26

Collegiate A Men

1. David Welsh; Kuhl/Scott 1:15:28
- Master 35+ A
1. Jonathan Gardner; Canyon Bicycles - Draper 0:40:09
2. Lance Anderson; Revolution/Cafe Rio 0:40:19

Master 35+

3. Mark Miller; Canyon Bicycles-Draper 0:40:33
- Master 45+
1. Mark Zimbelman; Rocky Mountain Spine & Sport 0:38:51
2. Jeff Clawson; Canyon Bicycles - Draper 0:38:53

Master 35+

3. Gary Gardiner; Bountiful Mazda 0:38:53
4. Scott Nielson 0:39:15
5. Dirk Cowley 0:39:16
- Master 35+ B
1. Sam Krieg; Revolution Cafe Rio 38:20

Master 35+

2. Chad Curtis; Porcupine Cycling 38:21
3. Mark Albrecht 38:24
4. Nate Vorwallier; Revolution Cafe Rio 38:27
5. Michael Kracht; SkullCandy/JSA Architects 38:28

Master 55+

1. Michael Macdonald; Bountiful Mazda 38:34
2. Lorin Ronnow; FFKR/SportsBaseOnline p/b Tour 38:34
3. Shannon Storrud; Porcupine Cycling 39:51
4. Lynn Thackeray; Utah Velo Club 40:07
5. Gary Powers; Revolution Cafe Rio 40:07

Bikes for Kids Traverse Ridge Road HC Time Trial, March 27, 2010

Jr 10-12 Girls

Jr 10-12 Boys

Jr 13-14 Boys

- Justin Griffin 24:51.9
- Tyler Spence; Sun Summit 31:48.2

Jr 15-16 Boys

Jr 17-18 Boys

- Brandon Buchanan 29:31.4
- Josh Dustin; University of Utah 29:40.4

Master 35+ A

1. Zan Treasure; Bountiful Mazda 23:13.5
2. Lance Anderson; Revolution/Cafe Rio 26:23.2

Master 35+ B

3. Jonathan Gardner; Canyon Bicycles - Draper 30:58.5
- Master 45+
1. Mark Zimbelman; Rocky Mountain Spine & Sport 24:00.9

Master 45+

4. Michael Profsky; Canyon Bicycles Draper 24:51.8
5. Dirk Cowley; FFKR/SportsBaseOnline p/b Tour 25:37.5

Master 35+ B

1. Mark Twilight; Gym Jones 26:57.7
2. Michael Kracht; SkullCandy/JSA Architects 27:39.5

Master 35+ B

3. Steve Schoonover; Revolution Cafe Rio 28:13.6
4. Scott Kiser; Revolution Cafe Rio 28:20.0

Master 55+

5. Alex Lizarazo; Simply Mac 29:41.2
- Master 55+
1. Lorin Ronnow; FFKR/SportsBaseOnline p/b Tour 27:50.0

Master 55+

2. Shannon Storrud; Porcupine Cycling 29:01.8
3. Michael Macdonald; Bountiful Mazda 30:31.1

Women 4

1. Megan Burger; Revolution Cafe Rio 22:32
- Collegiate C Men
1. Eric Ellis; Utah Valley University 35:25

Collegiate C Men

2. Tyler Matson; Weber State University 35:27
3. William Broadbent; Utah Valley University 37:28

Collegiate D Men

- Matt (Whiny) Wilson; Utah Valley University 35:53
2. Tim Mulvihill 37:28

Men 3

3. Cory Smith; Utah Valley University 37:28
4. Adam Cunningham; Weber State University 37:28

Men 3

5. Drew Miller; University of Utah 37:28
- Collegiate D Men
1. Matt (Whiny) Wilson; Utah Valley University 35:53

Men 3

2. Tim Mulvihill 37:28
3. Cory Smith; Utah Valley University 37:28

Men 3

4. Adam Cunningham; Weber State University 37:28
5. Drew Miller; University of Utah 37:28

Men 3

- Collegiate D Men
1. Matt (Whiny) Wilson; Utah Valley University 35:53
2. Tim Mulvihill 37:28

Men 3

3. Cory Smith; Utah Valley University 37:28
4. Adam Cunningham; Weber State University 37:28

Men 3

5. Drew Miller; University of Utah 37:28
- Collegiate D Men
1. Matt (Whiny) Wilson; Utah Valley University 35:53

Men 3

2. Tim Mulvihill 37:28
3. Cory Smith; Utah Valley University 37:28

Men 3

4. Adam Cunningham; Weber State University 37:28
5. Drew Miller; University of Utah 37:28

Men 3

- Collegiate D Men
1. Matt (Whiny) Wilson; Utah Valley University 35:53
2. Tim Mulvihill 37:28

Men 3

3. Cory Smith; Utah Valley University 37:28
4. Adam Cunningham; Weber State University 37:28

Men 3

5. Drew Miller; University of Utah 37:28
- Collegiate D Men
1. Matt (Whiny) Wilson; Utah Valley University 35:53

Men 3

2. Tim Mulvihill 37:28
3. Cory Smith; Utah Valley University 37:28

Men 3

4. Adam Cunningham; Weber State University 37:28
5. Drew Miller; University of Utah 37:28

Men 3

- Collegiate D Men
1. Matt (Whiny) Wilson; Utah Valley University 35:53
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3. Cory Smith; Utah Valley University 37:28

Men 3

4. Adam Cunningham; Weber State University 37:28
5. Drew Miller; University of Utah 37:28

MECHANIC'S CORNER

Road Tires and Tire Pressure

By Tom Jow

While browsing the bicycle racing blogs, I found that in the previews of competitor's bikes for last months Paris-Roubaix road race, there seems to be an unusual amount of attention paid to tire selection. During the "Queen of the Classics" the racers travel more than 250 kilometers including 27 sections of century old cobblestone road. These sections of "pave", as they are called, consist of large stones with a rough, uneven surface and often tire swallowing gaps between them. For this reason, tire selection and inflation is very important. What factors should we consider choosing to use a specific tire and how much should we inflate it?

As with most equipment choices, the type of riding or event being undertaken has to be considered. For racing on the rough roads of Northern France the size and strength of the tire are important. Paris-Roubaix is the only race with a tire named after it and is usually used only at this event. These special tires have a strong, high thread count, multiply casing with puncture resisting belts in a high volume 27mm width. For everyday riding and training on smooth roads a mid-width tire of 23-25mm wide with a low thread count casing is adequate. What is the difference between these two types of tires?

The two main components of tire construction are the casing and the tread. The tire casing is made of nylon or cotton fibers woven together and vulcanized with rubber. The ride quality and weight of the tire are affected by the number of threads, or threads per inch (tpi), in each layer or ply. Higher tpi casings use a thinner thread, which, in combination with other factors, offer a more supple,

comfortable ride in addition to greater traction. Also, because the threads are smaller, there is less rubber required to join them together which reduces weight. Because high tpi casings can be susceptible to sidewall cuts from sharp rocks, the higher level tires will have a blend with Kevlar thread or a reinforced outer layer. Tire casings with a lower thread count are more resistant to cuts and punctures because the thread is thicker. Most tires also have a puncture resistant belt under the tread.

As tire casings have improved over the years with the inclusion of new materials, tire tread has also improved with additives and new molding techniques. One improvement has come in the form of dual compound tread. Dual compound tires have a harder rubber compound in the center for high wear and lower rolling resistance while a softer compound is molded onto the sides for traction during cornering. In addition, materials such as silica and Kevlar are blended into the tread compound to increase the grip and/or mileage of the tread.

At the time we choose our tire we must also consider what tire pressure we will use. The type of surface we will be riding on has a large affect on these two decisions. Again, for rough surfaces we want to use a wider tire. The wider tire allows us to carry the same load as a narrower tire with a lower tire pressure. The low tire pressure benefits us in many ways. Lower pressures allow the tire to conform the road surface better, absorbing shock and vibration. This provides for a more comfortable ride, especially on longer rides and rough roads. Also, using lower pressure creates a larger contact patch, which increases traction for cornering and braking. However, having inadequate pressure in the tires creates a

risk of pinch flats, increased rolling resistance and instability in corners. For smooth surfaces and short events there can be a benefit to higher pressure in the form of marginally lower rolling resistance and a perception of higher speed or quickness.

So again, how much air is the right amount? Remember that depends. The factors concerning the proper tire pressure include: tire type, tire size, rider size, surface conditions and riding style. Consider this anecdote from Paris-Roubaix: "According to George Noyes, former Mapei team mechanic, riders of this spring classics dynasty team often requested pressures as low as 5.75 Bar (80 psi) in their special 27mm wide pave tires. He also jokes that multi-Paris Roubaix winner Johan Museeuw would often let a little out at the start." (BelgiumKneeWarmers.com, 4/19/08) If you would like to see a tire pressure recommendation chart, check out the Michelin inflation guide here: <http://www.michelinbicycle.com/michelinbicycle/index.cfm?event=airpressure.view>. For some more interesting tire pressure information check out this article at Bicycle Quarterly by Jan Heine, <http://www.vintagebicyclepress.com/images/TireDrop.pdf>.

The tires on your bike are an important component because they are an easy and relatively inexpensive way to change the riding characteristics of the bike. When choosing a tire, remember to consider the length and terrain of an upcoming race or ride. For longer events or rough road, choose a wider tire and use lower pressure. In shorter events or on smooth roads opt for something a tad narrower with a little higher pressure. It may seem like a small difference, but if it helps us be a little more comfortable over that 100 miles, or just a little faster over 20 miles, wouldn't it be worth it?

Got a bike question? Email Tom at 1tomjow@gmail.com.

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SLC BICYCLE TRANSIT CENTER REQUEST FOR PROPOSALS

The UTAH TRANSIT AUTHORITY (UTA) is requesting Proposals from qualified responsive, responsible persons, firms or operators interested in developing and operating a Bicycle Transit Center at the UTA Salt Lake Central Station (250 South 600 West). There will be a non-mandatory pre-proposal meeting at the UTA offices located at 669 W 200 S, SLC, UT at 1:30pm on Friday, May 7, 2010.

All correspondence, questions of any kind, including requests for clarifications, and requests for procurement packages concerning this RFP shall be directed in writing to Grants and Contracts Administrator, Mr. Val Todd, UTA, 669 West 200 South, Salt Lake City, Utah 84101. Email: vtodd@rideuta.com. No fax or email proposals shall be considered. Mr. Todd is the only authorized contact during the procurement phase. Submittals are due no later than 2pm MDT on Monday, May 24, 2010.

All proposers shall be required to sign among other things the following certificates: Non-Discrimination/EEO Certification; Non-Debarment/ Suspension; and Restrictions on Lobbying.

Issuance of this procurement package does not commit UTA to award any contract, to pay any costs incurred in preparation of a response, or to procure or contract for services or supplies. UTA reserves the right to waive any minor irregularities and informalities, to reject any and all bids for sound business reasons, to re-advertise and to make contract awards in the best interest of UTA.

Val Todd, UTA Grants & Contracts Administrator
UT-10-012VT

RFP

For more information: www.rideuta.com/doingBusiness/solicitation.aspx



HEALTH

Sources of Foot Numbness and Pain

Erik Moen PT

Introduction

Endurance bicyclists can develop foot numbness and pain in various ways. Feet are at risk for these issues due to the repetitive and forceful nature of bicycle pedaling. Feet are one of the three body contact points to the bicycle and serve as the primary force transference point to the drive-train. Foot numbness and pain usually comes from neurological (nerve) or vascular (blood vessel) origins. The most common origin of pathology is irregular and prolonged compression of either nerve or vascular tissue. The scope of this article is directed towards bicycle-related foot numbness and pain. Numbing of only one foot in certain patterns may indicate pathology from the spine rather than directly from the foot. There are other pathologies that cause foot numbness, such as diabetes, drug sensitivities, and other rare peripheral neuropathies. Please consult your healthcare provider if your symptoms are progressive in nature and do not seem to be directly related to the bicycle.

Pathomechanics

Origins of foot numbness and pain come from a variety of sources on the bike; environmental/training factors, musculoskeletal issues and pedaling skills. On the bike sources might include poor cleat position (too forward, too in/out/rotated), too narrow or short shoes, too thick of sock, low saddle (increased emphasis of push to pedal), excessive stiffness or flexibility of shoes and poor support of the foot within the shoe. Examples of environmental/training factors include excessive increases in training volume, long days of climbing, rough roadway, and excesses in temperature (high and low). Musculoskeletal contributions most often times originate from feet that are either too rigid or too loose. These are simple terms, but these conditions lead to all sorts of irregular mechanics of the foot (compressions and irregular frictions). Lastly, irregular pedaling skills most often include low cadence (high force) and quadriceps biased (forceful pushing) styles of pedaling. These patterns increase foot compression within the shoe.

Acute intervention

Episodic presence of foot numbness should be treated with relative rest. The presence of simple, bike related foot numbness and pain is often times correlated with a ride that had some sort of excess (increased distance, climbing, heat, etc.). Avoid immediate returns to that condition. Steps should be taken to improve circulation at the foot in the absence of obvious swelling, such as warm water, or gentle stretching. Use comfortable shoes with plenty of room in them. If swelling is obviously involved take steps to lessen the swelling, such as elevation of the


legs or cold water soaks. Relative rest is crucial. You should consult your healthcare provider if symptoms do not obviously lessen within 1-2 days of modified activity.

Long Term Intervention

The best strategy to avoid continued episodes of foot numbness and pain is to define the source of the irritation. Make sure that your shoes fit well. Shoes should not be too tight. You should choose an appropriate pair of socks to allow appropriate room in the shoe. Shoes that are too rigid or too soft may be the source of your pains. A foot with excessive motion will benefit from some sort of "foot bed" or orthoses. There are easily accessible bike-specific models available at your local bicycle retailer. Ensure that these off the shelf models are trimmed to fit cleanly in the shoe. If you have existing orthoses made for walk/run shoes you may find that these will not fit well within a cycling shoe. You may need another pair of orthotics fabricated so as to best fit in a cycling shoe. Work on your pedaling skills. Excessive "mashing" of the pedals will result in increased foot compression. Learn to pedal "circles" and work to improve your endurance cadences closer to 90 revolutions per minute. Make sure your bicycle fits you well. Irregular saddle positions (low saddle and downward tilt) can result in excessive foot compression. Make sure your cleat is appropriately positioned under the ball of your foot. Make appropriate training progressions towards your riding goals.

A well prepared endurance bicyclist will be able to avoid foot numbness and pain. Consult a healthcare provider if there are no obvious simple solutions and resolutions of your issues.

Erik Moen PT is a Physical Therapist at Corpore Sano PT (www.CorporeSanoPT.com). Corpore Sano specializes in treatment, bicycle retrofit and management of the injured bicyclist.



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MILLCREEK BICYCLES

COMMUTER COLUMN

Dr. Dave Says Dialogue is Key

Dr. Dave commutes year-round.

By Lou Melini

After a few recommendations for the bike commuter column, I was finally able to meet Dr. Dave Derezsotes, on my ride home from work one night. Dr. Dave, as I have heard him called, is a Social Work

professor at the University of Utah. The 58-year-old father of 4 adult children is our featured bike commuter for this month.

Cycling Utah: You have been bike commuting to work for quite a while I understand.

David Derezsotes: I've ridden my bike to work for most of my adult life, going back to my days in San Diego and Berkeley where I lived prior to coming to Utah. I ride year-round except for the few days when it is bitter cold or a blizzard. Then, I put my bike on the bus for part of my commute. I ride in daylight, night and foul weather. I also do all of my shopping on my bikes. I have a winter bike and a summer bike.

C.U.: What are some simple ways that bike commuting could be enhanced in our community?

D.D.: There is a wonderful route on the East side between Foothill and Wasatch Blvd. called Parley's Way Crossing. If we could get it cleared of snow between November through March, then many of us could use it as an all-year route.... when it is closed off in the winter, bicyclists have to ride miles out of the way to travel north-south. When it gets full of snow from the freeway plowing, it turns into arctic tundra that is dangerous for pedestrians and bikes.

With all the resources spent on plowing on our roads for motor vehicles, we could certainly afford to spend a little bit of our resources on keeping bike lanes open like Parley's Way, this would help reduce pollution during those worst-air days in our winter.

Bicyclists would also appreciate the clearing of bike lanes after it snows, so we do not have to ride in the way of motor vehicles. Bikes can go through most snow, but the biggest danger in the winter is from other, bigger vehicles sliding into us, not from falling in the snow. Remember

bicyclists also pay taxes for our roads (city and county roads are funded by sales taxes and although we also own vehicles though we do not drive much and pay gas taxes) so we are not asking that everyone else pay for our snow removal.

C.U.: Despite recent increases, bike commuting is still less than 2% in the city, and much less in the county. Why don't more people use bikes as transportation? Are there cultural reasons for using cars and not bikes for transportation?

D.D.: Research shows most bicyclists are still men because most women are afraid for their safety. We could do things to make biking safer, like snow removal, lights at night, designated bike lanes, etc....

The University is making efforts to create more & safer bike lanes, that connect with city and county routes and campus plazas.

Some reasons why people do not bike include:

- (1) fear of having their bikes stolen (no place to safely lock up bike);
 - (2) fear of riding around other vehicles MUCH bigger than our bicycles (safety);
 - (3) worry about going out in rain, snow, cold (we can deal with this, when roads are kept reasonably clear & other motor vehicle drivers are careful);
 - (4) worry about having no place to shower when sweaty (especially in summer);
- I think all of these issues can be overcome if we work together to solve them.

C.U.: What are some of the ways you

think cyclists hinder improvements to cycling infrastructure?

D.D.: I feel strongly, as part of the University Bicycle Committee, that we bikers have a responsibility to be polite to motor vehicle drivers. The majority of bicyclists are careful and polite, but a few of us are rude and ignore safety rules and can make motorists unnecessarily angry at all bicyclists... I also worry when a few of us try to race other bicyclists, which can cause problems for all of us.

C.U.: Winters in Utah are relatively mild compared to say Montana or Minnesota. Why don't we see more year-round bike commuters?

D.D.: If snow removal included bike routes and we all slowed down, it would work. I personally much prefer riding my bicycle (rather than my car) in snow & traffic.

C.U.: "If you build it they will come" is sometimes mentioned as to why more people don't commute. In other words, we need segregated bike lanes, more on street bike lanes, etc. to increase commuter numbers. Others (like me) feel that we need more cyclists to flood the streets and drive demand for better conditions. What do you think about on how to get more people out?

D.D.: I think BOTH strategies make sense: (1) we need segregated bike lanes, more on street bike lanes, etc. to increase commuter numbers AND (2) we need more cyclists to use the streets and ask for better conditions.

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BIKE COURTESY OF BINGHAM CYCLERY

C.U.: How do you think dealing with anger (road rage) between bicyclists and motorists should be addressed?

D.D.: In our world today we seem to create unnecessary divides between us. Most bicyclists and motorists are pretty similar. We all eat, sleep, love, work, etc. There is no reason why we cannot learn to share the road effectively...perhaps the city/county could sponsor some dialogues between these groups on TV or the radio.

C.U.: Having a forum to foster dialogues with motorists is something that you seem to want to create in a similar manner as your Honors Course in Peace and Conflict studies. What would you say to a motorist on such a panel?

D.D.: The most important activity in dialogue is listening, which tends to foster relationships & community. Ideally there would be a series of dialogues in which motorists and bicyclists would both talk and listen with each other, probably in front of a larger audience.

On the "negative", I imagine that many motorists would talk about having to deal with bicyclists who ignored the rules of the road, for example. Bicyclists might ask motorists to not try to race ahead and then turn in front unsafely, and to look out for bicycles, pedestrians, etc. when exiting & entering a driveway, parking spot, etc.

On the "positive", bicyclists might add, "Please join us! Bicycling is fun, healthy, communal, and good for our world..."

C.U.: Sometimes I hear comments by cyclists about pedestrians much like

drivers of cars make about us. Any comments?

D.D.: We bicyclists also can be respectful to folks who are walking. Sometimes we as cyclists, or the pedestrian, may simply not be paying attention. Certainly we should give respect to pedestrians the same way as we want respect from motorists. We can't be hypocritical.

C.U.: Can you give an example of how bikes can fit into what you teach at the University?

D.D.: Social work is about the "person in environment". A community that values bicycling is likely to be a healthier community to live in. Bicyclists get exercise, talk with other people, maybe slow down from the crazy stressful routines we tend to get wrapped up in. I meet people every day I bike (you, Lou, introduced yourself when I was on my bike!). Communities with bike lanes can help facilitate more positive human-human interaction...and in this era of alienation, I think most of us would be less alone and feel more connected if we traveled on bicycles more often. We are body-mind-spirit-environment beings so a physically healthy body is likely to foster a healthy mind & soul & community as well.

C.U.: If someone asked you to give advice about how to start to become a bike commuter, what would you tell that person?

D.D.: Talk with some of us who already ride. There is a city, county, and university bicycle community that you can contact or talk to us out

on the street.

Most bicyclists would be happy to talk & help. Some Practical advice would be to wear a helmet and protective clothing, get a little mirror so you can see behind you, ride slower and with fatter tires in the rain/snow and make sure to get lights on your bike! See you on the street!

This month's commuter will receive a Blaze light set courtesy of Planet Bike. See PlanetBike.com for more info on their products. Many local dealers also carry their products.

This month's commuter will also receive a \$25 gift certificate courtesy of Saturday Cycles. Find out more at saturdaycycles.com.

If you have a suggestion for a commuter profile, have a commuter question you wish me to address, or other comments, please send them to lou@cyclingutah.com.



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MOUNTAIN BIKE RACING

Wallenfels and Swindlehurst Repeat at Cholla



Above: Alex Grant (Cannondale) leads race winner Burke Swindlehurst (teamgive). Photo: Joaquim Hailer.
Right: Ali Knutson (Cutthroat Racing) topped the women's 35+ field. Photo: Carolyn Eslinger
Find your photos at zazoosh.com.

ished, bleary-eyed and blinkered, but happy nonetheless.

After putting legs and bikes to the test in the season opener in March, the Cholla Challenge becomes the first taste of reality, and the gateway to a more consistent, frequent racing schedule. It marks the end of the beginning. Race season is in full swing—ready or not.

“The course is fast and fun, but it keeps you pushing yourself and dodging obstacles that can quickly end your race.” Keith Payne’s (Mad Dog Cycles) observation was astute. Throughout the course, it was common to see racers fixing flat tires, slipped seat clamps, and broken chains. “I tore a one-inch hole in

my tire and taced my rim at the same time. There were four other guys fixing flat tires right next me in the exact same spot,” lamented singlespeed racer Dave Bagley (Adobe/Omniture). Racers nursed scraped knees, bloody elbows, and bruised egos after crashes. One particularly rocky, fast, and bumpy descent became a graveyard for errant water bottles. They piled up alongside the trail like eager spectators lining the road of a Grand Tour.

However, despite the demanding course, the sturdy mountain bikers of the Intermountain Cup welcomed the challenge. The racing was intense and focused.

The pro fields saw the winners of the Red Rock Rampage repeat, with Lynda Wallenfels (LW Coaching) riding to victory in the women’s race, and Burke Swindlehurst (Team Give) slipping away from Alex Grant (Cannondale) in the men’s contest. “The course was technically challenging, and the slickrock sections were pretty tough on me,” recalled Swindlehurst. “Alex pushed me all the way to the finish line.” Further down the line, the racing was equally interesting, and just as readily contested.

Throughout the day, races in the Beginner, Sport, and Expert groups saw lead changes, attacks, surges,

crashes, and narrow victories. Wendy Cope (Mad Dog Cycles), racing in just her second mountain bike race, said that the course was “an amusement park for cyclists.” The ups and downs, twists and turns were reminiscent of a roller coaster. And the nervous, jittery, and flighty cyclists who lined up to race emulated the apprehension one has when standing in line for one.

“I was scared,” admitted Heather Clarke (Mad Dog Cycles), a mother of three, and a newcomer to mountain bike racing, “but during the race all those fears went away. It was a blast!” One after the other, racers streamed around the course, navigating the ledgy slickrock and the banked singletrack, while dodging the cholla cactus, sharp rocks, and power-sapping sand traps.

In the end, it was springtime in the desert at its finest... blue skies, a gentle breeze, and classic mountain bike racing. The hearty, courageous riders were left tired and dirty, and some were left bleeding. But they also had wide, stupid smiles spread wide across their dusty faces. Evidence of a day well spent, and an effort well given.

For series information go to www.intermountaincup.com.

For results, see page 9.

COACH'S CORNER

Teamwork: Have a Plan AND Be Flexible

By Cameron Hoffman and Mark Deterline

Working as a team in cycling can be a difficult thing to do. We are always in awe at the precision and pure grit that riders from Grand Tours demonstrate to deliver their leader to the line, to the bottom of a climb or through a technical part of the course. The domestiques of pro teams are often hired for a specific purpose, whether it be for team time trials, hill climbs or as a member of the sprinter’s leadout train. As local club teams, we are not paid (well, if you are, let us know!) for specific strengths or skills. Therefore we all need to optimize the collective skills and talents that everyone on the team brings to the table.

Have a Plan...

This is easier said than done, but every team should go into a race with specific objectives based on individual riders’ fitness levels. That could be to get certain riders into promising breakaways, keep the pack together for a sprint finish, or help a teammate defend GC – i.e. overall leadership of an omnium or stage race. With input from all teammates, come up with a set plan that will accomplish your goal(s). Factor in variables, but do everything you can to stick with the plan as it should leverage your strengths.

...Yet Be Prepared to Make Changes

Plans change because circumstances change. Survival of the fittest is often about the ability to adapt. Perhaps one of the major contenders just got themselves into the key breakaway but none of your teammates did. Now your squad must chase, though you had hoped it

would come down to a bunch sprint. Or perhaps your team leader flatted and is no longer in contention. When circumstances change, you should immediately consider what is now the best thing to do as a squad then communicate that as best you can to your teammates. If you can’t get to them, you may need to take the initiative, such as chasing down a break, moving to the front to cover moves or getting a teammate up to the front in the final laps to contend the sprint.

Get Ready for the Finish

If you are in a position to help your teammate(s), you should do everything you can to make a difference – it could be the decisive factor in a high-speed finish. Being a team means that there’s power in numbers. Join the rest of your teammates for the final push to the finish. Do everything you can to help, even if it’s only a little bit — sacrifice yourself. In the end, every little bit helps. Any energy saved is something you’ve chosen to withhold from the team and its overall success.

Behind Every Successful Team

As we gear up to watch the Giro & Tour of California, we look forward to the great acts of generosity and sacrifice of some of the world’s best domestiques. They will put everything on the line for their team leaders. Watching domestiques execute their duties with absolute precision can be as fun as watching our favorite champions win.

Keep your head up and RACE SMART!

Cameron Hoffman is a three-time LOTOJA winner and RACE SMART Coach. Mark Deterline is a cycling journalist & super-domestique.

By Adam Lisonbee

“Pedal. Pedal! Pedal dammit!”

And so went the thought process during the Intermountain Cup’s second race, the Cholla Challenge—contested in the outskirts of Hurricane, Utah, and over flowing singletrack, a little slickrock, and miles of open,

barren desert.

The course is a deceiving mix of fast, flat doubletrack, false flats, and tight, technical riding. It demands the rider’s attention, and it demands to be pedaled. Constantly. Those who raced and won, were those who had the throttle open wide from start to finish. As for the rest of us? We fin-

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- May 31 Stan Crane Memorial XC, Draper, UT
- June 12 19th Annual Deer Valley Pedalfest, Deer Valley, UT
- June 19 Wimmer’s Bicycle Race XC @ Sherwood, Wellsville, UT
- June 26 8th Annual Taming the Teton, Jackson Hole, WY
- July 3 23rd Annual Mountain Bout, Snowbird, UT
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ROUTE 211 Utah Velodrome Plans Continue to Roll

By Greg Overton

The Salt Lake Velodrome Association, a non profit group formed in 2007, to pursue the construction of a velodrome in Utah, is still pushing forward with its mission. A quick catch up with group member and co-founder Mark Kennedy this week brought us up to date on the project's progress. The SLVA has grown from a core of five original members to twelve and now includes a representative of the inline skate community and four direct representatives of the local cycling community in addition to the racers, shop owners and cycling officials that make up the original group. Members can be found on the Association's website saltlakevelodrome.com.

As is often the case with projects of this type, the major obstacle lies in securing sufficient funding for the construction of the facility. Both Ogden City and Draper City have expressed interest in providing land for a multi-use project that would include a velodrome, with Ogden going so far as to have plans drawn and releasing architect's renderings of its proposed facility. Draper City is still in the early stages of planning.

Included in the Ogden proposal is a large multi use building and park that would include an archery range largely funded by Easton Corporation, a tennis center created in partnership with

Weber State University that would be open to the public and would also serve as the Weber State team's home court, a facility to house the Ogden Boys and Girls Clubs, a walking track, along with a park including soccer and football fields. Central to this plan is a multi-use field house that will include a 250 meter, wooden indoor track capable of hosting world class track cycling events, inline skating events and a number of others ranging from conventions to an indoor sports practice facility for Weber State teams. The site's proposed location is between 20th and 21st Streets northwest of downtown and close to the FrontRunner train station. The total cost is estimated at \$12-\$15 million, and the City would like to begin construction in spring 2011, and complete the project in approximately 15 months.

A stumbling block for the project is in part the lack of funding for the velodrome, which the SLVA and benefactors to its cause are working to secure. As this issue of Cycling Utah goes to print, the SLVA and Ogden City are co-promoting a fundraiser bicycle ride on May 1, 2010, called the Tour de Drome as a direct fundraising and support gathering event for the velodrome. In addition, both groups are working to secure grants, donations and community support for the project, along with planning additional fundraising events in the coming months. Ogden City is even looking at the common practice in recent years of offering the naming rights to the facility itself.

Many in the cycling community view the Wasatch Front as an ideal location for a velodrome. Similar to the Olympic ice skating oval, billed as the fastest in the world, a velodrome

would benefit from Utah's altitude, which is just below the threshold that would require it to be classified as a high altitude track. This would be very attractive to world class events being held there, including world record speed attempts and world championship events, bringing an international participant and spectator group to the venue and its host city in addition to certain status as the national venue of choice for US-based events.

Track racing has enjoyed a resurgence in recent years, with velodromes, both indoor and outdoor being planned and constructed across the US. The resurgence brings the sport of US cycling back to its roots, as track racing was second only to baseball in popularity in the early 20th century, with venues across the US filled on a regular basis, some even being purpose-built to host cycling events, such as Madison Square Garden in New York City, named for the Madison, a particular type of track race. Locally, the original Salt Palace in downtown Salt Lake City was also built to host track racing events, and served as a training facility for several of the super stars in the sport in its original glory days.

The SLVA and its proposed partners, along with the municipalities that are interested in creating this addition to the Utah sports scene are working to add another facility to the area that will benefit local residents and also become a destination that will attract national and international visitors to the area. This project would add another aspect to a growing and respected cycling community that is already considered a top destination for amateur and professional athletes alike.

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ROAD RACING

Krieg, Wangsgard Top Tour of the Depot

By Ryan Barrett

Krieg, Wangsgard Top Tour of the Depot

The Tour of the Depot, held this year in the Tooele Valley on April 10-11, is quickly becoming one of the top stage races in the Intermountain West region. The Pro 1-2 Men's Stage One ten-mile time trial was won by Sam Krieg (ICE). Krieg has yet to lose a time trial in Utah this year, also taking wins at Tour del Sol and the Bikes for Kids Omnium. Tayler Wiles (Primal-Rocky Mtn. Colavita) posted the fastest time in the Women's 1-3 field, also breaking the course record.

Stage Two was a 40-mile circuit race. The racing was super aggressive with Tyler Wren of Jamis-Sutter Home making a bold last lap move, taking the stage by 7 seconds over a charging pack. Wren had flat-ted in the time trial effectively put-

ting him out of the overall. Nicole Wangsgard (Rooster's P/B Edge Composites) picked up the mid-race time bonus and the stage win to take a slim 7 second lead over Wiles in the women's event.

Stage Three was 90 miles for the early 8 man breakaway group in the men's race. The remainder of the field was lead off course and got an extra 30 miles in with no extra charge! The wind howled on the breakaway with gusts up to 50mph, which ultimately saw the break shatter on the finishing climb. The stage was won by Dave Harward of Canyon Bicycles, with Krieg close

behind riding in a flat tire in 2nd and scoring the overall win. Harward was 2nd overall, with Kai Applequist of Exergy in 3rd. The final stage was raced for the women, but the finish was ultimately neutralized due to conditions giving Wangsgard the G.C. win, in front of Wiles and Marie Rosado.

For results, see page 9.

Above: The Men's Pro/1/2 field stayed together for most of the circuit race.

Right: Tayler Wiles (Primal-Rocky Mountain Colavita) on the front with race winner Nicky Wangsgard (Rooster's p/b Edge Composites) in third position.

Photos: Dave Iltis

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Gianni Kennard leads a YEA rider at the Tour of the Depot on April 10, 2010. Photo: Dave Ittis

Junior Road Racing in Utah

By Elizabeth O. Hurst

Junior road cyclists ride with smaller gears, but with the same spirit and determination that adult riders do. They have to — they're held to all of the same rules race and

need just as much muscle power to climb, sprint, and ride.

Yet there is a small contingency of junior cyclists and road racers in Utah compared to adult riders.

Marek Shon, a national race promoter and promoter for Utah's Rocky Mountain Cycling Club that sponsors a half-dozen races, says, "When I was a kid in Philadelphia, we had 150 juniors lined up to race. Now (in Utah), we're lucky to get five. I wish we had more juniors because it would

be more fun for them to race."

Shon attributes this lack of junior racers to a change in children. "There are more distractions inside, like the internet. You would think kids would be more into cycling because information about the sport is so much more accessible than it used to be."

While Masters Men, ages 35-50, is the fastest growing category, advocates for the junior cycling community like Don Trop say, "If we're going to see the sport grow in light of other distractions and activities that youth can be doing, we have to keep a pipeline of juniors into the sport." Trop serves as a board member of Young Endurance Athletes of Utah (YEA).

John Gardner, a dentist, youth athletic trainer and father of two junior cyclists, says cycling has stiff competition against popular sports like soccer and baseball. "Cycling is kind of an unknown sport to the youth unless their parents are involved. People know about other sports because they usually participate in them in high school."

Youth participation in cycling usually comes down to parental support.

"It really takes family involvement to make it work for a junior," Gardner says. His friends ask him how he got his daughters to ride with him, since theirs won't.

His answer? "I never did it without them. Other people will sacrifice family time to train, and that's something I've never done. If I trained and couldn't take them with me, I would do it before they woke up or after they went to bed. Cycling was never in competition with them for my attention."

Children that become competitive junior cyclists come from families that make the sport part of their lifestyle. From driving to local and regional events, to training four to six days per week year round, junior cycling takes as much dedication from the parents as it does the youth

riders themselves.

Still, many advocates for junior cycling in Utah will tell you that supporting a child in cycling is a lot easier than it seems.

Junior cycling is feasible from a cost and safety perspective.

Trop of YEA says that the cost of road racing is comparable to other sports, and shouldn't keep juniors from participating. "Parents are a little short sighted when it come to the cost of entry and the cost of continued participation," he says, "For comp soccer, by the time you add in the coaching fees and everything else, it comes out to be more money than cycling."

YEA hopes to address the cost associated with kids quickly growing out of their road bikes by creating a bike stable. Youth that come to the program could use a bike their size for a small fee, exchanging for another when they grow out of it.

Road safety is also an issue for most parents deciding whether to support their child in road riding.

"This is why a velodrome in Ogden would be a wonderful option for juniors," says James Ferguson, USA Cycling Liaison for the Utah

Cycling Association. "Children could learn about cycling in a safe environment and train indoor throughout the year."

Groups like YEA teach children the cycling rules of the road, how to race safely, communicate with one another, all on routes that are less traveled. "We take them through baby steps through the whole thing," Trop says.

Kenyon Kennard, a local Cat 4 racer, says that some junior racers become good enough to beat grown adults in categories 5 through 1. His own son, Gianni, can keep up with him.

"Cycling is harder than most sports because it requires fitness that you don't necessarily have with other sports that are just skill based," Kennard says. "Juniors find out quickly that it takes training."

There are some youth racers that train four to six days per week. Gianni has trained six days a week since October. Does he ever miss a day? "Not unless I'm really sick," says Gianni, who has held the Utah yellow youth jersey for the entire year and is aspiring to win a National Championship in June.

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Gianni's best friend, Jenna Gardner, another national's hopeful, speaks like a natural athlete: "Cycling is a really fun sport. When you begin it's kind of hard, but once you get going it's not that hard." Last year Gardner was the youngest girl to ever race the Snowbird Bicycle Hill Climb. She is also on the PCIM team.

Her father John Gardner insists that cycling is no respecter of age, strength or body type. "Anybody can pick up a bike. You just have to figure out your strengths and work with them."

Chase Pinkham, a 19-year old Utah native who is a professional rider with the Livestrong Team insists that young riders focus on quality over quantity when it comes to training. "I ride about 17 hours a week. Some people think you need to ride 30 hours per week to be a pro. But you're better off to do quality effort, get strong and adapt then to aimlessly wander around on your bike."

Junior-level riders don't have to have highly competitive aspirations to be successful in the sport. Several junior cycling advocates encourage young riders to train for and participate in the many charity rides around the state.

Youth Endurance Athletes of Utah supports junior riders with a variety of interests. "Some our youth only want to do a weekly training ride, some want to ride the centuries and some want to go to Junior Nationals. We have training programs for youth with different interests," says Trop.

Junior-age cyclists in Utah can make their riding experience what they want it to be because Utah has the riding culture to support it.

Ferguson says, "Lots of juniors come out of Utah because it's a fairly unique place to ride. You can find flat places to ride and canyons where most of your races are won or lost. Plus, you can find a safe race four days a week in a regulated environment to compete against riders with the same ability."

Though many don't, Shon as a race promoter make a special effort to encourage the young racers at his events by giving the winners prizes and nice medals instead of ribbons, and standing them on a podium for

local media invited to attend can snap a photo or two. All of the junior participants usually go home with some swag.

"The older racers want to race and get out of there as fast as they can," Shon says. "But the kids want to hang around afterwards and talk about racing."

Gianni Kennard especially likes Shon's Downtown and Sugarhouse Criteriums. "He always supports us, give us trophies and always recognizes us. It's really nice."

Kennard started racing when he was nine- the USA Cycling legal racing age- inspired by seeing his father race. He enjoys racing because he loves pushing himself, meeting new racers, climbing the mountains and seeing new bikes.

Kennard has also made some of his best friends racing, but not by sacrificing his competitiveness. "You are really happy and nice with them as friends, but once it comes down to the end of the race, you want to kill them." Kennard hopes to compete in the Giro d'Italia someday.

The competition also fuels Jenna Gardner's passion for cycling. "There's a lot of competition, but winning always makes you feel good. When you pass by people and they cheer for you, it makes you feel really good."

She hopes that as she continues in cycling she will be able to compete locally against more girls her age. "I wish they would have more races, and that more juniors would compete in those races," Gardner says. "I wish more girls would compete in those races so I could practice and get better and better to reach the goal of winning at nationals."

"Racing isn't all about competing," Gardner continues. "It's about getting better and stronger."

To learn more about the junior criterium races at Utah Valley University, please visit Uvucyclingteam.blogspot.com.

To learn more about Youth Endurance Athletes of Utah, please visit <http://yea-utah.blogspot.com/>.

To learn more about junior-friendly races organized by Marek Shon, please visit cyclingutah.com or see the calendar on page 20 and view the Utah road racing events.

ROAD RACING

Gehrig, Patton Take Hell of the North Road Race

The Hell of the North, held on April 3 on the asphalt and dirt roads just north of the airport in Salt Lake City, lived up to its name with cold temperatures. Luckily for the racers, the predicted snowstorm held off until evening. The Pro 1-2 men faced with 10 laps of a five mile course including a 1.75 mile dirt road section each lap. On the second lap, teammates Brad Gehrig and Mike Booth (Barbacoa-Mi Duole) attacked with Sam Krieg (ICE), Mike Sohm (Canyon Bicycles) and Tanner Putt (Cole Sport) and began putting time into the field. Putt would later suffer a puncture on the dirt leaving four up front. With just under a lap to go, Gehrig put in an attack, dangling just off the front of the group all the way to the line to secure the win. It was Gehrig's 2nd win of 2010 as he won the road race at Tour del Sol. Having a free ride the last lap, Booth easily took the sprint for 2nd in front of Krieg.

The women's Category 1-3 event was won by Laura Patton of Ski Utah. Patton finished with a 5 minute lead over 2nd placed Nisie Antacle of PCIM, who in turn had close to 5 minutes gap on 3rd placed Lori Frandsen (Unattached).

-Ryan Barrett



Above: The cat 4 men's field on the backstretch at the Hell of the North. Photos: Jacob Hamblin. Find your photo at noblesports.com.

Harward Wins Bikes For Kids Omnium

The Bikes For Kids Omnium March 26-27 featured a unique format involved 3 stages in less than 24 hours. The first stage 75 min criterium featured high winds, a brief snow squall, and very technical course at Thanksgiving Point. Mike Sohm of Canyon Bicycles Draper took the win in front of teammate Dave Harward and Cameron Hoffman of Biker's Edge.

Stage Two was a 4.5 mile uphill TT up the brutal north side of Suncrest. After missing the previous days' criterium, Sam "Blitz" Krieg of ICE took the win by nearly a minute. Brad Gehrig (Barbacoa-Mi Duole) was the closest to Krieg

in 2nd, with stage 1 winner Sohm in 3rd.

Completing the omnium was the stage 3 85-mile road race around the Daybreak community and the mouth of Butterfield Canyon. David Brockbank (Canyon Bicycles-Draper) and Alex Rock (Barbacoa-Mi Duole) formed an early breakaway. Behind them, the field detonated in heavy winds. Brockbank eventually dropped Rock and soldiered on alone until being caught on the final lap by Krieg and Harward. Krieg took the in front of Harward, but the 2nd place finish was enough for Harward to take the overall in front of Krieg. Brockbank hung on for a well-deserved 3rd on the stage.

See Results on page 9.

DISCOVER

the racer within



MAY

- 1: Antelope Island Road Race
- 8: Downtown Criterium
- 15: Bear Lake Road Race
- 22: Sugarhouse Criterium
- 29: Garden Creek Gap

JUNE

- 5: E Center Criterium
- 12: Powder Mountain Hillclimb
- 19: High Uintas Stage Race
- 26: Little Mountain Road Race

JULY

- 3: State Championship TT
- 10: Porcupine Hillclimb
- 17: Capital Reef Classic
- 24: Chalk Creek Road Race
- 31: Tour de Park City



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CALENDAR OF EVENTS

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

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



Cycling Events

Advocacy Groups

Salt Lake City 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 335. (801) 535-7704 or (801) 328-2066, slcgov.com/bike.

Salt Lake County Bicycle Advisory Committee — Meetings are TBD of each month from 5-7 p.m. in suite N-4010 of the Salt Lake County Government Center, 2001 S. State, SLC, (801) 468-3351, slcbac.org

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

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

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

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

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

Utah Bicycle Coalition — **Statewide advocacy group**, utahbikes.org

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

Events, Swaps, Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., noemail@cyclingutah.com, slccriticalmass.org

Bike Polo League — Salt Lake City, UT, March to November - Come and play bike polo! Tuesdays at Liberty Park, Salt Lake City, 6:30 pm, enter from 13th S. and come up the 7th East side to the road entering the center of the park. All welcome, bring bike, gloves, and helmet. Mallets provided., Scott Brown, 801-870-9292, sbrown@redrocks.com,

May 1 — **GOTS, Bike and Outdoor Toy Swap**, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday, Tim Metos, 801-533-8671, vtshopdog@earthlink.net, wildrosesports.com

May 1-2 — **Young Riders Bike Swap**, Park City, UT, Located at The Yard., Heinrich Deters, 435-649-8710, 435-659-1188, heinrichdeters@yahoo.com, youngriders.com

May 8 — **Bikes for Kids Charity Bike Swap**, Salt Lake City, UT, Held at Cottonwood Cyclery, 2594 E. Bengal Blvd, Salt Lake City. Proceeds support Bikes for Kids Utah., Alan Greenberg, 801-942-1015, saltlakecyclery@gmail.com, bikesforkidsutah.com

May 8 — **Downtown Alliance's Live Green Festival**, Utah Bike Month, Salt Lake City, UT, 7th Annual Sustainable Living Festival, 10 am to 6 pm at Library Plaza, 210 E. 400 South, Downtown Salt Lake City. 100+ exhibitors, live music, solar-powered beer garden, organic food, kids' eco-activities, film presentation and much, much more., Kim Angeli, 801-333-1103, info@downtownslc.org, downtownslc.org

May 8 — **Herriman Pedal Palooza**, Herriman, UT, Cycling Event for the whole family. Amateur road crit,

kids safety rodeo, helmet safety inspection (not sure what the blanket term for this event would be). 9 am., Dani Lassiter, 801-635-9422, dani@goldilocksride.com, pedalpalooza.infinitecycles.com

May 8 — **Salt Lake Challenge**, Utah Bike Month, Salt Lake City, UT, Urban Team Challenge event, a challenge on wheels with jousting, ball carry, clues on short and long courses, to raise money for Bike Education and Youth Cycling., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 12 — **Cycle Salt Lake Century Ride Packet Stuffing**, Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing, Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com

May 14-23 — **Cycle Salt Lake Week**, Utah Bike Month, Salt Lake City, UT, Weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, utahbikemonth.com

May 14 — **UTA Bike Bonanza**, Utah Bike Month, Salt Lake City, UT, Free to public 2010 Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring family, bring friends!, Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utarideshare.com

May 14 — **Cycle and Style Show**, Utah Bike Month, Salt Lake City, UT, Held during the UTA Bike Bonanza, 6:30 pm at the Gallivan Center. The show will prove that you can look great cycling and will feature some of the latest in bicycles, accessories and clothing. This fashion show on bikes will spotlight various types of cycling including road, mountain, commuting, family biking, and cycle chic., Tara McKee, 801-870-8504, taramckee@cycleandstyle.com, cycleandstyle.com

May 15 — **Cache Valley Bike Festival**, Utah Bike Month, Logan, UT, Annual event at Merlin Olsen Park, promoting bike education, healthy living, and sustainability through bicycles. An event for the whole family, there is a workshop for everyone. Runs 9-3., C. Ann Jensen, 435-797-0964 ext. 3, aggiebluebikes@gmail.com, aggiebluebikes.org, aggiebluebikes.blogspot.com

May 15-16 — **Cole Sport Bike Swap**, Park City, UT, \$10 fee if bike sells. All proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport 1615 Park Ave. on 5/14., Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org, colesport.com

May 15 — **Cycle Salt Lake Century Ride**, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 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., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id:263

May 15 — **Celebrate the City 2010**, Utah Bike Month, Salt Lake City, UT, Fisher Mansion, 1206 W 200 S. Time TBA., Tyler Curtis, 801-535-6118, tyler.curtis@slcgov.com, utahbike-month.com

May 15-29 — **Bicycle Commuter Master Classes**, Utah Bike Month, Salt Lake City, UT, Saturdays 8:30-11:30 am, May 15 - May 29. The same class is held each Saturday. Explore all aspects of bicycle commuting with emphasis on proper lane positioning, principles of traffic flow, minimizing risk, and maximizing fun! Classes held at the Salt Lake City Bicycle Collective, 2312 S. W. Temple in SLC. Register online., Doug Openshaw, 801-860-3183, doug.openshaw@gmail.com, slcbikecollective.org/programs/classes

May 17-21 — **Summit County Bike To Work Day**, Utah Bike Month, Summit County, UT, Commuter Cup Challenge, free breakfast at Yarrow and Basin Recreation Field House, evening fun at Squatter's, encouraging Park City and Summit County to Bike to Work., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

May 18 — **Salt Lake County and City Mayor's Bike to Work Day**, Utah Bike Month, Salt Lake City, UT, Place: Liberty Park (700 East 900 South, northeast corner) to the Salt Lake County Government Center (2100 South State Street) Time: 7:30 AM Cost: Free Presented by the Salt Lake County Mayor's Office and the Salt Lake County Bicycle Advisory Committee. Join us for a mellow ride with Mayor Peter Corroon / Mayor Ralph Becker and other city mayors under police escort to County Complex and City County Building., Charlie Kulp, 801-468-3799, ckulp@slco.org, slcbac.org, utahbikemonth.com

May 18 — **UTA Bike to Work Day in Provo City**, Utah Bike Month, Provo,

UT, West side lawn of the Historic County Courthouse in downtown Provo (University Avenue/Center Street), 7:30 - 9 am, Bike Ride with Mayor John Curtis at 8 am sharp, free food and drinks, bike swag, and complimentary bike tune-ups., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 19 — **Ride of Silence**, Utah Bike Month, Salt Lake City, UT, Ride to raise cycling safety awareness among motorists, police, and city officials. This is a free ride that asks cyclists to ride no faster than 12 mph and remain silent during the ride, Gallivan Center, 50 E., 200 S., 7 pm., Raleigh Fehr, 801-699-7016, raker@msn.com, rideofsilence.org, utahbikemonth.com

May 19 — **Commuter & Beginning Cyclist Classes**, Utah Bike Month, Salt Lake City, UT, Classes by certified LCI Personnel (League of American Bicyclists Certified Instructors). Learn the ins and outs of bike handling and what to do in situations that can occur on a daily basis while riding your bike. For the new rider, handling skills needed to ride in motor traffic and riding with other cyclists., Jonathan Morrison, 801-FAT-BIKE, jonathan@bicyclefilmfestival.com, slcbikecollective.org

May 19 — **UTA Bike to Work Day in Orem City**, Utah Bike Month, Orem, UT, 7:30-9 am, 100 N. 300 E., City Center Park, Ride with Orem Mayor Jerry Washburn and City Council, Free pancake breakfast, ride at 8:15 am., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 19 — **Ride of Silence**, Utah Bike Month, Orem, UT, Ride to raise cycling safety awareness among motorists, police, and city officials. This is a free ride that asks cyclists to ride no faster than 12 mph and remain silent during the ride, Telos T3 Triathlon Shop, 870 West Center Street, 6:30-8 pm, Blu Robinson, 801-319-7218, 801-426-8800, bluryan@gmail.com, rideofsilence.org, utahbikemonth.com

May 20 — **Road Home Bike Tuning**, Tentative, Utah Bike Month, Salt Lake City, UT, 5-6pm, Free bicycle tune-ups at the Road Home, 210 S. Rio Grand St. (455 W.) sponsored by the SLC Bike Collective., Jonathan Morrison, 801-FAT-BIKE, jonathan@

2nd Annual

Powder Mountain Hillclimb

Benefiting the Ovarian Cancer National Alliance

Saturday, June 12th 2010

//3300 vertical feet in 6 miles!//

UCA Points Series Event

First start at 9 am from the Wolf Creek Barn on SR 158 in Eden, UT

\$1500 in cash, prizes or medals for podium finishers! Can you beat the 41:20 record? \$25 at sportsbaseonline.com, \$35 day of.

teamexcelerator.com



Event held under USAC permit-pending



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801 533-8671
wildrosesports.com

slcbikecollective.org, slcbikecollective.org

May 21 — Bike Art Gallery Roll, Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9 pm, in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries too! Find out more on the show here: slcbike.com, Brent Hulme, 801-746-8366, brent@slcbike.com, galleryroll.com, utahbikemonth.com

May 21 — National Bike to Work Day, Utah Bike Month, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utahbikemonth.com

May 29 — Mountain Biker's Trail Work Day, Utah Bike Month, Salt Lake City, UT, Give back to the trail that we all love, work on badly needed maintenance on the Bonneville Shoreline trail. 8 a.m. to 1 p.m., location TBD., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.com

June 5 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

June 5 — National Trails Day, Park City, UT, 9 am, Meet at White Pine Touring at the Rail Trailhead, Coffee and bagels, Project TBA., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

June 7 — 4th annual "Share the Road Memorial Ride", Park City, UT, A ride to remember fallen cyclists. Meet at Cole Sport 1615 Park Avenue in Park City. 17-20 mile ride will leave Cole Sport at 6 p.m. Park at Park City Mountain Resort lower lot. All ages welcome but cyclists should be comfortable with a 20 mile ride., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com

June 26-28 — Bike Days, Driggs, ID, Area bike shops will have demos for public to ride, test all the new gear for 2010. Free lift rides for bikes all weekend., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

June 26 — Mountair Mile — A Multi-Sport Children's Race, Salt Lake City, UT, Children's race. 1 or 2 mile duathlon. Begin with bicycle, tri-cycle, or scooter, then finish with a 1/3 or 1 mile walk/run. Strollers and wagons welcome. All proceeds go to charity - The Sharing Place, Benjamin Lowry, 801-680-7549, benjaminlowry@hotmail.com, mountainracres.blogspot.com, thesharingplace.com

July 17 — Utah Tour de Donut, American Fork, UT, 21 mile circuit race and donut eating (subtract time for eating donuts each lap), bike safety rodeo, kids race, Greenwood Elementary in American Fork, 8 am, All proceeds are for Bike Town Africa and other local Rotary projects., Kim Garrett, 801-763-1216, timpaud@yahoo.com, utahtouredonut.org

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 22 — World Car Free Day, UT, Ride your bike and leave the car at home!, noemail@cycling-utah.com, worldcarfree.net

Mountain Bike

Tours and Festivals

May 11-15 — Alison Dunlap Adventure Camp, Moab, UT, Intermediate/Advanced Ride Camp, Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

May 12-16 — The Maze, Canyonlands National Park, UT, 5- and 7-day mountain bike tours of the Maze District of the National Park travel over mesa and through canyon terrain. Intermediate to advanced riders. Also avail 5/26-30; 9/6-10; 9/27-10/1., 800-546-4245, info@magpieadventures.com, magpieadventures.com

May 14-16 — San Rafael Swell Mountain Bike Festival, Green River, UT, 24th Spring Festival, start: Friday afternoon with registration, a warm-up bike ride, a meal and a prize drawing. Saturday: day-long rides (beginner, intermediate or advanced) to see the San Rafael Swell, returning to a Dutch-oven cookout meal. Sunday begins with breakfast and one last group ride, ending at noon, family-oriented; kids are urged to ride with their parents or on a kid-specific ride., 435-637-0086, meccabikeclub@etv.net, biketheswell.org

May 22 — 4th Annual Amazing Earthfest, Kanab, UT, Joy Jordan Woodhill Trail Ride (BLM): 10, 20 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and the colorful cliffs of the Grand Staircase. Meet at the Fredonia Welcome Center on US 89-A, Fredonia, AZ, Note: Utah is on daylight savings time. Arizona is on standard time., Rich Csenge, 435-644-3735, jiw@gwi.net, amazingearthfest.com

May 28-31 — Black Hills Fat Tire Festival, Rapid City, SD, Trail rides, races (hill climb, XC, Super-D), Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Jerry Cole, 605-394-5225, jerry.cole@rcgov.org, 605-394-5225, info@bhfattirefestival.com, bhfattirefestival.com

May 28-30 — NUMB Fest, Vernal, UT, Three fun and action packed days of organized riding and festivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, there is no charge or entry fee., Troy, 435-781-2595, troyboy@altitudecycle.com, altitudecycle.com

June 5 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

June 5 — National Trails Day, Weber County, UT, Weber Pathways Trail Day, West side of Weber River across from Fort Buenaventura, 8:00am-11:00am, Weber Pathways, (801) 393-2304, wp@weberpathways.org, weberpathways.org

June 5-6 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Jo Fergie, 604-905-8177 (Canada), info@dirseries.com, dirtseries.com

June 19-20 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Jo Fergie, 604-905-8177 (Canada), info@dirseries.com, dirtseries.com

June 19-21 — Wild Rockies Boise to Idaho City Tour, Wild Rockies

Series, Boise, ID, Starts and finishes at the Old Armory on Reserve Rd. 7am Boise to Idaho City (campover night) and back to Boise. Full support and SAG wagon included for a low price. We are raising trail awareness and providing a low cost trip for all levels., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies-racing.com, swimba.org

July 24 — Rawhide Continental Divide Tour, Basin Creek Park, MT, Shuttled, one way ride. 35 miles of single-track on the Continental Divide Trail, 2 supported aid/rest stations, BBQ at Homestake Lodge following ride! Start time TBD., Warren Smith, 406-490-2556, chirobike@hotmail.com,

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 24-26 — Castle Country Single Track Mountain Bike Festival, Price, UT, Rides for all abilities from confident beginner to expert. All rides will be over a newly developed single track system. Rides Friday, Saturday, and Sunday. Dinner and live entertainment on Saturday, bike raffle, fun for everyone!, Steve Christensen, 435-636-3702, steven.christensen@carbon.utah.gov, carbonrec.gov

September 24-26 — San Rafael Swell Mountain Bike Festival, Green River, UT, 8th Fall Festival, start: Friday afternoon with registration, a warm-up bike ride, a meal and a prize drawing. Saturday: day-long rides (beginner, intermediate or advanced) to see the San Rafael Swell, returning to a Dutch-oven cookout meal. Sunday begins with breakfast and one last group ride, ending at noon. Festivals are family-oriented; kids are urged to ride with their parents or in a kid-specific ride., 435-637-0086, meccabikeclub@etv.net, biketheswell.org

September 28-October 2 — Alison Dunlap Adventure Camp, Moab, UT, Intermediate/Advanced Ride Camp, Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

September 30-October 3 — Outerbike, Moab, UT, Outerbike will be an opportunity to ride your dream bike on world famous trails, including Slickrock. Registration is \$150, and participants will receive demos for four days, lunch at the trailheads, and discounted tickets to evening parties and films., Sean Hazell, 800-845-2453, biking@westernspirit.com, westernspirit.com, outerbike.com

October 29-31 — 5th Annual Moab Ho-Down Bike Festival, Moab, UT, Moab's original fat tire festival has changed and evolved over the past few decades into what is now being presented by Chile Pepper Bike Shop in Moab. The festival offers group shuttles and rides, movie premiere, townie tour, Super D Race, DH Race and an outrageous costume party., Tracy Reed, 435-259-4688, info@chilebikes.com, moabholdown.com

Utah Weekly MTB

Race Series

Sundance Weekly Race Series — Sundance Resort, UT, Wednesdays, 6:30 p.m., May 12, 26, June 9, 23, July 7, 21, August 4, 18 alternates with Soldier Hollow Training Series., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, weeklyraceseries.com, sundanceresort.com

Soldier Hollow Training Series — Soldier Hollow, UT, Wednesdays, May 5, 19, June 2, 16, 30, July 14, 28, August 11, 25, alternates with Sundance, Registration 5:30-6:20p.m., Racing at 6:30 p.m., Mark Nelson, 801-358-1145, races@euclidoutdoors.com, weeklyraceseries.com

ART OF CYCLING

Bike Art #3



Painting by Steve Smock. You can see this and other bike art on display at Salt Lake Bicycle Company, 177 E. 200 S., Salt Lake City) on May 21 and later as part of Salt Lake Gallery Stroll and Gallery Roll (galleryroll.com). This is just one of many Bike Month Activities taking place in May.
Photo: Jennifer Leahy.

www.SummitChallenge100.org
AUGUST 28, 2010 PARK CITY, UTAH

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Snowbasin/Biker's Edge Mtn. XC Race Series — Snowbasin Resort, UT, Dates June 16, 30; July 14, 28; August 11, 25. Registration- 5pm-6:30pm at Grizzle Center, Race Start: 6:30., Jonny Hintze, 801-544-5300, jonny@bebikes.com, bebikes.com

May 11-August 19 — Park City/Solitude Mid Week Mountain Bike Race Series, Park City, Salt Lake City, and Solitude, UT, Park City: Round Valley, dates May 11, 25, June 8, June 15 Solitude: Dates July 20, August 19 Park City: Park City Mountain Resort, Deer Valley, The Canyons. Dates Tentative: July 6, July 20, Riley Siddoway, 435-671-5053, rsiddoway@mountainrace-works.com, Jay Burke, 801-330-3214, burkejay@q.com, midweek-

mtb.com

Utah Mountain

Bike Racing

May 1 — Showdown at Five Mile Pass, Intermountain Cup, Lehi, UT, 16th Annual, ICS #3, XC. Fun XC course, 11-mile loop with rolling hills. First start at 9:00am for U12, others at 10am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 15 — Sundance Spin, Intermountain Cup, Sundance Resort, UT, ICS #4, XC, 2 loops: a 7.1-mile topping out at 7100 ft, and the small 0.5-mile lowest part of Archies Loop. First race starts at 8 am for U9, 8:30am for U12, others 9:30am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 22 — 8th Annual Hammerfest at the Hollow, Intermountain Cup, Midway, UT, ICS#5, Soldier Hollow, 9-mi loop with 1100' vertical per lap. Climbs and fast descents through a maze of ski trails at the Olympic venue of Soldier Hollow, new singletrack added. First race starts at 9:00am for U12, others at 10:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 29-31 — Sundance Showdown, UT Downhill Series, Sundance Resort, UT, Super-D Saturday, DH Monday, Utah DH Series, Sundance., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

May 31 — Stan Crane Memorial XC, Intermountain Cup, Draper, UT, ICS #6, 5th annual. Monday race, Great XC course start/finish at the equestrian center, about 80% single-track on a 9.8-mi loop. Total elevation 1100'/lap, first start at 8:15am for U12, others at 9:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 12 — 19th Annual Deer Valley Pedalfest, Intermountain Cup, Deer Valley, UT, ICS #7, 19th annual, a tradition, multi-lap course on Deer Valley's and Deer Crest's world-famous trail system, climbs and twisty single-track downhill through the dense woods. First start at 8:15am for U12, others 9:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 12-13 — 6-Hour of Wolf Creek Enduro Downhill Race, Wolf Mountain Resort, UT, Lift served, multi-lap downhill mountain bike race. 60 person limit. Saturday qualifying run for lift line order. Sunday 6 hour enduro race., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

June 19-20 — Wolf Creek Mayhem Downhill Race, UT Downhill Series, Wolf Mountain Resort, UT, Saturday Super D and Trail Bike races, Sunday Downhill, Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

June 19 — Wimmer's Bicycle Race XC @ Sherwood, Intermountain Cup, Wellsville, UT, ICS #8, Sherwood Hills Resort in Wellsville Canyon. Multiple laps, winding singletrack through trees. Reg opens at 8 AM. Beg race start at 9 a.m., spt at 11 a.m., exp/pro at 1:30 p.m., Kayleen Ames, 435-757-4310, icupracing@yahoo.com, intermountaincup.com, amespromoting.com

July 3 — 23rd Annual Mountain Bout, Intermountain Cup, Snowbird, UT, ICS #10, Snowbird, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap. First race starts at 8:10am for U9, 8:30am next start., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 10 — 14th Annual Chris Allaire Memorial, Intermountain Cup, Solitude Resort, UT, Utah State Open XC Championship, ICS #11, Course combines Cruiser (upper) and Serenity (lower) loops. Registration closed 7/13, First start at 8:15am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 31 — 1st Annual Basin Bash XC, Intermountain Cup, Snowbasin, UT, ICS #12, Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

August 7 — 2nd Annual Rock the Canyons Intermountain Cup Grand Finale, Intermountain Cup, Canyons Resort, UT, ICS #13, Open to all, XC course starts and finishes at Smokie's Bar and Grill at the base of the gondola at The Canyons Resort. The course is about 90% wide single track, Ed Chauner, 801-

942-3498, icupracing@yahoo.com, intermountaincup.com

August 13-15 — Flyin' Brian Gravity Festival, UT Downhill Series, Brian Head, UT, Friday Trail Bike Race, Saturday Super D, Sunday Downhill., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

August 26 — Mt. Ogden 50 & 100 K MTB Race, Snowbasin, UT, 50 K & 100 K. Starts 9 am at Snowbasin, Solo or 2 person relay teams, Jonny Hintze, 801-544-5300, jonny@bebikes.com, bebikes.com, snowbasin.com

September 4 — Park City Point 2 Point - presented by POWERADE, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 78 miles & 14,000' of climbing., Jay Burke, 801-330-3214, info@thepcpp.com, thepcpp.com

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 11 — 6th Annual Sundance Single Speed Challenge, Sundance Resort, UT, 10 am start, Sundance Resort., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

September 18 — 12 Hours of Sundance, Sundance Resort, UT, 7 a.m. to 7 p.m., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

September 18 — Widowmaker Hill Climb, Snowbird, UT, 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

September 19 — Tour de Suds, Park City, UT, An uphill MTB race from Miner's Hospital to Guardsman. 28th Annual, Park City, 6 mile hill climb to celebrate the end of mountain bike season., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

October 9-10 — 24 Hours of Moab, Moab, UT, 16th Annual, solo, duo, 4 and 5 person team categories, men, women, and coed. USAC National 24 Hour Championships tool, Laird Knight, 304-259-5533, heygranny@grannygear.com, grannygear.com

October 9 — 6 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Intro to endurance racing with solo, duo, and 3 person categories. Event held from 9am to 3 pm. Same great 13 mile course as the 25 hour race. Includes costume contest fun., Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

October 11-12 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, hws@infowest.com, seniorgames.net

November 6-7 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, 25 hour event is from SAT 10am to SUN 10 am with the bonus double midnight lap. Costume contest is from Sat 11 am

to Sat 5 pm- contest and awards at 6 PM, Other fun Halloween fun TBA, Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

Regional Mountain

Bike Racing

May 7-8 — New Belgium Brewing Company 18 Hours of Fruita, Loma, CO, 6th Annual, Highline Lake State Park, 12 midnight start, 18 Hr race on 6.5 mile loop., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com, emgcolorado.com, fruitamountainbike.com

May 8 — 8th Annual Avimor Coyote Classic, Knobby Tire Series, Boise, ID, high speed rolling double-track. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com, brokenspokecycling.com

May 14-16 — Chalk Creek Stampede- MSC #2, Mountain States Cup, Nathrop, CO, Cross country (endurance) and four cross (gravity) on Saturday. Short Track (endurance) and dual slalom (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

May 28-31 — Black Hills Fat Tire Festival, Rapid City, SD, BHFF is four days filled with MB racing (x-country, downhill, hill climb, super D), Trail Rides, Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Jerry Cole, 605-394-5225, jerry.cole@rcgov.org, bhffatirefestival.com

May 29-30 — Velopark MTB Dual Slalom and STXC State Championships, Wild Rockies Series, IVCP, ID, 2 person dual slalom courses are built by World Champion Eric Carter-- this is the real deal folks. You'll find everything you expect at a National course with a grass-roots feeling. Lots of fun all day and super easy road to get to the top of the events., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 2 — 9th Annual Wood River Cup Race #1, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@road-anddirt.org, roadanddirt.org

June 4-6 — The Chile Challenge - MSC #3, Mountain States Cup, Angel Fire, CO, Cross country (endurance) and four cross (gravity) on Saturday. Super D (endurance/gravity) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National

Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 9 — 9th Annual Wood River Cup Race #2, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@road-anddirt.org, roadanddirt.org

June 12 — Beti Bike Bash, Mountain States Cup, Lakewood, CO, First-ever women's only mountain bike race and festival. Run by women, for women. Encouraging women mountain bikers to enter their first race. Expo, prizes, and a great swag bag with entry. Bring the whole family!, Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 12 — 9-5 Marathon, Knobby Tire Series, Boise, ID, 9-5...need we say more? Besides the live bands, great trails, and a play area for families who come out to watch., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 16 — 9th Annual Wood River Cup Race #3, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@road-anddirt.org, roadanddirt.org

June 19 — Soldier Mountain, Knobby Tire Series, Fairfield, ID, Soldier Mountain Resort "epic" XC course, known for the big climbs and big descents and this year nothing has changed. Racers will climb to over 8000' to see views that others dream about...but what goes up must come down., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 23 — Cache Creek to Game Creek Mountain Bike Race, Tentative, Jackson, WY, Mike Yokel Park, 12 mile MTB XC., Jill Harkness, 307-733-5056, jharkness@tetonwyo.org, ucjh.org

June 23 — 9th Annual Wood River Cup Race #4, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@road-anddirt.org, roadanddirt.org

June 25-27 — Wildflower Rush- MSC #4, Mountain States Cup, Crested Butte, CO, Cross country (endurance), 40 mile epic cross country (endurance) and four cross (gravity) on Saturday. Super D (endurance/gravity) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

June 26 — Adventure Xstream Durango, Durango, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike through the majestic San Juan

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mountain, 50-100 miles of multisport racing., Will Newcomer, 970-259-7771, 2010@gravityplay.com, gravityplay.com

June 26 — Jug Mountain Ranch Ride, Wild Rockies Series, McCall, ID, 2-3 hr XC course and 2hr trail run. Possible 50mi. Marathon on new route with fast, flowing single track and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide open fire road., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 26 — 8th Annual Taming the Tetons, Intermountain Cup, Jackson Hole, WY, ICS #9, 9 a.m. start for under 9, 9:30 start for all other categories., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com, go-ride.com

June 26 — Pocatello City Creek Pedalfest, Pocatello, ID, XC Race, Open field category: 34miles, Sport category: 28miles, beginner category: 12miles On site reg is 8-9:30am, Race starts at 10am, \$500 cash prize for top 3 women and men in the Open category, Zephania Blasi, 775-232-1320, 208-232-8996, zephaniablasigmail.com, idahocycling.com

June 30 — 9th Annual Wood River Cup Finals, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

July 3 — 15th Annual WYDAHO Mountain Bike Race, Alta, WY, The 15th annual Wydaho XC race, kids race, huffy toss and hill climb. Mountain biking in the heart of the Tetons!, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 3-4 — 19th Brundage Mountain Bike Fest XC/Super D/DH, Wild Rockies Series, Brundage Resort, ID, 2-3 hr XC course and 20 min super D, 5-6 min DH course., deep woods single track and wide open fire road, super easy shuttle with high speed lift for the Super D and DH events., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

July 9-11 — Blast the Mass - MSC #5, Mountain States Cup, Crested Butte, CO, Short track (endurance), downhill (gravity) and super d (endurance/gravity) on Saturday. Cross country (endurance) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

July 15-18 — USAC National Mountain Bike Championships, Granby, CO, USAC Mountain Bike National Championships., 888-850-4615, info@bikesolvista.com, solvistanationals.com

July 24 — Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/ Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

July 24 — Targhee Downhill Race #1, Alta, WY, The Wydaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 25 — Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers. Raffle and party following., Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

July 31 — Laramie Enduro, Laramie, WY, 111 K (72.5 miles) mountain bike race, Happy Jack Recreation Area, 8600' elevation gain., Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

July 31 — Butte 100, Butte, MT, 100 and 50 mile single loop options. Approx. 70 miles of continental divide trail within the 100 mile race and approx. 40 miles of CDT within the 50 mile race. 16,000 ft of elevation gain on the 100 mile route. Fund Raising for MTB trail maintenance and trail building., Bob Waggoner, 406-490-5641, getriplerprod@hotmail.com, triplerprod.com

July 31-August 1 — Pomerelle Pounder, UT Downhill Series, Wild Rockies Series, Albion, ID, 2 day DH race, Saturday DH race and Sunday DH and Trail bike races., Ron Lindley, 801-375-3231, eracerhd@netzero.net, wildrockiesracing.com, go-ride.com

August 4 — Teton Village Short Track XC Series and CX, Tentative, Teton Village Short Track XC Series, Teton Village, WY, August 4, 18, 6:30 pm. MTB Races, CX race on August 11, Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

August 4 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 6-8 — Keystone Revival - MSC #6, Mountain States Cup, Crested Butte, CO, Cross country (endurance) and super d endurance/gravity) on Saturday. Short track (endurance) and downhill (gravity) on Sunday. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

August 7 — Knobby Tire Series Finals, Knobby Tire Series, Boise, ID, Only 15 minutes from Boise. World Cup style racing brought to the Treasure Valley. 8.5 loop packed with tight double track and some single track to keep one honest., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytires.com, brokenspokecycling.com

August 7 — Targhee Downhill Race #2, Alta, WY, The Wydaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

August 11 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 14 — Big Hole Challenge MTB Race and Duathlon, Driggs, ID, 15 mile MTB race, 7.5 mile bike and 5 mile run Duathlon, Start at Horseshoe Canyon Trailhead, 11 miles west of Driggs, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

August 18 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

August 20-22 — Full Tilt in Telluride - MSC #7, Mountain States Cup, Telluride, CO, Hill climb (endurance) and four cross (gravity) on Saturday. Cross country (endurance) and downhill (gravity) on Sunday. XC, 4X and DH are qualifiers for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

August 21 — Schweitzer Mountain Resort Downhill, Wild Rockies Series, Sandpoint, ID, Schweitzer Mtn. Resort. DH., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com, fluidride.com

August 25 — DDDSTXCRS, Ketchum, ID, Dollar Mountain, Short Track XC, Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

September 3-6 — Winter Park Pursuit - MSC #8, Mountain States Cup, Winter Park, CO, Short track (endurance), cross country (endurance), super d (endurance/gravity), four cross (gravity) and downhill (gravity). This is the Mountain States Cup Season Finale for all gravity disciplines and super d. Qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

September 4 — Bogus Hari-Kari STXC, Wild Rockies Series, Bogus Basin Resort, ID, 20-40 min Short-track, depending on category. 1.2 mi course rolling, tight corners. 11 a.m. start time., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 5 — Bogus Kamikaze DH, Wild Rockies Series, Bogus Basin, ID, 2-3 min DH course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find gap jumps, drop-offs, wooden bridges and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 10-12 — Fall Classic - MSC #9, Mountain States Cup, Breckenridge, CO, Circuit race (endurance- short track) and time trial (endurance- hill climb) on Saturday. Epic backcountry cross country (endurance) on Sunday. Cross country is a qualifier for 2010 USAC Mountain Bike National Championships., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

September 11 — City Creek Mountain Duathlon Endurance Festival, Pocatello, ID, 20K trail course includes a 15K mountain bike, followed by a 5K trail run (1463' total elevation gain on mountain bike course, 479' total elevation gain on run course) on the famed City Creek Trail system, trail running and mountain biking divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, EnduranceFestival.com

September 11 — Targhee Downhill Race #3, Alta, WY, The Wydaho DH series at Grand Targhee Resort. This 3 race DH series will test all with a single track course over 2 miles long., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

September 21 — Pierre's Hole MTB Race, Alta, WY, Grand Targhee Resort. The 25 mile loop with over 4000' of climbing each lap, a long with over 70% of the course on single track make this a awesome 50/100 race., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com, pierreshole50-100.blogspot.com

Utah Weekly

Road Race Series

Cyclesmith Rocky Mountain Raceways Criterium Series — West Valley City, UT, A and B Flite off at Noon C and D Flite off at 12:50, 6555 W. 2100 S. March 6,13,20,27 April 6,13,20,27, May 4, 11, 18,25, June 1,8,15,22,29, July 6,13,20,27, August 3,10,17,24,31, September 7,14,21,28., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April - August, I-80 Frontage Road West of the International Center; 4/15, 4/29, 5/13, 5/27, 6/10, 6/24, 7/1, 7/15, 7/29, 8/12, 8/26, 9/9, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

DLD (DMV) Criterium Presented by Ski Utah — West Valley City, UT, Ski Utah Cycling team is pleased to sponsor the Utah Driver's License Division (DLD) weekly criterium race. Weekly Training Crit at the Driver's Training Center, 4700 S. 2780 W., A Flite - 6pm. B Flite - 6:55 pm. (April 7 - September 9), Clint Carter, 801-651-8333, cdcarter44@msn.com, utahcritseries.com

Emigration Canyon Hillclimb Series — Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April thru September: 4/22, 5/6, 5/20, 6/3, 6/17, 7/8, 7/22, 8/5, 8/29, 9/2, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Simply Mac Racing Criterium Series p/b TeamGive — Ogden, UT, Thursdays, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 6 pm, C flight: 5:50 pm (30 min), B flight: 6:30pm (40min), A Flight: 7:20pm (50min), Business Depot Ogden (1100 S Depot Drive),

Joel Rackham, 801.721.6952, joel@simplymacracing.org, simplymacracing.org

Logan Race Club Time Trial Series — Logan, UT, Thursdays, 6:30 p.m. Location rotates among 4 courses., Stephen Clyde, swc@mdsc.com, loganraceclub.org

Powerhouse UVU Crit series, presented by UVU Cycling — Orem, UT, Dates TBA, UVU, 1062 W 800 S, Orem, UT 84058, Lot V, Mason Law, 801-891-5275, masonsjs@hotmail.com, thefancycycling.com

Utah Road Racing

May 1 — Antelope Island Classic, UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net, bmbbc.com

May 8 — SLC Downtown Criterium (State Championships), UCA Series, Salt Lake City, UT, Around Pioneer Park, 300 W and 300 S., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

May 8 — Herriman Pedal Palooza, Herriman, UT, Cycling Event for the whole family. Amateur road crit, kids safety rodeo, helmet safety inspection (not sure what the blanket term for this event would be). 9 am., Dani Lassiter, 801-635-9422, dani@goldilocksride.com, pp.infinitecycles.com

May 14 — Logan Canyon TT, Logan, UT, Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org

May 15 — Bear Lake Classic, UCA Series, Bear Lake, UT, May 14: ITT 3.8 mile climb, May 15: RR, 51/102 mile flat loop., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org, bearlake.com

May 16 — Bear Lake Classic Team Time Trial, UCA Series, Bear Lake, UT, TTT 5-man teams, scoring on 3rd wheel. Each event is scored independently, and Sunday's 5-man TTT is slated to be the Utah State TTT Championship., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org, bearlake.com

May 22 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Sugarhouse Park, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

May 22 — Red Rock 200, St. George, UT, Solo Start: 6am, Two-Person Relay Teams Start: 7am, Four-Person Relay Teams Start: 8am, 200 miles, 10,000' of climbing with three neutral support check points along the route; finisher jerseys and medals!, Deb Bowling, 818-889-2453, embas-

sy@planetultra.com, redrock200.com

June 5 — Draper Challenge Hillclimb Race, Draper, UT, 8:00 am at Equestrian Center located at 1600 E. Highland Drive(13500 South), road race 15 miles with two hill climbs, ends at top of Suncrest., Ken Murdock, 801-205-3700, ken.murdock@utahhomes.com, DraperTrailDays.com

June 5 — E Center Criterium, UCA Series, Salt Lake City, UT, 3200 South Decker Lake Drive (at 2200 West), Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

June 9-27 — Utah Summer Games, Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound?, Checkshani Cliffs., Casey McClellan, 435-865-8421, 435-559-2925, usgpress@suu.edu, utahsummergames.org

June 10-13 — Hoodoo 500 Training Camp, St. George, UT, Ride every mile of the Hoodoo 500 route in 4 days. A perfect preview of the race course!, Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

June 11-12 — Rockwell Relay, Moab, UT, 4 man relay, 3 legs per rider covering 528 miles. Starts at 8:00 a.m. from Sweeney Park Moab, Utah and goes non-stop to St. George., Dan Stewart, 801-451-0440, dan@rockwellrelay.com, rockwellrelay.com

June 12 — Powder Mountain Hill Climb, UCA Series, Eden, UT, 6 miles and 3000 feet up Powder Mountain Road, start at Wolf Creek Balloon Festival Park, finish in Timberline parking lot., Ben Towery, 801-774-7551, teamexcelsator@gmail.com, teamexcelsator.com

June 19-20 — 22nd Annual Cook-Sanders Associates, Inc. and The Spence Law Firm High Uintas Classic Stage Race, UCA Series, Kamas/Evanston, UT/WY, 22nd annual HUC Stage Race. Kamas, UT to Evanston, WY. USCF Stage Race - Road Race, Time Trial, Criterium/Citizen's Road Race. No Wimps! No Whiners!, Terri Arnell, 307-783-6470, tarnell@evanstonwy.org, evanstoncycling.org

June 26 — Little Mountain Road Race (Utah State Championship), UCA Series, Clarkston, UT, 16-mile circuit race with one major climb (1 mile, 7-10% grade between Trenton and Clarkston) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Total elevation gain - 600 feet/lap., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org

July 3 — State Time Trial Championship, UCA Series, Salt Lake City, UT, Just west of the International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com



July 16 & 17, 2010

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July 10 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, Hill climb to the top of Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 16-17 — Capitol Reef Classic Stage Race, UCA Series, Torrey, UT, ITT (8 miles), Criterium, 100/52/32 mile road race (distance determined by race category)., Tina Anderson, 435-425-3491, 435-691-1696, tricrazy@live.com, capitolreefclassic.com

July 24 — Chalk Creek Road Race, UCA Series, Coalville, UT, Juniors and masters Utah State Championship., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 30-31 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night and have a great time! Fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, steven@saintstosinnersbikerelay.com, saintstosinnersbikerelay.com

July 31 — Tour de Park City, UCA Series, Park City, UT, Fully Supported Road Race. All men's and women's UCA categories. Same great 170 mile course you have come to love. New additions and changes will make 2010 the best Tour de Park City yet., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, tourdeparkcity.com

August 4 — Lindon Days Criterium, Lindon, UT, 30 N Main Street in Lindon. 1.9 mile loop on city streets. Part of the Lindon Days Celebration. First flight at 6:00 p.m., Ryan LeMone, 801-785-3828, ryan.lemone@garmersinsurance.com, lindoncity.org

August 7 — Wasatch 120 Road Race, Heber, UT, Fully Supported Road Race. All men's and women's UCA categories. Great course starting and finishing in Heber City., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, wasatch120.com

August 14 — Sundance Hill Climb, UCA Series, Provo, UT, Starts at the bottom of SR92, climbs 8.2 miles, over 3000' of climbing, passing Sundance and finishing at the Alpine Loop Summit, perfect for the Pro Level racer wanting to beat the best or the beginner wanting a good challenge., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundance-utah.com

August 17-22 — Larry H. Miller Tour of Utah Presented by Zions Bank, UT, America's toughest stage race, 6 stages, 325 miles, \$45,000 purse, Pro/1 Men only, Salt Lake, Ogden, Utah County, Tooele, Park City, Snowbird, Salt Lake. Come and

watch the best!, Karen Weiss, 415-218-0193, karen@tourofutah.com, tourofutah.com

August 21 — Snowbird Hill Climb, Snowbird, UT, 32nd Annual, 8 a.m. start, Start on 9400 S. near 20th East, climb to Snowbird's entry ll., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com/events/competitions/summer/hillclimb.html

August 21 — Tour of Utah Amateur Criterium, UCA Series, Park City, UT, Historic Main Street in Park City will be the setting for this race that will be run on the same course as the Pros. A challenging course with over 100 feet of elevation gain each lap. Riders and spectators will enjoy this event and all day activities., Eric Thompson, 801-541-3840, jerichthompson@comcast.net, skiutahcycling.com

August 28 — Sanpete Classic, UCA Series, Spring City, UT, Main Street, Spring City will serve as the Start/Finish for loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Races start at 10:00 a.m. BBQ lunch, awards, and raffle after race., Eric Thompson, 801-541-3840, jerichthompson@comcast.net, skiutahcycling.com

August 28-30 — Hoodoo 500, St. George, UT, 500 mile Ultramarathon bike race in Southern Utah. Voyager Start: 5am, Solo Start: 7am, Two-Person Relay Teams Start: 9am, Four-Person Relay Teams Start: 11am., Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 4-6 — Great Utah Bike Festival Stage Race, UCA Series, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a UCA 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 11 — LOTOJA Classic RR, Logan, UT, 1 day, 3 states, 206 miles from Logan, UT to Jackson, WY. Almost 10,000 feet of climbing, 28th Annual, Brent Chambers, 801-546-0090, info@lotojaclassic.com, lotojaclassic.com

September 17-18 — Salt to Saint Relay, Salt Lake City, UT, 410 mile relay race from Salt Lake City to St. George, following Hwy 89. Solo, 2, 4 and 8 person categories, Geoffrey Montague, 435-313-3188, geoffrey.montague@gmail.com, Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 18 — Climber's Trophy, UCA Series, Salt Lake City, UT, Individual time trial up the south side of Big Mountain. Start at MM 0, first rider up at 8:30 am., Jon Gallagher, 435-901-8872, sportsbaseevents@gmail.com, teamcsr.org

September 25 — Mountain 2 Metro Harvest Moon Criterium, Ogden, UT, Downtown Ogden in the Municipal Park between 25th & 26th Streets., Ben Towery, 801-774-7551, teamexcelerator@gmail.com, teamexcelerator.com

October 5-8 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, hwsng@infowest.com, seniorgames.net

October 9 — City Creek Bike Sprint, Salt Lake City, UT, 10 am, 5 1/2 mile climb up City Creek Canyon, road or mountain bikes., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

Regional Weekly

Road Race Series

Grand Junction Spring Crit Series — Grand Junction, CO, 6 race series March 31, April 7, 14, 21, 28, May 5th, 2010 Two Races will be held: 5:45 pm - Group A - Men/Women Cat 1, 2, 3, Masters and Collegiate. 6:45pm - Group B - Men/Women Cat 4, 5, Masters and Collegiate., fast flat fun .67 mile closed course

at 627 25 1/2 Rd., Mike Driver, 970-274-1232, chrisreed@ascentproductions.net, org.mesastate.edu/cycling/

Idaho Cycling Enthusiasts Time Trial/Hillclimb Series — ICE Series, Pocatello, ID, Dates - Time trials: 5/4, 5/12, 6/9, 6/15. HC: 5/19, 5/25, 6/23, 7/20; TT's are flat, hill climb is up either Scout Mountain or Pebble., David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

SWICA Criterium Series — SWICA Criterium Series, Boise, ID, Tuesdays, May 4, 11, 18, 25, June 1, 8, 15, July 6, 13, Local training crit series at Expo Idaho West lot., Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Racing

May 14-16 — BODE TT Stage Race, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 15 — Endurance Festival, Pocatello, ID, 30K road course (597' total elevation gain) on the scenic roads up to the Mink Creek Recreation Area. Also running and duathlon divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, EnduranceFestival.com

May 22-23 — Treasure Valley Omnium, Nampa, ID, RR, TT, Crit, two days/three stages. TT on Saturday, Crit on Sunday, Vernon Padaca, 208-571-1730, dobbiacoboard@cableone.net, teamdobbiaco.com

May 22 — Ride for the Pass, Aspen, CO, A charity bike race/recreational ride to benefit the Independence Pass Foundation. 15th Annual ride will be from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970 963-4959, fulcon@comcast.net, independencepass.org

May 22 — Snake River/ICO TT Series #1, TBA, ID, Rudy Estrada, elitescycling@msn.com,

May 23 — Aspen Cycling Criterium, Aspen, CO, Fast paced, energy packed race held on closed streets in the heart of downtown Aspen. Speeds of 28 mph and higher around a .8 mile track with sharp curves on road bikes., Kristin Drake, 970-429-2098, kristin.drake@ci.aspen.co.us, aspenrecreation.com

May 29-31 — Iron Horse Bicycle Classic, Durango, CO, 39th Annual, Road Race from Durango to Silverton, Criterium, 25/50 mile tour, kids race and bike swap., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 29 — Garden Creek Gap Road Race: The Idaho Road Race Championship, UCA Series, Pocatello, ID, Idaho State Road Race Championship. Presented by the Idaho Kidney Institute. This is a rider's course: 25-mile lap (riders will ride multiple laps) with an incredible 3-mile climb through Garden Creek Gap (5-9%) grade, mountain top finish, Utah racers and Idaho Racers will compete to see who is the strongest racer in each category from the 2 states., Sam Krieg, 208-233-0951, sam@kriegcycling.com, idahocycling.com

June 5 — 4th Annual Lyle Pearson 200-mile Team Challenge, Boise to Sun Valley, ID, Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 12-13 — Single Track Bicycles Omnium, Flagstaff, AZ, Saturday: Snow Bowl Hill Climb, 6.6 mile hill climb, categorical starts, 5 year age groups. Sunday Wupatki Road Race, Sunset/Wupatki National Monument, Flagstaff, 75 miles PRO 1,2,3 all other 45 miles, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, teamoneracing.com

June 18-20 — Elkhorn Classic Stage Race, Baker City, OR, Ernie Conway, ernie@elkhornclassic.com, elkhornclassicstagerace.com

June 20 — Town to Summit Hill Climb, Ketchum, ID, Mass-start event from downtown Ketchum to the top of Trail Creek Pass, last three kilometers are rough dirt road, a little over 16 kilometers in total., Bob Rosso, 208-726-3497, jason@elephantsperch.com, elephantsperch.com

June 21-27 — USA Cycling Road Championships, Bend, OR, Elite, Junior, and Espoir National Championships., Tom Vinson, 719-434-4200, tvinson@usacycling.org, usacycling.org

June 26-27 — Dead Dog Classic Memorial Stage Race, Laramie, WY, Sat: RR (85 miles or 53 miles), Sun: Crit and TT (10 miles), \$8000 purse, awards points for the American Cycling Association Best All-around Racer and Best All-around Team competition., Kim Viner, 307-742-4565, kdviner@msn.com, dead-dogclassic.com

July 4 — Hailey 4th of July Criterium, Hailey, ID, Downtown Hailey Criterium, Janelle Connors, 208-788-9142, jconnors@bcrd.org, bcrd.org

July 10 — Allan Butler Criterium, Idaho Falls, ID, Twilight Criterium in downtown Idaho Falls in memory of Allan Butler. Course is flat, technical, L-shape, 1 km in length. Racing starts at 5:30 p.m., Rob Van Kirk, 208-652-3532, rob.vankirk@gmail.com, idahocycling.com

July 10-11 — Tour of Bozeman, Bozeman, MT, Two day, 3 stage omnium in the mountains around beautiful Bozeman, Montana. Stages include: 20k Time Trial, Downtown Match Sprints, and 70 mile Road Race with 4600+ ft of climbing. \$5000.00 + cash purse., Amy Frykman, 406-579-0944, info@tourdebozeman.com, tourdebozeman.com

July 10 — Snake River/ICO TT Series #2, TBA, ID, Rudy Estrada, elitescycling@msn.com,

July 11 — Jackson Hole Downtown Criterium, Jackson Hole, WY, Part of Crit Omnium with the Allan Butler Crit, Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

July 16-18 — BYRDS Stage Race, Boise, ID, Douglas Tobin, douglas@tobincoaching.com, byrdsycling.com

July 17 — Wells Fargo Twilight Criterium, Boise, ID, 23rd Annual, NRC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisetwillightcriterium.com, georgescycles.com

July 18 — Intermountain Orthopedics State Criterium, Boise, ID, The day after Boise's Twilight Criterium, a full day of crit racing on a sweet 1K course. Nice family friendly venue with good race watching., Kurt Holzer, 208-890-3118, lrc_board@lycos.com, lostrivercycling.org

July 24 — Grand Targhee Ski Hill Road Time Trial, Alta, WY, 9 a.m., 12 miles, 2000', to the summit of Grand Targhee, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 24-25 — Carson Valley Classic, NCNCA, Minden, NV, Cat 3-4-5 and Masters Racing Weekend, Diamond Valley Road Race on Saturday, Minden Park Criterium on Sunday, Garth Jackson, 877-845-2453, gjacksonbsee@gmail.com, altaalpina.org

July 25 — Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers, Raffle and party following., Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

August 1-7 — USA Cycling Masters Road National Championships, Louisville, KY, Tom Vinson, 719-434-4200, tvinson@usacycling.org, usacycling.org

August 10-14 — Southeast Idaho Senior Games, Pocatello, ID, Criterium, hill climb, 10k TT/20k RR, 5k TT/40k RR. Cross country MTB., Jody Olson, 208-233-2034, jolson@alldaho.com, seidahoseniorgames.org

August 14 — Lamoille Hill Climb, Lamoille, NV, 12 mile 2900 ft hill climb road race up beautiful Lamoille Canyon Road in Nevada's Ruby Mountains; post event picnic, awards. US Forest Service permitted event., Jeff White, 775-842-9125, trona@mac.com, elko-velo.com

August 21 — Glens Ferry Handicap Road Race, Glens Ferry, ID, Gary Casella, 208-340-7224, gcasella1@aol.com,

August 22 — Skull Valley Road Race, Skull Valley, AZ, Out and back road race with big rollers and climbing. All categories (except juniors) ride approximately 55 miles. Juniors ride approx. 25 miles., Eric Prosnier, 602-381-3581, skullvalley@wmrc.org, wmrc.org

August 28 — Bogus Basin Hill Climb, Boise, ID, 38th Annual., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

September 11 — Race to the Angel, Wells, NV, 24th Annual, 3000' climb., Ann Lee, 775-752-3540, chamber@wrecwireless.coop, wellsnevada.com

September 25 — Mt. Charleston Hill Climb, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156., Steve Clausse, 702-252-8077, steve@mcghies.com, mountcharlestonhillclimb.com

Utah Road Touring

BRA NU — By arrangement, Brigham City, UT, By arrangement. Starting in Brigham City. See country that varies from the western desert to mountainous forest. From Golden Spike National Historic Monument to Dinosaur National Monument. Travel along well paved rural roads through ranches and summer range, and by breath taking vistas and views of the mountains and valleys., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 1 — Ghost Town Century, Tooele, UT, Join us on a fun ride through some of Utah's historical Ghost Towns. Few hills, mostly flat country, little traffic, the Pony Express trail, and awe inspiring vistas. Benefitting Valley Mental Health, Start time 7:30 am. 100 mi, 65 mi, 50 mi, options, fully supported, starting from Deseret Peaks, 2930 West Hwy 112., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 1-2 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road. The ride is 60 miles

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with 5500 feet of climbing. This is not a sanctioned race but you will get a time, awards, and placing., Poison Spider , 435-259-7882, shop@poisonspiderbicycles.com, granfondonmoab.com

May 1 — Ogden's Tour de Drome, Ogden, UT, This is a benefit bike tour that will have 3 course distances to choose from. Proceeds will benefit the future indoor velodrome that will be a part of Ogden's Field House., Cindy Yorgason, cyorgason@comcast.net, TourdeDrome.com

May 2 — Eureka 115, BCC SuperSeries, Saratoga Springs, UT, Saratoga Springs Inlet Park, West Side of Utah Lake to Goshen, big climb up to Eureka, Cedar Fort and back, self-supported .115 miles with stores at 30, 50, 85 miles, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 8 — Springville 2 Nephi 100, BCC SuperSeries, Nephi, UT, from West Springville Cracker Barrel. Frontage road around Lincoln Beach - Goshen Canyon - Mona - Nephi and back. Self supported. 30 and 70 mile leg options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 8 — Bikes for Kids, Salt Lake City, UT, Metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray, 8:00 am, Intermountain HealthCare facility parking lot in Murray., Chip Smith, 801-597-7515, csmith@soarcomm.com, bikesforkidsutah.com

May 8 — Goldilocks Women Only Bike Ride, Herriman, UT, Fully supported women's only bike ride with 15, 30, and 60 mile routes. 500 participants, \$45 entry fee. W&M Butterfield Park in Herriman. Start times begin at 8:30 a.m., Dani Lassiter, 801-635-9422, dani@goldilockslide.com, goldilockslide.com

May 8 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour of the local micro-breweries in the valley. At least five stops are on tap for the ride., Tim Stempel, 602-463-1547, tdstempel@gmail.com, tourdebrewtah.blogspot.com, utah-bikemonth.com

May 9-14 — Bryce-Zion Classic Bike Tour, St. George, UT, Ride through a panorama of sparkling sunny skies, red rock sculptures, immense canyons and aspen forests. All levels. Also available: 5/23/6/13; 9/5, 19, 20, 26; 10/3, 10., Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

May 9-15 — Bicycle Tour of Utah - Color Country to Canyonlands, Springdale, UT, UT, Ride through 6 parks in 6 days, 454 mi, 26,000' elevation gain. 65-113 mi/day. Also available 9/19/2010 to 10/3/2010., 714-267-4591, info@cyclingescapes.com, CyclingEscapes.com

May 15 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Salt Lake to Antelope Island and back, 37, 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., Jon Smith, 801-596-8430, 801-322-5056, csllcentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id:263

May 16-22 — 4th Annual Amazing Earthfest, Kanab, UT, Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved) Knuckle Heads, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles. MTB rides also., Rich Csenge,

435-644-3735, jiw@gwi.net, amazingearthfest.com

May 16-22 — Bryce-Zion Classic Plus Bike Tour, St. George, UT, Classic Plus tour for strong cyclists features daily routes up to 85 miles. Ride from Bryce Canyon into dramatic Zion NP, plus others. Levels: intermediate/advanced. Also available: 9/12, Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

May 20-22 — Tour de South, Fish Lake, UT, Bike 333 miles in 3 days along some of Utah's most beautiful roads. This scenic course takes you past Bryce Canyon National Park, Cedar Breaks National Monument, Red Canyon, Calf Creek Falls (Escalante), Hell's Backbone, and Boulder Mountain. Benefitting the Salt Lake City Bicycle Collective., TJ Uriona, 801-808-1138, tourdesouth@gmail.com, www.tourdesouth.com

May 22-June 6 — BRA SU, St. George, UT, Bike Ride Across Scenic Utah Tour, 3 states, 3 National Monuments, 7 National Parks, 5 Nations, Start in St. George., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 22 — Pine Valley Mountain 300 K, Southern Utah Brevet Series, St. George, UT, Brevets are self support, timed, distance cycling events, in St. George to Cedar City, Newcastle, Enterprise and back to St. George., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

May 22 — Joy Jordan Woodhill Trail Ride, Kanab, UT, 10 mile non-technical loops on packed natural surface with expansive views of the Kaibab Plateau and cliffs of the Grand Staircase. Option to 20 miles. Meet at Fredonia Welcome Center on US 89-A, Fredonia, AZ. Note: Utah is on daylight savings time. Arizona is on standard time., Rich Csenge, 435-644-3735, jiw@gwi.net, amazingearthfest.com

May 29 — Color Country Century, Cedar City, UT, 8 am, unsupported ride, 100 miles., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountry-cycling.org

May 29 — Pony Express Century, Saratoga Springs, UT, Celebrate the sesquicentennial of the Pony Express with a great century. Starting in Saratoga Springs and visiting Elberta, Eureka, and Vernon and then returning along the Pony Express route through Eagle Mountain and back to Saratoga Springs., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

May 31 — Antelope Island 100, BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park 1100 N 2 blocks west of Redwood road 1800 west to Antelope Island and back, shorter options of 65 to Syracuse, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 31-June 4 — Bryce-Zion Family Bike Tour, St. George, UT, Paved bike paths, canyoneering, horseback riding and a nighttime visit to a ghost town are just a taste of the fun! Ages: All. Levels: All. Also available: 6/7, Julie Robinson, 800-443-6060, office@bicycleadventures.com, bicycleadventures.com

June 5 — Little Red Riding Hood, Lewiston, UT, Women only century ride, 15, 35, 45, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research., Penny Perkins, 801-472-2887, penny@xmission.com, bccutah.org

June 5 — Emigration 2 Morgan Tour, Salt Lake City, UT, A recreational charity ride benefiting the Cystic Fibrosis Foundation (CFF), 95 and 47 miles, starts at 7:30 a.m. at Donner Trails Park (east of Hogle Zoo), Daniel Lilly, 801-657-2627, daniel@mycyclingsource.com, mycyclingsource.com/utah-road-bike-race.html

June 12 — Tour de Cure, Brigham City, UT, Fully supported 100, 65, 25 and family fun mile with rest stops, food, medical support, SAG vehicles. Funds American Diabetes Association research, education and advocacy., Marshall Emsley, 801-363-3024 ext 7075, memsley@diabetes.org, tour.diabetes.org

June 13 — Canyons of Cache, BCC SuperSeries, Logan, UT, Ride all the beautiful canyons of Cache Valley!

Climb Blacksmith Fork Canyon, Sardine Canyon, and the other one. Lots of different places to get water and food. 40 mile option available by only riding Blacksmith Fork Canyon., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 17-25 — Rocky Mountain Tour, Salt Lake City, UT, UT, Tackle the Wasatch Mountains, Soldier Summit, pass Book Cliffs and north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 594 miles, 9 riding days., Bill Lannon, 888-797-7057, abbike@aol.com, abbike.com

June 19 — Hurricane 400 KM, Southern Utah Brevet Series, Hurricane, UT, self-supported brevet ride, timed distance cycling events, Hurricane to Kanab to Panguitch returns to Hurricane via Cedar City., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

June 20 — Chalk Creek 100, BCC SuperSeries, Park City, UT, Treasure Mtn Middle School Park City to Browns Cyn, Coalville, Chalk Creek, self-supported, 50 mile option starts at Coalville Courthouse., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 25 — 17th Annual Antelope by Moonlight Bike Ride, Antelope Island, UT, 17th 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. Online registration available, Neka Roundy, 801-451-3286, tour@co.davis.ut.us, davis-countyutah.gov

June 26-27 — Bike MS: Harmon's Best Dam Bike Ride, Logan, UT, Benefits National MS Society and multiple sclerosis research, 40, 75, or 100 mile routes on Saturday, 40 or 75 on Sunday, Saturday's route is a figure 8 loop to the north up into Idaho. Flat and friendly to all abilities with rest stops every 8-12 miles. Sunday's route is a loop to the south through Blacksmith Fork Canyon up to Hardware Ranch and back across Hyrum Dam. One of the most scenic routes in Utah! Cache Valley Fairgrounds (400 South 500 West), Becky Woolley, 801-424-0112, becky.woolley@nmss.org, curemsutah.org

June 26 — Moonshadows in Moab, Moab, UT, Unforgettable sunset into moonlight ride into Canyonlands and Dead Horse Point State Park., Beth Logan, 435-259-2698, info@skinnytireevents.com, skinnytireevents.com

July 3 — Tour de Riverton, Riverton, UT, 10th Annual, Part of Riverton Town Days. Starts at 7:30 am. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, email@infinitescycles.com, tdr.infinitescycles.com

July 3 — Strawberry White and Blue 100, BCC SuperSeries, Richmond, UT, Richmond City Park near Logan/Smithfield, over the LOTOJA course to Montpelier and back self-supported, 100 and 150 mile option., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 11 — Mt. Nebo Loop, BCC SuperSeries, Nephi, UT, BCC SuperSeries, From Nephi City Park to Santaquin over the Mt Nebo Loop, 27 miles of climbing, self supported., Doug Jensen, 801-815-3858, slccycler@gmail.com, bccutah.org

July 17 — Pioneer Century, BCC SuperSeries, Morgan, UT, Morgan High School to East Canyon, Echo, Coalville and Back, Self-supported 30 and 70 mile leg options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 17 — Tour de Park City, Park City, UT, Fully Supported Road Touring options starting and finishing in Park City. Three ride options: 50 or 100 through Northern Utah's beautiful mountain valleys. New additions and changes will make 2010 the best Tour de Park City yet., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, tourdeparkcity.com

July 24 — Pedal Away Parkinson's, Kaysville, UT, The 5th Annual 10 mile family fun ride begins at 8:00

am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Healey, 801-451-6566, senditmyway@gmail.com, pedalawayparkinsons.com

July 24 — Pioneer Day Century, BCC SuperSeries, UT, TBA, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 30-31 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night and have a great time! Fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, steven@saintstosinnersbikerelay.com, saintstosinnersbikerelay.com

July 31 — Tour de Park City, Park City, UT, Fully Supported Road Touring options starting and finishing in Park City. 170 miles Super Century through Northern Utah's beautiful mountain valleys. New additions and changes will make 2010 the best Tour de Park City yet., Riley Siddoway, 435-671-5053, rsiddoway@mountainraceworks.com, tourdeparkcity.com

July 31 — I Think I CANYons, Salt Lake City, UT, Benefit ride for the Fourth Street Clinic, an organization that provides healthcare for the homeless. Little Cottonwood, Big Cottonwood, Millicreek, and Emigration. Option to ride 2 or 4 canyons. Start and finish at Barbacoa (3927 South Wasatch Blvd.). Start time 6:30 a.m.; registration begins at 6:00 a.m., Alex Rock, 801-631-7872, alrock85@gmail.com, ithinkicanyons.com

July 31 — Bryce Canyon 200 K, Southern Utah Brevet Series, Panguitch, UT, Brevets are self support, timed, distance cycling events, route begins in Panguitch and loops around to Bryce Canyon, Tropic and Circleville before returning to Panguitch., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

August 1 — Preride ULCER, BCC SuperSeries, Lehi, UT, Thanksgiving Point to Goshen and west side of Utah Lake, self-supported. On next week's ULCER course., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 2 — R.A.N.A.T.A.D., Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000 feet of climbing. New: a shorter 100 mile option from Sundance around the Nebo Loop and back to Payson., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

August 7 — ULCER, Lehi, UT, Century Tour around Utah Lake, 100, 65 mile options, start at Thanksgiving Point in Lehi., Mary-Margaret Williams, 801-641-4020, president@bbtc.net, bccutah.org

August 13-14 — 3rd annual Bear Pa Challenge Charity Cycling Tour, Park City, UT, Challenging and fun fully supported ride from Bear Lake to Park City over the Mirror Lake Highway. Benefits a local children's hospital., Tyler Hooper, 801-292-9146, 801-927-8310, tyler.hooper@gmail.com, thinkoutsideCC.org

August 14 — The Ultimate Challenge Presented by the Tour of Utah, Park City, UT, 96 miles, 11,000+ vertical feet, Park City in the morning, finish: Snowbird Mountain Resort. Event benefits the Tour of Utah. Ride the Toughest Stage of the Nation's Toughest Stage Race., Karen Weiss, 415-218-0193, karen@tourofutah.com, tourofutah.com

August 14 — Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to BC, Corrine, Golden Spike, Tremonton and back 120 miles self-supported, shorter loop options available., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org


August 14 — Bike the Bear Century, Garden City, UT, Bike the Bear, celebrating the 100th anniversary of the BSA. 100 and 50 mile division. Begins at Camp Hunt on Bear Lake, UT., Jason Eborn, 801-479-5460, jeborn@bsamail.org, trapper-trails.org

August 14 — Ride for Teens, Provo, UT, 2 to 50 miles options in all three forks of Provo Canyon. Proceeds benefit local at-risk youth services. Prizes and post ride meal, the event starts at 8 am at the Ronald Williams Last Park, essentially

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Davis County Economic Development 801-451-3286

Heritage Schools, 5600 N. Heritage School Dr. Provo., Charis Wilke, 801-735-2142, charis_02@hotmail.com, heritagertc.org

August 14 — Riding for a Reason. Salt Lake City, UT, Bike over 56 miles over Emigration Canyon through the same canyon the pioneers crossed to enter the valley. Extreme elevation climb. This event is designed to raise funds to children who cannot afford wheelchairs., Joseph Coles, info@onhillevents.com, alpinehomemedical.com/registration

August 21 — Desperado Dual, Panguitch, UT, 200 mile double century in Southern Utah, 100 mile option, Utah's only fully supported, 200 mile, one day cycling adventure., Ryan Gurr, 435-674-3185, info@spingeeeks.com, desperadodual.com,

August 21 — The Big Ride, BCC SuperSeries, Richmond, UT, Start Richmond City Park to Preston, over Strawberry to Montpelier, West to Soda Springs, loop route on old and new LOTOJA courses., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 26-September 4 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Moab, UT, 3 ride options: August 26-Sept 4, Aug 26-28, Aug 29- Sept 4. Moab, Green River, Hanksville, Torrey, Escalante, Cannonville, Panguitch, and Cedar City. 400 miles, 3 National Monuments, 5 State Parks, 4 National Forests., Les Titus, 801-654-1144, lestitus@lagbrau.com, lagbrau.com

August 28 — Cache Valley Century Tour, Logan, UT, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, in Richmond (12 mi north of Logan on Hwy 91)., Bob Jardine, 435-752-2253, veloist-bob@yahoo.com, cvveloists.org

August 28 — Summit Challenge, Park City, UT, Benefits the National Ability Center, 15 and 50 mile ride and 100 mile ride, check-in starts at 7 am at NAC's Bronfman Recreation Center & Ranch, rides start at 8:30 and 9 am. at the National Ability Center in Park City., Jennifer Atkin, 435-200-0985, jennifera@discovernac.org, discovernac.org, summit-challenge100.org

August 28 — Sanpete Classic Road Race and Fun Ride, Spring City, UT, Non-competitive fun ride and Road Race (UCA) for all classes, fully supported, 75 miles, route will circle the Sanpete Valley and will be on mostly flat roads with a few short moderate grades., Eric Thompson, 801-541-3840, jerichthompson@comcast.net, skiutahcycling.com

August 29 — Hooper Horizontal 100, BCC SuperSeries, West Point, UT, West Point Park to West Weber and Hooper, self-supported century, 30 and 65 mile options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 4-6 — Great Utah Bike Festival, Minersville, UT, Join the fun in the new cycling Mecca of Minersville, a quaint and scenic hamlet in historic Beaver County; a different century ride to choose from each day, a 4 stage road race, and a 4 stage mountain bike race. Over 300 miles of roads, 100 miles of double and single track, recreational riding, racing, supported and unsupported rides to choose from on some of Utah's least traveled and scenic roads., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 4 — Beaver 200K, Southern Utah Brevet Series, Cedar City, UT, Brevets are self supported and timed distance cycling events. This route begins in Cedar City, continues to Parowan and Beaver and then returns., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, rusa.org

September 5-11 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deb Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 11 — 20th Annual Independent Living 5K Run and Roll, UT, West Jordan Veterans Memorial Park (1985 West 7800 South). Registration 8:30 am, Race 9:30. Flat circular course. Medals - top three finishers in runner, walker, manual wheelchairs, assisted wheelchairs and handcycle., Debbie or Kim, 801-466-5565, ulic@xmission.com, ulic.org

September 11 — Tour de Habitat, Orem, UT, 50 mile and 20 mile routes visiting some of Utah County's Habitat for Humanity homes. Proceeds benefit Habitat of Utah County. The ride starts in Orem at the Harmons parking lot, 800 North 800 East., Eric Bennett, 801-796-9888, eric@thebarefootgroup.com, habitatuc.org/events/tour-de-habitat.html

September 17-19 — Moab Century Tour, Moab, UT, Weekend of road cycling with rolling and climbing route options including the infamous "big Nasty" (3000 feet elevation in 7 miles). Warm Up ride Friday. Recovery ride Sunday., Beth Logan, 435-259-2698, info@skinnytireevents.com, skinnytireevents.com

September 18 — Randy's Fall Colors Classic, BCC SuperSeries, Salt Lake City, UT, Sugarhouse Park over Big Mtn, Coalville, Wanship, Browns Canyon, and back via I-80 over Parleys, self-supported century., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 18 — Bike for Life, Salt Lake City, UT, 22 mile bike tour to raise funds for the Utah AIDS Foundation. Funds raised from this event will go towards prevention education and direct client services for people affected by HIV in Utah. 9 am, Liberty Park., Nathan Measom, 801-487-2323, nathan.measom@utahaids.org, utahaids.org

September 25 — Heber Valley Olympic Century, Heber, UT, Utah's most beautiful bike ride through the scenic splendor of the Wasatch mountains, dramatic autumn beauty of Heber Valley, picturesque Jordanelle, and Olympic venue Soldier Hollow. This is the only Biathlon century in the USA. Benefiting Hess Cancer, Start time 8:00 am. 100 mi, 65 mi, 50 mi, 25 mi options, fully supported, starting from Southfield Park., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

October 2 — Josie Johnson Memorial Ride, Salt Lake City, UT, This memorial ride is 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, no charge to participate., Ken Johnson, 801-205-1039, kjliveto-bike@gmail.com, josiejohnsonride.com

October 9 — Trek WSD Breast Cancer Awareness Ride, American Fork, UT, Trek Bicycle Store of American

Fork, UT, 20 mile casual ride for all riders. Registration contributions go to Breast Cancer Research Fund., Vegas, 801-763-1222, vegas@trekaf.com, trekaf.com

October 13 — Tour de St. George, St. George, UT, Ride with us around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile Option. 100% of the proceeds to benefit local bicycling advocacy, 8:00am at 900E & 100S (Dixie State College)., Ryan Gurr, 435-674-3185, info@spingeeeks.com, tourdestgeorge.com

Regional Road Touring

May 15 — Rupert Century Bike Ride, Rupert, ID, The scenic course is a loop of 33 miles starting from the Rupert Square. The route takes you through country roads to Walcott State Park where you will loop the main park then return to Rupert. Benefit ride., Alice Schenk, runner-schenk@gmail.com, Justin Mitchell, 208-431-6014, ,

May 16 — Santa Fe Century, Santa Fe, NM, 25th Anniversary, 3,000 riders. 25, 50, 75, and 100 mile routes. Terrain - flat, rolling, moderately hilly. 6 food stops. SAG support vehicles., Willard Chilcott, 505-982-1282, willard@cybermesa.com, santafecentury.com

May 22 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, tvcbblindidaho.org

May 22 — Blue Cruise - Twin Falls, Blue Cruise of Idaho, Twin Falls, ID, Recreational bike ride with 15, 30 and 50 mile distances, 8:30 a.m., lunch & t-shirt included, benefiting Canyon Rim Trail system., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcdidaho.com, bluecruiseidaho.com

May 22 — Ride for the Pass, Aspen, CO, A charity bike race/recreational ride to benefit the Independence Pass Foundation. 15th Annual ride will be from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'., Mark Fuller, 970 963-4959, fulcon@comcast.net, independencepass.org

June 6 — America's Most Beautiful Bike Ride - Lake Tahoe, Lake Tahoe, NV, 19th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethestwest.com, bikethestwest.com, bikeand-skitahoe.com

June 7-July 1 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Annual supported ride up the full length of the Al-Can Highway, Dawson Creek, BC to Delta Junction, AK. The ultimate wilderness road bike trip., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspbandgrille.com

June 12 — Bob LeBow Bike Tour - "Health Care for All", Nampa, ID, Routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, helping support primary health care for our most indigent patients., 208-467-4431, asandven@trhs.org, trhs.org

June 19 — Tour of Marsh Creek Valley, Pocatello, ID, 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., Mike Collaer, dadcollaer@hotmail.com, idahocycling.com

June 26 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream, a camp in Western Montana for

children, young adults and families affected by cancer., Jennifer Benton, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 26 — BCRD Sawtooth Century Tour, Ketchum, ID, Ketchum to Alturas Lake and back, fully supported half and full century routes. Aid stations included. A portion of the proceeds from the Tour go to the Wood River Bicycle Coalition., Janelle Conners, 208-788-9142, jconners@bcd.org, bcd.org

June 27 — Blue Cruise - Meridian, Blue Cruise of Idaho, Meridian, ID, Recreational bike ride with 15, 30, 50 and 100 distances. Beginning at 7:00 a.m. Lunch & t-shirt included in registration. Benefits Boise Greenbelt., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcdidaho.com, bluecruiseidaho.com

June 27 — Tour of the Carson Valley - Barbecue & Ice Cream Social, Genoa, NV, Mormon Station State Park. 3rd Annual. Fully supported with rest stops, tech support and SAG. 12 mile Family Fun Ride, 20-mile Bike & Hike & 44 miles., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethestwest.com, bikethestwest.com, bikeandskitahoe.com

July 2-5 — Northwest Tandem Rally, Medford, OR, A weekend of tandem fun!, dstenton@uvic.ca, nwtr.org

July 4-16 — B.E.A.R.S. 5 - Bicycling the Extraordinary Alaskan Road\$, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and motels., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspbandgrille.com

July 10 — Blue Cruise - Coeur d'Alene, Blue Cruise of Idaho, Coeur d'Alene, ID, Recreational bike ride w/ distances of 15, 30 and 62 miles, 8:00 a.m., lunch & t-shirt included, Benefits North Idaho Centennial Trail Foundation., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcdidaho.com, bluecruiseidaho.com

July 24-30 — Idaho Bicycle Ride, Carey, ID, 6-day fully supported road tour starting and ending in Carey, ID. Arco, Challis, Stanley, Hailey, Carey., Sandy Green, 541-385-5257, 800-413-8432, info@oregonbicycleride.org, oregonbicycleride.org

July 24 — Boulder Sunrise Century, Boulder, CO, Plains cruising, canyon carving & high-alpine rollers with views for miles. 75, 100 mile option, 30 miles downhill to the finish. 7 aid stations, full course support, post-event meal, music, beer garden & sponsor arena., Traci Brown, 303-875-9000, tracib@tracibrown.com, bikerPELLI.com

July 29-August 1 — Colorado Peace Ride, Durango, CO, Four-day, 238-mile fully supported charity bike tour along the entire San Juan Skyway out of Durango. Epic climbs topping 10,000 feet!, Isabelle Stone,

720-308-9944, revisabelle@thepeaceeride.com, thepeaceeride.com

July 31 — Cascade - Warm Lake 3 Summit Challenge 2010, Cascade, ID, 8:00 a.m. start time, Climb Big Creek Summit from the Cascade side, Warm Lake Summit, Big Creek Summit from the Warm Lake side. Guest riders include Greg Randolph, '96 Olympic Road Cyclist, Kristin Armstrong, '08 Olympic Gold Medalist and World Champion, Remi McManus, '01 US National Road Race Champion, 1,000 rider limit., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 7-14 — Oregon Bicycle Ride XXIV, Klamath Falls, OR, 7-day supported road tour starting and ending in Klamath Falls, OR. Klamath Falls, Bly, Silver Lake, Diamond Lake, Butte Falls, Fort Klamath, Klamath Falls., Sandy Green, 541-385-5257, 800-413-8432, info@oregonbicycleride.org, oregonbicycleride.org

August 8-14 — Ride Idaho, Coeur d'Alene, ID, 7 day supported bicycle tour, 448 total miles, Coeur d'Alene, Priest Lake, Sandpoint, Troy, MT, Thompson Falls, MT, Kellogg, Harrison, Coeur d'Alene., Julie England, 208-344-5502, julie.england@ymcatvidaho.org, rideidaho.org

August 21-22 — Bike MS Road, Sweat, and Gears, McCall, ID, Benefits the MS Society of Idaho and multiple sclerosis research, 20, 25, 40 & 60 miles, Camp Pinewood., Erin Farrell, 208-388-1998, idi@nmss.org, bikems.org, msidaho.org

August 21 — HeArt of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees are \$40.00 and \$65.00 that will cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. \$5 early bird discounts. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-529-6666, mabe@theartmuseum.org, theartmuseum.com

August 22 — Blue River Century and Metric Century, Summit County, CO, 4 ride options, 3 century finishes and a metric century, 7 am, benefiting the Lance Armstrong Foundation., Marie Willson, 303-321-5196, marie@bluerivercentury.com, bluerivercentury.com

August 28 — CASVAR 2010, Afton, WY, Pony Express 20, Colt 45, Pioneer 65, Blazing Saddle 85 and Saddle Sore Century rides, Star Valley., Howard Jones, 307-883-9779, 307-413-0622, info@casv.org, casv.org


August 28 — Ride the Rails, Hailey, ID, 20 mile ride on the Wood River Trail, Janelle Conners, 208-788-9142, jconners@bcd.org, bcd.org

September 12 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, Bike Big Blue, 8th Annual, ride around Lake Tahoe on the shoreline, fully supported with rest stops, tech support and SAG. 72 miles, 2600 vertical gain. Boat Cruise & 35 mile fun ride., Curtis Fong, 800-565-2704,

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September 18 — Tour de Vins, Pocatello, ID, Bike Tour - 16.5, 32 and 60 mile options, ride through Buckskin and Rapid Creek, fundraiser for Family Service Alliance (family violence prevention), start at 8 a.m. at corner of Humbolt & 5th Ave in Pocatello., Sarah Leeds, 208-232-0742, sarahl@fsalliance.org, FSAlliance.org

September 18—2nd Annual Sawtooth Cycle Challenge 2010, Sun Valley, ID, 4 rides/races, all start in Sun Valley, Galena Summit Challenge (30 Miles), Metric Century to the Top of Galena and back, Extreme! 150 mile Road Challenge from Sun Valley to Idaho City to Sun Valley, benefits Leukemia and Lymphoma Society, Rob Nesbit, 208-371-5198, sccinfo@cableone.net, sawtooth-cyclechallenge.blogspot.com

September 25 — Yellowstone Fall Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, Supported ride., Sara Hoovler, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 25 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, Supported ride., Sara Hoovler, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 26-October 2 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 19th 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. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9660, tgfft@bikethewest.com, bikethewest.com

October 9 — RTC Viva Bike Vegas, Las Vegas, NV, 118-mile century ride, a 62 mile metric-century ride and a 35-mile ride. Proceeds benefit the Nevada Cancer Institute and Las Vegas After-School All-Stars Program., Alison Blankenship, 702-676-1542, blankenshipa@rtc-snv.com, rtc-snv.com

October 9 — Ride in the Clouds Century, Cloudcroft, NM, Join us on this beautiful ride in the pristine Lincoln National Forest. This ride will literally take your breath away since it starts at an elevation of over 9,400 feet. You will have the opportunity to visit the National Solar Observatory as well as enjoy the natural beauty of the area., Bob Kinney, 801-677-0134, bob@bike2bike.org, Bike2Bike.org

Multisport Races

May 1 — Ironman St. George, St. George, UT, 2.4 mile swim, 112 mile bike, 26.2mile run., Helen , helen@ironman.com, ironmanstgeorge.com

May 1 — Speed Tri, Henderson, NV, Lake Las Vegas, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

May 15 — St. George Triathlon, St. George, UT, The first race of the SG TRIFECTA series at Sand Hollow, sprint and Olympic distances., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

May 15 — Road Duathlon at the Endurance Festival, Pocatello, ID, 35K road duathlon course includes 30K road bike, followed by 5K run (597' total elevation gain on road bike course, flat to low rollers on run course) on the scenic roads up to the Mink Creek Recreation Area, and greenway following the Portneuf River, running and road bike divisions available., Mike Welch, 866-8-ECO-FUN, info@endurancefestival.com, DuXtreme.com

May 21-22 — TriUtah Women of Steel Triathlon, American Fork, UT, Utah's only all women triathlon! Friday expo, motivational speakers and registration. Sat 8 a.m. start time,

American Fork recreation center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

May 22 — Speed Tri, Boise, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

May 29 — Cache Valley Biathlon, Wellsville, UT, 16.5 mile bike, 5 mile run, Lee Robison, 435-757-1600, lee@victory.pro, cvbiathlon.com

May 29 — Daybreak Triathlon, Salt Lake Triathlon Series, Salt Lake City, UT, Get ready for the best spectator swim around, a killer bike course near the Oquirrh Mountains and a run that is unparalleled., Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com

June 5 — Salem Spring Triathlon, Salem, UT, Knoll Park., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

June 5 — Vikingman, Heyburn, ID, 1/2 distance and olympic distance triathlon, Riverside Park., Lisa Clines, 208-431-0463, info@vikingman.org, vikingman.org

June 5 — Willard Bay Triathlon, Garden City, UT, Sprint - 750 m swim, 20K bike, 5K run, Olympic - 1500 m swim, 40K bike, 10K run., Joe Coles, 801-335-4940, joe@goldmedalracing.com, willardbaytriathlon.com

June 5 — Saratoga Springs Tri, Saratoga Springs, UT, USAAT Sactioned Sprint Tri, 600 meter swim, 12 mile bike, 3.1 mile run, Saratoga Springs Marina at Pelican Bay, 200 E Harbor Parkway, Saratoga Springs, Gabe Granata, gabegranata@gmail.com, Jared Mason, 801-310-0609, splash@masonfam.net, saratogaspringstri.com

June 12 — Ironman Boise, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., 727-942-4767, boise@ironman.com, ironmanboise.com

June 12 — TriUtah Cache Valley Classic Triathlon, Hyrum, UT, Hyrum Reservoir, 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, Pristine mountain views on a great country course., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

June 12 — Desert Sharks Shark Attack Triathlon and Kids Triathlon, Riverton, UT, Pool sprint distance triathlon, Steve Avery, 801-450-4136, stevea@desert-sharks.com, desert-sharks.com/shark_attack

June 13 — Utah Summer Games Triathlon, Hurricane, UT, Sprint, Olympic and Relay. Sand Hollow Reservoir, Utah State Division of Parks and Recreation. 7:00 AM Competition begins. USAAT sanctioned., Doug McCoy, 775-722-9238, dmccoy@castlerockmultisports.com, utahsummergames.org/sports/triathlon.html, castlerockmultisports.com

June 19 — Provo Triathlon, Provo, UT, Olympic and Sprint, also kids race, Utah Lake State Park. Race starts at 7 a.m. for Olympic, 7:10 for sprint and about 9:30 for kids., Aaron Asay, 801-361-9425, aaron@sbrtri.com, provotri.com

June 19 — Redfish Lake Triathlon and Duathlon, Redfish Lake, ID, 6,500 foot elevation. Olympic and Sprint Tri distances, Sprint Duathlon, Redfish Lake Swim!, Jeff Clegg, 208-774-3536, 208-644-6405, jeff@redfishlake.com, redfishtri.com

June 19 — Speed Tri, Cascade, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

June 26 — Rock Cliff Tri at Jordanelle, Salt Lake Triathlon Series, Salt Lake City, UT, The Jordanelle Reservoir near Park City is hands down one of the best locations to race in the state., Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com

June 26-27 — West Yellowstone Mountain Bike Biathlon, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a

helmet., Sara Hoovler, 406-599-4465, randlesara@yahoo.com, rendezvouskitrails.com/biath.html

June 26 — Adventure Xstream Durango, Durango, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike through the majestic San Juan mountain. 50-100 miles of multisport racing., Will Newcomer, 970-259-7771, 2010@gravityplay.com, gravityplay.com

June 26 — Jackson's Adventure, Milestone Adventure Experience, St. George, UT, This Adventure Race Event consists of three race lengths all off road, a 3hour Running from check point to check point and an exhilarating Ropes course, 6hour includes 18 to 26 mile Mountain bike course & 7 to 11 mile run, & a 12 hour includes a Water Relay on watercraft, 30 to 40 mile Mtn. Bike & 10 to 15 mile Run., Chad Thiriot, 435-668-1107, buildmilestone@gmail.com, milestoneadventure.com

July 9-10 — San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night., Dave Capalbo, 435-637-0207, davecapalbo@yahoo.com, sanrafaelclassic.com/

July 10 — TriUtah Echo Triathlon, Coalville, UT, Echo Reservoir, 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, Utah's best open water triathlon course., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

July 10 — Cache Valley's Super Sprint Triathlon, Logan, UT, 500 M swim, 12.5 mile bike, 5K run, Logan Aquatic Center, 7:30 am, a portion of the proceeds are donated to the American Mother's Association., Joseph Coles, info@onhillevents.com, cvsstf.com, runnercard.com

July 17 — Scofield Triathlon, Price, UT, Kid's, Sprint, Olympic and "ESCAPE from Scofield" distances, the highest elevation triathlon in the USA, Mountain View State Park Boat Ramp., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

July 17 — Blanding Hillman Triathlon, Blanding, UT, Swim .75 mile, Bike 15 miles, Run 3.2 miles, Kids' triathlon July 24, Recapture Reservoir., Stephen Olsen, 435-678-1314, solsen@sanjuanschools.org, hillmantriathlon.info

July 24 — Stansbury Tri, Salt Lake Triathlon Series, Stansbury Park, Tooele County, UT, new bike and run courses for 2010, Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com, ustrisports.com/stansbury.htm

July 31 — Sunrise Dew, West Jordan, UT, This duathlon will challenge your riding skills as you climb up Butterfield Canyon before screaming down to the transition area. Two distances: long (10K-40K-5k) or short (4m-10m-2m). Benefits the Hess Cancer Foundation., Bob Kinney, 801-677-0134, bob@bike-2bike.org, hesscancer.org

July 31 — Burley Idaho Lions Spudman Triathlon, Burley, ID, spudman@burleylions.org, burleylions.org/spudman.html

July 31 — Layton Triathlon, Layton, UT, 300 M swim, 11 mile bike, 5K run, Layton Surf and Swim, Joseph Coles, info@onhillevents.com, laytontriathlon.com

July 31 — Payette Lakes Mountain Triathlon, McCall, ID, Olympic:1.5 km lake swim, 40km bike, 10km run. Sprint: 1 km lake swim, 20km bike, 5 km run. Difficult course at elevation with a significant out and back climb up and over Secesh on the road bike portion. Youth triathlon also offered Friday 7/30 at the Whitetail Swimming Center., Kurt Wolf, kwolf@mccall.id.us, littleskillhill.org

August 6-7 — Battle at Midway Triathlon and Multisport Festival, Midway, UT, The BAM weekend included an offroad duathlon (Bike, Run) on Friday, and a Triathlon (Sprint and Olympic) and Trail run (10k and 5k) on Saturday.,

Rob Leishman, 801-450-8477, info@wasatchracing.com, bamtriathlon.com, wasatchracing.com

August 6-7 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, sprint on Saturday, Kristen Seitz, (208) 365-5748, gemcountyrecreationdistrict@gmail.com, emmetttri.com

August 7 — Zoot Aspen Triathlon and Duathlon, Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. The perfect triathlon for beginner triathletes looking for a unique challenge and seasoned racers wanting to compete on a short, but challenging course. USAAT sanctioned event. Also featured is a duathlon and aquathon (swim/bike)., Sandra Doeblner, 970-920-5140, aspenspecialerevents@ci.aspen.co.us, aspenrecreation.com

August 7 — Cedar Mountain Adventure, Milestone Adventure Experience, Brian Head, UT, This Adventure Race Event consists of three race lengths all off road, a 3hour Running from check point to check point and an exhilarating Ropes course, 6 hour includes 18 to 26 mile Mountain bike course & 7 to 11 mile run, & a 12 hour includes a Water Relay on watercraft, 30 to 40 mile Mtn. Bike & 10 to 15 mile Run., Chad Thiriot, 435-668-1107, buildmilestone@gmail.com, milestoneadventure.com

August 14 — Herriman Triathlon, Herriman, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. 11:59 p.m. local time. Black Ridge Reservoir., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

August 14 — Park City Triathlon, Park City, UT, Sprint, Olympic, Relay. Jordanelle State Park & Park City., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

August 21 — Rush Triathlon, Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-

3020, 208-716-1349, boby@rexburg.org, rushtriathlon.com, rexburg.org

August 21 — TriUtah Jordanelle Triathlon, Park City, UT, Jordanelle Reservoir, 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, 12th Annual., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triutah.com, triutah.com

August 21 — Speed Tri, Cascade, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAAT sanctioned., Dominic Guinto or Keith Hughes, info@sunsetracing.com, speedtri.com

August 22 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), Wild Rockies Series, McCall, ID, Ponderosa State Park next to Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trail run, mass start at 9:00 am in the Park and the finish line festivities begin at 12:00 noon with the racer feed and music., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterrapiplanet.com

August 28 — Utah Half Triathlon, Provo, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. Utah Lake Park. 6:45 a.m., Travis Snyder, 801-851-0934, info@racetri.com, racetri.com

August 28 — Bear Lake Brawl Triathlon, Garden City, UT, 8:00AM This course is fairly flat bike course that rolls along the Bear Lake blue waters. USAAT sanctioned. Participants love the scenery and views. Sprint, Olympic, and Half distances., Joe Coles, 801-335-4940, joe@gold-medalracing.com, goldmedalracing.com, onhillevents.com

September 6 — Youth and Family Triathlon, Murray, UT, Start time: 8 AM, Murray Park. Youth 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run. Adults/Youth 11+ distances: 150 yards, 4.3 miles, 1mile., Jo Garuccio, 801-566-9727, jo@agegroupsports.com, greatbasin-coaching.com

Salt Lake Bicycle Collective News

Summer is here, and so is bike theft, even SLC Mayor Ralph Becker had his bike stolen. The Collective would like to remind people that cables, chains and round keys are easy targets; protect yourself with a U-Lock and if you are in Salt Lake County, register your bike at any fire station. The police recover lots of bikes, but without registering, they have no way of calling you should they find your serial number.

On to a positive note, The Collective is also very excited to be participating in Utah Bike Month, and you should be too! For a listing of events and ways to get involved, visit utahbikemonth.org

The Community Bike Shop's expanded hours are filling up nicely, and the ongoing free mechanics Park Tool School classes on Monday nights are a huge success. The Collective is also honored to have Doug Openshaw, LCI and 25 year commuter teach a Bicycle Commuting Master Class at the Collective May 15th, 22nd and/or 29th. For more information email doug.openshaw@gmail.com or call 801-860-3183

As always the Collective needs bicycles and volunteers for all of their rewarding programs. The Trips for Kids program, which takes youth from 10-16 on mountain bike rides, and the Earn a Bike program, where kids learn to take apart and rebuild a bike that they get to keep, are starting up, and they need mentors to teach kids how to work on bikes and/or ride! If you have a bike to donate, the Collective can use it, whether it is currently functional or not.

The mission of the Salt Lake City Bicycle Collective is to promote cycling as an effective and sustainable form of transportation and as a cornerstone of a cleaner, healthier, and safer society. For more information, including crank addiction, visit www.slcbikecollective.org or call 801-FAT-BIKE.



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TRAIL OF THE MONTH

Jacob City Trail Mountain Bike Adventure

By David Bern

Fresh views, bald eagles and a climb that leaves the chest crackling with lung butter awaits mountain bikers on Tooele County's Jacob City Trail.

Located high and deep in the southern Oquirrh Mountains between Stockton and Ophir, Jacob City was once a small, yet vibrant mining town that established in the mid-1800s. It produced silver and other precious metals for years.

Little is left of the town that clung to Dry Canyon's steep walls at 8,000 feet above sea level. Although the cabins, brothel, boarding house and tavern are gone, the Jacob City Trail—primarily a narrow dirt and rock road for much of its length—is easily accessible. In addition to cyclists, hikers and horsemen, plus OHV and dirt bike enthusiasts also use it.

Erected by the Tooele County Trails Committee and Tooele County Corporation, the Jacob City Trailhead is located 3.6 miles southeast of Stockton at 5,800 ft above sea level. It has a gravel parking lot with an information kiosk, which features a



Above: Tim Smith and his step-son Jacob Blomquist, both of Stansbury Park, ascend the Jacob City Trail with its dramatic view of Rush Valley below and the Deseret Peak Wilderness Area on the western horizon. Photo courtesy of Transcript Bulletin Publishing.

detailed map of the main trail and two loop options that return to the trailhead.

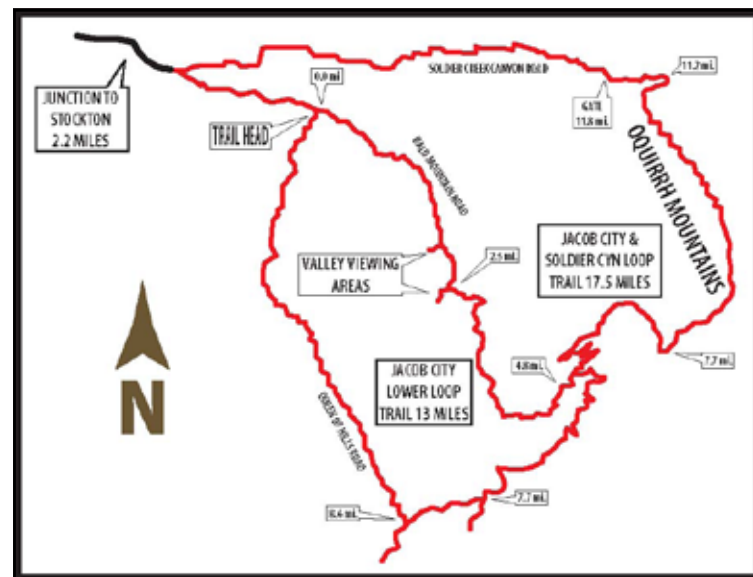
The main trail to Jacob City is 4.8 miles and is easily visible across Bald Mountain's west-facing slope from the trailhead. Forget switchbacks here; the trail begins and continues steeply through sagebrush and stands of juniper, at times exceeding 12 percent. After the first two miles the trail's pitch begins to lessen, and the junipers give way to aspen and fragrant pine.

While ascending the main trail, there are two viewing areas that give an unobstructed view of Rush Valley, and the Sheep Rock, Onaqui and Stansbury ranges. Also visible is the Deseret Peak Wilderness Area to the northwest and its namesake summit at 11,031-feet above sea level.

From Jacob City there are three return options. The first is to simply turn around and descend the same trail for 4.8 miles back to the trailhead. Because of the trail's frequent steep pitches, and presence of other users, caution is advised.

The second option, called the Jacob City Lower Loop Trail, descends Dry Canyon from Jacob City for 3.8 miles to the floor of Rush Valley. From there the trail points northward and proceeds 4.4 miles through rolling sagebrush back to the trailhead. Total distance: 13 miles.

The third option, called the Jacob City/Soldier Canyon Loop Trail, further climbs Dry Canyon for 2.9 miles from Jacob City up and near Bald Mountain's 10,006 foot-high summit. From there the challenging trail proceeds east and north for 3.5



This map is prominently displayed at the Jacob City Trailhead kiosk and features the Jacob City Trail, the Jacob City Lower Loop Trail, and the Jacob City/Soldier Canyon Loop Trail. All three trails offer rugged, steep terrain that will challenge even physically fit riders of advanced ability. Map courtesy of Tooele County Trails Committee

miles before descending into Soldier Canyon and back to the trailhead for 17.5 total miles.

The Jacob City Trail, and Jacob City Lower Loop Trail include plenty of directional/distance signage for riders to find their way. The Jacob City/Soldier Canyon Loop Trail is scheduled to receive directional/distance signage this summer.

Because of the Jacob City/Soldier Canyon Loop Trail's high altitude, cyclists should wait until mid-June for upper snows to melt (the lower trails are clear by early May). Cyclists should also give themselves ample time to ride any of the three trail options, and expect adventuresome, rugged and steep terrain. Potable

water is not available on any of the trails, and cyclists should prepare accordingly.

How to get there: From Tooele City, proceed south on SR-36 for 6.6 miles to Silver Avenue in Stockton. Turn left onto Silver Avenue and proceed east 3.6 miles to trailhead. Route to trailhead from Stockton includes directional/distance signage.

Specifics: Mountain bike out and back and two loop options. Distances: 9.6, 13 or 17.5 miles. Elevation gain: up to 3,500 ft. Rating: advanced. Riding time: Out & back up to 2-5 hours; Jacob City Lower Loop Trail up to 3-8 hours; Jacob City/Soldier Canyon Loop Trail up to 5-12 hours. Potable water availability: no.

MOUNTAIN BIKING

New Wasatch Wilderness Proposal

By Sarah Bennett

The announcement of the Wasatch Wilderness and Watershed Protection Act being proposed by Representative Jim Matheson earlier this month has given many Salt Lake area mountain bikers pause in recent weeks. Losing sections of the Wasatch Crest Trail, or other well-loved trails in the central Wasatch Mountains due to resource protection measures may someday be a reality, but today it is not.

The wilderness proposal that will soon go before Congress and took two years of stakeholder meetings to craft, is a good thing. It will put constraints on ski area development, protect the quality of our watershed and a help sort out competing winter recreational use in the high peaks. Wilderness designation is the highest level of protection there is for public land and will ensure that these areas of the Wasatch will be left untrammeled, regardless of the whims of future state or federal administra-

tions. "Something had to be done," said Carl Fisher, Executive Director of Save Our Canyons, the organization that has lobbied for expanding Wasatch wilderness areas for most of a decade. "We all agreed that if we don't protect some of these areas from development now, no one will be using them for any kind of recreation in the future."

This bill is largely about water and the protection of the watershed that provides clean drinking water to an ever-increasing and thirsty population along the Wasatch Front. Since the first Wasatch wilderness areas were established in 1984 Salt Lake County's population has mushroomed from 678,000 to over a million. Some 26,000 acres will be added to the Mt. Olympus, Twin Peaks, and Lone Peak wilderness areas with helicopter access being allowed on roughly 10,000 of those acres. This was a key piece of the proposal that allowed for some resolution of conflicts between backcountry skiers and those who pay top dollar to fly to the top of fabled Wasatch powder runs. Two other key pieces of this legislation will prevent Alta from building a lift up Flagstaff Mountain and disallow the expansion of Snowbird into the White Pine drainage. The inclusion of White Pine in the wilderness expansion and resulting loss of access to mountain bikers irked a few hearty souls but generated only a few calls to Forest Service offices.

The interests of mountain bikers were represented early on in the process by former International Mountain Bicycling Association (IMBA) representative for Utah, Ryan Miller, who consulted with Fisher from Save Our Canyons, the driving force behind the legislation. IMBA's Wilderness Coordinator, Ashley Korenblatt, based in Moab was also included in discussions. A representative from the Wasatch Area Freeride Trails Association, (WAFTA) participated

in early discussions as well, and IMBA signed off on the proposal after wilderness boundaries were drawn to exclude sections of the celebrated Wasatch Crest Trail, the Mill D spur, and the Pipeline Trail in Millcreek Canyon. Access to trails traditionally used by mountain bikers was preserved although scant consideration was given to future trail development in the Wasatch.

The extension of the wilderness boundary into Parleys Canyon with this proposal may affect trail development there and possibilities for connections to the Summit County trail system, but there are currently no plans or trail alignments for that area. Other restrictions to access for mountain bikers where wilderness designation is concerned will be the recently approved 23-mile section of the Bonneville Shoreline Trail that will stretch from the mouth of Parleys Canyon to Draper. Several sections of this trail thread through wilderness areas just above I-215, Wasatch Boulevard and east-side subdivisions making more than 70% of the trail off-limits to mountain bikes.

The Wasatch Wilderness and Watershed Protection Act has a long way to go before it is enacted but its chances for success look good. It has been introduced to the house and is waiting to be heard and debated at a Congressional hearing. It will then go before the House Natural Resources Committee and will then move along to the Senate for approvals before reaching the President's desk. Likely by this time next year we can gaze to the east and feel rest assured we will have a little more clean drinking water to count on running out of the peaks, in an otherwise unknown future.

BOOK REVIEW

Bicycle Commuter's Pocket Guide by Robert Hurst



Review by Lou Melini

For the past 4 years I have given a bicycle commuter lecture at REI. The lecture is rather difficult and rushed, given that I have 75 minutes, and is certainly not as comprehensive as a Road 1 course. I am hitting the highlights on too many topics within

the subject of bike commuting.

However, what I should consider doing, is to simply hand out Mr. Hurst's Pocket Guide. This would free up about 60 of that 75 minutes. This 3 3/4 X 5 1/4 inch guide is just what the title suggests, it fits in your pocket. Within the pocket guide are 30 pages of information with 4 chapters on Equipment, Clothing, The Commute, and After The Commute. There is a really cool pop-out with 14 pictures detailing how to repair a flat tire. And there is a Complete Commuter Bike with 10 bullet points describing the importance of those features unique to a commuter bike.

Don't let the small size fool you. It contains enough introductory information to get you started in bike commuting. The rest comes by experience and networking with other bike commuters.

Admittedly I am a big fan of Robert Hurst, but for good reasons. He has the on-road experience, the academic acumen and the ability to write well. I have reviewed 2 of his books, The Art of Cycling and The Cyclist's Manifesto, and given each a "2-thumbs-up" endorsement. For that co-worker who constantly says, "I should try riding a bike to work like you," give them a copy of Hurst's Bicycle Commuter's Pocket Guide. They will have no more excuses for not riding.

The Bicycle Commuter's Pocket Guide by Robert Hurst, Falcon Guides 2009-Morris Book Publishing



ADVOCACY

Making the US More Like Europe

By Charles Pekow

The United States needs to become more like Europe in terms of making bicycling a top priority in transportation infrastructure. A team of U.S. government officials who visited Europe to see what we could learn about integrating bicycling into our transportation network better found that we have to change our attitude right from the start.

The Federal Highway Administration (FHWA), American Assn. of State Highway and Transportation Officials and National Cooperative Highway Research Program sponsored a study of five countries in Europe to see what we can learn from them.

The team "learned that many of the countries studied have established an urban street user hierarchy that gives the highest priority to walking, biking, and public transit," the report found. And we need to do that here, the federal team concluded.

The team of 12 bicycling/transportation experts visited Europe for two weeks last May to examine innovative approaches we might adapt here. The officials stopped in Sweden, Denmark, Germany, Switzerland and the United Kingdom (UK). They issued a report called *Pedestrian & Bicyclist Safety & Mobility in Europe*.

All levels, from elected officials to bureaucrats to the general public in Europe are more supportive of bicycling. It also appears that policies that make autos more expensive (everything from fuel prices, taxes, annual registration fees, parking costs and the amount of traffic fines) plays a role in choosing to drive or bike. So do availability of public transit, connected bike networks, continuing promotional campaigns, continuing education of children throughout school years and other policies.

Therefore, the report says we need to take a variety of steps here in the United States. We need to change transportation culture to consider non-motorized transit as important as any other mode. And it has to be done at every level from the U.S. Department of Transportation right down to state and local planning and transit agencies. (The Complete Streets Act, introduced in Congress last year with no action, would move the nation in that direction.) The United States needs to evaluate reducing speed limits.

Traffic education of children in parts of Europe starts at an early age and continues through adolescence. The education programs involve not only schools but business, civic groups, police, public health agencies and parks and recreation departments. The city of Winterthur, Switzerland uses a "traffic garden" course that includes traffic signals, roundabouts, work zones and other traffic situations to teach elementary schoolers.

For reasons the observers couldn't explain, the countries didn't emphasize traffic enforcement much – of either bicyclist or motorist violations. (While they enforced traffic laws, they didn't cite it as a major method of improving bicycle safety.) Officials preferred to focus on safety education of motorists and cyclists. The observers noted, however, that both cyclists

and motorists followed rules more than they do in the U.S.

In ways, the countries placed far ahead of the U.S. when it comes to bike policies. Switzerland, for instance, implemented a policy that new development must occur with bike routes or public transit (though local or regional governments can waive the rule).

Copenhagen uses many "cycle tracks," one-way bike lanes between traffic lanes and sidewalks at an elevation between the two. The lanes often decline to street level at crossings. Several European countries use "cycle paths" at the same elevation as the sidewalk but colored differently.

The private sector pitched in too – several hotels in Switzerland and Denmark offer free bicycles for guest use – and found that demand outpaces supply. The benefit helps hotels compete for guests and contributes to the nations' energy conservation programs. Many European hotels also offer guest bicycle parking.

Europe also uses a few intersection designs not common in America to improve cyclist safety. The stop lines on bike lanes, for instance, sometimes are ahead of the motorist stop line, so motorists can see cyclists more clearly. In some cases, the green light goes on for cyclists before motorists. (European countries commonly install separate, smaller traffic lights for bicyclists.) These designs allow the cyclist to clear the roadway before turning cars could hit them. These tactics only help, however, if the cyclist arrives at the corner during a red light. And they could conflict with right-turn-on-red by motorists, which is allowed in fewer places in Europe.

And Switzerland has installed convex mirrors at intersections so drivers of large trucks with blind spots can see bicycles in them. The UK takes a different tack: it puts TruckView lenses on truck side windows to lessen the truck's blind spot.

Some major lessons learned:

*Don't build bike facilities willy-nilly without taking safety into account. Sweden maintains a database of police crash reports and hospital admissions data (which factors in underreporting of bike accidents) to determine which designs are safest for bicyclists.

*Integrate bicycle and public transit planning to help people use both on the same trip. Methods include indoor and covered outdoor bike parking, allowing bikes on trains and buses (even during rush hour), bike rental / sharing programs at or near train stations, ramps that allow pushing a bike up or down a stairway, and even bike racks on taxis.

*Communities can learn from regular performance reports on bike safety. Copenhagen, Denmark, for instance, publishes a Bicycle Account biennially on safety, mode share, etc.

But while some of the European ideas would work easily here, we would have to evaluate and modify others. Denmark features much more in the way of separate bike lanes, for instance, but we would have to consider different motoring culture here first. So if we are going to add more bike lanes, it could take time and more

ADVOCACY

League of American Bicyclists Awards Salt Lake City Silver Status as a Bike Friendly Community

By Dave Iltis

On April 28, Salt Lake City was awarded Silver status by the League of American Bicyclists (LAB), a leading bike advocacy organization, in their spring 2010 Bicycle Friendly Communities (BFC) awards. Sixteen new and five renewing cities were named Bicycle Friendly Communities. Salt Lake City along with Flagstaff, Arizona, were the only two communities to move from Bronze to Silver status. Regionally, Victor, Idaho received an honorable mention.

Salt Lake City received Bronze status in 2007 based on its commitment to bike friendliness that began close to 25 years ago under Mayor Palmer DePaulis in partnership with the Mayor's Bicycle Advisory Committee (MBAC). Following this designation, the City furthered its initiatives to become more bicycle friendly. The MBAC put forth the Silver City Initiative to promote new ideas for bike friendliness and to address feedback from reviewers of its 2007 application. Major components of the Initiative included extending the Complete Streets Policy, increasing police department outreach and enforcement, holding an annual bike summit, hiring a

bicycle and pedestrian coordinator, and increasing expenditures on infrastructure improvements.

Starting in 2008, under the leadership of Mayor Ralph Becker teaming with Salt Lake City Transportation Department head Tim Harpst and Engineer Dan Bergenthal, Councilman Luke Garrett, and the MBAC chaired by Dave Iltis, Salt Lake City's investment in bicycling leaped forward.

"We are excited to be recognized as a bicycle friendly community with a Silver level by the League of American Bicyclists," said Salt Lake City Mayor Ralph Becker. "Being one of the two cities nationally to surpass the Bronze level status is an honor that signifies the effectiveness of our cycling initiatives throughout Utah's capital city," said Mayor Becker, a regular cyclist.

Salt Lake City used the BFC program to catalyze its push for bike friendliness. Over the last two years, funding in Salt Lake City's budget for bike specific programs has increased ten-fold to \$500,000 a year. Becca Roelf was hired in 2009 as Salt Lake City's new Bicycle and Pedestrian Coordinator and Dan Bergenthal was promoted to City Trails Coordinator to oversee trails and pathways. The Complete Streets Policy was put into city code in 2010. All abandoned bicycles collected by the Salt Lake City Police Department are donated to the Salt Lake City Bicycle Collective to be reused in the community. The police department also has a dedicated liaison to the bicycling community. In 2009, 38 new lane miles of bike lanes were added. Innovative green

'sharrow' bike lanes, developed by Bergenthal, were tested in downtown Salt Lake City on 200 South. Under Councilman Garrett's direction, Salt Lake City also hosted a citywide bike summit in 2009 and a statewide summit in 2010. Salt Lake City's growing bike commuter population is four times the national average.

Today, the City is not resting on its laurels. The MBAC recently held a retreat to bring a host of new ideas to the table and is in the process of finalizing the Gold City Initiative – More Bikes, More Places, More Often! In 2010, Salt Lake City is working towards adding more new bike lanes, releasing an updated bike map, connecting the Jordan River Trail to the Legacy Parkway Trail, opening the Bicycle Transit Center at the Intermodal Hub in cooperation with UTA, and increasing the application of sharrows throughout the city.

"Communities from all areas of the country, climates and populations see bicycling as an integral component of building livable communities. The Bicycle Friendly Community program is recognizing those leading the way," said Andy Clarke, LAB President.


For more information on the Salt Lake City's bike program, visit slcgov.com/bike. For more information on LAB's Bike Friendly Communities program, visit bicyclingfriendlycommunity.org.

driver education as well as simply striping the pavement. European drivers expect to see cyclists more than American ones do, and therefore they're more aware of them and take notice when they're more likely to encounter them, such as when turning right through a bike lane. The American observers, however, stated "it was not clear whether this

improved motorist awareness was due primarily to the increased numbers of pedestrians and bicyclists, or due at least in part to improved roadway designs, motorist education, and/or police enforcement."

FHWA's report suggests setting a national set of bicycle education standards for different age groups. UK developed a THINK! Road safety

program the U.S. DOT should emulate and distribute through multiple channels: state and local governments, medical organizations, public health departments, auto manufacturers and insurance firms. You can download the report at <http://www.international.fhwa.dot.gov/pubs/pl10010/pl10010.pdf>.



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TOURING

An Interview with Darren Alff - Bicycle Touring Pro



Top left: Darren at the Schonberg Palace with his Bike Friday set up for touring - Vienna Austria 2009.

Right: Klamath Falls, Oregon 2005, bike camping at its finest.

By Lou Melini

Park City's Darren Alff is the creator of BicycleTouringPro.com, a website dedicated to bicycle touring. Read how he can help you with your next bicycle tour.

Cycling Utah: When and where did you do your first bike tour? What did you do to prepare for such a tour since there wasn't a BicycleTouringPro.com? What impact did that tour make on you?

Darren Alff: I conducted my first long-distance bicycle tour when I

was just 17 years old. Being a huge fan of the movie Forrest Gump, my original plan was to run from Oregon to Mexico down the California Coastline. Running was very much a part of my life. But after realizing I did not have the time or the money needed to run the entire length of the state during my summer holiday, my Uncle Tom turned me on to the idea of riding my bike as an alternative to running.

At the time, I thought I must have been setting some kind of record. I had never heard of anyone riding their bike for such a long distance – and certainly not anyone as young as I was at the time. I knew nothing about “bicycle touring” when I first started, but I quickly learned that there were people who travel long distances on their bikes... and I met a few of these people on that first trip down the coast.

The great thing about that first bike trip was that I did it with three of my best friends from high school. Each of my friends rode a leg of the trip with me, but I was the only one to cycle the entire thing. The entire trip ended up taking 30 days. It was a little over 1,000 miles and it was one of the hardest, yet most rewarding times of my entire life up to that point in time.

C.U.: As young person, did this trip change your life?

D.A.: My first trip down the California Coastline didn't really change me all that much because at the time I still saw the trip as something I was just going to do once and then forget about. It would be a great story to tell people when I got older, but I didn't see it as anything more than that. However, as the years progressed and I began traveling more and more with my bicycle, I slowly began to realize that what I was doing was so much more than just covering long distances on a bicycle. I've since come to realize that many of the most important lessons I've learned in life have been learned while on my travels or as a direct result of my travels by bike.

C.U.: How many tours have you since done since that first tour? What were your favorite touring places?

Darren Alff: Since that first bike tour in 2001 I have pedaled through 29 of the 50 United States and traversed through 20+ different countries on my bike. I have gone on a long-



distance bike trip every year since that first trip in 2001 at the age of 17. I am now 26-years-old and 2010 will be my tenth consecutive year of traveling by bike.

I've ridden somewhere around 20,000+ miles over the past 10 years. But the truth is, once you get past a couple thousand miles, it doesn't really matter anymore. Somewhere along the way, I stopped caring about how many miles I was covering and started to focus on more important things.

Obviously, Utah has some incredible cycling locations. I think the Wasatch forest is a favorite of mine simply because it is so close and so incredibly beautiful. I love the forests and the lakes. As for my favorite cycling destination here in the United States, I would have to give Washington State a big shout out. It may be a bit rainy at certain times of the year, but it is such a beautiful place – especially when you get away from all the people and head out into the backcountry.

My favorite overseas cycling destination would have to be Albania. I spent nine months cycling through Europe in 2009 and Albania was the one place everyone warned me not to go. They said it wasn't safe, that the people would kill me, and that I wouldn't survive the steep and windy mountain passes. But once I got there I absolutely loved it. The people were so incredibly friendly, the landscape was beautiful, and it was unlike any other place I had ever been before. It's not a place I would recommend for first-time travelers, but for me it was fantastic!

C.U.: How do you envision a revival of bike touring in the U.S. perhaps on the scale of the Bikecentennial (now Adventure Cycling) in 1976? What would have to happen for that to occur? What would bike touring be like in the U.S. without the efforts of the Adventure Cycling Association?

Daren Alff: The Adventure Cycling Association has done a lot to help promote long distance bicycle travel here in the United States. Their mapping efforts, especially, have been tremendous at getting more people out exploring our nation on a bike. In fact, they were, in many ways, responsible for helping me get my start in the world of bicycle touring.

But I think that if bicycle touring (or “bicycle travel” as I prefer to call it) is to ever take-off in the way sports like snowboarding, skateboarding and surfing have taken off in recent years, I think it's going to happen because young people start

to embrace it and make it their own. If you look at just about anything in our society (from movies, to fashion, to popular culture) it is young people who most quickly bring about change.

Unlike so many other people who come to bicycle touring later on in life, I have had the unique advantage of starting when I was quite young, and have continued with it for longer than most seasoned bicycle tourists. I think this gives me a unique perspective on the activity and I think that if bicycle touring is to ever take off in the way these other sports have recently taken off, it needs to no longer be marketed as an activity for retirees, but instead be viewed as a fun, cool, new sport for young people who want to get out and see in the world in an incredible new way. I think these young people will, in many ways, change the way we see the act of bicycle travel. I don't think it will look the same way it does now. I think the style is going to change. I think the type of people that take to the sport will change. And I think the act of traveling by bike will become more of a lifestyle choice than an activity that people do just once in their lives.

C.U.: Why did you create BicycleTouringPro.com?

Daren Alff: I started

BicycleTouringPro.com in late 2007 after one of my old college room-mates called me up and told me that he was planning his first long-distance bicycle tour. For years I had been trying to get him to join me on my cycling adventures, but I could never make it happen. But then, several years later, the thought of going on a bike tour struck him as an appealing venture... and he called the only person he knew who had actually done it!

I started BicycleTouringPro.com with the intention of helping this particular friend plan his first bike trip. I didn't really think anyone else would care to read what I had to say. But just a month or two after the site was started, the readership really took off and I've been hustling like crazy ever since to make the site best it can be.

A lot of people think the name, Bicycle Touring Pro, is a name I gave myself as some sort of bicycle touring expert, but that's not really the case. The name came about because I told myself all through college that my ideal job would be being able to ride my bike, travel the world, and help others make their dreams come true. So, when I went about naming the site, it was an aspirational sort of name – a kind of constant reminder of who I one-day wanted to become – a Professional Bicycle Traveler.

Since that time, I have, in many ways, turned into a “Bicycle Touring Pro.” I now work from home/on the road (I run an Internet Marketing consulting business called “Silver Mountain Marketing”) and I spend most of my days skiing, biking, hiking, or doing just about anything I please. My life here at home in Utah is almost exactly the same as it is when I am out traveling with my bike. I run the website, consult with my clients, and explore the world around me under my own human power.

C.U.: Why do you do self-supported bike tours? Do you bike tour alone?

D.A.: All of my trips have been self-supported, meaning I carry everything I need in order to survive (i.e. tent, stove, sleeping bag, food, water, etc) on my bike... and except for my first trip down the California coastline, I've traveled completely by myself.

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Above: Cold weather in Lake Luzern, Switzerland 2009.
Below: Riding the Natchez Trace in Mississippi - 2004.

alone, versus going with a group or participating in a guided tour is because I believe it gives me the opportunity to connect and learn from people, far better than if I were traveling with a companion or a group. When you travel with another person, you tend to stick with that person and more often than not, don't make the effort to reach out and meet new people, go new places, and experience new things. When you are alone, however, you are almost forced into these situations. For someone like myself, who is inherently shy and reserved, I need that extra push to actually get out there, meet people and do new things.

In the end, traveling by myself has taught me a number of valuable skills. It's taught me how to communicate with strangers, make new friends, rely on myself, make quick decisions, and so much more. For young people especially, I think there is incredible value to be gained in learning to be alone. It's a skill that very few people possess. But if you can master it, there are a number of great rewards to be reaped.

C.U.: Besides going to BicycleTouringPro.com, what advice do you have for cyclotourists?

D.A.: I do have some advice for those who might be interested in traveling by bike, but none of it has to do with gear selection, route planning, or any of that. In the end, all of that is very

easy to do and is on the website. Here are three things I've learned from bicycle travel that I think others could really benefit from as well.

A). Don't let the little things hold you back. If you don't have the best bike or gear, don't let that stop you from giving bicycle travel a try. Do what you can with what you have now. If you enjoy your first bicycle touring experience, then you can worry about getting a better bike or more expensive gear. Start with what you have!

B) Look for ways to help people. As travelers with a constant need for food, water, hot showers, Internet access, and lodging of some kind, we have a tendency to help ourselves first and think about the needs of others only when we have to. But traveling by bike opens you up to a number of wonderful experiences – including the opportunity to help the people you meet along the way. If you see someone in a car who is broken down on the side of the road, try and lend them a hand. If you are invited into the home of a stranger to spend the night, offer to mow the lawn. There are thousands of free and easy ways to help the people we meet on our travels. You just have to keep your eyes open to the opportunities. Plus, helping a stranger is a great way to make a new friend – which is especially helpful if you're feeling a bit lonely or defeated while on your travels.

C) Break as many rules as you can. Don't let anyone tell you that "bicycle touring" has to be done a certain way. If you want to ride your bike across the country in a chicken costume, do it! This is an exciting time for bicycle travel. The sport is being reinvented and the way things have been done in the past are forever being changed. Let's see where we can take it!

If you want to really dive into the world of bicycle travel and quickly learn the basics of what you need to know in order to conduct your very first bike tour, the easiest way to do

that is to grab a copy of my book, "The Bicycle Traveler's Blueprint." You can read more about it here: <http://bicycletouringpro.com/blog/blueprint>

C.U.: Tell me about your book on touring and what this has vs. the website?

D.A.: In much the same way that there are other websites in existence on the subject of bicycle travel, there are other books on the subject as well.

The thing that separates "The Bicycle Traveler's Blueprint" from all those other books is that it is so incredibly down to earth. There is nothing technical in the book. There are no charts that explain the complex gears used on traditional touring bikes or diagrams of the inner workings of your bicycle. The book has been written as though I were explaining bicycle travel to my very best friend who just happens to be planning his very first bike tour.

The difference between the website and the book is that the website is simply so sporadic. I'll jump from an article about trip planning to an interview with a couple traveling through Morocco to a video about how to make your own camp stove. With the book, the information has been structured in such a way that if you read it from beginning to end you will know just about everything you need to know in order to pull off your first long-distance bicycle tour with ease.

Additionally, the book is broken down into three main areas. The first two have information on how to pack for your trip and plan out your route. The third section however, is the most important and the most unique – as it focuses on what you should expect to encounter (both physically and emotionally) once you hit the road. This third part of the book focuses largely on the lifestyle of bicycle travelers and gives some great advice on how to feel at home traveling by bike.

C.U.: What is, in your opinion, the most common error (or errors) made by novice and/or experienced bike tourers?

D.A.: The biggest mistake I see most first-time bicycle travelers making is that they spend months (even years) planning out their routes and picking out their gear, only to head out on day one and realize just how hard it is to ride a bike for 50+ miles per day.

It's the mental preparation that most people forget about. The physical part is actually not that hard. After about three or four days of riding, covering 50+ miles on a fully loaded touring bike actually becomes pretty easy for your body to handle. What most people are not prepared for is all the time you have to spend alone, the constant search for a place to sleep and shower, and packing up your things day in and day out.

These are all things you can practice at home however. In my book and on my website I encourage my readers to live off of their bike for

about two weeks before hitting the road on a long-distance bike tour because living in this way teaches you exactly what it's going to be like once they hit the road.

If you sleep in a tent each night, pack up that tent each morning, take a shower using a camp towel, and then ride your bike to work and back each day for two weeks straight, you'll have a very good idea of what the life of a bicycle traveler is really like.... and you'll know what, if anything, you need to change in order to make your life on the road that much easier.

C.U.: What equipment advice do you have for cyclotourists?

D.A.: The truth is, bicycle touring isn't really about the bike you ride or the gear you use. I spend a lot of time talking about these subjects on my website, because it is something that a lot of people want to know when they are first starting out, but the truth is, none of that matters. You can use a \$50 bike and gear obtained from your local thrift store to ride across the country or even around the world. I know, because I've done it! Of course, having a nice bike to ride and high end camping gear will make your trip that more enjoyable, but the truth is that traveling by bike should be more about the experience than about the type of bike you're riding or the amount you paid for your sleeping bag.

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