

# Another Excellent Year at 20<sup>th</sup> Annual Idaho City Excellent Adventure Mountain Bike Race

Idaho City, Idaho – June 21, 2009,  
By Ron Dillon

It's hard to believe that 20 years have passed since the first Idaho City Excellent Adventure was run in 1989. It has certainly seen its share of crazy happenings over the years, and it still holds the record as the single biggest bicycle race ever held in Idaho, drawing 904 entries in 1996, the year that the infamous Bob Roll, rolled to an impressive win. As most who follow the sport know, mountain bike racing has cooled off from those wild days in the 90's, yet the Adventure still packs a wallop good time, even after all this time. The race features a beat-up old traveling trophy, an old-school format of one-big loop, a in-town start and finish, a run-to-your-bike LeMan's mass start, and sections of the course are faint and overgrown, just like mountain bike race courses used to be.

A decent turnout of 107 riders of all ages and abilities, showed up to do battle at what is now officially the oldest mountain bike race in the Northwest. The forecasted, nasty, rainy weather held off, and racing conditions were perfect with little wind combined with 60 degree temperatures. Recent wet weather kept dust at bay and traction at a high level. The Adventure is unique in that it is the only mountain bike race, in Idaho at least, that runs all of the mountain bikers, from beginner to pro, on the same, 17.3 mile route. Thus, the event always presents an opportunity for a first-time racer to see how they stack up against the big dogs.

The Excellent Adventure was round #3 of the 2009 Duke Enterprises WILD ROCKIES Mountain Bike Regional Championship Series, and was sponsored by: George's, Ken's Bicycle Warehouse, Power Cordz, Reed Cycle, World Cycle Dirt Dart, Idaho Mountain Touring, Cafferty's, Wobblenaught, Eco-Lounge freeride shop, Shu's Running Company, Chiropractic First, Scott USA and Smith Sport Optics.

Virtually every fast male and female mountain bike rider in the Northwest has won Idaho City at some point in their careers, and this year Zack Vestal (VELONEWS) and Jenny Tobin (Team Wild Rockies) did the trick. Although a solid pack chased him the entire race, Vestal broke away early and decisively and cruised in over one minute ahead of Josh Oppenheimer. Professional XTERRA racer Jenny Tobin, wife of the legendary World Champion, over-40 athlete phenom Michael Tobin (he won the Idaho City Adventure overall in 2007), was the women's pro winner over Zack Vestal's sister Sarah, (who was the 2005 Idaho City overall winner). Thus, the Vestal siblings became the first-ever brother and sister duo to win the event. Series promoter Darren Lightfield held is own to finish 3 minutes down from the leader, as the race was under control with help from Team Wild Rockies and a host of volunteers from Idaho City High School and Emergency Services.

Our next race coming up is new to the series and features some really cool, deep woods single-track and flat-out fast fire roads. Come check out the Jug Mountain Ranch Race on June 28, 2009 in McCall, Id.

For more information go to [www.wildrockies.com](http://www.wildrockies.com).

**Mountain Bike, Class 1, Pro Men, (17.3 miles):**

1. Zack Vestal	Boulder, CO	1:13:55	
2. Josh Oppenheimer	Boise, ID	1:14:59	
3. Shawn Mitchell	Boise, ID	1:15:36	
4. Kevin Donovan	Boise, ID	1:15:38	
5. Dave Harrison	Fairfield, ID	1:15:56	
6. Darren Lightfield	Boise, ID	1:17:40	
7. Sam Young	Ketchum, ID	1:18:57	
8. Raul Garcia	Boise, ID	1:21:59	

**Mountain Bike, Class 2, Pro Women, (17.3 miles):**

1. Jenny Tobin	Boise, ID	1:23:44	
2. Sara Barber	Boise, ID	1:35:30	

**Mountain Bike, Class 5, Expert Men 30-39, (17.3 miles):**

1. Jerry Long	Moscow, ID	1:14:55	
2. Brent Pontius	Ogden, UT	1:16:18	
3. Thomas Grant	Boise, ID	1:17:54	
4. Todd Meier	Boise, ID	1:17:56	
5. Jarred Rammell	Boise, ID	1:20:30	
6. Carl Zamora	Boise, ID	1:21:27	
7. Caleb Cregan	Boise, ID	1:21:50	
8. Ben Stein	Eagle, ID	1:23:14	
9. Brian Cavanagh	Boise, ID	1:23:17	
10. Chris Litsinger	Boise, ID	1:23:19	
11. Armando Mireles	Boise, ID	1:24:19	
12. Arn Allemann	Meridian, ID	1:24:32	
13. Steven Gustafson	Boise, ID	1:28:08	
14. Mike Burkhart	Boise, ID	1:28:41	
15. Stuart Bryson	Boise, ID	1:31:54	

**Mountain Bike, Class 6, Expert Men 40-49, (17.3 miles):**

1. Mike Sherman	Boise, ID	1:19:15	
2. Brian Taylor	Boise, ID	1:19:16	
3. Justin Maines	Boise, ID	1: 19:20	Bob's Bikes
4. Greg Coy	Boise, ID	1:26:30	
5. Adam Winstral	Boise, ID	1:28:42	
6. Paul Schiffman	Boise, ID	1:29:52	
7. Dave Landis	Boise, ID	1:33:50	

**Mountain Bike, Class 7, Expert Women, (17.3 miles):**

1. Cheresse McLain	Pocatello, ID	1:35:09	
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**Mountain Bike, Class 11, Sport Men 18-Under, (17.3 miles):**

1. Charlie Fereday	Boise, ID	1:34:30	
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**Mountain Bike, Class 12, Sport Men 19-29, (17.3 miles):**

1. Steve Rudzinski	Boise, ID	1:24:28	
2. John Trojacek	Boise, ID	1:26:20	

3. John Ruby	Boise, ID	1:26:28	
4. Joe Gallegos	Boise, ID	1:26:32	
5. Wyatt Fereday	Boise, ID	1:28:51	
6. Cameron Lloyd	Hailey, ID	1:30:46	
7. Ryan Kemp	Boise, ID	1:34:49	

**Mountain Bike, Class 13, Sport Men 30-39, (17.3 miles):**

1. Greg Adams	Boise, ID	1:26:06	
2. Daniel Lewis	Meridian, ID	1:31:10	
3. William Anderson	Boise, ID	1:32:16	
4. Jay Armstrong	Boise, ID	1:46:31	
5. John Pollock	Star, ID	1:50:21	
6. Daniel Burkhart	Boise, ID	1:56:03	
7. Tim Norris	Boise, ID	1:56:56	

**Mountain Bike, Class 14, Sport Men 40-49, (17.3 miles):**

1. Frank Benzing	Garden City, ID	1:20:59	
2. James Brighton	Boise, ID	1:29:03	
3. Trent Smith	Boise, ID	1:31:09	
4. Bas Hargrove	Boise, ID	1:34:46	
5. Carl Arriola	Garden City, ID	1:38:54	
6. Paul Jozwik	Boise, ID	1:39:40	
7. Jay Kochaber	Boise, ID	1:43:38	
8. Trent Tate	Boise, ID	1:53:58	
9. Paul Forester	Idaho City, ID	2:21:24	'Da Squashed Frogs

**Mountain Bike, Class 15, Sport Men, 50-Up, (17.3 miles):**

1. Will Swenson	Boise, ID	1:50:25	
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**Mountain Bike, Class 17, Sport Women, 19-34, (17.3 miles):**

1. Kerri Stone	Eagle, ID	1:43:39	
2. Sara Lloyd	Boise, ID	1:45:26	
3. Beth Kobza	Boise, ID	1:52:51	
4. Ashley Lloyd	Boise, ID	2:05:32	

**Mountain Bike, Class 18, Tandam, (17.3 miles):**

1. Todd Heinz & Carl Crume	Ontario, OR	2:16:12	Oregon Trail Cycle
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**Mountain Bike, Class 19, Singlespeed Sport/Expert Men (17.3 miles):**

1. Brian Fuller	Eagle, ID	1:24:18	
2. Josh Krattiger	Boise, ID	1:26:30	
3. Chad Watson	Boise, ID	1:28:39	
4. Steve Comish	Boise, ID	1:41:58	
5. Lee Zarak	Meridian, ID	1:50:42	

**Mountain Bike, Class 20, Clydesdale Sport/Expert Men, 200 lbs-Up, (17.3 miles):**

1. Weston Wheat	Meridian, ID	1:42:22	
2. Kelly Jorschumb	Boise, ID	1:46:00	

3. Bart Johnson	Boise, ID	1:46:11	
4. Shawn Sandoval	Boise, ID	1:58:26	
5. John Tansey	Boise, ID	2:03:14	

**Mountain Bike, Class 21, Beginner Men, 15-Under, (17.3 miles):**

1. Anders Nystrom	Boise, ID	2:08:51	
2. Mathieu Sorrell	Hailey, ID	4:05:22	

**Mountain Bike, Class 22, Beginner Men 16-18, (17.3 miles)**

1. Jared Fuller	Twin Falls, ID	1:39:45	
2. David Forester	Idaho City, ID	2:21:24	'Da Squashed Frogs

**Mountain Bike, Class 23, Beginner Men 20-29, (17.3 miles):**

1. Chris Raymes	Eagle, ID	1:51:50	
2. Kenneth Mahoney	Boise, ID	1:53:05	
3. Rory Schinsing	Boise, ID	1:54:42	
4. James Christofferson	Boise, ID	1:58:20	
5. Zach Heuman	Boise, ID	1:59:23	
6. Tom Wood	Boise, ID	2:03:10	
7. Kyle Miller	Boise, ID	2:14:50	

**Mountain Bike, Class 24, Beginner Men 30-39, (17.3 miles):**

1. Lenny Nelson	Boise, ID	1:33:22	
2. Bryan Warnock	Boise, ID	1:34:28	
3. Kevin Kovatch	Eagle, ID	1:43:25	

**Mountain Bike, Class 25, Beginner Men 40-Up, (17.3 miles):**

1. Curtis Dice	Nampa, ID	1:49:46	
2. Jack Savoie	Meridian, ID	1:59:03	
3. Erik Nystrom	Boise, ID	2:03:21	
4. Cade Lloyd	Boise, ID	2:17:16	
5. Brent Matlock	Boise, ID	2:18:55	
6. Don Heuman	Meridian, ID	2:33:06	
7. Brian Glass	Kuna, ID	2:35:40	
8. Jerry Fulton	Boise, ID	3:34:17	

**Mountain Bike, Class 29, Beginner Women 34-Under, (17.3 miles):**

1. Chrissy Crager	Boise, ID	1:58:23	
2. Kristen Glass	Kuna, ID	2:17:02	
3. Sarah Lewis	Meridian, ID	2:28:02	
4. Miyamura Heuman	Boise, ID	DNF	

**Mountain Bike, Class 30, Beginner Women 35-Up, (17.3 miles):**

1. Gail Dice	Nampa, ID	1:53:56	
2. Madonna Lengerich	Boise, ID	2:32:50	

**Mountain Bike, Class 34, Trailblazer 12-Under, (3.3 miles):**

1. Todd Chap	Boise, ID	14:47	
2. Todd Chriskott	Boise, ID	17:47	
3. Krystofer Sorrell	Hailey, ID	18:25	