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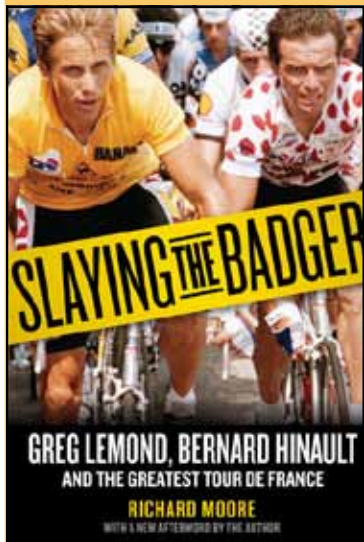
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BOOK REVIEW

Slaying the Badger is a Masterpiece

the weekend. So it was that I followed the 1985 Tour de France and watched LeMond, a member of the powerful La Vie Claire team, surrender (albeit somewhat begrudgingly) his chance, or rather his nearly certain opportunity, for victory in the Tour in order to support teammate Bernard Hinault win his record-tying fifth Tour title. Being American, I personally wished LeMond had grabbed his opportunity, but was gratified when a thankful Hinault publicly announced he would be helping LeMond in 1986 secure his first overall Tour win.

It was that pronouncement that set the stage for what Richard Moore claims in the subtitle to his new book, *Slaying the Badger*, to be the "Greatest Tour de France". While this assessment, as Moore acknowledges, is subjective and questionable, there is no doubt that those of us who followed the 1986 Tour were spellbound as we watched the intense intra-team intrigue resulting from Hinault's apparent, and generally acknowledged by all but Hinault, betrayal of his promise to LeMond.

Slaying the Badger reads like a well-written novel that I could hardly put down, even though I already knew the ending. What I didn't know was all the background detail, the subplots and the personalities involved in this story. And even though I felt I had a decent feel for the personas of LeMond

and Hinault, the full story told by Moore gave me many insights and a much greater understanding of these two extraordinary antagonists.

Moore's genius in this book is two-fold: First, it is in delving into LeMond's and Hinault's beginnings and development, both in their lives and their racing, leading up to their epic battle in 1986 and the interplay of their personalities and characteristics. Second, it is in bringing in the surrounding personalities. In addition to Hinault and LeMond, Moore interviewed approximately 20 people involved in this Tour, including La Vie Claire's directeur sportif, Paul Köchli, Hinault and LeMond's prior directeur sportif, Cyrille Guimard, teammates Andy Hampsten, Steve Bauer and Jean François Bernard, opponent and title contender Urs Zimmerman, 7-Eleven soigneur Shelley Verses and assistant directeur sportif at La Vie Claire, Maurice LeGuilloux, all very familiar names to those of us who followed this drama.

Moore's interviews with Hinault and LeMond are fantastic reading. Hardly less compelling are those with Köchli, Guimard and Hampsten. While Moore draws certain ideas and conclusions from these interviews, he relates them in such a way as to allow you as a reader to also develop ideas and conclusions of your own.

The book is organized like a stage race with a Prologue, Grand Départ and Arrivée. In the Prologue, Moore relates his interviews, and their settings, with LeMond and Hinault. The Grand Départ, details the histories of LeMond and Hinault which deliver them to the 1986 start line. Arrivée tells the story of the 1986 Tour.

Slaying the Badger is masterfully written, pulling in tidbits from interviews, articles, and several other sources and deftly tying them together as the story unfolds. Moore succeeds in bringing all his characters to life, not an easy thing to do, even in non-fiction. His descriptions and attention to nuances add depth and character to this tale.

After reading this book, even though I was all for LeMond and am glad he won this Tour, I could not help but admire Hinault's competitiveness, aggression and panache. He was a true "patron" of the peloton, a strong and compelling leader. Conversely, I liked LeMond's open personality and, if you will, his "American" nature. But I cannot help but feel that in the final analysis, Hinault was the more calculating and intelligent racer, with an ability to take the pulse of a race and the competition, while LeMond simply was blessed with tremendous strength. I don't think, after reading this book, that LeMond could have been the patron of the peloton like Hinault. Unfortunately, as a result of LeMond's near-death gunshot wound in 1987, a severe interruption in the prime of his career, he did not have the opportunity to move into that role. This would have been the prime opportunity to do so, given Hinault's retirement at the end of 1986. But even given his comeback and subsequent Tour victories in 1989 and 1990, he never showed the same ability to lead and control the peloton.

I loved this book. I was young (relatively, being only three years older than Hinault), new to the sport and excited about racing. How could my introduction to the Tour de France be any more exciting than the 1985 and 1986 editions? Plus, I lived in France for a couple of years. So how could I not love this book? Well, easy. If it was poorly written. But it was not. Rather, I think it is one of the masterpieces of cycling literature.

The Tour begins this year on June 30th, the day this issue of *cycling utah* hits the newsstands. If you are like me, this means you spend your days avoiding Tour news, and your evenings staying up late watching Tour coverage. *Slaying the Badger* would be an excellent companion to watching the Tour. Alternatively, it would be a great way to get your Tour fix after the Tour itself is over.

Indeed, *Slaying the Badger* will make for exciting and excellent reading, and rereading, whenever you choose to pick it up.

Slaying the Badger: Greg LeMond, Bernard Hinault, and the Greatest Tour de France

By Richard Moore

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Cover: Two riders crest Faust Summit in the Tour de Cure on June 9, 2012 in Brigham City, Utah. The Tour raised \$500,000 for diabetes research this year. Photo: Robert Spendlove. Find more photos at Zazoosh.com

By David Ward

I became acquainted with the world of serious cycling in the early 80s, and began racing in 1985. That same year, I also began to follow the professional road racing scene, and learned of a young American phenom named Greg LeMond.

Also that year, the Tour de France was carried on national television, with each week's action broadcast during



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URBAN BIKING

Bikeshare Coming to Salt Lake City in 2013

By Jared Eborn

Salt Lake City has long held a reputation as one of the West's most-bikeable cities. That's about to change, however, as several organizations are teaming up to turn Utah's capitol city into a bike-friendly like few others in the country.

A new bike share program is set to launch, providing bikes which downtown Salt Lake City workers, residents and visitors can use to navigate the city's streets on two wheels – and make the city a healthier, cleaner, less congested place in the process.

"Bike Share represents another great transit option for Salt Lake City residents and visitors and one that has a fabulous, and green, fun factor," said Salt Lake City Mayor Ralph Becker in a press release. "As our central business district continues to grow and prosper, this really provides an efficient and cost-effective short-trip option that is accessible to all riders, regardless of skill level."

The bike share program is different from what many might anticipate. Rather than random clunker bikes parked around town for people to use – or misuse – bike share is more of a membership club for urban cyclists.

According to the press release, "Bike share systems are not rentals. Instead the program works through membership that ranges from \$5 for 24-hour access to \$75 for a year. The

network will include a minimum of 10 stations and 100 bicycles."

Members are able to check out a quality bicycle much like they would a book from a library.

"Bike share allows a member to take any bike from any station, as many times as you want, for 30 minutes at a time for no additional charge. The farthest distance between any two stations is well under a 30 minute trip," the press release said. "An added benefit is that once the bike is docked at the station, the user is no longer responsible for it: eliminating the need to remember a lock or worry about maintenance."

Not only is Salt Lake City's government getting behind the program, a handful of businesses are giving the new bike share system a big boost in the budget.

SelectHealth, Rio Tinto (Kennecott Utah Copper), Fidelity Investments, Backcountry.com and Visit Salt Lake have kicked in funds to get the project rolling.

"SelectHealth is committed to improving the health of our members and the communities we serve," said Patricia Richards, SelectHealth president and CEO. "We're proud to be part of a program that supports healthy activities and makes exercise fun. Small changes can add up to big benefits in terms of personal health and fitness, as well as improving the environment for everyone. Bike Share makes it easy to hop on a bike



Ben Bolte (left) at the press conference announcing the new SLC Bikeshare program. Bikeshare will be launched in 2013. Photo: Nick Como

rather than drive."

The official launch for the program is expected to happen in March of 2013 after custom bikes are ordered and bike docks installed.

Aside from the benefits of getting around town quickly and quietly, there are the plentiful health benefits associated with cycling activities.

"We wanted to be a part of the Bike Share program because of its obvious ties to healthy lifestyles. A simple decision like choosing to ride a bike instead of driving a car can have

huge health benefits," SelectHealth media relations spokesman Spencer Sutherland said. "In Denver, bike share members lost a total of 1,800 pounds in just the first 8 months of the program. On an individual level, studies have shown that a 15-minute bike ride to and from work each day can burn 11 pounds of fat in a year. We would love to see those type of results in Salt Lake City."

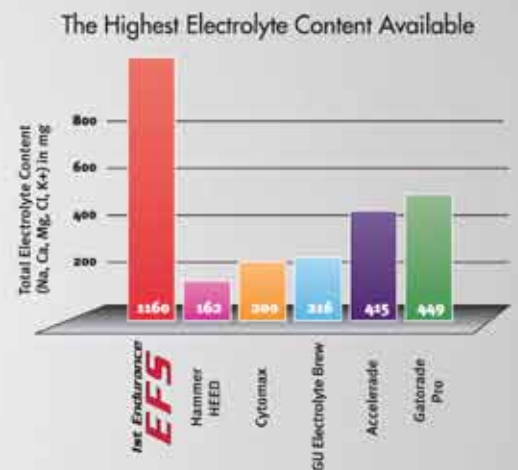
The quick-trip nature of the Bike Share program should be a hit with the urban business district that

doesn't want to deal with the hassle of driving – and parking – on short trips across town.

"We also love that the program allows people to just grab a bike and go. You don't have to change your clothes, remember a bike lock, or even carry change in your pocket," Sutherland said. "It's a simple and fun way to get your daily exercise while reducing traffic and pollution."

Continued on page 27

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METAL COWBOY**Building Bicycle Valhalla**

Above: Joe Kurmaskie speaking at the beginning of a community ride on his recent visit to Salt Lake City. Mayor Becker (yellow vest) listens to new perspectives on bikeable cities.

Photo: Dave Iltis

By Joe Kurmaskie

Speaking around the country about all things bike related has given me a few insights about where our communities stand in the evolution towards bike friendly Valhalla - we're talking scalable, livable places where anyone can roll two wheels out the front door without fear... or requesting combat pay. Where a mix of biking, walking, bus and train coexist and find close to equal footing with the car.

Since co-authoring and publishing the book, Joyride: Pedaling

Toward A Healthier Planet with Mia Birk (reviewed in Cycling Utah's March 2012 issue online at cyclingutah.com), mayors, advocates, transportation departments and educators ask me to consult them about bike infrastructure, funding, economic impact and that thing... that one magic, sought after thing that will tip a community towards more people riding bikes.

Of course I fully disclose that I hold no advanced degrees in urban planning or engineering. They point out that I published a bestselling book that's a blueprint for retrofitting communities, making healthier, cost effective choices. Also, I live more

than 50 miles away, which they point out makes me an expert.

Life gets stranger by the day...

What I do have, in addition to several years of research gained writing that book, is a lifetime in the saddle. Having pedaled more than 100,000 miles around the globe gives me a unique look at what works and what doesn't when getting ourselves around our communities in style.

I take mayors and councilors and the power base of a city out on bikes. For some, it's their first ride. It truly changes their perspective. We look at what is working in their transportation plans and what puts their voters in harm's way. We look at their funding commitments, because cycling is a very cheap date. And I get them to think about cyclists and pedestrians as voters. Many of the barriers are attitude, they ask about the weather, the idea that bicycles are toys or something to use off road only on weekends. I ask them if they are a toy or transportation right now, at this very moment, signaling through intersections and getting from one side of their town to the other?! We talk about how places like Portland, Minneapolis, New York City and smaller communities like Bloomington, Indiana, Harrisburg, PA and Springfield, Missouri, are making the shift and benefiting through better health, higher property values, more disposable income to spend locally... it's not about wheth-

er bicycles pencil out financially, it comes down to education and political will and not framing it as car versus bike.

We talk about creating bicycle corridors, commuter challenges, infill construction that revitalizes urban cores, greenways, bike corral parking to bring more people to individual businesses and on and on. But when it comes time for that magic bullet, the one thing people want to fix everything. I don't have it. There's no wizard, there's no OZ.

I'm not selling a set of steak knives. We all have to do the hard work to improve our communities, period! No pills, no advertising campaign to gloss over the real choices between perceived easy that's a slow death sentence versus healthy, which turns out to be buckets of fun in the bargain. I've never seen someone get

off a bicycle and tell me, "That was awful."

But if there's one thing that every community needs to push biking over the top, and if not done will surely prevent a city from having bike transportation explode for them, it's a sense of community, showing people the fun that can be had when you ride. Tweed rides, Monster Mash Halloween rides, Pretty Dress rides, Bike Prom, Bike to The Ballgame, Worst Day Of The Year Ride, Bike The Bridges, pub crawls, biking to work and hundreds of other rides a year that ordinary folks undertake. Bike blogs, calendars and forums round out the bicycle watering hole feel of a town.

If a community waits for bike culture to come to them, or spring up without friends and neighbors and you diving in, it never will.

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- ◆ Be visible
- ◆ Remember, the same laws that apply to motorists apply to cyclists

PRODUCT REVIEW

Rio Ridge Pocket Pack



pack still has a relatively narrow profile.

Now, when I leave for a ride, I throw the pocket pack into my center jersey pocket (where it fits perfectly), my phone in the left pocket and whatever else I may be taking (energy bars, iPod, etc.) in the right pocket and I am out the door.

I have made it a practice to carry one of those almost-everything-in-one bicycle tools, which on somewhat rare occasions I have had to use. You could fit one of these into the pocket pack, but it would begin to be cramped and would bulge. So, if I want to take that and a few other items along for a really long ride, I have a very small seat bag that twists off an attachment to my seat. (No strap around the seat post.)

Two upgrades would improve the pocket pack. First, have one of the mesh pockets divided into two parts.

This would help keep tire levers, CO2 cartridges, patch kits and inflator in place. Second, put a zipper on both pockets. When the pocket pack

is opened, the items in the pocket without the zipper start to fall out.

I like the Rio Ridge Cycle Bag. It keeps my essential items for a ride neatly stored and easily accessible and it fits neatly in my jersey pocket. Category 4/HC rating: Category 2. With the suggested improvements, it would be a category 1.

Pit Stop Stations: Taking Cycling Advocacy to the Streets

At Bike Utah we are dedicated to promoting safe cycling and we can't think of a better way to create awareness for our cause than to engage the community. This spring we were thrilled to kick-start our new Pit Stop Stations program. A "Pit Stop" is a community based movement to unite cyclists and encourage safe cycling, better legislation, and building a powerful cycling voice in Utah.

Bike Utah is literally taking it to the streets and we invite you to join us. Pit Stops will be roadside stations filled with the supplies cyclists need and with your help; we will be where you need us most - on your favorite bike path. At each Pit Stop, we will be fixing flats, handing out water and snacks, and promoting safe cycling from the ground up.

If you are interested in getting more involved with grassroots cycling advocacy this is your chance.

Join us on July 11 from 5:30 to 6:30 at the Utah Non-Profit Association offices (231 East 400 South, Ste 345) for Pit Stop Station volunteer training.

Please RSVP to Scott Lyttle at 435-901-4191 or slyttle@BikeUtah.org.

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

By David Ward

I recently came across advertising for a Rio Ridge Cycle Bag (I call it a pocket pack because you carry it in your jersey pocket) which intrigued me. I have certain objections to seat bags. I want mine small. I don't like bigger ones that bulge, bounce around or rub on my inner thighs. I also don't like seat bags with straps that wrap around my seat post. I find them unattractive and they rub and eventually mar the seat post. So the pocket pack intrigued me.

So I contacted Rio Ridge and obtained one of these pocket packs. Measuring 6"x4"x1" and made with water resistant neoprene padded for shock protection, it zips around three sides and folds open when unzipped. On either side is a mesh pocket, one with a zipper and the other with an elastic across the top. What you store in the pocket pack goes into these pockets. It also has a clip to which you can attach a set of keys.

I immediately transferred a spare inner tube, patch kit, tire levers, two CO2 cartridges and inflator from my seat bag to the pocket pack and eliminated my seat bag. I also keep my minimalist wallet (driver's license, credit cards and cash) in the pocket pack. Arranged correctly, the pocket

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COMMUTER COLUMN

Heidi Goedhart Doesn't Sacrifice Her Sense of Style For Her Mobility

Heidi works as the Bicycle Coordinator Intern for the University of Utah.

By Ashley Patterson

Heidi Goedhart doesn't sacrifice her sense of style for her mobility. "Some people think you have to bike commute in spandex. I just ride at a little more leisurely pace and wear my work clothes on my bike."

"My favorite clothes to ride in are coincidentally my yoga clothes, they are stretchy and slightly baggy but breathable and lightweight. Plus with some of the athletic wear emerging right now, there are some pretty business casual looking options that don't shout gym wear."

In the winter, Heidi bundles up a bit and wears mittens and base layers for cycling. "A lightweight ventable shell jacket is a staple for me in the winter, starting a commute can be chilly, but once you get moving it's great to have the option to open a

zipper and cool off.

For footwear, Heidi likes Dansko clogs. "Surprisingly I find that Dansko's do a marvelous job of keeping my feet warm as well as clinging to my pedals. In the summer, I tend to give up on the shoes and opt in for cooler and breathable Chacos. I realize they are probably not the safest option for commuting, but I don't have sweat drenched socks and shoes when I arrive somewhere."

Heidi currently works two jobs half time jobs and rides between them each day, logging approximately 15 miles on her road bike each day and approaching 20 if she has errands to run. She's hoping to obtain more of a workhorse bike for winter commuting since the narrow road tires can get a little sketchy during periods of snow. But, because one of her jobs is the Bicycle Coordinator Intern in Commuter Services at the University

of Utah, she gets a free transit pass and can load her bike on TRAX or a bus whenever necessary. "I never have a problem finding a spot for my bike on the train. I just get on one of the last cars and there always seems to be plenty of space."

Heidi's second job is as Office Manager for Laser Exhibitor Services and their office at 2300 South and State Street is about seven miles from her office at the University of Utah. She spends four hours every day at each place so she's on her bike back and forth every day.

In addition, Heidi is on a triathlon team so she adds 2-3 longer, recreational rides each week. With all those miles in her legs each week, she never worries about the occasional indulgence of carrot cake.

Heidi studied Environmental & Sustainability Studies and Urban Planning at the University of Utah so working as a Bicycle Coordinator Intern is a perfect fit for her. She believes that how people move around and interact in their community is critical to the health of the community and the quality of life. "People enjoy their day more when sustainable transit options are available. They have less stress and positive feelings toward the urban environment."

She moved to Salt Lake City from Southern Idaho and didn't bike commute as the community just wasn't set up so that people lived near destinations that they wanted to visit. She moved to Salt Lake City seven years ago to attend the University of Utah and immediately started bike commuting to campus. Now, it's a foreign concept to her to live any other way and she won't move any place where bike commuting isn't an option.

When asked about her next bike purchase (we're all pining for something, aren't we?) she says, "After doing some bike shop hunting and internet stalking, my dream bike for commuting would probably be a Surly Cross Check, because it can handle larger tires for going off pavement as well as features for some



lightweight cross country touring, if I ever feel ambitious to get out of town in an eco-friendly way with panniers and baggage in tow."

When asked about her favorite urban bike routes, Heidi says, "I'm mostly seen on my bike between the University and South Salt Lake (Burton Avenue and State), I have favorite routes I take like 1700 S and 9th East and Main St and 9th South because they are pretty direct and the lights seem to be timed better for those traveling by bike. I'm not scared to hop on State Street or 7th East for periods of time, but there is something to be said about enjoying the serenity of less traveled smaller scale streets with trees that offer shade. I'm usually one to chat with other cyclists commuting along with me or say hello to the crossing

guards."

Heidi likes to be aware of the street noises when she's commuting and so she isn't one to listen to music during her rides. "I think even one ear bud acts as a potential distraction from traffic noise and shuts out the daily noises of my commute. My boyfriend recently bought an XCEON bike mounted speaker/light, which is pretty awesome when we buzz around town, since it sounds like we have theme music that we can share with a group."

When you are next riding near the University and South Salt Lake, look for Heidi in her stylish yoga wear, Dansko's and road bike, zipping around town ready to chat with other cyclists and waving to crossing guards, smiling and just happy to be on her bike.

SATURDAY CYCLES



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NUTRITION

You Can Lead a Cyclist to Water, But What, When, and How Much Should He/She Drink?

By Breanne Nalder, MS Candidate and Katherine Beals, PhD, RD, FACSM, CSSD

We've all heard it before: water is the essence of life. Water makes up the majority of our total body weight (approximately 60% of our body weight is water) and is crucial for optimal athletic performance (dehydration is the second leading nutritional cause of poor performance behind glycogen depletion). But what you may not realize is that there are a lot of myths and misconceptions floating around about thermoregulation, hydration and fluid requirements. The following paragraphs will set the record straight and help you better determine exactly what to put in your bottles every time you go out on the road.

Thermoregulation and Hydration 101

When we exercise our bodies generate heat. This heat needs to be dissipated in order to maintain our body core temperature within a very narrow normal range. The primary mechanism to dissipate heat during exercise is via the evaporation of sweat...and sweat is primarily water so...you do the math. But the importance of water for the athlete goes beyond thermoregulation. Water is also needed for the maintenance of normal plasma volume and cardiovascular function, nutrient transport (blood is approximately 85% water), lubrication of joints, and a variety of metabolic reactions. Thus, adequate hydration is important to both the athlete's health and performance. Dehydration can cause muscle cramps, premature fatigue, increased recovery time, increased blood pressure and cardiovascular stress, and raises the risk of heat illness such as heat exhaustion and the more dangerous heat stroke. On the other hand, over-hydration, also known as hyponatremia, can lead to swelling of brain cells, increased intracranial pressure, convulsions, pulmonary edema, respiratory failure, cardiac arrest and even death. Thus, it is important that athletes know exactly when, what and how much to drink during exercise so that they don't under drink or over drink.

The Thirst Factor

It is often said that thirst is a poor indicator of fluid needs and that by the time an athlete is thirsty she is already dehydrated. This mantra has led to recommendations that athletes should drink before they are thirsty and drink past the point at which thirst is quenched. These notions stem largely from research indicating that when athletes are instructed to drink according to "thirst" during exercise they typically replace only 60-70% of the fluid they lost. Yet, recent studies indicate that this level of dehydration does not negatively impact performance or health. Thus, while thirst is not a perfect indicator of hydration status, it does seem to provide an adequate indication of when and how much to drink during exercise. Nonetheless, replacing

fluid when you are thirsty is not enough as you lose more than just water in sweat.

Sodium: Shake it or Leave it?

After water, sodium is the nutrient found in the largest amount in sweat. Sodium helps your body retain fluid and stimulates thirst; thus, it is key to maintaining normal plasma volume during exercise and ensuring adequate rehydration post exercise. Athletes need approximately 250 mg sodium/hr in training sessions or events greater than 60 min and at least 1150 mg sodium post workout with rehydration. If your sweat is salty, consume sodium during exercise via sport drinks and eat salty foods before and after rides longer than 2 hours. Keep in mind that drinking too much water without sodium can increase your risk of hyponatremia. Because of this, the Dietary Guidelines (1,500 mg/day) are inadequate for most athletes. So, as long as you're sweating, salt is not only ok, but a necessary component of your hydration strategy!

Calculating YOUR Fluid Needs

The amount of fluid needed to maintain hydration is different for everyone. The differences are due to gender, age, body size, outside temperature, altitude, and individual sweat rate. To ensure that you are properly hydrated (i.e., not under- or over-hydrated) you should determine your own personal sweat rate(s) and replace fluid at those levels. The following tips will help you with your personalized fluid replacement strategy during exercise:

- 1) Weigh yourself (minimal clothing, no shoes) before training
- 2) Keep track of all fluid consumed during training
- 3) Weigh yourself after training (same clothing)
- 4) Find the difference and convert to ounces (1 lb. = 16 oz or 2 cups

of fluid)

- 5) Add the ounces you consumed during training
- 6) Determine your hourly sweat rate: divide total ounces lost by hours of training.
- 7) Replace fluid at or slightly below (but never above) that level
- 8) Be sure to include some sodium either via a sports drink, electrolyte tablets or salty foods along with your fluid.

It is important to know how much YOU sweat in different environments. And remember that you can get dehydrated in the cold because you lose water as you breathe. Always have the goal to lose no more than 2% body weight when riding, as any more than that can decrease performance output by 7% or more.

What About Sport Drinks?

On top of fluid and electrolytes, sport drinks provide carbohydrate for our muscles and brain, thus they can play a vital role in the cyclists performance. Although there are some differences between the various sport drinks in terms of the content and composition of electrolytes and carbohydrate, these differences are relatively small and mostly insignificant from a performance standpoint (despite the marketing hype). Some of the newer sport drinks on the market contain protein, which has not been shown in research to provide a performance benefit during cycling, but may aid in recovery post exercise. For short rides (less than 60 minutes) of low to moderate intensity, water is adequate. Sport drinks (6-8% carbohydrate) are needed during moderate intensity cycling lasting longer than 60 minutes. High intensity riding (greater than 45 minutes, especially in heat) and endurance training (greater than 90 minutes) definitely require sport drinks. Sports drinks may also be used post exercise, as they provide several of the key nutrients needed for recovery (i.e., fluid, carbohydrate and electrolytes).

Tips for the Road

- Always pay attention to thirst signals and drink when thirsty, on or off the bike
- Drink more when adapting to a new environment (i.e., humidity and altitude changes)
- Start hydrating at least 4 hours before a ride or race
- During recovery, aim to replenish 150% of lost fluids: for every 1 lb (kg) lost, replace with ~ 3 cups (~0.75 L) water and be sure to include some sodium-rich foods and/or fluids to aid in fluid retention.
- You can gauge your hydration and electrolyte status by monitoring urine color and volume. Monitor your urine color & frequency: urine that is dark in color and/or low in volume indicates dehydration, so

light yellow/lemonade color is ideal.

-Practice, practice, practice! Use training rides to experiment with different drinks, powders, electrolyte tablets, etc. Figuring out what works best for you will boost confidence on the day of an event and help you achieve your potential and optimize your cycling performance.

Katherine Beals, PhD, RD is an associate professor in the division of nutrition at the University of Utah. She is a fellow of the American College of Sports Medicine and a Certified Specialist in Sports Dietetics. Breanne Nalder is an elite cyclist and a Master's Candidate in the Division of Nutrition at the University of Utah working on her thesis under the direction of Dr Beals.

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cycling utah

RACE RESULTS



Sundance Showdown, Utah Downhill Series, Sundance Resort, Utah, June 2, 2012

Downhill

Cat 1 Men 13-18

1. Cody Kelley; Specialized USA Gravity 3:57
2. Max Herran; Slim and Knobys Bike Shop--Rental 4:05
3. Galen Carter; Transition/FoxShox/TroyLee/SmithOptics 4:05
4. Graham Reynolds; Canfield Bros/SpyOptics 4:13
5. Jeremy Hottinger; Zion Cycles 4:13

Cat 1 Men 19-29

1. Cody Butler; TeamWildChild/DemonDirt/FlyRacing 4:02
2. Aaron Butler; Wild Child Racing 4:04
3. Zach Ahleen; Red Rock Bicycle 4:05
4. Marty Denna; Bingham Cyclery 4:12
5. Kade Salisbury; Fezzari 4:14

Cat 1 Men 30-39

1. Al Mazurkewycz 4:16
2. Michael Clark; Red Rock Bicycles 4:18
3. Daniel Grolley 4:18
4. David Clark 4:31

Cat 1 Men 40-49

1. Scott Crabill; [Go-Ride.com](#) 4:17
2. Noah Brandon; Go-Ride 4:18
3. Lee McGuffey; COG Racing 4:21
4. Craig Skinner; Go-Ride 4:30

Cat 1 Women 19+

1. Whitney Thompson; White Pine Racing powered by JANS 5:00

Cat 2 Men 13-18

1. Jesse Taysom 4:09
2. Zakary Ulin 4:21
3. Evan DeGray 4:23
4. Spencer Barnes; Mojo Wills 4:24
5. Elliot Botkin 4:25

Cat 2 Men 19-29

1. Chris Kading 4:18
2. Phil Stevens; Laketown Bicycles ENVE 4:20
3. Nathan Silberman; GetAir Sportsplex- Azonic- SMX Optics- Duro Tire 4:23
4. Kevin Pawlowski 4:28
5. Robert Violano; Laketown Bicycles 4:31

Cat 2 Men 30-39

1. Michael Gunn 4:12
2. Will Ridd; Laketown Bicycles 4:18
3. Robert Lapier; ShredGnar 4:19
4. Dan Prince 4:29
5. Mike Ogden 4:33

Cat 2 Men 40-49

1. Mark Kugel; GirthBikes/BikersEdge 4:22
2. Paul Cherry 4:42
3. Gary Uzziel 4:43
4. Kent Woodfield 4:47
5. Vaughn Martinez; Bohemian Racing 4:52

Cat 2 Men 50+

1. Mike Kelley; Laketown Bicycles Enve CAFE Rio 4:43
2. George Triantafyllou 4:54
3. Bill Hart; Bohemian Racing 5:12

Cat 2 Women 19+

1. Hannah Hall 5:00
2. Polly Ivers 5:27
3. Amanda Batty 5:37
4. Joni Wirts 4:43
5. Amanda Cordell 5:49

Cat 3 Men 12u

1. Joey Foresta; Laketown Bicycles Enve Cafe Rio 4:29
2. Logan McPhee; Laketown Bicycles 5:02

Cat 3 Men 13-18

1. Sam Casper 4:34
2. Kelly Barney 4:56
3. Lane Speas; Mojo Wheels 5:01
4. Shayden Housley; Cannonball Racing 5:05
5. Nathaniel Carlisle 5:11

Cat 3 Men 19-39

1. Casey Richmond 4:37
2. Dylan Bishop-Berry 4:37
3. Sheridan Damaug 4:38
4. Kyler Bagley 4:38
5. Cody Whipple 4:39

Cat 3 Men 40+

1. Jason Walker 4:32
2. JD Schiller 4:45

Cat 3 Women 19+

1. Jessica Goodman 5:26
2. Michelle Ridd; Laketown Bicycles 6:25

Pro Men

1. Mitch Ropelato; Specialized USA Gravity 3:47
2. Naish Ulmer; [Go-Ride.com/SpyOptics/Teva/Rollic/DarkTimbers](#) 3:58
3. Parker DeGray; Go-Ride/Chromag 4:01
4. Al Mazurkewycz 8:03

Pro Women

1. Ana Rodriguez; Skullcandy/Salt City Cycles 4:44

Super D

1. Galen Carter; Transition/FoxShox/TroyLee/SmithOptics 7:45
2. Max Herran; Slim and Knobys Bike Shop--Rental 7:51

Cat 1 Men 19-29

1. Aaron Butler; Wild Child Racing 7:50
2. David Creasy; Chainsmoke 8:06

Cat 1 Men 30-39

1. Ali Goulet; Wasatch Area Ruff Ryders - Bell Helmets 7:27
2. Kris Baughman; [Go-Ride.com](#) 7:33
3. Ryan Stensen; Your Team 7:47
4. Al Mazurkewycz 8:03

Cat 1 Men 40-49

1. Scott Crabill; [Go-Ride.com](#) 7:51
2. Craig Skinner; Go-Ride 8:19
3. Lee McGuffey; COG Racing 8:36

Cat 1 Men 50+

1. Tim Morris; Cole Sport/Team IMBA 8:49

Cat 2 Men 13-18

1. Jesse Taysom 7:56
2. Sam Casper 8:21
3. Zachary Carlisle 8:38
4. Riley Walker 9:31

Cat 2 Men 19-29

1. Guthrie Gillings 7:56
2. Travis Tomczak 8:03
3. Steve Goodman; Hyland Cyclery 8:08
4. Robert Violano; Laketown Bicycles 8:20
5. Brian Francis 8:22

Cat 2 Men 30-39

1. Eric Kramer 7:54
2. Jason True 8:10
3. Nick Rueff 8:23
4. Ryan Patterson; Powder Camp 8:31
5. Matt Mullin; Powder Camp 8:32

Cat 2 Men 40-49

1. Bryan Safarik; His cats. 8:16
2. Kent Woodfield 8:44
3. Doug Cheney 9:47

Cat 2 Men 50+

1. Dan Lockwood 8:57
2. Brete Thomas 9:04

Cat 2 Women 19+

1. Polly Ivers 9:17
2. Joni Wirts 9:22
3. Hannah Hall 9:24
4. Amanda Cordell 9:28
5. Erin Bergey 9:33

Cat 3 Men 13-18

1. Dakota Janes 9:24
2. Kelly Barney 9:33
3. Shayden Housley; Cannonball Racing 9:33
4. Nathaniel Carlisle 9:45
5. Sam Morris; Cannonball Racing 9:50

Cat 3 Men 19-39

1. Theodore Albright; Chainsmoke 8:39
2. Nick Brown 8:45
3. Elliot Casper 8:46
4. Chris Slough 8:29
5. Erik Ottley 9:29

Cat 3 Men 40+

1. Jason Walker 8:25
2. JD Schiller 8:36
3. Buzz Rosevear 9:16
4. Walter Rosevear 13:29

Cat 3 Women 19+

1. Lisa Rhode 9:46
2. Shawnee Beal; Hyland Cyclery 10:08
3. Kirsty Pickering 11:43
4. Joylin Namie 11:56

Pro Men

1. Naish Ulmer; [Go-Ride.com/SpyOptics/Teva/Rollic/DarkTimbers](#) 7:30
2. Matt Johnston; Cannonball Racing 7:34
3. Andrew Maxwell 7:43
4. Nick Van Dine; WPT 7:49
1. Ana Rodriguez; Skullcandy/Salt City Cycles 8:51

21st Annual Deer Valley Pedalfest, Deer Valley, Utah, June 9, 2012

F Cat 13-19

1. Rachel Hutchings; [UtahMountainBiking.com](#) 0:54:37

F Cat 14-50

1. Roxanne Toly; Jans 1:54:15
2. Kristy Walker; Contender 2:02:02
3. Tanya Swenson; ColeSport 2:02:59
4. Monique Simone; Revolution/Peak Fasteners 2:04:12
5. Ellen Guthrie; Revolution/Peak Fasteners 2:06:06

F Cat 1/2 15-18

1. Brenna Egan 1:45:14

F Cat 1 19-29

1. Evelyn Dong 1:40:01

F Cat 2 19-29

1. Jessica Morris; Canyon Cycles

F Cat 2 40-54

1. Kelly Crawford; Northshore 0:44:26
2. Lori Harward; Ski Utah 1:24:55

F Cat 1/2 15-18

1. Katie Clouse; Cole Sport 0:51:19

Female 10 & Under

1. Sydney Palmer-Leger; Summit 0:11:37
2. Lauren Bingham; DNA Cycling 0:12:52
3. Hattie Ransom; [UtahMountainBiking.com](#) 0:16:45

F Cat 1/2 15-18

4. Maggie Youngblood 0:17:25

Female 11-12

1. Katie Clouse; Cole Sports 0:37:02
2. Milla LegerRedel 0:50:31

Female 13-14

1. Haley Batten; White Pine Touring 0:39:33
2. Sienna LegerRedel 0:48:21
3. Jenna Johnston; My Dad 1:09:31

M Cat 1 19-29

1. Nick Fisher; Roosters/Bikers Edge 1:37:33
2. Pete Gaston 1:38:52
3. Will McDonald; Cole Sport 1:39:46
4. Adam Leiferman 1:47:42

M Cat 1 19-29

5. Geoffrey Bee 1:52:13

F Cat 1 30-39

1. Cherese McClain 2:26:14

M Cat 1 30-39

1. Justin Desilets 1:43:25
2. Chris Cole; Lifetime 1:44:27
3. Aaron Campbell; Bountiful Mazda Cycling Team 1:45:58
4. Aaron Hagg; Skyline Cycle 1:49:25
5. Jared Millington; Skyline Cycle/Young Subaru 1:56:30

M Cat 1 40-49

1. David Harward; Team Plan7 1:44:28
2. Jason Sparks; [UtahMountainBiking.com](#) 1:50:13
3. Michael Piker; Team Jackson Hole 1:51:35
4. John Dainton 1:51:48
5. Chad B. Wassmer; Cole Sport 1:52:09

M Cat 1 50-54

1. Chris Bingham; DNA Cycling 1:48:10
2. Jay Griffin; [UtahMountainBiking.com](#) 1:51:49
3. Jeff Summison; Park City Orthodontics 1:59:02
4. Darrell Davis; Contender Bicycle 2:03:16

M Cat 1/2 15-18

1. Griffin S. Park 1:05:09
2. Zachary Peterson; KUHL/Rocky Mountain 1:05:12
3. Matthew Turner 1:15:21
4. Connor Barrett; Lifetime Fitness 1:15:46
5. Jake Van Wagoner; [UtahMountainBiking.com](#) 1:22:43

M Cat 1 19-29

1. Will Sladek; Cal Tech 1:15:10
2. Chris Leiferman; Fatfish Racing 1:16:51
3. Michael John Turner; Summit Bike Club 1:18:44
4. Bryson Deppe; Bountiful Cycle 1:19:58
5. Kevin Leiferman; Fatfish Racing 1:21:06

M Cat 2 30-34

1. Eric Greenwood; Skyline/Subaru 1:13:29
2. Justin Doll; Revolution 1:13:38
3. Jared Kirkham 1:17:15
4. Justin Healy; Bingham 1:18:42
5. Frank Zgod; Ski Utah Cycling 1:19:15

M Cat 2 35-39

1. Mike Burton; White Pine/Jans 1:12:32
2. Filip Wojcikowski; Bountiful Bicycle Center 1:14:13
3. John Malloy 1:15:08
4. Ryan Clayton; We Like Small CC 1:21:58
5. Jonathan Hall; [UtahMountainBiking.com](#) 1:22:45

M Cat 2 40-49

1. Bryan Safarik; AJAX Tavern Cycling Team 1:11:30
2. Bo Pittkin; White Pine Touring 1:13:27
3. Christopher Dechet 1:14:52
4. Travis Mickelson; Contender 1:16:43
5. Doug Rok; Red Rock Bicycles 1:16:59

M Cat 2 50-54

1. John W. Higgins; [UtahMountainBiking.com](#) 1:11:51
2. Michael Profsky; Canyons Draper 1:17:17
3. Paul LaStayo; Ski Utah Cycling Team 1:19:53
4. Mike Payan; Simply Mac 1:20:03
5. Lynn Deppe 1:30:34

M Cat 3 15-18

1. Peter Hanaman; Summit Bike Club 0:44:18

M Cat 3 19-29

1. Dallin Hatch; UMB 1:02:16

M Cat 3 30-39

1. Jason Doleac 0:41:21
2. Edward Villanueva 0:45:19

M Cat 3 40-49

1. David Steiner; Oakley 0:38:30
2. Mike Turner; Summit Bike Club 0:44:12
3. Tate Jensen; Cutthroat Racing 0:45:28
4. Ron Eikenbary; Bountiful Cycle 0:49:00
5. Mike Kracht; COTBR/Competitive Cyclist 1:08:28

Male 10 & Under

1. Aiden Rasmussen; Summit Bike Club 0:12:25
2. Daniel Garringer 0:19:02
3. Sawyer Ransom; [UtahMountainBiking.com](#) 0:26:52

Male 11-12

1. Joshua Peterson; KUHL/Rocky Mountain 0:33:52
2. Bryn M Bingham; DNA Cycling 0:35:31
3. Hunter Ransom; [UtahMountainBiking.com](#) 0:41:41
4. Britton Dexter 0:45:06
5. Jack Youngblood 0:50:27

Male 13-14

1. Evan Clouse; Cole Sports 0:36:53
2. Anders Johnson; Autoliv 0:39:42
3. Jon Jon Drain; Contender Bicycle 0:41:00
4. Drew Palmer-Leger; Summit 0:41:03

Master M 55-59

1. Zan Treasure; Bountiful Mazda 1:12:52
2. Jordan Swenson; Cole Sport 1:14:19
3. Brad Betebenner; Frame Cracker 1:18:27
4. Mark Enders; Autoliv 1:18:34
5. Rick Morris; Sage Cycles/UMB 1:29:07

Master M 60-69

1. Dwight Hibdon; Mad Dog Cycles 0:40:24
2. Bill Peterson; Revolution/Peak Fasteners 0:42:31
3. Joel Quinn; [UtahMountainBiking.com](#) 0:44:10
4. Gene Poncellet; [UtahMountainBiking.com](#) 0:50:48
5. Pete Larsen 0:51:30

Master M 70+

1. Niel Scharphorn 0:53:09

Pro Men

1. Keegan Swenson; Cannondale 1:52:49
2. Jack Haig; Torq Nutrition 1:59:58
3. Brent Gorman; Volkswagen Boise 2:05:11
4. Mitchell Peterson; Revolution/Peak Fasteners 2:07:01
5. Blake Zumburmen; KUHL 2:08:04

Pro Women

1. Erica Tingey; KUHL/Rocky Mountain 1:50:12
2. Katherine O'Shea; Torq Nutrition 1:56:37
3. Kathy Sherwin; Stans No Tubes 1:57:08
4. Jennifer Hanks; [MTBRaceNews.com/EpicBrew](#) 2:00:36

Single Speed

1. Jason Brown 1:13:22
2. Michael C. Engberson; [UtahMountainBiking.com](#) 1:14:42
3. Evan Hyde 1:17:10
4. Karl Redel; Young Riders 1:23:52
5. Dave Benson; [UtahMountainBiking.com](#) 1:29:07

Round Valley Cross Country, USC Series, Park City, Utah, June 23, 2012

Pro Men

1. Brendon Davids; Santa Ana 1:40:32
2. Nick Fisher; Ogden 1:40:57
3. Ben Aufderheide; Jackson 1:41:13
4. Brent Pontius; Ogden 1:41:19
5. Sam Sweetser; Park City 1:42:52

Pro Women

1. Kathy Sherwin; Heber City 1:54:28
2. Evelyn Dong; Park City 1:55:36
3. Amanda Carey; VICTOR 2:00:02
4. Jen Hanks; Salt Lake City 2:00:41
5. Kelsy Bingham; Ogden 2:03:42
6. Jenelle Kremer; SALT LAKE CITY 2:07:32
7. KC Holley; Salt Lake City 2:07:59
8. Jill Damman; Salt Lake City 2:15:25

Expert Men 30-39

1. Ty Kady; huntington beach 1:41:32
2. Aaron Campbell; Farmington 1:46:58
3. Stewart Goodwin; Pleasant grove 1:47:23
4. Aaron Phillips; Salt Lake City 1:47:43
5. Nate Drozd; Park City 1:51:06

Expert Men 40+

1. Jack Dainton; Park City 1:52:31
2. Jay Burke; Park City 1:53:47
3. Reed Topham; Salt Lake City 1:54:54
4. Mike Engberson; Salt Lake City 1:55:09
5. Rob Brasher; salt lake city 1:56:38
6. Dana Harrison; Sandy 1:57:00
7. christopher dechet; Salt Lake City 1:57:08
8. Scott Hoggan; South Jordan 2:23:12

Singlespeed

1. Corey Larrabee; Draper 1:49:44
2. Higham Jeff; Draper 1:51:01
- 3

4. Troy Gorman; Sonora Grill/ bicycle Center 2:10:22
 5. Kevin Cummisford 2:10:52
- Cat 5 Male**
1. Skyler Howell 2:10:09
 2. Thomas Anderson 2:10:09
 3. Kent Millicam; Logan Race Club 2:10:09
 4. Dallen Broadbent; Logan Race Club 2:10:10
 5. Chris Perkins; Kelson 2:10:12

- Cat 4 Male**
1. Ricky Bangert; Simply Mac Racing P/b Bountifu 2:51:00
 2. Ryan Kingsolver; Infinite Cycles 2:51:01
 3. Bryan Leginske; Revolution Cafe Rio 2:52:07
 4. Ben Cook 2:52:08
 5. Bryce Olsen; Masherz 2:52:09

- Cat 3 Male**
1. Ira Sorensen; Infinite Cycles 3:23:13
 2. Isaiah Jerez; Shufflemaster/penta 3:23:14
 3. Simon Parsons; Revolution Cafe Rio 3:23:15
 4. Bonn Turkington; Canyon Bicycles Draper 3:23:15
 5. Scott Bauer; Skullcandy P/b Think Architect 3:23:15

- Pro 1/2 Male**
1. Bryson Perry; Life Time Fitness Racing 3:15:43
 2. Tj Eisenhart; Ffkr Architects Racing 3:15:45
 3. Tim Mulvihill; Contender Bicycles 3:15:47
 4. Chris Mackay; Backcountry.com 3:15:56
 5. Mike Wilcox; Ffkr Architects Racing 3:20:45

High Uintas 10,000 Road Race, UCA Series, Kamas, Utah to Evanston, Wyoming, June 16, 2012

Cat 1/2/3/4 Female Junior

1. Katie Clouse; Cole Sport 2:13:30

Cat 1/2/3/4 Male Master 55-99

1. Dirk Cowley; Ffkr Architects Racing 3:40:42
2. Norman Frye; Ski Utah 3:40:42
3. Jerald Hunsaker; Bountiful Mazda Cycling Team 3:40:43
4. Lorin Ronnow; Ffkr Architects Racing 3:40:43
5. Joe Brubaker; Ski Utah 3:45:11

Cat 1/2/3/4/5 Male Junior

1. Evan Clouse; Cole Sport 1:56:14
2. Charlie MacFarlane 2:02:24
3. Noah Putt; Cole Sport 2:08:30

Cat 4 Female

1. Camille Brinton; infinite cycles 4:07:52
2. Katherine Ragle; Salt Lake City Bicycle Company 4:07:52
3. Marci Kimball; Salt Lake City Bicycle Company 4:07:54
4. Kathleen Crowley; Hoback Sports 4:11:57

Cat 1/2/3/4 Female Master 35-99

1. Ruth Shapiro; Ski Utah/Marketstar 4:08:11
2. Marlene Hatch; KUHL 4:08:12
3. Ellen Guthrie; Revolution/Cafe Rio 4:20:09
4. Kelly Dailey; Bountiful Mazda Cycling Team 4:23:33
5. Andrea White; Mi Duole 4:26:57

Cat 1/2/3/4 Female

1. Alison Frye; Ski Utah 3:52:20
2. Anne Perry; Revolution Cafe Rio 3:52:20
3. Kelsy Bingham; Rooster's/Biker's Edge 3:52:20
4. Robynn Masters; Ski Utah 3:52:21
5. BreanneValder; Ski Utah Cycling 3:52:21

Cat 4/5 Male Master 35-99

1. DwayneAllgier; BruteForce 3:30:23
2. Jason Crompton 3:30:24
3. Tim Matthews; Team Big Ring p/b Realydist. 3:32:16
4. John Higgins; Utah Mountain Biking 3:32:22
5. Chris Hard; The Contender Club 3:32:46

Cat 1/2/3/4 Male Master 40-99

1. Peter Archambault; RMCC / Cyclesmith 3:27:15
2. Scott Allen; canyon bicycles 3:27:16
3. Mark Zimbelman; Giant Cycling World p/b Jumez 3:27:16
4. Mark Schaefer; HarmonyHomes.com 3:27:16
5. ZanTreasure; bountiful mazda cycling team 3:27:16

Cat 4 Male

1. Luke Stevenson; Dialogue Racing 3:24:48
2. Brian Cadman; The Church of the Big Ring 3:24:48
3. JeddCox 3:30:30
4. Jason Linder; Simply Mac Racing 3:30:30
5. Trent Watkins; NonStop Art Tattoo 3:30:31

Cat 5 Male

1. David Sheeran 3:27:45
2. CreightonLowe; Lifetime Fitness 3:27:45
3. Adam Loomis 3:27:49
4. ZachPina 3:27:49
5. Jacob Hoj; Contender Bicycles 3:32:40

Cat 3 Male

1. Bonn Turkington; Canyon Bicycles, Draper 3:20:25
2. Logan Phippen; Canyon Bicycles 3:20:25
3. Scott Bauer; Skullcandy p/b THINK architect 3:20:25
4. Taylor Fletcher; Colesport 3:21:31
5. Jesse Jensen; Simply Mac p/b Bountiful Bicycles 3:28:09

Pro 1/2 Male

1. Chase Pinkham; BISSELL Pro Cycling 3:14:31

2. CortlanBrown; ski utah marketstar 3:14:31
3. BrysonPerry; Life Time Fitness 3:14:31
4. Bryce Young; Canyon bicycles 3:14:31
5. Jacob Stocking; revolution cafe rio 3:14:32

Downtown Salt Palace Criterium, Utah State Criterium Championships, UCA Series, Salt Lake City, Utah, June 23, 2012

Cat1/2/3/4/5 Male Junior 15-18

1. Jacob Alder; Plan 7 27:03.3

Cat1/2/3/4 Male Master 55-99

1. Zan Treasure; Bountiful Mazda Cycling Team 40:08.8
2. Norman Frye; Ski Utah 40:08.8
3. Lorin Ronnow; Ffkr Architects Racing 40:10.6
4. Dirk Cowley; Ffkr Architects Racing 40:11.9
5. Jerald Hunsaker; Bountiful Mazda Cycling Team 40:13.0

Cat4/5 Male Master 35-99

1. Guy Roundy; ca Pools /Cfs Mortgage 40:07.7
2. Shawn Beckstrom 40:07.7
3. Patrick Morton; Revoulution Cafe Rio 40:07.8
4. Tom Keller; Gs Boulder 40:08.1
5. Paul Burger 40:08.3

Cat 5 Male

1. Paul Burger 26:49.4
2. Creighton Lowe; Lifetime Fitness 26:49.4
3. Tony Peterson; Bountiful Bike Club 26:49.5
4. Jason Reid 26:49.5
5. Shawn Beckstrom 26:49.7

Cat1/2/3 Female

1. Alison Frye; Ski Utah 38:20.8
2. Laura Patten; Ski Utah Marketstar Cycling 38:36.8
3. Megan Hill; Revolution Cafe Rio 38:37.7
4. Amber Woodbury; Bountiful Mazda Cycling Team 38:38.1
5. Lori Harward; Ski Utah Marketstar 38:38.6

Cat 4 Male

1. Brandon Blackwell; Simply Mac P/b Bountiful Bicyc 39:39.3
2. Bryce Olsen; Masherz 39:39.7
3. Don McClure; Infinite Cycles 39:40.2
4. Mike Oblad; Dialog Racing 39:40.8
5. Edward Kilbourn; Rmcc Cyclesmith 39:41.2

Cat1/2/3/4 Male Master 40-99

1. Peter Archambault; Rocky Mountain Cycling Club 44:18.5
2. Andre Gonzalez; Ffkr Architects Racing 45:10.6
3. Andrew Love; Rmcc 45:12.2
4. Mitch Mcbeth; Team Plan7 45:12.4
5. Mark Zimbelman; Giant Cycling World P/b Rmss 45:14.8

Cat 3 Male

1. Jason Goodfellow; Canyon Bicycles Draper 44:30.1
2. Ira Sorensen; Infinite Cycles 44:30.4
3. Chad Vansolkema; Bicycle Center 44:30.6
4. Simon Parsons; Revolution Cafe Rio 44:31.6
5. Thomas Fowler; Canyon Bicycles 44:52.9

Pro/1/2 Male

1. David Harward; Team Plan7 1:11:45
2. Tyler Riedesel; Canyon Bicycles-draper 1:11:46
3. Stephen (Cody) Haroldsen; Utah Premier-ski Utah Cycling 1:11:46
4. Aaron Olsen; Ffkr Architects Racing 1:11:46
5. Peter Van Dijk; Jamis/sutter Home 1:11:46

Cat1/2/3/4 Female Master 35-99

1. Karen Christoffersen; Bbc 27:38.9
2. Bev Ronnow; Ffkr/velosport Racing 27:39.0
3. Ruth Shapiro; Ski Utah/ marketstar 28:37.3

Cat 4 Female

1. Katherine Ragle; Salt Lake City Bicycle Company 27:31.8
2. Chelsea Smith; Simply Mac Racing P/b Bountifu 27:31.9
3. Sara Baker; Velocity Cyclists/canyon Bicyc 27:32.2
4. Kelli Winder; Chick-fil-a/excelerator Sports 27:32.2
5. Heidi Roundy; ca Pools /Cfs Mortgage 27:33.7

Cat1/2/3/4/5 Male Junior

1. Max Higley; X-men 27:40.0
2. Noah Putt; Cole Sport 27:40.1
3. Charlie MacFarlane 42:00.0

ADVOCACY

Utah and Idaho Spend Larger Share than Average on Bike/Ped Projects

By Charles Pekow

It has been well-known that in 20 years of Transportation Enhancements, states have spent pretty consistently slightly more than half of their federal money on bicycle/pedestrian projects. Now, in looking at two decades of data, the National Transportation Enhancements Clearinghouse (NTEC) has found that the lion's share of the bike/ped money is pretty much evenly split among pedestrian projects and off-road trails. States use far less of the money converting abandoned rail corridors into trails, adding bike lanes to roads, educating people about safety and so forth.

NTEC, which annually releases reports on how states use Enhancements funds, released a special study recently commemorating the 20th anniversary of the program. The Enhancements funding stream has given states about \$13 billion since 1992 in federal highway money for non-motorized use. States have spent about 10.39 billion of the money so far (they get several years to use it all after receiving it) on 27,009 projects.

States have historically used close to 60 percent the funds for bike/ped projects of one kind or another, with the rest going to landscaping, tearing down eyesores along highways such as abandoned billboards, rehabilitating historic structures, archeological digs and opening transportation museums. States or communities that get the funds must put up some of their own money or in-kind contributions to augment the federal funds.

Over the two decades, states have funded 1,391 rail-trail projects using \$720 million of the funds by NTEC's count. But the average allotted to rail-trail conversions was \$519,373, significantly larger than the average for other Enhancements projects. But why so few rail-trails? NTEC offers several possible explanations: "Rail-trails are often larger, more complex, and take longer to realize than other types of (enhancements) projects. Most of the more straightforward rail-trail projects have already been developed. Those projects that remain may face more complex issues with respect to ownership, valuation, or liability. In addition, the rate of railroad abandonment has decreased across the country as railroads have begun to retain corridors in hopes of restarting service."

States only spent \$36 million on 208 bike/ped safety education programs.

Off-road trails got \$2.6 billion, or 39.1 percent of the funding while pedestrian projects got \$2.548 billion, or 38.4 percent of the spending.

On-road bike paths got only \$625 million, or 9.4 percent of spending.

States only spent \$36 million on 208 bike/ped safety education programs.

And what of the future? Only 17 states reported their future plans. Of 801 projects NTEC counted on the drawing boards, bike/ped projects account for 64 percent of the money. NTEC warns, however, that it can't predict a bigger share for cycling as these states may not be representative or the rest of the country.

Full disclosure: NTEC is partially funded by the Rails-to-Trails

Conservancy, of which I am a member.

You can see the Transportation Enhancements Spending Report: 1992-2011, 20th Anniversary Edition at http://www.nybc.net/wp-content/uploads/TE_Spending_Report_FY111.pdf.

Utah has spent a larger share than average on bike/ped projects: about \$47 million, about \$3.5 million on rail-trails and only about \$618,000 on education.

Idaho, too, has spent most of its Enhancements money on bike/ped (about \$32 million) not counting its bigger percentage than Utah (about \$5.5 million) on rail-trails. The state didn't report spending any money on education.

Study Looks at Connectivity for Cyclists

One big reason people don't cycle across cities is the lack of convenience in connecting one cycling route to another. People will only go so far out of their way, ride only so much along heavily trafficked streets or go through so many busy intersections when getting from one bike route to another. And cities are filled with natural and man-made barriers that divide comfortable biking zones, such as rivers, highways, lack of traffic lights along some streets to provide crossings, breaks in street grids and train tracks. People are also discouraged from riding because of steep hills, lack of adequate pavement, fear of crime, etc., but the study didn't deal with these latter issues.

The Mineta Transportation Institute of the College of Business at San Jose State University in San Jose, CA looked at this issue and how planners can identify barriers connecting routes bikers feel safe and comfortable riding. They did the study in their own back yard, San Jose, CA., a city with a relatively low level of bike riding considering it's in California. The study focused mainly on commuting to work.

The institute used funding from the U.S. Department of Transportation's Research & Innovative Technology Administration and the California Department of Transportation. The report, Low-Stress Bicycling and Network Connectivity, found that many local bicyclists can't answer the question: Do You Know the Way through San Jose? comfortably on a bike. The report refers to "low-stress connectivity" as the problem it deals with.

Researchers labeled connectors in four ways: 1) those suitable for children, 2) those most adults will "tolerate," 3) roads many adult riders will ride on but would prefer a separate bike lane or path and 4) those only "strong and fearless" cyclists will tolerate. The institute labeled every street in town.

"Maps in which only bicycle-friendly links are displayed reveal a city divided into islands within which low-stress bicycling is possible, but separated from one another by barriers that can be crossed only by using high-stress links," the report explains.

Researchers assumed that cyclists

would tolerate going up to 25 percent longer than the most direct path without causing undue stress.

The institute tried to look at cycling routes in a reverse way than normal: instead of counting bike facilities or roads cyclists are allowed to ride on, it looked at places cyclists feel too stressed to use for reasons such as danger, noise and breathing auto exhaust. While some riders don't mind riding in traffic, many others don't like to or just won't.

Researches found that while 64 percent of city blocks didn't overly stress cyclists, these streets lay mainly in residential neighborhoods and the neighborhoods didn't connect well - planners deliberately designed the city that way to keep motorists out of residential neighborhoods. The city also generally planned well

for allowing cyclists to ride within their neighborhoods but not from one neighborhood to another.

A common problem getting around barriers such as highways, rivers and train tracks is that crossings can lie few and far between. Motorists drive at high speeds on ramps going to and from highways, making for stressful bike crossings.

The technical study shows how cities can identify gaps in bicycle connectivity. But it puts on the brakes there. It provides no guidance for planners on how to bridge these gaps, unfortunately.

Read the report at <http://transweb.sjsu.edu/PDFs/research/1005-low-stress-bicycling-network-connectivity.pdf>.

-Charles Pekow

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TYLER'S JOURNAL

Will Cycling Become Part of Everyday Life in the United States?



By Tyler Wren

The reaction from my Dutch Jamis/Sutter Home teammate to the unfortunate news that the proprietor of our Super 8 would not be making us pasta for breakfast was telling of

the massive gulf in public perception of cycling here in the states versus the sport's homeland of Europe. I've been to many of those small European hotels with cycling teams, and each time the chef (usually also the owner) made sure we had pasta and healthy meals for the duration of our stay, at no extra cost. Back here in the states at that Albuquerque New Mexico Super 8, my teammate suggested that I tell the owner that we are professional cyclists, as an attempt to sway him into changing the free breakfast menu for us from cereal and waffle-machined waffles to eggs and pasta. We all know how that conversation would have ended, and I'm not entirely sure that that Super 8 proprietor would have even known what a professional cyclist was. The experience and my team's trip this year to Spain got me thinking about the difference in cultural significance of cycling in Europe and here in the US, so I wanted to share some of my thoughts and anecdotes

on the matter.

As you watch the Tour de France this summer, take a look on the side of the roads in the middle of the stages out in the countryside. If you ask them about the Tour, most French folk will tell you about their experience having a picnic under a tree beside the Tour route waiting for the day's stage to pass by while listening to it unfold on the radio. A day's worth of entertainment and time with friends and family even though the race will pass them by in perhaps less than a minute. The world's biggest and most important bike race has been a part of France's culture for more than a century and these roadside picnics are just as ubiquitous as Super Bowl parties here in America.

In Belgium, cycling and bike racing are a massive part of everyday life. I spent one summer a few years ago living in Izegem at the USA National Team house for young riders. The first thing that struck me being in Belgium were the sheer

number of people on bikes versus cars. Little old ladies, male construction workers, and professionals in suits all on commuter bikes pedaling through towns. At one point while I was cycling on a bike path in Belgium, I came upon what looked like an entire Kindergarten class of two dozen children out cycling as their physical education for the day, clad in bright orange vests and no helmets! Fans of bike racing there are so fervent that they made me feel like a star, even though I was 22 and just starting my career. I had many people offer to buy me pastries at the pastry shop, ask for my autograph, and even a few recite parts of my palmarés (French for list of race results).

Popularity and acceptance of cycling has grown in leaps and bounds here in the States in the last decade, a fact that I regard with thankfulness and optimism. It may be another few decades until all the Super 8 owners will understand and cater to professional cyclists' need

for healthy food, but lasting events here like the Tour of Utah have promise of becoming staples in resident's summertime activities. I've grown to love the sport of cycling, and it makes me love the countries that embrace it wholeheartedly like France and Belgium. We're lucky to live in such a bike-friendly city here in Salt Lake, and I have a feeling we'll continue to see more and more bike commuters like those old Belgian ladies. See you on the road!

Tyler Wren is a professional cyclist for the Jamis/Sutter Home Professional Men's Cycling Team living in downtown Salt Lake City. He also coaches athletes and is available for cyclocross and road cycling clinics. To find out more information, contact Tyler at twren-egade@gmail.com or 610-574-1334.

DMBTA News

Dixie Mountain Bike Trails Association has become the first IMBA chapter in Utah. DMBTA and IMBA will now share members. The DMBTA mission is to work with Federal, State, and local land managers to improve mountain biking opportunities and connectivity, improve cycling education and ethics, grow the sport, and provide traveling cyclists with trail resources. The DMBTA territory covers the 5 county region of southern Utah - Washington, Iron, Beaver, Kane, and Garfield.

To join DMBTA go to <http://dmbta.org> for more information or to contact the organization about upcoming projects email info@DMBTA.org.

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ROAD RACING

Route Announced for 2012 Tour of Utah - Race Lengthened to 545 Miles; Climbing Increases to 37500 Feet

SALT LAKE CITY, UTAH (June 12, 2012) - The internationally-sanctioned, professional cycling stage race known as "America's Toughest Stage Race™" just got distinctly tougher. Organizers of the Larry H. Miller Tour of Utah revealed that this year's event, August 7-12, will increase the overall mileage from 409 miles to 545 miles of racing over six days. New and refreshed courses along the Wasatch Front will provide 37,500 vertical feet of climbing, including a new road race on the final day in Park City via the summit of Empire Pass.

Sanctioned by the Union Cycliste Internationale (UCI) as a 2.1-rated stage race, the Tour of Utah is renowned for challenging climbs, descents, twists, and turns along the scenic Wasatch Front of northern Utah. The Tour has added 33% more miles of racing for the athletes,

of which much of this comes on the first day in Ogden with a 131.6-mile stage race rather than a short, opening Prologue. The Tour will also include 11 XO Communications Sprint Lines and 13 Ski Utah King of the Mountain (KOM) climbs this year. This is an increase from eight Sprint Lines and five KOM climbs in 2011. This year there is a 25% increase in elevation gain for the week, up from 30,000 feet to 37,415 feet of vertical gain.

"Tough" really is the quintessential word for the Tour of Utah this year. The reconfigured course will really test the best cyclists in the world. And it's going to be unbelievably exciting for fans - from the enormous crowds we expect at all the host venues and at all the King of the Mountain climbs, to the worldwide audience we anticipate with live coverage on both FOX Sports

Network and Tour Tracker," said Steve Miller, president of the Tour of Utah.

"The Tour of Utah is very important for American cycling. It's billed as 'America's Toughest Stage Race,' and I believe the courses reflect that. We have some very difficult climbs, especially this coming year. There are a couple of new ones that will really shock people," added Levi Leipheimer, the two-time defending Tour of Utah champion and a stage winner at the Tour de France - Quick-Step out of Belgium. The team has recently accepted an invitation to race at the Tour of Utah for the first time. "The geography in Utah is very unique. I've been all around the world and you just don't find the high mountains, and the desert, and the red rocks, and the aspen trees and the Great Salt Lake. It's all very unique and definitely worth a trip."

FOX Sports Network will provide 12 hours of live coverage during the six-day event, two hours each day, and a total of 18 hours of programming. FSN's national network reaches 85 million households, with viewers in Utah accessing the race on ROOT Sports. Each stage is scheduled to finish just prior to 4 p.m. MT, which allow for the live FSN broadcast to capture stage results and awards presentations. The start times will vary, and will be posted to the Tour web site.

Race week for the 2012 Tour of Utah begins with Stage One on Tuesday, August 7 with a 131.6-mile (211 kilometer) road race in Ogden. This is the first time since 2008 that

the Tour has started with a road race rather than a Prologue. Historic 25th Street in downtown Ogden will mark the start and finish for the road race at Kiesel Avenue. Cyclists will climb through Ogden Canyon en route to Morgan County's lush ranchlands, reservoirs and canyons. There will be a total of four Ski Utah KOM climbs on this opening stage of 8,900 feet of elevation gain, including a new climb over Hogback Summit. Sprint Lines will be located in Morgan and Huntsville. On the return to Ogden, the peloton will crest the infamous Trapper's Loop en route to crossing North Ogden Pass from the back side, a two-mile climb with nine percent average gradient.

Stage Two is the inaugural Team Time Trial on Wednesday, August 8 for the Tour of Utah. This will be held at Miller Motorsports Park in Tooele. It is the fifth consecutive year this "race of truth" will be contested at this state-of-the-art road racing facility, which was completed in 2006 for automobiles, motorcycles and karts. This year's route is 13.5 miles (21.75 kilometers) in length, slightly longer than last year's individual race against the clock. The start/finish line will again be adjacent to pit row. This year's Team Time Trial is significant, as it is the only major stage race in North America to offer this team event. Whereas the individual time trial calls for athletes to compete one at a time on the course, the team time trial requires all members of each team to race together. The time of the fifth rider crossing the finish line will be the time recorded to all members of the team.

Thursday, August 9 is Stage Three presented by University of Utah Health Care. The peloton covers 86.1 miles (138 kilometers) from Ogden to Salt Lake City, with 7,134 feet in elevation gain. There are two sprint lines (Huntsville and Morgan) and three KOMs. After climbing North Ogden Pass for a second time in three days, riders will pass Snowbasin Resort, site of various world championship skiing events, and East Canyon State Park, with its scenic reservoir. Additional climbs include the front side of Trapper's Loop and a four-mile ascent of Big Mountain. This is a similar finish used two other times by the Tour of Utah to reach the finish line at University of Utah's Research Park, on the east hillside of downtown Salt Lake City.

The longest day in the saddle for the cyclists will be Friday, August 10, the 135.1-mile (217.4-kilometer) Stage Four presented by Adobe/XANGO. This will be a day for the sprinters, who will contest three Sprint Lines (Cedar Fort, Mountain View, Magna) between Lehi and Salt Lake City. The Tour has had a stage start in the Utah Valley every year since it began in 2004, and this is the third consecutive stage start at the headquarters of XANGO, a global nutrition company. The route rolls out of the northern part of Utah County and follows a Pony Express route to the west of Utah Lake. The race will follow the new 15-mile Mountain View Corridor roadway (set to open to the public in late 2012). Once in Salt Lake City, the peloton should be racing toward downtown using 400 South, with a

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Saturday, August 10 is the showcase "Queen Stage" of the Tour of Utah, Stage Five presented by Exergy Development Group. 2012 marks the fifth consecutive year for a slightly-modified 102.6 mile (165 kilometer) climb-fest from Newpark Town Center in Park City to Snowbird Ski and Summer Resort. It features four King of the Mountain climbs and a total of 10,000 vertical feet of elevation gain. New this year is the opportunity for recreational cyclists to ride all or part of the same course, on the same day, as the professionals in The Ultimate Challenge (registration required). The shorter options of 35 miles to Heber and 74 miles to Alpine provide viewing opportunities for race fans at the two sprint lines for the stage. A third sprint line will be contested in Kamas early in the stage.

The Tour of Utah returns to Park City on Sunday, August 12 for the grand finale of the week, Stage Six presented by UnitedHealthcare. This is the first time the overall finish has been hosted by Park City. This route features 76.7 miles (123.4 kilometers) with one Sprint Line (Kamas), two KOM climbs and close to 6,900 feet of climbing. The route passes through the private Wolf Creek Ranch with its 2.15-mile climb among aspen trees that reaches a maximum pitch of 22 percent. The second KOM is located at Empire Pass, a six-mile climb with sections that surpass a 20-percent gradient that will be used for the first time. A downhill approach into historic Park City should entertain crowds with a blazing finish on lower Main Street in front of the Kimball Arts Center.

The Larry H. Miller Tour of Utah began as the Thanksgiving Point Stage Race & Cycling Festival, a three-day event over Memorial Day weekend in 2004. The Utah Cycling Partnership, owned by family members from the Larry H. Miller Group of Companies, purchased the event in 2007 and re-launched the cycling event in 2008. The race has grown from 9,000 feet of climbing in the first years to 37,415 feet of climbing, which today challenges the professional cyclists to seven miles of vertical climbing over the six days. The Tour of Utah is now sanctioned by both USA Cycling, Inc. and the UCI.

The Larry H. Miller Tour of Utah continues to be free to all spectators, making professional cycling one of the most unique pro sports in the world today. More information about the race can be found by visiting www.tourofutah.com

MOUNTAIN BIKE RACING

Brendon Davids and Kathy Sherwin Win at Round Valley

By Shannon Boffeli

Unlike 2011, conditions in Park City, Utah, this season have been unusually dry and warm. Saturday was no different, as temperatures in the low 90s and steady winds made it feel more like the desert than Park City.

That didn't keep riders from turning out for the second round of the Utah State Championship Series held at Round Valley on June 23, 2012. With close to 300 in attendance riders were treated to a blazing fast, challenging course that was heavy on singletrack.

The pro fields started first with the men putting on a great show with over 20 riders in their field.

After a fast start a lead group of 3 developed on the opening lap. Local rider Nick Fisher (Rooster's/Bikers Edge) was joined at the front by out-of-towners Ben Aufderheide (The Hub) and South African youngster Brendon Davids (Sho-Air).

Just behind the leaders sat Brent Pontius (Rooster's/Bikers Edge), Geoff Montague, and Nate Miller.

After the opening 8-mile lap Davids pushed the pace up the Backside trail starting off the second lap. The young South African opened up a slight lead of just 15-20 seconds over the two chasers.

Now in control, Davids gauged his efforts keeping a close eye on the chasers while never letting them bridge the gap.

On the final lap, Davids held the lead, still at about 20 seconds. Ben Aufderheide had taken over second with Nick Fisher in third just in front of teammate Pontius.

With only seconds separating the top 4 riders lots of excitement was in store on the final lap.

Davids had paced himself well throughout the first two laps and a continued, steady effort kept him out front. Aufderheide was not so lucky as the heat started to take a toll. Nick Fisher and Brent Pontius were slowly

reeling in the rider from Wyoming. With less than a mile left Fisher caught the second placed rider and attacked with all he had left.

In the end, the Sho-Air rider Brendon Davids took the win ahead of an exhausted Nick Fisher. Ben Aufderheide was able to hold off Pontius for third with Brent crossing the line just seconds behind. Park City rider Sam Sweetser (Cole Sport) moved through the pack all day crossing the line in fifth place.

After the race David's had this to say about his race, "I'm really glad that our van broke down here. Otherwise we would probably be in Idaho right now. I really enjoyed this race: great trails and really well organized."

The women's race proved every bit as exciting as the men's. With National Ultra Endurance champion Amanda Carey making the trip down for the race. She would be challenged by locals Evelyn Dong (White Pine), Kathy Sherwin (Stan's NoTubes Elite), and Jen Hanks (Epic Brewing/MTBRaceNews.com).

Off the start, Moots rider Jill Damman took the lead pulling the elite field toward the singletrack.

Carey and Sherwin were the first to come around, followed closely by Evelyn Dong.

Before finishing the first of three 8-mile circuits Carey had begun to slow allowing Sherwin and Dong to take up the front of the race.

The two Park City riders continually challenged each other creating a tremendous pace and leaving Carey behind. KC Holley (4 Life) took up fourth spot with Kelsy Bingham (Jamis) just behind while a flat tire sent Jen Hanks all the way back to last place.

Throughout the second and third laps Kathy Sherwin and Evelyn Dong traded places with each rider taking some time on the front. Neither was able to open a gap of more than a few seconds and with just a few miles of racing left the two leaders were wheel to wheel.



Top: Kathy Sherwin on her way to winning the Women's Pro category. Photo: Chris See, see more at fredmarx.photoshelter.com
Bottom: Brendon Davids climbs the steepest part of the Park City course ahead of Ben Aufderheide and Nick Fisher. Photo: Shannon Boffeli, mtbraceneews.com.

Sherwin is dominant on the descents and she took a small gap into the final downhill sections leading to the finish. That was all she needed, as she kept a gap of just seconds into the finish.

Evelyn Dong came in with a satisfying runner-up finish. Amanda Carey held off a hard charging Jen Hanks for third. Hanks recovered

nicely from her early flat working her way back onto the podium. Kelsy Bingham finished fifth.

Next race in the Utah State Championship Series comes July 21st with the Wasatch Back 50, a 50-mile mountain bike race in Midway, Utah.

See results on page 8.

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TRAINING

5 Steps to Progress After A 'Face-Plant' Race Performance

By Cari Junge

For those of you that caught last month's article, hopefully you found some of the tips useful, as surely many of you have dealt with Mother Nature's attitude on Race Day this season.

If you raced Boise 70.3 on early June, my hat tips to you. A group of athletes I coach have worked towards the Boise half-iron distance triathlon, and what a day that was . . . some came back with pride and fulfillment while others were sure they faced hell.

Athletic performance at an A-Race or Main Goal Event, versus that of a B-Race or Training Day in preparation for an upcoming A-Race, is typically quite different. The A-Racer's schedule might provide a transition period post-race for her body and mind to recover, refresh and perhaps shift gears al-together. In this case, the athlete's level of output could reach intensities knowing that an extensive transition time is on the way. The B-Racer might be racing in the middle of a training block where a recovery period is not immediately following this finish. Here, the athlete's level of intensity is critical to control in order to minimize the need for extensive healing and regeneration time. By racing this event, the B-Racer's plan might focus less on time and intensity to reach the 'win' however he might define it, and more on maximizing awareness of race day, building confidence, practicing tactics, etc...

A Race Plan can be like a recipe to follow- for success or for failure. Having a goal with a specific result in mind, you follow a sequence of planned steps in order to complete it

successfully. Certain tools and tactics may be defined as needs in order to simply complete the task while others would enable heightened success. In the event you face an obstacle within or beyond your control that can shift the plan and/or outcome, you've got to respond quickly. Strategy, actions and likely expectations should change in order to simply finish, let alone with fulfillment.

If the apple pie is supposed to be hot and crispy so the ice cream will melt only a nominal amount the moment the doorbell rings, but the electricity goes out due to a power line down and you can't finish baking the pie through, you may need to go to the store or make something else in time for company to arrive. Next time, you will likely be prepared with a back-up plan and/or practice some scenarios so you can feel confident to invite friends over again. As stressful as this was to deal with, shifting the Plan to offset the obstacle for a successful and satisfying outcome left you more grounded and resilient as an entertainer. You can take it on again having faced it head on. But take time to evaluate what happened and why, and then refine your recipe in case of disaster (which in this case was huge not getting any 'hot and crispy home-made apple pie a-la mode you were near drooling over on your long ride earlier today').

Let's recognize the athlete who is racing with an A-B-C or Z-Race Plan, and facing similar obstacles requiring quick shifts in order to reach success. This 2012 season already has seen some devastating race day encounters and DNF (did not finish) rates. The obstacles, that 'threw the race plan' into the freezing cold water, strained mental and physical power from the athletes in Boise.

Performances had to shift due to uncomfortable weather patterns, race course changes, and more. Those with a Plan were thrown and those without one, and not prepared with alternate ingredients or tools handy, may have ended their day early or crossed the finish with the devil.

Our Ironman St George athletes faced a wind storm and ocean-like conditions timed perfectly- or not- with the swim start. Dangerous conditions resulted in many races ending before they barely started.

Many of us who come off a tough day such as those, having committed to the outcome for hundreds of hours planning and training for that day alone, find ourselves questioning Self. We may even go to that 'post-race depression' feel. And this is understandable having taken many months to build your mind, body and spirit to give it all to this one day, or knowing that day was supposed to be an indicator of your race readiness for the 'real thing', your A-Race.

Its these gentle nudges, that empower us consciously or not to grow stronger, smarter, and faster as endurance athletes. The key from here, however, is to get back in the kitchen, get a back-up generator, have your top three favorite recipes handy with varying levels of control needed, and make the call to plan your next party.

Let's hone in on 5-STEPS TO PROGRESS after a Face-Plant Race Performance. Whether you faced Boise 70.3 or IMSG, or another event with obstacles leaving you feeling low below-ground, these steps might just be your recipe for the perfect finish, a la mode.

STEP 1:

Face The Day: What happened and why? What were you prepared

for and what could you have done to better prepare? Make your list of things that you will know to do in preparation for the unknown next race. Acknowledge what was within your control, and that which was well beyond. Give yourself a break and then you can tackle the tough stuff.

STEP 2:

Celebrate Your Gains: Don't take another step forward without dedicating time (and even a piece of hot apple pie a-la-mode) to celebrate YOU.

Place your right hand on your left shoulder, and pat repeatedly- ideally while seeing your full SELF in the mirror. Give a smile remembering and maybe verbalizing the good, the bad, and the ugly. Face It, Embrace It, develop a hymn to it, and then Get Outta There!

STEP 3:

Prepare Your 'Kitchen': Let's now establish that your 'kitchen' is your 'kingdom for mastery'. It's a designated space you can go to any time to gather your thoughts, your tools, your peace of mind separate from your training ground, or the oven. Your kingdom has to look and breathe success. You can hang photos of you or others you see as successful, race data you are proud of, and other sensory stimulation that inspires you (music, color, fragrance, etcetera). And here is where you post your upcoming race information. Hang up the swim-bike-run maps, transition areas, your training plan with race type indicators (A,B,C, etcetera). Develop buzz words to focus on, and challenges plus solutions you might face. Keep adding information to your kingdom as you continue building your mind and body to optimally perform throughout the season ahead.

STEP 4:

Re-Assess YOU: This could require the mirror again only to remove the hand from your shoulder and gracefully pick at what could use some cleaning. I always start with a clean mirror, so take the time to Windex so you can to your SELF clearly. Then, talk yourself through

where you are right now and where you intend to be as you reach the start line for your next big race. Assess your body composition, fitness level, nutrition for lifestyle and race day, technique and performance strengths and limiters in the swim, the bike and the run. Go through every step of the sport that comes to mind so you can place YOU relative to it.

STEP 5:

Realize Your Goals: The final step for this recipe is to make it happen, successfully. In order to do so, you must be clear and realistic with your SELF and what your guidelines are for self-satisfaction. Post clearly your timeline, your goals, and every dimension involved in your triathlon training program that affects your race day performance and is realistic to nurture during this next training period. Take the time to step back and dissect your patterns that are possibly years old and dusty. For example, re-assess your swim technique and spend two weeks refining just the kick. And take that same period of time to eliminate refined sugar. Celebrate each day of that 2-week journey and see how you feel after practicing both of those limiters with intention. Perhaps commit to watching every stage of the Tour of Utah as a learning experience. Watch riders' technique and tactics, and take notes of ways this can help your training and racing. Soon you may dabble with bike races for training days as your tri-sport specific limiters become minute.

And that's when you can take a bite of an eggplant and believe its apple pie.

Cari Junge has over 20 years racing, coaching and teaching experience in the endurance sport industry. She is a certified USA-Triathlon & USACycling Level II Coach, an 8x ironman athlete, and is currently the Nutrition & Therapy Director for 'Utah Sports and Wellness'. For more information, see www.utahsportsandwellness.com.

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ROAD RACING

Pinkham and Hill Capture Bikes for Kids Salt Lake Valley Stage Race

Above: Bissell pro rider Chase Pinkham, third in line, swept all three stages.

Right: The Masters men's field rounds a corner with the Kennecott Copper Mine in the background.

Photos: Chris See, find more at fredmarx.photoshelter.com

**By Jared Eborn**

Stage racing in the Beehive State, much less in Salt Lake City, is a bit of a rarity. Putting together multiple races on multiple days is a lot of work and when it happens – especially when it happens at a location that doesn't require a long road trip – the fields are nothing short of incredible.

The Bikes For Kids Salt Lake Valley Stage Race enjoyed that perfect storm of supply and demand to kick off Utah's June racing season with a two-day cycling party on the Salt Lake Valley's west side. Bissell Pro Cycling's Chase Pinkham, happy to find a quality stage race in his backyard, didn't let the opportunity pass.

Pinkham captured victories in all

three stages and cruised to a GC win in the Pro 1-2 field. His combined time of 4 hours, 45 minutes and 58 seconds gave him a comfortable win over Collegiate National Champion Ski Utah-Marketstar's Cortlan Brown at 4:46:37. Tyler Riedesel was third overall at 4:47:43.

Megan Hill and Anne Perry, both riding for Revolution-Café Rio, took the first two steps in the women's Pro 1-2-3 race, with Hill's 4:04:25 time 13 seconds faster than Perry. Alison Frye and Breanne Nalder were third and fourth, respectively, at 4:04:55 and 4:05:16.

"Along with Tour of the Depot, we feel Salt Lake Valley B4K Stage Race is an important event for our local race community," race director Alex Kim said. "It gives our local racers a chance to race in a USAC

stage race format while racing with their local teams and sleeping at home."

By offering a substantial purse and local courses, the race is able to attract a large pool of talented cyclists.

"Our goal is to make this a marquis event for amateur and pro road racers in the Intermountain area – this year we attracted racers from Utah, Colorado, Nevada, Idaho and California," Kim said. "We would love to increase the numbers from out of state while maintaining a good representation from the Utah Cycling Association. We've already started the planning; thinking about those small improvements to build for another successful year."

The 2012 event was almost as hot in the thermometer and the action was on the road.

After beating Michael Booth (Ski Utah-Marketstar) and David Harward in the Friday criterium at Daybreak, Pinkham found himself in a two-man breakaway with Brown during Saturday's circuit race in Herriman.

As the temperatures soared, creating a little extra suffering than usual, the two-man break created enough separation to have the outcome of the stage race hanging in the balance. Pinkham pulled away on the finishing stretch to add five seconds to his GC lead over Brown while Riedesel and Chris Putt were about a minute back – creating a four-man race for the final podium with only a time trial remaining.

Pinkham left nothing in doubt, however, as he hammered out a time of 17:22 in the time trial, beating Cody Haroldsen's 17:25 while Brown finished at 17:41.

In the women's race Hill used a strong time trial to jump up the GC board and claim the win. A main-pack finish in the Friday criterium and a third-place finish in the road race left Hill in strong contention for a spot on the podium.

With a crushing time of 19:38, Hill picked up all the time she needed and then some. Perry was second at 19:56 while Nalder clocked in at 20:17.

While the race action was the public front for the Salt Lake Valley Stage Race, the mission behind the scenes was more noble. Bikes For Kids Utah, a non-profit organization, has sponsored the event for the past few years as a way to raise funds to give bicycles to disadvantaged children.

"We are very happy with how this race has grown over the last 6 years. We have tried to make small improvements building on the successes of each year – from a citizen hill climb to an omnium to the current USAC stage race format," Kim said. "We are very pleased to see the hard work paying off with a big increase in registrations from 2011 that has translated to an even bigger donation to the local non profit, Bikes for Kids Utah."

In the men's Cat 3 race, Zach Terry (Sonora Grill-Bicycle Center) edged Revolution-Café Rio's Adam Catmull and Infinite Cycles Ira Sorensen to pick up the GC win with a 3:31:17 time.

Bountiful Mazda's Zan Treasure, 3:36:20, was eight seconds faster than Canyon Bicycles' Scott Allen with Matt Heitmann and Mark Zimbleman taking third and fourth.

The women's Cat 4 race was a tight one, with Simply Mac's Chelsea Smith holding off Kelli Winder and Sara Baker for the top step of a podium that was separated by only eight seconds.

Luke Stevenson claimed overall victory in the men's Cat 4, while pro triathlete Heath Thurston crushed the Cat 5 field.

See results on page 8.



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GUEST OPINION

Why I Don't Wear a Helmet

By Michael Wise

As a cycling advocate, I should promote helmet wearing: I'm all about cyclist's safety, right? If you take one of the League of American Bicyclists courses, you will be required to wear a helmet throughout. It's a little weird, since the League doesn't advocate helmets specifically. They've latched on to a cultural meme, that only helmeted cyclists are safe cyclists. It's an interesting meme, but it's not true: helmeted cyclists are often the least-prepared cyclists. Novice cyclists will wear helmets, and proceed to make dozens of mistakes that could kill them. Not because they were wearing helmets, but because they make bad road choices: riding on sidewalks, riding against traffic, riding at night with no lights.

I don't believe that you should never wear a helmet. There are plenty of times where helmets are a necessary safety item, such as mountain biking and road racing. But for day-to-day commuting they aren't that effective. They don't provide much protection if you are hit by a car. They're designed for straight-on impacts at less than twenty miles an hour. For most of us urban commuters, that means going over the handlebars, a scary scenario but not a very common one.

Helmet also promote a culture of fear among cyclists. Seeing cyclists wearing helmets gives the impression cycling is unsafe, leading fewer peo-

ple to choose it as a mode of transportation. Among cyclists, it leads to unsafe behaviors like riding too far to the right out of fear of being hit from behind. This ends up in a vicious cycle, where the cyclist's impression of acting safely puts them in greater danger. There are more encounters with cars, until the cyclist concludes that cycling isn't safe, and hangs up the helmet for good.

My most basic premise is the direct correlation between number of cyclists and cyclist's safety ("safety in numbers"). The more cyclists on the road, the safer they are. The effect is well-documented: cities like Copenhagen have a very low rate of helmet usage, very high numbers of bicycle commuters, and very low numbers of cycling injuries. Some will claim that Copenhagen is a special case, but it's not: it was a city just like many of ours, heavily dependent on car use, until a concerted political will changed that. We've even seen safety in numbers here in Salt Lake City. Growth in cycling happened rapidly, but has not been followed by a rash of cycling-related injuries. Helmet promotion doesn't promote cycling to non-cyclists in any way: it deters people from cycling. Whatever it may be, that helmets muss the hair, that helmets look funny, that helmets are expensive, that helmets make cycling look dangerous, that helmets interfere with sight or hearing, that cycling requires special kit, these are all things that prevent people from just getting on a bike. So it reduces the number of cyclists, and the dan-



Riders enjoying the afternoon on the May 25, 2012 Critical Mass. Photo: Dave Iltis, see more from this event at gallery.cyclingutah.com

ger of cycling goes up.

In Australia, where helmets are mandatory, it is that head injuries went down, but actually the number of cyclists went down so significantly that the head injuries declined as well. Among the remaining cyclists, head injuries increased. Compulsory helmet laws made cycling more dan-

gerous for those who remained.

Wear a helmet if you want. Just don't think it's going to help if you're riding against traffic, at night without lights, on the sidewalk, or running stop signs and red lights. Yes, you'll reduce your injuries, but why wouldn't you prefer to prevent them altogether?

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ROAD RIDING

New Rumble Strips Threaten Cyclists' Safety on Southern Utah's Most Popular Route



Above: Highway 18 was rumblestripped by UDOT in a manner that appears to against their own guidelines. The rumblestrip is just to the left of the white fogline and leaves little room for cyclists to ride on the shoulder. Photo: Bryce Pratt

By Cimarron Chacon

This May the Utah Department of Transportation (UDOT) conducted a routine preservation and safety enhancement project on State Route 18 in Washington County. These types of projects are done all over the state to preserve the road surface and improve vehicle safety. The 10 mile project covers the section of the roadway just north of Winchester Hills near Snow Canyon State Park

to just north of Veyo. The work included chip sealing the road surface and installing rumble strips on each shoulder and in the center strip. For most rural roadways in Utah no one would have thought twice about the project; but this is no ordinary roadway, it is part of the famous Gunlock Loop and is used for major cycling and running events fall and spring including the Iron Man, St George Marathon and Huntsman Senior Games.

A group of avid cyclist, known

locally as "the geezers" quickly put out alert email and a call to action. I got wind of the situation from a friend that knows my background in mountain bicycling advocacy and my candidacy for a seat in the Utah Legislature. Working together the group conducted a quick survey of the project which included pictures of the worst areas, and a description of conditions when cycling. Three areas of concern were identified: 1. There was a 1.7 mile section of road where the shoulder was already narrow and now the rumble strip had taken that space; 2. The chip seal applied was very rough; and 3. The slurry coat applied over the chip seal was over-sprayed giving a false shoulder of soft material. With this knowledge several advocates, including myself, began making phone calls to local officials.

I got involved and directly contacted UDOT. Washington County is part of Division 4 and my contacts were Evelyn Tuddenham, Utah State Bicycle and Pedestrian Coordinator and Robert Dowell, Region Operations Engineer. Both were very concerned with the situation and responded quickly.

As a result of the call to action a group of cycling leaders from Washington County met and a subcommittee was formed to continue to work with UDOT on the

issue. I joined that sub-committee. Another group met to form the new Washington County Cycling Advisory Council, southern Utah's first cycling organization dedicated to advocacy and government policies.

The UDOT subcommittee met with a local UDOT representative the first week in June and together an action plan was devised. We learned that once rumble strips are installed they cannot be undone. Three possible solutions were discussed:

1. [Signage](#) to alert drivers and motorists of the hazard

2. [Removal](#) of the over-spray false shoulder

3. [Widen](#) of the shoulder in the 1.7 mile stretch that is the most hazardous.

In addition each group left with

further tasks. UDOT would conduct an internal investigation of the project to assure that all standards and guidelines were followed during construction, investigate methods that could be used to widen the shoulder, and find a standard sign that could communicate the situation.

The sub-committee was tasked with also doing a thorough investigation of the 1.7 miles with shoulder measurements to better narrow down exactly where the worst hazards are, and to conduct an economic analysis of the road to demonstrate how valuable that section of the road is to county tourism. Once these studies are complete the WCCAC hopes to meet with UDOT again to find funding for the signs and a shoulder widening project.

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34th Annual Snowbird Bicycle Hill Climb

10 Miles - 3,500' Vertical — Sandy to Snowbird
August 18, 2012 — Start Time 8 a.m.
Packet Pick-Up: Aug. 17, 5-7 p.m. & Aug. 18, 6:30-7:30 a.m. at the UTA Park & Ride, 9400 S. 2000 E.
Online registration: snowbird.com
Info: (801) 933-2115 or misty@snowbird.com

Ultra Widowmaker

14 miles - 6,500 Vertical — Sandy to Snowbird's Hidden Peak
Ride the Bicycle Hill Climb then MTB ride up Gad Valley to finish on Hidden Peak.

PRODUCT REVIEW

Rudy Project Windmax Helmet

Rudy Project's Windmax Helmet is light, well-fitting, and stylish.

By David Ward

After spending my cycling career wearing Bell and Giro helmets, I have had the good fortune this summer of wearing a Rudy Project helmet, specifically the Rudy Project Windmax. This is as close as I have ever been to feeling like I had on no helmet at all.

The sides and rear of the helmet do not come down around your head quite so much. Indeed, when I put

the helmet on, I almost feel like it could pop off the top of my head. But when the chin strap is done up and the rear adjustment made, the helmet is snug. From that point, I do not even notice it. That's a good thing.

This Rudy Project comes with two attachable visors. I have previously had helmets with visors. While they are good for keeping the sun, when it is lower in the sky, out of your eyes, they also require more tilt from your head when climbing. As

a result, I have rarely used them. Of the two visors this helmet came with, one is less than half the width of the other. For me, it is perfect. When sun is low, it extends enough to block the sun's rays from that gap between the front of the helmet and my sunglasses, but it does not impede my vision when climbing.

The rear retention system is my only issue. It uses a knob that you twist with your fingers to tighten and loosen the adjustment around the rear of the helmet. It is this feature that truly gives one a snug fit and has been a great innovation on helmets. However, this knob sits too close to the rear shell to get a good grip on it. You have to pull the knob down to be able to securely grip and turn it. I have a smaller size head, and for larger heads, this does not appear to be a problem. At any rate, this is a minor issue, and I quickly adjusted to it.

With 21 vents, this helmet is the most ventilated helmet I have used, though there is a mesh inside the front half of the helmet which likely restricts airflow into the helmet. But this serves the purpose of preventing bugs, and especially bees, from getting into your hair, a not uncommon occurrence. Still, replacement pads without the mesh come with the helmet so you can remove the mesh if you desire.

The Windmax also includes, in addition to the extra padding, thicker

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JULY	AUGUST
6 Brighton Criterium	4 Double M Road Race
7 Porcupine Hillclimb	11 Death March Road Race
7 Al Butler Criterium	SEPTEMBER
8 Blue Ribbon Road Race	1 Powder Mountain Hillclimb
14 Heber Valley Circuit Race	21 Harvest Moon Criterium
21 Chalk Creek Road Race	30 Harvest Moon Cyclocross
28 Tour de Park City	

padding for the sides of the helmet, and, for us OCD types, a bag to protect the helmet from scratches and dings during storage and transport.

This helmet is the lightest, most unobtrusive helmet I have used. On a Category 4 to HC scale (lowest to highest), I rate this a Category 1.

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ROAD RACING

Girls That Race Boys On Tuesdays

Above: The girls who race boys on Tuesdays.

From left to right: Catherine Fegan-Kim, Margaret Douglass, Alison Frye, Laura Howat and Chantel Olsen.

Right: Laura Patten. Photos: Cottonsoxphotography.net

By Cathy Fegan-Kim

Every Tuesday night during the summer at the Rocky Mountain Raceway (RMR) there is a criterium (short-course circuit race on road bikes, laps determined by time, also called "crit") where a handful of women battle it out with a pack of 20 to 40 men. About five years ago I started shooting photos of the Utah Criterium Series which holds two crits a week. One of the things that drew me to RMR or "Tuesday Night Worlds" (as some of the racers jokingly call it) was the extremely fit and fast women racing. I thought this was the coolest thing.

The regulars include Kirsten Kotval (Primal Utah) and Laura Howat (Ski Utah-Marketstar), who have raced in the pro circuit, racing in A-flight up against Pro-1-2 Men while Chantel Olsen (Primal Utah), Margaret Douglass (Bountiful Mazda), Laura Patten and Alison Frye (both Ski Utah-Marketstar) race in B-flight against Cat 3-4 Men. Watching these women and men including my husband race over the years inspired me to start racing the Utah Crit Series races. I started off with the less intimidating Thursday night Emigration Hill Climbs and later, C-Flight at RMR. After racing Cat 4 last season & upgrading to a Cat 3 I knew that I had to up my game. The glory days of Cat 4 were over and I knew that to be competitive in a field of Cat 1-2-3 I had to do what the other girls were doing – race B-Flight at RMR every week especially because I fancy myself as a crit racer. Although it was a nerve wracking step, the girls that upgraded around the same time as me (Amber Woodbury Brown & Kemille Garvin of Bountiful Mazda and my teammate Megan Cloward of Revolution Café Rio) decided to go for it as well

so I wasn't alone. Better yet, the Cat 1-2 girls were very encouraging.

It took many races for me before I could stay in the pack for the entire race. Wind directions, how the guys were racing, whether it was in the short oval or the main track of RMR affected how I did but gradually I figured things out, like how to corner smoothly so that I don't get dropped. My husband, the other girls, Marek Shon (who is "Crit Series") and Gary Bywater the race official all gave me helpful tips (such as how to corner well, where to be in the pack etc.). RMR is my weekly race clinic. Everything I learned there has transferred over to the crits and road races on the weekends.

So what motivates the other girls to race the boys at RMR? Margaret told me that she races RMR because she is a crit racer and also because you improve bike handling skills when racing at high speed. Laura P. emphasized interval training and the opportunity to work on racing skills like going off the front or getting in a break, working with different people and/or lines. Alison uses RMR to work on explosive power and overcoming the fear of riding close to others. She also says that the other women mentored her through that and now she has a great time out there. Another important reason to race RMR: learning tactics by watching the various teams work together for the wins.

We all have jobs and many of us are moms and finding time to train and race is tricky. Laura H. races on Tuesdays for a little "me time" and enjoys going fast and hard. She added that this exceptional workout (with bike commute to the race) gives her 50-60 miles with a one-hour max in a three-hour time frame. She used this race to support her goal of winning in the Pro 1-2-3 category at age 50, which she has done several times. Motivation to race with boys for

Chantel came from the girls that were already racing out there: Kirsten and Laura H. They told her that women have a great opportunity to ride hard and learn how to crit race twice a week here in SLC. Chantel confirms this, "Nobody we race with in the region has this opportunity to race crits every week." Because of RMR when Chantel shows up to an NRC or other national race, she knows she is prepared to "race with the big girls." Laura H. was national champion in the 2004 and 2011 Masters Criterium and Margaret has been top 5 in 3 big



national championship races proving that the benefit of women racing with men in Utah's crit races.

Utah has produced a number of talented pro racers recently like Tayler Wiles (Exergy) and Nikki Wangsgard (Primal Map My Ride) but Chantel says that for most of us racing is a personal challenge of training, team tactics and personal best. She went on to say that competition is good for us as it makes us ride harder than you thought possible because other competitors push you with their abilities. The social aspect of racing is big for all of us. As Chantel puts it, "Riding bikes is like having coffee and chatting with your girlfriends but getting fit at the same time. My best friends are those on my cycling team!"

I have a son with autism and this is a huge challenge so racing is a great release. Race days are when my husband and I spend time together doing what we both enjoy. To be able

to hang out with girls that I respect and am inspired by on race days is an added bonus. At the 2012 State Crit Championship I crashed first lap and had a mechanical. When I pedaled back into the race, both my teammates and competitors in the field cheered me on. How cool is that?

It is great to see more girls coming out to race in the crit series; Sara Baker and Juel Iverson (Canyon Bicycles Draper), Heidi Roundy (CA Pools CFS Mortgage) and 12 year old, Katie Clouse (Cole Sport) and it will be great to see even more women out there. There are categories for first timers and beginners (C's and D's) – it is an easy, no pressure way to test out your legs. RMR is an adrenaline rush, we all get nervous before the race but we come back week after week because it is really fun. Come on girls, come race the boys with us next Tuesday!

For race information please visit www.utahbikeracing.com

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CALENDAR OF EVENTS

Calendar Guidelines:

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

Submit your event to: calendar@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!

Utah BMX

Deseret Peak BMX — Tooele, UT, 1200 foot long track, ABA sanctioned, open to public for practice daily, fee is \$2 per rider. Sign ups 5:30 to 7:00 on race day. Races: May 8, 22, June 12, 26, July 10 - Race for Life, 17 - State Qualifier, August 14, 28, September 18, 25., Darrin Cook, 435-843-4049, deseretpeakbmx@msn.com, deseretpeakcomplex.com

Utah Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Ken Johnson, ubcinfo@utahbikes.org, bikeutah.org

Salt Lake City Mayor's Bicycle Advisory Committee (MBAC) — Salt Lake City, UT, Meetings are on the second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 335. All are welcome. Visit the website to join the email listserv., Dave Iltis, 801-328-2066, dave@cyclingutah.com, Julian Tippetts, 801-535-7704, Julian.Tippetts@slcgov.com, slcgov.com/bike

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, Bicycle Facilities Planning Meetings are third Wednesday each month from 4-6 p.m., with the exception of the month when the Quarterly County Advisory Committee is meeting on the third Wednesday from 6-8 p.m. (see website for meeting details). Meetings are held in Suite N-3001 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT. 801-468-3351, Megan Hillyard, 801-468-

3351, MHillyard@slco.org, bicycle.slco.org

Weber County Pathways — Ogden, UT, Weber County's Trails Group. We are committed to the idea that non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life., Mark Bedel, 801-393-2304, wp@weberpathways.org, Rod Kramer, 801-393-2304, rod@weberpathways.org, weberpathways.org

Davis Bicycle Advisory and Advocacy Committee — Farmington, UT, Not Currently meeting. Organizers needed., Bob Kinney, 801-677-0134, bob@bike2bike.org, davisbike.org

Mooseknuckler Alliance — St. George, UT, We accept all types and styles of riders, most important we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org

Park City Alternative Transportation Committee — Park City, UT, Normally meets the second Wed. of the month, location TBD, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, Michael Watson, redtail@sina.com, mountaintrails.org

Mountain Trails Foundation — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

Bonneville Shoreline Trail Committee — Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.org

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, parleystrail.org

Holladay Bicycle Advisory Committee — Holladay, UT, The Holladay Bicycle Advisory Committee (HBAC) works to make Holladay bicycle friendly. The HBAC meets on the first Tuesday of every month from 6:00 p.m. to 6:45 p.m. in the Hy Nielson Room of the city building at 4580 S. 2300 E., Greg Hoole, 801-272-7556, gregh@hooleking.com, tinyurl.com/holladaybac

Provo Bike Committee — Provo, Utah, Come join us every 2nd and 4th Tuesday at 5 pm in the Conference Room in the Provo City Building on 351 W. Center Street. We promote bike safety, culture, and better relations between bikes and cars., Carole Ann Litster, 208-283-6756, carolannlitster@gmail.com

Events, Swaps, Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None, noemail@cyclingutah.com, slccriticalmass.org

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

July Bike Maintenance Clinics — Cottonwood Heights, UT, Join us for our free weekly maintenance clinics Tuesday evenings this July. Come learn two of the most basic and important, bicycle maintenance skills in an informative, comfortable and hands-on setting. TUESDAYS at 6:30pm, July 5: Flat repair, July 12: Drivetrain Cleaning, July 19: Flat repair, July 26: Drivetrain Cleaning. Clinics are limited to 20 participants each so please call or email to reserve your spot., Chris Skolnick, 801-942-1015, info@cottonwoodcyclery.com

Beehive Bike Polo Club — Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801-688-7268, heatpolo-company@gmail.com

Cole Sport Weekly Road Ride — Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave.

at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com, mountaintrails.org

July 28, 2012 — KPCW Cycling Festival, Park City, UT, Fat tire, skinny tire & training wheels...festival celebrating cycling. Road and trail rides, educational clinics, equipment demos, live music, food, beverages and fun for the whole family. Held at The Yard, 8:00 AM - 8:00 PM, Cindy Bywater, 435-649-9004, cbywater@kpcw.org, kpcw.org

August 18, 2012 — Tour de Fat, Boise, ID, Rolling Revival of Sustainable Folly!, Various Western Locations., 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat

September 22, 2012 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclingutah.com, worldcarfree.net

October 10-13, 2012 — IMBA World Trails Summit, Santa Fe, NM, The 2012 IMBA World Summit will feature professional development, networking and great riding for mountain bike advocates and enthusiasts., Mark Eller, 303-545-9011, markeller@imba.com, imba.com/world-summit

Mountain Bike

Tours and Festivals

July 27-29, 2012 — 3rd Annual TVTAP WYDAHO Rendezvous Mountain Bike Festival, Teton Valley, ID, Three-Day Mountain Bike Festival DH & XC races, group rides, bike/trials demos, pump tracks, skill clinics, music, parties. 5hr race 7/29. Grand Targhee Resort & Idaho, Tim Adams, 208-201-1622, tim@TVTAP.org, TVTAP, 208-201-1622, BikeFest@TVTAP.org, tetonbikefest.org, TVTAP.org

July 28-29, 2012 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-905-8177 (Canada), lu@dirseries.com, dirseries.com

July 28, 2012 — KPCW Cycling Festival, Park City, UT, Showcasing Park City's award winning trail system! Guided rides (Mid Mountain, Round Valley, Prospector & more. Live bands, vendors, expos, food & beverage, fun for the whole family. Held at The Yard, 8:00 AM - 8:00 PM, Cindy Bywater, 435-649-9004, cbywater@kpcw.org, kpcw.org

September 22-23, 2012 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-905-8177 (Canada), lu@dirseries.com, dirseries.com

September 25-29, 2012 — Alison Dunlap Adventure Camp, Moab, UT, Five-day Intermediate/Advanced MTB Skills Camp, Rim Village condos at 4 pm., Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

September 28-30, 2012 — MECCA Fall MTB Festival, Castle Dale, UT, Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided

rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, meccabike-club@etv.net, biketheswell.org

October 3-7, 2012 — Outerbike, Moab, UT, Outerbike is an opportunity to ride your dream bike on real dirt. Participants will receive bike demos for 3 days, lunch at the trailheads, and admission to evening parties and films., Sean Hazell, 800-845-2453, sean@outerbike.com, outerbike.com

October 14-16, 2012 — Hurricane Mountain Bike Festival, Hurricane, UT, Ride with us on some of the most stunning trails in the world with Zion National Park as your backdrop. Fun festivities, awesome demo bikes, beer garden, dutch oven dinner, prizes & more!, DJ Morisette, 435-635-5455, hu@otesports.com, otesports.com

October 25-28, 2012 — 7th Annual Moab Ho-Down Bike Festival, Moab, UT, Offers group shuttle rides, amateur film festival, townie tour, Super D Race, DH Race, dirt jump comp and an outrageous costume party!, Tracy Reed, 435-259-4688, info@chilebikes.com, moabhdown.com

Utah Weekly MTB

Race Series

Sundance/Soldier Hollow Weekly Race Series — Soldier Hollow, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 45mins, Beginners 30mins., Tyson, 435-200-3239, aces@euclidoutdoors.com, weeklyraceseries.com

Sundance/Soldier Hollow Weekly Race Series — Soldier Hollow, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 45mins, Beginners 30mins., Tyson, 435-200-3239, aces@euclidoutdoors.com, weeklyraceseries.com

Mid-Week Mountain Bike Race Series — Mid-Week MTB Race Series, Park City, Draper, and Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:30, kids race at 6:00 and main event at 6:30. 5/15 to 8/21., Brooke Howard, 801-935-1092, bjbhoward@hotmail.com, midweekmtb.com, facebook.com/midweekmtb

Mt. Ogden Midweek XC Race Series — Snowbasin Resort, UT, Dates June 6, 13, 20, 27; July 4, 11, 18, 25; Aug. 1, 8, 15. Registration- 5pm-6:30pm at Grizzly Center, Race Start: 6:30., Jonny Hintze, 801-230-2995, jonnyhintze@yahoo.com, Jason Dyer, 801-620-1013, jdye@snowbasin.com, mtogdenraceseries.com, bebikes.com

July 19, 2012 — Snowbird Full Suspension Race Series, Snowbird, UT, Thursday evening combination Mountain Bike, Mountain Run, and Obstacle Course Series July 19, 26, Aug. 2, 16, 2012 — Start Time 6 p.m. Registration is day of at the Snowbird Activity Center., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com

Regional Weekly

MTB Race Series

Laramie Mountain Bike Series — Laramie, WY, May 20, June 19, June 26, July 10, July 24, August 7, August

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14, Laramie, info@laramiemtb-series.com, laramiemtbseries.com

Utah Mountain

Bike Racing

July 7, 2012 — 25th Annual Mountain Bout, Intermountain Cup, Snowbird, UT, ICS #8, Snowbird, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap. First race starts at 8:10am for U9, 8:30am next start., Ed Chauner, icupracing@yahoo.com, intermountaincup.com

July 7, 2012 — Fire Road Cycling, Cedar City, UT, 25k, 60k, 100k distances, 4 start corrals, beginner to serious riders, starts at Main Street Park, 8am, 7000 ft. total for 100km; 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km., Paul Huddle, 858-518-0042, 760-635-1795, huddle@multisports.com, fireroadcycling.com

July 14, 2012 — The Crusher in the Tushars, Beaver, UT, A 70 mile "roadit" race exploring Southern Utah's Tushar Mt. range. 10,500+ ft. of climbing! A perfect 50/50% split between pavement and dirt fire-roads and a traverse of some of Utah's highest and most scenic roads., Burke Swindlehurst, roadit@msn.com, tusharcrusher.com

July 21, 2012 — Wasatch Back 50, USC Series, Wasatch County, UT, Exciting new Race course starts east of US 40, finishes at the Homestead Resort., Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffelli, shannon@mfbracenews.com, raceuscs.com

July 21, 2012 — Wasatch Enduro, Park City, UT, At the Canyons Resort, European style enduro race, \$12,000 Cash and Prizes, 17 miles, 3,200' of technical descents / 1,300' climbing, Ali Goulet, 801-560-6479, ali20vt@aol.com, bellwasatchenduro.com

July 28, 2012 — 16th Annual Chris Allaire Memorial, Intermountain Cup, Solitude Resort, UT, Utah State Open XC Championship, ICS #9, Course combines Cruiser (upper) and Serenity (lower) loops, Registration closed 7/13, First start at 8:15am., Ed Chauner, icupracing@yahoo.com, intermountaincup.com

August 2, 2012 — Orchard Days Mountain Bike Race, Santaquin, UT, Men's and Women's division for Beginner, Intermediate, and Advanced races, Youth race; Race starts at 6:30 pm., Greg Flint, (801) 754-3211, office@santaquin.org, santaquin.org

August 4, 2012 — 3rd Annual Basin Bash XC, Intermountain Cup, Snowbasin, UT, ICS #10, series finals, an 8.5-mile loop consisting of 90% wide single-track that winds across the lower mountain with about 1,300' of climbing per lap, Ed Chauner, icupracing@yahoo.com, intermountaincup.com

August 18-19, 2012 — Flyin' Brian Gravity Festival, UT Downhill Series, Brian Head, UT, Downhill and Super-D Schedule of events T.B.D., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 18, 2012 — Mt. Ogden 100 K MTB Race, Snowbasin, UT, We will have 3 race divisions for 2012. They are 25K, 50k and 100k., Steve Andrus, 801-620-1014, sandrus@snowbasin.com, mfogden100k.com

September 1, 2012 — Park City Point 2 Point, NUE Series, Park City, UT, A

true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 78 miles & 14,000' of climbing., Jay Burke, 801-330-3214, info@theppcp.com, theppcp.com

September 1-3, 2012 — Great Utah Bike Festival, Cedar City, UT, Benefiting Hemophilia. 4 stages mountain bike race or the 4 stage USAC road race; double or single track trails; join the bike parade, take a bike safety or riding clinic, or join street race., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 8, 2012 — 6 Hours of Bear Lake, Garden City, UT, 6 Hour MTB Race, Part of Garden City Harvest Days Festival, Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, Dirk Cowley, 801-699-5126, dcowley@racedayevent-software.com, races2race.com

September 8, 2012 — Utah High School Cycling League Race #1, Utah High School Cycling League Race Series, Park City, Round Valley, UT, Races are 9th through 12th grades only. Categories for individual scoring are Freshman, Sophomore, JV, and Varsity for boys and girls separately. Team scoring for division I and II teams. Race starts Saturday at 10 am. Bring your family and cowbells for a great day of fun cheering your local high school team at our spectator-friendly 4-6 mile lap courses., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, www.utahmtb.org

September 15, 2012 — 12 Hours of Sundance, Sundance Resort, UT, With Solo, 2-Man, 4-Man and Coed options this event has something for everyone. Race goes from 7am - 7pm., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, John Woodruff, 801-223-4044, johnw@sundance-utah.com, sundance-resort.com

September 15, 2012 — Widemaker Hill Climb, Snowbird, UT, 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort., James Zwick, 801-583-6281, sports-am.com, sports-am.com

September 15, 2012 — Draper Fall Classic 50, USC Series, Draper, UT, 50 miler, lap format. makes use of best of Corner Canyon., Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffelli, shannon@mfbracenews.com, raceuscs.com

September 16, 2012 — Tour de Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain. Participants are urged to don "festive" costumes and celebrate the beginning of the fall mountain bike season in a spirited manner., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 22, 2012 — Utah High School Cycling League Race #2, Sherwood Hills Resort, UT, Race for 9th through 12 graders only. Sherwood Hills Resort. First wave going off at 10 am, with 3 waves during the day. Spectator friendly 4-6 mile laps, total length depends on category. Both individual scoring and team scoring., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, www.utahmtb.org

September 28-30, 2012 — Big Mountain Enduro #3, The Whole Enchilada, Big Mountain Enduro Series, Moab, UT, These events focus on epic, backcountry rides that challenge riders to push their limits on raw, uncut courses that Mother Nature designed. As the

horizons of racing continue to broaden, this enduro style of racing speaks to all riders—spandex, baggies and full-faced., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

September 29-October 1, 2012 — Furious3, Furious3, Moab, UT, Furious3 mountain bike race is a 3 day, multi staged event that is for anyone interested in an epic mountain bike adventure. They are perfect for anyone looking to step into multi day racing for amateurs and pros alike., Mark Kaltenbach, 888-880-8846, mark@furious3.com, www.furious3.com

October 6-7, 2012 — 24 Hours of Moab, Moab, UT, The 18th Annual 24 Hours of Moab offers solo, duo, 4 and 5 person team categories in men's, women's and coed classes., Laird Knight, 304-259-5533, 304-614-5091, heygranny@grannygear.com, grannygear.com

October 6, 2012 — Utah High School Cycling League Race #3, Utah High School Cycling League, Alpine, UT, Race is for 9th through 12th graders only. Start at the Lambert Park Bowery. First wave starts at 10 am, 3 waves total throughout the day. Spectator friendly 4-6 mile laps, total length depends on category. Boys and girls categories separate, both individual and team scoring., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, www.utahmtb.org

October 13, 2012 — 6 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. Great introduction to endurance racing or a great trainer for bigger races. Categories from solo to 3 person, including single speed categories., Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

October 15-16, 2012 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, hwsq@infowest.com, Merrill Barney, seniorgames.net

October 20, 2012 — Utah High School Cycling League State Championships, Utah High School Cycling League, Heber, UT, Final race & State Championship. Start at Dutch Hollow, Heber. First wave goes off at 10 am. More information will be posted on our website. Registration for races will be done through team coaches. Categories include Freshman, Sophomore, JV and Varsity for both boys and girls. Individual scoring and team scoring and awards., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, www.utahmtb.org

November 3-4, 2012 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus double midnight lap due

to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

Regional Mountain

Bike Racing

July 5-8, 2012 — NORBA XC MTB Nationals, Sun Valley, ID, Includes three race disciplines - Short Track, Super D and the Olympic Cross Country, Kelli Lusk, 719-434-4200, klusk@usacycling.org, Aly Swindley, 800-634-3347, info@visitsunvalley.com, usacycling.org, visitsunvalley.com

July 7-14, 2012 — Southeast Idaho Senior Games, Pocatello, ID, Cross country MTB., Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidahoseniorgames.org

July 7, 2012 — OuterLocal Summer Games, Jackson, WY, 9:00am in Phil Baux Park at the base of Snow King. This "adventure festival for mountain athletes" will feature four events in mountain biking, trail running, bouldering, and paragliding; capped off with two free concerts at the end of the night., Jeremy Dodge, ierdodge@gmail.com, outerlocal.com/member-profile/the-outerlocal-summer-games

July 14, 2012 — Adventure Xstream Summit County, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

July 20-22, 2012 — Storm Peak Stampede - MSC #4, Mountain States Cup, Steamboat Springs, CO, New venue for 2012, Steamboat Springs Bike Park brings new cross country, downhill and super d to the MSC. Colorado State Championships and qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

July 20-22, 2012 — USA Cycling Gravity MTB National Championships, Beech Mountain, NC, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

July 27-29, 2012 — 3rd Annual TVTAP WYDAHO Rendezvous Mountain Bike Festival, Teton Valley, ID, Three-Day Mountain Bike Festival DH & XC races, group rides, bike/trials demos, pump tracks, skill clinics, music, parties. 5hr race 7/29. Grand Targhee Resort & Idaho, Tim Adams, 208-201-1622, tim@TVTAP.org, TVTAP.org, 208-201-1622,

BikeFest@TVTAP.org, tetonbikefest.org, tvap.org

July 28, 2012 — Laramie Enduro, Wyoming Marathon Championship, Laramie, WY, 111K (72 miles), Happy Jack Recreation Area, 8600' elevation gain, 7 am start., Richard Vincent, 307-745-4499, enduro.tv@gmail.com, laramieenduro.org

July 28, 2012 — Butte 100, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options., Gina Evans, 406-498-9653, eatdirtpigpen@hotmail.com, www.butte100.com

July 28-29, 2012 — 20th Brundage Mountain Bike Fest XC/Super D/DH, Wild Rockies Series, Brundage Resort, ID, State Championship for Super-D and Downhill and qualifier for Nationals for downhill, 20 min super D. 5-6 min DH course., deep woods single track and wide open fire road, super easy shuttle with high speed lift for the Super D and DH events., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

August 4-5, 2012 — Pomerelle Pounder, Wild Rockies Series, Albion, ID, Two-day DH race, Saturday DH race and Sunday DH., Ron Lindley, 801-375-3231, info@utahdh.org, utahdh.org, go-ride.com

August 4, 2012 — Pierre's Hole MTB Race, NUE Series, Alta, WY, The course on a 25 mile loop will be the ultimate test for a 50/100 mile race, each lap will have over 4200' of climbing on mostly single and double track trails. National Ultra Endurance Series (usmtb100.com), Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Troy Barry, 208-201-9933, twbarry@juno.com, grandtarghee.com, ph100.org

August 10-12, 2012 — Full Tilt in Telluride - MSC #5, Mountain States Cup, Telluride, CO, Series finale for Mountain States Cup—endurance and gravity finals. Includes cross country, downhill and super d. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

August 11, 2012 — Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Net proceeds benefit Teton Valley Trails and Pathways. Mountain bike mass start first, at 10 am, 9.4 miles, then either bike a second lap or run 6 miles. Awards, Raffle and results 1 pm at the South Horseshoe Trail Head., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com



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Utah Weekly

Road Race Series

Cyclesmith Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, Saturdays A and B Flite off at Noon C and D Flite off at 12:50, 6555 W. 2100 S. March 3,10,17,24 Tuesdays at 6pm April 3,10,17,24 May 1, 8, 15, 22, 29 June 5, 12, 19, 26 July 10, 17, 24, 31 August 14, 21, 28 September 4, 11., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcitycrits.com

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April 5 - September 6, I-80 Frontage Road West of the International Center., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Emigration Canyon Hillclimb Series — Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April 19 thru August 30., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

SBR Time Trial Series — Orem, UT, Starts at 7pm, free to participate Flat 6 mile out and back, 321 South Vineyard Road Orem, UT 84058, updates on facebook. 5/2 to 9/5, Joe Johnson, 801-225-0076, 949-412 0587, joe@sbrutah.com, sbrutah.com, [facebook.com/sbrsports](https://www.facebook.com/sbrsports)

April 4-September 5, 2012 — DLD (DMV) Criterium Presented by Ski Utah, Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700 S. 2780 W., A flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com, skiutahcycling.com

April 25-September 26, 2012 — Eagle Mountain Weekly Time Trial, Eagle Mountain, UT, Meet each Wednesday at 7:00 pm at the end of the divided road south of the corner of SR73 and Eagle Mountain Blvd. Race south to the first round-about and back. Free., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

June 26-July 31, 2012 — Top of Utah Crit Series presented by Threshold Sports, Ogden, UT, New course will be around South Ogden Jr High. Perfect venue for pre-race fitness or introduction to racing in the C-Flight. We will be racing every Tuesday starting June 26th - July 31st. Women's Flight - 5:15pm (25 min), C Flight: 5:50pm (30min), Kids Crit: 6:20pm (10 min), B Flight: 6:30 pm (40min), A Flight: 7:20pm(50min), Joel Rackham, 801.721.6952, joel@simplymacracing.org, Russ Parry, russ@simplymacracing.org, simplymacracing.org

Utah Road Racing

July 1, 2012 — Terry McGinnis Memorial Criterium - Midvale, Utah City Crits, Bountiful, UT, Located in old downtown Midvale, this venue is a fast, four corner criterium and should be a real crowd pleaser. The course will start/finish on Old Main Street., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

July 2, 2012 — Terry McGinnis Memorial Criterium - TBD, Utah City Crits, TBD, UT, Located adjacent to I-15 near the Lehi Roller Mills, this venue is best for breakaway riders with its long straight-aways. The course will start/finish on 1000 East., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

July 3, 2012 — Terry McGinnis Memorial Criterium - TBD, Utah City Crits, TBD, UT, In the heart of Bountiful, this will be a flat, four corner rectangular course that will provide thrills and chills as riders try to out sprint each other for the win. The course will start/finish on Main., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

July 4, 2012 — Terry McGinnis Memorial Criterium - Holladay, Utah City Crits, Holladay, UT, With a start/finish on Holladay Blvd, this

course incorporates a hill climb on 4500 South, a descent down 2300 East and a wicked turn on to Laney Avenue back onto Holladay Blvd. This course has something for every racer., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

July 6, 2012 — Brighton Twilight Criterium, UCA Series, Salt Lake City, UT, Twilight criterium at the Brighton Ski Resort, Big Cottonwood Canyon., Jared Eborn, 801-599-9268, jared@extramileracing.com, porcupinehillclimb.com

July 7, 2012 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 11 Year Anniversary of the Porcupine Hill Climb for the Fight Against Cancer. Starting at the Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, mikeside@gmail.com, porcupinehillclimb.com

July 7, 2012 — Utah Tour de Donut, American Fork, UT, 5th Annual, family-friendly, three laps, flat course, 21 miles total. Donuts between laps reduce time. Ind & Teams! Starts at 9 AM, fundraiser., Rodney Martin, 801-427-6400, rotaryrod@live.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, utah-touredonut.org

July 14, 2012 — Pony Express Road Race, UCA Series, Fairfield, UT, Road race following the Pony Express route in Utah's west desert. Starting and finishing at the Stage Coach Inn in Fairfield., Jared Eborn, 801-599-9268, jared@extramileracing.com, porcupinecycling.com

July 21, 2012 — Chalk Creek Road Race, UCA Series, Coalville, UT, Utah State Championships for Juniors and Masters., Mike Meldrum, 801-424-9216, mikeside@gmail.com, porcupinecycling.com

July 21, 2012 — Rockwell Relay: Ladies Pamperfest, Wasatch Front, UT, Four- and two-lady relay teams race or ride, with massages, mini-manicures, etc. at exchanges. Begins 8 am at Snowbasin, 160 miles finishing in Provo. For all levels!, Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

July 27-28, 2012 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com

July 28, 2012 — Sundance Hill Climb, UCA Series, Provo, UT, Starts at the bottom of SR92, climbs 8.2 miles, over 3000' of climbing, passing Sundance and finishing at the Alpine Loop Summit. Great event for riders and racers of all ability levels., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, John Woodruff, 801-223-4044, johnw@sundance-utah.com, sundance-utah.com

July 28, 2012 — Tour de Park City, UCA Series, Park City, UT, Classic Road Race and Tour starting and finishing in Park City. 170, 100, 50 and 15 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, teamexceleator@gmail.com, tourdepark-city.com, teamexceleator.com

August 1, 2012 — Lindon City Criterium, Utah City Crits, Lindon, UT, Part of the Lindon Days Celebration. This course takes place in the heart of the neighborhoods in Lindon and is very unique with a quick hill climb right before the finish line that will give the riders an added challenge. The uphill to the finish will be a great sprint that will exact the neighborhood fans as well as the riders going for the win. The course is 1.45 miles in length and fairly flat., Ryan LeMone, rylemone@gmail.com, lindoncity.org

August 7-12, 2012 — Larry H. Miller Tour of Utah Presented by Zions Bank, UCI, UT, America's toughest stage race. Elevated to UCI 2.1 for 2011, 6 stages, 325 miles, \$45,000 purse, Pro/1 Men only, Salt Lake, Ogden, Provo, Tooele, Park City, Snowbird, Salt Lake. Come and

watch the best!, Jackie Tyson, 801-325-2500, tourofutah@pelotonsports.net, tourofutah.com

August 11, 2012 — The Death Match RR, UCA Series, Salt Lake City, UT, The Death Match RR, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

August 18, 2012 — Snowbird Hill Climb, Snowbird, UT, 33rd Annual, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry ll., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com/events/summer/hillclimb.html

August 18, 2012 — Double M Road Race, Morgan, UT, A recreational charity ride benefiting the Cystic Fibrosis Foundation (CFF), 3 ride lengths, 28, 56 and 84 miles. Fun ride at 8 am, race at 9 am. Morgan fairgrounds, over \$2000 in cash and prizes., Daniel Lilly, 801-657-2627, daniel@mycyclingssource.com, mycyclingssource.com/double-m-bike-race.html

August 18, 2012 — Wildflower Hill Climb, Mountain Green, UT, During the Wildflower Pedalfest, a woman-only bike ride through the scenic Morgan Valley. Those women who choose the 75 mile course will be eligible to compete in the Wildflower Hill Climb — a 5.5 mile climb to the top of Big Mountain where Morgan County meets Salt Lake County., Stacie Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 24-26, 2012 — Hoodoo 500, St. George, UT, 500 mile loop race along the best roads in Southern Utah. Solo and relay team divisions., Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 1, 2012 — Powder Mountain Hill Climb, UCA Series, Eden, UT, 6 miles and 3000 feet up Powder Mountain Road, start at Wolf Creek Balloon Festival Park, finish in Timberline parking lot., Ben Towery, 801-389-7247, teamexceleator@gmail.com, teamexceleator.com

September 8, 2012 — LOTOJA Classic RR, Logan, UT, 30th Annual, 1 day, 3 states, 206 miles from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, info@lotojaclassic.com, lotojaclassic.com

September 21-22, 2012 — Salt to Saint Relay, Salt Lake City, UT, Utah's most exciting bicycle relay, 400ish mile relay race from Salt Lake City to St. George following Hwy 89, passing through Zion National Park. Solo, 2, 4 and 8 person team categories. Riders will push themselves, their sleeping habits, their cycling abilities and their idea of a good time to new limits., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 30, 2012 — Harvest Moon Criterium, UCA, Ogden, UT, UCA Points Race, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets., Ben Towery, 801-389-7247, teamexceleator@gmail.com, teamexceleator.com

October 9-12, 2012 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, hwsg@infowest.com, seniorgames.net

October 13, 2012 — City Creek Bike Sprint, Salt Lake City, UT, 10 am, 5 1/2 mile climb up City Creek Canyon, road or mountain bikes., James Zwick, 801-583-6281, sports-am.com, sports-am.com

Regional Weekly

Road Race Series

Idaho Cycling Enthusiasts Time Trial/Hillclimb Series — tentative, ICE Series, Pocatello, ID, Time Trials are flat, hill climb is up either Scout Mountain or Pebble, tentative dates: May 16th — Flat TT, May 23rd — Uphill TT, June 6th — Flat TT, June 19th — Uphill TT, July 3rd — Flat TT, July 10th — Uphill TT, August 14th — Uphill TT, August 21st — Flat TT, Bryan Gee, 208-406-8477, bryan_gee_otr@yahoo.com, idahocycling.com

SWICA Criterium Series — SWICA Criterium Series, Boise, ID, Tuesdays starting in May 2012. Local training crit series at Expo Idaho West lot. 5/8-5/15-5/22-5/29-6/5-6/12-6/19-6/26-7/3-7/10, Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Racing

July 4, 2012 — 4th of July Hailey Criterium, Hailey, ID, Downtown Hailey Criterium, Exciting four corner course. \$5,000 in cash prizes., Janelle Connors, 208-578-5453, 208-720-7427, jconnors@bcd.org, bcd.org

July 6-8, 2012 — Single Track Bicycle Shop Road Race, Flagstaff, AZ, Friday 7 am: Snow Bowl Hill Climb, CAT 1 6.6 mile hill climb, categorical starts. Saturday 8am Williams/Perkinsville road race — 45 miles Sunday 8am Foxboro Circuit Race, flat 2 mile closed course with two covered bridges, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Flagstaffcycling.Squarespace.com

July 6, 2012 — Mormon Lake Road Race, Flagstaff, AZ, Sunday 8 am: Road Race - beautiful rolling circuit race - 16 miles 361 ft climbing/lap, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Flagstaffcycling.Squarespace.com

July 7, 2012 — Allan Butler Criterium, Idaho Falls, ID, Twilight Criterium in downtown Idaho Falls in memory of Allan Butler. Course is flat, technical, L-shape, 1 km in length, 5 pm., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, ucjh.org

July 7-14, 2012 — Southeast Idaho Senior Games, Pocatello, ID, Criterium, hill climb, 10k TT/20k RR, 5k TT/40k RR. Cross country MTB., Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidahosenior-games.org

July 7-8, 2012 — Tour de Bozeman, Bozeman, MT, Two day, 3-stage omnium in the mountains. Stages include: 20k Time Trial, criterium, and 70 mile Road Race with 4600+ ft of climbing. \$5000.00 + cash purse., Amy Frykman, 406-579-0944, info@tourdebozeman.com, tourdebozeman.com

July 8, 2012 — Blue Ribbon Road Race, UCA Series, Osgood, ID, This was a staple of racing in Southeast Idaho back in the day. It was known as a rollers race as the course is thru the potato fields. You will find that this course is a challenge and will favor the rider who is not afraid to go on the attack., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com

July 14, 2012 — Exergy Twilight Criterium, NRC, Boise, ID, 24th Annual, NRC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisettwilight-criterium.com, georgescycles.com

July 15, 2012 — St. Luke's Sports Medicine Idaho State Criterium Championship, Hidden Springs, ID, Start/Finish at Hidden Springs Community-Village Green., 9 am, Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com, lostrivercycling.org

July 28, 2012 — Grand Targhee Hill Climb, Driggs, ID, Net proceeds benefit Teton Valley Trails and Pathways. Time trial at 10 am with 30 sec intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. Course covers 12 miles and 2200 vertical feet., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peaked-sports.com

July 28, 2012 — USA Cycling Professional Criterium National Championships, Grand Rapids, MI, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

August 11, 2012 — Lamaille Canyon Hill Climb, Lamaille, NV, 12 mile 3000 ft hill climb road race up beautiful Lamaille Canyon Road in Nevada's Ruby Mountains; post event picnic, awards., Jeff White, 775-842-9125, trona@mac.com, TracyShelley, 775-777-8729, elko-velo.com

August 11, 2012 — Idaho State Time Trial Championships, ID, Gary Casella, 208-340-7224, gcasella1@aol.com, idahobikeracing.org

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Walkers and Runners
\$40 ENTRY

SATURDAY
September 8, 2012

RACE TO THE ANGEL
PO Box 615 • Wells, Nevada 89835
(775) 752-3540
RaceToTheAngel.org

Event held in the Humboldt-Toiyabe National Forest
Ruby Mountains Ranger District

August 18, 2012 — Bogus Basin Hill Climb, Boise, ID, 39th Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 18-19, 2012 — Pronghorn Classic Stage Race, Gillette, WY, 2 days and 3 stages. 55 or 75 mile Road race, criterium, 10 mile time trial., Christopher Kozlowski, 307-670-3833, ckozlowski@sheridan.edu.

August 18, 2012 — Sick 55 Road Race, Rupert, ID, 55 mile road race., Alice Schenk, 208-436-4514, runner-schenk@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

August 25, 2012 — Garden Creek Gap, UCA Series, Pocatello, ID, Garden Creek Gap, Courtney Larson, courtars@gmail.com.

August 25, 2012 — The West Race, LaGrande, OR, Kurt Holzer, 208-890-3118, kurfholzer@hotmail.com, lagranderide.com

September 5-9, 2012 — USA Cycling Masters Road National Championships, Bend, OR, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

September 8, 2012 — Race to the Angel, Wells, NV, 2.6 mile course climbs 2,784 feet to Angel Lake, entirely on pavement. Runner and walkers at 8 am, road bikers at 8:30. Shirt, Lunch, water and fruit provided in entry fee., Matt Holford, 775-752-3540, 775-934-1481, wellschamber@wellsnevada.com, racetothethe-angel.org, wellsnevada.com

September 10-15, 2012 — World Human Powered Speed Challenge, Battle Mountain, NV, Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the fastest cyclist in the world. The 2009 record was 82.19 mph! Al Krause, 707-443-8261, al@humboldt1.com, recumbents.com/wisil/whpsc2012

Utah Road Touring

July 1, 2012 — In the Valley 100, BCC SuperSeries, Richmond, UT, Draper Pioneer Park, northward to Syracuse and back - Sunday morning event over quiet urban route, self-supported, 100 miles., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, bccutah.org

July 4, 2012 — Tour de Riverton, Riverton, UT, 12th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, tar@infiniticycles.com, tourderiverton.com, infiniticycles.com

July 6, 2012 — 19th Annual Antelope by Moonlight Bike Ride, Antelope Island, UT, 10pm. Open to participants of all ages and starts at the Antelope Island Marina. The half way point is the historic Fielding Garr Ranch where refreshments are served and prizes are awarded. The entire route is 22 miles on an asphalt road. Neka Roundy, 801-451-3286, tour@co.davis.ut.us, daviscountyutah.gov

July 7, 2012 — Canyons of Cache, BCC SuperSeries, Logan, UT, Meet Wellsville Park & Climb Blacksmith Fork Canyon, Sardine Canyon, and the northern passage. Numerous store stops for water and food. 40 mile option available by only riding Blacksmith Fork Canyon., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, pecan314@xmission.com, bccutah.org

July 14, 2012 — RACER Century, Roy, UT, Ride through Weber and Davis County, 7 am, 100 mi, 75 mi, 55 mi, 30 mi, and 2 mi kids fun ride with local school mascots, options, fully supported, starting from Roy High School, 2150 West 4800 South. Benefits Huntsman Cancer Institute., Tim Bell, 801-476-3631, royalriders.rhs@gmail.com, TheRacer.org

July 14, 2012 — Killer Loop, Cedar City, UT, 8am, 65 & 100 mile options., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycyclingclub.org

July 14, 2012 — GLMR Ride for Hope, Healing, Happiness, Payson, UT, 62.5 mile ride in honor of Gary Ludlow. Proceeds raised go to support the National Alliance on

Mental Illness (NAMI Utah) and the American Foundation for Suicide Prevention (AFSP Utah). Start 6:30-7:30am, 143 W. 900 N., at the Park & Ride., Zach Ludlow, 801-808-2569, glimrinfo@gmail.com, Stan Sadowski, 801-830-6655, glimrinfo@gmail.com, theglimr.com

July 14, 2012 — Cache Valley Gran Fondo, Logan, UT, 100+ mile gran fondo style ride & tour. Canyons, hills, long flats & beautiful Cache Valley vistas.Benefits Logan Regional Hospital Foundation. Join us for Gran Fun & Gran Prizes., Troy Oldham, 435-716-5378, 435-764-2979, Troy.Oldham@gmail.com, cachegranfondo.com, loganhospitalfoundation.org

July 21, 2012 — Pedal Away Parkinson's, Kaysville, UT, The 6th Annual 10 mile family fun ride begins at 8 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Healey, 801-451-6566, 801-336-6579, sentidmyway@gmail.com, pedalawayparkinsons.com

July 21, 2012 — Desperado Dual, Panguitch, UT, 200 mile double century in Southern Utah, 100 and 50 mile option, Utah's only fully supported, 200 mile, one-day cycling adventure., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, spingees.com

July 21, 2012 — Rockwell Relay: Ladies Pamperfest, Wasatch Front, UT, Four- and two-lady relay teams race or ride, with massages, manicures, etc. at exchanges. Begins 8 am at Snowbasin, 160 miles finishing in Provo. For all levels!, Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

July 21, 2012 — RAW (Ride Around the Wellsvilles), Logan, UT, 71.6 mile Rotary RAW (Metric Century plus) is a challengingly beautiful ride circumnavigating the Wellsvilles, the steepest mountains in North America, Larry Hogge, 435-757-0977, larry.hogge@comcast.net, rotaryraw.com

July 22, 2012 — Upland Roller 100, BCC SuperSeries, Wanship, UT, Wanship Trailhead thru Coalville Echo over Hogsback to Morgan and back self-supported 30-50 mile options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 27-28, 2012 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com

July 28, 2012 — Tour de Park City, Park City, UT, Fully supported Tour starting and finishing in Park City. 170, 100 and 50 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, teamaccelerator@gmail.com, tourdeparkcity.com, teamaccelerator.com

August 4, 2012 — ULCER, Lehi, UT, 27th annual, 4th year for Gran Fondo style timed Century Tour around Utah Lake, 100, 65 mile, 30 mile options, start at Thanksgiving Point in Lehi., Mary-Margaret Williams, 801-641-4020, president@bbtc.net, Stan Milstein, 801-330-1400, ulcer@bccutah.org, bccutah.org

August 4, 2012 — Part Heart Challenge, Huntsville, UT, Benefit ride. Begins on Historic 25th Street in Ogden and follows the Tour of Utah route through the city, continuing up the steep climb over North Ogden Divide, then carefully descending into the sleepy Huntsville Valley around picturesque Pineview Reservoir, then back up and over the Divide., Jeff Sherod, 801-654-2886, jeff@myreasonforride.org, Shawn Snow, 801-230-0914, shawn@myreasonforride.org, myreason2ride.org

August 11, 2012 — The Ultimate Challenge Presented by the Tour of Utah, Park City, UT, Park City to Snowbird Ski and Summer Resort 100 miles, with shorter options., Jackie

Tyson, 801-325-2500, tourofutahpr@pelotonsports.net, tourofutah.com

August 11, 2012 — Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 120 miles self-supported, shorter loop options available., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, pecan314@xmission.com, bccutah.org

August 11, 2012 — Gnarly Nebo Brevet and Populaire, Payson, UT, Minimally-supported ride on one of Utah's classic hill climbs. Choose from either a 200km/125 mile brevet (bruh vay) or a 118km/73 mile populaire. Starts in Payson, up and over the Mount Nebo Loop road to Nephi, before returning back. 200K also goes around West Mountain and up Hobbie Creek Canyon. Nationally certified, timed, ultra-distance event., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

August 17-18, 2012 — Bear Pa Challenge Charity Cycling Tour, Park City, UT, Challenging, fun, and fully supported ride from Bear Lake to Park City over the Mirror Lake Highway. Benefits Shriners Hospitals for Children., Tyler Hooper, 801-292-9146, 801-927-8310, tyler.hooper@gmail.com, bearpachallenge.com

August 18, 2012 — Bike the Bear Century, Garden City, UT, 100 and 50 mile rides. Begins at Camp Hunt on Bear Lake, UT., Jason Eborn, 801-479-5460, jeborn@bsaemail.org, trappertrails.org

August 18, 2012 — The Big Ride 150-Wasatch Back Route, BCC SuperSeries, Salt Lake, UT, Start Draper Park climb Emigration and Big MtN to Park City loop Brown Canyon Peoa Oakley Kamas Heber City, west to Provo Canyon thru Provo and Lehi and Pt of the Mtn. 100 mile option omits Browns Canyon loop., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, bccutah.org

August 18, 2012 — Wildflower Pedalfest, Mountain Green, UT, Fully-supported, women only ride. 20,35,50 & 75 mile courses thru scenic Morgan Valley. Gift for those who complete the Wildflower Hill Climb. T-shirt, goodie bag, catered lunch, raffle, live band. Limit 750., Stacie Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 18, 2012 — TriathaMom, Herriman, UT, Women's only triathlon at Kearns Oquirrh Park Fitness Center, 300 yard swim, 12 mile bike ride, and 5k run, Dani Lassiter, 801-635-9422, dani@goldilocksride.com, gotriathamom.com

August 25, 2012 — Cache Valley Century Tour, Logan, UT, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, in Richmond (12 mi north of Logan on Hwy 91), Bob Jardine, 435-752-2253, 435-757-2889, info@CacheValleyCentury.com, cvveloists.org, CacheValleyCentury.com

August 25, 2012 — Summit Challenge, Park City, UT, Join us for a fun team or individual ride to benefit the National Ability Center in Park City. 15 mile family friendly ride and 50 mile and 100 mile challenge ride options., Rena Webb, 435-649-3991, events@discovernac.org, discovernac.org, summitchallenge100.org

August 25, 2012 — I Think I CANyons, Salt Lake City, UT, Benefit ride for the Fourth Street Clinic. Option to ride 2 or 4 canyons in the Salt Lake area. Start/finish at Skyline High School, 6:30 am., Alex Rock, 801-913-3282, alrock85@gmail.com, Nate Page, 801-589-1645, natepage1@msn.com, ithinkicanyons.com

August 25, 2012 — Riding for a Reason, Salt Lake City, UT, Charity Bike ride, Emigration Canyon to East Canyon to Henefer to Coalville and back., Briana Lake, 801-463-0044, 801-506-1815, briana.lake@alpinehme.com, riding4areason.com

August 25, 2012 — FrontRunner Century Ride, Salt Lake City, UT, Join 1,200 of your friends on two wheels traveling from Salt Lake

City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Full 100 mile and 62 mile metric century options available., Matt Storms, 801-448-6061, matt@forthewinracing.com, frontrunnercentury.com

August 25, 2012 — Epic 200, Saratoga Springs, UT, The Epic 200 is a fully supported one day 200 mile cycling adventure. We also offer a 160 100, and 66 mile options., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

August 25, 2012 — Capitol Reef Classic Gran Fondo, Torrey, UT, The Gran Fondo distance will be about 90 miles and there will also be a Medio Fondo with a distance of about 50 miles. Prizes for overall and age groups. Part of a new series of a "triple crown" sorts, along with The Moab Gran Fondo and the Tri States Gran Fondo., Tina Anderson, 435-425-3491, 435-691-1696, tricroazy@live.com, capitolreeffclassic.com

August 26, 2012 — Chalk Creek 100, BCC SuperSeries, Park City, UT, Start Treasure Mtn Middle School Park City to Browns Cyn, Coalville, Chalk Creek, self-supported, 50 mile option starts at Coalville Courthouse., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 30-September 8, 2012 — LAGBRAU (Legacy Annual Great

Bike Ride Across Utah, Moab, UT, "World's most scenic bicycle ride," 10-day ride (7-day, and 3-day options) including up to 5 national parks, 6 amazing state parks, 2 national monuments, and various national forests., Les Titus, 801-654-1144, lestitus@lagbrau.com, lagbrau.com

September 1, 2012 — Hooper Horizontal 100, BCC SuperSeries, Salt Lake City, UT, West Point Park (SLC) to West Weber and Hooper, self-supported century, 30 and 65 mile options, 8 am., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 2-8, 2012 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deb Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 15, 2012 — 22nd Annual Independent Living 5K Run and Roll, West Jordan, UT, West Jordan Veterans Memorial Park (1985 West 7800 South), 9:30 am start. Flat circular course. Medals to top three finishers in runner, walker, manual wheelchairs, assisted wheelchairs and handcycycle., Debbie or Kim, 801-466-5565, uic@xmission.com, uic.org

September 15, 2012 — Bike for Life, Salt Lake City, UT, Be part of this fun and fully supported ride through



sundance
RESORT



Race Season

May 2 - August 15
Sundance/Soldier Hollow

Every Wednesday Night
The venue is alternated between Sundance and Soldier Hollow.

For more info, visit www.weeklyraceseries.com

July 28
Come test your climbing legs on one of the most classic and scenic climbs that Utah has to offer.
Start Time: 8:30am
\$35 Before July 22, \$45 After July 22.

For more details call 801-223-4121.
To Register go to www.active.com

September 15
Northern Utah's Favorite Endurance Mountain Bike Event

12-Hour Race Format • Start Time: 7am
4 Person Team: **\$160 Early • \$185 Late**
2 Person Team: **\$100 Early • \$125 Late**
Solo: **\$55 Early • \$65 Late**
To Register go to www.active.com

12 HOUR

www.sundanceresort.com 888-670-0936

the quiet neighborhoods of Salt Lake City and then along the south end of the Salt Lake International Airport (the gates will be open!!!), and then out to Saltair and the Great Salt Lake Marina. This is the perfect ride too wrap up the season and help raise funds for the Utah AIDS Foundation. Starts at 9am at Liberty Park, (Northwest corner), Chet Cannon, 801-487-2323, chef.cannon@utahaids.org, utahaids.org

September 15, 2012 — Wonder Woman Century, Payson, UT, Ride for women by women, fun surprises, great food and awesome finisher's jewelry, 7:30 am 100 miles, 9 am 70 miles, 10 am 30 miles., Mahogani Thurston, 801-318-1420, wonder-womanride@gmail.com, foreverfittevents.com

September 16-22, 2012 — Bicycle Tour of Utah - Color Country to Canyonlands, Springdale, UT, Ride through 6 parks in 6 days, 454 mi, 26,000' elevation gain. 65-113 mi/day., Cycling Escapes, 714-267-4591, info@cyclingscapes.com, CyclingEscapes.com

September 21-23, 2012 — Moab Century Tour, Moab, UT, Weekend of road cycling with rolling and climbing route options including the infamous "big nasty" (3000 feet elevation in 7 miles). Warm Up ride Friday, recovery ride Sunday, century route and timing chip option., Beth Logan, 435-259-3193, info@skinnytirevents.com, skinnytirevents.com

September 22, 2012 — Heber Valley Century, Heber, UT, Only Biathlon century in the USA. Benefiting Hess Cancer, 8 am. 100 mi, 65 mi, 50 mi, 25 mi options, fully supported, starting from Southfield Park (1000 W 100 S), Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 22, 2012 — Million Miles at Miller, Tooele, UT, Benefit ride at Miller Motorsports Park to include a century ride, choice of different ride lengths and a family fun ride. Ride to benefit Special Olympics Utah and Larry H. Miller Charities., Carisa Miller, 801-563-4139, camiller@lhm.com, Anne Marie Gunther, 801-563-4140, amgunther@lhm.com, millionmilesatmiller.com

September 29, 2012 — Josie Johnson Memorial Ride, Salt Lake City, UT, This low key, casual memorial ride is dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, Sugarhouse Park at 10:30 am, to mouth of Big Cottonwood Canyon and back., Ken Johnson, 801-205-1039, kjlivetobike@gmail.com, josiejohnsonride.com

September 29, 2012 — Penny's Legacy Bike Ride, Farmington, UT, Start: Farmington Frontrunner Station parking lot), benefits Sego Lily programs to raise awareness of domestic abuse in our community, ride follows the Legacy Parkway trail, 10, 15, 25 mile options, Sego Lily, 801-590-4920, info@slcad.org,

September 29, 2012 — The Watchman 100, St. George, UT, A beautiful fall century ride from Washington Utah to Springdale Utah near Zion National Park. Fully supported with sag vehicles, rest stops and lunch., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com

September 29, 2012 — Moab Double Whammy, BCC SuperSeries, Moab, UT, Minimally-supported one-day ride in two of Utah's best National Parks (Arches and Canyonlands). Choose from either a 200km/125 mile brevet (bruh vay) or a 109km/67 mile populaire. Moab is ground zero to mountain biking, yet also offers great potential for endurance roadies. 6,000+ feet of climbing. Nationally certified, timed, ultra-distance event., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Richard Stum, 435-462-2275, richard@distancebiker.com, bccu-tah.org, SaltLakeRando.org

September 29, 2012 — Apatlis Cystic Fibrosis Cycle For Life, Ogden, UT, Benefit for the Cystic Fibrosis Foundation, Ogden Valley, Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, cff.org

October 6, 2012 — Honeyville Hot Springs 100, BCC SuperSeries, Salt Lake City, UT, Start 5 Points Ogden to Brigham City, climb sardine, Loop Cache Valley and return over SR 30 to Tremonton and Honeyville for a hot springs soak then return to Ogden. Self Supported., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jim Halay, 801-641-4020, jimhalay@ovalley.net, bccu-tah.org

October 13, 2012 — Breast Cancer Awareness Ride, American Fork, UT, Breast Cancer Charity Ride, 22 mi casual ride for women and men; food, SWAG, & raffle prizes; Registration fees go to The Breast Cancer Research Foundation., Trek Bicycle Store of American Fork, 801-763-1222, info@trekaf.com, trekaf.com

October 13, 2012 — Wish 100, Beauty and the Bike, St. George, UT, Women only cycling event in Washington County. 10, 30, 60, and 100 mile courses available. Starts and finishes at Unity Park in Ivins, UT., Jessica Linville, 801-262-9474, events@utah.wish.org, wish100utah.com

October 20, 2012 — Fall Tour de St. George, St. George, UT, Ride with us around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile options., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com

November 10-12, 2012 — Free Fee days in Arches and Canyonlands National Parks, Moab, UT, The perfect time to ride your road bike in the parks., Moab Area Travel Council, 435-259-8825, info2@discovermoab.com, nps.gov/fin-dapark/feefreeparks.htm

November 24, 2012 — Saturday Fatter-day Ride, Saratoga Springs, UT, 4th annual ride to benefit the Utah Food Bank. Burn off a bit of turkey and pie calories riding to the top of Sun Crest. Bring a donation for the Food Bank as your "entrance fee.", Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

Regional Road Touring

July 1-13, 2012 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and

motels., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Bears.htm

July 4, 2012 — Boulder Roubaix Road Race, Boulder, CO, An amazing 19 mile course w/mix of pavement and hard pack dirt roads., Chris Grealish, 303-619-9419, dbcevents.com, dbcevents.com

July 14, 2012 — Goldilocks Idaho, Meridian, ID, Fully supported, beautiful route, yummy food, pretty t-shirt. Settlers Park in Meridian at 7:30 am., Dani Lassiter, 801-635-9422, dani@goldilocksride.com, goldilocksride.com

July 15-20, 2012 — Tour de Wyoming, Jackson, WY, 16th year, start and end in Jackson Hole. Terrain is varied but includes three mountain passes, including a crank up and over Teton Pass on the final day. Day 3 is a long distance day, covering over 100 miles. By the time the tour comes to an end in Jackson, we will have pedaled 360 miles., Amber Travky, 307-742-5840, atravsky@wyoming.com, cyclewyoming.org

July 21-28, 2012 — Oregon Bicycle Ride, Prineville, OR, Participate in our 7-day fully-supported road tour beginning and ending in Prineville, OR visiting Madras, Maupin, Deschutes River State Rec Area, Condon, and Mitchell., Sanna Phinney, 541-382-2633, 541-410-1031, info@oregonbicycleride.org, oregonbicycleride.org

July 21, 2012 — Absolute Bikes Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolutebikes.net/taylor

July 21, 2012 — Bike for Kids Idaho, Idaho Falls, ID, 2, 4, 15, 63 & 100 mile cycling options, 25 mile/10K Duathlon, food, games and activities for families. All proceeds help special needs children receive adaptable bicycles., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@rideforkidsidaho.com, rideforkidsidaho.blogspot.com

July 24-August 3, 2012 — Klondike Gold, Dawson, YT, Ride through history, retracing the route of the notorious 1897 Klondike Gold Rush, in reverse from Dawson, YT to Skagway, AK., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Klondike_Gold_Rush.htm

July 28, 2012 — Four-Summit GranFondo Challenge, Cascade, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 3-4, 2012 — Pebble Creek Hill Climb, UCA Series, Inkom, ID, Start in Inkom, just south of Pocatello, at 11 am, will have approximately a 1.5 mile flat lead in to 4 mile, 2000 foot elevation gain, to the base of Pebble Creek Ski Area., David Hatchey, hachey@fmed.isu.edu, idahocycling.com

August 4-11, 2012 — Montana Bicycle Ride, Plains, MT, 7-day fully-supported road tour beginning and ending in Plains, Montana - visiting Polson Kalispell, Eureka, Libby & Noxon., Sanna Phinney, 541-382-2633, 541-410-1031, info@oregonbicycleride.org, bicycleridesnw.org

August 5-11, 2012 — Ride Idaho, Central Idaho, ID, 7-day supported bicycle tour, 400+ total miles, New Meadows, White Bird, Cottonwood, Elk City, Grangeville, Winchester, Genesee, Moscow., Susy Hobson, 208-830-9564, ridaoh@rideidaho.org, rideidaho.org

August 6-24, 2012 — AK.CAN.AK Adventure, Haines, AK, Four of Alaska & the Yukon's most scenic highways in a fully supported, awesome wilderness ride - Haines Highway, Al-Can, Tok Cutoff & Richardson Highway., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Alaska_Canada_Adventure.htm

August 10-15, 2012 — BOTOBO, Bozeman, MT, 5 days, 5 centuries - no relay! Bozeman to West Yellowstone, West Yellowstone to Jackson Hole, Jackson Hole to Montpelier Idaho, Montpelier to Brigham City, Brigham City to Bountiful, 20,000 feet of elevation gain., Jaon Unruh, 801-390-0036,

jason@botobocycling.com, botobocycling.com

August 11, 2012 — BCRD Sawtooth Century Tour, Hailey, ID, Benefit for BCRD Galena Summer Trails. Road bike tour from Ketchum to Alturas Lake and back. 50 or 100 mile tour options. Aid stations along the way. Optional timed hill climb up Galena Summit., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcdrd.org, bcdrd.org

August 11, 2012 — HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@heartmuseum.org, heartmuseum.org/Century.htm

August 11, 2012 — Le Tour de Koochanusa, Libby, MT, Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake Koochanusa. Includes post ride BBQ with live music. Fundraiser for the Search & Rescue., Dejon Raines, 406-291-3635, dejonrains@hotmail.com, letourdekoochanusa.com

August 18-19, 2012 — Bike MS Road, Sweat, and Gears, McCall, ID, Known for its spectacular scenery and the close knit camaraderie of 250 cyclists. Pinewood Village, McCall., Erin Farrell, 208-388-1998, idi@nmss.org, Courtney Frost, 208-388-4253, courtney.frost@nmss.org, bikeMSIdaho.org

August 18-19, 2012 — Bike MS Wyoming: Close Encounters Ride, Sundance, WY, Two days, 150 Miles routing through the countryside of Northern Wyoming on Day One and the Black Hills of South Dakota on Day Two., Alexis Bradley, 303-698-5403, alexis.bradley@nmss.org, bikemswyoming.org

August 18, 2012 — Wonder Woman Century, Central Point, OR, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, foreverfittevents.com

August 25, 2012 — CASVAR 2012, Afton, WY, Pony Express 20, Colt 45, Pioneer 65, Blazing Saddle 85 and Saddle Sore Century rides, Star Valley., Howard Jones, 307-883-9779, 307-413-0622, info@casv.org, casv.org

August 25, 2012 — Snake River Metric Century, TBD, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

September 8, 2012 — Wild Horse Century, Cody, WY, Century ride, proceeds support care of wild horses., Werner Noesner, pcbike@tctwest.net, wildhorsecentury.com

September 9, 2012 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, 9th Annual, ride around Lake Tahoe on the shoreline, fully supported with rest stops, tech support and SAG. 72 miles, 2600 vertical gain. Boat Cruise & 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethest.com, bikethest.com

September 9-14, 2012 — The Amgen People's Coast Classic, Astoria, OR, The Amgen People's Coast Classic bicycle tour is a six-day

charity event benefiting the Arthritis Foundation. Join us for 2, 4, and 6-day options along the beautiful Oregon Coast., Tai Lee, 206-547-2707, lee@arthritis.org, thepeople-coastclassic.org, arthritis.org

September 9, 2012 — Santa Fe Trail Bicycle Trek, Santa Fe, NM, Multi-day ride, Willard Chilcott, 505-982-1282, willard@cybermesa.com, SantaFeTrailBicycleTrek.com

September 15, 2012 — Tour de Vins, Pocatello, ID, Bike Tour - 16.5, 25, 32, 48, & 58 mile options, ride through Buckskin and Rapid Creek, fundraiser for Family Service Alliance (family violence prevention), start at 8 am at corner of Humbolt & 5th Ave in Pocatello., Sarah Leeds, 208-232-0742, sarahl@fsalliance.org, FSAlliance.org

September 16, 2012 — Jason Werst Memorial Owyhee Century, TBD, OR, Kurt Holzer, 208-890-3118, kurtolzer@hotmail.com,

September 22, 2012 — RTC Viva Bike Vegas Gran Fondo, Las Vegas, NV, The RTC 2012 Viva Bike Vegas Gran Fondo will follow the conclusion of Interbike on Sept. 22 and feature three spectacular routes - 118, 72, and 17-mile courses - for cyclists of all skill levels. The ride begins under the bright lights of the Las Vegas Strip, and century riders will have the additional opportunity to ride over the Hoover Dam., Amy Maier, 702-967-2296, amaier@bpadv.com, rtcstv.com, vivabikevegas.com

September 22, 2012 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots. Supported ride., Moira Dow, 406-646-7701, 617-697-6126, tour@cycleyellowstone.com, cycleyellowstone.com

September 22, 2012 — Tahoe Sierra Century, Squaw Valley, CA, 30-60-100 mile routes with 2500-6800 vertical gain. Starts at Squaw Valley Ski Resort, goes to Donner Lake and over the Donner Summit, Nancy Lancaster, rideidirector@tahoesieracentury.com, tahoesieracentury.com

September 23-29, 2012 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 20th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethest.com, bikethest.com

October 6, 2012 — No Hill 100, Fallon, NV, 30 mile, a 60 mile, and a 100 mile tour, fully supported. Event shirts, gift bags, lunch (for metric and century riders), post event BBQ at noon for all riders, 8:30 am, Churchill County Fairgrounds., Michelle Oldfield, 775-423-7733, president@churchillcountycyclists.com, churchillcountycyclists.com, churchillcountycyclists.org/parksn-rec/index.php?cfr=152, churchillcountycyclists.com

October 6, 2012 — Santa Fe Gourmet Classic, Santa Fe, NM, The annual Santa Fe Gourmet Classic is a fun,

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challenging 65 mile bike tour with delicious, creative Southwest style foods at five gourmet refueling stops. The noncompetitive ride winds through Santa Fe and into the surrounding areas taking you through beautiful meadows overlooking the Sangre de Cristo Mountains. This year the ride will be limited to 150 riders., Kathleen Davis, 505-795-3286, info@santefegourmetclassic.com, santefegourmetclassic.com

October 13, 2012 — Goldilocks Las Vegas. Las Vegas, NV, 3rd Annual Goldilocks Las Vegas! Fully supported, non competitive, women only bike ride with 20, 40, and 60 mile route options. Wayne Bunker Family Park at 8:00 am. , Dani Lassiter, 801-635-9422, dani@goldilockside.com, goldilockside.com

October 13, 2012 — Park to Park Pedal Extreme Nevada 100. Kershaw-Ryan State Park, NV, Starts and finishes at Kershaw-Ryan State Park. 103 mile starts 7:30 am. 40 mile starts 8 am. Registration 5 pm Friday / 7 am Saturday., Dawn Andone, 775-728-4460, cathedralgorge_vc@lcturbonet.com, Jonathan Brunes, 775-726-3564, kershaw@lcturbonet.com, lincolncountynevada.com/Lincoln-County-Nevada-Pedal.html

November 3, 2012 — Tri-States Gran Fondo. Mesquite, NV, 112 miles, 7,500' of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deb Bowling, 818-889-2453, embassy@planetultra.com, tristatesgranfondo.com

December 31-January 1, 2012 — New Year's Revolution. Goodyear, AZ, Celebrate the end of one year and the beginning of the new year as we Ride out the Old and Ride in the New Year, 2 different routes in warm & sunny Arizona, 3 distances each day (100, 70, 50)., Bob Kinney, 801-677-0134, bob@bike2bike.org, Bike2Bike.org

Multisport Races

July 7-14, 2012 — Southeast Idaho Senior Games. Pocatello, ID, Triathlon, Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidaho-seniorgames.org

July 9, 2012 — Daybreak Triathlon. Salt Lake Triathlon Series, Salt Lake City, UT, Get ready for the best spectator swim around, a killer bike course near the Oquirrh Mountains and a run that is unparalleled., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

July 14, 2012 — Echo Triathlon. 2011 TriUtah Points Series, Coalville, UT, Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail. The perfect event for both seasoned athletes and beginners. , Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, John Anderson, 801-631-2624, 801-631-2614, info@triatuah.com, triatuah.com

July 14, 2012 — Adventure Xstream Summit County. Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

July 14, 2012 — Rigby Triathlon. Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 14, 2012 — XTERRA Mountain Championship. XTERRA America Tour, Avon, CO, The XTERRA Mountain Champs is the last of four regionals in the XTERRA America Tour...featuring sprint and championship distance off-road triathlon options., Ann Mickey, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterrautah.com

July 20-21, 2012 — Blanding Hillman Triathlon. Blanding, UT, Swim .50 mile, Bike 15 miles, Run 3.2 miles, (Kids' triathlon July 20), Recapture Reservoir, Stephen Olsen, 801-243-3559, 208-258-3145, solsen@gmail.com, hillmantriathlon.info

July 21, 2012 — Stansbury Tri. Salt Lake Triathlon Series, Stansbury Park, UT, The fastest growing Triathlon event in the Western Region., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com, stansbury.htm

July 28, 2012 — Burley Idaho Lions Spudman Triathlon. Burley, ID, 7 am, spudman@burleylions.org, burleylions.org/spudman.html

July 28, 2012 — Layton Triathlon. Layton, UT, Sprint, Mini Sprint, Relay Sprint, and Kids Triathlon options in the Layton Surf N Swim and Layton City Parks. Great event that repeats the entire course on the Sprint., Joe Coles, 801-335-4940, joe@onhillevents.com, laytontriathlon.com, onhillevents.com

August 3-4, 2012 — Layton Midnight Run. North Salt Lake, UT, Run at night under a full moon to beat the midnight hour on the Legacy Parkway Trail System. Included in your registration fee is glow sticks and glow body paint., Joe Coles, 801-335-4940, joe@onhillevents.com, legacymidnightrun.com, onhillevents.com

August 4, 2012 — Ultimate Relay Triathlon. 2011 TriUtah Points Series, Ogden, UT, Single-day triathlon relay covering over 126.5 miles of Northern Utah's best water, roads, and trails! Four ultimate swims, four ultimate bike rides, and four ultimate trail runs! Teams will consist of 3 to 6 athletes and as many spectators as you can fit into 2 vehicles., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, John Anderson, 801-631-2624, 801-631-2614, info@triatuah.com, triatuah.com

August 10-11, 2012 — Emmett's Most Excellent Triathlon. Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, gemcountyrecreationdistrict@gmail.com, emmetttri.com

August 11, 2012 — Escape from Black Ridge Herriman Triathlon. RACE TRI, Herriman, UT, The Escape from Blackridge is fast and fun! Athletes swim 500 yds in the reservoir, ride a 14 mile bike and run a 5k run loop., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 18, 2012 — Rush Triathlon. Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, boby@rexburg.org, rushtriathlon.com, rexburg.org

August 18, 2012 — Jordanelle Triathlon. 2011 TriUtah Points Series, Park City, UT, You'll enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland. , Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, John Anderson, 801-631-2624, 801-631-2614, info@triatuah.com, triatuah.com

August 18, 2012 — Saratoga Springs Tri. Saratoga Springs, UT, USA Triathlon Sprint Tri, 600 meter swim, 12 mile bike, 3.1 mile run, held at the Saratoga Springs Marina at Pelican Bay, 200 E Harbor Parkway., Gabe Granata, splash@saratogaspringstri.com, Jared Mason, 801-310-0609, splash@masonfam.net, saratogaspringstri.com

August 19, 2012 — XTERRA Wild Ride Mountain Triathlon (American Tour Points). Wild Rockies Series, McCall, ID, Ponderosa State Park @ Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplanet.com

August 25, 2012 — Vikingman. Heyburn, ID, 1/2 and Olympic distance triathlon and aquabike. Teams welcomed for either distance event. Also, Olympic distance duathlon., Lisa Clines, 214-236-1917, info@vikingman.org, vikingman.org

August 25, 2012 — Utah Half Triathlon. RACE TRI, Provo, UT, Longest multisport race on the Wasatch Front 70.3 Ironman. 1.2 mile swim, 56 mile bike, and 13.1 mile run triathlon., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 25, 2012 — Bear Lake Brawl Triathlon. Gold Medal Racing Championship, Laketown, UT, Half, Olympic, and Sprint distances over the prettiest water in Utah. , Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

August 25, 2012 — Hurt in the Dirt. Ogden, UT, Offroad Duathlon at Ft. Buenaventura. Individuals and Relay Teams welcome. MTB race and trail run combined. 3 Full events in one day!, Goal Foundation, 801-399-1773, info@goalfoundation.com, hurtinthedirt.com

August 25, 2012 — Women Rock Triathlon. Peoa, UT, Close to Salt Lake City at Rockport State Park, the only lake swim event in Utah exclusively for women! Perfect for beginners; swim buddies available., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

August 25, 2012 — Expedition Man. Sparks, NV, Expedition Man would like to introduce the inaugural Endurance Festival featuring Northern Nevada's 1st Ultra Distance Triathlon. A unique course that starts swimmers at Zephyr Cove Resort in the beautiful southern part of Lake Tahoe, Ca. The 112 mile bike ride will utilize a variety of Northern Nevada's scenery including a 1,400 ft elevation drop into Carson City. The day ends with a run along the Truckee River Trail finishing at the Legends at Sparks, Ryan Kolodge, 775-762-8526, info@expeditionman.com, expeditionman.com

September 1, 2012 — Lunatic Triathlon. Price, UT, Third Annual Lunatic Triathlon under the full moon. Includes a 5K run, 9-mile bike ride, 300 yard swim. Individual and Relay Teams, Starts at 5 am., Steve Christensen, 435-636-3702, steven.christensen@carbon.utah.gov, Frank Ori, 435-636-3702, frank.ori@carbon.utah.gov, carbonrec.com

September 3, 2012 — Youth and Family Triathlon. Murray, UT, Start time: 8 AM, Murray Park. Youth 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run. Adults/Youth 11+ distances: 150 yards, 4.3 miles, 1 mile., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

September 8, 2012 — Camp Yuba Triathlon. Yuba State Park, UT, Camp Yuba sprint and olympic triathlons are all about indian summers, camping, and good ol' fashion swimming, biking, and running., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

September 8, 2012 — Alta Canyon Sports Center 1 Can Triathlon. Sandy, UT, 400m swim, 9 mile bike and 5K run., Alta Canyon Sports Center - 9565 S. Highland Dr., Lois Spillion, 801-568-4602, lsplillon@sandy.utah.gov, government/parks-and-recreation/special-events/triathlon.html

September 8, 2012 — Bear Lake Brawl Triathlon-Half Iron. Gold Medal Racing Championship, Laketown, UT, Half, Olympic, and Sprint distances and Ultra/Full 140+ distance over the prettiest water in Utah. , Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 8, 2012 — Moab Attack 2012 Mini Triathlon. Moab, UT, Run, bike, & swim at the Moab Recreation and Aquatic Center! 3-levels: Youth under 13, Open, and Elite. Both Male & Female Divisions. Awards for top 5 finishers in both divisions for all 3 levels. All youth will get an award participation ribbon, even if not finishing in the top five places. (435) 259-8226, Moab Area Travel Council, 435-259-8825, info2@discvermoab.com, moabcity.org/mrac

September 15, 2012 — Kokopelli Triathlon. BBSC Twin Tri Series, St. George, UT, The "twin" to the SG Triathlon at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

September 15, 2012 — Ogden Valley Triathlon. Ogden, UT, Throughout the 2012 season, athletes can earn points based on overall and age group placement in TriUtah's other open water triathlon events. If you're not in it for the point series, no worries, the Ogden Valley Triathlon is for everyone!, Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, John Anderson, 801-631-2624, 801-631-2614, info@triatuah.com, triatuah.com

September 21-22, 2012 — The Flatliner. RACE TRI, Salem, UT, 2 days, 300 Miles, 10 bodies of water, 5 mountain passes, 17,000' of Elevation change - Swim, Bike, & Run with 11 friends for the greatest adventure of your life!, Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

September 22, 2012 — XTERRA USA Championship/ XTERRA Utah. XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail run and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA Championships (invite-only): 1.5k swim / 30k mountain bike / 10k

Bike Share - Continued from page 3

The Bike Share bicycles won't be your typical fixed-gear rides often seen downtown. Instead, the bikes will be custom built to cater to cyclists of every skill level and style of dress.

"Green Bikes feature chain guards and fenders to keep dresses and business wear clean, allowing the system to be used for a wide range of potential travelers," the press release said. "Sustainable and healthy lifestyle choices, as well as convenient and cost-effective transportation solutions, mean bicycle travel is very popular in Salt Lake."

Helmets for Bike Share members will be provided by Intermountain Healthcare, the press release said.

"We are proud to sponsor the SLC Bike Share program because it aligns with our commitment to sustainable development," said Kelly Sanders, president and CEO, Kennecott Utah Copper. "Cleaning-up air quality in the Salt Lake Valley is important. The SLC Bike share program is an opportunity for us to partner with the community to improve air quality."

trail run., Ann Mickey, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterrautah.com

September 22, 2012 — Adventure Xstream Glenwood Springs. Glenwood Springs, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

September 22, 2012 — Leadman Tri Epic 250. Bend, OR, 250 km epic triathlon, 5k swim, 223 bike, 22 k run, Keith Hughes, 702-525-1087, khughes@lifetimefitness.com, Karen Jayne Leinberger, 952-229-7162, kleinberger@lifetimefitness.com, leadmantri.com

September 29, 2012 — Layton Marathon. Antelope Island, UT, Only World Record and Olympic Qualifying course in Utah, also qualifies for Boston Marathon. Starts on Antelope Island, travels across paved road, cross a 7 mile causeway and finish remaining miles into Layton City., Joe Coles, 801-335-4940, joe@onhillevents.com, laytonmarathon.com, onhillevents.com

October 6, 2012 — The Deuce. Vernal, UT, All dirt duathlon race. There will be 3 sections to the course, a 5k run start, followed by a 10 mile bike course, with a 5k run finish. Course is located on blm property at the McCoy Flats trailhead in Vernal, Utah. Trail basically follows the Milk and Cookies trail shown on altitudecycle.com's web site., Mark Mason, 435-828-6436, mmason@macu.com, raceftheduce.com

October 13, 2012 — Huntsman World Senior Games. St. George, UT, Must be 50 years or older, Swim - 500 yards, Bike - 20K, Run - 5K., Kyle Case, 800-562-1268, hwsq@infovest.com, seniorgames.net

October 13, 2012 — Powell3 Triathlon Challenge. Page, AZ, Olympic and Sprint Distances in Lake Powell. The transition area over looks Wahweep Marina and some incredible red rock cliffs., Joe Coles, 801-335-4940, joe@onhillevents.com, powell3.com, onhillevents.com

October 20, 2012 — Pumpkinman Triathlon. Boulder City, NV, Point-to-point race begins in Lake Mead National Recreation Area and ends in Boulder City, with Sprint, Olympic, and Half Courses; costumes welcomed, D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

November 3, 2012 — Lifetime Tri Lake Mead. Boulder City, NV, Full circle triathlon on River Mountain Trail Loop, 3 different courses including a sprint distance (750-meter swim,

international distance (1500-meter swim, 40-km bike, 10K run) and long course (1.2-mile swim, 56-mile bike, 13.1-mile run). , Keith Hughes, 702-525-1087, khughes@lifetimefitness.com, lifetimefitness.com

November 10, 2012 — Telos Turkey Triathlon. T3TRI EVENTS, Orem, UT, Orem Fitness Center, Splash, Swim: 350 M, Run: 5k, Bike 12 miles., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

November 10, 2012 — Turkey Triathlon. St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 9 am and 2 pm. Indoor swim, outdoor run and bike legs., Aaron Metler, 435-627-4560, aaron.metler@sgcity.org, sgcity.org

Cyclocross

July 24, 2012 — Raleigh Midsummer Nights Cyclocross Race. Deer Valley, UT, Highest and Richest non-series cyclocross event. Races for Elite men and women, category 3&4 men and women, and a "Wheelers and Dealers" category for industry folk are on tap. Part of Dealer Camp, an industry trade show. Top two "contract with Raleigh" prizes available for the top male and female elite finishers without a pro contract., Brandon Bingham, 801-726-4411, BBBBoy76@hotmail.com, Bikedealercamp.com

September 19, 2012 — CrossVegas Cyclocross Race. Las Vegas, NV, UCI Cat I event, Elite Men and Women Wheelers & Dealers Industry Race and USA Cycling categories at Desert Breeze Soccer Complex during Interbike., Brook Watts, 303-907-3133, contact@crossvegas.com, crossvegas.com

September 21, 2012 — Bear Lake Monster Monster Cross. Montpelier, UT/ID, Three-day, four-stages of cyclocross racing in omnium format. USAC cyclocross race, 80-mile dirt/fire road race, cyclocross time trial, USAC cyclocross race. Perfect transition from road to cyclocross season., Jared Eborn, 801-599-9268, jared@extramileracing.com, BearLakeMonsterRide.com, forthwinracing.com

September 23, 2012 — Harvest Moon Cyclocross. UCA, Ogden, UT, USAC Sanctioned, Ben Towery, 801-389-7247, teamexceleator@gmail.com, teamexceleator.com

October 6, 2012 — Utah Cyclocross Series. Utah Cyclocross Series, Various, UT, October to December,

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TRAIL OF THE MONTH

Grand Canyon's Rainbow Rim Trail is Worth the Trip



Above: Karl Munford enjoys the view from Timp Point
Right: Karl Munford and Cami Meinkey. Never ending sunsets make for great views and rides.

Photos: Shelby Meinkey, Shelbymeinkeyphoto.com

By Lukas Brinkerhoff

I'm not sure if it's a Native word or an angry Frenchman named this place, either way we were headed to Parissawampitts.

Our destination was a lonely point at the end of a long dirt road. The wind was pushing around the half ton Chevy that was transporting us. The weather predicted that it would stay windy and the temperature was to drop significantly. We were drawn by what was next to this Paris like pit of a swamp, the North Rim of the Grand Canyon. More precisely, the Rainbow Rim with its 18 miles of flowy singletrack made the adverse weather conditions worth it.

We arrived at our camp a little before sundown and then spent 20 minutes trying to put up tents in 30 mph winds. I was proud of myself, it was the first time I ever remembered a hammer for the tent stakes and it was absolutely necessary to stake the tent down. Leaving St. George at just 2,700 feet and climbing to the edge of the Grand Canyon right around 7,500 feet in the middle of a extreme wind warning and dropping temperatures, created a bit of a weather shock for all of us. Top this off with a fire ban, and we spent a lot of time around the Camp Chef making up reasons to keep it lit.

The Rainbow Rim has held my attention for too long. I first learned of the trail in the early 2000s but there was always some obstacle that kept me listening to the riding stories instead of enjoying my own memories. So when the chance came to go, I made the appropriate changes to my schedule and jumped on board. The plan was to leave after work on Friday, bust tail up to the

Parissawampitts trailhead, camp the night and then ride the entire trail in one day.

The sun came peaking through the tent just after 6. It was about 6:03 when I first heard someone come out of the tent and start screwing around with the Camp Chef. I was feeling cozy in my down cocoon. The thermometer read 47 degrees. We apparently had not had the temperature drop that we expected. The wind was still whipping making breakfast a bit of a hassle. We finished off the French toast and eggs, cleaned up and then the procrastinating began.

With the wind ripping through camp and the clouds covering any semblance of warmth from the sun, the idea of suiting up and heading away from the Camp Chef was a daunting thought. I checked the thermometer again, it had dropped to 35. Oh this is good, it's getting colder as the day proceeds. I then checked the clock and realized that we had been so efficient that it was only 7:30. Everyone felt better about the time and it was agreed we would procrastinate a little longer.

The mercury slowly climbed back up around 40 and we began to suit up around 9:30.

Despite my long held desire to ride this trail, my motivation to actually do so was non-existent at this point. Had it been just my wife and I, I would have petitioned for going home. Luckily, Danny Christensen had planned the trip and he was going riding. He also had the keys to the truck so it was difficult for us to mutiny. And I'm glad that we didn't.

Once we started pedaling, the cold filtered out of our bodies and the trail was amazing. The wind was still trying to push us off of every view point and impede our progress,

but we had come to ride and we were riding.

As I mentioned, we had planned to ride an out-and-back of the 18 mile trail. One of the great things about the Rainbow Rim trail is the multiple access points that coincide with view points. There are five separate trailheads, Parissawampitts, Fence, Locust, North Timp and Timp. Locust is close to being the middle point of the trail and where we had planned on eating lunch. We ate lunch and then the decision of whether to continue or return to the comfort of our Camp Chef had to be made.

Fortunately, we had another day before we had to be back to St. George so turning around and then finishing the next day was a possibility. We all agreed this was a good plan and we flipped around.

The sun had finally found its way through spots of cloud giving us some heat. The wind had not slowed but with the trail going the way it does, we never had a sustained headwind. Rather it was more of a constant swirling wind. With the sun poking out, we were more inclined to stop and view the amazing scenery around us. The Rainbow Rim goes from point to point along the Grand Canyon. From each view point, the trail cuts inland and winds its way through Ponderosa Pine trees and around the edge of the canyon until you suddenly pop out at another view point. The trail is well built and well maintained. Even with the crazy wind we were experiencing, we only had to drag the bikes over one downed log. I was impressed by the lack of ruts in the trails and there was only one short climb that was too stiff for me on my singlespeed. Most of the trail was perfect for spinning and flowing through the forest.

After a much enjoyed second lunch at camp and a few brews, we finally felt comfortable saying that

the wind had died. The clouds moved along and we chased the sun from shadow to shadow.

And then the temperature did drop. It was 28 when I rolled out of my sleeping bag the next morning.

If I've experienced heavenly riding, it was that second day. The wind had completely died. The temperature hovered around 65 and we were immersed in the forest and

canyon views. The last half of the trail went by too fast. Without the wind, we made good time. When I saw the truck over my handlebars I was tempted to miss the turn off and just keep pedaling. I would bet that, had I kept going, everyone else in the group would have been stoked to follow.

Trail Information is available at: <http://www.fs.usda.gov/recarea/kaibab/recreation/hiking/recarea/?recid=32207&actid=50>.

This trail is not technical. It is a great ride for beginners due to the easy access points, great scenery and lack of obstacles. For beginners, ride the section from North Timp to Timp. It's six miles round trip and is a blast.

Due to the relatively high elevation of this trail, it is recommended for Summer and early Fall riding.

As mentioned, there are five access points for this trail. Camping is available at all five. Many users will camp at Locust, the midpoint, and ride the trail in two days. Water is not available, so bring your own.

TETON VALLEY IDAHO
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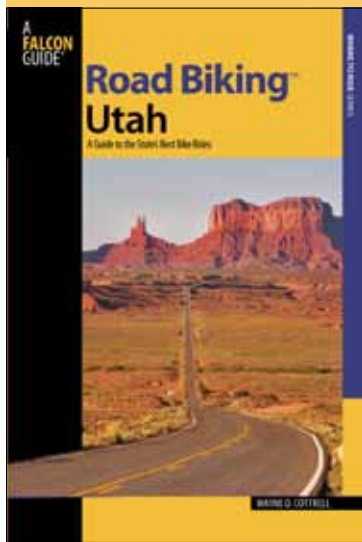
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RIDE OF THE MONTH

Bear Lake Cruise



Above: Great vistas await when riding around Bear Lake. Photo: Cottonsoxphotography.net.



By Wayne Cottrell

The Bear Lake Cruise is one 51-mile lap of Bear Lake in northern Utah and southern Idaho. The preferred direction is clockwise, such that the rider remains on the lakeside of the road. The ride uses US 89 and SR 30 on the western side of the lake, and Eastshore Road (in Idaho) and North Cisco Drive and East Cisco Drive (in Utah) on the eastern side. Contrary to what many maps indicate, all of the roads on the east side of the lake are paved. The lap around the lake is relatively flat, except for a few rolling hills along the northerly stretches of the east side. The elevation ranges from 5,927 feet along North Beach to 6,040 feet adjacent Indian Creek, on the east side of the lake. Pavement is smooth on the west and south sides of the lake, and fair on the north and east sides of the lake.

Start at Garden City Park, 450 South Bear Lake Boulevard, Garden City, 0.5 mile south of the junction between US 89 and SR 30. Start

your ride early during the summer months to avoid traffic on US 89. To avoid traffic, the best times of year to ride are before Memorial Day and after Labor Day.

Most drivers will arrive at the lake from the southwest, via US 89. From I-15 north, exit toward Logan via US 89/US 91. Traverse Sardine Canyon to enter the Cache Valley. The highway heads directly into the heart of Logan. After making a right turn at 400 North to continue on US 89, head northeast into Logan Canyon. It is about 40 miles to the lake from here. The Logan Canyon drive ascends to the Bear Lake Summit (elevation 7,800 feet) before making a twisting descent to Bear Lake.

Bear Lake—the so-called Caribbean of the Rockies—straddles the Utah–Idaho border in the extreme northern corner of Utah. The freshwater lake, shaped like a long, skinny oval, is 112 square miles in area, 22 miles long, and 6 to 8 miles wide. It is not Utah’s largest lake (that would be the Great Salt Lake), nor even Utah’s largest freshwater lake (that would be Utah Lake), but is arguably the most scenic. The clear turquoise-hued waters are striking, especially in changing lighting conditions. The colors are created by natural limestone and calcium carbonates suspended in the water. As described by Joseph Rich, an early settler after whom Bear Lake’s county is named, “Only men with plenty of hair on ’em are tough enough to stand the climate of Bear Lake, but what a country! Streams full of fish; the most beautiful lake on earth...”

While the lake roads will generally be clear (of snow) year-round, getting to the lake from the southwest, along US 89 through Logan Canyon, may be a challenge during

and following winter storms.

Approximately half of the ride is in Idaho, in aptly named Bear Lake County. North of Garden City, you will pass through the settlements of Lakota. There are plenty of unobscured lake views, and it can be windy at times. When you reach St. Charles (Idaho, population 128 in 2008), you are at the northern edge of the lake. The Gutzon Borglum Monument (sculptor of the presidential faces at Black Hills, South Dakota) is on the left at mile 11.8. Turn right onto North Beach Road at mile 13.5.

As you ride along the northern edge of the lake, you will notice the dike. The structure is there to divert the Bear River into the lake. On your left will be the Bear Lake National Wildlife Refuge, followed by Mud Lake; on your right is Idaho North Beach State Park. The road makes a short climb, then bends right, toward the south. The east side of the lake is very quiet, with no towns, and a

few small subdivisions, beaches, and lakeside campsites. This portion of the course features nearly constant scenic views of the lake. At the southern end of the lake, the road bends to the left, away from the lake, preparing for entry into Laketown (population 191 in 2008). Turn right onto SR 30 in Laketown for the return trip to Garden City, on the west side of the lake. Besides the four towns and settlements through which the ride passes, you will observe a “new type” of community as you circumnavigate the lake: private resort developments that capitalize on the lake’s vivid scenery and recreational opportunities. Evidence of this is clear in Pickleville, about halfway between Laketown and Garden City on SR 30. (On the plus side, the Pickleville Playhouse features musical-comedy performances during the summer.) Continue north on SR 30 to Garden City. Look for Garden City Park as you near Garden City’s “center.”

Excerpted from Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book’s coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.

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TOURING

Overnight Bike Tours from Salt Lake City



Above: The overnighter group above Park City getting ready to descend to Hwy 40 at the Mayflower Exit. The Jordanelle Reservoir is in the background. The folks are (from left to right) Barb Hanson, Dana Morgan, and Cheryl Soshnik.

Lou and Julie Melini grinding their way up the Midway - Guardsman Pass section. This 8 mile section of road averaged 14% grades, with three very steep turns that even the most fit bike tourer had to bike-hike the corners. Photos by Angie Vincent.

By Lou Melini

When you think of a self-supported bike tour, you probably envision riding across the state or country for a period of time. Most people have trouble getting long blocks of time off and many feel that the logistics of a big tour is daunting. Just as a hike starts with the first step, a bike tour starts with the first night. So why not just do an overnight bike tour?

Not only does an overnight bike tour give the experienced bike traveler a little practice but it can give the novice the skills and confidence to either do more overnights or plan for a longer trek. An overnighter can easily become a family outing. And finally, an overnight ride gives one a chance to try out equipment and refine what you put in your panniers or trailer. I'm personally trying out some lightweight chairs on my overnights.

My wife, Julie, thinks that it is too much trouble to pack for an overnight bike tour. I beg to differ so I end up doing most overnights on my own when she is scheduled to work. I can completely pack my panniers in just under an hour using my "bike-tour" checklist. I could do this quicker by dining out to eat, eliminating my cooking gear, or forgo camping and go to a motel or cabin.

Following are a number of options for overnight bike tours. Depending on how much time I have, my overnight destinations range from less than 2 hours to just over 5 hours of riding time. I will state if I have actually been to the places listed below. If a mileage is listed, it will be from the bottom of Emigration Canyon.

East of Salt Lake City:

My favorite quick overnighter that I've been to on a few occasions is Affleck Park (11 miles). To get there, I ride over Emigration Canyon

to Hwy 65, (East Canyon). At about one-half mile past the 5-mile marker you will see the park on the left side of the road. Though the park is owned by the Salt Lake City water company, you will need to bring a lot of water or filter it from the stream as the park doesn't have potable water available. For information and reservations check the website. You do need to make reservations 48 hours ahead of time. Perhaps as a result of this policy, the park was empty the last time I was there on a Saturday night. www.slcclassic.com/utilities/ud_affleck_reservations.htm

Jordan River Trail and Legacy Trail Tours:

Another short overnight tour could be a ride to the Pony Express RV Resort. It is conveniently located where the Jordan River Trail meets the Legacy Trail. (Another way of finding it is the north end of the "Chevron mile" section of the JRT). This would make a great child-friendly bike tour from Salt Lake City. From the south end of Salt Lake County or from Davis County, it could be a nearly car-free bike tour along the JRT or Legacy trails, reminiscent of travel in Europe. The Pony

Express RV park does not have tent camping, but one can rent a cabin for as little as \$25 that sleeps 4. You will need to bring bedding (linens or sleeping bag). The phone number is 801-355-1550 for reservations. www.ponyexpressrvresort.com/

If the Pony Express RV Resort is too short of a ride, you could continue up the Legacy Bike Trail (LBT), exiting in Farmington for the Lagoon Campground (Lagoon RV Park and Campground. 375 N. Lagoon Dr. Farmington UT 801-451-8100). According to the website (www.lagoonpark.com/parkInfo/camping) rates start at \$30. Planning enough time to enjoy Lagoon could be an added attraction for the youngsters. Also in Farmington is Bountiful Peak Campground, located 9 miles on Forest Service 007 via 100 East.

Continuing further on the LBT, you could go to the Cherry Hill Campground in Kaysville. (www.cherry-hill.com/) call 801-451-5379 for questions. It is located at 1325 South Main Street in Kaysville. Camping prices start at \$30, plus taxes. You can spend additional money on miniature golf and other amenities, again making it kid friendly. I have not been to this campground so I am unable to direct you to it from the Legacy trail.

As an added bonus for the children, you could coordinate an overnight bike trip with a one-way ride on either the TRAX or FrontRunner trains that lie closely to the Jordan River and Legacy bike trails.

Backside of the Wasatch Mountains:

For those that want a longer tour

one can cross the Wasatch range to Summit or Wasatch counties. When I have more time, I enjoy traveling to the state parks of Utah. Rockport, Wasatch Mountain, and Rock Cliff are the three destinations that I have visited on my bike. Jordanelle State Park is one I have not experienced. My favorite state park was Rock Cliff. Despite the state's desire to takeover federal lands, Rock Cliff (about 53 miles) was closed due to state funding cutbacks. However I just exchanged emails with Rock Cliff's former Ranger/Naturalist. She informed me that Rock Cliff is again open until Labor Day. Rock Cliff is south of Kamas near the small town of Francis on route 32. It sits on the southeast corner of Jordanelle State Park and is technically part of Jordanelle State Park complex. I realize that many cyclists do not want to ride on I-80 over Parley's Summit due to the highway traffic, however this will be the only traffic you encounter, with the rest of the route on frontage roads through Park City and then the back roads through Kamas.

With (what I thought was) the closing of Rock Cliff campground, Rockport State Park, (40 miles) state-parks.utah.gov/parks/rockport, has been my destination of choice for a longer overnight bike tour. The "walk-in" campsite (Cedar Point) is the furthest campsite in the park at 3 miles from the entrance. However, Jupiter campsite is mile away, the only campsite that has a shower. Cedar Point has a \$10 fee (plus \$2 if you use the shower at Jupiter) with Jupiter at \$20. Rockport is located on route 35 a few miles west of Browns

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Above: Cheryl Soshnik's CoMotion touring bike against the road closed sign at the Midway end of the really steep road between Wasatch Mountain State Park and the 224 Junction between Guardsmans Pass and Bonanza Flats.

Right: Angie Vincent as she is getting ready to tackle the final steep and hard 1.5 mile uphill gravel section to Guardsman Pass.

Right below: Lou at Wasatch Mountain State Park cooking dinner. Photos by Cheryl Soshnik

Canyon road.

Because of the closing of Rock Cliff, the Utah Bicycle Touring Society went to Wasatch Mountain State Park in Midway this year. I wasn't aware that the campground is approximately 2 or more miles up a rather steep ascent from the visitor center adding a difficult ending to the 43-mile route. The tenting area was not nearly as full as I expected for a June weekend. So, you will have to decide if you want to ride there with or without a reservation. Reservations cost an additional \$8 at any of the state parks. The basic camping fee at Wasatch is \$20. Reservations at any of the State Parks can be made by calling 1-800-322-3770 or 801-322-3770 from Salt Lake City area

or online at www.stateparks.utah.gov. To get to Wasatch Mountain State Park, it is worth trying to avoid Route 40. Fortunately I can avoid much of route 40 by riding through Park City and Deer Valley with: <http://www.mapmyride.com/routes/fullscreen/68950996/>. For those who like to ride mountains, you can take the turn off below Brighton to go over Guardsman Pass. Coming back from Wasatch you will have a 7-mile ride with up to 20% grades and a mile of gravel to travel. My wife said she would not do it again even though it shortened our ride by nearly an hour. For those living in the south end of Salt Lake County you can ride to Wasatch Mt. State Park via Orem. <http://www.mapmyride.com/routes/>

[view/83143321](http://www.cyclingutah.com/view/83143321).

Of course you do not have to go all of the way to Wasatch Mt. State Park. Jordanelle State Park is just across Route 40 when you exit the Deer Crest community of Deer Valley. <http://stateparks.utah.gov/parks/jordanelle>

North to Morgan

There are several options for overnight bike tours by riding towards Morgan, Utah. For the bike traveler that packs light or doesn't mind a long climb you have several options after riding over both Big and Little Mountain summits (AKA East Canyon and Emigration summits). Yes it is a tough climb over East Canyon summit but you get to descend to your choice of East Canyon Resort or East Canyon State Park. (20 & 24 miles). East Canyon State Park has little shade compared to the resort and may not be your destination of choice on a hot day. See www.eastcanyon.com/ for the resort and <http://stateparks.utah.gov/parks/east-canyon> for the park.

If you continue on past East Canyon State Park on route 66 to go to Morgan (40 miles), you can camp at the golf course. I was charged \$5/person when I went there this spring (includes showers). To get to the Morgan golf course exit onto 100 North all the way to the golf course, a 4-mile ride off of the main road. There is a grocery store in town near I-80. If you go to the grocery store you can get to the golf course by taking a right onto the road just before the freeway. This road takes you through "old Morgan", over a bridge and then to the golf course.

Canyon Touring:

And finally, let's not forget the campgrounds up Big and Little Cottonwood Canyons. It gets hot in the summer and a ride up to a cooler climate can be just the ticket for relief from the heat. Redman campground



is 9 miles up Big Cottonwood and the Spruces Campground is a few miles higher. Tanner's Flat (rode there last year) and Albion Basin are halfway up and all the up Little Cottonwood. There is self-registration on site or at www.reserveusa.com or call 877-444-6777 for reservations according to the book, The Best in Tent Camping-Utah by Jeffrey Steadman.

Hopefully this will give you plenty to choose from for a 2-day overnight ride or perhaps extending it to a 3-day bike tour. In the future, I will look for some overnight rides going south and west. Send me any questions or suggestions that you may have to lou@cyclingutah.com.



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