

VOLUME 20 NUMBER 3

FREE

MAY 2012

WEST MOUNTAIN CYCLING MAGAZINE

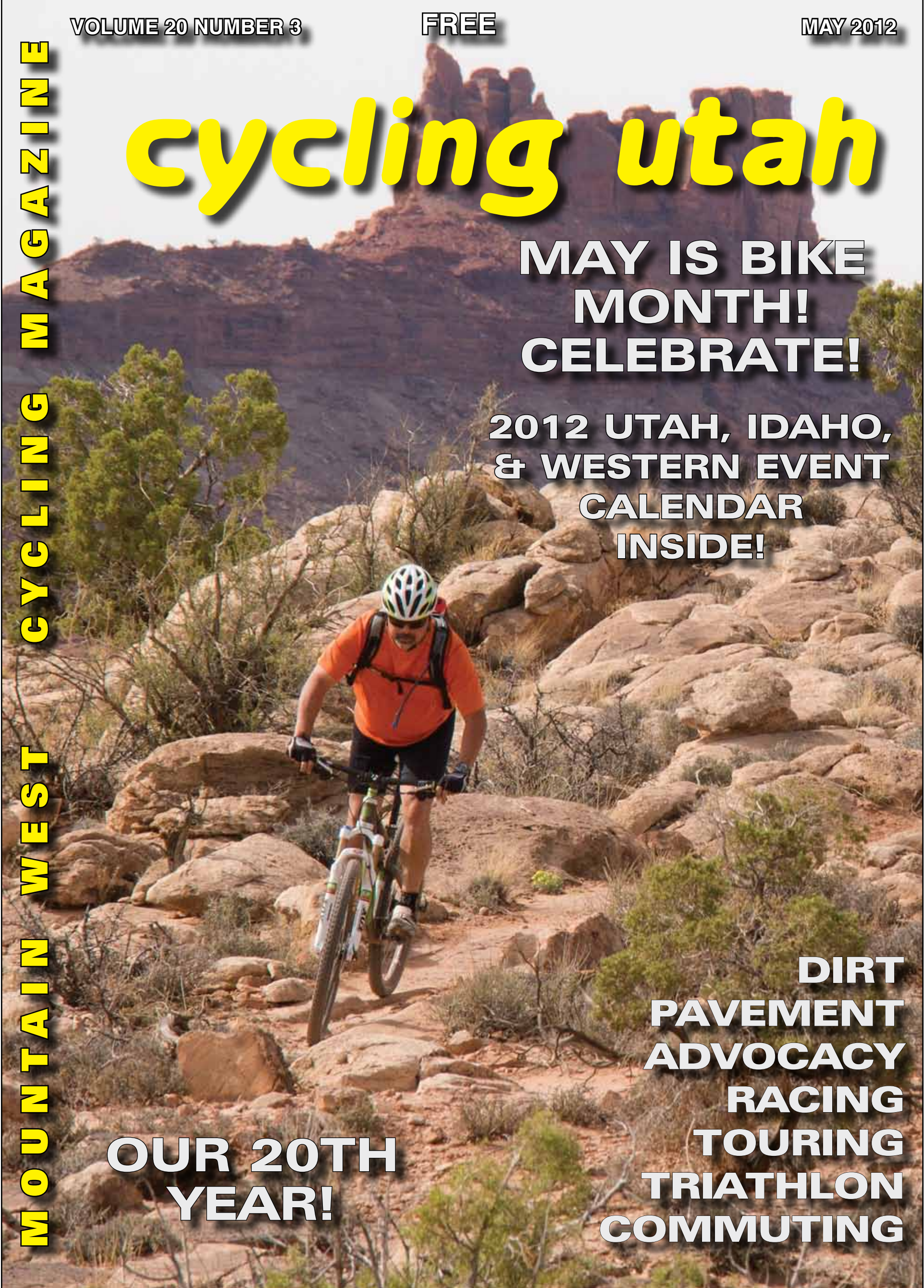
cycling utah

**MAY IS BIKE MONTH!
CELEBRATE!**

**2012 UTAH, IDAHO,
& WESTERN EVENT
CALENDAR
INSIDE!**

**OUR 20TH
YEAR!**

**DIRT
PAVEMENT
ADVOCACY
RACING
TOURING
TRIATHLON
COMMUTING**



SPEAKING OF SPOKES

I Am Not Nearly As Fast As I Used To Be

By David Ward

6 year old grandson when he asks, "Grandpa Dave, why do you have hair in your nose?" There it was again, a grim reminder that not only

am I feeling the advance of age, but its advancement is apparent to others, as well. My innocent grandson just didn't know the taboo against voicing the clearly obvious.

I simply explained that when you get old, hair grows longer in places where you wish it wouldn't, like your nose and ears. Obviously I needed some grooming. And along with that, I could use a few other things as well. Like a new hip, a stronger back, better eyesight, less arthritis, and just less pain overall.

Of course, the day he said that to me, I had earlier finished a 35 mile bike ride, and would do a 55 miler the next morning. One of the many wonderful attributes of bicycling is that, unlike youth, it is not wasted on the young. I no longer run, thanks to my hip (though I had given up any serious running for cycling a long time ago). Even walking long distances can be painful. And while I have long maintained that skiing is my first love, my hip now brings that into question as well.

But I can ride, and it doesn't hurt. Thanks to age, I am not nearly as fast as I used to be, and I am now well used to being easily passed by most riders while I pass very few. But I can still enjoy a fresh, sun-drenched morning as I pedal up a pine-lined canyon or rock and roll along a meandering, moderately hilly road. Who cares how fast others are going as they blow past me.

Like today. My niece is getting married this evening, and so we had family coming in from various out of state locations. I called Andy from Denver and A.C., an avid mountain biker from Pocatello, and told them

to bring their gear. Larry called from Phoenix about going for a ride, and I outfitted my son-in-law, Joe, who lives in Logan.

We set out at 10:30 this morning under a bright blue sun and the temperature at a cool 50°, perfect weather for a refreshing ride. Joe, Andy and A.C. were the youngsters of our group, ranging from 25 to 42. Larry and I were the old men, at 57 and 61, respectively. We headed from my home down Emigration Canyon, crossed above the University of Utah campus, and rode through Federal Heights and along 11th Avenue, around City Creek to the State Capitol, and down to Bruges Waffle and Frites where we stopped for a snack before retracing our route to my home. Along the way, we enjoyed many and varying spectacular views of the Salt Lake valley and the surrounding, snow-packed peaks.

We were a casual group, particularly heading down to Bruges, visiting with each other along the way. During the ride, I got Larry's story. At age 49, he was heading out on a 65 miler when, without warning, he went into cardiac arrest. Fortunately, a lady saw him, stopped and administered CPR, or he would not have been riding with us today. After that experience, Larry said his priorities changed. He took stock of what was important to him, i.e., his wife, children, and doing those things that bring him joy and satisfaction.

He said he did not know how long he would live, given his heart condition, and he wants to make the most of those years. He has always been very active and fit, and still is, but he has to keep his heart rate down around 130. I am guessing he has many years left, but he is right about life as you age. You want to enjoy it fully.

I love riding my bike. And I figure I will be able to continue riding so long as I can climb on my bike, even if I need help. Cycling is low impact. It is likely to be pain free well beyond the time when most activities have been abandoned because the payback afterwards is not worth it. It keeps you toned and fit to the degree you desire, even as an old guy. It allows you to be outside and active, enjoying this marvelous and magnificent world in which we live.

I am getting older, I admit. My left hip is wearing out and will need to be replaced somewhere in the next few years. Sometime after that, it will be my right hip. I have inherited my mother's arthritis. I have recurring pain in my left knee that, occasionally, becomes quite irritating. My lower back varies from not too bad to not too good. And my blood pressure has been creeping up on me, though not yet to the level of being a serious concern.

Despite all that, I still enjoy a good bike ride, either alone or with good friends and acquaintances, and do so several times a week. Cycling is wonderful like that. Advancing age brings its attendant aches and pains. But as the Dr. Seuss book says, "I'm in pretty good shape for the shape I'm in." Cycling helps me to remember that, and to keep it that way.



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, Tom Jow, Charles Pekow, Wayne Cottrell, Mark Deterline, Lukas Brinkerhoff, Shelby Meinkey, David Ward, Curtis Clayton, Joe Kurmaskie, Carl Fisher, Nancy Clark, Shannon Boffeli, Holly Kelly, Ann Hoffman, Cottonsoxphotography.net, Eric Schramm

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.

© 2012 **cycling utah**
Pick up a copy of **cycling utah** at your favorite bike shop!

Cover: Byron Swezy of Frisco, Colorado rides the Dead Man's Ridge Trail on the Bar-M network, just north of Moab..

Photo: Photo John Shafer. See more at flickr.com/photos/photo-john.

JOIN US IN THE FUNNEST BIKE RIDE OF THE YEAR
JULY 6, 2012 STARTING AT 10:00 PM
AT THE ANTELOPE ISLAND MARINA.
ON-SITE REGISTRATION STARTS AT 7:30 PM.

End of the World
2012 ANTELOPE BY MOONLIGHT
END OF THE WORLD - MAYAN MELTDOWN

Bike Ride

On-line registration at www.daviscountyutah.gov
Davis County Economic Development 801-451-3286

 **CENTURY RIDE**
UTAH'S MOST UNIQUE RIDE EXPERIENCE
WORLD-CLASS TRACK • CLOSED COURSE

BEGINS 7:30 AM **MILLER MOTORSPORTS PARK**
SATURDAY, SEPTEMBER 22, 2012

Solo riders and teams of all skill levels are invited to the Miller Motorsports Park for A DAY OF CYCLING FUN FOR THE ENTIRE FAMILY. Ride a loop around the track or 100 miles on the track and through Tooele county to benefit Special Olympics Utah and Larry H. Miller Charities.



FOR DETAILS AND REGISTRATION VISIT:
MillionMilesatMiller.com

BIKE MONTH

Celebrate Bike Month!

By Curtis Clayton

May is a great month for a lot of reasons—from the arrival of spring to Mother’s Day and Memorial Day. One important reason May is so great is that May is National Bike Month. Each year Utah participates in the National Bike Month by requesting our Governor declare May as Utah Bike Month.

Here is the declaration of Utah Bike Month for 2012:

Whereas, bicycling has been a simple and efficient method of transportation since the 1860’s;

Whereas, the bicycle is the most efficient vehicle devised and produces zero pollution;

Whereas, you can park up to a dozen bicycles in the same space as one car to eliminate congestion;

Whereas, bicycling three hours per week can half your risk of heart disease and strokes;

Whereas, the cost of owning and operating a bicycle can be afforded by most;

Now, Therefore, I, Gary R. Herbert, Governor of the State of Utah, do hereby declare May 2012 as Utah Bicycling Month.

As part of Utah Bike Month every year a committee of volunteers from various bicycling organizations come together to plan all the fun events that will be part of Bike Month. The committee is open to any person and organization as long as they would like to increase the awareness and

participation of the events. The committee is always looking for fresh faces to participate and bring new ideas into the month long celebration. If you feel inclined to become a part of Utah Bike Month planning for 2013 make sure you attend the monthly planning meetings for the committee. For more information on how to participate, visit www.utah-bikemonth.com.

As for 2012 there are still many ways you can become part of the fun. From volunteering at one of the events, to riding and enjoying of all the hard work and planning, here are some great ways to support and be a part of Utah Bike Month. All of these activities can be found on www.utah-bikemonth.com with more details.

Bike Month Events

May 5 — Downtown Alliance's Live Green Festival, Utah Bike Month, Salt Lake City, UT, 9th 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 5 — Tour de Brewtahl, Utah Bike Month, Salt Lake City, UT, A tour of the local micro-brew-

eries in the valley to support local non-profit agencies., Tim Stempel, 602-463-1547, tdstempel@gmail.com, tourdebrewtah.org, utah-bikemonth.com

May 12-19 — 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, cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 12 — Tweed Ridel, Utah Bike Month, Salt Lake City, UT, Come prepared to mozie around the city on your finest velocipede, while dressed in your best early 1900's threads. Congregate at Library Square at 6pm and enjoy a scenic ride around Salt Lake City., Christy Jensen, cannjensen@gmail.com, saltcycle.com, utahbikemonth.com

May 13 — Cyclofemme Ridel, Utah Bike Month, Salt Lake City, UT, Come ride Salt Lakes finest bike lanes and bike paths with women of all ages and abilities. Never ridden on the streets of Salt Lake? Let this be your introduction to riding in the city. Bring the kids, bring your mom, bring a lunch, but most important, bring your bike. The ride will be approximately ten miles and will end at



A rider commutes through downtown Salt Lake City on the first day of Bike Month. Photo: Dave Iltis

Continued on page 14

Now Available in Kona-Mocha

NEW



WOULD YOU PUT REGULAR IN A FERRARI?

Introducing Kona-Mocha EFS Liquid Shots. They're called liquid shots because they don't contain gelling agents that can slow down absorption and digestion. Features include our exclusive 400-calorie supercharged endurance formula that boasts over 1500mg electrolytes, 1000mg amino acids and 100 grams of simple & complex carbohydrates, all in clinically effective doses. Plus, they're packaged in easy-to-use, resealable, refillable, and fully recyclable containers. Also available in 30-ounce refills.

Detailed Q & A and research packet available at www.firstendurance.com



firstendurance.com • 866.347.7811

METAL COWBOY

Before My S.U.B. Was A Status Symbol

By Joe Kurmaskie

The New York Times writes about Portland, Oregon as if it were always a two wheeled OZ, a place where cyclists, lost out in the urban wilderness, could simply click their clipless heels and be back at home in the saddle.

But not so long ago it was just another town where biking your kid to school marked you as a freak.

The SUV pulled even with us at the intersection. Rain splashing from wipers as she brought the electric window down to say something to me.

"I'd like to help."

Who among us touring cyclists hasn't been mistaken for the homeless? What with hauling our worldly possessions from town to town, putting our show on the road for weeks at a time. OK, maybe it hasn't happened to you. Perhaps your gear is always showroom new, showering and shaving is a regular part of your routine and the lycra across your back has people thinking sponsorship rather than soup kitchen, but the rest of us, with our broken rain jacket zipper we've been meaning to fix, we've pretended not to notice the faces of sympathy or disgust as we pedal along.

Only I wasn't on the road this time. I was rolling the streets of my hometown, Portland, Oregon with my preschool aged son, Quinn, in tow. If there is anywhere in America that a morning commute to preschool by bike wouldn't get a second glance, it's Portland. Portland today that is. Eight years ago, I had the streets to myself. Not another family on bike in sight. A few geeky businessmen on folding contraptions, a racer or two before breakfast, but I was the only Daddy on two wheels.

Owing to the career I've chosen, I don't maintain much of a dress code, and a writer who hasn't gone a week

without shaving isn't trying hard enough. Besides, the pajama bottoms gave the appearance of plaid pants if you didn't look too hard.

To make matters worst, that morning I was donating art supplies to the preschool. I had an easel sticking out the back of the Chariot trailer, and various brushes and paint containers puffing up my panniers. Quinn hadn't allowed me to remove the pool noodles or parade streamers from celebrations earlier in the year, so we were a perty high profile ride, a soggy float long after the party has ended; something of an eco-friendly refugee from a gay pride parade.

She leaned out the window. Heat blowing, radio playing classical music. I came closer, rain dripping off my helmet. I used my bike gloves to wipe my nose and swipe some hair out of my eyes, standard operating biker procedure whether one has a home or not.

"Look at your little one, sleeping in the trailer like that."

I smiled back. Unaware of the thoughts in her head.

"Which would help more, clothing or money?"

I was so thrown by the question that I paused to let it compute. Was she asking if I needed charity? A writer of some standing in this town? An author with his own bike rack in front of Powell's Bookstore? A man in the process of hauling donations to his kid's school?

She shook her head, as if to dispel the insensitivity of her question.

"I've offended you. Take both."

She handed me the bag of clothes before I could react. There was a \$20 bill on top.

"I was dropping these at Goodwill, but you could put them to use right now."

She was trying unsuccessfully not to stare at my pajama bottoms. The rubber band securing the right cuff was actually one of my wife's hair scrunchies. I tried to hand the bag back, but she was already pulling

away.

"There are some signature kids clothes at the bottom," she yelled back.

I shook my head but by then she was just taillights. And here I thought the five o'clock shadow thing was working for me in a George Clooney kind of way.

I had a good laugh with the other parents at the preschool. No one found the woman's actions that outrageous though. One Dad said, "See what happens when you ride that bike around loaded down with stuff?"

I nodded. "Yeah, your son paints on an easel and there's an extra \$20 in the ice cream social fund."

In the years since, Portland's streets have filled with extracycles, bakfiets, trailabikes and trailers, to the point where a morning drop off at a local school or pick up at the end of the day boasts more SUB's than SUV's in parking lot. No one's handed me a bag of cash or clothes in some time. I was an unkempt pioneer.

Still, I believe that were I to move to another part of the country today, I could be mistaken for a homeless gent, rolling his kids around with him. I cheer for a time when it's so commonplace to see families on bikes, using them as transportation and gas free vacations, that I'm pegged as just another fashion impaired Dad on a bike.

And for the record, hair scrunchies still work in a pinch.

Joe Kurmaskie, The Metal Cowboy, will bring his traveling show to Salt Lake City with a talk on bicycle use as alternative transportation and bicycle awareness. The talk will be held on June 4th at the SLC Main Library at 7 pm. A ride with Joe and Mayor Becker will be held on June 2. Details are in the events section of the Cycling Utah Calendar in this issue.

Dr. Michael Cerami

UTAH
Sports
and
Wellness

2 TIME
SPORTS
CHIROPRACTOR
FOR THE
TOUR OF UTAH

1550 E 3300 S
SLC, UT

801.486.1818

utahsportsandwellness.com

- Hyperbaric Chamber
- Frequency Specific Microcurrent
- Sports Injuries
- Nutritional Counseling

TETON VALLEY IDAHO
JULY 27-29

3rd Annual

Idaho
RENDEZVOUS
TETON VALLEY MOUNTAIN BIKE FESTIVAL
JULY 27-28-29, 2012

Teton Bike Fest.org

ONLY \$35! PRE-REGISTRATION PRICE TIL JUNE 27
Register at TetonBikeFest.org

- ⊗ 12.5 mile/4700 vertical foot "Super-D Race" & Lift Access Riding at Targhee
- ⊗ Targhee to donate \$2 to TVTAP per lift ticket sold
- ⊗ Parties in Victor & Driggs: Music, Beer, Raffles
- ⊗ Bike Demos, Skills Clinics, Live Exhibitions
- ⊗ Group Rides, Family Activities

Local Shops Making it Happen:



Proceeds go to the Idaho Kid's Development Program (IKDP), a non-profit outdoor kid's development program. All funds and expenses are used to support the program. Photo by Steve Heston.

Registration, Details and Schedule at:
TetonBikeFest.org

Lodging Options at:
TETON VALLEY
TETONVALLEYCAMBER.COM



7 DAY Mtn BIKE
STAGE RACE OR TOUR

OR

48-HR SOLO,
2 OR 3 PERSON RELAY RACE

DURANGO, CO → TO → MOAB, UT

JUNE 24 - JUNE 30



We got your back with support
along the way, providing meals,
transporting gear...

Proceeds to benefit "Get Out",
a non-profit outdoor kid's
development program.



FOR MORE INFO:
TERRAFIRMARACING.COM
972.966.1300





**[BRING THE PACK BACK]
JUNE 16, 2012**

BENEFITING



HUNTSMAN
CANCER INSTITUTE
UNIVERSITY OF UTAH

Cyclists of all levels are invited to ride for research, Saturday, June 16, 2012 to benefit Huntsman Cancer Institute. Participants can choose to ride 25, 75, or 140 miles. This ride is a fundraiser for cancer research and was created by cancer survivor, Jeff Warren. Ride. Raise funds. Be a reason to hope®.

[REGISTER AT WWW.HUNTSMAN140.COM]

HUNTSMAN 140

Ride Options:

140-mile bike ride from Delta, UT to HCI

140-, 75- and 25-mile out-and-back from HCI

\$500 fundraising minimum to receive a cycling jersey

*Now offering 140-mile
out-and-back option from
HCI!*

RIDER PERKS

Fundraising webpage
Cycling jersey
On-course support

Aid stations
Finish line celebration
A Reason to Hope®

Check out all our cycling events that support the Huntsman Cancer Institute

 Find the Huntsman 140 on Facebook

Contact us at events@huntsmancancerfoundation.org or 801.584.5815

Huntsman Cancer Institute is a part of the University of Utah



COMMUTER COLUMN

Jim Greene Discusses Bicycling Issues

Jim Greene gets ready for a ride. Photo: Courtesy Jim Greene.

By Lou Melini

Over the past year, the E-mail list for the Mayor's Bicycle Advisory Committee for Salt Lake City has been the venue for several discussions regarding the future of bicycling in the city and the state. The 3-foot law and whether the monies allocated for cycling should go to education or infrastructure, are just some of the topics. Bike Commuter Jim Greene participated in the on-line discussions. Below are more Jim's thoughts on those topics.

Cycling Utah: Jim, first let's talk about you and your bike commute.

Jim Greene: I am 56 years old and have been riding my bike as much as I could since I was 15. I grew up in Palo Alto, CA and I would regularly ride my bike over the coast range to San Gregorio Beach--although I do admit that most of the time I tried to arrange for an adult to drive me to the top of the range and I would literally coast to the coast. I also lived for short times in the east coast where shoulders on the road were non-existent and cars had no patience for bicycles. During those east coast interludes my bike did gather a bit of dust. I have lived in Utah since 1987, when IBM transferred me here from New York. With all that Utah had to

offer I got back into serious cycling right away. My colleagues from IBM formed our own little group of riders and we set a goal to cycle to St. George, something I have now done 4 times.

I started commuting on an infrequent basis when I worked at Novell. I would drive down to Provo with my bike in my car, then ride the bike home to Sandy, and back again to Provo the next morning. Since going to work at FamilySearch in downtown SLC 9 years ago I have become a die-hard commuter. I have two commute bikes that I use, plus two road bikes for the Saturday rides and the long adventures. I also have a cruiser bike that I use for the neighborhood, shopping and small excursions, where I don't have to change shoes or clothes. I like to go fast, but I have never felt the need to formally race. I ride bikes to live; I don't live to ride bikes.

The ride from Sandy is anywhere from 18 to 23 miles one way, depending on which route I take. I try to avoid traffic-heavy roads as much as possible. During the months of Daylight Savings I ride both directions, about 45 miles a day, and try to take a route that keeps me in the neighborhoods with a dose of either Wasatch or Holladay Boulevards. I don't mind riding in the dark, but do try to avoid it. I have 6 flashing lights of 3 different colors that I use. I have the philosophy that you can never be too visible. When I was in Copenhagen this summer I dropped into a bike shop just to browse and noticed a set of lights that uses magnetic induction to power the LEDs. You install magnets on your wheels on the spokes, and as the wheel spins and the magnets pass close to the lights an induction field causes the LEDs to blink--no batter-

ies ever needed, the faster you go the more they blink. I bought a set and installed them on my primary commuter bike, a KHS Flite 700 with flat bars.

In the dark winter months I would have to end up riding both ways in the dark, so I will generally take the bus in the morning with my bike on front, and ride home in the evening. I mostly take the shortest route and go Main St., Vine St. to 300 West and wind my way home from 8000 South. This lets me avoid the coldest temps, and I usually get at least 30 minutes of semi-daylight most of the time in the evening. If snow is actively falling and has not been cleared I will not ride. Not because I don't have the gear for it or can't, but because it is just not safe. I have come close to being pinball paddled by fishtailing cars too many times. It works out to about 5 days in the year that I don't ride due to weather. I also no longer bike commute on Wednesdays because of a volunteer activity that I have in the evening

in Draper, timing says I have to drive. I have accumulated quite the closet full of all weather gear for the commute, but my favorite weapon is my rechargeable battery-powered heated in-soles for my shoes. They last about three hours per charge and keep my feet toasty warm down to the minus temps. Good stuff! I have a Klein Mantra mountain bike that I ride when the time comes for fat tires and knobbies.

C.U.: Also can you tell me why you commute by bicycle?

J.G.: It would be very easy for me to answer this question by saying that I ride because of the good that it does for others. I could say that it contributes to conservation of natural resources, that it is my part to contribute to clean air. It would be very easy to give an altruistic answer, but it wouldn't be the real answer. To be very honest I ride purely for selfish reasons. I ride because it is good for me. My mind is more alert

and I am more energized at work. I am healthier. I am more productive. It makes me healthier physically, mentally, and spiritually.

There are few things I know of that where one can be totally selfish and in so doing also be so considerate.

C.U.: What would you say to those who would counter and say

that bicyclists are actually totally inconsiderate of the laws and others on the road?

J.G.: I think part of that is because so many of us have tried to establish bicycles as equals on the road, when in reality we are not. If you look at bikes and cars as equals sharing the resource called the roadway, then it naturally leads you to the

conclusion that as equals you have an equal responsibility to obey the laws and when you don't there is a problem. However, it is the premise of equality, and the desire to attain it that is actually the problem, not the obedience or disobedience of the laws. Actually, bicycles are far from equals when it comes to sharing the resources. Cars are faster, sturdier, require more room, less fragile, and far more numerous. Because of that the rules of the roadway have been developed for cars. Bicycles enter the equation, and because of their inherent disadvantage they ask for and accept equality where in reality equality is not to the cyclist's advantage. With all things equal we lose. We need laws specifically for bicyclists; we need roadways that include designs for and accommodations for bicyclists. As long as we continue to propagate the idea that we are equals, we will continue to have the ire, wrath and displeasure of the motoring public. All of us who commute know that we daily are faced with decisions where our own personal safety and obedience to the law are placed at odds. Just as an example if we take any part of

the lane (something we sometimes have to do, due to debris or shoulder damage), and which we are entitled to do by law, it causes the car that is passing us (which it has to eventually do because it is faster than us) to either crowd us, or to possibly cross a solid yellow line--both of which actions are against the law. The end result is either an angry driver, or an angry cyclist, or both. This is just one of many examples where equal does not work. That said, there are always inconsiderate cyclists, as there are inconsiderate drivers, we should not fall into the trap of generalizing the actions of the few in such a way as to prevent actions that will benefit the majority. We need to stop focusing on the exceptions and stop trying to achieve equality, and instead focus on the realities that will face us: oil is a finite resource, economically cycling will expand not contract, we need to accommodate these trends in positive ways and provide roadways that are safe and inviting for both sets of users.

C.U.: During the 2011 state legislative session, there was a bill allowing cyclists to treat stops signs as

yield signs, copying the Idaho law. What are your thoughts on that? I sat in a neutral corner, but I thought you had some rational thoughts in support of the bill.

J.G.: Here is what I have to say about the Idaho law. Thankfully, it was passed in a time when politics where not so heated. Because of that it has provided a laboratory of almost 25 years of data. Were it not so, I am afraid that all the scaremongers out there would gloom and doom the idea to death. It is still a very hard sell, but one that we all need to look at rationally.

First, I consider myself a law-abiding citizen. For those of you who are saying that the previous statement is hypocritical because I live the Idaho law most of the time, let me just ask two questions: First, when driving do you properly, according to the vehicle code, signal all turns and lane changes? Second, isn't five miles an hour over the speed limit still speeding, even if you never get

Continued on page 9

BEARLAKEMONSTERRIDE.COM




BEAR LAKE MONSTER CENTURY

JUNE 30, 2012


FULLY SUPPORTED BICYCLE RIDE.
100, 75, 62 & 50 MILE DISTANCE OPTIONS



©2012 EXTRA MILE RACING, LLC. PHOTO COURTESY OF EVENTRICE.COM. ALL RIGHTS RESERVED.



CUSTOMIZE YOUR DNA



CUSTOM CLUB & EVENT CYCLING GEAR

dnacycling.com • 801.676.5057

Cache Valley VISITORS BUREAU



JULY 14 2012

Registration **cachegranfondo.com**

LOGAN REGIONAL HOSPITAL FOUNDATION
Bringing healing home

100, 70 & 40 fun and challenging miles thru beautiful Cache Valley



SAINTS TO SINNERS BIKE RELAY

SLC to Vegas
July 27-28



SaintsToSinners.com
CAN YOU HANDLE THE HEAT?

MECHANIC'S CORNER

Is Your Repair Kit Ready for Summer?

By Tom Jow

Now that warmer weather has returned it's time to get the bike ready to roll. After the bikes are clean, chains are lubricated, tires have been inflated... did you check your repair



Use tire levers to pry the tire off the rim.

kit? Being half way through a ride is a bad time to discover that the tube you thought was a spare has a hole in it from last time. When was the last time (if ever) the chain tool was used? Still remember how to use it? Maybe you just purchased a new bike and don't have a repair kit yet. What are the essential components of an on the bike repair kit and how are they used?

The most important parts of any repair kit is a spare tube, patch kit, pump and tire levers. A punctured tube is the most common repair performed on the road or trail. Tubes come with two types of valves, schrader (like a car) and presta. In addition, valve lengths and tube widths vary for rim depth and tire width so it is important to get the correct size. Pumps also come in a variety of sizes to fit on the frame or in a hydration pack. Be sure that the pump you have is set up to work with the tube valve on your bike. Tire levers cost about \$5 and are necessary to remove the tire, especially if it fits tight on the rim. You may also

want to carry a tire boot – a piece of casing from an old road tire or sidewall from an mtb tire measuring approximately 2" x 4". If your tire is badly cut on a ride, this lightweight addition to your kit can be used between the tire and the tube to get you home. A mylar energy bar wrapper or folded dollar bill can work in a pinch.

Once a new tube is installed, there are two ways to inflate it. The old standard way is with a pump. Place the pump on the valve and lock it on. When pumping, it is helpful to keep the pump perpendicular to the valve to prevent air from leaking out of the seal. Also, support the head of the pump to prevent it from slipping through the spokes, tearing the valve off the tube. An easier way to inflate the tube is with a CO2 inflator. This device is essentially a compressed air cartridge with a nozzle to fit a bicycle tube. Just as bicycle tires and tubes come in widths, CO2 cartridges come in different sizes to accommodate those sizes. This can be a little confusing sometimes, but a bigger drawback is the requirement of one cartridge per inflation. That means you must carry one cartridge for each flat tire you plan on having during a ride. Despite this, a CO2 inflator is a convenient tool to have.

Another tool that is good to have along is a multi-tool. The "Swiss-Army knife" of bike tools, these units come equipped with anywhere from 5 to 20 different instruments to perform repairs out on the road or trail. A mandatory tool for mountain bikers is a chain tool. Whether attached to a multi-tool or a stand alone unit, you'll need one of these to repair your chain if it breaks on the trail. They are easy to use if you carry a repair link. Just push out the pin of the broken link and install the repair link. Without it, it can be a long walk back to the car.

Finally, we need a way to carry these tools and anything else we may want on the way such as id, food, or money. Riders that use a hydration



Keep pump perpendicular to the valve and brace against rim to prevent breaking the valve off.



Multi-tool w/ integrated chain tool, chain tool and spare chain with repair links.

pack already have a place to put it. Cycling jerseys were designed with pockets in the back for just this purpose. A small pouch under the seat is nice because it is there every time you ride. Use the smallest size possible to reduce rattling of the parts inside while riding.

A well prepared repair kit is an accessory that every cyclist needs to have. It can be simple as outlined

above, or stocked with additional parts such as chain-ring bolts, cables, spokes, you name it. The farther you ride, the more stuff you might need. The important thing is that just like your bike, prepare it well, keep it in order and it will help you enjoy riding no matter what happens.

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



Unthreaded CO2 cartridge with inflator nozzle.

PLAN7

ENDURANCE COACHING

performance training for every athlete

CONTACT DAVE HARWARD
OR MARK DETERLINE FOR
COACHING, BIKE FITTING &
PHYSIOLOGICAL TESTING

801.661.7988

contact@plan7coaching.com

SALT LAKE COUNTY
BICYCLE
ADVISORY COMMITTEE

PUBLIC PARTICIPATION WELCOME

MAY 2ND & JUNE 6TH 5 PM ROOM N2003

S.L. COUNTY GOVERNMENT CENTER 2001 SOUTH STATE ST.

bicycle.slco.org

SWIM BIKE RUN

DINOTRI

Sprint & Olympic Events

"One of Utah's Best Events"

Cycling Utah

Red Fleet State Park

June 23rd, 2012 Vernal, Utah

Register Online @ www.dinotri.com

Commuter Column - continued from page 7

a ticket? So, yes, I am as law abiding as any average citizen. That said, it does not take a person who rides their bike any distance outside of their neighborhood very long to get really annoyed at the way our streets are set up. What do I mean? Well to start with the proliferation of 4-way stop signs. Historically, the birth of the 4-way was to break-up traffic flow, to keep people from speeding in residential areas. This decision, like most other roadway issues, was made by only considering automobile issues. Which is natural during a time when gas was cheap and cars ruled. But times have changed and we have to look at alternatives to taking the car everywhere.

The 4-way stops signs every block or two are annoying, now add to that the physics of the bike. Just like a car uses more gas when it has to stop and start, so too a bike requires more power from the rider, more energy, when we have to start and stop. The result is a need for me as a cyclist to make a decision. I have to go 20 miles and I can do that the easy way or the hard way. No matter what I ultimately decide, I have to do it the safe way. Safety, or in other words my life, is always my top concern. The decision goes like this--if I can slow and treat the stop sign like a yield sign it will save me so much more energy, and allow me to get to where I am going with more energy left, and that will make me happier and more willing to bike--thus, perpetuating the saving of fossil-fueled energy as well. Or, do I fully obey the law, maintain a greater safety, but get their a little slower, and lot more tired? Do I get there faster and happier and risk a ticket; or do I obey the law completely? I think you know what I have decided, in the short run--I will happily risk the ticket.

Second, having decided to safely disobey the law at times I also have a long-term strategy: Help however I can to change the law. It is a law that was designed for cars operating on roadways designed for cars. Times have changed. BTW, Yield does not mean never stop, it means slow down, check for traffic, stop if there is traffic, start going again if it is safe to do so. I am not indiscriminately blasting through stop signs or red lights. In fact, downtown where the traffic is much heavier, I rarely even have the opportunity to choose

whether to go through an intersection without the benefit of a green light. Safety is always paramount. I don't want to ever be dead right or dead wrong.

Third, this is where the Idaho experiment is so valuable. For almost 25 years they have had the law, and guess what, it has not resulted in blood and mayhem with cyclists strewn all over their streets. It turns out that cyclists do a pretty good job looking out for themselves. In fact, the only real difference in the way the riders in the two states ride is that in Idaho they ride the way we ride in Utah only legally. We in Utah have to break the law to do it. No greater accidents per capita, no greater fatalities. Both groups look and act mostly the same. One is doing it legally and one is not. What is wrong with this picture?

Fourth, if the Idaho law were to pass in Utah, would it create a public relations problem; more than the one that already exists? I seriously doubt it. It can't get worse, only better. The vocal and very public debates between cyclists and drivers are mostly ignorance, and no PR in the land can educate an ignorant person who does not want to be educated. Those on the margin, however, the ones who are angry and indignant because they see cyclist breaking the law and feel it is not right, they may actually see the process of the law changing, may become aware of it, and may actually lose some of the anger. After all, we already have special laws for special groups. Pedestrians don't have to obey the laws of the road as they have their own. 18-wheelers are not allowed in the HOV or even the left most lane on the freeway (if more than 2 lanes exist). Why not have special flow laws for bicycles? If we can't change laws because of new circumstances, then why have legislatures?

Which really brings up my fifth point: Whether to bike or not is ultimately an economic question for the masses. Do we want to wait until the economics drive the masses to bikes and then when the masses are on bikes let them drive the infrastructure and the law changes? Or do we want to get ahead of the curve? (More on that later.) But I can tell you this definitively, me riding my bicycle is a very real contribution to saving limited fossil-fuels, reducing my personal health-care costs, and contributing to a cleaner environment. Why not consider laws that are specific to me, and those like me? There are

many who would say; "Until cyclists learn to obey laws we will not listen to their requests." That is absurd. Can you imagine the outcry if UDOT said, "Until motorists obey all the traffic laws we are not going to maintain the roads anymore"? But that is exactly like what those who make the absurd statement are saying. If they took the time to understand why we are doing what we are doing they may understand how innocuous this proposed law change really is. When I come to a yield sign now, whether in a car or a bike, do I blast through the intersection, or do I stop if traffic is coming? Have we become so used to everyone spelling out exactly what we must do that we can no longer understand decision-making and choice?

C.U.: Another discussion focused on where should cyclists place priorities, education or infrastructure? What do you think is the most effective way to increase the number of cyclists or improve current cycling conditions, through education, infrastructure or perhaps enforcement?

J.G.: In the debate over infrastructure, enforcement, and education I fall squarely on economics as the catalytic force. When gasoline hits \$5 a gallon I guarantee you that there will be more cyclists. That is exactly how it happened in Europe. And when the masses began cycling suddenly the infrastructure had to change. So the real questions are: Will gas ever hit \$5/gallon? And if so, how soon? I really believe the answer to the first question is yes, and soon enough that we need to be implementing infrastructure changes now. How best to spend our limited budget; Infrastructure or education; enforcement; or some combination of all three?

Let me take enforcement first. There are not enough tax dollars in the world to create enough enforcement positions to be able to enforce all infractions. It is not a viable or feasible goal. And none of us would be happy with the police state it created. The current philosophy of having adequate enforcement to capture the major offenders that threaten peaceful societal coexistence, and enforce lesser laws as time and convenience allows, is likely to be the model for centuries to come. It is not always happy for all, but it is all that can be done realistically, without becoming draconian.

So, it comes down to infrastructure or education (knowing that enforcement also falls heavily into education as well, e.g. traffic school). I believe that you have to have some infrastructure in place for any of this to work. Why do I say this; because infrastructure is the most visible thing and is the easiest to reach the public with. You can educate with infrastructure (signage, stripes, curbs, etc.). Infrastructure, AKA the roadway, is where bikes and cars meet. Society needs to be spending on education, but it needs to be well thought out, targeted and done in conjunction with infrastruc-

ture. All that said, if the goal is to get more people biking safely, then there are two choices: try to figure out how to do that with the current infrastructure, in other words with education alone, or implement more bike friendly infrastructure and educate as you go. I am going to explain next why the first one won't work and may be more expensive, and why you have to do the second.

Education is many times presented as the great panacea. As someone who comes from a family of educators, and who works in consumer education, I have to tell you education is much harder to do than to say. You cannot educate someone who does not want to be educated. You can force them to learn at times, for example, offenders can be sent to a class, you can give out grades and fines, but ultimately they have to want to learn. I wish I could say that educating people to know the laws was simple. My observation is that it is not. Almost daily I have people trying to educate me through high decibel messages, delivered as they pass by me, that I don't belong on the road and that I need to be on the sidewalk. If they knew the law they would not be doing that, right? OK, maybe not. Here is how I break it down: Who needs to be educated, what are the targeted groups of people and how would I reach them? Once anyone figures out how to reach them, then how much it will cost will follow. The groups that need education: 1) Cyclists, 2) Motorists, 3) all future motorists, 4) all future cyclists, 5) General Public, perhaps?

1). Cyclists. I can reach current cyclists the easiest. They are a relatively small group. Cyclist visit bike shops--all eventually do, they ride on bike paths and bike lanes, some read cycling publications--they are more willing to read about cycling issues. Some, but not all, read newspapers and watch TV. Most of this is not very expensive (except TV) and I can reach, over time, a big part of the audience.

2) Motorists. This group is the one of the largest. It is also the most diversified and the least likely to want to read about bicycle issues. Do I do a TV blast to get to them? That is very expensive. What do I know about them as a group? They drive on roads, the bigger the road the more drivers. So the best way to reach them is not through newspapers, which only a small percentage read, or TV, which is expensive, it is through on-road signage. Bill boards on the freeway, road signs, and infrastructure changes. As laws are changed, to the extent that TV and mass media cover those changes there is the opportunity to have some free media coverage. This is a large group, diversified, expensive to reach difficult to reach

3) Future motorists. This is an amorphous group. We know that high school seniors make up the largest

part of this group right now, which is great for the next year for targeting them with education, but there is little I can do to target today the ones that will become motorists in five years. The best way is the standard drivers' education changes that we always discuss. Let's do them by all means!!

4) Future cyclists. This may be the hardest group. We just don't know who they are. Not in a way that we can reach them in any meaningful way. Do we do elementary school education? Yes, of course. But how many of those kids are going to ride bikes more than just to school in 5 years? 10 years? How many schools are there? How many students? How do we reach them all? If we can't reach them all how do we prioritize which ones get it and which ones don't? I think the best we can do again is just-in-time education as they buy the bike at the shop or even at WalMart. I would even be in favor of required registration (not annual fees) just so that the serial number and owner is recorded and so that educational material can be delivered.

5) General Public. Not sure this should be a goal. Who is the general public that does not fall into one of the 4 groups already discussed? Not a significant enough group to bother to pay attention. There is already not enough funding for groups 1-4, so no need to even worry about group 5.

To summarize then, the best bang for the buck comes from leveraging infrastructure changes through on-road signage, and free media coverage of the changes. Implement driver training curriculum changes, bicycle registration and point of sale education should be done, as long as the materials are small, compact, easy to read, and not expensive to produce. Use the fees from registration to create and maintain a database, and to create materials. It's not perfect, but it could work. Here is how I see the whole thing coming down. Infrastructure changes continue to happen, gas goes to \$5/gallon, the bike industry expands rapidly, masses of new riders enter the field, which speeds the infrastructure, infrastructure-based education and the other education initiatives--driven by greater concerns for safety. But we have to get on top of both the infrastructure and education needs now. They both need to happen, but one drives the other--sparked by economics.

C.U.: Thanks Jim. I'm sure there are many issues that will come before the cycling community that will be difficult to reach a consensus.

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

OFFERING A FULL MENU OF FRESHLY
MADE SANDWICHES, SALADS,
SPECIALTY ENTREES, AND DESSERTS

1026 EAST SECOND AVENUE
SALT LAKE CITY, UTAH 84103
M-F 7AM-8PM • SAT 8AM-8PM • SUN 8AM-5PM
801-322-3055
www.cucinadeli.com



Youth Triathlon Programs

WWW.GREATBASINCOACHING.COM OR 801.566.9727

with Great Basin Coaching

Junior Tri Team
Begins May 29
Parent/Athlete meeting May 21

Novice Clinic
7-12 yrs, June 12-13

Youth and Family Triathlon September 3

Visit www.greatbasincoaching.com or call for information.



Find us on Facebook

[facebook.com/cyclingutah](https://www.facebook.com/cyclingutah)



Follow us on Twitter!

twitter.com/cyclingutah



BIKE UTAH

Your membership helps foster government relationships, cycling education, and tracking infrastructure

ADVOCATE - EDUCATE - RIDE

Become a MEMBER today at
www.BikeUtah.org
Ride Safe!



ADVOCACY

Boise State Earns Silver Bike Friendly University Award

By Charles Pekow

Study harder and improve your grade, they say at school. And that's exactly what Boise State University (BSU) did. A year ago, it became one of the first institutions to win honors as a Bicycle Friendly University (BFU) in the League of American Bicyclists' (LAB) latest addition to the Bicycle Friendly America program (which includes Bicycle Friendly Communities, Bicycle Friendly Businesses and Bicycle Friendly States).

Last year BSU scored bronze, the fourth highest ranking. It wasn't satisfied and worked harder on improving the campus bicycle infrastructure. And this year, LAB moved it up a notch to silver.

LAB was impressed this year with the university's upgrading of its 10-year-old Cycle Learning Center. The new building replaced a smaller one on the second floor of the campus recreation center – hardly the most convenient place to bring a

cycle.

The new center contains tools anyone can use for free to fix a bicycle or they can pay for a mechanic's work. The center also increased its safety and repair class offerings.

"We added a lot more bike lanes and sharrows (shared lane markings), created more places to park and ride and put in lots more bike racks," says J.C. Porter, BSU assistant director of transportation. The school also added a second 75-slot bike barn (part of a garage reserved for bike parking that requires a key for registered users). Students pay \$25 a year for a space – but the fee includes \$36 of auto parking. "On snowy days you can drive if you don't want to buy a full year permit for the car," Porter explains.

BSU Transportation & Parking Services now employs two people promoting bicycling and it has taken over and coordinated all bike parking on campus – rather than let housing take care of the racks in dorms and security oversee others.

"They added some real cool biking corrals," notes Bill Nesper, LAB vice

president for programs, who visited campus for a bike Congress BSU conducted with bicycle advocates and local officials to plot improving the campus and city bike atmosphere. "They are really trying to be front and center, saying 'we want folks to bike here.'"

Nesper says that the "campus is very centrally located so it has really great access to the city and because of the trail system there, (including the Boise River Greenway), students can not only ride to housing quite easily but also to downtown, shopping areas and for recreation."

BSU's transportation hub and master plan impressed LAB, Nesper says.

So how can BSU climb even higher to LAB's gold and platinum ranks? (So far, only three campuses, all in California, have achieved the top two metal medals.) Those campuses, Porter says, are spread out with miles upon miles of bike lanes. LAB found gaps in BSU's bike lane network. BSU is working on a plan to fill the gaps but "that will take time and money," Porter says.

"We think they need to work a little more closely with law enforcement to make sure the campus public safety office is fully tied into the bicycling program there," Nesper suggests. He also says "creating a bike map for students would be really big."

"I was hoping to get gold this time around but I do understand we have some limitations," Porter acknowledges.

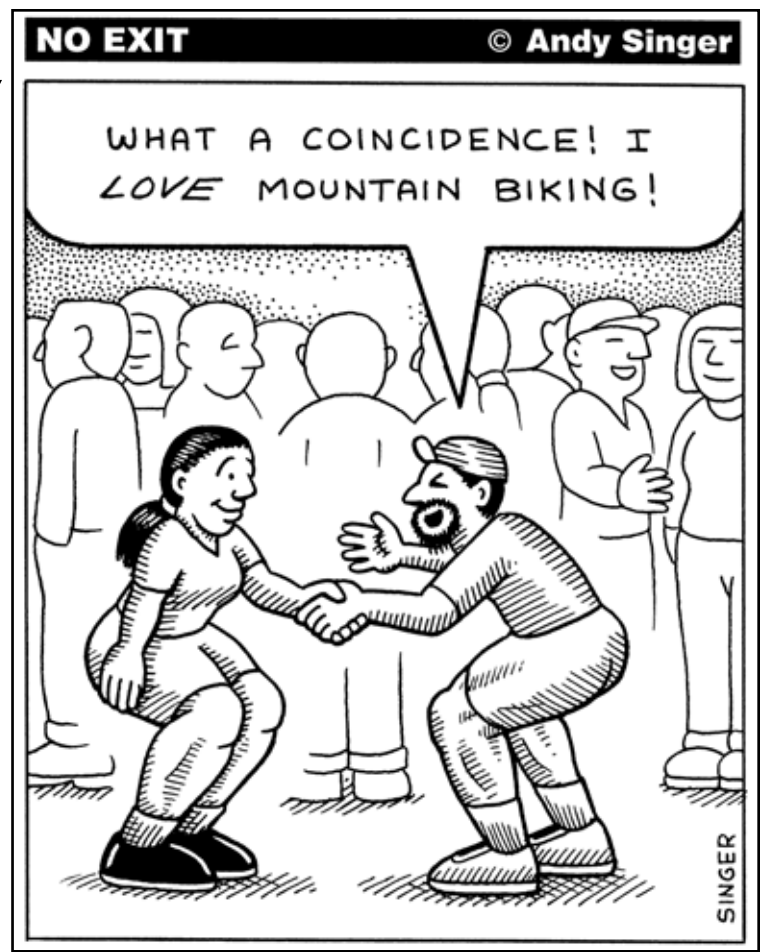
LAB has awarded BFU status to 35 institutions plus 10 more honorable mentions. But Nesper says it has never gotten an application from Utah nor any others from Idaho.

But not for long. "We are currently filling out the application. We are 75-80 percent done," says Chad Larsen, manager of shuttles at the University of Utah Commuter Services in Salt Lake City, who is heading up a campus bicycle subcommittee. He plans to complete the application this summer in time for the fall BFU designations.

The school plans to tout its new bicycle master plan and the four do-it-yourself repair stations it has located around campus, Larsen says. Two more such stations are in the works. The school now operates a bike shop with limited hours and volunteer labor. It is seeking funding to expand and professionalize it, Larsen says.

Alpine Cited For Great Use of Safe Routes to School Grant

You needn't look any further than Alpine, right here in Utah to prove the benefits of the endangered Safe



Routes to School (SRS) program. SRS itself is traveling an unsafe route to survival, running on a spare tire presently in a seemingly endless series of leases on life while Congress continues to debate its future. But a national study cited Alpine's use of an SRS grant as a reason to support bicycle and pedestrian infrastructure in small towns. It's not just the major population centers that benefit from government efforts to improve bicycling conditions, the study argues.

(While Congress is debating various plans to consolidate, cut or end guarantees of federal funding for bicycle projects, the old surface transportation law remains in effect – until June 30 by the latest extension).

Meanwhile, back in Alpine, a relatively small SRS grant of \$71,000 came from the federal government through the Utah Department of Transportation. It paid in part for a path and bike storage that increased the number of children in town who walk and bike to school. And the little city with fewer than 10,000 inhabitants didn't skimp either: it matched the grant with \$125,000 making the federal dollars go a much longer way.

This story is one of many cited by the Rails-to-Trails Conservancy (RTC) in its latest report, Active Transportation Beyond Urban Centers: Walking & Bicycling in Small Towns & Urban America to show that people outside major metropolises need and use bicycle infrastructure just as much as their urban and suburban counterparts.

The study opens by restating an assumption that it then goes on to refute: "Some commentators and decisionmakers have long assumed that biking and walking are strictly a 'big city' phenomenon, and that rural American can't benefit substantially from bicycling and pedestrian infrastructure."

Actually, the report says rural communities receive twice as many federal dollars per capita than urban ones from the Transportation Enhancements program, the largest source of support for bike trails.

But one size doesn't fit all in rural America, as towns range from farm communities to resorts and factory

or mining centers, all with different transit needs.

But building infrastructure in rural areas poses its own set of concerns, the report warns. Speed limits tend to be high on rural highways linking towns, making a collision with a car especially dangerous, as the faster the speed, the worse the injury and likelihood of fatality.

Full disclosure: I am an RTC member. Also, consider the source, as RTC exists to promote trail construction and use. RTC received funding for the study from Bikes Belong, a bike industry-funded campaign to promote bicycling; and SRAM, a bicycle manufacturer.

You can read the report online at http://www.railstotrails.org/resources/flipbooks/2012_bucreport/buc-report.html#/6/.

-Charles Pekow

Bike Advocate Runs for Utah House

Utah has a bike advocate running for state office this election term. Cimarron Chacon, owner of GRO Promotions and Board President of the Dixie Mountain Bike Trails Association has thrown her name in the hat for Utah State Representative District 75 in St George. Over the years Cimarron has contributed greatly to trails and open space access, including her 10 years as the Landscape Architect for the BLM, contributor to the Utah Trails and Pathways conferences and Biking Utah Summits, and Co-author of the IMBA Managing Mountain Biking book. Cimarron hopes to bring awareness to legislature of the States 4 Billion dollar recreation tourism industry and focus on the importance of public lands and scenic beauty that is so integral to the state's economy and the quality of life that its citizens enjoy.

Her campaign will focus on education, public lands, transportation, economic diversity, and quality of life.

Learn more about Cimarron and follow her campaign at ElectCimarron.org.

Go North & Ride!
Fully supported, expertly guided cycling
in Alaska & the Yukon Territory
(reasonably priced too :-)
www.PedalersPubandGrille.com

Help us find the missing piece...
...Donate time, bikes & money
YOU
BICYCLE COLLECTIVE BicycleCollective.org
OGDEN - SALT LAKE CITY - PROVO - UNIVERSITY OF UTAH - WESTMINSTER

SHARE THE ROAD LICENSE PLATE

AVAILABLE AT YOUR LOCAL UTAH DMV
BIKE UTAH WWW.BIKEUTAH.ORG
UTAH'S BICYCLE ADVOCACY GROUP

Feedback? Issues?
Comments? Send
letters to the editor to
dave@cyclingutah.com

WORLD BICYCLE RELIEF®
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®

cycling utah

RACE RESULTS



Mountain Bike Racing

Red Rock Cactus Hugger, Intermountain Cup, St. George, Utah, April 7, 2012

M 9 & 12
 1. Felix Firth; Team Dad 0:18:43
 2. Kaede Brasher 0:19:51
 3. Jack Youngblood 0:21:35
 4. Britton Dexter 0:21:38
 5. Jared Jensen; BCS 0:22:49

M 9 & Under
 1. Parker Christensen 0:08:00
 2. Lagen Ence; Team Red Rock 0:08:29
 3. Mackie Youngblood 0:08:30
 4. Korbin Twitchell; Utah Mountain Biking.com 0:09:13
 5. Sawyer Ransom; UtahMountainBiking.com 0:09:14

Beginner 13-15
 1. Adam Lee; UtahMountainBiking.com 0:35:45
 2. Jon Jon Drain; Contendor 0:37:09
 3. Simon Hopkins; Summit 0:40:48
 4. Dylan Payne; UtahMountainBiking.com 0:41:37
 5. Hunter Ransom; UtahMountainBiking.com 0:41:38

Beginner 16-18
 1. Ryland Dexter 0:56:07
Red Men 19-29
 1. Eudoro Guizar 0:33:54
 2. Spencer Reading 0:34:20
 3. Cory Thompson 0:36:14
 4. Steve Bonney; UtahMountainBiking.com 0:36:15
 5. Brady Hall 0:39:40

Beg Men 30-39
 1. Christian Burrell; UtahMountainBiking.com 0:35:13
 2. Edward Villanueva 0:37:52
 3. Kent Fairbourn; Utah Mountain Biking (UMB) 0:38:19
 4. Joe Schuyler; Dewalt Racing 0:39:07
 5. Michael Dodge 0:39:15

Beg Men 40+
 1. Steve Tabot 0:33:36
 2. Ken Gibbons 0:34:44
 3. Ben Becker; UtahMountainBiking.com 0:35:26
 4. Tim Drain; Simply Agave 0:36:28
 5. Robert Berrett 0:37:14

Beginner Women
 1. Rachel Hutchings; UtahMountainBiking.com 0:42:27
 2. Stephanie Yunker; Team Red Rock 0:50:59
 3. Jenna Johnston; Dad 0:51:57
 4. Hillary Beck; Cutthroat 0:55:23

Clydesdale (220lb)
 1. Mike Oblad; Canyon Bicycles 1:06:56
 2. Karl Shuman; Revolution/Peak Fasteners 1:12:21
 3. Aaron Mullins; Racers Cycle Service 1:18:08
 4. Ryan Payne; UtahMountainBiking.com 1:26:32
 5. John Twitchell; Utah Mountain Biking.com 1:26:33

Expert Men 19-29
 1. Zachary Peterson; KUHL/Rocky Mountain 1:25:20
 2. Kevin Wilde; Revolution/Peak Fasteners 1:34:43
 3. Paul Davis; Top Gear/Bike Fix 1:41:34
 4. Lance Nelson 1:46:03

Expert Men 30-39
 1. Brian Tolbert; KUHL/Rocky Mountain 1:25:14
 2. Von Edwards; Lifetime Fitness 1:26:10
 3. Aaron Haggie; Skyline 1:29:05
 4. Brock Cannon 1:30:11
 5. Matt Staker 1:30:23

Expert Men 40+
 1. Dennis Barrett 1:24:32
 2. Ty Hopkins; 4Life/Mad Dog Cycles 1:24:34
 3. Jonas Croft; Revolution 1:27:11
 4. Kevin Moffitt; 4Life/Mad Dog Cycles 1:27:12
 5. Bob Saffell; Revolution Peak Fasteners 1:28:08

Expert Women
 1. Meghan Sheridan 1:04:15
 2. Alison Littlefield; Contender Bicycles 1:09:24
 3. Ellen Guthrie; Revolution/Peak Fasteners 1:12:56
 4. Chanda Jeppson; UtahMountainBiking.com 1:17:01
 5. Ahmi Bryant; Salt Cycles 1:21:21

Men 50+
 1. Alex Swenson; Cole Sport 0:58:21
 2. Craig Terry; Red Rock Bicycle 1:00:20
 3. Jody Bailey; 4Life/Mad Dog Cycles 1:06:05
 4. Carl Horton; Lifetime Fitness 1:06:33
 5. Dwight Hibdon; 4Life Mad Dog Cycles 1:07:23

Men 57+
 1. Steve Moss; 4Life/Mad Dog 1:06:51
 2. Joel Quinn; UtahMountainBiking.com 1:09:55
 3. Craig Williams; 4Life/Mad Dog Cycles 1:11:16
 4. Bruce R. Argyle; UtahMountainBiking.com 1:11:31
 5. Rick Morris; Sage Cycles 1:14:04

Pro Men
 1. Alex Grant; Cannondale Factory 1:46:11
 2. Duff Johnson; KUHL/Rocky Mountain 1:47:13
 3. Chris Holley; 4Life/Mad Dog 1:47:26
 4. Casey Zaugg; Coco Nutz Fuel/UMB 1:48:03
 5. Bryson Perry; Lifetime 1:48:22

Pro Women
 1. Erica Tingey; KUHL/Rocky Mountain 1:31:18
 2. Kathy Sherwin; Stans No Tubes/Elite 1:32:05

3. Jen Hanks; MTRaceNews/Epic Brewing 1:33:05
 4. Kara Holley; 4Life/Mad Dog 1:33:06
 5. Erika Powers; Revolution/Peak Fasteners 1:40:07

Single Speed
 1. Brad Newby; Team Red Rock 1:00:39
 2. Marshall Evans; Harmony Homes 1:03:14
 3. Danny Christensen; Team Red Rock 1:08:51
 4. Jonathan Lozon; COTBR 1:10:52
 5. Philip Benson 1:12:46

Sport Men 19-29
 1. Bryson Deppe 1:02:51
 2. Connor Barrett 1:05:17
 3. Michael John Turner; Summit Bike Club 1:12:46
 4. Devin Pardoe 1:28:20
 5. Jonathan Heider 1:43:37

Sport Men 30-34
 1. Darren L. Stirland; UtahMountainBiking.com 1:10:10
 2. Jacob Case; Bountiful Bicycles 1:10:11
 3. Ben Hutchings; UtahMountainBiking.com 1:20:08
 4. Mitch Curwen; Team Red Rock 1:22:51

Sport Men 35-39
 1. Kevin O'Keefe 0:59:53
 2. Ben Schmalz; UtahMountainBiking.com 1:00:17
 3. Jared Rhyner; Team Red Rock 1:01:29
 4. Carson Choyoweth; 4Life/Mad Dog 1:03:16
 5. Jared Richards; 4Life/Mad Dog 1:05:59

Sport Men 40+
 1. Mike Bergen; Team Red Rock 0:59:23
 2. Doug Rock; Team Red Rock 0:59:38
 3. Luis Rosa; Roosters/Bikers Edge 1:03:22
 4. Danny Larisch; Revolution 1:04:30
 5. Jeff Strong; Harmony Homes 1:06:20

Sport Women
 1. Tiffany Alfonso; 4Life/Mad Dog 1:11:13
 2. Jan Holding; Bountiful Bicycle Racing 1:13:09
 3. Nicole Tittensor; Revolution/Peak Fasteners 1:14:16
 4. Stephanie Earls; Revolution/Peak Fasteners 1:14:25
 5. Betsy Spiegel 1:15:52

Sport/Expert 13-15
 1. Tyler Mullins; Racers Cycle Service 1:11:12
 2. Anders Johnson; Autoliv 1:13:42
 3. Joshua Peterson; KUHL/Rocky Mountain 1:18:07

Sport/Expert 16-18
 1. Hunter Tolbert; KUHL/Rocky Mountain 1:04:32
 2. Jake Van Wagoner; Utah Mountain Biking 1:10:47
 3. Brad Thurgood; SBR Timpanogas 1:14:14

Women 35+
 1. Misti Timpon; 4Life/Mad Dog Cycles 0:40:25
 2. Angela Johnson; Revolution 0:41:46
 3. Alisa Thompson; Lifetime Fitness 0:41:47
 4. Debbie Drain; Simply Agave 0:43:59
 5. Sally Reynolds; UtahMountainBiking.com 0:50:17

Lambert Park Dirt Circuit Race, USC Series, Alpine, Utah, April 28, 2012
Beginner Men 35+
 1. Ben Becker 35:08:00
 2. Nathan Greenwood 36:16:00
 3. Tim Martindale 36:55:00
 4. Michael Dodge 37:12:00
 5. Delll Brown 38:06:00

Clydesdale 210+
 1. Tom Freeman 38:19:00
 2. Casey Gibbs 40:35:00
 3. Weston Voth 42:18:00
 4. Aaron Mullins 43:03:00
 5. Doug Kolan 46:09:00

Junior 13-15
 1. Drew Palfrey 33:50:00
 2. Haley Batten 34:34:00
 3. Adam Lee 36:22:00
 4. Peter Hanaman 37:07:00
 5. Josh Peterson 37:08:00

Beginner Men 19-34
 1. Mark Tuttle 33:44:00
 2. Chris Jones 35:03:00
 3. Stephen Anderson 36:45:00
 4. Brad Macfarlane 36:47:00
 5. John Perry 36:49:00

Beginner Women
 1. Kristin Harvey 42:46:00
 2. Melinda Macfarlane 44:11:00
 3. Jessica Walker 47:45:00
 4. Linnie DeMille 54:10:00

Junior 16-18
 1. Josh Bromley 59:15:00
 2. Hunter Tolbert 1:00:17
 3. Matthew Turner 1:00:43
 4. Jake Van Wagoner 1:02:16
 5. Tyler Mullins 1:04:17

Men 60+
 1. Bruce Argyle 1:11:10
 2. Joel Quinn 1:15:51
 3. Brent Peterson 1:24:50

Men 50+
 1. Jordan Swenson 57:20:00
 2. Joel Quinn 57:31:00
 3. John Higgins 58:25:00
 4. Jay Griffin 58:43:00
 5. Darrell Davis 59:27:00

Sport Men 19-29
 1. Aaron Sirtoli 58:02:00
 2. James Perry 59:25:00
 3. Connor Matthews 1:00:55
 4. Cameron Smart 1:02:20
 5. Jason Wolf 1:02:38

Sport Men 30-39
 1. Ben Schmalz 55:49:00
 2. Kevin Larkin 56:17:00
 3. John Malloy 56:37:00
 4. Benjamin Rabner 58:16:00
 5. Justin Keener 59:01:00

Sport Men 40-49
 1. Trent Wignall 55:36:00

2. Shon Harper 56:31:00
 3. Luis Rosa 58:05:00
 4. Keith Payne 58:13:00
 5. Danny Larisch 58:19:00

Sport Women 19-34
 1. Jessica Morris 1:07:11
 2. Natalie De St Jeor 1:10:59
 3. Jody Hansen 1:13:45
 4. Jessica Bender 1:14:27
 5. Courtney Smith 1:15:49

Sport Women 35+
 1. Lynna Saffell 1:12:30
 2. Jennifer Hodnett 1:13:26
 3. Shauna Paxman 1:15:02
 4. Blyth Larrabee 1:15:42
 5. Bonnie Shreck 1:16:00

Pro Men
 1. Keegan Swenson 1:00:03
 2. Nick Fisher 1:02:39
 3. Ben Aufderheide 1:03:15
 4. Brent Pontus 1:03:17
 5. Will McDonald 1:04:25

Pro Women
 1. Erica Tingey 1:13:15
 2. Kathy Sherwin 1:14:17
 3. Jen Hanks 1:15:53
 4. Emma Garrard 1:16:25
 5. KC Holley 1:18:42

Single Speed
 1. Corey Larrabee 1:12:11
 2. Mike Barklow 1:14:11
 3. Derrick Batley 1:16:20
 4. Shane Horton 1:16:54
 5. Doug rock 1:17:06

Expert Men 30-39
 1. Aaron Phillips 1:11:15
 2. Eric Rasmussen 1:11:54
 3. Nathaniel Drozd 1:12:19
 4. Chris Cole 1:12:26
 5. Justin Desllets 1:13:46

Expert Men 19-29
 1. Zach Peterson 1:11:11
 2. Travis Mullen 1:13:37
 3. Eric Thompson; FFRK Architects Racing 0:42:39
 4. Michael Muhlestein 1:16:03
 5. Darrell Roundy 1:17:03

Expert Men 40+
 1. Richard Abbott 1:10:25
 2. Ty Hopkins 1:11:07
 3. Chris Bingham 1:11:52
 4. Michael Raemisch 1:13:07
 5. Reed Thompson 1:13:53

Expert Women
 1. Meghan Sheridan 1:21:35
 2. Melanie Smith 1:28:01
 3. Heather Clarke 1:28:04
 4. Alison veer 1:28:10
 5. Lisa White 1:29:58

Master Female 35-99
 1. Keely Brooks; Colavita/Outback Steakhouse LV 0:33:23
 2. Ellen Guthrie; Revolution Cafe Rio 0:33:28
 3. Jodi Rohovit; Primal Utah 0:33:28

Red Race
Junior Male
 1. Noah Putt; Cole Sport 0:38:39
 2. Evan Clouse; Cole Sport 0:38:43
 3. Kaden Sherwood; Two Wheel Jones 0:39:10

Junior Female
 1. Katie Clouse; Cole Sport 0:43:12
 2. Anna K. Cordova; Jet Cycling 1:02:51

Master Cat 3/4 Male 35-99
 1. Bruce Balch; Mandalay Bay/McGhies 1:57:23
 2. Colt Albrecht; Team Red Rock 1:57:23
 3. Paul Bracken; Team Red Rock 1:59:36
Master Cat 1/2/3 Male 40-99
 1. Mauricio Prado; Allegiant Airlines 2:34:38
 2. Bob McCall; Allegiant Airlines 2:40:14
 3. Mark Schaefer; HarmonyHomes.com Cycling 2:40:25

Master Male 55-99
 1. Vic Miera; HarmonyHomes.com Cycling 2:05:39
 2. Charles Palmer; FFRK Architects Racing 2:07:11.9
 3. Jerald Hunsaker; Bountiful Mazda Cycling Team 27:44.4

Cat 3 Male
 1. Alex Pristash; HarmonyHomes.com Cycling 2:06:12
 2. Matt Lyons; University of Denver 2:39:59
 3. Christopher Putt; Canyon Bicycles 2:40:09

Cat 4 Male
 1. Logan Phippen; Ogdon One 1:53:27
 2. Justin Griffin; FFRK Architects Racing 1:53:27
 3. Eric Balog; Hoback Sports / JHAF 1:53:33

Cat 5 Male
 1. Tom McClure; Infinite Cycles 1:58:11
 2. Dennis Rhodes; Team Las Vegas Cyclery 2:03:18
 3. Chris Terry 2:03:18

Pro/1/2 Male
 1. Joe Waters; Canyon Bicycles 4:04:48
 2. Chase Pinkham; BISSELL Pro Cycling 4:06:23

Cat 1/2/3 Female
 1. Julie Cutts; Velo La Grange 2:13:09
 2. Megan Hill; Revolution Cafe Rio 29:11.3
 3. Nichole Wangsgard; Primal/Mapmyride 29:23.8

Cat 4 Female
 1. Camille Brinton; Infinite Cycles 2:22:56
 2. Lisa Job; Colavita/Outback Steakhouse LV 2:23:07
 3. Sara Baker; Canyon Bicycles 2:23:23

Master Female 35-99
 1. Keely Brooks; Colavita/Outback Steakhouse LV 2:23:07
 2. Deborah Robison; G.S. Jibofa 2:23:11
 3. Roberta Powers; Revolution Cafe Rio 2:23:12

Stage Race
Junior Male
 1. Evan Clouse; Cole Sport 1:18:26
 2. Kaden Sherwood; Two Wheel Jones 1:18:37

0:24:18
 2. Evan Clouse; Cole Sport 0:24:38
 3. Noah Putt; Cole Sport 0:26:51

Junior Female
 1. Katie Clouse; Cole Sport 0:27:48
 2. Anna K. Cordova; Jet Cycling 0:30:57

Master Cat 3/4 Male 35-99
 1. Paul Bracken; Team Red Rock 0:36:15
 2. Colt Albrecht; Team Red Rock 0:36:15
 3. Greg Petersen; Sonora Grill/Bicycle Center 0:36:17

Master Cat 1/2/3 Male 40-99
 1. James Pearce; Allegiant Airlines 0:37:51
 2. Ken Hall; Allegiant Airlines 0:37:51
 3. Mark Schaefer; HarmonyHomes.com Cycling 0:38:04

Master Male 55-99
 1. James Morehouse; FFRK Architects Racing 0:37:59
 2. Bill Pinckard 0:38:01
 3. Norman Frye; Ski Utah - Marketstar 0:38:03
 4. Clinton Mortley; Simply Mac p/b Bountiful Bicycle 0:39:05
 2. Zach Butterfield; Canyon Bicycles 0:39:12
 3. Mike Pratt; Canyon Bicycles 0:39:30

Cat 4 Male
 1. Marshall Evans; HarmonyHomes.com 0:42:37
 2. Brian Madsen 0:42:37
 3. Eric Thompson; FFRK Architects Racing 0:42:39
Cat 5 Male
 1. Don McClure; Infinite Cycles 0:29:01
 2. Dennis Rhodes; Team Las Vegas Cyclery 0:29:07
 3. Tony Jensen; Mandalay Bay/McGhies 0:29:07

Pro/1/2 Male
 1. David Harward; Team Plan 7 0:47:25
 2. Joe Waters; Canyon Bicycles 0:47:26
 3. Chase Pinkham; BISSELL Pro Cycling 0:47:26
Cat 1/2/3 Female
 1. Julie Cutts; Velo La Grange 0:48:22
 2. Nichole Wangsgard; Primal/Mapmyride 0:48:26
 3. Rachel Geslewicz; Canyon Bicycles 0:51:12

Cat 4 Female
 1. Camille Brinton; Infinite Cycles 0:33:25
 2. Lisa Job; Colavita/Outback Steakhouse LV 0:33:25
 3. Heather Smith; Chick-fil-a/Excellerator Sports 3:31:17
Master Female 35-99
 1. Keely Brooks; Colavita/Outback Steakhouse LV 3:27:49
 2. Roberta Powers; Revolution Cafe Rio 3:28:47
 3. Deborah Robison; G.S. Jibofa 3:29:46

Hell of the North Road Race, UCA Series, Salt Lake City, Utah, April 7, 2012
Cat 1/2/3 Male Master 40-99
 1. Scott Allen; canyonbicycles 39:36.3
 2. Michael Cooper 39:53.9
 3. Mark Zimbelman; Giant Cycling World p/b RMSS 39:54.1
 4. John McKone; Cole Sport 39:54.7
 5. Art O'Connor; COTBR/Competitive Cyclist 39:55.5

Cat 1/2/3 Male 35-99
 1. Bruce Balch; Mandalay Bay/McGhies 1:57:23
 2. Colt Albrecht; Team Red Rock 1:57:23
 3. Paul Bracken; Team Red Rock 1:59:36
Master Cat 1/2/3 Male 40-99
 1. Mauricio Prado; Allegiant Airlines 2:34:38
 2. Bob McCall; Allegiant Airlines 2:40:14
 3. Mark Schaefer; HarmonyHomes.com Cycling 2:40:25

Master Male 55-99
 1. Dirk Cowley; FFRK Architects Racing 2:02:26
 2. Joe Brubaker; Ski Utah - Marketstar 2:03:39
 3. Norman Frye; Ski Utah - Marketstar 2:04:51
 3. Jerald Hunsaker; Bountiful Mazda Cycling Team 27:44.4

Cat 3 Male
 1. Alex Pristash; HarmonyHomes.com Cycling 2:39:51
 2. Matt Lyons; University of Denver 2:39:59
 3. Christopher Putt; Canyon Bicycles 2:40:09

Cat 4 Male
 1. Logan Phippen; Ogdon One 1:53:27
 2. Justin Griffin; FFRK Architects Racing 1:53:27
 3. Eric Balog; Hoback Sports / JHAF 1:53:33

Cat 5 Male
 1. Tom McClure; Infinite Cycles 1:58:11
 2. Dennis Rhodes; Team Las Vegas Cyclery 2:03:18
 3. Chris Terry 2:03:18

Pro/1/2 Male
 1. Joe Waters; Canyon Bicycles 4:04:48
 2. Chase Pinkham; BISSELL Pro Cycling 4:06:23

Cat 1/2/3 Female
 1. Julie Cutts; Velo La Grange 2:13:09
 2. Megan Hill; Revolution Cafe Rio 29:11.3
 3. Nichole Wangsgard; Primal/Mapmyride 29:23.8

Cat 4 Female
 1. Camille Brinton; Infinite Cycles 2:22:56
 2. Lisa Job; Colavita/Outback Steakhouse LV 2:23:07
 3. Sara Baker; Canyon Bicycles 2:23:23

Master Female 35-99
 1. Keely Brooks; Colavita/Outback Steakhouse LV 2:23:07
 2. Deborah Robison; G.S. Jibofa 2:23:11
 3. Roberta Powers; Revolution Cafe Rio 2:23:12

Stage Race
Junior Male
 1. Evan Clouse; Cole Sport 1:18:26
 2. Kaden Sherwood; Two Wheel Jones 1:18:37

3. Noah Putt; Cole Sport 1:21:36

Junior Female
 1. Katie Clouse; Cole Sport 1:28:50
 2. Anna K. Cordova; Jet Cycling 1:56:26

Master Cat 3/4 Male 35-99
 1. Colt Albrecht; Team Red Rock 3:00:12
 2. Bruce Balch; Mandalay Bay/McGhies 3:01:38
 3. Paul Bracken; Team Red Rock 3:03:06

Master Cat 1/2/3 Male 40-99
 1. Mauricio Prado; Allegiant Airlines 3:38:52
 2. Mark Schaefer; HarmonyHomes.com Cycling 3:44:18
 3. Louie Amelburu; HarmonyHomes.com Cycling 3:44:24
Master Male 55-99
 1. Dirk Cowley; FFRK Architects Racing 3:08:51
 2. Vic Miera; HarmonyHomes.com Cycling 3:10:07
 3. Charles Palmer; FFRK Architects Racing 3:10:16

Cat 3 Male
 1. Matt Lyons; University of Denver 3:45:26
 2. Christopher Putt; Canyon Bicycles 3:46:32
 3. Alex Pristash; HarmonyHomes.com Cycling 3:46:54

Cat 4 Male
 1. Brian Madsen 3:04:11
 2. Tanner Robison; Team Awesome 3:04:34
 3. Chad Mickelson; Shuffle Master - Penta 3:32:45

Junior Male
 1. Evan Clouse; Cole Sport 2:16:47
 2. Noah Putt; Cole Sport 2:24:24

Junior Female
 1. Katie Clouse; Cole Sport 2:34:39
Master Cat 4/5 Male 35-99
 1. Adam Catmull; Revolution Cafe Rio 3:22:35
 2. Steve Schoonover; Revolution Cafe Rio 3:26:48
 3. Keith Anderson; Logan Race Club 3:27:51

Master Cat 1/2/3 Male 40-99
 1. Mark Schaefer; Harmony Homes.com Cycling Team 4:17:02
 2. Louie Amelburu; Harmony Homes.com Cycling Team 4:17:02
 3. Zan Treasure; Bountiful Mazda Cycling Team 4:19:30

Master Male 55-99
 1. Victor Miera; Harmony Homes.com Cycling Team 3:24:28

BICYCLE SHOP DIRECTORY

Southern Utah

Brian Head/Cedar City

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 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) 650-0639
fuzzybicycleworks.com

St. George

Bicycles Unlimited

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

Bike Fix

41 N. 300 W., Suite D
Washington, UT 84780
bikefixutah.com
(435) 627-0510

High Knees Cycling

2051 E. Red Hills Pkwy Unit 1
St. George, UT 84770
(435) 216-7080

hkccycling.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 (Peaks Training)

880 S. Main St., #150
Logan, UT 84321
(435) 770-9255
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
wimmersbikeshop.com

Park City/Heber

19 Sports

710 Main St., Suite 3104
Park City, UT 84060
(435) 649-1901
nineteensports.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
dharma wheelscyclery.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

Slim and Knobby's Bike Shop

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

Stein Eriksen Sport

At 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

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, UT 84050
(801) 876-3863
needlespeak.com

Ogden

Bingham Cyclery

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

Skyline Cycle

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

The Bike Shoppe

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

DAVIS COUNTY

Biker's Edge

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

Bingham Cyclery

2317 North Main Street
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

Top Gear

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

SALT LAKE COUNTY

Central Valley

Cottonwood Cyclery

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

Millcreek Bicycles

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

Salt Lake City

Beehive Bicycles

1510 South 1500 East
Salt Lake City, UT 84105
801-839-5233
beehivebicycles.com

Bicycle Center

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

Bicycle Transit Center (BTC)

600 West 250 South
Salt Lake City, UT 84101
(801) 359-0814
bicyclertransitcenter.com

Bikewagon

680 West 200 North
North Salt Lake, UT 84054
(801) 383-3470
bikewagon.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

Cyclesmith

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

Performance Bicycle

291 W. 2100 S.
Salt Lake City, UT 84115
801-478-0836
performancebike.com/southsaltlake

REI (Recreational Equipment Inc.)

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

Salt Lake City Bicycle Company

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

Saturday Cycles

605 N. 300 W.
Salt Lake City, UT 84103
(801) 935-4605
saturdaycycles.com

SLC Bicycle Collective

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

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
bikeguyslc.com

Wasatch Bike Support

2795 S 2300 E
Salt Lake City, UT 84109
(801) 618-0049
wasatchbikesupport.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 84094
(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

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

8801 S. 700 E.
Sandy, UT 84070
(801) 233-1400
revolutionutah.com

Salt Cycles

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

Taylor's Bike Shop

2600 W. 12600 S.
Riverton, UT 84065
(801) 253-1881
taylorsbikeshop.com

Taylor's Bike Shop

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

UTAH COUNTY

American Fork/Lehi/Pleasant Grove

Bike Barn

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

Bike Peddler

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

Infinite Cycles

1678 East SR-92
Highland/Lehi, UT 84043
(801) 766-5167
infinitecycles.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

Utah Trikes

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

COACH'S CORNER

Handling It: Group Riding & Racing Awareness

By Mark Deterline

Pack-Dynamic

Many of us are drawn to cycling for social as well as fitness reasons. We're not always able to chat with riding companions as much as we'd like due to the narrowness of roads, traffic, etc. However, just the fact that we're traveling along on journeys short and long with people we like is sheer awesomeness.

Furthermore, cycling is an activity that binds us inextricably as joint participants, since we're either "riding together" at the same pace side by side or benefitting from fellow riders' slipstreams. Even in competitive events where the ultimate goal is to break free of the group, whether in a breakaway or a final sprint, staying with other riders is an inherent part of a sound strategy at least part of the time.

Cycling "packs" can be as small as two and big as any number of riders that shows up for a ride or race. That, along with constantly varying levels of fitness and physical freshness, means that no two rides will ever be the same!

At the same time, and as in most things, there are underlying principles and skills that enable us to navigate the resulting "chaos" successfully. Anticipating movements and leaving a margin of error are two of the most important things we can do to keep ourselves – and others – safe.

Big Picture

If you think about it, steering a bicycle is an endless succession of minute adjustments that keep us generally heading in a straight line or chosen arc of travel. While regulating speed consists of pedaling harder or softer, and even lightly applying the brakes when necessary.

Consider the challenge of holding our path of travel. If we fixate on the road or trail directly in front of us, we tend to over-adjust and counter-adjust to the point of undermining our goal. However, if we focus on a more expansive stretch of road or trail before us, it is easier to keep the bike guided in a straight line. The same applies to cornering: by focusing on where we want to go, we are better able to regulate our speed into the turn and hold a smooth line through it.

The same goes for pack riding, where we need to always be aware of our positioning within the group, as well as what is happening ahead, beside and – as far as we are able – behind us.

The Chains That Bind Us

A group of cyclists is an amorphous, moving mass; a composite collection of infinite movements and micro-adjustments, each with the potential of setting off a chain reaction throughout all or part of the pack. Managing such chaos requires not losing sight of the forest for the trees. It also requires a steady head and steady hands, as overreacting in the form of sudden reactionary movements or, worse, heavy braking, can have disastrous results.

Three of the most prevalent causes of accidents are:

-Overlapping of wheels, which especially in less experienced groups of riders, often represents an accident waiting to happen.

-Sudden, unexpected movements,

especially swerving or sudden braking.

-Throwing one's bike backward when coming out of the saddle to "stand" on the pedals to sprint, accelerate or find additional power when climbing, etc.

Since the first two are fairly straightforward, let's concentrate on the third.

Smooth Operator

Coming out of the saddle is one of the most common actions cyclists execute for a number of different reasons. A rider may stand on the pedals to sprint or attack or to use different muscle groups when climbing or battling fatigue.

What many fail to realize is that, unless they are conscious of the effect such an action can have on the riders behind them, it can result in a dangerous chain reaction, sometimes resulting in a crash of one or more riders somewhere down the line.

Why? Because the act of coming out of the saddle can have the effect of slowing down the forward motion of a bike, if only for a fraction of a second. In fact, since the riders in a group are all traveling at approximately the same speed, the sudden slowing seems more like the bike is being thrown back into a following rider's front wheel. This can be especially pronounced when climbing.

Not only can coming out of the saddle by throwing one's bike backward in sudden and drastic fashion create a disturbance in the overall flow of a group, it can also prove inefficient. If a rider moves violently from an efficient rearward position in the saddle to an exaggerated forward position, it also means they can lose leverage on the pedals. Not to mention the potential for hitting knees against handlebars, especially on TT/triathlon bikes, which can prove disastrous.

Keeping the Pack Intact

Practice a smooth transition from seated riding to coming out of the saddle to stand on the pedals by keeping your bum positioned above yet only slightly forward of your seated position.

Experiment with the orientation of your legs, bum and hips to the axis of your pedaling rotation until you feel like you're in a natural (i.e. not forced) position leveraging your body weight and the engagement of more muscles. The goal is to avoid losing momentum by throwing your bike rearward, virtually slamming your body in a forward position that may not actually gain you the additional leverage you are striving for in the first place.

Work on this smooth repositioning and you will likely notice that your climbing and sprinting improve.

Although the biggest winners will be your riding companions, whose fitness will determine whether or not they can follow your acceleration, as opposed to being thrown off course or crashed by a sudden rearward bike throw.

Mark Deterline and Dave Harward offer over thirty years of combined endurance training and competitive experience. Plan 7 Endurance Coaching provides professional coaching, biomechanics/bike fitting and physiological testing services for athletes of all levels. Reach them at: contact@plan7coaching.com.

CYCLES SALT LAKE CENTURY
MAY 19, 2012

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.cyclesalllakecentury.com or
Call Jon R. Smith 801.596.8430 Fax 801.322.5056

REI
www.rei.com

Bingham Cyclery
SINCE 1982

Kirkham's
outdoor products

snowbird
ski and summer resort

UTA RIDESHARE

BAR CLIF

Reddy Ice

cycling utah

TARGET

PAPA JOHN'S
Better Ingredients.
Better Pizza.

SALT LAKE CITY

The Salt Lake City Mayor's Bicycle Advisory Committee

Bicycle Collective

New Trail Map and Website for Tooele County Cycling

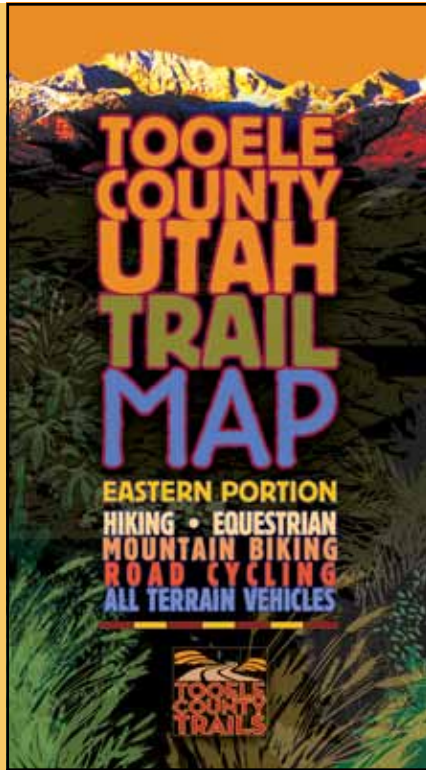
Twenty multi-purpose trails and road cycling routes highlighted

A new map that features mountain biking trails and road cycling routes in eastern Tooele County is now available at most Wasatch Front bicycle shops and other outlets.

Called "Tooele County Trail Map - Eastern Portion," the full-color publication highlights 12 multi-purpose/mountain biking trails, six road cycling routes, and two ATV recreation areas.

The map's trails, routes and related information are also on the web at www.tooelecountytrails.com. Users of the printed or digital version of the map will find detailed "break out" maps that explain the way to go, plus specify trail type, distance, elevation profile, difficulty rating, trail time, signage, GPS waypoints, and other trail facts.

Included with each breakout map is a narrative that ties all of the information together, and describes



what the trail/route user can experience along the way. All breakout maps on the website are download-

able and printable portable document format (PDF) files. The new website was also designed and programmed to be usable on smart phones.

The map and website are the work of the Tooele County Trails Committee, which was organized a few years ago by Tooele County Parks and Recreation to inventory trails, install directional signage and trailheads, and promote responsible trail usage. The 11-member committee is comprised of citizens and one county commissioner.

"The map and website represent only a small part of the total number of trails and road cycling options in the eastern part of the county," said Mark McKendrick, director of Tooele County Parks and Recreation. "As more trails are inventoried and certified for public usage, they will be added to the website. As future reprints of the map occur, trails added to the website will be added to the map's print version."

McKendrick stressed that the overall map project is a "work-in-progress." Tooele County is Utah's second largest at 7,000 square miles; understandably, the inventory process of the county's countless trails is expected to take years to complete.

The new map features trails and routes in a 1,900 square-mile geographical area that extends from Stansbury Island to Simpson Springs, and from the Oquirrh Mountains to



the Stansbury, Onaqui and Sheepprock Mountains. Although the map features fantastic road cycling routes, the biggest attractions are the mountain biking areas such as "Serengeti," "Oquirrh Wave," "Jacob City," "Lion Hill," the "Stansbury Front Trail" and

others.

The map and website were created by Transcript Bulletin Publishing in Tooele for the Tooele County Trails Committee. Work on the main map and 20 breakout maps began in July 2011 with reconnaissance rides of every trail and route. Signage, distance, elevation, GPS waypoints, and other vital trail information were documented, along with geographical, geological, and historical values for trail and route narratives.

In addition to availability on the web and at Wasatch Front bike shops, the new map will become available at visitor centers on I-15 and I-80 in Utah, plus at brochure racks in Tooele County.

For more information, call Tooele County Parks and Recreation at 435-843-4020, the Tooele County Chamber of Commerce and Tourism at 435-882-0690, or Transcript Bulletin Publishing at 435-882-0050.

Salt Lake City, UT, Free to public 2012 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 18 - 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 18 - 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 19 - 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

May 20 - Pedal Driven - A Bikeumentary, Utah Bike Month, Salt Lake City, UT, PEDAL-DRIVEN expertly explores the long-standing conflicts between riders and the federal agencies charged with managing our public lands, as this exploding sport makes its way out of the woods and into the public eye., 7 pm at Brewvies Cinema Pub, 677 W, 200 S, Hillary Beck, 801-243-6517, cutthroatracingevents@gmail.com, cutthroatracing.com/events/pedal-driven-showing-salt-lake-city, pedaldriven.org

Bike Month - Continued from page 3

Liberty Park., Christy Jensen, cannjensen@gmail.com, utahbikemonth.com

May 15 - 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, 801-535-7704, tyler.curtis@slc.gov, bicycle.slco.org, utahbikemonth.com

May 15 - UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. Historic County Courthouse, west lawn, University Avenue/ Center Street in Provo., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 16 - 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. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Laila Bremner, 801-654-0323, gasele2002@yahoo.com, rideofsilence.org, utahbikemonth.com

May 17 - UTA Bike to Work Day in Orem City, Utah Bike Month, Orem, UT, UTA Bike to Work Day in Orem City, time and place TBD., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 18 - UTA Bike Bonanza, Utah Bike Month,

Register at www.RideMyBike.com



METRIC CENTURY / 62.5 MILES

JULY 14TH, 2012

Join us in a Ride for Hope, Healing and Happiness. The GLMR is a 62.5 mile ride to raise an awareness of mental illness and suicide prevention. In 2008 an avid cyclist, Gary Ludlow, was taken by mental illness. We ride in honor of him and to enjoy the great sport that he loved. Proceeds raised go to support the National Alliance on Mental Illness (NAMI Utah) and the American Foundation for Suicide Prevention (AFSP Utah).

Start Time: 7:30am

Start Location: Payson, Ut
143 W. 900 N., Payson, UT @
the Park & Ride.

Registration Fee: \$45

Pre-Register at rideMybike.com
or email your pdf registration
to glmrinto@gmail.com.



www.theglmr.com

glmrinto@gmail.com 801-830-8655

Utahn's Tearing it up - Continued from page 20

Eager to show his stuff, the youngster launched himself in an attack during the first of nine climbs in the race. He managed to break away from the field and stay in the break until the final few kilometers when the peloton finally tracked the break down - but not before Eisenhart managed to capture all nine KOM wins during the race.

"It was brutal," Eisenhart said after the race. "It was fun, but super hard. ... My goal today was to go out and get the KOMs because I can't sprint. If it was going to come down to a sprint there was no way I was going to win."

The experience of racing in Europe is something Eisenhart cherishes as he aims to earn a pro contract in the next year or two.

"It was a good race for the legs to get stronger," he said. "It was really fun. I loved it."

The opportunity to race with the U.S. development team, Eisenhart said, is invaluable.

"It's been amazing. You can't complain coming to Belgium, waking up, riding your bike every day and not have to worry about anything except for just racing. ... It's been quite the experience."



SALT LAKE CITY

SALT LAKE CITY

SALT TO SAINT

CYCLING RELAY

SEPTEMBER
21 AND 22 2012

24 HOURS

400 MILES

SOLO, 2, 4, OR 8
PERSON TEAMS

FOR MORE INFO OR TO REGISTER GO TO
www.SALTtoSAINT.com

UTAH

LIFE ELEVATED®

UTAH OFFICE OF TOURISM

www.visitutah.com

2012

ADVOCACY

The Collective Remembers Benefactor Bill Delvie

By Kevin Dwyer

The Bicycle Collective is devoting this month's column to honoring one of our greatest benefactors, Bill Delvie. As The Bicycle Collective approaches its 10 year anniversary party (The Bicycle Prom June 2, 2012), we've had the opportunity to reflect and recognize those who conceived of the project and keep it running. While some of these individuals are highly visible, many volunteers and other supporters operate behind the scenes supporting this resource. There is probably no greater anonymous supporter than Bill Delvie, who recently passed away March 19, 2012 at age 85.

Bill was certainly a renaissance man, performing as a professional Vaudeville musician, travelling the world and operating his own business, Delvie Plastics. At age 60, Bill became fascinated by China's opening up to the west and undertook

learning the Mandarin language. Bill toured China and many countries by bicycle, moving China in 2007 in anticipation of the Beijing Olympics.

Reading about a Chinese business person that desired to set up a bicycle rental operation during the Olympics, Bill jumped on board, assisting Wang Yong in opening the rental system specially marketed to tourists. In this position, at age 80, Bill was working part time in the bike shop and lobbying the local government to support green initiatives, while riding his bike every day. Bill's generous spirit was truly contagious and, recognized, when he was nominated as an Olympic torch bearer, in part because of his work with and support for a Chinese orphanage.

The Bicycle Collective has benefitted from Bill's generosity through its operations at the 2312 S. West Temple Salt Lake City location, which Bill made available to the Collective after hearing about the organization at an Exchange Club

meeting. Our home location has been a tremendous resource in supporting a variety of functions and activities. During the May Bike Month, I'd suggest that all of us pick up the spirit of Bill, ride a route you've not gone before and give back to the cycling community, quietly and significantly. Check in with the Bicycle Collective (<http://www.bicyclecollective.org/>), if you need help making that happen.

The mission of the Salt Lake City Bicycle Collective is to promote cycling as an effective and sustainable form of transportation and as a cornerstone of a cleaner, healthier, and safer society. The Bicycle Collective provides refurbished bicycles and educational programs to the community, focusing on children and lower income households.

TRIATHLON

St. George Ironman Will Convert to 70.3 in 2013

By Jared Eborn

It was considered the most challenging, most difficult and most demanding Ironman in North America.

With brutal climbs on both the bike and run courses, Ironman St. George, in just three years, had earned a reputation as the ultimate test of endurance and training discipline.

That reputation, however, may have been its undoing.

Before the event was even able to complete its third year there were rumblings the 140.6 mile race might not see a fourth running. In the end, though, the World Triathlon Corporation chose not to pull the plug on the event, but to cut it in half.

"We've listened to our athletes and they've told us that while they love St. George — the people, the community and surroundings — St. George does not work for them as a full-distance Ironman," said Andrew Messick, Chief Executive Officer of Ironman. "Our belief is that St. George will flourish as a 70.3 and we are pleased that we are continuing our relationship with St. George and with the state of Utah."

The inaugural race in 2010 sold out quickly as triathletes — especially those from the western United States — seized on the opportunity to compete in an early-season race. The 2011 event saw barely 2,000 competitors and the 2012 race will have about 1,700 racers. It was a trend that bothered WTC brass enough to make the drastic change.

The reaction among the Utah multi-sport community was mixed. While many lamented the loss of the 140.6 distance, others welcomed the change to a distance more attainable by a larger group of athletes.

"We welcome this new race as a continuation of the momentum we've started with Ironman St. George," said Kevin Lewis, Director of Sports Marketing with the St. George Convention and Tourism Office. "We estimate that the economic impact to our community will be similar to that of a full-distance Ironman, while the cost of hosting and the need for road closures and necessary services is reduced."

While the day-of-race impact will be profound in many ways, St. George may be impacted around the calendar. With the race distance cut in half and the demands reduced, triathletes may be less likely to schedule training camps in the area. Additionally, rather than spend three

or four days in advance of the race preparing and scouting the course, many athletes will be able to arrive in St. George the day before the race and still be able to effectively compete.

Athletes from around the state weighed in on the change via social media.

"Lame," said Taylorsville's Leslie Howlett, who raced in the 2010 event and was planning on giving the 2013 race another shot after taking a season off to have a child. "I'm no business woman and I know money talks but really? (Ironman) can't put on one race that doesn't sell out in its infancy just to say they put on epic races, too?"

And though the move from 140.6 miles to 70.3 will undoubtedly attract many athletes that might not have been drawn to the longer distance, there are also plenty who feel let down.

"I was planning to do my first 140.6 in St. George in 2013 - just days after my 40th b-day," Jeremy Smith said on Facebook. "So much for that plan. No interest in a 70.3 - yawn. I agree with Leslie... 'we're only bringing in a million dollars in entry fees, better get rid of the event.'"

The loss of Ironman St. George as a 140.6 mile event leaves the state without a full Iron-distance race. There are a handful of 70.3 races in the area, however, including the Utah Half, Bear Lake Brawl, Ironman Boise and a few races in the Las Vegas area. The closest full Ironman races for Utahns will be Ironman Couer d'Alene in June and Ironman Arizona in November.

Spingeeeks
Cycling Events 2012

SATURDAY JUNE 2ND, 2012

RIDE THE GAP

ENJOY COOLER WEATHER IN THE HIGH COUNTRY OF BEAUTIFUL SOUTHERN UTAH. BASED IN PAROWAN, UT WITH 30, 55 AND 100 MILE OPTIONS!

SATURDAY JULY 21ST, 2012

DESPERADO DUAL

100 mile 200 mile

UTAH'S ONLY FULLY SUPPORTED, 200 MILE, ONE DAY CYCLING ADVENTURE. UNIQUE 50, 100 AND 200 MILE OPTIONS!

WWW.SPINGEEKS.COM • 435.229.6251

MISSING LINK?

Eat well,
train well,
have more
energy!

This new
edition can
help you:

- enjoy better workouts
- achieve your desired weight
- feel better all day.

New runners
and hungry
marathoners
have more
fun if they
fuel well.

Don't let
nutrition
be your
missing
link!

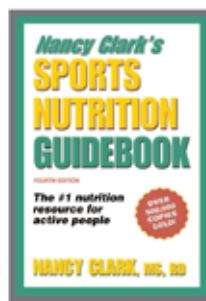
ORDER:

- ___ Food Guide for Marathoners \$22
- ___ Food Guide for New Runners \$22
- ___ Sports Nutrition, 4th Edition \$26

Name _____
Phone _____
Address _____

Order online: www.nancyclarkrd.com
Or, send check to Sports Nutrition Services
PO Box 650124, West Newton MA 02465
Ph 617.795.1875 • MA Residents: +6.25% tax

For more great
stories, visit
cyclingutah.com



SAINTS TO SINNERS
BIKE RELAY

512 MILES - TEAM RIDE - JULY 27 - 28, 2012
SALT LAKE CITY TO LAS VEGAS

MORE INFO:
WWW.SAINTSTOSINNERS.COM

RETUL

Three-Dimensional Motion Capture Bike Fitting

Mountain Velo

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

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

Find us on
Facebook

facebook.com/cyclingutah

Follow us on
Twitter!

twitter.com/cyclingutah



SPECIALIZED WATERBOTTLES.COM
TO ORDER: 800.245.3462 ext.5518

SPECIALIZED CUSTOM WATER BOTTLES

ROAD RIDING

Huntsman 140 Adds Ride Options to Fight Cancer



The Huntsman 140 has added several ride options this year. Photo: Holly Kelly.

By Jared Eborn

Started by cancer survivor Jeff Warren 11 years ago as a way to personally fight the dreaded disease and prove he was not about to slow down because of it, what has now become known as the Huntsman 140 is picking up momentum.

Originally a group ride for a few friends starting in Reno and traveling through the desert of the Great Basin before finishing at the steps of the Huntsman Cancer Institute, the ride has taken on new life in recent years after officially partnering with HCI and becoming the Huntsman 140 – one of the state’s most challenging, and rewarding, point-to-point bicycle

rides.

But because the final day of the Warren’s ride was a 140-mile stretch from Delta to Salt Lake City, it was always a challenge to attract many riders to join him – even with HCI’s help.

That’s changing this year, though, as the Huntsman 140 has added a variety of out-and-back ride options that will eliminate one of the more discouraging factors in signing up for the event.

“The different distances will start at different times so we can all ride in together,” Cindy Yorgason, a part of the organizing committee and a cancer survivor herself. “By having the out-and-back options this year, I

think we’ll have more participation.”

In addition to the 140-mile ride from Delta, riders can sign up for 140-mile, 75-mile or 25-mile out-and-back ride. Each rider receives a jersey, lunch, fuel at aid stations and a finish line celebration that is very much an emotional event rather than a simple roll underneath a banner.

“That’s really what makes the Huntsman 140 different,” Yorgason said. “For so many of us, it’s very emotional. We’re all either survivors or we’re connected to someone who has had cancer. So that last mile, after we all wait to group up and ride in together, it’s incredible.”

This year, the event hopes to have several hundred riders cover that final mile together and raise tens of thousands of dollars to fight cancer.

Cancer is a disease that has affected virtually everyone in one way or another. It’s no surprise, then, that Huntsman 140 participants feel a special connection to the ride. For some, the event is a way to remember those they have lost. For others, it is a way to prove they are stronger than the disease.

“For myself, being a survivor ... people have a very hard time understanding just how difficult it can be just to get back into a normal kind of life,” Yorgason said. “The treatment,

the chemo, the drugs, they all just leave you so unable to resume life as you know it.”

Yorgason participated in the event a year ago, when her cancer was very fresh in her mind. The fatigue and weakness associated with her recovery added to the emotion of the day and she said she was in tears after her short ride.

She’s feeling much better this year – “I just barely got back into my bike shoes,” she said – and has signed up for the 75-mile ride and will partner with her husband on a tandem.

The event provides cancer survivors a chance to regain some fitness, gather with their fellow cancer fighters and friends while raising funds. Though registration is ‘free’ it does come with a \$500 commitment to raise funds through the Huntsman Hometown Heroes organization. Unlike other cancer charities, every dollar of those funds goes to cancer research and treatment. The highly-visible yellow Huntsman 140 jersey is a trophy of sorts to many of the riders.

“I have more jerseys than I can count,” Yorgason said. “But this one is way up there. I earned it in many ways.”

Fuel Smarter. Go Farther.
HALF EVIL ENDURANCE FUEL
CR333
 CR333 is the most potent, complete and effective endurance fuel on the planet. Use it as your stand-alone race and training fuel. No need for messy gels, gooey gummies, expensive bars or clumsy food. Just drink and go and go and go...
www.carborocket.com
333 CALORIES PER SERVING

Cho-Pat
 PRODUCTS FOR ACTIVE LIFESTYLES
KNEES TAKE A BEATING!
 Dual Action Knee Strap

 1-800-221-1601
www.cho-pat.com

GEAR RUSH
 ONLINE GEAR CONSIGNMENT
GEARRUSH.COM

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

CALL US NOW 866.566.8285
BLACKBOTTOMS
THE NAME YOU KNOW & TRUST FOR 38 YEARS!
FREE MOBILE APP!
 For a limited time we are pleased to offer our clients the opportunity to have their own team, event or club mobile application. Call for details.

get started today!
866.566.8285
www.blackbottoms.com
info@blackbottoms.com
CUSTOM CYCLING & TRIATHLON
6 Minimum - Full Custom - Quick Turnaround

2012 CycleFest Utah

Join Pro-Mountain Biker Todd Wells

Saturday June 2

6 – 10 PM

Rice Eccles Stadium Varsity Room

Purchase tickets online:

Individual – \$65

Table of 8 – \$500

www.utahmtb.org



All proceeds benefit the development & sustainability of the Utah High School Cycling League.



Bike MS: Harmons Best Dam Bike Ride

June 23 - 24, 2012 Scenic Cache Valley

Don't Just Ride, Bike MS.

Food • Fun

Friends • 2 Days

Up to 175 miles

Rest Stops • Support

bike

MS

HARMONS
your neighborhood grocer

Best Dam Bike
Ride 2012

Ride or Volunteer
bikeMSUtah.org



**AN EVENT THAT
ISN'T JUST
MEASURED IN
MILES**



facebook.com/bikeMSUtah

BIKE THE BRIGHT LIGHTS OF THE LAS VEGAS STRIP AND ACROSS THE HISTORIC HOOVER DAM

9.22.12

RTC 2012

VIVA
BIKE
VEGAS

GRAN FONDO

IN PARTNERSHIP WITH INTERBIKE

120-MILE GRAN FONDO | 73-MILE RIDE | 17-MILE RIDE

9/22/12



PROMO CODE: CUI2

REGISTER TODAY AT VIVABIKEVEGAS.COM



Communities
in Schools
Nevada

UC San Diego
HEALTH SYSTEM

Nevada
Cancer
Institute

Benefitting the After-School All-Stars Las Vegas, Communities in Schools of Nevada,
and UC San Diego Nevada Cancer Institute



RACING

Utah Youngsters Tearing it up Around the World



Junior rider TJ Eisenhart has been tearing it up in Europe. He's shown here racing in the Pro/1/2 senior men's field in the 2011 Sugarhouse Criterium. Photo: Cathy Fegan-Kim, Cottonsoxphotography.net

By Jared Eborn

The future is now for the next wave of elite cyclists calling Utah home.

Following in the well-worn slipstream of Utah's legacy of top-tier cyclists, youngsters like Keegan Swenson and TJ Eisenhart are staking claim as the next big things in the cycling world to hail from the Beehive State.

Swenson, a high schooler from Park City, has been on fire racing his Cannondale mountain bike around the world. Taking a break from school, Swenson hit up the 7,400 feet of elevation trails of Mexico for the Pan American Championships and didn't disappoint in the junior race.

"After the first corner I had made my way up to third place and road there for a bit. I then attacked on the climb. I had a pretty sizable gap, and then I sort of blew up," Swenson wrote on a blog post. "I think that the heat got to me, it was hot. I just felt like I was dead. I came back around and worked my way back up to second but couldn't quite close the gap to the Colombian."

After the silver medal finish for the U.S. in cross country at the Pan Ams, Swenson followed that up with a flight across the Atlantic where he competed against one of the top junior fields in the world.

Racing in the World Cup event at Houffalize, Belgium, Swenson powered his way to an impressive bronze medal finish against the world's best juniors.

Holding a lead going into the last lap, Swenson had his sites set on the victory, but slipped a bit before holding off the field to take a spot on the podium – the only American to do so in that weekend's World Cup races.

"I wasn't sure what exactly my strategy was going to be, I just wanted to get up there and break it up a bit and just set the pace," Swenson said in an interview with USA Cycling

Surging into the lead early, Swenson didn't fade to third until his tire forced him to on the final lap.

"I lost some air out of my tire, so it was really soft. I was just trying to do all I could on the climbs and be very careful on the descents," Swenson said. "My goal was just to do the best I could. I'm glad to get on the podium and pretty stoked on it."

He didn't take much of a break before finding his way to another podium.

Racing at the Sea Otter Classic in California just a week after his race in Belgium, Swenson dominated the junior cross country race for his third podium in three countries in three weeks.

Another Utah high schooler also

turned some heads racing in Belgium was Lehi's Eisenhart.

Racing with the U.S. development squad for a few weeks in Europe, Eisenhart found himself out of GC contention at the Grand Prix Batti Metallo.

Continued on page 14

America's toughest one-day cycling adventure™

the ULTIMATE CHALLENGE

August 11, 2012

sponsored by



Start: 6:30 a.m. - 7:30 a.m. (Start time assigned according to classification.)

Follows the same road course on the same day as the Tour of Utah Stage 5, from Kimball Junction to Snowbird Ski and Summer Resort, the Queen Stage.

All new for 2012: Choose from three ride distances:

- Option 1: 35 miles. Fully supported. Finishes in Midway.
- Option 2: 74 miles. Fully supported. Finishes in Alpine.
- Option 3: 100 miles. Fully supported. The big kahuna. Finishes at Snowbird Ski and Summer Resort.



Complete registration and information at www.tourofutah.com

Salt Lake Valley B4K Stage Race

All proceeds donated to
Bikes for Kids Utah



criterium - Road Race - Time Trial

June 1/2 - Friday/Saturday

USA Cycling Sanctioned - 2X UCA Points

Prizes - Medals - GC Winner Jerseys - \$3000 Cash

www.saltlakevalleystagerace.com

EXERCISE
HEALTHY.
 BALANCED DIET, BALANCED LIFE
STRENGTH.
 NUTRITION
SATISFACTION
 REACH YOUR PERSONAL BEST
WE ARE DRIVEN BY YOU
 LOYAL
 WELL-BEING
 KNOWLEDGEABLE. BETTER
 ACTIVE LIFESTYLE
LHM.COM CHOICES



Tips For a Healthier Lifestyle.

Don't Skip Breakfast

Fiber in the morning means less hunger late in the afternoon, when you're most likely to feel tired and gorge yourself on sugar.

Hit the Sack

Seven hours of sleep a night not only helps you live longer, but also lowers your stress, sharpens your memory, and reduces cravings.

Taste the Colors

Foods with bright, rich colors are more than just nice to look at. They're also packed with flavonoids and carotenoids, powerful compounds that bind the damaging free radicals in your body, lowering inflammation.

Know Your Numbers, Then Aim Lower

These include blood pressure (which ideally should be below 115 over 75), LDL cholesterol (under 100), resting heart rate (under 70), and fasting blood sugar (under 100). If your numbers aren't ideal, change your diet until they improve.

Add Some Weights

Just 30 minutes twice a week spent lifting weights can build significant muscle mass. What's more, working all that muscle burns tons of calories, making it a great way to lose weight.

Learn to Cook

If you can cook, you not only save money but also gain control over what goes into your meals.

 *Larry H. Miller*
Dealerships
 Driven By You.

ARIZONA COLORADO IDAHO NEW MEXICO
 OREGON UTAH WASHINGTON

COMMUNITY

Bike2Bike Founder Bob Kinney Passes Away

By Dave Iltis

The cycling community lost a friend when Robert (Bob) Kinney, age 63, unexpectedly passed way on April 29, 2012. Bob was the founder of Bike2Bike, a non-profit that organized many of Utah's favorite cycling events. Bike2Bike rides included the Zion Century, Ghost Town Century, Heber Valley Century, BRASU, and BRANU.

Bob started Bike2Bike in 2005 with the Heber Valley Century. Over the years, Bike2Bike rides have benefitted numerous charities including Spina Bifida Association of Utah, Valley Mental Health, and the Hess Cancer Foundation.

Bob also was League Cycling Instructor, certified by the League of American Bicyclists. He taught classes for Safe Routes to School, a program of UDOT. In that capacity, we would conduct safety classes for local elementary schools, mainly in Davis County.

"Some people do things for money, others for love. Bob loved bicycles. Bob loved children. It was evident with the work he did with the Boy Scouts summer program as well as Safe Routes to School in Davis County. At the last National Bike Summit, which he traveled to on his own dime, he took a folder for each of the congressman and senators full of letters from school children from his classes in bike safety thanking the politicians for their support of bicycle education," said Jonathan Morrison



Robert Foster Kinney, November 18, 1948 - April 29, 2012
Photo: Ann Hoffman.

of the Bicycle Collective. "He was also involved and at every event," Morrison remarked in regards to Bob starting the Davis (County) Bicycle Advisory and Advocacy Committee. The committee lasted about a year and made some progress.

In remembering Bob, Ann Hoffman of Bad Ass Coffee Cycling Team, said, "I surround myself with people I admire most, and Bob was one of those people. He was a big guy with a golden heart."

Kelly Jones, a local cyclist and participant in Bike2Bike events

called Bob a Cycling Saint. We couldn't agree more.

A memorial page has been set up here: [facebook.com/pages/In-Memory-Of-Bob-Kinney/204774679641042](https://www.facebook.com/pages/In-Memory-Of-Bob-Kinney/204774679641042)

Also, contributions to the Robert Kinney Memorial Fund at Wells Fargo Bank can be made by contacting your local Wells Fargo branch.

Bike2Bike's intent is to continue promoting the rides. Details will be available soon.

Parley's Canyon Trail Feasibility Study

The Parley's Canyon Trail Feasibility Study is in the public comment phase. The Study examines potential routes and costs for a trail from the Mountain Dell exit on I-80 to the summit of Parley's Canyon. Once the study is released in final form, funding can be pursued.

The trail would connect Salt Lake and Summit Counties, and would give cyclists an alternative to riding on I-80.

The trail is the brainchild of Gordon Stam, and is part of the envisioned Wasatch Loop Trail, a 200+ mile figure 8 trail that would connect Ogden with Provo, Heber, Park City, and Salt Lake City.

The public is invited to comment on the study here: www.recreation.slc.org/planning/html/Parleys_Canyon.html

-Dave Iltis

University of Utah Releases Bike Master Plan

On April 18th, the University of Utah released their new Bicycle Master Plan, an addendum to the Campus Master Plan.

The plan was contracted by the Campus Planning and the Facilities Management Departments at the University and was produced by Psomas and Alta Planning.

The comprehensive plan focuses on facilities and programs on the University Campus. It also includes recommendations on working with UDOT, UTA, and Salt Lake City for developing solutions where the University interacts with those entities.

The University recently hired a Heidi Goedhart as the Bicycle Coordinator intern, and is in the process of applying to be a Bike Friendly University.

Myron Willson, director of the Office of Sustainability was, "thrilled that the administration understands the need for human powered transportation," and remarked that everyone will benefit from the plan.

The plan is available online at <http://facilities.utah.edu/facilities-planning/master-plan/bicycle.php>

-Dave Iltis

apps worth tapping

your company has a website, right?
what about an app?

if you answer no to either one of the
above questions, then you need us.

MOUNTAIN BIKE RACING

Swenson and Tingey Win at Lambert Park USCS



Keegan Swenson rolls his way to first place after a great day at Lambert Park.

Below: Kevin Day puts on a show at the exciting Lambert Park racecourse. Photos: Shannon Boffeli.



By Shannon Boffeli

April 28th saw the first round of the Utah State Championship Series, a dirt circuit cross country in Alpine, Utah. The unique race uses a short cross country circuit of just over 3 miles. Each lap includes two significant climbs, several technical single-track descents and lots of imbedded rocks. Before the race Cannondale rider Keegan Swenson referred to the course at Lambert Park as, "world cup style racing, right here in Utah."

The challenging course seems to be a hit with racing locals as participation grew by close to 200 riders in it's second year, hosting a total of 330 racers.

Amateur categories started in the morning followed by the pros in early afternoon. The male and female professionals completed 4 laps of the racecourse.

The men's event included most

of the top competitors in the state including Keegan Swenson fresh off his world cup podium in Houffalize, Belgium. Also on hand was the Rooster's/Biker' Edge super team of Brent Pontius, Nick Fischer, and Quinn Bingham.

Off the line Bingham shot to the front but was overtaken by Swenson heading into the first descent. Swenson began to inch away throughout the first lap until hitting the main climb at the start of lap two when he really began to open a gap over the chasing Fischer and Pontius.

Now clearly out front the Cannondale rider exhibited his all-around skill as a mountain bike rider attacking both the climbs and descents with unstoppable speed and quickness.

Fischer held a firm grip on second while his teammate Brent Pontius waged a back-and-forth battle with Ben Aufderheide (The Hub). A native of Jackson, Wyoming, Aufderheide



Erica Tingey descends her way to the top step of the podium. Photo: Shannon Boffeli.

proved you don't need a fast start to be in the mix in cross country. The Jackson rider was dead last on the opening climb but used his ascending strength to slowly pick off one rider after another.

The final two laps saw Aufderheide surge into 3rd position on the climbs only to have Pontius reclaim the spot on the techy-descents. Unfortunately, for Pontius the race ended with an uphill sprint, which pushed the advantage back to Aufderheide.

In the end it was Keegan Swenson taking a commanding win followed by a very fast Nick Fischer. Ben Aufderheide took the sprint for third over Pontius while Will McDonald (Cole Sport) turned in a strong ride for fifth.

The women's race was equally exciting as Erica Tingey (Kuhl/Rocky Mountain) made an appearance after finishing in the top-15 at the Sea Otter Classic just one week before. Tingey would be challenged by Utah's perennial top-rated cross country racer Kathy Sherwin (Stan's No Tubes). XTERRA professional Emma Garrard (Specialized) was also on hand as well as Jen Hanks (Epic Brewing/MTBRaceNews.com) who has been on the podium at ever race she has done after missing all of 2011 being treated for breast cancer.

Tingey was the first to attack as she powered off the start line determined to hit the singletrack in front. Hanks followed close behind before Sherwin squeaked into second wheel just before the descending started.

Tingey continued to power her way through the rocky course showcasing some new found skills on the technical portions of the course. Riding with confidence on the tight, rocky, and demanding singletrack the Kuhl rider built on her lead over Sherwin who admitted after the race she wasn't having her best day on the bike.

Sherwin was able to put some distance between herself and third placed rider Jen Hanks who was enjoying the challenging terrain and power climbs spread throughout Lambert Park.

By the end of 4 laps Erica Tingey had pulled ahead by just over a minute with Sherwin crossing the line in second. Hanks took third, securing

a spot on yet another podium while Emma Garrard finished fourth followed by KC Holley (4Life).

The next round of the Utah State Championship Series takes place in Park City, Utah, June 23rd. There riders will compete on a more traditional cross country course before the series finishes with two 50-mile events July 21st and September, 15th. To find out more about the Utah State Championship Series visit <http://www.RaceUSCS.com>.

Race Notes:

- The winners of both pro classes took home over \$200 and cash went 7 deep in the men's race and 5 deep in the women's.
- The fastest men and women in both the sport and expert classes also took home big checks for their efforts.

Results

Pro Men

1. Keegan Swenson, Cannondale, 1.00.03
2. Nick Fischer, Rooster's, 1.02.39

3. Ben Aufderheide, Hub, 1.03.15
4. Brent Pontius, Rooster's, 1.03.17
5. Will McDonald, Cole Sport, 1.04.25

Pro Women

1. Erica Tingey, Kuhl/Rocky Mountain, 1.13.15
2. Kathy Sherwin, Stan's NoTubes Elite, 1.14.17
3. Jen Hanks, Epic Brewing/MTBRaceNews.com, 1.15.53
4. Emma Garrard, Specialized, 1.16.25
5. KC Holley4, Life/Mad Dog, 1.18.42
6. Susan Minneci, 1.24.10
7. Jenelle Kremer, Revolution/Peak Fasteners, 1.25.47

For complete results, see page 11.

Tour of Utah to be Broadcast Live

SALT LAKE CITY, UTAH (April 21, 2012) – Organizers of the Larry H. Miller Tour of Utah took another large step for engaging its national fanbase with the professional cycling stage race. Broadcast partner FOX Sports Network (FSN) will provide a total of 18 hours of national programming this year for the Tour of Utah, including 12 hours of live coverage. All six days of programming will be produced in high definition for the first time for "America's Toughest Stage Race™", August 7-12, 2012.

Regional coverage of the Tour of Utah in the Western states will be broadcast by ROOT Sports. ROOT Sports Rocky Mountain region is based in Denver and is the cable home of the Utah Jazz and Colorado Rockies, among a broad roster of sports programming. And the local broadcast affiliate will be KJZZ TV, an independent broadcast television station based in Salt Lake City which serves households across the entire state of Utah, as well as parts of five other western states.

For more information, visit TourofUtah.com.

A MTN BIKE
EXPERIENCE
FOR
EVERYONE

25K 60K 100K

CEDAR CITY, UT

7.7.12

K.O.M. CHALLENGE \$3K
IN PRIZE MONEY
+ AGE GROUP AWARDS



dirtfondo.com



AMERICAN
INTERBANC

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

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

Utah Advocacy

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

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

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, Bicycle Facilities Planning Meetings are third Wednesday each month

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

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

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

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

Park City Alternative Transportation Committee — Park City, UT, Normally meets the second 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@hoole-king.com, tinyurl.com/holladaybac

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

Events, Swaps, Lectures

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

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

Downtown Historic Tour of Salt Lake City — TBA , Utah Bike Month, Salt Lake City, UT, TBA, Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com, utahbikemonth.com

Celebrate the City 2012 — tentative, Utah Bike Month, Salt Lake City, UT, SLC will highlight one of its historical buildings sometime in May., Tyler Curtis, 801-535-6118, tyler.curtis@slcgov.com, slcgov.com

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

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

Cole Sport Weekly Road Ride — Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com, mountaintrails.org

May 5, 2012 — GOTS, Bike and Outdoor Toy Swap, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday., Tim Metos, 801-533-8671, vshopdog@earthlink.net, wildrose-sports.com

May 12-13, 2012 — 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 Detters, 435-649-8710, 435-659-1188 , deters.heinrich@gmail.com, Julie Minahan, 435-640-8642, julie.minahan@gmail.com, youngriders.com

May 12-19, 2012 — 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, cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 12, 2012 — 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). 10 am, Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com, pp.infinitecycles.com

May 12, 2012 — Tweed Ride, Utah Bike Month, Salt Lake City, UT, Come prepared to mozie around the city on your finest velocipede, while dressed in your best early 1900's threads. Congregate at Library Square at 6pm and enjoy a scenic ride around Salt Lake City., Christy Jensen, cannjensen@gmail.com, saltcycle.com, utahbikemonth.com

May 13, 2012 — Cyclofemme Ride, Utah Bike Month, Salt Lake City, UT, Come ride Salt Lakes finest bike lanes and bike paths with women of all ages and abilities. Never ridden on the streets of Salt Lake? Let this be your introduction to riding in the city. Bring the kids, bring your mom, bring a lunch, but most important, bring your bike. The ride will be approximately ten miles and will end at Liberty Park., Christy Jensen, cannjensen@gmail.com, utahbikemonth.com

May 15, 2012 — 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@slcgov.com, bicycle.slco.org, utahbikemonth.com

May 15, 2012 — UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. Historic County Courthouse, west lawn, University Avenue/Center Street in Provo., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 16, 2012 — 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. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Laila Bremner, 801-654-0323, gasele2002@yahoo.com, rideofsilence.org, utahbikemonth.com

May 16, 2012 — Cycle Salt Lake Century Ride Packet Stuffing, Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing., Jon Smith, 801-596-8430, 801-322-5056, cslcentury@mac.com, cyclesaltlakecentury.com

May 16, 2012 — Ride of Silence, Flagstaff, AZ, 7 pm, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Flagstaffcycling.Squarespace.com, rideofsilence.org

May 17, 2012 — UTA Bike to Work Day in Orem City, Utah Bike Month, Orem, UT, UTA Bike to Work Day in Orem City, time and place TBD., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 18, 2012 — UTA Bike Bonanza, Utah Bike Month, Salt Lake City, UT, Free to public 2012 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 18, 2012 — Bike To Work Day, TENTATIVE, 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 18, 2012 — 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 18, 2012 — 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 19-20, 2012 — Cole Sport Bike Swap, Park City, UT, 9-5 Sat., 9-3 Sun. \$10 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/18. Pick up is by 3 pm on 5/20., Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org, colesport.com

May 19, 2012 — 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

May 20, 2012 — Pedal Driven - A Bikeumentary, Utah Bike Month, Salt Lake City, UT, PEDAL-DRIVEN expertly explores the long-standing conflicts between riders and the federal agencies charged with managing our public lands, as this exploding sport makes its way out of the woods and into the public eye., 7 pm at Brewvies Cinema Pub, 677 W, 200 S, Hillary Beck, 801-243-6517, cuthroatracingevents@gmail.com, cuthroatracing.com/events/pedal-driven-showing-salt-lake-city, pedaldriven.org

June 2, 2012 — Bike Prom 2012, Salt Lake City, UT, 8 -12 pm, Rio Grande Hall, 10 Year Birthday Celebration for the Bicycle Collective. Wear your prom outfits., Jonathan Morrison, 801-FAT-BIKE, jonathan@slcbikecollective.org, bicyclecollective.org, bikeprom.com

June 2, 2012 — Cyclefest, Salt Lake City, UT, Utah High School Cycling League benefit dinner & silent auction featuring guest host Todd Wells. Rice Eccles Varsity Room, 451 S 1400 E. Cocktail hour begins at 6, dinner and program at 7pm., Lori Harward, 801-502-8516, 801-661-7988, lri@utahmtb.org, utahmtb.org

June 2, 2012 — Joe Kurmaskie, The Metal Cowboy Ride with SLC Mayor, Salt Lake City, UT, Joe Kurmaskie, the Metal Cowboy will be leading a Community Bike Ride with the Mayor on Saturday June 2nd, starting at Library Square at 10am., Tania Taylor, ttaylor@slcpl.org, slcpl.org

June 4, 2012 — Joe Kurmaskie, The Metal Cowboy Talk, Salt Lake City, UT, A talk by Joe Kurmaskie, the Metal Cowboy, on bicycle use as alternative transportation and bicycle awareness, Tania Taylor, ttaylor@slcpl.org, slcpl.org

June 5-27, 2012 — Frame Building Class, Salt Lake City, UT, Ever want



**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

to build your own bicycle frame from scratch but didn't think you could afford it? Now is your opportunity! Build your own high quality, custom lugged chromoly bicycle frame ready for painting. 8 Class series., Jonathan Morrison, 801-FAT-BIKE, jonathan@slcbikecollective.org, bicyclecollective.org

June 9, 2012 — Urban Challenge Utah, Salt Lake City, UT, 9 am, Using clues, teams of two navigate through SLC, competing in tasks that challenge the body, mind and senses. Benefits the Make-A-Wish Foundation of Utah. , Jessica Linville, 801-262-9474, events@utah.wish.org, urbanchallengeutah.com

June 11, 2012 — 6th 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 Dudevior, 435-649-4806, dude@colesport.com, colesport.com, mountaintrails.org

June 16, 2012 — Edible Wasatch - Bites & Bikes, Utah Bike Month, Salt Lake City, UT, The ride kicks off at Pioneer Park where participants will receive a "clue card" and begin the hunt throughout downtown Salt Lake in search of local food gems., Chantelle Bourdeaux, chant8@gmail.com, ediblecommunities.com/wasatch/events/treasure-hunt-for-local-food.htm

June 23, 2012 — Volunteer Trail Day, Brian Head, UT, 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. Time permitting we will work on clearing Dark Hollow and Bunker Creek trails. Also looking for input on new trails and features., Bruce Niedrauer, 866-930-1010, bruce@brianhead.com, brianhead.com

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

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

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

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

Mountain Bike Tours and Festivals

May 11-13, 2012 — BetterRide XC Race Camp, Fruita, CO, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

May 13-October 13, 2012 — Cycling Bryce, Zion, and Grand Canyon National Parks, St. George, UT, 7-day, 400-mi guided road biking tour of the Bryce, Zion and Grand Canyon National Parks areas, including Brian Head, Panguitch Lake, Red Canyon and Kanab. Tour includes 6 nights camping with last night at Inn or 6 nights inn stay, transportation and food. Available every Sun.-Sat. from May 13-Oct. 13., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com

May 18-20, 2012 — MECCA Spring MTB Festival, Green River, UT, Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, meccabikeclub@etv.net, biketheswell.org

May 18-20, 2012 — BetterRide MTB Camp, Moab, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

May 19, 2012 — 6th Annual Amazing Earthfest, Fredonia, AZ, 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. Fredonia Welcome Center, US 89-A, Fredonia, AZ, 8 am Arizona time., Rich Csenge, 435-644-3735, jw@gwi.net, amazingearthfest.com

May 19, 2012 — Mike the Headless Chicken Poker Ride, Fruita, CO,

Urban Poker Ride, Fruita, Colorado, Mike the Headless Chicken Festival!, Mike Driver, 970-904-5708, mdriver@livetrainrace.com, lftsports.com

May 19, 2012 — 14th Annual Buena Vista Bike Fest, McPhelamy Park, 112-134 West Lake Street, CO, The Colorado Springs Cycling Club announces their fourteenth annual Buena Vista Bike Fest, a recreational ride featuring scenic and challenging routes through some of Colorado's highest mountain peaks. Registration includes rest stops and SAG support, a colorful t-shirt for the first 800 registrants, detailed route maps, Saturday afternoon party presented by Bristol Brewing Company of Colorado Springs, and post-ride meal provided by Jan's. More information is available at www.bvbf.org., Aaron Rosenthal, 719-313-2994, arjo4pedal@hotmail.com, www.bvbf.org

May 25-27, 2012 — 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., Kelly Combs, 605-431-8989, 605-343-9534, kellycombs@hotmail.com, bhfatirefestival.com

May 26-28, 2012 — 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

May 29-June 2, 2012 — Alison Dunlap Adventure Camp, Moab, UT, Five-day Intermediate/Advanced MTB Skills Camp, Rim Village condos at 4 pm., Alison Dunlap, alisondunlap@comcast.net, alisondunlap.com

June 2, 2012 — 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 2, 2012 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

June 2, 2012 — National Trails Day, Weber County, UT, Weber Pathways Trail Day., Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

June 10-September 21, 2012 — Bryce and Zion National Parks (MTB), St. George, UT, 6-day, 140-mi guided Mtn Biking Tour thru Brian Head, Red Canyon, Navajo Lake Trail, Virgin River Rim and Hiking the Zion Narrows. Tour includes 5-night camping and 1 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

June 16-17, 2012 — 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 16-17, 2012 — BetterRide MTB Camp, Park City, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

June 17-22, 2012 — 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 6/17-22, 7/8-13, 8/5-10, 9/2-7, Barbara Goff, 800-596-2953 x4, 702-

596-2953, info@escapeadventures.com, escapeadventures.com

June 24-29, 2012 — Grand Staircase Escalante Intro (MTB), Panguitch, UT, 6-days, Also available 6/24-29, 7/10-15, 7/16-20, 8/7-12, 8/19-24, 9/4-9, 9/16-21., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 30-July 8, 2012 — Ride Sun Valley Mountain Bike Festival, Sun Valley, ID, Centered around the USA Cycling XC Mountain Bike National Championships. Other events include the Galena Grinder, Baldy Super Duper Downhill, Locally guided and shuffled trail rides, Fat Tire Criterium, pump track events, concerts, a film and photo shoot-out and more! , Greg Randolph, 800-634-3347, info@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

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

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

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

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

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

Dunlap, alisondunlap@comcast.net, alisondunlap.com

September 28-30, 2012 — MECCA Fall MTB Festival, Castle Dale, UT, Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, meccabikeclub@etv.net, biketheswell.org

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

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

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

Utah Weekly MTB Race Series

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

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

Mt. Ogden Midweek XC Race Series — Snowbasin Resort, UT, Dates June 6, 13, 20, 27; July 4, 11, 18, 25; Aug. 1, 8, 15, Registration- 5pm-6:30pm at Grizzly Center, Race Start: 6:30., Jonny Hintze, 801-230-2995, [**Road Racing**

UTAH CYCLING ASSOCIATION
utahcycling.com

MAY	\(June continued\)
5 Antelope Island Classic	23 Salt Palace State Criterium
12 Bear Lake Road Race	24 Mystery Hill Climb
13 Bear Lake Team TT	30 Heck and Back Road Race
19 Hammer at the Slammer	
26 Sugarhouse Criterium	JULY
28 State TT Championships	6 Brighton Criterium
	7 Porcupine Hillclimb
JUNE	8 Blue Ribbon Road Race
1-2 B4K Stage Race	14 Pony Express Road Race
9 Little Mtn. State Road Race	21 Chalk Creek Road Race
16 High Uintas Road Race	28 Tour de Park City
</div>
<div data-bbox=)

CANYON BICYCLES

BIKE SALE!
UP TO 30% OFF!
ROAD - MOUNTAIN - CYCLOCROSS
OVER 200 TO CHOOSE FROM!
FULL LIST AT
CANYONBICYCLES.COM

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

nitze@yahoo.com, Jason Dyer, 801-620-1013, jdye@snowbasin.com, mftogdenraceseries.com, bebikes.com

May 15-August 21, 2012 — Mid-Week Mountain Bike Race Series, Mid-Week MTB Race Series, Park City, Draper, and Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:30, kids race at 6:00 and main event at 6:30. , Brooke Howard, 801-935-1092, jbhoward@hotmail.com, midweekmtb.com, facebook.com/midweekmtb

Regional Weekly

MTB Race Series

Laramie Mountain Bike Series — Laramie, WY, May 20, June 19, June 26, July 10, July 24, August 7, August 14. , Laramie , info@laramiemtb-series.com, laramiemtbseries.com

Utah Mountain

Bike Racing

May 5, 2012 — 18th Annual Showdown at 5-Mile Pass, Intermountain Cup, Lehi, UT, 18th 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, icupracing@yahoo.com, intermountaincup.com

May 12, 2012 — 8th 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, icupracing@yahoo.com, intermountaincup.com

May 19, 2012 — 10th 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, icupracing@yahoo.com, intermountaincup.com

May 26-28, 2012 — Sundance Showdown, UT Downhill Series, Sundance Resort, UT, Super-D Saturday, DH Monday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

May 26, 2012 — Mountain Ranch XC at Eagle Mountain Pony Express Days, Eagle Mountain, UT, New 8+ mile race course includes nearly 3 miles of fast single track with ladder bridges and technical features., Darrin Garrett, 801-420-1340, mountainranchxc@hotmail.com, mountainranchbikepark.com

May 28, 2012 — 7th 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, icupracing@yahoo.com, intermountaincup.com

June 9, 2012 — 21st Annual Deer Valley Pedalfest, Intermountain Cup, Deer Valley, UT, National Championship Qualifying Event. Multi-lap course, climbs and twisty single-track downhill. First start at 8:15am for U12, others 9 am. (Not an ICS Points Race), Ed Chauner, icupracing@yahoo.com, intermountaincup.com

June 16-17, 2012 — Wolf Creek Mountain Mayhem, UT Downhill Series, Wolf Mountain Resort, UT,

Saturday Super D (afternoon start), Sunday Downhill (morning start), Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 23-24, 2012 — 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, info@utahdh.org, go-ride.com, utahdh.org

June 23, 2012 — 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/dixie200.html

June 23, 2012 — 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

June 30, 2012 — Wimmer's Bicycle Race XC @ Sherwood, Intermountain Cup, Logan, UT, ICS #7, Sherwood Hills Resort, Multiple laps, winding single track through trees, 9 am., Kayleen Ames, 435-757-4310, amespromoting.com, cast.net, intermountaincup.com, amespromoting.com

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

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

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

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

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

August 2, 2012 — Orchard Days Mountain Bike Race, Santaquin, UT, Men's and Women's division for Beginner, Intermediate, and Advanced races, Youth race; Race starts at 6:30 pm., Greg Flint,

(801) 754-3211, office@santaquin.org, santaquin.org

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

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

August 18, 2012 — Mt. Ogden 100 K MTB Race, Snowbasin, UT, We will have 3 race divisions for 2012. They are 25K, 50K and 100K. , Steve Andrus, 801-620-1014, sandrus@snowbasin.com, mftogden100k.com

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

September 1, 2012 — Park City Point 2 Point, NUE Series, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 78 miles & 14,000' of climbing., Jay Burke, 801-330-3214, info@thepcpp.com, thepcpp.com

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

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

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

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

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

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

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

ginger@mountaintrails.org, mountaintrails.org

September 28-30, 2012 — Big Mountain Enduro #3, The Whole Enchilada, Big Mountain Enduro Series, Moab, UT, These events focus on epic, backcountry rides that challenge riders to push their limits on raw, uncut courses that Mother Nature designed. As the horizons of racing continue to broaden, this enduro style of racing speaks to all riders—spandex, baggies and full-faced., Sarah Rawley, 720-407-6142, info@racemsc.com, racemsc.com

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

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

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

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

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

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

November 3-4, 2012 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

Regional Mountain

Bike Racing

May 12, 2012 — 10th 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 12, 2012 — Desert Rats Classic, Fruita, CO, 100 km out and back mtb race. , Reid Delman, 303-249-1112, reid_delman@geminiadventures.com, geminiadventures.com

May 18-20, 2012 — Riverside Rampage - MSC #1, 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 19, 2012 — 12 Hours of Disco, Salmon, ID, Mountain Bike Endurance Race, Dave Lingle, 208-756-7613, info@ridesalmon.com, ridesalmon.com/12-hrs-of-disco

May 25-27, 2012 — Black Hills Fat Tire Festival, Rapid City, SD, Races (XC, SD, DH), Guided Rides, Demo Bikes, Fun Socials, and plenty of fantastic single track all waiting for you to kick off the summer., Kelly Combs, 605-431-8989, 605-343-9534, kelly-combs@hotmail.com, bhfattirefestival.com

May 25-28, 2012 — Velopark STATE Dual Slalom and STXC 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

May 25-28, 2012 — Eagle Bike Park Festival, Wild Rockies Series, Eagle, ID, 10K trail run Friday night. Saturday- we have Two-person dual slalom course that was built by World Champion Eric Carter. Sunday's Short track XC supported by the BYRDS program. Also, we are having a XC mtb on Saturday organized by the BYRDS and dont forget to do the mini DH on Sunday, as well, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, byrdscycling.com

May 26-27, 2012 — BYRDS Mtn Bike Event, Boise, ID, Douglas Tobin, douglas@tobincoaching.com, byrdscycling.com

May 30, 2012 — 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@powerhouseidah.com, powerhouseidah.com

June 6, 2012 — 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@powerhouseidah.com, powerhouseidah.com

June 8-10, 2012 — The Chile Challenge - MSC #2, Mountain States Cup, Angel Fire, NM, Cross country, downhill, dual slalom and super d at the infamous Angel Fire Resort. Qualifier for USA Cycling Mountain Bike National Championships and part of the Pro GRT Series for 2012., Sarah Rawley,



Better Ride.net
mountain bike skills coaching

THE MOST PROGRESSIVE MTB SCHOOL IN THE U.S. IS HOSTING CAMPS ACROSS THE COUNTRY - REGISTER TODAY & START RIDING UP TO YOUR POTENTIAL!

BetterRide.net 970.335.8226 Info@BetterRide.net



dznuts
dz-nuts.com



SAINTS TO SINNERS
BIKE RELAY

512 MILES - TEAM RIDE - JULY 27 - 28, 2012
SALT LAKE CITY TO LAS VEGAS

MORE INFO:
WWW.SAINTSTOSINNERS.COM

720-407-6142, info@racemsc.com, racemsc.com

June 9-10, 2012 — Beti Bike Bash, Mountain States Cup, Lakewood, CO, 3rd 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 schwag bag with entry. CASH purse for pros., Sarah Rawley, 720-407-6142, info@racemsc.com, betibikebash.com

June 9, 2012 — Fear, Tears & Beers 2012, 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, krobeg@mwpower.net, greatbasinraces.com

June 9, 2012 — Knobby 9 to 5, Knobby Tire Series, 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 13, 2012 — 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@powerhouseidaho.com, powerhouseidaho.com

June 16, 2012 — 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 20, 2012 — 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@powerhouseidaho.com, powerhouseidaho.com

June 21-24, 2012 — Crested Butte Bike Week, Crested Butte, CO, 32nd Anniversary year: Fat Tire 40 endurance race, Aided Rides, Mountain States Cup Wildflower Rush 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, fbw.com

June 22-24, 2012 — Wildflower Rush-MSC #3, Mountain States Cup, Crested Butte, CO, Fat Tire 40 cross country, downhill, 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 23-24, 2012 — Jug Mountain Ranch XC and Marathon, Wild Rockies Series, McCall, ID, 2-3 hr XC course and 1.5 hr trail run. 5 min Super D-- 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. Qualifier for USA Cycling Mountain Bike National Championships., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 24-30, 2012 — San Juan Huts 200, Durango, CO, 7-Day supported stage race from Durango, CO to Moab, UT. (6 nights, 7 days staying overnight in tents using the San Juan Huts southern route and hut system for community camp area). Finish to a celebration party in Moab, UT, 214 miles of fun, Kathy Hudson, 972-966-1300, kathy@terrafiramaracing.com, terrafiramaracing.com

June 27, 2012 — 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@powerhouseidaho.com, powerhouseidaho.com

June 30, 2012 — 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

June 30, 2012 — 5 Hours of Grand Targhee MTB Race, Alta, WY, XC race, 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

June 30, 2012 — BYRDS Junior Stage Race, ID, Douglas Tobin, douglas@tobincoaching.com, byrdscycling.com

June 30, 2012 — Big Jugs 44mi MTB Marathon, Wild Rockies Series, McCall, ID, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 30-July 2, 2012 — Furious3, Furious3, Fernie, British Columbia, Canada, Furious3 mountain bike race is a 3 day, multi staged event that is for anyone interested in an epic mountain bike adventure. They are perfect for anyone looking to step into multi day racing for amateurs and pros alike., Mark Kaltenbach, 888-880-8846, mark@furious3.com, www.furious3.com

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

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

July 11, 2012 — Tamarack SUPER D, TENTATIVE, Wild Rockies Series, Tamarack, ID, 20-30 min SUPER-D course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find small drop-offs, and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

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

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

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

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

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

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

July 28-29, 2012 — 20th Brundage Mountain Bike Fest XC/Super D/DH, Wild Rockies Series, Brundage Resort, ID, State Championship for Super-D and Downhill and qualifier for Nationals for downhill, 20 min super D. 5-6 min DH course., deep

woods single track and wide open fire road, super easy shuttle with high speed lift for the Super D and DH events., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

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

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

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

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

August 24-26, 2012 — Furious3, Furious3, Whistler, British Columbia, Canada, Furious3 mountain bike race is a 3 day, multi staged event that is for anyone interested in an epic mountain bike adventure. They are perfect for anyone looking to step into multi day racing for amateurs and pros alike., Mark Kaltenbach, 888-880-8846, mark@furious3.com, www.furious3.com

September 15-16, 2012 — Eagle Bike Park, Wild Rockies Series, Eagle, ID, 12K trail run. Saturday morning. Then we have Two-person dual slalom course on Sunday, that was built by World Champion Eric Carter., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 15-16, 2012 — Targhee Enduro DH and Super-D, 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, DH race, chainless DH and a Super D., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

September 15, 2012 — USA Cycling Marathon MTB National Championships, Bend, OR, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

September 15, 2012 — Velopark 12k Championship Trail Run, Wild Rockies Series, Eagle ID, ID, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 22, 2012 — Adventure Xstream Glenwood Springs, Glenwood Springs, CO, Solo's or 2 person teams will kayak, trek, rappel, and mountain bike, river-board and cave this spectacular course., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

September 29-30, 2012 — USA Cycling 24-Hour MTB National Championships, Colorado Springs, CO, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

September 29, 2012 — Stone Temple 8, Curt Gowdy State Park, WY, 8 hour, 13-16 mile loop, Curt Gowdy State Park, Aspen Grove Parking Area, Tentative start time 9am, IMBA Epic singletrack., Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

October 19-21, 2012 — USA Cycling Collegiate Mountain Bike National Championships, Angel Fire, NM, 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, Saturdays A and B Flite off at Noon C and D Flite off at 12:50, 6555 W. 2100 S. March 3,10,17, 24 Tuesdays at 6pm April 3,10,17,24 May 1, 8, 15, 22, 29 June 5, 12, 19, 26 July 10, 17, 24, 31 August 14, 21, 28 September 4, 11., Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April 5 - September 6, 1-80 Frontage Road West of the International Center., 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 19 thru August 30., 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. 5/2 to 9/5, Joe Johnson, 801-225-0076, 949-412 0587, joes@brutah.com, sbrutah.com, facebook.com/sbrsports

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

July 11-August 22, 2012 — Simply Mac Racing Criterium Series p/b Bountiful Bicycle and MyReason2Ride, TENTATIVE, Threshold Sports Criterium 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 - 7/11, 7/18, 7/25, 8/01, 8/08, 8/15, & 8/22 - Women's Flight - 5:15pm (25min), C flight: 5:50 pm (30 min), KIDS CRIT: 6:20pm (10 min), B flight: 6:30pm (40min), A Flight: 7:20pm (50min), TBD., Joel Rackham, 801.721.6952, joel@simplymacracing.org, Russ Parry, russ@simplymacracing.org, simplymacracing.org

Utah Road Racing

May 5, 2012 — Antelope Island Classic, UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net, bmbbc.com

May 11, 2012 — Bear Lake Climb to the Stars, Garden City, UT, 3.4 mile uphill climb from Garden City Office to the Rocky Point look out pull-off. Racers will start on 60-second intervals and will climb right hand side of road, single file. Racers will yield to traffic for return back to The Inn at the Lake (Start location), Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com

May 12, 2012 — 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, Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, bearlake.com

May 13, 2012 — 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, Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, bearlake.com

May 19, 2012 — SLC Downtown Criterium, UCA Series, Salt Lake City, UT, Fun and fast 4 corner crit around Pioneer Park, 300 W and 300 S., Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

May 19, 2012 — Hammer at the Slammer, UCA Series, Salt Lake City, UT, Hammer at the Slammer, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

May 26, 2012 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park., Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

May 26, 2012 — Sun Crest Hill Climb Challenge Race, Draper Trail Days, Draper, UT, Benefit Water For People Foundation Draper UT, 8 am Draper Equestrian Center 1600 E. Highland Drive (13500 South), road race 15 miles with two hill climbs. Ends at the top of Sun Crest., Ken Murdock, 801-205-3700, ken.murdock@utahhomes.com, Brad Gilson, 801-684-7770, 801-694-8859, brad@gilsonengineering.com, drapertrails.com

May 28, 2012 — Utah State Time Trial Championship, UCA Series, Salt Lake City, UT, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

June 1-2, 2012 — Salt Lake Valley B4K Stage Race, UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required- one-day licenses available. Proceeds from the race go to benefit Bikes for Kids Utah., Alex Kim, 801-503-9064, alexander@pleuribus.org, bikesforkidsutah.com, bikes-for-kids-stage-race, utahcycling.org

June 8-9, 2012 — Rockwell Relay: Moab to St. George, Moab, UT, Four person relay, three legs per rider, covering 528 miles. Starts 8 am at Sweeney Park in Moab and goes non-stop to St. George., Dan Stewart, 801-451-0440, dan@rockwellrelay.com, Tyler Servoss, 801-425-4535, velo11@gmail.com, rockwellrelay.com

June 9, 2012 — 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, Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com

June 16, 2012 — High Uintas 10,000 Road Race, UCA Series, Kamas/Evanston, UT/WY, 1 Day, 80 mile, point to point road race from Kamas, UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citizen riders and touring riders., Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahbikeracing.com, eventcategories/highuintas

June 16, 2012 — 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. 7:30am, Matt Jensen, 801-550-0778, mattjensennsl@gmail.com, threekings.nslcity.org

June 23, 2012 — Downtown Salt Palace Criterium, UCA Series, Salt Lake City, UT, Eric Thompson, 801-541-3840, ethompson@visitsaltlake.com, sk Utahcycling.com

June 28-30, 2012 — Utah Summer Games, Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium., Casey McClellan, 435-865-8421, 435-559-2925, usgpress@suu.edu, utahsummergames.org

June 30, 2012 — Hell and Back RR, UCA Series, Salt Lake City, UT, Out and back road course north of the

Great Salt Lake. , Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

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

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

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

July 4, 2012 — Terry McGinnis Memorial Criterium - Holladay, Utah City Crits, Holladay, UT, With a start/finish on Holladay Blvd, this course incorporates a hill climb on 4500 South, a descent down 2300 East and a wicked turn on to Laney Avenue back onto Holladay Blvd. This course has something for every racer., Dirk Cowley, 801-699-5126, dcowley@racedayeventsoftware.com, races2race.com, utahcitycrits.com

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

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

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

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

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

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

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

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

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

August 1, 2012 — Lindon City Criterium, TENTATIVE, Utah City Crits, Lindon, UT, Part of the Lindon Days Celebration. This course takes place in the heart of the neighborhoods in Lindon and is very unique with a quick hill climb right before the finish line that will give the riders an added challenge. The uphill to the finish will be a great sprint that will exact the neighborhood fans as well as the riders going for the win. The course is 1.45 miles in length and fairly flat. You will have people from the neighborhood sitting out on their lawns cheering as you race by each time!, Ryan LeMone, 801-785-3828, 801-921-3133, ryan@ozon-efit.com, utahcitycrits.com

August 7-12, 2012 — Larry H. Miller Tour of Utah Presented by Zions Bank, UCI, UT, America's toughest stage race. Elevated to UCI 2.1 for 2011, 6 stages, 325 miles, \$45,000 purse, Pro/1 Men only, Salt Lake, Ogden, Provo, Tooele, Park City, Snowbird, Salt Lake. Come and watch the best!, Jackie Tyson, 801-325-2500, tourofutahpr@pelotonsports.net, tourofutah.com

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

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

August 18, 2012 — Double M Road Race, Morgan, UT, A recreational charity ride benefiting the Cystic Fibrosis Foundation (CFF), 3 ride lengths, 28, 56 and 84 miles. Fun

ride at 8 am, race at 9 am. Morgan fairgrounds, over \$2000 in cash and prizes. , Daniel Lilly, 801-657-2627, daniel@mycyclingsource.com, mycyclingsource.com/double-m-bike-race.html

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

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

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

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

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

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

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

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

Regional Weekly

Road Race Series

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

SWICA Criterium Series — SWICA Criterium Series, Boise, ID, Tuesdays starting in May 2012. Local training crit series at Expo Idaho West lot., Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Racing

May 6, 2012 — Jason Broome ITT (BCC Spring Series #1), Boise, ID, Ten Mile Time Trial over rolling terrain. Start: Stage stop truck stop on I-84, 16 miles east of Boise., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 11-12, 2012 — Idaho Time Trial Festival, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, John Rogers, 208-284-9671, obccwebdesign@

yahoo.com, teamrace.obccwd.com, idahobikeracing.org

May 17, 2012 — Meridian Speedway Omnium, Meridian, ID, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, idomnium.com

May 19, 2012 — Ride for the Pass, Aspen, CO, Part of the Aspen Cycling Festival, Benefits the Independence Pass Foundation. 18th 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, aspencyclingfestival.com

May 20, 2012 — 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, aspencyclingfestival.com

May 20, 2012 — Belle District Criterium, Nampa, ID, Located in Belle District at the heart of historical Nampa, this spectator oriented 1.1 km Criterium course has long straightaways with fast left- and right-hand turns., Vernon Padaca, 208-571-1730, dobbia-board@cablone.net, teamdobbia.com

May 25-28, 2012 — Iron Horse Bicycle Classic, Durango, CO, 41th Annual, Road Race from Durango to Silverton, Criterium, Time Trial 25/50 mile tour, kids race and Mountain Bike Race., Gaige Sippy, 970-259-4621, director@ironhorsebicycle-classic.com, ironhorsebicycleclass.com

May 26-28, 2012 — USA Cycling Professional Road and TT National Championships, Greenville, SC, Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

May 27, 2012 — ICO Criterium Series #1, Twin Falls, ID, Rudy Estrada, 208-713-3705, eliticycling@msn.com, idahobikeracing.org

June 2, 2012 — 6th 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 10, 2012 — Dirt Bag Dash #3, Mountain Home, ID, Sign in 10am. Race start 11am, 99% dirt road course., post-race party., James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, joyride-cycles.com/dirt_bag_dash

June 16, 2012 — Sick Hill Climb, Rupert, ID, Alice Schenk, 208-436-4514, runnerschen@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmf.org, sick-riders.com

June 16, 2012 — Idaho State District Road Race, TBD, ID, Vernon Padaca, 208-571-1730, dobbia-board@cablone.net, teamdobbia.com

June 17, 2012 — Idaho State Time Trial Championships, ID, Gary Casella, 208-340-7224, gcasella@aol.com, idahobikeracing.org

June 20-24, 2012 — USA Cycling Road National Championships, Augusta, GA, Elite, U23 and Junior Road National Championships., Kelli Lusk, 719-434-4200, klusk@usacycling.org, usacycling.org

June 23-24, 2012 — Dead Dog Classic Memorial Stage Race, Laramie, WY, Sat: RR (85 miles or 53 miles), Sun: Crit and TT (10 miles), \$8000 purse, awards points for the American Cycling Association Best All-around Racer and Best All-around Team competition., Kim Viner, 307-742-4565, kdviner@msn.com, Michael Harokopis, 307-760-4797, deaddog-classic@hotmail.com, deaddog-classic.com, laramiebikenet.com

June 23, 2012 — ICO Criterium Series #2, Mountain Home, ID, Rudy Estrada, 208-713-3705, eliticycling@msn.com, idahobikeracing.org

June 24, 2012 — Blazing Saddles Omnium, Speedweekend, Philipsburg, MT, 40km ITT and 8 mile climb of Rock Creek Road,

Don Russell, 406-531-4033, biking-coach@gmail.com, montanacycling.net

June 29-July 1, 2012 — Baker City Cycling Classic, Baker City, OR, Baker City and Baker Loves Bikes invite you to race one of the best stage races in the country. Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery., Brian Vegter, dogbri@a.com, bakercity-cycling.org

June 30, 2012 — ICO Criterium Series #3, Boise, ID, Rudy Estrada, 208-713-3705, eliticycling@msn.com, idahobikeracing.org

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

July 6-8, 2012 — 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

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

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

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

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

July 14, 2012 — Exergy Twilight Criterium, NRC, Boise, ID, 24th Annual, NRC race., Mike

27th 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
\$40 ENTRY

SATURDAY
September 8, 2012

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

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

Event Organizers!



Give your race, ride or tour a professional look with our colorful banners, magnetics and signs.

COMPLETE DESIGN AND FABRICATION SERVICES

Proud printer of *Cycling Utah* Since 1993

58 North Main • Tooele, Utah
435-882-0050
www.tbpublishing.com



Cooley, 208-343-3782, mcooley@georgescycles.com, boisewillight-criterium.com, georgescycles.com

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

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

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

August 11, 2012 — Lamoille Canyon Hill Climb, Lamoille, NV, 12 mile 3000 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, elko-velo.com

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

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

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

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

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

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

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

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

Utah Road Touring

Up and Over 100 — TBA, BCC SuperSeries, Salt Lake City, UT, Hogle Zoo in SLC to Summit County via I-80, Kamas, Browns Canyon and back, self-supported., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

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

Eden Loop & A Mtn. Century — TENTATIVE, 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, jimhalay@ovalley.net, bccutah.org

U of U - BYU Rivalry Ride — TENTATIVE, Provo, UT, The friendly cycling contest between the University of Utah and BYU takes place every fall following the big rivalry game. Following the Cougars and Utes battle on the gridiron, fans of the Red and the Blue can show their team spirit by cycling from the losing school to the winning school and sporting their school color., Rachel George, 801-535-7704, rachel.george@slcgov.com, utah-rivalryride.com

May 5, 2012 — Ghost Town Century, Utah Bike Month, 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 Desert Peaks, 2930 West Hwy 112., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 5, 2012 — Moonshadows in Moab, Moab, UT, Watch the full moon rise briskly above the mountains; take in the sweet sage of the desert as you make your way to the Earth's edge overlooking the Colorado River two thousand feet below. A fully supported ride in the magic scenery of Moab., Beth Logan, 435-259-3193, info@skinnytireevents.com, skinnytireevents.com

May 5, 2012 — 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 5, 2012 — Back Roads of the Great Basin 300K Brevet, Saratoga Springs, UT, Self-supported loop route starts in Saratoga Springs, climbs up to Eureka, out to the West Desert, through Nephi and finally travels along the west side of Utah to the finish., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

May 12, 2012 — Springville to Nephi 100, BCC SuperSeries, Springville, UT, Start Cracker Barrel to Nephi and back thru orchards. FREE Self Supported with shorter 30 and 60 mile options. Store stops enroute, Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 12, 2012 — 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, granfondo-moab.com

May 12, 2012 — Goldilocks Herriman, Herriman, UT, Fully supported, non competitive, women only bike ride with 20, 40, 60, 80 and 100 mile route options. W&M Butterfield Park in Herriman, staggered start times beginning at 7 am., Dani Lassiter, 801-635-9422, dani@goldilockslide.com, goldilockslide.com

May 13-18, 2012 — Bicycle Tour of Arches & Canyonlands, Moab, UT, 5 riding days, 350 mi, distance from 40-110 mi per day. Travel through Arches Nat'l Park Canyonlands Nat'l Park, follow the Colorado River and the La Sal Mountain loop., Cycling Escapes, 714-267-4591, info@cyclingscapes.com, CyclingEscapes.com

May 19, 2012 — 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, csicentury@mac.com, cyclesaltlakecentury.com

May 20-26, 2012 — Bicycle Tour of Utah - Color Country to Canyonlands, Springdale, UT, Ride through 6 parks in 6 days, 454 mi, 26,000' elevation gain. 65-113 mi/day., Cycling Escapes, 714-267-4591, info@cyclingscapes.com, CyclingEscapes.com

May 26, 2012 — Steeple Chase Bike Relay, Ogden, UT, Ride in teams of 3 or prove you are tough doing it solo on this 150 mile relay from Ogden to Provo., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com

May 26, 2012 — Raspberry Ramble 400K Brevet, Brigham City, UT, This minimally supported rural route starts in Brigham City and travels to Logan, climbs up and over to Bear Lake via Logan Canyon, then makes a large loop in Southern Idaho before returning to the start., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

ard@distancebiker.com, saltlakerandos.org

May 28, 2012 — 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 2, 2012 — 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 at the Huntsman Cancer Institute., Penny Perkins, 801-474-2282, penperk@xmission.com, Curt Griffin, 801-474-2282, lrh@bbtc.net, bccutah.org

June 2-17, 2012 — Bike Ride Across-Scenic Utah, 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

June 2, 2012 — 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. 100 and 66 mile options available., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

June 2, 2012 — Ride the Gap Century, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, spingees.com

June 9, 2012 — 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., Dustin Stark, 801-363-3024 ext. 7071, dstark@diabetes.org, main.diabetes.org/utah-fourdecure

June 9, 2012 — Tour de Habitat Lakes to Peaks Ride, Orem, UT, The official ride of Orem SummerFest. Utah Lake to top of Squaw Peak, South

Forke and Alpine Loop. 65 miles, 4,000+ climbing, well supported. Proceeds benefit Habitat of Utah County, 9 am., Eric Bennett, 801-796-9888, eric@thebarefootgroup.com, habitatuc.org

June 9-10, 2012 — Bike-Touring 101, Salt Lake City, UT, 6th annual overnight self-supported bike tour to Wasatch St. Park (bike-touring 101). Start in Salt Lake City area or Park City., Louis Melini, lvmelini@comcast.net

June 11-13, 2012 — Mormon Pioneer National Heritage Area Bicycle Barnstorming Tour, Richfield, UT, A historic tour of the barns of Sevier and Sanpete counties., Susan Crook, 435-773-5336, susan@utah-heritagefoundation.org, utah-heritagefoundation.org

June 14-22, 2012 — 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 15, 2012 — Double Loop Four 400K Brevet, Nephi, UT, This minimally supported figure-8 route begins in Nephi and travels south past Gunnison, climbs to Koosharem and returns via Richfield., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

June 15-16, 2012 — Triple Loop Six 600K Brevet, Nephi, UT, Minimally supported rural route starting in Nephi. The first two loops travel south past Gunnison, climb to Koosharem and return via Richfield. The final loop is a lap around Utah Lake., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

June 16, 2012 — 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. 7:30am, Matt Jensen, 801-550-0778, mattjensensnsl@gmail.com, threekingsnslcity.org

June 16, 2012 — Huntsman 140 Cycling Event, Delta, UT, A road

Join Utah's cycling community in supporting KUED by proudly wearing the official KUED cycling kit.

Each purchase over \$100 of bike clothing includes a year membership to KUED.

Pedal proudly for PBS. Italian made cycling clothing available in limited sizes at Millcreek Bicycles, 3969 South Wasatch Blvd.

PEDAL FOR PBS!

Nate Wade

Subaru

MILLCREEK BICYCLES

TRIS West BENEFIT SOLUTIONS

DNA CYCLING

JEFF JUSTICE REALTOR® THE BIGHORNS GROUP REAL ESTATE

KUED7 The University of Utah

cycling, non-competitive 140-mile ride from Delta to SLC, UT and a 75- & 25-mile out-and-back ride beginning and ending in SLC, UT., Jen Murano, 801-584-5815, jmurano@huntsmansfoundation.org, hcf.kintera.org/h140

June 23-24, 2012 — Bike MS: Harmon's Best Dam Bike Ride, Logan, UT, Don't Just Ride, Bike MS. 40, 75, or 100 miles on Saturday, 40 or 75 on Sunday. Friendly to all abilities with rest stops every 8-12 miles. One of the most scenic routes in Utah! Camping, meals and entertainment based out of Cache Valley Fairgrounds (400 South 500 West)., Becky Woolley, 801-424-0112, becky.woolley@nmss.org, bikemusutah.org

June 23-30, 2012 — Bike Ride Across-Northern Utah, Bountiful, UT, 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

June 25, 2012 — 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, czar@sundance-utah.com, sundanceresort.com

June 30, 2012 — Mt. Nebo Century, Payson, UT, 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. Begins at 8:00 a.m. at Noble Sports in Springville, 1851 West 500 South, Jeff Sherrod, 801-654-2886, jeff@myreasontoride.org, Shawn Snow, 801-230-0914, shawn@myreasontoride.org, myreason2ride.org

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

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

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

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

July 14, 2012 — Color Country Century, TENTATIVE, Cedar City, UT, 100 mile or 65 mile options. Non-paid club event, self-supported ride, but plenty of people to ride with., Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycycling.org

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

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

July 14, 2012 — GLMR Ride for Hope, Healing, Happiness, Payson, UT, 62.5 mile ride in honor of Gary Ludlow. Proceeds raised go to support the National Alliance on Mental Illness (NAMI Utah) and the American Foundation for Suicide Prevention (AFSP Utah). Start 6:30-7:30am, 143 W. 900 N., at the Park & Ride., Zach Ludlow, 801-808-2569, glmrinfo@gmail.com, Stan Sadowski, 801-830-6655, glmrinfo@gmail.com, theglrm.com

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

July 14, 2012 — Capitol Reef Classic Gran Fondo, Tentative, Torrey, UT, The Gran Fondo distance will be about 90 miles and there will also be a Medio Fondo with a distance of about 50 miles. Prizes for overall and age groups. Part of a new series of a "triple crown" sorts, along with The Moab Gran Fondo and the Tri States Gran Fondo. More information will come soon., Tina Anderson, 435-425-3491, 435-691-1696, tricrozy@live.com, capitolreefclassic.com

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

July 21, 2012 — Desperado Dual, Panguitch, UT, 200 mile double century in Southern Utah, 100 and 50 mile option, Utah's only

fully supported, 200 mile, one-day cycling adventure., Ryan Gurr, 435-674-3185, info@spingeeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, spingeeeks.com

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

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

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

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

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

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

August 11, 2012 — The Ultimate Challenge Presented by the Tour of Utah, Park City, UT, Park City to Snowbird Ski and Summer Resort 100 miles, with shorter options., Jackie Tyson, 801-325-2500, tourofutahpr@pelotonsports.net, tourofutah.com

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

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

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

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

August 18, 2012 — I Think I CANYons, Salt Lake City, UT, Benefit ride for the Fourth Street Clinic. Option to ride 2 or 4 canyons in the Salt Lake area. Start/finish at Skyline High School, 6:30 am., Alex Rock, 801-913-3282, alrock85@gmail.com, Nate Page, 801-589-1645, natepage1@msn.com, ithinkicanyons.com

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

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

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

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

August 25, 2012 — FrontRunner Century Ride, Salt Lake City, UT, Join 1,200 of your friends on two wheels traveling from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Full 100 mile and 62 mile metric century options available., Matt Storms, 801-448-6061, matt@forthewinracing.com, frontrunnercentury.com

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

August 25, 2012 — 2nd Annual Life Time Gran Fondo Utah, Snowbasin, UT, 100, 45, 15 mile timed events. The 100 Mile loop will have 3 timed sections, TT, Hillclimb and a sprint. There will be prizes for each timed section for each category. Close to 7,000' of climbing for the 100 Mile loop., Ed Chauner, icuprac-ing@yahoo.com, lifetimefitness.com

August 26, 2012 — Chalk Creek 100, BCC SuperSeries, Park City, UT,

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

August 30-September 8, 2012 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Moab, UT, "World's most scenic bicycle ride," 10-day ride (7-day, and 3-day options) including up to 5 national parks, 6 amazing state parks, 2 national monuments, and various national forests., Les Titus, 801-654-1144, lestitus@lagbrau.com, lagbrau.com

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

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


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

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

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

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

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



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 & COUNSELLORS AT LAW

4543 South 700 East, Suite 200 Salt Lake City, UT 84107
dward@cyclingutah.com

Keep in Shape
No Matter the Season

- FreeMotion Spin Bikes
- Group Fitness
- Pilates
- Zumba
- Personal Training
- Cybex, Nautilus, Ground Zero Circuit
- Treadmills, Ellipticals, Bikes, Stair Climbers
- Adults Only Free Weights
- Teen Free Weights
- Indoor and Outdoor Track
- Tennis
- Racquetball
- Squash
- Swimming (All Year)
- Basketball
- Whirlpool, Sauna, Steam
- Massage
- Nursery Facilities

CALL TODAY
FOR MEMBERSHIP INFORMATION
801-261-3426



SPORTS MALL
A Full Service Private
Family Athletic Club

5445 South 900 East Salt Lake City, UT 84117
www.sportsmallgroup.com

skinnytireevents.com, skinnytireevents.com

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

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

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

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

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

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

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

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

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

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

Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com

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

Regional Road Touring

May 5, 2012 — Tour de Fire, Boulder City, NV, Century Ride with a 20, 48, 60, 74, 99 and 134 distance to choose from. Starts at Boulder Beach and goes out to the Valley of Fire where you will return. Well stocked rest stops and beautiful scenery Benefits the Nevada Childhood Cancer Foundation., Debra Craig, 702-228-9460, procy-clery@cox.net, tafire.com

May 5, 2012 — Bike MS 2011 Las Vegas, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported. 30,65,100 mile on Saturday to Red Rock Canyon Loop, 35, 65 miles on Sunday to Lake Mead. Start/Finish Ruvo Center for Brain Health., Linda Lott, 775-827-4257, 702-736-1478, linda.lott@nmss.org, bikemsnevada.org

May 13, 2012 — 6th Annual Amazing Earthfest, Fredonia, AZ, Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved), 7:45 am, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles. MTB rides also., Rich Csenge, 435-644-3735, jw@gwi.net, amaz-ingearthfest.com

May 13, 2012 — Redrock Canyons Tour, Grand Junction, CO, May 13th, 27th and September 30th, 5-day tours that includes Dolores River Canyon and Monument Valley., John Humphries, 970-728-5891, info@lizardheadcycling-guides.com, lizardheadcycling-guides.com

May 19, 2012 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, tvcbblindidaho.org

May 19, 2012 — Ride for the Pass, Aspen, CO, Part of the Aspen Cycling Festival, Benefits the Independence Pass Foundation. 18th 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, aspencyclingfestival.com

May 19, 2012 — BCRD Ride the Rails, Hailey, ID, 20 mile ride on the BCRD Wood River Trail., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcd.org, bcd.org

May 19, 2012 — 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, 208-436-4514, runnerschenk@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmi.org, sick-riders.com

May 19, 2012 — Mike the Headless Chicken Poker Ride, Fruita, CO, Urban Poker Ride, Fruita, Colorado, Mike the Headless Chicken Festival, Mike Driver, 970-904-5708, mdriver@liveinrainrace.com, liveinrainrace.com, lfrtsports.com

May 20, 2012 — Santa Fe Century, Santa Fe, NM, 27th 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

June 2, 2012 — Spinderella, Pocatello, ID, Spinderella is a women's only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 7:30 AM at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 3, 2012 — 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, tgft@bikethewest.com, bikethewest.com, bikeandskitahoe.com

June 3, 2012 — Whiterock Canyons Tour, Grand Junction, CO, June 3rd, 17th, September 23rd and October 7th, 5-day tours. Less miles, but with more climbing than Redrock Canyons Tour., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 4-28, 2012 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Annual supported ride up the full length of the Al-Can Highway, Dawson Creek, BC to Delta Junction, AK. The ultimate wilderness road bike trip., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com, bike_tours/alaska/Great_Alaska_Highway_Ride.htm

June 9, 2012 — 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 9, 2012 — Fremont Area Road Tour (FART), Lander, WY, 25m,100k,100mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Cade Maestas, 307-349-5734, cade@bridgeoutdoors.com, landercycling.org

June 16, 2012 — Tour of Marsh Creek Valley, Pocatello, ID, Fully supported ride with snack and drinks at Inkom, McCammon and the Downey turns. Options of 25, 62, or 100 miles between Pocatello and Malad Pass., Mike Collaer, 208-681-0919, 208-533-5445, dadcollaer2@hotmail.com, idahocycling.com

June 23, 2012 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Mak-A-Dream. The ride takes place in the beautiful Big Hole Valley of SW Montana., Jennifer Benton, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 23, 2012 — 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 23, 2012 — Boulder Sunrise Century, Boulder, CO, Plains cruising, canyon carving & high-alpine rollers with views for miles. 75, 100 mile option., Traci Brown, 303-875-9000, traci@tracibrown.com, bikerPELLI.com

June 23, 2012 — Tour de Prairie, Cheyenne, WY, Course heads west out of Cheyenne along Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lyons Park, road and dirt., Scott Phillips, 307-637-6423, sphillips@cheyennecity.org, cheyennecity.org

June 24, 2012 — 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, tgft@bikethewest.com, bikethewest.com, bikeandskitahoe.com

June 29-July 2, 2012 — Northwest Tandem Rally, Salem, OR, A weekend of tandem fun!, Marla Emde, 509.363.6825, marlae@spokanesports.org, nwtr.org

June 30, 2012 — Bear Lake Monster Century Ride, Montpelier, UT/ID, Bear Lake Monster is a 100, 75, 62 or 50 mile fully supported ride from Montpelier, ID. A climb to Minnetonka Cave awaits each 100-mile rider and a backyard barbecue with raspberry milkshakes welcomes every finisher., Jared Eborn, 801-599-9268, jared@extramileracing.com, BearLakeMonsterRide.com, fortheWINracing.com

July 1-13, 2012 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and motels., Pedalers Pub & Grille, 877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com, bike_tours/alaska/Bears.htm

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

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

July 15-20, 2012 — Tour de Wyoming, Jackson, WY, 16th year, start and

end in Jackson Hole. Terrain is varied but includes three mountain passes, including a crank up and over Teton Pass on the final day. Day 3 is a long distance day, covering over 100 miles. By the time the tour comes to an end in Jackson, we will have pedaled 360 miles., Amber Travky, 307-742-5840, atravsky@wyoming.com, cycleywoming.org

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

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

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

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

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

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

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

August 5-11, 2012 — Ride Idaho, Central Idaho, ID, 7-day supported



nevada's best bicycling events



Sunday - June 3, 2012
Stateline, South Shore Lake Tahoe, NV - 21st 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 24, 2012
Genoa, NV - 5th Annual Tour of the beautiful Carson Valley. 44-Mile, 20- Mile Bike & Hike & Family Fun Ride. Live music, BBQ & Ice Cream Social.



Sunday - Sept 9, 2012
Lake Tahoe, NV - 10th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline. 2000 participants.



Sept 23 - 29, 2012
21st 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

June 10-13, 2012

Help create a new barn tour App + print guide to historic barns in the Sevier Valley & Little Denmark sections of Heritage Highway 89 on a 3-day, 4-night **FULLY-SUPPORTED BIKE (and bus) TOUR**

Register at www.utahheritagefoundation.org by May 25

Contact: Susan Crook, 435-773-5336
susan@utahheritagefoundation.org



bicycle tour, 400+ total miles, New Meadows, White Bird, Cottonwood, Elk City, Grangeville, Winchester, Genesee, Moscow., Susy Hobson, 208-830-9564, ridaho@rideidahohome.com, rideidahohome.org

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

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

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

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

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

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

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

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

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

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

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

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

September 9-14, 2012 — The Amgen People's Coast Classic, Astoria, OR, The Amgen People's Coast Classic bicycle tour is a six-day charity event benefiting the Arthritis Foundation. Join us for 2, 4, and 6-day options along the beautiful Oregon Coast., Tai Lee, 206-547-

2707, flee@arthritis.org, thepeople-scoastclassic.org, arthritis.org

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

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

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

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

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

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

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

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

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

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

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

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

801-677-0134, bob@bike2bike.org, Bike2Bike.org

Multisport Races

May 5, 2012 — 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, ironmansstgeorge.com

May 12, 2012 — Spring Sprint, Salt Lake City, UT, Fantastic bike course and a run that finishes in the Olympic Oval making this course the most spectator-friendly venue in the state., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

May 12, 2012 — SDRS 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 18-19, 2012 — 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. Awards are presented to overall finishers as well as the top 3 in each age group., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatu.com, John Anderson, 801-631-2624, 801-631-2614, info@triatu.com, triatu.com

May 19, 2012 — St. George Triathlon, BBSC Twin Tri Series, St. George, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

May 19, 2012 — Lifetime Triathlon Las Vegas Showdown At Sundown, Boulder City, NV, Sprint, Intermediate, and Long Courses, Keith Hughes, 702-525-1087, khughes@lifetimefitness.com, lifetimefitness.com

May 19, 2012 — Be Well/Joyride Spring Triathlon, Logan, UT, Sprint-length event in Cache Valley. Families and first time competitors to serious competitors will enjoy a pool swim, a flat bike course out to Smithfield Canyon, and a run portion that features a section of trail., Kory, 435-753-7175, weheartbikes@gmail.com, joyridebikes.com/triathlon

May 19, 2012 — 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, 801-251-6585, 760-613-4510, info@rhinorelay.com, rhinorelay.com

May 26, 2012 — Timp Trail Marathon, T3TRI EVENTS, Orem, UT, This course is all run on mountain trail and fire road. There are sections of accent and decent that are very technical; possible snow, possible stream crossings, and rocky/steep areas with exposed cliffs. This is trail marathon that is set up like an ultra marathon., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, t3triathlon.com

June 2, 2012 — Salem Spring Triathlon, RACE TRI, Salem, UT, Sprint distance triathlon. 10-year anniversary., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

June 2, 2012 — Cache Valley Super Sprint Triathlon, Logan, UT, 8th 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, joec@onhillevents.com, cvsst.com, onhillevents.com

June 8-9, 2012 — Moab Triathlon Festival, 2011 TriUtah Points Series, Moab, UT, XTERRA sport and full open water off-road triathlons, Moab sprint and Olympic open water road triathlons, Trail Run, and Kids' Triathlon., Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatu.com, John Anderson, 801-631-2624, 801-631-2614, info@triatu.com, triatu.com

June 9, 2012 — Ironman Boise, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., Mike Cooley, 208-343-

3782, mcooley@georgescycles.com, ironmanboise.com

June 9, 2012 — 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. USA Triathlon sanctioned event., Sandra Doebl, 970-920-5140, aspenspecialvents@ci.aspen.co.us, aspentriathlon.com

June 16, 2012 — 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. USA Triathlon sanctioned., Jeff Gardner, 435-635-6012, tailwindraces@gmail.com, utahsummergames.org/sports/triathlon.html

June 16, 2012 — 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, verret_hm@hotmail.com, desert-sharks.com/shark_attack

June 16, 2012 — Magicman Triathlon, Murtaugh, ID, Sprint and Olympic Triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com, magicmantriathlon.com

June 20-August 10, 2012 — Youth Triathlon Team, TENTATIVE, 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 23, 2012 — Provo Triathlon, T3TRI EVENTS, Provo, UT, 7th annual race. Provo Tri is a premier local event put on by triathlon professional. Family-friendly, open water event which offers both Sprint and Olympic distances. We also have a fun kids race following the Sprint and Olympic races., Shaun Christian, 801-678-4032, shaun@t3triathlon.com, provotri.com

June 23, 2012 — DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Huge cash purse for 1, 2, 3 place winners of Olympic Distance. Many speed prizes for sprint distance. Race starts at Red Fleet State Park in Vernal, 7 am, Finishes at Uintah High School. Kids Tri on 6/22., Mark Mason, 435-828-6436, mmason@macu.com, dinotri.com

June 23, 2012 — Rock Cliff Tri at Jordanelle, Salt Lake Triathlon Series, Salt Lake City, UT, Sprint and Olympic Distances: Fresh Mountain Water, Scenic Bike course, Run on the beautiful boardwalks at the Utah State Park., Cody Ford, 801-558-2503, cody@ustrisports.com, Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, ustrisports.com

June 23-24, 2012 — West Yellowstone Mountain Bike Biathlon, tentative, 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 Hoover, 406-599-4465, randlesara@yahoo.com, Dan Cantrell, 406-600-3354, info@rendezvouskitrails.com, rendezvouskitrails.com/events

June 24, 2012 — XTERRA Curt Gowdy Triathlon, Curt Gowdy State Park, WY, 1200m swim, 1-Lap 14.1 mile mountain bike, and finishes with a 5.3 mile run, Lance Panigutti, lance@withoutlimits.co, withoutlimits.co/page_0#1__xterra-curt-gowdy/race-info

June 28-29, 2012 — Great Basin Tri Clinic, TENTATIVE, 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, greatbasin-coaching.com

June 30, 2012 — River Rampage Triathlon, 2011 TriUtah Points Series, Green River, UT, Downriver swim! Sprint and Olympic open water

road triathlons. Come and enjoy a bike ride along the river at the base of the Book Cliffs Mountains. The Green River State Park is the site for the run, transition area and finish line. No two transition area hassle!, Chris Bowerbank, 801-631-2614, 801-631-2624, info@triatu.com, John Anderson, 801-631-2624, 801-631-2614, info@triatu.com, triatu.com

June 30, 2012 — Mountain Tropic Triathlon, PowerTri Trifecta Series, Garden City, UT, Experience the "Caribbean of the Rockies" at the first race of the Trifecta Series at Bear Lake State Park; Sprint, Olympic, and Half distances., D Weideman, 303.955.4135, info@bbsctri.com, bbsctri.com

June 30, 2012 — The Point Adventure Race, South Jordan, UT, Multi-discipline Adventure race including mountain biking, orienteering, running, and water sport., Scott Browning, 801-867-5039, graffitiracing@gmail.com, graffitiracing.com

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

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

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

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

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

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

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

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

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

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

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

August 4, 2012 — Ultimate Relay Triathlon, 2011 TriUtah Points Series,

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

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

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

August 12, 2012 — Rush Triathlon, Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, bobby@rexburg.org, rushtriathlon.com, rexburg.org

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

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

310-0609, splash@masonfam.net, saratogaspringstri.com

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

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

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

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

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

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

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

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

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

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

September 8, 2012 — Alta Canyon Sports Center 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, ispillion@sandy.utah.gov, sandy.utah.gov, government/parks-and-recreation/special-events/triathlon.html

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

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

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

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

September 22, 2012 — XTERRA USA Championship/ XTERRA Utah, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail 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, xterrautah.com

September 22, 2012 — Adventure Xstream Glenwood Springs, Glenwood Springs, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain

bike., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

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

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

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

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

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

November 3, 2012 — Lifetime Tri Lake Mead, Boulder City, NV, Full circle triathlon on River Mountain Trail Loop, 3 different courses including

THE EPIC MOAB RED ROCK COURSES ARE CALLING!

There's a race for everyone at this two-day triathlon festival.

XTERRA Moab (a National XPS Points Series event) is back (Sport and Full distances), as well as the Moab Road Triathlon (Sprint/Olympic), the XTERRA Moab Trail Run and a Kids Triathlon! The amazing run course leading to Faux Falls and back is definitely one to remember.

Friday, June 8th

- XTERRA Moab Trail Run (3.4 miles)
- XTERRA Kids Triathlon

Saturday, June 9th

- XTERRA Full (1.5K/15mi/6.8miles)
- XTERRA Sport (0.75K/7.5mi/3.4miles)
- Road Olympic (1.5K/40K/6.8miles)
- Road Sprint (0.75K/20K/3.4miles)



www.XTERRAMoab.com

www.triutah.com

Ken's Lake, Moab, UT

June 8-9, 2012





















For more information or to register visit: www.XTERRAMoab.com

For other 2012 TriUtah events visit: www.triutah.com

GUEST EDITORIAL

SkiLink Would Impact Wasatch Crest Trail

By Carl Fisher

A few years back when Save Our Canyons was working with the mountain bike community on drawing the boundaries for our Wilderness Proposal we all agreed the Wasatch Crest Trail needed to remain open to bikes, but the lands adjacent to the trail must be protected. Much of this dialog centered around the fact that at some point all of us (mountain bikers, conservationists, and mountain biking conservationists) knew this epic trail would be threatened by development.

Fast forward to this past July (2011), when Ted Wilson stepped down as the Governor's Environmental Advisor and took a job with Talisker Corporation, the Canadian "global real estate" giant who owns the Canyons Resort, parts of Deer Valley, and apparently the land underneath Park City Mountain Resort, that the tides of significant change were upon the Central Wasatch and the Wasatch Crest. What we didn't realize was that only a few short months after taking the position, he had quietly convinced Rep. Rob Bishop, Rep. Jason Chaffetz, Sen. Mike Lee, and Sen. Orrin Hatch to sponsor legislation to sell off 30 acres of US Forest Service and Salt Lake City Protected Watershed land inside Rep. Jim Matheson's congressional district. The land on the chopping block runs through the Willow drainage in Big Cottonwood Canyon where near the top of the ridge, the alignment would cross one of the state's premier mountain bike trails, the Wasatch Crest. The Wasatch Range Recreation Access Enhancement Act (HR 3452, S 1883) was born of greed and hastiness with no public input, much to the consternation of local government officials who are collaboratively trying to find solutions

to protect these heavily used lands, manage them for multiple uses, not to mention our watershed.

While Talisker says their proposal is nothing but noble and the saving grace of the Wasatch, Save Our Canyons and a vast majority of the general populace respectfully disagree. First, vehicular visits in the Cottonwood Canyons certainly play a role in the degradation of these natural areas, so too does the rampant destruction and habitat fragmentation caused by ski area expansion. Second, Talisker has stated this is in part, a marketing ploy, aimed at getting more skiers to the state, great, but with more skiers, comes more traffic only furthering the impacts to these heavily used environments. Third, SkiLink is ineffective and supremely costly. In January, we tested it. It took us nearly two-hours to ride five lifts doing a minimal amount of skiing only to get to the base of where SkiLink would begin and cost each skier \$96 (Canyons day-pass 2012) to ride the Talisker Transit Authority. (See video at <http://vimeo.com/35722395>)

It is true the ski industry as a whole in the state contributes approximately 1% of State GDP, however little attention is paid to the other amount of money generated by buying mountain bikes, climbing gear, backcountry skiing gear, running shoes, hiking boots, etc, etc. The Wasatch is home to world class skiing, anyone who lives here knows that. What makes it world class is not only our resorts, but also our access to unmatched backcountry terrain. Where else in the world can you leave the valley and be at a resort or a trailhead in 30 minutes? Then there are the other three seasons of the year where people retreat to the hills and enjoy all the other activities the Wasatch has to offer. The biggest difference between the backcountry recreation economy and the resort economy is that the resort economy

has become more about selling real estate than providing a recreation experience. See for yourself what the Talisker Club is all about on their website (<http://taliskerclub.com/>) skiing is merely an amenity, much like a condo offers a fitness center.

One of the most frustrating elements of the SkiLink legislation is that it completely circumvents the public process and existing land use plans that recognize this concept of multiple use of our public lands. Currently, the 2003 Wasatch-Cache National Forest Plan does not allow for ski area expansions onto adjacent "highly valued public lands" and served as the basis for denial of the 2009 Solitude Silverfork expansion. Though the Canyons nor Solitude, ever submitted a formal proposal to the US Forest Service, the agency said based on the information they heard from the resorts they would have to run it through their processes as Ski Area expansion, not as a transportation alternative as proposed. Too, local land use plans like the Salt Lake Canyons Master Plan support the resorts in their current configuration and recognize the importance of the Wasatch as a gathering place for multiple uses. According to information gathered in the 2010 Wasatch Canyons Tomorrow process, the public sentiment is inline with the policy laid out in these land use plans. The report states 94% of respondents wanted to see no further expansion outside of existing Ski Area Permit boundaries. Survey responses were then validated by a random Dan Jones & Associates poll.

There are numerous issues with this project ranging from visual impacts on up to the process (or lack thereof) to selling heavily used public lands. The Wasatch Crest Trail is one of the state's premier mountain bike trails. SkiLink would bisect this classic trail, turning it into private property, about 1.5 miles east of the spine. What does this mean

for the fate of our beloved Crest? Well it's future is uncertain. Could the Canyons fence off portions of the trail, possibly, since restricting access is a god-given right to property owners. Could we be weaving through trophy homes rather than aspen groves? This option is more likely than closure, but experiences like that are becoming the norm for alpine rides. Rumor has it that Solitude is going to be acquired by Talisker, furthering the suspicion that this is more about real estate and ski area expansion.

I personally have always reveled at the scenic beauty of the Crest Trail which remains free from overhead obstructions from Scotts Pass to the bottom of Mill Creek Canyon. I too, think how lucky we are to have public lands preventing the encroaching cancer of trophy homes and ski infrastructure from spilling over the ridge-line from the Canyons into Salt Lake County. We need all users, hikers, bikers, skiers, hunters, bird watchers, photographers and the many other multiple users who share this place to join forces and loudly oppose the SkiLink project. These lands belong to all of us, and they need to remain that way to protect our quality of life for today and tomorrow. Please write or call your congressmen and senators urging thier staunch opposition to the privatization of public assets so the Wasatch Crest can remain unmarred and open for the many users who frequent the area.

Carl Fisher is Executive Director of Save Our Canyons, a local non-profit dedicated to protecting the wildness and beauty of the Wasatch mountains, canyons and foothills. More information on this and other projects confronting the Wasatch can be viewed at www.saveourcanyons.org or www.facebook.com/saveourcanyons

**Capitol Reef Tour -
continued from page 39**

go for a small walk around camp to view the incredible night sky. Almost immediately, I see a bright white shooting star come out from behind the cliffs that tower over the campsite, moving away from the moonlight emanating from behind the rock. A few minutes later a full moon emerges from the middle of the cliff rather than from the horizon. I could not have planned a more perfect ending to this 10 day trip.

Nut and Bolts

Start and End – Torrey, UT. Torrey has hotels, restaurants, and a store to resupply.

Time of year – Spring or Fall. We rode in May.

Route statistics - 225 miles, 17,000 feet climbing, 1 National Park, 1 National Monument, 1 National Forest, and many trailheads and slot canyons to choose from for hikes.

Food

Grocery stores - Torrey, Boulder, and Escalante

Restaurants - Burr Trail Grille in Boulder, Outfitters in Escalante, Castle Rock Coffee in Torrey

Water – Torrey, Boulder, and Escalante are the only towns. Deer Creek, Calf Creek, and Fruita Campgrounds have potable water. Stream water for filtering is available in Pleasant Creek, Blue Spruce Campground, and in various slot canyons. We had no trouble finding water.

Bikes – We rode rigid and front suspension mountain bikes. Front suspension is recommended but not required.

Tires – Mountain tires recommended but cyclocross tires would work fine too. I used Specialized Crossroads Armadillo tires, and they were great for the combination of paved and dirt riding.

TOUR DE PARK CITY
CLASSIC ROAD RACE / GRAN FONDO
SATURDAY, JULY 28, 2012
Registration Open

**CYCLING FESTIVAL**

SATURDAY, JULY 28TH, 2012 - ALL DAY FESTIVAL
THE YARD @ BONANZA PARK, PARK CITY

FAT TIRE • SKINNY TIRE • TRAINING WHEELS

TOUR DE PARK CITY - Classic Road Race - Gran/Piccolo Fondo

- Fully Supported
- T-shirts & Medals
- Toughest single-day ride in America
- Prizes & More

MOUNTAIN BIKING - Guided Mid Mountain - Team Sugar - Family Rides

- Vendors
- Food & Beverage
- Demos/ Maintenance Clinics
- Live Entertainment

SPONSORS:

EXCELERATOR
SPORTS LLC
COLE SPORT
JANS/WHITE PINE
MICHELOB ULTRA
SWIRE COCA COLA
ALL RESORT EXPRESS
WHOLE FOODS
PARK CITY LODGING
PRO BAR
POWERADE



www.kpcw.org • www.tourdeparkcity.com

THE ATHLETE'S KITCHEN

Chocolate and Your Sports Diet

By Nancy Clark MS, RD, CSSD

Chocolate—Is it a bad food for athletes, an addictive drug, and the instigator of dietary disasters? Or is it a health food, dieter's weight loss aid, and effective recovery food for tired, hungry athletes?

I vote for the later! Personally and professionally, I like to think of chocolate (in moderation, of course) as one of life's pleasures. Here is some research that might be of interest to active people who love chocolate.

Chocolate Cake—or Breakfast?

Chocolate cake for breakfast enhances weight loss. Really? Yes, according to researcher Prof. Daniela Jacubowicz (1). The subjects were 193 obese, non-diabetic adults who ate either a 300-calorie low carbohydrate breakfast or a 600-calorie breakfast that included protein plus chocolate cake (or another sweet dessert). Both groups were instructed to eat the same amount of total calories: 1,400 for the women and 1,600 for the men. In the first 16 weeks, both groups lost an average of 33 pounds per person. But in the second half of the study, the no-cake group had poor compliance and regained an average of 22 pounds per person while the cake-eaters continued to lose another 15 pounds each. By 32-weeks, the cake eaters had lost about 40 pounds more than their peers.

Prof. Jacubowicz noticed that those who had cake for breakfast had fewer cravings for carbohydrates and sweets later in the day. By frontloading their calories, they were less hungry and less likely to stray from their food plans. They had curbed their cravings for sweets and treats, in comparison to the group that ate the smaller breakfast.

So what does this research mean for you?

1) Eat a satisfying breakfast that leaves you content. Do not stop eating breakfast just because you think you should.

2) If you want a treat, such as chocolate cake, enjoy it earlier in the day, as opposed to indulging at 9:00 p.m. when you are tired, too hungry, and lack the mental energy needed to stop yourself from overeating. Think of it as having dessert after breakfast instead of after dinner.

3) Even on a weight reduction diet, you should eat what you truly want to eat, without deprivation of your favorite foods. Otherwise, you'll end up doing "last chance" eating. (You know, "I just blew my diet by eating cake, so I might as well keep eating it because this is my last chance before my diet starts again...")

Note: Even people with diabetes can substitute chocolate cake for grains at a meal without creating blood glucose problems. Just eat the cake instead of—not in addition to—the grains! (2)

Dark Chocolate—A "Health Food"?

It's not a secret: a candy bar contains primarily nutrient-poor calories from sugar and fat. For example, a Hershey's Bar (43 g) contains 210 calories—of which 46% are from sugar, 55% from fat. Hence, you want to enjoy milk chocolate in moderation, not in binges...

However, less-processed dark chocolate can be considered a healthier choice. Chocolate is made from cocoa, a plant that is a rich source of health-protective phytochemicals (just like you'd get from fruits, vegetables, and whole grains). Two tablespoons natural cocoa power (the kind used in baking) offers the antioxidant

power of 3/4 cup blueberries or 1.5 glasses red wine. Unfortunately, dark chocolate has a slightly bitter taste and most people prefer the sweeter milk chocolate, a poorer source of phytochemicals. (We need to raise our children on dark chocolate, so they will they learn to prefer it!)

Dark chocolate also contains flavonoids, health-protective compounds found in many plant foods including tea, apples, and onions. Epidemiological surveys of large groups of people indicate those who regularly enjoy chocolate consume more of these health-protective flavonoids than non-chocolate eaters. This reduces their risk of heart disease. For example, in the Netherlands, elderly men who routinely ate chocolate-containing products reduced their risk of heart disease by 50% and their risk of dying from other causes by 47% (3). Maybe a daily (preferably dark) chocolate fix can be a good idea?

Chocolate Milk—for Recovery?

If you've just had a killer workout and want to rapidly refuel and repair your muscles, boost your blood sugar, and replace sweat losses—as well as reward yourself with a tasty treat—reach for some low fat chocolate milk! Research indicates refueling with chocolate (or any flavored) milk enhances recovery of both fluids and muscles better than the standard carb-only, sugar-based sports drink (4).

Anyone responsible for stocking the recovery food table for tired, thirsty athletes who want to rapidly refuel after a hard workout will tell you chocolate milk is an all-time favorite. Weight-conscious female athletes, in particular, let themselves enjoy this treat "guilt-free" and meanwhile boost their intake of nutrient commonly missing in their

diet, such as high quality protein, riboflavin, calcium, and vitamin D. What a positive change from their embattled relationship with chocolate! This is good.

But shouldn't we be staying away from sugary foods? The World Health Organization recommends a limit of 10% of calories from refined sugar per day; that's about 200 to 300 sugar-calories for most athletes. Getting sugar from chocolate milk is nutritionally preferable than from sports drinks. Milk's high quality protein, calcium, vitamin D, riboflavin and a host of other important nutrients is far better than sugar water with a dash of salt!

For those of you who happen to read the Boston Globe (3/13/12), you might have caught my answer to a healthwriter's criticism of USA Swimming for choosing chocolate milk as a sponsor. My response: "Kudos to USA Swimming for choosing to be sponsored by a whole food as opposed to an engineered sports food. To have role-model athletes touting low fat chocolate milk is preferable to the alternative of them touting sports drinks. I only wish more "real food" companies would do the research needed to counter the influential engineered sports food industry."

The bottom line

By no means is chocolate the key to a healthy sports diet, nor is eating lots of dark chocolate preferable to snacking on apples and bananas. We all need to eat chocolate in moderation so it does not crowd-out other nutrient dense foods. But chocolate can be balanced into an overall wholesome sports diet and add pleasure to the day—even if you are dieting to lose weight. For chocolate lovers, deprivation of chocolate may create more problems than it solves.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her Sports Nutrition Guidebook and food guides for new runners, marathoners, and soccer players offer additional information. They are available at www.nancyclarkrd.com and sportsnutritionworkshop.com.

References

1. Jakubowicz D, O Froy, J Wainstein, M Boaz. Meal timing and composition influence ghrelin levels, appetite scores and weight loss maintenance in overweight and obese adults. *Steroids* 77(4): 323-331, 2012.
2. Peters, AL, MB Davidson, K Eisneberg. Effect of isocaloric substitution of chocolate cake for potato in type I diabetic patients. *Diabetes Care* 13(8):888-92, 1990.
3. Buijse B, Feskens EJ, Kok FJ, Kromhout D. Cocoa intake, blood pressure, and cardiovascular mortality: the Zutphen Elderly Study. *Arch Intern Med*. 27;166(4):411-7, 2006.
4. Lunn WR, Pasiakos SM, Colletto MR, Karfonta KE, Carbone JW, Anderson JM, Rodriguez NR. Chocolate milk & endurance exercise recovery: protein balance, glycogen and performance. *Med Sci Sports Exerc*. 44(4):682-91, 2012.

Brewing a more sustainable future.

SQUATTERS PUBS: 147 W. 300 S., SALT LAKE CITY (801) 363-2739
1900 PARK AVE, PARK CITY (435) 649-9868

WWW.SQUATTERS.COM

NATIONAL ABILITY CENTER **SUMMIT CHALLENGE**

AUGUST 25TH, 2012 PARK CITY, UT

A BENEFIT RIDE FOR THE NATIONAL ABILITY CENTER

SUMMIT CHALLENGE IS A FULLY SUPPORTED CENTURY RIDE WITH STUNNING VIEWS OF UTAH. CHOOSE FROM 100, 50 OR 15-MILE RIDES. THERE IS SOMETHING FOR EVERYONE, INCLUDING FAMILIES! THE SUMMIT CHALLENGE IS FREE FOR ANY INDIVIDUAL WITH A DISABILITY!

WWW.SUMMITCHALLENGE100.ORG | 435.649.3991

TOUR OF THE PRAIRIE 19th Annual **Cycling Adventure**

As part of the Cheyenne Parks & Recreation Department's Superday, Tour de Prairie is a 100 Mile Century Course (100% paved) that travels along scenic Happy Jack Rd. With turn around options at 25, 50 & 75 miles, this Tour is sure to have something for everyone!

Contact (307) 637-6423 for additional information or visit www.cheyennecity.org

Cheyenne, WY—Saturday, June 23rd, 2012—6am Start Time

TRAIL OF THE MONTH

One Day. Three Mesas.Guacamole. Photos: Shelby Meinkey, Shelbymeinkeyphoto.com.By **Lukas Brinkerhoff**

We were to meet at 10. It was 10:15 before I rolled up. I hate being late. I don't mind so much when others are late but me being late is a big deal. It must be something in my head. Something that just can't let the numerical side of time just slip by. It's an equation and when it ticks past a schedule time and I'm not there, I go nuts.

There were two things I was determined to do that Sunday. One was to ride a lot of St. George slickrock and the other, at this point, was not to let my being late ruin the whole day. The plan was big and I was a bit worried about there being enough time to squeeze everything in before the sunset at 6. I had done plenty of double headers, but the Mesa Buffet was a new idea concocted over after-

hours beers at the shop.

The weather was beautiful and a whole day of riding was calling but how to pick where to ride. Due to time constraints and some previous inclement weather, Goose Season had been a bit short and the mesas had not been ridden as often as we had liked. I suggested doing the Double Header, hitting Little Creek and then buzzing over to Gooseberry and riding the Goose. "Fixie" Dave Nice, one to always think bigger, persuaded me that we should add one more mesa to the day and gorge ourselves on the Mesa Buffet. I was convinced.

Three mesas in one day.

And we were on our way. Heading up SR-59 toward our first delectable, Little Creek Mesa. Little Creek is similar to the Goose mostly only in geographic location. The sandstone is a nice pinkish hue and isn't as

abrupt to change as the Goose. It is slickrock but there is a different feel to the ride. A little more flow and a lot less people.

Little Creek Mesa is basically located across the street from Gooseberry Mesa. The mesa itself is much bigger and as such has a bigger opportunity for people to get lost. The trail is also only an official route meaning that it is only marked with cairns. There is no official trailhead, no kiosk, no bathrooms, just slickrock extending out before you with some rock stacks to guide you through the maze.

We pulled up to the unofficial trailhead and found that there was no one else there. There was still some snow on the ground on the way in so we chose to hit the inner loop that is entirely on slickrock. The outer loop runs through the trees and is more singletrack oriented. It is also not a good idea to ride when wet as you will sink to your axle and ruin the trail.

We hit the loop with vengeance, riding quickly knowing there was plenty of trail to be gobbled up during the day. Our solitude was broken only by the two riders we ran into on our way out.

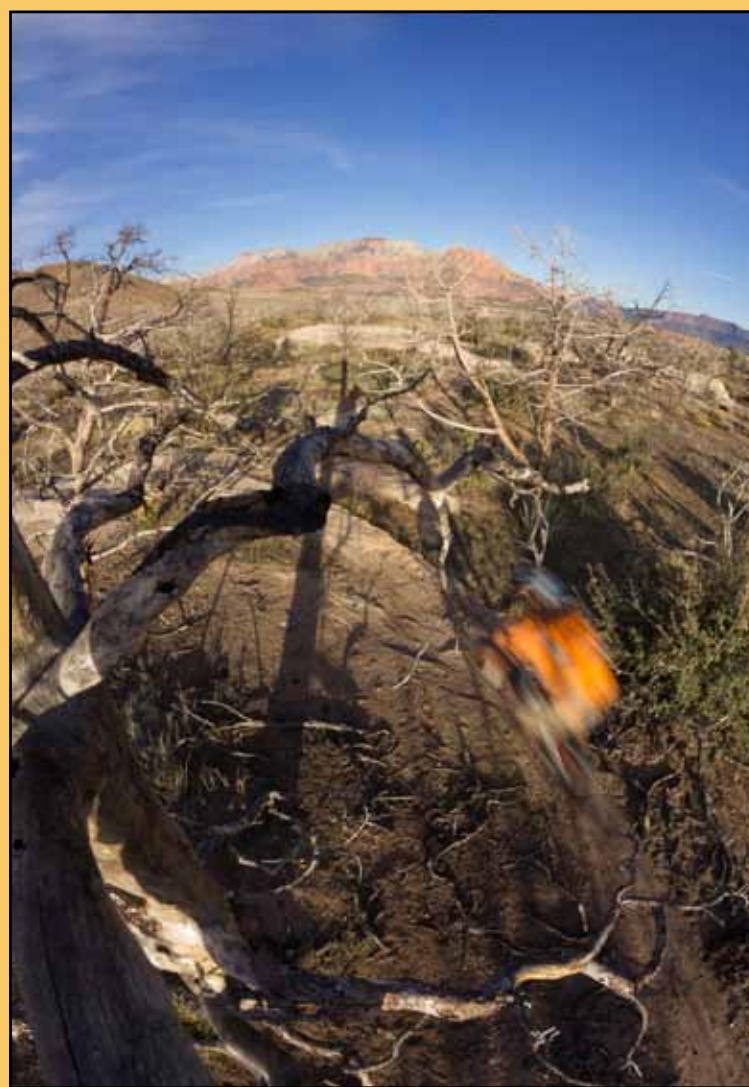
Next dish, the Goose.

I could write about the Goose until my fingers bled and still couldn't communicate what this trail is. For me, it is where I grew up as a mountain biker. It's a maze of rock that is navigated by connecting the dots spray painted on the slickrock. It twists, turns, climbs and drops constantly. But I don't need to tell you about the Goose. I would venture to guess that there is no one in the state of Utah that hasn't ridden it.

As part of our Mesa Buffet we hit the Windmill section of the mesa finding our way up to the Bowls and Ledges and then to the North Rim. We wandered to the end of the mesa enjoying the views and wondering if we had brought enough food.

Once out to the point, we turned around and followed our knobby tracks back to the car. We did run into a few people on this ride, but that is to be expected.

And then we stuffed the Goose with some Guacamole.



Finding our way back to SR-59 we headed back into Hurricane and then toward Zion Canyon on SR-9. Just outside of Virgin we turned up Dalton Wash and made our way to the slickrock slabs at the top of the mesa. We piled back out of the car at about 4:30. The sun was low in the sky and the canyon ledges that surrounded us were glowing red. The burnt trees along the trail gave a stark contrast to the lighting that was popping all around us, their black bark appearing as a silhouette against the surroundings. We twisted and turned through the trees following the cairns out toward the edge of the mesa.

The best description of Guacamole I've heard belongs to "Fixie" Dave Nice. When asked what Guacamole was like, he said, "Diet Goose." Referring to Gooseberry Mesa and how the trail at the top of Dalton Wash isn't as big, isn't as technical but is similar to the Goose. There are still some ups but they aren't as steep. The rollers aren't as drastic and you can see what is coming at you much better.

Guacomole is similar to Little Creek in that it isn't an official trail. The way is marked by rock stacks and there isn't an official trailhead. It is easier to navigate if you keep the giant cliffs around you as landmarks at to the direction you have come from and where you are headed.

We did the quick inner loop and made our way back to the car. Our legs were full from the buffet that was laid before them throughout the

day. Our bellies were empty from the calories burned. We rolled up to the car on time to have a few recovery drinks and watch the light bounce off the Zion cliffs as the sun sank behind the adjacent mesas. The buffet had been devoured, completely.

Nuts and Bolts:

The Mesas

All are located near St. George.

Little Creek Mesa is accessed off of SR-59 a little past the Apple Valley gas station. It is not marked other than by cairns. It is best to go with someone who is familiar with the area as many people have become disoriented. Make sure to have a map, GPS device is a big plus.

Gooseberry Mesa is also accessed off of SR-59. There is a big sign indicating where to turn off the highway. The road in is marked, just follow the signs to the trailhead. Once on the trail, connect the dots.

Guacamole is accessed off of SR-9. Turn left up Dalton Wash road and climb up the mesa. Follow the cairns. It is best to keep an eye on your surroundings as there are many offshoots and intersections.

If you are unfamiliar with any of these trails it is best to go with someone who is. At minimum make sure you have plenty of water and a good trail map.

Bike for Kids Idaho
Century, Duathlon & Family Rides

JULY 21, 2012

Idaho Falls, Idaho
take a ride give a bike



www.bikeforkidsidaho.com

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

Find us on Facebook

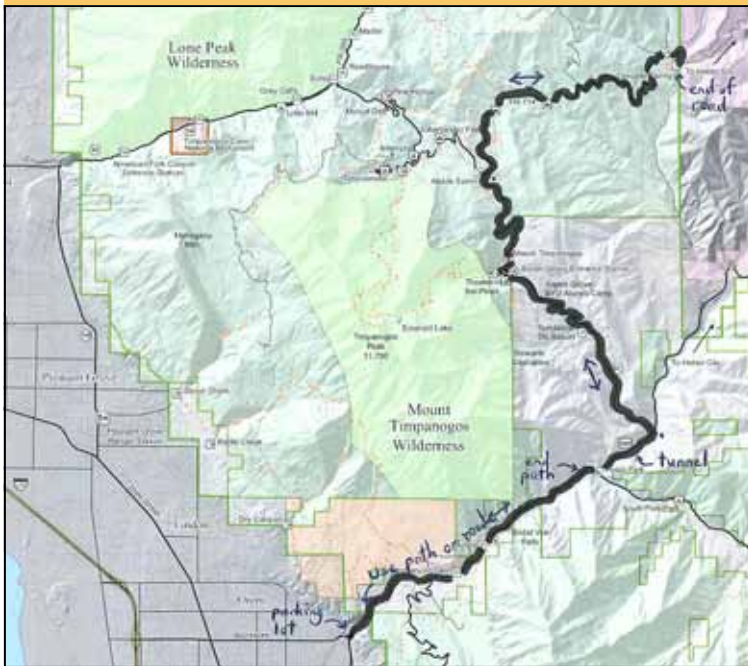
facebook.com/cyclingutah

Follow us on Twitter!

twitter.com/cyclingutah

RIDE OF THE MONTH

Alpine Loop Challenge



Starting from a parking lot behind a convenience store on 800North near US 189 in Orem, the “Alpine Loop Challenge” uses Highways 189, 92 and 114.

By **Wayne Cottrell**

The Alpine Loop Challenge is a mountainous 45.3-mile, out-and-back ride through breathtaking scenery in the Uinta National Forest. The route covers portions of the Alpine Loop Scenic Byway—which is not really a loop—and the Provo Canyon Scenic Byway, starting and ending in Orem. The course features a variety of road types, including a bicycle path, the shoulder of a popular canyon highway, mountainous two-lane roads, and a narrow, twisting mountain road. The entire route can be completed only between late May and late October, when the Alpine Loop Scenic Byway is open. Elevations vary from 4,828 feet near the starting point in Orem to 7,980 feet at the junction with Cascade Springs Drive high in the Wasatch Mountains.

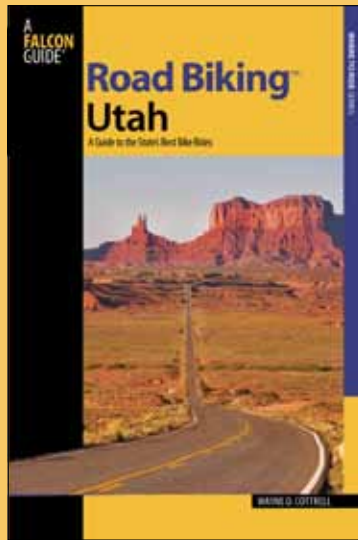
Start at the parking lot adjacent Provo Canyon Parkway, north of 800 North in Orem. The lot is hidden behind a convenience mart. Continue past the mart, into the back parking lot. This is the trailhead for the Provo Canyon Parkway (bike path). Although there are various places to start the Alpine Loop, Road Biking Utah’s version starts and finishes in the city of Orem (i.e., an out-and-back route). Orem, self-proclaimed “Family City USA,” was named in honor of Walter C. Orem, president of the Salt Lake and Utah Electric Interurban Railroad. The city had an estimated population of 93,250 in 2008, making it Utah’s sixth-largest city. The city’s most

famous residents are the members of the Osmond family. Computer software giants Wordperfect, Novell, and Caldera all got their start in Orem.

The Alpine Loop Challenge starts at the mouth of Provo Canyon, where the city limits of Provo and Orem seem to duel for the limited space. The steep mountains that line the canyon, part of the Wasatch Range, consist entirely of Paleozoic rocks, including lime, sandstone, and shale. In some places the wedges of rock are 25,000 feet thick. US 189—the Provo Canyon Scenic Byway—snakes up the canyon. There are several parks and trailheads along the highway; its proximity to the heavily populated Utah Valley makes the canyon a busy place. To separate themselves from motor vehicles, cyclists and runners are treated to a bicycle path that parallels US 189 for some distance. Nonetheless, SHARE THE ROAD signs are posted along US 189 to remind drivers of the presence of bicycles on the shoulders.

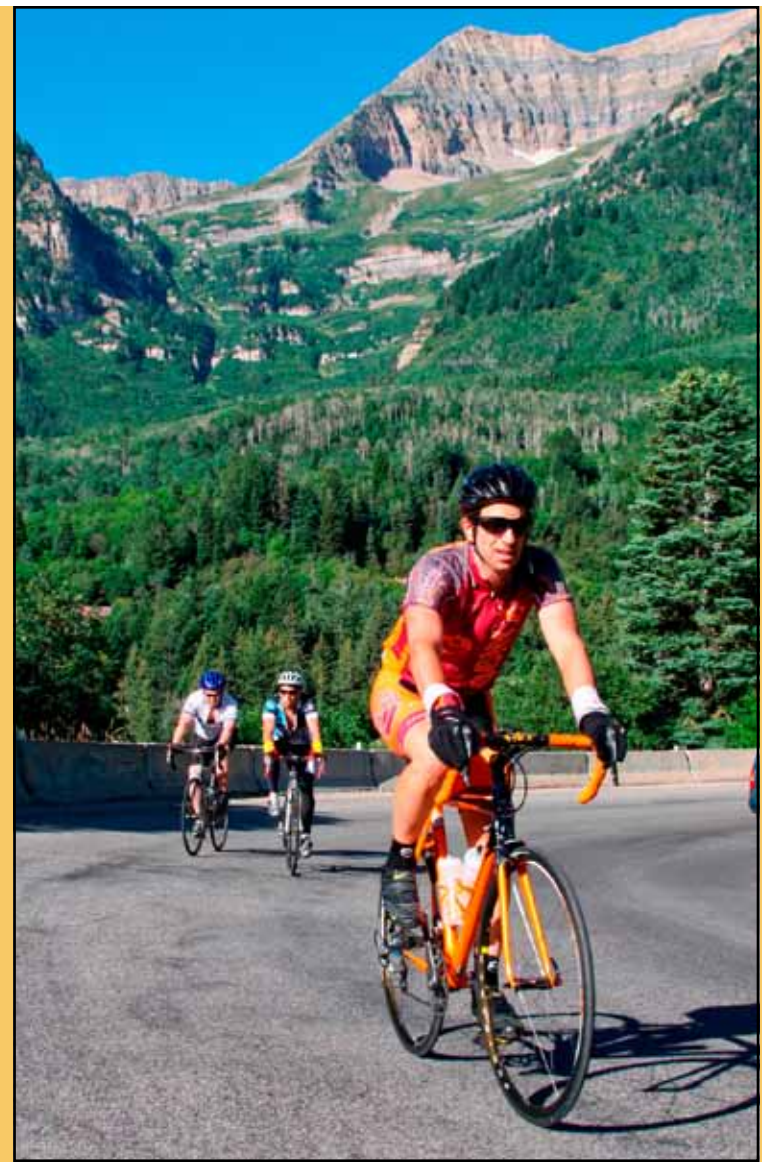
Enter Uinta National Forest just beyond the mouth of the canyon. The Provo River runs parallel to the highway and parallel path. The river originates at Washington Lake, high in the Uinta Mountains to the northeast. The river flows toward the southwest, eventually draining into Utah Lake. The path crosses under US 189 at mile 3.1, just prior to entering Nunn’s Park. To the right is Bridal Veil Falls, a 607-foot waterfall spectacular that descends in two stages (“double cataract”) from the towering cliffs above. During the winter, the waterfall freezes, becoming a magnet for hardy ice climbers. Continue past the falls to Vivian Park, at mile 5.6. The bike path ends here; turn left onto South Fork Road to access the parallel US 189. There is a railroad crossing just after the turn. Railroad? Yes—the Heber Valley Railroad (“Heber Creeper”) terminates here. Turn right onto US 189 and head north. Stay to the right side of the shoulder to avoid the highway’s rumble strips.

Enter a short tunnel at mile 6.5. The shoulder continues through the tunnel. Cautiously prepare for a left turn onto SR 92 (to SUNDANCE)



after exiting the short tunnel. Turn left at mile 6.9 to begin climbing the Alpine Loop. The Sundance Hillclimb, a major bike race for the area’s road cyclists, starts at this junction every year. Also, the Queen Stage of the annual Tour of Utah snakes up this climb on its journey through the Wasatch Front’s mountains. The canyon’s walls are lush; a creek rushes on the left. The climb gets noticeably steeper at mile 7.8. Sundance Resort is on the left at mile 9.2. The road narrows after passing the resort, as the steep climb continues. There are a few switchbacks. A pedestrian bridge on the horizon is a reference point for the Aspen Grove Family Center, a Brigham Young University complex, at mile 11.5. A Uinta National Forest fee-use-area booth is at mile 11.8; the booth is generally self-service and is intended for persons who intend to park or camp on forest grounds. There is no fee for through travelers. Densely wooded Mount Timpanogos campground is on the right on mile 11.9. The road gets even narrower here and starts to wind. Be aware of the many blind corners, and keep right. The road passes through a lush garden of aspen trees. The whitish color of the bark is in fabulous contrast to the colors of the undergrowth and wildflowers (in season), as well as the deep greens in the background.

At mile 15.5, turn right onto Cascade Springs Drive (at the CASCADE SPRINGS sign). (An alternative route would be not to turn right here, but to keep straight to the summit, then ride the swift descent into American Fork Canyon. The queen stage of the Tour of Utah keeps straight here). All of that climbing you just did is rewarded with a long,



Three riders on the Alpine Loop ride. Photo: Eric Schramm, ericschramm-photography.com.

fast descent. The rapid downhill ends abruptly at mile 18.1; a steep 1-mile climb follows. Beyond the crest of this climb is another fast, winding descent. The views from the road are stunning. The high mountains in the distance include Provo Peak (elevation: 11,068 feet), Lightning Peak (10,056 feet), and Cascade Mountain (10,761 feet). Keep your eyes on the road; pull over and stop to get a longer look. The gradient of the descent eases at mile 21.5. There are restrooms on the right at mile 21.8, next to a parking lot for Cascade Springs. The road makes a hard right turn at mile 22.1. Enter Cascade Springs at mile 22.4—the end of pavement is just ahead. Take time to refresh here. The Cascade Springs are fast-flowing, producing some seven million gallons a day. Rocks set amidst ferns and flowers create a beautiful setting. Trout can be seen dashing through the water. After soaking in the blissful scene, turn around and

start the return trip.

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

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

4 NEW FLAVORS

PRO BAR PEANUT BUTTER CHOCOLATE CHIP

40% OFF NEXT PURCHASE

PRO BAR Enter PRO4AD at www.theprobar.com/shop

August 25, 2012

TOUGHEST CENTURY IN UTAH

August 25, 2012 - Salt Lake to Coalville and back

www.riding4areason.com

for more information and registration.

TOURING

Side Tripping Through Canyon Country: Biking and Hiking in Capitol Reef and Escalante



Left: Patrick entering the Waterpocket Fold near the start of the Burr Trail. Right: Geoff and David on our first day out from Torrey along 24 through Capitol Reef N.P.



By Patrick Walsh

Slogging along the eastern edge of Capitol Reef National Park, I contemplate which is worse, terrific headwinds or continuous wash-

boards. It's a conundrum: the washboard probably would not be that bad if we were skipping over the small humps at a normal speed, but the high winds and blown sand are slowing us down so we feel every bump. Geoff, David, and I have done sev-

eral tours and mountain bike trips together. We never plan suffering into our rides, but we don't go out of our way to avoid it either. Typically, our route planning blissfully ignores topography, road conditions, and feasibility in favor of spontaneity and surprise. This route is no exception, sampling the park's uncrowded riches plus parts of Grand Staircase/Escalante National Monument and

Dixie National Forest. We ride loaded mountain bikes around and through these public lands, stopping regularly for canyon hikes. The 225-mile figure eight loop includes more than 17,000 feet of climbing, challenging dirt and road riding, and several spectacular side trips on foot. We are surrounded by colorful rocks and the effects of erosion, which together have formed slot canyons, pools, and massive cliffs. The visual and environmental contrasts throughout the ride include the scenery (and weather) of desert, forest, and sub-alpine settings.

We are riding along the base of a continuous 75-mile-long steep drop in elevation, a geologic feature called the Waterpocket Fold. Early Utah settlers called this and other impassable features reefs. The reef is filled with towering sandstone domes, one of which is named Capitol Dome for its apparent resemblance to the U.S. Capitol building; thus, Capitol Reef National Park. On our first hiking detour up Pleasant Creek earlier today and before the wind, we see petroglyphs (engravings) from the early settlers as well as prehistoric Native Americans. A local who came out of nowhere early this morning recommended this hike, and it is well worth it with narrow canyons, bright flowers and plenty of water. We are headed toward the Burr Trail, an incredible, mostly paved road that connects Boulder, Utah, with Glen Canyon National Recreation Area.

Back on the bikes, we cut the day short to get out of the stinging sand and share the 6-site primitive Cedar Mesa Campground with only one couple who, having bike-toured before and knowing how much we would appreciate cold drinks, kindly give us chilled wine drink boxes. The wind weakens the following day and subsides for most of the remainder of the ride. Eleven miles south of the campground, we improbably turn right toward the steep topography and the striking start of the Burr Trail. Adjusting our eyes to the reflection of the early morning sun on the multicolored sandstone wall, we can make out switchbacks crisscrossing the rock face. As we approach, the wall gains depth and we enter a canyon lined with inclined red and white sandstone beds that define the geologic fold we have been following. We also see a small arch or keyhole in the sandstone at the top of the ridge to the north. This place has no end of remarkable geologic formations. The overlapping

histories on human and geologic time scales give us plenty to ponder as we continue our trek upward through the folded rock layers.

The cliff-defying switchbacks turn out to be nicely graded and reasonably mild, offering great views of the Henry Mountains, which had received snow during the night. At the top, a short hike into a slot canyon provides water for filtering, and we continue onward, the road remaining dirt for only a few more miles. The National Monument portion of the road is paved; the wind now at our backs. These 30 paved miles should be on every cyclist's tick list, especially the descent down Long Canyon. Here the twisting road drops 800 feet in 6 miles down a narrow canyon between 200-foot vertical red sandstone walls. The walls get so close together that I start to feel like I could reach out and run my fingers down both sides. For the day cyclist, this would make a perfect out and back ride from Boulder, UT. I have never ridden anything like it, and we are almost tempted to turn around and do it again. But, more surprises await on the tantalizingly named Hell's Backbone Road.

We pass up the Deer Creek Campground near the Boulder end of the Burr Trail for "the cheeseburgers at the end of the tunnel" in town. The Burr Trail Grille does not disappoint. As always, we impress the wait staff by the end of the meal—"you want nachos?"—with our consumption abilities: soft pretzel with spicy mustard appetizer, Volcano Burger with blue cheese and hot sauce and a side of chips, a shared plate of nachos, and pie à la mode for dessert. YES! Before getting back to pedaling, we talk with some guys on adventure touring motorcycles. David and I have ridden motorcycles and tossed around the idea of riding through Central America to the Panama Canal. With each bicycle tour, this seems like a more remote possibility because I prefer long days on a bicycle. Our full bellies add challenge to our fatigue for the last few miles to our impromptu campground just after the unpaved Hell's Backbone Road turnoff.

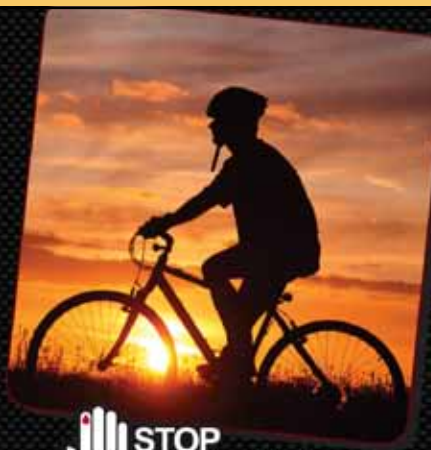
The next morning a long, gradual climb up the 1930s Civilian Conservation Corps-built gravel road brings us to the rocky spine for which the road is named. On the way up we pass through piñon to mixed conifer to ponderosa forest zones. Two steep-walled canyons drop off to either side with a narrow bridge spanning the very top of the backbone or drainage divide. We enjoy the solitude and views of the rocky Box Death Hollow Wilderness before ending the day at the empty Blue Spruce Campground. Throughout the day I feel that ever changing vistas and the almost total lack of other tourists will make ride highlights hard to pin down; the whole trek is unbelievable to the point of surrealism. We decide to stay a second night to soak up the perfect temperatures, the flowing Pine Creek adjacent to the campground, and some great hiking options. After dallying in camp until noon, we amble down the Box Trail amid angular cliffs of Navajo sandstone, one of which had recently shed a boulder that knocked down a good size pine tree.

The dirt road down to Escalante

I'm one rider,

inspired by one little boy with diabetes, to join thousands of other riders across the nation, supported by contributions from thousands more. I ride for the 26 million people living with diabetes, and the 79 million more Americans currently at risk. I ride for one little boy.

Who will you ride for?



STOP DIABETES

START A CHAIN REACTION.
STOP DIABETES.

American Diabetes Association
Tour de Cure

Brigham City, Utah

Saturday, June 9, 2012

Rees Pioneer Park

100 Mile - 80 Mile - 60 Mile - 25 Mile - Family Fun Ride



QUESTAR



SPECIAL THANKS TO OUR NATIONAL FITNESS SPONSOR:



Find your local tour and register at

main.diabetes.org/UtahTour

801-363-3024 Ext. 7071



Above: The 10 day route through Capitol Reef and the Escalante/Grand Staircase region.

Right: David riding along US 24 and out the east side of Capitol Reef N.P. with Navajo Sandstone domes in the background.

is fast, sinuous and fun but a little loose, especially in the tight corners. We stop to refuel ourselves at the Outfitters with Moroccan chicken salad on croissant and a pizza, and we run into the wine-drink-box couple again and learn that they are just heading back to Golden. Then we restock our food supplies at the Griffin General Store and continue on to the very crowded Calf Creek Campground. Despite ending up in overflow, we get lucky with a campsite next to the creek. David is always ready for a hike, and he

goes to the big waterfall nearby, but Geoff and I pass it up for some quality time in the cool creek with a nip of whisky. I fall asleep soon after dark thinking about the next day's lunch at Burr Trail Grille, conveniently the middle intersection of our figure 8 loop. We meet several friendly people the next day before heading out of camp, including a couple from the Netherlands who are afraid to take their rental car on dirt roads, another from Santa Fe, a mother who has taken her daughter here for a graduation present and

two women from Flagstaff who are "looking for their men." We duck, all of us being attached, and we head out for Boulder overlooking distant horizons from geologic features called the Hogback and New Home Bench along the way. After another excellent lunch, we start the big climb over an unnamed pass with great views of our previous traverse including the Burr Trail and the Circle Cliffs. Route 12 is really the only busy road we have been on, made slightly worse by riding it on the weekend. All of the drivers are friendly, especially the Harley-riding motorcyclists who honk and give us thumbs up all the way up the mountain. Only the rented RVs buzz us, and fortunately they are few. We stop and dip our heads in a stream before having lunch and then climb onward. We are passed by a speeding ambulance and then again on their slower return trip. Soon afterward the ambulance is followed by a tow truck with a crumpled Harley. I hope that rider is okay and remember to take it easy on our descent. An hour later we stop for another snack, the road continuously winding upward. We find out later that our climb today is over 4,000 feet, the largest single day on this tour.

Before and during our ride, we have periodically discussed whether we would take Utah State Highway 12 all the way to Torrey or veer off and take the jeep road through the southern half of Capitol Reef Park. The traffic and our cumulative adventures on unknown dirt roads convince us to take the challenge. We ride down to the newly built and ATV-laden Lower Bowns Reservoir Campground, arriving late



enough that the machines have all been turned off for the night.

The jeep road into Capitol Reef from Lower Bowns starts out fun, but after five or six miles we find ourselves pushing fully loaded bikes through loose sand. Our lack of road quality research has finally caught up to us. The sun beats down, and we slip and strain, occasionally discussing turning back, not knowing if the sand will last for minutes or hours. After about a mile of this treatment the road becomes solid, and we are amply rewarded with spectacular and challenging rock and packed dirt jeep roads with small ledges and slickrock to help us forget the sand trap we have just endured. This part of the ride rivals even the Burr Trail for fun factor and scenery. I might even venture to say that I would brave the sand again to ride this offroad track. There are even muddy sections and a water crossing deep enough that

we have to wade. We have one last opportunity for a dip in a cool stream, and we are slowly on our way back to civilization.

Once we hit pavement, we start to see tourists again, but this is a sparsely populated park with opportunities for solitude. We easily find grassy tent spots in the main park campground and are happy for warm showers. The next morning we rest and split up to explore different parts of the park. All three of us, however, are ecstatic to discover the home-made pies in the Gifford Homestead, part of the surprisingly lush Fruita Rural Historical District. I gobble down a piece of perfectly sweet and tart strawberry rhubarb and head back to camp for relaxation under the shade trees. That night I awake to the sound of a crying child and

Continued on page 34

UTA BIKE BONANZA

MAY 18

GALLIVAN PLAZA

239 SOUTH MAIN ST.

4:00 - 8:00 PM

Bring the family and enjoy free food, activities, raffle and more. For details, visit UTARideshare.com.

<p>4:00-8:00 p.m.</p> <p>Free pizza and Creamies.</p> <p>Free helmets to first 75 kids.</p> <p>Free water bottles to the first 300 attendees.</p> <p>SL Century Ride registration packet pick-up.</p> <p>Vendor and Information booths</p>	<p>4:00, 5:00, 6:00, and 7:30 p.m.</p> <p>Bike Trials Stunt Show.</p> <p>4:30-6:30 p.m.</p> <p>Bike Rodeo.</p> <p>6:30 p.m.</p> <p>Free raffle for bikes, bags, watches, gear and more.</p>
--	---

2012

Fête Cycliste

Want to fight diabetes? Join the club.

SELECTHEALTH *cycling club*

Team SelectHealth is committed to battling diabetes head-on. Since 2006, we have raised nearly \$500,000. Join our team as we continue to ride against diabetes.

Saturday, June 9, 2012
Brigham City



 American Diabetes Association.
Tour de Cure 2012

LIKE • FOLLOW • WATCH



REGISTER FOR TEAM SELECTHEALTH AT TOUR.DIABETES.ORG