

OUT SPOKIN'

BONNEVILLE CYCLING CLUB

30 years of Utah Cycling History

1978 - 2008

JUNE 2008

Ride calendar



For ride schedules, club membership information
and more visit us online at www.bccutah.org



JUNE 2008

Cover Photo Credits: Robin Perkins (LRRH 2007)
Overnight Touring Lou Melini

BCC Board Meetings are conducted the 2nd Wednesday of every month. If you would like to submit anything for the agenda please contact anyone from the BCC Board. All BCC Members are welcome to attend the monthly BCC Board Meetings.

*The next BCC Board Meetings will be:
June 11th 2008 7 to 9 PM Contact McCool for location*

Please submit articles, photos, and advertisements for publication by the 12th of the month or send comments, corrections, inquires for advertising or suggestions to: newsletter@bbtc.net Or submit to address below:

Bonneville Bicycle Touring Club

P.O. Box 65733

Salt Lake City, UT 84165

Please submit rides for the ride calendar online at

<http://bccutah.org/Calendar/index.htm>



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Mary Margaret Williams - Safety

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OVERNIGHT BIKE TOURING PART II

BY LOU MELINI

In the last segment, I neglected to mention, "rest" days when planning a tour. In my experience, most bike tourists start out too fast. The excitement of the tour sends out a rush of adrenaline, which gets them to day 3. By day 4 the adrenaline is gone and the legs and mind are fried from too many miles and too little replenishment. My wife on day 4 of our first tour wanted to go hiking because we arrived at our destination by noon. "What are we going to do all afternoon?" she asked. I simply said, "Read a book if you must do something but mainly just sit, rest your legs, drink lots of liquids and hike to the nearest restroom." So, in general, I recommend a rest-day on day 3 or 4, day 8- 10 and every 7-10 days thereafter. I have yet to follow that advice, as I generally adjust miles/day so that I have some short days spaced every few days and I always make sure that I have extra days built into my tours in case I am forced into a "rest" day due to weather, mechanical problems, headwinds, etc. Usually I have one extra day for every 10 days of a tour for "just in case I need more time" days. As one understands their body, you may adjust rest days accordingly.

Another question I get asked frequently is "How do you get in shape for a bike tour?" My basic answer is to have a general level of fitness as best as one can achieve. Then plan the first 2 weeks based on that level. After that time you will remarkably improve your fitness and adjust the miles/day accordingly. Again be honest with yourself. If all you can do for preparation is 50 miles a week (with a maximum day ride of 20 miles), do not plan a self-supported bike tour that pushes you to ride 80 miles/day for the first 10 days. Consider at most, ½ that amount for daily miles the first week, not forgetting a rest day. On a trip with vehicle support can prepare in any manner.

The Bicycle: Do you need a special bike for touring? Yes and maybe no. If you are only doing single overnight rides or even less than one-week tours, you probably can ride your fancy pants race bike with a trailer attached, or somehow mount a rear rack. I've seen this happen multiple times. I'd switch wheels that would allow for easy spoke replacement, put as large a tire on that clearance allows, but otherwise you are good to go. For longer tours, a touring bike is probably a good choice. Why? You will probably be more comfortable sitting in a more upright position on a touring bike. You may want to put the recommended 32-38mm tires on a tour bike with fenders. (I have done rail trails on a tour with 28mm tires). Fenders are highly recommended unless you have a way to not experience rain on a bike tour. The bike will have longer chain stays, a stable but not sluggish ride quality and the ability to attach both front and rear racks and fenders to the bike. If all you plan on doing are short tours, rear racks may be all you need. In addition you will probably be able to put a kickstand on your bike. I have a dual-leg kickstand that also enables me to work on my bike. Once loaded up with weight, you may say, "my touring bike rides better with weight". That's the point of a touring bike. See ACA's "How to buy a touring bike buyer's guide" March 2005 and April 2008.

Another question I receive is "Do I need special components on my bike so they do not break?" My response is "When did you last break anything on your bike?" The most important consideration is gearing. For self-supported touring, consider a low gear in the range of <25 inches perhaps <20 inches. Who cares what the high gear is as you

are not going to be sprinting down a hill. To measure your low gear divide the smallest front chainring (say 28 teeth) by the largest rear cog (say also 28 teeth), then multiply that number by your wheel size (approximately 27 inches). So you now have a 27-inch low gear. In the example I just gave, you could put a 32-tooth cog in the rear and/or a 24-tooth chainring in the front to make your lowest gear even lower. I use a 24-34-46-chainring set-up with a 13-29 rear 10-speed campy cassette. My wife has a 22 tooth front chainring with a 13-27 cassette on her Shimano equipped bike for a low gear of 22 inches. I carry about 40 lbs. plus water and my wife ½ that amount plus water. My wife has been in her lowest gear and taken several breaks on some mountain passes, but nothing has been insurmountable save one small "wall" of a road. I have had to strap my wife's front panniers on one 9300-foot summit. You may use my gearing as an example but you may need lower gears. For those who know me, my 130 lb body weight allows me to climb mountain summits very well, so I rarely use my lowest gear on 8% or less road grades. As an expense consideration, you may have to change your rear derailleur to one with a longer pulley arm if you change your cassette to one with 30 or more teeth. Ask your professional mechanic if this necessary. Personally, I would rather walk those minutely few times than have a cassette cog that I will only use once in a blue moon.

Like all bikes, buy a touring bike based on fit, not price. I now have a high-end touring bike. I currently have over 4000 self-supported tour miles on it and I have plans for 4000 more in the next 3 years. My wife and I plan on touring for one year in 2013, so I can rationalize the price. My previous touring bike did the job as well and in 1975 I rode across the U.S. on a Sears bicycle. They all worked. Trek, Gunnar, Jamis, Fuji, Cannondale, Specialized, REI, Surly and Rocky Mountain are some of the Touring bikes one can buy for <\$1500. Waterford, Seven, Co-Motion, Bruce Gordon and Rivendell are very nice custom bikes that have local dealers. These will run you \$2500-\$3500, possibly more depending on extras such as couplers to allow you to take your frame apart for airline transport.

Flat vs. Drop style handlebars are a personal consideration that I have no bias except to say I use a drop bar. Wheels are the next big consideration. One primary decision is "should I have a touring bike with 26" or 700C wheels"? There are advantages and disadvantages to each. I will probably be doing all of my touring in developed countries, with reasonably good roads, though I may venture off on graded, packed dirt roads and bike trails on occasion. Therefore I use 700C wheels. If I were going to undeveloped nations with poor roads, then I would choose 26" wheels. I use 32-hole Campy Chorus hubs and my wife 32-hole Shimano Ultegra. Why didn't I choose the "expert" recommended 36 or 40-hole hubs for touring? I do like lighter wheels, though strong and well built. Even with 40# of gear I weigh as much as an average American. Whatever you choose, have it well built, with "field" serviceable spoke pattern. I've never broken a spoke, but I bring extra spokes specific for my wheels and a gizmo called "fiberfix spoke", a Kevlar wire for emergency replacement of a broken spoke (From the ACA catalog). Next issue I will talk about accessories (including trailers vs. panniers), camping and other needs. Please send comments to lvmelini@comcast.net.

JUNE 2008 RIDE SCHEDULE

THIS IS A SAMPLE SCHEDULE. PLEASE VISIT BCCUTAH.ORG FOR A COMPLETE LISTING
ALL RIDES ARE FREE - UNLESS OTHERWISE POSTED. EVERYONE IS WELCOME!!!

LEGEND - RIDE RATING SYSTEM FORMAT: Distance / Pace / Terrain / Region
PACES: A=17-22, B=15-18, C=13-15, D=10-13
TERRAIN: 1=Mt Everest, 2= Mountains, 3=Hilly (Benches), 4=Mild Hills, 5=Flat
REGION: a=Logan/Cache Valley, b=Ogden area, c=Salt Lake area, d=Provo area,
e=Southern Utah

YOU are the first line of defense

Remember and remind others that BBTC does not allow earphones on rides. Cell phone usage while riding is also prohibited.

Sunday Jun 1 08:00 AM SUPERSERIES NO. 4 - EUREKA 105 105/O/3/a

From Saratoga - ride Redwood Road South to Elberta, climb US 6 to Eureka (Store), North on SR 36 to Vernon (Store) then East to Faust and Camp Floyd (water and shade) - Eagle Mountain, Cedar Fort and back. Construction on Redwood may alter start/finish. This course is in the wilderness - but no traffic. Store hours are not confirmed yet. Shorter leg mileage for out n back on Redwood road. All riders must be self-sufficient for this one Meet at: Inlet Park - Saratoga Springs Road Don Williams bicycleutah@msn.com 801-641-4020

Monday Jun 2 06:30 AM Early Morning Wake Up 11/C-D/5/c

The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Monday Jun 2 06:00 PM Cole Sport Share The Road Memorial Ride 16/O/3-4/f

Escorted Ride from Cole Sports in Park City out and around the Basin. All ages and levels welcome -- come and show your support for Share the Road. Meet at: Cole Sports -- 1615 Park Ave, Park City. Exit I-80 and Kimball Junction and go into Park City. It's just before you get to Park City Ski Resort on the right side of the road. Dana Morgan dana_morgan321@yahoo.com 435-640-6740

Tuesday Jun 3 06:00 PM Emigration Canyon 24/O/2-3/c

Ride up Emigration Canyon to the Little Mountain Summit and back. Ride at your own pace going up and regroup at the top. Meet at: Sugarhouse Park 15th East Entrance Peter Hansen 801-467-8576

Tuesday Jun 3 06:15 PM Tuesday Night Crits 13/A/5/c

Want to find your max heart rate? No cars, no hills, just hang on for dear life and see what you have left for the final sprint. Join BCC Racing Tuesday nights at Rocky Mountain Raceway for the C flight at 7:00pm. Show up at 6:15pm in the parking lot for BCC sign-in, gear-up, registration, and warmup. USCF annual license and \$10 crit registration required. Meet at: Rocky Mountain Raceway 6555 West 2100 South West Valley City, Utah 5600 West exit off Highway 201 (or I-80), south to first right past 201, west on Frontage Road to RMR on south side. Stephen Higgins Sparky@TwigsInOurHair.com 801-608-0861

Tuesday Jun 3 06:30 PM Jordan Parkway Beginner Ride 5/D/5/c

5 mile out and back on the Jordan River Parkway. Slow, Flat, Easy. Meet at Riverfront Park. From 1-15 go west on 10600 So. until you see Mulligans. Turn south on Riverfront and go one mile. Parking lot is on east side of road by the fish ponds. Meet at: Shelly Jensen sjenson@kimballinc.com 755-0906

Wednesday Jun 4 06:30 AM Early Morning Wake Up 11/C-D/5/c

The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Wednesday Jun 4 10:00 AM Hump Day Trainer 40/A-B/1/c

Big Mountain! Up E-canyon, Up Big mountain to the top. Short and hard! Finish in time to get to the LRRH Packet Pickup. Meet at: Contender 9th & 9th John McCool mccoaltheclist@yahoo.com 230-5472

Wednesday Jun 4 05:00 PM LRRH Early Packet Pickup (Volunteers Needed) 0/D/4-5/c

Early packet pickup for Little Red Riding Hood (volunteers needed). 5:00 PM to 8:00 PM Meet at: Sugarhouse Park Diane Miller Downhour diane.downhour@gmail.com

Wednesday Jun 4 06:00 PM NO RIDES LISTED

0/O/1/c NO EVENING RIDES LISTED TONIGHT!!!
ALL HANDS ON DECK FOR LITTLE RED RIDING HOOD PACKET PICKUP!!! Meet at: SUGARHOUSE PARK John McCool mccoaltheclist@yahoo.com 230-5472

Thursday Jun 5 06:00 PM Thursday Night Bike & Brew 20/A/3/c

Good climb up Bengal to Wasatch over to Evergreen and back. Fast paced ride. Bring \$'s for bites/brews after the ride. Meet at: Cottonwood Cyclery 2594 E. Bengal Blvd. Doug Jensen slccycler@kimballinc.com 815-3858

Thursday Jun 5 06:30 PM Beginner Mountain Bike Training (Bonneville Shoreline) 10/M/3-4/c

Have you ever wanted to learn how to mountain bike, learn basic handling skills, including shifting, switchbacks, cornering, braking, how to pop up and descend down, body positioning, bunny-hopping, etc. I promise this class is for beginners only (stop and go along the way to enjoy the scenery, ask questions and learn). For the month of May well enjoy exploring exciting trails on the Bonneville Shoreline. Those who have gone through the training class and would like to apply the skills learned, well be having an application ride just for you during the same time. Come and have fun! Meet at: Red Butte Gardens: On Foothill Blvd, turn towards the mountains on Wakara Way. Just before the entry to Red Butte Gardens, turn right and park anywhere along the road. Debra Kimbrough livegan@msn.com 801-598-8273

Friday Jun 6 06:30 AM Early Morning Wake Up 11/C-D/5/c

The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Friday Jun 6 09:30 AM Kamas Valley Flat Friday 30/C/4-5/f

This Friday's backside ride will be fun and easy, so if you are afraid of the hills, this one's for you. We'll bike around the Kamas Valley and there will be no significant hills. We'll ride at a social pace and regroup along the way, so nobody will be left behind.

Afterwards, we'll grab some lunch at one of the Kamas eating spots and socialize some more.

If you want to carpool from SLC, meet at the Parleys Way KMart at 8:30 AM.

Join the ride list for last minute changes, or call before coming, up if the weather is not cooperating. Meet at: Kamas City Park (100 E 100 S) Cheryl Soshnik csoshnik@yahoo.com (435) 649-9008

Friday Jun 6 05:00 PM LRRH Early Packet Pickup & Dinner (Volunteers Needed) 0/D/4-5/c

Early packet pickup and dinner for Little Red Riding Hood (volunteers needed). 5:00 PM to 9:00 PM Meet at: Wellsville Park Diane Miller Downhour diane.downhour@gmail.com

Friday Jun 6 06:00 PM NO RIDES LISTED 0/O/1/a
NO RIDES LISTED TONIGHT!!!

WE'LL ALL BE EITHER RIDING OR VOLUNTEERING AT LITTLE RED RIDING HOOD!!! Meet at: Wellsville John McCool mccoollthecyclist@yahoo.com 230-5472

Saturday Jun 7 08:00 AM Little Red Riding Hood (Volunteers Needed) 101/O/4-5/a

Fully supported century ride for women only. Registration and entry fee required. Distance Options: 104, 80, 62, 45, and 35 miles. Meet at: Bowery Park, 50 South Center St., in Wellsville. Drive North on I-15 to exit 362 (US 91). Drive East on US 91 and US 89 towards Logan. Before reaching Logan, turn left onto SR 23 (Center St.). Drive North on Center St. into Wellsville. Bowery Park is on the right. Timothy Shea shea_16000@msn.com 801-598-0294

Sunday Jun 8 08:00 AM 53 - Don't you wish you were me? 53/O/3/c

Come join the 4th annual Doug Jensen Birthday Ride! Let's ride 53 miles to commemorate my 53 years. We'll ride over to Ft. Union, up to Wasatch and regroup at Little Mountain before heading back. Hope you can stay after the ride for BBQ Brisket (yum-o) or birthday burgers with all the fixins. HAPPY BIRTHDAY Meet at: Murray Park Fitness Center 5109 Murray Park Lane (East Side of Murray Park) Doug Jensen slccycler@netzero.com 815-3858

Sunday Jun 8 01:30 PM Full Sunday Brunch Ride with a Emigration Option 48/B-C/2-4/c

Start off flat thru Liberty Park, then on to the Aves for a little climbing. Take a loop thru Memory Grove and lower City Creek. Then on thru some neighborhoods & down for a loop thru Sugarhouse Park or an extension up to Emigration Canyon to the top of Little Mountain.(23 mile option w/o Emigration option) Your choice both will end with a nice easy coast to the start. In case, of BAD weather bring bowling money. Meet at: Ritz Bowling Alley--Rear Parking Lot--about 2250 South 200 East Jeanne Allgood its2allgood4u@yahoo.com 801-548-2592

Monday Jun 9 06:30 AM Early Morning Wake Up 11/C-D/5/c

The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Monday Jun 9 06:00 PM Mini Marina 23/O/5/c

Out and back from the Int'l Center to the Salt Lake Marina. Flat, but some crosswinds possible. Nice recovery or training ride. Meet at: Exit 5600W from I-80. Turn right and right again at first light. Parking lot across from Phillips 66. Dana Morgan dana_morgan321@yahoo.com 435-640-6740

Monday Jun 9 06:00 PM Shore Line Trail from the Zoo 20/M/2/c

For Intermediate to Advanced mountainbikers. From the Zoo trailhead ride the Shore Line Trail to the top of dry fork and back. We will take more demanding trail options and a side trip up Red Butte Canyon to ride a fun but steep in single track. Meet at: Meet at: Small Park Parking lot east of Hoogle Zoo on Sunnyside Ave. Robin Perkins perk@xmission.com 801-486-8140

Tuesday Jun 10 06:00 PM Emigration Express 24/A-B/2-3/c

Ride up Emigration Canyon to the Little Mountain Summit and back. "A-B" rated, "C" welcome but no "no drop" is in effect. We will ride as group to Foothill Boulevard before letting the more testosterone laden riders express themselves. Meet at: Sugarhouse Park 15th East Entrance Peter Hansen 467-8576

Tuesday Jun 10 06:15 PM Tuesday Night Crits 13/A/5/c

Want to find your max heart rate? No cars, no hills, just hang on for dear life and see what you have left for the final sprint. Join BCC Racing Tuesday nights at Rocky Mountain Raceway for the C flight at 7:00pm. Show up at 6:15pm in the parking lot for BCC sign-in, gear-up, registration, and warmup. USCF annual license and \$10 crit registration required. Meet at: Rocky Mountain Raceway 6555 West 2100 South West Valley City, Utah 5600 West exit off Highway 201 (or I-80), south to first right past 201, west on Frontage Road to RMR on south side. Stephen Higgins Sparky@TwigsInOurHair.com 801-608-0861

Tuesday Jun 10 06:30 PM Jordan Park Beginner Ride 5/D/5/c

5 mile out and back on the Jordan River Parkway. Slow and Easy, Meet at: Jordan River Parkway off Winchester (6400 So. 1100 W.) Shelly Jensen sjenson@kimballinc.com 755-0906

Wednesday Jun 11 06:30 AM Early Morning Wake Up 11/C-D/5/c

The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Wednesday Jun 11 10:00 AM Hump Day Trainer 80/A-B/1/c

Henefer and back. Up E-Canyon, over Big, the Pig, and back. Long hard climbs with few stops, bring it with! Meet at: Contender 9th & 9th John McCool mccoollthecyclist@yahoo.com 230-5472

Wednesday Jun 11 05:30 PM City Creek Canyon 14/O/3-4/c

This is an out and back ride from the capitol to the Rotary Park at the top of City Creek Canyon. Ride is co-listed with the Wasatch Mountain Club. Meet at: Meet in the public parking lot on the NE corner of the capitol grounds. Barbara Hanson 801/485-0132

Wednesday Jun 11 06:30 PM Beginner Mountain Bike Training (Bonneville Shoreline) 10/M/3-4/c

Have you ever wanted to learn how to mountain bike, learn basic handling skills, including shifting, switchbacks, cornering, braking, how to pop up and descend down, body positioning, bunny-hopping, etc. I promise this class is for beginners only (stop and go along the way to enjoy the scenery, ask questions and learn). For the month of May well enjoy exploring exciting trails on the Bonneville Shoreline. Those who have gone through the training class and would like to apply the skills learned, well be having an application ride just for you during the same time. Come and have fun! Meet at: Red Butte Gardens: On Foothill Blvd, turn towards the mountains on Wakara Way. Just before the entry to Red Butte Gardens, turn right and park anywhere along the road. Debra Kimbrough livegan@msn.com 801-598-8273

Wednesday Jun 11 07:00 PM BBTC Board 0/O/5/c

The Board will be meeting this evening, if you wish to submit anything for the agenda or other consideration, contact John McCool at mccoollthecyclist@yahoo.com a few days in advance. Meet at: Contact McCool for location details. John McCool president@bbtc.net 220-0677

Thursday Jun 12 06:00 PM Thursday Night Bike & Brew 20/A/3/c

Good climb Bengal to Wasatch, over to Evergreen and back. Fast paced ride. Bring \$'s for brew and/or beverages after the ride. Meet at: Cottonwood Cyclery 2594 E. Bengal Blvd. Doug Jensen slccycler@netzero.com 815-3858

Thursday Jun 12 06:30 PM Jordan Parkway Beginner Ride 5/D/5/c

5 mile out and back on the Jordan River Parkway. Slow, Flat, Easy. Meet at Riverfront park. From 1-15 go west on 10600 So. until you see Mulligans. Turn South on Riverfront and go 1 mile. Parking lot is on East side of street by the fish ponds. Meet at: Shelly Jensen sjenson@kimballinc.com 755-0906

Friday Jun 13 06:30 AM Early Morning Wake Up 11/C-D/5/c

The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Friday Jun 13 09:00 AM Backside Friday: Wanship - Echo Canyon 50/O/4/f

This is a 20, 30, or 50 mile day, depending on where you turn around, as it's an out-and-back ride. It has no steep climbs, just rolling scenic hills through rural Utah. We'll go from Wanship to Coalville, around Echo reservoir, and then up Echo Canyon. Food and water are available in Coalville. Friday backside rides are social -- ride at your own pace but we will stop to regroup several times along the way. Call before driving to Wanship if the weather looks threatening Meet at: Wanship Rail Trail Parking Lot. Wanship is at the mm 156 exit of I-80. The parking lot is just East of the Spring Chicken Inn. Cheryl Soshnik csoshnik@yahoo.com 435-649-9008

Friday Jun 13 06:00 PM TGIF Challenge 32/C/5/c
C riders are you up to challenge McCools TGIF Spinners? Our start time is 6:00, the Spinners at 7:00. I have no doubt we can cross the finish line first (especially having a one hour head start). TGIF Spinners, the challenge has been made, date/time set, the question is are you willing to accept? C riders, this is a out and back to the Marina, dead flat ride (expect some head wind up and back (I can never figure that out)), Lets cross the finish line together, leaving the Spinners eating our dust. B pace rider, you have your choice (TGIF Spin or TGIF Challenge). Meet at: Weather building 2200 W. North Temple Debra Kimbrough livegan@msn.com 801-598-8273

Saturday Jun 14 06:00 AM American Diabetes Association's Tour de Cure 100/O/3-4/a
The American Diabetes Association's sixth annual Tour de Cure. 100 mile - Full Century: 6:00 AM (Check-in), 7:00 AM (Start) 60 mile - Metric Century: 8:00 AM (Check-in), 9:00 AM (Start) 25 mile - Quarter Century: 9:00 AM (Check-in), 10:00 AM (Start) For more information contact: Marshall Emsley Event Managememmsley@diabetes.org 1-888-DIABETES (342-2383) ext. 7075 website: http://tour.diabetes.org/site/PageServer?pagename=TC_signup&s_event_state=2432 Meet at: Brigham City Timothy Shea memsley@diabetes.org 888-342-2383 X7

Saturday Jun 14 09:30 AM Flying Dog -- Lap Dog Loop 11/M/2-3/f
Lapdog Loop (short and sweet), rating=easier Jeremy-Preserve-Flying Dog Loop, counterclockwise. This is an awesome new trail. Last year it wasn't quite as crowded as the other trails, but no guarantee this year as the word may be out! Meet at: Jeremy Ranch Elementary School. Exit Jeremy Ranch off of I-80. Go under overpass, turn right onto the frontage road, and left into the school. Dana Morgan dana_morgan321@yahoo.com 435-640-6740

Saturday Jun 14 09:30 AM Big Pretzel Loop 23/M/2-3/f
We'll gather with Dana's group and decide who's up for the longer ride. Meet at: Jeremy Ranch Elementary School. Exit Jeremy Ranch off of I-80. Go under overpass, turn right onto the frontage road, and left into the school. Timothy Shea shea_16000@msn.com 801-598-0294

Sunday Jun 15 09:30 AM Mini-Me #6 Mountain Green to East Canyon 58/C/3-4/b
Well ride through Morgan Valley, up East Canyon past the reservoir to the resort for lunch. Afterward, we'll get a great downhill back to the valley, and a pleasant ride back to Mountain Green. Meet at: The Old Farm Market, about 1.5 miles east of the I-84 Mountain Green exit Dana Morgan dana_morgan321@yahoo.com 435-640-6740

Monday Jun 16 06:30 AM Early Morning Wake Up 11/C-D/5/c
The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Tuesday Jun 17 06:00 PM Emigration Canyon 24/O/2-3/c
Ride up from Sugarhouse Park to the summit of Little Mountain and back. Ride at your own pace going up with a regroup at the top. Meet at: Sugarhouse Park- North Entrance- 2T00 South & 1500 East Jeanne Allgood its2allgood4u@yahoo.com 801-548-2592

Wednesday Jun 18 06:30 AM Early Morning Wake Up 11/C-D/5/c
The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Wednesday Jun 18 10:00 AM Hump Day Trainer 95/A-B/5/c
Downtown to the A-Island gate. Past airport, thru Bountiful, north. Flat and kinda fast. Kicks 66 and Mav for goodies. Meet at: Contender 9th & 9th John McCool mcoolthecyclist@yahoo.com 230-5472

Wednesday Jun 18 06:30 PM Beginner Mountain Bike Training (Bonneville Shoreline) 10/M/3-4/c
Have you ever wanted to learn how to mountain bike, learn basic handling skills, including shifting, switchbacks, cornering, braking, how to pop up and descend down, body positioning, bunny-hopping, etc. I promise this class is for beginners only (stop and go along the way to enjoy the scenery, ask questions and learn). For the month of May well enjoy exploring exciting trails on the Bonneville Shoreline. Those who have gone through the training class and would like to apply the skills learned, well be having an application ride just for you during the same time. Come and have fun! Meet at: Red Butte Gardens: On Foothill Blvd, turn towards the mountains on Wakara Way. Just before the entry to Red Butte Gardens, turn right and park anywhere along the road. Debra Kimbrough livegan@msn.com 801-598-8273

Wednesday Jun 18 06:30 PM Jordan Parkway Beginner Ride 8/D/5/c
Meet at Gardiner Village (east side) parking lot - we'll ride the parkway for an 8 mile out and back. Meet at: Gardiner Village 7800 So. 1000 West Shelly Jensen sjenson@kimballinc.com 755-0906

Thursday Jun 19 06:00 PM Thursday Night Bike & Brew 20/A/3/c
Good climb up Bengal to Wasatch, over to Evergreen and back. Fast paced ride. Bring \$'s for bites/bevs after the ride. Meet at: Cottonwood Cyclery 2594 E. Bengal Blvd. Doug Jensen slccycler@netzero.com 815-3858

Friday Jun 20 06:30 AM Early Morning Wake Up 11/C-D/5/c
The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Friday Jun 20 06:00 PM TGIF Challenge 32/C/5/c
C riders are you up to challenge McCools TGIF Spinners? Our start time is 6:00, the Spinners at 7:00. I have no doubt we can cross the finish line first (especially having a one hour head start). TGIF Spinners, the challenge has been made, date/time set, the question is are you willing to accept? C riders, this is a out and back to the Marina, dead flat ride (expect some head wind up and back (I can never figure that out)), Lets cross the finish line together, leaving the Spinners eating our dust. B pace rider, you have your choice (TGIF Spin or TGIF Challenge). Meet at: Weather building 2200 W. North Temple Debra Kimbrough livegan@msn.com 801-598-8273

Saturday Jun 21 07:00 AM Lions Club Breakfast Ride 11/C-D/5/c
Breakfast for a good cause, about \$3-4 pp, get a warm up and be done in time for another BCC ride later! Meet at: Roosevelt School, 3225 S 800 E, SLC Sandy Levenson 487-0540

Saturday Jun 21 08:00 AM UP N OVER SUPERSERIES NO 5 100/O/1/c
Climb Little Mtn - then Parleys on the shoulder, Frontage Road to Kimball Jct. Browns Canyon to Kamas and back. This is a climber's paradise. Meet at: Dog Park just east of Hogle Zoo Christopher Goff cjgoff52@hotmail.com 801-631-7644

Saturday Jun 21 09:30 AM Mini-Me #7 Heber Valley 50/C/3-4/c
This is a scenic, mostly flat to mildly (moderately?) hilly loop ride around Heber Valley, with optional side legs up Lake Creek (major hill) and up to Soldier Hollow (moderate hill). Meet at: Wasatch High School in Heber (100 E 600 S) Robert Turner r46turner@sisha.com 801-467-1129

Sunday Jun 22 08:30 AM Jordan Parkway Beginner Ride 10/D/5/d
Ride a 10 mile out and back on one of the most scenic and quiet parts of the parkway. Meet at the Jordan Parkway Trailhead (by the model airport) in Lehi. To get there, take the 2nd Lehi exit (by the roller mills) and go west on Main Street. Go through the round-about and come out the other side still heading west. Go to Saratoga road, make a left and go 2.2 miles to the trailhead on the right side of the road. Meet at: Shelly Jensen sjenson@kimballinc.com 755-0906

Sunday Jun 22 09:00 AM **Mueller Park MTB ride**
1/M/2/c
Give your road bike a rest and avoid the dreaded burnout. Super buff singletrack, perfect for a bunch of roadies. This ride is an out-N-back climb-N-down. Turn around at the big rock or go to the top. Bring a snack for the top. Meet at: Bountiful
I will update when a get good info John McCool mccoollthecyclist@yahoo.com 230-5472

Monday Jun 23 06:30 AM **Early Morning Wake Up**
11/C-D/5/c
The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Tuesday Jun 24 06:00 PM **Emigration Express**
24/B/2-3/c
Ride up Emigration Canyon to the Little Mountain Summit and back. "A-B" rated, "C" welcome but no "no drop" is in effect. We will ride as group to Foothill Boulevard before letting the more testosterone laden riders express themselves. Meet at: Sugarhouse Park 15th East Entrance Peter Hansen 467-8576

Wednesday Jun 25 06:30 AM **Early Morning Wake Up**
11/C-D/5/c
The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Wednesday Jun 25 06:00 PM **Mill Creek Pipeline**
8/M/2/c
Start at Church Fork and ride up the pavement. Ride up to Elbow fork and drop on to the dirt. We'll go all the way back to the SLC overlook, back to Church Fork and down. This group will romp hard! Meet at: Church Fork in Mill Creek Canyon. A couple miles past the gate on the left/north. Bring \$2.25 user fee. John McCool mccoollthecyclist@yahoo.com 230-5472

Wednesday Jun 25 06:00 PM **Pipeline MTB beginners application**
8/M/3/c
The slower, shorter, less-gnarly (but still fun!) part of McCool's ride. Celebrate the anniversary of Custer's last stand. Meet at: Church Fork Jay Kirsch jaykirsch@msn.com 801-597-1956

Thursday Jun 26 06:00 PM **Thursday Night Bike & Brew**
20/A/3/c
Good climb up Bengal to Wasatch, over to Evergreen and back. Bring \$'s for Bites and/or beverages after the ride. Meet at: Cottonwood Cyclery 2594 E. Bengal Blvd. Doug Jensen slccycler@netzero.com 815-3858

Thursday Jun 26 06:30 PM **Beginner Mountain Bike Training (Bonneville Shoreline)**
10/M/3-4/c
Have you ever wanted to learn how to mountain bike, learn basic handling skills, including shifting, switchbacks, cornering, braking, how to pop up and descend down, body positioning, bunny-hopping, etc. I promise this class is for beginners only (stop and go along the way to enjoy the scenery, ask questions and learn). For the month of May well enjoy exploring exciting trails on the Bonneville Shoreline. Those who have gone through the training class and would like to apply the skills learned, well be having an application ride just for you during the same time. Come and have fun! Meet at: Red Butte Gardens: On Foothill Blvd, turn towards the mountains on Wakara Way. Just before the entry to Red Butte Gardens, turn right and park anywhere along the road. Debra Kimbrough livegan@msn.com 801-598-8273

Friday Jun 27 06:30 AM **Early Morning Wake Up**
11/C-D/5/c
The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512

Saturday Jun 28 09:00 AM **Weekend Epic Ride #1: Diamonds, Fish and Dinosaurs**
60/O/2-3/c
This is a weekend trip with out-and-back rides from camp. Well drive to Vernal Friday night and camp at the KOA campground. Saturday, well ride up Diamond Mountain to the Jones Hole National Fish Hatchery and back. Meet at: Contact Robert for details and to register for the trip. Robert Turner r46turner@sisna.com 801-467-1129

Saturday Jun 28 10:00 AM **Ride To The Hilton**
33/C-D/5/c
The popular lunch ride to the airport Hilton is back! Good ride, great food! Bring \$\$ (note-many sandwiches are big enough to split with someone else, also soup and salads available). Meet at: Roosevelt School, 3225 S 800 E, SLC Jeff Levenson 487-0540

Sunday Jun 29 09:00 AM **Weekend Epic Ride #1: Day 2: Dinosaurs**
32/O/3-4/c
Today well ride to the Quarry site in Dinosaur National Monument. Well be back by about noon or so before it gets too hot out, then head for home. Meet at: KOA campground, 930 N Vernal Ave, Vernal, UT Robert Turner r46turner@sisna.com 801-467-1129

Monday Jun 30 06:30 AM **Early Morning Wake Up**
11/C-D/5/c
The usual MWF ride. Ride, then make it to work on time. Meet at: Roosevelt School, 3225 S 800 E, SLC Arthur Brunisholz acbsol@xmission.com (801) 860-5512



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