

MOUNTAIN CYCLING JOURNAL

cycling utah

NORBA NATIONALS COVERAGE INSIDE!

DIRT
PAVEMENT
ADVOCACY
RACING
TOURING

- Utah and Idaho Calendar of Events - p. 20
 - Route 211 - p. 3
 - Six Canyon Ride - p. 4
- Innocent Until Proven Guilty - p. 2
 - Gate City Grind - p. 12
- Woodland's Bench Creek Trail - p. 8
 - Parley's Canyon Bike Route - p. 9
- Deer Valley NORBA Nationals - p. 10
 - Results - p. 20
- Commuter Column - p. 22
 - Deer Valley DH - p. 15
- Dirt Jumping is Not a Crime! - p. 16
 - Shop Directory - p. 23

SPEAKING OF SPOKES

Innocent Until Proven Guilty

By David Ward
Publisher

Things ain't lookin' so good for our boy Floyd. On July 20, after his epic victory on Stage 17, sample A of his mandatory drug test resulted in a testosterone/epitestosterone (t/e) ratio of 11/1. The maximum allowed limit is 4/1. The initial argument that it must be a naturally occurring high level has been pretty much dispelled. An Isotope Ratio Mass Spectrometry test (IRMS) performed after his extremely high testosterone ratio was discovered indicates that a synthetic testosterone, which would have to come from an external source, was found in his A sample. Bad news for all Anglophones who like to stick it to the French.

But hold on. There is one thing that really bothers me. The benefits of taking testosterone only appear

after being taken for weeks or even months. Landis was tested, by his own count, six times before and twice after his astounding resurrection and victory on Stage 17. All those tests were apparently negative. Plus, it makes no sense that he would take an injection or slap on a patch the night before Stage 17. It would do him no good, and would certainly get him tossed from the Tour if caught. He had nothing to gain, and everything to lose.

Is there a masking agent that may have been hiding his testosterone level during the previous tests? No one has said there is or may be such a thing. So why the sudden spike when there is absolutely no reason, rational or otherwise, for Landis to take testosterone the night before Stage 17? I do not know how smart Floyd is, but he certainly cannot be that stupid.

Even the experts are puzzled.

An Associated Press story by Malcolm Ritter reported, "The lack of a positive test before July 20 might suggest Landis took a single dose and then immediately put in his stunning performance. That's puzzling, [Dr. Gary] Wadler said. 'Things don't add up,' he said. 'Most of us (experts) have a hard time fully understanding that sudden and dramatic effect. . . . I can't quite put it all together.'" The article reported that Dr. Wadler is "an internist and author with expertise in the area of drug use by athletes."

If the experts can't figure it out, where does that leave the rest of us? Well, not knowing, and probably never knowing, the truth unless Landis was cheating and ultimately admits to it.

Meanwhile, what does all this mean? Initially, if the second, or B, sample turns up negative, Landis keeps his victory and we all cheer

and go home. But not even Landis, while certainly hoping otherwise, has indicated he expects this will happen.

So, what is the rule? If the t/e ratio exceeds 4/1, is that it? Does a rider get ousted based solely on the fact of an excessive t/e ratio, whether or not it is a natural level and no matter how it got there? If so, Floyd is stripped of his victory. End of story. Is that fair?

Or, do we determine whether it is a naturally occurring t/e level. That seems pretty certain at this point, unless the information being reported is wrong. The problem with trial by media is that we never are quite certain what the actual facts are. At one point, after the results of the IRMS test were reported, it was also reported that the lab stated no one had been told the results of this test. As things now stand, the performance and results of this test seem to have been confirmed.

If we make it this far, has a sufficient burden of guilt been reached to strip Landis of his Tour victory? Or do we still await a determination of how the additional testosterone made it into his body? Under UCI regulations, Landis is innocent until proven guilty. As a practical matter, from what I have observed the standard is more, "guilty until proven innocent". And given the difficulty in the continuing battle of even discovering the use of performance enhancing drugs, much less meeting a heavy burden of proof, whose to say this is wrong?

Well, such are the questions and musings of one who is an attorney by trade. The point I wish to make: This is a complicated affair. We should all be patient and let the process, whatever it is, take its course. And we must understand, no matter the outcome, that ultimately we may never know the truth of this. Landis protests his innocence, claiming he has not cheated. But then Richard Virenque did the same for more than a year, and even wrote a book about his innocence, before finally admitting he cheated.

In the end, despite my quarrel with trial by media, and my uneasiness with a "guilty until proven innocent" approach, I am somewhat satisfied with how this has been handled so far. Those in places to make decisions are awaiting more results, and allowing time for the facts to be more fully developed.

No, it ain't lookin' so good for our boy Floyd. But I like him, and I believe I detect sincerity and honesty in him. I hope it all ends well for him. But if not, I can live with the uncertainty of not knowing for sure if he did or if he didn't. I live with that kind of uncertainty every day in many aspects of life.

In the end, Floyd knows. If he cheated, he will have to live with, despite the outcome. If he did not, he will have the satisfaction of knowing that he won, and won with integrity.

HELP WANTED

High end shop seeks experienced mechanic with excellent customer service skills. Must be well organized and able to manage large numbers of work orders on a daily basis. Apply online at www.trekaf.com or by mail to Trek American Fork 356 N. Meadow Lane, #D-11 American Fork, UT 84003



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

Dave Iltis, Editor &
Advertising
dave@cyclingutah.com

David R. Ward, Publisher
dward@cyclingutah.com

Contributors: Greg Overton, Neal Skorpen, Gregg Bromka, Ben Simonson, Michael Gonzales, Lou Melini, Chad Nichols, Joaquim Hailer, Tommy Murphy, Adam Lisonbee, Ron Lindley, Bruce Bilodeau, Mary Mcaleese, James Kirk, Chris Sherwin, Kathy Sherwin, Kevin Day, Troy Nye, Bart Gillespie, Tom Noaker

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

Administrative Assistant:
Lindsay Ross

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

Annual Subscription rate:
\$12

(Send in a check to
our P.O. Box)

Postage paid in Murray, UT

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

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

Cycling Utah is free, limit one copy per person.

© 2006 cycling utah
Pick up a copy of
cycling utah at your
favorite bike shop!

Cover Photo: Kathy Sherwin (Ford Cycling) rolled to a ninth place finish in the Deer Valley Nationals XC on July 8th. She's shown here leading Dara Marks-Marino (Titus/Kenda).

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

ULCER 100



22nd Annual Utah Lake Century Epic Ride

Saturday, August 19, 2006

American Fork, Utah

24, 56, 74, or 100 mile options

www.bbtc.net

Bonneville Bicycle and Tandem Club

Proceeds go to fund cancer research at Huntsman Cancer Institute.



MOUNTAIN BIKE RACING

Dainton and Wallenfels Take 50 mile Endurance Solo

By Adam Lisonbee

On July 22nd the Endurance 100 Team Relay and 50-mile solo race took place on the singletrack trails of Park City. The event is the 2nd race in The Endurance 100 series. The conditions of the day were ideal for an endurance race. The morning was cool, the sky was clear, and the trails were tightly packed after recent rainfall. Shortly after the 6 a.m. start, racers found themselves weaving through thick pines and tall aspens as they enjoyed the sun coming up over the mountains. The result was several ear-to-ear grins on the faces of riders as they hammered along the Mid-Mountain Trail. The perfect conditions continued throughout the day, with cooling breezes and lots of shade along the route.

Seventeen relay teams competed over the entire 100-mile course, a route that boasts over 18,000 feet of elevation gain and 95 miles of pristine singletrack. The winning team (Porcupine/Specialized) finished at 9 Hours 43 minutes, in what proved to be a very competitive race. Less than 20 minutes separated the 1st and 3rd place finishers. In the relay event, riders from each team rode a different stage of the race. Team riders appeared as tired as many of the solo riders, proving the difficulty of this epic racecourse.

The solo field was just as competitive, with 87 men and 9 women competing over the 50-mile course. The route gains over 8,000 feet in elevation. The race was fast paced



for the leaders who were never far from one another throughout the day. Keeping up with the standard set in the 12-Hour race, both the men's and women's solo winners finished in record time. Jack Dainton (Park City, UT) set a new mark at 4 hours 55 minutes, just 8

minutes ahead of fellow Park City resident Steve Rescigno. "All of the E100 races involve a huge amount of climbing which I like. I think my main advantage was the fact that I live in Park City and know all of the singletrack very well," Jack commented after the race. Rounding



Left: Lynda Wallenfels Right: Jack Dainton
Photos: Joaquim Hailer
For complete race photos, visit JoaquimHailer.com

out the podium was Dave Harris (Durango, CO), winner of last month's 12-Hour race. His strong 3rd place finish puts him in the lead in The E100 series points competition.

In the women's solo race Lynda Wallenfels (St. George, UT) again set the standard. She paced to an impressive 5 hour 18 minute win, finishing over 28 minutes ahead of her nearest competition. She remarked after her victory, "I had set out to win, and also set a new course record. I was thrilled that I was able to accomplish both goals." She was joined on the podium by Lisel Robert (Provo, UT) and Wendy Wagner (Park City, UT).

At the end of the grueling, yet

rewarding race, participants had the same ear-to-ear grins that stretched across their faces in the early morning hours. Despite the difficulty of the terrain, the satisfaction that came from completing one of the country's most unique endurance races left everyone feeling happily worn out. Already many racers were talking about the upcoming Grand Finale of the series, the E100 itself. Racers will compete solo over the entire 100-mile route. Known as one of the most difficult "hundreds" in the country, it will be a fitting end to an already epic summer of racing in Park City. For more information about The E100 race series please visit www.theE100.com.

BE BIKER'S EDGE

WHAT COMPETITION??

2006 RACER X

COMPLETE SELECTION OF ALUMINUM FRAMES IN STOCK!!!

CALL FOR PRICES!!



CALL FOR PRICES!!

232 N. Main - Kaysville

544-5300

Mon. 10-4 Tue. Fri. 10-7 Sat. 10-5

bebikes.com

ROAD RIDING

The Ride of My Life: Six Canyons in a Day

By Bruce Bilodeau

The Ride of my Life

Several years ago I decided to get a road bike. I had always been fascinated with watching the Tour de France. Soon I started riding most days in the valley and then in the canyons. I couldn't believe it when I saw how fast some of the local racers would ascend Little and Big Cottonwood Canyons. I then realized I needed to drop some weight and eat and train right. I wanted to be like those guys!

Between September and May of that year I dropped 26 pounds and focused on canyon rides. I entered some citizen races doing well in the local hill climbs. I loved being in the canyons logging an average of 400,000 vertical feet a year training as well as racing local and regional road races, while moving up the ranks and settling in racing the Masters 35 category. It was not uncommon to go up a couple canyons a ride, once I road three totaling 9600 vertical feet. No matter what life had in store I was so happy to be riding the canyons consistently, and in races the officials would comment that I was always smiling incessantly, regardless of the conditions. At the same time I developed several dozen close relationships with various riders who have become my closest friends.

Along the journey two things happened. I became more focused on training and results. If I wasn't

doing things with my two kids, Ben 13, and Emily 10, then I was on my bike. When my kids went to their mother's house I was training non-stop. When they were with me, I would wake up at 4 am to spend time on the trainer every day of the week, as not to impede on time with them at night. In an effort to improve my performance I hired Gardie Jackson to coach me last winter. It wasn't uncommon to be on the trainer from 4 am to 9 am or 10 am on Saturday's and Sunday's. Gardie helped me immensely, my time trial skills improved by minutes, and covering the hard attacks on hill climbs was becoming easy.

I felt so good, that this spring in the cold snow and sleet, I raced while sick with a relentless virus (that my children and I passed on to each other). The State Time Trial came and I did well, then everything fell apart. I started to have to DNF races. I could not train consistently, having to take a lot of rest days. I would recover then get worse, this cycle lasted 2 months. I started getting horrible headaches and eventually with everything going on I couldn't sleep at night, often finally falling asleep just before I had to get up. Races became a job, the smile had long left my face, and I lost all passion to race what-so ever. In the middle of this nightmare was the death of my grandfather, Daniel "Popa" Santoro, a man I respected more than anyone I ever met.

My grandmother "Nona" Santoro

died several years ago while taking care of Popa, who had been afflicted with the early stages of Alzheimer's. The load was simply too much for her, especially after she developed cancer. Popa lived another eight years finally staying at a wonderful facility in Portsmouth, N.H. dedicated toward taking care of people with his affliction. My parents would visit him on a daily basis. When I went back last summer I would ride my bike by the facility every day, stopping to see him while he was still sleeping, and coming back to have breakfast with him. I couldn't get enough of him, knowing that at 96 years old, I might not ever see him again. His affliction was so severe at this time that he could only hold a conversation for several minutes. Once commenting on my Mi Duole uniform saying "I like it, its Italian!" Popa finally gave up on his battle with Alzheimer's, refusing to eat or drink. My mother stayed in a cot next to him for the last five days of his life. He didn't move the last 3 days, with a very slight respiratory pattern, just hanging on. My mother talked to him non-stop she went through his whole life with him, and playing his favorite opera music. Finally on the sixth day she told him that his kids were fine and it was time to go to Nona. As if in a movie, he moved his hand slightly toward her, opened his eyes and tried to speak, then passed on, the nurses at his bedside could not believe it.

On June 20th I woke up and decided I had enough. I was going to give up racing until whenever. I just wanted to have fun. I went on a climb up Big Cottonwood Canyon with Ed Chauner and the Barbaoca boys. I actually had fun. Two days later I climbed Mill Creek twice, loved it, and I felt great. The next day I decided to climb all weekend, then I remembered a discussion I had with my friend Allen Greenberg years ago about climbing all six canyons in the valley in a row, the ride would start at South Mountain, then Little and Big Cottonwood canyons, Mill, Emigration and City Creek. I told several close friends and family that day. I was going to attempt this on Sunday, June 25th and I was dedicating the ride to the memory of my grandparents. Each Canyon was to signify my grandfathers last six days of life.

On Saturday, I was coaching my friend Holly with her biking. After training we went to her back yard and had a drink. She has an amazing garden that stretches the entire perimeter of her back yard with an abundance of different and exotic flowers. I told her about the ride, and that I was nervous about it. I had hardly trained in the canyons at all, and had very little mileage under my belt in the last two months. Holly gave me excellent advice, while explaining to me how much she missed her grandmother. She told me to soak in everything throughout the ride, the sights, sounds and smell, and most importantly to look for "signs" and be one with nature. That night I met with another friend who was completely supportive and told me how much "fun" it was going to be. The more I thought about it, I thought it actually could be fun. I gathered all of my food for the journey, 4 Clif bars, six big fig bars, two protein bars, a flask

of Hammer Gel, and a baggie of Cytomax, and pulled out my old Mi Duole team kit, for Popa.

I had a bit of trouble sleeping, but not bad. I got up at 5 am, had a big breakfast, and was riding by 5:45. It was nice and cool; I had arm warmers and an undershirt. Perfect weather. My legs weren't exactly fresh (I had 180 miles in already that week) but I felt pretty good. I hit the first climb up Suncrest, I went into my 39X23 and took it easy. I always wear a cross which swings back and forth rhythmically on climbs. I kissed it hard and visualized my grandmother next to me on my left and my grandfather on my right, and said, day one Popa here we go. I love you guys! I continued up, I felt great even where it hit 12%; I was right at tempo speed. I then descended and went back towards Little Cottonwood Canyon. A short cut I usually take was detoured, I tried to go another way, then another only to run into 3 dead ends up 3 separate hills that cost me 25 valuable minutes, I decided to just go with it, I relaxed and made it to the bottom of Little Cottonwood. I remembered a book I read about Marco Pantani, and how he would ride all day in the mountains calling them his adventures, and I committed to have the same attitude no matter what.

Going up Little Cottonwood, I once again visualized my grandparents on each side of me, told them I loved them, kissed the cross and said out loud, day two Popa. I decided that this would become ritual on each subsequent climb. I then remembered what Holly told me about being one with nature, and soaking everything in. I noticed how green and still of the trees were, how quite it was, every once in a while I would here something wrestling in the woods next to me. I had yet to see another rider half way up. I was literally just gliding up almost effortlessly, yet keeping good speed. I decided just to go with the rhythm of it. I felt great and my head was perfectly clear. I reached the top and descended to the Alta Peruvian Lodge, the door was open, and I went in and filled my water bottles,

visited the John and was told I had to leave by a staffer named Frankie. I walked out with him explaining what I was doing; he was really encouraging, which I needed with 4 climbs to go. A few miles on the decent I ran into a bunch of yellow and orange Monarch butterflies, they flew on all sides of me as I went directly through them, I had never seen so many. Soon after a spoke blew out of my front wheel. I was a bit apprehensive; I went slower but did not want to quit the ride. I decided to go up Big Cottonwood.

It was now 9:15 and it was hot, I really wanted to shed a layer. On the climb the front spoke that was loosely attached was way too loud, I focused again, yet it was hard to ignore. I needed to do something, THINK. Once again I felt fluid; I couldn't believe how good I felt. I have done three canyons before, but I definitely felt it. Just before I reached Brighton I could feel the toll on my legs, I got a bit nervous. I stopped at the Brighton Store for some ice and water. The waiter was not happy about it, but gracious, I told him I needed his support, just this one time, and that I was doing a tribute ride for my grandparents, he and his customer were so cool, telling me "way to go" and you have already gone half way. I woofed another Clif Bar and Fig, and decided to call my friend Sean to help me with the wheel. Sean is that kind of friend that you can always count on, he agreed to meet me at the parking lot at the base of the Canyon in 20 minutes with a fresh wheel. My front wheel was shimmying and shaking on the decent, I decided to keep it at no greater than 40 MPH. Once again I ran into a bunch of butterflies, they must have been in a migratory pattern at a certain elevation. Was this the sign Holly told me about? I lightly spun all the way down to flush the lactic acid from my legs. Sure enough Sean was there, what a stud! I took the opportunity to shed my undershirt and arm warmers while Sean did the wheel

Continued on page 17



MID SUMMER BIKE SALE

REDUCED PRICES ON SELECT 2006 ROAD AND MOUNTAIN BIKES

AVAILABILITY AND PRICING AT
www.wildrosesports.com

Wild Rose
702 Third Avenue
801 533-8671
www.wildrosesports.com

Wilier @veloimports.com

MEET THE NEW ITALIAN THOROUGHbred.

Wilier TRIESTINA

SPIN CYCLE

277.2626 - 888.277.SPIN
4644 S. HOLLADAY BLVD

MOUNTAIN BIKE RACING

Life in the Dirt with a Pro MTB Mechanic

By Chris Magerl

I am a professional bike washer.

On the Ford Cycling web site, my official job title says something about assistant manager and mechanic. But what I really do most of my time is wash bikes. I also wash the team van and trailer, set up tents and tables, put bikes on trainers, take bikes off trainers, do grocery and airport runs, feed riders during races, staff the race tech zone, cover any aspect of bike maintenance you can imagine and drive across the country over and over again.

I am one half of a staff of two that works for the four pro riders who make up the Ford Cycling women's mountain bike team. The racers live in Colorado (Kelli Emmett), Massachusetts (Sara Bresnick Zocchi), Utah (Kathy Sherwin) and Arizona (Melanie Meyers). The team is registered in Ann Arbor, Michigan, which is where the owner lives. The other staffer, Chris Davidson, also lives in SLC and makes it to events while juggling racing and his day job, pursuing a PhD at the U. You might know him through his diary on cyclingnews.com.

I worked a few events for the team last year, but this is my first season as a fulltime part of Ford Cycling. Full time is hard to define in the bike racing world. In March



Chris keeping things clean at the 2006 Sea Otter. Photo: David Myers.

and April, I spent about 10 days each month at work or travelling to and from California for races or training camp. May was a cakewalk, with only one weekend of racing, again in California. But the East Coast race schedule had me leave home on June 5 and not return until July 4, just in time for the NORBA race at Deer Valley. On that swing, I drove more than 7,000 miles through 20 states and one Canadian province. For someone who commuted to work by bike each day for seven years, that is a lot of car time.

On a normal day at the races, I arrive at least a few hours before the racers and several hours before

the race. The trailer is unpacked, bikes, food and drinks are set out, and spare parts and bottles are readied for the feed zones. Each bike is thoroughly checked before the riders get to them. Shifting is fine-tuned, brakes are adjusted, tires and wheels are inspected. Each bolt on the bike is checked for the proper tension. Any worn or suspect parts are replaced.

When the riders arrive, they almost always warm up on their stationary trainers. For a mountain bike team, this often means changing to a rear training wheel with a slick tire. This reduces wear on race wheels and tires and limits the buzz created from knobby tires rolling

on trainers. The bikes go on the trainers after each race, as well, for the riders' cool down. Remember that everything is done times four. I am grateful for our top of the line Kinetic trainers that have a quick release function.

Race day wheel prep consumes much of my time. To minimize the risk of pinch flats or punctures, the racers on our team always want to be on a tubeless setup. But to save as much weight as possible, they want to do this on non-tubeless tires. There are tons of tricks to make this work, but you send a rider out for a national championship or world cup race, you had better be certain you trust your setup.

At the North Carolina NORBA stop in early June, I spent several hours preparing tires for the predicted sloppy conditions. As the weekend progressed, the course became drier and faster. I changed out all of the tires for race day, undoing all of the earlier work and adding several more hours to my time at the venue. Hacking together one tubeless tire is no big deal, but when you have to change out four sets for the race bikes and two additional sets for spares, you can begin to see why dinner comes so late so many days.

The riders end their day at the venue by handing off a dirty bike and heading home to eat, email and be sloth-like. This is when I grab

my brushes and bucket and get to work. The bikes are spotless before they get hung on the trailer. A good bike wash keeps parts working flawlessly, presents the sponsors in a good light and keeps the racers confident. It is also a great way to do a complete, close-up check of each bike's condition.

At a dry, dusty altitude course such as Deer Valley, the bike wash is not too difficult. I can have one bike showroom clean in about 20 to 30 minutes. At a slimy race like this year's Sea Otter Classic in California, each bike wash took about three times longer. Multiply that by four bikes. Throw in a quick emergency pre-race wash if the riders decided to preride a lap of the course. Do that for five days. It made for a frustrating, exhausting week of racing.

There are plenty of perks to keep the mechanics coming back. Money is one. I am not a volunteer. Team camp was a bike geek's Christmas, with complete riding gear for racers and staff: new shorts and jerseys times three, road shoes, mountain shoes, helmet, gloves, vest, jacket, socks, etc. The riders each received four new bikes. I only got one, but who can complain about that? There are some oddities to being a part of an all women's team. My new full-finger gloves have an outline of a cowgirl in a suede skirt. They work, and are conversation starters.

I also get all of the Powerbar

Continued on page 7



august 12

10 miles

BICYCLE HILL CLIMB

3,500 vertical feet

august 26

5 miles

WIDOW MAKER MOUNTAIN BIKE RACE

3,000 vertical feet

RIDE A REAL MOUNTAIN.

28th Annual... One of the oldest road races in Utah



BICYCLE HILL CLIMB - AUGUST 12, 2006
Start: 8 a.m. at the UTA Park & Ride lot/2000 East 9400 South. Finish: Snowbird Entry 2

WIDOW MAKER MOUNTAIN BIKE RACE - AUGUST 26, 2006
Start: 10 a.m. Entry 2. Finish: Hidden Peak

\$35 DAY-OF REGISTRATION - Bicycle Hill Climb 6-7:30 a.m., Widow Maker 9 a.m.

\$30 PRE-REGISTRATION (must be received by 10 a.m. August 9) - pick up a form at most local bike shops, go to www.snowbird.com to download one, or register at Canyon Bicycles, 3969 So. Wasatch Blvd. Day-of registration is \$35.

Enter both events and take \$5 OFF your total registration fee! For more information call Snowbird: 933-2110, Sports Am: 583-6281.

Cut out this form and mail it with your check to Snowbird Special Events, P.O. Box 929000, Snowbird, Utah 84092-9000

Check event you are entering: Hill Climb 2006 Widow Maker 2006

(For licensed riders only: Place category: CAT _____)

Name _____ Age _____ Female Male

Address _____

City _____ State _____ Zip _____ Phone _____

E-mail _____ T-Shirt size _____

THIS IS A LEGAL CONTRACT: In consideration of accepting this entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive and release any and all claims for damages, including personal injuries to me or wrongful death, I may accrue against Snowbird, Sports Am, State of Utah, Utah Department of Transportation, Utah Transportation Commission, Utah Highway Patrol and all persons and organizations affiliated with the race(s) for any and all injuries that may be suffered by me during or en route to or from the event(s). I attest that I am physically fit and sufficiently trained for this competition. My physical condition has been verified by a licensed physician in the last 6 months. As part of this contract, I acknowledge that I have read and understand all of the above.

Signature of Entrant (Parent/Guardian if under 18) _____

ROAD RACING

The Next Stage of the Tour

By Louis Borgenicht

The most shocking, although hardly unpredictable reaction to the revelation on July 27th that Floyd Landis had tested with an out of range testosterone to epitestosterone ratio on the day of his earthshaking ride in the Tour de France was the negative and castigating comments before all the information was in. As one whose glass is usually half full I was miffed only because of the possibility that I had watched all eight-five plus hours of the Tour and might have been watching a partially faux event.

I am writing his only one day into the crisis not to argue the technicalities of drug testing and cycling but to examine the emotional peaks and troughs the International Cycling Union's announcement hath wrought. As a non-racer fixated on those who do I have no vested interest in the purity of the sport other than wanting to believe reality is reality.

As soon as the allegations hit the news and Internet accusations started flying. Phonak suspended Landis promising to fire him if his back up second specimen produced similar results to the first. Greg LeMond chimed in with his, by now de rigueur, castigation of those alleged to have used drugs while racing. His running battle with and accusations of Lance Armstrong (for doping) continue to this day. LeMond seems all to ready to jump into a fray he left behind after he stopped competitive cycling.

Of the charges against Landis he said, "I know Floyd, he's a good guy, he comes from a good family. If all this is proven, it will be a part of the tragedy that crosses this sport: Even good people are obliged to deceive."

The cover of the July Outside magazine shows a picture of Landis with a short well trimmed beard and mustache as a lead in to an article about him by Dan Coyle, author of Lance Armstrong's War.

His visage is steely and serious. As I watched the Tour it became clear that Floyd, of any of the American riders, would be a contender. Unfamiliar as I was with his Mennonite background I discovered that they were one of the older peace churches; that the largest population of Mennonites was in Africa; and that they are active in disaster relief efforts around the world. Landis apparently left the family fold as age fifteen when he discovered his natural aptitude for riding mountain bikes.

Landis' performance in the Tour kept him up amongst the leaders until he "bonked" in Stage 17. I had gone for a bike ride by myself the same day on some rural roads near Oakley and Peoa and ended up riding for one hour and forty minutes. Towards the end of my ride I noticed I simply could not go faster. I was stuck in the second gear. There was nothing left in my tank. When I got home and talked with Jody se said that I had hit the wall. I should have eaten some carbs. Despite the fact that I was riding a relatively flat course I felt a kinship with Landis's inability to ride the Alps.

The next day was history...until yesterday when the news broke and the cascade of shock and criticism enveloped Landis and the world of cycling. Perhaps because of cycling history allegations of doping evoke immediate castigation, scorn and embarrassment so that even an accusation of impropriety feels like a conviction.

Landis commented, "I would like to make it absolutely clear that I am not involved in any doping process. I ask not to be judged by anyone, much less sentenced by anyone."

He had been tested five previous times during the Tour with negative results but this did not allay the critics. There was even some suggestion, amongst Francophobic Americans, that the French testing agency had it in for Landis as he

was American. French newspapers trumpeted the crisis with headlines like Landis's Fault and Caught By Doping.

However the issue resolves itself the mere allegation has tarnished both Landis and the Tour de France. Only time will tell. If Landis has naturally abnormally high level of testosterone (or low levels of epitestosterone which could skew ratio) he will likely have to be tested several times in the future. Patience rather than a witch hunt mentality is the logical approach.

I have faith in the exculpatory process concerning Floyd Landis although it may take some time. The community of critics seems all too ready to condemn him perhaps out of jealousy, incredulity, international antipathy, or who knows what. Cycling has been fraught with accusations of doping over the years. The successful seem to be the ones most susceptible. It is a sad commentary on a sport which induces someone like me to watch eighty-five hours of television with rapt attention. My efforts and Landis's are ineluctably linked. He dragged me over every kilometer of this years Tour and I am not about to abandon him now.

ICE Donates Money

Idaho Cycling Enthusiasts and Gold's Gym teamed up to promote the 9th Annual Jay Anderson Tour of Marsh Valley on Saturday, June 24. A record 148 riders from Utah, Nevada, Wyoming, and Idaho participated, raising \$2400 for the American Diabetes Association and \$300 for the Portneuf Greenway Association, a Pocatello-based group dedicated to building and maintaining a network of bicycle and pedestrian paths around the city. The tour is held in memory of its founder, Jay Anderson, who was an active member of Idaho Cycling Enthusiasts before his death in 2002.

COACH'S CORNER

LOTOJA: Hints for Success

By Tommy Murphy

In 1982, David Bern and Jeff Keller, two avid cyclists from Logan, Utah pioneered an epic bicycle race. They mapped out a course that started in Logan, UT finishing in the Teton Village of Jackson Hole, WY covering over 200 miles. In 1983, the LOTOJA Classic was born as nine cyclists towed the line early one fall morning in Logan, UT to race to Jackson Hole, WY. Bob VanSlyke of Logan took the winning honors on that day finishing in just over nine hours.

After twenty-three years, the LOTOJA Classic has become one of the West's biggest races. On September 9th, 1000 riders will hit the line to begin there 200 mile journey through the mountains of Utah, Idaho and Wyoming on there way to Jackson Hole, WY. For 2006, participants see the return of arguably the toughest LOTOJA course as used in 2005 encompassing three mountain passes, Strawberry Summit, Geneva Summit and Salt River Pass, before finishing in Jackson Hole's Teton Village.

The key to a successful and enjoyable LOTOJA is preparation.

Know the Race: Familiarize yourself with the Race Bible as it lays out course descriptions and maps. This information is critical. It's best if you can pre-ride or pre-drive the route to take notes of the climbs and critical points of the course and memorize feed zone locations.

Develop a Plan: Make a game plan for the day. Map out feed zones with what is exactly needed in terms of food and drinks. It is important to recognize that three of the seven feed zones are neutral so the four open feed areas will be critical in getting the supplies you'll need until you see your support crew again. Feed zones are very high risk and stressful at times. The majority of the accidents take place in the feed areas so be aware of sketchy riding, bad hand-offs, and miscellaneous food and bottles in the road as it's all craziness. Strategically place your support personnel in a designated area in the feed zone so you know where to specifically look for them and it is also recommended that they wear something familiar that stands out so they are easier to locate coming in for exchanges. Practice hand-offs in training so if you're simply grabbing a feed bag in transitions that both you and your support staff will have that experience and practice. LOTOJA is an all

day event so pack a variety of foods and drinks to have available at feed zones as your body will crave and need different things throughout the day. Many riders have a difficult time stomaching solid foods as time on the bike increases, so being able to depend on liquids and gels to keep you going becomes a must. Upset stomachs are very common for many so antacids like Tums become very popular and sought after in feed areas along with ibuprofen.

Stay Vigilant: What's going on ahead of you, behind you, around you? Watch for surges, attacks and wind changes. Keep your position and be smart.

Stay Towards the Front: Big races get crazy, and you want to stay out of the craziness so you don't waste energy. Stay in the top 30 percent of the field. Use lighter gears, spin more (don't push the gear), and make sure you are eating and drinking enough. Do everything that you can do to conserve energy and draft. Take every opportunity to get out of the saddle to relieve your butt and to also stretch and loosen up.

The Unexpected: As seen in 2005, plan for the unexpected. Be prepared to ride in any weather condition as it's unpredictable what race day will bring and be sure to have extras of everything just in case.

Highs and Lows: When competing in an ultra-endurance event like LOTOJA expect highs and lows. It's amazing how your body changes on the bike as time goes on. When a low hits, don't worry. Your body is always changing and adapting so ten minutes later you could feel indestructible.

Keep a Cool Head and Have Fun: Hopefully your training and preparation has gone to plan and you've done your homework so now it's time to have fun and enjoy the ride.

Tommy Murphy is a professional coach with Carmichael Training System and a member of the LOTOJA Classic 1000 Mile Club. For more information about CTS services and coaching email Tommy at Tmurphy@trainright.com or check out www.trainright.com

Presents

Tour de Gap

USCF & UCA Stage Race in Scenic Brian Head, Utah
August 19 - 20

\$8000 Cash/Prizes

Thanks to all of our sponsors For Accommodations:
(435) 677-2810

Info: www.tourdegap.net 435.990.1393 or 435.477.8380

TAILWINDS BICYCLE TOURS



While bicycle touring in Monument Valley or anywhere in Utah there are 3 things to remember: 1) Bring extra film or memory 2) Only go as fast as the scenery allows 3) The next view may be more breathtaking than the last.

For more information on any of our tours including Utah Border to Border, Monument Valley & 4 Corners, Salt Lake City History, Antelope Island or to schedule a custom tour to a destination of your choice please visit our website or give us a call.

www.tailwinds-tours.com * 801-556-3290
Tell us you saw this ad in *cycling utah!* for a 5% discount

**MTB Mechanic
from page 5**

products I can eat, although I try to not eat them if I'm not riding. A meal of Powerbars is a sign that I planned poorly and am spending too much time working at the trailer. There is one notable exception. None of us can get too much of the Powerbar Pria mint chocolate chip bars. The riders call them thin mints, as in Girl Scout cookies. I have never had a sports food that tastes better. We go through cases of them.

There is a danger to working

with all of the latest and greatest gear. The stuff is pricey, and I know I won't get it free forever. After several months of lifting the team's race bikes on and off the trailer, I am still amazed at how light they are. Shameless sponsor plug coming up: Ford Cycling races on Scott Scale Limited hard-tails. No pro woman comes to the line with a lighter bike than our racers. These bikes are rockets.

The riders are great and appreciative of the work done for them. They are an interesting, educated group, and can talk about more than bikes and racing when you

have a few hours to kill at the condo. They are professional in their approach to racing and their reaction to tough days. All of the tantrums I've witnessed at races this year have come from amateurs who are taking their racing a bit too seriously. Pros know that they will have bad days and that there is another race next week.

Grocery store runs (ice for ice baths, A&D ointment for saddle sores, dark chocolate for chocolate's sake), doing team laundry (everyone wears the exact same thing, so if your initials aren't on the tag, your clothes might not

come back), airport pick ups and drop offs (long car rides are bad for racers' legs) and endless hours of solo driving are part of each race weekend. I amuse myself by watching for different state license plates. Got all but Hawaii on the East Coast swing. And I am grateful for satellite radio. You can't get KRCL on the car radio in Kentucky, after all.

The days away from home are a drag. My personal riding time is very limited, and often non-existent. Dealing with injured or bloody riders is a mess. Being near a rider who had good form but suf-

fered a mechanical breakdown is even worse.

But working for a rider who ends the day on the podium is big fun. It is a hoot making new friends and seeing other teams' riders, staff and mechanics week after week as part of the travelling bike circus. The "office" is a parking lot or field in beautiful locations all across the country. And sometimes I am finishing up work after a long day, outside as always, a beer in hand as the sun sets. I can't ask for much more than that.

**UTAH! IT'S TIME TO
XTERRA**

SWIM. MOUNTAIN BIKE. TRAIL RUN. ROAD CRIT. KIDS RACES. PARTIES. LIVE BANDS. VIDEOS. FESTIVAL. FOOD BOOTHS. IT ALL ADDS UP TO TWO HOT SUMMER NIGHTS IN DOWNTOWN OGDEN & ONE UNFORGETTABLE XTERRA RACE DAY AT SNOWBASIN. YOU'VE GOT TO FEEL THIS. **LIVE MORE.**

**NISSAN
XTERRA**

MOUNTAIN CHAMPIONSHIP

presented by



FRIDAY NIGHT IN OGDEN

- BIKER'S EDGE CRIT (60 MIN, 0.7-MILE LOOP)
- XTERRA GOLDEN SPIKE SCRAMBLE (5K & 10K)
- FREE CLINICS TAUGHT BY XTERRA PROS
- FREE KIDS RACES AND GAMES AT NISSAN KIDS BASE CAMP
- PAUL MITCHELL HAIRCUT-A-THON

SATURDAY AT SNOWBASIN

- MAIN EVENT - 1.5K SWIM, 30K MOUNTAIN BIKE, 10K TRAIL RUN
- XTERRA SPORT - 750M SWIM, 16K MOUNTAIN BIKE, 5K TRAIL RUN

SATURDAY NIGHT IN OGDEN

- TASTE OF OGDEN'S HISTORIC 25TH STREET
- AWARDS CEREMONY AND HIGHLIGHT VIDEO
- LIVE BAND, FESTIVAL ATMOSPHERE

AUG 18-19

OGDEN & SNOWBASIN

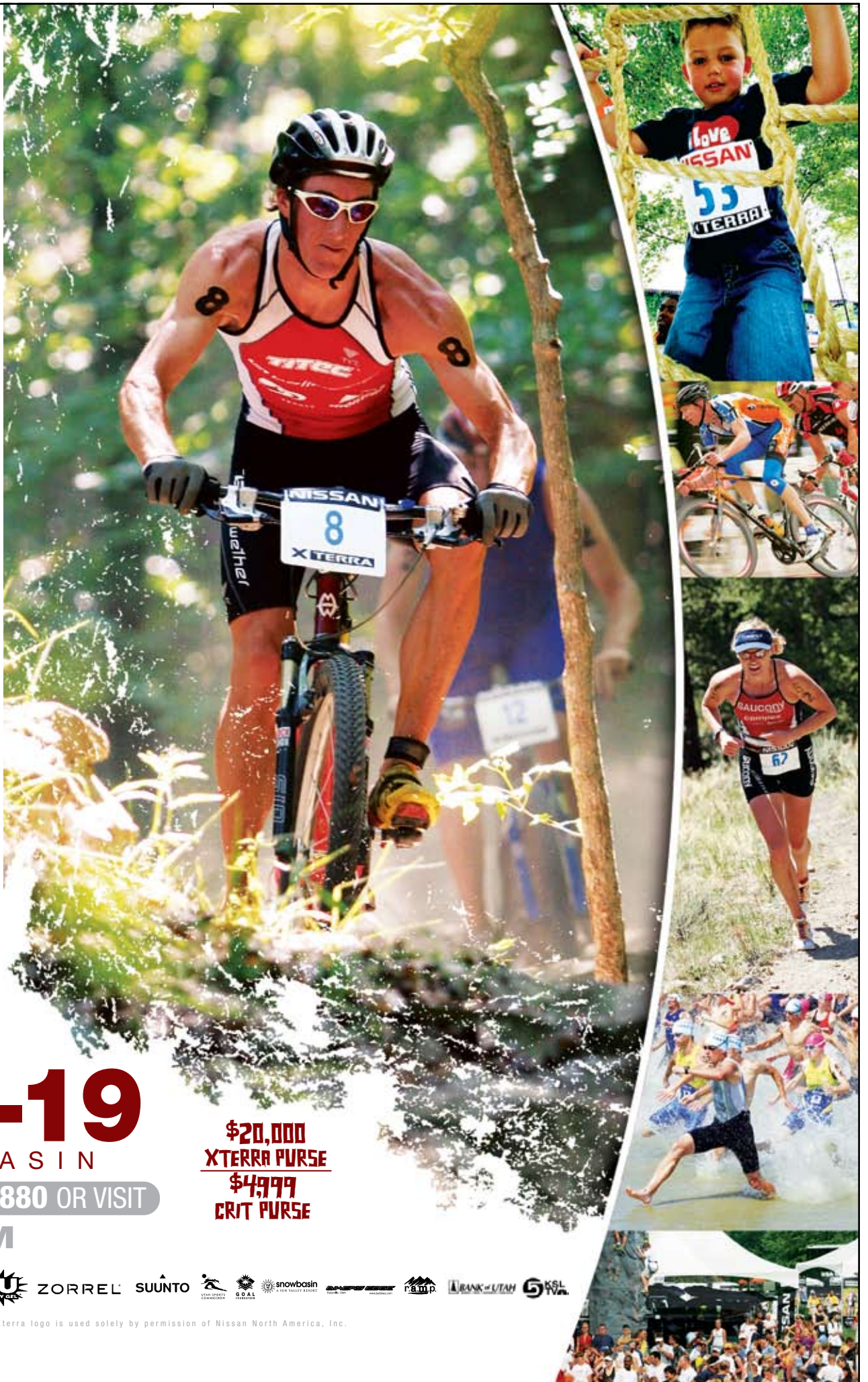
FOR MORE INFO CALL 877-751-8880 OR VISIT

XTERRAPLANET.COM

**\$20,000
XTERRA PURSE
\$4999
CRIT PURSE**



XTERRA is a registered trademark of TEAM Unlimited. The Nissan Xterra logo is used solely by permission of Nissan North America, Inc.



TRAIL OF THE MONTH

Woodland's Bench Creek Trail: Priceless singletrack adventure.

By Gregg Bromka

Considered a locals' secret stash for years, the word is out about Bench Creek and an increasing number of mountain bikers are making the long trip to Woodland to check it out. You won't find Bench Creek splashed across the covers of popular mountain bike magazines because despite its rising popularity, it remains off the radar of mountain bike paparazzi. Woodland is prime "sportsman" territory, so you'll find cars topped with decal-smear bike racks alongside trucks toting horse trailers in the trailhead parking lot.

What's the attraction? The Bench Creek loop links together prime singletracks across the pristine, forested, rolling flanks of Duchesne Ridge/Heber Mountain. You'll climb continually on buffed and rough trail up Bench Creek Trail; careen down a tight cow path on Camp Hollow Trail; and then battle rock gardens and endure "agony hill" on Little South Fork Trail. Sound ominous? Bench Creek is a tough ride, no doubt, but it represents backcountry trail riding at its best. Sure, gasoline is pricy, but an epic singletrack adventure like this is priceless.

Details:

From the Bench Creek

Trailhead, this singletrack trek first begins with 0.6 mile of rutted doubletrack that leads to Bench Creek Trail proper. Buffed, gentle trail greets you right away, and you'll think, "this is sweet." Then the trail rises sharply, and you'll doubt the ride's appeal. But a long, smooth, flat stretch softens your temperament, and the theme repeats several times. That's how Bench Creek Trail goes: tough and buffed.

You'll cut across a small sage meadow and splash through several rivulets emanating from nearby springs. In Bench Creek on your right, beavers show off their craftsmanship in a series of log dams and huts that would impress Bob Vila. After crossing the creek and back again, you'll face a rude little hill caked with soft sand and bedrock that forces all riders to hoof it briefly. True to form, the trail smooths again as it continues rising moderately up the hollow.

In years past, the trail crossed onto private property, and a bomb-proof sign made of etched steel blatantly warned you so. Today, you'll praise the feds for building a new bypass trail that keeps your tires on legal ground, but you'll curse them in the same breath for the sharp turns and steep grades.

Bank left onto Camp Hollow Trail to begin a speedy descent on smooth singletrack across sage

meadows and through stands of fluttering aspens. A fleeting glimpse of the Uinta Mountains on the horizon is square in your sights. After a few creek crossings, the trail veers up a side hollow to a small saddle; then it drops back to the stream's edge. Tenacious brush will claw at your sides and rocks will nip at your tires as the path narrows and teeters precariously on the stream's bank. You'll breathe a sigh of relief upon exiting Camp Hollow Trail next to Little South Fork creek. But wait, there's more!

Connect with Little South Fork Trail, and race through the sage and aspens for a mile on primo trail to the crossing of Little South Fork creek, which can be deep and swift during early summer or a hopscotch-on-rocks by midsummer.

Smooth trail continues for a short distance but yields to the first of several rock gardens. Some are rideable, if you possess adept skills; others are so nasty that even walking is a chore. Nearly 2 miles from the ford, the trail veers away from the stream, smooths, and angles up "agony hill." Whether you have life left in your legs or have long since bonked, this burly little climb rings true to its name. Don't let your guard down when you crest the top because the sharp descent off the back is



The author, not the paparazzi, catches Brad on a buffed section of Bench Creek Trail. Photo: Gregg Bromka

downright rude. Alas, a flat stretch of buffed tread takes you to the singletrack's end at the Little South Fork Trailhead. An effortless glide down the dirt road links to UT 35, where you turn left. Turn left again 2 miles farther to take Bench Creek Road back to the trailhead.

Just the Facts:

Location: 22 miles northeast of Heber; 24 miles southeast of Park City

Length: 18.0 miles, loop

Tread: 3.7 miles paved roads, 1.5 miles dirt roads and doubletracks, 12.8 miles singletrack

Physically: Strenuous

Technically: Moderate to high

Gain: 2,400 feet

Trailhead Access:

From Park City, take UT 248 to Kamas, turn right/south onto UT 35/32, and drive 2 miles to Francis (flashing stop light). Turn left onto Village Way (UT 35), and drive 4 miles to Woodland. Turn right onto Bench Creek Road, next to the church, and continue 3.3 miles. Turn right onto a paved road between two homes. (Look for a small valley making a notable break in the hills.) The trailhead is 0.5 mile farther, where pavement turns to dirt.

From Heber, travel 4 miles north on US 40/189. Turn right onto US 189 for Kamas and wrap around Jordanella Reservoir. Go through Francis (flashing stop light) onto UT 35 (Village Way), and proceed as mentioned above.

Excerpted from the newly released guidebook Mountain Biking Park City & Beyond, by Gregg Bromka. Get a copy at your favorite bike shop.

Summer Sale!

Select '06 Bikes on Sale Now!

SPECIALIZED

Eletta Bicycle Co.

SCOTT

SEROTTA

Bingham Cyclery



Financing Available through RC Willey

Salt Lake
1500 S. Foothill Blvd.
583-1940

Sandy
1300 E. 10510 S. (106th S.)
571-4480

Provo
187 West Center
374-9890

Ogden
3239 Washington Blvd.
399-4981

Sunset
2317 No. Main
825-8632

www.binghamcyclery.com



TORELLI

BIKES OF:
STEEL · CARBON
ALUMINUM

TORELLI.COM

AVAILABLE AT:
SUMMIT CYCLES
1571 W. REDSTONE CENTER
PARK CITY · (435) 575-0355
SUMMITCYCLING.COM



ADVOCACY

A Push for a Parley's Canyon Bike Route

By Gordon Stam

The Park City area is a great place to ride a bicycle. The roads are good, route options abound, and the temperatures are a good 10-15 degrees cooler than down in the valley. In the fall, the colors on the hillsides make the riding just that much better. Park City and the roads of Summit County are less than 25 miles from Salt Lake City but most cyclists don't ride there, they put their bike on their car and drive. Only the seriously committed, or innocently naïve, ride from Salt Lake to Park City because to do so means pedaling up Parley's Canyon on the shoulder of Interstate 80. This unpleasant and dangerous trip keeps cycling traffic through Parley's to a trickle. But a plan in the works may open things up and change this trickle into a flood.

People do ride bicycles between the two cities, but not many. On any day one might see a handful of hardy souls grinding up the shoulder of I-80, weaving past shredded tires, muffler clamps, road kill, and the stains of oil and spilled antifreeze. Cars whistle past, and semis crawl by just a few feet away. If riding up is bad, coming down can be worse; a bicycle can approach 50 mph and at that speed hitting a muffler clamp can wreck a wheel and cause a crash. The only consolation is the trip down is a lot shorter than the trip up. People grit their teeth and ride this route only because there is no alternative.

It is, however, currently possible to ride from Salt Lake to within six miles of Parley's Summit, and avoid the Interstate, by going up Emigration Canyon and down to the Mountain Dell Golf Course. The frontage road ends at a gate just beyond Washington Park, but if one is not averse to trespassing one could continue up along a dirt doubletrack, cut through the golf course and get all the way to Lambs Canyon. From there a smooth frontage road ascends the canyon on the north side of the Interstate to within a mile of the summit. This is as far as you can go, because

the road ends. But directly across the Interstate, coming down from the summit on the south side, is a lovely old road, the remnants of old Highway 40. If these two roads could be connected, and a bit of asphalt trail put in between Mountain Dell and Lambs canyon, an Interstate-free bike route from Salt Lake to Park City would spring into being. Making the connection between the north side frontage road and old highway on the south is the key, and the terrain suggests a tunnel. This tunnel would be of the sort found under both I-80 and US 40 in Summit County, and along the Jordan River Parkway - a relatively small pedestrian and cycling tunnel sufficient to allow two-way traffic, and big enough for the occasional moose. The Interstate at this point is built upon a high embankment and there appears to be plenty of room to run such a tunnel from one side to the other. Imagine making the climb up from Mountain Dell on the lightly traveled frontage road, crossing under I-80 through the tunnel a mile from the summit, and finishing the climb through the oaks and aspens on the historic old road. Riding between Salt Lake and Park City would be a viable, safe, and popular option.

A coalition is developing with the goal of establishing a bicycle route through upper Parley's Canyon along the route described. This fledgling association of bicycle advocacy groups, private citizens, and governmental agencies, does not yet have a name, but it does have a mission, and is united by a common belief that the timing is right to push forward with the linking of Salt Lake and Park City by bicycle. There is much work to be done, many issues to be studied and resolved, and considerable funds to be secured, but the enthusiasm is there on all fronts. There is a common understanding that bicycle access benefits all the communities involved, whether separated by a few blocks or by twenty-five miles and 2000 feet. This project is something that can happen, and in the words of a local trail planner, "This

is a project that should happen".

If you are interested in lending your support to this project, or would just like more information, please contact Gordon Stam, (435) 901-3965, gstam@xmission.com.

Cycling Utah's Club Guide Part IV

Utah Rocky Mountain Bikers
Sponsors: R&R Environmental
Contact: Kerry Smith, 801-221-9365, smith4@burgoyne.com
Website: www.urmb.org
Type of Cycling: Mountain Biking
Location: Orem/Provo
Club Statement:
 We are riders, trail builders, trail advocates and partners with other trail users. We look beyond the next bend in the trail and the next ride to ensure trails for the future. URMB currently has adopted the Bridal Veil Falls to Squaw Peak Road section of the Bonneville Shoreline Trail located in Provo Canyon. URMB is insured and an IMBA affiliated club. We follow IMBA Rules of the Trail.

Central Utah Cyclers
Sponsors: Jorgensen's Honda
Contact: Rex Murdock, 435-527-0912, rex@centralutahcyclers.com
Website: www.centralutahcyclers.com
Type of Cycling: Road, Touring and Mountain
Location: Richfield
Club Statement: Central Utah Cyclers welcomes all riders interested in bicycling. Biking offers an enjoyable and exciting way to stay fit, see the country, and meet people while experiencing the outdoors. Central Utah Cyclers is a non-profit educational and social organization for bicycling enthusiasts established to promote interest in all aspects of bicycling; health, recreation, transportation, sport, and touring; to encourage and facilitate bicycling for all skill levels; to promote the highest standards of courtesy and safety on the roads and trails; to promote bicycling and its many benefits; and to establish and maintain mutually beneficial relationships with bicycle dealers, the community and other organizations.

Editor's Note: For the rest of our club guide, see cyclingutah.com.

Kona/IMBA Freeride Grant Awarded to COPMOBA

Seven International Mountain Bike Association (IMBA) clubs were recently awarded \$1,000 cash grants to help create new freeriding, downhill and dirt jumping opportunities. Among those is the Colorado Plateau Mountain Bike Trail Association of Grand Junction, Colorado. COPMOBA will be designing and building the first purpose-built downhill trail in the Grand Junction area. The trail design provides for shuttle access and will include a number of freeride play areas. You can find out more at COPMOBA.org. The grant program was sponsored by Kona Bicycle Company. The program's goal is to support the development of freeriding opportunities on public land.

Utah Riders Named to World Championship Team

Colorado Springs, Colo. (July 21, 2006)— Two Utah riders were recently named to represent the United States at the 2006 UCI Mountain Bike World Championships from August 22-27 in Rotorua, New Zealand. Logan Bignelli (St. George, Utah), Andrew Pierce (Park City, Utah) will join the junior men's downhill team.

Leipheimer to Join Discovery Channel

Less than 48 hours after the completion of the 2006 Tour de France, Discovery Channel Team management announced the signing of former Utah rider Levi Leipheimer for 2007. Leipheimer stated, "I'm very excited about returning to the Discovery Channel Team, its family of sponsors and working with Johan Bruyneel once again. This team has a long history of success and I plan to work hard to continue their winning ways in 2007."

All three additions come to the team with impressive results. Leipheimer has had a successful 2006 campaign with Gerolsteiner claiming overall victory at the Dauphine Libere stage race, winning the king of the mountains jersey at the Tour of California, finishing 2nd on the difficult Tour de France mountain top finish to Pla-de-Beret and riding into Paris 13th overall.

Free Bike Ed Courses

Do you want to learn bike-handling skills, gain the knowledge to ride safely in traffic and avoid accidents, and obtain the skills to maintain and fix your bike? The Salt Lake City Bicycle Collective offers regularly scheduled classes for kids and adults. The 9-hour Road I classes are taught by a League of American Bicyclists Certified Instructor on 2 days a week: the classroom or bike portion are every Wednesday evening starting at 5:30pm and the entire course is every other Saturday, with breakfast at 8:30. All course graduates will receive a bag of freebies including good quality bike lights. Visit www.slcbikecollective.org to see the schedule and pre-register or call the Collective at 801-328-BIKE. League Certified Instructors can travel to your location in Utah. The Collective is searching for local schools to teach bicycle safety to kids during or after school.

bikethewest.com
 nevada's best bicycling events

September 10, 2006
 Lake Tahoe, NV - 4th Annual.
 The perfect time of year to enjoy a great ride around Lake Tahoe's 72-mile shoreline.

TOUR DE TAHOE
 Bike Big Blue



September 24-30, 2006
 15th Annual "One Awesome Tour Bike Ride Across Nevada" - Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park.



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

21st ANNUAL
RACE TO THE ANGEL
 HILLCLIMB and HALF MARATHON
 WELLS, NEVADA

Saturday, September 9
 Course climbs 3,000 feet from Wells, NV to Angel Lake.
Mountain Bikes
Road Bikes
Walkers, Runners
\$30 Entry

Race to the Angel
 P.O. Box 615
 Wells, NV 89835
 (775) 752-3328 or 752-3540
www.wellsnevada.com/racetoangel.shtml

The Panguitch
Desperado Dual
 Bold Outlaws Traveling The Frontier Of the Old West

Utah's only fully supported 200 mile
 1 day cycling adventure
August 26, 2006
 in
Scenic Panguitch Utah
100 & 200 mile routes available
 Enjoy cool summer riding in Color Country!
Entry includes: Fully stocked rest stops, T-shirt, participants pin, post ride meal.
Special prize for all 200 mile finishers!
 visit our website for registration & more information
www.desperadodual.com
 or call Lonnie Wolff @ 435-559-0895

MOUNTAIN BIKE RACING

NORBA Nationals Hit Deer Valley

By Dave Iltis

The fourth round of the NORBA National Mountain Bike Series was held in Deer Valley from July 6-9th. Beautiful conditions, awesome courses, and a festival atmosphere were par for the course. Because of the vast number of events, we chose to bring you a select few race reports written by a few of Utah's riders.

Kathy Sherwin
Ford Cycling
Cross Country Pro Women

On Saturday the race was delayed by 45 minutes so at the start everyone was good and warmed up. The sun was shining and we were faced with a mix of dusty and hard pack conditions which is exactly what you would expect from Deer Valley. The field was pretty large for a NORBA NCS with 67 women on the start line and the talent in the field was impressive with other countries aside from the US being represented. When the start gun went off I sat in 6th position at the start of the climb. Because I have been riding on the Deer Valley trails for 10 plus years now I know every twist and turn which helped me carry a good amount of speed through the various sections. Plus I knew every last little tiny spot that there was available to pass in which helped me to gauge my efforts throughout the race. I bounced around between 6th and 10th and finally 2 hours later landed in 9th overall for the race. I was the 5th American to come through the



finish. This finish puts me at 9th overall in the NORBA NCS series for Pro Women's Cross Country! Yay! It was really great to race on my home turf at Deer Valley. Pretty cool in fact.

I am almost shocked to say that there were no incidents. No flats, no dropped water bottles, no mis-marked course, no mechanicals, no

snakes, no cows, no mud, no timing errors, no injuries...NO WAY!!! But YES WAY!! Can you believe it? But there were good things instead like the fact that I was able to throw in attacks throughout the entire race which is not always something that you have in you. Some stuck and some didn't but the fact that I had the oomph to do it over and over again and recover was an incredible feeling. I just flat out felt REALLY good the entire race too which is the way you want to feel at every race but it doesn't always happen like that unfortunately. You can't always explain why sometimes things feel effortless during a race and other times you just feel ok during it but I was willing to take the former on this day.

Bart Gillespie
Raleigh Factory Team
Men's Pro Short Track XC

I have a love hate relationship with NORBA short track racing. I love the chaos of 80 racers plowing into the first turn on a course built for 30, I love the rowdy crowd, and I love that my family doesn't have to hang out in the feed zone all day. On the other hand, I hate preparing all day for a 20 minute effort, I hate placing in the top 20 and getting pulled because the promoter is too lazy to set up a longer course, and most of all I hate the dreaded anaerobic leg lock 10 minutes before the bell lap.

After Saturday's XC race crumbled underneath me due to poor pre-race preparation I was determined to line up ready for the STXC. Sunday started with a "Jones" breakfast followed by a 1.5 hour ride to shake off Saturday's effort. After lunch I played with Eva and then made it up to Deer Valley about 1 hour before the 3 pm start. I warmed up in a Deer Valley neighborhood until I could check out the disappointingly



Left: Jeremy Horgan-Kobelski (Subaru-Gary Fisher) on his way to the men's pro xc win. He leads the National Series.
Above: Bart Gillespie (left, Raleigh) takes the fast outside line at the start of the men's pro Short Track Cross Country.
Right: Troy Nye (Bikeman.com) in the Marathon race. Photo by Cindy Nye.
photos: Dave Iltis
See complete event photos at cyclingutah.com.

short course. The tough loose climb followed by a fast descent down a ski run with a couple rutted out sweeper turns would make it very selective and difficult to stay on the leaders lap. My warm up on the course went well and I scoped some alternate lines for negotiating the chaotic first laps.

The critical rider call up is based on series standings and my 17th place in the STXC #1 in Fontana, CA gave me a mid pack starting position right behind Utah's own Thomas Spanring and Mitchell Petersen. Here's a little secret for fast starts, unless you are on the front row always line up to take the first corner wide, the inside bogs down and 9/10 times the wide line is fastest, give it a try.

The gun went off and I got a good start up the climb and only had to bunny hop one fallen rider. The next couple of laps I squirreled my way closer to the front and somehow avoided the numerous handlebar tangles, from what I could tell Trek riders were involved in most of them -- nothing ever changes! I was up to around 10th place but had a little mid race melt down and lost a few spots. I was excited to catch Kona rider Ryan Trebon and was hoping for a little draft (like riding behind Art) but he was blown from grabbing the first and second lap cash primes. The remaining laps were a blur and by the finish I was in 17th, not on the podium but from what I can tell 2nd among the fathers in the race (Travis Brown finished just in front of me). For a hacker like me short track racing is not so much about the results but about the experience, I plan to share this one with little Eva.

Tom Noaker
Young Riders
Single Speed Race

Saturday July 8th began at 6:00am en-route to meet two of the Young Rider's Junior Experts for a 7:30am warm-up. The previous week of kid herding had taken a toll and as I rolled to the line at 8:25am it was evident that today would require patience.

Fortunately the front wave start at Deer Valley launched our Single Speed group clear of the usual traffic jams. Descending without traffic so early in a race made it easy to regain contact on the Pipeline descent and briefly pass the leaders heading into Gap Trail.

Reluctantly I clung to my pre-race plan (no red zone time on the first lap) as first and second opened a gap. On the descent of Snow Top I was back in their dust.

Beginning lap 2, through the feed zone, I moved into second and crested Little Stick within ear shot of first.

Recovery from that effort was painfully slow resulting in the gap to first ballooning to nearly 2 minutes at the Deer Crest guardhouse. I slammed a full bottle with a Clifshot. Suddenly the "check engine" light went dark and I felt like racing.

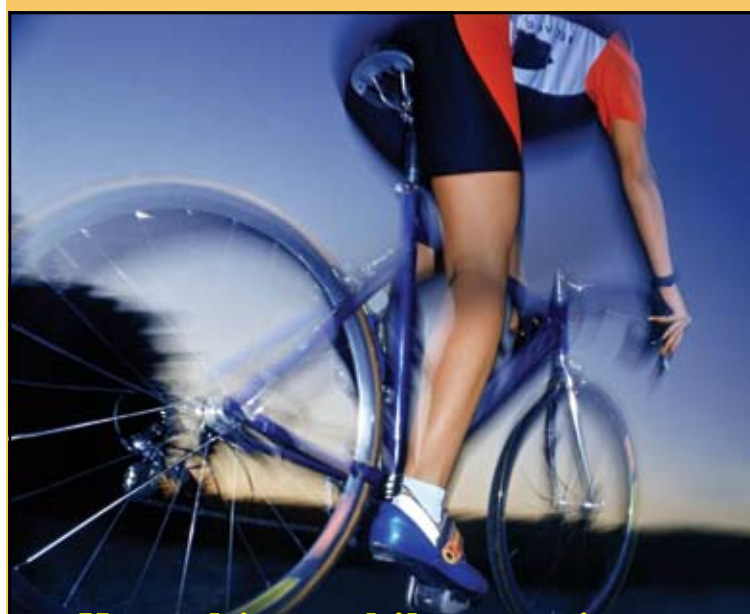
Through the feed zone on the third and final lap I could again see first place. Passing the Deer Crest guardhouse before the last Snow Top climb a friend yelled, "less than a minute Noak, you're catching!"

Then I made "The Mistake"! Avoiding a rock kicked into the single track I caught my left grip on a scrub oak branch and instantly hit the deck.

Single Speed climbing is all about momentum. Hitting the ground hurts but regaining pace on a climb is always a time penalty. With only one switchback and some single track remaining I heard the announcer congratulate the winner (Jon Gallagher, Cole Sport). A minute and a half later I did too. Then it was off to meet another Young Rider warming up for his 12:00pm Junior Expert start.

By the start of the delayed Sport division races at 4:45 (yet another 45 min. warm-up and feed zone detail) it was time to shade up with an adult refreshment and debrief myself.

It takes a near flawless day for me to win but the effort was rewarding. Honestly, every day is rewarding on a Single Speed.



**Your ultimate bike experience
is now in American Fork.**



763-1222 • 356 N. MEADOW LANE • AMERICAN FORK
www.TrekAF.com

The best bikes.
The best accessories.
The best service.





**Kevin Day
Biker's Edge**

Pro Men Cross Country

My wife and I were fortunate enough to spend the weekend in a plush condo near the venue. It helped me to focus on the race but more importantly, the preparation. It's always nice to be well rested before a big race; and in my case; I had had a few weeks of it. I wasn't as prepared for Nationals as I'd like to have been but I was feeling strong on Friday as I rode a lap around the course. Saturday morning came and I decided that going hard from the gun and fighting for a good spot before we hit the Little Stick climb would not be necessary. As I expected, everyone was fighting for position from the start. As we made our way up Little Stick I was able to fight for my position. The course was pretty hammered compared to the conditions during PedalFest. The corners had huge braker bumps followed by tire sucking ruts. These caused a lot of congestion and made for slow descents. As the race progressed I felt like my decision off the line was a smart one. I was able to make up some time on the climbs and open a few gaps between myself and other riders so that I could continue making up ground on the descents. I felt strong and consistent throughout the entire race and in the end I crossed the line with energy to sprint and a smile on my face. Thanks to my wife Shannon for the support and to Biker's Edge for making this season possible.

**Troy Nye
Bikeman.com
Men's 40-49 Marathon**

It's always cool to nose up to the start line of any race along side the real "who's-who's" of the sport. For a fast, solid sport / mediocre expert racer like myself, this would require a mass start, as was the case in Thursdays NORBA marathon. So there I was; me, Chris Eatough, Travis Brown, Nat Ross and local fast-guy Eric Jones to name a few, along with a slew of other wanna-bees, ten of whom were in my category. I'd concentrate on them.

Anticipation

10:00 AM sharp on a should-be-working Thursday morning, the Pro/Open group was called to the line in order of national ranking while us amateurs filed in behind. 3-2-1 Go! The plan was to do two loops for the weekend warriors and three for the Pro's. The Team Big Bear website claimed each loop was 25 miles and 8,834'. This is crazy! I'd say it's more like 18 miles (confirmed by my computer) and around 4,500'-5,000', still very respectable! 36 miles and nearly 10,000' total! Ouch!

Up we go!

The initial climb up what used to be the NORBA XC course, the one Lance kicked butt on several years ago, was pretty much a granny/granny track-stand exercise as we all squeezed onto the narrow steep single-track. Soon, however, it gave way to the wide, albeit still very steep, Tour de Homes trail. Things strung out in a hurry. I made my way up through the group and settled into a climbing rhythm that would keep me just barely aerobic for the rest of the ascent. And what a great climb it was! Other than a few areas of "all in the name of progress" construction, the course was amazing, making it's way up to Silver Lake, across Mid-Mountain, up Team Big Bear to Tour de Suds and up the Flagstaff Loop. 45+ minutes of constant climbing - right out of the gate! I was ready for the downhill and some much needed relief.

Big Payoff

The climbing trails were sweet, but they had nothing on the downhill. Continuing downward, for a minute I almost forgot I was racing. For an instant it was just another weekend ride, ripping up some smoking singletrack on some of the best trails in the world. Deer Camp, Nail Driver, Deer Crest, dang! After a few more sections of climbing and descending, I rolled through the start finish area at 1:50. Quickly doing the math, I determined that anything sub 4:00 would be a good goal.

Continued on page 13

JAMIS

25 YEARS OF MOMENTUM

www.jamisbikes.com



2006 JAMIS DAKAR XLT 2.0

For over 25 years, we've been designing bicycles and bringing those designs to fruition. We've never stood for status quo, never settled for good enough. We're passionate cyclists and we think that's an advantage. We build 'em the way we like 'em...

No gimmicks. No gadgets. Zero compromise.

Every Jamis is designed to be ridden, to maximize your fun whether you want to be a faster, better cyclist, or simply able to explore places you've never been before.

- 5** Bike of the Year Awards
- 4** NORBA Titles
- 3** Bicycling Magazine Editor's Choice Awards
- 3** UCI World Cup Titles



JAMIS BICYCLES
WWW.JAMISBIKES.COM

AUTHORIZED DEALERS

UTAH

Biker's Edge 232 North Main St Kaysville, UT 801-544-5300	Canyon Sports 1844 E Ft Union Blvd Cottonwood, UT 800-736-8754	Canyon Sports 705 W Riverdale Rd Riverdale, UT 801-621-4662	Deer Vally Rental 2250 Deep Valley Dr South Park City, UT 435-645-6604	Desert Cyclery 514 N Bluff St. George, UT 435-313-1200	Highlander Bike Shop 3333 Highland Dr Salt Lake City, UT 801-487-3508
Out N Back 1797 South State Orem, UT 801-224-0454	Replay Sports 875 Iron Horse Dr Park City, UT 435-658-5100	Wild Rose 702 3rd Ave Salt Lake City, UT 801-533-8671	Wimmer's Ultimate Bicycles 745 North Main Logan, UT 435-752-2326	Zion Rock & Mountain Guides 1458 Zion Park Blvd. Springdale, UT 435-772-3303	

WYOMING

Fitzgerald's
245 West Hansen
Jackson, WY
307-734-6886

WESTERN COLORADO

Revolution Bikes 1410 Valley View Dr Delta, CO 970-874-2959	Singletracks 150 South Park Square Fruita, CO 970-858-3917
--	---

SOUTHERN IDAHO

Barrie's Ski & Sport
1800 Garrett Way
Pocatello, ID
208-232-8996

NEVADA

Pro Cyclery
7034 W. Charleston
Las Vegas, NV
702-228-9460

ROAD RACING

Swindlehurst and Albert Victorious in Gate City



By Rob van Kirk

Pocatello, Idaho – The 2006 edition of the Phil Meador Gate City Grind Stage Race featured perfect weather, a fantastic new prologue, and the most aggressive racing ever seen in the race’s 8-year history, thanks in part to the presence of professionals Burke Swindlehurst (Navigators) and Jeff Louder (Healthnet/Maxxis).

The action started on Friday evening with a one-mile prologue on the Idaho State University campus that featured a 0.7-mile climb followed by a technical loop around the parking lot at ISU’s new Performing Arts Center. Local residents and their families picnicked on the lawn along the hill, cheering the riders as they put everything into a 3-minute, gut-wrenching effort.

Members of the host Idaho Cycling Enthusiasts (ICE) club had established times around 2:45 on the course in training, and the home

field advantage was evident in the results. Justin Rose (ICE/Rocky Mountain Surgery Center), riding in his first pro/1/2 race, took the prologue with a blistering time of 2:33. Sam Krieg also benefited from the home course advantage, finishing 3rd in 2:36. In retrospect, however, it was Boise’s Calvin Allan (BODE) who made the biggest statement on Friday evening, with a solid second place finish that was just a preview of the consistent, strong race he would ride the rest of the weekend.

The men’s pro/1/2 road race on Saturday was one of the most exciting bicycle races I have ever watched, and I got to see the action up close from the lead vehicle. Intent on establishing itself as a major force in this year’s Grind, ICE set the tone for the road race when Chuck Collins attacked less than a quarter mile after the start. Todd Hageman (Park City Cycling Academy) bolted from the pack a

few miles later and joined Collins about 7 miles into the 17-mile, rolling circuit. At the end of lap 1, Nate Thomas (Sienna Development/Goble Knee Clinic) escaped from the pack, with ICE’s Chris Stuart covering the move. A lap later, Thomas and Stuart caught the two-some, and the four went on to build up a lead of about two minutes over the field.

On the 3rd of 5 laps, a group of six, consisting of the two pros, Krieg, Allan, Kirk Eck (Sienna/Goble), and Aaron Jordin (Porcupine/Specialized), escaped from the field and quickly joined the four-man break. However, the resulting group proved to be too big for the peloton’s comfort, and the move was reeled in by the beginning of lap 4. Louder and Swindlehurst, who had agreed prior to the race not to work together but also not to work against each other, began to show why they get paid to



Above: GC Winner Swindlehurst leads the Men’s Pro/1/2 peloton in the crit. Above: Albert (pink jersey) takes the sprint in the women’s road race over Chellie Terry. Photos: Mary McAleese. See complete event photos at gatecitysports.com.

race bicycles as lap 4 got underway. A series of attacks before and on the circuit’s largest climb started to stretch the field, and Swindlehurst took advantage with a counter at the top of the hill. Eck, Krieg and Jordin subsequently bridged up, but the four could never build up more than a 30-second lead on the field throughout the rest of the lap.

On the final trip up the climb, Louder attacked, and only two riders could stay on his wheel. Meanwhile, the Swindlehurst group started losing riders on the stair-step climb, and in my rear view mirror, I could see the entire race strung out into groups of three and four. Half-way through the last lap, the small groups finally coalesced into a lead group of seven, which included Swindlehurst, Louder, Krieg, Stuart, and Allan, who was riding without the benefit of any teammates.

Following in hot pursuit was the remnants of the field in a group of 11. At this point, there were no more tactics at work; both groups were riding as hard as they could, with everyone taking his turn at the front.

The last time up the feed hill—about 8 miles from the finish—Swindlehurst attacked the group and built up a tenuous, 10-second lead as the race headed out of McCammon to begin the last seven straight, flat miles to the finish. Swindlehurst said after the race that he knew his chances of staying away were slim, but he committed everything he had to his solo move. The Swindlehurst carrot kept the remaining group of six chasing with everything it had, but the second group of 11 proved to have just a

Continued on page 16



PEARL izumi
www.pearlizumi.com

**Pearl Izumi
Factory Store**

6699 N. Landmark Drive
Unit K150
435.615.7800

Factory Stores at Park City

a complete line of
bike and fitness
apparel for your
next adventure

dressforsuccess

cervélo
VROOMEN.WHITE.DESIGN

**Cervélo
Soloist Carbon
In Stock!**



**All Cervélo Models
In Stock Now!**



**Cervélo
Soloist Team
1st Place \$2199**

Paris-Roubaix!

762 E. 12300 S. Draper, UT
canyonbicyclesdraper.com

801-576-8844 • M-F 10 - 7:30 • Sat. 10-7

Cervélo at
Draper location
only.

MOUNTAIN BIKE RACING

Deer Valley - Continued from page 11



One down, one to go!

The second time around, I was surprised at how good I felt. Cool temps, clouds and even a little sprinkle now and then can really do wonders for your endurance. I charged up the trail feeling fit and spry. In fact, I felt so good that I fully expected my second lap to be faster than the first... I was wrong. 1:57, making my final time 3:47, good enough for 4th place in the 40-49 group. Not bad.

**Chris Sherwin
Revolution
Men's 30-39 Super-D Downhill**

If things had turned out differently, it would have been my fault. The guys at Revolution had my bike running perfectly, I knew the course as well as anyone, and I had a Yeti ASR to boot. I had every advantage you could possibly want.

I had been on the course Tuesday, and as usual, it was a ton of fun. However, the Super-D course had changed quite a bit since Tuesday. With 180 or so racers doing laps; large ruts and moon dust piles were beginning to show up in switchback corners and other places. To make things even more interesting, when I started the race, there had already been about 120 people on course at full speed.

Sometimes Super Ds are done in mass "Le Mans" starts with fifteen to thirty people running to their bikes and gunning it to the single



track at one time. NORBA felt that a mass start might be a little too dangerous on this course, and opted for a time trial Super-D. These events are really cool, especially when there's a countdown starting tone and a TT ramp. Beep, beep, beeeeeeeeeeep - and away I went in the big ring.

My first three corners felt great, and I was lucky I didn't crash on the 180 degree turn onto the "uphill." This year's Super-D was deceiving. During a pre-ride it felt like an easy

downhill run. At full speed though, I was pegged the whole time. And maybe it was the asphyxiation that caused me to ride like...well...a complete idiot.

In the next two minutes, I was out of my pedals about five times and almost off the course three times. At one point, I actually laughed out loud because I was so moronic. I knew a win was out of

Continued on page 17

Above: Shonny Vanlandingham (Luna Chix) decimated the women's pro field.
Right: Kevin Day (Biker's Edge) shown here in the pro men's cross country.
photos: Dave Iltis
See complete event photos at cyclingutah.com.

SANTACRUZ

**New Models
Now In Stock**

232 N. Main
Kaysville
544.5300
Mon: 10-4 Tues-Fri: 10-7 Sat: 10-5

BE BIKERS EDGE
www.bebikes.com

ROAD RACING

Local Flavor to be Among Nation's Best at Tour of Utah

By Greg Overton

This Month's Larry H. Miller Tour of Utah will showcase most of the top professional riders in the United States as it courses in and around the Wasatch Front. Among the professionals, the National Champions and the impressive palmares in the peloton will be two Utah-based teams, out to gain respect for the strong local racing scene and to show that the race community which produced Jemison, Leipheimer and Zabriskie is not finished.

Utah's top-ranked team, Sienna Development-Goble Knee Clinic-Logan Race Club is a repeat winner for team honors in the Utah Cycling Association series and always a favorite in regional races. Look for them to animate the action by launching attacks and going for stage wins while trying for a GC presence as well. Alongside them will be a composite team of first tier Utah riders wearing the jersey of Tour of Utah-only team sponsor, radio station 101.9 The End. There's firepower in this team as well, and they will surely be looking for stage wins for the team and overall team honors. Each team will be working hard to be a factor on its home turf.

As the Elite Team of the Logan Race Club, the Sienna Development/Goble Knee Clinic Cycling Team has competed for five years. Originally founded to be a stepping-stone for riders from the amateur to pro ranks, the team set its sights from 2001-2004 as a regional team with aspirations of attending many NRC events and the National Championships. The team has consistently dominated the Utah Team standings for the past 5 years, taking top team honors in each, and winning the overall Category 1-2 title 3 of the 5 years. The team's roster boasts two former national champions, Sandy Perrins and Brad Buccambuso, who was a member of Team Jelly Belly. Former professional rider for the NetZero and Schroeder Iron teams, as well as U.S. National Team, Ryan Barrett is also the reigning Utah State Road Champion two years running.

"For the Tour of Utah, our team plans to be very flexible. Because so much can change from day to day, we will most likely have one or two GC riders, as well as a few riders going for stage aspirations. We will try to avoid setting forth distinct leaders, as bike races are always so dynamic and evolving," team liaison and rider Sandy Perrins commented.

The Sienna Development-Global Knee Clinic-Logan Race Team roster for the 2006 Tour of Utah will include Perrins, Barrett, Kirk Eck, Dan Vinson, Jason Sager and Norm Bryner. Look for them to be a factor in the race, with great teamwork and enough horsepower to contend with the major domestic pro teams.

Accompanying the Sienna Development team in the 2006 Tour of Utah will be a composite team consisting of top riders from several of Utah's top Category 1-2 teams. The team is sponsored by local radio station, 101.9 The End, and will wear race jerseys with the station's logos during the race.

The rider roster for the 101.9 The End team will include current Utah points leader, Dave Harward, former professional rider Skylere Bingham, Eric Pardyjak, Todd Hageman, Alex Rock and Jesse Gordon. This team will have the strength to contend

for stage victories and the inspiration to force the racing in front of the locals. And they've got the wins among them to back up their inclusion in the field.

Harward is a two-time Utah Points Series Champion and Utah Criterium Champion, and was the winner of Stage One in the 2005 Tour of Utah. David is a well-rounded rider with victories in stage races, circuit races and criteriums, and has been Utah's most consistent

top finisher in regional races for the past two years.

Harward's The End teammate, Skylere Bingham is a veteran of more than ten years of road racing, and a former professional, who has had a bit of a resurgence in the last couple of years, riding to a fourth place finish in the 2004 Master's National Championships, followed by a sixth place finish in the same event in 2005 and a seventh place finish in the Elite National

Championships that year as well. In 2006, Bingham won the Utah State Criterium Championship title.

To accompany these credentials on the team, Eric Pardyjak brings a list of palmares that includes a third place finish in the Masters National Road Championships, cemented by a fourth place in the Individual Time Trial at the same event, and a fourth place finish in the Utah Points series. Eric's another well-rounded rider with the power to get away or

work with a breakaway for stage victories.


Look for good teamwork despite the composite nature of the team as Harward and Bingham are normally teammates on the Porcupine/Specialized team, and Hageman and Pardyjak ride together for the Park City Cycling Academy team. Much the same as their counterparts from the other Utah entrant, local pride will be fueling these riders as well, and look for them to fight for stage wins and to make the race at the front.


The Essence of Experience...

24 Hours of Moab


October 14th & 15th, 2006
Behind-the-Rocks, Moab, Utah

is the Mystery of the Ride.







24 Hour Point Series Finale
& AMTRAI World Championships




Race #6












RealTime™ Scoring

\$18,000 Cash
\$20,000 in Prizes



Register on-line at:
www.grannygear.com

DOWNHILL RACING

Deer Valley Bald Mountain Downhill



Above: Andrew Pierce (Go-Ride) had the fastest time of the day.

Photo: Joaquim Hailer

For complete race photos, visit JoaquimHailer.com

See results on page 20.

2006 Bald Mountain Challenge Downhill and Super D Races

Episode 4 of the Utah Downhill Series played out on the weekend of July 15th and 16th at the ever-changing venue known as Deer Valley Resort. One never knows what to expect, except to expect changes, at the ever evolving, ever improving Utah mountain playground. Deer Valley's lift-served mountain bike park has been in operation every summer since the early 1990's, only this year the good ol' Sterling chairlift is missing. Not to worry, it's just being replaced with a new detachable using the same alignment. Consequently, racers were able to whiz up Bald Mountain on the high-speed Wasatch lift. Initially, this caused a bit of confusion for those who hadn't been to Silver Lake Village yet this summer, but it all worked out for the best in the final analysis.

Thanks to Steve Graff and the Deer Valley Summer staff, the Downhill course evolved a bit as well; adding a new twist, the top of the Thieves' Forest trail was connected to the mid top-section of Fire Swamp to result in a never before raced on Downhill track. New bits of trail were added to the top of Thieves' Forest to accommodate Sport and Beginner Category racers, while leaving the nasty, gnarly lines for the Pro and Expert folks. The resulting race course enabled the race to live up to its name as it was extremely challenging; times under 5 minutes were the exception and most riders were completely worked by the time they crossed the finish line. Regardless of which trail is marked for the course, Deer Valley's race proves to be the toughest in the Utah Series every single year!

The Super D course was also a new racetrack. Since the NORBA N.C.S. race organizers the previous weekend suddenly decided to change their course to the same one proposed earlier by the B.M.C. organizers (a strange coincidence?) which resulted in 12 inch deep ruts and 6 inch deep dust generated by the 100+ N.C.S. Super D'ers, a slight course variation was added to detour past the carnage. The resulting route was arguably better than the original proposal (ain't the trail network in Park City great!), and was not only enjoyed by the racers, but was actually really fun to course mark. International Super Star Freerider (I'm not making this up, he really is) Krispy Baughman posted the only sub 10-minute time of the day. Besides being really fast, Kris has become an enthusiastic advocate of Super D racing and has some great ideas about the future of the discipline. Just another reason to look for Super D racing to grow in popularity.

To quote Scott Nielson, a.k.a. Buck Chub, who first quipped one of my favorite sayings, "Bicycle racing isn't a sport, it's a disease" -- I offer further proof to substantiate the assertion. Upon finishing up racing on Saturday in Sonoma, California at the NORBA National Championships, Junior Expert racers Logan Binggeli and Andrew Pierce drove back to Park City to race on Sunday at the B.M.C. "My first run wasn't so good" stated Logan "I'm a little tired, we didn't get here until 3:30 this morning". Ya' think? What's really sick is the fact that Andrew posted the fastest time of the day, beating the best Pro time by over 2 seconds. The best news of all is that both Logan and Andrew qualified for the U.S. National Team that will represent all of us at the World Championships later this fall, and they're the only Utah mountain biker racers to earn that honor this year. Kimber Gabryszak (Summit Cycles) posted the fastest time for the women with 6.06.21.

—Ron Lindley

**Deer Valley -
Continued from page 13**

the question, but I was going to hammer anyway. Finally, I got out of the woods, and into the open, and things went really well from there. With a smoother section of course, and more visibility, I was able to stand up and accelerate through corners, but still, this was a lost cause.

I crossed the line a full ten seconds slower than my practice run on Tuesday, and then I had to wait and watch. The announcer said I had the lead, which was crazy. About ten more riders crossed the line, and inexplicably none of them beat my time. When my Super-D nemesis Jon Posner was talking about his run, he said he was all over the place as well. The "Glorious Chad" Wassmer had a run-in with a contestant that wouldn't let him pass, and others had issues as well. Apparently all of us fell victim to the top half of the course. Everyone put in a great effort on the course, and I was lucky enough to finish with the fastest time.

The Mayor's Bicycle Advisory Committee, the leading bicycle advocacy group in Salt Lake and Utah, wants to encourage all cyclists to participate. There are monthly meetings on the second Wednesday of every month at 5 p.m. in the City & County Building, Rm. 326 or 335, 451 South State Street. For details, visit the Cycling Utah web site (www.cyclingutah.com) or call the Mayor's office at 535-7939 or Brian at 328-2453.



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

ROAD RACING

**Louder and Evans are Fastest in
Porcupine Big Cottonwood Hillclimb**



Above: Rising star Nicole Evans (FFKR/SBO) won the women's race.

Below: Norm Bryner (Guthrie), men's winner Jeff Louder (Healthnet/Maxxis), and Burke Swindlehurst start to separate themselves from the field.

Photos: Joaquim Hailer. See complete event photos at JoaquimHailer.com.

See results on page 20.

Golsan Cycles

♦ 45 YEARS OF PROFESSIONAL SERVICE & RACING ♦
MASTER MECHANICS—WE REPAIR ALL BIKES
Custom Road & Mountain Bike Specialists

HOLLADAY STORE SALE!
BIKES, CLOTHING, SHOES UP TO 75% OFF!!
LOWEST PRICES OF THE YEAR!! (UNTIL 9-9-06)

**BACK OR
FEET HURT?**
 We Have
 Solutions. Custom
 Bike and Shoe
 Fittings.

**Nike • Gary Fisher • LeMond • Klein • Pinarello • Merckx
 FSA • LOOK • Argon 18 • Bianchi • Sidi • Isaac • Giro
 Bell • Easton • Shimano • Campy**

**SUMMER
TUNE-UP
\$34.99
WITH COUPON**
(REG. \$49.99)

**801-446-8183 • 10445 S. Redwood Road
 801-278-6820 • 1957 E. Murray-Holladay Rd., SLC
www.golsancycles.com**

FREE RIDING

Dirt Jumping is Not a Crime!

By James Kirk

"High Street", it's the best dirt jumping in Salt Lake. An undeveloped strip of dirt and a gully tucked behind a suburban neighborhood is all that it is. A series of tightly packed, perfectly shaped dirt jumps carved into the landscape is what makes it so special. I can't tell you where it is; that would ruin it. Its future depends on the ignorance of those who might care. The stability of the area is completely dependant on its clandestine nature. It sounds sinister and complicated but mostly it's a bunch of guys riding bikes around in a fun area and having a good time. Sound familiar? It's what all of us as cyclists do, having a good time on their bike at no expense to others.

Dirt jumping is exactly what it sounds like; it's the combination of bicycles, mounds of dirt and lots of air. Ever seen kids in your neighborhood propping up a board, pedaling at it furiously and hitting it to "catch some air"? Dirt jumping is the same thing only lately it's been taken to a whole new level. The idea is the same but the air is typically much larger.

Jumping has been around as long as bikes. It's a natural extension of cycling. Motion plus inclined ramp equals air. Something about the "air" is magical. It's a moment of weightlessness - a sensation of flight, if only for a moment. It's like jazz music. You either get it or you don't and if you have to ask you'll never understand.

The history of urban dirt jumping areas is mostly a never-ending series of jumps being flattened by landowners/managers only to have another or more pop up somewhere else. Jumping has been around a while and it's been in a steady state of evolution nearly the entire time, but in the past few years, dirt jumping has really come of age. The recent collision of full-suspension bikes, free-riding and lift-served mountain biking has taken dirt jumping to new heights. The size and technical nature of jumps has gotten dramatically larger, consequently the area needed for an

approach, gaps and landings has also increased. The space being used and the amount of jumpers are larger than ever. A quarter mile worth of trail for a dirt jump is not unusual.

Jumping requires lots of space and hours of work to get them shaped oh so just right but mostly they require space that no one cares about or at the very least is invisible to anyone who might care. This combination of space, sympathetic land owners and anyone willing to build jumps correctly isn't common. Liability is the issue. It looks dangerous and it can be dangerous but the reality is different. Most participants understand the danger associated with jumping and when practicing take it one step at a time, only progressing when they feel comfortable in their current level.

Road riding is vastly more dangerous. Several people are killed every year on the road but we would never think to make road riding illegal. We love it, we need it and we have a right to it. In the 8 years or so that free-riding has been big, no major players have died. Nobody has ever been killed at High Street. Many feel just as passionate about dirt jumping as the rest of us do about our form of cycling. It's a healthy, safe activity for those who wish to engage. We love it, we need it and we have a right to it.

In spring of 2005, above Ogden, this exact situation came to conflict. Mountain bikers built a series of jumps in a gully located above the 22nd Street trailhead in Ogden. I've been into dirt jumping for a while now and I've experienced my fair share of jumps. Bored with High Street, some friends and I headed up to Ogden to check it the jumps. 22nd Street had some of the best jumps I've ever been on or even seen. The shining gem of the area was a set of three consecutive jumps built into the hillside. These 3 jumps were like the sweetest chocolate cake you've ever had. For me, these jumps were an experience unlike any other. After that, I always looked forward to anytime I could spend at 22nd Street. In June of 2005, responding to the complaints of a nearby homeowner, the Forest



Matt Devall's no hander.

Photo: James Kirk

Service tore down all these jumps and "reclaimed" the land. Rick Vallejos, the Forest Service recreation planner for the district, claims it was done to prevent erosion and vegetation loss. If you have ever ridden there, you'd realize the tragedy of the situation. The complaints of a nearby homeowner shouldn't dictate the future of an activity that is enjoyed by many.

So what's a guy to do who wants to dirt jump? Buy land and build the jumps himself? This just isn't realistic for your average jumper. The other solution would be to get access to private property. If they found it and built it, the jumps won't evolve or stay maintained because it's not public accessible. The land reclaims itself if its not maintained and used. Public, group work is necessary to maintain jump parks. Jump parks exist in every decent sized city and in most minor towns. Most of them are illegal. Our best option is to encourage a tolerant, common-sense attitude to fellow land users who are also doing the same. Share and share alike. Dirt jumpers will continue to build jumps illegally and they will continue to be torn down. It's a similar situation to skateboarding when street style skating was invented. Skaters wanted to skate in an interesting, challenging environment; this only existed in urban environments. They skated there and they were continually kicked out until it became apparent that they weren't going away. Cities built skate parks. Now it's a respected discipline.

High Street has been around at least 15 years. It could disappear overnight just like 22nd Street. Let's respect High Street for what it is: a recreational area that has been carefully crafted and maintained for the benefit and exercise of those who use it. Nobody else is using it. Nothing is being done with the land. It would otherwise be an empty lot. Those who want to participate in dirt jumping are nearly always doing it illegally - that is, without the landowner's knowledge. That's just a fact. Most dirt jumping is illegal. But like the famous skateboarding bumper sticker says "Dirt jumping is not a crime"

James Kirk has been pushing his bike around the Wasatch mountains for over 20 years. He has been in the bike industry for over 9 years and continues to teach and guide on a regular basis. Contact him at mountainbikesaltlake.com

Gate City Grind - Continued from page 12

little bit more, as it caught the six with about three miles to go. With a pack sprint for second place now inevitable, Krieg dug in for one last effort to limit Swindlehurst's time gain, which ended up at a scant 9 seconds. But, the 9 seconds plus a 20-second bonus put Swindlehurst in the GC lead. Mike Booth (Sienna/Goble) won the field sprint for 2nd, and the ever-present Allan snuck in for 3rd and a 5-second bonus.

Saturday evening's 10 km time trial turned out to be pivotal in the GC standings, as usual, and Louder and Swindlehurst used the race of truth to put their professional signature on the weekend. Louder smoked the course in 12:13, shattering the old course record of 12:27 set by Matt Weyen in 2004. Swindlehurst turned in a 12:25 for second place, and Allan turned in another solid performance with 12:44, good for third place in the stage. Going into the final stage, Swindlehurst remained in the GC lead, followed by Louder, and Allan.

Out of GC contention, but not out of pride, the ICE squad started the one hour and 15 minute criterium by sending Justin Rose out on a 10-minute solo effort. As Rose was being caught by the field, Jordin attacked, and Collins and Kevin Van Loon (FFKR/SBO) responded, creating an unlikely three-man break that spent the next 45 minutes up the road, taking all of the cash primes and coming within 25 seconds of lapping the field on the technical, 1-km course. With the time bonus prime in hand, Jordin stood to vault himself well up into the GC if the break survived, but Louder had other plans and drove the field for a few harried laps until the break was caught. A flurry of counter attacks followed, but nothing stuck until Hageman, Swindlehurst, Thomas and—you guessed it—Allan established a solid gap on the tiring field with only a few minutes of racing left. This group contained three of the top four on GC, so anyone who had aspirations of a top stage or GC finish needed to make it happen now or never. Dave Harward (Porcupine/Specialized) was the first to jump across solo, followed a lap later by Louder. With the

top GC places and the critmeister Harward up the road, the rest of the field knew it was sprinting for 7th place.


In a show of great class and sportsmanship, the two professionals yielded the sprint to the amateurs, and Harward shot out of the group to take a much-savored stage victory. Allan and Hageman dueled for second place, with Allan prevailing. The 3rd place time bonus and a solid time trial allowed Hageman to overcome a wrong turn on the prologue course that cost him 30 seconds GC before the race even really started, and he ended up 6th GC, behind Harward. The top four spots remained unchanged after the criterium, with Swindlehurst, Louder, Allan, and Thomas taking the top four spots.

Women's Race


The women's elite race started out to be a battle of the Heathers: Holmes (Ivory Homes) and Albert (America's Dairyland). Holmes established the fastest women's prologue time in 2:58, a solid 20 seconds ahead of defending GC champion Albert. Intent on repeating her win, Albert attacked the field in the road race, riding solo off the front for over half of the three-lap race. After being caught by the field, she attacked again, only to be caught 1 km from the finish. Holmes countered but was caught just before the line, as Albert won the sprint and the 20-second bonus. Proving that her road race was no fluke, Albert won the time trial, bettering Holmes by over a minute, but allowing Kris Walker (Intermountain Sports Medicine/LRC) to settle into a solid second place, after taking second in the prologue and second in the time trial. Walker started the criterium with a 15-minute solo effort off the front, allowing her to garner all of the cash and time bonus primes. She was eventually caught, setting up a field sprint, which was won by Holmes. However, the few second winning gap and time bonus were not enough to overcome her time trial deficit, and Albert took the GC win, followed by Walker and then Holmes.

See results on page 20.

8th Annual **Cycle for Life**



Presented By:



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

SUNDAY, AUGUST 27, 2006

Huntsville Park, Huntsville, UT

For Registration Information See Us On The Web at
www.cycleforlife.org
or call Grant Aagard (801) 556-3290

On-Line Registration Available at www.active.com

Six Canyons from page 4

exchange, nice bulletproof Mavic Open Pro's! He commented how good I looked, and asked me for stats, my computer said 79.6 miles and 9650 Vertical feet. I couldn't believe how good I felt. I got going quickly and looked down at my computer; I was doing 26 MPH on Wasatch Blvd.

I climbed Mill Creek next; it was awesome to get out of the heat and in the shade. The first steep part felt good, Sean's wheel was great, and everything was quite again. I passed a lot of mountain bikers, saw my buddy Mike Sohm descending, it was good to see a friend albeit for about 10 seconds. Near the top I encountered a really cool thing. A woman on a mountain bike was tacking back and forth up a 12% pitch, just taking her time and having fun, I commented "way to go," then up the road at the last steep pitch was her husband with a child carrier wheeling behind him as he tacked. He was in awesome shape and sweating like a dog. I shouted one thing, "you ARE the man" he laughed. Once again on the decent I went through another group of butterflies, this time only a few, then I recognized that they never appeared on the climb portion. Why? I looked at my computer on the decent over 12,000 vertical feet and over 100 miles, I still felt good, and I just knew I was going to complete this ride.

I had the pleasure of waiting on the hot blacktop near the bottom of Emigration Canyon at 1:15pm; my computer read 95 degrees, nice. I thought I was going to melt. I was worried about the climb being so exposed, would it drain me for good? As I started climbing I could not believe it my legs were still fresh and it didn't seem as hot, maybe since the pitch is less, it felt

easier. Now, I was going to have fun, I visualized all of my friends and family with me, next to, and behind my grandparents flanked way out like airplane wings, this was MY posse. They didn't say anything or cheer, they were just there. I felt strong and went faster. At the top of the climb were it steepens, I encountered a guy named Bill (I think). He was a bit heavy, but athletic. He kept on standing up spinning, then sitting down, over and over again. Upon passing him I told him way to go and how inspirational he was to me. At the top we chatted for a minute, a real decent guy.

Now I was really getting pumped, one more climb, it was going to happen. The descent wasn't bad, but going across town to City Creek was HOT. It was nice to finally get there, where the first 5 miles went well. Then for the first time all day I suffered, I powered up the last two miles hard like I was racing. Those two miles seemed like they dragged on forever. A bee flew in my shirt; a fly was circling my head as I kept on trying to swat it, finally giving up on the pest. The road looked like it was a war zone with potholes and dirt. I had a bad feeling, like I was left all alone, where were my grandparents? I finally reached the top, the computer read 144 miles, 16,500 vertical feet and 9 hours and 12 minutes. I looked up, no white lights, no great feelings, I was drained; I told my Nona and Popa we did it, day six.

The descent was slow; navigating the potholes on the way into town. I stopped at the Subway near the Pie, had a tuna sub and three big cups of icy Diet Coke. I reflected on the day. Never in my wildest dreams could it have played out this way, it was so easy for so long. Over 9 hours in the saddle, I had never come close to that. Was it because I was having fun? Was it that the ride

had so much meaning? Was it the Zen and nature thing? Did my Nona and Popa help me out? Was a higher power present? I couldn't answer any of those things, I hoped it was all of the above, but I knew one thing, I have climbed canyons a lot, and I have never ever climbed like that before, I truly believe I did not do it on my own. I dreaded getting back on the bike for the 20 mile ride home. When I did something really magical happened, I got on my bike, and my legs felt great. I stopped at Allen's house to tell him the news, I showed him the computer stats and he told me I looked good, I got the same response from my neighbor Brent and Sean my wheel man.

Someone asked me what do I do now? I have thought a lot about it and I think I will just realize that it was a really special ride that I will never forget, and at a time that I needed to find a love for the bike again. Maybe all of the suffering in the previous months helped me appreciate the ride more. Please understand one thing. I don't think I am something special for doing this, but I definitely feel special that I was part of it, as Gardie told me "I think they were with you!" Gardie, I do agree buddy, yes I do.

Utah County's Independent Road and Mtn. Mechanic
"Pro Team Experienced"
159 W. 500 S. • Provo, UT
(801) 375-5873 • racerscycle.net

Child Dies in Bicycle/Truck Accident

A bicycle/truck accident claimed the life of 6 year old Jedediah Murray of Huntington. He is the son of Barbara and Terry Murray formerly of Centerville. At the intersection of 300 East and 100 South, the boy was traveling north crossing the street headed home after visiting friends when he was struck by an older model 4x4 pickup driven by Roy Day, 28, of Elmo.

The driver was tested for drugs and alcohol and results are pending at this time. A breath test at the scene however, tested positive for alcohol. The driver was driving on a revoked license in an unregistered vehicle at the time of the accident.

The boy was breathing, but unconscious at the scene of the accident and was transported to Castleview Hospital where he was life flighted to Primary Children's Hospital in Salt Lake. Dr. Larsen at Primary Children's said the boy suffered from a skull fracture, broken right arm, injuries to the left side and a toe had been severed at the accident scene. The main injury was the severe brain trauma.

The accident occurred at approximately 7:15 p.m. on July 22. The victim died the next morning at 11:44 a.m. on July 23.

The driver was listed as having a prior DUI accident which had sent people to the hospital. Day is being held in the Emery County jail pending arraignment on the charge of vehicular manslaughter.

Utah's Most Beautiful Bike Ride

HUNTSMAN CANCER INSTITUTE UNIVERSITY OF UTAH

HEBER VALLEY CENTURY

Bike 2 Bike 100, 65, 50 miles

September 23, 2006

Start: 7:30 - 8:30

801-677-0134 www.bike2bike.org

sundance

RACING AT SUNDANCE

SUNDANCE/PARKS SPORTSMAN SUPER D RACE SERIES AT SUNDANCE
May 29 • July 4 • August 19 • September 16

R.A.N.A.T.A.D.
(Ride Around Nebo And Timp in A Day)
July 10

SUNDANCE CHILDREN'S RACE SERIES
May 25 • June 22 • July 20 • August 17 • September 14

WEDNESDAY NIGHT RACE SERIES
June 14 & 28 • July 12 & 26 • August 9 & 23 • September 6

MOUNTAIN BIKING

7 DAYS A WEEK
25 + miles of "Best of State" single track • Lift serviced trail access.
10 am - 6:30 pm (Fall Hrs. Start Aug. 28)

MOUNTAIN BIKE RENTALS
K2 & Ironhorse Full • Suspension Bikes.
Road Bikes Also Available. • Try the Diggler Mountain Scooters.

MOUNTAIN BIKING SCHOOL
Classes available for all ability levels. • Ladies Day programs.
Bring a friend. • Church & Scout rates available.

www.sundanceresort.com • 801-223-4849
Programs, artists and venues subject to change without notice.

cycling utah

CALENDAR OF EVENTS

Calendar Guidelines:

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

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

Let us know about any corrections to existing listings!



Battle Bay BMX — (801) 796-8889

Rad Canyon BMX — (801) 824-0095

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

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

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

August 4 - 6 — Rad Canyon BMX, ABA GREAT SALT LAKE NATIONALS. For registration and race times go to www.ababmx.com. 9700 S. 5250 W., South Jordan, (801) 824-0095

For more BMX track info, visit cyclingutah.com



Advocacy Groups

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7939 or (801) 328-2453.

Salt Lake County Bicycle Advisory Committee — Meetings are the second Monday of each month from 5-7 p.m. in suite N-4010 of the

Calendar of Events sponsored by



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

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

Home of the Bike and Wife Swap!

Salt Lake County Government Center, 2001 S. State, SLC, (801) 485-2906

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

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

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

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

Events

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

September 7-9 — Utah Trails and Pathways Conference, planning, design, construction, funding and

more, www.utahtrailsconference.com, (801) 629-8558

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



Mountain Bike

Tours and Festivals

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

August 19-20 — Mountain Bike Challenge for MS, Tamarack Resort, Idaho, jefflarsenboise@yahoo.com, (208) 938-9917

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

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



Mountain Bike Racing

General Info

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

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

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

Weekly MTB Races

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

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

Utah MTB Races

August 4-6 — NORBA National Mountain Bike Series #5, XC/ST/DH/Slalom/SuperD, Brian Head Resort, Brian Head, UT, (909) 866-4565

August 12 — All West Communications Wolverine Ridge XC Race, 13th Annual, Intermountain Cup #14, Series Finals, Evanston, WY - contact Paul Knopf or Amanda Wanner at planning@mail.evanstonwy.org or (307) 783-6470 or (866) 783-6300, ext. 459 or www.evanstoncycling.org

August 17 — Sundance Kids MTB Race, kids under 12, 5 pm,

Sundance Resort, (801) 223-4849

August 19 — Sundance Super-D Downhill Race, 9 am, Sundance Resort, (801) 223-4849

August 26 — Widowmaker Hill Climb 10 AM, Ride to the top of the Tram, Snowbird Resort, (801) 583-6281

August 26 — The Endurance 100/ Mind Over Mountains, 100 mile, 100 km, and 50 mile individual races, Park City, thee100.com, (435) 649-2129

September 2-4 — Sundance Showdown, DH and Super-D, Utah DH Series, Sundance, UT, (801) 375-3231

September 9-10 — 24 Hours of Soldier Hollow, Heber, UT, (801) 243-0704, 24hoursofsoldierhollow.com

September 14 — Sundance Kids MTB Race, kids under 12, 5 pm, Sundance Resort, (801) 223-4849

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

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

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

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

October 16-17 — Huntsman World Senior Games. Must be 50 years or older. three events: hill climb, downhill, and cross country. 800-562-1268 or hws@infowest.com

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

Idaho and Regional MTB Races

August 5-6 — 22st White Knob Challenge, Knobby Tire Series, and Idaho Short Track XC State Championships, Mackay and Hailey, ID, Kurt Holzer at (208) 890-3118

August 12-13 — NORBA National Mountain Bike Series #6, XC/ST/DH/MTNX/Super-D, Snowmass Resort, Aspen, CO, (719) 866-4581

August 12-13 — Pomerelle Pounder, XC, DH, freestyle, Utah DH Series, Wild Rockies Series #8, Burley, ID, (208) 587-9530

August 19 — Rendezvous Hill Climb, Teton Village, WY, 6.1 miles, 4139 vertical feet, (307) 733-5335

August 19-20 — Tamarack Twister Idaho State NORBA XC and DH Championship Finals, Knobby Tire Series Final, Tamarack Ski Resort, Cascade, ID (208) 338-1016 or (208) 325-1000

August 26 — Durango MTB 100, Durango, CO, (970) 259-7771

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

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

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



Road Racing

General Info

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

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

Utah Weekly Series Races

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

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

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

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

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

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

For dates, see calendar below.

Utah Road Races

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

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

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

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

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

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

August 12 — Snowbird Hill Climb, 8 AM, registration from 6-7:30 am, 10.2 Miles from Shopko on 9400 S. 2000 E. to Snowbird, (801) 933-2110

August 13 — Wolf Creek Pass Road Race, Starts in Francis. Route goes over Wolf Creek Pass to



Bikes for regular folks. The only place in the valley for touring, commuting, single speed and even randonneuring. Bicycles from Rivendell, Heron, Soma, Surly and Bianchi. Custom frames by Mike DeSalvo and Jeff Lyon. We like steel road bikes with fat tires, leather saddles and

fenders. Yikes! Old's Cool!

2204 North 640 West, West Bountiful
298-1740 — Open Saturdays 10-6



World Class Coaching for Competitive and Recreational Cyclists. Don't Just Train... Trainright!

Tommy Murphy
435.787.8556
tmurphy@trainright.com



High Quality Bicycle Packs Designed, Tested, and Built in Utah seat packs, panniers, rack packs, handlebar pack, frame packs, hydration packs, hip packs, courier bags, silkscreened and custom packs.

800-777-7679 or 801-272-5217
LPPACKS@AOL.COM
WWW.LONEPEAKPACKS.COM

Tabiona and then back over the pass to the finish in Francis, part of the proceeds go to The Bill Corliss Bike Advocacy Fund, (435) 513-0432, parkcitycycling.com

August 18 — Biker's Edge Crit Spectacular for Cat 1/2/3 men, 0.7 mile loop with six turns, \$4999 prize list, 6 pm, Downtown Ogden @ 25th Street Park, Anne at 877-751-8880 or xterraplanet.com/races/race.cfm?race_id=487

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

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

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

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

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

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

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

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

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

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

October 14 — City Creek Bike Sprint, 10 am, 5 1/2 mile climb up City Creek Canyon in Salt Lake City, road or mountain bikes, UCA Points Series Event, (801) 583-6281

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

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

Idaho and Regional Bicycle Road Races

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

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

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

August 11-12? — Magic Valley Senior Games

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

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

August 16, 23 — Hailey Criterium Series, Hailey, ID, info@sawtooth-velo.org or 208-726-0946, ext.1

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

August 26-27 — Intermountain Orthopaedics Idaho State RR and Criterium Championships, Boise, ID, Kurt Holzer at (208) 890-3118

September 2-3 — Gateway Canyons Grand Valley Bicycle Classic, Road Race and Criterium, Grand Junction, CO, (970) 275-1711

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

September 9 — Race to the Angel, 21st Annual, 3000' climb, Wells, NV, (775) 752-3540

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

September 16 — Mt. Charleston Hill

Climb, Las Vegas, NV, 702-228-9460, steve@bristlecone.net

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



Weekly Rides

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

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



Road Tours

Utah and Regional Road Tours

August 6-12 — Ride Idaho, 7 day supported bicycle tour, Melba, Glenns Ferry, Buhl, Shoshone, Sun Valley, Stanley, & Lowman, 208.344.5502 ext 315, rideidaho.org

August 11 — Freedom Peloton Charity Ride, A Charity Ride to raise money for the Larry H. Miller Charities, Downtown Salt Lake City, Karilyn Preston, 801-209-3337, karilyn@tourofutah.com, tourofutah.com

August 13 — Blue Cruise Wheels for Wellness, Meridian, ID, (208) 387-6817

August 13-19 — Oregon Bicycle Ride XX, Klamath Falls to Lakeview to Klamath Falls, (541) 385-5257 or 800-413-8432

August 19 — ULCER, Century Tour around Utah Lake, 100, 74, 56, and 24 mile options, (801) 943-2117 or president@bbtc.net

August 20 — Promontory Point 120, BBTC Super Series Ride, self-supported century, 120 miles, Brigham City to Promontory, (801) 943-2117 or president@bbtc.net

August 26 — Desperado Dual, 200 mile double century in Southern Utah, 100 mile option, Panguitch, (435) 586-7567

August 26 — Cache Valley Century Tour - 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 7AM registration/check in, 12 mi north of Logan on Hwy 91, 435-752-2253.

August 27 — Cycle For Life, benefit ride for cyclists injured in auto/bike accidents, 8, 30, 66, and 100 mile options, Huntsville Park, Huntsville, UT, (801) 556-3290

August 27 — The Big Ride, BBTC Super Series Ride, self-supported, 164 miles, Mt. Green over Monte Cristo, to Evanston and back, (801) 943-2117 or president@bbtc.net

August 27 - September 2 — BBTC Southern Utah Parks Tour, (801) 463-6016 and Bobrenwick@com-cast.net

September 4 — Hooper Horizontal 100, BBTC Super Series Ride, self-supported century, State Agriculture Building to Hooper and Back, (801) 943-2117 or president@bbtc.net

September 9-19 — Utah Parks Tour, 493 miles, Southern Utah, Adv. Cycling Association, (800) 755-2453

September 10 — Tour de Tahoe, Bike Big Blue, 4th Annual, ride around Lake Tahoe, 72 miles,

Lake Tahoe, NV, (800) 565-2704

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

September 10-16 — Southern Utah National Parks Tour, Cedar City, Zion, Bryce Canyon, Cedar Breaks, (801) 596-8430

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

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

September 23 — Heber Valley Olympic Century. 50 & 62 mile options. Enjoy scenic Heber Valley during its autumn finest during this fun and challenging ride that visits the Olympic venues, fundraiser for Huntsman Cancer Institute, Contact Bob @ 801.677.0134, bike2bike.org

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

September 30 — Bikes for Kids with Dave Zabriskie, metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray. We will be giving away 1,000 bikes, helmets and jerseys to disadvantaged children in the Salt Lake Valley. The start time is 7:00 am at

the Costco in Murray and a bike safety and rodeo will be held at 11:00 for all kids. Contact Teresa at (801) 453-2296 or tmay@fins-vcs.com.

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

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

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

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

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

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

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



Multi-Sport Races

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

August 19 — Nissan Xterra Mountain Championship, offroad triathlon, XTERRA: 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport: 750m swim / 15k mountain bike / 5k trail run, Pineview Reservoir to Snowbasin, 1-877-751-8880, xterraplanet.com

August 26 — Jordanelle Triathlon, Jordanelle Reservoir, Park City/Heber City, UT, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, www.triutah.com, info@triutah.com, 801-631-2614 or 801-631-2624

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

ALL FULL SUSPENSION MOUNTAIN BIKES

15% OFF



AND 15% OFF ALL BIKE CLOTHING!

ONLY AT

Cottonwood

1844 E. Ft Union Blvd.

942-3100

Ogden

705 W. Riverdale Rd.

621-4662



Our Advertisers support cycling utah. Please support them.

cycling utah

RACE RESULTS

Mountain Bike Racing

Flyin' Brian Downhill and Super D, Utah Downhill Series, July 1-2, 2006, Brian Head, Utah

Pro Men

1. David Beeson; Scott, Xbalm, Ogio 3:53.11
2. Mark Christensen; Blue Dart Racing 3:58.08
3. Dustin Malley; Oakley 4:00.11
4. Ian Odum; JSO Racing 4:02.68
5. Pete Maniaci 4:03.90
6. Quinton Spaulding; KHS 4:04.74
7. Von Williams; Go-Ride.com 4:05.21
8. Chris O'Connor; Baby Bailee Racing 4:13.49
9. Peter Shaffer; Blue Dart Racing 4:17.27
10. Scott Crabbill; Go-Ride.com 4:21.55

Expert 19-29 Men

1. Aaron Butler 4:13.65
2. Sean Richins; Morewood/661/Utopia/Hayes/ODI/Bombshell 4:14.02
3. Chad Bryce; Spy/Freestyle/Hayes/Ogio/SunRingle 4:19.18
4. Johnny Muldoon; JNC Productions 4:20.58
5. Damon Kirchmeier; Yeti, Maxxis 4:24.55
6. Riley Tucker; Parks/Ledge/Vacant 4:30.90
7. Clint Larsen 4:41.40
8. Jody Jones 4:58.46

Expert Men 13-18

1. Andrew Pierce; Go-Ride.com 3:56.14
2. Logan Binggeli 4:00.52
3. Naish Ulmer 4:05.84
4. Chris Hadley; Go-Ride.com 4:27.55
5. Jordan Culp 4:31.43
6. Riley Barlow; DOD Racing 4:39.99

Expert Men 30-39

1. Chance Wright; Bike Zion 4:18.52
2. Justin Alvey; Go-Ride.com 4:24.68
3. Cole McMillan; McMillan Chiropractic 4:29.99
4. Jeff Kuhn; Brodie USA 4:40.30
5. Kevin Tissue; Next Dimension 4:44.84
6. Scott Neison 4:49.43
7. Anthony Sams 4:52.11
8. Ian Kyees 5:02.55
9. Bill Bergeron; Bike Zion/Team 5:04.52

Expert Men 40+

1. Gavin Spaulding; KHS 4:38.78
2. Craig Skinner 5:03.34
3. Stephen Waldron; Team Waldron 5:07.52
4. Bobby Bondurant; Depraved Allstars 5:22.62
5. Micheal Ciulla 5:23.37
6. Roger Gutierrez; Downfast 5:56.62

Pro Women

1. Addie Lepper; Go-Ride.com 5:00.05
2. Erin Thain; Santa Cruz/Spy 5:19.24

Expert Women

1. Nancy Harris; No Brakes Racing 6:58.99
2. Matt Harding; Park's Sportsman 4:34.81
3. David Clark 4:51.74
4. Brody Greer 4:57.30
5. Justin Reimers; Bingham's Cyclery 5:04.78
6. Scott Cranney; Bingham's Cyclery 5:23.30
7. Brendan Brinkley; Bike Zion 5:32.37
8. Ryan Barlow 6:03.99
9. Jeremy Draper; Z-Team 6:11.37

Sport Men 30-39

1. Heath Franklin 4:35.34
2. Mark George 4:40.96
3. Scott Reynolds 4:48.46
4. Shane Sidwell; Bike Zion 4:53.34
5. James Wolken 4:56.11
6. Clint DeMill; Utopia/661/4.58.81
7. Sebastian Santiesteban 5:05.52
8. Scott Mendoza; Shuntavi Bikes 5:10.40
9. Hank Cobbs 5:26.30
10. Edwin Zabolnik; Bike Zion 5:44.24
11. John Wilcken 5:50.24
12. Steve Fiduccia; Brian Head Sports 5:59.30
13. Jeffery Foehr 6:07.62
14. Andrew Moeller 6:37.37

Sport Men 13-18

1. Aaron Mendoza 4:34.55
2. Caylan Wojciechowski 4:36.68
3. Tyler Condie; Bike Zion 4:44.96

4. Zach Hardin; Bike Zion 4:57.81
5. Micah Hintze 5:02.55
6. Daniel Lee; 661/Hayes/Marocchi/Intense 5:06.62
7. Bryce Twitchell; Bike Zion 5:07.81
8. Casey Swenson 5:45.99
9. Patrick Waldron; Team Waldron 5:50.08
10. Nic Hadley; Go-Ride 6:36.96

Sport Men 40+

1. Cory Swenson 5:26.27
2. Rolf Hebenstreit; Old Guys 5:30.37
3. Clint Bullock 5:41.87

Beginner Men 19-39

1. Eon Jarvis 5:06.87
2. Brandon Twitchell 5:21.02
3. Trevor Jolley; Park's Sportsman 5:32.02
4. Jason Morgan; Ram Rod 6:03.11
5. Robert Maynard; Park's Sportsman 6:32.08

Beginner Men 13-18

1. Casey Fasset 5:08.14
2. Joe Costanzo 5:09.21
3. Justin Nelson 5:24.11
4. Austin Comstock 5:37.55
5. Jan Black 5:50.27
6. Cody Franzen; Shuntavi Bikes 5:55.90
7. Cameron Snyder 6:00.02
8. Cody Searle 6:34.90

Beginner Men 40+

1. Robert Fullerton 7:08.27
2. Heath Franklin; Sinister/Zion Cycles 5:15.65

Sport Women 19+

1. Aponi Hancock 5:36.24
2. Ana Rodriguez 6:14.21
3. Liz Kilz 6:51.71
4. Christine Krulj-Wolken 7:59.02

10 & Under

1. Galen Carter 7:17.65
2. Damon Kirchmeier Jr 15:04.11

SUPER-D Results

1. Naish Ulmer 12:47.93
2. Bill Bergeron 13:49.14
3. Chance Wright 14:16.71

Sport Men 30-39

1. Hank Cobb 14:22.11
2. Marshall Evans 14:55.87
3. Andrew Moeller 15:39.21

Sport Men 40+

1. Clint Bullock 16:12.55
2. Rolf Hebenstreit 21:58.40

Beginner Women 19+

1. Rita Gerard 17:28.05
2. Kristen Self 21:13.14
3. Nan Powell 22:22.65

Sport Women 19+

1. Aponi Hancock 14:49.93
2. Roger Gutierrez; Downfast 5:56.62

Beginner Men 13-18

1. Brock Twitchell 28:30.43

Deer Valley Bald Mountain Challenge Downhill and Super D, Utah Downhill Series, July 15-16, 2006, Deer Valley, Utah

Pro Men

1. Ben Craner; BTC Illustration 4:40.34
2. Mark Christensen; Blue Dart Racing 4:43.67
3. Carl Marcum; FlyRacing/YMC/Hippielec 4:48.34
4. Scott Crabbill; Go-Ride 4:56.29
5. Emmanuel Pons; Go-Ride 5:07.05
6. Sean Richins; Morewood/661/Utopia/Hayes/ODI/Bombshell 4:52.51
7. Aaron Butler; Park's Sportsman 4:53.11
8. Mitch Andrus; Go-Ride/Replay 4:57.38
9. Johnny Muldoon 5:00.25
10. Chad Bryce; Spy/Ogio/Hayes/661/Freestyle/SunRingle 5:03.20
11. Riley Tucker; Parks/Ledge/Vacant 5:14.21
12. Clint Larson; Team Zion 5:17.62
13. Jason Whitehead 5:58.23

Expert Men 13-18

1. Andrew Pierce; Go-Ride 4:38.32
2. Logan Binggeli 4:51.03
3. Jordan Culp 4:54.46
4. Chris Hadley; Go-Ride 4:55.31
5. Riley Barlow; DOD Racing 5:02.77

Expert Men 40+

1. Rolf Hebenstreit 12:32.02

Sport Men 30-39

1. Justin Alvey; GoRide 4:57.85

2. Chance Wright; Bike Zion 5:00.43
3. Cole McMillan; McMillan Chiropractic 5:03.18
4. Kevin Tissue; Next Dimension 5:33.11
5. Anthony Sams 5:38.33
6. Ian Kyees; Z-Team 5:43.74

Expert Men 40+

1. Brad Koyle 5:46.63
2. Kirk Meyer; Park's/Sundance/RockCanyonPharmacy/BlueFinDesign 6:09.20
3. Michael Ciulla 6:29.12

Pro Women

1. Erin Thain; Santa Cruz/Spy 6:07.29

Expert Women

1. Kimber Gabryszak; Summit Cycles 6:06.21
2. David Clark 5:21.81
3. Mat Derrick 5:29.39

Sport Men 19-29

1. Kim Harding; Park's Sportsman 5:14.92
2. David Clark 5:21.81
3. Dace Mowery 5:39.14
4. Justin Reimers 5:41.83
5. Alex Mazurkewycz 5:47.56
7. Jeffery Potts; Disfunctional/Delaware Enduro 5:50.83
8. Scott Cranney 5:56.05
9. Adam McMurray; Park's Sportsman 6:20.49
10. Brendan Brinkley; Bike Zion 6:22.83

Sport Men 30-39

1. Mark George 5:13.04
2. Heath Franklin; Sinister/Zion Cycles 5:15.65
3. Clint DeMill; Utopia/661 5:25.55
4. David Eller 5:28.65
5. Shane Sidwell 5:42.49
6. Scott Mendoza; Shuntavi Bikes 6:11.27
7. Edwin Zabolnik 6:27.58
8. Thomas Fehrenbacher 7:28.62

Sport Men 13-18

1. Casey Swenson; Biker's Edge 5:18.30
2. Casey Fasset 5:22.43
3. Aaron Mendoza; Shuntavi Bikes 5:26.05
4. Tyler Condie; Bike Zion 5:33.19
5. Daniel Lee 5:33.23

Sport Women 19+

6. Zachary Hardin; Bike Zion 5:36.37
7. Nic Hadley; Go-Ride 5:39.97
8. Jacob LaRoque; DOD Racing 5:48.65
9. Micah Hintze; Park's Sportsman 5:50.99
10. Patrick Waldron; Team Waldron 5:59.40
11. Tyler Carruth; DOD Racing 6:04.68
12. Jeremy Morgan; Hayes/ODI/PumpK/Intense/Morewood/661 6:19.81

Sport Men 40+

1. Justin Nelson; Park's Sportsman/Finseve 6:31.29

12 & Under

1. Colton Kissell 12:18.87
2. Brett Scarborough 8:04.46

Beginner Men 40+

1. Stephen Waldron; Team Waldron 5:45.34
2. Clint Bullock 6:22.44
3. Rolf Hebenstreit 6:25.93
4. Corey Swenson 6:45.34

Beginner Men 19-39

1. Kade Salisbury 5:33.21
2. Trevor Jolley; Park's/Jolley's Pharmacy 6:03.14
3. Steve Miller; Ghetto Slider Clothing 6:08.11
4. Shawn Edwards 6:23.87
5. Nathan King; Revolution 7:14.46

Beginner Men 13-18

1. Kris Baughman 9:58.74
2. Chance Wilson 5:40.29
3. Chris Geaslin 5:43.34
4. Joey Costanzo 5:46.04
5. Beau Hennings 5:48.51
6. Jack Larson 6:28.03
7. Travis Bowdie 6:31.43
8. Scott Stybe 7:12.78
9. Miles Dunford 7:16.10

Sport Women 19+

1. Aponi Hancock; Bike Zion 5:57.84
2. Ana Rodriguez; Park's Sportsman 7:26.96

Super-D Final

1. Kris Baughman 9:58.74
2. Craig Skinner 10:25.43
3. Tim Morris 10:52.55
4. Brad Koyle 11:11.43

Sport Men 30-39

1. Gary Moore 10:43.58
2. Andrew Brezoff 11:09.46

Sport Men 40+

1. Rolf Hebenstreit 12:32.02

Sport Men 13-18

1. Riley Hewes 11:03.84

Beg Men 19-39

1. Ryan Simmons 10:38.58
2. Damon Sant 15:92.27

Sport Women

1. Elizabeth Koyle 13:50.93

19th Annual Snowbird Mountain Bout, July 15, 2006, Snowbird, Utah

1. Justin Griffin; UtahMountainBiking.com 12:32:06
2. Hunter Tolbert; Big Trace Racing and Mules 12:35:47
3. Griffin S. Park 12:36:46
4. Dan Lund; UtahMountainBiking.com 12:36:47
5. Rhet C. Povey; The Bike Shoppe 12:40:03
6. Sam Watson; Revolution 12:42:21
7. Riley Greene; Young Riders 12:42:50
8. Sean B. Lyne; Logan Race Club 12:51:02
9. Destrey Enders; Autoliv 12:53:39
10. Erich Kolan; Revolution 12:54:19

9 & Under

1. Jonah Fambro 12:14:05
2. Alex Binker 12:14:09
3. Brayden Nielsen 12:18:24
4. Mackenzie Nielson; Sambucca/Contender 12:20:02
5. Jackson Byck 12:20:33
6. Scott Abbott; Revolution Peak Fastener 12:24:24
7. Shawn Nielsen 12:25:49

Beg Men 13-15

1. Zane Enders; Autoliv 1:03:17
2. Logan Phippin; Autoliv 1:08:49
3. Joshua Elston; AutoLiv Jr. Mtn. Bike Team 1:20:35
4. Conor M. Lyne; Logan Race Club 1:28:36

Beg Men 16-18

1. Eric Taylor; UtahMountainBiking.com 1:14:40
2. Colin Hunsaker; UtahMountainBiking.com 1:19:07
3. Dan Bishop 1:30:51
4. Tyler Margetts; UtahMountainBiking.com 12:57:03
5. Chris Daniels; BikersEdge/Destination Homes 1:03:16
6. Joshua Choate; Highlander 1:04:18
7. Carson Wick; UtahMountainBiking.com 1:04:28
8. Aaron Dansie; Canyon Bicycle/Sweet Tomatoes 1:06:15
9. Dan Hutchings; UtahMountainBiking.com 1:13:14
10. Brendan Brinkley; Bike Zion 1:16:52

Beg Men 30-39

1. Jared Evans; Kobrakahn 12:56:25
2. Stephan Bergen; UtahMountainBiking.com 12:59:09
3. Joe Christensen; Revolution 1:01:01
4. Dave Dean; Mad Dog Cycles 1:02:09
5. Travis Buzzard; Revolution Mountain Sports 1:12:06
6. Jonathan Atzet 1:00:32
7. John VanWagner; UtahMountainBiking.com 1:05:16
8. Rich Phippin 1:07:02
9. Greg Robbins 1:09:28
10. Scott Hunsaker; UtahMountainBiking.com 1:24:18

Beginner Women

1. Meghan Buzzard; Revolution Mountain Sports 1:11:07
2. Anne Bridgeman; Sandcastle Holdings 1:19:07
3. Katie O'Hearn 1:32:12

Clydesdale

1. Mike Oblad; Hyland Cyclery 1:29:05
2. Trent Wignall; DNA Cycling 1:29:04
3. Greg Johnson; Mad Dog Cycles 1:36:24
4. Aaron Mullins; Taylors Bike Shop 1:53:45

Exp Men 19-29

1. David Welsh; Cedar Cycle/Color Country 1:30:19
2. Matthew Sutton; Wasatch Touring 1:30:32
3. Adam Gurtler; Mad Dog Cycles 1:59:34
4. Tim B. Lewin; Carls Jr 2:02:56

Exp Men 30-39

1. Samuel Moore Porcupine/Canyon Spts 1:36:53
2. Richard D. Abbott; Revolution/Peak Fasteners 1:37:32
3. Bob Saffell; Revolution 1:40:48
4. Brad Newby; Red Rock Bicycles 1:43:43
5. Mark W. Espin; Bountiful Cycle 1:44:39
6. Leif Johnson; Mad Dog Cycles 1:44:40
7. Drew Neilson; Logan Race Club/Wimmers 1:47:21
8. Derrick K. Batley; Team Red Rock 1:51:38

Exp Men 40+

1. Daren Cottle; Porcupine/Specialized Racing 1:49:49
2. Bruce Lyman; Mad Dog Cycles 1:52:34

Men 50+

1. Brad A. Mullen; Canyon Bicycles 1:22:35
2. Mark Enders; Autoliv 1:25:43
3. Dwight Hibdon; Mad Dog Cycles 1:29:59
4. Bill Dark; Mad Dog 1:30:25
5. Scott Miles; Canyon Cycles 1:32:24
6. Craig D. Williams; CutThroat Racing 1:37:28
7. Bruce R. Argyle; UtahMountainBiking.com 1:45:18

Men 57+

1. Lewis Rollins; Sambucca/Contender 1:07:03

Pro Men

1. Kevin Day; Biker's Edge/DestinationHomes 1:48:13
2. Alex Grant; Rocky Mt./Oakley 1:48:18
3. Bart Gillespie; Raleigh Factory Team 1:50:22
4. Ty Hansen; Revolution/BNakedCannondale 1:57:13
5. Brandon Firth; Biker's Edge/DestinationHomes 1:57:35
6. Geoffrey Montague; Yeti/Desert Cycle 2:09:11

Pro Women

1. Roxanne Toly; Jans 1:54:13
2. Kara C. Holley; Mad Dog Cycles 1:55:23
3. Denise Vandekamp; Ivory Homes 2:07:22

Single-Speed

1. Brad Keyes Racers; Cycle Service 1:17:22
2. Brian A. Tolbert; Big Trace Racing and Mules 1:18:16
3. Eric T. Johnson; Mad Dog Cycles 1:37:37
4. Dave Benson; EPO 1:45:17
5. Stephen Wasmund; Cutthroat Racing 1:52:22

Sport Women

1. Erika Powers 1:34:25
2. Lisa R. White; Porcupine/Canyon Sports 1:35:49
3. Jenelle Kremer; Revolution 1:39:37
4. Hannah Steele; Teton Cycle Works 1:44:58
5. Lyna Saffell; Revolution Mtn. Sports 1:55:42
6. Jennifer Roberts 1:57:59

Spt Men 16-18

1. Taylor Burton 1:17:23
2. Brent R. Randall 1:24:26
3. Dave Larsen; Utah Mt Biking.com 1:29:39

4. Tyler M. Beyerle; BikersEdge/DJ Ortho 1:30:42

Spt Men 19-29

1. Tyler Nelson; Oakley 1:16:55
2. Justin Healy; CycleSmith 1:17:54
3. Craig Chilton 1:22:10
4. Brandon Wilde; The Mighty Pink Belt 1:28:13
5. Stephen Brown; UtahMountainBiking.com 1:28:50
6. Jesse Sorenson; Mad Dog Cycles 1:38:02
7. Ben Hutchings; UtahMountainBiking.com 1:45:15
8. Josiah Halverson 2:04:36

Spt Men 30-39

1. Ryan Ashbridge; Revolution Mountain Sports 1:15

- Eric Anderson; ICE/Rocky Mountain Surgery 02:10:55
- Matt Thompson; Logan Race Club 02:10:55
- Jon Bell; Contender/sambucca 02:10:55
- Gameron Lasky 02:10:55
- Terry Totemeier; ICE/Rocky Mountain Surgery 02:10:55

- Cat 5 Male Road Race Results**
- John Thomas; G.a.s. - Hh 01:31:01
 - Lance Lehnhof; Porcupine Cycling 01:31:01
 - Kirk Minor; Vanguard Media Group 01:31:01
 - Jeff Hale; George's Cycling 01:31:01
 - Alex Whitney 01:31:01

- Master 35+ Male Road Race Results**
- Jim Crouch; Intermountain Orthopaedics/LRCC 02:59:28
 - Justin Kline; ICE/Rocky Mountain Surgery Center 02:59:28
 - Scott Robinson; Sv Road & Dirt 02:59:28
 - Todd Jankiewicz; Intermountain Orthopaedics/LRCC 02:59:28

- Master 45+ Male Road Race Results**
- Kurt Holzer; Intermountain Orthopaedics/LRC 02:07:47
 - Sam Wolfe; Canyon Bicycles 02:10:45
 - John Esposito; Intermountain Orthopaedics/LRCC 02:11:39
 - Kevin Shepherd; Mi Duole 02:11:39
 - Jeff Clawson; Canyon Bicycles 02:11:43

- Master 55+ Male Road Race Results**
- Heather Albert; America's Dairyland 02:20:21
 - Cherell Jordin; Porcupine/Specialized Racing 02:20:22
 - Kris Walker; Intermountain Medical Clinic 02:20:22

- Pro/1/2 Female Road Race Results**
- Heather Holmes; Ivory Homes 02:20:22
 - Kris Walker; Intermountain Medical Clinic 02:20:22

- Cat 4 Female Road Race Results**
- Chellie Terry; Fitzgerald's Bicycles 02:20:21
 - Jen Ward; Wasatch Women 02:20:22
 - Cherell Jordin; Porcupine/Specialized Racing 02:20:22
 - Karen Appleby-Krieg; LRC/Intermountain Medical Clinic 02:20:22

- Cat 4 Female Road Race Results**
- Jamie Bennion; Intermountain Sports Med/LRC 01:38:10
 - Juel Iverson; Ivory Homes 01:38:12
 - Elizabeth Williams; Intermountain Orthopaedics/LRC 01:38:14
 - Christy Turnbull; Sambucca/contender 01:38:14
 - Sandy Kern; Alaska Waste 01:42:58

- Master 35+ Female Road Race Results**
- Jo Garuccio; Canyon Bicycles 01:38:27
 - Jodi Cuccia; Lost River/Intermountain Orthopaedics 01:39:41
 - Vickie Memmer; Teton Gravity Girls 01:48:44

- Junior 15-18 Male Road Race Results**
- Bruce Hoffman; Ogden One 01:31:29
 - Colton Osterhout; 01:31:32
 - Jimmy Hague; Sun Summit Jr Cycling 01:31:33
 - Thomas Anderson; Sticks & Stones 01:31:35
 - Taylor Benz; Sun Summit Cycling Club 01:31:42
 - Tyler Wall; Team Evanston 01:31:52
 - Dana Hoffman; Ogden One 01:43:18
 - Bradley Schaff; Byrds 01:48:37

- Junior 10-14 Male Road Race Results**
- Jackson Long; Sun Summit Junior Cycling Team 00:00:00
 - Colby Benz; Sun Summit Cycling Club 00:00:00
 - Davis Hague; Sun Summit Jr Cycling 00:00:00
 - Eric Pew; ICE/Rocky Mountain Surgery Center 00:00:00

- Junior 15-18 Female Road Race Results**
- Marth Memmer; Teton Gravity Girls 00:58:48
 - Katie Harris; Teton Gravity Girls 00:58:53

- Pro/1/2 Male Trial Results**
- Jeff Louder; Healthnet Presented by Maxxis 00:12:13
 - Burke Swindlehurst; Navigators Insurance 00:12:25
 - Calvin Allan; Bode Cycling 00:12:44
 - Nate Thomas; Sienna Dev't - Goble Knee Clinic 02:15:57
 - Sam Krieg; ICE/Rocky Mountain Surgery Center 00:13:06

- Cat 3 Male Time Trial Results**
- Dustin Eskelson; Bingham's 00:13:13
 - Phillip Wood; FFKR Architects/SBO 00:13:35
 - Cameron Candelaria; Canyon Bicycles 00:13:36
 - Ben D'hulst; Park City Cycling Academy 00:13:38
 - William Jessen; RMCC 00:13:38

- Cat 4 Male Time Trial Results**
- Aaron Olsen; FFKR 00:13:23
 - Jeff Louder; Contender/sambucca 00:13:48
 - Ian Tuttle; Fitzgerald's 00:13:57
 - Eric Anderson; ICE/Rocky Mountain Surgery Center 00:14:02

- Master 35+ Male Time Trial Results**
- Dave Bergart; Fitzgerald's Bicycles 00:14:25

- Cat 5 Male Time Trial Results**
- Lance Jensen; Utah Valley Racing 00:15:09
 - Jody White; 00:15:29
 - Alex Whitney; 00:15:35
 - John Thomas; G.a.s. - Hh 00:15:42
 - Alex Phipps; K Man 00:15:56

- Master 35+ Male Time Trial Results**
- Scott Allen; Canyon Bicycles 00:13:29
 - Ted Burgess; Intermountain Orthopaedics/LRCC 00:13:44
 - Gary Porter; Autoliv 00:13:57
 - Scott Robinson; Sv Road & Dirt 00:14:05
 - Chip Keyes; Intermountain Orthopedic/lost River 00:14:11

- Master 45+ Male Time Trial Results**
- Jeff Clawson; Canyon Bicycles 00:13:40
 - John Esposito; Intermountain Orthopaedics/LRCC 00:13:48
 - Russell Thorstrom; Digestive Health/Aero Cycles 00:13:49
 - Kevin Shepherd; Mi Duole 00:14:23
 - Kurt Holzer; Intermountain Orthopaedics/LRCC 00:14:49

- Master 55+ Male Time Trial Results**
- Ken Louder; FFKR Architects/sbo.com 00:13:46

- Pro/1/2 Female Time Trial Results**
- Heather Albert; America's Dairyland 00:14:53
 - Kris Walker; Intermountain Sportsmedicine/LRC 00:15:12
 - Heather Holmes; Ivory Homes 00:16:05

- Cat 3 Female Time Trial Results**
- Jen Ward; Wasatch Women 00:14:20
 - Karen Appleby-Krieg; LRC/Intermountain Medical 00:14:32
 - Chellie Terry; Fitzgerald's Bicycles 00:15:41
 - Cherell Jordin; Porcupine/Specialized Racing 00:15:52

- Cat 4 Female Time Trial Results**
- Elizabeth Williams; Intermountain Orthopaedics/LRC 00:16:31
 - Sandy Kern; Alaska Waste 00:16:50

- Jamie Bennion; Intermountain Sports Med/LRC 00:16:57
- Juel Iverson; Ivory Homes 00:17:12
- Chantel Thackeray; FFKR/sports Base Online 00:17:14

- Master 35+ Female Time Trial Results**
- Jo Garuccio; Canyon Bicycles 00:16:06
 - Jodi Cuccia; Lost River/Intermountain Orthopaedics 00:17:01
 - Vickie Memmer; Teton Gravity Girls 00:18:21

- Junior 15-18 Male Time Trial Results**
- Bruce Hoffman; Ogden One 00:13:47
 - Taylor Benz; Sun Summit Cycling Club 00:15:51
 - Colton Osterhout; Sun Summit 00:15:52
 - Jimmy Hague; Sun Summit Jr Cycling 00:18:59
 - Tyler Wall; Team Evanston 00:16:15

- Junior 10-14 Male Time Trial Results**
- Davis Hague; Sun Summit Jr Cycling 00:16:15
 - Colby Benz; Sun Summit Cycling Club 00:18:51
 - Eric Pew; ICE/Rocky Mountain Surgery Center 00:18:54
 - Jackson Long; Sun Summit Junior Cycling Team 00:19:30

- Junior 15-18 Female Time Trial Results**
- Marth Memmer; Teton Gravity Girls 00:19:29
 - Katie Harris; Teton Gravity Girls 00:21:07

- Pro/1/2 Male Criterion Results**
- Dave Harward; Porcupine/Specialized Racing 01:14:10
 - Calvin Allan; Bode Cycling 01:14:11
 - Todd Hageman; Park City Cycling Academy 01:14:11
 - Burke Swindlehurst; Navigators Insurance Cycling Team 01:14:11
 - Nate Thomas; Sienna Dev't - Goble Knee Clinic 01:14:11

- Cat 3 Male Time Trial Results**
- Dustin Eskelson; Bingham's 00:13:13
 - Phillip Wood; FFKR Architects/SBO 00:13:35
 - Cameron Candelaria; Canyon Bicycles 00:13:36
 - Ben D'hulst; Park City Cycling Academy 00:13:38
 - William Jessen; RMCC 00:13:38

- Cat 4 Male Criterion Results**
- Eric Anderson; ICE/Rocky Mountain Surgery 00:50:54
 - Keith Anderson; Logan Race Club 00:50:15
 - Anthony Fisher; Team Dobbiao 00:50:16
 - Dave Bergart; Fitzgerald's Bicycles 00:50:18
 - Ian Tuttle; Fitzgerald's 00:50:20

- Cat 5 Male Criterion Results**
- Alex Phipps; K Man 00:28:53
 - Kirk Minor; Vanguard Media Group 00:28:56
 - John Thomas; G.a.s. - Hh 00:28:56
 - Alex Whitney; 00:28:57
 - Jeff Hale; George's Cycling 00:28:57

- Master 35+ Male Criterion Results**
- Scott Robinson; Sv Road & Dirt 00:44:05
 - Jim Crouch; Intermountain Orthopaedics/LRCC 00:44:05
 - Scott Allen; Canyon Bicycles 00:44:07
 - Justin Kline; ICE/Rocky Mountain Surgery 00:44:27
 - Eric Carlson; Sun Valley Road and Dirt 00:44:39

- Master 45+ Male Criterion Results**
- Kevin Shepherd; Mi Duole 00:36:22
 - Bob Walker; Autoliv 00:36:28
 - John Esposito; Intermountain Orthopaedics/LRCC 00:36:30
 - Jeff Clawson; Canyon Bicycles 00:36:31
 - Russell Thorstrom; Digestive Health Clinic/Aero Cycles 00:36:31

- Master 55+ Male Criterion Results**
- Ken Louder; FFKR Architects/sbo.com 00:36:20
 - Heather Holmes; Ivory Homes 00:46:17
 - Heather Albert; America's Dairyland 00:46:21
 - Kris Walker; Intermountain Sportsmedicine/LRC 00:46:24

- Cat 3 Female Criterion Results**
- Karen Appleby-Krieg; LRC/Intermountain Medical Clinic 00:46:20
 - Chellie Terry; Fitzgerald's Bicycles 00:46:21
 - Jen Ward; Wasatch Women 00:46:22

- Master 35+ Female Criterion Results**
- Jodi Cuccia; Lost River/Intermountain Orthopaedics 00:40:12
 - Jo Garuccio; Canyon Bicycles 00:40:15
 - Vickie Memmer; Teton Gravity Girls 00:41:48

- Junior 15-18 Male Criterion Results**
- Bruce Hoffman; Ogden One 00:37:41
 - Taylor Benz; Sun Summit Cycling Club 00:37:55
 - Bradley Schaff; Byrds 00:37:55
 - Colton Osterhout; Sun Summit 00:37:56
 - Jimmy Hague; Sun Summit Jr Cycling 00:37:58
 - Dana Hoffman; Ogden One 00:38:00
 - Tyler Wall; Team Evanston 00:38:02

- Junior 10-14 Male Criterion Results**
- Davis Hague; Sun Summit Jr Cycling 00:29:01
 - Colby Benz; Sun Summit Cycling Club 00:31:30
 - Jackson Long; Sun Summit Junior Cycling Team 00:32:08
 - Eric Pew; ICE/Rocky Mountain Surgery Center 00:32:09

- Junior 15-18 Female Criterion Results**
- Marth Memmer; Teton Gravity Girls 00:31:41
 - Katie Harris; Teton Gravity Girls 00:31:41

- Pro/1/2 Male General Classification**
- Burke Swindlehurst; Navigators Insurance Cycling Team 04:51:50
 - Jeff Louder; Healthnet Presented by Maxxis 04:52:18
 - Calvin Allan; Bode Cycling 04:52:20
 - Nate Thomas; Sienna Dev't - Goble Knee Clinic 04:52:57
 - Dave Harward; Porcupine/Specialized Racing 04:53:06
 - Todd Hageman; Park City Cycling Academy 04:53:35
 - Kris Humbert; Vanguard Media Group Cycling 04:53:58
 - Ryan Parnes; Sawtooth Velo 04:54:04
 - Uhl Albert; Intermountain Orthopaedics/LRCC 04:54:06
 - Aaron Jordin; Porcupine/Specialized Racing 04:54:13

- Cat 3 Male General Classification**
- Phillip Wood; FFKR Architects/SBO 3:51:38
 - Dustin Eskelson; Bingham's 3:51:57
 - William Jessen; RMCC 3:52:22
 - Jason Montgomery; ICE/Rocky Mountain Surgery 3:52:30
 - Ben D'hulst; Park City Cycling Academy 3:52:44
 - Eric Rasmussen; Porcupine/Specialized Racing 3:53:00
 - Clark Mower; Contender 3:53:09
 - Nathan Armm; 3:53:12
 - Christopher Davidson; Ford Cycling 3:53:32
 - Greg Roper; Healthy Choice 3:53:32

- Cat 4 Male General Classification**
- 1.

- Eric Anderson; ICE/Rocky Mountain Surgery 03:17:06
- Aaron Olsen; FFKR 03:17:37
- Mike Franklin; Contender/sambucca 03:17:59
- Ian Tuttle; Fitzgerald's 03:18:07
- Dave Bergart; Fitzgerald's Bicycles 03:18:15
- Terry Huntley; ICE/Rocky Mountain Surgery 03:18:36
- Anthony Fisher; Team Dobbiao 03:18:37
- Terry Totemeier; ICE/Rocky Mountain Surgery 03:18:41
- Kevin Rowe; ICE/Rocky Mountain Surgery 03:18:50
- Eric Kafka; Sun Valley Road and Dirt 03:18:55

- Cat 5 Male General Classification**
- Jody White; 02:18:16
 - Lance Jensen; Utah Valley Racing 02:18:19
 - Alex Phipps; K Man 02:18:31
 - Alex Whitney; 02:18:49
 - Kirk Minor; Vanguard Media Group 02:18:57
 - John Thomas; G.a.s. - Hh 02:19:05
 - David Hachey; ICE/Rocky Mountain Surgery 02:19:23
 - Jeff Hale; George's Cycling 02:19:54
 - Josh Gunter; 02:20:05
 - Hal Miller; 02:20:18

- Master 35+ Male General Classification**
- Scott Allen; Canyon Bicycles 03:59:36
 - Scott Robinson; Sv Road & Dirt 03:59:50
 - Jim Crouch; Intermountain Orthopaedics/LRCC 04:00:19
 - Eric Carlson; Sun Valley Road and Dirt 04:01:09
 - Justin Kline; ICE/Rocky Mountain Surgery 04:01:10
 - James Chilson; 04:01:18
 - Tony Chesrow; Jan's 04:02:08
 - Ted Burgess; Intermountain Orthopaedics/LRCC 04:02:27
 - Todd Jankiewicz; Intermountain Orthopaedics/LRCC 04:02:32
 - Henry Harper; Intermountain Orthopaedics/LRCC 04:07:44

- Master 45+ Male General Classification**
- John Esposito; Intermountain Orthopaedics/LRCC 03:04:35
 - Jeff Clawson; Canyon Bicycles 03:04:47
 - Russell Thorstrom; Digestive Health Clinic/Aero Cycles 03:04:48
 - Kurt Holzer; Intermountain Orthopaedics/LRC 03:05:35
 - Kevin Shepherd; Mi Duole 03:05:38
 - Bob Marcinko; ICE/Rocky Mountain Surgery 03:10:43
 - Sam Wolfe; Canyon Bicycles 03:11:10
 - Bob Walker; Autoliv 03:13:20
 - Rudy Estrada; Cyclesports 03:18:31

- Master 55+ Male General Classification**
- Ken Louder; FFKR Architects/sbo.com 03:03:55

- Junior 10-14 Male General Classification**
- Jim Crouch; Intermountain Orthopaedics/LRCC 04:00:19
 - Eric Carlson; Sun Valley Road and Dirt 04:01:09
 - Justin Kline; ICE/Rocky Mountain Surgery 04:01:10
 - James Chilson; 04:01:18
 - Tony Chesrow; Jan's 04:02:08
 - Ted Burgess; Intermountain Orthopaedics/LRCC 04:02:27
 - Todd Jankiewicz; Intermountain Orthopaedics/LRCC 04:02:32
 - Henry Harper; Intermountain Orthopaedics/LRCC 04:07:44

- Junior 15-18 Male General Classification**
- Marth Memmer; Teton Gravity Girls 01:14:11
 - Katie Harris; Teton Gravity Girls 01:14:11

- Junior 10-14 Male General Classification**
- Dustin Eskelson; Bingham's 00:13:13
 - Phillip Wood; FFKR Architects/SBO 00:13:35
 - Cameron Candelaria; Canyon Bicycles 00:13:36
 - Ben D'hulst; Park City Cycling Academy 00:13:38
 - William Jessen; RMCC 00:13:38

- Junior 15-18 Female General Classification**
- Marth Memmer; Teton Gravity Girls 00:19:29
 - Katie Harris; Teton Gravity Girls 00:21:07

- Pro/1/2 Female General Classification**
- Heather Albert; America's Dairyland 03:24:13
 - Kris Walker; Intermountain Sportsmedicine/LRC 03:24:48
 - Heather Holmes; Ivory Homes 03:25:12

- Cat 3 Female General Classification**
- Karen Appleby-Krieg; LRC/Intermountain Medical 03:23:53
 - Jen Ward; Wasatch Women 03:24:01
 - Chellie Terry; Fitzgerald's Bicycles 03:25:00

- Cat 4 Female General Classification**
- Jamie Bennion; Intermountain Sports Med/LRC 02:37:51
 - Elizabeth Williams; Intermountain Orthopaedics/LRC 02:38:17
 - Juel Iverson; Ivory Homes 02:38:31
 - Christy Turnbull; Sambucca/contender 02:39:31
 - Sandy Kern; Alaska Waste 02:43:57
 - Chantel Thackeray; FFKR/sports Base Online 02:50:09
 - Brandi Gorden; Sambucca/contender 02:53:35

- Master 35+ Female General Classification**
- Jo Garuccio; Canyon Bicycles 02:37:54
 - Jodi Cuccia; Lost River/Intermountain Orthopaedics 02:40:13
 - Vickie Memmer; Teton Gravity Girls 02:52:50

- Junior 15-18 Female General Classification**
- Marth Memmer; Teton Gravity Girls 01:53:23
 - Katie Harris; Teton Gravity Girls 01:55:42

- Porcupine Big Cottonwood Hillclimb, July 14, 2006, Salt Lake City, Utah**

- Cat 1/2 Men**
- Jeff Louder; Health Net pb Maxxis 1:01:22
 - Burk Swindlehurst; Navigators 1:02:36
 - Norm Bryner; Guthrie Race Club 1:02:58
 - Nate Page; Bike Rack Racing Team 1:03:48
 - Eric Pardyjak; Park City Cycling Academy 1:04:52
 - Robert Lofgran; Ogden One 1:04:53
 - Sandy Perrins; Sienna Development - Goble Knee Clinic 1:05:32
 - Jeff Sargent; FFKR Architects/SBO 1:05:36
 - David Harward; Porcupine/Specialized Racing 1:09:08
 - Derek Timmermann; Park City Cycling Academy 1:12:44

- Cat 1/2/3 Women**
- 1.

- Nicole Evans; FFKR Architects/SBO 1:11:29
- Jen Ward; WWCC 1:13:44
- Laura Howat; Vanguard Media Group Cycling 1:17:03
- Nisie Van de Kamp; Ivory Homes 1:18:02
- Kristi Milomoi; Utah Valley Racing 1:18:22
- Kris Walker; Intermountain Sports Medicine 1:18:59
- Ruth Shapiro; Vanguard Media Group Cycling 1:22:31
- Darae Strong; WWCC 1:23:31
- Kathy Robinson; Intermountain Sports Medicine 1:24:01
- Laurie Humbert; Vanguard Media Group Cycling 1:28:03

- Cat 3 Men**
- Eric Jeppsen; MiDuole 1:03:08
 - Alvin Stewart; Blue Rain 1:05:17
 - Ira Tibbitts; Utah State University Cycling Club 1:06:06
 - Aaron Torres; Golsan Cycle 1:06:52
 - Sean Hoover; Vanguard Media Group Cycling 1:07:54
 - Jon Hendrickson; Cyclesmith 1:08:17
 - Jared Inouye; MiDuole 1:08:31
 - Aaron Packard; Racer's Cycle Service 1:09:26
 - Darren Marshall; 1:09:35
 - Phil Wood; FFKR Architects/SBO 1:12:54
 - Curt Doman; 1:13:04
 - Al Michini; Vanguard Media Group Cycling 1:20:58

- Cat 4 Men**
- Dave Gonturm; 1:06:19
 - Aaron Olsen; FFKR Architects/SBO 1:07:52
 - Jon Hendrickson; University of New Orleans 1:09:11
 - Jon Schofield; MiDuole 1:09:57
 - Nathan Gootes; Cumberland Transit 1:10:08
 - Bonn Turkington; Canyon Bicycles 1:10:10
 - David Hansen; Porcupine/Canyon Sports 1:10:10
 - Shane Powell; Powell Ophthalmology 1:10:40
 - Stephen Tueller; Ogden One 1:10:45
 - Gene Smith; MiDuole 1:11:19

- Cat 4 Women**
- Karin Carestia 1:18:59
 - Jeff Clawson; Canyon Bicycles 1:20:41
 - Allison Frye 1:20:53
 - Leslie Schofield 1:22:19
 - Marlene Murnin 1:26:31
 - Heather Edwards 1:29:00
 - Susie Rose 1:32:43
 - Laurel Hunter; Santa Cruz Spokesman 1:36:05
 - Sonia Maxfield; Vanguard Media Group Cycling 1:38:41
 - Melanie Helm; WWCC 1:50:24

- Cat 5 Men**
- Torin Kos 1:07:20
 - Eric Gibbons 1:07:51
 - Bradley Fiehrig 1:09:19
 - Ken Webster 1:10:23
 - Eric Wynn 1:11:19
 - Dwaine Allgier 1:13:04
 - Ron Christiansen; Biker's Edge 1:13:49
 - Tony Parkerson; 1:13:59
 - Russ Barnett 1:13:59
 - Brian Avery; Canyon Bicycles 1:14:18

- Junior Men 10-18**
- Ren Gibbons 1:14:15
 - Bobby Cannon 1:34:31
 - Keith Powell; Powell Ophthalmology 1:57:14
 - Bradley Schaff; Byrds 2:46:03

- Master Men 35-44**
- Mark Todd; Canyon Bicycles 1:05:38
 - Zan Treasure; Autoliv 1:06:25
 - Scott Allen 1:07:13
 - Arjom Zenger; MiDuole 1:07:39
 - Dan Miner; Autoliv 1:07:50
 - Dave Sharp; MiDuole 1:07:51
 - Bruce Bilodeau; Porcupine/Canyon Sports 1:07:56
 - Mike Fogarty; Porcupine/Specialized Racing 1:08:25
 - Donald Armstrong; Autoliv 1:08:33
 - Andrew Lock; Salt Lake Cycling 1:10:40

- Master Men 45-54**
- Ed Chauner; MiDuole 1:03:15
 - Christy Turnbull; Sambucca/Vanguard Media Group Cycling 1:09:54
 - Jamie Longe; Canyon Bicycles 1:10:08
 - Mark Seltenrich; Cutthroat Racing 1:10:46
 - James Ferguson; Autoliv 1:11:06
 - Ken Kilgore; Vanguard Media Group Cycling 1:12:59
 - Korlin Gillette; FFKR Architects/SBO 1:13:26
 - Steven Wilcox; Porcupine/Specialized Racing 1:13:27
 - Louis Riel; Porcupine/Canyon Sports 1:13:32
 - Chris Peterson; MiDuole 1:14:07
 - Sam Wolfe; Canyon Bicycles 1:13:46
 - Kent Barton; MiDuole 1:14:07
 - Kevin Shepherd; MiDuole 1:17:20
 - Paul Skiba 1:17:40
 - Charles Palmer; Vanguard Media Group Cycling 1:20:07
 - James Hunter 1:24:01
 - Patrick Hogle 1:24:15
 - Farrell Spackman 1:24:42
 - Ted Messer; Vanguard Media Group Cycling 1:25:49
 - John Dewell 1:25:50

- Ken Yonemura; Team SCARR 1:28:14
- Tim Bowman; RMCC 1:35:08

- Master Men 55-99**
- Ken Louder; FFKR Architects/SBO 1:13:50
 - Hardin Davis; Vanguard Media Group Cycling 1:14:58
 - Ron Roy; Porcupine/Canyon Sports 1:16:23
 - Rick Marston; Vanguard Media Group Cycling 1:26:33
 - Shannon Storrud 1:28:23
 - Lee Bourne; Sambucca 1:36:44

COMMUTER OF THE MONTH

Mass Transit from North Salt Lake to Salt Lake City

Left to Right: Lenard Wright, Andrew Fry, Peter Whiting, and Orion Goff.

By Lou Melini

The commuter profile for this issue is of a group of bike commuters from North Salt Lake and Bountiful. The questions for this column were answered by one of the riders, Lenard Wright from North Salt Lake. The 2 other main commuters of the group are Orion Goff of Bountiful and Peter Whiting of North Salt Lake. This threesome is sometimes joined by Kirk Lindstrom and Steve Wasmund. All work in Salt Lake City for various entities.

Cycling Utah: Before you rode your bike to work, I understand you ran to work for nearly 20 years! Why the switch to the bike?

Do you miss the run?

Lenard Wright: In 1998, I fell about 40 feet in Zion while trying to help out one of my sons on a rappelling route. Because of the fall, I developed osteoarthritis in my right hip. That prevented me from doing long runs. I found that riding a bike didn't cause me any pain. I do miss the running but I have put it behind me.

C.U.: I understand you guys commute via the Bonneville Shoreline trail (as long as there are less than a few inches of snow). What is the commute like? Is it technical? Steep? What wildlife have you observed? What is the length of the commute?

L.W.: The ride is beautiful with all of the flowers, trees, and animals all in the context of peace and quiet. We have seen all kinds of animals, including deer, moose, fox, coyote, skunk, porcupine, rabbit, gopher and rattlesnakes as well as a multitude of birds. The dirt road and single track trail is mostly smooth. The hills and tight switchbacks are a bit demanding and technical in both directions. The toughest part for me is making all the switchbacks coming up out of City Creek Canyon. The longer route has several up and down grades and several tight switchbacks, so it is not a beginner trail. The ride is 6.5 to 8.5 miles depending on which trail with up to 45 minutes of riding for the longer route. When we take the road it is 25 minutes for the 7.5 miles.

C.U.: When you do take the paved road to Salt Lake, what is your route? What is driver behavior like in Davis County compared to Salt Lake City? Do you see many other people commuting from Davis County?

L.W.: We meet at the intersection of Center St. and Orchard Drive in North Salt Lake. We take highway 89 to Beck St. and then to 2nd West in Salt Lake City. Beck Street is the worst section of the ride with downtown Salt Lake next. We see perhaps 1-2 people on the road during our commute but up to 6 people on the trail.

C.U.: There was an article in the Tribune regarding the commute that you, Orion and Peter do. It mentioned that you are part of the trails committee in North Salt Lake. How does commuting tie in with your committee?

L.W.: Given the riding we do on the trails coming into Salt Lake, I can have direct input on what

works for mountain bikers and what doesn't. I am all for trails that are user friendly for hikers, runners and bikers. North Salt Lake and Salt Lake City need to coordinate their efforts in tying the Bonneville Shoreline Trail together where the 2 trails meet. I understand this is now taking place.

C. U.: How do you coordinate the commute? Is someone always late? How do you communicate if one is sick or running late?

L.W.: Most of our coordination is done via e-mail during the day. We all pretty well know each the schedules of each other, so meeting up at about the same time is not usually a problem. We also carry cell phones or Blackberrys so we call if a problem arises, like a flat tire, or whatever. We also have a standing rule that we only wait around a few minutes if others do not show.

C.U.: Given the collective wisdom and experience, what is the consensus on equipment and clothing? Anything that works well that you

all use?

L.W.: Nothing special. We wear clothing in the winter to stay warm, not overly cycling specific. No brand name lights. Stock mountain bikes with backpacks. The bikes are somewhat lightweight with front shocks. The most important item of clothing for me are my neoprene shoe covers. My feet stay dry and warm while Pete and Orion and have had cold wet feet.

C.U.: Thank you Lenard for being a spokesperson for the group and a spokesperson for your commute to Salt Lake.

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

MS150 Raises \$1.25 Million for Research

SALT LAKE CITY (July 28, 2006) —Over 2,300 cyclists gathered at the Cache Valley Fairgrounds on June 24th and 25th to participate in the National Multiple Sclerosis Society's 20th Anniversary MS 150 Bike Tour, by far the National MS Society's largest and most exhilarating event. Participants in the MS 150, presented by Harmons, Your Neighborhood Grocer®, toured 40, 75, or 100 mile routes each day on the scenic roads of Cache Valley. Riders aged 7 to 87 had access to rest stops supplied with food and water, first-aid support, and supply, assist, and gear (SAG) vehicles along the route. The yearly fundraiser raised over \$1,200,000 (up from \$1 million in 2005) to support MS research, and programs for those living with MS. Utah's MS 150 is the largest, organized, two-day cycling event in Utah.

Over the weekend participants camped at the Fairgrounds or filled up the Logan hotels; all of which were sold out for the weekend. At the Fairgrounds -- home base for the MS 150 -- a festival atmosphere came to life with live bands, team tents, great food, and fun for the entire family. Saturday night, riders enjoyed a pool party and an awards dinner presentation with Bill Allred of X96 as the MC.

To learn more about the MS 150, visit www.fightmsutah.org or call 1-800-FIGHT-MS.





ROCKY MOUNTAIN BICYCLES
SPECIAL PURCHASE SALE

SAVE UP TO \$1500 ON ETS-X MODELS!
SLAYER, ELEMENT, VERTEX &
ROAD BIKES ALSO ON SALE!

WHY WAIT?
FALL CLEARANCE PRICES NOW!!!

2175 South 900 East • Sugarhouse
801•466•3971 • fisherscyclery.com

IT'S HARD TO FEEL
AT ONE WITH NATURE
WHEN YOUR BIKE WON'T
**SHUT THE
HELL UP.**

same day service & repair.



moots | raleigh | independent fabrications
phil wood | dt swiss | white industries | surly
salsa | fox | edwin custom cycles
great selection of new and used

250 SOUTH 1300 EAST | SALT LAKE CITY
801-582-9870 | WWW.CYCLESMTSLC.COM

BICYCLE REPAIR SPECIALISTS

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

Moab

Chile Pepper
550 1/2 North Main
Moab, UT 84532
(435) 259-4688
(888) 677-4688
chilepepperbikeshop.com

Moab Cyclery

391 South Main
Moab, UT 84532
(435) 259-7423
(800) 559-1978
moabcyclery.com

Poison Spider Bicycles

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

Slickrock Cycles

427 N. Main Street
Moab, UT 84532
(435) 259-1134
(800) 825-9791
slickrockcycles.com

Price

Decker's Bicycle
77 E. Main Street
Price, UT 84501
(435) 637-0086
bikemd@preciscom.net

St. George

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

Desert Cyclery

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

Red Rock Bicycle Co.

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

Springdale

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

NORTHERN UTAH

Logan

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

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

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

Park City

Christy Sports
7580 Royal St. E-107
Silver Lake Village
Deer Valley, UT 84060
(435) 649-2909
christysports.com

Cole Sport

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

Jans Mountain Outfitters

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

Stein Eriksen Sport

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

Stein Eriksen Sport

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

Summit Cycle and Snow

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

White Pine Touring

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

Vernal

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

WASATCH FRONT

DAVIS COUNTY

Bountiful

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

Kaysville

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

Sunset

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

SALT LAKE COUNTY

Central Valley

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

Canyon Sports Ltd.

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

Golsan Cycles

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

Spin Cycle

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

Salt Lake City

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

Cyclesmith

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

Bingham Cyclery

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

Fishers Cyclery

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

Go-Ride Mountain Bikes

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

Salt Lake City

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

Guthrie Bicycle

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

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

SLC Bicycle Collective

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

Wasatch Touring

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

Wild Rose Mountain Sports

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

South Valley

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

Canyon Bicycles

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

Golsan Cycles

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

REI

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

Revolution Bicycles

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

UTAH COUNTY

American Fork/Lehi

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

Trek Bicycles of

American Fork
356 N. Meadow Lane
American Fork, UT 84003
(801) 763-1222
trekAF.com

UTAH COUNTY (CONT.)

Payson

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

Provo/Orem

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

Down Shift Cycles

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

Mad Dog Cycles

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

Mad Dog Cycles

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

Park's Sportsman

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

Racer's Cycle Service

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

Springville

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

WEBER COUNTY

Eden/Huntsville

Diamond Peak

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

Ogden

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

Bingham Cyclery

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

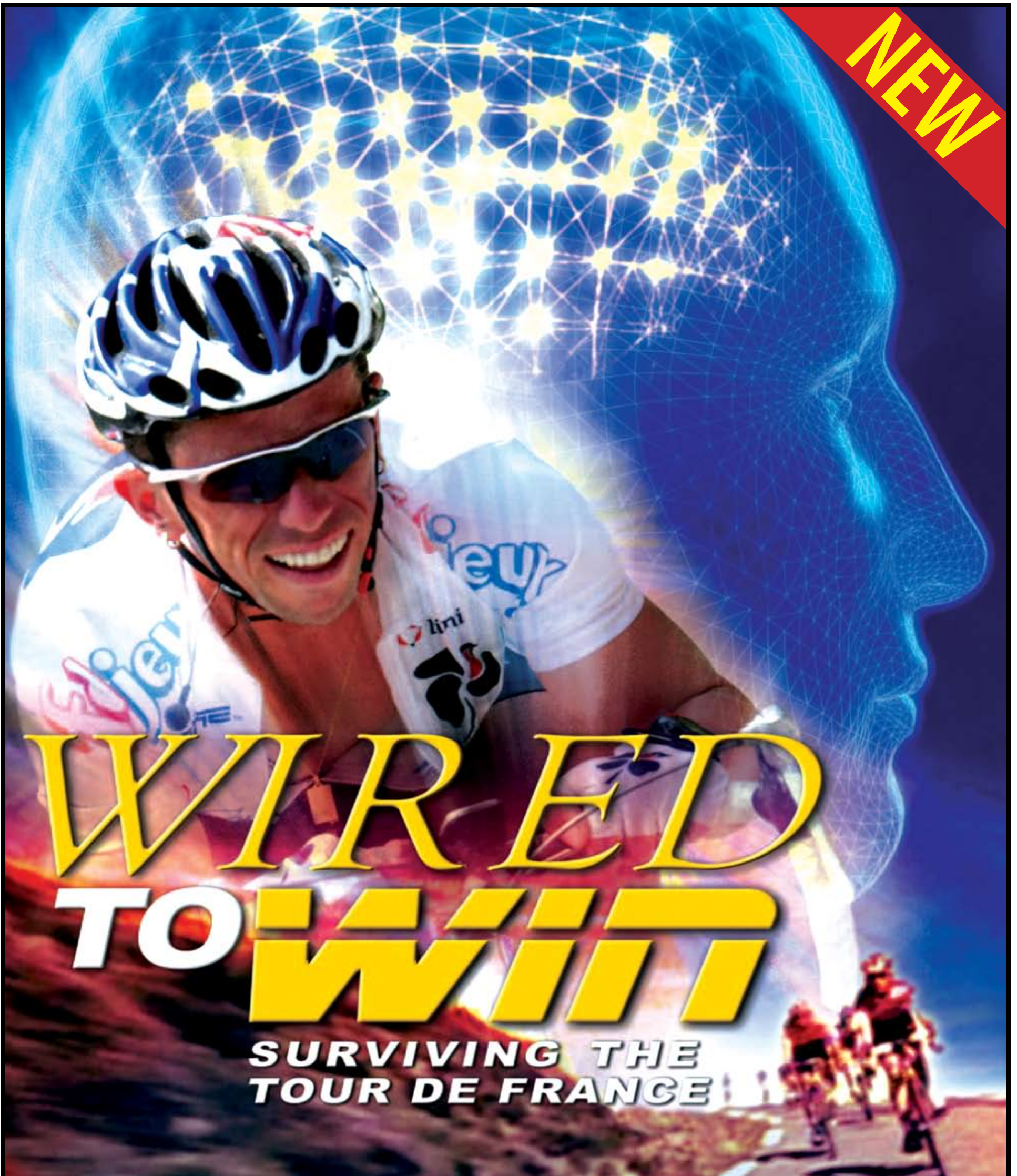
Canyon Sports Outlet

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

Skyline Cycle

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

NEW



WIRED TO WIN

SURVIVING THE
TOUR DE FRANCE

cricket® **IMAX**[®]
THEATRE

MEGAPLEX 17 at Jordan Commons ~ 9400 S. State Street ~ Sandy

Purchase advanced tickets at www.megaplextheatres.com

For group sales or events call ~ 801-304-4550.

