

High Uintahs Classic
 Stage Race from Kamas to Evanston
 June 18-19

Utah Summer Games
 Cross country, HC, DH
 June 17-18

Important Phone Numbers
 USCF District 40 Representative--392-4019
 Bicycle Racing Assoc. of Utah 264-5555
 Bonneville Bicycle Touring Club--534-4451
 Utah Mountain Bike Association--531-7703
 Utah Fat Tire Series--942-3498
 Idaho Race Information--(208) 342-3910

Springs. For information (208) 342-3910. IBRA Road Racing points series event.
10 -- Bogus Basin Hillclimb at Boise. For information (208) 343-3782.

W. Colorado Road Tours
11 -- Highway 92 Tour. West Slope Wheelmen. For information (303) 241-7584.

Mountain Bike Races
3-5 -- Deer Valley Mountain Bike race. Tours, downhill and cross country race.
9-11 -- Brian Header Mountain Bike Race. For information 1(800) 27BRIAN or 1(800) 272-7426.

Idaho Mountain Bike Races
3-4 -- Lava Rama. Lava Hot Springs, ID. Cannondale Cup Fat Tire Series. For information (208) 342-3910.

Mountain Bike Tours
9-11 -- Fish Lake In The Fall Mountain Bike Festival. For information 896-9300.
24-25 -- Fall Colors Fat Tire Festival. For information 1(800) 27BRIAN or 1(800) 272-7426.

OCTOBER
Road Race Series
4, 11, 18, 25 -- BRAU Criterium Series. For information 264-5555.

Road Races
10-13 -- World Senior Games. For information 673-7810.
15 -- City Creek Bike Sprint. For information 583-6281.

Road Tours
1 -- Leaf Raker Tour. BRAU sponsored Morgan tour. For information 467-1435.

Idaho Mountain Bike Races
1-2 -- 10th Annual Banzai. Cross country, circuit and downhill events at Idaho City and Bogus Basin Resort. For information (208) 342-3910. Final event of the IBRA Mountain Bike series.

Mountain Bike Tours
25-29 -- Moab Fat Tire Festival. For information 259-5333.

NOVEMBER
Road Race Series
1, 8, 15, 22, 29 -- BRAU Criterium Series. For information 264-5555.

Events
7 -- Annual District 40 Club meeting. For information 392-4019.

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Road Races
7 -- District 40 Criterium Championships. For information 392-4019.
14 -- Trapper's Loop Road Race. For information 392-4019.
20 -- Road and Mountain Bike Hillclimb at Wells, NV. For information (702) 3267.
20-21 -- Bear Lake Road Monster. For information 752-7242.
28 -- Phantom Draper Club Road Race. For information 576-8844.

Idaho Road Races
14 -- Freeze-out Hillclimb. Emmet, ID. For information (208) 343-3782.
27 -- Horseshoe Bend Hillclimb at Boise. For information (208) 343-3782.
28 -- District Road Race at Buhl. For information (208) 543-6332. IBRA Road Racing points series event.

Mountain Bike Races
13-14 -- Dinotrax. Flaming Gorge. Cannondale Cup Fat Tire Series. For information 373-6441.
20 -- Canyon to Canyon Pedal Cup. For information 583-6281.
28 -- Rustler Run at Alta. Cannondale Cup Fat Tire Series. For information 742-3420.

Idaho Mountain Bike Races
6 -- 2nd Annual Sun Summit Challenge. Cross country at Sun Valley, ID. For information (208) 726-0707. Tenth event of the IBRA Mountain Bike series.
13 -- 10th Annual White Knob Challenge. Cross country at Mackay, ID. For information (208) 342-3910. Eleventh event of the IBRA Mountain Bike series.

Regional Races (road and mountain)
13 -- Teton Pass Hill Climb. Jackson, WY. For information Bill Doyle (307) 733-6047.
20 -- Death Run Mountain Bike Classic. For information (307) 577-0114 or (800) 481-3245.

Road Tours
13 -- ULCER. Utah Lake Century Epic Ride. BBTC. For information 534-4451.
20 -- Luna Trek. Night ride for the family. Salt Lake County Parks & Recreation. For information 277-2243.
20 -- Mid-Valley Industrial Area Ride. Salt Lake County Parks & Recreation. For information 277-2243.

W. Colorado Road Tours
20 -- Mesa Lakes RB/MTB Pot Luck. West Slope Wheelmen. For information (303) 241-7584.

Mountain Bike Tours
4-7 -- Utah Mountain Bike Camps 1994. Family Camp for parents and kids. Receive instruction in off-road riding techniques from Cindy Whitehead. Camp is based out of Mt. Pleasant. For information (800) 634-4690 or (619) 924-2955.
TBA -- Skyline Drive Mountain Bike Tour. For information 637-5092.

SEPTEMBER
Road Race Series
1, 8, 15, 22, 29 -- Salt Lake International Criterium Series, 6 p.m. For information 583-3449.
6, 13, 20, 27 -- BRAU Criterium Series. For information 264-5555.

Road Races
10 -- Snowbird Hillclimb. For information 521-6040.
11 -- Snowbasin Hillclimb. For information 392-3911.
24 -- LoToJa Road Race. The longest single-day road race in the United States. For information 753-3294.

Idaho Road Races
3-5 -- Lava Rama circuit and road races. Lava Hot



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Double your mileage, double your food

Do it all in one day at the famous Davis Double Century ride

By Jon R. Smith

It's 4:00 am, my wind-up travel alarm has just run down, and I'm laying there with a feeling of apprehension. Do I really want to do this?

I'm stunned by my thought process. All the training, all the planning over the past year, the money spent on special diets, let alone the registration fees and motor home rental to travel hundreds of miles in relative comfort with a group of people I've trained with for months, just for this moment. Now I'm having second thoughts an hour before starting time!

"Don't worry, you'll do it," I thought.

"Who are you?" I asked myself.

"The part of you that got you into this in the first place: your ego."

"Great, you again. The last time you showed up I think I ended up married."

"You did, but you survived."

"Yes, but I was looking for the expiration date on my marriage license after awhile."

"This is different, it's just between you, your bike, and the road."

"Yes, but it's 200 miles of road, and all at once."

"You did it last year didn't you?"

"Yes, and maybe that's why I'm having second thoughts about it."

"No, it's that when you climb on your bike today, it's the beginning of the end. All your time and effort are now on the line. It's no longer talk, it's do!"

And I was right, I thought to myself, it's now time to do!

As I rise to face the day, a new light had been cast on my attitude. I gazed upon the coming day, and the weather seemed calm. It was a crisp morning outside the comfort of the motorhomes' confines, and the other bodies within had

begun to stir.

Had they thought as I had of the coming event? Questioning their own sanity as the clock counted down? The generator was started, an alarm for those sleeping in their tents, that is was time to rise and coffee would soon be ready.

As I began to dress, I pondered the check list in memory, to pick up on anything I might have missed. Light, camera, taillight, PowerBar and licorice, just in case. This ride is well supported and last year, I carried too many reserves for 200 miles. We get wiser with experience.

With a cup of coffee in hand, I begin to check my trusty steed. The tires are inflated, last minute tugs and pulls. Handle bars, brake levers, all seems well. It seems I've done my homework and I am as ready as I will ever be.

The troops are assembling at the start/finish, and I catch the eyes of my fellows, silently acknowledging the plan we had laid in previous huddles.

The hour approaches. It's 5:00 a.m. and the die is cast! We are off, as are hundreds of other would-be doublers. Into the early morning darkness we venture, our headlights somewhat lighting the ground in front of our wheels. They serve more to highlight the spinning of the feet in front of me than anything else.

Forming a paceline in the dark is a tricky job, and the months of riding on my fellows wheels has inspired the confidence that I am now feeling. The red flash of LED's is hypnotic as we pass several groups of riders starting off slowly.

We continue our pursuit, picking up several riders as we go, not wanting to be left behind by a faster line than the one they're on. Our plans are going well as we keep up the pace. We pick up some, we throw some to the side as they can't

keep up the pace. Within 10 miles, we have done our job well. We have picked up a group of riders that is both fast and nervous about losing this line. Time to sit back and cruise.

At 33 miles, we are at the first of 11 rest stops. This ride is well supported, and after 25 years the stops are exactly as needed. Some of the line stops, some continue. We stop, keeping to the game plan. Quick refills, some fruit and we're on the road again. The process is quickly repeated and soon we're again on the fly.

The sun has begun its rise to greet the day, and take the chill out of the morning air. Of this I'm glad, I opted for no leg warmers, as I knew the day would become hot and I didn't want to carry them for the majority of the ride.

The scenery is spectacular as we pass by olive, walnut, avocado and several groves, I have no idea what they are. Orange trees and vineyards, the vistas change as fast as the pace as we approach the foothills of the mountains we are about to ascend.

The first of three major climbs is called Cardiac Hill. The name is not a misnomer! It climbs to over 1,100 feet in 1.6 miles! And yes, the descent is fast! Forty-five miles per hour just coasting.

And the climbs have not ended. In fact, it is not until 138 miles that you are on a more or less gradual downhill with some rollers to the end of the ride. But now I'm getting ahead of myself.

On the second part of the first climb, I slowly lose my buddy's wheel, and I watch them climb away from me. I don't let it shake me for I have faith in my downhill skills and I can ride the rollers.

Luck is with me and I catch a tandem on the descent. I grab on and put some quick miles behind me. The couple I have joined are Ruth and Les. The decal on their Tandem reads "RUTHLESS," and I soon find out why. They move!

There is nothing quite so pretty to watch as a well-tuned tandem couple. They work in almost perfect harmony.

When it's needed, without a cue, Ruth would stand giving that extra for the rise. As she sat, if it was needed, Les would rise. And for the assault, when they both stood, hang on, 'cause we are truckin'. This continued until the 95-mile mark and rest stop number 5, where once again, I met up with my partners in crime.

As we again mounted our steeds, I bade farewell and thanks to Ruth and Les and continued on my way. The climb ahead is called Top of D.C.. Not an awe-inspiring name, but it is the highest point of the ride. It climbs from 1105 ft. to 2175 ft. in 10.9 miles. This doesn't sound like much, but the terrain is deceiving and it appears that you are going downhill and pedaling to get there. "The Old Gravity Hill Syndrome."

It's a canyon with steep walls and the sun reflects off them creating a sweat box effect. The last 400 ft. of the climb is in 1.3 miles and makes your heart pound! Now for 7.5 miles, you get to descend to the lunch stop at 115.7 miles. The spread for lunch is great and at this point, my body is hungry! Even though I have kept it stoked with carbs along the way, it is now screaming, "FEED ME."

I ponder the food before me: breads, pastas, fruits, veggies, newtons, cookies, salads, condiments, sodas, gatorade, water and on and on. This is a battle, to eat now and forever end my ride? Or be somewhat sensible and not get sick.

I opt for sick! Before I lose all control, that ego thing pops up again, and helps me regain an amount of composure.

The thing about these ultra-long rides I've begun to get myself into, is the training that is necessary for your stomach, as well as your legs. You can go and pound out 20-30, maybe 50 miles on no food, but no-one, sorry, not even you Miquel, is going to ride 200 miles on some oatmeal for breakfast.

It's now about 12:30 pm, and the furnace is stoked. Time for a quick stop in the port-o-let and once again head off

Continued on Page 11

BIKE SALE!



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Special Order -- Built-to-fit frames by Jensen

Custom-built Fiber Flight wheels

Davis Double

Continued from Page 10
down the road.

As I mount the bike, something feels different? Either my butt has shrunk, or the saddle has grown because all is not so finely meshed. Logic tells me the saddle has not grown. Yep, I'm on my bike, the only other possibility, a certain distance between two points, has lost, or gained some ground. Here come those famous words, "that's cycling."

Easing myself in for the journey ahead, we continue the pedal through Lake County. Lake County is a different kind of place in California. The "Powers That Be" are not so sure about the whole thing, this 200-mile ride. They don't allow the streets to be marked to show the way, and they insist you follow the traffic laws for a bike. This includes unclipping and touching the ground at stop signs, adhering to speed limits. And yes, they do issue tickets to cyclists. They have no problem with this and are on the look-out! It's like Ted says though, "It's part of the game." and he's right.

We pull onto the road and it starts the journey over a major highway, where we remain for about 25 miles, and the adventure of the final climb of the day: Resurrection Grade! This is over a 1000 ft. climb in 6.5 miles. This doesn't seem bad, but after you've ridden 135 miles and had one too many cookies at lunch, things could be better. I had been having

problems with my back since the 95-mile mark and they were now escalating faster than Viet Nam in the Sixties. It was time. I stopped, did some stretches, reached in my jersey and, Dut-Dutdut-Dahhh "ADVIL!" Yes, the cyclist's friend. And on the second half of the ride are being consumed in mass by the masses.

At the Resurrection Rest Stop, just shy of the summit, a water truck, courtesy of the local Fire Dept., is there to give you a long-awaited semi-shower, (cold water dumped over your head). After restarting my heart and upper brain functions, I'm ready to continue.

It's at this point that I run across one of my earlier mates that was lost at around 60 miles. We converse and decide to set our goal on working together to finish. Since I had lost my ride fellows on the grade when I stopped for my back, this was a welcome situation. We began our assault and topped the summit, shifted to the big ring and began the 50+ mph descent over 8.5 miles. A great confidence builder for the final 60 miles.

Finish. What a wonderful word! Edward and I began to work as though we had ridden together for many years. Our minds were set on our final goal, and with this common cause, we spoke words of encouragement and complimented each other on pulls and occasionally kicked up the pace to relieve the sameness of our drive. The wind was picking up as we continued on, and it wasn't from the rear, but a headwind. The penalty paid for the

gradual down hill ride to the finish.

As we exited the mountains and eventually cleared the foothills, we continued our quest as we began to enter the once again familiar groves that we had left earlier that day. At 186 miles we crested the final "hill" and traveled to the final rest stop at 194.3 miles. At this point, you take all the miles you can get! By now, none of the food looked good. The last few stops had some soups they were making, but the only thing that was appealing was the coffee.

A large cup of the warm elixir relaxed and soothed me, as well as gave me the boost for the final ride of 7.2 miles to the finish. For the final time that day, I climbed upon my bike.

My backside was numb, but it didn't matter, I was determined to finish this last stretch with authority. We pedaled off and put the pace up to a comfortable 22 mph and headed homeward. The time and the miles went by fast. Before we knew it, we were rounding the last few corners of the course and people from the town where lined up on the sides of the road, clapping and cheering you on. The feeling I had, as I crossed the finish and the flag rippled, of my journey's end is one that gives me goose bumps even today as I write this account.

The total mileage on my computer read 201.5, the second time I have ventured into this realm. Had someone told me four years ago, when after a long sabbatical I returned to serious cycling, I

would be doing 200-mile rides, I would have said, "you're flippen' nuts."

Today, people call me nuts. But that's okay, because I've done something that few people can stake claim to: I've ridden a Double Century.

Road race

Continued from Page 6

been the surprise winner in any race. However, his weight losses and regular training paid off in impressive style.

Chiovoloni was the solo leader over the top of the pass. With others close behind, he allowed them to catch him at the bottom of the descent. After rounding the reservoir and starting back up the climb to the finish, Chiovoloni again revealed his current good form by again dropping all challengers for his first win.

In the women's Expert/Sport race, Kelly Crawford (Northshore) continued her winning ways. She was also first over the top of the pass. After being joined by teammate Teresa Williams for the tour around the reservoir, she dropped Williams up the final climb to solo in for the win. Williams followed in for second, with Chris Cline (Utah Premier) taking third.

Margaret Douglas (Utah Premier) won the women's Intermediate/Beginner race. Teammate Janet Myshrall was one minute behind in second, and Jo Garuccio third.



United States Cycling Federation

District Time Trial • Road Race Championships



Time Trial Championships Saturday, July 9 Ogden, Utah

Held under USCF race permit
USCF license required

Districts are pre-entry only.

TT entries must be postmarked by Tues., July 5

This course has been certified and has produced very fast times. Parking and race number pickup 8 a.m. at the Fire Dept. Drill Tower, 800 West 12th St., Ogden. Take the I-15 12th St. Exit and go east.

Start Order: 9:01 a.m. (20K) Junior 14, 16, 18, Master 65+

Followed by: (40K) General Men's Categories 1-5; Masters Men 30, 35, 40, 45, 50, 55, 60; Women (ages and cats. will be sorted out); Tandems District Champion Jersey awarded to Fastest Woman and Fastest Man. Bell Helmets to first place in each class. USCF District Championship medals to 3 places. Awards at parking area following event. Results in Cycling Utah.

Send entry form and \$12 check made to Del Brown for each event to: 1375 East 4225 So., Ogden, UT 84403.

For information call (801) 392-4019.

You may enter both the District TT and RR with one entry form.

Time Trial entries must be postmarked by Tuesday, July 5.

Road Race entries must be postmarked by Monday, July 11.

Please enter me in the following events:
(Please check boxes)

1994 District 40 Time Trial Championships, July 9, Ogden, Utah

1994 District 40 Road Race Championships, July 17, Kamas, Utah
(Please print and complete ALL information)

Name _____

Address _____

Phone _____ Club _____

In Case of Emergency Call _____

Phone _____

USCF License # _____ Racing Age _____

Sex _____ Category on License _____

Class you wish to enter in Road Race
(circle one only)

Men 1-3 Women Men 4-5 Master 35+

Master 45+ Jr. 16 Jr. 18

Districts are Pre-Entry only.

You may enter both with one entry form.

Postmark Deadlines

Time Trial: Tues., July 5; Road Race: Mon., July 11

You must complete and sign a release form at the race.

Junior riders must have parent sign release

Send \$12/each event to: Del Brown, 1375 E. 4225 S., Ogden, UT 84403. For information 392-4019.

I have completed all information above

Signature _____

Date _____

Road Race Championships Sunday, July 17 Kamas, Utah

Held under USCF permit
USCF licensed riders only

Class	Distance	Laps	Start time
SR Men 1-3	81 miles	3 laps	10:00 a.m.
SR Men 4-5	54 miles	2 laps	10:10 a.m.
Master 35	54 miles	2 laps	10:15 a.m.
Master 45	54 miles	2 laps	10:15 a.m.
Women 1-4	54 miles	2 laps	10:20 a.m.
Junior 18	54 miles	2 laps	10:25 a.m.
Junior 16	27 miles	1 lap	10:30 a.m.

Location: Take I-80 east from SLC to exit #148. Take Hwy. 40 to exit #4. Go east on Hwy. 248. Start-Finish area is 0.3 mi. past Wasatch County line sign (near top of Brown's Canyon.) Check-in & number p/up 8:30 a.m.

Awards and Prizes

District Championship jerseys to winners in each class.

District Championship medals and ribbons to 5 places in each class.

Excellent merchandise products provided by Bell Helmets. Prizes awarded at parking area following the race. Winners must attend. In the event of rain, awards at Hornes' Landmark Inn (Park City Exit).

Pre-entry Only

Send entry form and check for \$12 made out to: Del Brown, 1375 E. 4225 S., Ogden, UT 84403.

Must be postmarked by July 11.

You may use one entry form for TT and RR.

Racing updates

Local Junior to attend camp

Martin Grygar has been invited to a regional team and training camp in June at Taos, New Mexico.

The invitation came as a result of him finishing 3rd at a qualifying race for juniors at Leon, Kansas. The race was a 67 mile road race with about 30 riders in the field. One of the riders who finished ahead of him was from out of the region.

Utah is in one of six regions of the United States. Other states in the region include North and South Dakota, Nebraska, Kansas, Colorado, Wyoming and New Mexico.

Individuals will be selected from the camp to compete at the '94 U.S. Olympic Festival July 5-10 in St. Louis, Missouri.

Grygar rides for Salt City Racing Team, is a 3.2 grade average student and a junior cross country skiing champion.

Utahn takes 3rd at Durango

Burke Swindlehurst, riding for Brackman's, earned a third place finish at the Iron Horse Classic in Durango over the Memorial Day weekend.

Swindlehurst was part of a five-man sprint that was won by former Subaru-Montgomery rider Gary Mulder. Second was last year's Snowbird and Snowbasin winner Brian Miller. Coming in fourth was Ned Overend with Rishi Grewal in fifth. All were awarded the same time.

Tibblitts wins Wyoming race

Steve Tibblitts of the powerhouse Brackman's team scored an impressive win at the Platte Bridge Station Stage Race in Casper over the Memorial Day weekend.

After taking third in the road race, Tibblitts followed up with wins in the time trial and criterium. He really proved himself by lapping the field in the crit.

Teammates Ryan Littlefield finished third overall and Tom Meiser was fifth.

District notes

Volunteer for BRAU

Bicycle Racing Association of Utah officials were encouraged by the response of their last call for volunteers.

But the more help they can get, the better for the district. So their request for volunteers has been extended. Contact BRAU's hotline at 264-5555 or call Chuck Collins at 467-1435 or Jon Pos at 328-8767 and help them out.

BRAU would also like women racers to participate in a class of their own at the Tuesday evening criteriums at the Driver Training course. All it takes is 15 racers and they have their own class. Call the above numbers to sign up. This goes for Masters as well. So call some friends and let's go racing.

Get the vote out

BRAU wants all licensed riders in the district to voice their concerns by voting

in the upcoming USCF elections. BRAU goes on record to endorse Susan Bookspan for reelection to the USCF Board of Directors.

Despite calls from the masses for a general housecleaning of the board, BRAU feels Bookspan should be retained because of her visionary ideas for cycling.

And her actions backup that statement. She founded the Southwest Collegiate Cycling Conference, is a UCI International Commissaire and a Bicycle Program Manager.

BRAU urges members to refer to the Cycling USA article about the candidates.

In other news, BRAU is concerned with the apparent drop in USCF licensees. The number now stands at 430. Last year the number was close to 500. BRAU urges all USCF members to help recruit at least five new riders to the sport this year.

Upcoming events

Park City Pedalfest set

Park City is the place to be on the weekend of June 25-26 to participate in the 2nd annual Park City Pedalfest.

All events planned are designed for participants of all ages and abilities. There will be guided tours in and around the mountains of Park City as well as riding demonstrations, exhibitions and clinics.

On Saturday, June 25 the Roll and Run for Knowledge is set for 8:30 a.m. at the Park City Ski Area Resort Center. On Sunday, June 26 the Banzai is scheduled

for 10 a.m. at Deer Valley. This favorite is revived to challenge all abilities on a 7.5 mile loop course.

Participants receive a t-shirt, BBQ and a chance to win in a prize drawing. For information call Tim Henney at 649-4035 or Beth Hoffmeister at 649-6100.

Mountain Bike Park opens

Brian Head Resort will open the region's premier mountain bike park on Friday, June 17 with the addition of more resort and national forest trails.

The resort is constructing a network of single-track trails on the Giant Steps area of the mountain that will be accessed from the Giant Steps ski lift. The lift will operate on weekends and holidays during the summer.

For information on mountain biking at Brian Head call 1-800-27BRIAN or 1-800-272-7426.

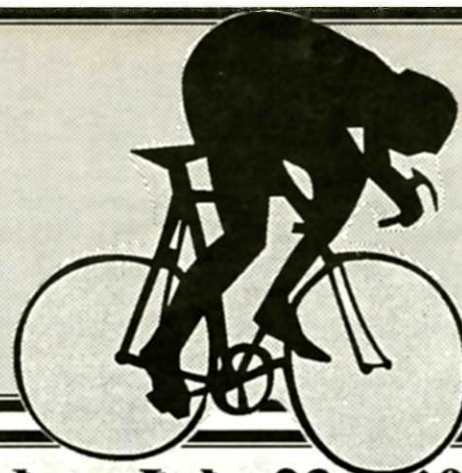
District Championships coming

The USCF District 40 Time Trial and Road Race Championships are scheduled on July 9 and July 17 respectively.

The time trial is in Ogden. The road race is in Kamas on the same course as last year. Interested racers must pre-register. Entry fees for the TT and RR is \$12 each. Entrys must be postmarked by July 5 for the TT and July 11 for the RR.

Racers can use one entry form for both events. Entry form is on Page 11 of this issue of *cycling utah*. For more information call Del Brown at 392-4019.

Alpine Velo Racing



Monday, July 4th, 1994

UVSC CIRCUIT RACE

\$1,000 Minimum Purse

An Event of the Provo Freedom Festival

Category	Time	Start	Registration: \$15 (Day of Race:\$20 cash)
Sr Men I/II	70 min	1:00 p.m.	Includes \$1 BRAU fee & \$2 USCF Insurance
Sr Men III	70 min	1:00 p.m.	Unlicensed Riders: Add \$3
Sr Men IV	60 min	2:20 p.m.	Promoter Reserves Right to Combine/Divide Classes
Sr Men V	60 min	2:20 p.m.	Information: 801/376-1078 voice mail
USCF Juniors	45 min	3:30 p.m.	801/226-2388 (Broken Spoke)
USCF Women	45 min	3:30 p.m.	USCF Permit Pending
USCF Masters 35+, 45+			
General Public	30 min	4:25 p.m.	Send Fee & Entry Form To:
Road Bike (A)			Alpine Velo c/o Broken Spoke
Mtn Bike (B)			948 N. State
			Orem, UT 84058 (Must Arrive by July 2)

Staging Area At Parking Lot "H" At East Side of UVSC Campus
1-15 to Exit 272 (12th South, BYU, UVSC); East past UVSC to 400 West (near top of hill);
North to 960 South; West to Lot "H"

Very Fast, Challenging 2.2 mile Closed Course
Large Grass and Shade Areas for Families

Saturday, July 23, 1994

LEHI PIONEER DAY CRITERIUM

\$1,300 Cash & Prizes

Category	Time	Start	Registration: \$15 (Day of Race:\$20 cash)
General Public	30 min	9:00 a.m.	Includes \$1 BRAU fee & \$2 USCF Insurance
Beginners	40 min	10:00 a.m.	Unlicensed Riders: Add \$3
Jnrs/Women/Mstrs	45 min	11:15 a.m.	Promoter Reserves Right to Combine/Divide Classes
Intermediate	50 min	12:15 p.m.	Information: 801/376-1078 voice mail
Sports	60 min	1:15 p.m.	801/226-2388 (Broken Spoke)
Expert/Elite	75 min	2:30 p.m.	USCF Permit Pending

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Dixie

Continued from Page 4

began to push the pace taking Parks along for the time trial. Then Bingham attempted to bridge up to leaders with Tom Meiser (Brackman's) joining him. These two racers put together strong efforts to close the gap. Once together the four began to work together to lengthen their lead. Falcon and Brackman's controlled the pack behind.

But soon the four were down to three when Meiser lost contact and rejoined the pack. Frey proved to be the real work-horse of the breakaway trio taking strong pulls along the finish straightaway. In the pack, Price was shadowed by Van Court but worked with two teammates to keep the pace high enough to keep the leaders in sight. This tactic prevented Frey from gaining too much time on the overall leader.

The trio maintained a 15-second lead for much of the race. The break was successful and Bingham scored a solid win despite leading out the sprint. Frey followed with Parks taking third.

"If it wasn't for him (Frey), we wouldn't have stayed away," Bingham said after the win. "I'm stoked! This is the first race I've won in a sprint in a long time."

Price, Van Court and Miller finished with the rest of the pack to maintain their overall positions. Frey moved up to fourth overall with the time bonus and time gap on the main field. Bingham moved up the fifth and Parks was sixth overall.

Women

On Saturday, all other classes did one 40-mile loop starting at Gunlock Reservoir, including the women. The Tour of St. George has always attracted one of the best women's fields in Utah racing with the 1994 edition no exception.

Carolyn Donnelly of Albuquerque, NM won the Gunlock Road Race followed by Heather Hall (Alpine Velo) in second and Jill Wilkerson (Utah Premier) in third.

"I attacked on the first climb," Donnelly said. "Then I surged on the second climb and was away for about 10 miles. But I got caught. Then we traded attacks to the hill finish."

"There were really good women in the group," Hall said. "There were a couple of breaks but we regrouped. It kept us on our toes."

"I was next to Teresa," Wilkerson said. "And all I could think was 'I want that time bonus.' I feel good about the time trial."

Teresa Eggertsen (Northshore) clocked the fastest time trial and moved up to second overall going into the final criterium stage on Sunday. Donnelly remained in first and Wilkerson held onto third.

The criterium saw the contenders stay together with a California criterium specialist taking the stage win. But it did not change the final result: Donnelly took home the win followed by Eggertsen and Wilkerson.

"It didn't look like anyone would get away," Donnelly said. "I wanted to keep the pace high so it would be a race. I hoped to go hard at the end to get a time bonus or at least not to let the others get a bonus."

Sport Men

The Sport (better known as the Cat 3s) road race was a closely contested battle with Jeff Sargent (Velo City Cyclists) taking the stage win from Richard Craig (Sunburst) and Joe Castelano (EDC).

"It was hard on the first and second hill," Castelano said. "Mark (Schaefer — Northshore) was off by himself for about 14 miles from the top of the 1st climb to the turn at Snow Canyon. Nobody was letting anybody go anywhere."

"I had a gap for a while," Schaefer said. "Right before Snow Canyon I eased up and waited. I was content to sit in. The last two miles we were really working hard. Everyone stayed together."

The Saturday afternoon time trial was the deciding factor for the Sport category. Schaefer turned in the fastest time of 13:14 and moved into a solid lead.

Castelano (EDC) attacked solo in the Sunday criterium and turned what some would have considered a suicide move, with over three laps to go, into the winning move to take the final stage.

"Good team tactics helped me pull it off," Castelano said. "Joel (Kath) and Piotr (Strzlec) helped me out. Joel was constantly at the front. Criteriums are my

realm, my domain."

Schaefer finished in the pack to maintain his lead for the overall win.

"I just wanted to hang on," Schaefer said afterwards. "My teammates helped out a lot. They chased the breaks. They're the crit riders."

Master Men

Bill Simmons (Music Maker) scored wins in the road race and criterium to wrestle the overall win away from Dave Gibson (Velo City Cyclists).

In the road race a strong group of 10 racers took the lead after the climb out of Gunlock. Gibson showed the way up the hill, pressing the pace.

"I committed a tactical blunder," Gibson said of the road race. "I attacked for the KOM time bonus but no one was there. But it worked out."

"A lot of people were making bold moves," Simmons said. "Ten of us motored together. Everything fell into place. I'm way happy to win the road race!"

Simmons faltered in the time trial somewhat and fell to third place. Gibson clocked the second fastest time to take the overall lead ahead of Klaus Zoller and Simmons.

"At least I have something in common with Lance Armstrong," Simmons joked, "we can't time trial!"

Going into the final stage Gibson had what he thought was enough of a time

gap to win should he keep Simmons in sight. But the final outcome proved him wrong and provided an exciting outcome.

"I'm confident about crits," Simmons said. "I knew if I could be there I had a chance."

Paul Gossi of Reno set a fierce pace on the final lap and Simmons jumped on his wheel. Then on the third to last corner he launched his winning move.

"It was my good fortune that the Reno rider hammered for the entire last lap," Simmons said. "It strung out the group. It was a good opportunity. The only way to change things was to win. It was a desperate move."

"Bill rode aggressively," Gibson said. "He beat me twice. On the fifth lap of the crit everybody was out of the saddle."

Intermediate Men

Russell Campbell rode aggressively during the road race, leading the way up all the climbs and stringing out the field.

He then won the afternoon uphill time trial which moved him into the overall lead going into the criterium. His second place in the criterium ensured his overall win over Scott Schmidt (EDC).

"I wanted to stay out of crashes," Campbell said. "I sat off Scott's (Schmidt) wheel on the last lap. He was the only person I had to beat."

"I had to make up 10 seconds," Schmidt said. "It didn't happen, just not my day."

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Results

Continued from Page 15

Beginner Boys 12 & under — 1. Jason Simon; 2. Jason Bringham; 3. Waid Blanton; 4. Oliver Blanton.
 Beginner Girls 12 & under — 1. Leigh Hale.
 Beginner Men 13-15 — 1. Nick Fry; 2. Tyson Apostol; 3. Durke Gordon; 4. Ben Clark; 5. Kevin Day.
 Beginner Women 13-15 — 1. Julie Osguthorpe; 2. Jennifer Osguthorpe; 3. Jessica Miles; 4. Karlee Alger.
 Beginner Men 16-18 — 1. Mark Christenson; 2. Nate Henry; 3. Joel Peterson.
 Beginner Senior Men — 1. Shane Sorenson; 2. Ryan Hobbs; 3. Robert Brown; 4. Justin Nelson; 5. Jason Erickson.
 Beginner Senior Women — 1. Jeanie Budge; 2. Alicia Gallego; 3. Valerie Enomoto; 4. Natalie Crawford; 5. Jennifer Baldwin.
 Beginner Vet Men — 1. Don Daoust; 2. Kurt Apostol; 3. Pat Carton; 4. Mike Pitzak.
 Beginner Vet Women — 1. Janie Gillespie; 2. Ester Hoxer; 3. Dustie Rigby.
 Beginner Master Men — 1. Jerry Simmons; 2. Jack Fritz; 3. Allen Larson; 4. Danny Buyers.
 Beginner Master Women — 1. Nancy Melton.

Golden Spike Road Race
 Sunday, May 15, 1994

Elite/Expert Men — 1. Steve Tibbitts (Brackman's) 2:12:13; 2. Rodney Smith (Brackman's) 2:12:54; 3. Thomas Meiser (Brackman's) 2:13:24; 4. Nathan Parks (Brackman's) 2:14:28; 5. Phil Noble 2:16:53; 7. Heber Natter 2:17:36; 8. Martin Stenger 2:17:49; 9. Bill Harris 2:18:23; 10. Skylere Bingham 2:18:54.
 Sport Men — 1. Mark Schaefer (Northshore) 2:16:16; 2. Spencer Reese 2:17:28; 3. Dan Grues 2:18:21; 4. David Wood (Velo City Cyclists) 2:19:01; 5. David Walton 2:19:34; 6. Joel Kath (EDC) 2:21:54; 7. Mark Larsen (Utah Premier) 2:23:14; 8. Jeff Sargent (Velo City Cyclists) 2:23:55; 9. Steve Scoville (Northshore) 2:24:05; 10. Kelly

Jones (SCRT) 2:24:19.
 Intermediate/Beginner Men — 1. Dave Chiovoloni (Utah Premier) 2:25:04; 2. Jeff Tulloch 2:25:20; 3. Ted Dustman (Utah Premier) 2:25:34; 4. Russell Parry 2:27:28; 5. Brad Streeter 2:34:38; 6. Doug Davis 2:34:45; 7. John Henshall 2:34:56; 8. Allen Butler 2:34:56; 9. David Morris 2:36:18; 10. John Osguthorpe (Northshore) 2:37:05.
 Masters Men — 1. Don Armstrong (Northshore) 2:23:54; 2. Murry Schwart 2:25:05; 3. Dirk Cowley (PCCC) 2:25:47; 4. Jerry Larson (Northshore) 2:26:50; 5. Rick Daley (Music Maker) 2:27:44; 6. Mark Smedly 2:28:25; 7. Rolf Strand 2:45:22; 8. John Hamilton 2:53:20.
 Senior Women 1-3 — 1. Kelly Crawford (Northshore) 2:46:34; 2. Teresa Williams (Northshore) 2:47:37; 3. Chris Cline (Utah Premier) 2:50:31; 4. Mary Hensler 2:59:31; 5. Anita Merbach (Fishlips) 3:11:13.
 Senior Women 4 — 1. Margaret Douglass (Utah Premier) 2:57:12; 2. Janet Myshrrall (Utah Premier) 2:58:14; 3. Jo Garuccio 2:58:47; 4. Cyndi Schwandt 3:02:52.
 Public Men Under 35 — 1. Mark Kaschmitter 1:02; 2. Nick Fry 1:03; 3. Kevin Pietz 1:08; 4. John Olden 1:10; 5. Eric King 1:11; 6. Gilbert Mejias 1:12; 7. Jake Linford 1:25.
 Public Women — 1. Shannon Squire 1:11; 2. Sande Olson 1:19; 3. Valerie Enomoto 1:19.
 Public Men 35+ — 1. Randy Holladay 1:00; 2. John Sutton 1:04; 3. Randy Smith 1:18.

East Canyon Pedal Cup Road Race
 Sunday, May 22

The Elite/Expert men's race got off to a quick start when Tom Denison (Brackman's) and Tom Cooke (Northshore) attacked at the gun and established a quick lead.

The two racers worked together through the King of the Mountain turnaround and down to the circuit near Morgan.

Denison proved to be the stronger rider and soloed in for the win. Cooke survived his longest ride of the season to finish fourth. Jeff Wyatt (Brackman's) and Nathan Pollard (Northshore)

broke from the pack to overtake Cooke.

Wyatt then parted ways with the Northshore racers to take second. Pollard followed in for third. The Sport class was determined by a 6-up sprint after a very competitive race that saw pre-race favorites finish off the pace.

Mark Larsen gave Utah Premier its first win in the Sport class for the year.

Elite/Expert — 1. Tom Denison (Brackman's); 2. Jeff Wyatt (Brackman's); 3. Nathan Pollard (Northshore); 4. Tom Cooke (Northshore); 5. Jeff Goodwin (Brackman's). KOM — Tom Denison.

Sport — 1. Mark Larsen (Utah Premier); 2. Jeff Ure; 3. Dan Graves; 4. Kelly Jones (SCRT); 5. John O'Brien (Utah Premier). KOM — Dan Graves.
 Intermediate — 1. Uhl Albert; 2. Mark Hutchison; 3. John Olden; 4. Russell Parry; 5. Thom Kuehls; 6. Ted Dustman. KOM — Allen Benson.
 Masters — 1. Bill Simmons (Music Maker); 2. Jerry Larsen (Northshore); 3. Tom Noaker (PCCC); 4. Mike Ryan; 5. Dirk Cowley (PCCC).
 Women — 1. Heather Hall (Alpine Velo); 2. Kelly Crawford (Northshore); 3. Emily Ellison (Alpine Velo); 4. Juli Montgomery; 5. Janet Myshrrall (Utah Premier).

Hairy legs

Continued from Page 2

class, and you ought to see the hair on his legs. David Chiovoloni, the recent revelation in the Intermediate class at the Golden Spike Road Race, has long been a staunch user of hairy legs. (Of course, he would have to buy a new pack of razors every time he wanted to shave the dense growth on his quads.)

So I am issuing a call for all hairy-legged cyclists to unite and be heard. We can call our group the "Racers United for Growth (RUG)." Heck, we could even have a national organization and district representatives. Who knows what other reforms may come about because we took

a stand?

I think the final straw for me was when my daughter told her friends that it was her dad who taught her how to shave her legs. I tried to smile, but somehow felt shamed. Instead of it being my son proudly stating his dad could beat up his friend's dad, it was my daughter proudly stating her dad taught her how to shave her legs.

I couldn't take it. So now, I have declared my independence. When you see me, you can say what you want, but I will not shave. At least, not till I am too embarrassed around my fellow racers.

But if I do weaken, I will first have a talk with my daughters about what they say to their friends.

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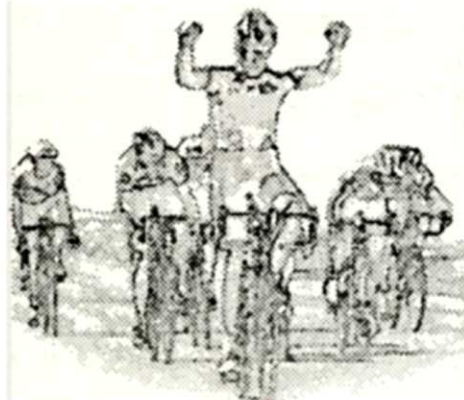
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Up & Over TT Results

Saturday, April 2, 1994
(These results were omitted in the May issue)
Master Men 45+ — 1. Dan Cooper 22:22; 2. Deor Jensen 24:23; 3. Don Winder 26:25; 4. Henry Ebell 26:30.

Decker Dash Mountain Bike Series

Race #1 May 10, 1994
Pro/Expert — 1. Scott Nielson; 2. Chris Fox; 3. Dave Wood.
Senior Sport Men — 1. Jeff Bates; 2. Troy Lerwill; 3. Ben Kenney.
Veteran Men — 1. James Andrews; 2. Blayn Corwin; 3. Scott Miles.
Master Men — 1. Lee Vanhill; 2. Jerry Simmons; 3. Ron Melton.
Boys 12 & under — 1. Jason Bringham; 2. Grant Schaumburg.
Junior Men 13-15 — 1. Dustin Miller; 2. Nick Wilcox; 3. Gary Vandenberghe.
Junior Men 16-18 — 1. Matt Redford; 2. Frank Montague; 3. John Gadd.
Senior Women — 1. Chris Cline; 2. Lisa Peck; 3. Daphne Perry.

Junior Women 13-18 — 1. Jessica Miles.
Girls 12 & under — 1. Mallory Palmer; 2. Ashley Schaumburg.

Race #2 May 17, 1994

Pro/Expert — 1. Dave Wood; 2. Chris Fox; 3. Scott Nielson; 4. Bill Harris; 5. Jeff Osguthorpe; 6. Ryan Littlefield; 7. John Barth; 8. Grant Davis; 9. Jerry Osguthorpe; 10. Anita Merbach; 11. Ana Smith.
Senior Sport Men — 1. Charles Heating; 2. Jeff Bates; 3. Ben Kenney; 4. Scott Markowitz; 5. Troy Lerwill; 6. Aaron Liddell; 7. Bryan Jones; 8. Phil Ford; 9. Matt Smith; 10. Mike Pratt.
Senior Beginning Men — 1. Linde Smith; 2. Jerry Ashbridge; 3. Shaun Simon; 4. Ren Zeeman; 5. Ryan Holdey; 6. Bryan Young; 7. Casey Sullivan; 8. Vince Sanford; 9. Tom Frey; 10. Marc Mortensen.
Veteran Men — 1. Blayn Corwin; 2. Jim Andrew; 3. Scott Miles; 4. Eck Kueneman; 5. Kevin McInnis; 6. Paul Sherrick; 7. David Ward.
Master Men — 1. Lee Vanhill; 2. Rick Steiner; 3. Ron Melton.
Junior Men 16-18 — 1. Matt Redford; 2. Frank Montague; 3. Wes Gonzales; 4. Mike Oblad; 5. Tim Brown; 6. Cody deJong; 7. Tyson Sparrow; 8. Scott

Clayton; 9. Kelly Cox; 10. Urse Stuart.
Junior Men 13-15 — 1. Dustin Miller; 2. Nick Wilcox; 3. Pete Kuenneman; 4. McKay Louder; 5. Bryson Perry; 6. Lance Harris; 7. Tom Nicholes; 8. John Sutherland; 9. Peter Emery; 10. Scott Hanson.
Boys & Girls 12 & under — 1. Jason Simon; 2. Michael Grisley; 3. Jason Bringham; 4. K.C. Ward; 5. Grant Schaumburg; 6. Ashley Schaumburg; 7. Andy Buys.
Senior Women — 1. Kristi Angeli; 2. Dusty Rigby.
Junior Women 13-18 — 1. Jessica Miles.

Race #3 May 24, 1994

Pro/Expert — 1. Dave Wood; 2. Chris Fox; 3. Bill Harris; 4. Ed Chauner; 5. David Harward; 6. Ben Kenney; 7. Jerry Osguthorpe; 8. Anita Merbach.
Senior Sport Men — 1. Aaron Liddell; 2. Charles Heaton; 3. Robert Fornataro; 4. Matt Smith; 5. Mike Pratt; 6. John Rogers; 7. Andrew Tonelli; 8. Troy Lerwill; 9. Rob Chase; 10. Joseph Coleman.
Senior Beginning Men — 1. Justin Nelson; 2. Linde Smith; 3. Bryce Crowley; 4. Jerry Ashbridge; 5. B.J. Leonard; 6. Paul Wilson; 7. Ryan Hobbs; 8. Shawn Simon; 9. Bryan Young; 10. Paul Westrope.
Veteran Men — 1. Blayn Corwin; 2. Jim Andrew; 3. Jim Conway; 4. Scott Miles; 5. Kevin McInnis; 6. David Ward; 7. Paul Sherrick; 8. Bob Truelsen.
Master Men — 1. Lee Vanhill; 2. Rick Steiner; 3. Hank Barber; 4. Ron Melton; 5. Mike Botd; 6. Leonard Haas; 7. Dan Buyers.
Junior Men 16-18 — 1. Matt Redford; 2. Wes Gonzales; 3. Tim Brown; 4. Frank Montague; 5. John Gadd; 6. Eric Johnson; 7. Scott Clayton; 8. Cody deJong; 9. Bing Drew; 10. Tyson Latimer.
Junior Men 13-15 — 1. Nick Wilcox; 2. Dustin Miller; 3. Bryson Perry; 4. Scott Alger; 5. Chris Robinson.
Boys & Girls 12 & under — 1. Jason Simon; 2. Jason Bringham; 3. K.C. Ward; 4. Jaryd Barn; 5. Andy Buyers; 6. Grant Schaumburg; 7. Ashley Schaumburg.
Senior Women — 1. Natalie Crawford; 2. Dusty Rigby; 3. Kaye Ashbridge; 4. Denise Chipman; 5. Jessica Miles.
Junior Women 13-18 — 1. Liz Lillian.

Women — 1. Carolyn Donnelly (Harvard Bike House) 2:42:45.41; 2. Teresa Eggertsen-Williams (Northshore) 2:43:03.99; 3. Jill Wilkerson (Utah Premier) 2:43:05.76; 4. Jennifer Buntz 2:43:13.30; 5. Kelly Crawford (Northshore) 2:43:37.59.
Sport — 1. Mark Schaefer (Northshore) 2:47:36.97; 2. Richard Craig (Sunburst) 2:47:54.12; 3. Paul Collins (Morgul Bismark) 2:48:00.06; 4. David Walton (PCCC) 2:48:09.24; 5. Brad Reed (China Mist) 2:48:12.35.
Intermediate — 1. Russell Campbell (unatt.); 2. Scott Schmidt (EDC); 3. Craig Catellier (Casper Wheelmen); 4. David Wiltshire (Casper Wheelmen); 5. Todd Baker.
Masters — 1. Bill Simmons (Music Maker) 2:33:01.48; 2. Dave Gibson (Velo City Cyclists) 2:33:04.72; 3. Klaus Zoller (Northshore) 2:33:12.41; 4. Jim Miller 2:33:15.17; 5. Roy Hoyt (EDC) 2:33:50.28.

Cannondale Cup Fat Tire Series

Golden Spike Bicycle Festival
May 14
Pro Men — 1. David Wood (Fishlips); 2. Martin Stenger (Slingshot); 3. Art O'Conner (Trek).
Pro Women — 1. Teresa Eggertsen-Williams; 2. Cyndi Schwandt.
Expert Men — 1. Chris Fox (NukeProof); 2. Eric Jones (Trek); 3. Skylere Bingham (Northshore); 4. Gene Hilton; 5. Shawn Mitchell; 6. Bart Adams.
Expert Women — 1. Anita Merbach (Fishlips); 2. Roxanne Toly; 3. Ana Smith.
Junior Expert Men — 1. Gene Hilton; 2. John Osguthorpe; 3. Charles Heaton.
Vet Expert Men — 1. Joe Rimensberger; 2. Mark Smedley; 3. Dennis McCormick.
Junior Sport Women — 1. Chelsey Apostol.
Junior Sport Men — 1. John Gadd; 2. Matthew Smith; 3. Ryan Beck; 4. Zack Shriver; 5. Louk Gordon.
Senior Sport Men — Jared Van Orman; 2. Justin Martin; 3. Scott Markewitz; 4. Darren Owen; 5. Matt Peternell.
Senior Sport Women — Kathryn Fisher; 2. Gina Ray; 3. Lisa Peck; 4. Janet Myshrrall; 5. Jenifer Talley.
Vet Sport Men — 1. Roger Gilespe; 2. Tim Henney; 3. James Andrews; 4. Scott Miles; 5. Blayn Corwin.
Vet Sport Women — 1. Teena Christopherson; 2. Jo Garuccio.
Master Sport Men — 1. Lee Vanhille; 2. Brent Peterson; 3. James Kirk; 4. Ron Melton; 5. Don Wilson.


Chum's Tour of St. George

May 7-8
Elite/Expert — 1. Scott Price (Domenic's) 4:16:10.95; 2. Sean Van Court (Falcon) 4:16:57.50; 3. Drew Miller (Domenic's) 4:17:03.26; 4. John Frey (Falcon) 4:17:07.21; 5. Skylere Bingham (Northshore) 4:17:11.73.

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Enough Said!

Sponsor of Brackman Brother's Cycling Team
and Rocky Mountain Cycling Club

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BRACKMAN BROS. CYCLE SALT LAKE
DOWNTOWN CRITERIUM

WEDNESDAY EVENING, JULY 6TH
AROUND THE S.L.C. CITY / COUNTY BUILDING

\$1,000.00 CASH/PRIZE MINIMUM

CLASS/CAT.	DISTANCE	PLACES	START TIME	FEE
IV, PUBLIC	30 MIN. + 3 LAPS	3	6:30 P.M.	\$15.00
MASTERS *	30 MIN. + 3 LAPS	3	APPROX. 7:10*	\$15.00
WOMEN *	30 MIN. + 3 LAPS	3	APPROX. 7:10*	\$15.00
III, IV **	45 MIN. + 3 LAPS	5	APPROX. 7:50	\$15.00
PRO, I, II, III	50 MIN. + 3 LAPS	5	APPROX. 8:45	\$17.00

* MASTERS & WOMEN WILL RUN ON THE COURSE AT THE SAME TIME, STARTING SEPERATELY.
** CAT. III RIDERS MUST DESIGNATE ON ENTRY FORM WHICH RACE THEY WISH TO PARTICIPATE IN. (PRO, I, II, III OR III, IV)

-PRE-ENTRY DEADLINE: MUST BE RECEIVED BY JULY 1.
-\$5.00 LATE FEE FOR LATE AND SAME DAY ENTRIES.
-SAME DAY REGISTRATION WILL BEGIN AT 5:30 AT COURSE.
-ENTRY FEE INCLUDES U.S.C.F. INSURANCE, B.R.A.U. SURCHARGE, AND CYCLE SALT LAKE DONATION.

SEND STANDARD ENTRY TO:
BRACKMAN BROS. CYCLE SALT LAKE CRITERIUM.
C/O GUTHRIE BICYCLE 1330E. 200S. SALT LAKE CITY, UT 84102
(CAN REGISTER @ GUTHRIE BICYCLES)

HELD UNDER U.S.C.F. RACE PERMIT NO. 94-1538

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