# CYCLING UTAH

UTAH · IDAHO · WYOMING · NEVADA · W. COLORADO · N. ARIZONA · MONTANA · NORCAL



#### IN THIS ISSUE

- · ADAPTIVE CYCLING AT WYDAHO
- BIKE TOURING IN N. CALIFORNIA COMFING BIKE TOURING IN THE STOUR
  CYCLING FOR BIGGEN ATTEMS
  CHIMBING FOR NON-CLIMBERS
  COMPLETE EVENT CALENDARS

The party of the second

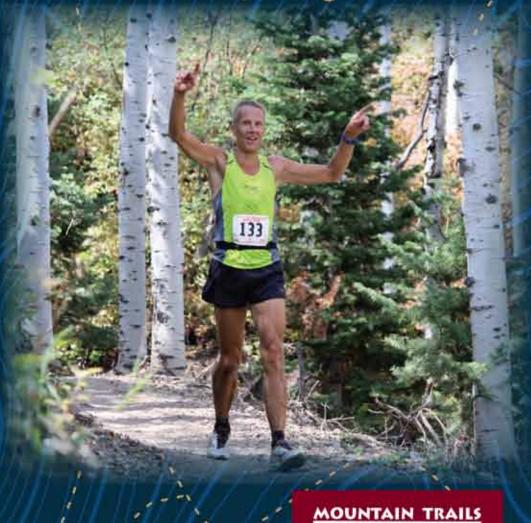
- · HALEY'S WORLD
- THE HOUR LONG COMMUTE
- · CYCLING FOR BIGGER ATHLETES

ROAD. MOUNTAIN .TRIATILON. TOURING. RACING. COMMUTING. ADVOCACY



Presented by Salomon, traverse through two world-class resorts on an IMBA Epic trail noted for its spectacular mountain scenery. This course is considered to be one of the most accessible and beautiful trail marathons out there!

MID MOUNTAIN MARATHON
Saturday, August 27

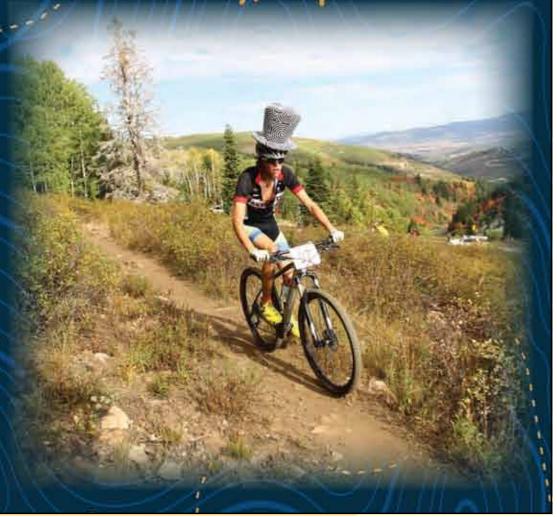


www.mountaintrails.org



Tour des Suds Park City, Utah

A 7-mile mountain bike climb from City Park in Park City to the top of Guardsman Pass. Crazy costumes, crazy bikes is the concept! TOUR DE SUDS Sunday, Sept. 18



# Cycling uras

1124 4th Ave Salt Lake City, UT 84103

www.cyclingutah.com www.cyclingwest.com Phone: (801) 328-2066

Dave Iltis, Editor, Publisher, & Advertising dave@cyclingutah.com

David R. Ward, Consultant and Founder dward@cyclingutah.com

August 2016 Issue; Volume 24 Number 5

Contributors: Ben Simonson, Michael Gonzales, Wayne Cottrell, Lukas Brinkerhoff, Charles Pekow, David Ward, Dave Iltis, Nate Gibby, Eric Helgoth, David Treinis, Art O'Connor, Phil Sarnoff, Kelly McPherson, Tom Jow, Steven Sheffield, Steve Chambers, Enrique Arce-Larreta, Howard Shafer, Ian Scharine, Jamie Morningstar, Peter Drinkwater, Mary Drinkwater, Jeff Hodges, Stephen Morningstar, Chris See, Cathy Fegan-Kim, Trenton Higley

Assistant Editors: Lisa Hazel, Mark Deterline

**Distribution:** McKibben Lindquist, David Montgomery, and others

(To add your business to our free distribution list, give us a

Printing: Transcript Bulletin Publishing

Cycling Utah and Cycling West is published eight times a year beginning in March and continuing monthly through October.

Annual Subscription rate: \$15 (Send in a check to our address above) No refunds on Subscriptions. Postage paid in Tooele, 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. We are solar powered too.

Cycling Utah / Cycling West is free, limit one copy per person.
© 2016 Cycling Utah

Pick up a copy of
Cycling Utah or Cycling West
at your
favorite bike shop!

Josh Whitney of the EVOL Racing Team p/b Breeze Bars rounds a corner in the Crushe in the Tushar race in Beaver, Utah on July 9, 2016. Drew Free is in the background.

Cover Photo: Photo by Chris See christopher-see.photoshelter.com

#### **MOUNTAIN BIKING**

#### Going Big For Real - Adaptive Cycling at the Teton Mountain Bike Festival



Joe Stone leans into a turn on Sidewinder on his recumbent-style hand-cycle. Photo by Eric Helgoth, <u>helgoth-photo.com</u>

#### **By David Treinis**

The time-honored encouragement from one all-mountain rider to another is to "go big."

So nothing should have seemed particularly out of the ordinary for riders and onlookers watching David Poole approach modest kickers on Grand Targhee's trail features last Labor Day. Or seeing Jake O'Connor aggressively leaning into the high-banked berms on

the hill's "Bullwinkle" switchbacks, with Sherene Ricci in hot pursuit, occasionally catching some air on the table-tops as they neared the Dreamcatcher chair lift.

What was it, then, about these three riders on blue runs that had attracted a small crowd of spectators, pumping their fists and cheering in a collective show of awe and appreciation?

What is was, was this: each of them was riding with such gusto and abandon despite being disabled. Sherene "Lefty" Ricci lost a leg to an aggressive cancer; Jake and David suffered accidents that rendered them paraplegics.

The kudos for these three—and the half- dozen more in their cadre—was in recognition of their skills and daring in taking their "adaptive mountain bikes/trikes" on the very same trails with the other riders. Each of the courageous athletes in this group had a story that would give any able-bodied rider pause, and they'd gathered at 2015 Wydaho

Rendezvous Mountain Bike Festival to show they were not about to yield to disability.

Joe Stone, an "incomplete" C-7 quadriplegic from a near-fatal paraglider crash, was the first adaptive rider at the Festival and been a regular attendee and contributor the last several years, each time bringing with him more adaptive cyclists also drawn to the allure of Teton trails, mountain weather, and camaraderie. On breaks between runs, he chats with curious riders, as always the eloquent and passionate spokesman for adaptive riding.

"Prior my injuries I was an active outdoorsman, so I ached to get back on the trails and rivers, doing the things I'd always loved. I especially missed mountain biking, so it wasn't long into my recovery before my internet searches turned me on to adaptive off-road riding," Joe explained, gesturing to the burly three-wheeler on display beside him.

To the uninitiated eye, an adaptive bike strikes an image worthy of a Rube Goldberg contraption. Chains, pivots, cogs, straps and grips are arranged in a bewildering sequence atop a chassis that looks like a diminutive top-fuel dragster pointed backwards. So it's fortunate that manufacturer Jake O'Connor, founder of Reactive Adaptions, rolled his wheelchair up to Joe's tent just in time to explain the impressive and clever technology behind these truly capable machines.

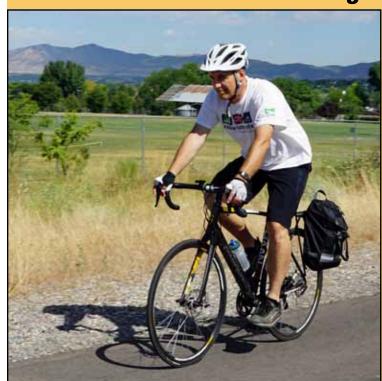
Continued on page 10



Mountain biking, on the other hand, has always been about recre-

#### **COMMUTER COLUMN**

#### Peter Drinkwater - Embracing the Hour Long Bike Commute



Peter riding from Orem to Lehi on the Murdock Canal Trail. Photo by Mary Drinkwater

#### By Jamie Morningstar

Peter Drinkwater is a fortysomething software product manager, father of five, proud Utah Valley resident, and newly-reborn distance cycle commuter.

After years of cushy 2-mile commutes, Peter's employer, Ancestry. com, recently from Provo to Lehi. The office move increased Peter's commute to almost 20 miles, but rather than giving up the benefits of his bike commute Peter embraced the chance to try out a long commute by bike.

CU: Tell us about your cycling background.

PD: I learned to ride as a kid. Back then it was all about riding around the neighborhood with a pack of wild boys, making jumps to ride off, and hanging out with my friends.

My life as a cycle commuter began during my college years at Brigham Young University. I didn't have a car and I lived 6 miles from the university and 4 miles from my job. So, for my high school graduation my parents gave me a bike. It was an early mountain bike, a Schwinn Sierra, and I rode it to and from classes and then to and from work most days. I rode through all kinds of weather and all year long and I really came to enjoy

the cycle commuting experience. It was great to start the day with some exercise and I liked the feeling of getting to school feeling awake and ready to learn. I also enjoyed seeing the change of seasons up close and personal.

Later I got a car and shifted gears to recreational mountain biking. Over the years I've commuted to work and ridden around town, sometimes consistently and other times infrequently.

Over the last 10 years I had settled into a pretty good routine of riding to work almost every day. Work was only a few miles from my home, but a couple of months ago my job moved out to a new office in Lehi. I decided to give the longer commute a try and so far it has worked out well.

CU: You've enjoyed both mountain biking and commuting over the years. What are the unique benefits of each style?

PD: Commuting was really where it started for me. I didn't have a car of my own until I was in my early twenties, so a bike was a good way to get school, work, friends houses, or wherever I needed to be. For me, biking on the road has nearly always been about utility and getting from point a to point b. Commuting on the bike is good for the world and it's good for me.

ation - spending time outside and with friends, seeing beautiful places, getting away from it all, and pushing myself to climb or come down something difficult. I really like them both commuting and mountain biking, but I think of them pretty differently.

CU: What's your new commute

CU: What's your new commut like?

PD: My commute is almost 19 miles each way of mostly flat riding. I ride from Orem to Lehi, near the Point of the Mountain between Utah and Salt Lake County.

The best part of my ride is that 34 of my daily 38 miles are on the Murdock Canal Trail. The Trail is flat, smooth, away from traffic, and just a delight to ride on [CU: For more information about the Murdock Canal Trail, see the July 2015 Issue of Cycling Utah online at cyclingutah.com].

My goal is to commute by bike two or three times each week. The rest of the days I work from home or from another office in Orem, so on a good week I don't drive out to Lehi at all.

So far, the weather has been excellent for the long commute, so I'm still waiting to see how I'll do with the longer commute in dark, cold, rain, and snow this fall. I'm pretty well equipped to ride in most weather conditions, so I'm hoping I can ride almost year-round.

CU: 38 miles is a serious commute! How do you cope with the logistics of a long ride before and after work?

PD: My daily commute takes me just about an hour each way. I'm lucky to have a casual office where I can roll in sweaty and out of breath and just start working. Once I cool down a bit, I take a shower and change for the day.

The new Ancestry.com office is well equipped for cycle commuters. The office has secure indoor bike storage, nice showers with towels, shampoo and soap available, and some excellent free food and refreshment options. There are a fair number of people who ride to the new office and it's an honor to hang my bike next to theirs.

To carry my essentials for the day, I use a pannier attached to a back rack. I carry my lunch, my clothes





The bike storage room at Ancestry.com's new Lehi office. Photo by Peter Drinkwater

for the day, bike tools, and anything else I might need for the day. I prefer a pannier so I can avoid carrying a backpack - packs can get pretty sweaty and unpleasant on a long ride.

I recently rigged up a clothesline under my desk using some strong magnetic hooks so I can hang things up to dry during the day. Luckily, my coworkers are very understanding one is even a fellow cyclist who has a commute very similar to mine.

CU: How has the transition to a longer commute been?

PD: It took a few trips to get the legs used to the longer ride, but it's been pretty smooth.

The hardest adjustment has been the commitment of spending an hour each way commuting and the resulting reduced flexibility in my schedule. With my former short commute, I was pretty spoiled. Now I can't just pop home for lunch or to pick up something I left or run out to something at one of the kids' schools. Before I leave home every day, I have to make sure I have everything I need for an eight-hour workday plus two hours of riding.

CU: What bike do you commute

PD: I have several bikes, but for this longer commute I've been using a Diamondback Haanjo Comp. It's a combination road and gravel bike that I found on sale when I needed a bike for a long-distance ride I did with some friends. It's very sturdy, but still fairly light. It has good tire clearance and came with some wider, knobby tires which may come in handy once winter comes. The only

changes I've made to the stock setup are adding a rear rack and putting on road tires that I can run at 120 psi. My bike handles the commute very well, though I haven't fully adjusted to the drop bars and often think about switching them out for something flat.

CU: What advice do you have for readers who want to make their lifestyle more bike-friendly?

PD: I guess I'd just say, "do it". Grab a bike, hop on it, and ride somewhere. You can start out small, riding around town with your family. We ride to the store, church, the park, the library, and other places around town. Sometimes we all just hop on our bikes and head off somewhere, typically with the soft glow of the sunset gently coloring the western sky and lighting up the mountains to the east as we enjoy the evening

If you want to try out cycle commuting, just do it. If you haven't ridden much, talk with someone who can help get your bike set up to fit you right, and then just get on it and ride. See what works, what doesn't, and then adapt.

This is a great time to be a commuter. There are so many good resources out there and such great equipment available. Just get out there and find something that will work for you.

If you have a suggestion for a commuter profile, have a commuter question, or other comments, please send it to <a href="mailto:dave@cyclingutah.com">dave@cyclingutah.com</a>.





#### **SPEAKING OF SPOKES**

#### The Tour: An Addict's Wrap



Dave and Karma watching stage 11 of the 2016 Tour de France just as Sagan and Bodnar attack and Froome and Thomas respond. Photo by David Ward

#### By David Ward

What does July mean? Well, the Tour, of course. Which tour you say? There is only one Tour. Everything else is the Tour de or Tour of something. But when someone says, "the Tour" with no other reference, they can only mean the Tour de France.

Last month, I wrote about how I am a Tour junkie. And true to my habit, I spent hours and hours watching each stage unfold, and listening to the constant babble of my favorite commentators. Paul Sherwin and Christian Van de Velde are good for insightful commentary, and Phil Liggett, Jens Voigt and Bob Roll (and his hands) and just pure entertainment. Gotta love 'em.

This year's Tour was uniquely exciting. Without reviewing a lot of the race, which plenty of publications and websites are doing, I want to share my most lasting memories from this year's Tour. Two in particular stand out. First was Stage 8, finishing in Bagnères-de-Luchon.. This stage ended by first climbing the Col de Peyresourde and then descending through a bunch of hair-raising turns

to Bagnères-de-Luchon.

I have actually ridden up this Col, years ago, with my friend Rick and I eating lunch at a restaurant after reaching the top. As Froome, Quintana and others crested the top, I was looking at this restaurant from the helicopter feed. Suddenly I noticed, as Nairo Quintana grabbed a water bottle while coasting over the top, that Froome did not stop pedaling but rather accelerated. Rarely does a rider do this when going over the top with a group, and it especially catches your eye when it is Chris Froome.

I watched with amazement as Froome built about a 10 second lead, and then with more amazement as he sped down the mountainside switchbacks, crouching on his top tube and firing through the turns. Frankly, I was pulling for the chasers to catch him because, while I like Froome, my heart was more with Tejay Van Garderen and Quintana. But I couldn't help but watch with a grudging admiration as Froome, with amazing panache, grabbed a frantic and scintillating victory. And in the process, the yellow jersey.

The second standout memory for me was Stage 11 from Carcassonne

to Montpelier. This was supposed to be a finish for the sprinters. But with crosswinds forcing the peloton into echelons, and with 12 kilometers to go, Peter Sagan attacked into the wind, joined by his teammate, Maciej Bodnar. And who responded? None other than Chris Froome. And when he went, his faithful lieutenant, Geraint Thomas, made a huge effort to bridge the short but difficult gap. Suddenly, here was Sagan, Bodnar, Froome and Thomas, putting out a huge effort to keep the peloton, driven by the sprinters' teams, at bay. Never leading by more than 22 seconds, these four riders managed to stay away. Comically, Froome even tried to outsprint Sagan for the win, to no avail of course. But he took second, and put an additional 12 seconds on his main rivals.

This was an amazing show by Froome. Who would ever think he would join an attack on a flat stage, into the wind. Especially with a finish on Mont Ventoux and a showdown with his main rivals awaiting him the very next day. This was an audacious move. This time, as I watched the drama unfold, I couldn't help but pull for these four riders to stay away to the finish.

There was, of course, much more to the Tour than these two stages. The drama at the top of Mont Ventoux, and the indelible impression of Froome running on foot toward the finish, will live forever in Tour lore. Mark Cavendish's four stage victories, when the commentators had pretty clearly written him off when up against Marcel Kittel and Andrei Greipel, were sweet, particularly given his move this year to the Dimension Data team.

Also, the three stage victories of Peter Sagan, including the aforesaid victory in Montpelier, were satisfying for him and all his numberless fans, given his lack of Tour victories the last couple of years. Sagan, ever the entertainer and, for good reason,

#### **SLCBAC News for August 2016**

Celebrating the long, hot summer of 2016 many of you already realize that it is much more comfortable on a bicycle than stuck in a car during one of the Wasatch Front's daily traffic jams. With the wind in your hair and an open bike lane, sometimes two wheels will get the better of four! August will bring the United States' biggest bicycle event: the Tour of Utah. Cycling Utah/West offers some of the best coverage you will find anywhere. The County Bicycle Advisory Committee is committed to supporting this event and looks forward to Stage 4 which will take place in Salt Lake County.

In addition to supporting many bicycle events statewide, the committee endeavors to partner with organizations to improve safety and education for cyclists of all ages. The generous budget provided by the County allows us to support schools, communities and a variety of causes across a range of funding needs including bicycle racks, locks, helmets and outreach programs. Our goal is assisting communities to improve Active Transportation and encourage more bicycle riders to take to the streets. Moreover, Salt Lake County would like to see all cities and townships initiate their own Bicycle Advisory Committees. It can start as simply as a handful of concerned citizens willing to champion the cause for better bicycle resources. If you would like to initiate your own committee, contact your city administration office and inquire about assembling a volunteer group. SLCBAC is happy to help the cause and can offer the guidance and direction needed to get you rolling.

A great way to see volunteerism in action is to attend our monthly meetings on the second Wednesday of each month. You can also choose to assist the committee with projects or express your own concerns with improvements you hope to see in your own neighborhoods and cities. Below is a list of remaining meetings for this year. Keep hydrated, keep safe and most of all, keep riding!

Wed. Aug. 10, 2016– 2nd Wednesday in August Wed. Sep. 14, 2016– 2nd Wednesday in September Wed. Oct. 12, 2016– 2nd Wednesday in October Wed. Nov. 9, 2016– 2nd Wednesday in November Wed. Dec. 14, 2016– 2nd Wednesday in December

-Ian Scharine

a crowd favorite, is always fun to watch and a great interview to listen to. You can count me among his numberless fans.

And the final stage finish on the Champs-Élysées was exciting as André Greipel, a man difficult to really love but hard to hate, followed his team's perfect lead-out and perfectly timed his sprint to nip a charging Sagan at the finish line for his first win in this year's Tour. It was a satisfying win, as it kept alive his string of winning at least one stage in each Tour he has participated in.

(As a side note, his victory was especially fun in light of comments by Jens Voigt, NBC's commentator who had, only shortly before, totally dissed on Greipel and written him off as a possible victor! Gotta love Jensie)

Yes, this was all exciting, and combined for a great month of Tour spectating. But despite all the great stories and events of this year's Tour, it will be Froome's panache, daring and torpedoes be damned aggressiveness in Stages 8 and 11 that will stand out the most for me. What a show!

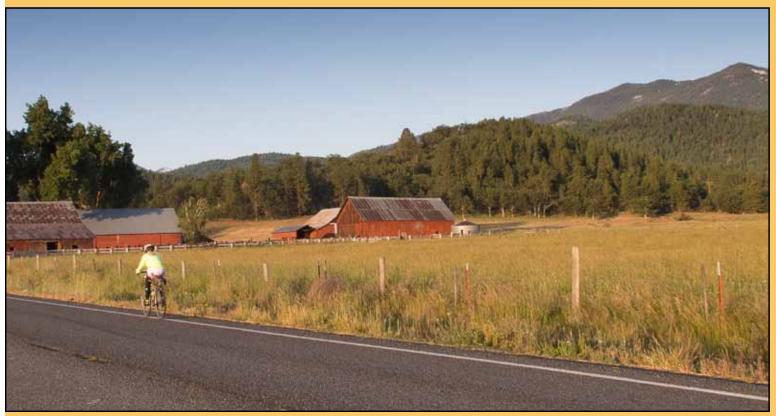
# Reach Cyclists in 7 Western States! Advertise in Cycling Utah and Cycling West!

Email:
dave@cyclingutah.com
Web:
www.cyclingutah.com/advertising-info/



#### **BICYCLE TOURING**

#### Road Biking in Northern California's Scott Valley



Heading South on Highway CA3 in early morning. Photo by Howard Shafer

#### By Howard Shafer

Scott Valley is an agricultural valley in northern California, about forty miles northwest of Mt. Shasta and just twenty miles south of the Oregon border. Its principle communities are Fort Jones and Etna. Even Google confuses this tranquil, mountain valley with Scotts Valley, a bustling city in the Santa Cruz Mountains a few miles north of Santa Cruz and south of Silicon Valley. Scotts Valley is crowded with mountain ridges, narrow gullies, redwood trees, and rush hour traffic jams. On the other hand,





Riding north through Scott Valley. Photo by Howard Shafer

Scott Valley has broad meadows of hay and cattle and a notable absence of any automobiles at all. Its wonderful, traffic-free roads are perfect for bicycling.

I want to tell you about two trips my wife Jacquette and I have taken to the Scott Valley area. On the first trip, we took a two-day road bike tour on a traffic-free loop of spectacular scenery and fearsome climbs from Etna over Carter Meadows Summit and down to Forks of Salmon, then back over Etna Pass to Etna, 103 miles with 9000 feet of climbing. On our second trip, we enjoyed a scenic, easy sixty-mile loop around the perimeter of Scott Valley.

#### The Fearsome Forks of Salmon Loop Climbs

In the little town of Etna, California (population: 700; elevation: 2940 feet), once called Rough and Ready, City Hall charged us a small fee to camp in the city park and gave us a park restroom key. The park had green grass, cool groves of

trees, and grazing deer, but no other campers. The weather was wonderful, and we left the rainfly off our tent. Soon, two stray kittens appeared and wanted to play. That night they were curled asleep against our tent when the sprinklers turned on, and it was like a cloudburst inside. We leaped up, ripped up tent stakes, dragged the tent to dry land, and climbed back into damp sleeping bags while the kittens ran pell-mell through the spray to reach us.

Ah, we thought, now for some blissful sleep. Then a new set of sprinklers turned on, water sprayed our tent again, and our sleeping bags got wetter. Once more, we leaped up, twisted the sprinkler heads away from the tent, climbed into our damp sleeping bags and tried, nervously, to sleep while the kittens snuggled down just outside the entrance.

The next morning a city councilwoman named Delta visited us. "Did you have a nice night?" she asked. We told her. She said she'd make sure sprinklers didn't come on again. us to Etna.

With protection promised by the Etna City Police Department, we loaded our panniers with food, warm clothes, sleeping bags, tent, et cetera ad nauseum and bicycled south on empty Highway CA3, which follows Scott River south toward the hamlet

of Callahan (more about Callahan

Next, Tom and Ray, the chief of police and the mayor, came by. Tom said he'd keep an eye on our campsite while we cycled, and he'd find the kittens' owners. Ray welcomed

later).

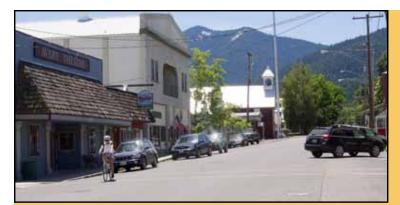
Near Callahan, we tried to turn onto the Callahan-Cecilville Road, but a herd of cattle and cowboys (cowgirls actually) got there before us, and it took awhile to edge past the cattle to where the road became cattle and car free. Then we began the climb toward the 6146 foot high Carter Meadows Summit, gaining more than 3000 feet in ten miles. From the summit, we saw snow banks below us. We enjoyed a magnificent view back toward Callahan

and began the descent toward the

hamlet called Forks of Salmon, reaching a restaurant and a small cluster of houses called Cecilville in extreme heat, exhausted. Locals sat on the restaurant verandah while cool mist sprayed gently over them.



Howard and his malt. A reward for riding in the heat. Photo courtesy Howard Shafer



Downtown Etna. Photo by Howard Shafer



Riding north through Scott Valley. Photo by Howard Shafer

They said it was over 100°F. We ordered pop and ice water and cycled on. Farther down the mountain, the road became one lane wide, snaking along a chasm that dropped to raging white water and deep still pools. No cars, but no shade either. We reached reached Matthew's Creek Campground around 5 pm. It was deserted except for a trailer filled with yelping dogs. We ignored them, walked down to the river, and skinny-dipped breathlessly in icy water. Then we continued.

Thirty miles and 5000 feet below Carter Meadows Summit we discovered Hotelling Campground. We hadn't reached Forks of Salmon yet, but after sixty miles it seemed like the place to stop. We set up our tent, strung our sweaty clothes over our bicycles and cooled off in the river. Dinner was last night's cold spaghetti. It was delicious.

We got up early to miss the heat we'd put up with the first day, ate cold oatmeal and tried to find our gear. My helmet had traveled fifty feet, and something had chewed its chinstrap. Our bicycle gloves lay scattered far and wide, juicy with saliva. Damn deer chewed them for salt! We washed our helmets and gloves in the river before continuing the three miles downstream to Forks of Salmon, just a few old houses where the north fork and the south fork of the Salmon River meet. There we turned east and took Sawyer's Bar Road along the North Fork back toward Etna. The narrow road rolled upward through pine and never far. The climb was moderate. There were no cars, and fortunately, we had shade.

We got to Sawyer's Bar before noon, a picturesque string of aging houses squeezed along the valley. A little later, we passed the Idlewild Campground. It was 1700 feet above and twenty miles up the road from Forks of Salmon. We still had 3400 feet of climbing before Etna Summit ten miles away. The climbing got hard as the road climbed 2400 feet in

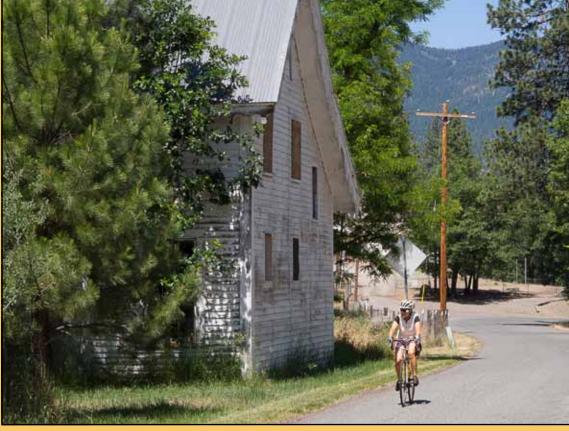
four miles. That's four whole miles with an average grade of 11%! The sun beat down. We dripped sweat. Our legs complained. Our bicycles groaned. We'd been told there was drinkable water in concrete boxes high on the pass. We found them and drank. We soaked our feet in a creek. A bear cub appeared above us. We looked nervously for the mother but never found her. When we reach Etna Summit at 5956 feet elevation, we were exhausted but elated! After that we rode steep downhills with lots of switchbacks. We flew past spectacular scenery but kept our eyes on the road.

It was after 5 pm when we reached Etna. Our first stop was a pharmacy on Main Street with an old-fashioned soda fountain. I downed a huge strawberry malted. Jacquette had an ice cream soda. We showered at the town swimming pool before eating dinner at a Thai restaurant. The food was delicious and the prices reasonable. Returning to the park, we staggered into our sleeping bags. The sprinklers did not come on that night.

#### Circumnavigating the Gentle Terrain of Scott Valley

For our second visit to Scott Valley, we opted for comfortable beds in Motel Etna. The sun still slumbered beyond the mountains to the east when we said goodbye to our room. It was barely six 6 am, and we were determined to avoid the astonishing 100°F weather predicted again. The air was clear, the dawn sky tinted red, and the fragrance of the clean valley air invigorating. Once more we bicycled south on CA3, which parallels Scott River and runs the full length of the valley. To our right: the Marble Mountain Wilderness of the Siskiyou Mountains and somewhere beyond, the Forks of Salmon. To our left: the fertile fields of Scott Valley. Across the valley, another range of mountains. As we rode south, the two ranges closed in on us, channeling us toward the hamlet called Callahan.

The road was car-free and the



Jacquette riding through Quartz Valley, California. Photo by Howard Shafer

valley so quiet it almost hurt our ears. The only sounds were from songbirds and a few red-tailed hawks. The valley lay hazy in mist. We were climbing, but the grade was so gradual, we hardly noticed.

By 7 am we were in Callahan. The dusty, one block long town appeared so deserted it was spooky. The two-story Callahan Ranch Hotel, built in 1854, was boarded up, old paint peeling from its walls. The Wells Fargo Bank building, built to accommodate a nineteenth century gold rush, lay empty. In fact the whole town looked ready to crumble. Perhaps later in the day it would show a little life. It was certainly alive on January

6, 1947, when an African-American with a calfskin wrapped around his shoulders and his body full of bullet holes was found hanging from a telephone pole. That was California's last known lynching, and it remains unsolved.

We did not idle in Callahan but instead turned north, first onto East Callahan Road and then onto East Side Road following rolling hills along the east edge of the valley. With the sun now up, we could clearly see the Scott River below us on our left, dredged into braided gravel bars during gold rush days, and now only slowly returning to life. On one high bluff with a view of the gorge containing Callahan to the south and

all of Scott Valley to the north, we stopped and ate our breakfast burritos purchased in Etna the night before. Then we were off again.

We met a pedestrian as we emerged from some bushes after taking care of morning needs, but except for him, the valley appeared empty. Later, a few farmers appeared with tractors and mowing equipment. They cut geometric patterns through yellow hay fields leaving alternating green and yellow stripes across the valley. Deer nibbled grass next to the road. Jackrabbits bounded across hills. We had never seen so

Continued on page 8



We want you to have the best riding bike you've ever thrown your leg over - so this summer we are offering double the travel credit in our Perfect Fit\* program!

Recieve up to a 20% discount on our award winning Liscio II and Viaje XL when you come visit us, right here in Northern Utah!

Program includes a comprehenisive fitting (a \$200 value) and a post fitting dinner!
\*See website for more details, www.volagi.com, cannot be combined with any other offers and is not available through dealers. Offer is valid on in-stock items only. Offer expires 9/1/2016



www.volagi.com | 801-690-7008 | Ogden, UT



Carter Meadow's Summit on the first day of the tour. Photo by Howard Shafer

#### **Touring in Scott Valley -**Continued from page 7

many deer or jackrabbits. When we reached Fort Jones 23 miles to the north, it was already warm.

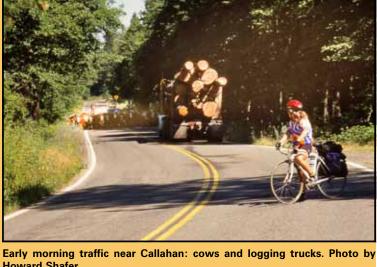
Fort Jones is a sleepy little town of about 800 people at the north end of the valley, a few blocks of homes and businesses clustered along both sides of CA3. The town is a California Historical Landmark and is named after a military base that was once a mile to the south. Soldiers swarmed to its trading post, bar, and brothel. We crossed CA3 and continued west on Scott River Road. Between us and the river to our left, sprinklers mounted on long, pivoting arms irrigated green, circular fields half a mile in diameter. Mountains rose above us on the north, the south, and the west. When we came to a gap in the range to the south, we turned onto the Quartz Valley Road and began climbing.

We might have continued on Scott River Road to Highway CA96 on Klamath River and gone south to Salmon River Road and eventually found ourselves back at Forks of

Salmon. This would have turned our one-day excursion into a spectacular but easy multiday riverside tour (until we had to climb the 5000 feet back over Etna Summit). Although friends who have cycled this loop recommend it highly, it would have added at least 100 miles to our ride, and this day we were not prepared for it. You can read about two young women travelling the Klamath River on horseback 100 years ago in the delightful "In the Land of the Grasshopper Song," by Mary Ellicott Arnold and Mabel Reed (University of Nebraska Press, 1957). They had been commissioned "to teach the Indians," which they did with enthu-

Quartz Valley Road follows Mill Stream upstream, climbing first south and then east through the Quartz Valley Indian Reservation. The climb is easy, and we were hardly aware of the altitude we had gained.

The excursion through Quartz Valley was well worth it. The mountain air grew cool. Wild roses grew in abundance in meadows as green as Ireland. Ponderosa pines dotted the hillsides. On the reservation, we passed an ancient schoolhouse and



**Howard Shafer** 

Street, consisted of tin-roofed shacks and tired, early twentieth century homes that reminded us of genteel ladies fallen on hard times. When we reached Greenview, the day's predicted heat hit us full force.

At Greenview we turned onto

Mountain Village RV Park (530-467-5678). Etna also has several restau-

Fort Jones has fewer options. Try lodging or gourmet lunch at The Gifted Horse Lodge (530-468-4438).

Along the Forks of Salmon loop,



Beautiful riding along the North Fork of the Salmon River. Photo by Howard Shafer

a few nineteenth century pioneer homes. A fast downhill brought us back into Scott Valley at Greenview, an unincorporated village of about two hundred souls. Their homes, clustered along a few yards of Main

CA3 again and cycled seven miles back to Etna. The fields shimmered in the 100°F heat, and a few cars zoomed past, but by one in the afternoon we were seated at Bob's Ranch House a few yards from our motel, I, slurping my giant malted milkshake straight out of its big, metal mixing cup, and Jacquette munching salty sweet potato fries. We had ridden 61 miles and climbed a paltry 1300 feet. If you love climbing, you won't find it on this ride, but if it's gorgeous, bucolic scenery you're after, then don't miss it.

So you have a choice: Fearsome climbs or gentle valleys. You can have it all out of Scott Valley.

#### If you go:

Take Interstate 5 to Yreka and then head west on CA3. You'll come to Fort Jones first and then Etna. Be prepared to maintain your own bicycles. There are no bike shops.

Etna has the most lodging. Etna Motel (530-467-5338) welcomes cyclists. Free camping is available at Etna City Park. Alderbrook Manor B&B has a Hikers' Hut (\$35 per person) as well as regular rooms (530-467-3917). RVers can try the

you can camp at the Matthews Creek Campground near Cecilville, or you can find other, unofficial campsites. You'll find food at Cecilville's Salmon River Saloon (530-462-4685).

#### Links:

Scott Valley Chamber of Commerce: http://www.scottvalley.

Visit Siskiyou: http://visitsiskiyou.

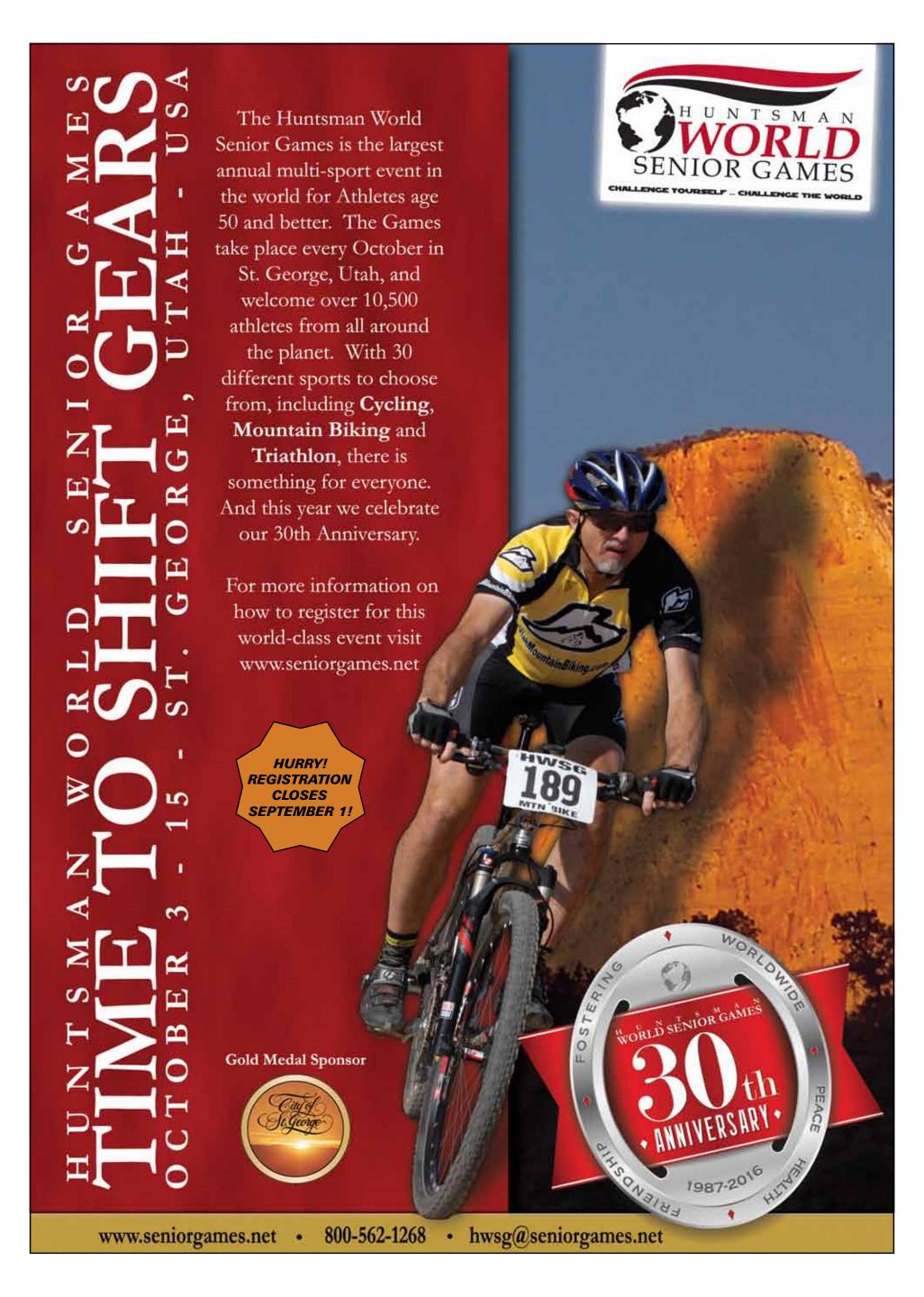
#### **CLASSIFIED AD:** Trans-Utah Mountain Bike Tour a.k.a. "The Hayduke Trail"

Lizard Head Cycling Guides Experience southern Utah's most remote and otherworldly backof-beyond moonscape on a 420mile point-to-point mountain bike expedition spanning from Kanab to Moab. Explore the Grand Staircase Escalante, Capitol Reef N.P., the Henry Mountains, Lake Powell, the Canyon country abutting the Dark Canyon Wilderness, the Abajo Mountains, Indian Creek, and finally Lockhart

One & Two Week Options Available. Tours Depart in May & September. Call 970-728-5891 or INFO@ <u>LizardHeadCyclingGuides.com</u>



Sawyer's Bar, on the North Fork of the Salmon River. Photo by Howard Shafer



#### **Adaptive Cycling -**Continued from page 3

"The 'Bomber' is designed for a rider in the prone body position, allowing him or her to leverage bodyweight over the crankset and as well as assess the terrain ahead," Jake explained. Turning his attention to another adaptive bike on display, he continued. "The 'Nuke' model, by contrast, was developed for riders who prefer a recumbent style."

"Makes and models vary in features and performance, but all offroad adaptive bikes offer suspension, gearing with derailleurs, disc brakes, and knobby tires—all the features of conventional mountain bikes. There are even fat-bike variants." Jake added that, "Platforms aside, the biggest differences between adaptive and conventional riding are 3 wheels, and that most use hand cranks to pedal.'

In addition to the sophisticated offerings from manufacturers like Jake, adaptive off-roading inevitably piques the interest of garage band



A group shot of the riders during the 2015 Teton Mountain Bike Festival. Photo by Eric Helgoth, helgothphoto.com tinkerers like David Poole.

"My homemade 'bucket bike'

mates a full-suspension mountain bike frame with a sit ski seat. Once I strap my feet to the pedals and head downhill, my technique is pretty much the same as the able-bodied riders on the trail." David paused for effect and added, "Except that once I'm rolling, I'm committed."

His last comment led to the obvious question of what happens on an uphill section—say, a roller on an otherwise DH run that would normally require a few pedal strokes. It turns out his companion-rider (who doubles as hero-footage cameraman) simply puts a hand to David's shoulder and pedals with just enough energy to keep them both from stalling.

'Sometimes," he laughed, "that doesn't quite work out as planned." Looking more closely at the adaptive group, I noticed that most of these enthusiastic riders sport a few scrapes and bruises that are the badge of honor in mountain biking.

Both individually and as a group, these riders are undaunted. When on the last day of the previous year's Wydaho it rained hard enough to chase nearly nearly everyone else off the trails, the adaptive group remained out in force. Soaking wet, cold, muddied and tipped over on occasion, they all agreed it was one of the best days of the Festival. "We had the trails to ourselves," recalled Joe, "plus the Festival organizers held a raffle just for us, sending us on our way with lots of cool swag and free gear."

Being at home on the most of Targhee's trails, I reckoned that hand-cycling on a beginner run would prove little challenge for me. Approaching the first, embarrassingly small rise revealed I was in over my head from the get-go. Arms burning from pedaling furiously on the hand-cranks, I was saved from rolling backwards only by a timely shove from a sympathetic bystander.

No sooner was I over the top than I was faced with a far more threatening challenge: changing gears, braking and turning, not to mention doing my best to avoid tipping over in the too-fast-approaching banked corner. I went from being cocksure to looking like Chevy Chase leading up to a pratfall, heading for the inevitable digger. I held it together for my short demo ride, though thinking all the

while, "How in the world do adaptive riders rail on these things?"

I figured maybe it might be smarter, not to mention safer, to learn hand-cycling first by watching it being done properly. So I mounted my two-wheeled trail bike to join a run with the adaptive riders. In the interest of saving the proverbial thousand words as well as the remaining shreds of my dignity, I'll let the photos tell the story of our group ride on an all-mountain trail.

Behind these individuals at Wydaho Rendezvous were at least three key organizations dedicated to serving the needs of adaptive athletes: Teton Adaptive Sports, The National Ability Center, and Higher Ground. "People with disabilities are more than capable of enjoying a wide range of outdoor activities but often are held back by the cost of the gear and the support needed to get them started," observed Steve Robinson of the NAC. "Our organizations try to fill that gap by providing skills



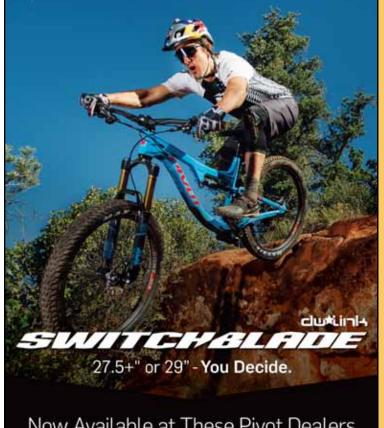
Ready to drop in on Sidewinder, a 2000' vertical single-track descent starting at the top of Dreamcatcher. Photo by Eric Helgoth, helgothphoto.com



The author, David Treinis (green helmet) getting his briefing from other adaptive riders before taking on a short section of trail during the 2015 Wydaho Rendezvous Festival. Photo by Eric Helgoth, helgothphoto.com



David Poole hits a kicker on his DH run on his "bucket bike" with sit ski saddle Photo by Eric Helgoth, helgothphoto.com



#### Now Available at These Pivot Dealers

Go-Ride Mountain Bikes

12288 S. 900 E.

Draper, UT 84020

(801) 474-0082

go-ride.com

#### Go-Ride **Mountain Bikes** 3232 S. 400 E., #300 SLC, UT 84115

(801) 474-0081 go-ride.com

#### Poison Spider Bicycles

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

Sports Den

1350 South Foothill Dr (Foothill Village)

Salt Lake City, UT 84108 (801) 582-5611

SportsDen.com

#### Salt Cycles 2073 E. 9400 S. Sandy, UT 84093

(801) 943-8502 saltcycles.com

#### (435) 535-1113

speedmountain.com

Over the Edge

Sports

76 E. 100 S.

Hurricane, UT 84737

(435) 635-5455

otesports.com

Speed Mountain

437 N 100 West

Logan UT, 84321

# Storm Cycles 1680 W. Ute Blvd. #D3

Park City, UT 84098 (435) 200-9120 stormcycles.net

# Timpanogos Cyclery 665 West State

Pleasant Grove, UT 84062 (801) 796-7500 timpanogoscyclery.com



WWW.PIVOTCYCLES.COM

training, adaptive equipment and a supportive environment."

Joe Stone's neon-orange tent serves as central gathering spot for the adaptive riders and their gear at each year's Wydaho. If there's one common thread among the disabled riders assembled there, it's their evangelical zeal in encouraging others with disability to get back fully into active lives. "Just 25 years old, and I thought my life was essentially over, that I'd never again get to enjoy the things that meant so much to me prior to my accident," said Joe. "But

adaptive off-road cycling offered me the chance to ride the same trails, with the same joy and thrill, as ablebodied cyclists."

Sherene echoed Joe's sentiment, adding, "I've learned there are many ways to adapt and be fully engaged with life in spite of my disability," she said with confidence. "The only limitation we truly face is that of overcoming what we perceive to be our limit."

For more information on the arious organizations mentioned in the story, see:

ernac.org

Wydaho Rendezvous: tetonbikefest org

Teton Adaptive Sports: <u>tetonadaptivesports.com</u>

Jake O'Connor/manufacturer: reactiveadaptations.com

Joe Stone Foundation: meetjoestone.com

Mountain Bike Tetons: mountainbiketetons.org

National Ability Center: discov-

See also: Wasatch Adaptive

Teton Mountain Bike Festival Details:

September 2-5 — Teton Mountain Bike Festival, Alta, WY, 7th Annual, held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2017 in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, shenanigans, TVTAP, info@tetonbikefest.org, Celeste

tetonbikefest.org, tetonbikefest.org, grandtarghee.com

Author David Treinis was a member of the founding committee for Wydaho Rendezvous, for which he continues to serve as an advisor. He lives in the Teton foothills of Alta, "Wydaho," so he hardly ever puts his bike on his car.



# Legacy Event Center at 9 a.m. 151 South 1100 West Farmington, UT

# Use Your Pedal Power

Join Coldwell Banker in support of The Autism Council of Utah and help change the lives of families in need.

Register today at ParkwayPedal.com













#### **BOOK REVIEW**

### Nicole Cooke's The Breakaway Recounts the Career of One of Britain's Greatest

**Cyclists** 

#### By Steven Sheffield

Few athlete memoirs are well-written, and fewer still are written by women athletes. That The Breakaway: my story, by retired Welsh cyclist Nicole Cooke, is both means that the time it takes to read it is definitely well-spent.

Nicole Cooke is a strong-willed, outspoken iconoclast. Like many top athletes, she knows what she wants to accomplish, and is not going to let anything stop her from achieving everything she possibly can, even if she has to fight the system every step of the way. And fight she did, becoming one of the most decorated female road cyclists, not only in Great Britain, but in the world.

Ms. Cooke's palmarès as a Elite/ Professional rider include a win in the 2004 Giro d'Italia Femminile (becoming the first Briton to win a Grand Tour), wins in the 2006 and 2007 Grande Boucle Féminine Internationale (the women's Tour de France, now defunct), two overall Women's World Cup wins (2003, 2006), and several Classics wins in addition to her gold medals in the 2008 Olympic Games in Beijing, the 2008 World Championships, and an incredible 10 British National Road Race Championships (1999, and then 9 consecutive wins from 2001-2009) generally racing as an individual against the entire British National Team whose singular goal was "Beat Nicole Cooke".

One can only imagine what Ms. Cooke's career would have been like had she raced with the full support of British Cycling, rather than having to constantly battle her national governing body.

The Breakaway: my story, published in the United Kingdom in 2014, chronicles Ms. Cooke's career as a cyclist from when she first discovered the bicycle as a youth, as she and her brother accompanied their parents on various tours riding on the back of tandem bicycles, to her successes as a junior, and through her career and retirement as a professional at the end of the 2012 season.

Cooke first decided that she wanted to be a racing cyclist after watching Robert Millar chasing the King of the Mountains jersey on the Col d'Izoard and Isola 2000 in the 1993 Tour de France. Even though Millar was unable to win the stage that day, his fierce grit and determination served as an inspiration for the young girl, who would have to rely on her own determination to succeed when challenging the status quo.

Cooke's first run-ins with the bureaucracy came at the age of 11, when she was denied the opportunity to race a time-trial because she was "too young"; the only way she was allowed to participate in that very first race was on the back of a tandem being piloted by her father.

At that time in the United Kingdom, juniors were not allowed to participate in a mass-start road race until they turned 17; so Cooke did what many aspiring pro had to do, by going to mainland Europe to race, initially in the Helmond Youth Tour in the Netherlands, a series of races designed purely to teach youth how to read a race and how to use tactics rather than just brute strength to win a race.

She learned her lessons well, winning many a Welsh championship along the way, but when applying for a grant from the British Cycling Federation (BCF) to help support her development, her application was denied because she "hadn't won a BCF track or road championship," despite the fact that at the time, there were no BCF track or road championships for junior women.

At the age of 16, Cooke was already well acquainted with the bureaucracy, but that didn't stop her from taking on older riders who had the full support of the Federation, and beating them at their own game in the 1999 British Road Championships, her first of many to follow.

By 2002, Cooke was also beginning to discover that when it comes to racing, even on the continent, women were almost an afterthought, not a priority. What was supposed to be her first professional contract, with Acca Due O was rescinded in late 2001 before it could be signed, meaning that Cooke was left scrambling to find a team for 2002.

While she was able to sign for smaller Italian Deia-Pragma-Colnago team, it was for half of the original Acca Due O offer, and still without any support from the BCF who still wanted to control every aspect of training and racing for their supported riders.

It was also around this time that

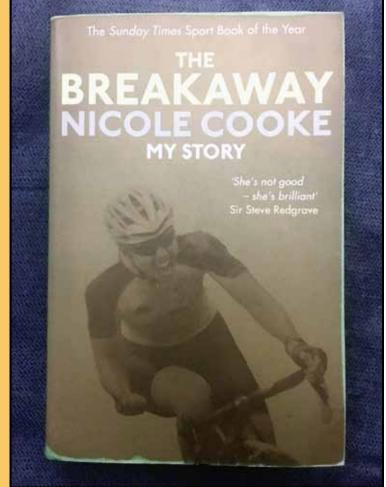
Cooke had her first encounters with the dark side of sport as well, first "ciclismo a due velocità" (or "cycling at two speeds"), when some of her fellow riders working with then team manager William Dazzani talked openly on training rides about what drugs they were taking, and then with unpaid wages as the team's budget seemed to be backed with little more than air.

Year after year, Cooke kept having to battle the system, both in the UK and abroad in order to continue racing at the top level, and despite her successes, British Cycling kept trying to shoehorn her into their way of doing things, even though Cooke was and continued to be Britain's most successful cyclist of the era. Eventually, British Cycling began

to implement programs similar to Cooke's methods, and has in recent years developed into one of the most successful programs in sport.

One can only hope that other national governing bodies, most particularly USA Cycling also learns by example, and starts to focus more on the development of women's sport. Based on recent decisions coming out of the Springs, however, it would appear that USA Cycling still has a long way to go.

The Breakaway: my story, by Nicole Cooke, was published in the United Kingdom in 2014 by Simon & Schuster. It has not yet been published in the United States, but new copies in paperback can generally be found through Amazon.com.





# Two Incredible Autumn Cycling Events! Perfect End to Your Cycling Season!



Mesquite, NV September 24, 2016



Death Valley National Park, CA October 29, 2016



Details about these, and many more cycling events, at http://www.PlanetUltra.com

#### **MOUNTAIN BIKE RACING**

#### Heubach, Germany on My Way to Worlds

By Haley Batten with Mark

Deterline

Germany once again provided us with perfect training grounds, barefoot walking paths, and beautiful forests and towns to wander. I spent the week training with my sights set on the Bike the Rock race in Heubach that weekend. This race always brought lots of mud, strong competition, and it was an all around great event. Although it is not a World Cup or UCI Junior Series Race, I am always impressed with the big names and number of athletes who show up to battle it out on a challenging course.

The type of terrain and difficulty of courses is one thing that makes competing in Europe so different and so challenging. The courses are built to demand skills and make athletes suffer, and then the continuous rain adds another element. This is what makes these races so insanely fun as well, since the athletes are engaged and excited lap after lap. It is no easy walk in the park, but instead every pedal stroke, hill climb, rock, root, and drop demands 100% of your focus. Not only are you out there battling against some of the top riders in the world, but you are also up against yourself mentally and physically.

There are so many important elements to training and competing at your best, but when traveling sometimes it's hard to make sure everything lines up just right. I think that is another exciting part about racing, and all of the challenges that it brings.

Eating right is an important aspect for me. When in a different place, the restaurants and stores have very unique food, different from what I am used to at home. While racing I want to make sure I am fueled right and can stay healthy, and with a little looking it's easy to feel right at home. I am not on a strict diet, but I do believe that eating healthy, whole foods, less sugar, and everything in moderation makes me feel the most healthy and happy.

For the most part, I have been able to make good meals with almost any grocery store, even abroad, but Heubach provided us with a nice surprise. There was a health food grocery store and a delicious restaurant, with the perfect pre-race meals close by.

Now, although I put a lot of importance in what I am filling my body with, I also think that going with the flow is important, as well. There is no need to stress when the plan has to change. I've found that traveling, food, and racing are all a

balance of being strict about certain aspects of your path, while being able to take a detour every once and while, when necessary. With a positive attitude and hard work, anything can be accomplished, no matter how you climb the mountain.

So as I began my final preparations for race day, I was feeling well fueled and ready to go.

Race day came in a blink of an eye, and with a little extra rain. Sunday afternoon I was standing on the starting line waiting for the exciting battle ahead, and the competition standing beside me was strong. The elite women took off ahead of us and the clock began to count down one minute. And the whistle blew. The mass surged forward, and I found myself battling neck and neck in the lead. As the pavement began to turn to the left, I saw the rain glittering on its surface. I hit the ground and all of

the riders swarmed past me. I found myself struggling to my feet and onto my bike as they rode away. The fight had begun.

By the end of the first lap I had found my way to third place. For the next two laps I battled back and forth with the second place rider on the steep climbs and slick descents. I gave it my all and finished with a spot on the podium. It was an exciting battle in the mud and I was happy with this result as my last race before World Championships.

Haley Batten of Park City competes internationally as a member of both the Luna Chix Pro Team and the US National squad, and is an accomplished XC ski racer.



## GET YOUR NEW BIKE TODAY! SUMMER SALE GOING ON NOW!

Millcreek 3969 Wasatch Blvd 801-278-1500

Draper 762 E. 12300 S. 801-576-8844 South Jordan 11445 S. Redwood Rd 801-790-9999 Provo 187 W. Center St. 801-374-9890





canyonbicycles.com

#### **ADVOCACY**

# \$20 Million TIGER Grant Coming to the Wasatch Front for Bikes

**By Charles Pekow** 

Expect better bicycle connections to mass transit in the years to come, thanks in part to a federal grant.

The Utah Transit Authority (UTA) won a \$20 million grant from the U.S. Department of Transportation (USDOT) To help with UTA's connectivity plans. UTA will use the money for a variety of purposes, including building bike lanes and connections to bike paths, bicycle warning signs, bike parking, adding bike share stations, painting bike lanes and adding protection for them.

The total cost of the First/Last Mile Connections: Improving Community Access to Regional Opportunities project is budgeted at \$75,722,739. UTA won the funds competitively from the eight-year-old Transportation Investment Generating Economic Recovery (TIGER) grant program. TIGER grants must leverage non-federal investment. USDOT received 585 eligible applications for this year's round of funding but gave only 40 grants. UTA asked for \$28 million and got four percent of the total TIGER money.

In a letter of support for the project application to USDOT Secretary Anthony Foxx, Laura Hanson, executive director of the Jordan River Commission, wrote that with the project "Wasatch Front

residents will be able to combine transit with segments of the 45-mile long paved bicycle path that parallels the river to fill gaps in the first and last miles of a commute and reduce the length of trips overall."

A strategy study commissioned last year for the project by UTA noted that few transit agencies specifically create first mile/last mile efforts, preferring to integrate the matter into overall transit policies.

UTA Active Transportation Planner Jennifer McGrath wrote in an email that the project will include "everything from striping on existing shoulders and new bike repair stands to separated trail connections and bike/ped bridges over rails." But she said it's too soon to say where any of the improvements will go.

The Colorado Department of Transportation also received a \$15 million dollar TIGER grant to fit into its \$237 million project to improve North Interstate 25 between the cities of Loveland and bicycle Mecca Fort Collins. The effort includes construction of bicycle/pedestrian underpasses beneath the highway.

#### **MOUNTAIN BIKING**

# Mountain Bikes in Wilderness? New Bill Seeks to Allow This

**By Charles Pekow** 

It could become easier to open federal land to mountain bikers if legislation introduced by Utah's senators passes. Utah's two Republican senators, Mike Lee and Orrin Hatch, have introduced the Human-Powered Travel in Wilderness Areas Act (S. 3205), which would cut red tape. The bill would allow local federal officials to determine whether or not to open up officially designated wilderness areas to non-motorized transit.

The provision would apply to all land managed by the Bureau of Land Management, National Park Service, U.S. Forest Service and Fish & Wildlife Service designated under the National Wilderness Preservation System. While the bill would amend the 1964 Wilderness Act to allow local discretion, it would not authorize any activities otherwise prohibited by law. But it does not require public participation; such as comment periods, open houses and hearings; which the agencies usually engage in before opening lands for recreational or other use.

The bill would allow officials to regulate use; such as limiting the number of mountain bikers, times of day or seasons trails could be open, making routes one-way, and distinguishing between types of trail users (hikers, bikers, equestrians). The bill would also end the ban on use of motorized equipment such as chainsaws ans wheelbarrows to improve trails and their surroundings.

The bill was referred to the Committee on Energy & Natural Resources. Lee sits on the committee, which hasn't scheduled any action on it. No companion has been introduced in the House and no other senators have cosponsored it so far.

Lee's philosophy of legislation involves increasing local control of federal land. He has introduced legislation, for instance, that would limit the president's power under the Antiquities Act of 1906 to designate national monuments. He introduced a bill a year ago that would limit a presidential national monument designation to three years unless Congress or a state legislature approves it. Congress has not acted on it.

The Sustainable Trails Coalition pushed S 3205. This non-profit incorporated as a 501 (c)(4) non-profit, a designation that allows it to do unlimited lobbying. Its website says it is incorporated in California but it leaves a San Jose, CA post office box as its mailing address.

**Editor's Note:** We will strive to address this controversial topic further in future issues. There are many viewpoints on this from within the mountain bike community both for and against mountain biking in wilderness.

New! DINNER SERVICE 7 DAYS A WEEK: SMALL PLATES, ENTREES, & SALADS GREAT SELECTION OF WINE AND BEER!

1026 EAST SECOND AVENUE
SALT LAKE CITY, UTAH 84103
M-TH 7AM-9PM • FR 8AM-10PM • SAT 8AM-10PM • SUN 8AM-9PM
801-322-3055
WWW.cucinadeli.com



Subscribe! Only \$15/year.

cyclingutah.com/ subscription-info

#### **MOUNTAIN BIKING**

#### Mountain Bike Planning Moving Forward in NW Colorado

**Bv Charles Pekow** 

An opportunity to expand and improve mountain biking in northwest Colorado lies at hand. The Bureau of Land Management (BLM) is undertaking an inventory process of roads and trails on its property in the area of the Piceance Basin near Meeker, Colorado. It aims to not only post the information on its website but use it in planning for recreational and other transportation.

The process works like this:BLM (and the United States Forest Service) appoint local and regional resource advisory committees (RACs) to advise it. The Northwest RAC, which covers the area, formed a 12-member Travel Management Subgroup to assist it with the White River Field Office's Travel and Transportation Management Resource Management Plan Amendment. RACs sometimes appoint local groups with interest, knowledge and experience in a subject to advise it. Under the law, the subgroup has no standing to advise BLM directly, but can advise the RAC, which in turn advises BLM, explains David Boyd, a spokesperson for the field office.

The subgroup first met last November. It is hoping to present its findings to the RAC this September and the RAC will forward its recommendations to BLM. It plans to do so by the end of the year. BLM can then start the process of amending its travel management plan for the area in 2017. The area officially includes 992,780 acres of federal land.

The subgroup includes two members officially representing the bicycling community but the two don't represent any specific organizations. It also includes representatives of fishing, off-highway vehicle, livestock grazing, oil and gas and sportsmen/hunting communities.

Note: the White River Field Office in Meeker governs BLM territory and is often confused with the White River National Forest, which is not affected by this project, Boyd says. Most of the affected land lies within the Piceance Basin and isn't designated as a specific national monument, forest, park, etc. While locals ride there, it doesn't attract many out-of-town mountain bikers unlike some other areas in Colorado, Boyd says. But maybe it could with the right attention and facilities.

The revised plan will specifically designate roads and trails for biking. It may also designate some areas where people can ride off-terrain vehicles where they please, depending on environmental issues. The subgroup is interested in learning how people bike there and how to expand and improve conditions for the sport.

Additionally, the project is compiling an inventory of trails and their conditions. "We're trying to get a handle on what's out there," Boyd explains, using seasonal employees to inspect as well as GPS. "We're putting that inventory out for people familiar with the roads and trails to make sure we got them all and are not missing anything...It may be that sometimes we have routes that don't go anywhere and no one is really using them. We may have two routes that go to the same place right next to each other. We're trying to figure out the best way to come up with the best routes to get people where they're going and doing what they want to do."

Boyd added in an email that "(W)e are five to ten years away from completing the route-by-route decisions. The larger planning decision I mentioned, where we determine which areas are limited to designated routes, open to cross country or closed to motorized and mechanized use should be completed in 2017."

#### Subscribe!

Get your monthly cycling fix Subscribe to
Cycling Utah Only \$15/Year
See page 2 for details

Cyclingutah.com

for trails, event links, photos, back issues, links, and more!

# BICYCLE SHOP DIRECTORY

#### Southern Utah

Brian Head/Cedar City

**Brian Head Resort Mountain Bike Park** 329 S. Hwy 143 P.O. Box 190008 Brian Head, UT 84719 (866) 930-1010 ext. 212 brianhead.com

**Cedar Cycle** 

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

#### <u>Hurricane</u> Over the Edge Sports

76 E. 100 S. Hurricane, UT 84737 (435) 635-5455

#### <u>Moab</u>

Chile Pepper

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

**Moab Classic Bike** 

69 E. Center Stree Moab, UT 84532 435-315-0002

**Moab Cyclery** 

391 S Main St. Moab, UT 84532 (435) 259-7423

**Poison Spider Bicycles** 

Moah, UT 84532

Rim Cyclery 94 W. 100 North Moab, UT 84532 (435) 259-5333 (888) 304-8219

#### <u>Price</u>

BicycleWerks 82 N. 100 W. Price, UT 84501 (435) 637-2453

<u>St. George</u>

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

IBB Cyclery & Multisport

185 E Center St Ivins, UT 84738 435-319-0011

**Rapid Cycling** 705 N. Bluff Street St. George, UT 84770 435-703-9880

Red Rock Bicycle Co.

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

<u>Springdale</u>

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

#### **Northern Utah**

#### <u>Logan</u>

Joyride Bikes 565 N. Main St. Logan, UT 84321 (435) 753-7175

Sunrise Cyclery 138 North 100 East Logan, UT 84321

(435) 753-3294

Wimmer's Ultimate Bicycles Logan, UT 84321 (435) 752-2326

#### Park City/Heber

Cole Sport 1615 Park Avenue Park City, UT 84060 (435) 649-4806

Jans Mountain Outfitters

PO Rox 280 Park City, UT 84060 (435) 649-4949

Mountain Velo 1612 W. Ute Blvd, Suite 115 Park City, UT 84098

**Park City Bike Demos** 

1500 Kearns Blvd, Suite C-10 Park City, UT 84060

Slim and Knobby's Bike Shop

468 N Main Heber, UT 84032

Stein Eriksen Sport At The Stein Eriksen Lodge 7700 Stein Way (Mid-Mountain/Silver Lake) Deer Valley, UT 84060

Silver Star Ski and Snort

1825 Three Kings Drive Park City, UT 84060

Storm Cycles 1764 Uinta Way, Suite C1 Park City, UT 84098 (435) 200-9120

White Pine Touring

1790 Bonanza Drive PO Box 280 Park City, UT 84060 (435) 649-8710

<u>Vernal</u>

**Altitude Cycle** 580 E. Main Street Vernal, UT 84078

#### **Wasatch Front** WEBER COUNTY

Eden/Huntsville/Mountain Green **Diamond Peak Mountain Sports** 

2429 N. Highway 158 Eden, UT 84310 (801) 745-0101

<u>Ogden</u>

**Bingham Cyclery** 1895 S. Washingto Ogden, UT 84401 (801) 399-4981

**Skyline Cycle** 834 Washington Blvd. Ogden, UT 84401

The Bike Shoppe 4390 Washington Ogden, UT 84403 (801) 476-1600

#### DAVIS COUNTY

Biker's Edge Kaysville, UT 84037

Bingham Cyclery 2317 North Main S Sunset, UT 84015 (801) 825-8632

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

**Bountiful Bicycle** 151 N. Main St. Kaysville, UT 84037

Loyal Cycle Co. 15 E. State St. Farmington, UT 84025 801-451-7560

Masherz

1187 S. Redwood Road Woods Cross, UT 84087 (801) 683-7556

#### **SALT LAKE COUNTY**

Central Valley

**Blue Monkey Bicycles** 4902 South State Street Murray, UT 84107 (801) 608-5138

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

**Cottonwood Cyclery** 

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

Flynn Cyclery 4640 S. Holladay Village Sq., Suite 101 Holladay, UT 84117 801-432-8447

Infinite Cycles 2315 E. Ft. Union Blvd Cottonwood Heights, UT 84121 (801) 523-8268

**Summit Cyclery** 4644 S. Holladay Blv Holladay, UT 84117 801-676-0136

Salt Lake City

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

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

**Contender Bicycles** 989 East 900 South Salt Lake City, UT 84105

**Cranky's Bike Shop** 250 S. 1300 E. Salt Lake City, UT 84102 (801) 582-9870

Crank SLC

749 S. State Street Salt Lake City, UT 84111 385-528-1158

**Fishers Cyclery** Salt Lake City, UT 84106 (801) 466-3971

**Gear Rush Consignment** 1956 E. 2700 S. Salt Lake City, UT 84106 385-202-7196

Go-Ride.com Mountain Bikes 3232 S. 400 E., #300 Salt Lake City, UT 84115 (801) 474-0081

**Guthrie Bicycle** 803 East 2100 South Salt Lake City, UT 84106 (801) 484-0404 guthriebike.com

Highlander Bike

**Hyland Cyclery** 3040 S. Highland Drive Salt Lake City, UT 84106 (801) 467-0914

Jerks Bike Shop (Missionary Depot) Murray, UT 84107

**L9 Sports** 660 S 400 W Salt Lake City, UT 84101

orts.com/salt-lake-city-utah-ski-shop

**Performance Bicycle** 

291 W. 2100 S. Salt Lake City, UT 84115 (801) 478-0836

**REI** (Recreational Equipment Inc.)

(801) 486-2100

Salt Lake City Bicycle Company 247 S. 500 E. Salt Lake City, UT 84102

**Saturday Cycles** 

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

**SLC Bicycle Collective** 2312 S. West Temple Salt Lake City, UT 84115 (801) 328-BIKE

**Sports Den** 1350 South Foothill Dr (Foothill Village) Salt Lake City, UT 84108

The Bike Guy 1555 So. 900 E. Salt Lake City, UT 84105 (801) 831-8391

(801) 582-5611

**Wasatch Touring** 702 East 100 South Salt Lake City, UT 84102

(801) 359-9361

Wild Rose Sports 702 3rd Avenue Salt Lake City, UT 84103 (801) 533-8671

South and West Valley

Bingham Cyclery 10510 S. 1300 East (106th S.) Sandy, UT 84094 (801) 571-4480

**Canyon Bicycles** 762 E. 12300 South Draper, UT 84020 (801) 576-8844

**Canyon Bicycles** 11445 S. Redwood Rd S. Jordan, UT 84095 (801) 790-9999

**eSpokes** SoDa Row at Daybreak 11277 Kestrel Rise Ste. G-1 South Jordan, UT, 84095

(801) 666-7644

Go-Ride.com Mountain Bikes 12288 S. 900 E. Draper, UT 84020 (801) 474-0082

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

**Lake Town Bicycles** 1520 W. 9000 S., Unit E West Jordan, UT 84088 (801) 432-2995

**REI (Recreational Equipment Inc.)** Sandy, UT 84070

**Revolution Bicycles** (801) 233-1400

**Salt Cycles** 2073 E. 9400 S. Sandy, UT 84093 ThinAir Cycles

1223 E. 12300 S Draper UT 84020 801-553-BIKE

**UTAH COUNTY** 

Alpine/American Fork/Lehi/ Pleasant Grove/Lindon

**Bike Peddler** 

24 East Main American Fork, UT 84003 (801)-756-5014

**Bicycle Motion** 

Alpine, UT 84004 385-444-6666 bicyclemotion.co

Fezzari Bicycles 850 W. 200 S. Lindon, UT 84042

801-471-0440

**Infinite Cycles** Highland/Lehi LIT 84043 (801) 523-8268

L9 Sports 101 N 1200 E 877-589-7547 levelninesports.com/lehi-utah-ski-shop

**Timpanogos Cyclery** 665 West State St. Pleasant Grove, UT 84062 (801)-796-7500

**Trek Bicycle Store of American Fork** 

356 N 750 W, #D-11 American Fork, UT 84003 (801) 763-1222

Utah Mountain Biking

169 W. Main St. Lehi, UT 84043 801-653-2689

<u>Payson</u>

Nebo Peaks Cycles Payson, UT 84651 (801) 465-8881

Provo/Orem/Springville

**Canyon Bicycles** 187 West Center Provo, UT 84601 (801) 374-9890

**Mad Dog Cycles** 350 N. Orem Blvd Orem, UT 84057 (801) 222-9577

**Mad Dog Cycles** 936 E. 450 N. Provo, UT 84606 (801) 356-7025

**Noble Cycling** 1851 West 500 South Springville, UT 84663 (801) 491-0484

Racer's Cycle Service

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

**SBR Cycles** 858 S. State St. Orem. UT 84097 (801) 225-0076

Taylor's Bike Shop 1520 N. 200 W. Provo, UT 84604 (801) 377-8044

#### **CYCLING UTAH**

# RACE RESULTS



Canvonball Downhill and Super D. June 27-28, 2016, Nordic Valley, Utah

Place, Name, Team, Time Cat 1 Men 13-18

1 Brad Stover Black Hills Bikes 03:51.16 2 Ryan McElmon 03:55.28 3 Logan McPhie Laketown 04:00 21

4 Zach Campbell 04:01.62 5 TJ Christiansen DVO - TruckerCo.com - Tech Gran

Cat 1 Men 19-29

1 Vincent Kimber MojoWheels/DVO/TruckerCo/ PitViper/Guyaki 03:46.76

2 James Perry 03:50.93 3 Garson Fields 03:57.17

4 Nathan Silberman Get Air-Maxxis-OBP 03:57.58 5 Jake Trov 04:00.82

Cat 1 Men 30-39 1 Dylan Cirulis P-Town Cross/Biker's Edge 03:56.29

2 Daniel Grolley Laketown Bicycles 04:01.34 3 Matt Shirley Wolfman Racing 04:03.01

4 Isaac Legare 04:04.86 5 Andrew Farrell 04:19.26

Cat 1 Men 40-49 1 Mark Kugel 03:57.24

2 Scott Crabill Go-Ride 04:10.91 3 Sheridan Damaug Laketown 04:16.38

Cat 1 Men 50+

1 Kevin Dwyer Poison Spide/<u>Go-Ride.com</u>

2 Brent Astrope 04:26.64 3 Kent Woodfield Bohemian Brewery 04:41.58

Cat 1 Women

1 Katie Teubner TRP Brakes 04:52.67 2 Lia Westermann Guthrie Bicycles 05:04.58

Cat 2 Men 13-18 1 Dillon Flinders Outlaw Bike Team 03:53.49

2 Max Shepherd Laketown Bicycles 03:54.91 3 Tate Higgs 04:02.77

4 Devin Jones 04:08.68 5 Braxton Beckey REP 04:16.59

Cat 2 Men 19-29

1 Kevin Boyer 03:52.94 2 Brandon Lesniak Guthrie Bicycles 03:54.20

3 Ethan White 03:54.95 4 Tyson Henrie Outlaw Bike Team 04:00.99

5 Kyle Maher 04:01.00

1 Reau Gunnerson Go-Ride 04:02 01

2 Mikal Hanna Go-Ride/Vive Juicery/Beau Gnar

Tuned 04:09.82 3 Dave Biehler Bohemian Brewery 04:24.50

4 Alex Mongold 04:28.87

5 Patrick Smiles 04:54.43

1 Beau Brinkerhoff Go-Ride - Rubber Side Down

Racing - LPG 04:22.77

2 Chris Conder Salt Cycles 04:23.50

3 Sean Mann Ogden Bike Park 04:34.32 4 Mat Gover Bike Peddler 04:40.63

5 Jody Harris 04:51.77

1 Clint Bullock Lake Town/Flyin' Fossils 04:55.92

Cat 2 Women 19+ 1 Jessica Goodman Hyland Cyclery 05:02.85

2 McKenzie Silberman 05:44.09

Cat 3 Men 12 & under

1 Jonah Brinkerhoff Go-Ride - Rubber Side Down Racing - LPG 04:25.33

2 Hunter Goulet Laketown Bicycles 04:33.24

3 Mikel Gaztambide Laketown Bicycles 04:58.38 4 Alex Mallen Demon United 05:14.75

5 Tanner Baughman Go-Ride 05:22.84 Cat 3 Men 12-18

1 Jaxon Morse Outlaw Bike Team 04:29.82 2 Dylan Bonino Laketown Bicycles 04:31.09

3 Pete Gates 04:36.79

4 Chance Williamson 04:39.56 5 Tyler Hardy 04:52.86

Cat 3 Men 19-39 1 Colby Bryant 04:13.88

2 Bronnson Turner <u>Go-Ride.com</u> 04:21.03 3 Armando Aguirre Bohemian Brewery 04:31.85 4 Trevor Horton Bohemian Brewery 04:37.36

5 Caleb Giles 04:40.74 Cat 3 Men 40+

1 Jimmy Pippen Nordic Valley Resort 04:33.15 2 Tony Mallen Salt Cycles 04:40.89

elato SRAM/TLD/Santa Cruz 03:32.37 2 Demetri Triantafillou GT Bikes/Laketown

3 Chris Ridder Laketown Bicycles-Bohemian Brewery 03:43.09

4 Cody Phillips TRP Brakes 03:45.76 5 Bryce Helbling DVO/Laketown/KnollyBikes/

We have tons of race photos

posted at gallery.cyclingutah.com

Super D Place, Name, Team, Time Cat 1 Men 13-18

1 Zach Campbell 0:06:13.55 2 TJ Christiansen DVO - <u>TruckerCo.com</u> - Tech Grar Media 0:06:41.73

1 Jake Trov 0:06:08.80 2 Zach Ahleen 0:06:22.13 3 Nathan Silberman Get Air-Maxxis-OBP 0:06:29.78

4 Chase Harris 0:06:42.44 Cat 1 Men 30-39

1 Dylan Cirulis P-Town Cross/Biker's Edge 0:06:12.64

2 Jeff Jarvie Health Catalyst 0:06:12.92 3 Matt Shirley Wolfman Racing 0:06:16.58 4 Andrew Farrell 0:06:52.43

5 Isaac Legare 0:07:22.37 Cat 1 Men 40-49

1 Scott Crabill Go-Ride 0:06:23.86 2 Sheridan Damaug Laketown 0:06:33.59 Cat 1 Men 50+

1 Brent Astrope 0:06:42.61 2 Kent Woodfield Bohemian Brewery 0:06:48.82 3 Tim Morris <u>Go-Ride.com</u> 0:06:50.70

Cat 1 Women

Lia Westermann Guthrie Bicycles 0:06:37.47

2 Katie Teubner TRP Brakes 0:06:53.95 Cat 2 Men 13-18

1 Tate Higgs 0:06:31.63 2 Devin Jones 0:06:31.80 Braxton Beckey REP 0:06:46.16

4 Cohlton Reeder Bike Shoppe 0:07:01.76 5 Mason Cameron 0:07:03.29 Cat 2 Men 19-29

1 Kevin Boyer 0:06:12.17 2 Brandon Lesniak Guthrie Bicycles 0:06:22.51 3 Brian Sweat Bikologi 0:06:25.96

5 Dee Larsen Red Rock Bicycles 0:06:29.69 Cat 2 Men 30-39 1 Davin Grapentine 0:06:12.27

2 Ian Shockley Bike Fix 0:06:29.77 3 Alex Mongold 0:06:35.26 4 Jacob Levine High Liners by Bingham Cyclery

0:06:46.61 5 Patrick Smiles 0:07:07.95

**Cat 2 Men 40-49**1 Chris Conder Salt Cycles 0:06:43.75

2 Indy Harris 0:06:46 51 3 Beau Brinkerhoff Go-Ride - Rubber Side Down Racing - LPG 0:06:52.11

4 Mat Gover Bike Peddler 0:07:00.76

Cat 2 Women 19+ 1 Leslie Czerwinski 0:07:36.47 2 Lisa Ferch Local Cab Company 0:08:01.18

Cat 3 Men 10-12 1 Jonah Brinkerhoff Go-Ride - Rubber Side Down Racing - LPG 0:06:49.04

2 Mikel Gaztambide Laketown Bicycles 0:07:25.07 3 Jesse Hoopes Outlaw Bike Team 0:07:27.67 4 Hunter Goulet Laketown Bicycles 0:07:27.78

Cat 3 Men 13-18

Harrison Holbrook 0:06:29.01 2 Chance Williamson 0:06:55.43

3 Marko Waters MJs Cannonball Racing 0:07:21.29 4 Joel Shockley Bike Fix 0:07:29.82 5 Brock Taylor 0:08:28.78

1 Trevor Horton Bohemian Brewery 0:07:07.64 2 Kenji Hashimoto 0:07:26.37 3 Skyler Jones Nordic Valley Resort 0:07:31.91

4 Quinten Wallworth Local Cab Company Cat 3 Men 40+

Jimmy Pippen Nordic Valley Resort 0:06:44.05 Cat 3 Men 9 & under

1 River Bell Outlaw Bike Team 0:09:01.41 2 Boston Bryant Outlaw Bike Team 0:09:29.60 3 Caedon Crabill Go-Ride Gromlins 0:11:48.74 4 Sam Dean 0:11:53.37 5 Milo Craner Café Rio/ Dad 0:13:01.53

Cat 3 Women 19+ 1 Brandy Horton Bohemian Brewery 0:08:11.83 Pro Men

1 Kris Baughman Go-Ride 0:06:16.90 2 Weston Walker 0:06:30 09

The Rage at Snowbird, Snowbird, Utah, July 2, 2016 Place, Name, Team, Time

1 Robbie Squire 1:42:14.4 2 Connor Patten Summit -Competitive Cyclist MTB

Team 1:43:35.4 3 Bryson Perry Canyon Bicycles- Shimano

4 Matthew Tyler Turner Competitive Cyclist 5 Chris Holley Kuhl, Racers Cycle Service 1:45:37.0

Elite Women 1 Nicole Tittensor Jans/Scott, Revnolds 1:33:25.7

2 KC Holley Kuhl, Racers Cycle Service 1:36:54.7 3 Meghan Sheridan Bingham's Cyclery Peak Fasteners 1:40:23.1

Expert Men 19-29 1 Tanner Pulley Plan 7 2 Jake Meyer Utah State

Expert Men 30-39 1 Michael Burton White Pine Racing Powered by Jan's.com 2 Christian Walton Bountiful

Bicycle Racing p/b Okland Cons 1:34:40.7 3 Christian Sybrowsky 1:35:26.2 4 jared Millington 1:35:37.5 5 Jake Carroll Bountiful Bicycle p/b Okland

Constructio 1:39:59 7 Expert Men 40-49

mick harris 1-32-58 9 3 Bob Saffell Bingham Cyclery Peak Fasteners

4 Nate Marine Plan7 1:35:37.9 5 Jody Harris LiVeWell p/b Harristone 1:36:12.6 Expert Men 50-59

1 Reed Topham Bingham Cyclery Peak Fasteners 2 Gary Gardiner Bountiful Bike P/B Okland Construction 1:35:46.9
3 zan treasure Bountiful Bicycle Racing 1:35:58.5

4 Scott Stewart Blngham Cyclery-Peak Fasteners

5 mark enders OCef 1:44:39.5 Expert Men 60+

1 John Lauck Bountiful Bicycle Racing p/b Okland Cons 1:13:20.1 2 Lawrence Woolson Bingham Cyclery Peak

Fasteners 1:15:56.7 3 Craig Williams Bingham Cyclery 1:16:16.7 4 Denny Tynan Stay Park City Cycling 1:24:46.0 Joe Benson 1:26:53.5

**Expert Women** 

1:06:38.2 2 Kelly Crawford Bountiful Bicycle Racing

Sport Men 19-29 1 Christian Yngsdal OCef 1:08:24.2 Sport Men 30-39 1 Scott Bankhead Bountiful Bicycle Racing p/b

Okland Cons 1:19:22.0 2 Zach Longson 1:24:13.4 3 Taylor Keys 1:37:43.0

1 Jeremy Johnson Bountiful Bicycle p/b Oakland Constructi 1:11:24.2 2 Jeremy Achter OCef 1:11:47.4 3 Chris DeLangis 1:13:26.6 4 Trent Donat Canyon Bicycles-Shimano 1:13:35.8

5 Michael Dodge utahmountainbiking.com Sport Men 50+

1 Asa Kelly 1:13:58.6 2 Paul Zimmerman <u>utahmountainbiking.com</u> 1:23:05.8

Sport Women 1 Heather Hemingway-Hales DNA Rouleur 1-33-22 1 2 Angie Branch Revolution 1:35:28.9

3 Kelly Saudder 1:41:57 2 The Crusher in the Tushar, July 9, 2016.

Place, Name, Team, Time Pro Open Men
1 SQUIRE ROBERT Hincapie 04:12:31.42 2 BURLEIGH MICHAEL 04:21:14.87 3 WELLS TODD todd Wells 04:21:14.98

4 BERRY JOSHUA Jelly Belly P/B Maxxis 5 DRISCOLL JAMES Raleigh/Clement 04:26:13.13

6 LEWIS BRYAN Bryan Lewis 04:26:22.84 7 POPOWSKI LEROY juwi solar 04:29:09.80 8 SHIRLEY NEIL Road Bike Action 04:30:17.40 9 BLAUGRUND BENJAMIN Juwi Solar 04:32:00.01

10 WELLS JAKE Tokyo Joes 04:34:23.29 Pro Open Women

1 MCCUTCHEON MELINDA DNA Cycling/Cotton

Sox 04:53:16.98 2 FARINA ROBIN Panaracer/Stan's No Tubes p/b Bicycle X-Change 04:56:09.08 3 CARUSO MINDY Nero Veloce/Michael Thomas

Coffee 05:06:43.67 4 NAI DER BREANNE Plan 7 DS 05:18:07 97 5 EDWARDS CHASE Flagstaff Bike Revolution 05:30:00.79 6 GIESCHEN JULIA Fig mtn brew racing

05:33:32.97 7 THOMPSON LAUREN High Desert Bicycles 05:34:48.50

8 ORTON BETH ANN DNA Cycling/Cotton Sox 05:56:49.76 9 CHRISTIANSEN ANNA GRACE DNA Cycling/Cotton Sox 06:05:35.28 10 GRIFFIN SHAF Kelson/Sticks and Stones/ DNA

Cycling 06:40:26.17 11 KNIGHT LINDSAY Heritage Race Club 06:53:04.18

29 & Under Men
1 YARDLEY PRESTON Team Endurance 360

2 FORSYTH MICHAEL Cicada racing inc. 05:00:23.63 3 BIRCH KELLEN KELSON STICKS AND STONES TCI 05:12:17.02

5 COPPOLILLO HENRY Rad Racing NW 05:25:17.90 6 PITZER ENOCH Bountiful bicycle p/b mountain America 05:25:28.53 7 SFIBEL LUCAS 05:32:57.35

8 DRAPER ERIC Rapid Cycling Racing 05:35:54.32 9 RUNTSCH NICK Saltcycle Intellitech 05:42:41.27 10 THURGOOD BRADLEY Canyon Bicycles 05:45:59.21

30-34 Men 1 GRAHAM ANDREW CT Velo 04:41:02.56 2 EDWARDS DEREK Roosters / Biker's Edge 04:45:43.71 3 ZARATE CIRO Pedal Power 04:59:10.13 4 DEARDEN SAMUEL Plan 7 DS 05:00:03.26

5 GARDINER FRIC Plan 7 05:02:17.93 6 QUINTANA MARCO High Desert Bicycles 7 LAVELLE JAMES Cicada 05:23:41.25

8 ROGERS JACOB Racer's Cycles 05:25:34.03 9 PANTONE ISAAC ENVE Composites 05:32:32.17 10 ST JEOR CHARLES AFCU 05:38:13.08

1 JOHNSON SPENCER Spider Bait 04:52:17.67

2 ROSE JON 04:59:17.49 3 SCHNEIDER JED Allegiant 05:02:52.31 4 GIBSON VAL SPRY Cycles 05:08:45.02 5 TREMLETT MARK 505 Cycling 05:10:05.59 6 CORNETTE ADAM Flag Bike Revoluti

05:13:07.40 7 VONLINTEL DREW Salt Cycle Intellitechs 05:17:19.13

8 LISONBEE ADAM 4Life/Mad Dog/Trek 05:18:45.05

9 GOODWIN STEWART DNA Cycling 05:20:27.26 10 RABNER BEN Adobe 05:21:10.67 35 & Under Women

STEVENSON LINDSEY N/A 05:52:54.32 2 KRAFT MAGGI Maggi Kraft 06:20:56.20 3 BLAKEMORE KATY 06:21:46.85 4 SWEETSER ERIN White Pine Racing p/b Jans.

com 06:42:55.47 5 MEINERS JOAN Endurance 360 06:49:10.21 6 OLIVER KELLIE Team Red Rock 07:03:12.34

7 ROLLINS MELISA Team Fatty 07:05:14.85 8 GOOLD DANIELLE Racelab 07:15:53.86 9 BARKLOW KAITLIN Saturday Cycles 07:45:10.01 **36-49 Women** 1 THORNQUIST AMY 05:25:08.78

2 RUSSELL NANCY TOSH 05:44:34.62 3 CEDERHOLM JILL Kuhl 05:44:58.39 4 LEYDSMAN SHIRLEY Team Red Rock 05:46:20.62 5 BEAM CRISTIENNE 06:09:38.40 6 HOTTMAN MEGAN The Cyclist-Lawver.com

cycling team 06:16:30.82 7 CIESLEWICZ RACHEL Hoggans Heroes 06:16:52 07 8 LOWE MEGAN TOSH 06:17:31.34 9 NEWBERRY CYNTHIA 06:35:47.58

10 PHILLIPS LISA S.W.A.T. 06:43:28.38 40-44 Men NIELSEN JENS Stan's NoTubes/Carvers 04:44:36.62 2 ALEGRANTI ION 04:55:00 81 3 PHILLIPS AARON Bingham Cyclery 05:02:17.80 4 MICHALID ANDRE-PALII Chihuahua Rampage

05:02:51.06 5 MATTHEWS TIM Roosters/Bikers Edge 05:09:58 10 6 O'BRIEN AARON O'town Hack 05:12:50.14 7 SCHMALZ BEN <u>Utahmountainbiking.com</u>

8 LINDER JASON Intermountain Live Well 9 MARKOSIAN NICK Plan 7 05:25:03.69 10 CHRISTENSEN JED Team Red Rock 05:26:21.79

45-49 Men 1 SARGENT ANDREW Evolution Racing Team 2 HARRISON TREY Chamois Butt'r Racing Team 04-44-44 73

3 HEINRICH CHRISTOPH Cicada Racing 04:47:36.58 4 OVERTON FRANK FasCat Coaching 04:51:40.60 5 HARWARD DAVID PLAN7 DS 05:02:04.12 6 SVENDBLAD HENRY Nationwide Veloworx

05:06:56.57 7 HILEMAN MIKE EYE GEAR/BIKE SHOP 05:09:05.44 8 CHMMINGS BOB Panaracer/Stan's NoTubes p/b

Bicycle X-Change 05:09:25.80 9 CURTIS CHAD Veracity 05:09:34.93 10 NIQUETTE KELLY Cycleton 05:11:46.55

1 MARCHAND MIKE Rydmore/Kinkaider 05:21:16.74 2 SIRONEN GREG canvon bikes shimano

3 DAVIS DARRELL Contender Bicycles 05:28:16.78 4 CERVANTES EMILIO 949 Racing 05:28:17.46 5 BRILEY STEVE x-men 05:31:16.37 6 SULLIVAN PETER Newbury Park Bike Shop 05:31:26.10 7 FLICK JEFF Kuhl 05:33:38.70

8 LASTAYO PAUL Kuhl 05:39:03.31 9 HENNEMAN TODD Storm Cycles 05:49:33.50 10 THELLER STEPHEN Rountiful Marda 50+ Womer

1 BUNTZ JENNIFER Duke City Wheelmen 06:58:13.93 2 KLINF AMY SPRRC 07:48:48 34

60+ Men 1 PORTER GARY Bikers Edge/Roosters 05:40:25.88 2 LAUCK JOHN Bountiful Bicycle Racing p/b Okland Construction 05:50:32 80 3 JOHNSON HARRY Team Rockford/Clif

4 SACK ROBERT 06:31:23 92 5 WAGNER JAMES Bike Masters 06:32:22.24 6 RUSSELL STERLING Lost River Cycling

7 BUIE RANDAL Preimer Credit Racing Team 06:38:50.76 8 BLANK ANDREW Stay Park City 06:50:12.81 9 TROXELL TODD 06:50:41.80

10 KOSICK BYRON specialized 07:25:27.20 Singlespeed Open 1 VANDERBERG MICHAEL Flag Bike Rev 05:38:53.82 2 GOGOSHA-CLARK KJELD SUPERDOMESTIK

3 NELSON LISA Team Fatty 06:09:46 38 4 KEYES BRAD Carbo Rocket 06:29:56.49
5 HULL BRYAN SaltCycle-INTELITECHS Racing Team 06:33:44.09 6 PATEL KAM 07:06:09.81

1 KNUTSON RICHARD SaltAir Cross Fever

2 WASMUND STEPHEN Saturday Cycles

05:57:17.32

Head, Utah Place, Name, Time Elite Men 1 Chris Holley 3:34:27.01 2 John Osguthorpe 3:44:05.05 3 Justin Desilets 3:45:13.23

4 Roger Arnell 3:55:30.61 5 Josh Onarheim 4:09:41.25 6 Alex Smith 4:30:50.41 Elite Women 1 Sofia Gomez Villafane 4:21:48.53

3 JONES KENNY 06:35:09.34

4 GREENLEE ROSS 08:24:26.19

Brian Head EXC, July 30, 2016, Brian

2 KC Holley 4:24:57.39 3 Meghan Sheridan 4:28:57 78 Expert Women 1 Lucy Jordan 5:54:08.43

2 Kellie Oliver 5:59:16.27 3 Lyna Saffell 6:06:47.32 Expert Men 19-29
1 Eudoro Guizar 4:54:22.48 Expert Men 30-39

Mike Hawley 3:58:00.72 2 Danny Christensen 5:09:40.25 Expert Men 40-49 1 Bob Saffell 4:11:46.18 2 John Gill 4:16:33.93

3 Brian Jepson 4:20:48.49 4 mark esplin 4:23:28.78 5 Jason Sparks 4:35:00.92 Expert Men 50-59

1 Gary Gardiner 4:16:27.49 2 Reed Topham 4:25:51.09 3 Dave Smith 4:47:39.20 Expert Men 60+

John Lauck 4:57:29.22 2 Denny Tynan 6:01:10.16 **Sport Men 19-39**1 Matt Wiscombe 5:39:19.77 Sport Men 40-49

1 Trent Donat 4:42:59.98 2 Edward Prince 4:57:41.09 3 Darren Harris 5:32:48.84 4 Andrew Jordan 5:43:52.61 5 Mark Davies 6:06:30.93 Sport Women

**Sport Men 19-29** 1 Tyler Harvey 3:33:42.62 Sport Men 30-39 1 Ryan Keating 2:15:33.42 2 Taran Hansen 2:46:30.16

3 Brianna Maxfield 2:46:31.22

1 Shirley Levdsman 2:22:43.16

2 Tanya Swenson 2:45:38.52

3 Tina Feoli 3:42:04.59

4 Nate Smith 2:46:39.03 5 Kyle Berryman 3:04:44.86 Sport Men 40-49 1 corey spencer 2:30:59.60 2 Raymond Jones 2:37:17.39

3 Todd Arave 2:44:28.61

4 Randy Bisson 3:03:37.91 5 Nathaniel Hansen 3:14:06.53 Sport Men 50+ Mike Miller 2:34:28.13 2 Dave Mendenhall 2:54:26.24 3 Jim Kisielewski 2:59:33.12

4 Russ Banks 3:05:30.58 5 Joe Benson 3:07:56.91 Jr Boys 1 Mason Hansen 3:46:32.66 2 Ethan Tyler 5:02:16.49

Pomerelle Pounder Downhill, July 30-31, 2016, Albion, ID Day 1 Downhill Place, Name, Team, Time

Cat 1 Men 13-18 1 Bryn Bingham Cannondale 0:02:57.36 2 Brad Stover Black Hills Bikes 0:03:04.20 3 Sam Morris Laketown/SantaCruz 0:03:04.27 4 Rvan McFlmon 0:03:05.23

Cat 1 Men 19-29 1 James Perry Laketown/SLC MTB 0:03:03.69 2 Garson Fields 0:03:05.25 3 Kevin Boyer 0:03:06.38

4 Jake Troy 0:03:06.73

5 Nathan Silberman Get Air - Maxxis - OBP 0:03:07.09 Cat 1 Men 30-39 1 Daniel Grolley Lake Town Bicycles 0:03:11.11 2 Isaac Legare 0:03:16.79 3 Robbie Bamgartner 0:03:17.01 4 Matthew Shirley Wolfman Racing 0:03:17.65

5 Greg Gibson Truckerco.com 0:03:17.75 Cat 1 Men 40-49 1 Mark Kugel Laketown/GT/TRP/DVO/Bohemian/ MtnRanks/Smith 0:03:02.57 2 Sheridan Damuag Laketown Bicycles 0:03:16.26 3 Michael Gunn Go-Ride com 0:03:16 59 James Gillespie Mojo Wheels 0:03:18.31

5 Scott Crabill Go-Ride.com 0:03:20.22 Cat 1 Men 50+ 1 Damon Kirchmeier Fezzari 0:03:19.87 2 Kevin Dwyer Go-Ride/Poison Spider Bikes

Cat 1 Women

Cat 2 Men 13-18 1 Max Shepherd Laketown 0:03:03.60 2 Brennan Torres Cannonball Racing 0:03:07.35 3 Devin Jones Rike Peddler 0:03:14 30 4 Tate Higgs 0:03:19.47

5 Braxton Beckey REP 0:03:24.48

e Teubner TRP Cycling 0:04:01.05

Cat 2 Men 19-29 1 Brandon Lesniak Guthrie Bikes 0:03:07.88 2 Will Fox 0:03:08.25 3 Jordan Culp 0:03:09.30 4 Tyson Henrie Outlaw Bike Team - YT - Level 9 Sports - Royal Racing 0:03:09.55 5 Kyle Maher 0:03:19.00

Cat 2 Men 30-39 1 David Ralls SOMF 0:03:20.19 2 Ben Maynard Go-Ride 0:03:25.91 3 Beau Gunnerson Go-Ride - Vive Juicery - Beau Gnar Tuned 0:03:31.72 4 Dave Biehler Bohemian Cycling Team - TRP

Brakes 0:03:32.97 5 Brad Faust 0:03:47.62

Cat 2 Men 40-49
1 Darren Coles Rubber Side Down Racing

Go-Ride.com 0:03:34.58 2 Gary Castro 0:03:49.64 3 Vaughn Martinez Bohemian Brewery 0:04:10.76

Cat 2 Women 19+ 1 Lauren Bingham Cannondale 0:03:33.26 2 Lecksi Winger Ellsworth Bikes 0:03:42.51 3 McKenzie Silberman 0:05:14.79

Cat 3 6-8 1 Dutch Petersen 0:04:29.14

Cat 3 9-12 1 Mikel Gaztambide Lake Town Bicycles 0:04:04.10 2 Tanner Baughman <u>Go-Ride.com</u> 0:04:16.36 3 Daxton Wells Outlaw Bike Team 0:04:26.95

4 Parker Bennett 0:04:57.56 5 Syd Hyldhal Outlaw Bike Team 0:05:55.78

Cat 3 Men 13-18 1 Andrew Bird Cannonball Racing 0:03:13.34 2 Dylan Bonino Laketown Gravity 0:03:32.97

3 JD Villareal Cannonball Racing 0:03:33.01 4 Zeke Kelley Outlaw Bike Team 0:03:37.67 5 Pete Gates 0:03:40.40 **Cat 3 Men 19-39**1 Bronnson Turner <u>Go-Ride.com</u> 0:03:29.36

2 Trevor Horton 0:03:55.23 3 Armando Aguirre Bohemian Brewery 0:03:59.35 4 Robert Lemieux Go-Ride.com 0:04:01.07

5 Geoff Thompson Bison One Racing 0:04:10.47 Cat 3 Men 40+ 1 Wayne McElmon 0:04:14.31 2 Travis Hudak Rubber Side Down Racing Go-Ride.com - LPG 0:04:15.55

3 Blair Hardy 0:04:32.46 Pro Men

1 Bryce Helbling Knolly/DVO/Laketown/MtnRanks

0:02:55.08

4 Kris Baughman Go-Ride.com 0:03:08.28 Place, Name, Team, Time Cat 1 Men 13-18 1 Brvn Bingham Cannondale 0:02:50.76

2 Brad Stover Black Hills Bikes 0:02:52.06

2 Chris Ridder Laketown Bicycles/Boh Brewery/ENVE 0:02:58.46

3 Weston Walker 0:03:00.94

3 Ryan McElmon 0:02:54.22 4 Ian Bird 0:03:04 28 5 Sam Morris Laketown/SantaCruz 0:03:34.47 Cat 1 Men 19-29 1 James Perry Laketown/SLC MTB 0:02:48.67 2 Logan Walker 0:02:57.72 3 Jake Troy 0:03:04.30 4 Kevin Boyer 0:03:05.31

6 Nathan Silberman Get Air - Maxxis - OBP 0:03:54.96 Cat 1 Men 30-39 1 Isaac Legare 0:03:02.87 2 Matthew Shirley Wolfman Racing 0:03:05.01 3 Greg Gibson <u>Truckerco.com</u> 0:03:06.57 4 Dan Grolley Lake Town Bicycles 0:03:10.14

5 Garson Fields 0:03:12.98

5 Michael Clark Bohemian Cycling Team 0:03:12.09 Cat 1 Men 40-49 1 Mark Kugel Laketown/GT/TRP/DVO/Boh MtnRanks/Smith 0:02:53.19 2 Michael Gunn Go-Ride.com 0:03:08.01

3 Scott Crabill Go-Ride.com 0:03:12.59 4 Sheridan Damuag Laketown Bicycles 0:03:15.93 5 James Gillespie Mojo Wheels 0:03:28.42 Cat 1 Men 50+

2 Kevin Dwyer Go-Ride/Poison Spider Bikes Cat 2 Men 13-18 1 Max Shepherd Laketown 0:02:58.22 2 Devin Jones Bike Peddler 0:03:05.89

3 Brennan Torres Cannonball Racing 0:03:06.79 Cat 2 Men 19-29 1 Brandon Lesniak Guthrie Bikes 0:02:55.51 2 Tyson Henrie Outlaw Bike Team - YT - Level 9 Sports - Royal Racing 0:03:01.99 3 Jordan Culp 0:03:09.98

5 Thad Lampson 0:03:13.94 Cat 2 Men 30-39
1 David Ralls SOMF 0:03:12.00 2 Beau Gunnerson Go-Ride - Vive Juicery - Beau Gnar Tuned 0:03:20.17 3 Dave Biehler Bohemian Cycling Team - TRP Brakes 0:03:33.83

6 Miguel Sandoval 0:04:20.64 Cat 2 Men 40-49 1 Darren Coles Rubber Side Down Racing Go-Ride.com 0:03:30.60 2 Vaughn Martinez Bohemian Brewery 0:04:29.04

4 Adrian Rodriguez Joyride Cycles 0:03:36.89

5 Brad Faust 0:03:49.12

3 Gary Castro 0:04:47.51

Cat 2 Women 19+

0:04:47.81

1 Lauren Bingham Cannondale 0:03:32.44 2 Lecksi Winger Ellsworth Bikes 0:03:42.96 3 Jessica Goodman Hyland Cyclery 0:04:58.11 Cat 3 9-12 1 Mikel Gaztambide Lake Town Bicycles

 $2\,Tanner\,Baughman\,\underline{\text{Go-Ride.com}}\,0:05:04.75$ 

4 Daxton Wells Outlaw Bike Team 0:05:14.91

3 Dutch Petersen 0:05:12.99

Cat 3 Men 13-18 1 Andrew Bird Cannonball Racing 0:03:57.97 2 Dylan Bonino Laketown Gravity 0:04:09.11 3 Tyler Hardy 0:04:18.66

5 Pete Gates 0:04:34.08 1 Bronnson Turner Go-Ride.com 0:04:15.04 2 Armando Aguirre Bohemian Brewery 0:04:30.29 3 Robert Lemieux <u>Go-Ride.com</u> 0:04:54.95 4 Colton Lee Bison One Racing 0:04:55.94

Cat 3 Men 40+ 1 Travis Hudak Rubber Side Down Racing Go-Ride.com - LPG 0:05:06.09 2 Blair Hardy 0:05:13.73 Pro Men

1 Bryce Helbling Knolly/DVO/Laketown/MtnRanks

6 David Mills Bison One Racing 0:05:52.10

5 Trevor Horton 0:05:01.37

0:02:46.56 2 Kris Baughman <u>Go-Ride.com</u> 0:02:58.85 3 Chris Ridder Laketown Bicycles/Bohemian Brewery/ENVE 0:02:59 59



1 Douglass Margaret Team Endurance 360 4:10:33

Male Cat 1/2/3/4 35+ 1 Mendoza Daniel Plan 7 DS 4:03:04

Bikes 3:24:21 2 Bingham Robert Rapha 3:45:11

Male Cat 1/2/3/4 55+ 1 Schaefer Mark Maddog Racing p/b. GQ-6 3:17:26

4 Hunsaker Jerald Bountiful Mazda Cycling Team 3:53:09

6 Pierce Jeff NEBO Cycling 4:23:14 Male Cat 3/4 1 Frutos Heriberto CT Velo 3:21:46 2 curtis nathan SBR Cycles 3:28:11

5 Edwards Taylor Zone Five Racing 3:36:43 Male Cat 4/5 1 Watson Nick Zone five Racing 3:11:49 2 Mauser Ryan Zone Five Racing 3:31:11

Male Cat 4/5 35+ 1 Allgier Dwaine Zanconato Racing 3:20:49 2 Rappleye Billy Zone Five Racing 3:37:04 3 Preston Bart3:42:15 4 Judkins Andrew Total.CARE 3:42:33

4 Simpson James4:21:23

Male Pro 1/2/3

5 Strong Garrett Cicada 4:48:00

1 Hoffman Cameron Team Endurance360 3:09:13 2 Brown Cortlan Canyon Bicycles - Shimano 3 Zimbelman Mark Volo Cycling Clothing 3:10:50 4 Ferrell Michael Canvon Bicycles - Shimano

6 Hanson Will Ski City Cycling 3:19:48 7 Casey Patrick Canyon Bicycles-Shimano 3:22:56 8 Nalder Breanne Visit Dallas DNA Pro Cycling 3:29:43 9 Dent Benjamin SBR Cycles 3:32:40 10 Claudio Michael Folsom Bike/Trek/Raley's

11 Millar Tom SaltCycle-INTELITECHS 3:59:19

12 Luttrell Jannalyn 4:05:18

Anderson Banducci Twilight Criterium, July 16, 2016, Boise, ID

1 Tyler MAGNER UnitedHealthcare Pro Cycling 29:41.8 2 Luke KEOUGH UnitedHealthcare Pro Cycling 29:42.0 3 Ulises CASTILLO N/A 29:42.0

4 Bryan GOMEZ Gateway Harley-Davidson Trek

5 Fabrizio VON NACHER KHS-Maxxis-II Velo

Cat 1/2/3 Men 1 Steve ALBRECHT Ski City Cycling 59:34.1 2 Cameron HOFFMAN Team Endurance360 59:08.0 3 Vincent OWENS TEAM CLIF BAR Cycling 59:08.8

4 Erik YOUNG 38:54.6 5 Henry CAY 38:54.9 Cat 1/2/3 Master Men 40+ 1 Tim ROOT Team Robs-Ricycles com 44:02 3

4 Andre GON7AI F7 Ski City Cycling 44:34 3 5 Steve REMY Monster Media Elite N

1 Samantha SCHNEIDER ISCorp pb Smart Choice 2 Mindy MCCUTCHEON Visit Dallas DNA Pro Cycling 01:56.6 3 Christina GOKEY-SMITH The Happy Tooth Pro

5 Liza RACHETTO Hagen's Berman/Supermint Pro C 01:56 9 Cat 2/3/4 Women 1 Shanin MILLER Canyon Bicycles-Shimano

2 Sheri BALDWIN 30:12.7 3 Jannalyn LUTTRELL 30:12.9 4 Ingrid HANSEN Team Endurance360 30:13.0

5 Anna MEGALE 30:13.1

Ophir Road Race, July 30, 2016, Ophir, Utah Place, Name, Team, Time Female Cat 1/2/3/4 35+ 2 Masters Robynn Ski City Cycling 4:11:34 3 Zenoni Lorri Project HFRO Utah 4:20:58

4 Stratton Kristy NEBO Cycling 4:23:45 Female Pro 1/2/3 1 Masters Robynn PLAN7 DS 3:53:30 2 Knutson Alison (Ali) Plan7 DS 3-53-58

3 Hunsaker Kelly PLAN7 DS 4:01:45

Male Cat 1/2/3/4 45+ 1 Williams Cris Volo cycling clothing - Jumex - Fuji

2 Cowley Dirk FFKR ARCHITECTS RACING 3:34:08 3 Davis Darrell Contender Bicycles 3:44:37

5 Louder Ken FFKR ARCHITECTS RACING 3:57:11

3 Lavelle James Cicada Cycling 3:29:21 4 Dearden Samuel Plan 7 DS 3:34:33

6 Torres Abraham FFKR Architects Racing 3:56:49 3 Gibson TJ3:34:50

5 Cook Tyson Gaston County Cyclists 3:58:49 6 Stratton James NEBO Cycling 4:08:00 7 4:08:00

8 Slack Marty PLAN7 DS Cycling Team 4:18:34

5 Harward David PLAN7 DS 3:14:58

Place, Name, Team, Time Cat 1 Pro Men

U 29:42.3

4 Cody HAROLDSEN Ski City Cycling 59:20.7 5 Andrew HARRIS BOISE RUSH 59:21.5 Cat 4/5 Men
1 Scott CONOVER Boise Rush 38:53.0 2 Xavier LOPEZ 38:54.1 3 Sawyer BOSCH Boise Rush 38:54.1

2 Aaron OLSEN Ski City Cycling 44:05.1 3 Gabriel KECK Mercedes Benz p/b George's

Pro Women/Cat 1/2

Cycling 01:56.7 4 Caitlin LAROCHE LA Sweat 01:56.8

30:12.7

#### **ROAD CYCLING**

# Event Preview: Ride for the Kids Raises Funds for Make-A-Wish on August 20, 2016



The Ride for the Kids raises money for the Make-A-Wish Foundation. Photo by Jeff Hodges



The Ride for the Kids travels around Antelope Island. Photo by Jeff Hodges

#### By Dave Iltis

July 25, 2016 – The 3rd Annual Ride for the Kids Century will be held in Syracuse, Utah on August 20, 2016. The ride raises funds for the Make-A-Wish Foundation. We asked organizer Brent Jones of RC Willey a few questions about the event.

Cycling West: The Ride for the Kids is in its 3rd year. Tell us about the idea for the ride, and the Make-A-Wish charity that it raises funds for.

The Ride for the Kids is a charity bike ride that benefits kids with life-threatening diseases. Partnering



MADE TO LAST

ROAD - MOUNTAIN - TRI

801-513-1261

EPICCYCLEWEAR.COM

with the Make-A-Wish Foundation has been a great experience. Our goal this year is to raise \$15,000 which will grant 3 wishes. Make-A-Wish is an amazing foundation and provides hope for these young kids.

Cycling West: Tell us about the courses. Are there ride options for every level of rider?

We have put together 3 different rides.

- 1. 25 mile ride. Begins at RC Willey in Syracuse and travels to the marina on Antelope Island and back. This is a flat course for the beginner.
- 2. 50 mile ride. Begins at RC Willey and travels to the Fielding Garr Ranch on Antelope Island and back. Some hills. This ride is more for a novice rider with some experience. There is great scenery along this route.
- 3. 100 mile "Century" ride. Begins at RC Willey and completes all the above on the 50 mile ride, and then when leaving the island, heads north on a country ride through Hooper, West Haven, Plain City, Pleasant View, and hitting the turn-

around point at Weber High School. This ride is for skilled riders who have trained for this distance.

4.At any time any rider will be able to turn-around and return to the store if unable to go further. Again, the purpose of the event is to raise money, not complete the scheduled distance of the ride.

Cycling West: What are the rest stops and post ride support like?

1.We have 10 aid stations along the routes. Each will have coolers filled with water and Gatorade. Fruit and gel packets will also be provided. They will have first aid kits. At the start of the ride, Chick-Fil-A will provide breakfast for all riders. Pepsi is providing all drinks throughout the ride and at all stops. Texas Roadhouse will provide lunch upon returning to the RC Willey parking lot. This is all included in the \$35 per person registration fee. We will have 2 medical teams from Tanner Clinic, driving the course to provide medical attention as needed. We also have EMT's station at the marina and at Weber High School. They will be on-call for any issue that arises.

Cycling West: RC Willey is the title sponsor. Tell us more about their involvement with the ride.

1. RC Willey Syracuse store has partnered up with the Make-A-Wish Foundation for several years. Brent Jones is the General Manager and has arranged for sponsors to donate advertising, food, and medical supplies, so that all proceeds will go directly to the Foundation. We have received numerous donations from furniture, mattress, electronics, and appliance vendors that we will be raffling off at the end of the ride. 1 ticket will be provided in the swag bag that every participant will receive. Additional tickets can be purchased for \$2 each, or \$20 for a 6 ft. long strip. (approx. 30 tickets). Monies raised from the sales of raffle tickets will be included in the monies given to the foundation.

Our "Wish Kid" for 2016 is a 14yr old young man from Syracuse by the name of Gavin Toronto. Gavin has been diagnosed with a very rare disease call Severe Aplastic Anemia. (SAA) This is where the bone marrow ceases to make red blood cells, white blood cells, and blood platelets. Gavin has recently received a bone marrow transplant. We are all hopeful that this will produce the needed blood cells and blood platelets to make Gavin healthy again.

Cycling West: Is there anything

#### **EDUCATION**

#### Bike Utah Seeking Elementary and Middle Schools to Participate in Their Youth Bicycle Education and Safety Training Program

#### By Phil Sarnoff

The Youth Bicycle Education and Safety Training (BEST) Program will be the first statewide effort to educate Utah's youth about the safe operation of bicycles. This program will be a starting point to getting children and their families more physically active. Bicycles have the ability to improve personal health, air quality, and the livability of communities. Getting physical activity each day even helps to improve academic performance.

The Youth BEST Program is a 5-hour, on-bike program that teaches students how to safely and confidently get around by bicycle. The program is administered at schools and is targeted students in the 5th to 7th grade range. The course takes place for one-hour over the course of five consecutive days.

During the Youth BEST Program, students will learn:

- •The benefits of riding a bicycle
- •Rules of the road
- •Helmet fitting
- •Bicycle safety checks
- •Navigating intersections
- •Right of way
- •Avoiding hazards

There is no cost for any school or student to participate. Bike Utah will provide a trained instructor, bicycles, helmets, and all other necessary equipment for the duration of the program. Most of the support provided by the school is logistical:

- •Time during the school day (1 hour for five consecutive days)
- •Space in a recess area or parking lot to hold the program
- •Connections to local volunteers (e.g. through a PTA)
  •Minor assistance with pre- and post-program evaluation

The Youth BEST Program is launching this fall. Scheduling of participating schools is going on right now. If you know of schools or teachers who might be interested in having the Youth BEST Program at their school, send an email to <a href="mailto:info@bikeutah.org">info@bikeutah.org</a>

else that you would like to add?

To meet our goal of \$15,000 we are in need of 300+ riders to join us. Please come join us for a lot of fun, food and prizes. Every participant will be given a swag bag full of gift cards, promotional items, coupons including a \$25 RC Willey gift card.

We promise that this ride will be the best value of any ride you will go on.

#### **Ride Details:**

August 20 — Ride for the Kids,

Syracuse, UT, Partnered with Make-A-Wish Foundation, ride out to Antelope Island. Ride options from 25-50-100 miles, depending on the skill level of the rider. Ride begins at the Syracuse RC Willey, 1693 W 2700 S at 8:00am. Breakfast and lunch will be provided, as well as tons of prizes for our raffle. Devin Kingsbury, 801-663-3267, syracusetag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent jones@rcwilley.com, rcwilley.com/dp/2016-Ride-for-the-Kids.jsp

#### Reach Cyclists in 7 Western States! Advertise in Cycling Utah and Cycling West!

Email:

<u>dave@cyclingutah.com</u>

Web:

<u>www.cyclingutah.com/advertising</u>-info/

#### **CYCLING**

#### The Pros and Cons of Recreational Cycling Events



The excitement of the start. Jamie Morningstar and Team C4C at Bike MS 2015. Photo by Stephen Morningstar



Jamie Morningstar's victorious finish at the 2015 Huntsman 140. Photo by Stephen Morningstar

#### By Jamie Morningstar

Cycling Utah / Cycling West has a wide and varied readership. Some readers open up each month's issue and zoom straight to the race results and next month's race schedule. And plenty of others are dabbling in cycling - learning the ropes, figuring out if a bike fit is worth the money (it is!), and maybe toying with the idea of riding their first century. And, fortunately, Utah and the whole mountain west region has a wonderful variety of cycling events from top races to recreational events open to all riders.

I've been cycling for a few

years now. I'm not serious by serious standards and I'm not a racer. But I do love to ride. I cycle commute year-round. And I ride in a handful of citizen centuries every year.

If you're toying with the idea of signing up for your first organized citizen ride, it's good to be aware of the pros and cons of large events. Whether they're called gran fondos, charity rides, or sportives, they all have basically the same goal: to get a bunch of riders together on the same course on the same day and go ride! I love large cycling events - the energy of hundreds or thousands of cyclists lining up to start, the satisfaction of accomplishing something really tough, the challenge of eating my entry fee's worth of Oreos, I love it all! Well... almost all...

Let's be honest - everything has its pros and cons, and cycling events are no exception. Based on my first few years of cycling experience, here are the ups and downs of large recreational cycling events as I see them:

#### Pro: Pre-planned Accountability

This is the biggest advantage of signing up for events ahead of time. Every spring I sign up for 5-10 cycling events and it keeps me accountable to training and ramping up to be ready for my summer schedule. I'll be darned if I'm going to miss out of the fun of an event that I've already paid for and am looking forward to just because I didn't stick to my training plan. Seeing the events on my calendar is some great external motivation for me.

#### **Pro: Discover new routes**

I enjoy participating in events close to home because often the organizers will often set a novel



Jamie Morningstar trying to eat my entry cost's worth of Oreos at Goldilocks 2014. Photo by Stephen Morningstar

route that I never considered or will introduce me to a little-known gem of a back road. I gleefully incorporate these new routes into my regular cycling routine. I also love participating in events farther from home because I can enjoy riding in a new place without researching routes. Events are an (almost) guaranteed way to check out a new place without the risk of getting stranded at a dead end or forced to race the sun back on a busy highway.

#### **Pro: Support a good cause**

Events are a fun way to support a good cause. Most cycling events have a charity partner that receives some or all of the profit from the event. Also, there are often opportunities for non-cycling friends and family to get involved by staffing an aid station, working registration, or helping out with SAG (Support and Gear) - it's a way for everybody to be a part of the event together and an added perk they'll usually get free food and maybe even a free registration for next year.

#### Con: It ain't cheap

Between entry fees, transportation to and from the event, and a hotel for events far from home, the costs of participating in a large events can add up. You get a lot for your money - food before, after, and along the route, support in case of injury or equipment issue, a marked route, and swag. But you'll be hard pressed to eat your entry fee's worth of Oreos and peanut butter. Trust me, I try every time.

#### Pro: Big energy

There's nothing like the feeling of all those riders lining up at the wee hours of the morning, ready to start on the day's adventure. Everybody's excited, everybody's freezing, everybody's wondering if they've got what it takes, everybody's thinking they must be a wee bit crazy to pay money to wake up at 5 am to go out and ride. I especially love ladies' events, which usually have a great "sisterhood" vibe. It's amazing to look around at a rest stop or at the start and think, "Oh my gosh, all of these women love cycling just like me!"

#### Con: A Crazy hectic start

The flip side of all of the positive energy in a cycling event is that the first few miles can be congested and super slow as the pack of hundreds or thousands of riders get started. If you're nervous, just stick toward the back of the pack for your first few events until you get the pattern of what's going on so you miss the jostling in the front



#### Events -

of the group.

#### Continued from page 18

#### **Pro: Emergency plan**

A well-organized ride has plenty of support and SAG (Support And Gear) vehicles to keep you rolling or even leapfrog you forward if you have an equipment failure, injury, or are falling behind pace. Every rider has a responsibility to know basic bike maintenance and to ride with a tube, patch kit, and the essentials. But if the nice man on the SAG motorcycle wants to change my tube while I look on in gratitude, who am I to argue?

#### Con: Poorly planned events negate all the pros

Every event has its ups and downs, but an ill-planned event is extremely frustrating or even dangerous. A poorly-planned or badlymarked route will leave you confused, frustrated, or lost. Badly spaced or unequipped rest stops fall somewhere between a nuisance and downright liability if you run out of energy or water to drink.

So, expect the best and prepare for the worst, especially if the event is in its first or second year because the organizers may still be working out the kinks. Just like anytime you go out to ride, carry more water than you need and take responsibility for your own equipment and nutrition. Chances are, you won't need it, but it's always wise to be prepared.



#### **CYCLING EVENTS**

#### Huntsman 140 Raises Over \$500,000 for Cancer Research



By Dave Iltis

In 2016, the Huntsman 140, a ride based in Salt Lake City, raised \$495000 from riders. With additional sponsorship, ride organizer Jen Tucker of the Huntsman Cancer Institute stated that funding will pass \$500,000, which is about \$20,000 higher than in 2014.

790 riders participated this year, and the \$500,000 they raised is the equivalent to seed 10 new and innovative ideas in the research labs ant Huntsman Cancer Institute.



Right: Tributes in chalk to friends and family with cancer at the Huntsmar 140. Photo by Dave Iltis



#### **MOUNTAIN BIKE RACING**

#### Squire and Tittensor Win the Rage at Snowbird



High school racer and Summit Bike Club team rider Connor Patten place second in the Elite Men. Photo by Dave Iltis. For a full gallery of all racers, see gallery.cyclingutah.com



Dylan Willick of the Rouleur Devo Team rolls by Mt. Superior in the Snowbird Intermountain Cup on July 2, 2016. Photo by Dave Iltis. Complete gallery at gallery.cyclingutah.com

#### By Nate Gibby

Luettinger Wins the People's Choice

Salt Lake City —Robbie Squire won the Elite Men's division while Nicole Tittensor walked away with the Elite Women's crown on July 2nd at the Rage at Snowbird, the sixth

Cup MTB race series. The race has been held yearly at Snowbird since at least 1988.

With perfect mid-summer temperatures and spectacular mountain vistas on every side, the race wasn't nearly as pleasant as the surroundings. As a race that started in the late 80s, course was comprised of four laps of five miles each and almost 600 feet of climbing per lap, the trail covered portions of the Peruvian Gulch, Rothmans Way, and Gad

Valley, with a biting corner opposite the finish line.

"The Rage at Snowbird XC course is one of my favorites because it embodies everything that I like about mountain biking," said Squire. "The traverses [of the] Gad Valley area provide substantial climbing as well as ripping fast technical descents lending an advantage to an allaround rider."

The ultra competitive men's elite race comp concluded with the top 10 finishers all within minutes of each other. With a finish time of 1:42:14, Holowesko-Citadel pro road racer Squire took the race by a full minute. "The race started off real quick with Bryson Perry (Canyon Bicycles/ Shimano) launching off the start line like a missile," said the Sandy, Utah native. "Fortunately, he faded after the first lap which allowed me to settle into a steady pace."

On the women's side, Tittensor (Jans/Scott/Reynolds) rode away with the podium's top spot, finishing three laps at 1:33:25, over three minutes in front of second-place finisher K.C. Holley. "[Tittensor] took off and I tried to keep an eye on her as we went through the race," said Holley (Kuhl and Racer's Cycle Service). "I was never able to close the gap she created on the first lap. My competition was primarily during the first lap trying to get into position and then stay there for the rest of the race."

However, the racer who won over the hearts of all in attendance, was 15-year-old Chase Luettinger, who finished last in the High School JV Boys division. After a bad start and a subsequent fall caused him to press to catch up to the pack, he blew a tire on a rock at the top of the course. With neither a spare tube nor the tools to fix his wheel, he picked up his bike and started walking the course. As he crossed the finish line with one lap to go, Luettinger defied suggestions that he take a DNF.

"I would rather finish it than quit early," he said. "I just kept walking and walking."

With his bike on his back and



Nicole Tittensor took the pro women's win. Photo by Dave Iltis



Asa Kelly won the Sport Men's 50+ division. Photo by Dave Iltis

raucous applause from the spectators. he walked through the finish line and started his final lap.

After trudging along for the first quarter of the course, a spectator caught up to Luettinger with a tube and tools. With a quick repair, he finished the race on his bike well behind the rest of riders in his division. Despite finishing last, Luettinger's

steely resolve and unbounded determination won the respect and admiration of the crowd.

Founded in 1991, the Intermountain Cup consists of Xcountry and endurance MTB races throughout Utah. With seven X-country races of approximately 25 miles and four endurance races of approximately 50 miles, the series covers some of the most pristine and difficult rides in the state. More information on the series can be found at intermountaincup.com



#### **Visit Our Photo** Gallery!

**Race Photos** 

**Gallery.Cyclingutah.com** 

Recent events:

Snowbird ICup Big Cottonwood Hill Climb East Canyon RMR Criteriums DinoTri Fat Bike Nationals and many more!

Thousands of Photos of all categories!

See your photo online!



#### **FITNESS**

#### Strength Training For Endurance Athletes



Josh Whitney demonstrates a Turkish Get Up. Photo by Art O'Connor

#### By Art O'Connor with Mark Deterline

The most common question I get is, "Should I be weight training as an endurance athlete?" I usually answer it with the following questions:

Can you:

-Deadlift 1.5x your body weight? -Do 10 pull-ups as a male, or 5 as a female?

-Do 20 push-ups in a row as a male, or 10 as a female?

If the answer is no to any of these, then you should get in the gym ASAP.

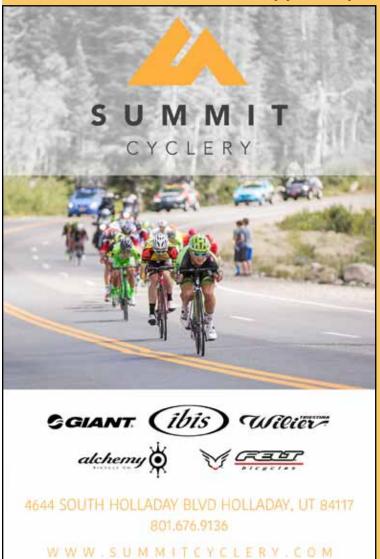
These standards are all achievable assuming no pre-existing injuries, and are really bare minimum standards to being "strong enough".

All of the athletes I work with

have hit the deadlift standard with most at 2x by the end of a 12-week cycle. The pull-up standard is debatable for the pure road cyclist, but each will benefit from the shoulder stability and injury prevention that will be by-products of the strength needed to achieve them. We are training to be endurance athletes, not power lifters, so building strength much beyond these levels will usually require more specific training that will take away from bike or run time. Masters athletes, who by the cruel process of aging, start losing muscle after age 40, and female athletes of all ages, in particular, benefit greatly from a well-structured strength plan.

Being strong is never a bad thing. Endurance athletes in any sport will benefit from a well-designed strength training plan.

There are 3 populations in partic-



ular in which strength training should be mandatory:

- Masters athletes, who start losing muscle after age 40. Study after study confirms that the only way to slow this process is with resistance training.
- Use it or lose it. Female athletes naturally do not have the same amount of muscle mass or natural strength that their male counterparts have. Women do however possess a natural edge when it comes to endurance. Throw in some strength training and now you have an optimized athlete who is not "strong for a girl" -- they are flat out strong!
- Finally the time crunched athlete (likely everyone reading this). If you are riding 20+ hours a week then fitting in a dedicated strength plan, it becomes more of a challenge of recovery and time management. That said, even professional riders are now doing some form of gym work, at least in the off season. For the rest of us, we simply can't develop the specific strength needed to become better athletes on an 8-hour training week. You need to get as strong as possible in the gym to get the most out of your available training time.

Team Sky is famous for its marginal gains approach to racing. Strength training is a perfect example of this. I wish I could say that a 2x body weight deadlift will translate in to a sub-50 minute time up Snowbird, but it won't. What added strength will do is make you more efficient at getting power to the pedals when you really need it.

Most reasonably fit people with no weight training experience could get in a leg press machine and press 300lbs. Our legs are crazy strong, but most of us can not apply that strength.

Take that same 300lbs on a barbell and try to do a squat. If you even got it off the rack, you would likely get hurt very badly if you attempted to squat it, right? That is because you have not developed the supporting musculature to effectively use the natural strength in your legs. When you are in a leg press machine, your legs are isolated and you are pressing against a stable platform. On a bike, you have to create those platforms through your connection to the bike (grip) and your core strength. The stronger they are, the more power you will be able to put into your pedals.

See a theme in the exercises above? Dead lifts and pull-ups both demand (and build) a bone crushing grip and a rock solid core. A stronger athlete will tend to be more durable as well. Nino Schurter and his strength coach do a lot of structural work on the shoulders to help keep them intact during the inevitable crashes a MTB racer will have.

The next thing I get is, "I don't want to bulk up". If only it were that easy.

Even people who lift to try to bulk up have to work very hard to gain mass. Most weight gain I see



Alex Grant rehabbing his broken foot. Photo by Art O'Connor



Jeff Bender crushing the deadlift. Photo by Art O'Connor

in the off season is due to curls of the 16oz kind and too many visits to the dessert tray. If you are still riding and your diet does not go off the rails, you will not be bulking up. The goal of a well-designed strength plan is to get you as strong as humanly possible at the same body weight (or ideally lighter body weight). This is where program design comes in.

The most important thing to keep in mind is that your gym time is not a conditioning plan. That is what your bike or runs are for. You are at the gym to get strong – in and out in under an hour.

The idea that endurance athletes should do low weight/high reps is fundamentally flawed. Pedaling a bike is a low weight/high rep workout, running is a low weight/high rep workout. Doing the same thing in the gym is just piling on volume for no reason. We are training for absolute strength and power in the gym.

After a 4-8 week transition period of training to get our joints and connective tissue ready for the real work, we then start to train with the same principals Olympic weight lifters use. For reference, Olympic lifters compete in weight categories and unlike fighters they do not cut weight before competition. As a result, their goals are similar to a cyclist's in the gym: Get very strong and don't "bulk up".

How do we do this? Extremely heavy weight, low reps, and long rest periods between sets.

A typical session will have one main complex lift like a front squat or a deadlift. Weight will be 80% or

more of an athlete's 1 Rep Max (RM) for 3-5 reps, with sometimes as much as 5 minutes rest between sets. Once this is completed, we move on to the supplemental exercises to complete the session.

For the novice lifter, I highly recommend seeking out a qualified coach to teach you these lifts and methods. Due to the heavy weights involved, your technique needs to be flawless. Done right, they are powerful tools that can make you a better athlete. Done wrong they can end your season before it even starts.

Safety note: Beginning lifters should never test for a 1 Rep Max. The risk-reward-ratio is just not there. I use an estimated 1 RM based on 3-5 rep tests. Only when I am 100% confident of an athlete's technique will I let them try a 1 Rep Max test.

See you in the gym!

Assistant editor's note: It's worth mentioning that the author wrote his own bio for the article, which follows. We thought it made sense to leave as-is to show the author's personality:

Art O'Connor is a cycling and strength coach in Salt Lake City with a degree in Exercise and Sport Science from the University of Utah. He won a few big races back in the day and now won't shut up about it. <a href="www.wukarfit@utah.com">www.wukarfit@utah.com</a>

Find out more at wukarfit.
com Note: WUKAR stands for
Wake Up, Kick Ass, Repeat.

be grumpy when I need to without

feeling like I have to put on a happy

face for the insanely cheerful person

"encouraging" me up the hill at a

seemingly easy effort.

#### **RIDING TIPS**

#### Climbing, For the Non-Climber



Kelly McPherson at the summit of a climb. Photo courtesy Kelly McPherson

#### By Kelly McPherson

When the road turns upwards, I have always really struggled. I can't tell you how many group rides, events and races I have stayed away from because the profile of the proposed course had a few hills on it. To me, it is really demoralizing to be pedaling as hard as I can and see the group pedal farther and farther into the distance to be left alone, once again. Early last spring I decided to take on my fear and learn how to climb. I am not a great climber and am certainly not fast at it, but I do get up the mountain and have managed to tackle a few of our areas toughest and live to tell about it. For those of us who struggle, just like I do, below are some of the lessons that I have learned. Please understand that these tips are not for the seasoned hill climbing cyclist, but are for those of us who are just trying to get up the mountain for the first time.

1. Know the course ahead of time. Strava is a fantastic tool for looking up rides. You can bet that if it is a nasty hill climb, someone has done it and has put it on Strava. Take a look at these files. Find out how long the climb is, how much climbing is involved and how long

it has taken other people to climb it. Usually, I look at the list of people who have tried it and then scroll down to the bottom and see how long it took the slowest person to do it. That will likely be how long it will take me. I am not being self-deprecating, simply trying to find a good estimate of how long it is going to take me and how much time I need to budget for the climb. Knowing how long I am going to be working helps a lot in trying to get my head wrapped around what I am planning on doing.

2. Go with people, but ride without them. There is something about the pressure of knowing that someone is at the top of the climb waiting for you that makes it difficult to just not get there. That is great! Start the climb with them and then let them disappear ahead of you around the next curve. When riding with "climbers," you may be tempted to push harder than the intensity you need, to be able to get to the top. Blowing up half-way up does not make for a successful climb! Sometimes, it is nice to have someone to talk to and to encourage you, but holding a conversation and maintaining a somewhat civil dialogue can sometimes take more energy than you have. For me, it has been important to be able to just go my own pace and cuss and

3. Give yourself permission to stop for time-limited breaks. Depending on how tough the hill is, I will tell myself that I can stop every 15-30 minutes for 1 minute. A 1-minute break is long enough to let your heart-rate come down and some of the lactic acid clear from your legs a bit, but not long enough for you to decide that it is time to quit and flip. The first time I rode Big Mountain, I think I stopped every 5 minutes. It took forever, but I did manage to get

I only stopped twice.

4. Stay hydrated. There is nothing that will make a tough ride tougher, mentally and physically, than dehydration. Bring lots of fluids, particularly with electrolytes and maybe even a little caffeine and drink regularly. On flat roads, I make sure to get a good sip from my water bottle every 15 minutes. On a climb, I drink every 10. Remember that

to the top. The second time I rode it,

carried up the hill on your bike.

5. Stay fueled. Just like hydration, low blood sugar can make you feel

hydration does you a lot more good

inside you than it does having to be

weak and grumpy and not in a place where you can get to where you want to go. If you can stomach solid fuel, do. Otherwise, make sure that you are taking in adequate calories through drinks or gels or some other high calorie, easy to digest food of your choice. As a heavy cyclist, I understand the need to short yourself calories in order to lose a few pounds. Skimping on calories on a climb is not smart. Learning to climb is good for you, in your overall weight loss plans. If you give up doing it because your blood sugar is too low to get to the top, you lose that benefit.

**6.** Pay attention to temperature. Heat is very demoralizing and can suck every bit of energy out of you. If you can, go early in the morning when temperatures are cool. Take off layers at the bottom of the hill to put back on for the trip down.

**7. Find some mantras.** I have used things like "Up the hill. Up the hill. Up! Up! Up!" or "Give it to the legs. Your legs have got you." Or "comfortably uncomfortable." Use whatever works and stick to it.

**8.** Vary your position, but mostly spin. Sit, stand, push your bum back on the seat, mash, make good circles with your pedals, whatever you need to do to vary the muscles you are using up the hill. Mostly,

though, you will find yourself just sitting and spinning. Granny gears have a purpose and climbing nasty hills is that purpose.

**9. Worry about cadence, but not too much.** Try to keep your cadence over 70 rpm, if possible. Sometimes, it just isn't possible.

10. Ignore your HR monitor. Your heart rate is going to do funky things. It is going to go high. Don't let that scare you into quitting. If necessary, turn off your HR monitor and just get up the mountain.

11. Reward yourself. I have been known to ask my husband to place some of my favorite beverage and some rice crispy treats at the top of a climb, waiting for me. Now that the climbs I have been doing are significantly longer and more difficult for him to get to, I tend to reward myself when I get back down.

12. Just keep going. It doesn't matter how long it takes, how many stops you make or how much it hurts, keep pointing that front wheel upwards. You CAN do this! When you finish climbing this hill, there will be another and another. Each time you successfully climb, the next climb will get easier to start and finish. Soon the you will have conquered the mountains rather than letting the mountains conquer you.



A Ride to Stop Traffic

September 10, 2016

Come and ride the High Uintas

- Century
- •75 Mile
- 2-Half Centuries
- •25 Mile

Minimal Traffic

\$50.00 until July 31. \$75.00 starting August 1. Register online at Active. com

Get \$10.00 off your ride if you stay at Mountain Home Inn. 435-454-3853

All proceeds will go to Rapha House and Operation Underground Railroad. These organizations rescue children from trafficking and sexual exploitation. More info contact roxyredden@gmail.com or 435-828-0467





Tabiona, Utah





#### **WESTERN STATES**

### **CALENDAR OF EVENTS**

#### **Utah BMX**

- RAD Canyon BMX South Jordan, UT, Indoor and outdoor BMX racing. Location: 5200 W, 9800 South, Practice Tuesday 6:30-8:30, Race Thursday, Registration 6:00-7:00, Race at 7, May through September (practices starting in April with additional practices on Tuesdays through May), Dallas Edwards, 801-803-1900, radcanyonbmx.@iradcanyonbmx.com, radcanyonbmx.com, radcanyonbmx.com
- Legacy BMX Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00- 9:00; Race Saturday, May through September, Kevin , 801-698-1490, kevin@klikphoto.net, Irbmx.com, radcanyonbmx.com/Rad Canyon Legacy Outdoor Schedule 2014.pdf

#### Advocacy

- Bike Utah UT, Utah's Statewide Advocacy Group., Phil Sarnoff, 801-440-3729, <u>psarnoff@bikeutah.org</u>, <u>bikeutah.org</u>
- Salt Lake City Mayor's Bicycle Advisory Committee (MBAC) Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room., Becka Roolf, 801-535-6630, bikesic
- Salt Lake County Bicycle Advisory Committee
   Salt Lake City, UT, The SLCBAC committee
  works to improve cycling conditions in Salt
  Lake County and is an official committee.
  Meetings are the second Wednesday of each
  month from 5:30-7:30 pm and are held in Suite
  N-2800 of the Salt Lake County Government
  Center, 2001 S. State St., Salt Lake City, UT,
  Megan Hillyard, 801-468-3351, MHillyard@slco.
  org. bicycle.slco.org
- Weber Pathways Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life., Mark Bedel, 801-393-2304, wp@weberpathways.org, Rod Kramer, 801-393-2304, tod@weberpathways.org, weberpathways.org
- Mooseknuckler Alliance St. George, UT, We accept all types and styles of riders, most important we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, 435-632-8215, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org
- Mountain Trails Foundation Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, <u>charlie@mountaintrails.org</u>, <u>mountaintrails.org</u>
- Bonneville Shoreline Trail Committee Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.org
- Parley's Rails, Trails and Tunnels (PRATT) Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and fed-

eral agencies and other public and private partners in completing a multi-use trail along 1-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway. Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, parleystrail.org

Provo Bike Committee — Provo, UT, Please join us every first Thursday of the month at 5 pm at 48 N. 300 W. to help make Provo a more bicycle-friendly community., Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

Dixie Trails and Mountain Bike Advocacy — St. George, UT, Cimarron Chacon, 970-759-3048, info@groraces.com, dmbta.org

Southern Utah Bicycle Alliance — St. George, UT, Southern Utah's road advocacy group., Craig Shanklin, 435-674-1742, southernutahbicycle@ gmail.com, southernutahbicyclealliance.org

WOBAC - Weber Ogden Bicycle Advisory Committee — Ogden, UT, Josh Jones, 801-629-8757, joshjones@ogdencity.com,

Idaho Bike Walk Alliance — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, cynthia@idahowalkbike.org, idahowalkbike.org

Greater Arizona Bicycling Association — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, president@bikegaba.org, bikegaba.org

Coalition of Arizona Bicyclists — Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, <u>cazbike@cazbike.org</u>, <u>cazbike.org</u>

Wyoming Pathways — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, , wyopath.org

Bicycle Colorado — Denver, CO, Statewide bicycle advocacy organization, Dan Grunig, 303-417-1544, info@bicyclecolorado.org, bicyclecolorado.org

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, 406-449-2787, <u>bznbybike@gmail.com</u>, <u>bikewalkmontana.org</u>

#### Events, Swaps,Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 6:30 pm, meet at the Gallivan Center, 200 S. between State and Main in St.C., None , noemail@cyclingutah.com, facebook.com/groups/SLCCM/

Beehive Bike Polo Club — Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801-688-7268, heatpolocompany@gmail.com, facebook. com/groups/189631497724953/, beehivebike-polo.wordpress.com

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

Moab Bike Party — Moab, Utah, 4th Wednesday of every month. 6:30 or 7:30 pm., Jeff Gutierrez, , facebook.com/moabbikeparty

**Kidical Mass** — Salt Lake City, UT, Group ride for families. This will be a monthly ride, the

lic and private li-use trail along rand the Sugar the Bonneville o/Jordan River 1, 801-694-8925, testelli-oc.

and Party Rides on Tuesday Nights at 7 behind Crank SLC 749 S. State Street., Christian Clemens, 385-528-1158, 801-440-0546, christian@crankslc.com,

August 13, 2016 — Tour de Fat, New Belgium Brewing's Tour de Fat, Boise, ID, Rolling Revival of Sustainable Folly! Various Western Locations., Paul Gruber, 888-622-4044, <a href="mailto:nbb@newbelgium.com">nbb@newbelgium.com</a>, <a href="mailto:newbelgium.com">newbelgium.com</a>, <a href="mailto:newbelgium.com">newbelgium.com</

September 22, 2016 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclingutah.com, worldcar-free net.

November 12, 2016 — Henderson Stroll 'n Roll, tentative date, Henderson , NV, Our spin on the Ciclovia phenomenon that is sweeping the globe. Founded in Bogota, Columbia, it's where roads are closed to motorized traffic, allowing the community to come together and enjoy the streets on bicycles, skates, skateboards or simply on foot. The car-free street fair is packed with activities for all ages. Along the route, enjoy children's activities, interactive demonstrations, free fitness classes and games, Charlene Ham, 877-775-5252, bikehenderson@cityofhenderson.com, Annette Mullins, 877-775-5252, bikehenderson.com, bikehenderson.

#### Mountain Bike

#### Tours and Festivals

August 6-7, 2016 — VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

August 11-14, 2016 — BlomFest, Salmon, ID, The Most Unorganized Mountain Bike Gathering in Idaho is back for its 6th year. This year's Gathering is only 4 days, but has an added bonus: an unofficial,self supported bike packing race on the Continential Divide Trail (CDT). So you have a choice: participate in group rides throughout the Salmon area, or participate in the bike packing race, Max Lohmeyr. 208-756-7613, blom@ridesalmon.com, Marc Landblom, 435 260 0991, marclandblom@

August 13, 2016 — Heber Valley Dirt Randonnée, Salt Lake Randonneurs Brevet Series, Heber City, UT, Self Supported loop ride on dirt and paved roads in the mountains near Heber Valley. 65 or 125-mile (100 or 200 km) options. Timed ultra distance event. Considerable climbing., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 13-14, 2016 — VIDA MTB Series: Trailside Bike Park, VIDA MTB Series Flagship Clinics, Park City, UT, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@ vidamtb.com, vidamtb.com

September 2-5, 2016 — Teton Mountain Bike Festival, Alta, WY, 7th Annual, held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trall. Demo next year's 2017 in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, shenanigans, TVTAP, info@tetonbikefest.org, Celeste Young, 208-709-8564, celeste@tetonbikefest.org, tetonbikefest.org, grandtarghee.com

September 10, 2016 — Ovando Gran Fondo, Ovando, MT, An epic off-road ride for the Missoula Symphony. Bring your 'cross or mountain bike for this fully supported 55-mile ride. Ride through some of Western Montana's most scenic landscapes on dit roads, including numerous miles through private land not otherwise open to the public., Lucy Beighle, 406-239-3193, lucybeigle@yahoo.com, missoulasymphony.org/ride

September 17-18, 2016 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate advanced riders., Penny Deck, 604-484-6238

by a warm up ride at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all day, guided rides, ranging from beginner to advanced. End the day with a provided BBQ dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-yourown) scenic ride. Familly-friendly (meal tickets only available)., Kim Player, 435-653-2440,

Calendar Guidelines: Listings are free on a

space available basis and

Submit your event to:

calendar@cyclingutah.com with date, name of event,

website, phone number

and contact person and

Let us know about any

corrections to existing

(Canada), register@dirtseries.com, dirtseries.

September 23-25, 2016 — MECCA Fall MTB Festival, Wedge Overlook (Near Castle Dale),

UT, Registration begins Friday at 1pm followed

other appropiate informa-

at our discretion.

tion.

listings!

September 30-October 2, 2016 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films. 4-6 pm at the Moab Bike Park, 500 W. and Williams Way.. Mark Sevenoff. 800-845-2453, 435-259-

meccabikeclub@etv.net, biketheswell.org

October 27-30, 2016 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 11th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Reed, 435-259-4688, info@chilebikes.com, moabhodown.com, chilebikes.com

#### **Utah Weekly MTB**

#### Race Series

April 1-August 31, 2016 — Mid-Week Mountain Bike Race Series, Park City, Heber, Deer Valley, Snowbird, Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:00, kids races at 6:00 and main event at 6:30. April to August. Please check website for dates and venues., Brooke Howard, 385-227-5741, brooke@midweekmtb.com, midweekmtb.com

May 4-August 3, 2016 — Weekly Race Series, WRS, Sundance, Wasatch County, UR, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins. 2016 Dates: Wasatch County: May 4, 18; June 8, 22; July 6, 20; Aug 3; Sundance: May 11, 25; June 1, 15, 29; July 13, 27, Tyson Apostol, 435-200-3239, 801-223-4849, races@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, weeklyraceseries.com

#### Regional Weekly

#### MTB Race Series

June 21-August 16, 2016 — Laramie Mountain Bike Series, Laramie, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack Trailhead., Evan O'Toole, info@laramiemtbseries.com, laramiemtbseries.com, laramiebikenet.org

#### Utah Mountain

#### Bike Racing August 6, 2016 — MTB Tech Dev #3 at Soldier

Hollow, Mountain Bike Technical Development Series, Midway, UT, Juniors only event with multiple mountain bike events: Cross Country, Technical Course, and Single Stage Enduro. Final event in the 2016 series, Michael John Turner, 801-664-6351, mj@summitbikeclub.org, Karl Redel, karl@webecycling.com, mtbtechdev.com

- August 13-14, 2016 Flyin' Brian Downhill and Dark Hollow Super D. Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org
- August 13, 2016 Sundance Spin, Intermountain Cup, Sundance Resort, UT, The Sundance venue is back again this year with some of the best single track Utah has to offer., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com
- August 27, 2016 Fire Road Cedar City, Cedar City, UT, New date! 25k, 60k, 100k distances, starts at Main Street Park at 8am, 7000 ft. total elevation gain for 100km; 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km, Paul Huddle, 760-635-1795, 760-936-7459, huddle@multisports.com, Shay Asay, 435-840-5707, ryp.asay@gmail.com, Cameron Christensen, 435-586-2770, 801-884-2332, cameronc@cedarcity.org, fireroadcycling.com
- August 27, 2016 Draper City Classic Endurance XC, Intermountain Cup, Draper, UT, EXC race #4. Beginning at Andy Balaard Equestrian Center in Draper, the course consists of usually two laps and approximately 35-50 miles. Half distance available, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com
- August 28, 2016 Scott Enduro Cup presented by Vittoria at Deer Valley Resort, Scott Enduro Cup Series, Park City, UT, Last year's race featured a stacked pro field and enthusiastic crowd. 2016 course information coming soon!, Jessica Kunzer, 801-349-4612, <u>ikunzer@misports.com</u>, Sara Valerious, 847-946-4182, <u>svalerious@misports.com</u>, endurocupmtb.com
- September 3, 2016 Park City Point 2 Point, Park City, UT, A true point 2 point racel Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, jay@thepcpp.com, thepcpp.com.
- September 3, 2016 Utah High School Cycling League South Region Race #1, Utah High School Cycling League Race Series, Powder Mountain, UT, Lori Harward, 801-502-8516, 801-885-6884, Jori@utahmtb.org, utahmtb.org
- September 10, 2016 8 Hours of Sundance, Sundance Resort, UT, The 8 Hours of Sundance is going on its 9th year. This has turned into a great local endurance mth bike event where riders of all ages and skill levels can come test their skills on some of the best single track around. Come join us for a great day of racing and scenery right in your backyard., Czar Johnson, 801-223-4121, 801-223.4849, zaraj@sundance-utah.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, sundance-eutah.com, sundance-eutah.com, surgance-essatt com/surgmer.
- September 17, 2016 Widowmaker Hill Climb, Snowbird, UT, Starts in Gad Valley, 10 AM, 3000ft vertical race to the top of the Tram for awards, food and fun., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com
- September 17, 2016 Utah High School Cycling League North Region Race #1, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@ utahmtb.org, utahmtb.org
- September 18, 2016 Tour de Suds, Park City, UT, 7-mile mountain blike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org
- September 24, 2016 Utah High School Cycling League South Region Race #2, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@ utahmtb.org, utahmtb.org
- September 24, 2016 Snowbird Ultra Hill Climb, Snowbird, UT, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry III. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing), Misty, 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb/
- October 1, 2016 Antelope Island MTB Race, Antelope Island, UT, 2nd edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be three race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances. Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com
- October 1, 2016 Utah High School Cycling League North Region Race #2, Utah High School Cycling League Race Series, Powder Mountain, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org
- October 8, 2016 Utah High School Cycling League South Region Race #3, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@ utahmtb.org, utahmtb.org



Check out our website at cyclingutah.com!

Subscribe to our email newsletter to stay current on the latest cycling news.



- October 8, 2016 Eden Epic, Eden, UT, On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves., Clay Christensen, 801-234-0399, info@edenepic.com, edenepic.com
- October 10-11, 2016 Huntsman World Senior Games Mountain Biking, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, <a href="hwsg@infowest.com">hwsg@infowest.com</a>, Merrill Barney, , senioragmes.net
- October 14, 2016 Red Bull Rampage, Virgin, UT, Downhill, slopestyle and freeride MTB athletes will converge on the demanding terrain of Virgin, Utah to compete for glory in one of the biggest tests of skill and guts in the world. 11th annual!, Red Bull, 310-393-4647, noemali@cyclingutah.com, redbull.com/us/
- October 15, 2016 Moab Epic, AXS Series, Moab, UT, An MTB Adventure Race a 20+ or 50+ mile cross country mountain bike adventure. Riders will race on Moab's best single track and jeep roads, in a true MTB adventure., Will Newcomer, 970-403-5320, 2016@gravity-play.com, gravityplay.com, moabepic.com
- October 15, 2016 Utah High School Cycling League North Region Race #3, Utah High School Cycling League Race Series, Snowbasin, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org
- October 22, 2016 Utah High School Cycling League South Region Race #4, Utah High School Cycling League Race Series, Soldier Hollow, UT, Lori Harward, 801-502-8516, 801-885-6884, Iori@utahmtb.org, utahmtb.org
- October 29, 2016 Utah High School Cycling League North Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@ utahmitb.org, utahmitb.org
- November 4-5, 2016 Utah High School Cycling League State Championships, Utah High School Cycling League Race Seties, Saint George, UT, This race will combine both North and South regions for the State Championships and is open to all students., Lori Harward, 801-502-8516, 801-885-6884, Lori@utahmtb.org, utahmtb.org
- November 5-6, 2016 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus-double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048, info@groraces.com, GROpromotions.com, 25hoursinfroghollow.com
- March 25-27, 2017 Moab Rocks, Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format., Kevin McDonald, 866-373-3376, <a href="mailto:info@transrockies.com">info@transrockies.com</a>, Kevin McDonald, 866-373-3376, <a href="mailto:kevin@transrockies.com">kevin@transrockies.com</a>, <a href="mailto:transrockies.com">transrockies.com</a>, <a href="mailto:transrockies.

#### Regional Mountain

#### **Bike Racing**

- August 6, 2016 Laramie Enduro, Laramie, WY, Cross Country Mountain Bike Race, 111K (70+/- miles), No repeat course, 8,600ft elevation gain, 7am start at Happy Jack Recreation Area-Hidden Valley Picnic Area, Aaron Lozano, 307-399-4387, racedirector@laramieenduro.org, laramieenduro.org
- August 6, 2016 Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 7th Annual! Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft.

- 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/the-resort/news-events/1863/20 14PierresHole50100.php, ph100.org
- August 7, 2016 Big Sky Enduro, Montana Enduro Series, Big Sky, MT, Montana Enduro Series , <u>contact@montanaenduro.com</u>, Christine Wike, <u>christine@montanabicycle-</u> guild.org, montanaenduro.com
- August 13, 2016 Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back.

  Josh Colley, 719-219-9357, JColley@lifetimefitness.com, leadvilleraceseries.com
- August 13, 2016 Steamboat Stinger, Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelson Hill Ski Area right in the heart of Steamboat Springs. The course takes an extended 50 mile detour deep into the beautiful backcountry of Routt County and a total of 3,327ff elevation gain before returning to the transition/finish area. Teams of two are also welcome to race the 1st and 2nd half of the course. Nate Bird, 866-464-6639, nate@honeystinger.com, Jon Winkelblech, 970-367-4394, steamboatstinge@honeystinger.com/steamboatstinger.com/steamboatstinger.html
- August 13, 2016 Nine Mile Ridge Trail Gran Fondo, Plains, MT, Dirt fondo, gravel grinder, Ben Horan, 312-502-5997, <a href="ben@wmtrail.org">ben@wmtrail.org</a>, wmtrail.org
- August 20-21, 2016 Big Mountain Enduro-X, Big Mountain Enduro Series, Steamboat Springs, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (licison) stages., Brandon Ontiveros, 303-551-4813, info@bligmountainenduro.com, bigmountainenduro.com
- August 20-21, 2016 12 and 24 Hours of Flathead, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Tia Celentano, 406-261-1769, Info@24hoursofflathead.org, montanacycling.net/schedule?discipline=all&year=2014, www.24hoursofflathead.org
- August 21, 2016 Missouri River Rampage Mountain Bike Race, Great Falls, MT, XC MTB Race, John Juras, dronray@a,com, racemt. com/event/missouri-river-rampage/
- August 27-28, 2016 Grand Targhee Enduro, Montana Enduro Series, Grand Targhee, WY, There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em for the fourth stop on the series. It's going to be a weekend long celebration of the Tetons., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabiocycleguild.org, grandtarghee.com, montanaenduro.com, christine wike, christine@montanabiocycleguild.org, grandtarghee.com, montanaenduro.com
- August 27, 2016 Idaho High School Cycling League Race #1, McCall, ID, Jug Mountain Ranch, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, Idahomtb.org
- August 27, 2016 Copper Mountain MTB Race, RME, Copper Mountain, CO, RME Series Finals. Distances for all levels, free junior and kids races. Distances: Endurance-50 miles, XC-30 miles, Appetizer-20 miles, Jr 15-18 20 miles, Jr 13-14 10 miles, Jr 11-12 5 miles., Thane Wright, 970-401-1422, thanew@rockymountainendurance.com, rockymountainendurance.com
- August 27, 2016 Prescott Enduro, Prescott, AZ, Enduro race, Staging and finish at Prescott Peavine Trailhead at Prescott Lakes Parkway and Sundog Ranch Road, MBAA, 480-442-4229 reciprographica net management.
- September 2-5, 2016 Teton Mountain Bike Festival, Teton Valley, ID, 7th Annual held at Grand Targhee Resort. Come enjoy endless

- miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2017 in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, and shenanigans., TVTAP, info@tetonbikefest.org, Celeste Young, 208-709-8564, celeste@tetonbikefest.org, tetonbikefest.org, grandtarghee.com
- September 2-4, 2016 Big Mountain Enduro Finals, Big Mountain Enduro Series, Crested Butte, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com
- September 4, 2016 Rebecca's Private Idaho, Ketchum, ID, 50mi or 100mi gravel grinder put on by professional racer Rebecca Rusch in her hometown of Ketchum, Idaho. The route can be done as a challenging ride or a lung busting, thigh screaming race up into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivities, music, and libations, Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccassiviteldaho.com
- September 10, 2016 Barn Burner 104, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Casey Brown, 480-299-1203, Cbrown6@lifetimefitness.com, Ryan Sumers, 949-929-7476, isumers@lifetimefitness.com, barnburnermtb.com, redrockco.com
- September 10, 2016 Stone Temple 8, Curt Gowdy State Park, WY, Tentative start 9AM. This race will be run on the IMBA designed single track trails at Wyoming's Curt Gowdy State Park. Racers will compete for eight hours on an approximately 15.1 mile loop, in teams and as individuals. The start/finish is will be located at the Aspen Grove Trailhead parking area unless conditions require that we relocate the timer's station to a different location. Richard Vincent, 307-760-1917, 307-777-6478, enduro. r@gmail.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, laramieenduro.org
- September 10, 2016 Jurassic Classic, Lander, WY, Mountain bike race at Johnny Behind the Rocks. Start time 8:00 am, route lengths from 4-22 miles. All skill levels welcome. Food truck, games, and raffle., Tony Ferlisi, landercycling@gmail.com, landercycling.org
- September 10, 2016 Idaho High School Cycling League Race #2, Galena Lodge, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org
- September 10, 2016 Bohart Bash, MBRA series, Bozeman, MT, This cross-country mountain bike race is on a mostly singletrack loop in the beautiful Bridger Mountains near Bozeman, Alex Lussier, <u>lussiera@hotmail.com</u>, Megan Lawson, 406-570-7475, meganmalawson@gmail.com, gallatinvalleybicycleclub.org, gascyclingteam.com
- September 10-11, 2016 Vapor Trail 125, Salida, CO, 125 miles, 20,000 feet of climbing, 10 pm start, singletrack, Earl Walker, 719-539-9295, earl@absolutebikes.com, Tom, 719-539-9295, tom@absolutebikes.com, vaportrail 125.com
- September 17, 2016 Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com
- September 17, 2016 Idaho High School Cycling League Race #3, Targhee, ID, Dylan Gradhandt, 208-340-5200, <u>dylan@idahomtb.com</u>, idahomtb.org
- September 17-18, 2016 Todd and Ned's Durango Dirt Fondo, Durango, CO, Mountain Bike Fondo on Saturday, Gravel Grinder on Sunday. Various lengths. Ride with Todd Wells and Ned Overend, Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ToddandNedFondo.com

- September 24, 2016 AZ MTB Fall Series #1, Waddell, AZ, White Tank, Boris Decourt, info@
- September 24, 2016 AZ MTB Fall Series #3, Queen Creek, AZ, San Tan, Boris Decourt, info@arizonareg.com, arizonareg.com
- September 30-October 2, 2016 Monarch Crest Enduro, Salida, CO, 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests., Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com.chocolatebunnyproductions.com
- October 1, 2016 Tour of the White Mountains, Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Jes Olson, 520-623-1584, info@epicrides.com, epicrides.com
- October 8, 2016 AZ MTB Fall Series #2, Scottsdale, AZ, Held at McDowell Regional Park. USA Cycling State Championship and Collegiate State State Championship, Boris Decourt, info@arizonareg.com, arizonareg.com
- October 8, 2016 Tamarack Enduro, Knobby Tire Series, Tamarack, ID, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling. org, knobbytireseries.com
- October 8, 2016 Idaho High School Cycling League Race #5, Boise, ID, Held at Avimor, Dylan Gradhanth, 208-340-5200, dylan@idahomtb.com, idahomtb.org
- October 21-23, 2016 USA Cycling Collegiate Mountain Bike National Championships, Snowshoe Mountain, WV, Micah Rice, 719-434-4200, mice@usacycling.org, Chad Sperry, chad@gorge.net, usacycling.org
- November 19, 2016 12 Hours of Fury, Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. New for 2015, the race will be held at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The rules remain the same, most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2016
- December 10, 2016 Dawn to Dusk, Fountain Hills, AZ, 10 hours on the Pemberton trail at McDowell Mountain Regional Park. Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries. 15.5 mile loop will be traveled in a counter clockwise direction and each lap will snake you through the venue where you may refuel, rest, or exchange your lap care with your teammate so they can take a turn out on the course. 602-312-4499, MBAA, 480-442-4229, racing@mbaa.net, dcbadventures.com/
- December 17, 2016 JayP's Backyard Fat Bike Pursuit 60k, JayP's Backyard Series, Island Park/West Yellowstone, ID, 60k snow bike race on groomed snow machine trails in Island Park, ID near Yellowstone National Park., Scott Fitzgerald, 208-787-2453, scott@fitzgeraldsbicycles.com, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, fatpussuit.com
- January 6-8, 2017 JayP's Backyard Fat Pursuit 200km or 200 mile, JayP's Backyard Series, Island Park/West Yellowstone, ID, 2 Distances-200 km or 200 mile. These endurance events take on an expedition feel and you will need to have outdoor winter camping skills., Scott Fitzgeralds-bicycles.com, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, fatpursuit.blogspot.com

#### **Utah Weekly**

#### Road Race Series

Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, 6555 W. 2100 S., Saturdays at 11 am in March 5.12,19.26 - Tuesdays at 6pm April 2 - through September, A and B at 6, C and D at 7 pm, Marek Shon, 801-209-2479, utatiseries@gmail.com, utahcritseries.com, utahbikeracing.com

25

- DLD (DMV) Criterium Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 47005, 2780W., A filte 6 pm, B filte between 6:45 and 7:05, Call for information regarding C filte. April-September, Marek Shon, 801-290-2479, utaritseries@gmail.com, utahcritseries.com, skiutahcycling.com
- Emigration Canyon Hillclimb Series Utah Crit Series, Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off a 6:30. Every other Thursday April through August, Marek Shon, 801-209-2479, <a href="https://doi.org/10.1016/j.com.utahcritseries.com">utahcritseries.com</a>, <a href="https://doi.org/10.1016/j.com.utahcritseries.com">utahcritseries.com</a>
- Uphill Cycling Series Utah County, UT, Utah County, UT, Every second Saturday year round, Jan & Dec 1:00 pm, Feb & Nov 12:00 pm, Mar & Oct 11:00 am, Apr & Sep 10:00 am, May & Aug 9:00 am, Jun & Jul 8:00 am, Location rotates between 4 canyons: South Fork Provo, Hobble Creek Springville, Payson Nebo, & Santaquin, Mary Ann Nielsen, 801-231-2000, utahbicyclingclub@gmail.com, uphillcyclingselds by appared com.
- April 28-August 18, 2016 Logan Race Club Thursday Night Time Trial Series, Logan, UT, Thursdays. IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benhkof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

#### **Utah Road Racing**

- August 13, 2016 Heber Valley Circuit Race UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah. State road race championship for category rides, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racedayeventmanagement.com
- August 13, 2016 Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this womenonly cycling event. Age-group cash prizes. Gift for all who complete the climb., Stacle Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com
- August 20, 2016 Tour de Park City, UCA Series, Park City, UT, 157 Classic Road Race returns for 2016! 7,500 feet of climbing, 10,750 foot summit. Fully Supported. Start and finish in the same spot., Jared Eborn, 801-599-9268, ared@extramileracing.com, tourdeparkcity.com.extramileracing.com
- August 26-29, 2016 Hoodoo 500, Utah Triple Crown, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay feam divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500. com
- September 10, 2016 LOTOJA Classic Road Race, Logan, UT, 34th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, brent@lotojaclassic.com, lotojaclassic.com
- September 10, 2016 Utah Tour de Donut, American Fork, UT, 9th Annual event Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:00 am., Rodney Martin, 801-427-6400, rotaryrod@live.com, Ronald Tolley, 480-285-6281, tholley@clear/silonreserve.com, Utah Tour de Donut, Info@utahtourdedonut.com, utahtourdedonut.org
- September 17, 2016 Harvest Moon Criterium, UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets. State Criterium Championships for category riders, Tyler Servoss, 801-888-323, tyler@rockwellrelay.



- September 23-24, 2016 Salt to Saint Relay, Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salthosaint.com, salthosaint.com
- September 24, 2016 Snowbird Hill Climb, Snowbird, Utr, 38th Annual, 9 am start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing)., Misty 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb
- October 4-7, 2016 Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, <a href="https://doi.org/10.108/j.nc/m.seniorgames.net">huntsmarsharbarahaman.metrial.nd/m.seniorgames.net</a>
- October 8, 2016 City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun., James Zwick, 801-583-6281, sports@ sports-am.com, sports-am.com
- October 8, 2016 The BURN Bicycle Hill Climb, Copperton, UT, Climb Butterfield Canyon. Also 10 K and half-marathon run., Jared Eborn, 801-599-9268, jared@extramileracing.com, burnrace.com, extramileracing.com

#### Regional Weekly

#### Road Race Series

- Las Vegas Tuesday Night World's Henderson, NV, Tuesday Night Criterium series starting March 11B Race 4:30 PM (25 min) Beginners or those not comfortable with experienced racers, A Race 5:00 PM (25 min) Those who have raced and ready to hammer, Location: 1021 East Paradise Hills Drive, Henderson, NV 89002, Mike Olsen, 702-927-4069, mike@vegasbikeracing.com, vegasbikeracing.com
- May 11-August 3, 2016 ICE BAR Time Trial/Hillclimb Series, ICE BAR Series, Pocatello, ID, Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times., May 11 at 6:30 pm7:00 pm, June 1, June 29 and July 27Hill Climbs:Park at Cherry Springs. Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 25 -Crystal Summit, 6:30 pm.7:00 pm: June 15-Scout, July 13-Crystal Summit, August 3-ScoutCategories: End of season awards for men and women's overall winners of these categories: A's , B's , Master's 50+, Triathlete, Recreational (Non TI bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, joycpete@isu.edu, Tony Chesrow, 435-671-2506, hebermisports@

#### Regional Road Racing

- August 6-7, 2016 Idaho Senior Games, Boise, ID, 5k and 10K Time Trials, 20 K and 40 K Road Races, Qualifying year for 2017 National Senior Games, Mike Thorton, 208-861-8000, idahoseniorgamesinfo@gmail.com, idahoseniorgames.org
- August 13, 2016 Lamoille Canyon Hill Climb, Lamoille, NV, 11th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am., Rendy Keaton, 775-385-3285, raceorganizer. elkovelo@yahoo.com, elkovelo.com
- August 13, 2016 USA Cycling Hill Climb National Championships and Pikes Peak Hill Climb, Colorado Springs, CO, The USA Cycling Hill Climb National Championship is an inaugural USAC National Championship race. The start line is located at 9,390 ft./2,862 m and the finish line is 156 turns, 12.42 mi./20 km, later, with an average grade of 7%, and a gain in attititude of 4,725 ft./1.440 m, to conclude at 14,115 ft./4,302m. The race is truly a unique experience on Pikes Peak America's Mountain. It will be held in conjunction with The Broadmoor Pikes Peak Cycling Hill Climb gran fondo fun ride, Saturday, August 13, 2016, Micah Rice, 719-434-4200, mtce@usacycling.org, The Sports Corp., 719-634-7333, info@thesportscorp.org, usacycling.org, colorado-psingssports.org/index.php?option=com\_content&view=article&id=416&ltemid=315
- August 20, 2016 Bogus Basin Hill Climb, Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcorsaevents.com
- August 21, 2016 Kitt Peak Time Trial, Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical. Donald Melhado, <a href="mailto:dmelhado@cox.net">dmelhado@cox.net</a>, <a href="mailto:azcycling.org">azcycling.org</a>
- September 10, 2016 Race to the Angel, Wells, NY, Hill climb. 31st Annual. The race is open to riders on mountain and road bikes, runners, walkers and triathletes: individual or team (Sprint Triathlon 750m swim, 5K run, 20K bike). The half marathon course begins at the Wells City pool and climbs approximately 2,784 feet to Angel Lake in the East Humboldt range of the Ruby Mountains. The half mara-



thon course is entirely on pavement., Wells Chamber, 775-752-3540, <u>wellschamber@well-snevada.com</u>, Robert Johnson, 775-340-5943, 801-718-0557, <u>rubymountainrelay@gmail.com</u>, racetotheangel.org, <u>rubymountainrelay.com</u>

- September 11, 2016 Arizona State Time Trial Championships, Picacho Peak, AZ, Nippy Feldhake, 520-747-2544, nippy-mr-smarty: pants@juno.com, teamfrisky.com/AZTT/
- September 12-18, 2016 World Human Powered Speed Challenge, Battle Mountain, NV, Cyclists from around the world will gather on SR305, perhaps the fastest strectch of road in the world. The 2013 record was 83.13 mphl, Al Krause, 707-443-8261, a.krause@sbcglobal.net, inpva.org, whpsc.org
- September 16-17, 2016 Billings Omnium Weekend, MBRA Series, Billings, MT, State Championship Time trial Friday, Hogback road race Saturday, Criterium Saturday Night. Phipps Park., Coul Hill, 406-690-6629, coulhill@gmail.com, montanacycling.net, montanaspoke.com
- September 17, 2016 Hogback Classic, MBRA Series, MT, The Third Annual Hogback Classic is STAGE 2 of the 2016 Billings Omnium Weekend (TT on Friday night, Crit on Saturday night), Coul Hill, 406-690-6629, coulhill@gmail.com, montanacycling.net, montanaspoke.com
- September 17-19, 2016 Silver State 508, Reno, NV, 33rd Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," it is the world's premier 48-hour ultra cycling race. This 508-mile blocycle race, commonly known as "The 508," is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person relay, and fourperson relay divisions are offered, including a Self-supported Solo Randonneur Division (no support crew allowed)! Formerly known as Furnace Creek 508, Silver State 508 is a Race Across AMerica (RAAM) Qualifier. Runs on Highway 50, the Lonellest Road in America, Chris Kostman, adventurecorps@gmail.com,
- September 24, 2016 Mt. Charleston Hill Climb, Las Vegas, NV, 17.5 milles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156. 8 am. Mass start. All categories, and a handcycle divison tool, David McDonough, 702-823-1680, brokenspokebikesly@gmail.com, Carol Valls, 702-823-1680, brokenspokebikesly@gmail.com, brokenspokebikesly.com
- September 24, 2016 Telluride 200 Gran Fondo, Telluride, C.O., 13th annual, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead. Benefits the Just for Kids Foundation. Heidi Lauterbach, 970-729-1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com
- September 24, 2016 Man vs Machine, Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 a 310-ton behemoth built in 1923 to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66, PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcan-
- September 24, 2016 Bear Lake Omnium, UCA Series, Montpelier, UT/ID, Jared Eborn, 801-599-9268, jared@extramileracing.com, Bearlakeendurance.com, extramileracing.com
- October 1-2, 2016 Nevada Senior Games, Las Vegas, NV, 5-10K time trials, 20-40K road races, start: Intersection of Interstate 15 and Highway 93 Approx. 10 miles North of Las Vegas , Tim Jones, 702-994-6205, Itjones@cox.net, nevada. fusesport.com
- October 16, 2016 Mt. Graham Hill Climb, Safford, AZ, 8 am, mass start, Nippy Feldhake, 520-747-2544 , nippy-mr-smarty-pants@juno. com, presteza.com/MtGrahamIndex.html

#### **Utah Road Touring**

- August 6, 2016 Hotter than Heck Utah Valley Century, Orem, UT, 32nd year of a Century Tour around Utah Lake, 100, 62.5, and 30 mile options, starting and ending in Orem at Lakeside Park, Allan Sumnall, (801) 225-0076, allan@sbrutah.com, Spencer Erickson, 801-513-8848, spencerickson@gmail.com, hotter-thanheck.com
- August 6, 2016 The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, Ride like the prost Challenge yourself to ride the Tour of Utah's Queen Stage, finishing at Snowbird Ski and Summer Resort. 109 miles, Larry H. Miller Tour of Utah , 801-325. 2500, info@tourofutah.com, tourofutah.com, rideultimatechallenge.com
- August 6, 2016 Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 60-100, and 120 miles. Self-supported, with shorter loop options avail-

Send your feedback and letters to the editor to: daye@cyclingutah.com able. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org

- August 6, 2016 RAW (Ride Around the Wellsvilles), Logan, UT, The Logan Rotary Club's Ride Around the Wellsvilles will begin at the Rotary Pavilion at Willow Park, with a choice of a 23, 66 or 96 mille ride. Benefits local youth with new bikes and helmets, and internationally, provides clean drinking water., Ben Jarvis, 435-757-0376, LoganRotaryRAW@gmail.com, rotaryraw.com
- August 13, 2016 Wildflower Pedalfest, Morgan, UT, Fully-supported, women-only cycling event. 4 course options (20, 30, 50, 70 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo and more., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com
- August 13, 2016 Twin Creeks 100, BCC SuperSeries, Coalville, UT, Start Coalville to Lost Creek Darn, with rolling course back to Coalville, then climb Chalk Creek. Self-supported. 50 mile option first leg. Free event. Saturday route this year., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- August 16-20, 2016 The U5 Challenge, Logan, UT, Fully-supported Gran Fondo that takes cyclists from Logan to St. George, Utah in 5 days. Weaving along the Wasatch range, riders tackle some of the most picturesque and challenging landscapes the state has to offer. Individuals or relay team options. Or register to ride just one of the five days, Jordan Arey, 801-644-0546, jordan@spin-utah.com, theu5challenge.com
- August 20, 2016 Tour de Park City, Park City, UT, Fully supported Tour starting and finishing in Park City. 157 miles through Northern Utah's beautiful mountain valleys. A rolling picnic!, Jared Eborn, 801-599-9268, jared@extramileracing.com, tourdeparkcity.com, extramileracing.com
- August 20, 2016 Ride for the Kids, Syracuse, UT, Partnered with Make-A-Wish Foundation, ride out to Antelope Island. Ride options from 25-50-100 miles, depending on the skill level of the rider. Ride begins at the Syracuse RC Willey, 1693 W 2700 S at 8:00am. Breakfast and lunch will be provided, as well as tons of prizes for our raffle. Devin Kingsbury, 801-663-3267, syracusetag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/dp/2016-Ride-for-the-Kids.isp
- August 21, 2016 Upland Roller 100, BCC SuperSeries, Wanship, UT, Wanship Trailhead thru Coalville Echo over Hogsback to East Canyon, Morgan and back. Self-supported 30-50 mile options also. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- August 27, 2016 Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds supprt their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain., Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Wacfarlane, 435-713-0288, Sammie@cgadventures.org, CacheValleyCentury.com
- August 27, 2016 Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget all Summit Challenge riders who have a disability can register and ride for freel The 102 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bilkers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Charlotte Hamilton, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyTediscovernac.org
- August 27, 2016 Interlaken 100, Postponed until 2017, Pineview, UT, Interlaken 100 is a fully supported ride from Pineview to Bear Lake (via Monte Cristo). With over 5,600 vertical feet of elevation gain Interlaken 100 is not your typical century ride. Whether you are looking for a challenging ride or preparing for something even bigger this is the ride for you, Jon Bingham, 801-613-7520, bike.interlaken@amail.com, interlaken100.com
- August 27, 2016 Man of STIHL, North Salt Lake, UT, 62-mile (100km) fully supported metric century bike ride. Release the hero within you as you support the Davis Education Foundation. Enjoy beautiful autumn scenery as you ride on the East and West sides of Davis County from North Salt Lake to Clearfield and back, Marc Croft, 801-295-4141, marc@croftnow.com, Skye Whitlock, jsunskye@gmail.com, ManofSTIHL.org
- August 27, 2016 Coldwell Banker Parkway Pedal, Farmington, UT, A casual ride along the Legacy and Jordan River Parkway to benefit The Autism Council of Utah. Start in Farmington at Legacy Events Center, 151 S. 100 W, Reg. at 8 am, Ride at 9 am, 70, 55, 40, 30, 25, and 10, 5 mile options. After ride Sahara Cares Foundation festival., Chris Jensen@utahhomes.com, parkwaypedal.com

August 27, 2016 — Castle Country Century,

Our Advertisers support **cycling utah**. Please support them. with this fully suported ride as you travel up and over Huntington Canyon, through Huntington hugging the edge of the San Rafael swell. Pass through the towns of Cleveland, Elmo, Wellington and Price to finish in Helper. All the while conquering 5,300ft of ascent and 7,200ft of descent on this ride. Ride departs at 8 am., Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, carbonrec.com

- September 3, 2016 Hooper Horizontal 100, BCC SuperSeries, Salt Lake City, UT, West Point Park (SLC) to West Weber and Hooper, self-supported century, 30 and 65 mile options. Free flattest 100 on the schedule. Last one before LOTOJA., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhtn.com, bccutah.org
- September 4-10, 2016 Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deborah Bowling, 818-889-2453, embassy@planefultra.com, planefultra.com
- September 10-16, 2016 Ride with Jan Ullrich, St. George, UT, 7-Days of Cycling through Aspen, Crested Butte, Ouray, and Telluride with cycling legend Jan Ullrich. Tour includes road biking, mountain biking, and superb lodging. John Humphries, 970-728-5991, Info@ lizardheadcyclingguides.com, Ilzardheadcyclingguides.com, Ilzardheadcyclingguides.com
- September 10, 2016 To the Moon and Back Century Ride, Tabiona, UT, Come and enjoy the High Unitahs. There are four ride options: Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Overnight camping is available. The ride will be based out of Tabiona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported. All proceeds will go to the Rapha House, a non-profit organization that helps rescue children from trafficking and sexual exploitation., Karen Redden, 435-828-0467, roxyredden@gmail.com, active.com/tabiona-ut/cycling/races/to-the-moon-and-back-2019.
- ieptember 17, 2016 Wonder Woman Century, Payson, UT, Join us in our fully supported all women's ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogani Thuston, 801-318-1420, wonderwomanide@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanide.com
- September 17, 2016 Actavis + Allergan CF Cycle For Life, Coalville/Morgan, UT, Fully supported, beautiful autumn ride with five route options 20,40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, Inacley@cff.org, Amanda Livnat, 801-532-2335, allvnat@cff.org, Jessica Rose, 801-532-2335, irose@cff.org, cycle.cff.org
- September 18-October 1, 2016 Trans Utah Spring Tour, UT, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com
- September 23-24, 2016 Bike the Bear Century, Garden City, UT, 100 and 50 miles. Begins at Parking Lot behind church in Garden City, UT. Support the Trapper Trails Council, BSA with a ride around the scenic Bear Lake on the Utah/ Idaho border., Nelson Palmer, nrpalmer@comcast.net, Tom Jensen, 801-475-7488, tom. jensen@scouting.org, trappertrails.org/bike
- September 24, 2016 Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous new route and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone!,

Dani Lassiter, 801-635-9422, info@goldilock-sride.com, goldilocksride.com/gsl

**AUGUST 2016** 

- September 24, 2016 USEA Ride 4 Respect, Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration., Tim Bell, 385-347-7589, tbell@useautah.org, useautah.org
- October 1, 2016 Moab Century Tour, Moab, UT, Road cycling in scenic Moab, Utah with 40, 60, and 100 mile route options. Ride benefits cancer survivorship programs. , Beth Logan, 435-260-8889, 435-260-2334, info@skinnytireevents.com, skinnytireevents.com
- October 1, 2016 Legacy Fall Flat 100
  SuperSeries , BCC SuperSeries, Centerville, UT, Free self-supported event. Start Foxboro Park
  NSL, flattest 100 ever up Legacy Parkway bike path to Ogden area and loop back. Shorter leg options of 25 and 30 miles., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhtn.com, bccutah.org
- October 15, 2016 SoJo Marathon Bike Tour, SoJo Race Series, South Jordan, UT, SoJo Isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirth Mountains before winding through Herriman and South Jordan, Wendy Thomas, 801-253-5236, wthomas@sjc.utah.gov, Anna Ratcliffe, 801-253-5236, aratcliffe@sjc.utah.gov, SoJoMarathon.com
- October 22, 2016 Fall Tour de St. George, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, ridesouthernutah.com

#### **Regional Road Touring**

- August 6-13, 2016 Ride Idaho, Ketchum, Sun Valley, ID, 7-Day fully supported, noncompetitive roadbike four with SAG support, mechanics, showers, beer garden, entertainment, 400 miles of spectacular scenery. Tent and Porter Service available. Ketchum/ Sun Valley, Craters of the Moon, Arco, Terreton/ Mud Lake, Driggs, Jackson Hole, Wyoming, Irwin/Swan Valley, Idaho Falls, Earl Grief, 208-890-4434, 208-830-9564, egrief@cableone.net, rideidaho.org
- August 6, 2016 Sawtooth Century Tour, Sun Valley, ID, Benefit for the Wood River Bicycle Coalition. Road bliet tour from Ketchum to Alturas Lake and back. 50 or 100 mile tour options. Aid stations along the way., Brett Stevenson, 208-720-8336, <a href="write-wri
- August 6, 2016 Copper Triangle Alpine Classic, Copper Mountain, CO, 11th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes, Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, coppertriangle.com, emgcolorado.com/wordpress/?page\_id=10
- MT, Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake





Koocanusa. Ride finishes with a Blues Festival Finale, Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejon-raines@hotmail.com, Pam Boyke, 406-293-<u>etourdekoocanusa.com, letour</u> dekoocanusa.com

August 13-14 2016 - Rike MS - Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664 wvominabikems@nmss.org, bikemswyoming.

August 13, 2016 — Tour of the Valley, Grand Junction, CO, The Tour is not a race; we encourage you to set your own pace and enjoy beautiful Western Colorado. Several route options available including the 100 mile route that takes riders over the Colorado National Monument. Start and finish at the NEW Community Hospital located at 2351 G Road (just west of Canyon View Park) Morgan Taylor, 970-644-3491, webgues o.org, secure.yourcommunityhospita Community Hospital Foundation our of the Valley.cfm

igust 13, 2016 — George's Community Training Ride #3, Boise, ID, Mike Cooley, 208-August 13. 2016 -343-3782, <u>mcooley@georgescycles.com</u>, <u>georgescycles.com</u>, <u>gcorsaevents.com</u>

August 13, 2016 — USA Cycling Hill Climb National Championships and Pikes Peak Hill Climb, Colorado Springs, CO, The Broadmoor Pikes Peak Cycling Hill Climb Gran Fondo features a non-competitive fun rides that give cyclists of all abilities a truly unique experience on Pikes Peak - America's Mountain. It will be on Pikes Peak - America's Mountain. It will be held in conjunction with the inaugural USA Cycling Hill Climb National Championships, Saturday, August 13, 2016. Created in 2010, this year marks the 7th consecutive year of The Broadmoor Pikes Peak Cycling Hill Climb, an annual event of the Colorado Springs Sports Corporation. This event attracts the top cyclists and recreational cyclists from across the nation and around the world. 3 ride options., The Sports Corp., 719-634-7333, info@ thesportscorp.org, coloradospringssports.org/index.php?option=com\_content&view=articl e&id=329&Itemid=292

August 20, 2016 — HeART of Idaho Century Ride Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@ heartmuseum.org, theartmuseum.org/ entury.htm

August 20, 2016 — Pedal For Patients, Fruitland, ID, The ride starts and ends at Saint Alphonsus Fruitland Health Plaza in Fruitland, Idaho. 910 NW 16th St. Lunch, rest stops, and sag wag ons will be provided along with plenty of food. 100, 68, 40, or 20 mile ride options. Avid racers and family friendly., Ken Hart, 541-881-7295, hartkr@trinity-health.org, pedalfor-

August 20, 2016 — Cycle Magic Valley, Twin Falls, ID, A 12, 30, 50, or 100 mile bicycle ride for all levels. There is a family friendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of Filer, through farm country. All of the routes are on rural paved roads in Southern Idaho. The ride is fully supported with a bbq and ice cream at the finish line. Goody bags & finisher med-als for the 30, 50 & 100 mile routes. Finisher rib-bon for the 12 mile route., Denise Alexander, ertel.com, mavtec.org/race/ ruisin-magic-valley/

August 20, 2016 — Four Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout peaks of the Politiear valley, Gystal, accum Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank.. Kaylee Pooley, 208-232-8996, barriesski-

August 21-September 2, 2016 — Yellowstone National Park Bike Tour, Belgrade, MT, August 21-26 & August 28-September 02, 2016. Tour 21-20 & August 26-september 02, 2016. Tour includes 5 nights of lodging, 6 days of meats, guide service, entrance fees, daily lunch en route, energy food, liquid refreshments, shuttles, and mechanical support. John Humphries, 970-728-5891, info@lizardheadcy-clingquides.com, Travis Tucker, 970-728-5891, traviscillizardheadcy-clingquides.com, lizardheadcy-clingquides.com

August 25-28, 2016 — Yellowstone/Grand Teton Randonnee, Salt Lake Randonneurs Brevet Series, Ashton, ID, Self Supported 620 mile ride (1000km) with overnight stops. Goes into Yellowstone and Grand Teton National Parks. 600 km (375) options. A brevet is a timed ultra distance event., Richard Sturn, 435-462-2266, tebrated Geogeric company at the Argandes are richard@eogear.com, saltlakerandos.org

August 28, 2016 - MS Vieux Velos Wine Ride & Vintage Bike Showcase, Kuna, ID, Ride 35-50 miles through the beautiful scenery of the Indian Creek Winery in Kuna, Idaho and raise money for multiple sclerosis through the National MS Society Utah-Southern Idaho Chapter Enjoy a catered lunch afterwards at ne winery., Megan Nettleton, 208-336-0555, legan.Nettleton@nmss.org, georgescycles. com, bikereg.org

September 3-5, 2016 — Oregon Gravel Adventure, Philomath, OR, Participate in our 3-day fully supported tour exploring minimally traveled roads where the surface may differ from various shades of asphalt to hardpacked gravel in the Oregon Coast Range., Sanna Phinney, 541-382-2633, 541-410-1031, introbleveletides my ora, bioveletides my ora esnw.org, bicycleridesnw.org

September 10, 2016 — Cascade Lake Gravel Grinder, Cascade, ID, This event is a longdistance bike ride starting in Cascade, Idaho and continuing over U.S. Forest Service roads through the Boise and Payette National Forests. The route traverses through the beautiful mountain range just west of Lake Cascade. 35, 57, or 76 mile options. Sag wagon will pick up any riders still on the course at 5:00pm., Mike Cooley, 208-343-3782, <u>oley@georgescycles.com</u>, <u>4summitchal</u> lenge.com, gcorsaevents.com

September 10, 2016 — Idaho Poker Ride Peda For Paws and Claws, Boise, ID, A Benefit Ride for: West Valley Humane Society. Starts and ends at MWI Veterinary Supply 3041 W Pasadena Dr. in Boise. 4 route choices, 15, 30, 63, 100 miles. Lots of prizes! Fabulous swag bag!, Robyn Knoelk, 208-871-0951, rknoel pawsandclaws.org, pedalforpawsandclaws.

September 11, 2016 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, 14th Annual ride around Lake Tahoe's 72 mile Shoreline with the Juvenile Diabetes Research Foundation International. This ride is also a Memorial Nine-Fleven ride. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. Boat cruise and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, tgft@ bikethewest.com, bikethewest.com

September 11-30, 2016 — Santa Fe Trail Bicycle Trek, Santa Fe, NM, 21st Year. Camping Tip. Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only. All gear carried by truck. After the first four days, ilders can leave the group at any place along the route, Willard Chilcott, 505-982-1282, willard@cybermesa.com, SantaFeTrailBicycleTrek.com

September 11, 2016 — Jordan's Ride, Eagle ID, Jordan's Ride is a charity bicycle ride benefiting \$ID\$/\$UDC research and sup-port for the families affected by the tragic loss of their child. This ride was created in honor of Jordan Michael Zappia who passed away at 16 months to Sudden Unexplained Death in Childhood (SUDC). Jordan's Ride is hosted by Barefoot Media Ministries' Boise radio station, 89.5 KTSY FM and Metamorph Events. Jordan's Ride is fully supported with rest stations, SAG wagons, and on-site medical personnel., Jordan's Ride, 208-459-5879,

September 16-17, 2016 — Grind de Galena, Pocatello, ID, 110 miles, 2 day group ride, Kaylee Pooley, 208-232-8996, <u>barriesskiand-</u> sports@gmail.com, <u>barriessports.com/2016-</u> grind-de-galena.html

September 17, 2016 — Tahoe Sierra Century, Squaw Valley, CA, 30-60-100 mile routes with 3000-7200 vertical gain. Great support and spectacular views from Squaw Valley Ski Resort, to Lake Tahoe, Donner Lake, and over Donner Summit., Nancy Lancaster, ridedired tor@tahoesierracentury.com, Sue Rae Irelan,

September 17, 2016 — Tour de Vineyards, Palisade, CO, Come join this 25-mille ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Mike Heaston, 303-282-9015, 303-635-2815, yards.com

September 18, 2016 — Edible Pedal 100, Carson City, NV, 10 mile, 50 mile and Nevada 150K ride options, Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course, fully equipped ride stops, SAG, water bottle maps, post ride BBQ, priceless views, cama raderie and an unbeatable sense of accomplishment., Don Iddings, 775-393-9158, ride@ epedal100.org, ediblepedal100.org

September 24, 2016 — Tri-States Gran Fondo Mesquife, NV, 112 miles, 7,500ft of climb-ing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, embassy@planetultra.com,

September 24, 2016 — Bike MS Las Vegas, Bike MS, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported, Start/Finish Location; Lou Ruvo Center for Brain Health - Cleveland Clinic, 30, 60, or 100 miles, Rest Stops every 15 miles, Joe Grubbs, 310-481-1134, Joseph.Grubbs@nmss. org, bikeMSvegas.org, bikems.org

September 24, 2016 — Gran Fondo Bear Lake, Montpeller, UT/ID, 100, 75, 50 or 25 mile fully supported ride from Montpeller, ID. A climb to Minnetonka Cave and prize awaits each 100-mile rider and a backyard barbeque welcomes every finisher. Utah's best century ride ... is in Idaho!, Jared Eborn 801-599-9268, jared@extramileracing.com searlakeendurance.com, extramileracing

September 24. 2016 — Mountains to the Desert Bike Ride, Telluride, CO, 13th Annual Mountains to the Desert Bike Ride, From the high mountains of Telluride, cyclists descend past hillsides of auaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead and onwards to the beautiful desert landscape of Gateway. Mileage options: 70, 100 & 130. This ride benefits the Just For Kids Foundation, Heldi Lauterbach, 970-729-1372, m2dbikeride@ gmail.com, Victoria Lovely, 773-590-6499,

September 24, 2016 — Royal Gorge Century, Canon City, CO, 100 mile, 62.5 mile, and 50 k Bike rides and community beer festival, Gordon Eckstrom, director@bikesandbrews. org, bikesandbrews.org

September 25-October 1, 2016 — OATBRAN Lake Tahoe, NV, 25th annual One Awesome Tour Blike Ride Across Nevada! Sliver celebra-tion of Riding Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy, 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704 775-771-3246, tgft@bikethewest.com, biketh

October 1, 2016 - No Hill Hundred Century potober 1, 2016 — No Hill Hundred Century Bike Tour, Fallon, NV, 30 mile, 60 mile, and 100 mile tour, fully supported. Event swag, gift bags, lunch (for metric and century riders) post event BBQ at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Fairgrounds, Danny Gleich, 775-423-7733, dgleich@churchillcounty.org, churchillcounty.org/parksnrec/index.php?ctr=152, churchillcountycyclists.com

October 1, 2016 — Santa Fe Gourmet Classic crober 1, 2016 — Santa Fe Gourmet Classic, Santa Fe, NM, Fun, challenging 60 mile bike tour with delicious, creative Southwest style foods at 5 gourmet refuelling stops. The non-competitive ride winds through Santa Fe and into the surrounding areas. Elevation gain is about 1,800 feet. Ride is limited to 150 riders. Breakfast begins at 8AM. Most riders finish between 3- 4 PM., Kathleen Davis, 505-795-3286, 408-499-0775, lavimz@gmail.com, santafegourmetclassic.com

October 1, 2016 - ICON Tour of the Moon Grand Junction, CO, 5th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emg-colorado.com, Scott Olmsted, tourinfo@tourofthemoon.com, tourofthemoon.com, colorado.com/wordpress/?page\_id=10

October 8, 2016 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majes tic bison, gurgling geysers, and steaming hot pots, supported ride., Moira Dow, 406-646-7701, tour@cycleyellowstone.com, cycleyel-

October 8, 2016 — Goldilocks Vegas, Goldilocks Bike Ride, Las Vegas, NV, The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling terrain. Hand-crafted necklaces are awarded to finishers, as well as a high-quality custom technical shirt, absolutely free race photos, exceptional 'Papa an Mama' bear course support, and delicious food. , Dani Lassiter, 801-635-9422, info@goldilocksride.com, goldi-locksride.com/events/glv

October 8, 2016 — Park to Park Pedal Extreme Nevada 100. Kershaw-Ryan State Park, NV, Road bike starting at Kershaw-Tyan and takes peddlers through the towns of Callente and Pioche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershow-Ryan State Park. 3 rides available: 100, 60 and 40 mile options., Dawn Andone, 775-728-4460, cathedralgorge vc@lcturbonet.com. 4460, <u>cathedralgorge vc@lcturbonet.com</u> Jonathan Brunes, 775-726-3564, <u>kershaw@</u> Icturbonet.com, parktoparkpedal park-to-park-pedal/

October 8, 2016 — Gila Monster Gran Fondo, Silver City, NM, With four distances to choose from, everyone can find their challenge Gran Fondo 103 miles, Gough Park, Silver



www.bikeleague.org

City 8:00am. Medio Fondo 70 miles, Gough Park, Silver City 8:00am. Micro Fondo 50 miles, Hi-Spot, HWY 152 8:30am. Nano Fondo 32 miles, Camp Thunderbird, HWY 35 8:30am. Jack Brennan, 575-590-2612, brennan5231@

October 12-15, 2016 — Ride 430 Challenge, Mesa, AZ, 4 centuries in 4 days. The Ride 430 Challenge is a non-profit cycling event that helps give America's injured military service people and their families hope and assistance as they travel the road to recovery.

The Ride is a four-day, 400+-mile challenge in which cyclists complete up to 100 miles per day and complete more than 16000 vertical feet of climbing., John Greenway, info@ visit-our-events-page/the-ride430-challenge/

October 29, 2016 — Ride 2 Recovery Honor Ride Orange County, Honor Ride, Orange County CA, Presented by A Road Bike 4U, Honor Ride OC offers two amazing routes with the longer heading out to the ocean with scenic views and great climbing! All routes will be fully supported with SAG and fun rest stops along the way., Linda Glassel, 609-792-0709, 818 888-7091, <u>lindag@ride2recovery.com</u>, Jack Shepard, 818-888-7091 Ext. 106, honorridein fo@ride2recovery.com, ride2recovery.com

October 29, 2016 — Death Valley Century,
Death Valley, CA, Entry includes chip timing
with overall and age category results posted
to the web; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; entry into Death Valley National Park. Start at The Ranch at Furnace Creek Resort., Deborah Bowling, 818-889-2453, embassy@planetultra com, planetultra.com

November 12, 2016 — Ride 2 Recovery Hono Ride Las Vegas, Honor Ride, Las Vegas, NV Starts and rides down Las Vegas Boulevard with a full escort down the strip! 2 routes will be available with the longer heading out towards Henderson., Linda Glassel, 609-792-0709, 818-888-7091, lindag@ride2recovery. com, Jack Shepard, 818-888-7091 Ext. 106, honorrideinfo@ride2recovery.com, ride2re-

January 1, 2017 — New Year's Day Ride, ten-tative, Boise, ID, noon, Mike Cooley, 208-343-3782, mcooley@georgescycles.com,

#### Multisport Races

August 6, 2016 — XTERRA Winter Park, XTERRA America Tour, Columbine, CO, A cold and grassy adventure swim of 1000m, followed by a classic 13.5 mile mountain bike, and finally a challenging 4 mile run that follows the first 4 miles of the bike course. The finish is arguably the most scenic in all of XTERRA at the beautiful Columbine Point. Bike and run courses will be on the single track, double track and no track trails of the southwest side of Snow Mountain Ranch. A big ole' party at the finish with food, drinks, and great prizes., Paul Karlsson, 303-960-8129, info@digdeepsports

August 6, 2016 — XTERRA Santa Fe, XTERRA America Tour, Santa Fe, NM, XTERRA West Championship, 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport, 750m swim / 15k mountain bike / 5k trail run, Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com

August 7, 2016 — XTERRA Flathead Off Road XTERRA America Tour, Kalispell, MT, Takes place at Foys Lake and Herron Park. Includes a 1.5 km (.93 mile) swim, 40 km (24.8 mile) bike race, and 10 km (6.2 mile) run., Raena Cassidy, 877-751-8880, info@xterr com, K Schaefer, 406-751-4100, ksc krmc.org, kalispellregional.org/si ation-events/events/xterra-flathead

August 7, 2016 — Wunder Woman Triathlon Medical Lake, WA, Sprint and Olympic distances., Marla Emde, 509-953-9924, 509-939 0552, marla@emdesports.com, emdesports. August 12-13, 2016 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday. Olympic/Aquabike, Sprint on Saturday. Kristen Seitz, (208) 365-5748, gcrd@gemcoun-tyrecreation.com, Lora Loveall, 208-867-6763, mmetttri@live.com, emmetttri.com

August 13, 2016 — Jordanelle Triathlon, TriUtah Points Series. Park City UT Felevier Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Dan Aamodt, 385-228-3454, info@triutah.com, triu

August 13, 2016 - TriathaMom, Riverton, UT Women only triathlon at the Riverton Country Pool, 300 vard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants, Cody Ford, 801-558-2503, cody@ustrisports.com, Dani Lassiter, 801-635-9422, info@goldliockside.com, gotriathamom.com

August 13, 2016 — Herriman Black Ridge Triathlon, RACE TRI, Herriman, UT, Sprint Triathlon: there are two transition areas, with T1 at the reservoir and T2 at nearby Butterfield Park. Athletes will swim 500 yards in the reservoir then ride a 14 mile clockwise loop down around Herriman City and into Butterfield Park to begin their 5K run loop along the footpaths and return to Butterfield Park for the finish. The race is capped at 400 athletes., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com

August 20, 2016 — XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Fumer Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic. Todd Jackson, 530-546-1019, todd@bigiblueadventure.com. Kliey McInroy, Kliey@bigiblueadventure.com. <u>ieadventure.com/event/xterra-lake</u> tahoe/, xterraplanet.com

August 20, 2016 — Polson Triathlon, Polson, MT. Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail. com, polso

August 20, 2016 — Varsity Tri, Ogden, UT, Great First Triathlon! Super Sprint Triathlon at Weber State University. Aimed at Varsity Boy Scouts to finish their triathlon pin, but open to any one., Jon Hansen, 801-657-1845, info@varsity-tri.com, varsitytri.com

August 21, 2016 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA
America / Wild Rockies Series, McCall, ID,
Ponderosa State Park at Payette Lake, 3/4
mile swim, a 18.5-mile mountain bike and a
6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlan to follow--2 different lengths, 13 and under. Darren Lightfield, 208-608-6444, <u>wildrockie</u> <u>semail@yahoo.com</u>, <u>wildrockiesracing.com</u>, xterraplanet.com

August 21, 2016 - Ironman Coeur D'Alene, oeur D'Alene, ID, 303-444-4316, onman.com, ironman.com/tri ironman.com, aspx#axzz3qCbV0c4p

August 27, 2016 — Vikingman, Heyburn, ID, Downstream Snake River Swirn, Loop Bike Course, flat and fast run - lots of opportu-nities for your fans to cheer you on! half, Olympic, and Sprint distance triathlons, Duathlon, Aquabike and a Half Marathon., Alan Fluckiger, 208-431-2232, info@vikingman. org, Rodney Hansen, 208-346-0736, rodney@ vikingman.org, vikingman.org

August 27, 2016 — XTERRA Buffalo Creek XTERRA America Tour, Bailey, CO, The XTERRA Buffalo Creek Triathlon features a 1500m Swim, 22 mile mountain bike, and 5m run

#### RIDE A ROCKET

DEMO THE NEW NINER RKT





1223 E. 12300 S. Draper UT 801-553-2453



WARD & KINGPLIC

38 Years of

**Expert Legal Representation** Accidental Injury Claims (Bicycle Accident Specialists)

> A Leading Utah Attorney and Expert on Workers Compensation Claims and Litigation

> > 801-268-9868

4543 South 700 East, Suite 200, Salt Lake City UT 84107

Lance Panigutti, <u>lance@withoutlimits.com</u>, withoutlimits.com

- August 27, 2016 Helaman DCC Sprint Triathlon, Sandy, UT, Draper Coordinating Council Sprint Triathlon, Jennifer Koplin, 801-556-2350, jenniferkoplin2013@gmail.com, drapersports. com
- August 27, 2016 Boulder Sunset Triathlon Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint duathlon, and 5k., Craig Towler, 318-518-7303 into@bbsctri.com, Michelle Lund, michelle@bbsctri.com, yourcausesports.org
- August 27, 2016 Race on the Rock, Rock Springs, WY, Race along the base of White Mountain and through portions of this mining town. Super Sprint, Sprint, and Olympic Distance options., Traci Ciepiela, 307-922-1840, tciepiela723@yahoo.com, raceontherock.
- August 27, 2016 Shark Attack Super Sprint and Kids Triathlon, TriUtah Points Series, Springville, UT, This super sprint open water triathlon consists of a time-trial start with a 250 yard swim, 5 mile bike, 1.5 mile run, repeated up to 4 times! You get to choose your distance! Plus, the amazing kids tri is for those little guppies 10 and younger!, Dan Aamodt, 385-228-3454, info@titutah.com, titutah.com
- August 27-28, 2016 Lake Tahoe Triathlon, Tahoma, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@blgblueadventure.com, Kiley McInroy, kiley@blgblueadventure.com, bigblueadventure.com
- September 5, 2016 Youth and Family Triathlon, Murray, UT, A family triathlon! Ages 5-80+. Distances and actual course vary depending on age group. Please see website and race page for more info., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com
- September 5, 2016 South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Swim 350 yds; Bike 12 mi; Run 3.35 mi, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 miBeginner Tri Clinic/ Group Ride (optional): Saturday, August 29 @ 8:00am (free to registered participants), Start: 8:00am, Awards: 10:30 aml.ocation: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavistecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, Idbordaytri.com
- September 10-17, 2016 Bear Lake Brawl Triathlon, Lakefown, UT, Event is on two dates 9/17 is the Half/Long 70+ and 9/10 is the Sprint and Olympic event., Joe Coles, 801-335-4940. joe@onhillevents.com, bearlakebrawl.com
- September 10, 2016 Camp Yuba Sprint Triathlon, RACE TRI, Yuba State Park, UT, These Sprint and olympic triathlons are all about indian summers, camping, and good of fashion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com racetri.com

Need a new job? See cyclingutah.com/ jobs for new listings from bike shops and companies! It's free to post a job or view, email dave@cyclingutah. **com** to post a new job.

- September 10, 2016 I Can Triathlon, Sandy, UT, Alta Canyon Sports Center, 9565 S. Hlghland Drive 400m swim, 9 mile bike and 5K run, Lois Spillion, 801-568-4602, <a href="mailto:lsp:lllion@sandy.utah.gov">lsp:lllion@sandy.utah.gov</a>, sandy.utah.gov/government/parks-andrecreation/alta-canyon-sports-center/specialevents.html
- September 10, 2016 Adventure Xstream Glenwood Springs, AXS Series, Glenwood Springs, CO, Solo, and 2 person teams will kayak, trek, rappel, and mountain bike, Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, axsracing.com
- September 10, 2016 Kokopelli Triathlon, BBSC Red Rock Triathlon Series, Hurricane, UT, Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., Craig Towler, 318-518-7303, info@bbsctit.com, Michelle Lund, michelle@ bbsctit.com, bbsctit.com
- September 10, 2016 XTERRA Fruita Triathlon, XTERRA America Tour, Pagosa Springs, CO, 1200 m swim/12 mile bike/4.5 mile trail run. Begin at Highline Lake, with a swim from the beach, from there a bike course with single and double tracks within Lake State Park and will be followed by a run across the rolling trails overlooking Highline Lake., Raena Cassidy, 877-751-8880, info@xterraplanet.com, Darrin or Jill , 303-642-7917, darrin@racingunderground.com, racingunderground.com/desertsedgeti/XTERRA index.html
- September 17, 2016 XTERRA USA National Championship and Pan American Championship XTERRA Utah, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike / 10k trail run; XTERRA USA Championships (inviteonly): 1.5k swim / 30k mountain bike / 10k trail run, Raena Cassidy, 877-751-8880, info@ xterraplanet.com, xterraplanet.com, xterraplanet.com
- September 17, 2016 Utah State Triathlon Championship, TriUtah Points Series, TBD, UT, This is the culmination of all your hard work for the 2016 season! serious awards and prizes, festival, and the crowning of the Utah State age group champions. Kids, Sprint, Olympic and Long distances., Dan Aamodt, 385-228-3454, info@titulah.com, triutah.com
- September 17, 2016 Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV, 19th Annual, now produced by BBSC Endurance Sports at the largest reservoir in the United States, Lake Mead., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, bbsctri.com/#llas-vegas-triathlon/c5j6
- September 24, 2016 Rush Duathlon, Rexburg, ID, Run-bike-run, Bob Yeatman, 208-359-3020, 208-716-1349, boby@rexburg.org, Jeff Crowther, 208-372-2395, jeff.crowther@rexburg.org, rushtriathlon.com, rexburg.org
- October 8, 2016 Huntsman World Senior Games Triathlon, St. George, UT, Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, hwsq@infowest.com, seniorgames.net
- October 22, 2016 Powell 3 Triathlon Challenge, Big Water, UT, USAT Sprint and Olympic Distance at Wahweep Marina, Lake Powell. This event is USAT Sanctioned and is a great event for those looking for the beauty of a triathlon with incredible Red Rock landscapes., Joe Coles, 801-335-4940, joe@onhillevents.com, powell3.com, onhillevents.com
- October 22, 2016 Pumpkinman Triathlon, BBSC Double Down Series, Boulder City, NV, Point-to-point race begins in Lake Mead National Recrection Area and ends in Boulder City, with Sprint, Olympic, and Half Courses; costumes welcomel, Craig Towler, 318-518-7303, info@bbsctrl.com, Michelle Lund, michelle@bbsctrl.com, bbsctrl.com/pumpkinman
- November 5, 2016 Telos Turkey Triathlon & 5K, 13TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center., Shaun Christian, 801-769-3576, 801-678-4032, shaun@3triathlon.com, Nicholle Deniro, 801-769-3576, nicholle@13triathlon.com
- August 23-October 25, 2016 P-Town Cross Series, 3B Yoga Mild-Week Cyclocross Series, Provo, UT, August 23rd to October 27th 2016 Tuesday Evening CX Series. 8 races and 2 clinics. All categories of racing including a First Timer race. Start at 5:30 pm. Weekly raffle prizes. All "TBD locations" will be in Provo. See Website for official announcementAug 23rd Cross Clinic w/ Jamey Driscoll Park City H.S Aug 29th Cross Clinic w/ Jonathan Page Bikers Edge, Kaysville, UTAug 30th P-Town #1 Location TBD p/b DOMOSept 6th P-Town #2 Euclid Timber Frames, Charleston, UT p/b Euclid Sept 13th P-Town #3 Location TBD p/b Noble CyclesSept 27th P-Town #4 Location TBD p/b Racer's Cycle Service Oct 4th P-Town #5 Location TBD D/b Timpanogos CycleryOct 11th P-Town #6 Euclid Timber Frames, Charleston, UT p/b Cat 19th P-Town #7 Location TBD p/b Canyon BicyclesOct 25th P-Town #8 LADIES NIGHT!! Location TBD p/b DNA Cycling \$500 Ladies ONLY Cash pusel Race Times: B Flight 5:30pm, High School 5:30pm, C Flight / First Timer 6:00pm, A Flight 6:00pm, KIDS RACE 5:15pm (Times Subject to change) Race Entry Fee: \$25 First race ( Series Number ), \$20 each race following.\*\*\*year end earnings will be donated to the Utah High School MTN Bike Clubs.\*\*\*Free entry for ALL JUNIORS thanks to Bikes 4 Kids Utah! Raffle will be Immediately following the A-Flight Finish at 7pm.100% A-Flight Class CASH PAYBACKMain Sponsors: 3B Yoga, Bikes 4 Kids Utah, Evelar Solar, Reynolds, Jo Johnson, 949-412-0587, plowncross@gmail.com, Kerry Thurgood, 801-623-9152, kerry@sbutah.com, ptowncross.com, facebook.com/weekly-
- August 24-September 28, 2016 Back 2 Basics Cyclocross Series, Golden, CO, Wednesdays. Held at Lookout Mtn. Youth Services Center. 2901 Ford Street, Golden, Colorado. Just South of the roundabout at Johnson Rd. and South Golden Rd. 5 pm. Categories for all racers, Lee Waldman, 720-313-5312, <a href="mailto:lwald-man3@gmail.com">lwald-man3@gmail.com</a>, feedbacksports.com

- September 7-October 26, 2016 Team Rockford Cyclocross series, Bozeman, MT, Every Wednesday, The races are held at the Lindley Park course, starting at 6 P.M. sharp, Scott Urban, scott7272@yahoo.com, rockford-cycling.com/cx-series
- September 10-December 3, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, Various, UT, Utah's weekend cyclocross series., Marek Shon, 801-209-2479, utatitseries@gmail.com, Utah Cyclocross Series , utax.net@gmail.com, utahbikeracing.com
- October 8-November 20, 2016 Inland Northwest Cyclocross Series, Inland Northwest Cyclocross Series, Various, ID/WA, October 8 #1 Cougar Cross (tentative) October 9 #2 TBAOctober 16 #3 TBA October 30 #4 Walla Walla November 6 #5 Liberty Lake County Park November 13 #6 Walter's Fruit Ranch Greenbluff November 20 #7 Finals and EXPO TBA, Marla Emde, 509-953-9924, 509-939-0552 marla@emdesports.com, inlandnwcyclocross.com
- October 15-December 18, 2016 Arizona Cyclocross Series, Various, AZ, October 15 Flat Tire Cross p/b Flat Tire Bikes, GlobeOctober 29-30 Cyclovia CX p/b University of Arizona Cycling, TucsonNovember 5-6 AZ CX #3 and #4 p/b Absolute Bikes, Tuthill Park, FlagstaffNovember 12 Mooey Cross Cranky Cross, Superstition Farms, GilbertNovember 13 AZ CX #6 p/b Bicycle Ranch, Crossroads Park, GilbertNovember 26-27 AZ CX #7-#8 p/b North Valley Bikes, Horse Lovers Park, PhoenixDecember 10-11 AZ CX #10-#11 p/b University of Arizona Cycling, Himmel Park, TucsonDecember 17 CLIF Bar Series Finals powered by SRAM p/b VR7, Crossroads Park, GilbertDecember 18 Arizona State CX Champs p/b Bicycle Ranch Crossroads Park, GilbertTecember 1, canisbleu@gmail.com, Mark Bilbbey, mbilbbey@hotmail.com, azcross.com
- November 19-December 10, 2016 Southern Utah Cyclocross Series, St. George, UT, Races on Saturdays. 2016 dates: 11/19, 11/26,123, 12/10, races for all categories, Cimarron Chacon, 970-759-3048, info@graces.com, southernutahcyclocross.com

#### Cyclocross

- September 10, 2016 Utah Cyclocross Series Race , Utah Cyclocross Series, West Valley City, UT, Held at Godfrey Trucking, 6173 2100 S, West Valley City, UT 84128, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utah-bikeracing.com
- September 10-11, 2016 Coeur d'Alene Cross, Wild West Cross Series, Coeur d'Alene, ID, Wayne Pignolet, wapignolet@gmail.com, wildwestcxseries.com
- September 17-18, 2016 Helena Cross Weekend, Wild West Cross Series, Helena, MT, Wayne Pignolet, wapignolet@gmail.com, wildwestcxseries.com, montanacyclocross.com
- September 17-November 19, 2016 Shimano Cyclo X Cyclocross Series, Boulder, CO, 6 event cyclocross series at various locations., Lance Panigutti, lance@withoutlimits.com, withoutlimits.com
- September 21, 2016 CrossVegas Cyclocross Race, Las Vegas, NV, The biggest cross race in the USA featuring UCI World Cup Pro Cyclocross Race Elite Men and Women, Wheelers and Dealers Industry Race and USA Cycling Categories at Desert Breeze Soccer Complex during Interbike. Held in the evening under the lights!, Brook Watts, 303-684-9170, contact@crossvegas.com, crossvegas.com
- September 23-24, 2016 Eagle Island Cyclocross Series, Eagle Island State Park, ID. Come out and enjoy the area's best cross venue! Eagle Island State Park. Eight miles west of Boise. Take US 20/26 to Linder Road and follow the signs. 12th Annual, benefits Idaho Humane Society, Brad Streeter, 208-866-3384, brad.streeter@gmail.com, idahocyclocross.com/eagleisland.html
- September 24, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, Ogden, UT, Weber County Fairgrounds, 100 North 1200 West, Marek Shon, 801-209-2479, <u>utcritseries@gmail.com</u>, Utah Cyclocross Series , <u>utcx.net@gmail.com</u>, <u>utahbikeracing.com</u>
- October 1, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, Sandy, UT, Sandy Golf Course, Marek Shon, 801-209-2479, <u>utcrit-series@gmail.com</u>, Utah Cyclocross Series , <u>utcx.net@gmail.com</u>, <u>utahbikeracing.com</u>
- October 1-2, 2016 Crosstoberfest V Sandpoint, Wild West Cross Serieles, Sandpoint, ID, Saturday's course will be open and fast. Sunday is called the Turnimator. So far 75 turns, shorter and more technical. Wayne Pignolet, wapignolet@gmail.com, wildwestcxseries.com, facebook.com/SandpointCyclocross
- October 1, 2016 CrossReno, Sagebrush Series, CXNC, Reno, NV, CrossReno is a cyclocross event and music festival held in Reno, NV at the scenic Rancho San Rafael Park, featuring a USA Cycling-Sanctioned race at the same venue as the 2018 Cyclocross National Championship. Large, equal male/female pro cash prize purse (10 places deep) and valuable swag prizes for all amateur and



Help us provide access to healthcare, education and economic opportunities in underdeveloped regions of the world.

Learn how you can get involved: www.worldbicyclerelief.org

THE POWER OF BICYCLES

- junior racers., Teal Stetson-Lee, 970-764-5866, 888-285-8640 Ext. 3, tstetsonlee@shadowindco. com, cxreno.com
- October 8-9, 2016 Moose Cross, Wild West Cross Series, Victor, ID, Two-day cross festival, post race gathering, host housing available. Fundraiser for Victor Velo, David Bergart, 307-690-4373, dave@moosecross.com, Wayne Pignolet, wapignolet@gmail.com, ross.com, wildwestcxseries.com
- October 8, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, Ogden, UT, Weber County Fairgrounds, 100 North 1200 West, Marek Shon, 801-209-2479, utcritseries@gmail. com, Utah Cyclocross Series , utox.net@gmail. com, utahbikeracing.com
- October 8-9, 2016 Waffle Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer from Payette Brewing and waffles from Bob's Red Mill. Saturdays race will be an late afternoon-early evening race in conjunction with a food truck rally. https://goo.gl/maps/Mmh80, Brian Price, 208-908-5421, brianp@cataputi3.com, Cory Bolen, corybolen@yahoo.com, idahowafflecross.com, eagleblkepark.org
- October 14-15, 2016 Crosstoberfest, Hailey, ID, Free Friday Time trial with prizes to seed for Saturday race; family friendly event in city park; Beer Festival, at Old Cutter's Park in Hailey., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, crosstoberfestidaho.com, powerhouseidaho.com
- October 15, 2016 Utah Cyclocross Series Race Utah Cyclocross Series, Salt Lake City, UT, TBA, Marek Shon, 801-209-2479, <u>utcritseries@gmail.com</u>, Utah Cyclocross Series , <u>utcx.net@gmail.com</u>, utahbikeracing.com
- October 15-16, 2016 Bozeman Cross Weekend, Wild West Cross Series, Bozeman, MT, Wayne Pignolet, wapignolet@gmail.com, wildwestcxseries.com, montanacyclocross. com
- October 15-16, 2016 US Open of Cyclocross, Boulder, CO, Held at Valmont Bike Park, Lance Panigutti, lance@withoutlimits.com, withoutlimits.com
- October 15, 2016 Prescott 6er, Prescott, AZ, Six hours...not enough to bore you, not enough for you to fall asleep, just enough to keep you honest and bring along a friend (if need be) to rip some laps on some stellar single track! Complete the most laps in the least time after 6 hours of racing and win. 9.4 mile loop with single track, hills and switchbacks. Solomale/female, Singlespeed-male/female, Duo male/female/coed, Duo Singlespeed-male/female/coed, Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com
- October 15, 2016 Rattler Race, Kingman, AZ, 10-30 mile XC race, MBAA, 480-442-4229, rac-ina@mbaa.net. bikerea.com/rattler-race
- October 22, 2016 SICX #1 Sandy Point, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Lucky Peak State Park, 9725 Idaho 21, Boise, ID, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling. org, Jared Rammell, 303-819-0054, oxidaho@ gmail.com, oxidaho.com
- October 22, 2016 The Cube Cyclocross, Rexburg, ID, A fun, high-quality, small town cyclocross event organized collaboratively between the City of Rexburg and local cyclists. Held at Nature Park., Bob Yeatman, 208-359-3020, 208-716-1349, boby@exburg.org, Jeff Crowther, 208-359-3020, jeff.crowther@rexburg.org, Dave Anderson, dandersonmmh@gmail.com, thecube.rexburg.org
- October 22, 2016 WWCX Series Finale Rolling Thunder Cyclocross, Wild West Cross Series, Missoula, MT, Wayne Pignolet, wapignolet@ gmail.com, wildwestcxseries.com, montanacyclocross.com
- October 22, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, West Valley City, UT, Held at Godfrey Trucking, 6173 2100 S, West Valley City, UT 84128, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utahbikeracing.com
- October 23, 2016 SICX #2 Sandy Point Southern Idaho Cyclocross Series, DC Idaho Superprestige, Boise, ID, Lucky Peak State Park 9725 Idaho 21, Boise, ID, Hal Miller, 208-869-4055, 208-720-3019, <u>info@brokenspokecycling</u>, org, Jared Rammell, 303-819-0054, <u>cxidaho@gmail.com</u>, <u>cxidaho.com</u>
- October 29, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, Salt Lake City, UT, TBA, Halloween Cross, Halloween Costume Contest Parade right after Kiddie Cross, Jr races sponsored by Bikes for Kids, Marek Shon, 801-209-2479, utatiseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utahblikeracing.com
- November 5, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, Kaysville, UT, Barnes Park, 950 W, 200 N., Marek Shon, 801-209-2479, <u>utcritseries@gmail.com</u>, Utah

- Cyclocross Series , <u>utcx.net@gmail.com</u>, <u>utah-bikeracing.com</u>
- November 5-6, 2016 Turkey Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer from Payette Brewing and waffles from Bob's Red Mill. https://goc.gl/maps/Mmh80, Brian Price, 208-908-5421, brianp@catapult3.com, Cory Bolen, corybolen@yahoo.com, idahowafflecross.com, eaglebikepark.ora
- November 5-6, 2016 Flagstaff CX, Flagstaff, AZ, Fort Tuthill County Park, Anthony Quintille, 928-779-5969, flagstaff@absolutebikes.net, Jeff Frost, canisbleu@gmail.com, azcross.com
- November 11-13, 2016 Ogden CX Race, Ogden, UT, \$10,000 Equal Payout Prize List. Prize drawings. 3 days of racing with courses designed by Jonathan Page and P-Town Cross., Joe Johnson, 949-412-0587, ptowncross@gmail.com, Cody Phillips, 801-648-7079, cody.phillips@trpcycling.com, ogdencx.com, ptowncross.com
- November 12, 2016 SICX #3 Mallard Park, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Mallard Park, ID, Orchard Avenue intersection 10th, Caldwell, ID, Hal Miller, 208-869-4055, 208-720-3019, Info@brokenspokecycling.org, Jared Rammell, 303-819-0054, cxidaho@gmail.com, cxidaho.com
- November 12, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, Salf Lake City, UT, Tentatively Wheeler Farm, Marek Shon, 801-209-2479, utaritseries@gmail.com, Utah Cyclocross Series , utox.net@gmail.com, utah-bikeracing.com
- November 12, 2016 Cave Creek Cactus Classic, Cave Creek, AZ, The race passes through one of two county parks. Spur Cross Conservation Area will be the first, which includes multi-track trails to single track trails, between the 2 parks, you'll hit Maricopa Regional Trail. This will take you right into Cave Creek Regional Park, where incredible views of the Sonoran desert will be seen on every turn. There will be a Kids Kross at 2:30pm, MBAA, 480-442-4229, racing@mbaa.net, dfmba.org/race-2/cave-creek-cactus-classic
- November 13, 2016 Bengal Cross, Pocatello, ID, 10 am at Bartz Field at Idaho State University, Peter Joyce, 208-282-3912, joycpete@isu.edu, isu.edu/outdoor/pdf/bengal%20cross%20flyer.pdf
- November 19, 2016 Utoh Cyclocross Series Race, Utah Cyclocross Series, Ogden, UT, Weber County Fairgrounds, 100 North 1200 West, Marek Shon, 801-209-2479, utcritseries@ gmail.com, Utah Cyclocross Series , utcx.net@ gmail.com, utahbikeracing.com
- December 3, 2016 Kringle Cross, Waffle Cross Series (IWCX), , DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer from Payette Brewing and waffles from Bob's Red Mill. https://goo.gl/maps/Mmh80, Brian Price, 208-908-5421, brianp@cataputt3.com, Cory Bolen, corybolen@yahoo.com, idahowafflectoss.com, eaglebikepark.org
- December 3, 2016 Utah Cyclocross Series Race, Utah Cyclocross Series, Kaysville, UT, Barnes Park, 950 W, 200 N., USAC Nationals Qualifier, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , ut
- December 3, 2016 Rocky Mountain Cyclocross Championships. Longmont, CO, Colorado welcomes the best from Utah, Wyoming, Montana, Arizona, and New Mexico to battle it out for the title of Regional Champion. Held at Sandstone Park, the battle ground consists of tight grass, fast flowing pavement, sidewalk transitions, run ups, and even more grass to showcase those off camber technical skills. The Championships are open to racers from across the region. Start order is based on USAC ranking. Winners of each category receive a Rocky Mountain Cyclocross Champion jersey. Brook Watts, 303-684-9170, contact@crossvegas.com, Lance Panigutti, lance@withoutlimits.com, withoutlimits.co/#!rocky-mountain-cross-championships/c1kjf
- December 10, 2016 SICX #5 Sandy Point, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Lucky Peak State Park, 9725 Idaho 21, Boise, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Jared Rammell, 303-819-0054, cxidaho@gmail.com, cxidaho.com
- December 11, 2016 SICX #6 Sandy Point, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Lucky Peak State Park, 9725 Idaho 21, Boise, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Jared Rammell, 303-819-0054, cxidaho@gmall.com, cxidaho.com



#### **MECHANIC'S CORNER**

#### Keep 'Em Ready to Ride



To keep track of suspension pressure, first measure the



Next, measure the sag. Photo by Tom Jow

some important details that need to be taken care of before departing on



Measure the rear shock. Photo by Tom Jow



Check the pressure chart or shock manual or website. Photo by Tom Jow

The summer solstice is past and riding season is in full swing. For me however, it seems like I am just getting started. What this means is that in addition to trying to find time to ride, I must also find time to get the family bikes ready to go. Don't get me wrong, I put them away clean and tuned. But after a winter's worth of hanging around in the garage, there are

range on the side of the tire. Charts referencing tire size and rider weight can be found on the internet. These

that first ride. Taking care of these details is much easier if there is some record of them.

Obviously one of the first things to do is inflate the tires to the proper pressure. If you're using tubes then yes, inflation is step one. If your bike uses tubeless tires, it's a good idea to check the condition and amount of the sealant inside the tire first. In our climate, the liquid tubeless sealant needs to be refreshed about every six weeks. True, the tires will hold air longer than that, but having dry sealant greatly reduces puncture sealing ability.

Next, what is the proper tire pressure? The manufacturer provides a are great for initial setup. However,



Note how much sag you have. See the article for the bicycle, slide details on how to test sag. Photo by Tom Jow

every rider has their own preference. Tire size and rim width also have a significant effect on tire pressure choices. I will refrain from making any recommendations other than I find that as the tire volume goes up, the tire pressure can be reduced. When you find the sweet spot, I highly recommend writing it down.

Another adjustment to keep track of is the suspension air pressure. There are two ways to find the initial pressure. One way is the manufacturer recommendation. One brand has it on a sticker right on the fork leg. Others have it buried in a manual, usually on a web page somewhere. Another way is to test the sag of the fork or shock travel. To measure the suspension sag, it is required to know the travel of the fork or shock and the recommended amount of sag in percent. As the amount of travel goes up, usually the sag amount does as well.

In order to measure the suspension fork travel, first measure the length of the fork from the top of the seal to crown. That will approximately equal the fork travel. Apply the percentage of sag to the suspension travel to come up with a measurement. For example, if a fork has 150mm of travel, 30 percent sag would equal approximately 50mm. This means that the initial air pressure setting would allow the fork to compress 50mm under the rider's weight. In this example, adjust the pressure until the distance from the seal to crown is, for this example,

100mm. Record this air pressure. Setting the rear shock can be done in a similar fashby measuring to the end of shock shaft Record this air pressure also. If the fork or shock has an o-ring on the slider, weight the o-ring to the

seal, and then gently dismount the bike. When properly set, there would be (using our previous example) 50 mm between the seal and the o-ring.

Finally it's time to ride. Pay close attention to the way the bike rides with these settings. I often carry a shock pump with me in order to make adjustments during the ride. Sometimes it takes three or four rides to find the pressure you like. When you have found it, write it down.

Did this procedure take a while? Depends on how many bikes. Did you write everything down? I hope so. Because if you did, it's going to save you preparation time for every ride. Perhaps more importantly, it will save time when it matters most; for that first ride of the season when all the family bikes need to get

Got a bike question? Email Tom at <a href="mailto:1tom">1tom</a>jow@gmail.com.



Alabama Shakes • Modest Mouse • Courtney Barnett • R.E.M. The Beatles • Death Cab For Cutie • Leon Bridges • Neil Young The Cure • Wilco • The National • Ryan Adams • Van Morrison • Beck Elvis Costello • Edward Sharpe & The Magnetic Zeros • The Shins Paul Simon • David Bowie • Wilco • Tom Waits • The Black Keys The Pretenders • Talking Heads • The Rolling Stones • Iron & Wine The Kinks • The Clash • Radiohead • Lord Huron • The War on Drugs Bob Dylan • Nathanial Rateliff And The Night Sweats • Bob Marley Led Zeppelin • My Morning Jacket • The Flaming Lips • Kurt Vile The Decemberists • Arcade Fire • The Grateful Dead • Bon Iver



Would you like to distribute Cycling Utah or **Cycling West at your** business? It's free! Email dave@cyclingutah. com

#### **GRAVEL GRINDERS**

#### Squire and McCutcheon Crush the Crusher in the Tushar



Rob Squire crushing the Col d' Crush with a smile. Photo: Catherine Fegan-Kim

#### By Steven Sheffield

July 9, 2016 – Beaver, Utah - Nestled in the Tushar Mountains, above the idyllic agricultural town of Beaver, Utah, are the roads that make up one of the most brutal events now commonly called a "gravel grinder". Each year, roughly 600 riders choose to brave the course designed by former road professional Burke Swindlehurst in the Annual Beaver County Travel Council Crusher in the Tushar, presented by DNA Cycling.

The 69-mile course through the remote wilderness areas of Utah's

near-perfect 50/50 split of paved and dirt roads spanning two counties and approximately 10,000 vertical feet of climbing, before finishing at Eagle Point Ski Resort, with a summit just under 10,400'.

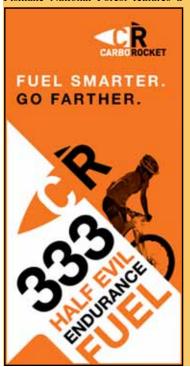
#### Pro Men Recap

For the sixth edition of the race, on Saturday, July 9, 2016, lining up in the Pro/Open men's field were 2015 winner Robbie Squire (Holowesko/Citadel) alongside two-time (2014-2015) runner-up Jamey Driscoll (Raleigh-Clément), three-time Olympian Todd Wells (SRAM-TLD), former World Tour professional rider David Zabriskie (DZ Nuts),



Rob Squire, Michael Burleigh, Dave Zabriskie, and Jamey Driscoll on the climb. Photo by Cathy Fegan-Kim, cottonsoxphotography.com

little-known Tushar Mountains and Fishlake National Forest features a



and as a way of testing his form after a serious injury earlier this year, Josh Berry (Jelly Belly-Maxxis) made his Crusher debut.

Shortly after what was supposed to be an easy roll-out, Crusher veteran Benjamin Blaugrund (Juwi Solar) launched what has become his signature move by attacking early on the pavement. While this move has worked for Blaugrund in the past, netting him a podium position and the KOM in 2011, this year the field wasn't having it, and reeled him back in before the first section of dirt, shedding several riders along the way.

Once the riders hit the dirt, the field began to splinter as everyone adjusted to the change in road conditions as the road pitched upwards. Initially, a group of six formed at the front, containing Squire, Driscoll, Todd Wells, Zabriskie, Leroy Popowski (Juwi Solar), and Michael Burleigh (Canyon Bicycles-Shimano), with Jake Wells (Tokyo Joe's) and Andrew Dorais (Contender Bicycles) chasing.



Mindy McCutcheon, left and Robin Farina, right rode side by side for most of the day neither yeilding until the slopes of Col D Crush where McCutcheon soloed away for the win. Photo by Chris See, <a href="mailto:christopher-see.photoshelter.com">christopher-see.photoshelter.com</a>

Blaugrund and Neil Shirley (Road Bike Action) were slightly further back. Bryan Lewis (Team Lupus) managed to reattach himself to the leader's group as the race began to approach the top of the first climb.

As the road started to dip downwards for the slight descent into the feed zone at Betenson Flat, Dorais punctured and had to drop out of the group to effect a repair. Leroy Popowski, who rode mountain bikes in all his previous attempts on the Crusher, looked a little uncomfortable descending in the loose gravel on the cyclocross bike he had chosen to ride this year, fading off the back of the lead group.

Once the nine remaining riders in the lead group hit the descent of the unpaved Utah State Highway 153, afterburners were lit, and they disappeared in a cloud of dust, first shedding Blaugrund and then Zabriskie, who went into a deep aero tuck as he hit the pavement to attempt to regain the lead group.

Further down the road, the lead group of seven formed a rotating echelon to fight the wind as they rolled into Circleville. Blaugrund managed to claw his way onto Zabriskie's wheel, and with Zabriskie in full time-trial mode, the two riders were able to reattach to the paceline for the remainder of the pavement on US 89 through the town of Junction, before heading back onto the dirt.

According to Squire, "The group was pretty big, and when we were on the flats going in to Circleville I was actually impressed, I think I counted 9 guys which is maybe the biggest it's every been in the road part near Circleville and Junction. Luckily everybody was pretty cool when we were rotating around; no one sat on or tried to put anyone into the gutter or anything lame like that, so the wind didn't play too much of a factor for anybody at that point."

The next section of the race, on Doc Springs Rd., is feared by many riders, who have often referred to it as the infamous "Sarlacc Pit" due to its often soft, sandy surface and full



McCutcheon, solo on the upper sectoin of Col d Crush. Stories are told of some mental gamesmanship between Farina and McCutcheon. McCutcheon wanted no part and rode away to the win. Photo by Chris See, <a href="https://christopher-see.photoshelter.com">christopher-see.photoshelter.com</a>



Col d' Crush Photo by Catherine Fegan-Kim



playing tactics with me, like 'oh I'm not going to help that much on the climbs' and I thought 'well, um ... great," so I just tried to go as hard as I could because he is much faster in the corners and on the flats. I just tried to keep away with everything

The pain didn't stop there, however, as Squire and the rest of the

riders still faced another 1,000 feet of climbing back to Betenson Flat

before turning north towards Big

Flat, which had recently been graded

and resurfaced with a fresh layer of

large gravel, making the final section

of dirt even more leg-sapping than

"Actually, it's funny," continued

Squire, "my favorite part of the race

was coming through this section and

seeing Burke's little 'Welcome to

Hell' sign with his face all covered

in red. I laughed pretty good at that."

age climb over the last mile before crossing the finish line at Eagle Point

Ski Resort in 4:12:31.

For the final sting in the tail, Squire still faced another 10% aver-

Further down the mountain,

Canyon's Michael Burleigh flatted,

but managed to fix the flat and get up

and rolling again fairly quickly to get

back to Todd Wells, allowing himself

I had."



Late in the day. singles, pairs and the occsional line of riders. The pros fiinished in 4 hours, the women in slightly more. At the 6 hour mark, it's all about completing the ride. Not many folks wait these riders at the finish, just a few friends and teammates. Photo by Chris See, christopher-see.photoshelter.com

on the uphill, and I thought he was



On the descent. Photo by Chris See, christopher-see.photoshelter.com



The Crusher is known for great support by the local residents. Photo by Chris See, christopher-see.photoshelter.com

exposure to the sun. While the pit thinks about it as much because of caused few problems in 2015, with near-perfect conditions due to recent rains, this year it was back with a vengeance. While not as rutted out as it has been in previous years, there were few clean lines.

Said Squire, "Doc Springs is just deceptively hard. No one really



the focus on the Col d'Crush, but that's where it breaks apart every

As the road looped around, Squire began to apply some pressure in roughly the same place as 2015, and the group began to come apart, first shedding Jake Wells, then a group of four containing Blaugrund, Zabriskie, Shirley, and Lewis. Todd Wells and Burleigh both managed to hold Squire's wheel as they made the turn back onto Utah 153 for the aptly named "Col d'Crush".

As the road pitched up upwards, Squire's climbing talent once again began to shine as he soon distanced Wells and Burleigh, opening a gap of nearly 4 minutes by the time he claimed the KOM prize at 13 miles to go.

"With Todd (Wells) I was faster



High mountains and great scenery are hallmarks of the Crusher. Photo by Chris See, christopher-see.photoshelter.com



Rob Squire wins Crusher in the Tushar **Photo: Catherine Fegan-Kim** 

they came towards the finish. With about 100 feet to go, the mustachioed Burleigh launched his sprint to the line, holding off Wells by a whisker to claim second, with both riders awarded the same time of 4:21:14.

Said Burleigh, "I was off the front coming into the base of the Col d'Crush with Robbie and Todd and then I flatted, and so I had to stop at one of the stations and pump my tire back up. Luckily, the sealant worked and it did reseal, but I lost more than a minute. At point all you can really do is stay calm, and knowing you still have to pull the riders in front of you back. I spent all the bullets I had except for one to get back to Todd. I pretty much sucked his wheel all the way after that, honestly. We were well ahead of everybody else, and given that I had flatted, I didn't feel too bad about just sucking his wheel until the sprint."

Josh Berry (Jelly Belly-Maxxis), who had been dropped from the lead group early, showed that his postinjury form was coming on strong, finishing shortly after Burleigh and Wells in fourth place in 4:23:54, while Raleigh's Jamey Driscoll managed to hold on to fifth place in 4:26:13.

Rounding out the top-ten were Bryan Lewis (6th), followed by Leroy Popowski (7th) who made up the time lost on the descent on his way back up the Col d'Crush, Neil Shirley (8th), Benjamin Blaugrund (9th), and Jake Wells (10th).

#### **Pro Women Recap**

Starting a minute after the Pro/ Open Men, the Pro/Open Women

Continued on page 33



#### **CYCLING**

#### Big Dogs Can't Run — Training and Riding Tips for Bigger Athletes



Steve Chambers at the Cache Valley Century Ride. Photo courtesy Steve Chambers

#### By Steve Chambers

A popular t-shirt slogan a few years ago read "If you can't run with the big dogs, stay on the porch". The sad truth is big dogs can't run with the pack. I should know; I'm a big dog, a/k/a a Clydesdale.

"Clydesdale" generally means over 200 lbs. for men and over 150 lbs. for women. Female Clydesdales are often called Fillies, Athenas or Amazons. For this article, I'll refer to both men and women as Clydesdales.

I wasn't always a Clydesdale. In high school I was too small to play football. But I made up for it by being slow. I was always at the back of the team running laps. Once, a coach, probably trying to speed things up, kindly told me that it was shorter to run around the inside of the track. I got bigger but I didn't get faster

In the 1980s, I discovered triathlons. At that time, I could run a steady nine-minute mile. Years and pounds have raised that to about 12 minutes. With some technique improvement and additional weight loss, I can improve, but probably not to what most people would consider normal mile splits. After a race, I tell people I flew through the course, passing rocks and trees like they were standing still. Forget about running with the pack; we're lucky to see the pack after the first mile or so.

#### Why We're Slow

So are Clydesdales just fat and lazy? A little more discipline, a little more effort, we'd be right up there with the so-called normal people, right? Wrong. Like a moving van differs from a sports car, Clydesdales aren't built like their smaller breth-

ren.

From high school physics, you might recall the formula for kinetic energy (the energy of movement): E = 1/2mv2, where m = mass (weight) and v = velocity, (speed). What this says is that for a person to double his or her speed requires four times more energy. So for 250 lb. runner to drop from a twelve to a six-minute mile to keep up with a 125 lb. runner, he needs EIGHT TIMES more energy than the 125 lb. runner requires to run a 12-minute mile, twice as much for the size difference and four times as much for the speed differential.

But the real problem is VO2 max. This is the rate at which the body utilizes oxygen, which is necessary to convert its stored fuel into energy. As body mass increases, relative VO2 max actually decreases.

Here's how Stephen Seiler, PhD in exercise physiology, explains it: If you take a highly trained 5'7", 140 lb. cyclist and add 12% to his height, he will be just over 6'3' tall. If you then configure this new, taller athlete proportionately to the original athlete, he will weigh 195 lbs. His absolute VO2 max will increase from 5.0 liters/ minute to 6.25 liters/minute due to the increased heart volume. This should make a more efficient and of the increased body mass, the relative VO2 max will actually decrease 9%. So while the athlete is now bigger, has more mass and therefore requires more energy to be competitive, his ability to utilize energy has decreased. It's as if someone took the pistons out of a couple of cylinders in the engine at the same time they loaded up the trunk.

This is why there are very few large, competitive endurance athletes. Chris Froome and Romaine Bardet

are almost identical. Both stand 6'1" tall but only weigh 149 and 148 lbs. respectively. Nairo Quintana stands 5'5" and weighs 128 lbs.

Clydesdales redline at very low speeds. When we try to crank up the velocity, our muscles send a signal to the brain that they need more energy. The brain orders the heart and lungs to deliver more oxygen so glycogen can be burned. Because the body has a low relative VO2max, the heart tries to compensate by beating faster to deliver more oxygen. This quickly pushes the athlete into the anaerobic area. Most trained endurance athletes. have an anaerobic threshold of 75%-90% MHR. As soon as you exceed your anaerobic threshold, the effects of lactic acid begin to set in and you can't sustain the pace.

#### Filling the Tank and Cooling the Engine

Clydesdales face a host of problems the Greyhounds don't. Because our energy needs are greater, we have to carry more food and water in long races. Many times we come to an aid station long after the rest of the pack has left to find empty water cups, black banana peels, and little else. Our slower speed makes long rides really, really long.

Those of us who choose to ride centuries, run marathons or do Ironman-distance triathlons become creative in our training. Routes are planned to pass by convenience stores. We stash food along the way like through-hikers on the Appalachian Trail. Because of overheating, we train early in the morning or late at night, wearing headlamps and carrying flashlights. Sometimes we even break up long sessions over two days. For Clydesdales, every run is a marathon, every marathon is an ultra, and an ultra may be impossible.

Heat poses special problems for Clydesdales. Not only is staying cool more difficult, but due to the extra time we spend on the roads in the sun, we're more prone to hyponatremia, low blood sodium due to excessive sweating. It's crucial for Clydesdales to drink electrolyte replacement drinks during long training sessions, not just water.

The key to being successful (and by that I mean completing) in long distance events, besides the proper training that all athletes have to undertake, is fueling. Think of the glycogen in your muscles (the energy your body will draw on during a race) as a box of matches. There are only so many matches in the box; when they're gone, you stop. You can't will yourself to finish when the glycogen is gone any more than you can will a jet liner to stay airborne when the fuel tank is empty.

You can delay using up all the matches by fueling during the event, but you can never replace calories as quickly as you use them. The best you can do is time it so you run out of calories as you cross the finish line. A Clydesdale might burn 1,300 or more Calories per hour during a long race. Considering that glycogen stores in the muscles and liver probably can't exceed 2,000 Calories, there is at most energy for less than two hours.

#### Clydesdale --What's in a Name?

Clydesdale is the most common name given to larger athletes. Anyone familiar with a certain beer company's holiday commercials knows what a Clydesdale looks like. They truly are the behemoths of horses. Where a typical thoroughbred race horse will weigh 1200-1500 lbs., Clydesdales tip the scales at 1900 lbs. or more and stand much taller.

Sometimes female Clydesdales are called Fillies, an obvious "me-too" to the equine world. "Filly" is misleading, because a filly is simply a female horse over one year and under five years of age, regardless of size. One of the most famous fillies was Ruffian, winner of the Filly Triple Crown and unbeaten in 10 races. In 1975 a two horse battle of the sexes was set up between Ruffian and that year's Kentucky Derby winner, Foolish Pleasure. Ruffian broke her leg during the race and had to be put down. She was the only non-human athlete named to Sports Illustrated's list of the Top 100 Female Athletes of the 20th Century.

Athena is another name given to female Clydesdales. Athena was a Greek warrior goddess, often attended by the goddess of victory, Nike. She was the patron goddess of Athens.

Amazon is a term frequently used for female Clydesdales. Amazons were a mythic race of warrior-women in ancient Greece, of large stature and ferocious in battle. Legend has it the name is derived from the Greek "a-mazos", meaning "without breast". The Amazons were said to have cut off their right breasts so it would not interfere with their ability to draw a bow or throw a spear. According to many accounts, the Amazon River in South America was named by Spanish explorer Francisco de Orellana in 1541, in honor of the native female warriors he found along its banks.

In some parts of the country, other descriptive terms are used in place of "Clydesdale". In the southwest, you might race in the Longhorn division, while in southern California there is the Shamu division.

-Steve Chambers

Remember that it takes 30 minutes or so for whatever you eat to get to the bloodstream, so you need to start eating 60-90 minutes after you begin exercising.

The body can't convert more than 250-280 Calories of intake per hour into usable energy. Anything above that amount will slop around in your stomach, eventually causing gastric distress. Most people who become ill during a race do so because of overeating, not over-exerting.

#### **Know Your Limitations**

I've learned that for rides up to an hour in length, I'm usually safe without taking any food, as long as I took in 350-400 Calories before I started. Over an hour, I need to eat something. During your training, keep track of what you eat, when, and how you feel, then plan race day accordingly.

Try out different fueling strategies before race day. Don't ever use a new energy product from your goodie bag that you get at check-in during the race. Save it for a training ride. Find out what works for you and stick with it.

#### **Expect Something to Happen**

Preparing for my first Spudman, I had my fueling strategy all worked out — when I would start to eat and drink, how much, how often. On the swim, I swallowed about half of the Snake River and didn't feel like eating or drinking until the turnaround on the bike. By the time I ate and drank, it was too late and I bonked on the run. My plan was fine if I had been able to stay with it. But things happen in a race. When it happens, deal with it; don't let it ruin your race.

#### Take Charge of Your Life

No race day strategy can overcome a poor nutritional foundation. Here again Clydesdales face problems unknown to others. Most of us are trying to lose weight, and we might be tempted to try various diets, especially the low-carbohydrate ones That's a big mistake. Those diets are designed for the average American who leads a sedentary lifestyle. Athletes need fuel and fuel comes mainly from carbohydrates.

Many Clydesdales have health issues associated with our size. I ride not to win but because cycling gives me the motivation I need to keep exercising, and I exercise because I have three of the four markers for heart disease. If I weren't active, a low-carb diet would be ideal for me. But I am active, I need extra carbohydrates those diets don't provide. The problem is, how to get the fuel I need and still maintain the blood chemistry my doctor advises.

Find out what's going on inside your own body. Educate yourself. There are dozens of books about nutrition for endurance athletes. The American Diabetes Association has some excellent recipes and meal plans if you're facing diabetes, like millions of middle-age Americans are.

#### Don't Give Up

Carry your Clydesdale frame with pride. If it takes you two and a half hours to finish a sprint triathlon, that's no less an accomplishment than a 2:30 marathon for a skinny runner. If you don't want to commit to training for century rides, marathons or even Olympic-distance triathlons, focus on shorter events. Whatever you do, Big Dog, get off the porch.

Steve is an attorney who lives in Cottonwood Heights. Now retired from racing he still rides recreationally throughout the Salt Lake, Cache and Bear Lake areas.

#### Crusher - Continued from page 31

was stacked with talent as well, featuring former US National Road Race Champion and 2015 winner and course record holder Robin Farina (Panaracer-Stan's No Tubes), two-time podium finisher Mindy McCutcheon (DNA Cycling-Cotton Sox) along with her teammates Beth Ann Orton and Anna Grace Christiansen, and 2015 runner-up Mindy Caruso (Nero Veloce).

On the first climb Farina and McCutcheon worked well together shedding the rest of the field by the time they crested. About half-

first climb, and we worked really well together, but coming down the Col d'Crush I started having some shifting & mechanical issues. My chain had a little too much slack in it and got wrapped around my pedal and my crank and everything went all to crap. So at the bottom of the Col d'Crush, I had to get off my bike and untangle everything and then put my chain back on."

Unfortunately, this was not the end of McCutcheon's troubles, as her drivetrain continued to cause her problems for the remainder of the race.

"I got in with a really strong group of guys in Circleville and managed

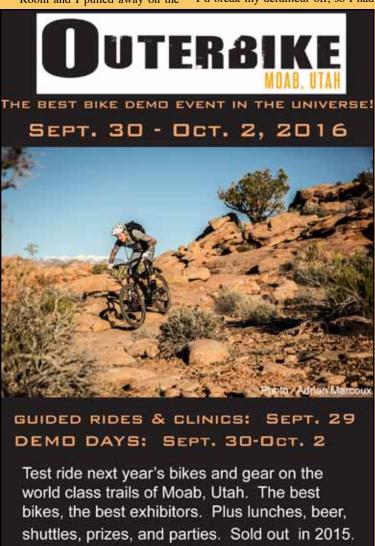


Mindy McCutcheon (DNA Cycling - Cotton Sox) won the pro women's. The exhaustion shows after the race. Photo: Catherine Fegan-Kim

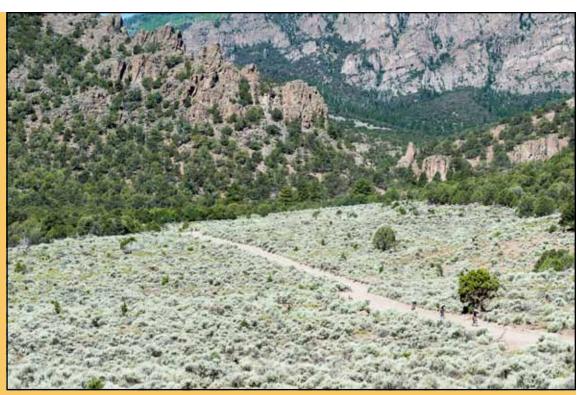
way through the race, however, McCutcheon experienced some mechanical problems with her Shimano Di2 drivetrain and dropped her chain. By the time she got her chain back on and going again, she lost time to Farina.

"Robin and I pulled away on the

to catch back on to Robin in the Sarlacc Pit and we started climbing back up the Col d'Crush together, but the whole time for 35 miles my shifting was just going 'clunk clunk clunk clunk' and I couldn't climb out of my saddle at all, I thought I'd break my derailleur off, so I had



WWW. DUTERBIKE.COM | 1-800-845-2453



Three mens' pro leaders power through the high desert on the east side of the Tushars. Photo by Chris See <a href="christopher-see.photoshelter.com">christopher-see.photoshelter.com</a>

no idea if I could even finish at all, much less pull off a win."

McCutcheon was able to channel her anger at her mechanical issues into her effort, and eventually, she was able to get some separation from Farina on the climb back up the Col d'Crush on UT-153.

"The mechanical issues pissed me off enough and distracted me enough from my body hurting, I think that played to my advantage; I was just so angry I just put everything into climbing up that mountain. I thought for sure Robin would be able to catch back on during the downhill flowy section after Big Flat because I couldn't really crank in a very hard gear, and maintain that very long, but luckily I did have enough gears that I was able to hold on to my lead."

And maintain her lead she did, taking the win and setting a new women's course record of 4:53:16, annihilating Farina's previous record by over 8 minutes, and improving on her own 2015 time by just under 17 minutes.

After riding a mountain bike for her first two attempts on the Crusher, when asked about how much difference riding a cyclocross bike make, McCutcheon said, "It was huge! Last year my biggest issue was that I ran out of gears on the descent, so I couldn't go hard enough downhill, but I had enough gears for the climbs. This year I borrowed (Visit Dallas DNA Pro Cycling co-owner)

Support Your Local Bike Shop! Alex Kim's cyclocross bike and had it set up with some great gearing and it was super-light, so the bike itself was lighter, I'm a little lighter and my fitness is better, and my gearing was just perfect, aside from my shifting issues of course."

"I definitely owe it all to DNA Cycling and Cotton Sox Photography for getting me here, getting me set-up on a bike that was Crusher-worthy; that's the only way I could pull this off for sure."

When asked what's next, McCutcheon said, "Next Saturday I have the Boise Twilight Criterium and from there we go straight to Bend, Oregon for the Cascade Classic, where I get to race with my new road team!" McCutcheon recently joined the UCI-registered Visit Dallas DNA Pro Cycling team for the remainder of 2016 and 2017 seasons.

Panaracer's Farina also improved on her 2015 time, coming in second in 4:56:09, joining McCutcheon as the only two women in the history of the race to finish in less than 5 hours. Rounding out the podium was 2015 runner-up Mindy Caruso in 5:06:43, followed by Breanne Nalder (Plan 7 DS) in fourth and Chase Edwards (Flagstaff Bike Revolution) in fifth.

See results in this issue.



#### **TOUR DE FRANCE**

#### Climbing in Switzerland - A Trip to the 2016 Tour de France



Enrique Arce-Larreta with 5 km to go to the top of the climb. Photo courtesy Enrique Arce-Larreta

#### By Enrique Arce-Larreta

This summer I was accepted to the International High School Teacher Program at CERN in Geneva, Switzerland. I studied particle physics with 50 teachers from 36 different countries for three weeks. As an avid cyclist, I could hardly resist flying my bike over and taking advantage of the many climbs near Geneva. I contacted several people to help me plan my bicycle trips in the Swiss and French Alps.

First, I contacted Mark Smedley, who owns Pika Packworks (pika-packworks.com), a local Utah-based bicycle carrying case company. Mark gave me a personal tour of his busi-

ness. He lives in a custom built home that he built himself in Poplar Grove (just west of downtown Salt Lake City) and makes the cases in his basement. I purchased an excellent case that got my bike safe and sound both ways. The case is nice because you just remove your wheels, seat, pedals, derailleur, and stem. It takes about 15 minutes to pack up.

The second person to help me was Will from cyclingchallenge.com, an excellently organized website and blog for road bike routes in the Alps. Will replied to my emails and recommended various routes accessible from Geneva and in Switzerland. In the weeks before my trip to see the Tour de France, I rode the Col



Umbrella group watching the Tour on television. Photo by Enrique Arce-Larreta

de Faucille in the Jura mountains, the Col de Barillette, Grimsel Pass, Furka Pass and Susten Pass. All of these were great rides, and it was an amazing Swiss trip.

During my last weekend in Geneva, the penultimate stage (stage 20) of the Tour de France was held on July 23, 2016 just 37 miles from the dorm room I stayed in. It was the final mountain stage of the Tour, and the last chance for the competitors to make a move in the general classification. I made plans to attend this stage, rain or shine. One surprise about the Alps is the number of rainy days in July, there are an average of 13 rainy days in Andermatt,

of traffic. The drivers are used to many bicycle commuters and knew how to drive with us - no honking. My handling skills were tested with no shoulders on the roads.

My first signs of the tour were in a small town named Mieussy which was on the route of the stage that day. The town had one main street and you could bike from one end to the other in about 3 minutes. The town had been decked out in colors and bicycles lined the street. At the center, a stage was set up and accordion players were entertaining all the locals. I started seeing other cyclists on the road, and was easily able to speak in English to all of them-something that I found easy to do all the time in Switzerland. The first group I joined were 4 cyclists living in Geneva but from the UK. We were all headed to the final climb of the day, the Col de Joux Plane. Passing this group, I soon was talking to three German cyclists who were supporting the Etixx Quick-Step team, because they were friends with pro cyclists riding in the tour. Just two and a half hours after leaving CERN, I was arriving at the base of the climb. The weather had been overcast, and not hot. A perfect day.

The ride had been flat the whole day and as I arrived in the town of Samoens, I saw the sign for Col de Joux Plane, take a left. As soon



Sport riders on the climb of the Col de Joux Plane. Photo by Enrique Arce-Larreta

Switzerland, for example. So I had to prepare for rain. I was constantly checking the weather as the weekend drew near, and thunderstorms were on the horizon.

I started my ride from CERN, in the northwest part of Geneva, and rode southeast through the city and its suburbs. For the first hour or so the narrow European roads had lots I took that left, it was at least a 10 percent grade on the bike. The ride was fairly relentless and steep the rest of the way. It was hard for me to gauge the overall difficulty because I would stop to take photos often, keeping me out of any good climbing rhythm. There were plenty of spectators despite ominous clouds. The crowd was a mix of cyclists and local





Sponsors in the caravan at the 2016 Tour de France. Photo by Enrique Arce-Larreta

At some point during the caravan,

it started raining pretty intensely. I

layered up and put on my rain jacket.

I was lucky to be standing by a barn,

which shielded me and my bike from

most of the rain. Soon, I had many

new friends who were also avoid-

ing the rain. I met a couple who had

driven from Poland to watch the

tour. The man was an avid cyclist

and had maps of the route and time-

tables. His girlfriend was not a big

fan of cycling and told me her top

recreational activity was pole danc-

ing, which she had recently taken

up. They both spoke English well,

and it was nice to converse. The rain

continued for an hour as we waited

families out on picnics. I saw some scattered farm homes on the route, and those folks were grilling sausage, cooking cheese fondue, and drinking wine. I was offered wine and beer by a few cheering fans and high fived by several packs of children. It was easy to get people to cheer me on. There were many switchbacks which seemed to draw the bulk of the spectators. Security seemed sparse, even though the terrorist attacks in Nice had occurred just that week.

Near the top of the climb, as the grades became steeper, I rolled into a dense, wet fog and alpine conditions. I saw a famous spectator who dresses up as the devil and chases cyclists with a pitchfork--"El Diablo" was there waiting for the riders. I met him briefly, and he didn't speak English or Spanish, so I couldn't really ask him anything. When I reached the summit of the Joux Plane, I thought about descending to the finish, but security was in the process of closing the road to cyclists. I rode back down to a steep part of the climb, about 5 km from the summit, and bought some beer and an official Tour de France souvenir bag with water bottle, t-shirt and some other fun stuff. No sooner had I done this, than the caravan started driving through.

The caravan is a group of sponsors in cars that drive through the course, throwing free goodies at everyone. They are usually equipped with interesting decorations like parade floats. Some have girls tethered to the vehicles so they don't fall out as they project goodies to spectators. Banette, a bakery company was throwing out Twinkie-like pastries. Two of those became my lunch. I also ate some jelly beans that were sponsoring the tour. I collected several polka-dot hats and bunch of other random stuff: stickers, flags, bandanas, most of which I passed on to the nearest family and their children.

for the riders to show up.

A family who lived on the farm had set up a television with the German broadcast of the stage so we could watch. So a group of us armed with umbrellas watched as the riders approached and began to climb the Col de Joux Plane. There was a break away group around four minutes ahead of the yellow jersey group. I left the TV and found a steep pitch along the road and waited. The motorbikes came through, followed by official cars, and a helicopter hovering above. Soon the first members of the break away group approached and I chased after them, encouraging them up the climb. The remnants of the break came through and I was chanting "5 km to Paris!" and "I named my dog Katusha" which made some riders laugh (Katusha is the name of a team in the Tour but I think its a good dog name). Soon, the yellow jersey group came by, moving super fast up the climb. I saw Chris Froome, followed by Valverde, Quintana and all the other GC boys. I screamed at Nairo: "Campion" and that I was from Utah.

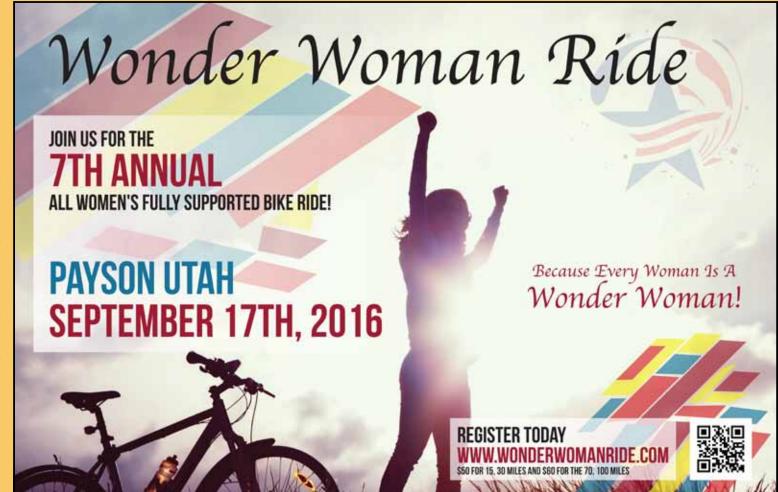
Peter Sagan bicycled by all by himself, and I recognized him as I was chasing him. He had his own security car and was wearing the green sprinters jersey. Simon Geschke, one of the only bearded cyclists, came by alone, and chanted at him to "remember my beard." The main peloton came last, with all the remaining riders in one large group. Past them were the team cars and the broom wagon - the last car that sweeps up all the remaining riders who can't finish the race. After this, I began the descent back to Samoens. It was slow going because of all the cars and people walking down. The rain stopped once I got back into the small town, and it didn't rain on the ride back to CERN. Riding back seemed to be faster, and before I knew it, I was back to my dorm room, ready to freshen up and drink



The view of the top 1 km of the Col de Joux Plane. Photo by Enrique Arce-Larreta



El Diablo and Enrique at the 2016 Tour de France. Photo courtesy Enrique Arce-Larreta



#### **MOUNTAIN BIKING**

#### **Comfing**



Trent Stallard on the horizon enjoying the last rays of the evening. Photo by Lukas Brinkerhoff



The crew after a good comfing session. Photo by Lukas Brinkerhoff



#### By Lukas Brinkerhoff

Imagine, if you can, a group of grown men fully kitted out in the latest pastel colored lycra riding quickly down some single track, probably a section of single track that isn't considered easy. They're in a pace line, or at least as much of a pace line as the trail will allow. Everything about their attire screams "serious" cyclist, but everything else about them screams "we have no idea what we are doing." And that's kind of by design. The one thing you would probably be the most confused about is why they can't stop giggling.

A few weeks ago, probably about six of them, Judd Freeman approached me at work with an idea. I could tell by the excitement in his eyes that this was probably going to be big. He said, "Let's buy some Rolls." Referring to the Specialized Roll which is by definition a comfort bike. I was confused, but he let it set in before continuing with, "and ride them on single track." Ok. I'm listening. He continued to more or less describe the same scenario to me as

I did in that previous paragraph. And ended it with we're going to ride the Goose.

I was in. Full stop.

We spent the next couple of days pitching the idea to everyone who would give us more than a couple of minutes of their time. Slowly the momentum began to grow. Three, seven, ten, sixteen. Sixteen sounds like a good number and it corresponds to how many Rolls we ordered. We waited. Lord Byron of the Specialized Kingdom hooked us up with some sweet pricing and within a few days we had 14 Rolls sitting on the porch (2 were backordered). The same excitement that I saw in Judd's eyes when he first told me about it, pulsed through the shop. The stoke level had gone full to 11.

This little sport that we all love and can't get enough of isn't very old. 30 some odd or more years ago a motley crew started to ride old Schwinn Cruisers on trails. Jamming in balloon tires, modding them out to be able to handle long descents, naming trails after the fact that you had to repack the coaster brake hub after one run. Yes, mountain biking started

#### Riding the Goose is not a Euphemism.



www.mooseknuckleralliance.org



Trent Stallard rolling through Rhythm and Blues. Photo by Lukas Brinkerhoff by a bunch of granolas riding bikes see what, if anything, was going to in a way they were not designed to be ridden. Stuff broke, people may or may not have gotten hurt and most importantly our sport was born out of the ashes of messed up cruiser frames, or klunkers.

Lord Byron was specific. These bikes are not designed for off road

Comfing - the act of riding a comfort bike off road.

My first comfing experience was a few weeks ago, just a couple of days after receiving my Roll. Trent Stallard, Scott Gates and I headed out to the Bear Claw Poppy Trail to

become of this idea that seemed like a really bad, but good one. I was sold before we even hit the trail.

Despite it being the most trafficked trail in Washington County, the BCP is not my favorite and I rarely spin my tires on it. Maybe it's because I've been riding it for well over 20 years or that I just like a different style (think Zen or Kentucky Lucky Chicken). However, there is a certain appeal to riding a trail that is "old" on a new bike to see what that new bike can throw at it. The Roll rockets off the top of the ridges and wants to get sideways. Mr. Stallard

was going so hard in the paint that I couldn't keep up with him and witnessed as he almost careened off the trail multiple times. Sounds awful, right? It wasn't. It was the most fun I had had on that trail in ages.

It was unanimous. Comfing was a thing and we were all stoked on it. A few days later, another comfing trip was planned. Seeing that it had transformed the BCP, we thought it might be cool to hit Rhythm and Blues or the One Hit Wonder as I like to call it. The comfs were loaded and we all dropped in like there was no tomorrow. Repeating the original trip, there was a lot of giggling, a lot of "oh shit"



Comfing pioneer Scott Gates shows us how to use that suspension seatpost correctly. Photo by Lukas Brinkerhoff

moments and probably the most fun any of us had experienced in months, if not years, decades, a lifetime. Yes, it was that good.

It's important to point out, that yes, I've been using the wrong tool for the right job for longer than I should probably admit. I ride cross bikes off stupid stuff, commute on fat bikes, tour on a singlespeed, it's my MO. Comfing has brought this idea to a much bigger group and they love it. The bicycle industry has built itself around the idea of designing the perfect bike for whatever you want to do with it. Want to go uphill only, sure we have a bike for that. Planning on riding on gravel? Yup, those exist. Planning on riding on pavement and then gravel and then pavement followed by cobbles?

Ok, that might be a bit of a stretch, but you get the point. The industry has categorized bikes beyond recognition. Bikes are bikes. Ride them where you will.

You might be thinking to yourself, this is a horrible idea. And you're entitled to your opinion, but we're pretty sure that if you give comfing a try, you'll find it to be everything good that can be found in a bad idea. You'll find yourself giggling and have that same excitement for comfing that you did the first time you throw a leg over a mountain bike and hit some singletrack.

Lukas Brinkerhoff blogs about mountain biking and life at mooseknuckleralliance.org.



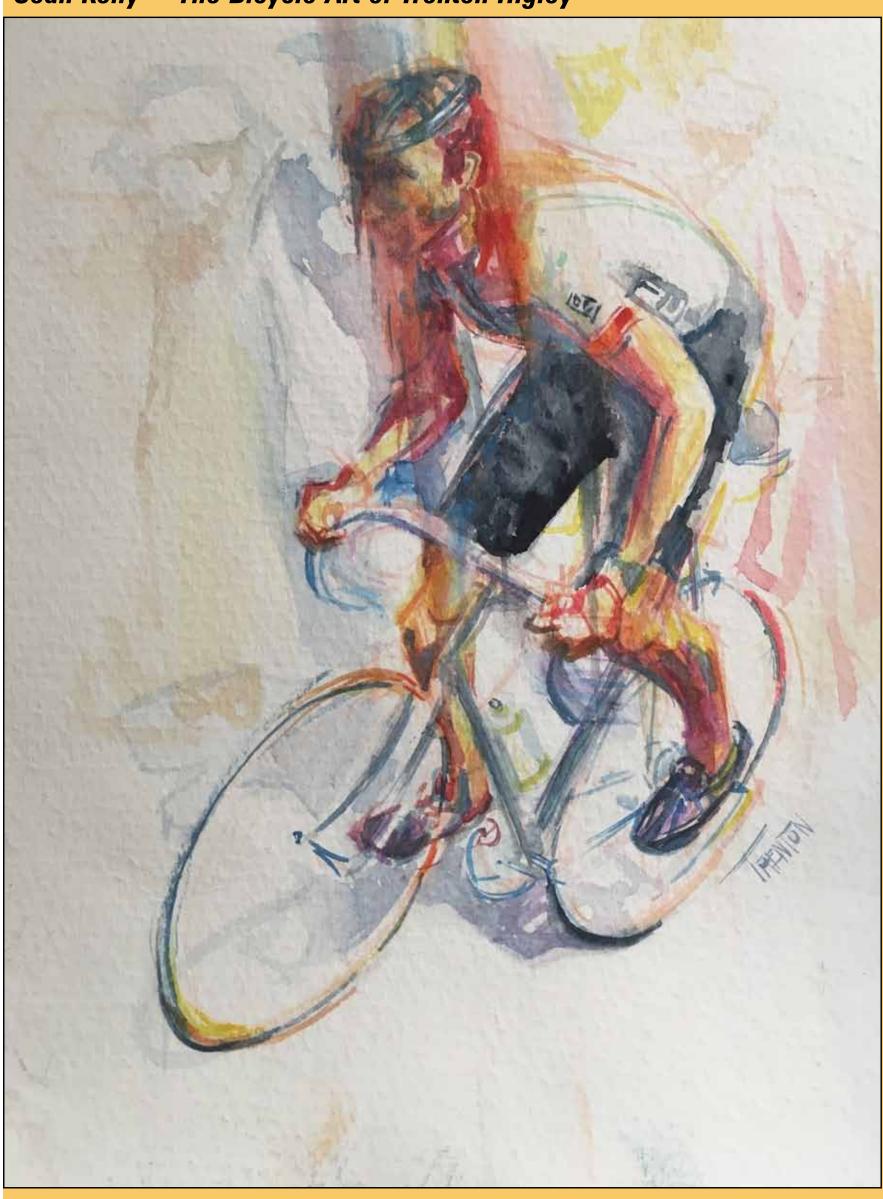
#### **Reach Cyclists in** 7 Western States! Advertise in **Cycling Utah and Cycling** West!

**Email:** dave@cyclingutah.com Web: www.cyclingutah.com/advertising-info/

# **Support Your Local Bike Shop!**

#### **BICYCLE ART**

### "Sean Kelly" - The Bicycle Art of Trenton Higley



#### **RIDE OF THE MONTH**

#### Trappers Loop Bike Rendezvous

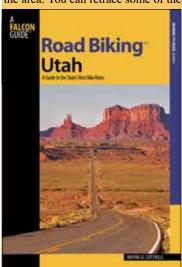


A rider speeds along Old Highway Road in Mountain Green, near Kent Smith Memorial Park. Photo by Wayne Cottrell

#### By Wayne Cottrell

Trappers Loop is the name of the highway that connects Ogden Valley with Morgan Valley, traveling up and over a ridge in the Wasatch Mountains. A bike ride including Trappers Loop is a rite of passage for many Utah cyclists, making this a popular route. This version of Trappers Loop - the bike ride starts and finishes in Mountain Green, using Trappers Loop (which is State Route 167) outbound, and Snowbasin Road (State Route 226) inbound. The 26.65-mile ride packs 2,880 feet of climbing, although none of the climbs are steeper than a 6% grade. Nearly the entire ride is within the Uinta-Wasatch-Cache National Forest, even the lower elevation portions.

The Trappers Loop highway commemorates the era of fur trappers, who frequented northern Utah during the early 19th century. Their era post-dated the long history of Native American tribes, and pre-dated the arrival of Mormons. The community of Mountain Green, where the ride starts and finishes, was the legendary meeting point, in 1825, of three prominent trappers: Peter Skene Ogden, John Henry Weber, and Étienne Provost. Each man traveled with a team of trappers. While Ogden and Weber disputed territory, it was actually the Canadian Provost who had a legal claim to the land in the area. You can retrace some of the

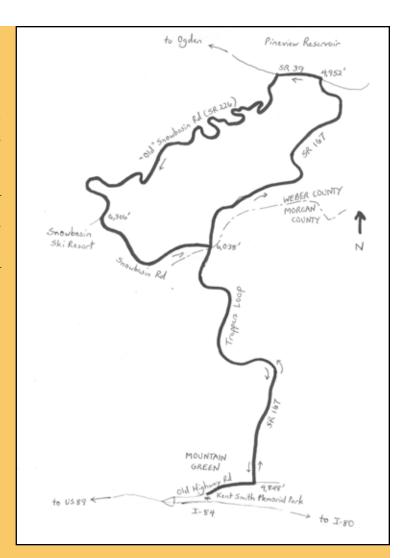


steps that those hardy pioneers took by completing this ride.

Start at Kent Smith Memorial Park in Mountain Green. Although "memorial park" might conjure up an image of a cemetery, this park features ball fields, volleyball nets, picnic tables and playground equipment. The park is located at 5457 West Old Highway Road (also known as Old Highway 30, and as State Route 167). From Salt Lake City, head north on I-15, exit to U.S. Highway 89 north, and then head east (south) on I-84. Take the very first exit after leaving Weber Canyon; turn left, and then turn right onto Old Highway Road. The park will be on the right. Mountain Green is an unincorporated community that is the gateway to Morgan Valley when coming from the west. The starting elevation is 4,848 feet; head east on the road. At mile 0.4 (there is a convenience store on the corner), turn left to head into the mountains, on State Route (SR) 167. The climb is not particularly steep, starting at a 3% grade, and then increasing to 4%, but it is steady. The highway finally crests at mile 5.85, at the junction with SR 226 (Snowbasin Road). Keep

straight here - the route returns to this junction later. Your elevation is 6,038 feet. After about one-half mile of false flat, SR 167 descends. The highway is steeper on this side of the ridge (6% grade) than on the side that you climbed. The descent is somewhat dramatic, with a sweeping curve to the left, and then to the right as the highway starts to level. Picturesque Pineview Reservoir is in view in the distance. Turn left onto SR 39 at the bottom (mile 9.9, elevation 4,952 feet), and ride along the south side of the reservoir. There are a few lakeside residences, as well as Anderson Cove Campground. After just under one mile, watch for motor vehicle traffic, and make a left turn onto Snowbasin Road (SR 226) to begin the ascent (mile 10.85).

While SR 167 is comparatively sleek, with its high-speed turns and steady grades, Snowbasin Road is a classic, winding, two-lane mountain road. There are plenty of twists and switchbacks as the road makes its way up the mountain, at an average grade of 6%. Please note that this is the "old" Snowbasin Road, in that this was formerly the main access to the Snowbasin Ski Resort. With the newer road connecting to SR 167 toward the top of the ridge, the older road receives minimal maintenance, and is in fact closed during the winter. Some have noted that the road even moves on the underlying, unstable soil, making for an uneven road surface in places. A segment of the road was indeed closed for several years during the early 2010s, but it has since reopened. Ensure that the road is open before venturing out; the best resource would be the Utah Department of Transportation. The road straightens after crossing East Fork Wheeler Creek - but the climbing continues! The access road to the Snowbasin resort is at mile 17.8, at an elevation of 6,306 feet. The resort welcomed several of the alpine skiing events of the 2002 Winter Olympic Games, including downhill, super G, and alpine combined (downhill and slalom). The men's events were dominated by skiers from Austria, Norway, and the U.S., who won all nine medals. The



women's events were dominated by Janica Kosteli from Croatia, who won two of the three events, including a whopping-for-skiers 1.5-second margin in the combined. The men's downhill course, designed by Swiss Olympic champion Bernhard Russi, started at an elevation of 9,288 feet, and featured over one-half mile of vertical drop at an average grade of 31%!

The climb continues beyond the access road, finally reaching a crest at mile 18.75 (elevation 6,623 feet). The descent begins immediately (6% grade), although there is a short uphill after about one mile. The descent continues from there. Turn right onto SR 167 at the end of Snowbasin Road (mile 20.8), and enjoy the long downhill into Mountain Green. Turn right at the bottom, onto Old Highway Road (cosigned as SR 167), and return to Kent Smith Memorial Park, which will be on the left.

For more rides, see Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.



702 Third Avenue Salt Lake City 801 533-8671 wildrosesports.com

# OUR ANNUAL LABOR DAY SIDEWALK SALE

(Deals so good you're basically ripping us off)

SKI GEAR \* BIKES \* CLOTHING

SATURDAY SEPTEMBER 3 & MONDAY SEPTEMBER 5

