

VOLUME 19 NUMBER 3

FREE

MAY 2011

WEST MOUNTAIN CYCLING JOURNAL

cycling utah

**MAY IS BIKE MONTH!
CELEBRATE!**



**UTAH, IDAHO,
& REGIONAL
EVENT
CALENDAR
INSIDE!**

**DIRT
PAVEMENT
ADVOCACY
RACING
TOURING
TRIATHLON
COMMUTING**

SPEAKING OF SPOKES

An Interview with Lou Melini on Cycling as a Way of Life

By David Ward - Publisher

Interview with Lou Melini on April 14, 2011 by cycling utah's publisher, David R. Ward.

Lou Melini has to be one of, if not the, most longstanding bike commuter, bike tourist and bicycling advocate in Utah. He has lived in Utah for 32 years, and been a commuter, tourist and advocate since his move here. Lou writes cycling utah's Commuter Column as well as book reviews and touring stories. He's a former chair of Salt Lake City's Mayor's Bicycle Advisory Committee (MBAC). Dave asked Lou about his background, experiences and perceptions of biking.



Lou Melini at the Last Call 2011 Cyclocross Race. Photo: Dave Iltis

CU: Let's start out with your background. Tell me where you are from and what your profession is, and give me some information about yourself.

LM: I'm originally from New Jersey if you can't tell from my accent. I have been in Utah for 32 years now. I came to work in the children's hospital as a physician's assistant in general pediatrics. I have been in pediatrics for 32 years.

CU: Are you still with Primary Children's?

LM: No, I'm in private practice. I haven't worked with Primary since 1991. My wife still works there. She is a nurse practitioner in the emergency department.

CU: Where do you work?

LM: Wasatch Pediatrics. We rent space in the Women's Center there at St. Mark's and then we cover the nursery.

CU: When did you initially get involved with cycling and what led to that?

LM: Good question. Earth Day 1971 to be specific. What led me into cycling? It was a time of change, environmental awareness. There were protests against the Vietnam War; a lot of us went to college to get out of Vietnam. You were probably the same way. You got a 2-S deferment, I assume.

CU: I went on a mission for the LDS church and during that time they did away with the draft.

LM: And they had a lottery.

weeks riding across the United States.

It changed both of our lives. I changed and went into medicine, became a nurse at that time. I wanted to learn more about the human body, and so forth. Jeff is, actually he was just now a vice-president at Dunkin' Donuts, but he's got an MBA and is in the corporate world. He quit Dunkin' Donuts and is a CEO for a group of investors that just bought like 32 Burger Kings and 20 Papa Johns. They have a little bit of money behind them. Anyhow, we rode across the United States in 1975 and fell in love with cycling. I just dream about [bike touring] all the time. It's almost an obsession to go bike touring because it was such a memorable experience.

It changed me personality wise, changed my goals, changed how I, you know, I mean I went from a crappy student to scoring top in the country when I got into nursing and PA studies. It's changed me immensely. I mean, I was one of the last, bottom of my graduating class in my first go around, but it changed me. The ride across the country changed me in innumerable ways that I can't even describe. People that knew me before in the early '70s would probably be scared to have me examine their kids at this point, knowing me then [compared] to now. But it was a memorable experience and it has just taken off since then. I like bikes, I like riding them and it has become a lifestyle with me.

CU: What was it in particular that made it memorable?

LM: Nixon was in power at the time and he was a crook. I had people invite me into their homes; it was just the freedom of being on the road. I had never been in a situation where I had to make a lot of decisions. We had to decide every day where we were going to eat, where we were going to sleep, where we were going to go, how far we were going to ride, we had to deal with the elements. It just gave me this "can do" attitude. For most people, riding across the United States was no different than flying to the moon. So I had done something that very few people ever had done. I came back home almost with a hero's welcome to some people. It gave you self-confidence, it changed my personality immensely. I was just, I don't know how to describe it, I became more assertive, more confident, more independent in what I could do and what I could not do. I moved from New Jersey to here. It would have been completely unheard of for me

to do something like that prior to that ride. I would have been too scared to do that. There is just no way I would have had the self-confidence to do that before that ride.

CU: Okay.

LM: Until you do it . . . If you go out and do it then you understand what I am talking about, doing something like that. That's why I tell kids now, go ahead and take off for three months.

Continued on page 32

DISCOUNTS AVAILABLE!!

WORLD'S MOST SCENIC
BICYCLE TOUR



Legacy Annual
Great Bicycle Ride Across Utah

September 1-10, 2011

Moab to Cedar City, Utah

3-day, 7-day, and 10-day options through up to 5 of Utah's National Parks, 5 amazing state parks, 2 national monuments, and a number of national forests and ancient Indian ruins.

"The premiere 'MUST DO' bicycle tour in the U.S." -
Louis-California
"Epic...the ride of a lifetime" - David-Florida
"Like a bike tour to another planet" - Boris-Russia

•For information: 801-654-1144•

lagbrau.com

UTAH
Sports
and
Wellness

Go Harder • Recover Faster • Ride Longer

- Hyperbaric Chamber
- Cold Laser Therapy
- Frequency Specific Microcurrent
- Spinal and extremity alignment
- Oxidative Stress Testing
- Orthotics
- Massage

1550 E. 3300 S. Salt Lake City UT 84106
801-486-1818

www.utahsportsandwellness.com



RETUL
Three-Dimensional Motion Capture Bike Fitting

2080 Gold Dust Lane
Park City, Utah
435.901.8356
mountainvelo.com

WYDAHO RENDEZVOUS JULY 22-23-24

Like the mountain men who once gathered here to trade furs, swap lies, eat, drink and explore the Teton Mountain Range, mountain bikers from all over the West gather in *Wydaho - Teton Valley, Idaho* - for a weekend-long shindig in July, featuring:

- ▶ Multiple daily XC group rides on sweet alpine singletrack
- ▶ Bike demos by Titus, Maverick, Yeti, Giant and more
- ▶ XC and DH races
- ▶ Lift-served DH trails at Grand Targhee Resort and easy access to the USFS DH trails on Teton Pass
- ▶ Trials-riding shows, music, libations and camaraderie in a friendly, laid-back mountain town

ALL THIS for
ONLY \$30!

For more info & registration: tetonmountainbikefest.tvtap.org



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

Dave Iltis, Editor &
Advertising
dave@cyclingutah.com

David R. Ward, Publisher
dward@cyclingutah.com

Contributors: Ben Simonson, Michael Gonzales, Lou Melini, Andy Singer, Jared Eborn, Ryan Barrett, Bryce Pratt, Jordan Hukee, Curtis Clayton, Robin Perkins, Lukas Brinkerhoff, Cimarron Chacon, Louis Borgenicht, Erik Moen, Tom Jow, Bob Saffell, Shannon Boffeli, Jen Murano, Charles Pekow, Marshall Emsley, Wayne Cottrell

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

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

Annual Subscription rate:
\$15

(Send in a check to our P.O. Box) No refunds on Subscriptions.
Postage paid in Murray, UT

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

cycling utah is printed on 40% post-consumer recycled paper with soy-based ink.
cycling utah is free, limit one copy per person.

© 2011 cycling utah
Pick up a copy of cycling utah at your favorite bike shop!

Cover: Carla Hukee from Niner Bikes on Moab's Slickrock Trail in March 2011. The La Sal Mountains are in the background.

Photo: Jordan Hukee

FAMILY CYCLING

Raising Bike Friendly Kids Part 1: The Trailer Years

By Ryan Barrett

One of the things I am attempting to instill in my kids (3 girls and counting!) is my love of cycling. I did not come from a "cycling family", but my wife did, with a father and three brothers who all raced. I would be lying if I said this was a purely philanthropic attempt to allow them to learn the freedom that comes with cycling. Yes! When the kids are young, their bike time is our bike time and my initial purchase of a trailer was largely to allow myself to continue to train around a lifestyle where training is less and less a priority.

Anyone who has had children will tell you, your life changes fast! Unless you are making your living pedaling, bike time becomes increasingly difficult to justify. But, don't despair- you can continue to train with kids by purchasing a trailer.

Use your own judgment on what is safe, but I find that once an infant can hold its head up, it is safe to ride in trailer. We started our kids off in the trailer at about six months. I have seen people with younger children in their car seats in the trailer, but that is not really how trailer are designed.

Many people do not put helmets on their kids in the trailer. It is true that trailers are very safe. The rider can crash and the trailer will stay upright. That said, why delay learning safe riding habits? Put a lid on that kid! I have visited kids in the ER with injuries that could have been



Above: Ryan and kids getting ready for a ride.

prevented by wearing a helmet, and it's not something I wish on anyone, much less a child, so (and I'm trying not to get too preachy here) just do it! As we all know, kids mimic what their parents do so wear one yourself.

There's a huge array of trailers on the market. Think of this as a long term investment, especially if you plan to have more kids. Yes, you pay a little more up front for quality, but it will last. You can buy one at a toy store, but would you buy YOUR bike there?

On a similar note, if you are planning to have more than one kid within a few years of each other, I recommend getting a double (i.e. - two seater). Yes, it is wider, but you should be riding primarily on open

roads and paths, so a little extra width isn't such an issue. And when there is only one kid in the trailer, it allows them more room. And yes, they will want room.

Also, many people fear their bike will be damaged using a trailer and so will only ride it with an older bike. With modern trailers, it is simply attached via your rear quick release. I have pulled a trailer on each of my race bikes over the past seven years and have never suffered any damage. I actually did my first ride on my custom Seven pulling the trailer... desperate times call for desperate measures!

One thing that became apparent when we started pulling our kids around is that the trailer is an excel-

Bike Utah News

These are exciting times for Bike Utah and for cyclists in general here in our fair state. By the time you read this article, we will have enjoyed the third annual Utah Bike Summit, which for the first time this year was organized and hosted by Bike Utah. As of this writing, we are on the verge of announcing a major corporate sponsorship, which will allow us to hire more staff and increase our outreach to communities throughout Utah. Sales of "Share the Road" special license plates (\$20 from each plate bought goes to funding bicycle safety, education, and facility development) are going strong and helping to fund two upcoming Bike Utah campaigns.

The first campaign is "Get Lit". The purpose of this campaign is to distribute front and rear light sets to approximately 400 cyclists across the state. Riding at night without proper lighting is a leading cause of serious and fatal injuries to cyclists. These types of crashes tend to disproportionately affect low-income populations that are less able to afford lights. Bike Utah is in talks with a bicycle accessory manufacturer about donating the lights, and we will soon be working with local police departments to discuss how to distribute them.

The second campaign is called "111 Miles in 2011". The purpose of this campaign is to work with local bike advocates around the state to add 111 new miles of bike facilities in 2011. This includes on-street bike facilities, paved trails, and mountain bike trails. Bike Utah is already working with representatives in Washington and Summit counties, and will begin focusing on Grand, Cache, and Weber counties soon.

If you want to support the future of cycling in Utah, Join Bike Utah today! You can register online at www.bikeutah.org/Membership.

-Travis Jensen

lent place for a nap! This can become an issue as they get older- as late day rides to lead to late nights. But, when the kids are awake, it is important to have books, water, even snacks as they get older. We've also found that planning the ride with a stop at a park gives the kids something to look forward to. Ultimately, increased enjoyment for them will lead to increased bike time for you! I've also found that having a trailer can provide a great workout in a short time frame, allows a stay-at-home spouse some much needed alone time, or can be a great day out for the entire family.

Ryan Barrett is the owner of Turbo! Sports Management- an independent sales rep in the cycling industry and coaching business. He has over 20 years of racing and coaching experience. A self-proclaimed "lifer", Ryan has raced professionally, as well as the US National Team, and competed in many of America's most prestigious races. Ryan is still an active Category 1 racer. He lives in Provo, UT with his wife and three daughters.



REGISTER OR VOLUNTEER TODAY
BIKEMSUTAH.ORG OR CALL 800 344 4867
bike MS: HARMONS BEST DAM BIKE RIDE
JUNE 25-26, 2011
2 DAYS /// 175 MILES
CACHE VALLEY, UT

bike MS 25th Anniversary HARMONS your neighborhood grocer Best Dam Bike Ride 2011

HARMONS your neighborhood grocer Bingham Cyclery FedEx Express POWERADE BLACKBOTTOMS CYCLEWEAR MIX 107.9 MOUNTAIN AMERICA CREDIT UNION XSG MOVIN 100.7 FM

WWW.**BearLakeMonsterRide**.COM

50, 62, 70, & 100

Mile Options



BEAR LAKE
MONSTER
CENTURY

\$55

**Includes amazing SWAG, support, food & fun
Dutch oven dinner & raspberry shake included**

July 9, 2011

WWW.**BearLakeMonsterRide**.COM

FRONT RUNNER[®] Century Ride

Great bicycle Century Ride, great support & train ride from Ogden to SLC
62-mi & 100-mi ride options with 3 full service rest stops.

Riders return by train. Transportation for your
bicycle is included.

Amazing SAG Support!

**BIKE RIDE FROM
SLC TO OGDEN**

\$65 per person through Aug 31st, \$75 after Sept 1st

**62 Miles
&
100 Miles**

\$65

Sept 3rd 2011

frontrunnercentury.com

For The Win Racing, LLC is the sole promoter of the Fronrunner Century and has sole control of the planning, routing and conditions associated with the bicycle ride event (the "Event"). The Utah Transit Authority (the "UTA") has no control over the planning, routing, conditions or any other aspect of the Event and use of the term "FrontRunner" is not an endorsement of the Event by UTA.

COMMUTER COLUMN

The Bonneville Cycling Club Expands its Mission to Include Bike Commuting

By Lou Melini

The Bonneville Cycling Club (BCC) has been a Utah fixture since 1976. The club is primarily known as a recreational and social riding club. The BCC puts on hundreds of rides annually for all abilities. The BCC has been very notable for large rides such as the ULCER and Little Red Riding Hood events. The club has donated tens of thousands of dollars to worthy charities as a result of ULCER and Little Red.

On May 1, 2010 the club added a "Bike Commuter Challenge" to show the community that the initials "BCC" puts back into the community more than just dollars.

Representing the BCC are some of the leading commuters in the Bike Commuter Challenge; Bob Renwick, Lawrence Bray (from Loa, Utah), Norma Blubaugh (from Cache Valley), Don (in charge of the ride schedule) and Mary Margaret Williams (current president).

Cycling Utah: I first want to say that as a member of the BCC since 1979 (and president in 1981), I am really delighted to see the BCC (bike commuter challenge) incorporated in the BCC (Bonneville Cycling Club). So why do you commute by bike? Tell me about your use of the bike as a means of transportation.

Lawrence Bray: I commute to save money, pollute less, and to fit more riding time into a busy day. Most of my commuting is to work and back but I can sometimes use the bike to replace the car for other trips. I ride to work when other logistical considerations allow and when the weather and road conditions are not too crazy. I live in the high country (7200 ft) in south-central Utah where it is usually a bit colder than the Wasatch Front. I have a little over a mile of dirt road each way on my commute as well as five miles of open (65 mph) highway with a fairly narrow shoulder. Happily, it is a very rural area (the nearest traffic light is 55 miles away) so traffic is light. I don't commute

when there is snow on the road but cold and dark are fine.

I live about 12.8 miles from where I work. It takes about 45 - 50 minutes to commute each way. If it were much shorter, it would have less appeal for me. About an hour ride each way is ideal for me. If it were much more than an hour there would be days where I would have to drive in order to meet other obligations. I lived in Heber City and taught at Park City High school for five years in the 90's. That was a great bicycle commute in the spring and fall when the roads were clear.

Norma Blubaugh: When the guys at work asked why I started riding a bike instead of driving, my short, clever answer was, "The three 'E's': Economy, Ecology, and Energy". I save a full tank of gas each month when I ride most days instead of driving. I use that savings to upgrade my gear for comfort and safety. My commute is 5 miles one way, and I usually take the bus about half way home (the uphill part of the trip). I commute to/from work, and also for light errands as time and energy allows, combining trips when possible, just as I do when driving. The Ecology aspect is obvious. It is a bit ironic that we are encouraged to drive less, which means walking or biking more, on days when the air quality is so bad we are told it is unhealthy to do so... The Energy aspect refers both to the desirable calorie burn and fitness benefits of cycling and to the enhanced alertness and energy level I enjoy when I bike to work. I enjoy it. Sometimes it's the best part of my day, just me and the road. For me, bicycle commuting is one way to live my values and quietly serve as an example to encourage others inclined to try to make it work in their own lives.

I ride all year round, as often as family/work/social schedule permits. I can enjoy the ride down to about zero degrees with my current gear. I learned the hard, cold way to check the weather forecast every morning (minus 9 was not fun, even if I did get bragging rights at work). I will not ride on "Red Air" days, because



The Bonneville Club commutes regularly and has accumulated over 15000 miles in it's commuter challenge. They also like to have fun! Photo: Robin Perkins

I feel the difference in air quality when it gets that bad. I will ride in sun, rain, light, dark, hot, or cold as defined above when roads are clear enough so I won't be forced into the uneven icy lane edges after a snowstorm. I do occasionally ride at night, and my early morning commute is dark several months of the year. I will ride more at night when I can add better reflective gear.

Bob Renwick: I bike commute for a number of reasons. Health: I do not gain and sometimes lose weight if I commute. I sleep better if I exercise regularly.

Cycling is a lot less stressful for me than driving a car, as it is mentally and physically therapeutic. I also like saving miles on my car. I commute mostly for going to work, but occasionally, and more often, for errands around town like going to REI, the grocery store, post office, or shopping. I ride all year in almost all weather conditions, but I try to avoid rain downpours and snow packed or icy roads. I leave for work at 4:45 in the morning so I have quite a lot of experience with adverse conditions.

Don Williams: I commute primarily to work - and to club rides that are in between work and home. My commuting year normally starts in the mid-winter thaw like we saw this January and when work schedules permit. Because of project schedules, there is night commuting involved, there would be less if I got an earlier

start - but I prefer to get to work in daylight, so I start later, but it makes the day a lot better. An average of once per week for the year is doable.

To start an active cycling season there is no better way than the mini-interval training that commuting provides. My first few days of commuting are a little restless until my body settles in to the routine of a brisk 1-hour workout inbound, sweaty clothes into a locker, followed by a hot shower, a full workday followed by a nice climb home. I'm fortunate that my firm, MHTN Architects remodeled our offices to LEED Gold standards two years ago, adding alternative transportation facilities consisting of secure bike storage lockers and a shower. Beats the old days of rinsing in rubbing alcohol when no shower was available.

Mary Margaret Williams: Commuting for me is a way to accomplish some of my life values: exercise, health, emotional well being, improve skills for riding in traffic, doing my small part in going green, in addition to decreasing air pollution. Furthermore, it saves dollars and gas. I have a 17 mile one way commute so the dollars add up. Riding to work creates a good mood to start the day. The ride home provides a workout so I don't need to go out again. I enjoy passing other commuters along the way, sometimes counting how many people are out riding to work. I believe the best mileage for com-

muting is around 10 miles one way because the time it takes to ride is only a bit longer than if in a car. My commute requires a little over an hour one way if no mechanical problem occurs and depending on traffic lights which by the way can be annoying when you get stuck at those lights that bikes can't trigger. Therefore, you have to either wait for a vehicle or walk over and push the walk button.

In addition to riding to work, when possible I make it a goal to commute to a club ride or out to dinner. Sometimes, I will stop by the store on the way home and pick up a few small items.

Participating in programs such as Clear the Air Challenge and BCC commuter challenge help motivate me to commute more often providing me with another goal.

Due to the early morning hours along with added travel responsibilities I have at work during the school year, it makes it difficult for me to commute while school is in session. Therefore, the majority of my commutes to work occur during the summer months. I will ride in poor weather conditions such as rain or snow but as a rule I don't start a ride unless it is clear; Personally, I believe added risks of accidents are present with inclement weather conditions, however if cycling was my main mode of transportation, I would

SATURDAY CYCLES

Commuter Bike HQ
We work on Saturday's to provide you with a bike to ride on all the other days! We want to help you find a cool, comfortable, practical bike to ride everyday.

Touring Bikes-Supplies, Racks, Fenders... Bike Nerd HQ!

www.saturdaycycles.com or visit at Facebook
Rivendell-Masi-Civia-Surly-Soma-Salsa-Bianchi
Touring Bike Demos/Rentals Available
2204 North 640 West, West Bountiful
(801)298-1740 - Open Saturdays 10-6

DINO TRI

Sprint & Olympic Events

HUGE CASH PURSE
For Pro / Elite Male / Female WINNERS!

CASH PRIZES
For Overall Male & Female WINNERS!

RED FLEET STATE PARK • JUNE 25, 2011 VERNAL, UT
KIDS TRI JUNE 24, 2011 • UINTAH REC. CENTER

Register Online at - www.DinoTri.com

probably ride regardless. Riding at night is not a problem in fact I find it an exciting adventure and quite enjoyable. I do light myself up like a Christmas tree for optimum visibility.

Cycling Utah: Tell me about your involvement in the BCC. Also let's discuss the Bike Commuter Challenge.

Lawrence Bray: I joined BCC in May Of 2010. I am a native Utahn but began riding in 1983 in Alaska. Being a cyclist is a major part of my identity. I raced a lot in the 80's and early 90's but no more. I like the Commuter Challenge and I am surprised at the relatively small number of participants. I am glad BCC is putting some energy and support into it and hope the Commuter Challenge continues and thrives.

Mary Margaret Williams: I have been an active member of BCC from the first week we moved to Salt Lake City 12 years ago. During that time I have served on the Board in several positions including newsletter editor, member at large, vice president, and president. Belonging to a club provides many benefits including a great ride schedule; riding with others both for social aspect and safety issues: statistics indicate those who ride with a club have fewer accidents and are more skilled riders. Riding with others makes me push harder and improve my pace and skill.

Commuting has been a part of BCC for a few years, with the commuter challenge officially starting in 2010 for the purpose of encouraging members to commute more often be it to a club ride, work, store, or even to a friend's home. The results are not for competition, but rather a challenge to accumulate miles as a club. One mission of the club is to provide opportunities for every aspect of riding for all types of riders and all reasons to ride; BCC advocates for safer roads and sharing the road therefore commuting fits right in with the mission. Due to rising pollution issues and gas prices, making commuting a priority is one of my goals as President.

Bob Renwick: I originally joined the BCC in 1984; George Orwell made me do it. I joined to learn new bike routes and get group motivation, but mainly to see new country and do longer rides where somebody new where they were going.

Norma Blubaugh: I joined the BCC last spring to support this cultural alternative in Utah. I was surfing the general topic of cycling, commuting, bicycle touring, etc., and found a link to the BCC. It was gratifying to see club photos on the site of other people who probably remember the first Earth Day

Cycling Utah: There has been a lot of debate regarding global warming. Also we have had another winter along the Wasatch Front with "red" days due to air pollution. How can the bike help with both?

Lawrence Bray: I believe the world would be a much better place and the human condition much improved if more people rode more bikes more often. Too bad our culture is so focused on convenience and expediency. I know Cycling Utah is not a forum for political activism, but there is no question in my mind that if the US Government is determined to intrude on our private lives, the state of our economy and physical

health as a nation would be much better served by requiring every citizen to run or ride their bike for an hour a day than by imposing Universal Healthcare.

Norma Blubaugh: Until the air conditions are brought down to constant acceptable levels by other means (less diesel, more carpooling, better public transportation, etc.), I'll continue to guard my own health by refraining from heavy outdoor aerobic activity on 'bad air' days. There would be fewer of these days if more people regularly biked and built air friendly practices into their daily routines.

Bob Renwick: There is a bit of catch 22 when the air is bad. One rides and helps reduce air pollution, but then you pollute your lungs more. That said however, I will ride on bad air days. I slow down a little to save my lungs and believe the overall benefit of not missing your exercise is greater.

Mary Margaret Williams: It is my opinion that everyone should do their part to reduce CO2 and assist

in improving air quality. However, many people have jobs that make it difficult to commute, such as I do during school months. Promoting carpooling and commuting when possible is a goal.

Don Williams: Last spring I commuted 16 miles on a red air day with relatively high humidity – upon arriving at my office, a black film was coating all the leading edges of my bike frame. We're breathing that stuff when the inversion sets in and that's good enough proof to keep me commuting another day or two.

Cycling Utah: Don, you have been very involved as an officer in the BCC for most of your time with the BCC. Tell me about your membership, the BCC and the Bike Commuter Challenge.

Don Williams: I've been a member of BCC since moving to Salt Lake city about 12 years ago, and held office in the Club for 6 or 7 of those years. The Commuter challenge came about as a direct result of the Clear the Air challenge in July for the past 2 years. The Clear the Air Challenge

is one month a year, great for keeping the energy level high, and posting some very impressive numbers in trips saved and lbs of emissions eliminated. However, the long haul is establishing a pattern of life-long habits that can make a year round difference, and what better way to start than with a cycling group.

Several of our most active commuters have not signed up for the challenge. Perhaps their personal level of advocacy is in those daily rides to work or shopping, but the BCC board is working to improve participation in all club programs through this year's initiative of MORE 2011; More Members, More opportunities through heightened involvement of our membership, More riding, and exercise.

Current club membership stands at 300 and is steady. The Club's articles express the need to promote all types of cycling, and commuting falls naturally into recognizing the needs and wants of our membership, while advocating improved road usage for cyclists.

Cycling Utah: Mary Margaret, you are the current president of the BCC. The Bonneville Club has done an exemplary job of raising funds for various causes. Tell me about some of the charitable work.

Mary Margaret Williams: Within the past several years, the Club's primary focus has evolved toward giving to the Salt Lake and surrounding communities. By raising substantial monies for charitable causes such as "Women health issues" and the "Olympic Sports Youth Program", BCC has been able to make a difference in the lives of our own community members.

BCC has contributed thousands of dollars to charities. These dollars come from our two major events Little Red and Ulcer. The recipients of our donations also take an active role in the event. For example, The University of Utah Genetics center provides additional fundraising as well as volunteers. As a result

Continued on page 9



Time to Get More Speed *It's Now Available at Jans*

The Trek Speed Concept is the perfect all carbon bike for serious tri-athletes and time trialists looking for more speed without breaking the bank. It was developed by Lance Armstrong and is currently ridden by the World Time Trial Champion Fabian Cancellara. Because of the efficiency of design and fit, you'll finish the second leg faster with fresher legs for the run. Jans has a full line-up of Speed Concept 7's ready for you to demo. Visit the Experts in our bike shop, and you'll see the difference fast.

435 649 4949

JANS[®]
MOUNTAIN RECREATION EXPERTS

www.jans.com

GEAR REVIEW

A Review of
Three Tri Suits

By Jared Eborn

Long known for their rather unique taste in fashion when it comes to gear for races, triathletes of all skill levels are increasingly migrating away from the two-piece kits that look more at home on a traditional cyclist.

Now, in an effort to shave seconds, or possibly minutes, off their time, triathletes are quickly transitioning to one-piece skin suits previously an almost exclusive domain of elite triathletes or cycling time trialists.

Gear manufacturers are embracing the change and rolling out an array of trisuits that are fast becoming a fixture at everything from small indoor-swim sprint races to full Ironman distance races. As one might expect, the technology and price range are nothing short of impressive.

Ranging from simple \$100 suits with barely a whisper of a chamois to fabrics incorporating carbon fiber wicking technology, the newest suits have athletes of all levels looking – if not performing – like seasoned vets of the sport.

We'll take a look at three trisuits ranging from entry level to professional worthy in a quick review.

Pearl Izumi has jumped deep into the triathlon market and has a range of options. We were sent a pair of entry-level suits to give a test drive.

The Pearl Izumi Select Tri Suit is a sharp-looking model for those on a budget. With a price of \$99, the Select comes without some of the frills associated with higher-end suits but provides a comfortable and functional experience. During my test session, I put the Select through a 1500-yard swim at the pool, an hour-long Spin class and a 5k run.

The swim was comfortable without much tugging or rubbing in the upper body or neck. With the full body suit, I could feel my body glide through the water. The only problem I found was when leaving the water.

The Select fabric and chamois absorbed the water and felt soggy compared to other tri suits I've worn in the past.

After a quick run upstairs and transition to the Spin class, I had dried out fairly well though the chamois gave me a bit of a squish when I mounted the bike.

For the next 60 minutes, I pedaled along with the rest of the class trying to pay attention to the fit, feel and function of the suit. The leg gripper stayed in place nicely and there was none of the expecting tightness around the neck and armpits.

The entry-level chamois, however, left something to be desired as I began to feel a bit uncomfortable after 30 minutes. I finished up the class, downed a gel and some water and quickly changed shoes for my run.



The Pearl Izumi Elite Tri Suit

Again, the suit felt fine as it was completely dry and was performing admirably at transferring my sweat away. The five kilometers on the treadmill might have drawn a few puzzled looks from the walkers passing me on the indoor track, but as I motored along I had no comfort issues with the suit as the leg gripper held strong and the upper body section moved well with my strides.

Grade: B-. The Pearl Izumi Select is not for long-distance athletes. With an entry-level price and entry-level chamois, the Select does function perfectly well for the entry-level triathlete seeking a quality suit for a sprint distance race and will hold up just fine for an Olympic distance event.

Next in the test was the Pearl Izumi Elite tri suit with a suggested price of \$130.

A step up in quality and price, the Elite has a slightly sturdier chamois and comes with an upgrade in fabric.

Putting the Elite to the test via another indoor tri, my experience was similar but different in all the right areas. The fabric repelled the water from the swim a little bit better and I was definitely less soggy as I left the pool. Still, water dripped from my body for a minute or two after the swim and my nether regions were definitely soaked.

Again, I felt no significant discomfort in the legs, waist or neck lines as I swam for 1500 yards. Flip turns posed no problem as I twisted my body every 25 yards, but that would not be an issue in an open water swim.

After the less-than-thrilling experience in the Spin class with the Select, I was a bit leery about how my bottom would like 60 minutes in the saddle with another entry-level chamois. But the Elite surprised me and I felt no discomfort despite forcing myself to stay in a seated position as long as possible while the Spin class instructor begged us to do a standing climb.

I moved to the run and, like with the Select, had a pleasant 5k on the

treadmill.

Grade: B+ The Pearl Izumi Elite was a noticeable upgrade from the Select, but the squishy chamois and slow-drying fabric prevent a higher grade.

Finally, I stepped things up significantly and slipped into the TYR Carbon Zipper Back John.

With carbon fiber woven into the fabric, I felt fast just standing in front of the mirror. With a \$270 price tag, I better be fast.

After a few wonderful experiences in the pool and Spin class with the Carbon, I gave the suit a real test at the Icebreaker Triathlon in American Fork.

The suit practically crinkles in your hand before being worn. But stretches wonderfully to fit your body like a glove. The TYR Carbon feels like a wetsuit in many ways and comes with a back zipper and an extra long pull cord.

As expected, the swim feels almost effortless as the material almost acts as a buffer to the water and your body glides from stroke to stroke. Because of the amazing stretch in the fabric, flip turns posed no problems and leaving the water was a joy. Within seconds of exiting the pool, my suit had shed all water and I felt perfectly dry.


As I ran from the pool to Transition 1, I reflected back to the squish I had felt from other suits when hopping on the saddle. That was not the case with the TYR Carbon. Despite having a much more significant chamois, there was no squish and my bike ride was a dream as far as comfort goes.

Tucked into the aero position, the TYR Carbon moved well with my body and never gave me some of the telltale abrasions associated with many tri suits in the armpits or around the neck.

The leg grippers were beyond comfortable and my transition from bike to run was hindered only by my inability to put my shoes on quickly. A quick 5k run later I crossed the finish line just six seconds away from first place in my division – yes, six seconds away from first! Stupid running shoes! – and a huge fan of the TYR Carbon.

Grade: A The only thing preventing the TYR Carbon from getting an A+ is the price tag. Though \$270 is nothing to some athletes, it is too much for most average-Joe triageeks to part with. Still, if price is no object, the TYR Carbon is perhaps the best suit out there with pros, elites and average guys like me singing its praises.

26th Annual
Race to the Angel



Hillclimb & Half Marathon
COURSE CLIMBS 3,000 FEET
FROM WELLS TO ANGEL LAKE, NEVADA

Mountain Bikes • Road Bikes
Walkers and Runners
\$30 ENTRY

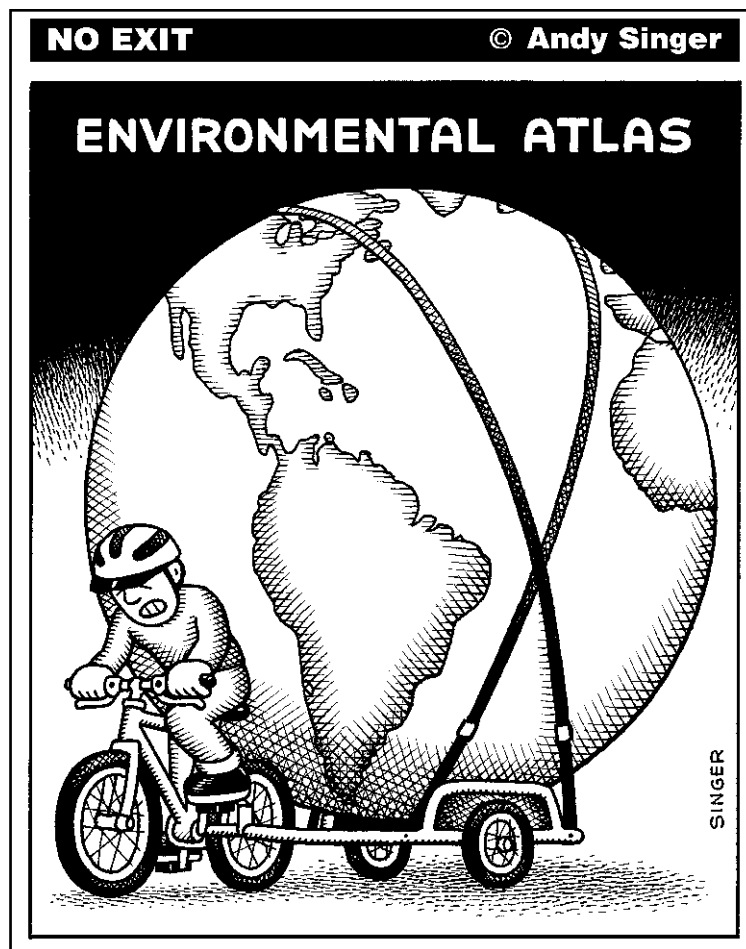
**SATURDAY
September 10, 2011**

RACE TO THE ANGEL
PO Box 615 • Wells, Nevada 89835
(775) 752-3540
www.wellsnevada.com/racetoangel.shtml

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

NO EXIT © Andy Singer

ENVIRONMENTAL ATLAS


QBP Opens LEED Certified Distribution Center
in Ogden

Quality Bicycle Products (QBP), a major U.S. distributor of bike parts began shipping from its new distribution center in Ogden, Utah in mid January. The 85,000 square-foot facility, which is now running at full capacity, houses more than 14,000 SKUs, almost double the volume of the company's temporary warehouse in neighboring Clearfield. Dealers in the western region will benefit from fewer split orders, lower freight costs and delivery times averaging two days or less.

"This is a significant customer service enhancement for an operation that is already serving western dealers successfully," said Kim Brown, QBP director of distribution. Located close to major highway and rail shipping routes, the Utah distribution center provides rapid, ground-based shipping to customers in an 11-state western region. By greatly reducing the need for airfreight, the facility shrinks QBP's environmental footprint, observed QBP President Steve Flagg. "Orders shipped by air emit nine times more CO2 than ground orders and airfreight rates tend to rise exponentially faster than ground freight as fuel prices rise," he commented.

"The Utah team has created an entirely new part of QBP from the ground up—and they've done it in keeping with our focus on customers and service," said Flagg. "We launched the Clearfield warehouse in March of last year with less than 8,000 SKUs. Since then, they have shipped an average 23 percent of QBP's total sales each week, delivering over 80,000 boxes since June."

The distribution center represents state of the art sustainable design, and is expected to achieve the LEED Gold designation awarded by the Green Building Certification Institute. Features include advanced wastewater technologies, high-efficiency appliances and a design that capitalizes on natural light. Additionally, a 39.5-kilowatt solar panel array provides a portion of the building's energy and a 170-well geothermal system provides heat and cooling in all seasons. Designed to work harmoniously with the natural environment, the grounds have a graded parking lot that channels storm runoff into a retention pond; rock gardens that promote evaporation and natural breakdown of chemical pollutants; drought-resistant native plants that don't need irrigation or maintenance; and an all-concrete parking lot that minimizes heat island effect. Beyond the environmental benefits, the structure will cost significantly less to operate than a conventional building, providing an estimated payback of twelve years.

coffee garden

We're in
Cahoots!

and
SamWeller's
too!

9th & 9th



254 So. Main

The HeART of Idaho
Century Ride

August 20, 2011 in Idaho Falls

Verdant farmland, Grand Teton views and striking desert landscapes greet riders at every turn.

Barbecue celebration at the finish line. 25, 62 and 100 mile options. \$40 for the 25 mile ride and \$65 for the 62 and 100 mile rides. Early-bird discounts. Benefit for The **ART MUSEUM** of Eastern Idaho. To register call 208/524-7777 or register online at:

www.theartmuseum.org/Century.htm



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

Bonneville - Continued from page 7

we assisted in raising \$60,000 for University of Utah Genetics. The Olympic Park youth sports program provide over 50% of the volunteers as well as organizes volunteers. For this program we were able to give \$9000 from our rides. In addition the BCC raised \$500 for the Tour De Cure, and \$1500 for the MS 150 in 2010.

Furthermore, we are able to increase safety skills of riders as a direct result of our bicycle skills classes and ride marshal program. BCC is proud to be able to contribute such great efforts to Salt Lake and surrounding cities in Utah.

(Editorial note: Both Don and Mary Margaret are "League Cycling Instructors" from the League of American Bicyclists, providing annual riding skills seminars.)

Cycling Utah: What are your commuter bike choices?

Lawrence Bray: I commute on a cyclocross bike with heavy commuter tires. The mix of dirt road and pavement has shaped my choice in bikes. A pure road bike was inappropriate for the dirt, sand, and sometimes mud of my looong hilly driveway. I only have one bike now for the first time in 25 years. It works great for high-speed long distance road rides when I switch wheels.

Bob Renwick: Last spring Millcreek Bicycles shop in Olympus Cove built up a Gunnar Fastlane commuter and light touring bike for me.

Mary Margaret: I have a separate bike for commuting. My commuter bike has a bike rack and lights. It is a road bike but if my schedule changed to allow me to commute more often, I would probably look into a true commuter bike with fenders and features made for the purpose of commuting. I wear a backpack that contains wallet, phone, clothes and shoes. In my bag on the bike rack, I usually pack my lunch along with a bungee cord, necessary tools and tubes for on the road maintenance. A must have for a commuting bike would be lights and a bike rack with a bag attached. I always wear Road ID tag and carry health insurance card.

Don Williams: I follow the tried and true philosophy of John Forrester, the founder of the Effective Cycling program for the League of American Bicyclists. John preached steel frame bikes for commuting, so 5 years ago when my 20 year old commuting bike frame cracked on my ride into work, I made it down the hill to a local bike shop and bought a steel framed cyclocross bike. The geometry was right, the handling responsive. The extra brake levers (found on some cyclocross bikes) come in handy when riding in traffic. The new hi-intensity strobe taillights can be seen from outer space, and makes one definitely more comfortable when riding home in the dark. A front strobe and a steady light mounted down low are my favorites for extended riding in darkness. Clip on fenders cut down on weight and the cleaning bill if you get caught in

the rain on the way home.

Norma Blubaugh: My bike is a "tank" that I bought at a garage sale, so long rides are a workout rather than recreation. I added fenders and a rear rack with folding baskets to the sport hybrid bike. It already had a kickstand, which is very useful for quick errands in town. I carry a light duty cable lock to keep the bike from falling over when looped around a pole. Someone would have to be desperate to steal this bike! It is my only bike right now. The best comfort item besides a good frame fit is a gender specific seat :) Lights are not a comfort item, they are essential safety equipment.

Cycling Utah: What is the best part of being a member of the Bonneville Cycling Club?

Don Williams: Best part of being a part of any club particularly BCC – like minded individuals can share in the joy of cycling, share in the experience and pain of training, share in the enjoyment of supporting major charities with hundreds of service hours and a few dollars.

Bob Renwick: I like the group and the group experience. Riding with nice people and friends makes it easy to put in a lot of miles. I also like to ride in new areas and in BCC there are lots of really varied rides. You also get to learn a lot about bikes and how to ride safely and in a group.

Mary Margaret: The best part of being a member of BCC is having a ride schedule that provides something for everyone in addition to utilizing our rides to increase skills, reduce accidents, and promote cycling.

Norma Blubaugh: I've only participated in the BCC's Commuter Challenge, so that's the best part so far.

Addendum from column editor Lou Melini: Perhaps as a result of the commuter challenge, the Bonneville Cycling Club was awarded as Bicycle Club of the Year from the League of American Bicyclists, one of eight such clubs around the country. Congratulations on the hard work of the BCC officers and volunteers within the club.

Also I wish to apologize to REI employee John Higgins in the March commuter column. I misidentified him as "John O'Brien," a different Aussie I once knew.

[Editor's Note: The club has totaled 15000 miles and 14,277 lbs of emissions saved in its commuter challenge. Last year, the club mileage (non-commuter) competition surpassed 1 million miles cumulative over the last 10 years.]

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

METAL COWBOY

The Ravioli Ride

By Joe Kurmaskie

Everyone rides a bike in Italy; bankers in suits, bombshells in flowery dresses, old men carting baguettes and sausages back home in wire baskets. On the coast whole families pedal to the beach atop rusty clunkers, while in the hills you'll spot toothless Nona's creeping up long windy paths of blacktop, unfazed when packs of racers in tight Lycra blow by them.

It's mountain biking that's the last frontier in Italy. My brother-in-laws have a rich history of abusing me off-road: up inclines and through rock gardens all over Northern California. When a family reunion came together in Northern Italy, I discovered that some of our Tuscan relatives were as nuts about mountain biking as their American counterparts.

I bet there's a gene responsible for this.

Of course, I was recruited for protection. My brother-in-laws always bring along someone they know will be sucking their air, mud and rear wheels. What they didn't count on this time around is that I've clocked some fairly brutal miles in the saddle since we last rode together. Two loaded tours across the continent hauling hundreds of pounds of children and gear. And while it wasn't off road, it was Northern Canada over the spine of The Rockies. These days I would chew my way through the straps of my clipped in feet to do the steepest mountain bike climbs, instead of the packhorse routine pulling my wagon train of children and gear over asphalt.

Can you say rematch?
"Here are your bikes."

Phil and Rob, my relatives who think every ride is a race, scored the prizes bikes from Gino and Perre Georgio. I was left with a no name soft tail contraption, but it seemed as if it would get the job done. Brad, my Buddhist brother-in-law, had also signed on for the ride. I think his set up might have been a women's bike. As a new father, he wasn't in peak condition; tired and pasty. But Brad has always been the wild card of the family. He flows like a river and lands on his feet.

Before we'd even taken to the saddles, everyone was sweating like businessmen in a hot sauna. Italy in June can be sweltering.

We stopped by Gino's house to make a few adjustments to the rigs. Namely, mine. I'd discovered on the downhill to his farmhouse that the handlebars were so loose that it was only luck, the amount of time I've lived on a bike, a childlike defiance of gravity and finally, grabbing the front stem below the bars that kept me from crashing. While at Gino's,



Help us provide access to health-care, education and economic opportunities in underdeveloped regions of the world.

Learn how you can get involved:
www.worldbicyclerelief.org

THE POWER OF BICYCLES®

Phil discovered that his sweet rig had some gearing issues and the shocks had seen better days.

Karma baby.

We roared down into the valley where the walled city of Lucca lies, but as if following an army in retreat, just as quickly we swung to the right before reaching it's outskirts, then settled in for a breathless climb back into the mountains. Gino explained that these forested peaks allowed many to elude the Germans during WWII. Women and children, comfortable walking the hills daily on their olive harvesting routes, took to the high country before the enemy could catch its breath. As the winding roads became ridiculously steep I pretended I was a peasant women pulling a load of olives behind me.

Our ride took us through little villages sporting gothic churches, shoe-box size restaurants and statues of saints hidden amongst the flowering plants and lush canopies.

My bike took me to the ground not once, but twice. Each time the back wheel came out from behind me on some fairly easy gravel downhill. It was over-inflated. I had a few cuts and would probably be sore the next day but I was relatively unscathed. We deflated the problem. I stayed upright the rest of the ride.

The tree cover that shaded the roads and trails was our only salvation. When we'd pull back into the open sun the temperature would jump ten degrees. I was getting razed because I'd brought along maybe two gallons of tea and water to the rest of the crews two water bottles. That and I'd packed about half of the twelve course, catered dinner buffet we'd all enjoyed the previous night.

Let them laugh. My entire load weighed less than my two-year-old.

I snacked at every stop while hydrating AND showering on the move.

Halfway up the mountain we arrived at a king's estate. Not just kingly for its size, but actual royalty. It was something out of a storybook. The scope and detail of the buildings and grounds and historical significance gave the effort of this ride some perspective. It was also the first time my relatives gained some perspective on the amount of calories they'd been burning up the mountain. Phil commented on how good those baguette pizza appetizers had been.

This, as I popped another one out of my pack, look directly at him, then swallowed it whole.

Another three miles of brutal climbing as we were rewarded with a spring fed well. As I hoarded another slab of grub, my helmet fell into a stagnant pool of holding water. Served me right.

After that, I asked my brother in laws if they wanted any of my food supplies. They did, pride had left the trail with the spike in temps and angle of elevation.

Waves of fragrances washed over us. The hillsides were raging with flowers in full bloom. It hit me also that ours were the only bike tracks on these trails. As if someone had moved the best single track riding on the west coast of America to a place where the crowds couldn't reach. A magical ride... even in a hundred degree heat.

Gino and Georgio both wore their bike shorts rolled up to expose their thighs. I thought perhaps it was another crazy fashion trend the Italian's are famous for starting. If it were, I prayed it wouldn't come to America any time soon.

"We wear them like this to get as much skin tanned as possible," Gino explained. "If construction workers could wear speedos in Italy, they would."

This was not an exaggeration. I've seen Italian highway flaggers wearing a reflective vests but no shirt while waving cars through.

Then we were on top. The view afforded us a glimpse of the ocean, Pisa's tourist mecca and the Italian Alps to the north. As we admired and snapped photos, far below, in one of the small villages we'd pedaled through, a choir of voices could be heard. They were singing ethereal songs in the morning sun, like the people of Dr. Seuss's Whoville.

"They're practicing for the Festival of the Holy Ravioli," Georgio noted. "It's actually for a saint, but if you've ever tasted the food served at the festival, you'd know exactly what they're singing about."

"Can anyone go?" I asked.

"Anyone who can stay up late. All our summer festivals are held at night."

All the way down the mountain, I dreamed about a midnight snack of ravioli, in stereo.

BearPa

CHALLENGE.com

Bear Lake to Park City

(10,759 ft.)

Day 1

(Bear Lake)

Day 2

(Uintas)

Three states, two centuries.

Help us provide access to health-care, education and economic opportunities in underdeveloped regions of the world.

Learn how you can get involved:
www.worldbicyclerelief.org

THE POWER OF BICYCLES®

August 19-20, 2011

benefiting

thinkoutside

CHILDREN'S CHARITY

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

cycling utah

RACE RESULTS



TrueGRIT Epic Bike Race, St. George, Utah, March 26, 2011

Challenge - Open - Female

1. Debbie Mortensen; Diamond Peak Mountain Sports 2:32:32
 2. Lyna Saffell; Revolution Peak Fasteners 2:55:10
 3. DJ Morissette; Over the Edge Sports 2:56:47
 4. Rhonda Hypio; Revolution/Peak Fasteners 3:09:25
 5. Christine Pembroke; Mrs. Ching 3:10:08
 6. Bonnie Schreck; Revolution 3:23:57
 7. Leslie Knowlton-Fredette; Revolution 3:23:57
 8. Cathy Benson; Red Rock 5:07:18
- ### Challenge Open Male
1. Jace Heger; Intense 02:17:20
 2. Craig Williams; Mad Dog Cycles 2:26:00
 3. Mac Urie; Uricco 2:46:24
 4. Tell Bennett; hall pass 3:01:45
 5. Robert DePoe; DePoe 3:09:44
 6. Brian Price; Beer Me Margaret! 3:35:08
- ### Epic - Open - Male
1. Alex Grant; Cannondale 4:03:30
 2. Chris Holley; trek 29er crew 4:32:39
 3. Tyler Eusden; bikebarracing.com

- 4:39:11
 4. Jonathan Davis; Trek Bike Store/Boulder Racing Team 4:41:18
 5. Drew Free; Revolution 4:48:24
 6. Quinten Bingham; Roosters/Biker's Edge 4:49:05
 7. Brandon Cross; Bike Fix 4:51:58
 8. Nick Fisher; Roosters/ Bikers Edge 5:01:02
- ### Masters - Male
1. Mark Hershberger Team Jackson Hole 5:24:24

Epic Race Self Reported Finish by Location

51 Miles - 2 Laps on Barrel Roll + Paved Road Return/or Cove Wash Open - Male

1. John Mortensen; Diamond Peak Mountain Sports 5:01:00
 2. Brent Pontious; Roosters/Bikers Edge 5:26:45
 3. Nick Gould; Trek/Directory Plus/Zia 5:40:21
 4. Jon Russel
 5. Adam Lisonbee; Mad Dog Cycles
- #### 35+ - Male
1. Jeff Higham; Epic Endurance Cycling Team 5:04:51
 2. Jason Sparks; Utah Mountain Biking.com 5:09:29
 3. Mark Finlayson; 3b-yoga
 4. Mike Male
 1. Greg Martin; Club Ride 5:12:40

2. Dave Bagley; Salt Cycling - Adobe
- #### 44 Miles - Either 1 Lap on Barrel +Paved Road/Cove Wash Return OR 2 Laps on Barrel + a Shuttle Return Open - Male
1. Tim Rude; Porcupine
 2. Stewart Goodwin; Goodwin Media 4:56:45
 3. Erik Harrington; RMCC
 4. Derek Ransom; UMB
 5. Brian Sells; Epic Endurance Cycling Team
 6. Chris Cole; Utah Mountain Biking
 7. Jacob Rogers; Racers Cycle Service

35+ - Male

51 Miles - 2 Laps on Barrel Roll + Paved Road Return/or Cove Wash Open - Male

1. Dan Bunker; REKNUB
 2. Michael Mangan; Big Wheel Racing
 3. Brian Sells; Epic Endurance Cycling Team
 4. Matt Staker; Richard Granium
 5. Jared Royer; Red rock
- #### 44 Miles - Either 1 Lap on Barrel +Paved Road/Cove Wash Return OR 2 Laps on Barrel + a Shuttle Return SS - Male
1. Heather Gilbert; Cutthroat Racing
 2. Daniel Zvirzdin; Adobe/Salt Cycling
 2. Tiago Reis; Butte
 1. Bill Dark; Mad Dog Cycles
 2. Brad Mullen; Brad Mullen
 3. John Langton; Bike Shop
- #### 37 Miles - 1 Lap on Barrel Rolls + Shuttle OR Finished to Aid Station B + Road Return Open - Male
1. Cory Hatch; Cory Hatch

2. Zach Peterson; Bike Fix
 3. Justin Griffin; Bike Fix
 4. Corey Larrabee; Revolution/Peak Fasteners
- ### Open - Female
1. Sarah Gibbeau; Big Wheel Racing/Old Town Bike Shop
 2. Alison Vrem; Revolution Peak Fasteners
- #### 35+ - Male
1. Michael Engberson; UtahMountainBiking.com
 2. Chris Nichols
 3. Craig Chaney
 4. Michael Berg; Epic Endurance Cycling Team
 5. Corbin Young; Skyline Cycle / Ogden Subaru 5:01:00

SS - Male

44 Miles - Either 1 Lap on Barrel +Paved Road/Cove Wash Return OR 2 Laps on Barrel + a Shuttle Return SS - Female

1. Heather Gilbert; Cutthroat Racing
 2. Daniel Zvirzdin; Adobe/Salt Cycling
 2. Tiago Reis; Butte
 1. Bill Dark; Mad Dog Cycles
 2. Brad Mullen; Brad Mullen
 3. John Langton; Bike Shop
- #### 37 Miles - 1 Lap on Barrel Rolls + Shuttle OR Finished to Aid Station B + Road Return Open - Male
1. Cory Hatch; Cory Hatch



Masters

1. David Sullivan; Handsome Dave
2. Stan Larrabee; Revolution/Peak Fasteners
3. Dave Smith; Red Rock Bicycle
4. Tim Fisher; Mad Dog Cycles

Cholla Challenge, Intermountain Cup, Hurricane, Utah, April 2, 2011

12 & under boys

1. Bryn Bingham; DNA Cycling 0:21:00
2. Jon Jon Drain 0:21:51
3. Hunter Ransom; Utah Mountain Biking 0:22:20
4. Jack Youngblood 0:25:07
5. Nash Batton 0:25:08

9 & under boys

1. Britton Dexter 0:07:15
3. Coleman Cowan; Dad 0:07:56
5. Laken Ee 0:08:13

9 & under girls

2. Lauren Bingham; DNA Cycling 0:07:11
4. Jacey Messer; Utah Mountain Biking 0:08:07

Beginner Men 13

1. Connor Barrett 0:42:51
2. Harrison Woodard; Bike Fix 0:51:07

Beginner Men 16

1. Arnet Johnson 0:45:31
2. Garrett Hays; Utah Mountain Biking 0:46:10
3. Corbin Coombs; Mad Dog Cycles 0:53:25

Beginner Men 19

1. Travis Milward; UtahMountainBiking.com 0:43:04
2. Kyle Tanner 1:08:40
3. Jonathatin Heider 1:10:41

Beginner Men 30

1. Richard Harris; Mad Dog Cycles 0:39:44
2. Brett Delbridge; Krank Munkeyz 0:40:20
3. Wayne Baker; Utah Mountain Biking 0:42:32
4. Josh Larsen 0:45:31
5. Nate Dallin; Krank Munkeyz 0:47:48

Beginner Men 40

1. Mark Quintance 0:42:08
2. Byron Morton 0:47:24
3. Adam Reynolds; Utah Mountain Biking 0:55:14
4. Michael Kapinos; Krank Munkeyz 0:55:31
5. Jim Wilberg 0:58:46

Beginner Women

1. Angela Johnson; Revolution 0:47:37
2. Rachel Hutchings; Utah Mountain Biking 0:47:44
3. Nicole Nielson; Revolution 0:49:43
4. Sunny Larson 0:50:08
5. Jessica Walker; Mad Dog Cycle 0:56:32

Clydesdale

1. Wesley Rasmussen 1:28:29
2. Richard Ewell; Utah Mountain Biking 1:28:33
3. Dan Barlow; Mad Dog Cycle 1:29:02
4. Tate Jensen 1:39:50
5. Quintin Warrick 1:54:36

Expert Men 19

1. Casey Zaugg; Utah Mountain Biking 1:36:49
2. Sam Sweetster; Cole Sport 1:41:38
3. Cory Hatch 1:44:26
4. Justin Griffin; Bike Fix 1:47:29
5. Will McDonald; Cole Sport 1:49:07

Expert Men 30

1. Erik Rasmussen 1:37:27
2. Von Edwards; Fishers Cycling 1:39:42
3. Nate Drozo; Utah Mountain Biking 1:40:30
4. Aaron Campbell; Bountiful Cycle 1:40:56
5. Zeppelin Tettensor; Revolution 1:42:11

Expert Men 40+

1. Mark Messer; Utah Mountain Biking 1:37:39
2. Dennis Barnett; Lifetime Fitness 1:38:35
3. Chris Bingham; DNA Cycling 1:41:47
4. Darrin Cottle 1:43:28
5. Jason Sparks; Utah Mountain Biking 1:43:30

Expert Women

1. Ellen Guthrie; Revolution/ Peak Fasteners 2:05:12
2. Debbie Mortensen; Diamond Peak 2:10:16
3. Ahmi Bryant; GT Bikes/ Staats Bike Shop 2:11:09

Men 50+

1. Dana Harrison; Revolution 1:03:20
2. Jordan Swenson; Cole Sport 1:09:30
3. Jay Griffin; Utah Mountain Biking 1:11:10
4. Curt Bates; Canyon Bicycles 1:11:34
5. Ron Faithfull 1:17:42

Men 57+

1. Craig Williams; Mad Dog 1:16:07
2. Jim Westenskow; Roosters/ Bikers Edge 1:16:30
3. Bruce Argyle; Utah Mountain Biking 1:18:06
4. Dennis McCormick 1:22:24
5. Steve Wimmer 1:23:18

Pro Men

1. Bryson Perry; Lifetime Fitness 1:57:48
2. Chriss Holley; Mad Dog/Trek 29r Crew 2:05:17
3. Kevin Day; Kuhl 2:06:26
4. Keegan Swenson; Whole Athlete Speedz 2:08:33

5. Sac Ramras; Ski Utah 2:20:02

Pro Women

1. Kathy Sherwin; Staw No Tubes 1:41:45
2. Erica Tingey; White Pine/ Jans 1:47:09
3. Kara Holley; Mad Dog/Trek 29 1:52:25
4. Jill Damman; Moots/ Ibx 2:03:52

Single Speed

1. Ted Ferguson; Racer's Cycle Service 1:03:43
2. Rick Sundercage; Adobe 1:07:06
3. Brian Tolbert; Kuhl 1:08:00
4. David Kelsey; Red Burrow Racing 1:18:43
5. Ryan Kelsey; Red Burrow Racing 1:22:50

Sport Men 19

1. Ian Beaty; Utah Mountain Biking 1:10:23
2. Jack Dasilva 1:13:42
3. Jeremy Russell 1:15:32
4. Phillip Gibson 1:23:01
5. Cody Barney; Mad Dog Cycle 1:29:39

Sport Men 30

1. Kellen Tanner; Honey Stinger Bicycle Outfitters 1:10:19
2. Jared Millington; Skyline Cycle 1:10:49
3. Michael Nielson 1:19:35
4. Jacob Case; Bountiful Bicycle Center 1:20:38
5. Micah Hayes; Maximum Auto Body 1:24:16

Sport Men 35

1. Jared Royer; Red Rock Bicycle Shop 1:08:02
2. Brady Theobald; Mad Dog Cycle 1:12:58
3. Ryan Woodward 1:14:56
4. Kyle Smith; Krank Munkeyz 1:17:37
5. David Reed 1:57:07

Sport Men 40

1. Doug Rock; Red Rock Bicycle Shop 1:11:19
2. Keith Payne; Mad Dog Cycle 1:12:22
3. Dave Benson; Utah Mountain Biking 1:13:03
4. Steve Larson; Red Rock Bicycle Shop 1:13:55
5. Eric Dupuis; SLC Bicycle Co. 1:14:11

Sport Women

1. Sally Fairbairn; Revolution 1:23:14
2. Jennifer Hodnett; Mad Dog Cycle 1:25:34
3. Jennifer Slaney; Livetrainrace 1:27:31
4. Cat Kalwies; Utah Mountain Biking 1:28:36
5. Gayle Olpin; Mad Dog Cycle 1:28:39

Sport/Expert 13-15

1. Tyler Mullins; Racers Cycle Service 0:49:34
2. Josua Peterson; Bike Fix 0:52:26
3. Haley Batten; Utah Mountain Biking 0:53:35
4. Brayden Nielson; Bike Fix 0:57:07

Sport/Expert 16-18

1. Merrick Taylor; Kuhl 1:09:29
2. Hunter Tolbert; Kuhl 1:14:06
3. Evan Tagler; Skull Candy 1:17:44
4. Zachary Peterson; Bike Fix 1:27:07
5. Forest Johnson; Skull Candy 1:39:15

Women 35+

1. Wendy Cope; Mad Dog Cycle 0:43:06
2. Tiffany Theobald; Mad Dog Cycle 0:45:20
3. Bonnie Schreck; Revolution 0:46:43
4. Dorothy Gibson; Mad Dog Cycle 0:48:04
5. Irene Ota; Revolution 0:48:35

Lambert Park Dirt Circuit Race, UIC Series, Alpine, Utah, April 23, 2011

Beginner Women

1. Summer Brown 57:53:00
2. Shauna Kay 1 Lap down

Beginner Men 35+

1. David Greenberg 37:31:00
2. Matt Huff 46:47:00
3. Brian Blumer 48:17:00
4. Nathan Dallin 52:23:00
5. Chris Lacey 56:13:00

Beginner Men 19-34

1. Will Carroll 39:16:00
2. Scott Osterloh 45:49:00
3. Stephen Griffiths 47:36:00
4. Patrick Darby 48:30:00

Junior 13-15

1. Connor Barrett 44:09:00
2. Josh Peterson 45:47:00
3. Haley Batten 46:30:00
4. Chase Vallejo 52:34:00
5. Emma Burke 58:35:00

Clydesdale 200+

1. Michael Van Hook 43:48:00
2. Jon Argyle 44:47:00
3. Aaron Mullins 49:48:00
4. Casey Gibbs 53:54:00
5. Doug Kolan 1:04:02

Junior 16-18

1. Zach Peterson 44:46:00
2. Tyler Mullins 53:16:00
3. Erich Kolan 1:01:42

Sport Women 19-34

1. Ashley Muhlestein 54:03:00
2. Jessica Ridd 55:45:00

Sport Women 35+

1. Sally Fairbairn 51:19:00
2. Tanya Swenson 51:32:00
3. Jen Hodnett 52:20:00
4. Kendra Clark 55:50:00
5. Celia Nash-Underwood 58:52:00

Sport Men 30-39

1. Aaron Hagge 59:48:00
2. Russ Holley 59:43:00
3. Michael Nielson 1:00:47
4. John Malloy 1:02:36
5. Dustin Rast 1:03:22

Sport Men 40-49

1. Shane Champneys 1:07:20
2. Zac Cheney 1:07:43

7. Michael Funk
8. Calvin Cahoon
9. Jim Speer
10. Luis Rosa

Men 50+

1. Dana Harrison
2. Curt Bates
3. Sam Wolfe
4. Dick Newson
5. Jim Pitkin
6. Mike Pierce

Singlespeed

1. Brian Tolbert
2. Dan Zvirzdin
3. Rick Sundercage
4. Dustin Martinez
5. Josh Van jure
6. Shane Horton
7. Scott Billings
8. Brian De St Jeor
9. Devon Alvarez

Expert Women

1. Audrey Self
2. Alison Vrem
3. Meg Krusemark
4. Lucy Jordan
5. Amy Arriola

Expert Men 19-29

1. Willer McDonald
2. Dan Harper
3. Cory Hatch
4. Ian Beaty
5. Paul Davis

Expert Men 30-39

1. Reed Abbott
2. Chad Davis
3. Nate Drozd
4. Chad Wassmer
5. Kevin Moffitt
6. Stewart Goodwin
7. Derek Ransom
8. Nick Rico
9. Chris Peters
10. Tim Hodnett

Expert Men 40+

1. Chris Bingham
2. Joel Zenger
3. Reed Topham
4. Jay Burke
5. Darrell Davis
6. Pat Batten
7. Trent Wignall
8. Alex Lizarazo
9. Alan Jarrett

Pro Men

1. Keegan Swenson
2. Alex Grant
3. Bryson Perry
4. Jason Sager
5. Nick Fisher
6. Chris Holley
7. Kevin Day
8. Brent Pontius
9. Geoffrey Montague
10. Alex Rocke

Hell of the North Road Race, UCA Series, Salt Lake City, Utah, April 2, 2011

Female Cat 4

1. Toby Nishikawa; Simply Mac 28:08.9
2. Amber Woodbury; Biker's Edge/Dottie Beck's 28:16.1
3. Rachel Schroder 28:17.0
4. Jenny Olds 28:17.8
5. Rachel Clayson; Revolution Cafe Rio 32:17.2

Female Cat 1/2/3

1. Sarah Kaufmann; elete 05:27.3
2. Laura Howat; Ski Utah Cycling Team 09:19.5
3. Kelsey Withrow; Team Primal Utah Racing 09:22.9
4. Chantel Thackeray Olsen; Primal Utah 09:25.5
5. Laura Patten; Ski Utah Cycling Team 13:16.0

Female Cat 1/2/3/4 35+

1. Margaret Douglass; Ski Utah Cycling Team 27:32.0
2. Diane Evans; Dottie Beck Cycling 36:28.9

Male Cat 3

1. Joshua Hickman; sonora grill / bicycle center 16:54.8
2. Jared Prince 16:57.1
3. Jeremy Collins; Masherz 16:57.5
4. Jacob Stocking; Revolution Cafe Rio 16:59.4
5. Christopher White; Unattached 17:08.3

Male Cat 4

1. Thomas Fowler; VeloCity Cyclists/Canyon Bicyc 02:14.4
2. Nathan King; Big Ring p/b Realcyclist 02:16.5
3. Cortlan Brown; Bikefix 02:23.1
4. Jesse Jensen; Simply Mac Racing p/b Bingham 02:52.5

Male Cat 5

1. Michael Trussell 1/1/1900 3:30
2. Eric Balog 1/1/1900 3:32
3. Dave Swensen; Revolution Cafe Rio 1/1/1900 3:38
4. Eric Howard; Ski utah/MarketStar 1/1/1900 4:01
5. Greg Peterson 1/1/1900 4:32

5. Alan Stettler; Simply Mac Racing p/b Bingham 03:07.2

Male Cat 5

1. Erhan Ayan; FFKR/SportsBaseOnline p/b Tour of Utah 02:14.4
2. Michael Trussell; Barbacoa Mi Duole 09:15.5
3. Michael Raemisch 09:49.5
4. Ben Cline; X-Men 10:04.9
5. Kristopher Lightfoot; Roosters Bikers Edge 10:14.2

Male Cat1/2/3 35+

Male Junior 15-16

1. Justin Griffin; Bike Fix 39:49:00
2. Sam Trop; YEA of Utah 44:14:00

Male Master 45+

1. Louie Amelburu; Barry Lasko DDS 1:11:45
2. Jeffrey Padgett; Team Redlands 1:13:17

Male Master 55+

1. Dirk Cowley; FFKR/SportsBaseOnline p/b Tour 51:02:00
2. Bill Pinckard; Barry Lasko DDS.Paul Tracy.com 51:02:00

Male Master Cat 1/2/3 35+

1. Mark Schaefer; Barry Lasko DDS/ PaulTracy.com 1:13:15
2. Johnathan Edwards; Barry Lasko DDS 1:13:17

Male Master Cat 4/5 35+

1. Dave Benson; Utah Mt Biking 50:53:00
2. Bill Gowski; Sonora Grill/Bicycle Center 50:53:00

Male Pro 1/2

1. Chase Pinkham; BISSELL Pro Cycling 1:33:44
2. Tyler Riedesel; Canyon Bicycles-Draper 1:33:46

Road Race

Female Cat 1/2/3

1. Nicole Evans; Primal/MapMyRide 2:22:23
2. Stephanie Skoreyko; Kallisto/Wheels of Bloor 2:24:32

Female Cat 4

1. Anne Perry 2:37:11
2. Mavis Irwin 2:37:17

Female Master 35+

1. Cris Kiser; revolution cafe rio 3:00:03
2. Nathan King; Big Ring p/b Realcyclist 2:07:39

Male Cat 3

1. Joshua Hickman; sonora grill / bicycle center 2:15:23
2. Nate Pack; Team Big Ring / Gym Jones 2:15:23

Male Cat 4

1. Alex Pristash; Barry Lasko DDS 2:15:27
2. Eric Ellis; Utah Valley University 2:15:27

Male Cat 5

1. Mitchell Heiner 2:19:03
2. Greg Peterson 2:19:12

Male Junior 15-16

1. Justin Griffin; Bike Fix 1:27:54
2. Sam Trop; YEA of Utah 1:34:20

Male Master 45+

1. Louie Amelburu; Barry Lasko DDS 2:06:47
2. Cris Williams; Giant Cycling World - Jumex - S 2:06:47

Male Master 55+

1. Dirk Cowley; FFKR/SportsBaseOnline p/b Tour 2:16:04
2. John Lauck; Bountiful Mazda 2:17:15

Male Master Cat 1/2/3 35+

1. Andre Gonzalez; FFKR/SportsBaseOnline p/b Tour 2:06:47
2. Brent Cannon; Canyon Bicycles 2:06:47

Male Master Cat 4/5 35+

1. Scott Morrison; Independent 2:16:11
2. Eric Larson; Revolution Cafe Rio 2:17:11

Male Pro 1/2

1. David Harward; Canyon Bicycles-Draper 2:57:34
2. Quinn Keogh; Team Exergy 2:57:37

Stage Race

1. Nicole Evans; Primal/MapMyRide 3:26:21
2. Tiffany Pezzulo; Primal/MapMyRide 3:28:41

Female Cat 1/2/3

1. Nicole Evans; Primal/MapMyRide 2:24:32
2. Tiffany Pezzulo; Primal/MapMyRide 2:24:32

Female Cat 4

1. Anne Perry 2:37:11
2. Mavis Irwin 2:37:17

Female Master 35+

1. Cris Kiser; revolution cafe rio 3:00:03
2. Nathan King; Big Ring p/b Realcyclist 2:07:39

Male Cat 3

1. Joshua Hickman; sonora grill / bicycle center 2:15:23
2. Nate Pack; Team Big Ring / Gym Jones 2:15:23

Male Cat 4

1. Alex Pristash; Barry Lasko DDS 2:15:27
2. Eric Ellis; Utah Valley University 2:15:27

Male Cat 5

1. Mitchell Heiner 2:19:03
2. Greg Peterson 2:19:12

Male Junior 15-16

1. Justin Griffin; Bike Fix 1:27:54
2. Sam Trop; YEA of Utah 1:34:20

Male Master 45+

1. Louie Amelburu; Barry Lasko DDS 2:06:47
2. Cris Williams; Giant Cycling World - Jumex - S 2:06:47

Male Master 55+

1. Dirk Cowley; FFKR/SportsBaseOnline p/b Tour 2:16:04
2. John Lauck; Bountiful Mazda 2:17:15

Male Master Cat 1/2/3 35+

1. Andre Gonzalez; FFKR/SportsBaseOnline p/b Tour 2:06:47
2. Brent Cannon; Canyon Bicycles 2:06:47

Male Master Cat 4/5 35+

1. Scott Morrison; Independent 2:16:11
2. Eric Larson; Revolution Cafe Rio 2:17:11

Male Pro 1/2

1. David Harward; Canyon Bicycles-Draper 2:57:34
2. Quinn Keogh; Team Exergy 2:57:37

Stage Race

1. Nicole Evans; Primal/MapMyRide 3:26:21
2. Tiffany Pezzulo; Primal/MapMyRide 3:28:41

Female Cat 1/2/3

1. Nicole Evans; Primal/MapMyRide 2:24:32
2. Tiffany Pezzulo; Primal/MapMyRide 2:24:32

Female Cat 4

1. Anne Perry 2:37:11
2. Mavis Irwin 2:37:17

Female Master 35+

1. Cris Kiser; revolution cafe rio 3:00:03
2. Nathan King; Big Ring p/b Realcyclist 2:07:39

Male Cat 3

1. Joshua Hickman; sonora grill / bicycle center 2:15:23
2. Nate Pack; Team Big Ring / Gym Jones 2:15:23

Male Cat 4

1. Alex Pristash; Barry Lasko DDS 2:15:27
2. Eric Ellis; Utah Valley University 2:15:27

Male Cat 5

1. Mitchell Heiner 2:19:03
2. Greg Peterson 2:19:12

Male Junior 15-16

1. Justin Griffin; Bike Fix 1:27:54
2. Sam Trop; YEA of Utah 1:34:20

Male Master 45+

1. Louie Amelburu; Barry Lasko DDS 2:06:47
2. Cris Williams; Giant Cycling World - Jumex - S 2:06:47

Male Master 55+

1. Dirk Cowley; FFKR/SportsBaseOnline p/b Tour 2:16:04
2. John Lauck; Bountiful Mazda 2:17:15

Male Master Cat 1/2/3 35+

1. Andre Gonzalez; FFKR/SportsBaseOnline p/b Tour 2:06:47
2. Brent Cannon; Canyon Bicycles 2:06:47

Male Master Cat 4/5 35+

1. Scott Morrison; Independent 2:16:11
2. Eric Larson; Revolution Cafe Rio 2:17:11

Male Pro 1/2

1. David Harward; Canyon Bicycles-Draper 2:57:34
2. Quinn Keogh; Team Exergy 2:57:37

Stage Race

1. Nicole Evans; Primal/MapMyRide 3:26:21
2. Tiffany Pezzulo; Primal/MapMyRide 3:28:41

Female Cat 1/2/3

1. Nicole Evans; Primal/MapMyRide 2:24:32
2. Tiffany Pezzulo; Primal/MapMyRide 2:24:32

Female Cat 4

1. Anne Perry 2:37:11
2. Mavis Irwin 2:37:17

Female Master 35+

1. Cris Kiser; revolution cafe rio 3:00:03
2. Nathan King; Big Ring p/b Realcyclist 2:07:39

Male Cat 3

1. Joshua Hickman; sonora grill / bicycle center 2:15:23
2. Nate Pack; Team Big Ring / Gym Jones 2:15:23

Male Cat 4

1. Alex Pristash; Barry Lasko DDS 2:15:27
2. Eric Ellis; Utah Valley University 2:15:27

Male Cat 5

1. Mitchell Heiner 2:19:03
2. Greg Peterson 2:19:12

Male Junior 15-16

1. Justin Griffin; Bike Fix 1:27:54
2. Sam Trop; YEA of Utah 1:34:20

Male Master 45+

1. Louie Amelburu; Barry Lasko DDS 2:06:47
2. Cris Williams; Giant Cycling World - Jumex - S 2:06:47

Male Master 55+

1. Dirk Cowley; FFKR/SportsBaseOnline p/b Tour 2:16:04
2. John Lauck; Bountiful Mazda 2:17:15

Male Master Cat 1/2/3 35+

1. Andre Gonzalez; FFKR/SportsBaseOnline p/b Tour 2:06:47
2. Brent Cannon; Canyon Bicycles 2:06:47

Male Master Cat 4/5 35+

1. Scott Morrison; Independent 2:16:11
2. Eric Larson; Revolution Cafe Rio 2:17:11

Male Pro 1/2

1. David Harward; Canyon Bicycles-Draper 2:57:34
2. Quinn Keogh; Team Exergy 2:57:37

Stage Race

1. Nicole Evans; Primal/MapMyRide 3:26:21
2. Tiffany Pezzulo; Primal/MapMyRide 3:28:41

Female Cat 1/2/3

1. Nicole Evans; Primal/MapMyRide 2:24:32
2. Tiffany Pezzulo; Primal/MapMyRide 2:24:32

Female Cat 4

1. Anne Perry 2:37:11
2. Mavis Irwin 2:37:17

Female Master 35+

1. Cris Kiser; revolution cafe rio 3:00:03
2. Nathan King; Big Ring p/b Realcyclist 2:07:39

Male Cat 3

1. Joshua Hickman; sonora grill / bicycle center 2:15:23
2. Nate Pack; Team Big Ring / Gym Jones 2:15:23

Male Cat 4

1. Alex Pristash; Barry Lasko DDS 2:15:27
2. Eric Ellis; Utah Valley University 2:15:27

Male Cat 5

1. Mitchell Heiner 2:19:03
2. Greg Peterson 2:19:12

Male Junior 15-16

1. Justin Griffin; Bike Fix 1:27:54
2. Sam Trop; YEA of Utah 1:34:20

Male Master 45+

1. Louie Amelburu; Barry Lasko DDS 2:06:47
2. Cris Williams; Giant Cycling World - Jumex - S 2:06:47

Male Master 55+

1. Dirk Cowley; FFKR/SportsBaseOnline p/b Tour 2:16:04
2. John Lauck; Bountiful Mazda 2:17:15

Male Master Cat 1/2/3 35+

1. Andre Gonzalez; FFKR/SportsBaseOnline p/b Tour 2:06:47
2. Brent Cannon; Canyon Bicycles 2:06:47

Male Master Cat 4/5 35+

1. Scott Morrison; Independent 2:16:11
2. Eric Larson; Revolution Cafe Rio 2:17:11

Male Pro 1/2

1. David Harward; Canyon Bicycles-Draper 2:57:34
2. Quinn Keogh; Team Exergy 2:57:37

Stage Race

1. Nicole Evans; Primal/MapMyRide 3:26:21
2. Tiffany Pezzulo; Primal/MapMyRide 3:28:41

Female Cat 1/2/3

1. Nicole Evans; Primal/MapMyRide 2:24:32
2. Tiffany Pezzulo; Primal/MapMyRide 2:24:32

Female Cat 4

1. Anne Perry 2:37:11
2. Mavis Irwin 2:37:17

Female Master 35+

1. Cris Kiser; revolution cafe rio 3:00:03
2. Nathan King; Big Ring p/b Realcyclist 2:07:39

Male Cat 3

1. Joshua Hickman; sonora grill / bicycle center 2:15:23
2. Nate Pack; Team Big Ring / Gym Jones 2:15:23

Male Cat 4

1. Alex Pristash; Barry Lasko DDS 2:15:27
2. Eric Ellis; Utah Valley University 2:15:27

Male Cat 5

1. Mitchell Heiner 2:19:03
2. Greg Peterson 2:19:12

Male Junior 15-16

1. Justin Griffin; Bike Fix 1:27:54
2. Sam Trop; YEA of Utah 1:34:20

Male Master 45+

1. Louie Amelburu; Barry Lasko DDS 2:06:47
2. Cris Williams; Giant Cycling World - Jumex - S 2:06:47

Male Master 55+

1. Dirk Cowley; FFKR/SportsBaseOnline p/b Tour 2:16:04
2. John Lauck; Bountiful Mazda 2:17:15

Male Master Cat 1/2/3 35+

1. Andre Gonzalez; FFKR/SportsBaseOnline p/b Tour 2:06:47
2. Brent Cannon; Canyon Bicycles 2:06:47

Male Master Cat 4/5 35+

1. Scott Morrison; Independent 2:16:11
2. Eric Larson; Revolution Cafe Rio 2:17:11

Male Pro 1/2

1. David Harward; Canyon Bicycles-Draper 2:57:34
2. Quinn Keogh; Team Exergy 2:57:37

Stage Race

1. Nicole Evans; Primal/MapMyRide 3:26:21
2. Tiffany Pezzulo; Primal/MapMyRide 3:28:41

Female Cat 1/2/3

1. Nicole Evans; Primal/MapMyRide 2:24:32
2. Tiffany Pezzulo; Primal/MapMyRide 2:24:32

Female Cat 4

1. Anne Perry 2:37:11
2. Mavis Irwin 2:37:17

Female Master 35+

1. Cris Kiser; revolution cafe rio 3:00:03
2. Nathan King; Big Ring p/b Realcyclist 2:07:39

Male Cat 3

1. Joshua Hickman; sonora grill / bicycle center

BICYCLE SHOP DIRECTORY

SOUTHERN UTAH

Brian Head

Brian Head Resort Mountain Bike Park

329 S. Hwy 143
(in the Giant Steps Lodge)
P.O. Box 190008
Brian Head, UT 84719
(866) 930-1010 ext. 212
brianhead.com

Cedar City

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

Hurricane

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

Moab

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

Poison Spider Bicycles

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

Rim Cyclery

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

Uranium Bicycles

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

Price

BicycleWorks
82 N. 100 W.
Price, UT 84501
(435) 637-BIKE
fuzzysbicycleworks.com

St. George

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

Red Rock Bicycle Co.

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

Springdale

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

NORTHERN UTAH

Logan

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

Mt. Logan Cyclery

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

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

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

Park City

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

Cole Sport

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

Dharma Wheels Cyclery

6415 N. Business Park Loop Rd. #J
Park City, UT 84098
(435) 615-6819
dharmawheelscyclery.com

Jans Mountain Outfitters

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

Mountain Velo

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

19 Sports

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

Slim and Knobby's Bike Shop

520 N. Main Street, #D
Heber City, UT 84032
(435) 654-2282
slimandknobbys.com

Stein Eriksen Sport @ The Stein Eriksen Lodge

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

White Pine Touring

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

Vernal

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

NEVADA

Boulder City

BC Adventure Bicycles
733 Nevada Way
Boulder City, NV 89005
(702) 293-0599
bouldercitybikes.com

WASATCH FRONT

WEBER COUNTY

Eden/Huntsville/Mountain Green

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

Needles Peak Ski and Bike

4883 W. Old Highway Road
Mountain Green, Utah 84050
(801) 876-3863
needlespeak.com

Ogden

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

Bingham Cyclery

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

Canyon Sports Outlet

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

Skyline Cycle

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

DAVIS COUNTY

Biker's Edge

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

Bike Fix

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

Bingham Cyclery

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

Bountiful Bicycle Center

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

Masherz

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

Saturday Cycles

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

SALT LAKE COUNTY

Central Valley

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

Cottonwood Cyclery

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

Salt Lake City

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

Cyclesmith

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

Bingham Cyclery

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

Contender Bicycles

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

Fishers Cyclery

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

Go-Ride.com Mountain Bikes

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

Guthrie Bicycle

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

Hyland Cyclery

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

REI (Recreational Equipment Inc.)

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

SLC Bicycle Collective

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

Salt Lake City Bicycle Company

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

Sports Den

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

The Bike Guy

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

Wasatch Touring

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

Wild Rose Sports

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

South and West Valley

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

Bingham Cyclery

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

Canyon Bicycles

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

Canyon Bicycles

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

Canyon Sports

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

Infinite Cycles

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

Lake Town Bicycles

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

REI (Recreational Equipment Inc.)

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

Revolution Bicycles

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

Staats Bike Shop

2073 E. 9400 S.
Sandy, UT 84093
(801) 943-8502
staatsbikes.com

Taylor's Bike Shop

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

Taylor's Bike Shop

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

UTAH COUNTY

American Fork/Lehi/Pleasant Grove

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

Bike Peddler

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

Timpanogos Cyclery

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

Trek Bicycle Store of American Fork

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

Payson

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

Utah Trikes

40 S. Main
Payson, UT 84651
(801) 804-5810
utahtrikes.com

Provo/Orem/Springville

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

Blayn's Performance Cycling

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

Mad Dog Cycles

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

Mad Dog Cycles

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

Noble Sports

1575 South 1950 West Suite #1
Springville, UT 84663
(801) 616-3553
noblesportsonline.com

Park's Sportsman

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

Racer's Cycle Service

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

SBR Sports

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

Taylor's Bike Shop

1520 N. 200 W.
Provo, UT 84604
(801) 377-8044
taylorsbikes.com

Saratoga Springs

Epic Biking
1306 N. Redwood Road
Saratoga Springs, UT 84045
(801) 653-2039
epicbiking.com

HEALTH

Heel Pain and Bicycling

By Erik Moen, PT

Heel pain is not all that common to bicycling. The most frequent source of heel pain originates from excessive strain in pedaling. Bicycling is obviously a highly cyclical sport. A two hour ride has about 10800 crank revolutions if you average 90 revolutions per minute (rpm). The prevalence of heel pain is mostly related to the calf and secondary to the foot. The primary role of the calf and the foot in pedaling is to create a rigid lever to the pedal so as to transfer force from the quadriceps and gluteals into torque to the drive train. Bicycling-related heel pain can be a significant detractor from bicycling.

The most common source of heel pain for the bicyclist is a strain of the Achilles tendon at its bony attachment to the calcaneus or heel bone. This type of irritation is sometimes called an apophysitis. This strain is simply mild tearing of the tendinous insertion to the bone. This causes inflammation (swelling, redness, pain, and sometimes heat). It will have obvious tenderness with touching the area and when the Achilles tendon is loaded by weight, such as standing on toes.

Plantar fasciitis is a source of heel pain but is often times not directly caused by bicycling. The plantar fascia is connective tissue that passively supports the bottom of the foot in stance and during activity. Plantar fascia can become strained, much like that of the tendon insertion to a bone. Plantar fasciitis is an irritation of the plantar fascia's attachment at the medial tubercle of the calcaneus (heel bone). It is often times initiated by walking and/or running. It is usually a result of irregular motion of the foot, weakness of the calf, or inflexibility of the calf. Concurrent plantar fasciitis can be aggravated by bicycling if you are using a soft shoe or are placing the foot particularly back on the pedal, or the cleat being too far forward on the shoe.

The calf musculature (gastrocnemius and soleus) attach at the back of the knee and run down the lower leg (tibia and fibula) and have a common blending into what is called the Achilles tendon. The Achilles tendon attaches to the back of the heel bone, or calcaneus. The calf/Achilles is stretched by dorsi-flexing the foot or bringing toes/foot up towards your shin. When the calf musculature contracts or shortens it pushes the foot down into a plantar-flexed position.

Actions of the calf musculature are numerous. The calf creates motions (think gas pedal), attenuates load (return from jump), creates leverage for the foot (pedal a bike), and helps stabilize the foot for balance. The calf musculature is com-

monly known as a plantar flexor. The calf is used in bicycling mostly as a means of keeping the foot rigid during the propulsive phase of bicycling (push from the quadriceps and gluteals). Actual ankle range of motion in bicycling is somewhat limited. It is typically about 20 degrees in a plantar flexed (toe down) bias when pedaling at 90rpm. In fact, the foot does not assume any dorsiflexion in pedaling normal cadences on a well fit bicycle. Normal ankle range of motion for a person walking and running should be near 40 degrees when assessed from a standing calf stretch. Typical plantar flexion range of motion is 70 – 80 degrees. This makes an approximate 110 degree arc for normal motion of the foot and ankle. Hardly the motion required of typical endurance bicycling.

Common origins of bicycling related heel pain can come from training errors, poor equipment and equipment positioning and irregular pedaling. Training errors are frequently a result of too much, too soon. The common denominators of training are volume and intensity. Excessive loading as a result of quick acceleration of either volume or intensity loads can generate heel pain. Equipment issues are most often times related to the excessive forward positioning of a cleat on a shoe. This creates a long lever of the foot to the pedal, thus increasing the demand on the calf to oppose the extension moment in pedaling from the quad/glut. Good cleat placement allows for you to take advantage of nature bony levers of the foot to better withstand the pedaling force transference through the foot. Other common equipment irregularities are saddles that are excessively low or high. Low saddles can create an excessive eccentric (lengthening phase) load to calf, where high saddles can over strain a calf from end range concentric contractions (shortening phase). Irregular pedaling mechanics or skills can be a source of heel pain. The use of large gears and low cadence can directly lead to an overstrain of the Achilles tendon.

Treatment is, as always, a function of the pathomechanics or source of the injury. Low cadence pedaling style?...try increasing your cadence. Forward cleat?...move it back. Poor calf strength relative to your training?...work on strength. The trick is finding the true issue or issues related to your problem. Acute (fresh) pain should be managed with the use of ice.

Good pedaling, attention to proper training and bike positioning will help you avoid heel pain related to bicycling. Bicycling does not do much for calf flexibility. Endurance road bicycling requires very little calf flexibility. Calf flexibility should be attended to so as to tolerate activities that we deem as healthy and necessary, such as walking or running. Work it out!

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

CYCLES SALT LAKE CENTURY
MAY 21, 2011

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

REI www.rei.com

Kirkham's outdoor products

snowbird ski and summer resort

Bingham Cyclery SINCE 1962

PAPA JOHN'S Better Ingredients. Better Pizza.

CLIF BAR

Reddy Ice

TARGET

UTA RIDESHARE

The Salt Lake City Mayor's Bicycle Advisory Committee

SALT LAKE CITY

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

Support Your Local Bike Shop!

PROFILE

An Interview with John Lawrence, Producer of the Upcoming Film Peloton

By Louis Borgenicht

It has always been a curiosity to me that some professionally educated people eventually end up not practicing their chosen profession for a variety of reasons.

It is well known that a reasonable number of lawyers forsake the practice of law for a variety of pursuits (John Cleese obtained a law degree and found another calling) but the situation is less common amongst physicians. Jonathan Miller, another Englishman, has had a distinguished career as a comedian, author, and director (especially grand opera) despite completing medical training.

John Lawrence is locally trained physician who completed both medical school and residency at the University of Utah and whose multifarious passions have turned to cycling. He is the writer-director-producer of a film Peloton, shot mainly in Utah and currently being edited for release soon.

John has led a varied and eclectic life but is now focused on raising a family, Peloton, writing, and recreating. Talking with him leaves you with a sense of disconcerting incredulity: he tells his story with an engaging ease.

He was born in White Plains, New York, and moved to England with his parents at the age of one. The seeds for his attraction to cycling had their roots early in his life: by the age of seven he was riding a ten speed orange Merckx that undoubtedly planted the seed for Lawrence's admiration of the racing legend.

"Merckx excelled in so many disciplines, won the yellow, green and polka dot jersey in one Tour de France (and would have had the white if existed that year). Attacked, attacked. A perfectionist... and I had my orange Merckx Junior," said John.

In college at Georgetown in Washington DC John not only wallowed in the educational offering of a very liberal education (he majored in International Studies) but managed to explore a number of his other interests. The one thing he knew would not do was go to medical school.

One of his favorite classes was an offering in Shakespeare where each student studied one character in

depth in one play rather than being asked to read a number of plays in a survey course. He loved the class and was depressed when the course ended. It clearly piqued his interest in theater and acting.

It is difficult to describe chronologically how Lawrence's life has evolved; he describes his experiences with earnest enthusiasm almost as a series of serendipitous events.

What follows is a stream of consciousness listing gleaned from a one-hour conversation with him this winter:

He has been a ski guide in Chamonix. While there he fell ill and met a doctor who worked for Medecins Sans Frontieres who was "a great guy and made me think medicine might be interesting."

He founded a company marketing environmental products and thus lived for a while in Poland. While there he was a river guide in his spare time.

Throughout his life he has been a passionate writer: currently he has a screen play for another feature, a documentary and is looking for a publisher for a book of stories he wrote about medical school.

How he got to medical school is somewhat anecdotal. John wrote his application in the back of a trailer while he was in Moab and when he got notice of his acceptance entered medical school with the knowledge that "medicine was not my passion."

Lawrence, a proverbial bike rider (he had raced for a while) had two serious accidents during the month before medical school one of which landed him on the Neurology service and ultimately resulted in memory loss for about six months.

"I had a hard time remembering what subject I was studying for about six months," he said.

Lawrence's frenetic curiosity continued throughout medical school and his Family Practice Residency. He would sneak out of class for theatrical and film auditions and began thinking of writing a screenplay about cycling.

One day in the midst of his third year in medical school he got a lift changing call: one of his best friends, a cyclist named John Schlesinger,

had died in an automobile crash. The news "threw [him] for a loop". After a series of deep conversations with friends Lawrence realized even more intensely than he had before that "people need to commit themselves to their dreams", which made him even more committed to Peloton.

Financing the film was the first issue. Lawrence started by cashing out his retirement plan and then contacted every major cycling organization he knew about. He approached family and friends and ultimately got a \$30,000 incentive grant from the state of Utah.

With that financial backing work on the film proceeded assiduously. Aside from experienced riders, Lawrence hired some professional actors, some of who had never ridden a bike. Lawrence said that some of them trained in Emigration Canyon riding at fifty miles an hour but when they got to their endpoint, a parking lot, they forgot that they were clipped in and simply fell over.

During the 2010 Tour of Utah he filmed the Peloton on stage two (Ogden Canyon around East Canyon over Big Mountain to research Park) with robotic cameras.

Lawrence describes the film as a love story but it will clearly be an expression of his personal belief that "cycling is a welcome back to life." He will have succeeded if the film gets people excited to get on a bike.

Currently he is working at After Hours Medical Urgent Care about sixteen hours and then has four days off to edit his film, be a partner and a father, and ride his Focus Izalco.

At the end of the interview I asked John about some questions that had cropped up:

L.B.: Who are your favorite pro-

fessional cyclists?

J.L.: These days, Cancellara just blows my mind. Saw him in London at the TDF prologue and were the idea of a motor not so preposterous, you might have thought he was on one. He works hard for his team, works hard always, and seems to have a sense of humility...

Museeuw was kind of a hero, total badass, winning in those cold, wet, Belgian classics, holding up the almost amputated leg as he wins Paris-Roubaix. But I suppose his legend is slightly tainted.

L.B.: How would you describe the mindset of bike racers?

J.L.: They seem like a unique breed of athlete.

Certainly a goofy breed of athletes! Perhaps they have just a wry sense of humor.... I think any athletes that have to face pain and suffering as a standard of their trade have a unique outlook, a willingness and almost sense of pleasure in the pain... dedicated to the point of obsession.

L.B.: How would you describe the dynamics and dangers of the piloting?

J.L.: The piloting itself is not dangerous, it's the individual mistake, but that can happen anywhere in a group of solo...its a powerful machine that can make riding more effortless and when you're in the back fighting it, it's a beast, something just aesthetically beautiful about the piloting motoring past, the blur of riders going that fast, that close together, a lot of kinetic energy, a lot of potential excitement as riders look to make

moves and splinter the group

L.B.: Do you see the piloting as a metaphor?

J.L.: Hmm, I suppose we can make metaphors out of almost anything, but I think the piloting is powerful as a group that can work together and be unstoppable, and at the same time, its the group that riders need to break away from in pursuit of victory... so perhaps the metaphor for life and cycling is how much we are interconnected, and must be to maintain our humanity, but we also strive to excel in our own goals... something like that... or perhaps when we strive for success, we need the help of so many people, even though at the end of the day, the success or failures rest on our own shoulders...

A few weeks later John reconsidered my question:

I think now that the metaphor is best realized in how many people were in my peloton to see this film get made, how we all have to live our own lives, but they are really not complete without our peloton around us. Despite wanting to break away at times, there are other times we are so thankful the group is there for us!

John Lawrence is a man who is driven by his interests and curiosities as well as the need to do whatever he chooses to do with ultimate perfection. He is a multifaceted artist who just happened to become a doctor. It is clear that all of his interests feed on one another.

Peloton (www.pelotonthemovie.com) will likely be an expression of his exuberance.

More than a Ride: Huntsman 140 Brings Jeff Warren, Cancer Survivor, Home

The "Loneliest Road in America" just got a little less lonely.

Each June since his Stage IV head and neck cancer diagnosis in 2001, Jeff Warren sets off on a journey via his Litespeed Siena from his hometown of Reno, Nevada, to the steps of Huntsman Cancer Institute, where he endured the rigors of what he calls "slash, burn, and poison" (clinically known as surgery, radiation, and chemotherapy).


This June 18th, after riding for four days from Nevada, Warren will be joined by hundreds in the community for the last 140 or 40 miles in the "Huntsman 140." The ride, which is now opened to the public for the first time, is a ride for survivors and supporters, a great LOTOJA training ride, and a fundraiser in honor of all cancer survivors.

"Cancer is not a solo act," Warren said. "This ride is a metaphor for the cancer journey. Some parts of it are grueling, when you're pushed to your limits, and there are sections that, like cancer, are extremely lonely, but you still have family and friends cheering for your success."

Cyclists and teams can register at www.huntsman140.com. For a \$70 registration fee, cyclists will receive a fundraising web page, a cycling jersey, on-course support, aid stations, and a finish line celebration. Each cyclist is required to raise an additional \$70. 100% of those donations fund cancer research at Huntsman Cancer Institute.

For more information, visit huntsman140.com.

-Jen Murano



WHAT'S THE VIEW FROM THE TOP LOOK LIKE?

JUST ASK THE NEW ALTAMIRA.

ALTAMIRA 2.0

C4 carbon frame
 Shimano Press-in BB system
 Shimano Ultegra
 Oval Concepts 700 series wheelsset & cockpit



The Altamira is the pinnacle for racers and endurance riders who place a premium on weight savings in a top-performing carbon bike. The frame features a tapered head tube for greater handling, oversized down tube and integrated seat tube for superior stiffness and weight reduction, a BB-86 pressed-in integrated bottom bracket system and asymmetrically shaped chain stays for amplified acceleration.

AVAILABLE THROUGH

Foothill Village Sports Den

1350 S Foothill Dr., Salt Lake City, UT 84108 / 801-582-5611 / www.sportsden.com
 Monday-Friday 10am-8pm / Saturday 10am-6pm / Sunday 11am-5pm



CONQUER YOUR MOUNTAIN

ROAD RACING

Rothe and Evans Win Snowy Tour of the Depot Nature Valley GP Qualifier Held in Brutal Conditions

By Ryan Barrett

The 2011 Tour of the Depot will be remembered as much for the adverse weather conditions the riders

faced as for the intensity of the competition. As part of the Nature Valley Pro Ride, the first amateur would qualify to compete in the Nature Valley Grand Prix, held in Minnesota in June. This was a big opportunity and would shape the outcome of both the men's and women's events. A large late season snowstorm moved in Thursday night and despite everyone's fingers crossed, continued to dump throughout Saturday's road race.

The scheduled 89 mile Pro 1-2 men's road race was cut back to 70 miles as the higher elevation portions of the course need to be avoided. Dave Harward (Canyon Bicycles) managed to take the win, attacking in the last kilometer from a five man breakaway that was whittled down in the last few miles in the brutal con-

ditions. He was followed by Quinn Keough of Exergy, as a pro ineligible for the Nature Valley qualification and Stephan Rothe (Tulsa Tough). Harward also won the mid-race time bonus, giving him a slight pad in the overall standings.

The women's Pro 1-3 race was similarly shortened. Nicole Evans (Primal-Map My Ride-BH) took matters into her own hands approximately 20 miles into the event, going solo for the remainder of the 49 mile event. She was chased by Stephanie Skoreyko (Kallisto-Wheels of Bloor), who wound up 2nd and Evan's Primal teammate Tiffany Pezzulo was 3rd.

Due to decreasing temperatures and the chance of ice on the road, the stage two time trial was cancelled. This was met with a mixed bag of surprise and relief. Although it was

not what the time trial specialists were hoping for, most riders understood that rider safety had to come first. Or were too cold to care either way.

The stage three circuit race was held under sunny skies and 45 degree temps, which race leader Harward said "felt warm" after the previous days' conditions. Chase Pinkham (Bissell Pro Cycling) got the action started early and was joined by Mike Sohm (Canyon Bicycles). Sensing the danger from Sohm in the Nature Valley competition Rothe bridged across bringing Sohm's teammate Tyler Riedesel with him. Noting the competition for the Nature Valley qualification, Pinkham, ineligible as a pro, attacked repeatedly before finally riding away with about a mile to go. Rothe managed to take the over-

all and with it the opportunity to ride the Nature Valley Grand Prix, with teammates Harward and Riedesel in 2nd and 3rd overall respectively.

The women's circuit race saw Laurel Larsen (Syn-Fit Race Team) begin aggressively, jumping out of the small peloton to an early lead. Sensing the danger, Evans and Pezzulo attacked and crossed the gap, before riding away to a 1-2 finish in both the stage and overall. 3rd place finisher Skoreyko gave up her spot as a qualifier for the Nature Valley event, allowing the aggressive Larsen the opportunity.

Despite challenging conditions, the race was unanimously praised and is quickly becoming an early season Utah classic.

See results on page 10.

HUNTSMAN 140

[MORE THAN A RIDE | JUNE 18, 2011]

For 10 years, cancer survivor Jeff Warren has ridden from Reno to Salt Lake City. Join him for his final 140 miles from Delta to the doors of the Huntsman Cancer Institute.

- * H140 is a ride for survivors and supporters
- * H140 is a great LOTOJA training ride
- * H140 is a ride from Delta to Salt Lake City
- * H140 is a fundraiser in honor of cancer survivor Jeff Warren

Leaving cancer in the dust since 2002.

[REGISTER AT WWW.HUNTSMANCANCERFOUNDATION.ORG/H140]

HUNTSMAN 140
Ride 140 miles from Delta, UT to Salt Lake City, UT
Registration Fee \$70
[Fundraising minimum \$70]

HUNTSMAN 140 RELAY
Ride 140 miles from Delta, UT to Salt Lake City, UT with up to 4 team members
Registration Fee \$70
[Fundraising minimum \$70]

HUNTSMAN 50
Ride 50 miles from Saratoga Springs, UT to Salt Lake City, UT
Registration Fee \$50
[Fundraising minimum \$70]

[RIDER PERKS]

Fundraising webpage Aid stations
Cycling jersey Finish line celebration
On-course support

[REGISTER AT WWW.HUNTSMANCANCERFOUNDATION.ORG/H140]

Contact us at events@huntsmancancerfoundation.org or 801.584.5815

Find the Huntsman 140 on Facebook

Sept 2-5

3 Days of Cycling Fun

Cedar City, UT

GRUB FEST

3 Centuries, 4 Stage USAC Road Race, 4 Stage Mountain Bike Race

Benefitting **Clinics**

Street Racing

Huffy Toss

Bike Parade

& More Fun !

801-677-0134

www.Bike2Bike.org

MOUNTAIN BIKE RACING

True Grit Held in Epic Conditions

sity, comradery between fellow mountain bikers, and every single person out on course displayed true grit.

At 5:00 am the forecast for the True Grit Epic Mountain Bike Race in St George, Utah on March 26, 2011 said 10% chance of rain and a high of 63. Ideal weather conditions for a long distance race in the southern Utah desert. Around 8:15 am racers began to line up at the start/finish line to get their spot and await the critical information during the racer meeting. There was a lot of excitement in the air and anticipation for the inaugural race on the new tough and technical course laid out in the rugged landscape just west of town. Many of the racers choose to dress as light as possible to avoid overheating on the long climbs. With almost 7000 feet of climbing over 50 miles and a roster of strong experienced athletes, those going for the podium knew there would not be time to shed layers once the race began.

At 8:50 one hundred and seventy racers, many whose first introduction to St George riding would be that day stood shivering under an increasingly cloudy sky, the sun barely visible behind the thick haze. The Open-male category and 35+ male category had filled to over 60 racers each, others were racing in the Single Speed or Masters categories and there were 14 racers lined up to attempt the Challenge course, a course that is half the distance of the full Epic but includes the toughest terrain.

The pre-ride meeting concentrated a lot on course information. The route was to begin on pavement through town for 1.8 miles before jumping onto the familiar roads and trails used by the

tistics. Why, because at a point during this race it became a race for survival not a competition to get back first. It became a tale of heroism, perseverance, determination, fortitude against adver-

By Cimarron Chacon

This is not your typical race article about winners and losers, and race sta-



Above: Colorado's Chris Baddick (Epic Endurance Cycling) on the Barrel Rolls section and getting the full True Grit 2011 experience.

Left: Nicholas Rico Revolution Mountain Sports / Adobe enjoying the course before the weather turned. Photos: Bryce Pratt.

See more at crawlingspider.com

Red Rock Rampage Intermountain Cup race, however racers familiar with that course would be confused if they did not pay attention as this new course quickly diverged with an additional up and down on the Red Bluff Mesa, with a climb, not a descent, on the final single track where they would keep on climbing until they reached the Barrel Ride Trail. The Barrel Ride would dish out 3 very steep and technical descents that only the most skilled technical riders would master – even walking them would not be easy – but then there would be ZEN. The Zen trail is St

George's version of Gooseberry, only with elevation. Just a mere 6 miles, this trail dishes out some tough and technical moves, both climbing and descending, in a very short distance. After completing Zen, the Challenge racers would split off for the finish line while the Epic racers would take on yet another steep climb to access the Bear-Claw Poppy and Stucki Springs trail systems as they headed out into the desert toward the City of Santa Clara. For many racers this long stretch, although technically much less demanding, would feel remote and present its own



**Lose your breath on the National Championship course
and then lose your mind on over 400 miles of single track
just outside our door.**



MOUNTAIN BIKE XC SUN VALLEY, ID

Ride Sun Valley Mountain Bike Festival featuring
USA Cycling Mountain Bike Cross-Country National Championships

July 13 – 17, 2011, Sun Valley, Idaho

Championship Racing, Shuttled Rides, Live Music, Fat Tire Crit Racing, Pump Track Championships, and much more.

www.ridesunvalley.com



set of challenges. From Stucki Springs the Epic course would take the racers on a portion of the Rim Runner/Reaper trails and then a loop on Barrel Rolls, before heading back down a dry wash called Cove Wash to reach Green Valley and the finish via Dixie Drive back to the park.

At 9:00 sharp the race was off. The sight of 170 racers pouring out of Tonaquint Park was impressive and exciting. The front racers reached the first single track sections within 6 minutes of the start and spectators flocked to the top of Canyon View Dr., near the first aid station, where they could get a birds-eye view as mountain bikers traversed the trails on Red Bluff and over to Zen. There were 25 checkpoints on the trail, with a volunteer course marshal or trained medic stationed at each one. The first report came in from Check Point 6 at 8:48 am that Alex Grant, number 68, had already taken a strong lead as the race front runner. The first aid station began bustling around 9:15 am as the front runners came through to get their check stamp before heading on the Zen loop. They were coming through fast and the race was getting very exciting.

At 9:40 it began to rain -just a little drizzle and spitting. Volunteers grabbed their jackets and hats and racers started pedaling just a little faster. But by 9:50 spotters further on the trail began reporting worsening conditions on the south side of Red Bluff. Because all racers were still on the Zen, officials and volunteers began scrambling to implement the rain contingency plan

and avoid any trail damage to some of the more fragile trails. This course change is almost a one for one swap giving racers the same 52 miles they would get from the original course and almost the same amount of climbing as well. Every checkpoint person was instructed to tell each rider of the course change. This decision was made mainly in a response to permit requirements through the poppy habitat and for the sake of the singletrack trails - no one anticipated the rain would persist and even get stronger.

At 11:17:20 Jace Heeger of St George finished the Challenge race well ahead of an anticipated finish. This was his first endurance race and he crushed the rest of the field by almost 20 minutes. When he arrived he was wet but warm and happy. The first female Challenge racer, Debbie Mortensen, arrived at 11:32:32, also with a solid lead in the female category by 23 minutes. The race for second place was close, however, with second place Lyna Saffell finishing ahead of third place DJ Morisette by just 01:37. As the rest of the field came in there were no obvious signs of trouble, but the phone calls from the other end of the course painted a very different picture.

Beginning around noon reports of worsening conditions began to come in rapidly: Reports of the Stucki Springs Jeep Road becoming slimy and difficult to ride and reports of people choosing to drop out of the race. Stories by racers paint a gruesome picture of broken bike parts and suffering.

But they also paint a picture of caring and heroism. As the line between warmth and comfort and despair and hypothermic conditions became thinner, racers began to buddy up, often with people they had never met, to assure all reached safety. The course had been designed with bailout spots, and it was at this point (check point 20) that this design element became critical in saving lives. With Volunteer Danny Christensen leading the effort, he was able to redirect people at mile 27 to head directly to Hwy 91 in Santa Clara, only a mile away, instead of taking the 17 miles of designated course.

Reports continued, by 12:30 Cove wash began filling up with water and muck and racers who had made it past check point 20 were in serious shape with hypothermia at Aid Station B located at the Barrels Rolls trail head. Many of these folks had already completed one or two laps on the rolls, a loop that throws the technical climbing back into the race at mile 31. The first ambulance arrived at 12:40, along with volunteers to haul people out. Bryan Alders, Team Epic Endurance, of Boulder Colorado "rode in second place most of the day until the fierce cold forced him to trade is bike in for an in an ambulance ride."

By 1:03, when Utah's Alex Grant (Cannondale) rolled over the finish line in a record 4 hrs 3 minutes and 30 seconds he was clearly showing signs of hypothermia himself. At 1:32, when second place Open male finisher Chris Holley (Trek 29er Crew) also from Utah rolled over the finish the event

was in the midst of a full force rescue effort. The focus became not on finishing order or place but on accounting for bodies. People were in desperate conditions and the fastest and closest way to safety was straight to the road. Conditions became so bad that many rescue vehicles could not reach the second aid station due to thick mud. It was feared that if necessitated, there would be no way to launch a rescue into Cove Wash or Green Valley. The last few racers through had reported bikes coming to a complete stand still from the thick clay mud and grit. If people continued to attempt this part of the route it was obvious that a rescue from a flowing wash with blue clay would be impossible. Finally, volunteers, many who had been standing in the elements for the entire day, were beginning to report hypothermic conditions in themselves. At 12:55 pm the race was called and Cove Wash and Barrel Rolls were shut down. Those still out on the Barrel Rolls were watched by volunteers carefully. All efforts were redirected to shuttle vehicles and only a bare bones crew was left at the finish line to check off numbers of those who had made it back.

In all, 44 people were hauled off the course, some in very bad shape. The rest took the road back to the park.

This was still not an easy feat, traveling at higher speeds in the wind and cold. Most racers rode together in groups to keep an eye out for one another. Many reported numb hands and seeing spots as they neared the park entrance. There were a total of 8 Open Males and 1 Masters that received an officially timed finish before the race was called. However, the course was cleared within 2 hours of the closure and everyone made it to safety.

By 4:30 pm the sun was shining. Those who had warmed up returned for music and a feast of bbq pork, rice, beans and corn bread and to watch and cheer for those receiving awards. Some were undeterred and looked forward to the future. "I made up my mind to do this next year as I was shivering uncontrollably back at the start/finish area," said Riley Frazer. Alison Vrem reflected on the day, "It was one of the most challenging things I have ever done."

A report was created showing official finishing times as well as self-reported times of where racers were on course at the time of the shutdown. Because that day, everyone displayed true grit. See

www.gropromotions.com/results.html for details.

See results on page 10.



UTAH LAKE CENTURY EPIC RIDE
AUGUST 6TH, 2011

- ▶ Early registration for June \$55
Registration in July \$65
Registration in August \$75
- ▶ 35, 62 and 111 mile routes
- ▶ All riders, all courses are Timed
- ▶ Limited to 2,500 riders
- ▶ Start, Finish and Buffet Lunch at Thanksgiving Point
- ▶ Famous BCC event rest stops
- ▶ Ride your own preferred pace, but note that all routes close at 5 pm
- ▶ Proceeds help support Utah Olympic Park Bobsled and Skeleton Athlete Development Program



Registration open at:
bccutah.org



OGDEN, UTAH

EVENTS
morning trail race
off-road duathlon
night-time trail race (headlamps required)

registration opens
May 23, 2011

HURTINTHEDIRT.COM



Perry and Sherwin Win Cholla Challenge ICS

The weather forecast for Hurricane Utah for Saturday April 2 was daunting. For many of us from northern Utah had been used to bundling up for cold. Wet training rides. Even those from Dixie had been used to unusually cool and damp weather. A possibility of 90 degrees and high winds was what the weatherman had in store for those lining up for the Cholla Challenge.

The Cholla Challenge is regularly a lightly attended affair, which is unfortunate, as over the last couple of years, promoter, Jerry Simmons, has dialed in quite a nice course in the desert close to the Arizona border. This year's course detoured off of the final double track stretch, into a sandy wash and up and over a short slick rock section. In total the course turned out to be around 7.25 miles per lap. Those who shy away from the ski resort climber's course should try this one on for size.

The men's pro field was missing Alex Grant, winner of stop 1 of the Intermountain Cup, leaving many to believe young gun, Keegan Swenson (Whole Athlete-Specialized), who was fresh off of a few dominating national series wins, would ride away with the race. As expected, from the gun Keegan drove the pace. Pushing several of

the veterans into the red, early in their 29 mile excursion Keegan got a gap at the end of the first 'climb' prompting Bryson Perry (Lifetime Fitness) to close the gap, at the end of the climb they had a 15-20 second gap on the chasers, led by Kevin Day (Kuhl Mountain Team). Later in the first lap Bryson came around Keegan and upped the pace, by the end of lap one, Bryson had a gap and put it into overdrive, going on to take the victory by more than 7 minutes. Keegan was overtaken by Chris Holley (Trek 29er crew) in second and Kevin Day in third. The women's field was limited to 4 racers, missing were many Utah stalwarts. Including Lynda Wallenfels, winner of the Desert Rampage. Kathy Sherwin (Stan's No Tubes Elite Team) took the lead from the start, however, early on, she took a wrong turn, was warned by her competitors and fell back to 4th position. At this point K.C. Holley (Trek 29er crew) took the lead. By the end of the first climb Kathy had 'used up all of her matches' to take the lead, never looking back to take the win by 5+minutes. Erica Tinney (White Pine Touring) took a strong 2nd place followed by Holley and Jill Damman (Moots/Ibex), who incidentally was a week removed from a 3rd place finish at the Elk Mountain Grand Traverse race.

See results on page 10.

-Bob Saffell

ROAD RACING

Archambault and Kaufmann Deliver; Utah's "Hell of the North" Lives Up to Name

By Ryan Barrett

Despite warm weather, Utah's "Hell of the North" lived up to its reputation as one of the toughest road events in the state. The event was only 50 miles (10 laps) for the Pro 1-2 men, but that proved long enough with over half the field suffering flat tires and multiple crashes. Held on the northwest edge of Salt Lake City, the tough five mile flat circuit travels over 1.75 miles of an extremely rutted dirt road.

After a tough back and forth battle between Ski Utah-MarketStar and Canyon Bicycles, it was the lone ranger in the front group Peter Archambault of RMCC/Cyclesmith who emerged victorious in a three up sprint ahead of Canyon teammates Mike Sohm and Bryce Young.

Unfortunately, the finish was not without controversy as many in the field were confused on laps as the event failed to provide lap cards. You might think that even a bike racer could count to 10, but as the author was one of those confused, you may be overestimating us...Therefore, there was a sprint after 10 laps (which counted) and another after 11.



Above: Mike Sohm (Canyon) leads Ryan Barrett (not visible), race winner Peter Archambault (RMCC) and Michael Booth (Ski Utah) at the Hell of the North. Photo: Dave Iltis. See more at gallery.cyclingutah.com

The women's Pro 1-3 40 mile event lacked similar controversy, but was no less hotly contested. As with all races throughout the day, the field shattered. Sarah Kaufmann (Elete Electrolytes) attacked on the first of

six laps and soloed to an emphatic victory nearly four minutes ahead of Laura Howat (Ski Utah-MarketStar) and Kelsey Kooreman (Primal Utah).

See results on page 10.

INTERMOUNTAIN CUP
MOUNTAIN BIKE RACING SERIES

March 5	Red Rock Desert Rampage, St. George, UT
April 2	Cholla Challenge, Hurricane, UT
May 7	Showdown at Five Mile Pass, Lehi, UT
May 14	The Sundance Spin, Sundance, UT
May 21	Soldier Hollow Hammerfest, Heber City, UT
May 30	Stan Crane Memorial XC, Draper, UT
June 11	Pedalfest, USAC State Championship, Deer Valley, UT
June 18	Wimmer's XC Race, Sherwood Hills, UT
July 2	The 24th Annual Mountain Bout, Snowbird, UT
July 23	Chris Allaire Memorial, Solitude, UT
July 30	2nd Annual Basin Bash, Snowbasin, UT

All races are Mountain Bike Cross Country Events

ICupRacing@yahoo.com or

www.intermountaincup.com

BEGINS 8AM MILLER MOTORSPORTS PARK; SATURDAY

JULY 30, 2011





WORLD-CLASS TRACK • CLOSED COURSE

CENTURY RIDE

DETAILS

Solo riders, relay teams or groups, riders of all ages, skill levels, and bicycle types are welcome. Come ride the track to benefit the Larry H. Miller Charities.



For details and registration visit:

MillionMilesatMiller.com

UTAH'S MOST UNIQUE RIDE EXPERIENCE

Follow us!
facebook.com/cyclingutah
twitter.com/cyclingutah

“yeah we ride too”
 Let us help with your purchase or refinance
SUN VALLEY MORTGAGE SERVICES L.L.C.
Cameron Hoffman
 phone: 801-668-7648
 choffman@sunvalleymortgage.com

Our Advertisers support **cycling utah.**
 Please support them.

ENDURANCE RACING

Crusher in the Tushar Joins Suite of Endurance Races

By Jared Eborn

Known as a guy who liked to dish out a little punishment as a cyclist, Burke Swindlehurst wasn't about to let a little thing like retirement stop him from doing it again.

This time, though, Swindlehurst will be serving up the hurt from the somewhat comfortable role of race director as more than 300 brave – or is it foolhardy – cyclists line up to race the Crusher in the Tushar on July 16.

Described by Swindlehurst as “America’s most unique and challenging bike race,” The Crusher in the Tushar is a 79-mile test of endurance that will rival anything American cyclists have seen. With more than 12,000 feet of climbing and a mixture of asphalt and dirt road, the Crusher will almost certainly live up to its name.

“Of all my travel to far-flung places, I always enjoyed most getting back to ride my bike on the many roads, both paved and dirt in and around Beaver, my ancestral hometown,” Swindlehurst said of the race he’s drawn up in his backyard stomping grounds. “The concept of the ‘Crusher’ has lived in my head now for more than 10 years and I have long dreamed of the day when an event would incorporate the incredible terrain and breathtaking scenery afforded in the surrounding Tushar mountains.”

The Tushar Mountains are one of Utah’s highest, though not best known, ranges. For those who join the 325-member field, however, the Tushars will certainly make a memory.

The Crusher is one of a growing number of ultra-endurance events in the state. The Rockwell Relay, Salt to Saint and Saints to Sinners relays are following the popular Ragnar Relay running format in some ways with teams riding non-stop over a couple of days and covering a few hundred miles. The Hoodoo 500, if you want it to be, might be Utah’s most-demanding individual cycling test with more than 500 miles and 30,000 feet of climbing across Southern Utah awaiting those who enter the solo class.

Swindlehurst’s Crusher in the Tushar, though, will blend the disciplines of road and mountain bike racing and make the choice of a bike second only to fitness in importance for the race. Tire choice will also give participants plenty to think about as they debate which set of rubber to put on their hoops.

Cyclists are free to choose any bike they want to ride in the Crusher – but once they start riding, they are not allowed to change bikes.

So while a racer might have an advantage on the dirt roads by using a mountain bike, a road cyclist might be able to build a huge lead over the first 17 miles of action because the road is paved and steep. Not having to haul the extra pounds of a mountain bike up the hill could prove to be the difference.

Then again, after hitting the dirt, a road bike will likely be sidelined numerous times with flat tires – allowing the mountain bikers to catch up and wave merrily at the poor

unfortunate roadies searching desperately for a spare tube or CO2 canister.

Swindlehurst had just this conundrum in mind when dreaming up the event and has even included an entire section on the race’s website devoted to bike choice. Many participants have indicated they’ll likely chose a cyclocross bike – sacrificing a little speed on the asphalt for a little durability on the dirt.

“I recently had a friend liken the decision of which bike to choose for this course to that of a ski racer choosing his wax,” Swindlehurst said. “You’re probably not going to know for certain until the event is done. It’s all just part of the appeal,

right?”

With a top elevation of more than 11,500 feet, Swindlehurst said it’s quite possible racers will – in true cyclocross fashion – have to cross some barriers to follow the course. But instead of jumping a hay bale or hurdle, there could easily be a snow bank or two in the way.

The Crusher in the Tushar, thanks to Swindlehurst’s reputation, has received its share of star appeal. Cyclists no-less-famous than Levi Leipheimer, David Zabriskie and even Lance Armstrong have mentioned the event on Twitter. Armstrong’s recent participation in Leadville 100 races gives some hope

that he’ll break out one of his lesser-used bikes from the stable and join the 325-person field in the mountains above Beaver in July.

Less than 24 hours after registration opened, the Crusher’s field was nearly half full as racers rushed, perhaps against better judgment and hoping to avoid the rapid sellouts the frequent other events, to sign up for the race.

Swindlehurst said the race will have an 8-hour cutoff time to get on ‘official’ result. So racing hard is the only option.

“This event is certainly not to be taken lightly,” Swindlehurst said. “Simply finishing will be an epic achievement and it’ll be mandatory that one is prepared physically and mentally for the challenge.”

Otherwise, one’s Tushar will probably meet its Crusher.

www.millcreekcycles.com
FACEBOOK.COM/MILLCREEKBICYCLES



YOUR CUSTOM BIKE AUTHORITY

LARGE NUTRITION SELECTION BY FIRST ENDURANCE, HAMMER NUTRITION, DEDICATED ATHLETE, CYTO SPORT AND MORE!

- DEMO WHEELS AVAILABLE BY REYNOLDS, MAVIC AND FULCRUM.
- HURRY WHILE THEY LAST — 2010 MODEL BIKES PRICED TO MOVE!
- PROUD SPONSOR OF MIDUOLE CYCLING CLUB, SKI UTAH MARKET STAR, BAD ASS CYCLING AND SELECT HEALTH CYCLING

PROUDLY FITTING | SEVEN BICYCLES | BH BIKES | PIVOT CYCLES | SCOTT BICYCLES | ROCKY MOUNTAIN WATERFORD CYCLES | GUNNAR CYCLES | REYNOLDS | FULCRUM | MAVIC | SIDI

3969 South Wasatch Blvd | Salt Lake City | 801-278-1500



MILLCREEK BICYCLES

Subscribe!

Get your monthly cycling fix -
Subscribe to
Cycling Utah -
Only \$15/Year
See page 2 for details



tour de
PARK CITY

GRAN FONDO

SATURDAY
JULY 30, 2011

DISTANCES: 170, 100, 50 MI
TOURDEPARKCITY.COM

MOUNTAIN BIKE RACING

Swenson Beats Grant in a Sprint Finish, Sarah Kaufmann Bests the Women's Field in Lambert Park

By Shannon Boffeli

Utah State Championship Series Race #1, Lambert Park, Utah, April 23, 2011

April 23rd marked the beginning of a new mountain bike race series in Utah, the Utah State Championship Series (USCS). If the race was any indication the USCS will quickly become a major player in local MTB events.

Despite being the first event, the race, in Lambert Park, went off like clockwork. After the finish, all participants raved about the great course and exciting race atmosphere.

The pro event started at 12:30, with the weather holding off just long enough for a dry race. The men started first and got things going quickly as Kuhl rider Kevin Day charged off the line and into the lead on the opening climb. Day was quickly over taken by Bryson Perry (Lifetime Fitness), Alex Grant (Cannondale), and Keegan Swenson (Whole Athlete/Specialized) and it didn't take long for the turbo-charged trio to open up a gap on the demanding Rodeo downhill.

Just behind, a chase group of talented riders lined up including Nick Fisher (Rooster's), Jason Sager (Jamis), and Chris Holley (Trek 29er Crew).

The short course XC format favored those riders with early season high-end fitness and lead group had plenty. The group of three never let off the gas and held the chasers

off for the duration of the hour-long event.

On the third of four laps Grant surged ahead before the Rodeo descent and pushed the limits in the tight singletrack. The attack dislodged Perry from the group and briefly undid Swenson.

The Cannondale rider said after the race, "I opened it up a bit on the rocky downhill and got a gap but Keegan was hooking up really well in the swoopy, loose stuff later in the lap and he closed it up in there."

Perry did his best to stay close but the leaders were now out of reach. On the final lap Grant again opened it up on the more technical descent but not enough to keep the 17-year old XC national champion from reeling him back in.

Grant still held the lead and tried everything to create a gap without success. Swenson was pasted to Grant's rear wheel as the two exited the singletrack and prepared for the uphill finishing sprint.

Only one last bump remained between Grant and the final paved section leading to the finish line and on that bump the Cannondale rider's foot slipped from his pedal. In that instant Swenson was able to take over the lead. While Grant was able to recover and contend for the win he couldn't bring the youngster back.

By mere seconds, Keegan Swenson took the win in with Grant just behind.

Bryson Perry rolled in for a well-deserved third place followed by Jason Sager.

Nick Fisher had an inspired ride

to take 5th.

The women had an equally exciting showdown with Sarah Kaufmann (Elete Electrolytes) and Kelsy Bingham (Jamis) who have been battling it out on the national scene going up against Utah stalwart KC Holley (Trek 29er Crew).

This time it was Bingham taking the early lead before the descent that left Kaufmann all over her rear end.

That didn't last long as Bingham's read end proved to be her undoing. Before she finished the opening lap the Jamis riders rear skewer had come undone and her wheel was beginning to come out.

By the time she diagnosed the problem Kaufmann and Holley had moved on.

Now out front, with a clear line of sight, Kaufmann used her expert descending skills to shred the Lambert Park course. Attacking the descents and powering through the rocks the Elete rider moved well out front.

After 4 laps, Kaufmann took the win with a time better than most of the expert men.

Holley rode a strong and consistent race holding off Bingham and securing the second step on the podium. Kelsy Bingham took third.

Swenson and Kaufmann now lead the Utah State Championship Series and are in the driver's seat for the series win in August.

Riders will face off again for the second round of the USCS on June 25th in Park City, UT. The traditional length XC event will take place in Round Valley and feature some of



Sarah Kaufmann (Elete Electrolytes) topped the women's pro field. Photo: Shannon Boffeli

the areas best high-speed flowing singletrack.

Race Notes:

USCS officials paid 8 riders deep in the pro men's field and all three pro women went home with cash in hand. Checks also went to the fastest overall sport and expert finishers both male and female

For more information and full results from the event go to www.raceuses.com

Results

Pro Men

- 1, Keegan Swenson (Whole Athlete/Specialized)
- 2, Alex Grant (Cannondale)
- 3, Bryson Perry (Lifetime Fitness)
- 4, Jason Sager (Jamis)

- 5, Nick Fisher (Rooster's)
- 6, Chris Holley (Trek 29er Crew)
- 7, Kevin Day (Kuhl)
- 8, Brent Pontius (Rooster's)
- 9, Geoffrey Montague
- 10, Alex Rock
- 11, Quinn Bingham
- 12, Blake Zumbrunnen (Kuhl)
- 13, Ryan Krusemark (Kuhl)

Pro Women

- 1, Sarah Kaufmann (Elete Electrolytes)
- 2, KC Holley (Trek 29er Crew)
- 3, Kelsy Bingham (Jamis)

See full results on page 10.

SAINTS TO SINNERS BIKE RELAY

SALT LAKE CITY TO LAS VEGAS



517 MILES - TEAM RIDE - NON STOP - JULY 29 - 30, 2011



FOR MORE INFORMATION PLEASE VISIT:

WWW.SAINTSTOSINNERS.COM



SPECIALIZED VENGE IN STOCK!



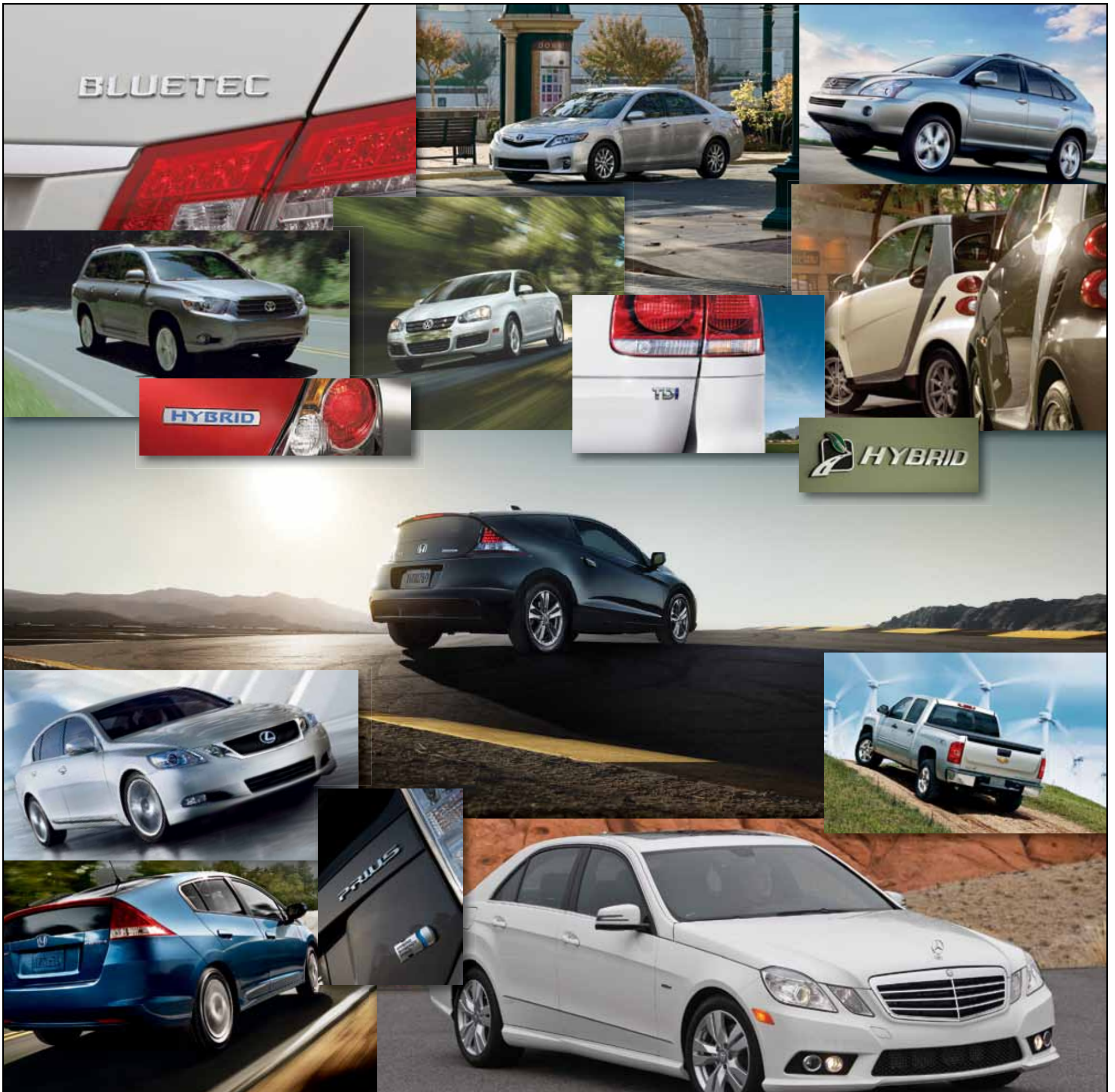


762 E. 12300 S.
Draper, UT
801-576-8844



11516 S. District Drive
South Jordan, UT
801-790-9999

canyonbicycles.com • m-s 10 - 7



Save Green. Go Green.

When you start looking for your next vehicle, fuel efficiency should be near the top of the list. The Larry H. Miller Dealerships have hundreds of the most innovative, efficient and affordable hybrid vehicles to choose from. Visit LHMAUTO.com to find the perfect solution to help you save money and GO GREEN in style.

Ridden By You.

Proud Sponsors & Participants of These Utah Cycling Events:

TOUR DE CURE
TOUR OF UTAH
ULTIMATE CHALLENGE
BIKE MS
LOTOJA

 *Larry H. Miller*
Dealerships
Driven By You.

ADVOCACY

Bikes for Kids Changes Gears to Give More

By Lou Melini

Debbie Reid is the Founder and Director of Bikes for Kids Utah. Currently Debbie works for Recovery Ways, a Residential Treatment center

for drug and alcohol abuse in Murray, UT. She has also worked in the event planning industry for several years creating corporate events and international incentive based trips. In her free time, Debbie enjoys cycling, reading, traveling and a good meal

with friends.

Cycling Utah: Debbie, Tell me how Bikes For Kids Utah got started?

Debbie Reid: Bikes for Kids Utah is a local organization that began

in 2005 with a dream I had to provide disadvantaged children in Utah the opportunity to get a new bike with safety equipment and an education about riding a bike safely to school and around neighborhoods. I gathered some of my friends and acquaintances that had an interest in the wellbeing of children and/or in interest in cycling. We grew to an active board of about 15 people. In 2006 we had our first event, we gave away 1,000 brand new bikes, helmets, t-shirts and bike locks to Utah kids and we had a bike ride as a fundraiser. Our first couple of years we had our events in October and Dave Zabriskie participated in the events.

C.U. What is the main focus of Bikes for Kids?

D.R.: The main focus of the organization is to provide disadvantaged children with a positive education and effective life-skills learned through owning and riding a bicycle. To do so they are instructed in bicycle safety, the importance of obeying traffic signals, and wearing helmets. They are also encouraged and taught the importance of regular exercise and how riding a bicycle can provide that. A bicycle also offers them an alternative means of transportation that can help them feel more confident and self-reliant.

C.U.: Who receives the bikes and donations? How many bikes have been given away? How do you measure your success?

The pre-selected children are generally from the Boys & Girls Clubs in the Salt Lake Valley, the Guadalupe Schools, and Title One Schools. We support the Murray Rotary Foundation to help with bicycle lane improvements. Any unclaimed bikes are donated to various local children's charities

This year at our Bike Giveaway on May 21st, Bikes for Kids Utah will give out the 6,000th bike. What we see after our May event around the

Salt Lake Valley is a greater number of kids on the Bikes for Kids bikes and wearing their helmets. I often hear back from volunteers and participants at our events that they saw some kids out riding their Bikes for Kids bikes. It generates a sense of pride with all involved to know that they have some part in assisting these kids to become active and get on a bike.

C.U. Bikes For Kids had an annual century bike ride in May, but I understand that there is going to be a change this year.

D.R.: One thing about the Bikes for Kids Utah Organization is that we are always evolving and our focus is on what is best for the kids. Our first major change was when we moved from October to May. That change allowed us to get the bikes to the kids when the warm weather is just beginning and the kids now have all summer to ride their bikes.

This year we have another big change. We are no longer having a century bike ride. We made this change for several reasons, there are several new century rides on the calendar since we began Bikes for Kids Utah, and working to find a date on the calendar that does not compete with another major athletic event in May has become increasingly difficult. Some of the most popular centuries in Utah are in low traffic, scenic areas of this beautiful state. Because we need to be in a central location for easy access for the kids to come our event we really unable to move our bike ride. We always worked hard to have the best rest stops and support for our ride to make up for the scenery. In the end, we decided we were spending too much time, energy and money on creating a great ride. Our focus for our May event will be fundraising and the bike giveaway.

In August we will have our second, two-day, three event stage race. This event is sanctioned by the UCA & USA Cycling and will be located in the Salt Lake Valley. A criterium will be on Friday afternoon August 5th, the time trial on Saturday morning August 6th and the road race following in the afternoon. All of the proceeds from these events will benefit Bikes for Kids Utah. The race is sponsored by Bikes for Kids Utah, Revolution Racing and Blackbottoms Cyclewear. On Friday night there will be an open kids rides and we hope to have several of our Bikes for Kids recipients participate in this event.

C.U.: What other ways can cyclists and others get involved in Bike for Kids?

D.R.: In September we have a dinner and auction. This is a great evening with good food, friend and lot's of great stuff! We are always looking for volunteers, cash donations to purchase the bike, helmets, locks etc, and donation for our auction in September. Attending our dinner is a great way to get introduced to the Bikes for Kids Board Members and our cause. We have many people who attend the dinner and call us to become more involved. Bikesforkidsutah.com is our website.

C.U.: In addition to Debbie, board members of Bikes for Kids Utah include Glenn Perry, Sharyle Karren, Stanford "Chip" Smith, Todd Reid, Sherry Wasden, Chelsea Malouf, John Karren Jay Elggren, Kristi Guest and James Kimball.



The Rotary Club of American Fork proudly announces the Utah...

Tour de Donut!

Join Us
July 16, 2011
9:00 am at
North Point Business Park
1000 S 820 East • American Fork

It's simple. Race 21 miles and see who is the king donut! In circuit style, ride 7 miles then eat as many donuts as you would like. No limit. Then, ride 7 more miles eat more donuts, then ride the last 7 mile lap. Glory and adulation are waiting for you at the Finish Line.

For each donut eaten you'll get a 3 minute time

Visit www.utahtouredonut.org for more information




CALL US NOW
866.566.8285

teamgive

BLACKBOTTOMS
C Y C L E W E A R

TIME TO RIDE

Is your jersey ready?

Blackbottoms Cyclewear makes FULL CUSTOM CYCLE, TRIATHLON and RUNNING apparel - your design, your way. Blackbottoms Cyclewear®

GET STARTED NOW

CALL 866.566.8285 VISIT www.blackbottoms.com
EMAIL info@blackbottoms.com

ROAD RACING

All-Star Lineup of Professional Teams Announced for 2011 Tour of Utah

SALT LAKE CITY, UTAH (April 7, 2011) - Following the celebrated Tour de France this summer, some of the world's most recognizable professional cycling teams will travel to American soil and race in the Larry H. Miller Tour of Utah, August 9-14, 2011. Organizers announced today that seven of 15 professional teams have confirmed participation in this year's 7th edition of the six-day, Union Cycliste Internationale (UCI) 2.1-rated stage race.

Among the three UCI Pro Team squads who have confirmed participation in Utah at "America's Toughest Stage Race" in August include the No.1 ranked team in the world, HTC-Highroad. Three UCI Professional Continental Teams and one UCI Continental Team have also

been confirmed.

UCI Pro Teams Confirmed: (world rankings as of April 5, 2011)

- HTC-Highroad, No. 1 team in the world
 - Team RadioShack, No. 4 team in the world
 - BMC Racing Team, No. 7 team in the world
- UCI Professional Continental Teams Confirmed:
- UnitedHealthcare Pro Cycling Team
 - Team Type 1 - sanofi-aventis
 - Team SpiderTech powered by C10 UCI Continental Team, America Tour Confirmed:
 - Trek LIVESTRONG U23

A total of 15 domestic and inter-

national professional cycling teams will compete with eight riders per team. The field of 120 total riders will compete for six days across the mountains, buttes and plateaus of Utah, vying for UCI points, award jerseys and \$116,000 in prize money. A final list of professional teams racing at the Tour of Utah will be made in the coming weeks. The Tour of Utah gained special significance this year by gaining an elevated event rating from the international governing body of the sport of cycling (UCI), now one of just three 2.1 or higher world-class stage races in the U.S.

The 7th edition of the Larry H. Miller Tour of Utah will consist of an opening prologue and five stages. The Prologue will be hosted by Park City on Tuesday, August 9. Stages will be hosted the next two days by Ogden and Provo, respectively. On August 12 an individual time trial will be held for the fourth consecutive year at Miller Motorsports Park in Tooele, Utah. This will be followed on Saturday by a circuit race in downtown Salt Lake City and the closing "Queen Stage" on Sunday from Park City to Snowbird Ski and Summer Resort in Little Cottonwood Canyon.

Highlighting the international field this year will be three UCI Pro Teams, including the No.1 ranked HTC-Highroad squad. For the past three years, Team HTC - Highroad (USA) has won more races than any other team in the world. In 2010, the team won a combined 11 stages at all three Grand Tours (Giro d'Italia, Tour de France, Vuelta a España). This year, HTC-Highroad already has overall titles at Milan San Remo and Paris-Nice, as well as stage wins by four different riders at Tour of Algarve, Tour of Oman and Tour of Qatar. Notable riders include British sprinter Mark Cavendish, German GC rider Tony Martin and 10-time U.S. national junior champion Tejay van Garderen. It will be their first start at the Tour of Utah. "We're very enthusiastic about the Tour of Utah. It offers an ideal setting for dramatic competition," said Bob Stapleton, founder of High Road Sports and owner of HTC-Highroad. "This premiere event can showcase the beauty and drama of both Utah and cycling in a compelling way."

Team RadioShack makes its first appearance at the Tour of Utah in 2011. Last year, Team RadioShack captured 16 individual road titles and eight overall team classifications wins, including Best Overall Team at the Tour de France. The 2011 squad

includes Grand Tour leaders Levi Leipheimer (USA), Andreas Klöden (GER), and Robbie McEwen (AUS) and three-time USA Cycling NRC (National Racing Calendar) champion Chris Horner. Leipheimer, who won the Tour of Utah last year riding for Mellow Johnny's, is expected to be part of the team to defend his title.

"I look forward to defending my title with Team RadioShack this year," said Leipheimer, the 2010 Tour of Utah champion who finished 13th overall in the 2010 Tour de France. "The 2011 Tour of Utah is a must-see race for U.S. fans, where you'll find the best cycling athletes in the world competing across one of the most scenic regions in the world."

The BMC Racing Team returns for its third Tour of Utah, but this time as a UCI Pro Team. BMC Racing Team competed previously as a UCI Professional Continental team. Last year the team received wildcard entries to both the Tour de France and Giro d'Italia. The team's roster includes 2009 world road champion Cadel Evans (AUS) and 2008 world road champion Alessandro Ballan (ITA) as well as current Under 23 world time trial and U.S. national time trial champion Taylor Phinney. Last year Phinney won the 2010 Tour of Utah Prologue and Individual Time Trial while racing for Trek LIVESTRONG. Returning to BMC Racing are two riders who raced in the 2010 Tour of Utah - three-time U.S. national road champion George Hincapie, who has participated in 15 Tours de France, and Utah native Jeff Louder, the Tour of Utah General Classification winner in 2008.

UnitedHealthcare Pro Cycling Team finished the 2010 season as the No. 2-rated NRC team, with 21 overall race victories, 138 total podium appearances, 9 G.C. victories, and 35 stage and individual wins. Based in California since 2002, this seasoned pro team gained new Pro Continental status for 2011. So far this season the team has had strong showings at a long list of international events - Tour of Langkawi, Vuelta Ciclista a Murcia, Volta ao Algarve and Settimana di Coppi e Bartali. The team features German sprinter Robert Förster, a three-time winner at Giro d'Italia, Italian all-rounder Davide Frattini and Australian team leader Rory Sutherland, who captured two podium finishes at the 2010 Amgen Tour of California. The team is racing at the Tour of Utah for a fourth time.

Team Type 1 - sanofi-aventis is a UCI-registered American Professional Continental squad based

in Atlanta, Ga. and La Spezia, Italy. The team makes a fourth trip to the Tour of Utah, but this year with a higher designation. The team gained notoriety for winning the Race Across America multiple times before registering for professional status in 2008. Six of the current 21 members have Type 1 Diabetes, so the mission for Team Type 1 - sanofi-aventis continues to be raising awareness for diabetes. The 2011 squad includes world-class veterans Laszlo Bodrogi, of Hungarian descent now racing for France; Rubens Bertogliati, Swiss national time trial champion; and Russian Alexander Efimkin, who has three Top 10 stage finishes in the 2010 Giro d'Italia. Team Type 1 - sanofi-aventis has scored 13 Top 10 results so far this season.

Team SpiderTech powered by C10 is Canada's first ever professional cycling team to achieve UCI Professional Continental status. Last year, Team SpiderTech was ranked #1 in North America on the UCI America tour, reaching the podium 22 times and achieving 15 victories. Among the 19 team members are several new Canadian riders including Svein Tuft, the silver medalist at the World Cycling Championships; Zach Bell, current World Cup Track Leader and 2010 silver medalist UCI Track World Cup; and Will Routley, the Canadian Road Champion in 2010. This is the first time Team SpiderTech powered by C10 has competed at Tour of Utah.

The Trek-LIVESTRONG Development Team returns to Utah in 2011, having finished as the third best team overall last year. The Texas-based squad, which has rising stars all 23 years of age or younger, is managed by team director Axel Merckx, a proven 10-time Tour de France rider. The team is owned by seven-time Tour de France winner Lance Armstrong and wears LIVESTRONG on their jerseys to help spread awareness for the global cancer fight. In 2010 the team won the overall team classification at the International Tour of Ireland and had riders score wins at prestigious events like the World Individual Pursuit Championships, U.S. Under-23 National Road Race Championships, Under-23 World Time Trial Championships and Under-23 Paris Roubaix.

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.

Bike Month - Continued from page 3

Salt Lake Century Ride, Bike to Work Day, and more., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, utahbikemonth.com

May 14, 2011 — Cache Valley Bike Festival

Annual event at Merlin Olsen Park, promoting bike education, healthy living, and sustainability through bicycles. An event for the whole family, there is a workshop for everyone. Runs 10-3., C. Ann Jensen, 435-797-0964 ext. 3, aggiebluebikes@gmail.com, aggiebluebikes.org, aggiebluebikes.blogspot.com

May 14, 2011 — Edible Wasatch - Bites & Bikes, Utah Bike Month, Salt Lake City, UT, Noon to 4pm (unless there is a better time frame for the Mayor), Kick Off at Nobrow, Finish at Pioneer Park, treasure hunt for local food, participants will be given the option to pre-register in teams or as individuals, no set route, just a clue card of items to find and list of participating sponsors' hunt can be scaled to team or individuals skill/ endurance level, closing ceremonies at Pioneer park will include a prize drawing taken from completed clue cards, Charice Bourdeaux, 801-918-3522, charice@usee.org,

May 18, 2011 — Ride of Silence, Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 7 pm, Gallivan Center, Laila Bremner, 801-654-0323, gasele2002@yahoo.com, rideofsilence.org, utahbikemonth.com

May 18, 2011 — Ride of Silence, Utah Bike Month, Orem, UT, 7 pm, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 870 West Center Street., Blu Robinson, 801-319-7218, 801-426-8800, bluryan@gmail.com, rideofsilence.org, utahbikemonth.com

May 20, 2011 — Bike To Work Day, Utah Bike Month, Park City, UT, Free continental breakfast provided for bikers outside the Yarrow Hotel and Basin Recreation Field House from 7 am to 9 am. Small raffle for some great prizes!, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, Dawn Bowling, 435-649-6839, dawn@mountaintrails.org, mountaintrails.org, basinrecreation.com

May 20, 2011 — Bike Art Gallery Roll, Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9pm in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries., Brent Hulme, 801-746-8366, brent@slcbike.com, galleryroll.com, utahbikemonth.com

May 20, 2011 — National Bike to Work Day, Utah Bike Month, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utahbikemonth.com

May 20, 2011 — Ogden Mayor's Bike to Work Day, Utah Bike Month, Ogden, UT, 7:30 a.m. at A1 parking lot near the Social Science bldg at WSU, Free pancake breakfast at City Hall, Josh Jones, 801-629-8757, josh-jones@ogdencity.com, utarideshare.com, ogdencity.com

May 21, 2011 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id:656

Support and raise awareness of Utah Bike Month by celebrating the many biking events taking place throughout Utah. See cyclingutah.com for a copy of the Bike Month Proclamation.

PLAN SEVEN

BIKEFIT
BICYCLE FITTING SYSTEM

ENDURANCE COACHING

Plan 7 Endurance Coaching offers individualized training plans as well as professional bike fitting to help you meet your goals. Contact Dave Harward to get started.

P 801.661.7988
W www.plan7coaching.com

E dave@plan7coaching.com
S facebook.com/Plan7EnduranceCoaching



4th Annual Riding 4 a Reason Charity Bike Ride

August 20, 2011 - Salt Lake to Coalville and back

www.riding4areason.com

for more information and registration.



cycling utah

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

RAD Canyon BMX — Salt Lake City, UT, RAD Canyon BMX is a Salt Lake County Parks and Recreation facility, and American Bicycle Association sanctions BMX race track. Located at 9700 S. 5250 W. in South Jordan. See web page for event and race details., Ron Melton, 801-699-9575, radcanyonbmx@radcanyonbmx.com, radcanyonbmx.com

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., Darin Cook, 435-843-4049, deseretpeakbmx@msn.com, deseretpeakcomplex.com

Utah Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Ken Johnson,

ubcinfo@utahbikes.org, utahbikes.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 listerv., Dave Iltis, 801-328-2066, dave@cyclingutah.com, Julian Tippets, 801-535-7704, Julian.Tippets@slc.gov, slc.gov.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. Call 801-393-2304 or e-mail wp@weberpathways.org with questions or comments., Mark Bedel, 801-393-2304, wp@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 Tuesday of the month at Miner's Hospital, 9 a.m., Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, 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, greg@hoolerking.com, tinyurl.com/holladaybac

June 18, 2011 — Volunteer Trail Day, Brian Head Mtn Bike Park, meet at 10 am. Tools, transportation on the mountain and lunch will be provided. Volunteers eligible for a discounted summer season pass. Also looking for ideas on new trails and features., Bruce Niedrauer, 866-930-1010, bruce@brianhead.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,

May 7, 2011 — GOTS, Bike and Outdoor Toy Swap, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday., Tim Melos, 801-533-8671, vtshopdog@earthlink.net, wildrose-sports.com

May 7-8, 2011 — Young Riders Bike Swap, Park City, UT, Annual Bike Swap to benefit Young Riders Youth Mountain Biking Program. Located at The Yard, 1255 Kearns Blvd Park City, UT., Heinrich Deters, 435-649-8710, 435-659-1188 , deters.heinrich@gmail.com, Julie Minahan, 435-640-8642, julie.minahan@gmail.com, youngriders.com

May 7, 2011 — Downtown Alliance's Live Green Festival, Utah Bike Month, Salt Lake City, UT, 8th Annual Sustainable Living Festival, 10 am to 6 pm at Library Plaza, 210 E. 400 South, Downtown Salt Lake City, 100+ exhibitors, live auction, solar-powered beer garden, live music organic food, kids' eco-activities, film presentation, eco-fashion show and more. , Kim Angeli, 801-333-1103, info@downtownslc.org, downtownslc.org, livegreenslc.com

May 7, 2011 — Herriman Pedal Palooza, Herriman, UT, Cycling Event for the whole family, kids safety rodeo, Goldilocks Ride, bike parade, helmet safety inspection (not sure what the blanket term for this event would be). 9 am,

Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com, pp.infinitecycles.com

May 13-14, 2011 — Get Outdoors Expo, Sandy, UT, The Get Outdoors Expo is an innovative show designed to draw individuals and families that are passionate about living a healthy, active and adventurous life. Feed your need for adrenaline rushing heart pumping action at the Peddle Fest. Southtowne Expo Center, Fri. 12-9pm, Sat. 10am-9pm., Monica Warnock-Moore, 801.544.9146, monica@thegoexpo.com, thegoexpo.com

May 14-21, 2011 — Cycle Salt Lake Week, Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work Day, and more., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, utahbikemonth.com

May 14, 2011 — Cache Valley Bike Festival, Utah Bike Month, Logan, UT, Annual event at Merlin Olsen Park, promoting bike education, healthy living, and sustainability through bicycles. An event for the whole family, there is a workshop for everyone. Runs 10-3., C. Ann Jensen, 435-797-0964 ext. 3, aggiebluebikes@gmail.com, aggiebluebikes.org, aggiebluebikes.blogspot.com

May 14, 2011 — Edible Wasatch - Bites & Bikes, Utah Bike Month, Salt Lake City, UT, Noon to 4pm (unless there is a better time frame for the Mayor), Kick Off at Nobrow, Finish at Pioneer Park, treasure hunt for local food, participants will be given the option to pre-register in teams or as individuals, no set route, just a clue card of items to find and list of participating sponsors' hunt can be scaled to team or individuals skill/endurance level, closing ceremonies at Pioneer park will include a prize drawing taken from completed clue cards, Charice Bourdeaux, charice@usee.org,

May 17, 2011 — Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, A mellow ride with Mayor Peter Corroon / Mayor Ralph Becker and other city mayors under police escort from Liberty Park to the County Complex and then the City & County Building. Liberty Park (700 E 900 S, northeast corner) to the Salt Lake County Government Center (2100 S State St) then continuing to the City & County Building (451 S State St), 7:30 am., Tyler Curtis, 801-535-6118, tyler.curtis@slc.gov, slcbac.org, utahbikemonth.com

May 17, 2011 — UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, West side lawn of the Historic County Courthouse

epic 200
200+ Miles

The Epic 200 is a fully supported one day 200+ mile cycling adventure. For those less adventurous we offer a 100 & 50 mile option.

Aug 27th, 2011
Epic Biking, Saratoga Springs UT

Did you miss getting into LOTOJA?

Also visit our website for information on our pony express century ride June 4th, Eagle Mountain Utah

For more information please visit:
www.epicbiking.com/epic200



CYCLES FOR DIRT
CYCLES FOR PAVEMENT

Kona • Jamis • Ibis
Lapierre • Yeti • Intense

Clothing • Footwear • Service • Rentals

702 Third Avenue, Salt Lake City, UT
801-533-8671 wildrosesports.com

- in downtown Provo (University Avenue/Center Street), 7:30 - 9 am, Bike Ride with Mayor John Curtis at 8 am sharp, free food and drinks, bike swag, and complimentary bike tune-ups., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com
- May 18, 2011 — Ride of Silence,** Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 7 pm, Gallivan Center, Laila Bremner, 801-654-0323, gaselle2002@yahoo.com, rideofsilence.org, utahbikemonth.com
- May 18, 2011 — Cycle Salt Lake Century Ride Packet Stuffing,** Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing, Jon Smith, 801-596-8430, 801-322-5056, cscentury@mac.com, cyclesaltlakecentury.com
- May 18, 2011 — UTA Bike to Work Day in Orem City,** Utah Bike Month, Orem, UT, UTA Bike to Work Day in Orem City, 7:30-9:00 a.m., City Center Park (North Pavilion), (100 North 300 East in Orem), Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com
- May 18, 2011 — Ride of Silence,** Utah Bike Month, Orem, UT, 7 pm, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 870 West Center Street., Blu Robinson, 801-319-7218, 801-426-8800, bluryan@gmail.com, rideofsilence.org, utahbikemonth.com
- May 20, 2011 — UTA Bike Bonanza,** Utah Bike Month, Salt Lake City, UT, Free to public 2011 Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring family, bring friends!, Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utarideshare.com
- May 20, 2011 — Bike To Work Day,** Utah Bike Month, Park City, UT, Free continental breakfast provided for bikers outside the Yarrow Hotel and Basin Recreation Field House from 7 am to 9 am. Small raffle for some great prizes!, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, Dawn Bowling, 435-649-6839, dawn@mountaintrails.org, mountaintrails.org, basinrecreation.com
- May 20, 2011 — Bike Art Gallery Roll,** Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9pm in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries., Brent Hulme, 801-746-8366, brent@slcbike.com, galleryroll.com, utahbikemonth.com
- May 20, 2011 — National Bike to Work Day,** Utah Bike Month, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., Curtis Clayton, 801-287-2062, cclayton@rideuta.com, utahbikemonth.com
- May 20, 2011 — Ogden Mayor's Bike to Work Day,** Utah Bike Month, Ogden, UT, 7:30 a.m. at A1 parking lot near the Social Science bldg at WSU, Free pancake breakfast at City Hall, Josh Jones, 801-629-8757, joshjones@ogdencity.com, utarideshare.com, ogdencity.com
- May 21-22, 2011 — Cole Sport Bike Swap,** Park City, UT, 9-5 Sat., 9-3 Sun. \$10 fee if bike sells. All proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/22. Pick up is by 3 pm on 5/22., Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org, colesport.com
- May 21, 2011 — Bikes for Kids,** Salt Lake City, UT, We give 1,000 brand new bikes helmets and bike locks to low income kids in the Salt Lake Valley. Intermountain HealthCare facility parking lot in Murray. The bikes are given pre-approved organizations that work with disadvantaged children in Utah., Chip Smith, 801-597-7515, csmith@soar-comm.com, bikesforkidsutah.com
- May 21, 2011 — Cycle Salt Lake Century Ride,** Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cscentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id:263
- June 6, 2011 — 5th annual Share the Road Ride,** Park City, UT, A 17 mile road ride to spread awareness in sharing the road between cyclists and motorists. 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
- September 2-5, 2011 — Great Utah Bike Festival,** Cedar City, UT, Benefiting Hemophilia. 4 stages of the 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 10, 2011 — 21st Annual Independent Living 5K Run and Roll,** West Jordan, UT, West Jordan Veterans Memorial Park (1985 West 7800 South), 9:30 am. Flat circular course. Medals to top three finishers in runner, walker, manual wheelchairs, assisted wheelchairs and handcycle., Debbie or Kim, 801-466-5565, ulic@xmission.com, ulic.org
- September 22, 2011 — World Car Free Day,** UT, Ride your bike and leave the car at home!, None, noemail@cyclingutah.com, world-carfree.net
- October 8, 2011 — 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
- inn or 5-night all inns, transportation and food. Also available throughout the summer.,** Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com
- May 20-22, 2011 — San Rafael Swell Mountain Bike Festival,** Green River, UT, Spring Festival begins Friday afternoon with registration, warm-up bike ride, meal and prize drawing. Saturday: Day-long rides to see the San Rafael Swell, returning to meal. Sunday begins with breakfast and one last group ride ending at noon; family-oriented., 435-637-0086, meccabikeclub@etv.net, biketheswell.org
- May 21, 2011 — 5th Annual Amazing Earthfest,** Kanab, UT, Joy Jordan Woodhill Trail Ride (BLM): 10, 20 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and Grand Staircase. Meet at the Fredonia Welcome Center on US 89-A, Fredonia, AZ, at 3 pm Arizona time., Rich Csenge, 435-644-3735, jiw@gwi.net, amazingearthfest.com
- May 24-28, 2011 — 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
- May 27-30, 2011 — Black Hills Fat Tire Festival,** Rapid City, SD, Trail rides, races (hill climb, XC, Super-D), Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Jerry Cole, 605-394-5225, jerry.cole@rcgov.org, 605-394-5225, info@bhfattirefestival.com, bhfattirefestival.com
- May 27-30, 2011 — NUMB Fest,** Vernal, UT, Four fun and action packed days of organized riding and festivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, there is no charge or entry fee., Troy Lupcho, 435-781-2595, troyboy@altitudecycle.com, altitudecycle.com
- June 4, 2011 — National Trails Day,** Park City, UT, Meet at 9am, coffee and bagels. Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org
- June 4, 2011 — National Trails Day,** Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity
- June 4, 2011 — National Trails Day,** Weber County, UT, Weber Pathways Trail Day., Mark Bedel, 801-393-2304, wp@weberpathways.org, weberpathways.org
- June 18-19, 2011 — Wild Rockies Boise to Idaho City Tour,** Wild Rockies Series, Boise, ID, Starts and finishes at the Old Armory on Reserve Rd. 7 am Boise to Idaho City (camp overnight) and back to Boise. Full support and SAG wagon included for a low price. We are raising trail awareness and providing a low cost trip for all levels., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, swimba.org
- June 19-24, 2011 — Grand Staircase Escalante Intro (MTB),** Panguitch, UT, 6-days, Also available 7/10-15, 8/7-12, 9/4-9., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com
- June 19-24, 2011 — Grand Staircase Escalante Singletrack (MTB),** Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and back-country mountain biking opportunities so vast and picturesque that the rest of the world will seem to shrink in comparison. Also available 7/10-15, 8/7-12, 9/4-9., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com
- July 13-17, 2011 — Ride Sun Valley Mountain Bike Festival,** Sun Valley, ID, A week of events around the USAC National Championships including a daily Tour du Jour on Sun Valley's epic trails, a Fat Tire Crit, pump track events, concerts and more., Aly Swindley, 800-634-3347, info@visitsunvalley.com, ride-sunvalley.com
- July 22-24, 2011 — WYDAHO Rendezvous: Teton Valley Mountain Bike Festival,** Driggs, ID, Three-Day Mountain Bike Festival with group rides, bike demos, DH and XC races, parties, music, pump tracks, skills clinics, trials demos and more!, Tim Adams, 208-201-1622, tim@TVTAP.org, Bridget Lyons, 208-201-1622, BikeFest@TVTAP.org, tetonmountainbikefest.tvtap.org
- July 23-24, 2011 — Trek Dirt Series Mountain Bike Camp,** Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Jo Fergie, 604-905-8177 (Canada), info@dirseries.com, dirseries.com
- August 12-14, 2011 — Better Ride MTB Camp,** Park City, UT, 3 day MTB skills camp, Gene Hamilton, betterride@gmail.com, betterride.net

**Mountain Bike
Tours and Festivals**

September 24th

100, 65, 50, & 25 mile options

Southfield Park, Heber City

8:00 am Start

Another Bike2Bike Event

Benefitting HESS CANCER FOUNDATION

801-677-0134

www.Bike2Bike.org

September 2-5, 2011 — Great Utah Bike Festival, Minersville, UT, Benefiting Hemophilia. Join the fun in the new cycling Mecca of Cedar City. A different century ride to choose from each day, a 4 stages of the mountain bike race or the 4 stage USAC road race; ride some double or single track trails on your mountain bike to Utah's largest wind farm or one of three geo-thermal power plants scattered among the thousands of acres of hills and plains; or take the challenge of the Geo-cache course. Decorate your bike or don a costume and join the bike parade; take a bike safety or riding clinic; or take on all comers during the street race., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 23-25, 2011 — San Rafael Swell Mountain Bike Festival, Emery County, UT, Fall Festival in Wedge Overlook in Emery County begins Friday afternoon with registration, warm-up bike ride, meal and prize drawing. Saturday: Day-long rides to see the San Rafael Swell, returning to meal. Sunday begins with breakfast and one last group ride, ending at noon; family-oriented. , 435-637-0086, meccabikeclub@etv.net, biketheswell.org

September 24-25, 2011 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Jo Fergie, 604-905-8177 (Canada), info@dirseries.com, dirtseries.com

October 4-8, 2011 — 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

October 5-9, 2011 — Outerbike, Moab, UT, Outerbike will be an opportunity to ride your dream bike on world famous trails, including Slickrock. Participants will receive bike demos for 3 days, lunch at the trailheads, and admission to evening parties and films., Sean Hazell, 800-845-2453, biking@westernspirit.com, outerbike.com, westernspirit.com

October 27-30, 2011 — 5th 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, moabhodown.com

Utah Weekly MTB Race Series

Sundance/Soldier Hollow Weekly Race Series — Sundance Resort, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, weeklyrace-series.com

Mt. Ogden Midweek XC Race Series — Snowbasin Resort, UT, Dates June 8, 15, 22, 29; July 6, 13, 20, 27; Aug. 3, 10, 17, 24. Registration- 5pm-6:30pm at Grizzly Center, Race Start: 6:30., Jonny Hintze, 801-230-2995, jonnyhintze@yahoo.com, mtogdenraceseries.com, bebikes.com

May 4-August 17, 2011 — Sundance/Soldier Hollow Weekly Race Series, Soldier Hollow, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and

Sundance, 6:30 pm., Mark Nelson, 435-654-1392, races@euclidoutdoors.com, weeklyraceseries.com

May 17-August 23, 2011 — Park City/Solitude Mid Week Mountain Bike Race Series, Park City, Draper, and Solitude, UT, Races will be on Tuesday evenings. Dates, locations TBA, starting in May., Brooke Howard, 801-302-9642, jbhoward@hotmail.com, midweekmtb.com

Utah Mountain Bike Racing

May 7, 2011 — Showdown at Five Mile Pass, Intermountain Cup, Lehi, UT, 17th Annual, ICS #3, XC.Fun XC course, 11-mile loop with rolling hills, First start at 9 am for Under 12, others at 10 am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 14, 2011 — 7th Annual Sundance Spin, Intermountain Cup, Sundance Resort, UT, ICS #4, XC, 2 loops: a 7.1-mile topping out at 7100 ft, and the small 0.5-mile lowest part of Archies Loop, First race starts at 8 am for U9, 8:30 am for U12, others 9:30 am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 21, 2011 — 9th Annual Hammerfest at the Hollow, Intermountain Cup, Midway, UT, ICS#5, Soldier Hollow, 9-mi loop with 1100' vertical per lap. Climbs and fast descents through a maze of ski trails at the Olympic venue of Soldier Hollow, new single track added, 9 am for U12, others at 10 am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 28-30, 2011 — Sundance Showdown, UT Downhill Series, Sundance Resort, UT, Super-D Saturday, DH Monday., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com, utahdh.org

May 30, 2011 — 6th Annual Stan Crane Memorial XC, Intermountain Cup, Draper, UT, ICS #6, 6th annual. Monday race, Great XC course start/finish at the equestrian center, about 80% single-track on a 9.8-mi loop, Total elevation 1100'/lap, first start at 8:15 am for U12, others at 9 am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 11, 2011 — 20th Annual Deer Valley Pedalfest, Intermountain Cup, Deer Valley, UT, ICS #7, National Championship Qualifying Event. Multi-lap course, climbs and twisty single-track downhill. First start at 8:15 am for U12, others 9 am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 18, 2011 — Wimmer's Bicycle Race XC @ Sherwood, Intermountain Cup, Wellsville, UT, ICS #8, Sherwood Hills Resort, Multiple laps, winding single track through trees, 9 am., Kayleen Ames, 435-757-4310, amespromoting@comcast.net, intermountaincup.com, amespromoting.com

June 18-19, 2011 — 6-Hour of Wolf Creek Enduro Downhill Race, UT Downhill Series, Wolf Mountain Resort, UT, Lift served, multi-lap downhill MTB race, 60 person limit. Saturday qualifying run for lift line order, Sunday 6-hour enduro race., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com, utahdh.org

June 25-26, 2011 — Wolf Creek Mountain Mayhem, UT Downhill Series, Wolf Mountain Resort, UT, Saturday Super D and Trail Bike races, Sunday Downhill., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com, utahdh.org

June 25, 2011 — Dixie 200, Cedar City, UT, Self-supported, 200 miles of trail and remote terrain between Bryce Canyon and Brian Head in southern UT. Virgin River Rim, Thunder Mountain, Grandview and several other trails., Dave Harris, hairball.dh@gmail.com, 2-epic.com/events/dixie311.html

June 25, 2011 — Round Valley Cross Country, USC Series, Park City, UT, 10-12 mile laps, mostly single-track. Rolling hills, swoopy turns., Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffelli,

shannon@mtbracenews.com, raceuscs.com

July 2, 2011 — 24th Annual Mountain Bout, Intermountain Cup, Snowbird, UT, ICS #10, Snowbird, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap, First race starts at 8:10am for U9, 8:30am next start., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 9, 2011 — Park City 50, USC Series, Park City, UT, 30 and 50 mile options, Sweet singletrack, test you mettle., Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffelli, shannon@mtbracenews.com, raceuscs.com

July 9, 2011 — Fire Road Cycling, Cedar City, UT, 25k, 60k, 100k distances, 4 start corrals, greenhorns to serious riders, starts at Main Street Park, 8 am, Paul Huddle, 858-518-0042, 760-635-1795, huddle@multi-sports.com, fireroadcycling.com

July 16, 2011 — The Crusher in the Tushar, Beaver, UT, Beaver, Utah to Eagle Point Ski Resort, 80 miles, 50/50% split of paved roads and dirt fire-roads. 12,000+ ft of climbing, topping out at an altitude of 11,500 ft., Burke Swindlehurst, road-irt@msn.com, tusharcrusher.com

July 23, 2011 — 15th Annual Chris Allaire Memorial, Intermountain Cup, Solitude Resort, UT, Utah State Open XC Championship, ICS #11, Course combines Cruiser (upper) and Serenity (lower) loops, Registration closed 7/13, First start at 8:15am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 30, 2011 — 2nd Annual Basin Bash XC, Intermountain Cup, Snowbasin, UT, ICS #11, 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, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

August 4, 2011 — 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 13-14, 2011 — 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, eracerhd@netzero.net, go-ride.com, utahdh.org

August 20, 2011 — Corner Canyon Super Cross Country, USC Series, Draper, UT, In between XC and Endurance, makes use of best of Corner Canyon. , Bob Saffell, 801-588-9020, info@raceuscs.com, Shannon Boffelli, shannon@mtbracenews.com, raceuscs.com

August 27, 2011 — Mt. Ogden 50 & 100 K MTB Race, Snowbasin, UT, 50 K & 100 K distances, Starts 7 am for 100k, 7:35 50k start, 7:35 100k 4 person relay start, at Snowbasin, Solo or 4 person relay teams, Steve Andrus, 801-620-1014, sandrus@snowbasin.com, mtogden100k.com

September 2-5, 2011 — Great Utah Bike Festival, Minersville, UT, Benefiting Hemophilia. Join the fun in the new cycling Mecca of Cedar City. A different century ride to choose from each day, a 4 stages of the mountain bike race or the 4 stage USAC road race; ride some double or single track trails on your mountain bike to Utah's largest wind farm or one of three geo-thermal power plants scattered among the thousands of acres of hills and plains; or take the challenge of the Geo-cache course. Decorate your bike or don a costume and join the bike parade; take a bike safety or riding clinic; or take on all comers during the street race., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 3, 2011 — 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@thepcpcp.com, thepcpcp.com

September 17, 2011 — 12 Hours of Sundance, Sundance Resort, UT, 7 am to 7 pm, Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

September 17, 2011 — Widowmaker Hill Climb, Snowbird, UT, 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

September 17, 2011 — Rockwell Relay: Road/MTB Combo, Wasatch Mountains, UT, Mixed relay race traveling both paved roadways and dirt trails., Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

September 18, 2011 — Tour de Suds, Park City, UT, 7 mile mtb climb from City Park to top of Guardsman Pass, 1,700 elevation gain. Participants urged to don 'festive' costumes and celebrate the end of the mtb season in a spirited manner! , Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

October 1, 2011 — 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 8-9, 2011 — 24 Hours of Moab, Moab, UT, The 17th 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 10-11, 2011 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, hws@ginfowest.com, Merrill Barney, , seniorgames.net

November 5-6, 2011 — 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

May 6-7, 2011 — New Belgium Brewing Company 18 Hours of Fruita, Loma, CO, 7th Annual, Highline Lake State Park, midnight start, 18 Hr race on 6.5 mile loop., Mike Heaston Over the Edge Sports, 970-858-7220, emgmh@emgcolorado.com, emgcolorado.com, fruitamountainbike.com

May 7, 2011 — Velopark Grand Prix Series #2, Eagle, ID, None , noe-mail@cyclingutah.com, idahovelopark.org

May 14, 2011 — Adventure Xstream Buena Vista, Buena Vista, 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

May 14, 2011 — 9th Annual Avimor Coyote Classic, Knobby Tire Series, Boise, ID, high speed rolling double-track. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspoke-cycling.org, knobbytireseries.com, brokenspokecycling.com

May 22-24, 2011 — Salida Mountain Stage Race- MSC #3, Mountain States Cup, Salida, CO, Cross country, time trial and short track races. Sign up for each race or for entire stage race. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

May 27-30, 2011 — Black Hills Fat Tire Festival, Rapid City, SD, BHFF is four days filled with MB racing (x-country, downhill, hill climb, super D), Trail Rides, Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Jerry Cole, 605-394-5225, jerry.cole@rcgov.org, bhffatfestival.com

May 27-30, 2011 — Velo Park Events, Eagle, ID, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

May 28-30, 2011 — Velopark MTB Dual Slalom and STXC State Championships, Wild Rockies Series, Eagle, ID, Two-person dual slalom course are built by World Champion Eric Carter. You'll find everything you expect at a National course with a grassroots feeling. Short track XC and DH as well!, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

2011 Road Racing

EXPLORE YOUR POTENTIAL

MAY

- 7 - Downtown Criterium
- 14 - Bear Lake Road Race
- 21 - Sugarhouse Criterium
- 28 - Pebble Creek Hillclimb

JUNE

- 4 - E Center Criterium
- 11 - Powder Mountain Hillclimb
- 18/19 - High Uintas Stage Race
- 25-26 - Canyon Omnium

JULY

- 2 - State TT
- 9 - Porcupine Hillclimb
- 15-16 - Capital Reef Stage Race
- 23 - Chalk Creek Road Race
- 30 - Little Mountain Road Race



UCA
UTAH CYCLING ASSOCIATION

www.utahcycling.com



40% Off 1st Purchase
www.theprobar.com/shop
Enter Code: PRO4AD

June 1, 2011 — 10th Annual Wood River Cup Race #1, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 3-5, 2011 — The Chile Challenge - MSC #4, Mountain States Cup, Angel Fire, CO, Cross country, short track, downhill, four cross and super d at the infamous Angel Fire Resort. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

June 4, 2011 — Pocatello City Creek Pedalfest, tentative, Pocatello, ID, XC Race, Open field, Sport, and Beginner Categories, 10am., Jonathan Hunt, 208-232-0481, idskier23@gmail.com, idahocycling.com

June 8, 2011 — 10th Annual Wood River Cup Race #2, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 10, 2011 — Velopark Grand Prix Series #3, Eagle, ID, None, noemail@cyclingutah.com, idahovelopark.org

June 11-12, 2011 — Betsi Bike Bash, Mountain States Cup, Lakewood, CO, 2nd Annual Women's only Mountain Bike race and festival. Run by women, for women. Encouraging women mountain bikers to enter their first race. Expo, prizes, and a great swag bag with entry. CASH Purse for Pros., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

June 11, 2011 — 9 to 5 Ultra Endurance, Knobby Tire Series, Boise, ID, 9-5, live bands, great trails, and a play area for families who come out to watch., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 11, 2011 — Fear, Tears & Beers 2011, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, kroberg@mwpower.net, greatbasintrails.org

June 11, 2011 — Knobby 9 to 5, Avimor, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream. Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 15, 2011 — 10th Annual Wood River Cup Race #3, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 18, 2011 — Soldier Mountain, Knobby Tire Series, Fairfield, ID, Soldier Mountain Resort XC course, known for the big climbs and big descents. Racers will climb over 8000' to see views that others dream about., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 22, 2011 — 10th Annual Wood River Cup Race #4, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

June 23-26, 2011 — Fat Tire Bike Week, Crested Butte, CO, 31st Anniversary year: Fat Tire 40 endurance race, Aided Rides, Mountain States Cup Wildflower Rush DH races, pure Crested Butte classics like the Chainless Race & the 24 Hour Bridges of the Butte, as well as some premiere entertainment., Scott, scott@cbchamber.com, ffbw.com

June 24-26, 2011 — Wildflower Rush-MS-C #5, Mountain States Cup, Crested Butte, CO, Fat Tire 40 cross country, downhill, four cross and super d part of the Fat Tire Festival. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

June 25-26, 2011 — Jug Mountain Ranch XC and Marathon, Wild Rockies Series, McCall, ID, 2-3 hr

XC course and 1.5 hr trail run. 42mi. Marathon XC on fast, flowing single track route and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide-open fire road., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 29, 2011 — 10th annual Wood River Cup Finals, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@roadanddirt.org, roadanddirt.org

July 4, 2011 — 16th Annual WYDAHO Mountain Bike Race, tentative date, Alta, WY, The 16th annual WYdaho XC race, kids race, running race, huffy toss and hill climb. Mountain biking in the heart of the Tetons!, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 8-10, 2011 — Full Tilt in Telluride - MSC #6, Mountain States Cup, Telluride, CO, Colorado State Championships for cross country, short track, downhill, four cross and super d. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

July 9-10, 2011 — 19th Brundage Mountain Bike Fest XC/Super D/DH, Wild Rockies Series, Brundage Resort, ID, 2-3 hr XC course and 20 min super D. 5-6 min DH course., deep woods single track and wide open fire road, super easy shuttle with high speed lift for the Super D and DH events., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

July 9, 2011 — Velopark Grand Prix Series #4 (Final), Eagle, ID, None, noemail@cyclingutah.com, idahovelopark.org

July 9, 2011 — Adventure Xstream Summit County, Frisco, CO, Coed, open (single gender) will kayak, trek, rappel, and mountain bike., Will Newcomer, (970) 403-5320, events@gravityplay.com, gravityplay.com

July 14-17, 2011 — USA Cycling Cross-Country MTB National Championships, 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 22-24, 2011 — Keystone Classic - MSC #7, Mountain States Cup, Keystone, CO, Cross country, short track, downhill, four cross and super d at Keystone Resort. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

July 22-24, 2011 — WYDAHO Rendezvous: Teton Valley Mountain Bike Festival, Driggs, ID, Three-Day Mountain Bike Festival with group rides, bike demos, DH and XC races, parties, music, pump tracks, skills clinics, trials demos and more! 5 hr mtb race on 7-24., Tim Adams, 208-201-1622, tim@TVTAP.org, Bridget Lyons, 208-201-1622, BikeFest@TVTAP.org, tetonmountainbikefest.tvtap.org

July 23, 2011 — Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

July 23, 2011 — Targhee Downhill Race #1, Alta, WY, The DH races will be run on a 1.75 mile long single track DH course, with race times around 9-plus minutes for the winners., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 24, 2011 — Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. verti-

cal), cash prizes for top 3 men and women combined racers. Raffle and party following., Brian Schilling, 307-690-9896, schilldog@gmail.com, ucjh.org

July 24, 2011 — 5 Hours of Grand Targhee MTB Race, Alta, WY, Ten mile single track loop racing through the fields of wild flowers and aspens at Grand Targhee Resort., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 30, 2011 — 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.rv@gmail.com, laramieenduro.org

July 30, 2011 — 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 30-31, 2011 — Pomerelle Pounder, UT Downhill Series, Wild Rockies Series, Albion, ID, Two-day DH race, Saturday DH race and Sunday DH., Ron Lindley, 801-375-3231, eracerhd@netzero.net, utah-dh.org, go-ride.com

July 30, 2011 — 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

July 31, 2011 — Idaho State Downhill Championship, Wild Rockies Series, Bogus Basin, ID, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

August 5-7, 2011 — Blast the Mass - MSC #8, Mountain States Cup, Snowmass Village, CO, Cross country, short track, two downhill races and super d at Snowmass Village. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

August 6, 2011 — 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., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

August 7, 2011 — Bogus Idaho State Championship DH, Wild Rockies Series, Bogus Basin, ID, 2-3 min DH course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find gap jumps, drop-offs, wooden bridges and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

August 14, 2011 — Tamarack XC, tentative date, Tamarack, ID, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

August 27, 2011 — 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 3-6, 2011 — Sol Survivor - MSC #9, Mountain States Cup, Granby, CO, The series finale for Endurance and Gravity including cross country, short track, downhill, four cross and super d at SolVista Bike Park. Qualifier for USA Cycling Mountain Bike National Championships., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

September 10, 2011 — Targhee Downhill Race #2, Alta, WY, The DH races will be run on a 1.75 mile long single track DH course, with race times around 9-plus minutes for the winners., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

September 17, 2011 — USA Cycling Marathon MTB National Championships, Bend, OR, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

September 18, 2011 — Velopark Hari-Kari STXC, Wild Rockies Series, Eagle, ID, 20-40 min Short-track, depending on category. 1.2 mi course rolling, tight corners. 11 am start time., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 24-25, 2011 — Boise State Collegiate MTB, Boise, ID, Brian Parker, brianparker@u.boisestate.edu, facebook.com/boisestatecycling

September 24-25, 2011 — USA Cycling Gravity MTB National Championships, Beech Mountain, NC, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

October 1-2, 2011 — USA Cycling 24-Hour MTB National Championships, Colorado Springs, CO, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

October 28-30, 2011 — USA Cycling Collegiate Mountain Bike National Championships, Granby, CO, Chad Sperry, chad@gorge.net, usacycling.org

Utah Weekly

Road Race Series

Cyclesmith Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, A and B Flite off at Noon C and D Flite off at 12:50, 6555 W. 2100 S. March 5,12,26, April 5,12,19,26, May 3,10,17,24,31 June 7,14,21,28 July 5,12,19,26, August 2,9,16,23,25,30, September 6,13,20,27, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April - August, I-80 Frontage Road West of the International Center; 4/7, 4/14, 4/28, 5/12, 5/26, 6/9, 6/23, 6/30, 7/14, 7/28, 8/11, 8/25, 9/8, 9/15, Marek Shon, 801-209-2479, utahcritseries@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 thru September: 4/21, 5/5, 5/19, 6/2, 6/16, 7/7, 7/21, 8/4, 8/18, 9/1, Marek Shon, 801-209-2479, utahcritseries@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., Joe Johnson, 801-225-0076, 949-412 0587, joe@sbrutah.com, sbrutah.com, facebook.com/sbrsports

May 4-September 7, 2011 — DLD (DMV) Criterium Presented by Ski Utah, Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A Flite - 6:35 pm. B, C, D Flite - 7:20 pm., Josh Gunter, gunt-er68@yahoo.com, utahcritseries.com, skiutahcycling.com

July 6-August 24, 2011 — Simply Mac Racing Criterium Series p/b TeamGive, Simply Mac Racing Series, Ogden, UT, Fast flat 4 corner course. Perfect venue for pre-race fitness or introduction to racing in the C-Flight. Wednesdays, Ogden BDO - 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24 -- Women's Flight - 5:15p (25min), C flight: 5:50 pm (30 min), B flight: 6:30pm (40min), A Flight: 7:20pm (50min), Business Depot Ogden, 600 S Depot Drive., Joel Rackham, 801.721.6952, joel@simplymacracing.org, russ@simplymacracing.org, simplymacracing.org

Utah Road Racing

May 7, 2011 — SLC Downtown Criterium (State Championship), UCA Series, Salt Lake City, UT, Around Pioneer Park, 300 W and 300 S., Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

May 7, 2011 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road. The ride is 60 miles with 5500 feet of climbing. This is

not a sanctioned race but you will get a time, awards, and placing., Poison Spider, 435-259-7882, shop@poisonspiderbicycles.com, granfondomoab.com

May 13, 2011 — Bear Lake Classic Logan Canyon ITT, Bear Lake Classic, ITT, Garden City, UT, 3.8 mile climb from the base of the canyon; starting at the "Garden City Office Building" and climbing to the Rocky Point lookout. The entire 3.8 miles is right-hand side of road., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org

May 14, 2011 — Bear Lake Classic, UCA Series, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a FLAT and FAST finish—a beautiful race around Bear Lake., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org, bearlake.com

May 15, 2011 — Bear Lake Classic Team Time Trial, UCA Series, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a FLAT and FAST finish. TTT 5-man teams, scoring on 3rd wheel. Each event is scored independently, and Sunday's 5-man TTT is slated to be the Utah State TTT Championship., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org, bearlake.com

May 21, 2011 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Sugarhouse Park, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

May 28, 2011 — Draper Challenge Hillclimb Race, Draper Trail Days, Draper, UT, 8 am at Equestrian Center located at 1600 E. Highland Drive (13500 South), road race 15 miles with two hill climbs, ends at top of Suncrest., Ken Murdock, 801-205-3700, ken.murdock@utah-homes.com, Brad Gilson, 801-684-7770, 801-694-8859, brad@gilsonengineering.com, DraperTrailDays.com

June 4, 2011 — E Center Criterium, UCA Series, Salt Lake City, UT, 3200 South Decker Lake Drive (at 2200 West), Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

June 10-11, 2011 — Rockwell Relay: Moab to St. George, Moab, UT, Four person relay, three legs per rider, covering 528 miles. Starts 8 am at Sweeney Park and goes non-stop into St. George., Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

June 11, 2011 — 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, teamaccelerator@gmail.com, teamaccelerator.com

June 18-19, 2011 — 23rd Annual Cook-Sanders Associates, Inc. and The Spence Law Firm High Uintas Classic Stage Race, UCA Series, Kamas/Evanston, UT/WY, 23rd annual High Uintas Classic Stage Race. Kamas, UT to Evanston, WY. USCF Stage Race - Road Race, Time Trial, Criterium/Citizen's Road Race. No Wimps! No Whiners!, Terri Arnell, 307-783-6470, tarnell@evanstonwy.org, evanstoncycling.org

June 23-25, 2011 — Utah Summer Games, Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy., Casey McClellan, 435-865-8421, 435-559-2925, usgpress@suu.edu, utahsummergames.org

June 25, 2011 — Three Kings Cycling Event, North Salt Lake, UT, Winding through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings. The cyclist who tackles them fastest will take home the prize., Matt Jensen, 801-550-0778, mattjensens@gmail.com, threekings.nslcity.org

July 1, 2011 — Terry McGinnis Memorial Criterium - Midvale, Midvale, 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, dcow-

ley@sportsbaseonline.com, sportsbaseonline.com, utahcitycrits.com

July 2, 2011 — Utah State Time Trial Championship, UCA Series, Salt Lake City, UT, Just west of the International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

July 2, 2011 — Terry McGinnis Memorial Criterium - Lehi, Lehi, 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@sportsbaseonline.com, sportsbaseonline.com, utahcitycrits.com

July 3, 2011 — Terry McGinnis Memorial Criterium - Bountiful, Bountiful, 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@sportsbaseonline.com, sportsbaseonline.com, utahcitycrits.com

July 4, 2011 — Terry McGinnis Memorial Criterium - Holladay, 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@sportsbaseonline.com, sportsbaseonline.com, utahcitycrits.com

July 9, 2011 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 10 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, porcupinecycling.com

July 9, 2011 — 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 15-16, 2011 — Capitol Reef Classic Stage Race, UCA Series, Torrey, UT, 2 days, 3 stages: ITT (8 miles), Circuit, 100/52/32 mile road race (distance determined by race category). Fun ride on Saturday with 2 distance options., Tina Anderson, 435-425-3491, 435-691-1696, tricrazy@live.com, capitolreeclassic.com

July 16, 2011 — Utah Tour de Donut, American Fork, UT, 4th Annual, family-friendly, three laps, flat course, 21 miles total. Donuts between laps reduce time. Starts at 9 AM, fundraiser., Rodney Martin, 801-427-6400, rotaryrod@live.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, utahfourdedonut.org

July 23, 2011 — 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 29-30, 2011 — 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@saintstosinnersbikerelay.com, saintstosinnersbikerelay.com

July 30, 2011 — Little Mountain Road Race (Utah State Championship), UCA Series, Clarkston, UT, Challenging, yet fun, 16-mile circuit race with one major climb (1 mile, 7-10% grade between Trenton and Clarkston) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Total elevation gain - 600 feet/lap., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, loganraceclub.org

July 30, 2011 — Tour de Park City, UCA Series, Park City, UT, Fully supported Gran Fondo starting and finishing in Park City. 170, 100 and

50 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more! Timed and categorized by age group., Ben Towery, 801-389-7247, teamexcelerator@gmail.com, tourdeparkcity.com, teamexcelerator.com

August 5-6, 2011 — Bikes for Kids Utah Stage Race, UCA Series, Salt Lake City, UT, 2-day, 3-stage race, criterium on Friday afternoon, TT on Saturday morning and Road Race on Saturday. Benefits Bikes for Kids Utah., John Karren, 801-505-8481, john@elementswilderness.com, bikesforkidsutah.org, utahcycling.org

August 9-14, 2011 — 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!, Burke Swindlerhurst, burke@tourof Utah.com, tourof Utah.com

August 10, 2011 — Lindon Days Criterium, Lindon, UT, 30 N Main Street in Lindon. 1.9 mile loop on city streets. Part of the Lindon Days Celebration. First flight at 6 pm., Ryan LeMone, 801-785-3828, 801-921-3133, ryan.lemone@farmersinsurance.com, lindoncity.org

August 13, 2011 — Snowbird Hill Climb, Snowbird, UT, 33rd Annual, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry II., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com/events/summer/hillclimb.html

August 13, 2011 — Tour of Utah Amateur Circuit Race, tentative, UCA Series, Salt Lake City, UT, In conjunction with the Tour of Utah - Stage 4 - Salt Lake Circuit race, the Amateur Criterium races will be held around the Salt Palace Convention Center. Races and activities will take place all day in preparation for the Pro race., Eric Thompson, 801-541-3840, ethompson@visitsaltlake.com, skiutahcycling.com

August 20, 2011 — Sundance Hill Climb, UCA Series, Provo, UT, Starts at the bottom of SR92, climbs 8.2 miles, over 3000' of climbing, passing Sundance and finishing at the Alpine Loop Summit, perfect for the Pro Level racer wanting to beat the best or the beginner wanting a good challenge., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundance-utah.com

August 26-28, 2011 — Hoodoo 500, St. George, UT, 500 mile race, voyager start: 5 am, solo start: 7 am, two-person relay teams start: 8 am, four-person relay teams start: 9 am., Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

August 27, 2011 — Sanpete Classic Road Race, UCA Series, Spring City, UT, Main Street, Spring City will serve as the Start/Finish for loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Races start at 10:00 a.m. BBQ lunch, awards, and raffle after race. Fun ride also., Eric Thompson, 801-541-3840, ethompson@visitsaltlake.com, skiutahcycling.com

September 2-5, 2011 — Great Utah Bike Festival Stage Race, UCA Series, Minersville, UT, Benefiting Hemophilia. Join the fun in the new cycling Mecca of Cedar City. A different century ride to choose from each day, a 4 stages of the mountain bike race or the 4 stage USAC road race; ride some double or single track trails on your mountain bike to Utah's largest wind farm or one of three geo-thermal power plants scattered among the thousands of acres of hills and plains; or take the challenge of the Geocache course. Decorate your bike or don a costume and join the bike parade; take a bike safety or riding clinic; or take on all corners during the street race., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 10, 2011 — LOTOJA Classic RR, Logan, UT, 29th Annual, 1 day, 3 states, 206 miles from Logan, UT to Jackson, WY., Brent Chambers, 801-546-0090, info@lotojaclassic.com, lotojaclassic.com

September 16-17, 2011 — Salt to Saint Relay, Salt Lake City, UT, 410 mile relay race from Salt Lake City to St. George following Hwy 89. Solo, 2, 4 and 8 person categories., Geoffrey Montague, 435-313-3188, geofrey.montague@gmail.com, Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 17, 2011 — Rockwell Relay: Road/MTB Combo, Wasatch Mountains, UT, Mixed relay race traveling both paved roadways and dirt trails., Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

September 24, 2011 — 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, teamexcelerator@gmail.com, teamexcelerator.com

October 3-6, 2011 — 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, hwsj@infowest.com, seniorgames.net

October 8, 2011 — City Creek Bike Sprint, Salt Lake City, UT, 10 am, 5 1/2 mile climb up City Creek Canyon, road or mountain bikes., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

Regional Weekly

Road Race Series

Idaho Cycling Enthusiasts Time Trial/Hillclimb Series — ICE Series, Pocatello, ID, Time Trials are flat, hill climb is up either Scout Mountain or Pebble, dates TBA., David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

SWICA Criterium Series — SWICA Criterium Series, Boise, ID, Tuesdays starting in May 2011. Local training crit series at Expo Idaho West lot., Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Racing

May 1, 2011 — Emmett-Roubaix Road Race (Spring RR #5), Emmett, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 6-8, 2011 — USA Cycling Collegiate Road National Championships, Madison, WI, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

May 7, 2011 — Dirt Bag Dash #2, Mountain Home, ID, Sign in 9am. Race start 10:30am, 95% dirt road course, post-race party, over-night camping at site for fee., James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.com, joyridecycles.com/dirt_bag_dash

May 12-14, 2011 — Idaho Time Trial Festival, Boise, ID, 4 time trials in 3 days!, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, team-race.obccwd.com, idahobikeracing.org

May 21, 2011 — Ride for the Pass, Aspen, CO, Benefits the Independence Pass Foundation. 17th Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970-963-4959, fulcon@comcast.net, independencepass.org

May 22, 2011 — Aspen Cycling Criterium, Aspen, CO, Fast paced, energy packed race held on closed streets in the heart of downtown Aspen. Speeds of 28 mph and higher around a .8 mile track with sharp curves on road bikes., Kristin Drake, 970-429-2098, kristin.drake@ci.aspen.co.us, aspen-cyclingfestival.com

May 22, 2011 — Belle District Criterium, Nampa, ID, Vernon Padaca, 208-571-1730, dobbiacboard@cablone.net, teamdobbiaco.com

May 27-30, 2011 — Iron Horse Bicycle Classic, Durango, CO, 40th

Annual, Road Race from Durango to Silverton, Criterium, Time Trial 25/50 mile tour, kids race and bike swap. Mountain Bike Race (new for 2011)., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 28-30, 2011 — USA Cycling Professional Road and TT National Championships, Greenville, SC, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

June 4, 2011 — 5th Annual Lyle Pearson 200-mile Team Challenge, Boise to Sun Valley, ID, Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 11-12, 2011 — Single Track Bicycle Shop Road Race, Flagstaff, AZ, Saturday 8 am: Road Race, Sunset/Wupatki National Monument, Flagstaff, 75 or 45 miles. Sunday 7 am: Snow Bowl Hill Climb, 6.6 mile hill climb, categorical starts at noon, Foxboro Circuit Race, flat 2 mile closed course with two covered bridges., Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Flagstaffcycling.Squarespace.com

June 17-19, 2011 — Elkhorn Classic Stage Race, Baker City, OR, A 3-day, 4-stage no time-cut Stage Race now celebrating its 10th year. Friday stage race at 1 pm, Time Trial finish, crits, and 101 mile Sunday signature finale with an 8 mile hill climb finish., Ernie Conway, ernie@elkhornclassic.com, elkhornclassic-stagerace.com

June 18, 2011 — Town to Summit Hill Climb, Ketchum, ID, Mass-start event from downtown Ketchum to the top of Trail Creek Pass, last three kilometers are rough dirt road, a little over 16 kilometers in total., Bob Rosso, 208-726-3497, jason@elephantsperch.com, elephantsperch.com

June 18, 2011 — McCall Criterium, McCall, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 19, 2011 — Idaho State Road Race Championships, McCall, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 22-26, 2011 — USA Cycling Road National Championships, Augusta, GA, Elite, U23 and Junior Road National Championships., Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

July 4, 2011 — Power House July 4th Hailey Criterium, Hailey, ID, Downtown Hailey Criterium, \$5,000 in cash prizes., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcrd.org, bcrd.org

July 8-10, 2011 — Tour de Bozeman, Bozeman, MT, Three day, 4-stage omnium in the mountains. Stages include: criterium in Big Sky, 20k Time Trial, Downtown Match Sprints, and 70 mile Road Race with 4600+ ft of climbing, \$5000.00 + cash purse., Amy Frykman, 406-579-0944, info@tourdebozeman.com, tourdebozeman.com

July 9, 2011 — 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., Rob Van Kirk, 208-652-3532, rob.vankirk@gmail.com, eaglerockcycling.com, ucjh.org

July 10, 2011 — Jackson Hole Downtown Criterium, Jackson Hole, WY, Part of Crit Omnium with the Allan Butler Crit. Course is fairly flat, technical, 8-turn, 1 km in length. Racing starts at noon., Brian Smith, 307-733-9145, bsmith@wyoming.com, ucjh.org

July 16, 2011 — Wells Fargo Twilight Criterium, NRC, Boise, ID, 24th Annual, NRC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisetwillight-criterium.com, georgescycles.com

July 16-23, 2011 — Southeast Idaho Senior Games, Pocatello, ID, Criterium, hill climb, 10k TT/20k RR, 5k TT/40k RR. Cross country MTB., Jody Olson, 208-233-2034, jolson@alldidaho.com, seidahoseniorgames.org

July 23, 2011 — 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 24, 2011 — Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers, Raffle and party following., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Brian Schilling, 307-690-9896, schildog@gmail.com, ucjh.org

August 5-7, 2011 — Boise State Collegiate Stage Race, NWCCC Road Season, Boise, ID, Brian Parker, brianparker@u.boisestate.edu, facebook.com/boisestatercycling

August 7, 2011 — 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

August 13, 2011 — Lamoille Canyon Hill Climb, Lamoille, NV, 12 mile 2900 ft hill climb road race up beautiful Lamoille Canyon Road in Nevada's Ruby Mountains; post event picnic, awards., Jeff White, 775-842-9125, trona@mac.com, Tracy Shelley, 775-777-8729, elkvelo.com

August 13, 2011 — Idaho State Time Trial Championships, ID, Rudy Estrada, 208-713-3705, elitescycling@msn.com, idahobikeracing.org

August 20, 2011 — Bogus Basin Hill Climb, Boise, ID, 39th Annual., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 20, 2011 — USA Cycling Professional Criterium National Championships, Grand Rapids, MI, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

August 21, 2011 — Hillside Road Race, Hillside, AZ, Arizona State Championship, out and back road race with big rollers and climbing. All categories (except juniors) ride approximately 55 miles. Juniors ride approx. 25 miles., Eric Prosnier, 602-381-3581, skullvalley@wmrc.org, wmrc.org

August 23, 2011 — Handicap Road Race, Mountain Home, ID, Rudy Estrada, 208-713-3705, elitescycling@msn.com, idahobikeracing.org

August 27, 2011 — Snake River Handicap, Hagerman, ID, Rudy Estrada, 208-713-3705, elitescycling@msn.com, idahobikeracing.org

August 31-September 4, 2011 — USA Cycling Masters Road National Championships, Bend, OR, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

September 10, 2011 — Race to the Angel, Wells, NV, 12.6 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., Ann Lee, 775-752-3540, chamber@wrecwireless.coop, Matt Holford, 775-752-3540, 775-934-1481, wellschamber@wellsnevada.com, wellsnevada.com

Utah Road Touring

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

May 7, 2011 — Zion Canyon 200K, Southern Utah Brevet Series, St. George, UT, Brevets are self supported, timed distance cycling events. This route begins in St. George, continues on to Zion and returns via Toquerville and Leeds.,

Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, usa.org

May 7, 2011 — Ghost Town Century, Tooele, UT, Ride through some of Utah's historical Ghost Towns. Few hills, mostly flat country, little traffic, benefitting Valley Mental Health, 7:30 am. 100 mi, 65 mi, 50 mi, options, fully supported, starting from Deseret Peaks, 2930 West Hwy 112., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 7, 2011 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Poison Spider, 435-259-7882, shop@poisonspiderbicycles.com, granfondomoab.com

May 7, 2011 — Goldilocks Herriman, Herriman, UT, Fully supported women's only bike ride with 20, 40, 60, 80 and 100 mile route options. W&M Butterfield Park in Herriman, 8 am., Dani Lassiter, 801-635-9422, dani@goldilockside.com, goldilockside.com

May 7, 2011 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour of the local micro-breweries in the valley to support local non-profit agencies., Tim Stempel, 602-463-1547, tdstempel@gmail.com, tourdebrewtah.org, utahbike-month.com

May 7, 2011 — U of U - BYU Rivalry Ride, Provo, UT, To recognize the efforts of Utah and BYU fans who channeled their passion for the game into contributions to the Utah Food Bank and Community Action Services. This year the ride celebrates the Utes' victory over the Cougars in both football and the food drive. Mayor Becker and Mayor Curtis will be cycling from Provo City Hall to the Salt Lake City & County Building starting at 10 am., Rachel George, 801-535-7704, rachel.george@slcgov.com, utahrivalryride.com

May 14, 2011 — Color Country Century, Cedar City, UT, 8am, 50 & 100 miles options, Non-Paid/No-support., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountry-cycling.org

May 14, 2011 — Center of Utah 300K Brevet, BCC SuperSeries, Santaquin, UT, This double-loop route starts in Santaquin, climbs up to Eureka, out to the West Desert, through Nephi and rural Sanpete County, before returning. Randonneuring, certified brevet., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Richard Stum, 435-462-2275, info@bgear.com, bccutah.org, RandoRichard.com

May 15, 2011 — 5th Annual Amazing Earthfest, Kanab, UT, Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved), 9 am, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles. MTB rides also., Rich Csenge, 435-644-3735, jiw@gwi.net, amazingearthfest.com

May 15-21, 2011 — 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@cyclingescapes.com, CyclingEscapes.com

May 19-21, 2011 — Tour de South, Fish Lake, UT, Bike 333 miles in 3 days along some of Utah's most beautiful roads. This scenic course takes you past Bryce Canyon National Park, Cedar Breaks National Monument, Red Canyon, Calf Creek Falls (Escalante), Hell's Backbone, and Boulder Mountain., TJ Uriona, 801-808-1138, tourdesouth@gmail.com, tourdesouth.com

May 21, 2011 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W, Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, ridemybike.com/rides/view/id:656

May 21-June 5, 2011 — BRA SU, St. George, UT, Bike Ride Across

Scenic Utah Tour, 3 states, 3 National Monuments, 7 National Parks, 5 Nations, Start in Cedar City. Fully Supported tour., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 22, 2011 — Eden Loop & A Mtn. Century, BCC SuperSeries, Eden, UT, Start Eden Park - Circle the reservoir - Climb Trappers thru Morgan to East Canyon and Big Mtn - and return One Billion feet of climbing!, Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jim Halay, 801-641-4020, jim@alpinepizza.com, bccutah.org

May 28, 2011 — Canyons of Cache, BCC SuperSeries, Logan, UT, Climb Blacksmith Fork Canyon, Sardine Canyon, and the other one. Lots of different places to get water and food. 40 mile option available by only riding Blacksmith Fork Canyon., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, bccutah.org

May 28, 2011 — Family Bike Ride, Eagle Mountain, UT, An easy ride from City Hall, over Unity Pass to The Ranches Academy, and back to City Hall., Angie Ferre, 801-789-6603, angief@emcity.org,

May 30, 2011 — Antelope Island 100, BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park 1100 N 2 blocks west of Redwood road 1800 west to Antelope Island Ranch and back, shorter options of 65 to Syracuse., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 4, 2011 — Little Red Riding Hood, Lewiston, UT, Women only century ride, 15, 35, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research., Penny Perkins, 801-474-2282, penperk@xmission.com, Curt Griffin, 801-474-2282, lrh@bbtc.net, bccutah.org

June 4, 2011 — Pony Express Century, Saratoga Springs, UT, Starting in Eagle Mountain and visiting Saratoga Springs, Elberta, Eureka and Vernon, then returning along the Pony Express route. This is a fully supported ride including lunch in Eureka., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

June 11, 2011 — American Diabetes Association Tour de Cure, Brigham City, UT, Fully supported 100, 65, 25 and family-fun mile with rest stops, food, medical support, SAG vehicles. Funds American Diabetes Association research, education and advocacy., Marshall Emsley, 801-363-3024 ext 7075, memsley@diabetes.org, main.diabetes.org/utahatourdecure

June 11, 2011 — Tour de Habitat Lakes to Peaks Ride, Orem, UT, The official ride of Orem SummerFest. Lakeside Park to top of Squaw Peak, South Fork and Sundance. 65 miles, 4,000+ climbing, well supported. Proceeds benefit Habitat of Utah County, 9 am., Eric Bennett, 801-796-9888, eric@thebarefoot-group.com, habitatuc.org

June 11, 2011 — Beaver 200K, Southern Utah Brevet Series, Cedar City, UT, Brevets are self supported and timed distance cycling events. This route begins in Cedar City, continues to Parowan and Beaver and then returns., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, usa.org

June 16-24, 2011 — Rocky Mountain Tour, Cross Country Challenge, Salt Lake City, UT, Tackle the Wasatch Mountains, Soldier Summit, pass Book Cliffs and north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 594 miles, 9 riding days., Bill Lannon, 888-797-7057, abbike@aol.com, abbike.com

June 18, 2011 — Huntsman 140 Cycling Event, Delta, UT, A road cycling, non-competitive ride from Delta, Utah to HCl in Salt Lake City, 140 mile, also relay option - 7 am in Delta, 50 mile option - 1 pm in Saratoga Springs., Jen Murano, 801-584-5815, jmurano@huntsman-foundation.org, hcf.kintera.org/h140

June 19, 2011 — Chalk Creek 100, BCC SuperSeries, Park City, UT, Treasure Mtn Middle School Park City to Browns Cyn, Coalville, Chalk Creek, self-supported, 50 mile option starts at Coalville

Courthouse., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 25-26, 2011 — Bike MS: Harmon's Best Dam Bike Ride, Logan, UT, Benefits National MS Society and multiple sclerosis research, 40, 75, or 100 mile routes on Saturday, 40 or 75 on Sunday, Saturday's route is a figure 8 loop to the north up into Idaho. Flat and friendly to all abilities with rest stops every 8-12 miles. Sunday's route is a loop to the south through Blacksmith Fork Canyon up to Hardware Ranch and back across Hyrum Dam. One of the most scenic routes in Utah! Cache Valley Fairgrounds (400 South 500 West), Becky Woolley, 801-424-0112, becky.woolley@nmss.org, Shelly Parker, 801-424-0112, shelly.parker@nmss.org, bikemsutah.org

June 25, 2011 — Three Kings Cycling Event, North Salt Lake, UT, Winding through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings. The cyclist who tackles them fastest will take home the prize., Matt Jensen, 801-550-0778, mattjensennsl@gmail.com, threekings.nslcity.org

June 25, 2011 — Canyon Bicycles Critterium, UCA Series, Draper, UT, Jeff Clawson, 801-792-4382, jeff-clawson07@comcast.net, canyon-bicycles.net

June 26-30, 2011 — Bryce-Zion Family Bike Tour, St. George, UT, Paved bike paths, canyoneering, horseback riding and a nighttime visit to a ghost town, for all ages and levels., Julie Robinson, 800-443-6060, office@bicycledadventures.com, bicycledadventures.com

July 2, 2011 — Strawberry White and Blue 100, BCC SuperSeries, Richmond, UT, Richmond City Park near Logan/Smithfield, over the LOTOJA course to Montpelier and back self-supported, 100 and 150 mile option., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, bccutah.org

July 4, 2011 — Tour de Riverton, Riverton, UT, 11th Annual, Part of Riverton Town Days. Starts at 7:30 am. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, tdr@infinitecycles.com, tourderiverton.com, infinitecycles.com

July 9, 2011 — 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 15, 2011 — 18th Annual Antelope by Moonlight Bike Ride, Antelope Island, UT, 18th Annual, non-competitive ride at night during the full moon from marina to the historic Fielding Garr Ranch, about 22 miles round-trip. Registration includes park entry, t-shirt and refreshments., Neka Roundy, 801-451-3286, tour@co.davis.ut.us, daviscountyyutah.gov

July 16, 2011 — 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, ithinkicanyons.com

July 16, 2011 — 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., Tim Bell, 801-476-3631, royalriders.rhs@gmail.com, TheRacer.org

July 16, 2011 — Killer Loop, Cedar City, UT, 8am, 65 & 100 mile options., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycycling.org

July 16, 2011 — 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 23, 2011 — 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, senditmyway@gmail.com, pedala-wayparkinsons.com

July 29-30, 2011 — 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@saintstosinnersbikerelay.com, saintstosinnersbikerelay.com

July 30, 2011 — Tour de Park City Gran Fondo, Park City, UT, Fully supported Gran Fondo 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

July 30, 2011 — Million Miles at Miller, Tooele, UT, Million Miles at Miller is a family friendly century ride that will raise funds for Larry H. Miller Charities which provide health and education support for women and children in need. It will be held at the Miller Motorsports Park., Carisa Miller, 801-563-4139, camiller@lhm.com, Ray Olson, 801-563-4140, rolson@lhm.com, millionmilesatmiller.com

July 31, 2011 — Preride ULCER, BCC SuperSeries, Lehi, UT, 110 miles Thanksgiving Point to Goshen and west side of Utah Lake, self-supported., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 1, 2011 — R.A.N.A.T.A.D., Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000 feet of climbing, 100 mile option., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, sundanceresort.com

August 6, 2011 — ULCER, Lehi, UT, 26th annual 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 6, 2011 — The Ultimate Challenge Presented by the Tour of Utah, Park City, UT, 96 miles, 11,000+ vertical feet, Park City in the morning, finish: Snowbird Mountain Resort. Event benefits the Tour of Utah. Ride the Toughest Stage of the Nation's Toughest Stage Race., Burke Swindlerhurst, burke@tourof-utah.com, tourofutah.com

August 13, 2011 — Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to BC, Corrine, Golden Spike, Tremonton and back 120 miles self-supported, shorter loop options available., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, bccutah.org

August 19-20, 2011 — 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 20, 2011 — 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

August 20, 2011 — 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@bsmail.org, trappertrails.org

August 20, 2011 — The Big Ride Idaho Loop, BCC SuperSeries, Richmond, UT, Start Richmond City Park to Preston, over Strawberry to Montpelier, West to Soda Springs, loop route on old and new LOTOJA courses., Don Williams, 801-641-4020, roadcaptain@bbtc.net, Jen Green, 435-562-1212, bccutah.org

August 20, 2011 — Riding for a Reason, Salt Lake City, UT, Toughest Century in Utah! Charity Bike ride, course updates to come. Takes place through Emigration Canyon. The ride has been extended this year into the toughest century in Utah. Bring it., Briana Lake, 801-463-0044, 801-506-1815, briana.lake@alpinehme.com, riding4areason.com

August 20, 2011 — Mt. Nebo Century, Payson, UT, It's your reason 2 ride benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Challenge yourself over one of the highest and most picturesque peaks in Utah, enjoying mountain scenery and the secret Goshen Canyon. Fully supported. 8am start with 30, 65, and 100 options. (Payson High 1050 South Main Street Payson, UT.), Jeff Sherrod, 801-654-2886, jeff@myreasonforide.org, Shawn Snow, 801-230-0914, shawnmyreasonforide.org, reason2ride.org

August 27, 2011 — Cache Valley Century Tour, Logan, UT, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, in Richmond (12 mi north of Logan on Hwy 91), Bob Jardine, 435-752-2253, veloist-bob@yahoo.com, cvveloists.org

August 27, 2011 — Ride for Teens, Provo, UT, 20 to 50 mile options in all three forks of Provo Canyon. Proceeds benefit local at-risk youth services. Prizes and post ride meal, starts at 8 am at the Ronald Williams Last Park, essentially Heritage Schools, 5600 N. Heritage School Dr., Charis Wilke, 801-735-2142, charis_02@hotmail.com, heritagertc.org

August 27, 2011 — 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 27, 2011 — Sanpete Classic Road Race and Fun Ride, UCA Series, Spring City, UT, Main Street, Spring City will serve as the Start/Finish for loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Fun Ride starts at 9 am and Road Races start at 10 am. BBQ lunch, awards, and raffle after race., Eric Thompson, 801-541-3840, ethompson@visitsaltlake.com, skiutahcycling.com

September 1-10, 2011 — 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 2-5, 2011 — Great Utah Bike Festival, Minersville, UT, Benefiting Hemophilia. Join the fun in the new cycling Mecca of Cedar City. A different century ride to choose from each day, a 4 stages of the mountain bike race or the 4 stage USAC road race; ride some double or single track trails on your mountain bike to Utah's largest wind farm or one of three geo-thermal power plants scattered among the thousands of acres of hills and plains; or take the challenge of the Geo-cache course. Decorate your bike or don a costume and join the bike parade; take a bike safety or riding clinic; or take on all comers during the street race., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 3, 2011 — 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 3, 2011 — FrontRunner Fall Metric 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 UTA FrontRunner train service. Metric century option available., Jared Eborn, (801) 599-9268, (801) 448-6061, staff@forthewinracing.com, frontrunnercentury.com, forthewinracing.com

September 4-10, 2011 — 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 16-18, 2011 — 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@skinnytireevents.com, skinnytireevents.com

September 17, 2011 — Randy's Fall Colors Classic, BCC SuperSeries, Salt Lake City, UT, Sugarhouse Park over Big Mtn, Coalville, Wanship, Browns Canyon, and back via I-80 over Parleys, self-supported century., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 17, 2011 — Bike for Life, Salt Lake City, UT, 22 mile bike tour to raise funds for the Utah AIDS Foundation. Funds raised from this event will go towards prevention education and direct client services for people affected by HIV in Utah, 9 am, Liberty Park., Nathan Measom, 801-487-2323, nathan.measom@utahaids.org, utahaids.org

September 17, 2011 — Bryce Canyon 200 K, Southern Utah Brevet Series, Panguitch, UT, Brevets are self support, timed, distance cycling events, route begins in Panguitch and loops around to Bryce Canyon, Tropic and Circleville before returning to Panguitch., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

September 17, 2011 — 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 metric century, 10 am 30 miles., Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, foreverfitevents.com

September 24, 2011 — Heber Valley Century, Heber, UT, Only Biathlon century in the USA. Benefitting 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 24, 2011 — Biker's Edge - Ride4yellow Time Trial, Syracuse, UT, It's your reason 2 ride benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Known as the race of truth, it's just you against the clock. Ride out to Antelope island and back along the Great Salt Lake and enjoy the speed of this pancake-flat course. This event qualifies for UCA Points. 8am start., Jeff Sherrod, 801-654-2886, jeff@myreasontoride.org, Shawn Snow, 801-230-0914, shawnmyreasontoride.org, reason2ride.org

October 1, 2011 — Josie Johnson Memorial Ride, Salt Lake City, UT, This memorial ride is dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, Sugarhouse Park at 10:30 am, to mouth of Big Cottonwood Canyon and back., Ken Johnson, 801-205-1039, kjlive-tobike@gmail.com, josiejohnsonride.com

October 1, 2011 — Emigration 2 Morgan Tour, Salt Lake City, UT, A recreational charity ride benefiting the Cystic Fibrosis Foundation (CFF), a scenic tour up to and around Pineview Reservoir, 65 or 130 mile lengths. Start time is 8 am at the Morgan County Fairgrounds., Daniel Lilly, 801-657-2627, daniel@mycyclingsource.com, mycyclingsource.com

source.com/utah-road-bike-race.html

October 8, 2011 — 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 8, 2011 — Snowbasin East from Eden Century, Huntsville, UT, It's your reason 2 ride benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Start and finish at Snowbasin Ski Resort. Enjoy the colors of autumn as you wind your way down into Eden, then back up and over to the halfway mark at East Canyon Reservoir. Fully supported. 8am start with 30, 65, and 100 options. (Snowbasin Resort 3925 E. Snowbasin Rd. Huntsville, UT.), Jeff Sherrod, 801-654-2886, jeff@myreasontoride.org, Shawn Snow, 801-230-0914, shawnmyreasontoride.org, reason2ride.org

October 15, 2011 — Tour de St. George, St. George, UT, Ride with us around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile Option., Ryan Gurr, 435-674-3185, info@spingeeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, spingeeeks.com

October 22, 2011 — Wish 100, Beauty and the Bike, St. George, UT, Women only cycling event. Several course lengths will be offered, allowing everyone from the experienced cyclist, to the novice, to have an amazing time. The course will wind through scenic St. George and end with a festive finish line celebration, fun for the whole family., Jessica, 801-262-9474, events@utah.wish.org,

November 26, 2011 — Saturday Fatter-day Ride, Saratoga Springs, UT, 3rd 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

May 7, 2011 — Tour de Fire, Boulder City, NV, Century, 20, 42, 73, 99, 132 mile options, benefits Nevada Childhood Cancer Foundation, starts near Boulder City, NV., Debra Craig, 702-228-9460, procyclery@cox.net, tdfire.com

May 14, 2011 — Rupert Century Bike Ride, Rupert, ID, The scenic course is a loop of 33 miles starting from the Rupert Square. The route takes you through country roads to Walcott State Park where you will loop the main park then return to Rupert, benefit ride, 9 am., Alice Schenk, runnerschenk@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmt.org.

May 15, 2011 — Santa Fe Century, Santa Fe, NM, 26th Year, 3,000 riders. 25, 50, 75, and 100 mile routes. Terrain is flat, rolling, moderately hilly, 6 food stops, SAG support vehicles., Willard Chilcott, 505-982-1282, willard@cybermesa.com, santafecentury.com

May 21, 2011 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, tvblindidaho.org

May 21, 2011 — Ride for the Pass, Aspen, CO, A charity bike race/recreational ride to benefit the Independence Pass Foundation. 17th Annual ride will be from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970-963-4959, fulcon@comcast.net, independencepass.org

May 28, 2011 — Pebble Creek Hill Climb, UCA Series, Inkom, ID, First annual Pebble Creek Hill Climb, which will 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., Sam Krieg, 208-233-0951, sam@kriegcycling.com, Justin Kline, 208-251-4737, stinbkline@yahoo.com, idahocycling.com

June 5, 2011 — America's Most Beautiful Bike Ride - Lake Tahoe, Lake Tahoe, NV, 20th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgfft@bikethewest.com, bikethewest.com, bikeandskitahoe.com

June 5-10, 2011 — Tour de Kota, Sioux Falls, SD, The six-day tour will cover 430 miles and includes overnight stays at Augustana College, South Dakota State University, Dakota State University, Mitchell, Freeman as well as the University of South Dakota and the University of Sioux Falls., Darla Hartmann, 605-977-3998, tourdekota@argusleader.com, tourdekota.com

June 11, 2011 — Bob LeBow Bike Tour, Nampa, ID, Routes from 3-100 miles, ride benefits the Terry Reilly Zero Pay Fund, helping support primary health care for our neediest patients., Ann Sandven, 208-467-4431, asandven@trhs.org, trhs.org

June 11, 2011 — Fremont Area Road Tour (FART), Lander, WY, 25m,100k,100mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Cade, cade@bridgeoutdoors.com, landercycling.org

June 18, 2011 — Tour of Marsh Creek Valley, Pocatello, ID, Fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles between Pocatello and Malad Pass, then enjoy food, fun and music at the Riverfest., Mike Collaer, 208-681-0919, 208-533-5445, dadcollaer2@hotmail.com, idahocycling.com

June 18, 2011 — Boulder Sunrise Century, Boulder, CO, Plains cruising, canyon carving & high-alpine rollers with views for miles. 75, 100 mile option, 30 miles downhill to the finish. 7 aid stations, full course support, post-event meal, music & sponsor arena., Traci Brown, 303-875-9000, traci@tracibrown.com, bikerpelli.com

June 25, 2011 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream., Jennifer Benton, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 25, 2011 — Blue Cruise - Meridian, Blue Cruise of Idaho, Meridian, ID, Recreational bike ride with 15, 30, 50 and 100 distances. Beginning at 7 am. Lunch & t-shirt included in registration. Benefits Garden City Community Clinic., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcidaho.com, bluecruiseidaho.com

June 25, 2011 — BCRD Ride the Rails, tentative date, Hailey, ID, 20 mile ride on the BCRD Wood River Trail., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcrd.org, bcrd.org

June 25, 2011 — Tour de Prairie, Cheyenne, WY, Courses ranging from 10-100 miles, start at Lyons Park, road and dirt, Todd Freezer, 307-637-6423, rfeizer@cheyennecity.org, cheyennecity.org

June 26, 2011 — Tour of the Carson Valley - Barbecue & Ice Cream Social, Genoa, NV, Mormon Station State Park, 4th Annual. Fully supported with rest stops, tech support and SAG. 11 mile Family Fun Ride, 20-mile Bike & Hike & 44 miles., Curtis Fong, 800-565-2704, 775-588-9660, tgfft@bikethewest.com, bikethewest.com, bikeandskitahoe.com

July 1-4, 2011 — Northwest Tandem Rally, Spokane, WA, A weekend of tandem fun!, Marla Emde,

509.363.6825, marlae@spokaneports.org, nwr.org

July 9, 2011 — 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@goldilockside.com, goldilockside.com

July 9, 2011 — Bear Lake Monster Century Ride, Montpelier, ID, Bear Lake Monster is a 100 or 50 mile fully supported ride from Montpelier, ID to and around Bear Lake on the Idaho/Utah border. Raspberry milkshakes await every finisher., Jared Eborn, (801) 599-9268, (801) 448-6061, staff@forthewinracing.com, frontrunnercentury.com, forthewinracing.com

July 10, 2011 — Wine Ride #1, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

July 16, 2011 — Ride for Kids Century and Family Rides, Idaho Falls, ID, 100, 72, 30, 15, 4, 2 mile options, benefits Children with Disabilities Foundation, Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@rideforkidsidaho.com, rideforkidsidaho.blogspot.com

July 17-22, 2011 — Tour de Wyoming, Worland, WY, 300 miles in Wyoming's Bighorn Mountains, Amber Travky, 307-742-5840, atravsky@wyoming.com, cyclewyoming.org

July 23-24, 2011 — Bike MS Road, Sweat, and Gears, McCall, ID, Benefits National MS Society and multiple sclerosis research, variety of routes for all levels including 20, 25, 40, 50, 60, and 75 mile options. Saturday's ride starts in McCall, heads north along Lake Payette to the Burgdorf Hot Springs turn off with max of 75 miles. Sunday's ride heads south toward Donnelly, stopping off at the beautiful Jug Mountain Ranch, and continuing on to the Tamarack roundabout, 60 miles RT. Alpine Village, (616 N. Third Street), Erin Farrell, 208-388-1998, idi@nmss.org, Courtney Frost, 208-388-4253, courtney.frost@nmss.org, bikeMSIdaho.org

July 30, 2011 — Four-Summit GranFondo Challenge, Cascade, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 7-13, 2011 — Ride Idaho, Central Idaho, ID, 7-day supported bicycle tour, 400+ total miles, Lowman, Stanley, Challis, Arco, Hailey/Sun Valley (with layover day), Stanley, Lowman., Julie Platt, 208-830-9564, ridaho@rideidaho.org, rideidaho.org

August 13, 2011 — BCRD Sawtooth Century Tour, Hailey, ID, 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@bcrd.org, bcrd.org

August 13, 2011 — Le Tour de Kooconusa, Libby, MT, 81 mile bike ride that tours the breathtaking shoreline of Lake Kooconusa. After finishing, riders will be entertained at the Riverfront Blues Festival, Dejon Raines, 406-291-3635, dejonraines@hotmail.com, letourdekooconusa.com

August 20, 2011 — 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@theartmuseum.org, theartmuseum.com

August 20-21, 2011 — Bike MS Wyoming: Close Encounters Ride, Sundance, WY, 2 days, 150 miles, Alexis Bradley, 303-698-5403, alexis.bradley@nmss.org, bikewyy.nationalmssociety.org

August 21, 2011 — KTSY Bridge to Gap, Boise, ID, KTSY, family@ktsy.org, 895ktsy.org

August 27, 2011 — CASVAR 2011, 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

September 11, 2011 — 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, tgfft@bikethewest.com, bikethewest.com

September 11-16, 2011 — 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, tlee@arthritis.org, thepeoplescoastclassic.org, arthritis.org

September 17, 2011 — 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 18, 2011 — Wine Ride #2, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

September 24, 2011 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots. Supported ride., Sara Hoover, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com

September 24, 2011 — Absolute Bikes Taylor House Benefit Century Ride, Flagstaff, AZ, Group road ride in the high-altitude cool pines of Northern Arizona, 7 am from Flagstaff Medical Center, check in and day of registration starting 6 am. There are 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, absolutebikes.net/taylor

September 24, 2011 — Gran Fondo Las Vegas, Las Vegas, NV, Las Vegas to Lovell Canyon and back, 100 miles - 8000 of climbing. A Gran Fondo is a long distance, timed cycling event (not a race) that welcomes competitive, amateur and recreational cyclists of all abilities. Fully supported., Deb Bowling, 818-889-2453, embassy@planetultra.com, granfondolasvegas.com

September 25-October 1, 2011 — 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, tgfft@bikethewest.com, bikethewest.com

October 1, 2011 — 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., Gene Ponce, president@churchill-countycyclists.com, churchill-county.org/parksnrec/index.php?ctr=152

October 8, 2011 — A Ride in the Clouds Century, Cloudcroft, NM, Women's only century ride, Lincoln National Forest, starts at an elevation of over 9,400 feet. Visit to the National Solar Observatory, benefiting COPE Women's Shelter., Bob Kinney, 801-677-0134, bob@bike2bike.org, Bike2Bike.org

October 15, 2011 — RTC Viva Bike Vegas, Las Vegas, NV, 4th Annual, All new and exciting century ride, 60-mile, and 15-mile routes! Benefitting the Nevada Cancer Institute and Las Vegas After-School All-Stars., Alison Blankenship, 702-676-1542, blankenshipa@rtcnsnv.com, Jodi Gutstein, 702-676-1692, gutsteinj@rtcnsnv.com, rtcnsnv.com

October 15, 2011 — Goldilocks Las Vegas, Las Vegas, NV, 2nd Annual Goldilocks Las Vegas! Fully supported 'boutique' women's only bike ride with multiple mileage route options. Rainbow Family Park

at 7:30 am., Dani Lassiter, 801-635-9422, dani@goldilocksride.com, goldilocksride.com

November 5, 2011 — 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

Multisport Races

May 7, 2011 — Ford Ironman St. George. St. George, UT, 2.4 mile swim, 112 mile bike, 26.2 mile run., Helen, (905) 415-8484, helen@ironman.com, ironmanstgeorge.com

May 13-14, 2011 — Moab Triathlon Festival. 2011 TriUtah Points Series, Moab, UT, A fun triathlon-filled weekend for the entire family! XTERRA full, XTERRA short, Olympic Road, Sprint Road, Kids Tri, Trail 5K. XTERRA Full is an XTERRA National Points Series Event., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, triatuh.com

May 14, 2011 — Adventure Xstream Buena Vista. Buena Vista, 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

May 14, 2011 — SDRC Splash and Sprint Triathlon. South Davis Racing Series, Bountiful, UT, Perfect for every level of athlete, at the South Davis Recreation Center, John Miller, 801-298-6220, john@southdavisrecreation.com, southdavisrecreation.com

May 14, 2011 — Kida Relay. Lincoln Beach, UT, Covers distance of 200 miles in teams of 4. The distance is divided into 150 miles on the bike (25 mile legs) and 48 miles (6 mile legs) on the run all within the allotted 17 hour time frame., Mahogoni Thurston, 801-318-1420, kidarelay@gmail.com, foreverfitevents.com

May 14, 2011 — LeadmanTri. Boulder City, NV, Ultra Distance, 5k swim, 230k bike, 15k run, Keith Hughes, 702-525-1087, keith@sunsetracing.com, leadmantri.com

May 20-21, 2011 — Bank of American Fork Woman of Steel Triathlon & 5K. American Fork, UT, Friday expo, motivational speakers and registration. Sat. 8 am start, American Fork Recreation Center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, triatuh.com

May 21, 2011 — St. George Triathlon. SGRC Twin Tri Series, St. George, UT, The first race of the SG TRIFECTA series at Sand Hollow, sprint and Olympic distances., D Weideman, info@bbsctri.com, bbsctri.com

May 21, 2011 — Be Well/Joyride Spring Triathlon. Logan, UT, Sports Academy & Racquet Club, 1655 North 200 East in Logan. New formats for this year include a "Single Digit Race" open to those who are 9 years old or younger, and a Community Services Relay Challenge., Kory, 435-753-7175, weheartbikes@gmail.com, joyridebikes.com/triathlon

May 27-28, 2011 — Jackson's Adventure. Milestone Adventure Experience, St. George, UT, Adventure Race consists of two race lengths, 4hr & 9hr running from check point to check point using clues and passing challenges, a ropes course, & Mt. Biking., Chad Thiriot, 435-668-1107, buildmilestone@gmail.com, milestoneadventure.com

May 28, 2011 — Rigby Triathlon. Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

June 4, 2011 — Salem Spring Triathlon. RACE TRI, Salem, UT, Sprint distance triathlon., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

June 4, 2011 — Willard Bay Triathlon. Willard, UT, Sprint and Olympic Courses in Willard Bay State Park.

The swim is out and back and bike is around the town of Plain City. The Run is out and back on Willard Bay Dike., Joe Coles, 801-335-4940, joe@onhillevents.com, willardbay-triathlon.com, onhillevents.com

June 11, 2011 — Ironman Boise. Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., 727-942-4767, boise@ironman.com, ironmanboise.com

June 11, 2011 — TriUtah Cache Valley Classic Triathlon. 2011 TriUtah Points Series, Hyrum, UT, Hyrum Reservoir, Sprint and Olympic distance open water swim triathlons. Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, Pristine mountain views on a great country course., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, triatuh.com

June 11, 2011 — Provo Triathlon. Provo, UT, Olympic, Sprint, and kids race, Utah Lake State Park. Olympic 7 am, Sprint 7:10 and 9:30 for kids., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, provotri.com

June 11, 2011 — Aspen Triathlon and Duathlon. Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. USAT sanctioned event., Sandra Doebler, 970-920-5140, aspenspecialerevents@ci.aspen.co.us, aspenrecreation.com

June 17, 2011 — Lunatic Triathlon. Price, UT, 5K run, 9-mile bike ride, 300 yard swim. Individual and Relay Teams, Starts at 10 pm., Steve Christensen, 435-636-3702, steven.christensen@carbon.utah.gov, Frank Ori, 435-636-3702, frank.ori@carbon.utah.gov, carbonrec.com

June 18, 2011 — Utah Summer Games Triathlon. St. George, UT, 7 am, swim and T-1 area will be at the Gunlock Reservoir, T-2 and finish area will be at the Snow Canyon High School track in St. George. USAT sanctioned., Jeff Gardener, 435-635-6012, jeff@ironman.com, utahsummergames.org/sports/triathlon.html

June 18, 2011 — Lake Cascade Triathlon. Cascade, ID, 500 Meter Swim, 20 Kilometer Bike and a 5 Kilometer Run. USAT sanctioned., Keith Hughes, 702-525-1087, keith@sunsetracing.com, lakecascadetri.com

June 18, 2011 — Park City Triathlon. PowerTri Trifecta Series, Park City, UT, Sprint, Olympic, Relay. Jordanelle State Park & Park City., D Weideman, info@bbsctri.com, bbsctri.com

June 18, 2011 — Desert Sharks Shark Attack Triathlon and Kids Triathlon. Riverton, UT, Pool sprint distance triathlon with a kids' distance triathlon, too!, Steve Avery, 801-450-4136, stevea@desert-sharks.com, Heather Woichick, 801-558-7687, sharkattacktriathlon@desert-sharks.com, desert-sharks.com/shark_attack

June 21-August 11, 2011 — Youth Triathlon Team. Murray, UT, For youth with tri experience or team experience in another sport such as swimming, track or cycling. Team meets twice per week on Tuesday and Thursday mornings., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

June 25, 2011 — DinoTri. Vernal, UT, Distance Triathlon. Starts at Red Fleet State Park in Vernal, 7 am. Check out the course info on our web page. Kids Tri on 6/24., Mark Mason, 435-828-6436, 801-842-5516, mmason@macu.com, dinotri.com

June 25, 2011 — Rock Cliff Tri at Jordanelle. Salt Lake Triathlon Series, Salt Lake City, UT, The Jordanelle Reservoir near Park City is one of the best locations to race in the state., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

June 25-26, 2011 — West Yellowstone Mountain Bike Biathlon. West Yellowstone, MT, Match class division for experienced biathletes

and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Sara Hoovler, 406-599-4465, randlesara@yahoo.com, rendezvouskitrills.com/events

June 25, 2011 — 5150 Provo. Provo, UT, Consisting of a 1.5K swim, 40K bike and 10K run, the 2011 5150 Triathlon Series will be the largest International distance triathlon series in the world and will be the first non-drafting international race series of its kind, offering a competitive platform for professional and age group athletes alike., provo@5150.com, 5150.com

June 28-29, 2011 — Great Basin Tri Clinc. Murray, UT, This program is geared towards kids who have never participated in a triathlon or children who have done one or two, but without formal instruction., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

July 2, 2011 — Women Rock Triathlon. St. George, UT, Just 40 miles from Salt Lake City and the only lake swim event in Utah exclusively for women! Perfect for beginners with swim buddies available, at the beautiful Rockport State Park., D Weideman, info@bbsctri.com, bbsctri.com/women-rock

July 9, 2011 — TriUtah Echo Triathlon. 2011 TriUtah Points Series, Coalville, UT, USAT Rocky Mountain Regional Championship, Echo Reservoir, Sprint and Olympic distance open water swim triathlons. Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, triatuh.com

July 9, 2011 — Cache Valley Super Sprint Triathlon. Logan, UT, 7th year, short distances, course is flat and straight in Logan City. Swim is in Logan Aquatic Center 500 Meters, bike is out and back on farm roads, and run is out and back in a park area with trees and stream., Joe Coles, 801-335-4940, joe@onhillevents.com, cvsst.com, onhillevents.com

July 9, 2011 — Adventure Xstream Summit County. Frisco, CO, Coed, open (single gender) will kayak, trek, rappel, and mountain bike., Will Newcomer, (970) 403-5320, events@gravityplay.com, gravityplay.com

July 9, 2011 — Blacktail Triathlon. Idaho Falls, ID, Sprint and Olympic Triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 11, 2011 — 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 15-16, 2011 — Battle at Midway Race Festival. Midway, UT, The BAM weekend includes a 15K/10K/5K Trail Run & Kid's Fun Run on Friday, and Sprint and Olympic Triathlons on Saturday., Rob Leishman, 801-450-8477, info@wasatchracing.com, bamtriathlon.com, wasatchracing.com

July 15, 2011 — 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, legacy-midnightrun.com, onhillevents.com

July 16, 2011 — Scofield Triathlon. PowerTri Trifecta Series, Price, UT, Kid's, Sprint, Olympic and "ESCAPE from Scofield" distances, the highest elevation triathlon in the USA, Mountain View State Park Boat Ramp., D Weideman, info@bbsctri.com, bbsctri.com

July 16, 2011 — Blanding Hillman Triathlon. Blanding, UT, Swim .50 mile, Bike 15 miles, Run 3.2 miles, (Kids' triathlon July 15), Recapture Reservoir., Stephen Olsen, 435-678-1314, solsen@sanjuanschools.org, hillmantriathlon.info

July 30, 2011 — Burley Idaho Lions Spudman Triathlon. Burley, ID, 7 am, spudman@burleylions.org, burleylions.org/spudman.html

July 30, 2011 — 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

July 30, 2011 — Herriman Black Ridge Escape Triathlon. RACE TRI, Herriman, UT, Black Ridge Reservoir., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 6, 2011 — Payette Lakes Mountain Triathlon. McCall, ID, Olympic: 1.5 km lake swim, 40km bike, 10km run. Sprint: 1 km lake swim, 20km bike, 5 km run. Difficult course at elevation with a significant out and back climb up and over Secesh on the road bike portion. Youth triathlon also offered Friday at the Whitetail Swimming Center., Kurt Wolf, 208-634-5691, kwolf@mccall.id.us, littleskill.org

August 6, 2011 — River Rampage Triathlon. 2011 TriUtah Points Series, Green River, UT, Downriver swim with the current! 1 mile swim/25 mile bike, 6 mile run. Closer than Burley, more available lodging and camping, a single transition area, USAT sanctioned, and a chance to earn a famous Green River Meloni, Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, triatuh.com

August 12-13, 2011 — 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 13, 2011 — Mountain Tropic Triathlon. PowerTri Trifecta Series, Garden City, UT, Bear Lake State Park, Sprint, Olympic, and Half distances, D Weideman, info@bbsctri.com, bbsctri.com

August 20, 2011 — Rush Triathlon. Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, bobby@rexburg.org, rushtriathlon.com, rexburg.org

August 20, 2011 — TriUtah Jordanelle Triathlon. 2011 TriUtah Points Series, Park City, UT, 13th Annual triathlon at Rock Cliff Recreation Area, Jordanelle Reservoir. Sprint and Olympic distance road triathlons. Open water swim. Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatuah.com, triatuh.com

August 20, 2011 — Saratoga Springs Tri. Saratoga Springs, UT, USAT sanctioned 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, Saratoga Springs, UT., Gabe Granata, splash@saratogaspringsstri.com, Jared Mason, 801-310-0609, splash@masonfam.net, saratogaspringsstri.com

August 20, 2011 — Hurt in the Dirt. Ogden, UT, Offroad Duathlon at Ft. Buenaventura. Individuals and Relay Teams welcome. MTB race and trail run combined., Goal Foundation, 801-399-1773, info@goalfoundation.com, hurtinthedirt.com

August 20, 2011 — Moxie Duathlon. Cedar City, UT, Individuals or teams, run and ride, Byron Linford, 435-865-5108, byron@cedarcity.org, cedarcityevents.org

August 21, 2011 — XTERRA Wild Ride Mountain Triathlon (American Tour Points). Wild Rockies Series, McCall, ID, Ponderosa State Park at 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 27, 2011 — Utah Half Triathlon. RACE TRI, Provo, UT, Longest multisport race on the Wasatch Front 70.3 Ironman., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 27, 2011 — Bear Lake Brawl Triathlon. Gold Medal Racing Championship, Garden City, 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 27, 2011 — 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 5, 2011 — 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 5, 2011 — SDRC Labor Day Triathlon. South Davis Racing Series, Bountiful, UT, A race the whole family will enjoy, at the South Davis Recreation Center, John Miller, 801-298-6220, john@southdavisrecreation.com, southdavisrecreation.com

September 10, 2011 — Vikingman. Heyburn, ID, 1/2 and Olympic distance triathlon and aquabike. Teams welcomed for either distance event. Also, Olympic distance duathlon., Lisa Clines, 208-431-0463, info@vikingman.org, vikingman.org

September 10, 2011 — Camp Yuba Triathlon. Yuba State Park, UT, Sprint & Olympic triathlons, campsites reserved for triathletes and families at Yuba State Park, Oasis Campground., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

September 10, 2011 — 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, ustrisports.com/stansbury.htm

September 10, 2011 — Alta Canyon Sports Center I 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, lspillion@sandy.utah.gov, sandy.utah.gov/government/parks-and-recreation/special-events/triathlon.html

September 17, 2011 — Kokopelli Triathlon. SGRC Twin Tri Series, St. George, UT, Sprint and Olympic distances at Sand Hollow, post-race food included., D Weideman, info@bbsctri.com, bbsctri.com

September 17, 2011 — Western Colorado Triathlon. Loma, CO, Olympic: 1500m swim, 24 mile bike, 6.2 mile trail run - Highline State Park, 8 am, Camping available, Hotels in Fruita - only 15 minutes from start. Sprint: 750, swim, 15 mile bike, 3.1 mile trail run., Chris Reed, 970-274-1232, chrisreed@ascentproductions.net, ascentproductions.net, imathlete.com

September 24, 2011 — XTERRA USA Championship/ XTERRA Utah. XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA Championships (invite-only): 1.5k swim / 30k mountain bike / 10k trail run., Ann Mickey, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterraplanet.com

September 24, 2011 — Rhino Relay. Yuba State Park, UT, Ultimate team relay adventure race, navigate 70 miles of backcountry with your team of 6 - trail running, mountain biking, basic orienteering, and a short swim, Rhino, 760-402-0049, 760-613-4510, graham@rhinorelay.com, rhinorelay.com

October 7-9, 2011 — Cedar Mt. Adventure. Milestone Adventure Experience, Brian Head, UT, Adventure Race consists of two race lengths, 4hr and 8hr with map and compass running from check point to check point using various clues and passing challenges, a ropes course, and Mt. Biking., Chad Thiriot, 435-668-1107, buildmilestone@gmail.com, milestoneadventure.com

October 8, 2011 — 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@infowest.com, seniorgames.net

October 8, 2011 — Fall Finale. Salt Lake City, UT, The best spectator venue in the state. Following an epic bike course the run finishes in the Olympic Oval., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

October 15, 2011 — Pumpkinman Triathlons. Boulder City, NV, 7 am start, Lake Mead National Rec Area. Sprint, Olympic & Long Courses., D Weideman, info@bbsctri.com, bbsctri.com

Melini Interview Continued from page 2

Go backpack or ride or whatever and just find yourself if you are not sure what you want to do. Parents think I'm nuts when I suggest that to their kids but, you know, it made a huge impact on me and I think there is something to be said for these types of adventures that kids can go on to find themselves and maybe sit down and think about it when they are away from their parents or away from pressures, and take and sort themselves out.

CU: That's great.

LM: I wish I could give you a black and white answer on that, I can't. There is just too much. All I can say is that it was a fantastic journey and it changed me forever.

CU: Since that time, since you got involved in cycling, give me sort of a chronology of what you have done in cycling.

LM: I haven't done all that much. I think if I have done anything with cycling, I have set an example of what one can do with a bicycle as a means of transportation. I have done a lot of bike touring. I have never been a great racer, as you know, I mean I tried it, but it wasn't something I aspired to and I wasn't a great racer. There are certainly people in the advocacy world that have done a lot more than I have, immensely more than I have. I was president of Bonneville Bicycle Touring Club [now Bonneville Cycling Club, or BCC] back in 1980 - 1981, but I am certainly not a leader and I don't have that leadership quality. Certainly people who have been president of that club since then have done a lot more and have built that club into the wonderful organization that it is now. Back in 1980 and 1981 we had a small number of people and had a few rides a year. So I don't think I have done a whole lot but I do think I have set an example of what can be done. I don't have a car. I haven't owned a car in ten years.

CU: Really?

LM: Yeah. I don't miss it. I get around. My wife has a car and I borrow that if I have to go to Home Depot and pick up twenty bags of compost or whatever. It is kind of tough to do that on a bike. This last week when I was sick, my kids had to drive me to the doctor's office and the hospital, but I don't think I was in a car but once or twice since the first of the year. I was in a car a couple of times until this last week when I was sick. I had to be taken to the doctor's office and to the hospital. So, I think if anything I set an example of what one can do on a bike and to me, unless more people out there are using their bike in an utilitarian fashion, the politicians aren't going to really address our needs until there are more people flooding the streets on a regular basis, going to the store, going to work, going to restaurants or whatever. Just setting an example. If I have done anything in cycling, that is pretty much the best I have done is set an example for others to say, yeah, you can live on your bike and you really don't need to drive a car all of the time.

CU: Okay. So you mentioned racing. When I got involved in racing, I don't recall if you were involved much. I just remember your name from back then.

LM: I started racing in the early 1980's. Mike Stephen got me involved so I think it was about 1981 or 1982 when I did my first race. We always had the criteriums you remember at the International Center and even at

Research Park. Ron Hammer, I helped him put on a few races. With my second child, I pretty much got out of racing because as you know racing is like a part time job.

CU: Right.

LM: That's when I quit racing. I was an official for the USCF, now called USA Cycling, up until 1990. I just worked at the Moab race and that was about it. They had a stage race there with the Groff Brothers who started Rim Cyclery. I pretty much just ran the Moab Stage Race.

CU: Is that right?

LM: I might have done one or two local races as a token official. I worked at the Masters Nationals when it was in Park City and I think I worked at the Nationals when they were at Jeremy Ranch as a minor official. But, otherwise, I just primarily worked at the Moab Stage Race. Again, I just don't have the personality to be a, you need a pretty forceful personality to be an official. I was a referee in soccer as a linesman for seven years, but other than that, I just don't have the strong enough personality sometimes necessary for being an official. I left being an official because those who were the officials screwed nationals up royally in my opinion. You remember Tom Carr.

CU: Yes.

LM: They basically robbed him of the Over 30 National Championship because of some things they ruled on that basically screwed him over. It was unfortunate. It really ticked me off.

CU: It would be fair to say that your passion with cycling is more toward touring and utilitarian uses.

LM: Exactly, utilitarian uses of the bike. Absolutely. That is how I got started. I was reducing air pollution back on Earth Day in 1971, traveling across the country. My passion is definitely with the utilitarian use of the bike.

CU: Okay.

LM: I do cyclocross racing now which is really a lot of fun.

CU: Oh, really.

LM: Oh, yeah. It's been a blast. I have done that for the last seven years. [Cyclocross] is fun, it socially is a lot of fun — but still my passion is the utilitarian use of a bike.

CU: Tell me some the highlights of tours you have done and maybe some experiences.

LM: Every tour has been a highlight. I can't remember a bad tour that I have done. I have been in some nasty weather but that is part of the tour and part of the adventure. Obviously, the grand tour for me was riding across the United States, but that's small potatoes compared to some of the tours that people have done. Last year, I had eleven cyclists stay at my house from seven different countries. One [Japanese man] had been on the road for six years. I correspond with another Japanese fellow, he - in fact I am writing an article on these guys - he traveled for 13 years? From 1998 -, 11 years. He went home in 2009. He left Japan in 1998. I corresponded by email with him almost the entire time. In fact I helped him drain an abscess when he was in India, an abscess on his leg. By email, I helped him drain it. It was kind of fun.

But Wisconsin is so bike friendly. I want to go back there and do a couple more tours in Wisconsin. You can't imagine. It is probably the most bike friendly place I have ever been.

People will slow down. If there is a no passing sign, they won't pass you. Double yellow line, they won't pass you. They will drive at your speed if they can't pass you. No horns whatsoever. Absolutely none whatsoever. They have got to be the most friendly drivers I have ever met, the people in central and western Wisconsin. Just incredibly great. Wisconsin has a bazillion dairy roads that just go to every dairy farm. You might see a half dozen cars a day on some of these back roads. They have, what, 715 miles of segregated bike trails - old railroad beds. There are four of them connected, 220 miles long. You don't even see a road other than crossing them for 220 miles. There are campgrounds, bed and breakfasts, and cafés all along the trails. There is a literal economy all around the bike trails in Elroy, Wisconsin.

CU: Interesting.

LM: Washington was a great trip. My wife and I rode up to Montana; that was a great trip. My Southern Utah trip was outstanding. I have never had a bad bike tour. Each one is different and unique and wonderful.

CU: How many times do you go touring in a year?

LM: Since my kids have been out of high school, my wife and I, ever other year, do a three week bike tour starting in 2005 and then we do a long backpack trip on the even years. We walked across the Uintas in 2004, and we have done 80 to 110 mile backpack trips ever year and then we will do some shorter backpack trips. On the odd years, we've done three 3-week bike tours and we've done a shorter Southern Utah tour. This year, we are supposed to go to Germany. I'm not crazy about it. But my wife just broke her arm so that may be out. She was hiking and fell. She was in Zion and fell and grabbed and broke her proximal humerus. She may be out for six weeks of biking since we were supposed to leave in four weeks. We may have to do a Plan "B" like backpacking or hiking in Europe. I'm not really that interested in foreign touring. I am a life member of the Adventure Cycling Association. They have 40,000 miles of mapped of bike routes and my goal is to do them all. Of course, it is going to be an impossibility but that is one of my life's wishes, to ride all of Adventure Cycling Association's routes.

CU: Is that how you have made the connections with the people who have stayed in your home?

LM: That is through an organization called Warm Showers. The original organization [I joined] was John Mosly's Touring Cyclists Hospitality Directory. John actually lived in Salt Lake and moved to California. [Ed. note: This organization was discontinued in 2006 and members were referred to the Warm Showers organization.] I was one of the first 10 people who signed up in 1976, so I have been having people come to my house for 35 years. Usually I get one or two every two years. Last year I had 11 people. It was really out of character. I have people who were touring for as little as three months to one Japanese fellow who had been on the road since 2005. He did a seven month stint back in Japan. He has been on the road since 2005 and had two more years to ride, he said. There was a Spanish couple who had been riding for a year. A French couple for two years. A German woman doing her first bike tour was riding for 18 months around the world. She was basically a backpacker. She has done the Pacific Crest, the Continental Divide, and the Appalachian Trail.

CU: Very interesting.

LM: They are fascinating. Basically you are on a list where you can stay in peoples' homes as long as you reciprocate by letting people stay in your home and its called Warm Showers. That is how people connect with me, is through that.

CU: Tell me a little bit about commuting. You have been a commuter then since 1971.

LM: Pretty much. There were times when it was tough in New Jersey, and there were times when it was tough, when my kids were little, to be a full-board commuter. I have been a more dedicated commuter since I have been in Salt Lake City. It is much easier to commute. I am closer to my work places, whereas in New Jersey I was a little bit further away. For the '70s and for the amount that I was commuting, I was commuting a lot relative to others but it wasn't nearly what I am doing now. It wasn't even close to what I do now. Now I live on my bike. Then I commuted if it was convenient. So I would go to work at the hospital. I would have to be there at 3:00. [At the end of my shift,] I would hop in a bed, sleep overnight, work the 7:00 a.m. to 3:00 p.m. shift the next day, then I would ride home, because I worked the weekend shift that way. So I did that kind of stuff. But I was not as dedicated a commuter then as I am now.

CU: All right. So how many miles would you say you put on the bike just commuting each year?

LM: More than I thought I did. The BCC now has this commuter challenge where you can log on your miles. I'm doing about 400 miles a month. I thought I was doing 250 to 300 a month. But I'm doing about 400 miles a month. With that said, in the nice weather and this time of year, I take the long way home so I kind of pad my miles a little bit but it is still more than I thought I was doing. I go along and pick up aluminum cans for the Scouts sometimes on my little extra jaunts. We use cans to buy merit badges and things like that. We recycle. So yeah, I am doing, right now, I was surprised, doing about 400 miles a month since I have been keeping track of my miles. Which works out to be 4800 miles a year.

CU: That is a lot.

LM: I am doing a little bit more in the summertime, because I do the long way, but even in the winter months I am still pushing close to 400 miles a month between meetings, running errands, etc. and so forth.

CU: You have been doing a column for cycling utah for some time on commuting and doing interviews with commuters.

LM: In June, it will be seven full years I have been doing it.

CU: I know it has been a long time. How do you connect with the other commuters?

LM: Dave Iltis sends me names, sometimes. I have had a few people give me referrals because at the end of the column, there is a "Call Lou if you have a commuter". A lot of the people I just see on the road and I chase them down on my bike and say, "Hey, I want you in my column", or I see bikes in the bike rack at work. Or I happen to know someone that is a commuter. So a lot of people I will just see them on the road and I ride them down and get their name or tell them to contact me. It usually works out, but sometimes it doesn't. A lot of people I just run into them while commuting or riding around. To me it is a way to hopefully generate more people to commute. I have had a lot of good feedback ever

since I have been doing the column, where they are reading the column and say, "I commute more" or "I commute longer into the year". "I feel like I am not the only one out there doing it." It has been a good column for that.

CU: Right.

LM: I still think that we would have more cyclists if people used their bikes in a utilitarian fashion. Politicians look at us as a bunch of spandex clad people that ride on Saturday mornings when the temperature is between 55° and 85°, and it is tough for them to take us seriously. There should be bikes strung out at grocery stores, restaurants, whatever. You see a few bikes in front of a coffee house and that is about it.

CU: It is certainly true. When you have numbers, that is when you garner attention and influence.

LM: When gas was \$4.00 a gallon a few years ago, you couldn't get politicians to stop talking about bikes and things like that. Now that gas is relatively cheap at "only" \$3.50 a gallon, when was the last time you ever heard, except [Salt Lake City] Mayor Becker, bring up anything about, you know, we really need to go out because of gas prices and help people ride their bikes. It's old fashioned. We need to get more people out there looking like Holland or Copenhagen, streams of bikes going down the road on their way to work, on their way to school or on their way to a restaurant or whatever before a politician is going to be serious with us.

CU: That was the image I had in mind. We were in Amsterdam almost two years ago and when you mentioned numbers, that is exactly what I thought of, seeing all of these bikes lined up along the canals and the plazas, and you couldn't look anywhere without seeing a string of bikes lined up, plus all of the people getting around on their bikes. Those are the kind of numbers you would like to see.

LM: Absolutely. I will put a plug in for cycling utah. I think we ought to do some stories on bike friendly businesses that have bike rack and who cater to bikes. And on the negative side, if we can legally do it, people who do bad things to bikes from a business point of view, tell the bicycling world about that. They are not friendly toward us and we shouldn't give them our business. Give our business to people who are bike friendly and promote them. There was a guy who wrote in on the [Salt Lake Bicycle] Collective email chat list that had an ugly encounter with this barber guy who had a barbershop logo on the side of his car, and he came by and was yelling at the cyclist to get off the heck of the road and get on the sidewalk, blah, blah, and giving him a bunch of crap. Well, good, make sure people don't go to that barbershop.

CU: We will have to consider that.

LM: People say you put more infrastructure for cyclists, if you build it they will come kind of mentality. My feeling is you could pave the streets in gold and people are not going to ride unless it's nice weather, whatever. They don't have the mentality of people like you saw in Amsterdam, and Copenhagen. If it rains, so what, put a raincoat on. You still go to the store, you still go to work. People need to develop that kind of attitude and get numbers out there.

CU: I believe that ultimately you get those kinds of numbers when the economic pressures and cost of driving vehicles make people look for alternatives.

LM: Absolutely. Right gas is \$3.50 a gallon, I don't hear a lot of people,

maybe there are few out there, but my feeling is that the magic number isn't going to be until it is \$6.00 a gallon at least till you see a large amount of people thinking about buses and Trax and bikes or whatever.

CU: There has to be something that is really dramatic change and takes a real bite out of peoples' wallets.

LM: Right. Driving is still relatively cheap, despite a newspaper article last week that said AAA figures were over \$8,000.00 per year to run one automobile. I don't know if you saw that.

CU: I did not.

LM: It was talking about annual costs for an automobile and AAA figures were well over \$8,000.00 a year. I don't think that is true in Salt Lake City, it's a nationwide average. But still it is \$4,000.00 or \$5,000.00 a year with a middle class vehicle, depreciation, licensing, gas, etc. and so forth.

CU: A lot of that, of course, is the fixed cost, not the marginal cost. Most people are going to have cars so they have those fixed costs, purchasing, licensing and those kinds of things they are going to have to pay.

LM: And that is the most expensive part of the car.

CU: It is, so once they have the car, the marginal cost of driving is not as much, and that is really what has to increase, in my opinion, the cost of gas and things like that.

LM: People are kind of blind to costs, like the depreciation and things like that. They're just blind to how much that costs.

CU: How would you compare Utah, and Salt Lake City in particular, to the rest of the country? You have obviously been around the country cycling. How do we compare?

LM: I haven't been around the country that much to be able to compare. I would say my experience in Wisconsin is absolutely . . . They have always been ranked by the League of American Bicyclists as number two. Not in my mind. They are definitely number one. Wintertime is a big negative for Wisconsin, and mosquitoes. Washington was nice. They have a lot of shoulders, a lot of bike lanes; in general it was a good state to ride in. Back east, I haven't been back east in 30 years to ride. My buddies back there absolutely hate it. They are bicycle unfriendly. One guy just moved from Salt Lake to Connecticut. He says it is terrible, relatively speaking, terrible riding conditions compared to here. I would say overall we have it great here. In terms of the environment in the Salt Lake City area, we are way up there as probably one of the top cities in terms of bike friendliness. We may not have all of the fancy stuff like Portland, but I would say overall [Salt Lake] is a pretty good place to ride.

CU: That has been my impression. I have obviously done a lot of riding here and I have ridden in a lot of other places where I have traveled. Frankly, I have always felt despite what a lot of people say, that number one, the drivers are pretty friendly.

LM: You're right; I think overall it is very nice. It is more often overly polite people who end up making confusion at intersections. They are trying to wave you through. It's like, no, I am supposed to stop. I really am.

CU: That's right. You wish they would just drive like they normally would.

LM: They get upset because I stop at

a stop sign. It's like, you know, sorry. I am going to stop first, then proceed through.

CU: Yeah.

LM: People throw up their hands like they waving you through, and then they throw up their hands because you stop. It is unbelievable...sorry. Because I have had a couple situations that they will do something, then they will accelerate at you. I have had only two or three incidents like that throughout my 3-plus decades of being here. You know, they hit you, you don't have a chance. They can say, "He pulled out in front of me." I have had a couple incidents like that where people will almost egg you on and make you do something in an illegal fashion and then they accelerate at you. Rare! But you still have to be wary of the Trojan Horse as an overly friendly driver. Besides, the law is the law, you have got to stop and proceed, etc. and so forth.

CU: Yeah.

LM: If there is a four way stop sign, the first person that gets there first leaves first. I don't do anything different on a bike that I don't do in a car.

CU: Your wife, obviously, has been involved in cycling as well.

LM: She has been. Obviously I have had some influence on her, but she is pretty enthusiastic and a pretty good sport about commuting. It is something that she has always wanted to do and maybe because of her family background, who was completely negative of her doing it when she was younger, and perhaps being a female or whatever, she has been a little hesitant to jump into it like I have, plus she's been more of a helicopter parent when the kids were growing up. But no, she is a good sport and she is enthusiastic about it, though she is not as passionate as I am.

CU: Is she from New Jersey also?

LM: No she is from Wisconsin. Actually, believe it or not, it was a funny story when we met and she told me where she lived and figured I would never know it. But on our cross-country trip, there was a roadside rest stop about a mile and a half from her house and that was were my buddy and I stayed, at these roadside rest stops along the way a lot of times. You can't do it now because that corner is all built up; it is a shopping center now. But we stayed at this roadside rest stop around the corner from her house. She told me where she lived and I said, "Oh yeah, I stayed at that rest stop and camped out there" at such and such street, which was right around the corner from her house, and she was impressed that I knew where her hometown was and actually rode within a half block of her house as we were going to take the ferry across Lake Michigan. We took the ferry across Lake Michigan on our cross-country ride.

CU: So how did you meet her?

LM: She worked at the Primary Children's Hospital as well. I was like this far from going to Iowa. The recruiter was really nice; I liked Iowa from a biking point of view. But I kind of wanted to come and see the Southern Utah parks and Yellowstone again, and so from a biking point of view I thought that this would be a little bit nicer, from a National Parks point of view. So I ended up coming here. It was a toss up, though. I was close to going to Iowa.

CU: And now 32 years later, your still here.

LM: I'm still here.

CU: Where would you like to see

cycling go in the next 10 to 15 years?

LM: Again where I would like it to go, I would like to see a lot more utilitarian cycling. I can't help but push that part, because again, I think the general public looks at us as a bunch of spandex clad people who ride around on Saturday mornings for a little bit of exercise, and that's it. They don't see why they should put in a lot of investment in road improvements for that segment for that. Now, with said, they are also being hypocritical, because they ride around in non-utilitarian fashion as well, going around on car rides or whatever, but they see that as being important whereas cycling is not. I think we need to really ramp up and get more utilitarian in our cycling in terms of where we need to go. We need to get more European-like, and get serious about, our attitude about how to utilize a bike.

CU: Realistically, where do you think cycling will go in the next 10 to 15 years?

LM: I wish I had a crystal ball. I think a lot of it depends, as you alluded to, on economics. What happens to the price of gas, the availability of gas, that's where the rubber hits the road, because we have had more than 100 years since Henry Ford sought to make cars for the masses and I don't think we are going to change 100 years of attitude in our country until economics forces us to do that. Will Rogers in the depression, said that people will drive themselves to the poor house, in reference to automobiles. That was in the 1930's, that quote by him. And he is right. People will literally drive themselves into the poor house because of such passion or habit or whatever you want to call it for driving an automobile. Vehicles were a status symbol. If you look at all of the descriptions and the advertising, how is a car described? There is nothing but pleasure. What is wrapped up in bike commuting? How many people really care? People don't care about that stuff, it saves the Earth, it reduces air pollution. These things are not going to sell bikes. You need to sell bikes on their practicality, their money saving, on their longevity, how long they are going to live. People are going to get so fat and diabetic that they hit bottom. They are going to have to get on some type of exercise machine in order to loose weight and control their diabetes and things of that nature. We haven't hit bottom in our country either economically or healthwise yet for people to change their attitudes. Realistically, where are we going to be in 10 to 15 years? We are going to be stuck in the same rut where we are at right now. As long as gas stays relatively cheap.

CU: Yes. I tend to agree with that. Let me come back to one thing I meant to ask you in connection with commuting, and actually more than commuting because we think of commuting as just being home to work and work to home. But the utilitarian use of a bike, for running errands, etc. What do you see as being the impediments to someone who is giving thought to actually taking that up?

LM: Cars are convenient. They are big and you can throw your groceries in the back and you can go to stores without any thought process or whatever of your shopping list. I can go to the store and have a shopping list and I have to keep to it. I had one occasion I had to go back in and buy some strapping tape. I had to strap stuff onto my bike because I overbought. So I do keep bungee cords on my bike just for that reason, where I might have to strap a grocery bag on the back of my rack because I overfilled my panniers.

CU: Of course, now you could get one of those new cargo bikes.

LM: Yeah, I could get a cargo bike. I haven't gotten there yet because my kids are out of the house so I am empty nesting. But there are some inconveniences about using a bike. Obviously, it takes a little bit longer to get to places and if you're running from one place to another to another, picking up stuff, there are some limitations. I have carried up to 80 pounds on my bike front, and rear panniers, for this and that, on shopping trips. So there are some inconveniences without a doubt. But it is primarily about attitude. I think once you overcome the attitude [and decide] "This is what I am going to do and I plan on doing it," then it is going to happen. If you have a family that has a car, it is too tempting to hop into a car, and you get habituated too easily to hopping in a car and going places. To go to a restaurant, really it doesn't take that much to ride your bike to a close restaurant or a coffee house or whatever. Shopping isn't really a big deal, once you get used to it, and again have an attitude that this is something that you want to do and you do it. I ride a lot at nighttime. It is not for the faint of heart and it can have some challenges to it. I think my experience of riding is so well-versed that even at night time I don't think my risks are that much great than driving a car because of my level of experience on a bike. I think that is a problem with a lot of people; you have to get over that hump. I have read the "Art of Urban Cycling" [by] Robert Hurst. He says it takes about 5,000 miles to start feeling comfortable as a bike commuter, which is about 1,500 miles a year for three years. Thereabout your risks are dramatically dropped, your confidence level and knowledge are increased, you understand risks and you are very comfortable with things of that nature. I think that once people get over that hump, that 5,000 mile, 10,000 hours kind of mentality, once you get to a certain point, then you become an expert and then it is so much easier to bike commute and to use your bike in a utilitarian fashion.

CU: So a person just needs to realize that there is going to be that learning curve.

LM: Absolutely. Personally, I think people are just too embarrassed to ask for help because they are riding a bicycle and they think this is a kid's toy. And therefore they are too embarrassed to take a [League of American Bicyclists] Road 1 course or too embarrassed to have people help them out because it is a child's toy and they should be able to ride without any problems. It does take a huge amount of thought process. Even at the same intersection, depending on which way you approach it, that could be a completely different intersection whether you come from north, south, east, or west, the time of day, the intersection completely changes in how you read the traffic there and how you interact with that intersection. You learn that through experience, then it becomes second nature. But you have to go through that learning curve as you said to get to that point.

CU: Right.

LM: A lot of people are not willing to do that.

CU: You mentioned a couple, but what are the resources available to somebody who is looking to get started or who has just started commuting. Where can they go to find out how to do it?

LM: First, you have to learn how to ride a bike and be comfortable on a bike. Go through a [League of American Bicyclists] Road 1 course, or just riding your bike a lot. I can't emphasize experience enough. How do you negotiate a 2x4 laying in the road, or a bunch of

gravel, or a bunch of rocks or potholes, or a road that has no shoulder versus one that has a three foot shoulder? All of these take experience and comfort. It is just pure experience. The Road 1 course is a big help. There are [local] instructors.

CU: So if someone is interested in that, they could just go to the League of American Bicyclists website.

LM: Get on the website and get with an instructor. Mary Margaret Williams through the BCC gives courses. They do Road 1 courses and periodic learning improvements. I think reading cycling utah's commuter column, they can learn tips. You can google bike commuting and can get all sorts of assistance, but nothing beats the experience of actually doing it. Even in the Road 1 course, they will see the safest riders are those who ride in all kinds of weather and all kinds of day and night and have many miles underneath their belt. The more you do it, the safer you are. Hurst in his book will talk about people like me. He will say in his book that my risk of accidents and such is almost negligible compared to me riding in a car. And once you hit a certain amount of time, your risk of accidents drops off. No different than a 17 year old driving a car and a 35 year old family man. Same thought process. The 17 year old doesn't have a clue what to think about as he is driving down a street because he has no experience. The 35 year old, through experience, is scanning driveways, he is scanning this, he is scanning that, subconsciously as a defensive driver.

CU: One final question that comes back to touring. If you were to pick your ideal tour, not that you have taken, I think I know what that is, your cross country tour, but if you were going to pick one final ideal bike tour to take, what would that be?

LM: I would do a cross-country again. Adventure Cycling has three major cross country routes, Northern Tier, Southern Tier, and the Trans-America which was their original bike tour in 1976. I would say right now the number one tour on my bucket list, in the United States, that is, is the Great Divide Trail which is an off road tour, because that combines my level of back packing with bike touring and I'm in the back country. To me, that would be the ideal tour. I think it goes up into Canada now, but still, the United States portion is 2,750 miles, I think. That would be, to me, the ideal tour. An off-road, self-supported bike tour. It would be ideal. It would combine my love of backpacking and being in the back-country, and even though I think 80% of it is dual track, gravel roads, it is still not with a lot of traffic and such. Again, I would go cross-country again in a heartbeat if I had the time and opportunity to do that. I wouldn't hesitate to do the northern tier.

CU: What about if you would go outside of the United States?

LM: I would like to spend about six months in Europe, even as grumpy as I am about this Germany trip. It is just a lot of money for the short time that I am doing it. [Normally] for both my wife and, we spend about \$40.00 a dollars a day [when touring]. This trip, including airfare, is going to cost about \$200.00 a day. And my background is, I'm not a vacation person. When I was growing up as a kid, my dad was a laborer and would work 13 out of 14 days. We went down to the shore which was 30 miles away from my home once a year. We would go down to the beach, maybe go on a boardwalk a bit, and that was our vacation every year. I never had

ADVOCACY

Mad Dog Cycles Wins Gold Level Bike Friendly Business Award; Boise State Earns a Bronze Level University Medal

By Charles Pekow

Boise State University just passed its first exam in Cycling 101. It became one of the first officially designated bicycle friendly universities in the country. The school was awarded a bronze metal from the League of American Bicyclists. It joined the first group of 20 such institutes of higher education to be awarded honors in the Bicycle Friendly Universities program, the latest addition to the league's Bicycle Friendly America (BFA) awards program, which already includes Bicycle Friendly Communities and Bicycle Friendly Businesses (BFB).

The league also awarded one Utah and one Idaho business BFB honors this round. All three awardees got bronze, the fourth level (down from platinum, gold and silver). So despite successful efforts to promote bicycling, they all still can improve and get awarded more medals designated in metals more precious than usually used to make bicycles.

So what can the other colleges and universities in this part of the country learn from Boise State? What did it do right?

For one thing, it opened a Bike Barn last fall in a parking garage. The covered area can store 65 bicycles for students, faculty and staff. But only those who have signed up in the campus parking office can enter the gated area. Cyclists pay \$15 per semester. Though the barn is only about half filled, the university is planning another one in a different part of campus. "We're building for the future," says Casey Jones, director of transportation and parking services.

With the help of an outside designer, "we are working on a bicycle master plan right now," Jones says. BFA staff also were impressed with the school's bicycling activities, ranging from Bike to Work Month activities to classes, contests and events to encourage people to ride. Departments compete for prizes to see which use the most alternative transportation.

If it succeeds at current efforts, it can raise its BFA precious metal rank. "We are in the formative stages of developing solutions" to making campus safer for bikes, Jones says. "We have an architectural firm working with us on that right now....There is a lot more for us to do."

Meanwhile in Utah, the Salt Lake City office of Rockwell Collins won a bronze, making it the fourth business in the state to win a BFB honor. The Utah office of this international aerospace firm hopes to set an example for the conglomerate's other offices around the USA and maybe the world. The Utah office actively promotes biking to work, since the aerospace engineers haven't yet figured out a way to fly to their jobs.

But employees are treated to a goody bag with bicycle equipment and covered bike parking. Rockwell also matches up beginning cycling commuters with mentors and offers group social rides and lockers and

showers for commuters.

The company has also reached out to work with local governments to promote safe routes to the premises, says Senior Human Resources Representative Robert Jackson. "We've really promoting bike-to-work days and we have cycling groups that get together during lunch." The company also installed a fitness center with spinning bikes so employees can keep in shape during the off season.

But the company only got bronze because a rather small number of employees, only 17 out of 240, report regularity bike commuting in summer. The company also doesn't offer the commuter tax benefit. "That incentive is something we're trying to promote," BFA Program Assistant Carly Sieff says. Sieff added that Rockwell could also raise its level by providing a maintenance depot and supplies on the premises.

"We'll look at their suggestions," Jackson promises. He added that some of Rockwell's other offices are taking up cycling. "Our corporate office in Cedar Rapids (IA) encouraged us to apply for the designation. They have a fairly active bicycle commuting group." But the headquarters wanted to see how Salt Lake City fared before it applied. So the league may be seeing some more Rockwell applicants in coming years.

Back in Idaho, meanwhile, the REI store in Boise also took a bronze. The store provides not only bike parking but repair stations and showers on the premises. It's easier for REI to offer many of these services than it would be for most other businesses – as it sells bikes. The store also offers the public presentations on commuting safety and maintenance clinics.

"We sponsor clinics at the store on bike commuting, mountain biking, bike maintenance and other topics for anyone who wants to attend," says store Supervisor Teri Garvin. REI touts the seminars in its Gearmail electronic newsletter, fliers at the store and in the weekly outdoor section of the Idaho Statesman. Anywhere from 60 to 90 people will show up, Garvin says. Sure, the events bring in potential customers "but many people come just for the information," she notes.

"We work with the Boise Bicycle Project, an organization that takes and refurbishes donated bikes and donates them to people who have need of basic transportation," Garvin relates. "Kids can come in and learn how to strip the bike down and rebuild it. Children get to take the bike home with them. This works for kids who may be economically disadvantaged and for the refugee population....(The youth) rebuild the bicycle, clean it up and learn how to maintain it. That gives them pride of ownership in their bike and helps make sure the bike donated goes out of there in really good rideable condition. We support it with grants and we also have a number of employees who volunteer there."

REI also sponsors charity rides for Terry Reilly Health Services, a non-profit that offers medical services

in Idaho's Treasure Valley using a sliding scale based on people's ability to pay.

But like Rockwell and Boise State, REI didn't get higher than bronze because its bike policies lack some goodies the league likes to see. It doesn't, for instance, offer the commuter tax benefit. The league also noted that a rather small minority of REI employees – 15 out of 50 or so – regularly commute to work in summer. "It gets challenging sometimes when you have to be here at six in the morning or don't get off until 10 at night. It's not exactly a 9 to 5 job," Garvin explains.

And returning to Utah, Mad Dog Cycles, which won silver two years ago, upgraded to gold this year. The operator of bike stores in Orem and Provo offers cash to employees who set an example by riding to work. It also provides covered parking, lockers and showers, "a big thing we put a lot of emphasis on (in the application)," Sieff says.

Mad Dog worked hard at upgrading over the last two years, says Brad Woods, manager of the Orem location and company director of advocacy. "We started doing a lot more with the community," including sponsoring Bike to Work Day events in both cities. "We've done 50 check stops on the Provo River Parkway Trail. We set up and will pump up people's tires, take a quick look at their bikes and help them evaluate their bikes for safety. A lot of people never get their bikes checked. They just ride them till they break. We give them safety literature and trail etiquette tips," Woods states.

Additionally, store employees help teach drivers' ed classes in local high schools. "We talk to the kids about how to ride safely around cyclists, how and why cyclists do what they do – and maybe they might want to bicycle instead of drive sometimes. We remind them of how much fun cycling was when they were a kid. They're 16 and focused on their driver's license. We're probably not making too much of a dent but some kids have come in to the store and said it made a difference," Woods says.

Mad Dog also works with Cub Scouts and Boy Scouts and sponsors a community-oriented race team. And it sponsors events that bring people into the stores with weekly family night rides, ladies only rides, bike clinics and community education classes. "Almost every day, we have something going on," Woods notes.

Mad Dog also got involved in developing Orem's bicycle master plan the city council passed last year, Woods adds. And it is continuing the work to make sure it gets implemented. They put in about four miles of bike lanes last year" with another four or five slated for this year, he says.

Mad Dog's work isn't over in climbing the metal mountain either. It plans to strive for platinum in two years, when its accreditation comes up again. The company hasn't figured out how yet but "we have a few things up our sleeve."

bikethewest.com

nevada's best bicycling events



Sunday - June 5, 2011

Stateline, South Shore Lake Tahoe, NV - 20th Annual. A great Century Ride around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program. 3000 participants.

Sunday - June 26, 2011

Genoa, NV - 4th Annual Tour of the beautiful Carson Valley. 44-Mile, 20-Mile Bike & Hike & Family Fun Ride. Live music, BBQ & Ice Cream Social.



Sunday - Sept 11, 2011

Lake Tahoe, NV - 9th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline. 2000 participants.

Sept 25 - Oct 1, 2011

20th Annual "One Awesome Tour Bike Ride Across Nevada." Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park. Limited to 50 riders.



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

Youth Triathlon Programs

with Great Basin Coaching
WWW.GREATBASINCOACHING.COM OR 801.566.9727

Novice Clinic

7-12 yrs, June 28-29, 9:00-2:30

Youth Tri Team

9-15 yrs, June 21 - August 11

For kids with experience in triathlon or team experience in another sport like swimming or track.

Youth and Family Triathlon September. 5



DAVID R. WARD
ATTORNEY AT LAW
(801)268-9868

Personal Injury Practice
Specializing in Bicycling Related Accidents

This firm also practices:

- Real Property
- Estate Planning
- Divorce and Domestic Relations
- Business Entities
- Contracts and Collections
- Adoption

LAW FIRM OF
WARD & KING
ATTORNEYS & COUNSELORS AT LAW

4543 South 700 East, Suite 200 Salt Lake City, UT 84107
dward@cyclingutah.com

For distinctive
printing,
publishing
and design,
it's all in
the spin.



Proud printer of *Cycling Utah* Since 1993

58 North Main • P.O. Box 390 • Tooele, Utah 84074-0390
435-882-0050 • Salt Lake 801-355-6525 • Toll Free 866-721-9992
Fax 435-882-6123 • www.tbpublishing.com

MECHANIC'S CORNER

Replacing a Bottom Bracket

By Tom Jow

In the March issue, I explained the importance of preventative maintenance on the suspension and how servicing components in a timely manner saves not only money, but time on the bike as well. This month, I show how to maintain a much less expensive, however no less significant component, the bottom bracket.

The bottom bracket is the central rotating component of the crankset, those long arms that the pedals attach to. Located at the lowest point of the bicycle frame, the bottom bracket is subject to the exposure of water and dirt from both inside and out. In addition, the bottom bracket must also operate with a minimum of friction while enduring the high forces of power production through the crankset.

Bottom bracket condition can be easily assessed by removing the chain from the chainrings, and then performing the following: grasp one crankarm and wiggle it laterally to determine if there is any side to side play, and then rotating the crankset gently to find any excess friction. Bearings that are no longer adequately lubricated may spin easily but will have a dry, rough feel to them.

There are many types of bottom brackets in use on bicycles today, but for this article we will learn to replace the two most popular original equipment units: Shimano and FSA/Truvativ.

Tools required:

- Shimano:
- 5mm hex wrench
- Thin blade screwdriver
- TL FC-16-18 crank cap remover
- Bottom bracket wrench
- Torque wrench (recommended)
- All purpose bicycle grease

- FSA/Truvativ:
- 8mm hex wrench (long handle preferred)
- Bottom bracket wrench
- Torque wrench (recommended)
- All purpose bicycle grease

Step 1. Wash the bike and drivetrain

Step 2. Start by removing the left crank arm. For Shimano, use the 5mm hex wrench and loosen the crank arm pinch bolts. Next remove the crank arm fixing bolt using the cap removal tool, FC-16/18. Next, insert the blade of a thin screwdriver, into the relief slot of the crank and pry up the safety washer. (Photo 1) Finally, grasp the crank arm in the center and wiggle and pull at the same time. The arm should come off with little trouble.



(Photo 1) Safety washer up, arm ready for removal.

To remove the FSA /Truvativ left crank arm, insert the 8mm hex wrench into the left crank arm fixing bolt. (photo2). Turn the wrench counter-clockwise to remove the bolt. The bolt will break loose, and then you will encounter pressure again. Continue loosening the bolt. At this point, the bolt will press the crank arm off the spindle. This is called a "one key release".



(photo 2) FSA/Truvativ one key release

Step 3. When the spindle end is exposed, (Photo 3.) place a folded rag over the end and hit it a couple times with the heel of your palm.



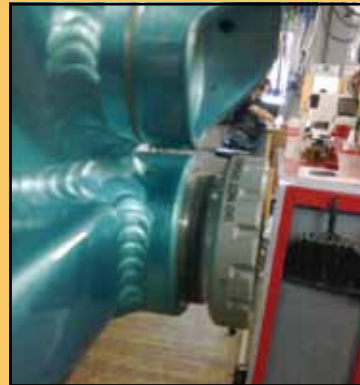
(photo 3) Place a folded rag over this and hit it with your hand.

It should slide out pretty easily. When the spindle end is completely inside the bottom bracket. Disengage the chain and let it hang over the bottom bracket until step 4. Continue removing the crank by grasping the chain ring spider and gently wiggling the spindle free from the bottom bracket

Step 4. Remove the bicycle from the stand and place it upright on the floor (you are using a stand, aren't you?). Beginning with the left side, lean over the bike from the right side and place the bottom bracket wrench on the bearing cup in such a way that will allow maximum downward leverage when pressing down in a counter-clockwise direction. Push hard. Once the bottom bracket is loose, it should spin easily by hand. Use a rag for extra traction if necessary. Repeat on the right side, however, the right side uses a left-hand thread and is removed by twisting in a clockwise direction.

Step 5. With a rag, clean out the bottom bracket shell and threads.

Step 6. Before installing the new bottom bracket cups, wipe a little grease on threads in the bottom bracket shell. Carefully thread the new cups into the shell. Twist clockwise for the left side and counter-clockwise for the right. If the cups do not thread in easily the first three or four turns, stop! You don't want to cross thread the cup. Remove the questionable cup and inspect the threads for damage. If all looks well, try again. This time, twist the cup in the removal direction (example: clockwise for the right cup) until you feel a little catch. This is the starting thread lining up. The cup should appear parallel to the shell (photo 4). Now gently proceed with the installation again.



Step 7. When the cups are threaded all the way in, using the torque wrench, tighten the cups to 35-40ft-lbs. No torque wrench? Imagine 40lbs on the end of a 1 foot lever (damn tight).

Step 8. Prior to installing the crankset, wipe a little grease on the inside of the left bearing and on the right side of the spindle next to the chainring spider. Gently slide the spindle into the bottom bracket. Take care to properly align the spindle as it enters the left side bearing. Be aware it is possible to pop out the outer bearing seal if the spindle is not lined

cyclingutah.com
for trails, event links, photos, back issues, links, and more!

up properly during installation. Step 9. With the spindle completely installed, replace the left crank arm. Line up the Shimano crank arm and slide it onto the spindle. There is a key way (photo 2) and it will only go in one place so it does not require force. Then thread the crank cap bolt into place.

FSA and Truvative cranks require two hands, one to hold the crank and one to twist the wrench. Line up the crank and gently twist the crank arm bolt into the spindle. After it engages a enough to hold the crank loosely, give the arm a jiggle to be sure the splines are lined up.

Step 10. To complete the reinstallation, tighten the crank arm bolts to the recommended torque level. The Shimano crank cap requires little pressure. Hand tight is all the torque that is necessary (approx. 3-5 ft.-lbs.). Follow this up by tightening the crank pinch bolts to approximately 10-12 ft.-lbs., alternating side to side until the torque is equal.

For one key release cranks, tighten the crank arm bolt to 35-40 ft.-lbs.

Step 11. Crack open your favorite beverage and celebrate!

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

NEW SHOP IN HIGHLAND OPENING SUMMER 2011

infinitecycles
3818 W 13400 S in Riverton
801.523.8268

Infinite Cycles is proud to announce the opening of a second location this summer! Enter to win a 2011 Cannondale bike! We're giving away a 29'er and a CAAD10 at our grand opening in August.

We are Utah's Cannondale Experts and we are bringing our Infinite Lifetime Service and Membership Rewards to Utah County. Why would you buy a bike somewhere else?

Details at [facebook.com/InfiniteCycles](https://www.facebook.com/InfiniteCycles)

So, you *THINK* you can CLIMB???

3RD ANNUAL Powder Mountain HILLCLIMB

Saturday, June 11th 2011
3300 vertical feet in 6 miles!

UCA Points Series Event
Mass start at 9 a.m. from the Wolf Creek Barn on SR 158 in Eden, UT

\$1500 in cash, prizes or medals! Clydesdale and women's prizes too! Can you beat the 41:20 record?
\$30 at sportsbaseonline.com, \$40 day of.

www.teamexclerator.com

RIDE OF THE MONTH

Golden Spike Challenge Route is Historic Journey

By Wayne Cottrell

Road Biking Utah, written by avid cyclist Wayne Cottrell, is a Falcon Guides imprint featuring 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. The following is an excerpt from one of the rides in Road Biking Utah; #23, Golden Spike Challenge.

The Golden Spike Challenge is a 57.7-mile ride combining a 42-mile loop with a 16-mile out-and-back segment. The origin and destination are the city of Tremonton and the Golden Spike National Historic Site, respectively. In between, the route skirts the perimeter of the ATK Thiokol facility and attacks the Blue Spring Hills. Significant climbs are featured in the latter, and on the road to Golden Spike. The elevation ranges from 4,291 feet just west of Tremonton to 5,420 feet at the crest of the Blue Spring Hills. Start at Tremonton City Meadow Park, 600 West between 720 South and 800 South in Tremonton. To get there, take I-15 north to I-84 north; take exit 41 (Tremonton), and turn right onto 11200 North. The road becomes Main Street upon entering Tremonton. Turn right onto 1000



A rider passes by ATK Thiokol's rocket display on Highway 83, west of Tremonton.

West (Iowa String Road) and head south. Turn left onto 600 South, then turn right onto 634 West. The road curves left, becoming 720 South. Meadow Park is adjacent, on the right. Park on the opposite side of the park, near 800 South and 660 West.

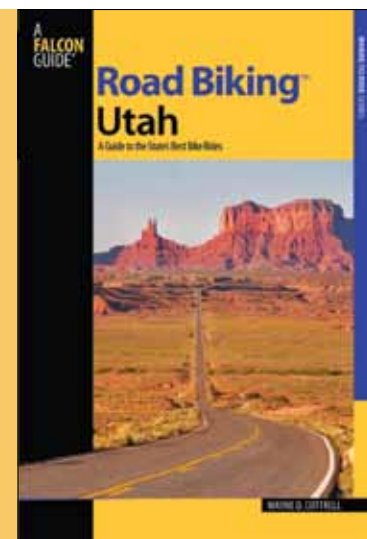
On May 10, 1869, a golden spike was driven between the final two eastbound and westbound rails of the transcontinental railroad, linking the western and eastern United States for the first time in history. The golden spike was driven at Promontory Point, immediately north of the Great Salt Lake in what is now Box Elder County. Service continued along the Promontory Point segment until 1904, when the Lucin Cutoff was constructed across the northern part

of the Great Salt Lake. The bypass reduced traffic along the Promontory Point route drastically. By 1942, the railroad tracks on this route, having been all but abandoned, were ripped up and sold for scrap (the materials were sorely needed during World War II). The significance of the site was not lost; some have argued that this was the most important American event of the nineteenth century. The Golden Spike National Historic Site (NHS) was authorized by Congress in 1965.

Tremonton is the closest city to the Golden Spike NHS. The city (population 6,789 in 2008) was founded in 1888, although it had been settled earlier by French-Canadian trappers. The city is located at the junction

of the I-15 and I-84 freeways and is an important crossroads. The city is home to La-Z-Boy and Malt-o-Meal, both familiar brand names. Tremonton is also the closest city to one of ATK Thiokol's plants, a rocket and missile propulsion development company. Thiokol has produced the Pershing, Minuteman, Trident I and II, and other missiles, as well as rocket motors, low-earth orbiting vehicles, ski lifts, and other innovative technologies. The Golden Spike Challenge passes by the ATK Thiokol facilities, giving the cyclist a chance to see some of their products on display (please see photo).

Start by heading south from Tremonton City Meadow Park on 660 West. Turn left onto 1200 South (Rocket Road) at mile 0.3 and head west. Turn left onto Iowa String Road (1000 West) and head south, passing under I-84. Turn right onto 10400 North at mile 0.9 (also called Rocket Road) and head west. The road passes through some of the agricultural areas of the fertile Bear River Valley, with the Blue Spring Hills looming in the distance. Continue straight at mile 6.0 onto SR 102, the main road through this area. The road negotiates a series of left- and right-hand bends over the next 10 miles. The highway passes through a series of unincorporated communities along this stretch, including Bothwell, Thatcher, and Penrose. Penrose was named for Charles W. Penrose, a Mormon church official, editor (Deseret News newspaper), poet, and composer (lyrics for several Mormon hymns). Highway 102 ends at mile 15.7; leave this interesting area by turning right onto SR 83



The cover graphic from Wayne Cottrell's new book.

and heading west.

SR 83 is a barn-burner of a highway: relatively straight, flat, and very fast. There are wide shoulders, though, so the highway is suitable for cycling. The Great Salt Lake is across the spacious mud flats on the left. Turn left at Lampo Junction (mile 19.2), toward Golden Spike NHS. The visitor center is open from 9:00 a.m. to 5:00 p.m. The road climbs into the Promontory Mountains at mile 21.5. The hillsides are laced with rocks that date from the Cretaceous Period. The climb crests at mile 23.4; here, you are surrounded by desert scrub, possibly wondering if you took the wrong road. The road bends left at mile 25.9; enter the Golden Spike NHS at mile 26.7. The railroad crossing at mile 26.9 confirms that this is where the eastern and western United States "joined hands." Turn right to enter the visitor center parking lot at

Subaru Outback, Utah's favorite "get outdoors" car.



Bring in this ad for a free bike rack
with your purchase of any new
2011 Subaru

NATE WADE SUBARU

UTAH'S #1 SUBARU DEALER

FOR OVER 50 YEARS AT THE CORNER OF 13TH SO. AND MAIN | 801-355-7571

#1 DEALER BASED ON 2010 SOA SALES REPORT

Golden Spike Ride - Continued from page 36

mile 27.0. Take time to refresh, and to learn about the Transcontinental Railroad. Complete the lot loop and return to the main road. Head out, turning right at mile 28.5 to continue on the main park road. The road turns downhill at mile 30.9 (watch your speed) and levels at mile 33.1. End the out-and-back segment at mile 35.2 by turning left to head west on SR 83.

The ATK Thiokol rocket display appears on the right at mile 37.0. One of the items on display is a space shuttle reusable solid rocket motor. Continue on SR 83, passing Engineer Mountain on the left. The highway makes a large horseshoe around the perimeter of the ATK Thiokol plant, eventually turning eastward at mile 41.6. The road becomes 12000 North at mile 42.6 (keep straight at the T intersection). The road begins to climb into the Blue Spring Hills. There are five cattle guards over the next 5.6 miles. The road gets steeper in stair-steps, finally cresting at mile 47.8. From the top, the view of the Bear

River Valley floor is commanding. Begin a fast descent here—watch your speed in the curves. The highway starts to level at mile 51.0 as you return to some outlying residences. At mile 51.5 you are once again on SR 102. The I-84 overpass at mile 55.0 announces the entry into town. There are several convenience marts and eateries along this stretch. Enter Tremonton at mile 55.4, and cross under I-15 at mile 56.0 (now on Main Street). Turn right onto 1000 West at mile 56.6 and head south. Turn left onto 600 South at mile 56.6 and enter a Tremonton residential area. Turn right onto 634 West; the road bends left, becoming 700 South. Meadow Park is on your right. To return to the start, continue along the border of the park. The ride ends at 800 South and 660 West, at mile 57.7.

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. He has appeared at the Tour of Utah to sell autographed editions.

Melini Interview - Continued from page 33

a vacation until I became an adult. So it is hard for me to do vacations that are expensive and what would be considered luxurious. This European trip will be a lot, but I wouldn't mind spending six months over there. That would reduce my overall costs by a large amount, and I would get into northern Europe and eastern Europe, France, Spain, Switzerland, etc. and so forth.

CU: Okay.

LM: I'm not interested at this point traveling through India and Pakistan and doing bike tours through these nations. Too many cyclists I have talked to talk of dysentery, disease, bad food and etc and so forth. I think a lot of Europeans go there because they can get away with a long bike trip very cheaply. A lot of them are

spending \$10.00 a day or less, a lot of these European cyclists when they do these mega tours of one or two years.

CU: Any final thoughts?

LM: No, I think we covered a lot of territory here. I would just like to say that I wish I could see more people out there using bikes in the utilitarian fashion, out there bike touring and not using vehicles. Not that I have anything against cars, they have been good for our society. It's kind of like in my profession. I'm in medicine. I can give the right amount of medicine, I can make somebody better. If I give them too much medicine, I can make them toxic. I think that is where we are at in our society, where the right amount of cars keeps our country economically viable and strong, but we are at a point where we are a little toxic on cars, the air pollution, etc. and so forth.

TOURING

Team Type 1 Riders Join the Fight at Utah's Tour de Cure

By Marshall Emsley

Brigham City (Salt Lake City), Utah The American Diabetes Association's Tour de Cure® presented by Larry H. Miller Dealerships is challenging local cyclists to join the movement to Stop Diabetes and raise funds to help change the future of diabetes, and is welcoming one of the nation's professional cycling teams, Team Type 1 and its recent addition Team Type 2. The teams will join more than 50,000 other cyclists at sites throughout the country including over 1600 cyclists at the Utah Tour de Cure happening on 6/11 at Rees Pioneer Park in Brigham City for riders of all ages and ability levels.

Nathan Bartels of Team Type 1 Triathlon Team (sponsored by OmniPod) will be the keynote speaker at the Tour de Cure VIP Dinner on June 10, 2011 in Brigham City. On Saturday, June 11, Nathan Bartels will speak with our media, have pho-

tos taken with our Red Riders (riders with type 1 and type 2 diabetes), and commence the ride. The ride itself has start times at 7:30am (100 mile), 9:00am (80 & 60 mile), 10:30am (25 mile) and Noon (Family Fun Ride).

Team Type 1 was founded in 2004 by cyclists with type 1 diabetes to compete at the highest levels of the sport. These passionate professional cyclists are supporting the American Diabetes Association by participating in several Tour de Cure cycling events in addition to their race schedule. Team Type 1 took on the challenge of raising funds for diabetes in 2006. Seeking to represent both major groups of people with diabetes, the team added a new group of cyclists with type 2 diabetes, appropriately named Team Type 2.

Team Type 1 makes a fourth trip to the Tour of Utah in August, but this year with a higher designation. The team gained notoriety for winning the Race Across America multiple times before registering for professional status in 2008. Six of the current 21 members have Type 1 Diabetes, so the mission for Team Type 1 – sanofi-aventis continues to be raising awareness for diabetes.

“When Joe Eldridge and I formed Team Type 1, we wanted to challenge one another to take control of managing our diabetes, while trying to become the best cyclists we possibly could,” said Phil Southerland, founder of Team Type 1. “Since that time, our team has surpassed all of our expectations and has truly joined the fight against diabetes by raising funds in the Tour de Cure events. At

the same time, we have taken control of managing our disease and truly hope that we will live one day without diabetes.”

In Utah, Tour de Cure's Presenting Sponsor is Larry H. Miller Dealerships. Sponsored locally by SelectHealth, Jason's Deli, Questar, Intermountain Healthcare, Nate Wade Subaru, IM Flash Technologies, Pacific Steel, OmniPod and sponsored nationally by Gold's Gym and CLIF Bar, the Tour de Cure features a variety of routes. This fully supported, cycling, fundraiser takes you past the Bear River Bird Refuge, Golden Spike Monument and the famous ATK Rocket Garden in scenic Box Elder County.

To find out more or to form a team for next year's Tour de Cure, call 1 888-DIABETES x7075 or visit main.diabetes.org/utahtourdecure.

Check out our website at Cyclingutah.com for trails, event links, photos, back issues, links, and more!

Tour de Cure has the best rider support of any ride in Utah. Improved routes for riders of all abilities including Utah's only Family Fun Ride. Entertainment including comedy by Keith Stubbs, music by The Stoddard Brothers, and a prize drawing including a Raleigh Bicycle and Nintendo Wii!



START A CHAIN REACTION. STOP DIABETES.

PRESENTED BY: American Diabetes Association® **Tour de Cure 2011**

Larry H. Miller Dealerships Driven By You.

BRIGHAM CITY, UTAH

Saturday, June 11

Rees Pioneer Park

100 MILES • 80 MILES • 60 MILES • 25 MILES • FAMILY FUN RIDE

REGISTER NOW

DIABETES.ORG/TOUR

1-888-DIABETES x7075



SPECIAL THANKS TO OUR SPONSORS:

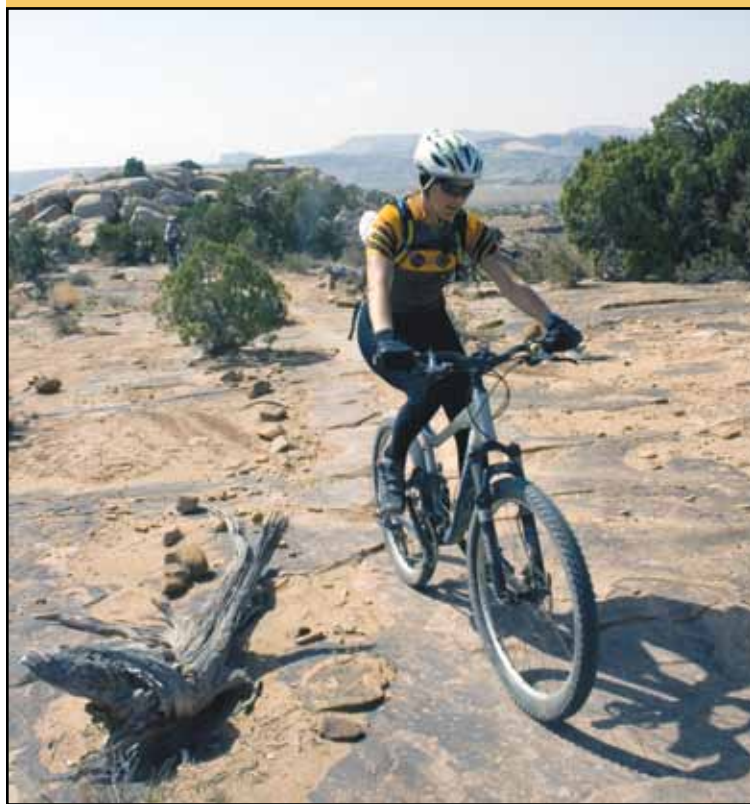


Our Advertisers support *cycling utah*. Please support them.

“Keep people rolling: Give transportation Donate Time, Money & Bikes”



TRAVEL

Mountain Biking in Moab

Kathleen Berglund on the Sovereign Trail. Photo: Lukas Brinkerhoff

By Lukas Brinkerhoff

Recently I entered my third decade of existence within this fleshy container. A decade I hope to fill with memories of riding and living, much like I have the past two. In line with said conquest, I ventured to a place some of you may have heard of Moab, not the one in the bible, but the one in Eastern Utah.

Seeing that I am now much older and more honest, I must make a confession. I've been a long time Moab-hater. Although I've lived within striking distance for most of my fleshy existence, my first trip to the land of mecca was only three years ago and was at the wish of my then girlfriend, now wife. That first

year I found what I expected to find, Jeep trails where I was forced to fight traffic to ride my mountain bike and lots of red rocks.

Being the Moab cynic that I was, I found nothing super appealing about that trip. That is to say, other than the fact that I got to spend five days with my girlfriend riding bikes. What I have found over the past few years, however, is that Moab is what you expect it to be. I used to expect it to be inferior to my "home" trails and found it to be such. Over the past few years, again at the behest of my wife, I've made several of these "pilgrimages" and each time things seemed to be moving in the favor of Moab.

This past week when celebration was in order, it was I, not her that suggested we make a road trip to



Danny and Kim Christensen riding up Amasa Back. Photo: Lukas Brinkerhoff.

the land of many red rocks. Keeping with the theme of honesty that we have established, this was for two reasons. First, I knew that Cycling Utah would be interested in a story and second I actually wanted to go. That's right, I have grown to enjoy our journeys to Moab.

With those intentions, we packed up the Mooseknuckler-mobile and headed east. We had invited two friends, Danny and Kim Christensen to celebrate the occasion with us. So with gear packed, bikes on rack and hopes high we headed to Moab without actually planning anything. That's how I roll. I mean, if you have to plan it, it's probably not worth doing, right?

We showed up in the land of many red rocks Thursday afternoon, after driving through snow, sleet, wind and rain. We set up camp just off of Kane Creek road in the Moonflower campground amidst drops of rain. We had hoped to ride Thursday, but the circumstances handed to us pushed us towards getting things ready for tomorrow with hopes that we would awake to better weather. Which we did.

Friday we awoke to beautiful

weather. No wind and 70 degree temps. The way that I saw it, we had two options. Ride something that was hard and long, or start out fairly easy. Seeing that Kim was a Moab newbie, we opted for the latter. We headed out to the Sovereign Trail System, starting on the Willow Springs Road, we did a version that was Danny's favorite and that I personally enjoyed as well. We rode up the Jeep road to the singletrack and then followed the dots up to the point where we ran into signs that said, "Stop, don't go up this." At this point we rode the other direction and looped down to where the stop signs were located. This gave us a great little cherry stem loop that delved our Moab newbie into the scene without death but with plenty of riding.

Of course, this small gem of a trail was not enough to calm our need for riding so we headed out to Bartlett Wash, a trail I had not ridden, but Danny assured me was worth the trip. Bartlett Wash is a huge slab of sandstone, that once you are on top of opens to a playground. The sign says free-form riding. So that is what we did. Of course, we avoided riding on vegetation and soil as suggested

by the same sign. The mesa is full of small (2-5 foot drops) and lots of steep roller opportunities. Speaking of the latter, once you are in the free-form area, head out to the farthest point on the mesa and you will find a deep chute that is rideable. The slick-rock is anything but slick, meaning that you can roll down things that are steep but still control your speed quite nicely. The chute is awesome due to its steepness and length. It's a must-do for all aspiring freeriders.

After playing around for an hour or so, it was time to head back. We picked up Kim, who had opted to wait for us fools under a tree, and headed back to the vehicle. Enjoying the ride back down the sandstone slab. Once back to the car it was obvious that only two things were imperative at this point, beer and sustenance.

With that in mind, we headed to La Hacienda, a small Mexican food restaurant just off the main drag in Moab. They have cold beer and a full liquor menu, but most importantly, they have good Mexican food. And there is no better way to end a day of riding than by eating Mexican food. I am personally partial to Negra Modelos out of the bottle and beans, rice and cheese burritos. I don't eat flesh so that is pretty much a perfect combination. Did I say I recommend this place?

After said refueling of the tanks, we headed back to camp where we stood around the campfire sharing glory stories and finding blood where we had no idea any had been drawn. Everyone in our group was stoked to be enjoying the what/where/how of Moab.

Day three we awoke to beautiful weather. The temps were higher than they had been the day before, but there was a bit of a cloud cover in the sky. We partook of breakfast

Join us in the funnest bike ride of the year starting at 10:00 pm **JULY 15, 2011** at the Antelope Island Marina. On-site registration starts at 7:30 pm.

Antelope by Moonlight 2011



The Deathly Shallows

On-line registration at www.daviscountyutah.gov
Davis County Economic Development 801-451-3286



SALT LAKE COUNTY
BICYCLE
ADVISORY COMMITTEE
www.bicycle.slco.org

Your contributions and energy are needed to assist with:

Community Bicycle Coordination
Bicycle Facilities Planning
Bicycle Outreach and Community Events

Committee Meetings are held on 3rd Wednesdays
SLCBAC Quarterly Mtg: May 18th 5-7 pm (Note time Change)
Bicycle Facilities Subcommittee Mtg: June 18th, 4-6 pm

Room N3001, Salt Lake County Gvt. Center 2100 S & State
Contact: bicycle@slco.org or 801-468-2500
See website for meeting info, agenda and minutes



Lone Peak
Salt Lake City, Utah

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

800-777-7679 or 801-272-5217

LONEPEAKPACKS.COM

and then kind of hung around camp. Unfortunately, the longer we hung, the fiercer the wind became. We marked it up to the canyon warming and the airflow rising and headed out to ride one of the classic Moab trails, Amasa Back.

Again, unfortunately for us, the wind was more of an entire Utah thing than a canyon warming thing and we found ourselves climbing up the Jeep road with a head wind that could have killed Colonel Potter's horse. By the time we reached the junction for Amasa Back and Pothole Arch, we were marching into full on 50 mph headwind gusts. At least that is my estimate. The wind was blowing hard enough to make me worry about falling off cliffs. Being the Mooseknucklers that we are, we chose to continue and had a nice tailwind out to Pothole Arch which happens to be a small window of an arch that is kind of fun to take pictures of. Once out at the point, the river wraps around the mesa upon which you stand and it is a bit trippy to see the same river on both sides of the mesa.

Seeing that we had a killer tailwind out to the arch also meant that we had a destroying headwind back to the junction. We had hoped to ride

Rock Stacker back down to Jackson to complete our loop. Standing at said junction, the wind was blowing so hard that the idea of riding anything with exposure was questionable, but we were a questionable bunch and headed down the trail anyway. Danny and I both rode the drop in and then walked back up and attempted to help our ladies down the uber steep switchbacks that dropped us onto the Rock Stacker. We were then magically out of the wind and enjoyed our ride on the edge of a cliff dropping back to the Colorado River following paint on the sandstone back to the parking lot.

With our head wind and technical riding abilities, we rocked out a grand total of 12 miles in exactly one minute under five hours. With my estimates, if we could subtract the headwind we could also subtract two hours from our total time.

After a ride of such magnitude and seeing that it was my Befday, we headed to the one place that is an absolute must when in Moab, the Moab Brewery. We enjoyed a huge Margarita and locally brewed beer. The food at the brewery is worth the trip and you are guaranteed a smile and chuckle if you ask for Keystone

Light on tap.

While we were riding in the wind, up a Jeep road, I had a bit of an epiphany. Moab is more about an experience than anything else. Seeing red rock in all directions and feeling the expanse and depth of the cliffs that surround the area are all part of what Moab is. It is also part of what has continued to draw me back to the land of many red rocks. There are trails for everyone and there are plenty of side activities to enjoy.

Definitely a good place to enjoy a "Befday."

Recommended Rides

Amasa Back

This is a classic Moab trail that uses Jeep roads to access more mountain bike worthy trails. My favorite route is up Amasa Back onto Pothole Arch. Backtrack on Pothole to the signed junction for Rock Stacker and follow this technical, exposed trail back to Jackson's trail. This will take you back to the trailhead.

Slickrock

Another classic Moab trail that utilizes the amazing slabs of sandstone to provide you with plenty of riding opportunities.

Sovereign Trail

This is singletrack mountain bike style. It is a great trail and an excellent introduction to the land of many red rocks.

Porcupine Rim

Porcupine Rim is an excellent trail that provides classic Moab Jeep roads with great singletrack exposure. To really get a good ride in, attempt the Whole Enchilada that ends with this trail.

Recommended Eats

La Hacienda

Excellent Mexican food and cold beer, what more could you ask for? La Hacienda is just off the main drag



Danny Christensen rolling in on Bartlett Wash. Photo: Lukas Brinkerhoff

at 574 North Main Street.

The Moab Brewery

In my opinion, some of the best food in town and great locally brewed beer. Good food and good beer! The Moab Brewery is at 686 South Main Street.

Eddie McStiff's

Another great brewery with good food and great beer found at 57 South Main Street.

PLANET ULTRA PRESENTS



Ultra Distance Relay Race

Aug. 26-28, 2011

St. George, Utah

The Rolls Royce of Relay Racing, in breathtaking Southern Utah. Enjoy the spectacular scenery around Zion, Bryce, the Grand Staircase-Escalante, Cedar Breaks, Snow Canyon and more! The Hoodoo route is a perfect loop starting in St. George - every mile beautiful and unique.

2,4, and 8-person relay teams comprise your rolling party! Racer friendly rules with unlimited exchanges allow you to create your race strategy.

Details and registration information on the website: Hoodoo500.com

SHIFT GEARS AT THE HUNTSMAN WORLD SENIOR GAMES

Cycling - Oct. 4-7
Mt. Biking - Oct. 10-11
Triathlon - Oct. 8

St. George, Utah - USA

Choose From 27 Sports For Men & Women 50 + From Around the World

Request Information
800-562-1268
hwsg@seniorgames.net
www.seniorgames.net

Register March 1 - September 1



/gid'ē/
(giddy)

How you feel when you join SelectHealth for the Tour de Cure.
The nation's largest single-site team is right here in Utah.

Saturday, June 11, 2011
Brigham City



REGISTER AT MAIN.DIABETES.ORG/UTAHTOURDECURE

