

WEST MOUNTAIN CYCLING JOURNAL

cycling utah

MAY IS BIKE MONTH!

**DIRT
PAVEMENT
ADVOCACY
RACING
TOURING
TRIATHLON**

- Utah, Idaho, and Regional Calendar of Events - p. 22
- Complete Triathlon Calendar - p. 28
- Speaking of Spokes - p. 2
- Major Taylor Review - p. 4
- Eagle Mountain Bike Park - p. 5
 - Riding in Logan - p.7
 - Shop Directory - p. 8
 - Results - p. 9
 - HR vs. Power - p. 10
- Utah Bike Month - p. 12
- Commuter Column - p. 13
- Tour of the Depot - p. 14
 - Route 211 - p. 15
 - Goulds Trail - p. 16
- Cholla Challenge - p. 17
- New Triathlons - p. 18
- Mont Ventoux Update - p. 21
- Prepping for Your Tour - p. 30
- TeamGive Profile - p. 31



A SPECIALIZED CONCEPT STORE

GRAND
OPENING
EVENTS

Bingham Cyclery would like to thank our loyal customers and new-found friends, for making the Grand Opening of our new Downtown store such a success. We were warmly welcomed to the neighborhood, and are looking forward to many more years of Bingham Cyclery in Salt Lake City.



336 WEST BROADWAY • DOWNTOWN SALT LAKE
801-583-1940 • www.binghamcyclery.com

SPEAKING OF SPOKES

For Your Sake and Mine

By David Ward
Publisher

Sadly, I have seen news reports lately of several cyclists either injured or killed in auto/bicycle accidents, including several hit and run accidents. I have been distressed by these incidents. I feel a fraternity with all cyclists. There is something intangible between those of us who ride a bike, and it binds us together. Therefore, it pains me, and I hurt for you, when one of you is injured or dies from an accident.

While some accidents are the fault of the cyclist, the majority, it seems, are the result of the driver. I think this is because most cyclists ride with senses attuned to motor vehicles (although there is that small minority which must have an injury/death wish as they insist on riding on extremely busy streets with no shoulders). Conversely, the majority of drivers seem to only watch for other motor vehicles.

The explanation for this, I believe, is that cyclists are keenly aware of their exposure. That is, while the likelihood of being in an accident on a bicycle is no greater than if that cyclist were in a car, the risk of serious bodily injury is much greater. We do not have a metal cage surrounding us. But though cyclists are more aware, there is more we can do.

May has been designated as National Bike Month. With many events and advocacy efforts planned, it is an opportunity to celebrate our passion, to make our presence as cyclists known and felt, and to increase awareness among both drivers and cyclists of the need to accommodate each other, to drive and ride reasonably and carefully.

As cyclists, we need to be very

alert to the traffic and other circumstances around us as we ride. Not only must we be aware of the motor vehicles on the road with us, we must be on the lookout for those entering the roadways. You cannot assume they will see you, even if it appears they have. At a minimum, eye contact is necessary. Beyond that, a reasonable pause or slowing is necessary till certain the driver is not going to intrude into your path. Suddenly opened car doors must be anticipated, with parked or stopped cars being given a wide enough berth to avoid the abrupt outward swing of a door. A description of all potential hazards would be lengthy, if not impossible. The point is, a cyclist must have sharpened senses and be acutely aware of all that is going on around him or her.

We also need to understand that, even if in the right, we lose in a tangle with a motor vehicle, unless you consider monetary compensation for serious bodily injury or death a victory. Don't expect anyone who has been through that to support such a point of view. Money, and the satisfaction of being right, is a poor substitute for prolonged and often lifelong impairment, pain and suffering. If we ride with this understanding firmly in place, we will be more alert and aware.

Finally, we need to be smart about where we ride. My office is on 700 East in Salt Lake valley, a very busy 6-lane thoroughfare with virtually no shoulder. From my office window, and when driving on this street, it is not uncommon to see cyclists mixing it up with traffic. I fail to comprehend this foolish behavior. I have a simple rule for the roads I ride: Either the

Continued on page 7

Come see the **Canyon Bicycles** of Millcreek and **Seven Cycles** exclusive Ellum 5838. Designed with input from Mike Hanseen, owner of Canyon Bicycles of Millcreek. The perfect rider specific bike, tailored for steep hills, fast descents, and the occasional rough road.

801-278-1500 3969 South Wasatch Blvd.
www.canyonbicycles.com SLC UT 84124

#1 Seven Dealer In the U.S.

seven

CANYON BICYCLES Millcreek

Seven builds individual bikes for any level of rider using five elements: 1. Fit and Comfort 2. Handling and Performance 3. Tubing and Materials 4. Features and Options 5. The Future. We fit every bike before you buy. Our fit services are available for any brand of bike, even if you didn't purchase it from us.

14 years and 3500+ fittings experience.



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, Joaquim Hailer, Andy Singer, Erik Moen, Tom Jow, Lukas Brinkerhoff, Tyler Servoss, Jennifer Barth, Greg Overton, Scott Kelly, Charles Pekow, Marinda Ward, Laura Howat, Joss Dewaele, Bob Truelsen, Mike Newberry, Pat Dierks
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
Editorial Assistant:
Ashton Clawson

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)

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.

© 2009 **cycling utah**
Pick up a copy of cycling utah at your favorite bike shop!

Cover:
Danny Christensen and Rob Girouard on the J.E.M. Trail near Hurricane, Utah.

Photo: Lukas Brinkerhoff

THIS IS NOT AN AD

KONA MAGIC LINK

FEATURED ON THE COILAIR BIKE PLATFORM

WITH KONA'S NEW MAGIC LINK TECHNOLOGY, WE'VE GIVEN A WHOLE NEW MEANING TO THE ENDURO/FREERIDE CATEGORY OF BICYCLES. NOW IT'S POSSIBLE TO OWN A BIKE THAT CLIMBS AS WELL AS IT DESCENDS.

The Magic Link is, in its' simplest terms, a "fifth bar"—an additional moving part to our 4-Bar system that enables a wider range of performance virtues on our CoilAir line of mid- to long-travel dual suspension bicycles.

For this fast-emerging genre of riding, we felt the 4-Bar wasn't giving us all that we needed. We wanted a bike that could both climb like a goat and descend like a demon, without using any gimmicks or external adjustments. A bike that could adapt to the terrain inherently...by itself.



CoilAir Supreme: 6 inches going up, 7.4 inches going down. Can you feel the Magic?

HOW IT WORKS

Imagine a mid- to long-travel bike that's designed to excel when it's climbing or pedaling really hard: 6 inches of relatively stiff, linear rear travel with steeper head and seat angles, and raised seat height. Imagine that same bike going down, braking or hitting big bumps. Not ideal, right? Well, what if that same bike had the ability to change its rear travel to be more progressive, with softer suspension in the initial stages of travel. Not only that, imagine the travel on this bike could grow from 6-inches to 7.4-inches, its geometry changing to slacker head and seat angles, with an improved wheel path.

Now imagine this change could happen automatically, with no need for the rider to adjust anything.

VIRTUES OF MAGIC LINK

CLIMBING MODE

- Steeper head and seat angles
- Better climbing position
- Stiffer, shorter travel
- Shorter chain stay
- More forward rider position

DESCENDING MODE

- Slacker head and seat angles
- Lower center of gravity
- Longer, more progressive travel
- Longer chainstay, especially in response to square edge bumps, allowing the wheel to react like no other
- Better suspension performance while braking



The Magic Link in climbing mode

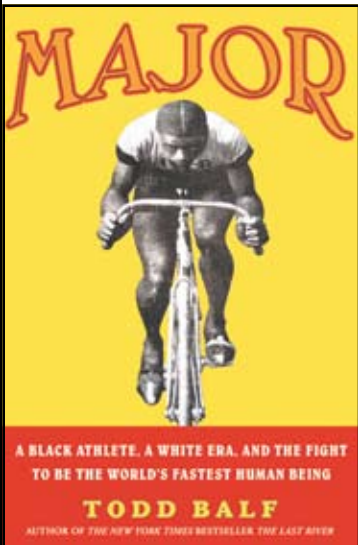
The Magic Link in descending mode

SOUNDS LIKE MAGIC

By incorporating what can best be described as a "fifth" arm in our 4-Bar platform—a spring that connects the lower shock mount to the seat tube, enabling the bottom rear shock mount to move—we're able to achieve all of the aforementioned riding characteristics. The ability to climb like a short travel XC bike and descend like a downhill bike all in one, no switches or tools necessary.



"I LOVE MAGIC."
- KONA TECH DOCTOR

BOOK REVIEW**Major Reminds of Perseverance and Bravery**

Review By Bob Truelsen

So your first question is, why is "Major" so much has been witnessed, written and spoken about black athletes breaking the color barrier



in American sports. Jack Johnson in boxing, Jesse Owens in track and field and Jackie Robinson in baseball being the most talked about. But all were predated by Marshall "Major" Taylor who was quickly forgotten, as well as his sport, with the advent of mass-produced automobiles.

This is a story based on historical fact about how Taylor broke

into the sport of bicycle racing in the 1890s. Consider for a moment that in 1899 a total of 400 black people were lynched in Georgia, Mississippi and a half dozen other states, the most of any year in American history. This is the time he began his assault on the record books, a dangerous time to be standing atop the podium above white competitors. As if ridiculing

him for the color of his skin was not enough, some sports writers criticized him for not racing on the Sabbath. Taylor's bravery transcended the arena of his sport.

Taylor's time on the race circuit represented the pinnacle of bicycle racing in the United States. Taylor shared the spotlight with another racer, Floyd McFarland, a Californian from a wealthy family. Their achievements beget a rivalry that fueled the sport's popularity as well as their own. And their rivalry was the first black vs. white promotion in modern sports. "Major" does an excellent job of educating the reader of what the racing climate was really like in those glory days. Vintage photographs are sprinkled throughout the book and elaborate on the reading experience.

But Taylor was not alone in his quest for greatness. "Major" introduces us to the hardships endured by Taylor's family in Indianapolis and to members of his team: Louis de Franklin "Birdie" Munger (former racer and bicycle builder), Daniel Southard (childhood friend) and Billy Brady (race promoter). And it reveals the real freedom that the bicycle provided a young, poor black man in racially-biased America.

"Major" is a reminder of some important American history as well. During this time segregation was law as well as being socially accepted. Taylor was prohibited from racing at many venues because of his race and the popular belief that blacks were an inferior race, not worthy of competing with white

athletes.

The book also includes an interesting discussion of the significant role the bicycle played in the development of American society. The author suggests that the bicycle initiated the population migration from the inner city to outlying areas. The bicycle provided a person the mobility needed to do so.

There are a couple of brief Utah references in the book: Speed Week at the Bonneville Salt Flats and a reference made to stringing lights over the track at Salt Lake City (and other tracks) for night racing.

Author Todd Balf paints a vivid picture of race and racing in early, pre-auto America and serves as an important history lesson for both. An accomplished sportswriter, Balf is a former senior editor for Outside magazine. His writing style quickly lures the reader in and keeps them there, sharing interesting facts about family, friends, society and sport. Certainly a book worth having on your bookshelf and a book certain to be read again and again to remind us of perseverance, dedication and bravery against all odds.

Major: A Black Athlete, A White Era, And The Fight To Be The World's Fastest Human Being, by Todd Balf, Published by Crown Publishers, 2008.

bike
MS

HARMONS
your neighborhood grocer

Best Dam Bike
Ride 2009

THANK YOU
to our sponsors



register today
cureMSutah.org
or call: 800-344-4867
option 2

ACCEPT THE CHALLENGE

bike MS:

Harmons
Best Dam Bike Ride

Cache Valley, Utah

June 27-28, 2009
2 days. 175 miles.

Team Harmons, riding Bike MS since 2001

JOIN THE MOVEMENT

FREERIDING

Bike Park to Open in Eagle Mountain

By Joss Dewaele

Eagle Mountain, UT – On Saturday, May 30th 2009, the City of Eagle Mountain will proudly announce the opening of its bike skills park, and the Wasatch Area Freeride Trails Association (W.A.F.T.A.) will celebrate its first major victory. The bike park's grand opening event will be attended by city officials, W.A.F.T.A. board members and volunteers, vendors, and cyclists of all ages and ability levels. Everyone is invited to come join the fun! Go to the www.waftautah.org 'maps' page for directions.

Eagle Mountain's bike skills park has been in development for two years. W.A.F.T.A. members Darin Garrett and Cougar Hall have worked with city officials to design, build, and ensure maintenance of the park. In addition, W.A.F.T.A.'s legal council, Michael Howell, has worked closely with the city's attorneys, as well as the local homeowners association to overcome potential legal obstacles to take the park from concept to reality. In short, the city's bike skills park is a co-operational effort between government, volunteers, as well as public and private enterprise. The park is funded by taxpayer and homeowner association dollars, and was built with volunteer labor. It is a model that is springing up all over the U.S. as bike parks follow in the mold of skate parks, and city governments begin to look at cycling as a healthy addition to their infrastructure.

Freeriding, Downhill, Dirtjumping—these labels can bring to mind images of young miscreants building illegal trails on private property, or rickety wooden stunts that have land managers cringe in litigious shudders. But Whistler, BC, Canada has taken over Moab, UT as the world's mountain bike destina-

tion. More than 60% of Whistler/Blackcomb's summer season ticket holders are 40 years old - or older. They are doctors, lawyers, accountants, and the retired. The advance of bicycle suspension technology has opened the doors for aggressive mountain biking to a whole new population. Freeriders are now your neighbors, your friends, and your kids.

Five years ago, the International Mountain Bicycling Association (I.M.B.A.) released its first Guide to Freeride, and has since worked extensively with land managers—private and public—to promote the development of sustainable trails for aggressive riding. Like their skate park predecessors, bike parks are now popping up in communities around the world. Boise, ID brought in Eric Carter and other professional mountain bikers to design their bike-skills park. Park City, UT got help from I.M.B.A. to build a city-funded dirt-jump park. Boulder, CO is in the final design stages of a massive city-sponsored bike-specific park that will cover more than ten city blocks. And on May 30th, 2009 the City of Eagle Mountain, UT, with help from W.A.F.T.A., will open their city-sponsored park where children and adults can hone their skills.

As a volunteer organization, W.A.F.T.A. got its start in a Salt Lake City pub, when some big-bike enthusiasts met over some beers to discuss the possibility of building bike trails oriented toward the more modern, aggressive styles of contemporary mountain biking. When the first W.A.F.T.A. meeting "adjourned," there were discussions of Teton Pass, outside Jackson Hole, WY, where an array of shuttle access downhill trails was threatened by the U.S. Forest Service. A group of dedicated riders in Jackson Hole made several proposals to the Forest Service,

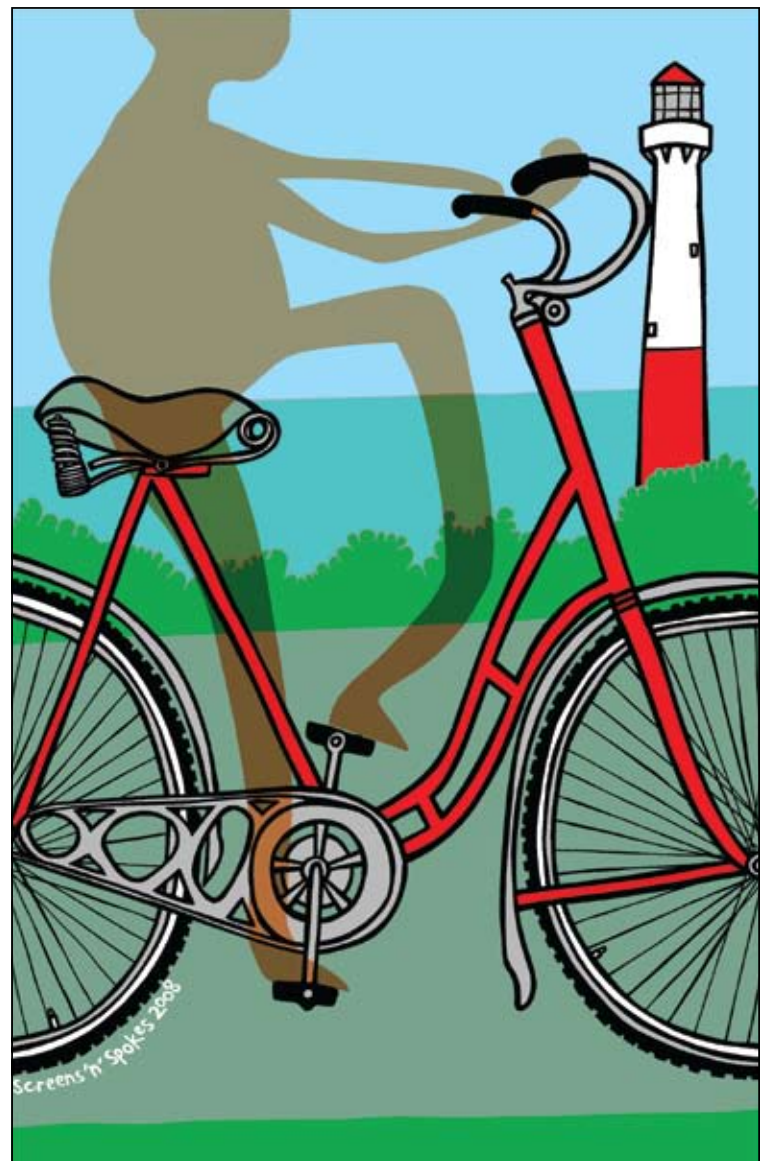
and worked to shed a positive light on aggressive mountain biking as a benefit to land use. It was with this inspiration that Steve Hall, current president of the Board of W.A.F.T.A., approached the City of Draper to discuss uni-directional bike-only trails down Maple Hollow. With a fact-and-numbers based power point presentation, Hall convinced the City of Draper that there were enough dedicated, wealthy volunteer hours behind him to build and maintain a trail network in Maple Hollow that would increase the property values in the hills of Draper. These trails are scheduled to officially open in the summer of 2009, shortly after W.A.F.T.A.'s first big victory at Eagle Mountain.

Since its humble start in 2007, W.A.F.T.A. volunteers have donated over a thousand man-hours for trails all around the Wasatch. Dedicated riders and trail builders have lent their muscles and expertise to the trail networks developed by the Snyderville Basin Recreation District, they have hand-cut more than 1.5 miles of fresh trail in the City of Draper, and have now built the bike skills park in the City of Eagle Mountain. The park in Eagle Mountain features dirt jumps, a pump track, a 'slopestyle' course, as well as single track.

W.A.F.T.A.'s mission is to develop and maintain freeride mountain bike trails throughout the Wasatch by working with land managers and other community groups to promote legitimate construction of sustainable trails and to gain awareness and support of freeriding. W.A.F.T.A. is a Utah non-profit corporation. If you want more information on upcoming events, or you would like to join as a volunteer, visit www.waftautah.org.

ART OF CYCLING

"Screens and Spokes"



Print by Leia Bell. You can see this at Signed & Numbered on 221 East Broadway in Salt Lake City, 801-596-2093, www.signed-numbered.com.

The Most Eco-Friendly Bike Bottle You Can Buy

• Biodegradable • Recyclable • Reusable
Made of Recycled Material

- BPA, DEHA & DEHP Free
- FDA Food Contact Safe
- Prop 65 Compliant • Recycle #4
- Made in the USA

Biodegradable
Recyclable
Reusable

This symbol is your assurance that you are buying the Original Biodegradable Bottle.

Now available in Bike Shops Everywhere • Visit CaliforniaBikeGear.com for details

flat Attack
TIRE SEALANT

- Won't Plug Valves – Won't Plug Pumps
- No Pre-Fill Mixing Necessary - Cleans Up with Water
- Does Not Ball Up or Dry out in the Tire or Tube
- Seals Repeatedly for 10 Years - GUARANTEED

Ask Your Bike Dealer for the Original by Name - Flat Attack or visit www.CaliforniaBikeGear.com for details

The Original Green Sealant – Since 1982

The One That Really Works!

- Works in Tube and Tubeless Tires
- Seals Punctures as You Ride
- Nonpoisonous & Environmentally Safe
- Also Available in Pre-Filled Freedom Tubes

www.CaliforniaBikeGear.com

BIKE PEDDLER

American Fork • 801.756.5014 • bikepeddlerutah.com

FOR OVER 25 YEARS Bike Peddler has BEEN a part of cycling in Utah Valley.

DEMO EVENTS, group RIDES & MORE AT BikePeddlerUtah.com

Jay Miller
**Tour
of Utah**

PRESENTED BY
ZIONS BANK®

America's Toughest Stage Race.™



WILL YOU BE WATCHING?

August 18-23, 2009

- 8/18 **PROLOGUE** 3.5 mile flat course in downtown SLC
- 8/19 **STAGE 01** Ogden to Salt Lake City, 82 miles, finishing in Research Park.
- 8/20 **STAGE 02** Thanksgiving Point to an uphill Mount Nebo finish
- 8/21 **STAGE 03** Miller Sports Park Individual Time Trial
- 8/22 **STAGE 04** Miller Sports Park Individual Time Trial

 **TOYOTA**



FFKR
ARCHITECTS



Salt Lake Convention & Visitors Bureau

FFKR'S SUPER-SMART DESIGN
CEAN

AREA PROFILE

Start Riding in Logan!



Clair DeVries on the Bonneville Shoreline Trail in Logan.
Photo: Justin Harrison.

By Marinda Ward

Logan, Utah is a fast growing city, with a fast growing cycling community. If you are interested in cycling in the Logan area, but are not sure how or where to get involved, here are some suggestions.

First, visit your local bike shop. There are several right in the heart of Logan: Joyride Bikes (65 South Main), Sunrise Cyclery (138 N. 100 E.), Wimmer's Ultimate Bicycles (745 North Main), and Recycled & New Bicycles (170 E. Center Street). They can suggest different trails for you to ride. Cache Valley and the surrounding mountains and canyons are beautiful and more than enjoyable to ride in if you know where to go. But even better, most shops organize regular rides. If you want good advice and information, and to get involved with other riders, this is the way to go. You have the chance to be introduced to both new trails and new people who share your interest.

Biking appeals to two different groups of people – those who are interested in racing and those who are interested in biking simply for recreation. If it's recreational biking you are interested in, you will not be disappointed. Recreational biking includes both mountain and road biking. There are several canyons surrounding Logan that hold many trails. I visited two local bike shops and both had trail guides, each with up to 11 different mountain bike trails. A sampling of a few mountain bike rides are Jardine Juniper and the River Trail in Logan Canyon, and the Green Canyon Trail. Those same pamphlets described eight different road bike routes, including Mt.

Sterling in Hyrum, the Richmond/Cornish Trail, and the Hyrum/Avon Trail.

Another way to get involved is by joining a club. For recreational riders, there is the Cache Valley Veloists. It is a club that holds rides every Wednesday night and most weekends. Not only is it a great opportunity to get involved, membership is inexpensive. For an individual membership, it's \$10 annually. For a family membership, it's \$15 annually. They even have a discounted price for students - \$5 annually. Their website, if you want to know more, is www.cvveloists.org.

If you want to race on a team or ride with a club, the Logan Race Club is one of the best ways to get involved. It has several different teams that you can be on: The Elite Team, the Development Team, the Mountain Bike Racing Team, the Women's Team and the Junior Road Team. Fees are \$90 for club members and \$140 for team members. If this interests you, you can visit their website, www.loganraceclub.org to fill out an application. The Logan Race Club not only provides the racing aspect, they hold rides almost every night of the week. If you would like to visit the area and are looking for an organized ride, there are several, including the MS Bike Tour, the women's only Little Red Riding Hood, and the Cache Valley Century. Races include the Little Mountain Road Race and Lotoja. Check Cycling Utah's calendar section for more information.

Your best bet, though, go to your local bike shop. As mentioned before, most hold shop rides, and will recommend their favorite trails

to you. You will find them eager and anxious to advise and help. So, quit waiting, get out there and start riding!

Annotated Bibliography
Cache Valley Biking Guide — This is a pamphlet that has 18 different trails and rides that are available to bikers around Logan, Cache Valley and Bear Lake. It has a map and specific information about the trails and some general bike safety and etiquette. Available online at www.tourcachevalley.com/brochures/biking.pdf

Cache Valley Veloists — www.cvveloists.org. This is the website of the Cache Valley Veloists, a bicycling club in Cache Valley. It provides information of how to join, what they're about, and updated information of how to stay involved.

JoyRide Bikes Website — www.joyridebikes.com. This is a website of a local bike shop in Logan. They keep it regularly updated with news about their events as well as events of other bicycling clubs.

Logan Race Club — www.loganraceclub.org. This is the website of the Logan Race Club. The website tells about their club, what to expect when joining, and how to join if you're interested.

Sunrise Cyclery — sunrisecyclery.net. This is another website of a local bike shop in Logan. They keep information updated on their events as well as other club's events. They also have videos from their group rides, merchandise available from their store, and a plethora of other information pertaining to bicycling.

Countdown to Mont Ventoux

Here I am, another month along on the countdown to my rendezvous with Mont Ventoux. As I outlined in the March issue of cycling utah, I am signed up for, and on July 20 will be riding, the Etape du Tour (literally, "Stage of the Tour"), an event where cyclists ride the entire Stage 20 of the Tour de France, Montélimar to Mont Ventoux, five days before it is raced by the pros.

This month has not exactly gone as expected. Between weather and work, my time frames for riding and my time on the bike were both curtailed. Fortunately, I still have enough time to prepare, though time is now becoming critical if I want to avoid trying to cram sufficient training into a six week period.

I had planned on doing my first century on April 26. However, my riding buddy had to bail on our plans. Given that, and my somewhat restricted training, plus having to juggle my schedule, I had to cancel the century plan for this month. The saving grace for April was a trip to Phoenix where I was able to ride 3 out of 4 days, including a

Continued from page 2

street must have a good shoulder, in which case I do not worry if it is busy; or, there must be relatively little traffic on the street. There are occasional exceptions to this rule, particularly in rural areas where the street options are limited. But for most of the time, this rule works well.

I would never suggest scaling back one's cycling. Indeed, I encourage increased riding. Countless arguments, from lowering your carbon footprint to adopting a healthy physical and mental lifestyle, promote more

75-mile outing.

Now, I intend to ride the Cycle Salt Lake Century as my first 100-miler for this year. In addition, I will start regular rides up the canyons to build my climbing fitness. The Etape will be all about climbing, especially since the climb up Mont Ventoux comes at the end of this 102 mile stage. So being prepared for a lot of climbing is key. Having such great climbs for training so close at hand, literally reachable by bike from my door, is a real benefit and advantage.

My weight at this time is 154, still 9 pounds short of my goal weight of 145 for the Etape. With attention to my diet, and the upcoming training I will be doing, I feel confident I can reach my goal weight.

So, with due attention to my diet and my training, I remain confident I can do this event with as much strength and panache as my 58-year old body can muster.

-David Ward

riding. I would love to see hundreds if not thousands more join us on the roads. We would then be much more visible, and drivers would be forced to be more aware. Larger numbers would make us safer.

But for the foreseeable future, we cyclists are very exposed. I want us all to understand that, to be awakened to a keen awareness of existing and potential hazards, and to ride reasonably. I want to see and read fewer news accounts of injured or killed cyclists. I want you, a fellow cyclist, to enjoy your ride and to be safe.

21st annual
**Cook-Sanders Associates, Inc. and
 The Spence Law Firm**

A Legendary Race!

No Wimps!

HIGH UINTAS
CLASSIC

OVER
THE TOP
10,700'



EVANSTON, WY

June 20-21

No Whiners!

\$8,000 Cash Purse!

USCF Stage Race - Road Race, Time Trial, Criterium/Citizens Road Race

www.evanstoncycling.org
www.evanstoncyclingclub.org
 (866) 783-6300 ext. 459

Online Registration
www.sportsbaseonline.com

Paid by the City of Evanston Lodging Tax Board

BICYCLE SHOP DIRECTORY

SOUTHERN UTAH

Brian Head

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

Cedar City

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

Hurricane

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

Moab

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

Poison Spider Bicycles

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

Uranium Bicycles

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

Price

BicycleWorks
640 E. Main Street
Price, UT 84501
(435) 637-BIKE
fuzzysbicycleworks.com

St. George

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

Desert Cyclery

1450 S. Hilton Drive
St. George, UT 84770
(435) 674-2929
(866) 674-2929
desertcyclery.com
desertbiketours.com

Red Rock Bicycle Co.

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

Sunset Cycles

140 N. 400 W.
St. George, UT 84770
(435) 215-4251
sunset-cycles.com

Springdale

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

NORTHERN UTAH

Logan

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

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

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

Park City

Brothers Bikes
520 N. Main Street, #DHeber
City, UT 84032
(435) 657-9570
brothersbikes.com

Cole Sport

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

Dharma Wheels Cyclery

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

Jans Mountain Outfitters

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

Stein Eriksen Sport

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

White Pine Touring

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

Vernal

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

NEVADA

Boulder City

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

WASATCH FRONT WEBER COUNTY

Eden/Huntsville

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

Ogden

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

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

Canyon Sports Outlet
699 W. Riverdale Road
Riverdale, UT 84405
(801) 436-2018
canyonsports.com

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

DAVIS COUNTY

Bountiful

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

Saturday Cycles

2204 N. 640 W.
West Bountiful, UT 84010
(801) 298-1740
saturdaycycles.com

Kaysville

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

Sunset

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

SALT LAKE COUNTY

Central Valley

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

Canyon Sports

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

Cottonwood Cyclery

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

Spin Cycle

4233 S. Highland Drive
Holladay, UT 84117
(801) 277-2626
(888) 277-SPIN
spincycleut.com

Salt Lake City

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

Cyclesmith

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

Bingham Cyclery

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

Fishers Cyclery

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

Go-Ride Mountain Bikes

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

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

Salt Lake City

REI (Recreational Equipment Inc.)
3285 E. 3300 S.
Salt Lake City, UT 84109
(801) 486-2100
rei.com

SLC Bicycle Collective

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

Salt Lake City Bicycle Company

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

The Bike Guy

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

Wasatch Touring

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

Wild Rose Sports

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

South Valley

Axis Sports
12300 S 107 E
Draper, UT 84020
(801) 495-4455
axissports@digis.net

Bingham Cyclery

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

Canyon Bicycles

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

Golsan Cycles

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

Infinite Cycles

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

REI

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

Revolution Bicycles

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

Staats Bike Shop

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

Taylor's Bike Shop

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

Taylor's Bike Shop

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

Timpanogos Cyclery

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

Trek Bicycles of American Fork

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

Payson

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

Provo/Orem

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

Mad Dog Cycles

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

Mad Dog Cycles

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

Park's Sportsman

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

Racer's Cycle Service

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

Taylor's Bike Shop

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

Saratoga Springs

Epic Biking
1284 Redwood Road
Saratoga Springs, UT 84045
(801) 653-2039
epicbiking.com

Springville

Blayn's Cycling
284 S. Main Street
Springville, UT 84663
(801) 489-5106
blaynscycling.com

cycling utah

RACE RESULTS



Cholla Challenge 2009, Intermountain Cup Mountain Bike Racing Series - Race # 2, Hurricane (Warner Valley), Utah, April 4, 2009

12 & Under

1. Tyler Mullins; Racer's Cycle Service 0:21:52
2. Zachary Peterson; UtahMountainBiking.com 0:22:53
3. Jonah Fambro; Young Riders 0:23:24
4. Joshua Peterson; UtahMountainBiking.com 0:23:25
5. Chandler Harris; Jolley's Corde 0:23:27

9 & Under

1. Wesley Wallenfels; LW Coaching 0:07:46
2. Bryn Bingham; Roosters 0:08:01
3. Jakob Haderlie 0:08:07
4. Parker Paxman 0:08:11
5. Karson Farnsworth; Racer's Cycle 0:09:12

Beg Men 19-29

1. Brad Swensen 0:39:25
2. Matt Bowen 0:39:41
3. Dennis Jones; Mad Dog Cycles 0:40:33
4. Adam Loris 0:41:45
5. Wesley Rasmussen; Timpanogas Cyclery 0:43:13

Beg Men 30-39

1. Mark Messer; Team Red Rock 0:37:06
2. Jayde Davis 0:37:10
3. Ryan Nielson; UtahMountainBiking.com 0:37:35
4. Russ Jackson 0:38:36
5. Daniel Barlow; Mad Dog Cycles 0:41:32

Beg Men 40+

1. Steve Winters; UtahMountainBiking.com 0:38:13
2. Chip Childs; Team Red Rock 0:39:42
3. Dale Hutchings; UtahMountainBiking.com 0:42:52
4. Mark Crosby; Racer's Cycle 0:44:57
5. Vincent Pascal; UtahMountainBiking.com 0:49:16

Beginner 13-15

1. Dalin Johnson 0:38:17
2. Forest Johnson 0:42:26

Beginner 16-18

1. Dee Larson; Team Red Rock 0:39:06
2. Arnel Johnson 0:44:50

Beginner Women

1. Gayle Olpin 0:40:01
2. Paige Bell; Roosters 0:41:43
3. Toby Nishikawa; Skyline Cycles 0:42:41
4. Katy Jensen 0:46:11
5. Erin Goodfellow 0:47:37

Women 35+

1. Kendra Clark; Mad Dog Cycles 0:40:21
2. Jennifer Curry; Mad Dog Cycles 0:40:31
3. Jolene Nosack; UtahMountainBiking.com 0:42:47
4. Tonya Hutchison 0:43:01
5. Sandra Frei; Team Red Rock 0:43:54

Clydesdale

1. Greg Johnson; Mad Dog Cycles 0:38:22
2. Aaron Mullins; Black Jack Pizza/Racer's Cycles 0:39:00
3. Hart Wybrow 0:41:24
4. Weston Voth; Logan Race Club 0:44:39
5. Jared Loosli; UtahMountainBiking.com 0:45:02

Exp Men 19-29

1. Daniel Nelson; Racer's Cycles 1:30:34
2. Ryan Krusemark; Kuhl/Scott 1:30:40
3. Josh Carter; Wright Medical 1:31:50
4. Ryan Blaney; Kuhl/Scott 1:31:59
5. Eric Ellis; UtahMountainBiking.com 1:35:42

Exp Men 30-39

1. Matt McGee; Mcethies 1:29:42
2. Justin Wilson; Revolution/Peak Fasteners 1:30:15
3. Brent Pontius; Biker's Edge/Destination Homes 1:30:22
4. Eric Rasmussen; Porcupine/Specialized 1:30:47
5. Adam Heckmann; Racer's Cycles 1:31:52

Exp Men 40+

1. Brad Keyes; Vassago Cycles 1:30:50
2. Chris Bingham 1:31:00
3. Samuel Moore 1:32:37
4. Tim White; Bikeman 1:34:45
5. Brent Peacock 1:35:02

Expert Women

1. Whitney Pogue; Revolution/PeakFasteners 1:46:50
2. Mary Wilcox; Kuhl/Scott 1:52:15
3. Chanda Jeppsen; UtahMountainBiking.com 1:54:26
4. Kristi McLmoli; Granger Medical 2:03:31

Men 50+

1. Jay Griffin; UtahMountainBiking.com 1:04:58
2. Dana Harrison; Revolution/PeakFasteners 1:05:06
3. Roger Gillespie; Monavie/Cannondale 1:05:48
4. Bruce Lyman; Mad Dog Cycles 1:05:52
5. Kevin Johansen; Racer's Cycle's 1:06:23

Men 57+

1. Dwight Hibdon; Mad Dog Cycles 1:07:01

2. Jim Westenskow; Roosters 1:11:00
 3. Bob Almy 1:22:50
- Pro Men**
1. Bart Gillespie; Monavie/Cannondale 1:48:50
 2. Alex Grant; Monavie/Cannondale 1:48:56
 3. Bryan Alders; Monavie/Cannondale 1:49:55
 4. David Welch; Kuhl/Scott 1:52:38
 5. Drew Edsall; Scott/WTB 1:52:58

Pro Women

1. Lynda Wallenfels; LW Coaching 1:33:51
2. Sue Butler; Monavie/Cannondale 1:36:31
3. Kara Holley; Mad Dog Cycles 1:39:14
4. Jennifer Hanks; Revolution/Peak Fasteners 1:42:43
5. Erika Powers; Revolution/Peak Fasteners 1:44:08

Single Speed

1. Von Edwards; Spin Cycle 1:39:33
2. Scott Billings; Mad Dog Cycles 1:43:36
3. Gene Ruter 1:45:38
4. Clark Mower; Contender 1:51:26
5. Brian Avery; Canyon Bicycle 1:53:28

Sport Women

1. Kelsy Bingham; Roosters 1:15:39
2. Bobby Kirk 1:16:07
3. Dot Verbrugge; Mad Dog Cycles 1:17:00
4. Meg Plank; Scott/Kuhl 1:17:03
5. Amber Hatfield; UtahMountainBiking.com 1:23:18

Sport/Expert 13-15

1. Noah Talley 0:33:20
2. Andrew Flake 0:33:59
3. Hunter Tolbert; Kuhl/Scott 0:35:09
4. Griffin Park; Jolley Circle 0:35:22
5. Damon Harris; Jolley Circle 0:41:08

Sport/Expert 16-18

1. Justin Griffin; UtahMountainBiking.com 1:03:41
2. Joseph Moffitt; Mad Dog Cycles 1:07:41
3. Dylan Tanner; UtahMountainBiking.com 1:08:50
4. Merrick Taylor; Kuhl/Scott 1:13:42

Spt Men 19-29

1. Tracon Kirk 1:05:51
2. Dan Harper; Revolution/Peak Fasteners 1:06:35
3. Jeffery Heal 1:06:50
4. Tim Rude 1:07:39
5. Tyson Olson; Bingham Northshore 1:32:35

Spt Men 30-34

1. Derek Ranson; UtahMountainBiking.com 1:04:34
2. Russ Holley; Avery 1:04:35
3. Colt Albrecht; Team Red Rock 1:04:59
4. Gary Rock; Team Red Rock 1:05:09
5. Jeff Olin; McGhie's 1:07:37

Spt Men 35-39

1. Ken Costa; Revolution/Peak Fasteners 1:05:54
2. Jason Hafen; Team Red Rock 1:06:21
3. Darren Harris; UtahMountainBiking.com 1:07:23
4. Robert Johnson 1:09:51
5. Denmark Jensen; UtahMountainBiking.com 1:10:16

Spt Men 40+

1. Mike Driver 1:03:52
2. Steve Larsen; Team Red Rock 1:04:06
3. Brad Sneed; Revolution/Peak Fasteners 1:04:17
4. Kevin Moffitt; Mad Dog Cycles 1:05:24
5. Reed Topham; Hyland Cyclery 1:06:14



Hell of the North, 5 mile circuit, 1.75 mile stretch of dirt road, Salt Lake City, Utah, April 4, 2009

Pro Cat 1-2 Male

1. Phillip Wood; FFRK Architects/SportsBaseOnline.Com p/b Tour of Utah 2:15:35
2. Mike Sghn; Porcupine/Specialized Racing
3. Ben D'Hulst; Canyon Bicycles Draper
4. John McDaniel; FFRK Architects/SportsBaseOnline.Com p/b Tour of Utah
5. Ryan Barrett; Canyon Bicycles Draper

Cat 3 Male

1. Ali Goulet; FFRK Architects/SportsBaseOnline.Com p/b Tour of Utah
2. Erik Harrington; RMCC/Cyclesmith
3. Nick Eckdahl; RMCC/Cyclesmith
4. Jon Schofield; Bikers Edge/Destination Homes
5. Eric Thompson; Ski Utah Cycling/Utah Premier

Cat 4 Male

1. Reed Wycroff Contender Bicycles
2. Garrett Burbridge
3. John BERCAW
4. Seth Bradley; Skull Candy P/B JSA Architects
5. Zach Terry; Team Wright

Cat 5 Male

1. Pat Terry
 2. Jason Rich
 3. Richard Hurst
 4. Mike Luper; Skull Candy P/B JSA Architects
 5. Paul Houser
- Master 35+ Male**
1. Art O'Connor; FFRK Architects/SportsBaseOnline.Com p/b Tour of Utah

2. Andre Gonzales; Canyon Bicycles Draper
 3. Peter Beland
 4. Scott Allen; Canyon Bicycles Draper
 5. Piotr Strzelec; Canyon Bicycles Draper
- Master 45+ Male**
1. Michael Cooper; Canyon Bicycles Draper
 2. Jeff Ure; Bountiful Mazda
 3. Darrell Davis; Contender Bicycles
 4. Jeff Clawson; Canyon Bicycles Draper
 5. Bruce Bilodeau; Canyon Bicycles Draper

Master 55+ Male

1. Ken Louder; FFRK Architects/SportsBaseOnline.Com p/b Tour of Utah
2. Shannon Storrud; Porcupine Cycling
3. Henry Ebell; Canyon Bicycles of Salt Lake
4. Phillip Pattison

Master 35+ Cat 3-4-5 Male

1. Marek Shon
 2. Jeff Stenquist; Canyon Bicycles Draper
 3. Kelly Jones; RMCC/Cyclesmith
 4. Rob Clayton
- Cat 1-2-3 Female**
1. Chantel Olsen; PCIM
 2. Lori Frandsen; Granger Medical Clinic
 3. Jamie
 4. Jillian Gardner; PCIM

Cat 4-5 Female

1. Tayler Wiles
2. Stephanie Falls
3. Kara Harris; Ski Utah Cycling/Utah Premier
4. Shanna Matheson; Ski Utah Cycling/Utah Premier
5. Katie Gasser

Master 35+ Female

1. Lisa Pascadjo; Granger Medical Clinic

Junior 10-12 Male

1. Gianni Kennard
 2. Erik Stenquist
- Junior 17-18 Female**
1. Jillian Gardner; PCIM
 2. Jenna Gardner

Tour of the Depot, 3 Stage SR; Anaconda Road TT, Pine Canyon Circuit Race Tour of the Depot RR, Tooele, Utah, April 11 - 12, 2009

STAGE 1

Pro Cat 1-2 Male

1. Sam Krieg; Ice Rocky Mtn Surgery 0:18:39
2. Chase Pinkham; Canyon Bicycles Draper 0:18:40
3. Ryan Below; Rocky Mountain Bicycles Elite Cycling 0:18:43

Cat 1-2-3 Female

1. Nicole Evans; Valueact Capital Cycling Team 0:21:20
 2. Karen Appleby/Krieg; Ice Rocky Mtn Surgery 0:21:55
 3. Kris Walker; Ice/rocky Mountain Surgery Center 0:21:59
- Cat 3 Male**
1. Curtis Doman; Spin Cycle 0:19:27
 2. Gary Tingley; Suncoastvelo/uccjwf 0:19:33
 3. Dustin Thiel; Contender Bicycles 0:19:50

Cat 4 Male

1. Zack Simons; Cole Sport 0:20:18
 2. Peter Archambault; Rmcc/cyclesmith 0:20:33
 3. Garrett Burbridge; Mi Duole 0:20:46
- Cat 5 Male**
1. David Brockbank 0:20:00
 2. Brock Olson; Bingham Northshore 0:21:41
 3. Chris Clyde; Evo Racing 0:21:51

Cat 4/Master Female

1. Tayler Wiles; Revolution-peak Fasteners 0:22:30
 2. Megan Hill 0:23:32
- Juniors**
1. Gianni Kennard 0:31:40
 1. Tyler Spence; Sun Summit 0:26:19
 2. Erik Stenquist 0:33:27
 1. Teal Buchi; Craig's Service Center 0:23:09
 2. Brandon Buchanan 0:24:10

Masters 35+ A

1. Luie Amelburu; Labor Power 0:19:06
 2. Matthew Segur; Mix1 0:19:24
 3. Kevin Anderson; Mix1 0:20:13
- Masters 45+ A**
1. Louis Riel; Canyon Bicycles - Draper 0:20:30
 2. Jeff Clawson; Canyon Bicycles - Draper 0:20:40
 3. Jerald Hunsaker; Bountiful Mazda 0:20:54

Masters 35+ B / 55+ A

1. Drew Purdy; Canyon Bicycles Draper 0:21:19
1. Shannon Storrud; Porcupine Cycling 0:23:33
2. Marc Rosello; Porcupine Cycling 0:21:53
2. Henry Ebell; Canyon Bicycles of Salt Lake 0:28:50
3. Jeff Stenquist; Canyon Bicycles - Draper 0:22:57

STAGE 2

Pro Cat 1-2 Male

1. Eric Jeppsen; Cole Sport 1:33:31
2. Brad Gehrig; Salt Lake Cycling Club 1:33:45
3. Ross Berger; Rocky Mountain Bicycles

Elite Cycling 1:33:45

Cat 1-2-3 Female

1. Nicole Evans; Valueact Capital Cycling Team 1:09:51
 2. Alisha Welsh; Pcim 1:09:58
 3. Tiffany Pezzulo; Park City Iron Man 1:10:11
- Cat 3 Male**
1. David Welsh; Kuhl/scott 1:24:28
 2. Spencer Debyr; Ski Utah 1:24:28
 3. Curtis Doman; Spin Cycle 1:24:31

Cat 4 Male

1. Eric Gardiner; Utah State University 1:02:14
 2. David Cole; Skull Candy/jsa Architects 1:02:14
 3. Zach Terry; Team Wright 1:02:14
- Cat 5 Male**
1. David Brockbank 0:52:26
 2. Rick Finlayson; Team Dialogue 0:53:13
 3. Kevin Packer; Skull Candy 0:53:13

Cat 4/Master Female

1. Tayler Wiles; Revolution-peak Fasteners 0:44:44
 2. Stephanie Falls; Ice/rocky Mountain Surgery Center 0:44:44
 3. Margaret Douglas; Ski Utah Cycling Team 0:44:44
- Juniors**
1. Gianni Kennard 0:41:37
 1. Tyler Spence; Sun Summit 0:31:33
 2. Erik Stenquist 0:45:26
 1. Teal Buchi; Craig's Service Center 0:29:04
 2. Brandon Buchanan 0:29:04

Masters 35+ A

1. Peter Lucke; Mix1 1:12:41
 2. Mark Schaefer; Barry Lasko Dds 1:12:41
 3. Peter Beland; Boston Mountain Cyclists 1:12:41
- Masters 45+ A**
1. Mike Cooper; Canyon Bicycles - Draper 1:02:37
 2. Louis Riel; Canyon Bicycles - Draper 1:02:37
 3. Clyde Done; Ffr/sbo P/b Tour of Utah 1:02:37

Masters 35+ B / 55+ A

1. Scott Bales; Bountiful Mazda 0:57:43
 2. Kelly Jones; Spin Cycle Racing 0:57:50
 3. Shawn Stinson; Ski Utah Cycling 0:57:50
- STAGE 3**
- Pro Cat 1-2 Male**
1. Kai Applequist; Bobs-bicycles.com 3:11:55
 2. Matt Ohran; Monavie-cannondale.com 3:11:55
 3. Mitchell Peterson; Health Choice/guru's 3:12:35

Cat 1-2-3 Female

1. Nicole Evans; Valueact Capital Cycling Team 2:21:13
 2. Alisha Welsh; Pcim 2:21:28
 3. Nichole Wangsgard; Colavita Sutter Home P/b Cooking Light 2:21:28
- Cat 3 Male**
1. Spencer Debyr; Ski Utah 3:14:01
 2. David Welsh; Kuhl/scott 3:14:01
 3. Will Campbell; Vitamin Cottage Cycling Team 3:14:18

Cat 4 Male

1. Garrett Burbridge; Mi Duole 2:06:37
 2. Zack Simons; Cole Sport 2:06:37
 3. Troy Oldroyd; Mi Duole 2:06:37
- Cat 5 Male**
1. David Brockbank 2:08:26
 2. Brock Olson; Bingham Northshore 2:09:24
 3. Alex Kim; Spin Cycles 2:13:34

Cat 4/Master Female

1. Stephanie Falls; Ice/rocky Mountain Surgery Center 2:24:51
 2. Tayler Wiles; Revolution-peak Fasteners 2:24:51
 3. Margaret Douglas; Ski Utah Cycling Team 2:24:51
- Juniors**
1. Tyler Spence; Sun Summit 3:18:34

Masters 35+ A

1. Luie Amelburu; Labor Power 3:22:27
 2. Kevin Andersonberg; Mix1 3:22:27
 3. Andre Gonzalez; Canyon Bicycles Draper 3:22:27
- Masters 45+ A**
1. Jeff Ure; Bountiful Mazda Cycling Team 3:25:48
 2. Mike Cooper; Canyon Bicycles - Draper 3:26:11
 3. John Ittis; Cole Sport 3:26:11

Masters 35+ B / 55+ A

1. Marc Rosello; Porcupine Cycling 2:20:00
 2. Shawn Stinson; Ski Utah Cycling 2:20:04
 3. Scott Bales; Bountiful Mazda 2:20:51
- OVERALL**
- Pro Cat 1-2 Male**
1. Kai Applequist Bobs-bicycles.com 5:04:47
 2. Sam Krieg; Ice Rocky Mtn Surgery 5:04:59
 3. Chase Pinkham; Canyon Bicycles Draper 5:05:00
 4. Norman Bryner; Mi Duole/barbacoa 5:05:09
 5. Ross Berger; Rocky Mountain Bicycles Elite Cycling 5:05:23

Cat 1-2-3 Female

1. Nicole Evans; Valueact Capital Cycling Team 3:51:38

2. Kris Walker; Ice/rocky Mountain Surgery Center 3:53:33
 3. Nichole Wangsgard; Colavita Sutter Home P/b Cooking Light 3:53:44
 4. Tiffany Pezzulo; Park City Iron Man 3:53:52
 5. Alisha Welsh; Pcim 3:53:57
- Cat 3 Male**
1. Spencer Debyr; Ski Utah 4:58:23
 2. Gary Tingley; Suncoastvelo/uccjwf 4:58:28
 3. Tyler Riedesel; Cyclesmith/ University of Utah 4:58:30
 4. David Welsh; Kuhl/scott 4:58:32
 5. Will Campbell; Vitamin Cottage Cycling Team 4:58:45

Cat 4 Male

1. Matt Bradley; Skull Candy/jsa Architects 3:29:42
5. Jake Turner; Broken Spoke Cycling 3:29:45

Cat 5 Male

1. David Brockbank 3:20:12
2. Brock Olson; Bingham Northshore 3:24:04
3. Nolan Finlayson; Evo Racing 3:28:58
- 4

HEALTH

Training: Heart Rate Vs. Power

By Erik Moen PT, CSCS

How do I go faster on my bicycle? A 2001 paper authored by Jeukendrup and Martin discussed potential gains in performance in a 40km time trial (TT) through basic training modalities, equipment and technology. It was suggested that the most significant improvements in that event are made by following an organized training plan that include high intensity training, as it had more of an effect on performance than buying a fancy new carbon bike. This is great news for many, as a training program costs much less than a fancy carbon toy. It is well known throughout various literature and anecdotal means that the road to performance improvements is paved with high intensity training, which helps increase VO2 max and peak power output. But what is the best way to plan and track training stimuli? In comes the obvious question, "Do you use a heart rate (HR) monitor or power meter to plan and track your training?" Both methods can establish training threshold values with relatively ease.

Power monitoring is certainly gaining popularity as a means of acquiring training feedback. In fact, if you are not training with a power meter, you are sometimes considered "retro," even somewhat misinformed, or really missing out. The benefits of this method include feedback on performance output without a dependence on heart rate. Power monitoring can help direct changes to bike position, help analyze performance, and further quantifies strength requirements for known events. It has an advantage over HR monitoring as HR values may be affected

by other factors such as dehydration, heat stress and excitation states. On the other end, power monitoring is expensive and there are only a few options available on the market.

Heart rate monitoring has been around for a while. It sometimes seems outdated and boring but like power metering, it provides feedback on workout intensity. Entry-level equipment is less costly and many reliable price options are available. A HR monitor is fairly easy to use and data is fairly easy to interpret. Heart rate values at threshold do not typically have significant variation over time (2-3bpm). In comparison, the power wattage will tend to make frequent changes at threshold level during the season and using power meters to plan workouts will necessitate frequent performance testing to ensure that your workouts are performed at appropriate intensity levels.

Here is where it becomes interesting. In spite of the power meter's popularity, its usage has not been verified as a good means for prescribing training/exercise programs in peer-reviewed scientific literature. A 2009 study by Swart et al. analyzed the differences in bicycling performance gains when using HR and power for workout planning/dosage. The study was conducted over four weeks and used a 40km TT and VO2max testing to assess training adaptation to specific high intensity training. The study hypothesized that there would be no differences between the two methods of prescribing exercise. The two study groups had similarly prescribed exercise plans (as defined by physiological load), as tracked by Training Peaks software. The study

found that both training groups registered a noticeable positive difference in their performance when compared to a control group. The HR training group had the greatest improvements in tested peak watts and VO2max. A possible explanation for this finding is that the HR group would initially over-shoot the prescribed steady state levels when ramping up to the prescribed HR level. This would create temporary power levels higher than that prescribed for the power group.

So what does this mean to you? Training tools (HR monitors and power meters) provide important performance and training feedback and should be used to help prescribe effective exercise programs. The use of a HR monitor will be the most effective means of planning exercise dosage if you cannot regularly test yourself for threshold values. You don't need a power meter to make performance gains in endurance bicycling. My best suggestion for those wanting to progress their expertise in bicycling is to first measure cadence, then move to HR and then utilize power.

References:

Jeukendrup AE and Martin: Improving Cycling Performance How Should we Spend our Time and Money? Sports Med 2001; 31(7): 559-569.

Swart J, Lamberts RP, Derman W, and Lambert MI: Effects of High-Intensity Training by Heart Rate or Power in Well-Trained Cyclists. J of Strength and Conditioning Research 23(2): 619-625.

Erik Moen PT, CSCS is a nationally known expert on bicycling injury treatment and bicycle fit. Erik practices physical therapy in the greater Puget Sound area. Erik may be reached through his website, www.bikept.com

Inventory study, more people (compared to 25 years ago) have a positive and inflated view of the self that translates into driving as if only you mattered. This chapter is entitled, "Why You're Not as Good a Driver as You Think You Are".

In chapter 3, "How our Eyes and Minds Betray Us on the Road", he states (from a study by the Virginia Tech Transportation Institute) almost 80% of crashes and 65% of near crashes involved drivers not paying attention to traffic for 2 seconds. For those of you who read about Levi Leipheimer's touching wheels with Lance Armstrong and crashing at the Tour of California this year, he was quoted as saying he was "distracted for a second".

By giving colorful titles to his chapters, Mr. Vanderbilt will draw your curiosity to read every chapter. "Why Ants Don't Get into Traffic Jams (and humans do)" and "Why Women Cause More Congestion Than Men" are the titles of chapters 4 and 5. The latter is not as sexist as it sounds. Transit planners would like these 2 chapters, along with the rest of us. For example, Mr. Vanderbilt reports that when Copenhagen cut parking spaces from 14K to 11.5K, replacing them with parks and bike lanes, bicycle use went up 40%. The best chapter title might be "Why You Shouldn't Drive with a Beer-Drinking Divorced Doctor Named Fred on Super Bowl Sunday in a Pick-up Truck in Rural Montana". In this chapter he explains the driving risks of each word/phrase in that title.

For the academic types, you will be introduced to Braess' para-

dox, named from a 1968 paper by German mathematician, Dietrich Braess, and the Nash equilibrium by Nobel mathematician John Nash (You may remember the book and movie "A Beautiful Mind"). Both of these minds proposed in essence that more roads may actually slow things down for all its users and by drivers selfishly trying to move ahead, everyone will slow down. There is also Smeed's Law (1949) by British Statistician R.J. Smeed and the Solomon curve (1964) named after David Solomon. Solomon showed that accidents occurred mostly by drivers not only going faster than the speed limit, but also slower, which has been used by many (including Utah legislators) to raise speed limit and to remove bikes because we ride slow. However when analyzing Solomon's data it showed that slow drivers were slowing for congestion or entering traffic who were then hit by someone traveling at the mean speed or higher, not because they were simply driving slowly. There is also the famous Grand Rapids study from the '60's that established the legal blood alcohol limit. America, it seems, does not pay attention to science. We would prefer to build more roads with higher speeds. These studies also point out how complicated driving can be.

Overall the book is fun to read and quite enlightening. You may wonder, as I did, if all of these statistics and studies are valid. Mr. Vanderbilt does a great job of analyzing the studies. I happen to be familiar with one study that Mr. Vanderbilt's mentioned. He quotes

Utah establishes "Share the Road" Support Fund and License Plate

SALT LAKE CITY—Today, Gov. Jon Huntsman, Jr. signed into law one of the state's most significant measures to promote bicycle awareness, safety, and education. Senate Bill 102, sponsored by Sen. Wayne Niederhauser with the support and encouragement of the Utah Bicycle Coalition (UBC), creates a Share the Road special group license plate, the proceeds from which will support bicycle operation and safety awareness programs. Rep. Todd Kiser acted as the floor sponsor for the bill in the House of Representatives.

"I am pleased the State of Utah will now offer a highly visible way for residents to support cyclist safety and fund needed educational programming," said Sen. Niederhauser. "At a time when more people are taking the admirable step of utilizing alternative forms of transportation, promoting bicycle education and awareness is critical to ensure the safety and lawful conduct of all travelers on our streets."

"We thank Sen. Niederhauser for his generous and effective endorsement of our vision, and Rep. Kiser and Gov. Huntsman for their assistance in bringing this bill to fruition," said Ken Johnson, President of the Utah Bicycle Coalition. "Creating a cyclist safety license plate, which will enable greater efforts on behalf of bicycle awareness, sends a strong and prominent message that cyclists and motorists have equal rights and responsibilities on our roads."

Under SB102, beginning in October, vehicle owners can purchase a Share the Road Special Group license plate at an annual cost of \$25. This fee will go to replenish the Share the Road license plate inventory and support bicycle advocacy activities of the UBC. These activities include educating the public about bicycle-related laws, promoting cyclist safety and healthy lifestyles, and assisting with transportation planning that accommodates safe cycling.

The Utah Bicycle Coalition, with generous support from the Bonneville Bicycle Club, other cycling organizations, and individual cyclists has raised approximately \$19,000 to buy 2500 plates to commence the program. To ensure traveler safety and compliance with the law, the Coalition urges cyclists to obey stop signs and traffic lights, ride single file when appropriate, and always use hand signals. The group also encourages motorists to be alert for bicycles, treat them as any other slow-moving vehicle, and allow at least three feet for passing. For more information and educational materials, visit www.utahbikes.org or contact Ken Johnson at (801) 205-1039.

BOOK REVIEW

Traffic looks at Why We Drive the Way We Do

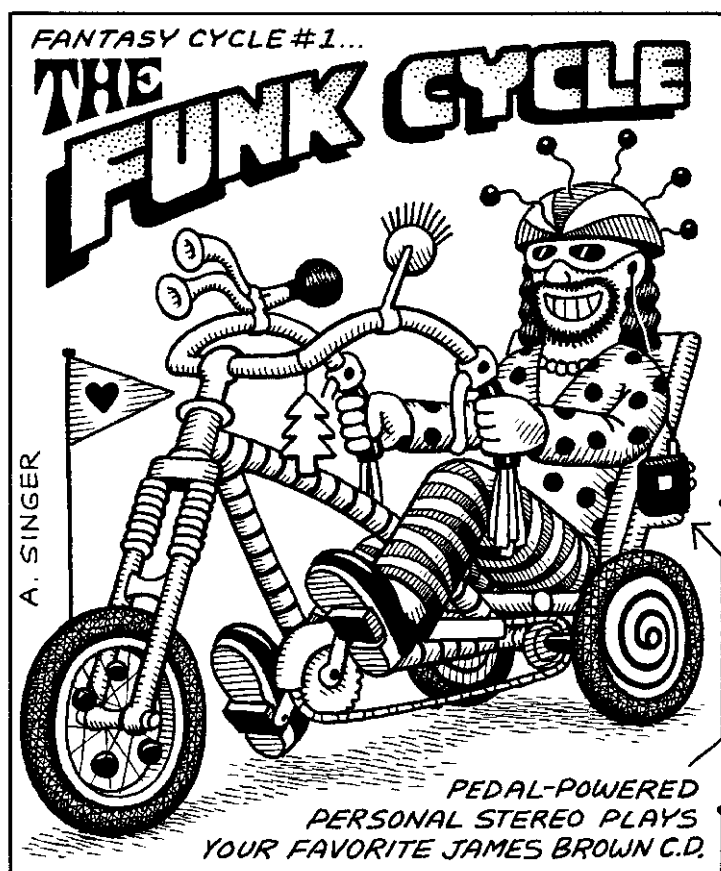
Review By Lou Melini

So your first question is, why is "Traffic" by Tom Vanderbilt, a book about driving, being reviewed in a bicycling journal. The book says a lot about how we drive, and by substituting riding for driving, the book may say a lot about how we ride. Mr. Vanderbilt tells us why we drive the way we do by packing each chapter with numerous studies from the fields of economics, sociology, psychology, neuroscience among others. A number of pages are studies from the field of physics and even mathematics. If you have read the books, "Blink" by Malcolm Gladwell or "Freakonomics" by Dubner and Leavitt, you will be familiar with the style of writing. The New York Times reviewed this book very favorably suggesting that instead of "Traffic", the title should read "Idiots".

Driving consists of at least "fifteen hundred subskills" and I would bet cycling is equal to that. Mr. Vanderbilt hits the nail on the head when he states, "traffic is a system that requires conformity and cooperation to function best". However from the Narcissistic Personality

NO EXIT

© Andy Singer



the bike helmet study by Dr. Ian Walker that suggested that bike helmets lead to drivers coming closer to cyclists. What Mr. Vanderbilt doesn't discuss, is the analysis and controversy over this study discussed in Scientific American magazine in October of 2007. Also on page 249 he states, "for every 100 million miles driven there are 1.3 deaths". On page 255 it is written, "men die at the rate of 1.3 deaths per 100 million miles; for women the rate is .73". Shouldn't the overall deaths be somewhere between .73 and 1.3. Except for these 2 very nit-picky points, I couldn't find any other faults with the book. Quite frankly, it would be difficult to dispute the 90 pages of references from which Mr. Vanderbilt based the book on. In addition, his mul-

titude of interviews and personal "hands-on" data give the details in the book credibility and interesting trivia.

You may feel that reading a bunch of studies is not what you wish to read.

Don't be afraid, the book is easy to read. If you ever thought that riding a bike as "too dangerous" then read this book. The more you understand traffic, the safer you will be. Oh, and be sure to ride during the Super Bowl, not after, as the crash rate drops 11% during the game but fatalities on the road rises 41% after, most notably in places whose team had lost.

TRAFFIC: Why We Drive The Way We Do (and what it says about us) by Tom Vanderbilt, 2008: Knopf Publishing

Quick Shot by Chad Nikolz



bikethewest.com
nevada's best bicycling events



Sunday - Sept 13, 2009
Lake Tahoe, NV - 7th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline. 2000 participants.



Sept 27 - Oct 3, 2009
18th 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



DAVID R. WARD
ATTORNEY AT LAW
(801)268-9868

Personal Injury Practice
Specializing in Bicycling Related Accidents

This firm also practices:

- Real Property
- Divorce and Domestic Relations
- Contracts and Collections
- Estate Planning
- Business Entities
- Adoption

LAW FIRM OF
WARD & KING
ATTORNEYS & COUNSELORS AT LAW

4543 South 700 East, Suite 200 Salt Lake City, UT 84107
dward@cyclingutah.com

MAY IS BIKE MONTH

Celebrating Utah Bike Month!

By Pat Dierks

May is such a great month! With

warmer weather slowly emerging it is the perfect time to get out and enjoy the health and environmental benefits of bicycling. Spring brings

the arrival of many bike month celebrations throughout Utah, and many rides are scheduled as well as a variety of other bike month celebrations.

EVERYTHING'S MORE FUN ON A BIKE.

UTA BIKE BONANZA 2009

FRIDAY, MAY 15 • 4:00-8:00 PM
GALLIVAN CENTER

See what's new. Ride what's hot. Register for the Salt Lake Century.

Free! Helmets to the first 75 kids	4:00 - 5:30 P.M. TRICYCLE TIME TRIALS
New! Tricycle Time Trials	5:30 - 7:00 P.M. CYCLO SHOW & GO-BIKE DEMO
New! Cycle Style Show	7:00 - 7:30 P.M. FASHION STYLE SHOW
Food! Fun! Prizes! Bikes!	4:00 - 8:00 P.M. BICYCLE ART CONTEST DISPLAY

MAY IS BIKE MONTH! FOR A COMPLETE LIST OF BIKE MONTH EVENTS VISIT WWW.UTAHBIKEMONTH.COM.

UTA Hosted by UTA Rideshare

Below are a couple of the new bike month events taking place along the Wasatch Front this year.

Bike Month Commuter Challenge - Utah Transit Authority (UTA) is hosting a "Bicycle Commuter Challenge" from May 1 - May 31 to celebrate bicycle commuting as a viable transportation option. To register visit www.utacommuter.com. After you are registered and logged into the program find the icon to the commuter calendar. Here you will track your bicycle commute trips. Cyclist tracking their bicycle commute will be entered into a weekly drawing for a \$25 gift certificate to a local bike shop. Three gift certificates will be awarded each week. Through the new ridematching program you can track your commute and your pollution savings not only during the challenge, but throughout the year for all modes of transportation.

Bike to Work Wednesday - Every Wednesday has been declared as Bike to Work Wednesday by UTA Rideshare as a way of recognizing bicycle commuting as a viable commute option.

Salt Lake Challenge - Saturday, May 9, An Urban Team Challenge will take place in Salt Lake City - a challenge on wheels with jousting, ball carry, clues on short and long courses will take place. This event is being held to help raise money for Bike Education and Youth Cycling. Visit www.bike2bike.org for details.

Cycle Style Show - A first of its kind in Utah. Come see the latest in bikes, bicycle clothing and gear. Several of the models will show that spandex is not the only acceptable attire for cycling! The show will take place at 7:00 p.m. at Gallivan Plaza during the UTA Bike Bonanza.

Bike In Movie - Join fellow cyclist in an evening of fun at the

Redwood Drive-In Theatre. Visit www.utahbikemonth.com for details.

Other bike month events include two Mayor's Bike to Work Day celebrations. On Tuesday, May 12th join Mayor Lewis Billing in a Provo Bike to Work Day Celebration. Festivities begin at 7:30 a.m. The ride begins at 8:00 a.m. sharp at the Provo Historic County Courthouse. Then on Wednesday, May 13th join both Mayor Peter Corroon and Mayor Ralph Becker in an early morning ride from Liberty Park to the County Government Complex and after a brief stop and presentation the ride will continue to the City and County Building in downtown Salt Lake City. Visit www.utahbikemonth.com for additional details.

Don't miss out on the fun bike month events in Utah. To add a bike month event listing to the new Utah Bike Month website www.utahbikemonth.com contact Jonathan Morrison jonathan@slcbikecollective.org at the Salt Lake City Bicycle Collective or Pat Dierks at pdierks@rideuta.com.

For other events, see the calendar on page 22.

May 15 - Bike Art Gallery Stroll, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9 pm, in conjunction with SLC Gallery Stroll, 177 E. 200 S., Brent Hulme, 801-746-8366, brent@slcbike.com, slcbike.com

Cyclingutah.com for trails, event links, photos, back issues, links, and more!

BIKE 2 WORK

SLC Bicycle Co.

Save Money. Feel Good.

May brings National Bike-to-Work Week and we are celebrating all month with special discounts to help you participate. You can make a difference. Please ride to work. Help a friend ride too.

Second and Second
177 East 200 South
Salt Lake City, UT 84111
(801) 746-8366
www.slcbike.com

COMMUTER COLUMN

Chuck Clark: Quietly Leading by Example for 90 seconds, and Sometimes Longer.

Chuck Clark and his Surly bike.
Photo: Courtesy Chuck Clark.

By Lou Melini

Chuck Clark is the subject of this month's commuter profile. Chuck is the Director of Healthcare Solutions for Amirsys Inc., a medical decision support informatics provider to clinical radiologists and pathologists. He also serves as Bishop for the 27th East Ward of the LDS Church located on the east end of Salt Lake's Avenues district. He is married and has 4 children, 2 of whom are married. Chuck and his wife also have a new grandbaby. His wife was a bike commuter in college and all of his children are or have been bike commuters, but not as "crazy" as Chuck.

Cycling Utah: You probably have the "record" for the quickest responses to my questions for this column. When you said, "I have a passion for bicycles and cycling", I could read that in your answers. So tell me about your commuting bike.

Chuck Clark: My Surly CrossCheck was put together specifically for my commute by Mark Kennedy at Saturday Cycles. It is a single speed with a "flip-flop" hub, 39/15 fixed and 39/16 freewheel. It is set up for me to get on and ride with regular clothing that I wear to work and church. Planet Bike fenders and 700X32C Panaracer wire bead tires make the ride clean, sure-footed, and comfortable. The IRD stainless steel rack and Axiom panniers from Mark are fabulous. I use the panniers as briefcases, one for work and one for church. The pedals are Shimano with an SPD clip on one side for the times I use bike shoes and a platform on the other side for regular shoes. I recently upgraded my light set from a CatEye Power Opticube headlight

and riding reduces my carbon footprint. I find bikes are often more convenient and less hassle than car, especially with traffic and parking. At home we have 4 drivers and 2 cars, so the bikes save money, reduces the family carbon footprint and stretches our car resources so we don't have to buy more cars.

C.U.: While serving on my community council, I've had parking lot expansions for LDS meetinghouses twice come up. When I asked the stake president about encouraging more walking and biking to church in order to save church funds on the parking lots he agreed but said that the young people like to drive and the older people drive out of habit. So do others in your ward take your example and leave the car home to go to Church?

C.C.: One other member of the bishopric rides his bike to church except in winter. There is a family of 5 who recently sold their second car and purchased bikes that they plan to ride to church as soon as we get a proper bike rack. I am sure others will follow. I've seen this same growth in riders happen at work after a proper bike rack was installed about a year ago.

C.U.: Being fiscally frugal is, according to my wife, something that is frequently spoken about in church sermons. Do you ever incorporate riding a bike (or walking) to Church and elsewhere in Church sermons or bulletins?

C.C.: Yes. Two wards meet in our building. 95% of ward members in both wards live no more than 10 Avenues blocks from the meetinghouse. The slopes are gentle and the sidewalks are in foot condition. The walk is no more than 15 minutes maximum. My bike ride takes 90 seconds for my 6-block commute. The 2 wards schedules overlap by an hour. Every 2 years when my ward has the early schedule, I request from the pulpit those who are able-bodied and don't have a lot of stuff to carry to please walk so that there is sufficient parking for the seniors in the other ward when they arrive an hour before we depart. I usually repeat this a few times through the early months of the year. I know this inspires dozens of members to walk. I ask the bishop of the other ward to do the same when he has the early schedule for ward meetings.

I make the suggestions lovingly and humbly, as I never make this a moral issue. I respect each member's free agency and I don't judge. I don't

expound on my approach though I try to quietly lead by example.

C.U.: Hopefully you will get that bike rack soon! Do you ever envision a day when that is full and you need to request funds for another bike rack?

C.C.: Yes, but first we need to get the meetinghouse-level facilities management organization of the LDS Church calibrated to what is a proper bike rack. Last summer I requested a bike rack through proper channels. I assumed we would get a standard heavy-gauge steel-pipe "wave-rack" securely anchored in the concrete surface like those at the LDS conference center downtown, so I didn't specify a rack. I focused instead on proposing 3 optional locations for the rack with great attention to the aesthetic impact on our historical building.

The well-meaning facilities management group delivered an inexpensive rack constructed of thin gauge steel tubing with joint clamps fastened with carriage bolts. This could easily be disassembled by a thief, perhaps even without tools, so I was not satisfied with this solution.

So I learned from this experience that the LDS Church is willing to do proper bike racks at meetinghouses, but the people who are responsible are not experienced with bike racks and are not programmed to provide racks like the ones that are installed at Church headquarters. They have invited me to educate them, and I will do this. I hope to get it done this spring.

C.U.: Given the simplicity of bikes and the self-sufficiency of fixing bikes, I would think that this would appeal to various religious tenets, including the LDS Church. Has other factors such as the car as status symbol and perceived conveniences of cars in a sense corrupted core values?

C.C.: There is no status implication at all among my ward members who drive their cars to church. Americans in general are habituated to the perceived convenience of their cars. I don't think religion is a factor at all. I also don't think this is corrupted values as much as it is habit driven

by the hurried distraction of our busy lives and the lack of introspection. I think that when people in my ward really think about it, many recognize the hassle of walking is less than driving. If you live in the Avenues, you generally don't have an enclosed garage connected to your house. To get to your car, you have to exit your house, lock the door, unlock your car which is most often parked on the street, drive 6 blocks or so to church, find a place to park sometimes on the street and up to 100 yards away from the church, and walk to the church. If it has snowed, add the hassle of clearing the snow off of your car and from the wheels to the equation. I loathe this whole process.

In comparison, I roll my bike out of the house, lock the door and ride to church in 90 seconds. In snowy conditions, I walk. I doubt if I have used my car a dozen times to get to church on Sunday in the 5 years that I have served as Bishop.

C.U.: So as a wrap-up, describe some of the pleasures of your bike commute?

C.C.: It is often the highlight of my day. Some mornings as I descend 1300 East to my office in Sugarhouse, the sunlight, the fresh air and the views are glorious. I often say a prayer of gratitude to God for the privilege. I find most drivers to be deferential and courteous. The ride gets my mind going for work and clears it after. On Sunday mornings when I ride to Church for my early meetings, the neighborhood is asleep and I have the beauty and silence of morning all to myself...for about 90 seconds.

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

SATURDAY CYCLES

**BBB ISO Long Haul Commitment**

Stable, Intelligent, Versatile and Durable. Ready for anything you can throw on me. Let's see the country together?

Surly Long Haul Trucker

Come visit me at:

2204 North 640 West, West Bountiful
(801)298-1740 – **Open Saturdays 10-6**
(watch for expanded store hours in Spring)
(only 10 miles from downtown)



SemiCustom

SemiCustom. Clothing that is all you.

- SemiCustom Jerseys
- No Minimums
- Quick Turnaround
- Design Online

Now offering a **10% Discount** for a limited time to Cycling Utah readers!

Visit velowear.com/UTAHMAY to apply the discount or call 800-518-3314 and mention "UTAHMAY"

VOLER **VELOWEAR**

Discount does not apply to Gift Certificates, shipping or taxes if applicable. Only one source code may be applied per order. Offer expires 8/31/09. © 2009 Velowear, Inc. Photo by Doug Highland.

ROAD RACING

Evans Sweeps Tour of the Depot; Applequist Tops Men's Field

Above: Two riders attack the field in the Masters group.
Photo: Dave Iltis.

By Laura Howat

Ski Utah Cycling and race director Jeremy Smith promoted the exceptional Tour of the Depot Stage Race April 11th-12th in Toole, Utah. The rolling courses were perfect for the early season and the race attracted over 260 racers from Utah and surrounding states. The stage race had all the elements of a premier event; timely results, friendly officials, follow vehicles, corner marshals, well

marked courses and finishes, as well as many extras; lunch, Powerade, tents to duck out of the rain, motorcycle officials, marked cool down route and a time trial start ramp.

The first stage was a nine-mile time trial with three miles of moderate climbing followed by a long power descent. In the men's pro/1/2 category results were incredibly tight, Sam Krieg, ICE Rocky Mountain Surgery, gave his all to win the stage by only 1 second over second place Chase Pinkham, Canyon Bicycles

Draper with third place Ryan Belew, Rocky Mountain Bicycles, another 3 seconds back. In the women's pro/1/3, local pro Nicole Evans, ValueAct Capital, blitzed the course winning by 35 seconds over second place Karen Appleby-Krieg, ICE Rocky Mountain Surgery, with teammate Kris Walker another four seconds back.

Later in the afternoon riders tackled multiple circuits of a five-mile course with a long gradual climb and a furious descent to the finish stretch. In the men's pro/1/2 race, Eric Jeppsen escaped from the field on the second to last lap and stayed away to win and get a critical time bonus. The women's race stayed intact until a last lap attack by Nicole Evans which also drew out Alicia Welsh, PCIM. The women finished in that order before a hard closing field.

With two intermediate time bonus sprints and finish time bonuses, the Sunday road race shaped up to determine the men's pro/1/2 winner. Four men broke away early in the 75-mile race but were reeled in by a determined field. Next, Kai Applequist, Bob's Bicycles, and Matt Ohran, Monavie-Cannondale, started to pull away from the field. Since they were a little further down in the results the field let them go. The break got up to 3 minutes before the field started to

chase in earnest with the bulk of the work going to the Canyon Bicycles Draper team and Sam Krieg who was without teammates. Instead of heading back to town at the conclusion of two laps, the field started on a third loop in error. The situation was corrected by the motorcycle official but the incident disrupted the momentum of the chase. In the false flats heading into the finish the speed increased to close the gap to the break and the field started to blow apart. At the finish the duo managed to hold off the field by 40 seconds with Applequist winning the sprint. With the intermediate sprint bonuses and finish bonus, Applequist took home the top GC honors, Krieg 2nd and Pinkham 3rd. In the women's pro, 1-3 field Nicole Evans patrolled the front of the road race to insure her GC placing was secure and then attacked the field as the road inclined before the finish to ensure she continued her streak of all stage wins. The field behind shattered into smaller groups

with motivated riders shaking up the remaining GC spots with Walker moving into 2nd in GC and pro Nichole Wangsgard, Colavita Sutter Home, moving up to 3rd in GC.

Congratulations to other category winners: Spencer DeBry, Ski Utah Cycling, men cat 3; Zack Simons, Cole Sport, men cat 4; David Brockbank, men cat 5; Taylor Wiles, Revolution, women cat 4/ masters; Tyler Spence, Sun Summit, Junior 13-14; Luie Amelburu, Labor Power, men 35A; Louis Riel, Canyon Bicycles Draper, men 45A; Shannon Storud, Porcupine Cycling, men 55A; Marc Rosello, Porcupine Cycling, men 35B. Complete results are at www.tourofthedepot.com.

A special thanks to all the officials and race volunteers whose assistance elevated the race to premier status. After Sunday's lunch and awards party, racers left satisfied, determined to come back next year.

WANT TO START RACING YOUR BIKE?

FIND OUT HOW AT UTAHCYCLING.COM

RACE SCHEDULE

MARCH

27-29: TOUR DEL SOL

APRIL

04: HELL OF THE NORTH RR

11-12: TOUROF THE DEPOT

18: TAX DAY CIRCUIT

25: EAST CANYON RR

MAY

02: BUFFALO STAMPEDE RR

09: SLC DOWNTOWN CRITERIUM**

15: LOGAN CANYON TT

16: BEAR LAKE RR

17: BEAR LAKE TTT*

23: SUGARHOUSE CRITERIUM

30: GARDEN CREEK GAP RR

JUNE

06: STATE TT CHAMPIONSHIPS

13: LITTLE MOUNTAIN RR**

20-21: HIGH Uintas SR

27-28: GATE CITY GRIND SR



RACE FOR THE YELLOW
POINTS LEADER JERSEY

UCA

UTAH CYCLING
ASSOCIATION

www.utahcycling.com

* NON-UCA EVENT **STATE CHAMPIONSHIP



**A NEW ONE-OF-A-KIND,
SINGLE DAY ULTRA-
MARATHON BICYCLE RACE
ST. GEORGE, UTAH**

May 16, 2009

200 miles - 10,000' of climbing

The Red Rock 200 lets racers test their physical strength and endurance in one challenging, inspiring day on the beautiful roads of Southern Utah: St. George to Cedar City and back via Gunlock, Veyo, Enterprise and Snow Canyon.

Solo, Tandem and Team Divisions, racers may bring their own crew and/or may take advantage of three neutral support checkpoints along the route.

Entry includes a medal for every official finisher, an exclusive jersey for all who finish within the time limit, and great post-race celebration!

redrock200.com
embassy@planetultra.com

ROUTE 211

May is for Epics

By Greg Overton

In the past couple of weeks I've given some time, an easy chair and a beverage or two to the cause of viewing the Spring Classics on television. I love the 'hard man' races, like The Tour of Flanders, Fleche Wallone, and of course, Paris Roubaix. These races subject the riders to harsh weather, harsh roads and the deficiencies of early season form. All of this can conspire to create some of the more epic rides in a racer's career, and it set me to thinking about other epic rides, not the ones on the professional calendar, but closer to home.

During more than two and a half decades spent either racing or working in bike shops, I've heard of a few epics, done a few, been scared away by a couple and am left with a somewhat incomplete list of 'should haves' now that other circumstances will prevent them being checked off my list.

Several of these rides exist in and around Utah, and offer up some of the same obstacles that challenged the likes of Boonen, Flecha and Hushovd this spring. Probably the best known epic is the annual Logan to Jackson 200 mile war with attrition that gives a thousand and half riders something to shoot for each year. While the terrain isn't terribly difficult, the weather can be. And the 200 miles, plus a few depending upon the exact finish location, is a challenge to any rider's legs, but especially to the psyche. Keeping it out of the ditch and moving forward becomes a focal point for everyone at some point in any epic ride.

A few years ago, some friends and I were discussing the 'epicness' of long Classics and Tour stages. As these conversations usually go, we eventually got around to designing our own local replica epic. It was about 120 miles and included a couple of very tough climbs, a lot of wind and the added component of

traffic in several sections, which may not equate to rain soaked pave, but it adds a little something once you've got a few dozen hard miles in the hot sun behind you.

Our epic departed northern Utah County, near my home at the time in Lehi, climbing American Fork Canyon, over the Alpine Loop and descending into Provo. Provo Canyon, before those extra lanes were installed in recent years, was a decent substitute for pave in terms of fear for one's safety on the bike. Next came the congested streets and stop and go of Provo before reaching the open roads that took us to Payson, which has its own canyon. Many of you have ridden Payson Canyon - Nebo Loop and you know it's a long climb, a beautiful climb, but it's long. In fact, it's actually twice as long if you've ridden 50 or 60 tough miles before getting there. But once you've reached the roller coaster near the top that consists of several false summits, you are rewarded with a steep, white knuckle descent into Nephi, made all the better by fatigue, hunger and dehydration. Ah, but that ever present headwind blowing from every single direction in southern Utah County made the 50 miles or so yet to the finish look like the proverbial walk in the park. Or was that a cemetery? My vision seemed to fade between the two at the time.

Nonetheless, it was the closest we could come locally to the effort those guys on my TV give week in and week out, especially the Classics specialists, in those all-day-long one day races. In recent years, some of my friends have ridden from Provo to Las Vegas. This is not a one day epic, at least for human beings, but is an epic ride without a doubt. Talk about exposure to the elements! Western Utah and northern Nevada strike me as just about the last place that would be accommodating to a cyclist. It's missing the cobblestone paths of northern Europe, but the

relentlessness of those huge rollers, in the searing heat and constant wind, with emptiness all around, is a relative combination of Flanders and northern Italy. It sort of combines the features of the Ardennes classics with the likes of Milan San Remo, and removes anything green while turning up the heat. Throw in some cold rain and mud, a few groups of 'lubricated' Belgian fans along the way, and you just might have a Spring Classic style epic on your hands. You could do it in the early spring, but then you might find yourself in a snowstorm out there. That would give it all the more 'epicness', I guess.

A good local test, which can give you most of the fabric of those already mentioned, but right out your front door (many of you anyway) is the venerable loop that takes you

through the Salt Lake Valley, a slice of Utah Valley and then Tooele. It's a big merry go-round that you can hop on from any of those areas and ride off to create your own epic for the better part of a day. Take a turn here or there, and you can find yourself grinding out a ton of miles, but never so far from home that you can't call for a ride back if you just can't make the wheels go round any more.

Then there is the ever popular East Canyon, Morgan, Ogden, Salt Lake City loop. Another big merry go-round, spiced with some leg searing climbs, and you've got yourself another one for the list. This is one that I never checked off my personal list, not the entire loop anyway. But I did get lost once while trying, and created my own epic. Freestyle. Rush hour traffic in Davis County...that's a different kind of 'epicness'. That's not what I'm talking about here.

There are several other great rides in the area. I was always fond of mixing in a dirt road when I could. Makes

an epic ride just a little more tenuous. If you're feeling really good, take a road you don't know, see where it takes you. That can be tenuous sometimes, too, especially with quickly changing spring weather. These rides are a great way to get out and pile on the early season miles. Those of you who are training for the Logan to Jackson ride in the fall will surely be out on a few epics in preparation for that.

Nothing will motivate you to get out there quite like watching the Spring Classics will; seeing the best riders fighting the same elements that may be keeping the rest of us indoors. Pull up your leg warmers, pull down your wool cap and zip up your rain cape. May is Bike Month! Get out and find an epic or two, grind it out, see some new places and wear out some tires. You'll be glad you did.

TIMPANOGOS CYCLERY
PLEASANT GROVE • UTAH

DEMO THE ROAD OR MOUNTAIN BIKE YOU ALWAYS WANTED

APRIL 25 TH	JUNE 6 TH	JULY 25 TH
MAY 9 TH	JUNE 20 TH	AUGUST 8 TH
MAY 23 RD	JULY 11 TH	AUGUST 22 ND

Call to learn more about demo events.

Specialized Cannondale PIVOT CYCLES

Pleasant Grove • 801-796-7500 • timpanogoscyclery.com

Utah State Championship

Downhill 2009

GO-RIDE Series

May 23-25 (Memorial Day): Sundance Showdown* -- Sundance, Utah
 June 7: Bountiful Bomber -- Bountiful, Utah
 June 20-21: Wolf Creek Mountain Mayhem* -- Eden, Utah
 July 25-26: White Pine Pow-Ow** -- Pinedale, Wyoming
 August 1-2: Pomerelle Pounder** -- Pomerelle, Idaho
 August 14-16: Flyin' Brian Gravity Festival -- Brian Head, Utah

* Super-D race too! ** 2-Day Downhill Racing!

USA CYCLING MOUNTAIN

PRESENTED BY SALAMANDER PROMOTIONS & GO-RIDE
 FOR INFORMATION CHECK OUT WWW.GO-RIDE.COM
 SALAMANDER: 801-375-3231 GO-RIDE: 801-474-0081

TRAIL OF THE MONTH

This is not Gooseberry Mesa



Above: Danny Christensen and Rob Girouard on the Goulds headed towards Gooseberry Mesa.
Right: Kathleen Berglund and Rob Girouard on the Goulds with Mollie's Nipple in the background.
Photos: Lukas Brinkerhoff

By Lukas Brinkerhoff

In fact, this trail is nothing like Gooseberry Mesa. The only thing the trails have in common is their location. As Bryce Pratt, local bike wrench put it, it's amazing how many diverse styles of riding can be enjoyed in such close proximity.

The Hurricane Cliffs Trail System sits at the base of Gooseberry Mesa and consists of the three trails used to make this loop, the Goulds, the J.E.M., and the Hurricane Rim. All three trails, in and of themselves, deserve your time and love, but loop all three together and you have yourself an epic ride.

Traditionally this ride starts by darting down the highway and then climbing up double track to access the Goulds trails. If you enjoy cranking out a grueling climb for your warm up and then finishing with what has been dubbed Bonk Hill, this is the way to go. Fortunately all three trails provide access to the loop

and can create different dynamics for your cycling needs.

I personally prefer to be warmed up when I begin a climb and to not start the steepest, loosest, longest climb of a ride when I'm about finished. So I start this loop at the bottom of the J.E.M. I do this for two reasons. First, it starts the ride by climbing slowly and easily and puts the two climbs that are traditionally bookends for this trail, in the middle of my ride. Second, it allows me to ride the entire length of the J.E.M.

To start the ride, head to the mighty city of Virgin. Just as you are entering the city you will need to take a right on Sheep Bridge Road, aptly named for the sheep bridge. This dirt road will take you across the Virgin River and you will see a parking lot with a thread of singletrack heading out of it. Park here.

This is the desert. Before you leave your now parked car, ensure that you have plenty of water. Our outing this April left one rider, who

had packed a 100 oz. reservoir, without water for the last bit of the ride. It is also a good idea, as it always is, to have a spear tube, patch kit and multi tool. And if you have a good sense for trailside repairs, bring that along as well. This loop is just over 20 miles long.

Head up the trail from the parking lot. Make sure you stay on your toes as the trail parallels the Virgin River and in certain places has a decent amount of exposure, but more importantly take in all the beautiful scenery that surrounds you. Follow the trail up till you come to a fork. If you go left you will stay on the J.E.M. Trail but instead go right to start the Hurricane Rim Trail. Up to this point the trail is swoopy, flowy and gently climbs up from the parking lot.

The Hurricane Rim will continue in this same sense for a few miles but the trail will become more rugged and steeper the farther you go. This section of trail will climax with Bonk Hill, which if you are riding it the



non-traditional way shouldn't make you bonk. The loose, steep hill will give way to a rolling downhill that then drops off down to the highway. The rim trail ends at the parking lot on US 59, just up the hill from Hurricane. This is where the traditional loop starts.

At this junction you must ride and cross the highway. The road is narrow and steep so be careful. Go downhill on US 59 for a couple hundred yards. To your left you will see a dirt road that juts up off the highway. Take this road. You are now on the double track that takes you into the Goulds Trail. Climb the dirt road and follow it for just a bit past the top until you see a small sign on the right side of the road. Next to the sign will be your singletrack.

The Goulds Trail has its share of climbing but nothing compared to what you just finished. The trail will undulate and swoop, take you towards some ledges and then head towards Gooseberry Mesa. This section of your loop can vary depending on the time of year and trail conditions. Be prepared for sections of bumpy singletrack and a few short jaunts on double track.

This trail ends when you run into US 59 again. You will ride over a roll-over and onto the highway, check both ways and then ride directly across the road onto Sheep Bridge Road. Follow the dirt road for

a little ways and you will come to the J.E.M Trail's upper parking lot with a sign indicating where the singletrack resumes.

At this point you have finished almost all of the climbing. And this isn't one of those almost where you climb another hill just to be told that you have to climb another hill. You will meet up with a few quick ups but the majority of the J.E.M. from this point is fast, big ring downhill with plenty of swooping singletrack to keep you stoked. This is your reward. Other than one switchback, which can be ridden, this trail is not technically challenging. Put it in the big ring, if you have one, and let 'er rip.

The trail will take you right back to where you started. Hopefully you remembered the ice chest with cold beverages and some potato chips because at this point in your day you are probably going to want them.

With its amazing views of Zion, Mollie's Nipple and the Virgin River, the Goulds J.E.M. Rim loop will offer you some of the same sights as Gooseberry Mesa, but it will punish and pleasure you in a completely different way.

Support Your Local Bike Shop!

FREE DEMO DAY

Sunday May 31st - Draper, Utah - Ride the New Draper Hollow Trail
Visit www.go-ride.com/demoday.html for more info

3232 S 400 E, Salt Lake City
801-474-0081
shop 24/7 www.Go-Ride.com

INTERMOUNTAIN CUP MOUNTAIN BIKE RACING SERIES

801-942-3498 or www.intermountaincup.com

March 7	Red Rock Desert Rampage, St. George, UT
April 4	Cholla Challenge, Hurricane, UT
May 2	Showdown at Five Mile Pass, Lehi, UT
May 9	Wimmer's XC Race, Sherwood Hills, UT
May 16	Soldier Hollow Hammerfest, Heber City, UT
May 25	Stan Crane Memorial XC, Draper, UT
May 30	The Sundance Spin, Sundance, UT
June 13	Deer Valley Pedalfest, Deer Valley Resort, UT
July 11	The 22nd Annual Mountain Bout, Snowbird, UT
July 18	Chris Allaire Memorial/Utah Open State Championship, Solitude, UT
July 25	Taming the Tetons, Jackson Hole, WY
August 1	Rock the Canyons! XC, Regional Finals, The Canyons Mountain Resort

All races are Cross Country Events, No License Required!

MOUNTAIN BIKE RACING

Gillespie and Wallenfels Take Cholla



Brian Tolbert (Kuhl/Scott) leads out the men's expert 19-29 field. Right: Lynda Wallenfels (LW Coaching) took the Pro Women's win. Photos: Lukas Brinkerhoff

By Lukas Brinkerhoff
The MonaVie/Cannondale team dominated the Pro Men's category

at the Cholla Challenge. The team held a monopoly on the podium with Bart Gillespie taking first, Alex

Grant with second and Bryan Alders in third. The team started strong and held through till the end.

Gillespie, Grant, Alders and fellow teammate Jeremiah Bishop came through for their first lap in roadie paceline style, all four riders tucked in and looking good. Jerry Simmons, race promoter, commented as they past, "They won't break up until the final lap." He was right. The Monavie riders marked 27 minutes for their first lap.

Drew Edsall and Chris Holley were the next racers back. The two looked good and came through chatting. Apparently they were enthralled in the conversation because they missed the turn and added a few seconds to the lead groups gap. Simmons said it doesn't matter how many times he tells the racers not to go through the start/finish until the end, there are always riders that make the mistake. David Welch came through just a few seconds off the second group.

The Cutthroat "Support Crew" was having too much fun, if too much fun can be had. They started cheering on all riders, promising their teammates a certain liquid motivation and quickly filled in to ensure no more riders missed the turn.

The Pro Women's category came through with Lynda Wallenfels at the lead with two other riders. She looked like she was out for a Sunday stroll. She explained after the race that she "can fake it" having a larger than normal lung capacity allows her to look good even when she is feeling the burn. Her competitor, Kara Holley, was a few seconds back fol-

Continued on page 21

THE NEW

FEATHERWEIGHT

SANMAGUIZ

BLUR XC CARBON

BIKER'S EDGE

232 N Main Kaysville, UT | 801.544.5300 | bebikes.com

TRIATHLON NEWS

New Triathlons Abound for 2009

By Scott Kelly

New Triathlons Abound for 2009
When I moved to Utah in 1995 there were only three triathlons (with open water swims) Spudman, East Canyon and the old Vernal Dinosaur triathlon. These were the only triathlons within easy driving distance of Salt Lake City.

The now defunct Desert Sun half iron distance race in Grand Junction, CO was produced for a few years before it went out of business. By 1999 the Habitat for Humanity off-road tri and the Jordanelle tri, both staged at the Rock Cliff state park area of Jordanelle Reservoir, came along. Ironman Utah took place in 2002 and 2003 (as a half Ironman) and then was cancelled for good.

Slowly but surely, 14 years later, we have over 32 triathlons (with open water swims) to choose from. This includes races in Colorado, Utah, Nevada and Idaho that are within a four to six hour drive from Salt Lake City. Of these 32 events, seven new races have been added to the schedule in 2009.

New to the race production business is US Tri Sports. They have four events planned for 2009. Their first open water event of the season is the Stansbury Park triathlon on May 23. This race will be staged in a planned residential community west of Magna with a manmade lake on the premises. Their next race is the Rock Cliff triathlon on June 27th at Jordanelle Reservoir. This is a similar course to Tri Utah's popular Jordanelle tri in August. The third US Tri Sports race is the Daybreak tri also staged in a planned residen-

tial community built on Kennecott Copper mine property, with a man-made lake, located in South Jordan. All of their races offer sprint and Olympic distance options.

BBSC Endurance Sports (BBSC) is adding two new races to the mix this season. Well known for their Rage 5, St. George, Kokopelli and Pumpkinman triathlons, BBSC is producing the Park City triathlon on August 8 and the Bear Lake Classic triathlon on August 29. The Park City triathlon will offer sprint and Olympic distance options. (No further information about this event was available as of press time.) The Bear Lake Classic tri will offer sprint, olympic and half iron distance events. Currently, there has only been one other half iron distance race in the state (the Utah Half on August 15) to choose from so this is exciting news. The Bear Lake Classic half consists of a 1.2 mile swim, a 56 mile bike around the lake and a 13.1 mile, out and back run, along the east side of the Bear Lake. This is a spectacular venue and a course that should prove to be quite popular as word spreads about the race throughout the triathlon community.

BBSC will also be producing the Scofield triathlon on July 18. This event has grown steadily in popularity since it was taken over by co-race directors, Burke Priest and Justin Jones, in 2006. In 2008 a long course option, the "Escape" from Scofield, was added to the mix of events providing triathletes with a very challenging 1.75 mile swim, 39 mile bike and 10 mile run.

Another newcomer to the race directing business is Sun Dog Multi-

Sport. They are producing three new triathlons. The first race with an open water swim is the Sun Dog Bear Lake triathlon on June 27. The second event (although not confirmed) is tentatively scheduled on September 12 at Gunlock Reservoir west of St. George. Both races offer sprint and Olympic distance options.

The XTERRA USA National Championship has been moved from Lake Tahoe to Snowbasin Ski Resort in Ogden replacing the Mountain Championship that's been staged there for the past three years. Pros along with top qualifying age groupers from around the nation will compete for prize money and slots to compete at the XTERRA World Championship in Maui. On Saturday September 26 the sport event will take place. This event is open to anyone. The XTERRA National Championship will be held on Sunday September 27 over a longer course.

Now in its third year, the Vikingman triathlon returns on Sat. June 6. This race offers half iron distance, aqua bike and a new Olympic distance event. The half and aqua bike, bike courses, have been changed to two loops (one 25 mile loop for the Olympic event) and the RUN course remains the same.

Also in its third year is the Battle at Midway triathlon on June 12-13 at Deer Creek Reservoir and Soldier Hollow State Park. This race offers sprint and Olympic distance options along with a kids race, off road duathlon, and 9K trail run. A later (8AM) start time should help warm-up participants provided the weather cooperates!

With three triathlons scheduled at Bear Lake, the incumbent, Gold Medal Racing's Bear Lake Brawl on September 12, has considerable competition. All three sprint/Olympic courses are quite similar utilizing the state park at Rendezvous Beach as

the transition area and the east side of the lake for the bike and run. For those interested in making the trek to Bear Lake you can test your fitness three times this season at this venue.

It will be interesting to see how things shake out this season and whether or not the market can support all these new events. Either way, there are plenty of races to choose from, at different venues, providing new challenges for all who wish to participate!

For more information on these races and other events see Cycling Utah's calendar or visit: www.bbsc-tri.com, www.ustrisports.com, www.sundogsport.com, www.goldmedal-racing.com, www.vikingman.org, www.bamtriathlon.com, www.xterra-planet.com, www.triutah.com, www.racetri.com, www.dinotri.com.

Scott Kelly is a personal trainer specializing in the sport of triathlon. He is the Head Coach and founder of Team Fast Lane, a USA Triathlon sanctioned club based in Salt Lake City. For more information visit www.teamfastlane.com.

Ironman St. George 2010 Update

As of press time the new Ironman St. George triathlon scheduled on Saturday

May 1, 2010 was still open for registration. According to Kevin Lewis, Director of Sports, Events & Adventure for the St. George Convention & Tourism Bureau, as of April 13, 1925 people have registered for the event. The race will be capped at 2500 total entrants. Hotel rooms in the area are steadily filling up for race week with an average room rate between \$75.00 to \$115.00 per day. The entry fee for the race is \$550.00. For more information or to register for this event visit www.ironmanstgeorge.com.

PLANET ULTRA PRESENTS



UltraMarathon Bicycle Race Sept. 12-14, 2009 St. George, Utah

The world's largest RAAM Qualifier, in breathtaking Southern Utah. Enjoy the spectacular scenery around Zion, Bryce, the Grand Staircase-Escalante, Cedar Breaks, Snow Canyon and more! The Hoodoo route is a perfect loop starting in St. George - every mile beautiful and unique.

Solo, tandem and 2 or 4-person relay teams. Racer Friendly rules. Entry fee includes an exclusive jersey for all official finishers and a post-race awards brunch.

Preview the race course at our 4-Day Hoodoo 500 Training Camp or our 7-Day Tour of Southern Utah.

Hoodoo500.com / Planetultra.com
Embassy@planetultra.com

August 1, 2009 • Registration, Routes and Complete Details on www.tourdeparkcity.com

FELT
BICYCLES

Newpark
The newer side of Park City

presents

Tour De Park City

UCA Race, Super Century, Century, and Half Century Tours.

GREAT
NEW
IMPROVEMENTS
FOR 2009

EVENT INFORMATION

Race Distance will be:
170 miles

Race Purse: \$5,000

Race Open to:
Licensed USCF Riders
Citizen Class Riders

Relay Teams 2-5 Person Teams

Tour Distances will be:
Super Century 170 miles
Century 100 miles
Half Century 50 miles

Each Rider will receive:

Event related gear
Full access to great aid stations
Swag bag full of great gifts
and much more ...

Full category prize list can be found at:
www.tourdeparkcity.com



Organized by Mountain RaceWorks



Questions Call Riley at 435.671.5053

RIDER PROFILE

Tiffany Pezzulo — Aspiring Pro Woman Bike Racer

By Mike Newberry

Tiffany Pezzulo is an aspiring Pro Woman bike racer currently residing in Utah. She has recently joined the Defined Fitness Training p/b Treads Elite Women's Race Team based out of Colorado (<http://dftwomen.blogspot.com/>). She and six other teammates recently competed in the 25th edition of the grueling Redlands Bicycle Classic in California. Along with being a top Women's Pro bike racer, she also is an accomplished cyclocross and mountain bike racer. I caught up with Tiffany and thought I'd ask her some questions.

Tiffany, inquiring minds want to know...

1. How did you first get into road cycling?

A knee injury in high school forced me off the soccer field, basketball and squash courts onto a bike for rehab. I enjoyed riding (and swimming and running) so I started doing triathlons when I was 18. My first race was on a Raleigh Hybrid with a kickstand. At the University of Pennsylvania, I started bike racing when I was 20. I won my first collegiate race in Bloomsburg, PA and qualified for collegiate nationals as an individual. I was totally hooked and decided to move to Boulder to race, train and finish college (in that order).

2. What was your first race and how did you place?

My first ever bike race was in Central Park in 1995. A bunch of us from the Penn college team got up at some UNGODLY hour and traveled to New York City to race around the park. I'm pretty sure they still have the Central Park races. I think the races go off at 8 am or something crazy because otherwise the park gets too jam-packed with joggers, rollerbladers and Holden Caulfield wannabes.

I think I raced with the men's cat 4-5s (I don't think they had a separate women's field). I hung in a gruppetto of dudes off the main pack and was psyched. I remember those NYC women being pretty burly--racing with the men. They were all strong, good bike handlers and sprinters, with lots of tattoos and piercings, and they were NOT afraid to yell at the men.

3. What's the biggest lesson you've learned in bike racing so far?

Talk with your legs, not your mouth.

4. What's your scariest moment racing a bicycle?

When you hear the crunch of metal. It's like when you see a gigantic flash of lightning, you know a bowel shaking round of thunder is coming. The other scary moment is when I've just gone for a prime or done a big effort and someone really strong counter attacks. Then I want to cry.

5. You completed in some big races recently, USA Crits Final in Las Vegas (where you finished 10th) and just recently, The Redlands Bicycle Classic in California. Were those races fun and why?

I LOVE competing in big races! It's a lot of fun to race small local races--and around here we have some really strong women! But those big events are so stellar! You have the course all to yourself, you're racing with the best, the spectators, the announcers....I love everything about it! Vegas ('08 USA Crit Finals) was a blast because anything involving exercise is so out of place in Vegas. Redlands was amazing and probably one of the hardest races I've done in my life--but I had a total blast! It was my first big race with my new team, DFT p/b Treads.

Redlands was pretty intense--but I was totally inspired by my teammates---who are strong incredible women. We all love pushing ourselves to the limit and seeing how well (or poorly) we stack up against the best of the best. I'm really excited to be supported by and to help support my teammates at the different races we'll be doing this year.

6. Being married and having a job as a lawyer, how do you balance your life and work outside of the demands of bicycle racing?

I'm really lucky to have an awesome husband who has (over time) become supportive of my racing. He is not a racer himself--but he is very fit and I train a lot with him. He doesn't ride to race--he rides for the pure pleasure of it all. That is something that is GREAT to be reminded of! It can be a challenge--with all the travel and craziness--but a racing Tiff is a happy Tiff--and a happy Tiff is a better spouse than an unhappy Tiff. Like anything, the balance definitely requires compro-

mise at other times of the year.

On the work side it's also challenging--but the director of the agency I work for is a big cyclist himself and so far he has been really supportive and understanding. On the flip side I definitely need to make sure I'm getting a lot done when I'm in the office.

7. Which cyclist do you consider most inspirational (if any)?

There are 3, Ina Yoko Teutenberg (Team Columbia Women) and Laura Van Gilder (UCI WPT Cheerwine) are 2 of the fastest women on 2 wheels--and they are really nice. They are incredible athletes, they don't have attitudes and they are just so damn good at what they do. You don't hear them squawking in the pack--they definitely talk with their legs.

On the men's side, Chris Wherry is the same way. He's a former US Pro champion, winner of several of the major stage races--and he's probably the nicest pro dude bike racer you would ever meet. He also has a life outside of riding--and things he loves doing. During my 1st winter in Boulder, he would lead these group hikes (instead of rides). Just like a group ride there would be a big pack of us charging up the peaks around Boulder just having a total blast.

8. What do you enjoy most about racing a bicycle?

The challenge of constantly trying to improve, the pain, the rush of cornering in a pack--and there isn't anything better than winning!



Above: Tiffany in the Tour of the Depot, stage 2. Photo: Dave Iltis.

9. If you could race in the pro peloton in Europe, what race would you like to compete in?

The Giro d'Italia (The Tour of Italy)

10. What advice would you give a beginning bicycle racer?

Don't take anything personally (I promise you that there ARE nice bike racers out there)--and find someone fast who is also respected in the peloton--watch what they do both on and off the bike. Also do

lots of group rides.

Tiffany and her DFT p/b Treads team has an ambitious schedule during this '09 racing season. You can check in on them at the teams website: <http://www.definedfitnessstraining.com/09eliteroad> or their blog, <http://dftwomen.blogspot.com/>.

You can also follow Tiffany's exploits in her multifaceted life on her own blog "Is this thing on?" at <http://tiffanypezzulo.blogspot.com>.

MINERSVILLE, UT

SEPT 4-7

801.677.0134

- CHOOSE - 3 CENTURIES OF RECREATIONAL RIDING
- OVER 100 MILES OF SINGLE & DOUBLE TRACK
- CAMPING, FUN, ENTERTAINMENT, & CLINICS
- ROAD RACING 4 STAGES - ROAD RACE, TIME TRIAL, CRITERIUM, ROAD RACE
- MOUNTAIN BIKE RACING 4 STAGES - TIME TRIAL, SUPER D, SHORT TRACK, CROSS COUNTRY

www.bike2bike.org

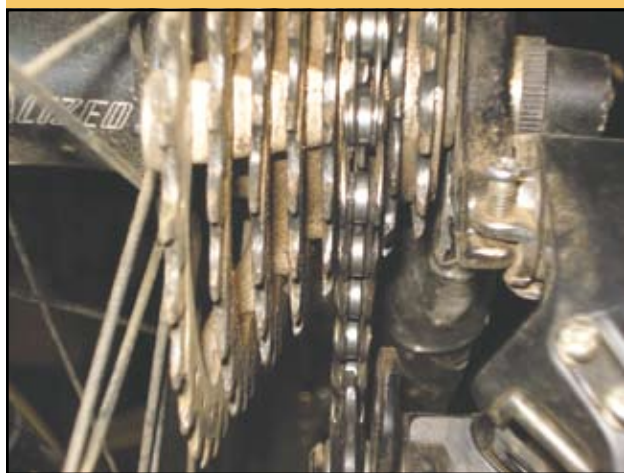
MECHANIC'S CORNER**Adjusting the Rear Derailleur Cable for Smoother Shifting**

Photo 1. Good chain alignment. Equal space on both sides of the chain.

By Tom Jow

Last month we learned how to perform the often-needed service of replacing the rear derailleur cable. We will complete the task this month by adjusting the cable tension for proper derailleur alignment. This is a skill that seems difficult to the inexperienced but with some time and patience it can be learned. Being able to adjust to perform this adjustment is very useful in the event of some technical difficulty on the trail or road.

Before we start, it is important to understand how the indexed shifting system works. The rear shifting system consists of (for practical purposes) four main parts: the shifter lever, the cable, the cassette and the rear derailleur. Inside the shifter is a ratcheting mechanism that has a click for every gearshift. Each click pulls the cable a specific amount. These clicks correspond to the distance between the cogs on the cassette. Since the cable is the only part that is adjustable we must adjust the length of the cable to align the clicks, or detents, in the shifter to the cogs of the cassette. That way, when we click the shifter three times, the chain and derailleur will move the precise amount to reposition itself three cogs over. The tricky part is getting the tension just right so the chain shifts smoothly up and down the cassette without contacting the adjacent cogs.

These instructions are written for a standard high-normal derailleur, which begins with the chain in the smallest gear. Be aware that some mountain bikes use a Shimano derailleur called Rapid Rise (low-normal). This derailleur operates reverse from standard derailleurs with the chain located on the largest cog when relaxed and the shifter pulls down to the higher, or harder, gears. If you are working with one of these, start with the chain on the middle ring and large cog. The chain moves opposite of the directions explained below.

1. Place the chain on the large chain ring and the smallest cog. While turning the pedals, move the shift lever three clicks.

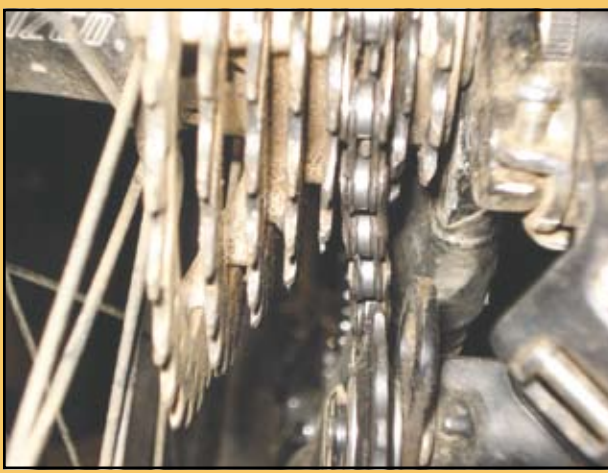


Photo 2. A chain leaning left needs more cable tension. Note the large gap on the left and chain nearly touching cog on right.

The chain should move up to at least the third, or maybe fourth smallest cog. It may hesitate and/or make light grinding sounds. If it doesn't reach the fourth cog, don't worry.

2. Release the shifter 1 click. The chain should now be on the third cog. If not, carefully move the derailleur by hand to place the chain on that third cog. Our goal now is to calibrate the shifter and cassette by adjusting the cable length.

3. At this point, move to the rear of the bicycle and carefully examine the position of the chain and rear derailleur under the cassette. We are striving for a vertical chain alignment between the cassette and rear derailleur (photo 1).

4. More likely the chain leans a little left and the derailleur is a little right of center (photo 2). If this is the case, we need to tension the cable a bit to move the derailleur under the cassette. Grasp one of the adjusting barrels and twist it counter-clockwise a ¼ turn. Check the alignment. If necessary, adjust some more. Keep mental track of how many turns you've made. Continue until the chain appears vertical (photo 1).

5. It is possible that the chain is leaning a little right, with the derailleur a little left of center (it is very easy to get here by going too far on step 4). If this is the case, de-tension the cable by turning the cable adjuster clockwise in ¼ turns until the chain appears vertical.

6. Begin turning the pedals and test shift the bike. Count the clicks. The chain should move 1 cog for every single click. If the chain hesitates moving to the large cogs, the cable needs more tension. If the chain hesitates

going to the small cog, the cable needs less tension. Said another way, adjusting the barrel out moves the chain up the cassette and adjusting the barrel in allows the chain to move down. Continue steps 3,4,5 until the chain shifts smoothly up and down the cassette. A good test gear is the large ring and the third largest cog. In this combination, the chain should pedal smoothly without rubbing another cog.

Now that we've gone through it together, adjusting the rear derailleur is not so difficult. Like most skills, with patience and practice it becomes easier and faster. And once mastered, it becomes no problem to make quick adjustments in case of minor cable stretch, dirty cable or dreaded bent derailleur.

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

24 Hours of Moab Host to Nationals in 2009

Colorado Springs, Colo. —USA Cycling announced today that it will hold the 2009 24-Hour Mountain Bike National Championship at the 24-Hours of Moab in Moab, Utah on Oct. 10-11, 2009.

Originally slated to be held in Arizona, the USA Cycling 24-Hour Mountain Bike National Championships were re-set due to schedule and location conflicts. Previously held in conjunction with the 24-Hours of 9 Mile in Wisconsin, the event will now be run through Granny Gear Productions for the next two years, coinciding with the 24-Hours of Moab event in 2009 and 24-Hours of Big Bear, in Hazelton, West Virginia, in 2010.

"Moab will be the perfect battle ground for a National Championship race. The course is a classic mix of high-speed double-track, technical sections and power-sucking sand-traps," said Laird Knight, President of Granny Gear Productions.

The national championship competition in Moab will be open to American riders only. The 24-Hours of Moab event however will offer more than 20 divisions open to various age groups, skill, levels and team sizes.

Prior to the addition of an American-only national championship race, the 24-Hours of Moab has a fourteen-year history as one of the most popular mountain bike races in North America. The annual event draws more than 4,000 racers, support members and spectators to a stunningly beautiful biking venue. The event also offers a \$20,000 total cash purse and more than \$30,000 in prizes.

For more information on the 24 Hours of Moab, visit grannygear.com

GET IT IN GEAR AT THE HUNTSMAN WORLD SENIOR GAMES

Gold Medal Sponsors



UTAH
LIFE ELEVATED™

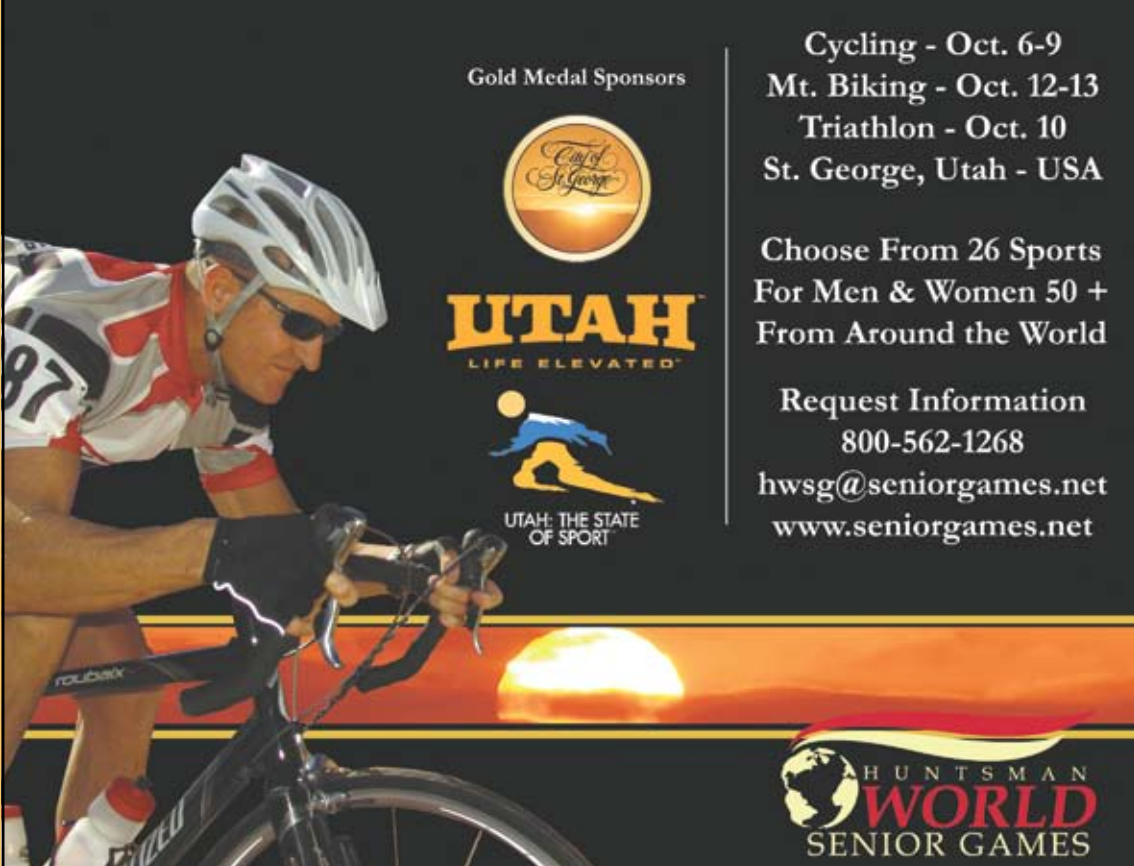


Cycling - Oct. 6-9
Mt. Biking - Oct. 12-13
Triathlon - Oct. 10
St. George, Utah - USA

Choose From 26 Sports
For Men & Women 50 +
From Around the World

Request Information
800-562-1268

hwsg@seniorgames.net
www.seniorgames.net



Spin to Win.

Visit our new location,
4233 S Highland Drive
Holladay, Utah

801.277.2626
888.277.spin
spincycleutah.com

SPIN CYCLE

**Cholla Challenge -
Continued from page 20**

lowed by Jennifer Hanks. Lap two found the MonaVie team holding strong. The same four riders came through, in what came to be typical of the race, in paceline style. Bishop cut off from the group and took a pit stop. Holley and Welch came around for their second lap chasing the lead group. Both riders looked good. Bishop was back on the course just behind the second group. The leaders marked this lap around 54 minutes, holding consistent.

The racers were enjoying near perfect conditions. Rain and snow from the previous night left the course tacky and fast. The temperature was chilly if you were a spectator, but the slight breeze and partially cloudy sky made for a nice short-sleeved race.

Wallenfels lead the Pro Women's second lap. She came through looking strong like she hadn't even started to ride yet. Sue Butler was her closest competitor rounding off her second lap a few minutes back and being chased by Kara Holley. Wallenfels held her gap taking the race. Butler held on and came in just under three minutes back. Holley took third with about the same gap off of second.

Wallenfels commented on her victory, saying she had originally planned on drafting the leader through to the last lap where she would have made her big move to take the race, but after a bit she decided to go ahead and take off. After all, she was out to get some exercise.

Around the time Wallenfels came in to finish her race and the pro men were out for their last lap, the sport riders began to huddle around the results board. Unfortunately for some, the longer they watched the board the lower their placing became. Riders teased each other that they should leave and stick with the results first posted to make themselves feel better.

Dave Smith, racing in the Expert Men's 40+, passed completing his second of three laps by hollering "Owie!" After completing his last lap, still not quite having caught his breath he described the course, in particular one spot. He said there was a perfect "pinch flat" rock at the bottom of one of the hills. To avoid the rock, Smith ended up taking a digger but saved other racers by eliminating

the problem. He said at every lap there were at least two racers with flats at the bottom of that hill.

Smith's category was taken by Brad Keyes who beat out the other 11 riders on his singlespeed. His closest competitor was Chris Bingham who crossed the finish line 50 seconds back.

Brad Newby, a Team Red Rock Expert Category racer, commented on his race saying, "There are some strong guys in the class." He said there were seven guys right off the front. Newby who took 11th in his class said he felt good about his performance and felt that this race was an improvement over the past.

The MonaVie team came in to finish their victory. The leading group stayed together till the end. Gillespie peeled off the front to gain a six second advantage over Grant. Their third teammate, Alders, was about a minute off of second but close to three minutes ahead of David Welch who took fourth. Unlike the lesser category racers, most of the pros came through strong and then continued to spin out their legs.

Chris Holley, who took sixth in the Pro Men's Category, crossed the finish line and came to a complete stop, executing a trackstand to finish what was a grueling race.

The racers' consensus was that of a good race. The temperatures, especially compared to previous years were awesome. Simmons had shortened the course to eliminate some of the less attractive trail and to keep things interesting. The new course required riders to ride more laps, but no one seemed to mind. According to Simmons, the Cholla Challenge had a record turn out with over 250 riders starting.

As the racers gathered around, the support crews provided comfort and the remembering and telling of the race began. Even the riders who looked dead as they crossed the finish line seemed to be revitalized enough to comment on how things went for them. I guess Smith put it best, "It's more fun to remember and tell about the race than it is to actually do it."

See results on page 9.



www.edwinbicycles.com

801-815-9918

6th Annual

**May 15, 16 & 17,
2009**

Garden City, Utah



Presented by:



Over \$5,000 in Cash, Prizes and Awards!

USCF Permit Pending - Cash & Prizes given across the field!

REGISTER ONLINE: www.new.sportsbaseonline.com

Friday, May 15, 2009 – 5:00 PM, Uphill Individual Time Trial; 1-minute start time interval; 3-mile uphill climb

Saturday, May 16, 2009 – 8:45 AM, Road Race; USCF Men's Cat 1, 2, 3's & Masters 35+ (twice around the lake – 104 miles), Men 4,5's/ Women's Cat 1-3 & 4's/Masters 45+, 55+/Junior's/Competitive Citizens male/female (all once around – 52 miles) – **New Timing Chips Required**

Sunday, May 17, 2009 – 8:45 AM, 5-man Team Time Trial (score 3rd wheel), Cat. Classes – 1-lap, 52-miles around beautiful Bear Lake

For map, race bible and race details; go to – www.loganraceclub.org or www.bearlake.com

Race Start and Location: Blue Water Resort, 2126 South Bear Lake Blvd., Garden City, Utah

Race Director: Kevin Rohwer; email: krohwer@s-spower.com

Sponsored in part by: **K2 Promotions, BEARLAKE.COM, BLUE WATER RESORT, VISTA REALTY and The Logan Race Club**

BH Making Quality Bicycles for 100 years

Simply Performance
801-278-1500
www.canyonbicycles.com
3969 South Wasatch Blvd.
SLC UT 84124

All bikes come with a professional fit session and one year free service

2009 BH models in stock
All 2008 bikes on sale

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!

Bicycle Motocross

Rad Canyon BMX — (801) 824-0095

Deseret Peak BMX — www.deseret-peakcomplex.com, Tooele

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

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

Cycling Events

Advocacy Groups

Mayor's Bicycle Advisory Committee (MBAC) meeting. Second Wednesday every month 5 p.m. at the Salt Lake City/County Bldg, 451 S. State, Room 326. (801) 535-7939 or (801) 487-6318.

Salt Lake County Bicycle Advisory

Committee — Meetings are the second Monday of each month from 5-7 p.m. in suite N-4010 of the Salt Lake County Government Center, 2001 S. State, SLC, (801) 485-2906

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

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

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

Mountain Trails Foundation — Park City's Trails Group, (435) 649-6839, (435) 731-0975, carol@mountaintrails.org, www.mountaintrails.org

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

Utah Bicycle Coalition — Statewide advocacy group, utahbikes.org

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

2008-2009 Cycling Events

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, for more info, if you have a bike to lend, send an e-mail., slccriticalmass.org

Bike Polo League — Salt Lake City, UT, Tuesdays at Liberty Park, Salt Lake City, 7 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,

Bicycle Film Festival — TBD, Salt Lake City, UT, showings will include films from the Bicycle Film Festival never before seen in Utah, live music afterwards, benefit for the SLC Bike Collective, 7:30 pm, The Depot at The Gateway, 400 W. and S. Temple., 801-FAT-BIKE, jonathan@slcbikecollective.org, bicyclefilmfestival.com

May 1 — UTA Bike Commuter Challenge, Salt Lake County, UT, check website for details., Pat Dierks, 801-287-2062, PDierks@rideuta.com, utarideshare.com

May 2 — GOTS, Bike and Outdoor Toy Swap, Salt Lake City, UT, Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday, Tim Metos, 801-533-8671, vtshopdog@earthlink.net, wildrosesports.com

May 2-3 — Young Riders Bike Swap, Park City, UT, May 2 (8-5pm) & May 3 (11-3pm), Annual White Pine Touring swap to benefit The Young Riders youth based mountain bike program, great time with food and raffles, dropoff May 1st (3-7pm) and May 2nd (noon-9pm), 'The Yard' 1251 Kearns Blvd., 435-649-8710, 435-659-1188, heinrichdeters@yahoo.com, youngriders.com

May 2 — Utah Bike Summit, Salt Lake City, UT, Bicycling Summit, Information, talks, Workshops on Advocacy, Salt Lake City County Building, 9 am - 1 pm, Keynote Speaker: Gary Sjoquist of Quality Bike Parts and Bikes Belong, Julian Tippetts, 801-535-7740, Julian.Tippetts@slcgov.com, slcgov.com/bike

May 6-27 — UTA Bike to Work Wednesdays, Salt Lake County, UT, Wednesdays in May. Ride your bike to work! Show your support of biking as a viable commute option by biking to work every Wednesday throughout May., Pat Dierks, 801-287-2062, PDierks@rideuta.com, utarideshare.com

May 9-16 — Cycle Salt Lake Week, Salt Lake City, UT, Weeklong festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work day, and more., cslcentury@mac.com, cyclesalt-

Calendar of Events sponsored by



CANYON SPORTS
Bike Sales & Repair & Rental

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

699 W. Riverdale Rd.
Riverdale
(801) 436-2018
canyonsports.com

Jamis Triathlon
Bike Rentals!

lakecentury.com

May 9 — Downtown Alliance's Live Green Festival, Salt Lake City, UT, 6th Annual Sustainable Living Festival, 10 am to 6 pm at Library Plaza, 210 E. 400 South, Downtown Salt Lake City., Kim Angeli, 801-333-1103, info@downtownslc.org, downtownslc.org

May 9 — Salt Lake Challenge, Salt Lake City, UT, Urban Team Challenge event, a challenge on wheels with jousting, ball carry, clues on short and long courses, to raise money for Bike Education and Youth Cycling., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 12 — UTA Rideshare Bike to Work Day in Provo City, Provo, UT, West side lawn of the Historic County Courthouse in downtown Provo (University Avenue/Center Street), 7:30 - 9 am, Bike Ride with Mayor Lewis Billings at 8 am sharp, free food and drinks, bike swag, and complimentary bike tune-ups., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com

May 13 — Salt Lake County and City Mayor's Bike to Work Day, Salt Lake City, UT, Place: Liberty Park (700 East 900 South, northeast corner) to the Salt Lake County Government Center (2100 South State Street) Time: 7:30 AM Cost: Free Presented by the Salt Lake County Mayor's Office and the Salt Lake County Bicycle Advisory Committee. Join us for a mellow ride with Mayor Peter Corroon / Mayor Ralph Becker and other city mayors under police escort to County

Complex and City County Building. Free bagels, coffee and juice for all participants., Charlie Kulp, 801-468-3799, ckulp@slco.org, slcbac.org

May 15 — UTA Rideshare Bike Bonanza, Salt Lake City, UT, Place: Gallivan Center Plaza, 239 South Main Street, SLC (Map) Time: 4:00 - 8:00 PM Cost: Free Music, free food, prize drawings, free bike tune ups, valet bike parking, Bike Fashion Show!, activities for kids and much more! Pick-up your packet and check-in for the Cycle Salt Lake Century., Pat Dierks, 801-287-2062, pdierks@rideuta.com, utarideshare.com

May 15 — Summit County Bike To Work Day, Summit County, UT, Commuter Cup Challenge, free breakfast at Yarrow and Basin Recreation Field House, evening fun at Squatter's, encouraging Park City and Summit County to Bike to Work., Carol Potter, 435-731-0975, carol@mountaintrails.org, mountaintrails.org

May 15 — Bike Art Gallery Stroll, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9 pm, in conjunction with SLC Gallery Stroll, 177 E. 200 S., Brent Hulme, 801-746-8366, brent@slcbike.com, slcbike.com

May 16 — Bikes for Kids Charity Bike Swap, Salt Lake City, UT, Held at Cottonwood Cyclery, 2594 E. Bengal Blvd, Salt Lake City. Proceeds support Bikes for Kids Utah., 801-942-1015, saltlakecycling@gmail.com, bikesforkid-utah.com

May 16 — Cycle Salt Lake Century Ride, Salt Lake City, UT, Salt Lake to Antelope Island and back, 35, 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. Online registration available., 801-596-8430, cslcentury@mac.com, cyclesaltlakecentury.com

May 16 — Cache Valley Bike Festival, Logan, UT, A Woodstock of bikes, the festival offers bike workshops, races (slow and fast), and fun for all types of bike riders. Runs 9-3, Merlin Olsen Park (300 E Center St.), C. Ann Jensen, 435-797-0964 ext. 3, aggiebluebikes@gmail.com, usu.edu/ucc/bikes.

May 16 — Herriman Pedal Ploozza, Herriman, UT, Cycling Event for the whole family. Amateur road crit, kids safety rodeo, helmet safety inspection (not sure what the blanket term for this event would be). 9 am., Brad, 801-523-8268, email@infinitecycles.com, pedalploozza.infinitecycles.com



CAPITOL REEF CLASSIC
2nd ANNUAL HIGH DESERT BIKE RACE

July 17 & 18, 2009
TORREY, UTAH

(typically 10-15 degrees cooler than Salt Lake Valley)

2 Days, 3 Stages
ITT, Circuit Race, Road Race
(All Categories)

435-691-1696

REGISTRATION NOW OPEN

www.capitolreefclassic.com

area information at

www.capitolreeftravel and www.waynecountyutah.org

held under USA Cycling permit pending

UCA point series event

June 12th-13th, 2009
Soldier Hollow, Midway, UT

BAM 2009

- BAM & BAM Lite Distance Tri's
- Off Road Du & Doggie "Doo"
- 9K Trail Run & Kid's Fun Run
- 2-Day Expo with National vendors
- Scenic mountain valley courses
- Former Olympic venues

GOOCH **HAMMER NUTRITION**

WASATCH RUNNING CENTER CYCLESMITH

www.bamtriathlon.com

May 20 — Ride of Silence, Salt Lake City, UT, Ride to raise cycling safety awareness among motorists, police, and city officials. This is a free ride that asks cyclists to ride no faster than 12 mph and remain silent during the ride. Meet at 7:00 p.m. at the Gallivan Center (239 S. Main Street), Raleigh Fehr, 801-699-7016, raker@msn.com, rideofsilence.org

May 21 — Road Home Bike Tuning, Tentative, Salt Lake City, UT, 5-6pm, Free bicycle tune-ups at the Road Home, 210 S. Rio Grand St. (455 W.) sponsored by the SLC Bike Collective., 801-FAT-BIKE, jonathan@slcbikecollective.org, slcbikecollective.org

May 22 — Bike-In Movie, Salt Lake City, UT, Meet at the SLC Bicycle Collective 2312 S. West Temple @ 7pm - ride as a group to the Redwood Drive-In Theater. Bring \$7 and radios, blankets., Zed Bailey, 801-931-9069, thezoed@gmail.com, saltcycle.com

May 23-24 — Cole Sport Bike Swap, Park City, UT, \$10 fee if bike sells. All proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport 1615 Park Ave. on 5/22., Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org

June 1 — 3rd annual "Share the Road Memorial Ride.", Park City, UT, A ride to remember fallen cyclists. Meet at Cole Sport 1615 Park Avenue in Park City. 17-20 mile ride will leave Cole Sport at 6 p.m. Park at Park City Mountain Resort lower lot. All ages welcome but cyclists should be comfortable with a 20 mile ride., Scott Dudevoir, 435-649-4806, dude@colesport.com,

June 6 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com

June 6 — National Trails Day, Park City, UT, 9 am, Meet at White Pine Touring at the Rail Trailhead, Coffee and bagels, Project TBA., Carol Potter, 435-649-6839, 435-731-0975, carol@mountaintrails.org, mountaintrails.org

June 26-28 — Bike Days, Driggs, ID, Area bike shops will have demos for public to 2009, test all the new gear for 2009. Group rides; night rides bike clinics for women, kid's bike rodeo and a DH clinic along with road rides from Grand Targhee Resort. BBQ and bands all weekend, mtn bike movies on the big screen in the music venue and prize raffles, lodging discounts., Dick Weinbrandt, 208-354-2354, info@peakedsports.com, grandtarghee.com

July 11 — Utah Tour de Donut, American Fork, UT, 21 mile circuit race and donut eating (subtract time for eating donuts each lap), bike safety rodeo, kids race, Greenwood Elementary in American Fork, 8 am, All proceeds are being used for Bike Town Africa and other local Rotary projects., Kim Garrett, 801-763-1216, timpaud@yahoo.com, utahtourdedonut.com

September 1 — Bikes for Kids, Salt Lake City, UT, fundraising dinner and silent auction., Teresa May, 801-453-2296, teresa@bikesforkidsutah.com, bikesforkidsutah.com

September 4-7 — Great Utah Bike Festival, Minersville, UT, every kind of event for every kind of biker, 3 century rides (100, 65, 50 mile options), road and mountain recreational rides, cyclocross racing, mountain bike racing, road stage race (2 road races, time trial, criterium, part of UCA series), Bike Ed presentations, bike parade, street racing, and more., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 22 — World Car Free Day, Planet Earth, Ride your bike and leave the car at home!, worldcarfree.net



Mountain Bike

Tours and Festivals

Celebration of Pathways — 2009 TBA, Ogden, UT, Snowbasin Resort, 11 am to 7 pm, mtb and road rides, Trail Maintenance, Bike Demo, benefit for Ogden Valley Pathways., 801-920-3426, 801-528-2907, christyshaw@ovpathways.org, ovpathways.org

May 1-3 — Bookcliffs Trailfest, Price, UT, Trail Rides, Trail Building, Demos, Free Camping, Food, Live Music, Chaos & Mayhem, Friday afternoon warm-up ride will be pretty mellow with a party atmosphere, Saturday & Sunday we ride for REAL, HQ is at BicycleWorks., 435-637-2453, FuzzyTheBikeGuy@msn.com, fuzzysbicycleworks.com/TrailFest

May 11-15 — The Maze, Canyonlands National Park, UT, 5- and 7-day mountain bike tours of the Maze District of the National Park travel over mesa and through canyon terrain. Intermediate to advanced riders. Also avail 9/13-19; 9/21-25., 800-546-4245, info@magpieadventures.com, magpieadventures.com

May 15-17 — San Rafael Swell Mountain Bike Festival, Huntington, UT, 23rd Annual, Emery County, Celebrating the biking of the San Rafael Swell and the social aspects of riding. Activities include pre-ride pasta dinner and drawing or during post-rides Dutch-oven cookout around the campfire - there's time to learn from others., 435-637-0086, meccabikeclub@etv.net, biketheswell.org

May 22-25 — Black Hills Fat Tire Festival, Rapid City, SD, Rides, races (hill climb, XC, Super-D), Film Festival, and more., 605-394-5225, info@bhfattirefestival.com, bhfattirefestival.com

May 23 — 3rd Annual Amazing Earthfest, Kanab, UT, Joy Jordan Woodhill Trail Ride (BLM): 12, 24 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and the colorful cliffs of the Grand Staircase. Meet at the Fredonia Welcome Center on US 89-A, Fredonia, AZ, Note: Utah is on daylight savings time. Arizona is on standard time., Rich Csenge, 435-644-3735, jiw@gwi.net, amazingearthfest.com

June 5-7 — NUMB Fest 2008, Vernal, UT, Three fun and action packed days of organized riding and festivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, AND there is no charge or entry fee., 435-781-2595, coop@northeasternutahmtb.org, jory@northeasternutahmtb.org or troyboy@northeasternutahmtb.org, northeasternutahmtb.org

June 6 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com

June 6 — National Trails Day, Weber County, UT, Biker's Edge Trail Crew and Weber Pathways Trail Day., Steve Sessions, 801-528-2907, sessions11@msn.com, bebikes.com/trailcrew.aspx

June 14-19 — Grand Staircase Escalante Mountain Singletrack, Panguitch, UT, 6-day, 150-mi guided tour of the Grand Staircase and Escalante River areas, including Hells Backbone and Gap Mountain Trail. Tour includes 6-night cabin stay and food. Also available: 7/5, 8/2, 9/6., 800-596-2953, info@escapeadventures.com, escapeadventures.com

June 20-21 — Wild Rockies Boise to Idaho City Tour, Boise, ID, Starts and finishes at the Old Armory on Reserve Rd. 7am Boise to Idaho City (campover night) and back to Boise., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

July 11-17 — Cycle the Divide Montana, Whitefish, MT, 208 mile multiday tour through the Swan Range, Flathead Lake and the Glacier National Park area., 800-755-2453, tours@adventurecycling.org, adventurecycling.org

July 13-14 — Dirt Series by Rocky Mountain Bicycles Women's MTB Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class instructional camps for beginner to advanced riders., 604-905-8177 (Canada), info@dirtseries.com, dirtseries.com

July 16-18 — Candy Mountain - Fishlake Bike Festival, Sevier County, UT, Candy Mountain - Fishlake Bike Festival based out of Richfield, Utah. Held July 16 - 18, 2009. Enjoy beautiful trails, Native American and mining history, wildlife and more., Kevin Arrington, 435-893-0457, 435-979-2881, sevierevents@juno.com,

July 21-22 — Dirt Series by Rocky Mountain Bicycles Women's MTB Camp, Sun Valley, ID, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class instructional camps for beginner to advanced riders., 604-905-8177 (Canada), info@dirtseries.com, dirtseries.com

August 15-24 — Wheelin' the Winds, Jackson, WY, Supported mtb tour of the Jackson and Wind River area., 800-755-2453, tours@adventurecycling.org, adventurecycling.org

September 4-7 — Great Utah Bike Festival, Minersville, UT, Join the excitement of an entire weekend of all kinds of cycling. Miles and miles of roads and trails for all kinds of biking: mountain biking, road biking, racing, cyclocross, randonee, and recreational biking. There will be music, food and fun for everyone., 810-677-0134, info@bike2bike.org, bike2bike.org

September 13-19 — N Rim Grand Canyon, Jacob Lake, AZ, 148 Miles, self-contained tour of the Kaibab National Forest and Grand Canyon National Park, 800-755-2453, tours@adventurecycling.org, adventurecycling.org

September 19-22 — Women's White Rim Tour, Moab, UT, Women-only White Rim Trip in Canyonlands National Park with a focus on improving your riding technique and features daily yoga., 970-4563-4060, bitb@comcast.net, babesinthebackcountry.com

September 25-27 — Castle Country Single Track Mountain Bike Festival, Price, UT, Great Carbon County MTB Recreational rides for all levels, evening festivities, 2 meals included, bike raffle, fun for everyone!, Kathy Smith, 435-636-3702, Kathy.Smith@carbon.utah.gov, castlecountruy.com

October 3 — Take Your Kid on a Mountain Bike Ride and IMBA Trail Care Crew, Boise, ID, merlinxlm@cableone.net, byrdscy-

cling.com

October 5-9 — Gooseberry Mesa Trail, St. George, UT, 5-day tour combining slick rock and single-track trails south of Zion National Park, covering 15 to 25 miles per day, 4 nights camping and 1 night inn stay. Intermediate level. Also available 10/13 through 10/31., 800-845-2453, biking@westernspirit.com, westernspirit.com

October 30-November 1 — Moab Ho-Down Bike Festival, Moab, UT, MTB festival includes townie tour and movie premiere, group rides, Super D race, DH Race, Dirt Jump Contest, Halloween Costume Party, prize giveaways and just an all around good time., Tracy Reed, 435-259-4688, info@chilebikes.com, chilebikes.com/moabhodown



Mountain Bike Racing

General Info

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

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

2009 Utah MTB Races

Sundance Weekly Race Series **Sundance Weekly Race Series — Sundance Resort**, UT, Wednesdays, 6:30 p.m., May 20, 27, June 10, 24, July 8, 22, August 5, 19alternates with Soldier Hollow Training Series, Kids' Races on May 20, July 22, August 19., Czar Johnson, 801-223-4121, czarj@sundance-utah.com, weeklyraceseries.com, sundanceresort.com,

Soldier Hollow Training Series — Soldier Hollow, UT, Wednesdays, May 6, 13, June 3, 18, July 1, 15, 29, August 12, alternates with Sundance, 6 p.m., Mark Nelson, 801-358-1145, races@euclidoutdoors.com, weeklyraceseries.com

Park City Mountain Bike Race Series — Park City, UT, Dates TBA, Racing on trails at Park City Mountain Resort, Deer Valley Resort, and The Canyons Resort., 435-671-5053, rsiddoway@mountainraceworks.com, mountainraceworks.com.

Solitude Full Throttle MTB Race Series — Solitude Resort, UT, Dates TBA, Registration at 5:45, race at 6:30, 4, 8, and 12 mile options, Solitude Mountain Resort, Entry 1

May's National Bike Month

Gear Up for Spring Rides with BikeTiresDirect.com

Save on thousands of cycling items you use everyday. Plus, save with quantity discounts on select tires and tubes.

Save Even More with Our VIP Club
VIP Points = 10% (or more) toward your next order.
Join today, it's free!

JUST A FEW TOP BRANDS WE CARRY

[800] 682-0570
Toll Free Order Hotline M-F | 9-5 PST
BIKETIRESDIRECT.COM

(Moonbeam Lot), 801-536-5703, nick@skisolitude.com, SkiSolitude.com

Snowbasin/Biker's Edge Mtn. XC Race Series — Snowbasin Resort, UT, Dates TBA, Registration- 5pm-6:30pm at Grizzle Center, Race Start: 6:30, Jonny Hintze, 801-544-5300, jonny@bebikes.com, bebikes.com

May 2 — Showdown at Five Mile Pass, Lehi, UT, 14th Annual, ICS #3, XC/Fun XC course, 11-mile loop with rolling hills, First start at 9:00am for U12, others at 10am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 9 — Wimmer's Bicycle Race XC, Logan, UT, ICS #4, Sherwood Hills Resort., Ed Chauner, 435-752-2326, icupracing@yahoo.com, intermountaincup.com

May 16 — 7th Annual Hammerfest at the Hollow, Midway, UT, ICS#5, Soldier Hollow, 9-mi loop with 1100' vertical per lap. Climbs and fast descents through a maze of ski trails at the Olympic venue of Soldier Hollow, new singletrack added, First race starts at 9:00am for U12, others at 10:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

May 23-25 — Sundance Showdown, Sundance Resort, UT, Super-D and DH, Utah DH Series, Sundance., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

May 25 — Stan Crane Memorial XC, Draper, UT, ICS #6, 4th annual. Monday race, Great XC course start/finish at the equestrian center, about 80% single-track on a 9.8-mi loop, Total elevation 1100'/lap, first start at 8:15am for U12, others at 9:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

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

June 7 — Bountiful Bomber Downhill Race, Bountiful, UT, Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

June 13 — 18th Annual Deer Valley Pedalfest, Deer Valley, UT, ICS #8, 18th annual, a tradition, multi-lap course on Deer Valley's and Deer Crest's world-famous trail system, climbs and twisty single-track downhill through the dense woods, First start at 8:15am for U12, others 9:00am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

June 20-21 — Wolf Creek Mayhem Downhill Race, Wolf Mountain Resort, UT, DH/Super-D/Dual/Quad X, Utah DH Series., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

July 11 — 22nd Annual Mountain Bout, Snowbird, UT, 21st Annual, ICS #10, Snowbird, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap, First race starts at 8:10am for U9, 8:30am next start., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

July 18 — 13th Annual Chris Allaire Memorial, Solitude Resort, UT, Utah State Open Championship, ICS #9, XC, 13th Annual, Utah State Open XC Championship, Course combines Cruiser (upper) and Serenity (lower) loops, Registration closed 7/13, First start at 8:15am., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com

August 1 — Rock the Canyons Intermountain Cup Grand Finale, Canyons Resort, UT, ICS #12, Snowbird, Open to all, XC course starts and finishes at Smokie's Bar and Grill at the base of the gondola at The Canyons Resort. The course is about 90% wide single track, Ed Chauner, 801-942-3498, icupracing@yahoo.com, inter-

mountaincup.com

August 14-16 — Flyin' Brian Gravity Festival, Brian Head, UT, New format to include Super D race, Dual Slalom, Downhill and more., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

August 20-23 — Great American Mountain Bike Stage Race, Brian Head, UT, 4 stages, 280 miles, Brian Head, Utah., Tom Spiegel or Jeff, 435-884-3515, teambigbear@aol.com, teambigbear.com

August 29 — 12 Hours of Bear Lake Mountain Bike Relay, Garden City, UT, 6 a.m., 15-mile XC loop, climbing from 6,000 to 8,000 feet in elevation through cedar and pine tree and open mountain terrain, Food, water and toilets will be available at staging. Registration and lodging will be at Blue Water Resort, just 800 meters away from the staging (start/finish) line., Kevin Rowher or John Hernandez, 435-752-1987 ext 109, krowher@s-spover.com, s-spover.com, bearlake.com

September 4-7 — Great Utah Bike Festival, Minersville, UT, 3 century rides (100, 65, 50 mile options), road and mountain recreational rides, cyclocross racing, mountain bike racing, road stage race (2 road races, time trial, criterium, part of UCA series), Bike Ed presentations, bike parade, street racing., 801-677-0134, bob@bike2bike.org, bike2bike.org

September 5 — 6th Annual Sundance Single Speed Challenge, Sundance Resort, UT, 10 am start, Sundance Resort., 801-223-4121, czarj@sundance-utah.com, Sundanceresort.com

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

September 19 — Widowmaker Hill Climb, Snowbird, UT, 10 AM, 3000' vertical race to the top of the Tram, Gad Valley, Snowbird Resort., 801-583-6281, sports@sports-am.com, sports-am.com

September 20 — Tour de Suds, Park City, UT, 27th Annual, Park City, 6 mile hill climb to celebrate the end of mountain bike season., Carol Potter, 435-649-6839, carol@mountaintrails.org, mountaintrails.org

October 5-17 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. three events: hill climb, downhill, and cross country., 800-562-1268, hwsg@infowest.com, seniors-games.net

October 10-11 — 24 Hours of Moab, Moab, UT, 14th Annual, solo, duo, 4 and 5 person team categories, men, women, and coed., 304-259-5533, heygranny@grannygear.com, grannygear.com

October 31-November 1 — 25 & 6 hours in Frog Hollow, Hurricane, UT, 25 hour event is from SAT 10am to SUN 10 am with the bonus double midnight lap6 Hour event and Costume contest is from Sat 11 am to Sat 5 pm- contest and awards at 6 PM, Other fun Halloween fun TBA, Cimarron Chacon, 970-759-3048, info@gropromotions.com, GROpromotions.com

2009 Idaho and Regional MTB Races

May 1-2 — New Belgium Brewing Company 18 Hours of Fruita, Loma, CO, 4th Annual, Highline Lake State Park, Park 12 midnight start, 18 Hr race on 6.5 mile loop., Over the Edge Sports, 970-858-7220, sarah@otesports.com, emgcolorado.com

May 3 — 7th Annual Avimor Coyote Classic, Boise, ID, AMBC Event, high speed rolling double track where speeds hit 40 mph, tight, technical groomed single track trails., Hal Miller, 208-338-1016, info@brokenspokecycling.org, knobbytireseries.com, brokenspokecycling.com

May 9 — Sagebrush Scramble, Boise, ID, STXC, 1-mile loop with twists, turns, and banked corners., Dave Moore, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

May 22-25 — Black Hills Fat Tire Festival, Rapid City, SD, Rides, races (hill climb, XC, Super-D), Film Festival., Jerry Cole, 605-394-5225, Jerry.Cole@rcgov.org, bhfat tirefestival.com

May 22-25 — The Chile Challenge, Angel Fire, NM, MX, Sun: XC, SD, Mon: STXC, DH, MX and DH are UCI 2 events, Angel Fire Resort., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

May 23 — Lava Rama, Pocatello, ID, 2-3 hr XC course and 1:30 trail run. Newer route with fast, flowing single track and wooden bridges, deep woods single track and wide open fire road, lots of fun all day and hot springs to soak the ol' bones., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

May 27 — 8th Annual Wood River Cup Race #1, 8th Annual Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., 208-788-9184, billy@mobilecyclerepair.net, powerhousefitstudio.com

May 30 — Endurance Festival in Boise at the Velodrome and Cycling Park, Boise, ID, 20K, 40K, 50 mile half century distances on approximately a 20K circuit course, trail running, mountain biking, DuXtreme off-road duathlon and kids events., Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, EnduranceFestival.com

June 3 — 8th Annual Wood River Cup Race #2, 8th Annual Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., 208-788-9184, billy@mobilecyclerepair.net, powerhousefitstudio.com

June 6 — Velopark MTB Dual and Four-X, IVCP, ID, 2 person dual slalom and 4 person biker cross. We use digital timing, very accurate. These courses are built by World Champion Eric Carter--this is the real deal folks. You'll find everything you expect at a National course with a grassroots feeling. Lots of fun all day and super easy road to get to the top of the events., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

June 7 — Bogus Kamikaze DH #1, Bogus Basin Resort, ID, 2-3 min DH course, newer route with fast, flowing single track and individual time trial, gap jumps, sick drop-offs, wooden bridges and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

June 10 — 8th Annual Wood River Cup Race #3, 8th Annual Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., 208-788-9184, billy@mobilecyclerepair.net, powerhousefitstudio.com

June 17 — Cache to Game XC

The Salt Lake City Mayor's Bicycle Advisory Committee, the leading bicycle advocacy group in Salt Lake and Utah, wants to encourage all cyclists to participate. There are monthly meetings on the second Wednesday of every month at 5 p.m. in the City & County Building, Rm. 326 or 335, 451 South State Street. For details, visit www.slccgov.com/bike or call the Mayor's office at 801-535-7939 or Dave at 801-328-2066



Race, Jackson, WY, Mike Yokel Park, 12 mile MTB XC., 307-733-5056, schildog@hotmail.com, ucjh.org

June 17 — 8th Annual Wood River Cup Race #4, 8th Annual Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., 208-788-9184, billy@mobilecyclerepair.net, powerhousefitstudio.com

June 19 — Short Track Race, Garden Valley, ID, 208-343-3782, mcooley@goergescycles.com, goergescycles.com

June 19 — Twilight Short Track, Boise, ID, 208-343-3782, mcooley@goergescycles.com, goergescycles.com

June 21 — 20th Annual Idaho City Excellent Adventure, Idaho City, ID, 1:30 hr XC course and 1:30 hr trail run. Mass start at high Noon, deep woods single track and wide open fire road, Lots of fun all day and great BBQ., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

June 24 — 8th Annual Wood River Cup Finals, 8th Annual Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., 208-788-9184, billy@mobilecyclerepair.net, powerhousefitstudio.com

June 27-28 — Soldier Mountain, Fairfield, ID, XC, DH, Racers travel through pineforests and quakin' aspens, climbing to 8000' with long technical descents, creek crossings and plenty of rippin' fast single track., Hal Miller, 208-338-1016, davey@knobbytireseries.com, janelle@knobbytireseries.com, knobbytireseries.com

June 28 — Jug Mountain Ranch Ride, McCall, ID, 2-3 hr XC course and 2hr trail run. New route with fast, flowing single track and wooden bridges. On this course, you'll find deep woods single track and wide open fire road. Lots of fun all day and great BBQ, full bar and beautiful views., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

July 4 — 13th Annual WYDAHO Bike Race, Alta, WY, XC, Grand Targhee Ski and Summer Resort., Andy, 1-800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

July 10 — Tamarack Double Down DH, Tamarack Resort, ID, 2 STAGE DH course, 1 pedeller and 1 technical. Combined score wins all, newer routes with fast, flowing single track and individual time trial, we use digital timing, very accurate. On this course, you'll find sick drop-offs, wooden bridges and flowing boulders, lots of fun all day and super easy shuttle w/ high-speed quad lift., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

July 11-12 — Brundage Mountain, Brundage Resort, ID, 2-3 hr XC course and 20 min super D. 5-6 min DH course., deep woods single track and wide open fire road, super easy shuttle with high speed lift for the Super D and DH events., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

July 25-26 — White Pine Downhill Race, Palmdale, WY, Wyoming State Championships, DH on Saturday, Utah DH Series, White Pine Resort., Ron Lindley, 801-375-3231, eracerhd@netzero.net, go-ride.com

July 25 — 7th Annual Taming the Tetons, Jackson Hole, WY, ICS #11, 9 a.m. start for under 9, 9:30 start for all other categories., Ed Chauner, 801-942-3498, icupracing@yahoo.com, intermountaincup.com, go-ride.com

July 25 — Galena Grinder, 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, 208-720-3019, info@brokenspokecycling.com, knobbytireseries.com

July 25 — Idaho State Short Track XC Championships, Tentative, Hailey, ID, Hailey Community Bike Park (Croy Canyon), 208-788-9184, billy@mobilecyclerepair.net, powerhousefitstudio.com

July 26 — Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers. Raffle and party following., Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

July 29 — Peaked MTB Hill Climb, Driggs, ID, 6:30 Start, Dick Weinbrandt, 208-354-2354, info@peakedsports.com, grandtarghee.com

August 1 — Laramie Enduro, Laramie, WY, 111 K mountain bike race, Happy Jack., Richard Vincent, 307-745-4499, Enduro.RV@gmail.com, laramieenduro.org

August 1 — Butte 100, Butte, MT, Fundraiser for Mariah's Challenge. 100 mile endurance race. Single track heaven on the Cont. Divide Trail. loop course., Bob Wagoner or Gina Evans, 406-490-5641, getripleringprod@hotmail.com, bwtripleringprod@hotmail.com, tripleringprod.com

August 1-2 — Pomerele Pounder, Albion, ID, Right off I-84 Burley Exit come try your tech skills on day one and speed skills on day two (2 DH days): Wild Rockies Series DH #6, Utah DH, Series, 2X DH., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

August 1 — Targhee Downhill Race, Driggs, ID, Dick Weinbrandt, 208-354-2354, info@peakedsports.com, grandtarghee.com

August 5 — Teton Village Short Track XC Series and CX, Tentative, Teton Village, WY, August 5, 19, 6:30 pm. MTB Races, CX race on August 12, Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

August 7-9 — Blast the Mass, Aspen, CO, Cross country and mountain cross on Saturday, Super D and downhill on Sunday. Mountain cross and downhill are UCI Class 2 events. Snowmass Resort., Sarah Rawley, 720-407-6142, sarah@racemsc.com, racemsc.com

Zabriskie Burglary Investigation Uncovers Crime Ring

Salt Lake City Police say evidence from the burglary of Olympic cyclist David Zabriskie's home exposed a wide-spread crime ring.

Police initially arrested two suspects believed to be involved in the burglary. Through further investigations police discovered other suspects also linked to the Zabriskie case.

Due to the uniqueness of items stolen from Zabriskie's home, police officers were able to track the suspects involved in a series of other burglaries.

According to Salt Lake City police 31 suspects are allegedly involved in 18 burglaries, and eight people have been apprehended. Items stolen from Zabriskie's residence were reportedly scattered among five different suspects and some of the items were sold for drugs. Police said some of Zabriskie's bikes are still missing, but they would not release any more details because of the ongoing investigation.

-Jennifer Barth

August 8-9 — Silver Creek Pedal and Plunge. Garden Valley, ID, 208-338-1016, info@brokenspokecycling.org, brokenspokecycling.org

August 8 — Big Hole Challenge MTB Race and Duathlon. Driggs, ID, 15 mile MTB race, 7.5 mile bike and 5 mile run Duathlon, Horshoe Trail, 11 miles west of Driggs., Dick Weinbrandt, 208-354-2354, info@peakedsports.com, peakedsports.com

August 15 — Rendezvous Hill Climb. Teton Village, WY, 6.1 miles, 4139 vertical feet, 9 am reg., 10:30 am race, Brian Schilling, 307-690-9896, schildog@hotmail.com, ucjh.org

August 15-16 — Tamarack XC. Tamarack Resort, ID, XC, STXC, DH, Dual Slalom, Tamarack Ski Resort., 208-338-1016, davey@knobbytireseries.com, knobbytireseries.com

August 15 — Pierre's Hole MTB Race. Driggs, ID, 50 and 100 mile distances., Dick Weinbrandt, 208-354-2354, info@peakedsports.com, grandtarghee.com

August 29-30 — 24 Hours of Grand Targhee Mountain Bike Race. Alta, WY, XC, Grand Targhee Ski and Summer Resort, 1st place solo male /female and Dou teams will receive \$1000 / over \$10,000 in cash and prizes., Andy, 1-800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

August 29 — Knobby Tire Series Finals. Boise, ID, Only 15 minutes from Boise. There'll be plenty of single-track to get your heart pumping with enough double-track to keep you honest., Hal Miller, 208-869-4055, info@brokenspokecycling.org, brokenspokecycling.org, knobbytireseries.com

September 12 — Endurance Festival in Pocatello. Pocatello, ID, 20K, 40K and 50 mile half century trail course on the famed City Creek Trail system. Also trail running, mountain biking, DuXtreme off-road duathlon and kids events., Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, EnduranceFestival.com

September 12-13 — Bogus Samurai. Bogus Basin, ID, 2-3 hr XC and 2hr Trail run. New route with single track and good marking this time., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

September 12 — Endurance Festival in Pocatello. Pocatello, ID, 20K, 40K and 50 mile half century trail course on the famed City Creek Trail system. Also trail running, mountain biking, DuXtreme off-road duathlon and kids events., Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, EnduranceFestival.com

September 12 — Targhee Downhill Race. Driggs, ID, Dick Weinbrandt, 208-354-2354, info@peakedsports.com, grandtarghee.com

September 13 — Bogus Kamikaze DH #2. Bogus Basin, ID, 2-3 min DH course. Newer route with fast, flowing single track and individual time trial! We use digital timing, very accurate. On this course, you'll find gap jumps, drop-offs, wooden bridges and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

September 19-20 — Bogus Banzai. Bogus Basin Resort, ID, STXC/Trail run/CX, Super D., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

September 19 — Bogus Harkari STXC. Bogus Basin Resort, ID, 20-30 min Short-track and 45-60 min cyclo-cross course. New route with single track and barriers set-up for the CX race., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

September 25-27 — Cactus Cup MTB Race and Festival. Pro XC Tour Finals, Las Vegas, NV, Exploration Peak Time Trial on Friday, Cottonwood Cross Country Race on Saturday, and

the Super D and Fat-Tire Criterium on Sunday, all categories., Ashley Forgy, 706-549-6632, info@cactuscuplasvegas.com, cactuscuplasvegas.com, gobike1.com,



General Info

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

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

Utah Weekly Race Series

Cyclesmith Rocky Mountain Raceways Criterium — West Valley City, UT, Saturdays at 12 noon in March, Tuesdays in April - September, 6 pm, 6555 W. 2100 S. March 7,14,21,28, 31, April 7,14,21,28, May 5,12,19,26, June 2,9,16,23,30, July 7,14,21,28, August 4,11,18,25, September 1,8,15,22,29., 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Salt Air Time Trial — Salt Lake City, UT, Every other Thursday April - August, I-80 Frontage Road West of the International Center; April 16, 30, May 14,28, June 11, 25, July 9, 23, August 6,13., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

DMV Criterium — West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700 S. 2780 W., A Flite - 6pm. B Flite - 6:55 pm. (April - September), April 1,15,22,29, May 6,13,20,27, June 3,10,17,24, July 1,8,15,22,29, August 5,12,19,26, September 2,9,16,23,30., Clint Carter, 801-651-8333, cdcarter44@msn.com., utahcritseries.com

Royal Street/Emigration Canyon Hillclimb — Park City/Salt Lake City, UT, Every other Thursday, Dates TBA, 900 ft. elevation gain, Royal Street and Deer Valley Drive, Alternating with Emigration Canyon TT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Ogden Cash Crit — Ogden, UT, Thursdays, June 4 - July 30, 6 pm., C flight: 6:00pm (30 min), B flight: 6:40pm (40min), A Flight: 7:30pm (50min), Business Depot Ogden (600 W 12th St.), Weston Woodward, 801-388-0517, westonvw@yahoo.com,

Logan Race Club Time Trial Series — Logan, UT, Thursdays, 6:30 p.m., 435-787-2534, jke@cookmartin.com, loganraceclub.org

Powerhouse UVU Crit series, presented by UVU Cycling — Orem, UT, May: 7,14,21,28; June: 4,11,18,25; July: 2,9,16,23,30; August: 6,13; Time: 5:30: kids 5-7 / 8-9 / 10-12; yrs: 6:00-6:55 A Flight (cat 1,2,3) 6:00-6:40 B Flight (cat 3,4) 7:00-7:30 C Flight (cat 4-5) 7:00-7:35 Women (women may ride in any group) 7:40-8:00 D Flight (beginners) UVU, 1062 W 800 S, Orem, UT 84058, Lot V, Mason Law, 801-891-5275, masons@hotemail.com, www.thefan-cycling.com

Utah Road Races

May 2 — Antelope Island Road Race. Antelope Island, UT, Race will start at the West end of the causeway go across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes., Kelly Crawford, 801-479-5774, crawford1875@comcast.net, bmbbc.com

May 9 — SLC Downtown Crit. (State Championships). Salt Lake City, UT, Pioneer Park, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

May 15 — Logan Canyon TT. Logan, UT, Kevin Rohwer/Kirk Eck, 435-770-9852, krohwer@s-pow-

er.com, loganraceclub.org

May 16-17 — Bear Lake Classic. Bear Lake, UT, May 16: RR, 51 mile flat loop, May 15: ITT 3.8 mile climb, May 17: TTT 5-man teams, scoring on 3rd wheel., Kevin Rohwer or Kirk Eck, 435-770-9852, krohwer@s-powder.com, bear-lake.com, loganraceclub.org,

May 16 — Red Rock 200. St. George, UT, Solo Start: 6am, Two-Person Relay Teams Start: 7am, Four-Person Relay Teams Start: 8am, 200 miles, 10,000' of climbing with three neutral support check points along the route, post-race party, Deb Bowling, 818-889-2453, deb@planetultra.com, redrock200.com

May 16 — Herriman Pedal Palooza. Herriman, UT, Herriman skate park - 6000 W 13400 S in Herriman, event type: amateur road crit, kids safety rodeo, helmet safety inspection (not sure what the blanket term for this event would be), 801-523-8268, email@infinitecycles.com, pedalpalooza.infinitecycles.com

May 23 — Sugarhouse Criterium. Salt Lake City, UT, Sugarhouse Park, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

June 6 — State TT Championship. Salt Lake City, UT, International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

June 6 — Draper Challenge Hillclimb Race. Draper, UT, 8:00 am at Equestrian Center located at 1600 E. Highland Drive (13500 South), road race 15 miles with two hill climbs, ends at top of Suncrest., Ken Murdock, 801-205-3700, ken.murdock@utahhomes.com, DraperTrailsDays.com

June 13 — Little Mountain RR (Utah State championship). Clarkston, UT, 16-mile circuit race with one major climb (1 mile, 7-10% grade between Trenton and Clarkston) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Total elevation gain — 600 feet/lap., Kevin Rohwer, 435-752-1987, ext #109, krohwer@s-powder.com, loganraceclub.org

June 18-20 — Utah Summer Games. Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium, Righthand Canyon, Lund Hwy, Desert Mound?, Checkshani Cliffs., 435-865-8421, 435-559-2925, usgpress@suu.edu, utahsummer-games.org

June 20-21 — High Uintas Classic Stage Race. Kamas/Evanston, UT/WY, 21st annual, A Legendary Race. No Wimpy! No Whiners! Bald Mountain Road Race; Charles Scrivner Memorial Time Trial; Downtown Courthouse Criterium. Kamas, UT to Evanston, WY., Paul Knopf, 307-783-6458, 1-866-783-6300 ext. 459, pknopf@evanstonwyo.org, evanston-cycling.org

June 27 — Powder Mountain Hillclimb. Eden, UT, 5 miles and 3000 feet up Powder Mountain Road, finish in upper parking lot, Ben Towery, 801-774-7551, teamaccelerator@gmail.com, teamaccelerator.com

July 10 — Porcupine Brighton Criterium. Brighton, UT, Mike

Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 11 — Porcupine Hillclimb. Salt Lake City, UT, Hill climb to the top of Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

July 17-18 — Capitol Reef Classic SR. Torrey, UT, ITT (8 miles), Criterium, 100/52/32 mile road race (distance determined by race category), Tina Anderson, 435-425-3491, tricrazy@live.com, capitolreefclassic.com

July 18 — Sundance Hillclimb. Provo, UT, Starts at the bottom of SR92, climbs 8.2 miles, over 3000' of climbing, passing Sundance and finishing at the Alpine Loop Summit, perfect for the Pro Level racer wanting to beat the best or the beginner wanting a good challenge., Czar Johnson, 801-223-4849, czarj@sundance-utah.com, sundance-utah.com

July 25 — Chalk Cr RR (jr. & master state champ.). Coalville, UT, Juniors and masters Utah State Championship., Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

August 1 — Tour de Park City. Park City, UT, Same great 170 mile race through Northern Utah's beautiful mountain valleys. Great improvements for 2009. All men's and women's categories and masters., Riley Siddoway, 435-671-5053, rsiddoway@mountain-raceworks.com, tourdeparkcity.com

August 8 — E-Center Criterium. West Valley City, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

August 15 — Emigration Canyon Hill Climb. Salt Lake City, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

August 18-23 — Larry H. Miller Tour of Utah Presented by Zions Bank. UT, America's toughest stage race, 6 stages, 325 miles, \$45,000 purse, Pro/1 Men only, Salt Lake, Ogden, Utah County, Tooele, Park City, Snowbird, Salt Lake., Terry McGinnis, 801-558-2136, terry@tourofutah.com, tourofutah.com

August 22 — Snowbird Hill Climb. Snowbird, UT, 32nd Annual, 8 AM, registration from 6-7:30 am, Climb ~3,200' from the Swamp Lot on Wasatch Blvd to Snowbird's entry II., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com/events/competitions/summer/hillclimb.html

August 29 — Sanpete Classic. Spring City, UT, Main Street, Spring City will serve as the Start/Finish for loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Courses are mostly flat with some rollers and false flats, 2 feed zones, with one fully supported, BBQ lunch after race., Eric Thompson, 801-541-3840, jericthompson@comcast.net, skitahcycling.com

August 29 — Red vs. Blue Time Trial presented by O.C. Tanner. Draper, UT, Benefits Bikes for Kids, 9:00 a.m., 272 E. Traverse Point, 1300' elevation gain with 10 percent to 12 percent grades in some locations., Teresa May,

801-453-2296, teresa@bikesforkids-utah.com, bikesforkidsutah.org

September 4-7 — Great Utah Bike Festival. Minersville, UT, 2 road races, time trial, criterium, 3 century rides (100, 65, 50 mile options), Bike Ed presentations, other events., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 5 — Climber's Trophy. Salt Lake City, UT, Individual time trial up the south side of Big Mountain from MM 3 to MM 9., first rider up at 11 AM., Jon Gallagher, 435-901-8872, sports-baseevents@gmail.com, teamc-sr.org

September 12 — LOTOJA Classic RR. Logan, UT, 206 miles from Logan, UT to Jackson, WY., Brent Chambers, 801-546-0090, info@lotojaclassic.com, lotojaclassic.com

September 12-14 — Hoodoo 500. St. George, UT, 500 mile Ultramarathon bike race in Southern Utah. Voyager Start: 5am, Solo Start: 7am, Two-Person Relay Teams Start: 9am, Four-Person Relay Teams Start: 11am., Deb Bowling, 818-889-2453, deb@planetultra.com, Hoodoo500.com

September 19 — Cyclesmith Criterium. TBA, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

September 19 — Endurance Festival in Park City. Park City, UT, 20K, 40K, 50 mile Half century distances on a 20K circuit course, running, road cycling, DuXtreme duathlon and kids events., Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, EnduranceFestival.com

September 26 — Harvest Moon Historic 25th Street Criterium. Ogden, UT, Downtown Ogden in the Municipal Park between 25th & 26th Streets., Steve Conlin, 801-589-1716, steve@newcastle-mortgage.com, ogdenone.com

October 5-17 — Huntsman World Senior Games. St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race., Kyle Case, 800-562-1268, hwsq@infowest.com, seniorgames.net

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

Regional Series Road Races

Idaho Cycling Enthusiasts Time Trial/Hillclimb Series — Pocatello, ID, April 22, May 6, 27, June 24 (Time Trial); May 20, June 3, 17 (Hillclimb) 10 km for flat TT on the Gate City Grind Course, Hillclimb is 5.1 miles, 1500 ft elevation up Scout Mountain., David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

SWICA Criterium Series — Boise, ID, Tuesdays, May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, Local training crit series at Expo Idaho



CYCLES FOR PAVEMENT CYCLES FOR DIRT

Gary Fisher • Jamis • Ibis
Lapierre • Yeti • Intense

702 Third Avenue
801 533-8671
wildrosesports.com

Clothing • Footwear
Service • Rentals

West lot., Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Races

May 1-3 — BODE TT Stage Race, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 16 — Galena Time Trial (Race#1 of Triple Crown Hill Climb Series), Galena Lodge, ID, Time Trial, part of the Triple Crown HC Series #2, and part of Wood River Valley TT cup, start: 24 miles North of Ketchum., Richard Feldman, 208-726-7693, rfeldman@durance.com, durance.com

May 16 — Endurance Festival, Pocatello, ID, 20K, 40K and 50 mile half century road course. Also options for running, road cycling, DuXtreme duathlon and kids events., Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, EnduranceFestival.com

May 16 — Ride for the Pass, Aspen, CO, The Ride for the Pass is a charity bike race/recreational ride to benefit the Independence Pass Foundation. The Ride is in its fifteenth year and will follow the traditional route from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass. The Ride gains approximately 2200 feet of elevation, from 8,500' to 10,700', over the ten mile route., Mark Fuller, 970 963-4959, fulcon@comcast.net, independencepass.org

May 17 — Aspen Criterium, Aspen, CO, Fast paced, energy packed bicycle race held on closed streets in the heart of downtown Aspen. This event runs heats of athletes at speeds of 28 mph and higher around a .8 mile track with sharp curves on road bikes., Kristin Drake, 970-429-2098, Kristin.Drake@ci.aspen.co.us, aspenrecreation.com

May 18 — Braggings Rights Criterium, Las Vegas, NV, Sam Boyd Stadium., 702-232-4175, bill@luv2bike.com, luv2bike.com

May 21-25 — Iron Horse Bicycle Classic, Durango, CO, Road Race, TT, and Criterium, Omnium., 970-259-4621, info@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 23-24 — Treasure Valley Stage Race, Boise, ID, RR, TT, Crit, \$10,000 purse, RR and TT Saturday, Crit Sunday., Vernon Padaca, 208-571-1730, dobbiacoboard@cableone.net, teamdobbiano.com

May 30 — Garden Creek Gap RR, Pocatello, ID, Sam Krieg, 208-233-0951, sam@kriegcycling.com, idahocycling.com

May 30 — Garden Creek Gap Road Race, Pocatello, ID, David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

June 6 — 3rd Annual Lyle Pearson 200-mile Team Challenge, Boise to Sun Valley, ID, Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 12 — Tour of Eagle, Eagle, ID, Uhl Albert, 208-340-7224, uru1sports@aol.com, roadbicycling.com, tourofeagle

June 14 — Intermountain Orthopedics State Road Race, TBD, ID, Kurt Holzer, 208-890-3118, lrc_board@lycos.com, lostrivercycling.org

June 19-21 — Elkhorn Classic Stage Race, Baker City, OR, 503-652-3763, sixhobsons@comcast.net, elkhornclassicstage.com

June 19 — Tour of the Bitterroot, Hamilton, MT, 406-531-4033, president@montanacycling.net, tourofthebitterroot.blogspot.com

June 20 — Idaho State Time Trial, Ketchum, ID, Start on Highway 20. 8 miles south of Bellevue, ID, 7am. Parking at the Rest stop at the intersection of Highway 75 and 20., Richard Feldman, 208-726-7693, rfeldman@durance.com, durance.com

com, durance.com

June 21 — Town to Summit Hill Climb, Ketchum, ID, Mass-start event from downtown Ketchum to the top of Trail Creek Pass, last three kilometers are rough dirt road, a little over 16 kilometers in total., Bob Rosso, 208-726-3497, jasond@elephantsperch.com, elephantsperch.com

June 27-28 — Gate City Grind Stage Race, Pocatello, ID, 2 day classic stage race in scenic Southeast Idaho, Road race, time trial and criterium all within 20 minutes of Pocatello., David Hachey, 208-241-0034, dmhachey@gmail.com, idahocycling.com

June 27-28 — 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, kviner@msn.com, deaddogclassic.com

June 28-July 4 — USA Cycling Masters Road National Championships, Louisville, KY, 719-866-4581, tvinson@usacycling.org, usacycling.org

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

July 18 — Wells Fargo Twilight Criterium, Boise, ID, 23rd Annual, NRC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

July 19 — Intermountain Orthopedics State Criterium, Boise, ID, lrc_board@lycos.com, lostrivercycling.org

July 25-26 — Tour of Bozeman, Bozeman, MT, Two day, 3 stage omnium in the mountains around beautiful Bozeman, Montana. Stages include: 20k Time Trial, Downtown Match Sprints, and 70 mile Road Race with 4600+ ft of climbing. \$5000.00 + cash purse. Escape the summer heat and come race in Beautiful Bozeman, Montana!, Brian Frykman, 406-223-7632, info@tourdebozeman.com, tourdebozeman.com

July 26 — Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers. Raffle and party following., Brian Schilling, 307-690-9896, schilddog@hotmail.com, ucjh.org

July 28-August 2 — USA Cycling Road Championships, Bend, OR, Elite, Junior, and Espoir National Championships., 719-866-4581, tvinson@usacycling.org, usacycling.org

August 1 — Allan Butler Criterium, Idaho Falls, ID, Twilight Criterium in downtown Idaho Falls in memory of Allan Butler. Course is flat, technical, L-shape, 1 km in length. Racing starts at 6 p.m., Rob Van Kirk, 208-652-3532, rob.vankirk@gmail.com, idahocycling.com

August 1 — Mt. Harrison Hill Climb, Albion, ID, Triple Crown #1., Brad Streeter, brad.streeter@gmail.com,

August 4-8 — Idaho Senior Games, Boise, ID, Criterium, hill climb, 10k TT/20k RR, 5k TT/40k RR., jolson@allidaho.com, seidahosenior-games.org

August 8 — Lamoille Hill Climb, Lamoille, NV, Climbs Lamoille Canyon Road, 12 miles, 2900' vertical feet., Dean Heitt, 775-738-2497, dgheitt@frontiernet.net, elkvelo.com

August 29 — Mt. Charleston Hill Climb, Tentative, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort., John Tingey, 702-449-6842, tingey.john@gmail.com, mountcharlestonhillclimb.com

September 5 — Bogus Basin Hill Climb, Boise, ID, Triple Crown #3, 37th Annual., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

September 12 — Race to the Angel, Wells, NV, 23rd Annual, 3000' climb., 775-752-3540, chamber@wrecwireless.coop, wellsnevada.com

September 24 — USA CRITS Finals, Las Vegas, NV, Criterium, Part of USA CRITS Championship, during Interbike, Mandalay Bay Resort, staggered start times for the different races, Men and Women Pro races, various amateur classes, and an Industry Cup Challenge., Casey Lamberski, 706-549-6632, casey@swagger.us, usacrits.com, swagger.us,



2009 Utah and Regional Road Tours

May 9 — Springville to Nephi 100, Nephi, UT, BCC SuperSeries #2 self-supported 100 from Cracker Barrel in Springville to Nephi and back thru Santaquin, shorter leg options of 30 and 60 miles., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 9 — Salt Lake Challenge, Salt Lake City, UT, Urban Team Challenge event, a challenge on wheels with jousting, ball carry, clues on short and long courses, to raise money for Bike Education and Youth Cycling., Bob Kinney, 801-677-0134, bob@bike2bike.org, bike2bike.org

May 9-16 — Bicycle Tour of Utah - Color Country to Canyonlands, Springdale, UT, UT, 6 riding days, 454 mi, 26,000' elevation gain. Milage varies from 30-85 mi per day. Very scenic. Also available 9/19, 10/3., 714-267-4591, info@CyclingEscapes.com, CyclingEscapes.com

May 16-30 — BRA SU, St. George, UT, Bike Ride Across Scenic Utah Tour, 5 states, 5 National Monuments, 5 National Parks, 2 National Forests, and 5 Nations, Start in St. George., 801-677-0134, bob@bike2bike.org, bike2bike.org

May 16 — Cycle Salt Lake Century Ride, Salt Lake City, UT, Salt Lake to Antelope Island and back, 35, 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., 801-596-8430, 801-322-5056, cscentury@mac.com, cyclesaltlakecentury.com

May 16 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, tvblindidaho.org

May 16 — Ride for the Pass, Aspen, CO, The Ride for the Pass is a charity bike race/recreational ride to benefit the Independence Pass Foundation. The Ride is in its fifteenth year and will follow the traditional route from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass. The Ride gains approximately 2200 feet of elevation, from 8,500' to 10,700', over the ten mile route., Mark Fuller, 970 963-4959, fulcon@comcast.net, independencepass.org

May 17 — Santa Fe Century, Santa Fe, NM, 24th Annual, 25, 50, 75, 100 mile options, fully supported., Willard Chilcott, 505-982-1282, Willard@cybermesa.com, santafecentury.com

May 17 — 3rd Annual Amazing Earthfest, Kanab, UT, Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved) Knuckle Heads, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles. MTB rides also., Rich Csenge, 435-644-3735, jjw@gwi.net, amazingearthfest.com

fest.com

May 23 — Color Country Century, Cedar City, UT, 8 am, unsupported ride, 100 miles., 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycycling.org

May 25 — Memorial Day 100, Salt Lake City, UT, BCC SuperSeries #3, West Point Park to Layton Bench then west to Antelope Island and back, 30, 60 mile options., 801-641-4020, roadcaptain@bbtc.net, bccutah.org

May 30 — Hurricane 400 KM, Hurricane, UT, self-supported brevet ride, timed distance cycling events, Hurricane to Kanab to Panguitch returns to Hurricane via Cedar City., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

May 30 — Bikes for Kids, Salt Lake City, UT, Metric century (62 miles) plus 4 and 25 mile options in Salt Lake City and Murray, 8:00 am, Intermountain HealthCare facility parking lot in Murray., Teresa May, 801-453-2296, teresa@bikesforkidsutah.com, bikesforkidsutah.com

May 30-June 5 — Red Rock Ramble, St. George, UT, ride through Color Country, self-supported, Zion, Bryce, Cedar Breaks., 800-755-2453, tours@adventurecycling.org, adventurecycling.org

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

May 31 — Eureka 105, Saratoga Springs, UT, BCC Super Series #4, Saratoga Springs Inlet Park, West Side of Utah Lake to Goshen, Eureka, Cedar Fort and back, self-supported., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

June 6 — Little Red Riding Hood, Wellsville, UT, Women only century ride, 15, 35, 45, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research., Penny Perkins, 801-472-2887, penperk@xmission.com, bccutah.org

June 6 — Moonshadows in Moab, Moab, UT, Evening recreational ride, cycle under the power of the full desertmoon., Beth Logan, 435-259-2698, info@skinnytirevents.com, skinnytirevents.com

June 7 — America's Most Beautiful Bike Ride, Lake Tahoe, NV, 35, 72, 100 miles, 18th Annual, benefit for the Leukemia and Lymphoma Society, Stateline, South Shore Lake Tahoe., Curtis Fong, 800-565-2704, 775-588-9660, tgff@bikethewest.com, bikethewest.com, bikeandskitahoe.com,

June 7-13 — Black Hills, Rapid City, SD, 234 mile supported road and dirt tour., Elliot Bassett, 800-755-2453 ext. 3, tours@adventurecycling.org, adventurecycling.org

June 8-July 2 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Ride up the full length of the Al-Can Highway, Dawson Creek, BC to Fairbanks, AK., Pedalers Pub & Grille, 1-877-988-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com

June 13 — American Diabetes Association / Tour de Cure-Golden Spike Century, Brigham City, UT, 25,69, and 104 mile options, also family loop, Box Elder High School, benefits American Diabetes Association., Marshall Emsley, 801-363-3024 ext 7075, memsley@diabetes.org, tour.diabetes.org

June 13 — Bob LeBow Bike Tour - "Health Care for All", Nampa, ID, Routes from 3-100 miles, ride benefits the TRHS Zero Pay Fund, helping support primary health care for our most indigent patients., 208-467-4431, asandven@trhs.org, trhs.org

June 18-26 — Rocky Mountain Tour, Salt Lake City, UT, UT, Tackle the Wasatch Mountains, Soldier Summit, pass BookCliffs 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 20 — Bike for the Cure, Spring City, UT, A benefit ride for the Susan G. Komen Foundation. 5.5, 42, and 58 mile and 100 mile options through Sanpete County in Central Utah, Start (7:30 am) and finish in Spring City, UT., Erika Stover, 435-283-2158, cestover@mail.manti.com, sanpete.com

June 20 — Tour of Marsh Creek Valley, Pocatello, ID, Fully supported ride presented in conjunction with the Pocatello Riverfest! Options of 25, 62, or 100 miles on the lonely roads that traverse the lovely country between Pocatello and Malad Pass, then enjoy food, fun, and music at the Riverfest., Mike Coolear or Dave Hachey, 208-241-0034, dadcollaer2@hotmail.com, dmhachey@gmail.com, idahocycling.com

June 20-26 — Cycle Montana, Missoula, MT, Missoula-Jackson Hot Springs-Missoula, fully supported., Elliot Bassett, 800-755-2453 ext. 3, tours@adventurecycling.org, adventurecycling.org

June 20 — Bryce Canyon 200 K, Panguitch, UT, Brevets are self support, timed, distance cycling events, route begins in Panguitch and loops around to Bryce Canyon, Tropic and Circleville before returning to Panguitch., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org

June 20 — Blue River Century and Metric Century, Summit County, CO, 4 ride options, 3 century finishes and a metric century, 7 am, benefiting the Lance Armstrong Foundation., Marie Willson, 303-321-5196, marie@bluerivercentury.com, bluerivercentury.com

June 21 — Up and Over 100, Salt Lake City, UT, BCC SuperSeries #5, 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

June 27-28 — Bike MS: Harmon's Best Dam Bike Ride, Logan, UT, Benefits National MS Society and multiple sclerosis research, 40, 75, or 100 mile routes on Saturday, 40 or 75 on Sunday, Saturday's route is a figure 8 loop to the north up into Idaho. Flat and friendly to all abilities with rest stops every 8-12 miles. Sunday's route is a loop to the south through Blacksmith Fork Canyon up to Hardware Ranch and back across Hyrum Dam. One of the most scenic routes in Utah! Cache Valley Fairgrounds (400 South 500 West)., Becky Woolley, 801-424-0112, Becky.Woolley@nmss.org, curemsutah.org

June 27 — RATPOD, Dillon, MT, Ride around the Pioneers in one day, 130 mile tour., 406-549-5987, info@ratpod.org, ratpod.org

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

July 4 — Tour de Riverton, Riverton, UT, Part of Riverton Town Days events. Starts at 7:30 am at Riverton City Park, fun ride, 25 mile loop through Riverton and Herriman., 801-523-8268, email@infinitecycles.com, tdr.infinitecycles.com

July 4 — Taterville 100, Richmond, UT, BCC SuperSeries #6, Richmond City Park near Logan/Smithfield, over the LOTOJA course to Montpelier and back self-supported, 100 and 150 mile option., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 4-6 — Northwest Tandem Rally, Victoria, BC, A weekend of tandem fun!, dstenton@uvic.ca, nwtr.org

July 10 — Antelope by Moonlight Bike Ride, Antelope Island, UT, 16th Annual, This a popular non-competitive ride, held at night during the full-moon. Views are spectacular, food is delicious. ride goes from marina to the his-

toric Fielding Garr Ranch, about 22 miles round-trip. Registration fee includes park entry, t-shirt and refreshments., Neka Roundy, 801-451-3286, tour@co.davis.ut.us, daviscountyutah.gov

July 12 — Chalk Creek 100, Park City, UT, BCC SuperSeries #7, 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

July 15-August 13 — Teton to Tides, Jackson, WY, Jackson, WY to Eugene, OR, self-supported tour., Elliot Bassett, 800-755-2453 ext. 3, tours@adventurecycling.org, adventurecycling.org

July 15 — Pioneer Century, Morgan, UT, BCC SuperSeries #8, Morgan High School to East Canyon, Echo, Coalville and Back, Self-supported 30 and 70 mile leg options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 19-24 — Idaho Relaxed, Plummer, ID, 130 mile, low key, bike trails tour., Elliot Bassett, 800-755-2453, tours@adventurecycling.org, adventurecycling.org

July 19 — Mt. Nebo Loop, Nephi, UT, BCC SuperSeries #9, From Nephi City Park on Main to Goshen Canyon and Santaquin over Mt Nebo, limited support on the 27 mile climb., Doug Jensen, 801-815-3858, slccyclers@gmail.com, bccutah.org

July 24 — Pedal Away Parkinson's, Kayville, UT, The 4th Annual 10 mile family fun ride begins at 8:00 am at Gailey Park in Kayville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Healey, 801-451-6566, senditmyway@gmail.com, pedalawayparkinsons.com

July 24 — Pioneer Day Century, UT, BCC SuperSeries #10, TBA., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 25 — The Big Loop Tour, Boise, ID, Boise to McCall, Horseshoe Bend, Boise, unsupported., 208-867-2488, jgasser@acecosemi-com.com, georgescycles.com

July 26 — Upland Roller 100, Wanship, UT, BCC SuperSeries #11, Wanship Trailhead thru Coalville Echo over Hogsback to Morgan and back self-supported 30-50 mile options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

July 26-31 — Family Fun Idaho, Plummer, ID, Bike trails tour for the family., Elliot Bassett, 800-755-2453 ext 3, tours@adventurecycling.org, adventurecycling.org

July 26-31 — Bicycle Washington, Chelan, WA, Chelan, WA to Oroville, to Chelan., 541-385-5257, 800-413-8432, info@oregonbicycleride.org, oregonbicycleride.org

August 1 — Tour de Park City, Park City, UT, Fully Supported Road Rides starting and finishing at Park City. Great improvements for 2009. Three ride options: 50, 100, 170 miles through Northern Utah's beautiful mountain valleys., Riley Siddoway, 435-671-5053, info@mountainraceworks.com, tourdeparkcity.com

August 1 — Around the Block Ride, Wilson, WY, Starts in Wilson, Wyoming to Victor and the Swan Valley and ends in Wilson after 109 miles and two mountain passes, 40, 70, and 109 mile options, fundraiser bike ride for the Growth Grant Program.,

Sarah Mitchell, 307-734-8600, info@pursuebalance.org, pursuebalance.org

August 2 — Preride ULCER, Lehi, UT, BCC SuperSeries #12, Thanksgiving Point to Goshen and west side of Utah Lake, self-supported., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 3 — R.A.N.A.T.A.D., Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000 feet of climbing. New this year: a shorter 100 mile option from Sundance around the Nebo Loop and back to Payson., Czar Johnson, 801-223-4849, czarj@sundance-utah.com, sundanceresort.com

August 5-10 — High Country Relaxed, Silverthorn, CO, Silverthorn, CO - Silverthorn, CO., 800-755-2453, tours@adventurecycling.org, adventurecycling.org

August 8 — ULCER, Lehi, UT, Century Tour around Utah Lake, 100, 74, 56, and 24 mile options, Thanksgiving Point in Lehi., 801-641-4020, president@bbtc.net, bccutah.org

August 8 — Blue Cruise - Pocatello, Pocatello, ID, Recreational bike ride with 15, 30 and 50 mile routes beginning at 8:30 a.m. Lunch & t-shirt included w/ registration. Benefits the Portneuf Greenway., Karri Ryan, 208-387-6817, 208-331-7317, KRyan@bcidaho.com, bluecruiseidaho.com

August 9-15 — Ride Idaho, Nampa, ID, 7 day supported bicycle tour, 360 total miles, Nampa, Payette, Cambridge, McCall, Garden Valley, Idaho City, Boise., Emily Williams, 208-344-5501, Emily.Williams@ymcatvidaho.org, rideidaho.org

August 9-15 — Oregon Bicycle Ride XXIII, Monument, OR, Monument, John Day, Unity, Sumpter, Ukiah., 541-385-5257, 800-413-8432, info@oregonbicycleride.org, oregonbicycleride.org

August 15 — BCRD Sawtooth Century Tour, Ketchum, ID, Downtown Ketchum, fully supported, half and full century routes, t-shirt and aid station included., Janelle Connors, 208-788-9142, jconnors@bcrd.org, bcrd.org, sportsbaseonline.com,

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

August 16 — Promontory Point 120, Ogden, UT, BCC SuperSeries #13, 5 Points Ogden to Golden Spike, Tremonton and back 120 miles self-supported, shorter options available., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 20-22 — Bear Pa Challenge Charity Cycling Tour, Garden City, UT, Fully supported ride from Bear Lake to Park City over the Uinta Mountains for children's hospital, Saturday "family ride" in Park City (35 miles), Tyler Hooper, 801-292-9146, tyler.hooper@gmail.com, thinkoutsideCC.org

August 22 — Tour of Utah 1000 Warriors Ride, Park City, UT, 96 miles, 11,000+ vertical feet, Park City HS at 6:00 am, finish: Snowbird. Wounded Warriors (Marines) Charity Event. Toughest Stage of the Nation's Toughest Stage Race. Beat the Tour of Utah pro time, win the purse and the glory., Rick Bennett, 801-571-3100, rick@rickbennett.com, 1000Warriors.com, tourofutah.com,

August 22 — Desperado Dual, Panguitch, UT, 200 mile double century in Southern Utah, 100 mile option, Utah's only fully supported, 200 mile, one day cycling adventure., 435-674-3185, rgurr@redrockbicycle.com, despera-

dual.com, ,

August 22 — Bike the Bear Century, Garden City, UT, 50, 100 mile rides, starts at Camp Hunt, register through Trapper Trails Boy Scout office, supported ride, includes t-shirt and goodie bag w/registration., Jason Eborn, 801-479-5460, jeborn@bsmail.org,

August 22 — CASVAR 2009, Affton, 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 22 — Ride for Teens, Provo, UT, 2 to 50 miles options in all three forks of Provo Canyon. Proceeds benefit local at-risk youth services. Prizes and post ride meal, the event starts at 8 am at the Ronald Williams Last Park, essentially Heritage Schools, 5600 N. Heritage School Dr. Provo., Jesse Ellis, 801-367-3599, ellisadvocate@gmail.com, heritagertc.org

August 22-23 — Bike MS Road, Sweet, and Gears, McCall, ID, Benefits the MS Society of Idaho and multiple sclerosis research, 20, 25, 40 & 60 miles, Camp Pinewood., Erin Farrell, 208-388-1998, idl@nmss.org, bikems.org, msidaho.org,

August 22 — HeArt of Idaho, Idaho Falls, ID, 25, 50, 62, and 100 mile options. Entry fees are \$22.00 and \$32.00 that will cover entry, t-shirts, goody bags, and post ride BBQ at the museum. Routes are flat to rolling, easy to moderate difficulty. Sponsored by IF Art Museum, in conjunction with a show of antique bikes., Alpine Cycle , 208-523-1226, alpinecycle@one-west.net, theartmuseum.com

August 29 — 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, veloistbob@yahoo.com, cvveloists.org

August 29 — The Big Ride, Richmond, UT, BCC SuperSeries #14, Richmond City Park over Strawberry to Montpellier, West to Soda Springs, loop route on LOTOJA course., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

August 29 — Hess Cancer Foundation Legacy Parkway Tour, Bountiful, UT, 20 mile bike ride, half marathon, and 5K run on Legacy Parkway, Ride will begin at 8:30 am. All proceeds go directly to the Hess Cancer Foundation, a non-profit that provides financial assistance to families who lose a child to cancer, (www.hesscancer.org)., Travis Hess, 801-520-9755, hessstravis@hotmail.com, tourlegacy.com, hesscancer.org,

August 29 — Sanpete Classic Road Race and Fun Ride, Spring City, UT, Non-competitive fun ride and Road Race (UCA) for all classes, fully supported, 75 miles, route will circle the Sanpete Valley and will be on mostly flat roads with a few short moderate grades., Eric Thompson, 801-541-3840, jericthompson@comcast.net, skui-tahcycling.com

August 30-September 5 — Tour of Southern Utah, St. George, UT, Carmel Junction (via Zion National Park), Bryce National Park, Escalante, Torrey, Panguitch, Cedar City and back to St. George., Deb Bowling, 818-889-2453, deb@planetultra.com, planetultra.com

September 4-7 — Great Utah Bike Festival, Minersville, UT, Every kind of event for every kind of biker, 3 century rides (100, 65, 50 mile options), road and mountain recreational rides, cyclocross racing, mountain bike racing, road stage race (2 road races, time trial, criterium, part of UCA series), Bike Ed presentations, bike parade, street racing, and more!, 801-677-0134, bob@bike2bike.org, bike2bike.org

September 5 — Summit Challenge, Park City, UT, To benefit the National Ability Center, 15 and 50 mile ride and 100 mile ride, check-in starts at 7 am at NAC's

Bronfman Recreation Center & Ranch, rides start at 8:30 and 9 am. at the National Ability Center in Park City., Jennifer Atkin, 435-200-0985, jennifera@discovernac.org, discovernac.org, summitchallenge100.org,

September 5 — Hooper Horizontal 100, West Point, UT, BCC SuperSeries #15, West Point Park to West Weber and Hooper, self-supported century, 30 and 65 mile options., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 10-19 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Blanding, UT, 3 ride options: September 10-19, 10-12, or 13-19, Blanding to Cedar City, 400 miles, 3 National Monuments, 5 State Parks, 4 National Forests., Les Titus, 801-654-1144, lestitus@lagbrau.com, lagbrau.com

September 12 — 10th Annual Independent Living 5K Run and Roll, UT, Hand-cycle, wheelchair & walk/run categories. Course TBA., Debbie or Kim , 801-466-5565, uilc@xmission.com, uilc.org

September 13 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, Bike Big Blue, 7th Annual, ride around Lake Tahoe on the shoreline, food and support, 72 miles. Boat Cruise & 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9658, tgft@bikethewest.com, bikethewest.com

September 18-20 — Moab Century Tour, Moab, UT, Moab to La Sals and back, 45, 65, 100 mile options, century on Saturday, social rides on Friday and Sunday, benefits the Moab Cancer Treatment Center., Beth Logan, 435-259-2698, info@skinnytirefestival.com, skinnytireevents.com

September 19 — Tour de Vins, Pocatello, ID, Bike Tour and Wine-Tasting Event, 16.5, 32 and 60 mile options, ride through Buckskin and Rapid Creek, fundraiser for FS Alliance (family violence prevention), Idaho State University., Sarah Leeds, 208-232-0742, sarahl@fsalliance.org, FSAlliance.org

September 19 — Randy's Fall Colors Classic, Salt Lake City, UT, BCC SuperSeries #16, Sugarhouse Park over Big Mtn, Coalville, Wanship, Browns Canyon, and back via I-80, self-supported century., Don Williams, 801-641-4020, roadcaptain@bbtc.net, bccutah.org

September 19 — I Think I CANyons, Salt Lake City, UT, Benefit ride for the Fourth Street Clinic, A nonprofit healthcare clinic in Salt Lake that provides free healthcare for the homeless, Little Cottonwood Canyon, Big Cottonwood, Millcreek, and Emigration, start and finish at the Olympus Hills Shopping Center located on Wasatch Blvd. near 3900 South. Start time 7 am; registration begins at 6:30 am., Joel Welch, 801-631-7872, joelwelch@hotmail.com, ithinkicanyons.com

September 19 — Fifth Annual Josie Johnson Memorial Ride, Salt Lake City, UT, This memorial ride is dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, meet at Sugarhouse Park, ride will start at 10:30, will travel to mouth of Big Cottonwood Canyon and back, no charge to participate., Jason Bultman or John Weis, 801-485-2906, 801-278-3847, john.weis@path.utah.edu, josiejohnsonride.com

September 26 — Heber Valley Olympic Century, Heber, UT, 25, 50, 62, 100 mile options. Also, Biathlon option! Enjoy scenic Heber Valley in its autumn finest during this fun and challenging ride that visits the Olympic venues, fundraiser for Huntsman Cancer Institute., Bob Kinney, 801-677-0134, Bob@Bike2Bike.org, bike2bike.org

September 26 — Yellowstone Fall Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, Supported ride., Sara Hoovler, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com



SPECIALIZED

WANTED: NOW! CUSTOMER SERVICE MANAGER

Seize this unique opportunity to work for the best cycling brand in the world where passion drives us to ride hard and work hard to get the job done.

If you are a high energy, passionate, bicycle-riding, do-what-needs-to-be-done kind of person interested in a long-term rewarding career and long-term ride in the bicycle industry, Specialized wants to meet you. Bring us your skills!

This position requires in-depth knowledge of bicycles and equipment, unparalleled customer service skills, and extensive management background preferably in sales/customer service. Requires impeccable written and verbal communication skills with serious attention to detail; must have the ability to communicate effectively, manage changing priorities, and have previous experience managing a diverse workforce.

Vocabulary may include but is not limited to: Ned, Stumpjumper, Paris-Roubaix, Alpe d'Huez, Gerolsteiner, single track, Giro d'Italia, FSR, Tarmac, S-Works, and innovate or die.

Send us your resume along with a cover letter with all the details why you want to work on our team and what you can bring to Specialized.

**Specialized Bicycle
1137 S. 3800 W.
Salt Lake City, UT 84104
Email: slcjobs@specialized.com
Fax: 801-973-2558**

September 27-October 3 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 18th Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9658, tgft@bikethewest.com, bikethewest.com

October 2-4 — Sawtooth Cycle Challenge Bike Ride and Race, Sun Valley, ID, 4 rides/races, all start in Sun Valley, Galena Summit Challenge (30 Miles), Metric Century to the Top of Galena and back, Century to Redfish Lake and back, Extreme 150 mile Road Challenge from Sun Valley to Idaho City, benefits Leukemia and Lymphoma Society, Rob Nesbit , 208-371-5198, sccinfo@cableone.net, sawtoothcyclechallenge.blogspot.com

October 10 — Trek WSD Breast Cancer Awareness Ride, American Fork, UT, 10 or 20 mile rides for everyone, WSD Demo Bikes available, casual ride for women & their support network, Trek of American Fork 356 North Meadow Lane (750 West), Vegas Sharp, 801-763-1222, Vegas@trekaf.com, trekaf.com

October 10 — RTC Viva Bike Vegas, Las Vegas, NV, 25, 50, and 100 mile rides from Las Vegas to Lake Mead, Proceeds benefit Las Vegas After-School All-Stars Program., 702-676-1542, dowl-ingk@rtcnsn.com, rtcnsn.com

October 17 — Tour de St. George, St. George, UT, Ride with us around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile Option. 100% of the proceeds to benefit local bicycling advocacy, 8:00am at 900E & 100S (Dixie State College), Tim Tabor, 435-229-5443, timbosplace@msn.com, tourdestgeorge.com

December 31-January 1 — New

Our Advertisers support cycling utah. Please support them.

Year's Revolution, Goodyear, AZ, Join us on this special occasion to 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. What better way to celebrate than on your bike. Two different routes in warm & sunny Arizona. Escape the cold. Three distances each day (100, 70, 50) as we ride and enjoy the warmth., 801-677-0134, Bob@Bike2Bike.org, Bike2Bike.org

Multi-Sport Races

May 2 — Buffalo Duathlon, Farmington, UT, Short course: 5K run, 10mile bike, 5K run; Long Course: 10K run, 25 mile bike, 10K Run. Benefits the Hess Cancer Foundation., Travis Hess, 801-520-9755, hesstravis@hotmail.com, hesscancer.org, active.com,

May 9 — St. George Triathlon, St. George, UT, the first race of the SG TRIFECTA series at Sand Hollow, sprint and Olympic distances., Brogg Sterrett, 702-401-6044, race@sgtri.com, sgtrifecta.com

May 16 — TriUtah Women of Steel Triathlon, American Fork, UT, 8 am, American Fork Recreation Center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run., Chris , 801-631-0965, info@tr Utah.com, tri Utah.com

May 16 — DuXtreme Road Duathlon at the Endurance Festival, Pocatello, ID, 25K Sprint (5K run-20K bike), 50K Olympic (10K run-40K bike), 101.5K Xtreme (13.1 mile half marathon-50 mile half century) distances on 5K run and 20K bike circuit courses. Also running, road cycling, DuXtreme duathlon and kids events. Festival village too!, Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, DuXtreme.com

May 23 — Stansbury Tri - Salt Lake Triathlon Series, Stansbury Park, Tooele County, UT, The Stansbury Park Tri offers an early-season

open water swim, ultra-fast bike course and stellar run course out onto the island in the middle of the Stansbury Lake., Greg Fawson, 602-288-9077, greg@ustrisports.com, ustrisports.com, ustrisports.com/stansbury.htm,

May 30 — Sunrise Duathlon, West Jordan, UT, Short course: 5K run, 10mile bike, 5K run; Long Course: 10K run, 25 mile bike, 10K Run. Benefits the Hess Cancer Foundation., Travis Hess, 801-520-9755, hesstravis@hotmail.com, hesscancer.org, active.com,

May 30 — Salem Spring Triathlon, Salem, UT, Knoll Park., Travis Snyder, 801-465-4318, salem-springtri@hotmail.com, racetri.com

May 30 — DuXtreme off-road duathlon and the Endurance Festival, Boise, ID, 25K Sprint (5K run-20K bike), 50K Olympic (10K run-40K bike), 101.5K Xtreme (13.1 mile half marathon-50 mile half century) distances on 5K run and 20K bike circuit courses at the new Idaho Velodrome and Cycling Park in Eagle, ID. Also trail running, mountain biking, kids events., Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, DuXtreme.com

May 30 — SunDog South Valley Aquathlon, South Jordan, UT, 400m serpentine pool swim followed by a scenic, flat 5k along the Jordan River Parkway., jcs-teere@gmail.com, sundogsport.com

June 6 — Vikingman, Heyburn, ID, 1/2 distance and olympic distance triathlon, Riverside Park., Lisa Clines, 208-431-0463, info@vikingman.org, vikingman.org

June 12-13 — Battle at Midway Triathlon, Midway, UT, Olympic Distance Tri, off-road duathlon, doggie doo-athlon. New for 2009 - a 9K trail run Friday night., 801-450-8477, info@bamtriathlon.com, bamtriathlon.com

June 13 — Ironman Boise, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., 727-942-4767, boise@ironman.com, ironmanboise.com

June 13 — Utah Summer Games Triathlon, Hurricane, UT, Olympic and Sprint, Sand Hollow Reservoir, the second Trifecta event, the Utah Summer Games Triathlon.,

Doug McCoy, 435-865-8421, dmccoy@castlerockmultisports.com, utahsummergames.org/sports/triathlon.html

June 19-20 — San Rafael Classic Sprint Triathlon, Huntington, UT, Huntington State Park, duathlon, kids tri, spring and Olympic triathlons, all proceeds from this event go to fun the Emery County Search & Rescue., 435-637-0207, davecapalbo@yahoo.com, sanrafaelclassic.com/

June 20 — TriUtah Cache Valley Classic Triathlon, Hyrum, UT, Hyrum Reservoir, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, Where else can podium finishers get a cowbell?, Chris , 801-631-2614, 801-631-2624, info@tr Utah.com, tri Utah.com

June 20 — Provo Triathlon, Provo, UT, Olympic and Sprint, also kids race, Utah Lake State Park., Aaron Asay, 801-361-9425, aaron@sbrtri.com, provotri.com

June 20 — Redfish Lake Triathlon and Duathlon, Redfish Lake, ID, Olympic and Sprint Tri distances, Sprint Duathlon, Redfish Lake Swim!, Jeff Clegg, 208-774-3536, 208-644-6405, Jeff@redfishlake.com, redfishtri.com

June 27 — DinoLand Triathlon, Vernal, UT, Olympic and Sprint distances., 435-789-7720, info@dinoTri.com, dinoTri.com

June 27 — Rock Cliff Tri at Jordanelle - Salt Lake Triathlon Series, Salt Lake City, UT, The Rock Cliff Tri at Jordanelle offers athletes the chance to race one of Utah's premier mountain racing venues near Park City, sprint and olympic distances., Greg Fawson, 602-288-9078, greg@ustrisports.com, ustrisports.com

June 27 — SunDog Bear Lake Triathlon, Garden City, UT, If Tri courses were dreamt, designed, and built from the ground up (the way golf courses are) this would be the result. The Bear Lake SunDog Triathlon courses are like nothing you have seen before- featuring the best that south-shore Bear Lake has to offer, Four words: post race raspberry shakes., jcs-teere@gmail.com, sundogsport.com

July 11 — TriUtah Echo Triathlon, Coalville, UT, Echo Reservoir, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, Utah's best open water triathlon course., Chris , 801-631-2614, info@tr Utah.com, tri Utah.com

July 18 — Cache Valley's Super Sprint Triathlon, Logan, UT, 500 M swim, 12.5 mile bike, 5K run, Logan Aquatic Center, 7:30 am, all proceeds are donated to the American Mother's Association., John O'Very, 435-764-2319, triathlon@cvsst.org, cvsst.org, runnecard.com,

July 18 — Scofield Triathlon, Price, UT, Kid's, Sprint, Olympic and "ESCAPE from Scofield" distances, the highest elevation triathlon in the USA, Mountain View State Park Boat Ramp., Brogg Sterrett, 801-557-6748, race@bbsctri.com, bbsctri.com

July 25 — Blanding Hillman Triathlon, Blanding, UT, Swim .75 mile, Bike 15 miles, Run 3.2 miles, Kids' triathlon July 24, Recapture Reservoir., Stephen Olsen, 435-678-1314, solsen@sanjuanschools.org, hillmantriathlon.info

July 25 — Burley Idaho Lions Spudman Triathlon, Burley, ID, spudman@burleylions.org, burleylions.org/spudman.html

August 15 — Utah Half Triathlon, Provo, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run., Travis Snyder, 801-465-4318, salem-springtri@hotmail.com, racetri.com

August 15 — Rush Triathlon, Rexburg, ID, 208-359-3020, chish@rexburg.org, rushtriathlon.com

August 22 — TriUtah Jordanelle Triathlon, Park City, UT, Jordanelle Reservoir, Sprint and Olympic distance open water swim triathlons, Sprint road: 750 Meter Swim/20K Bike/5K Run, Olympic road: 1.5K Swim/40K Bike/10K Run, One of Utah's oldest triathlons now in its 11th year!, 801-631-2614, 801-631-2624, info@tr Utah.com, tri Utah.com

August 23 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), McCall, ID, Ponderosa State Park next to Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trail run,

mass start at 9:00 am in the Park and the finish line festivities begin at 12:00 noon with the racer feed and music, followed by awards at 3pm., Darren Lightfield, 208-388-1971, wildrockiesemail@yahoo.com, wildrockies.com

August 29 — Bear Lake Classic Triathlon, Garden City, UT, the last race in the ELEVATION TRIFECTA series in Northern Utah, Sprint and Olympic distances., Brogg Sterrett, 702-401-6044, race@bbsctri.com, bbsctri.com

September 12 — Bear Lake Brawl Triathlon, Garden City, UT, Olympic and Sprint., Bill Rappleye, 801-492-3442, bill@goldmedalracing.com, goldmedalracing.com

September 12 — 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., 801-568-4602, sandy.utah.gov

September 12 — Camp Yuba Triathlon, Yuba State Park, UT, Travis Snyder, 801-465-4318, salem-springtri@hotmail.com, racetri.com

September 12 — TriUtah Ogden Valley Triathlon, Eden, UT, Pineview Reservoir, 1000 meter swim/15.2 mile bike/4 mile run, Utah's only "Battle of the Sexes" Equalizer triathlon followed by the post-race Taste of Ogden Valley Festival., 801-631-2614, 801-631-2624, info@tr Utah.com, tri Utah.com

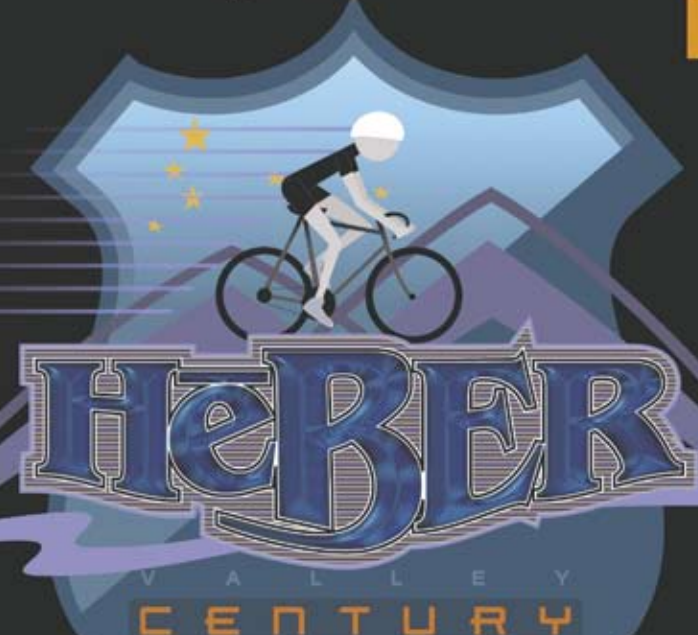
September 12 — Endurance Festival, Pocatello, ID, 25K Sprint (5K run-20K bike), 50K Olympic (10K run-40K bike), 101.5K Xtreme (13.1 mile half marathon-50 mile half century) distances on 5K run and 20K bike circuit courses. Also running, road cycling, DuXtreme duathlon and kids events., Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, EnduranceFestival.com

September 12 — DuXtreme off-road duathlon at the Endurance Festival, Pocatello, ID, 25K Sprint (5K run-20K bike), 50K Olympic (10K run-40K bike), 101.5K Xtreme (13.1 mile half marathon-50 mile half century) distances on 5K run and 20K bike circuit courses. Also trail running, mountain biking, DuXtreme off-road duathlon and kids events., Mike Welch, 866-8-ECO-FUN, info@EnduranceFestival.com, DuXtreme.com

September 12 — SunDog Gunlock Triathlon, TBA, UT, TBA, jcs-teere@gmail.com, sundogsport.com

September 19 — Daybreak Tri - Salt Lake Triathlon Series, Salt Lake City, UT, Race the only open-water triathlon in the Salt Lake Valley! Pristine lake, bike course in the Oquirrh Mountains, running on over 13 miles of run trails, sprint and olympic distances., Greg Fawson, 602-288-9079, greg@ustrisports.com, ustrisports.com

A Century of Fun on 2 Wheels **In Utah!**
Heber Valley Century
 Sept. 26, 2009
 100 - 65 - 50 - 25 mile
 Start - 7:30 - 8:30



801.677.0134
 Benefiting HUNTSMAN CANCER INSTITUTE UNIVERSITY OF UTAH

www.bike2bike.org

Lone Peak
 Salt Lake City, Utah

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

800-777-7679 or 801-272-5217

LONEPEAKPACKS.COM

RACERS
 CYCLE SERVICE

GARY FISHER

Utah County's Independent
 Road and Mtn. Mechanic
 Pro Team Experienced

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

ADVOCACY

Future Federal Transportation Bills Promise Great Improvements for Cycling

By Charles Pekow

Future federal ground transportation policy will include a bigger bicycling component. Bikes will be considered a mode of transit so cyclists will merit legal standing on roadways in it. Or so promises the head of a congressional committee responsible for writing a new bill.

Rep. James Oberstar (D-MN), who chairs the House Transportation & Infrastructure Committee (T&I) and is an avid bicyclist and long-time supporter of bicycling policy, said he intends to get a bill through committee and ready for a House vote by the first week in June.

Yes, it's time to start thinking about a renewing and expanding the federal law that supports bicycle riding. The law is currently called the Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users (SAFETEA-LU). No one has come up with a name yet for the replacement. SAFETEA-LU officially expires Sept. 30. But don't count on a new expanded bill getting enacted on time – Congress didn't pass the current law until two years after the old one expired, relying instead on temporary extensions of the pre-

vious law in the meantime. With the current Congress obsessed with recession-related issues and record deficits, it's anyone's guess when it will finish a transportation bill.

But the T&I, which is taking the lead, still plans to get a bill through Congress or at least the House this year, even though as of late April, it hadn't drafted a bill. Oberstar realizes the House will have to pass the bill by mid-June and send it to the Senate for a conference to write a final bill in September, says T&I spokesperson Jim Berard. The House will be preoccupied with appropriations bills between Mid-June and the August recess.

Oberstar "said many times he wants this bill to be a transformation" of transportation, Berard said. "He wants to reduce the 108 or however many different programs there are in highway and transit titles down to maybe a handful of broad general areas to prevent stovepiping. He wants to encourage intermodalism, livability; he wants to have an Office of Livability that would look at various programs and various modes and make recommendations on how to better implement (policies) and integrate them better to promote livability and more efficient transportation."

ty and more efficient transportation."

Berard added that while the House may have to act in a hurry, "the bill will really be put together in conference in September, presuming the Senate gets its job done by then. Once the bill passes the House, there will still be plenty of time to look it over and comment on it."

The Senate is moving more slowly, waiting for the House to take the lead and the administration to suggest ideas. The Senate Commerce, Science & Transportation Subcommittee on Surface Transportation & Merchant Marine Infrastructure, Safety & Security hasn't set a timetable or begun to draft a bill, a staffer says. The subcommittee did schedule a generic hearing on the future of ground transportation in late April, so it is thinking about the issue broadly.

The administration hasn't suggested any legislation yet. But in a statement before Congress, Transportation Secretary Ray LaHood said, "an important element of the reauthorization should focus on livable communities. This means fostering pedestrian and bike-friendly communities...."

Doug Hecox, a spokesperson for the Federal Highway Administration

(FHWA) added "this administration is very bike friendly and we are looking at ways to make communities more bike friendly as well."

Hecox noted that the Bureau of Public Roads, which became FHWA in 1967, was originally founded in the 19th Century because of lobbying by bicyclists seeking better surfaces. The agency hasn't forgotten its roots.

Meanwhile, a coalition of national biking advocacy organizations hired Caron Whitaker as campaign director for America Bikes to lobby on the bill this year in Washington.

"Our highest priority is a complete streets policy, which would require all roads built with federal money be built for all users, including drivers, public transportation, bicyclists, pedestrians and people with disabilities," Whitaker said.

The policy would exempt places where cyclists are prohibited, such as urban stretches of Interstate highways, where accommodating them would increase costs beyond 20 percent, or when there's a "demonstrable lack of need." Each state would write its own policies and could adjust them by type of community – a rural road may just need wider shoulders, while cities may require bike lanes.

Current stand-alone legislation would give states two years to develop such policies. The Complete Streets Act of 2009 is pending before the Senate Committee on Environment & Public Works (S. 584) and the House Transportation & Infrastructure Subcommittee on Highways & Transit (H.R. 1443). No legislators from Utah or Idaho have yet signed on as cosponsors.

Beyond that, America Bikes wants to push for more funding for existing programs that support bicycling, such as Transportation Enhancements, alternative transportation in national parks and Recreational Trails. It also wants the legislation to encourage communities to coordinate transportation policies. "Instead of building a

bike path here, a sidewalk there, they can sit down and look at the community as a whole, see where are hubs of activities and how can we connect them," Whitaker explains.

America Bikes also is suggesting improvements to Safe Routes to School, such as expanding it to high schools and simplifying the procedures for minor projects, such as installing bike racks, without going through lengthy procedures.

Meanwhile, bicycling advocates from all over the country met with congressional delegations in Washington, DC in March as part of the League of American Bicyclists 2009 National Bike Summit. Brad Woods of the Utah Bicycle Coalition said he presented the America Bikes agenda to Reps. Jim Matheson (D) and Rob Bishop (R). "Matheson was extremely supportive. Bishop was cautiously supportive," Woods reported. While he didn't get to see Rep Jason Chaffetz (R), his "staff was supportive," Woods stated.

Aides to Senators Orrin Hatch (R) and Robert Bennett (R) also "were very supportive. ...They were not concerned so much about whether bikes were good or bikes were bad. They were more concerned with how much is it going to cost" Woods related.

Woods promised, "We are planning to keep up the pressure."

Join a ride so worthwhile someone else FEELS THE RESULTS

Charity Bike Ride ~ Sat. May 30
Your registration helps buy 1,000 bikes for 1,000 needful kids.

- 50K ride for all levels.
- Tough 100K course for experienced riders.
- Make it your team ride for May!
- All proceeds purchase bikes for underprivileged kids and benefit cycling safety and advocacy projects.
- Group discount for teams of 10 or more.
- Get details and register today at www.bikesforkidsutah.com



bikes FOR kids



www.bikesforkidsutah.com



Specialized Killer Sale!

Specialized Killer Sale!

Save up to

\$1200! on '09

Tarmac, Roubaix, Transition, and Ruby



SPECIALIZED



Select among
16 Models!
Sale Pricing
from May 14-31

762 E. 12300 S. Draper, UT

canyonbicyclesdraper.com • ridecanyon.com

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

Cervelo at Draper location only.

TOURING

Top 10 Considerations Before the Big Bike Tour

By Lou Melini

ONE: Type of tour one wants to do: Fully supported with vehicle(s) with a commercial company or non-commercial set-up with a group of friends? These have the advantages of having a tour already set up, a way to meet others, and one just needs to bring any bike and ride it no matter what your physical condition. One could ride in the SAG vehicle the entire time. There are 450 tour companies to choose from (according to the March 2008 issue of Adventure Cyclist).

My personal favorite is non-vehicle bike touring, after all it is a bike tour. Cost is much less (\$40 a day for my wife Julie and I compared to a couple hundred dollars per person for some commercial tours); freedom to go when and where I want and having a true adventure which most bike tourers will state has changed their lives. One can go "credit card" touring, which eliminates camping and cooking or one can go fully ready for any option by carrying camping equipment.

One other alternative is a tour set-up by the Adventure Cycling Association that is a non-vehicle group tour in which you are expected to carry group equipment and help with cooking. These are also relatively inexpensive.

TWO: Group size: Solo, 2, 3, 4, 6...? The size of the tour will most likely depend on your personality, and whether you do a commercial tour or self-supported. My experience is that 95% or more of all self-contained bike tours are done solo or with one other person. On self-contained tours there are security and economic reasons for going with others, but those reasons diminish after 4 people. If you do go with others on a self-contained, or even commercial tour, the friend(s) you had at the beginning of an extended tour may not be the same "friend" during or after the tour. One can escape personality unpleasantness on a commercial tour, but this is difficult on a self-contained tour. Be well versed in the working out conflicts especially during times of inclement weather, bike problems or from other unexpected events. Jeffrey Hyman is still my best friend after our 11-week tour in 1975.

Personally I do not do well doing solo tours. The few I have done have had me ride long days to get home to my wife. The only tour with more

than two people (4) resulted in one of the group riding off ahead on the 3rd day, never to be seen again until we returned to Salt Lake City. The tour was from Portland to Northern California along the Oregon coast. For some reason he decided to ride to San Francisco. One night during a rainstorm, the 3rd person left in our group had to squeeze into our small 2-person tent since 1/2 of his tent was on the way to San Francisco.

THREE: Loop Tours vs. Point to Point: Personally I like Loop Tours that eliminate the need for car shuttles or airport and bike transportation logistics. Loop tours may have the advantage of "plan B short-cuts" if needed to get back to one's car or adding additional loops if one is riding too fast.

FOUR: Deciding how far to tour: Employment, age, wealth, retirement will all factor in the decision. Should one do the dream 2-year bike tour when young and not quite starting in a career, throw away a career for an 11-week tour as I once did, or wait for retirement to do the long trip as I hope to do in 5 years. Most of us have limited time so I will focus on that.

How many miles can you ride in a day? Take 60-70% of that number when you are fully loaded, perhaps as little as 40% depending on the purpose of the tour. Perhaps the best way is to load up your touring bike and ride all day. Then take into account rest days, bad weather days, sightseeing and visiting days, and bike-repair. This will vary for each person but I take 1/2 day for every 4 days as rest/emergency days in my planning. Too many rest days built in will result in an early arrival, not enough may result in looking for alternatives to get back to one's car or airport.

So the formula one should use is $(A \times B) - (A \times C)$ where A is the miles you can ride in one day (60 for Julie and I), B is the number of available days to tour and C is the number of rest days. This is the length of your tour. Remember, for tours greater than 2 weeks, your daily mileage can increase easily by 20% (or more) due to increased fitness.

FIVE: Detailing the Tour: Now that you know how far you can ride given your time, your next step is to pick your destination and somewhat detail your day to day destinations, though you may find that these will

change once you start your ride. My personal advice and favorite way to plan a tour is to use the Adventure Cycling Association (ACA) maps as the framework of your tour. The ACA has over 30,000 miles of routes with details of most of which one needs for a tour. They have picked routes that may have the best features of a tour including roads suitable for biking, feature amenities such as motels, campgrounds and groceries and include points of interest, bike shops, elevation gains, etc. The main complaint of their maps is that you only get the route they have mapped. I supplement their maps with DeLorme state maps to get a bigger picture of the area I am in. (I cut out the pages I need). I also may seriously consider a Garmin unit with a North American chip. I recently had a cross-country bike tourist stay with me who had such a unit. I was fascinated to watch him punch in "local stores" and have all of them pop up on the screen including Pierre's, the little bakery down the street from me. Chambers of Commerce, Good Sam or KOA websites, State campground Associations and State Department of Tourism websites are helpful for finding services.

I have read Crazyguyonabike.com or the ACA blogs to research some of my tours but reading the sometimes 100 postings of certain routes can be tedious, redundant and a lot of wasted time. In addition, it has been suggested to me by fellow bike tourer, Cheryl Soshnik (who probably has more bike touring knowledge than I) to try www.bikelist.org or www.bikeforums.net/index.php for planning bike tours. Map my ride and other electronic aides are available, but I haven't used them perhaps given my somewhat Luddite personality. I would like to hear from anyone about their favorite tools.

SIX: The Bike: I have seen titanium Seven's and steel Colnago's used for touring, but if one plans on doing a self-contained long bike tour, having the right tool for the job is best, so get a touring bike. Using a trailer to carry gear and going light on "credit-card" tours may be an exception to this.

Touring bikes do differ from your regular road bike. The basic cockpit fit of the bike may be similar, but one will probably sit a bit more upright. The head and seat tube are set up for touring. The rear chainstays are the main dimensions that will change, being longer to insure that the pan-

nier weight sits more in front of the rear axle for better handling and to help avoid the heel of one's shoe from hitting the panniers. A touring bike will also have built in room for larger tires suitable for touring, fenders (an essential in my opinion), and even a kickstand. My dual-legged kickstand doubles as a repair stand. You will also find eyelets for front and rear racks and fenders. The bikes will have a wide-range of gearing, with low gears in the 20-25 inch range. What frame material should you use? Well steel is field repairable and most of the other materials do not have touring specific designs that I mentioned. A good touring bike also rides better with weight (of loaded panniers)

SEVEN: Racks, Panniers, Trailers: Perhaps due to tradition, I use racks and panniers. They work. 60+% of the weight in the rear and just under 40% in the front is how one should load the weight though I sometimes don't always hit it right. Ask anyone with a good touring bike and they will say their bike rides better with weight so that makes panniers a plus. The racks and panniers weigh notably less than a trailer, I don't have a 3rd wheel rolling on pavement and if I need to transport my bike, there is less hassle and cost by not having a trailer. At touring speeds that average just over 10 mph for me in mountainous terrain, the aerodynamic advantage of a trailer isn't a factor. If I didn't have a touring bike or was riding a primarily off-road tour I might consider a trailer.

EIGHT: Handlebars: Wheels, Pedals: Flat or drop handlebars are a personal choice, mine is traditional drop-handlebars. Wheels should have at least 32 spokes (which Julie and I use) and perhaps 36 or 40 spokes depending on one's personal weight, weight on the bike, etc. These wheels should be fixable everywhere! Skip the bladed spokes or fancy spoke patterns. I prefer 32-35 mm cross-section tires, though 28 have worked for us even on crushed limestone rail-trails. I sometimes use 38 mm to slow me down a bit when I tour with Julie.

When I did my first bike-touring lecture at REI, pedals were the most "controversial" choice from the audi-

ence. Clipped in pedals, traditional toe-clips, to flat pedals with hiking shoes were all choices, and appropriate choices. Most of the around-the-world tourers that I have hosted use hiking boots (Japanese) on flat pedals or Shimano-style sandals with or without cleats (Euros). I personally prefer mountain bike shoes so that I can walk in them, but I carry an easily accessible pair of running shoes for in town riding and shopping.

NINE: Miscellaneous Tools, Spare Parts, Camping Gear, Clothing: You should be able to tighten every nut and bolt on your bike. Big parts like chainrings should not come loose because you were smart enough to have your bike professionally serviced by your trusted local mechanic before that long trip. Don't just throw a multi-tool kit in your bag and expect it to do everything. Make sure that the tools you carry work with your bike. I addition to my multi-toolkit I need a separate Allen wrench for the upper bolts of my rear Tubus rack (a minor annoyance), and for my kickstand as the multi-tool does wedge in to tighten those bolts. My fancy Paul brakes also need a 15 mm wrench to center adjust, though they have never needed adjustment. Since I always carry the "original" multi-tool (a small vise grip), I do without the extra 15 mm wrench. Don't forget a good reliable pump and strongly consider a mirror.

I carry plenty, perhaps too many, spare tubes. I also have a large patch kit, spare tire, spare spokes a few spare rack bolts, a "tire boot patch", and a little gizmo called a FiberFix Kevlar spoke replacement for emergencies (fortunately never used) sold by the ACA. (No one at the ACA had experience with it!)

For camping, Julie and I use an ultra-lite 3-person tent for the extra room it gives us. Our stove is multi-fuel, though I carry enough Coleman fuel to rarely need the multi-fuel function. I recently experimented carrying 2 stoves with some appreciation of that extra weight. Depending on where we are, I carry a water filter.

We carry too much clothing. Julie likes her clothes washed in a

Continued on page 31

Take the Ride of Your Life

American Diabetes Association

Tour de Cure

June 13, 2009 • Brigham City, Utah

104-mile, 69-mile, 25-mile routes and the Family-fun mile

Register at 1-888-342-2383 or www.diabetes.org/utahtourdecure

use promo code **cyclingutah** to save \$10.00

QUESTAR

selecthealth

Nate Wade Subaru

A Nice Place to do Business

SUBARU

Funded by the Box Elder County Tax Advisory Board



SALT LAKE COUNTY
BICYCLE
ADVISORY COMMITTEE
www.slcbac.org

Emigration Canyon Safety Day

May 9th, 10:00a-12:00n

Join us at Little Mt. Summit

Canyon Residents, Mayor & Sheriff's Office
Representatives will be on hand**Ride & Share the Canyon Safely**

Ride Single File

Keep Groups Small



PARKS County Bike Maps Available
REC See our Website for Details



Public Meetings: 2nd Monday of each Month
Visitors Welcome, Visit www.slcbac.org

CLUB PROFILE

TeamGive: Making a Positive Impact on Cycling in Utah



TeamGive. Photo: Ted VanHorn.

By Tyler Servoss

You may find yourself rolling up the start of some your favorite events this year along side a group of riders with a giant red G for TeamGive.org on their jerseys. Survey the scene a bit more and you are likely to spot the two Cadillac SUV's or the Larry H. Miller provided Jeep Wrangler Unlimited wrapped in TeamGive.org graphics. As the event begins you will be hard pressed to miss the unique Delta 7 IsoTruss frames the team is riding.

Who are these guys? What is TeamGive.org all about? I recently posed these questions to Steve Mordue, a member of the Board of Directors for this 5013C non-profit organization.

Cycling Utah: What is TeamGive?

Steve Mordue: TeamGive is an organization of successful professionals with a shared passion for cycling and sports, for service to their community, and for excellence in all we do. TeamGive combines its members' active lifestyles, professional abilities and backgrounds with a desire to support research for treatment and cures of rare neurological diseases. We do this through participation, sponsorship, and organization of community and corporate-sponsored charitable cycling and similar athletic events.

CU: How did the TeamGive concept come together?

SM: Several things, there was a group that has been riding together for the past couple of years, and living in the same neighborhood. Then you add to that a family that lives in that same neighborhood, whose daughter has been diagnosed with a terminal disease. It was a devastating thing for this family. After several years of procedures and tests, they finally received a diagnosis the day after LoToJa 2007. The family had a desire to make a difference for others suffering from similar diseases and challenges. This girl's family started a project called Eliza's library to collect and distribute new and used books to hospitals and intercity schools. This project has been covered by the by all the local television news stations. A guy in the neighborhood suggested they get together and form a charitable (cycling) team. Ken Clifford was asked to be the President of the Board and he selected several board members. These board members are people who are passionate about cycling, established in their lives and careers, and not necessarily people who were winning races, but had the time to give to serve others. The service had to be completely voluntary so that we could say, every single dime, every cent goes to the charities. We started with an Institute

in Italy that is a research facility for this particular disease (Eliza's disease is called Metachromatic Leukodystrophy (MLD) but we have since expanded the focus to be on Eliza's wish. Eliza's wish is to help particularly children, across Utah, around the country, and the world, that are suffering from whatever disease to have a better quality of life.

CU: What is TeamGive's approach to events?

SM: Teamgive's approach to participation and event execution is built around a culture of professionalism and excellence in every aspect of its operations. It starts with our directors and advisors, and extends to every Teamgive member.

CU: What type of events will TeamGive be a part of in 2009?

SM: A number of Triathlons throughout the state, Seattle-to-Portland as participants and sponsors, the Tour of Utah as a sponsor, Lotoja as participants and sponsors, and a number of other races and tours.

CU: Does TeamGive own or promote any events?

SM: The team is staging iRace for MLD a 5k running race in Bountiful, Utah June 6th.

CU: Who are some of the Sponsors of the Team?

SM: iTrade is the title sponsor along with Maverick, Delta 7 Bicycles, LoToJa, John Henry Smith Insurance, Bartile, Frogzog, Edge Composites.

CU: How is TeamGive involved in racing?

SM: A number of our team members race and our sponsors are helping

Continued from page 30

Laundromat (vs. in the campground shower) so we carry 4 sets of riding clothing, rain gear, off-bike clothing, and a warm layer for both on and off the bike. We then stop at a Laundromat every 3-4 days.

We also carry a plastic picnic-bench style tablecloth and stadium cushions for sitting on (which double as big yellow/orange "spot-lights" on the back of our bikes). Depending on where we are, I carry a steel mesh stuff sack to put food in so that little critters, especially raccoons, do not get our food.

TEN: Finances and Food: "Whenever I swing my leg over a bike I become the cheapest person in the world". This is a quote from Lynette Chiang in her book "The Handsomest Man in Cuba" but I can also claim it. Julie and I average about \$40/day on our trips. We budget for \$50/day. We don't try to be frugal, but we do enjoy camping, so the expenditures stay low. We are not "tourists" who like to shop. We mostly camp in commercial campgrounds (which have

showers). Occasionally we stay in motels due to inclement weather and occasionally we stay at the home of an inviting stranger. We cook our meals on the camp stove. Occasionally we do breakfast at a restaurant if it is at the 2-hour "hungry" time. We usually eat an oatmeal breakfast then stop to eat something every 2 hours (as well as drinking a bottle or 2). We've managed to do 9 1/2 hours of riding time without bonking by using this strategy (fortunately rarely). We also try to take Nancy Clark's advice (Sports Nutrition Guidebook) and try to eat 35 different items each week of our tour, though we have difficulty doing this. Bike touring may prove to be difficult for one who maintains a special diet such as pure organic or vegan depending on where one travels or how much one is willing to carry. Vegetarian can be accommodated, especially lacto-ovo.

For more information on bike touring go to AdventureCycling.org and click on the How-to-Department. Lou Melini has been a life member of Adventure Cycling Association since 1976.

to support events so we can keep top-notch races happening. iTrade has become the title sponsor of this year's Tour Of Utah yellow jersey. TeamGive is working to provide the pre-race carbo-load dinner for LoToJa. TeamGive is also considering launching new events in the future.

CU: What is the Relationship between Delta 7 Bicycles and the team?

SM: Delta 7 is the bike sponsor for the TeamGive. A number of riders will be on their bikes and Delta 7 will have a demo presence at events the team sponsors.

CU: How do people get involved in

the TeamGive?
SM: #1 go to our website, TeamGive.org, #2 Contact us at any event. We will be at a lot of events this season with a booth at many. #3 Talk to any TeamGive member you see out at the events or on the road.

We live in such a great place for riding and racing here in the west. This group of dedicated, community minded cyclist are making big contributions to events, charities, and cycling awareness throughout Utah and surrounding states. Look for other great clubs and teams to be profiled in upcoming issues of Cycling Utah.



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

Tour de Donut!

Join Us

July 11, 2009

9:00 am at

Greenwood Elementary School
50 East 200 South • American Fork

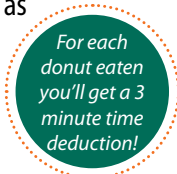


Questions?

Call

801 763-1216

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



Visit www.utahtouredonut.com for more information

BLACKBOTTOMS est. 1974
CUSTOM CYCLEWEAR

15 Minimum Full Custom Quick Turnaround

866.566.8285

CALL TODAY!

CUSTOM CYCLING & TRIATHLON
blackbottoms.com - info@blackbottoms.com



A Utah Company since 1974



COMMITTED

to the battle against diabetes



SelectHealth is a strong supporter of the American Diabetes Association. Last year, with 294 registered cyclists, Team SelectHealth shattered the record for the largest team ever to ride in the Tour de Cure. We also raised more than \$80,000—the second highest amount of any team in the nation.

Join Team SelectHealth and ride in the Tour de Cure on Saturday, June 13 in Brigham City. For more information, visit www.diabetes.org/utahtourdecure.

