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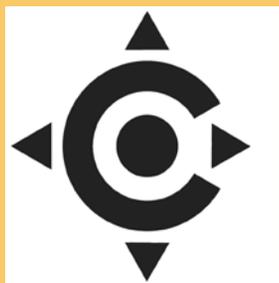
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Cover Photo: Lou Melini on one of the many bridges on South Dakota's Mickelson Trail.

Photo by Julie Melini

MOUNTAIN BIKING

The Point of All Return



The fog rolling in at Point Reyes, California. Photo by Albert Flynn DeSilver

By Albert Flynn DeSilver

It is the poetic spirit (fūrabo), the spirit that leads one to follow nature and become a friend with things of the seasons.

—Matsuo Bashō (Japanese haiku master, 1680s)

When you cross the San Andreas Fault at Olema, California, you cross over from the North American plate to the Pacific Plate and everything changes. To set foot, horse hooves, or bicycle tires on the Point Reyes peninsula is to land on another continent— geologically literally, of course, but also culturally, even spiritually. It means to land in a unique, more poetic consciousness imbued with the essence of the East. The Point Reyes peninsula is

located just thirty miles north of San Francisco from its south end near Bolinas, forty miles from its midpoint. It lies in the shadow of Mount Tamalpais, the birthplace of mountain biking and the klunker revolution. Though perhaps some of the klunkers were tooling around the hills and dales of Point Reyes in the late seventies and eighties, the peninsula has maintained a remote and inscrutable vibe, courting perhaps a quieter, more contemplative two-wheeled adventurer. The total landmass of the peninsula is just over seventy thousand acres, yet you feel like you have entered a vast wilderness on the scale of Yosemite or Yellowstone.

The only way to properly capture such a vast and dynamic place as the Point Reyes Peninsula is through— what else—the tiniest of compressed

art forms, the haiku. As I conceived of this adventure and a piece of writing to follow, the haiku promptly blew into my consciousness like a gust of Japanese plum blossoms snowing in from across the Pacific.

Poet Matsuo Bashō was born in Japan's Iga region in 1644 and from an early age was drawn to the form called *hokku*, today known as *haiku*. By his thirties, he was a hokku master and was fortunate to find fame and financial success in Edo (now Tokyo), but material trappings left him empty, so he wandered the farthest reaches of the country in search of peace and greater communion with nature. Today he is considered

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The Point of All Return - Continued from page 3



Albert Flynn DeSilver riding in Point Reyes. Photo by Alex Ketley

Japan's greatest haiku poet, but he also invented a new form called *haibun*, which alternates prose with haikus. The haiku is designed to serve as soft punctuation of the words that come before it, a murmur of affirmation.

As we rode across the peninsula, my ride itself came to feel like a haibun's haiku to all the trips that had preceded it. In the ever-present struggle to put words to experience, this combination of prose and poetry seems closest to capturing Point Reyes's essence for me.

During the 1906 earthquake the Point Reyes peninsula reportedly "lurched forth more than twenty feet," and a cow was swallowed up by the fissures torn in the earth. Geologically, the formations from Bear Valley north to the tip of Tomales Point and west to the highpoints of Mount Vision are dominated by granite. This granite isn't found on along the coast on the mainland North American plate just east of the peninsula, only much farther east when you reach the uplift of the Sierra Nevada. Franciscan undifferentiated sedimentary rock such as graywacke, shale, conglomerate, and chert make up much of the mainland geology just east of the Point Reyes peninsula. In his *The Natural History of the Point Reyes Peninsula*, Jules Evans describes the peninsula as "the northwesterly migration of a granitic whale," as if it were floating through geologic time—which of course it is. This "island in time" notion of the place is as much physical and elemental via the geology, flora, and fauna as it is energetic and poetic—which is to say, spiritual.

Last year I asked my wife what she wanted to do for her birthday. "I want to go out to Chimney Rock and see a whale." "Sure honey," I told her, "no problem." A good whale spotting is generally not something one can orchestrate on command,

but fantastic husband that I am, I got it scheduled on the calendar and set my intentions alongside hers. When her special day arrived, we drove more than an hour out to the far point, stepped out of the car, and walked maybe two hundred yards down the road toward the old coast-guard station, where I presented her with her whale sighting. We looked down to our left into Drakes Bay, not twenty yards off the pier, and right then a gray whale breached the surface as if to say, "happy birthday, Marian."

That's the kind of magical, poetic thing that happens all the time in Point Reyes. That is, if your sensibilities are open (you're paying attention and truly tuning in), you can sense such magic at the continental threshold. Most people beeline it across Highway 1 at Olema without even noticing. They head for the wild beaches at Abbotts Lagoon, which stretch for miles, or for the famous lighthouse out at the far point proper. Some speed out to see the elk at the north refuge on Tomales Point or the spectacular views from Mount Vision. Still others go for the cliffs, lakes, and waterfall near Palo Marin.

Two things bring me to presence in a place more than any other: writing (poetry) and mountain biking. When I say "bring me to presence," I mean they wake me back up to a renewed sense of awe and wonder with the natural world. To know a place is not to know "about" it, via the maps, history, place names, or even the scientific nomenclature of the flora and fauna (as fun as all that is), but rather to be in flow with its energies and essences—its poetics. To be in rhythmic harmony with the folds and contours of the landscape itself, enchanted by the low-leaning light, absorbing the radiance of plant, animal, and mineral communication—to allow them space in your bones—*this* is truly being alive in a place.

elk herd traipsing by
their halo
the rising sun

Though I've done a thousand loops and out-and-back rides here, I wanted to see the whole peninsula anew through the lens of poetry on a single day in March at the turn of spring, via an acoustic bicycle. I wanted to celebrate as much of its magical entirety as possible. I brought along my friend C, a consummate adventurer, whom I met, perfectly enough, on a bike ride here in Point Reyes. I've been coming to Point Reyes for twenty-six years and have kayaked many of its inlets and *esteros*, hiked or ridden every one of its roads and trails, swam most of the beaches—but how much of this place did I really *know*?

When it comes to bike rides, I'm more of a fifteen-mile-once-or-twice-a-week guy. I will never do the Leadville 100 or the Tour Divide. I've never actually ridden a bicycle more than twenty-five miles in a day. I'm in it for the nature, for the poetry of being in place. I like to lollygag and talk to the periwinkle, the purple star thistle, the mugwort, the aster, the yarrow, the calla lily. When I scoped out this ride out on a map (yes, a paper map), I honestly did a cursory job, lining up my thumb with the little mileage-scale thing in the lower left-hand corner. I counted twenty-something-ish miles with scant consideration of elevation gain and loss. I had all the hills figured out in my mind as "doable."

I showed up in the parking lot with a thirty-pound pack complete with three-plus liters of water, two sandwiches, five energy/chocolate bars, and some backup Pata-gucci provisions. I had extra tubes, tools, layers. You'd think we were doing a multi-day trans-Sierra midwinter bike-pack. C showed up with almost nothing. He'd recently experienced a disaster and lost most of his possessions—including his stable of bikes—and he was in full f#\$%-it-none-of-this-material-shit-matters mode. I lent him my hardtail. Besides that, he had a thirty-ounce water bottle and a couple of energy bars. "What about water?" I asked, reaching for my bladder and taking a comforting slurp from the tube. "I'm good," he told me. "I can fill up at little streams and whatever along the way. You know that whole giardia thing is a myth."

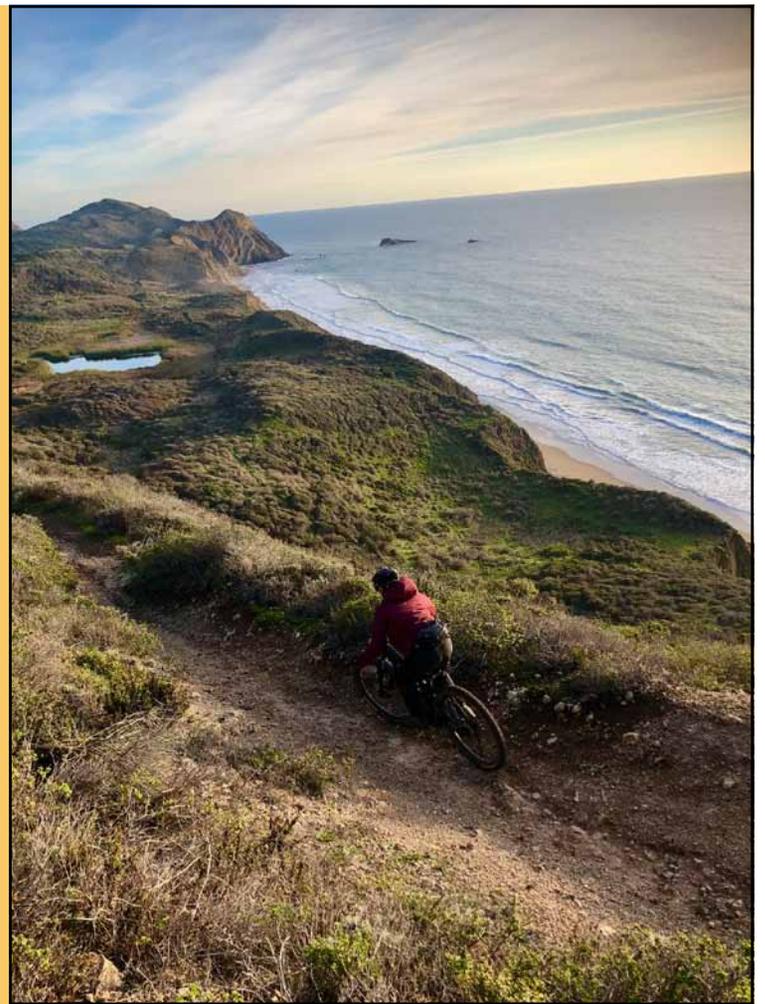
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Vizcaíno, one of the first Spanish explorers, called this great triangular peninsula "Punta de Los Reyes" (point of the kings). The coast Miwok called the surrounding bay waters *tamál-húye*, or simply *home*, since it was the place they had continually inhabited for more than five thousand years. By the 1850s, Portuguese dairy farmers began sectioning off the vast tracts by lettering them and building ranches. An old map reads like scattered Scrabble letters tossed across an empty board. To this day the signs along Sir Francis Drake Boulevard read "Historic A Ranch," "Historic H Ranch," "Historic L Ranch," and so on. The ranches are in decline and the elk are back. There is a space near the Bear Valley visitor's center in which to honor the Miwok with a model village called *Kule Loklo* (bear valley). The last grizzly was killed in 1913, though every twenty years or so a stray black bear wanders down from Mendocino. Every year a powwow here celebrates coast Miwok culture, and this is the go-to field-trip destination for surrounding Bay Area schools.

I'm not sure when the poets started showing up, but some of America's greatest have written and/or lived here. Gary Snyder with his famous poem about hanging out down at McClure's beach with Jack Kerouac in the fifties. Robert Bly and his men's groups, poeiming about in the seventies and eighties. Bob Haas and Brenda Hillman still have a place here. Bolinas has the peninsula's strongest history in this regard. Allen Ginsberg lived there for a while in the sixties along with Philip Whalen, Robert Creeley, Bill Berkson, Joanne Kyger, Anne Waldman, and so many others. Like I did, they came to re-experience the origins of language—which ultimately belong to the string of snowy plover footprints in the sand down at Drakes Beach, the scrawl of bishop pine branches scratching at the clouds above Mount Vision, and the traces of a redtail hawk's thermal rise into the sky over Pelican Lake.

*

We set off at dawn from the north tip of the peninsula at the Tomales Point parking lot, taking in an elk herd cantering along a small rise, backlit by the brightening eastern sky. After shooting a few happy snaps, we burn pavement from the McClures Beach turnoff and climb south. A mile or so later of pave-



Alex Ketley riding in Point Reyes, California. Photo by Albert Flynn DeSilver

ment, we veer off near the Pierce Point Ranch on the bay side, climb through a barbed-wire fence, and pick up a game trail (stray elk, fox, coyote, deer, bobcat, skunk, perhaps raccoon and possum—I imagine them all prowling along sniffing out the cows) and we too ride the fence line that takes us over to the Marshall's Beach road.

swatch of blazing mustard flowers,
bright green fields spotted
with spotted cows—
the oceans roars

We pause at the top of the Marshall's Beach parking area. There's an old road that leads down to the legendary artist Clayton Lewis's place at Lairds Landing. He had a small cottage and sculpture studio down there for years, more or less squatting until eventually the park service forced him out. In the sixties and seventies, when he was living there full time, he'd reportedly row across the bay to get groceries at the Marshall store and mail his famously decorated envelopes filled with poetic letters to friends and family. Up until the nineties, this was the ultimate romantic place to take a lover, to explore the old buildings and studio, to drop the rope swing from the cypress tree and swing out over the water, to skinny-dip in the bay and lie around naked in the warm sand. The park has since cut the rope swing, cleared out some of the debris, and let the outbuildings collapse.

We pedal on for a couple of miles down a wide gravel ranch road into the lower bishop pine forest. You don't see these trees east of the San Andreas Fault, as they thrive in granite soils. The bishop pines sing a different song with their paired dark-blue-green needles, creating a humming low-pitched whisper: a voice that says, "wake up and smell the poetry." Scent is always on the wind here, alternating between saline air, crushed huckleberry, and citrusy pine pitch. As you ride up in elevation you feel as if you are

being dipped in a Japanese brush painting—especially when the cold air streams in off the Pacific and collides with the warmer air of the mainland, filling the forest with vaporous gray veils that stream through the branches, creating moody ghosts of the surrounding snags.

Our route takes us along another half-mile run of pavement on Sir Francis Drake Boulevard over to the base of Ottinger's Hill, a fire-road cutoff that runs steeply to the top of Mount Vision at 1,283 feet above the sea.

a window framed
by bishop branches
Irish pastures, strip of cobalt
ocean—
the horizon smiles

Onward to the top of Mount Vision, site of the great fire of 1995, which destroyed forty-five homes east of the park and charred 15 percent of the seashore lands. The view is in fact visionary, with Tomales Bay stretching out to the left and the vast gleaming Pacific unraveling to the right. This fast steep drop along Inverness Ridge gives us our first taste of singletrack, providing many a yip and holler, a couple of wide smiles, and if not a fist bump, then certainly an elbow-to-elbow tap (as the pandemic rolls on).

Still no fog by midday as we arrive at Bayview, with unobstructed views back at Mount Vision and down to Drakes and Limantour beaches. We contour another bit of pavement to the Sky Camp trailhead and notice it is still closed due to last summer's lightning-strike fires that set much of Northern California ablaze, including another five-thousand-plus acres between here and Bear Valley. We descend the wide curves of Limantour Road whizzing most of the way down in a tuck, then pause at a small rise to take in the successful roadside backburn that saved the Fox and Inverness Park neighborhoods.

pair of black vultures
glide between two
burnt trees—
not a word between them

At the bottom of Limantour Road our route takes us on through the rift-zone gut of the San Andreas Fault, paralleling Highway 1 for a few more miles of pavement until we turn off at the Five Brooks trailhead. Even “burning” road here is a thrill: between the swish of cars as you listen for the bap-bap-bap stutter of tires hitting the strange median reflectors on California’s rural roads, signaling the driver sees you and is moving even slightly around you. Then there’s the unexpected finds like the Olema Lime Kilns, built in 1850 on land leased from Mexican grantee Rafael Garcia by two enterprising Forty-Niners. From the bike, roadside not far south of Olema, you can spot the kilns (now just a mossy cluster of stones wrapped in blackberry vines). To ride the peninsula—whether road burn, ranch road, or singletrack—is to feel the perpetual tectonic buzz beneath your tires as you straddle two continents.

At Five Brooks, we take the Stewart Trail fire road, meandering at about 3-percent grade up to Fir Top at 1,342 feet. Here we welcome the embrace of a mature fir forest dripping with sage-colored drapery commonly known as “Spanish moss,” actually a beard-like lace lichen known scientifically as *Ramalina menziesii*. You can pedal all the way out to the ocean at Glenn and Wildcat camps, but to do so would add ten-plus miles and 1,500 feet of climbing.

We decide we’re doing great in both departments and opt for the Olema Valley Trail, a kind of seismic zipper running north-south down the belly of the fault. (It’s best ridden this direction: after a punchy climb out of Five Brooks it’s mostly downhill.) This is a gorgeous four-and-a-half-mile stretch of trail that rolls in and out of meadows sprinkled with coyote brush and shoulder-high stands of Queen Anne’s lace. In spring the trail is edged with thigh-high clusters of stinging nettles, which upon the slighted graze set your skin ablaze—leaving not so much an itch or burn as a weird buzzing throb that can last for a days. The trail dips, rises, and swoops into dense stands of oak, alder and bay laurel following a winding creek south to Dogtown.

We’re back out on Highway 1 at Dogtown, blurring by fat stands of roadside eucalyptus for the final stretch via “Seventeen S’s” to Horseshoe Hill Road, blinking by gorgeous farmhouses, the old Saint Mary Magdalene Mission church and graveyard overlooking Bolinas Lagoon, and the famous “peace barn” just outside of town. To complete the journey, we pedal up to the mesa past Agate Beach off Ocean Parkway, which lands us at our final southern destination near Duxbury Point, where we take in a deep saline breath, sponging up the full spirit of the Pacific plate.

snowy egret
perched in church’s shadow
stabs a shimmering blue fish
with its yellow beak

I thought about the thousand other rides I’ve done in this place, including that epic full-moon night ride out to Drakes Head for my friend Fuzzy’s birthday a couple of years before he died. Twenty of us had a giant bonfire out by the cow pond. Someone brought pints of ice cream; another brought several pounds of shrimp scampi, full

bottles of wine, and plenty of weed. We didn’t get back to the car until four in the morning.

Yet on this through ride—as we avoided an unexpected spring storm roaring in off the Pacific, being pounced upon by a foamy-mouthed mountain lion, or tearing open a thigh on rusty barbed wire, thus needing to improvise a tourniquet with some tule reeds—something more profound emerged.

It takes time for giardia to show up, but at last check C’s stomach was fine. Point to point, we ended

up riding forty-plus miles and logging more than six thousand feet of climbing—a decent-sized adventure, which allowed us to become better “friends with the things of the seasons,” to cultivate a deeper enchantment with our local watershed, and to allow our hearts and minds to become further imprinted by another continent’s poetry.

cliff’s edge, gulls cry, rocks
shine
white necklaces of foam
sizzle and dissolve

Albert Flynn DeSilver is the former Marin County Poet Laureate.

Excerpted from the Book Singletrack Mind: Finding Wisdom & the Poetry of Life on Two Wheels; the nonexistent press, 2023 and available at www.singletrackmindbook.com.

This piece first appeared in Adventure Journal 2021 with gratitude to Steve Casimiro.



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MOUNTAIN BIKING

Hydration for Mountain Biking

By Erica Tingey

Proper hydration while mountain biking is critical for nutrient and oxygen delivery, organ and tissue function, temperature regulation, joint lubrication, and energy production. Just about every biological reaction in your body requires water! Athletes must take extra care to ensure they get enough water because we lose water through sweating and increased energy demands. I've outlined some tips for staying hydrated while mountain biking.

Drink Water Before Your Ride

Drink plenty of fluids throughout the day, and try to drink half a liter (~16 ounces) a couple of hours before your ride. Caffeinated beverages like coffee and tea used to get a bad rap because they were rumored to be dehydrating; however, current evidence suggests this isn't the case. In fact, caffeine can help promote metabolic processes that produce energy to fuel your ride.

Bring Enough Water on Your Ride

How much water you need for a ride will depend on many factors, including the length and difficulty of

your ride, the ambient temperature, and how much you sweat. A good place to start is to aim for about half a liter (~16 ounces) for cooler weather and up to one liter (~33 ounces) for warmer weather every hour. Take a couple of sips every fifteen minutes or so. After your ride, write down how much you drank (add them to your phone notes, Strava, or a notebook) to help you plan for the next ride.

Some riders determine their approximate sweat rates at various temperatures by weighing themselves on a digital scale before and after a one-hour ride (this is only accurate if you don't eat, drink, or urinate during the ride). You should aim to replace at least 75% of the water you lose to sweat. You don't want to add unnecessary weight by bringing far too much water but err on the side of bringing more than less. For longer rides, consider bringing a hydration bladder carried in a backpack or fanny pack.

Replenish Electrolytes

Replenishing electrolytes (sodium, potassium, calcium, and magnesium) is critical—especially for rides that last more than an hour. I like the convenience of pre-measured electrolytes in "Ultima," which are avail-



Hydration is especially important when riding in the desert. Photo courtesy Erica Tingey

able at Whole Foods or Amazon.

Signs of Dehydration

Some indicators of losing fluids too rapidly include dizziness, headache, nausea, lack of sweating, dry lips or eyes, thirst, muscle cramps, and a pounding heartbeat. Dehydration can become very serious very quickly. If you think you're dehydrated, stop and replenish your fluids and electrolytes. Call for help if needed.

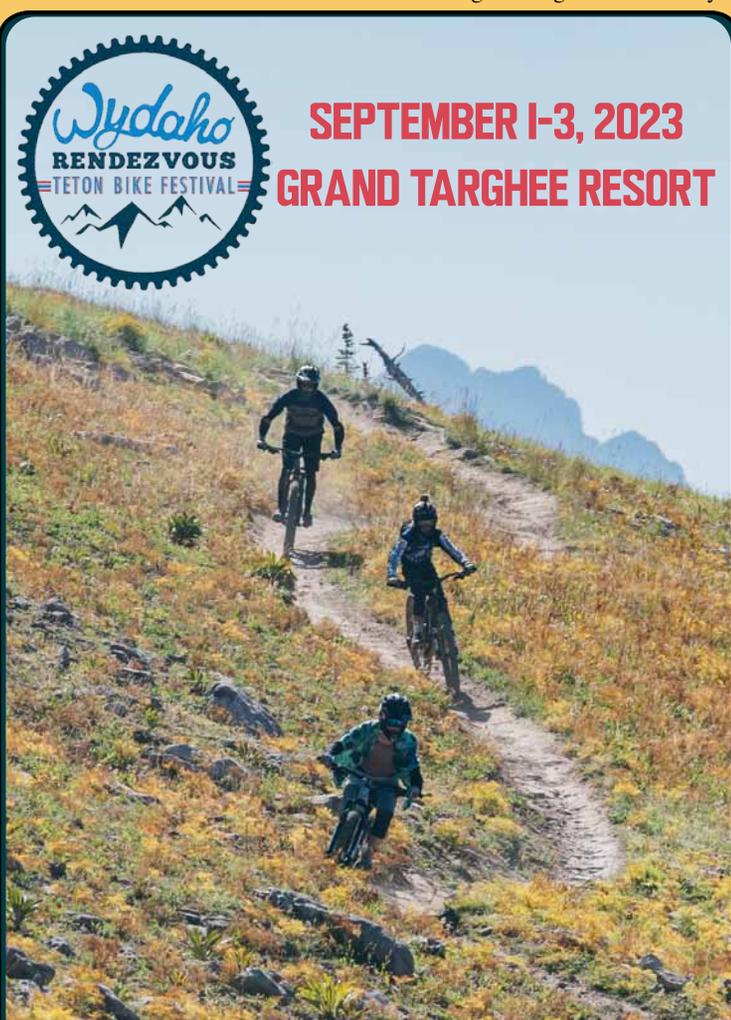
Prepare for Emergencies

Running out of water can quickly become an emergency, especially if you are stranded in the backcoun-

try. Consider stashing a lightweight LifeStraw, mini filter, or water treatment tablets in your first-aid kit for greater peace of mind.

Staying hydrated will help you optimize performance so you can focus on having fun on the trails. Stay safe!

Erica Tingey is CEO of Women in the Mountains and PMBIA Certified Mountain Bike Coach. For more riding tips and clinic information, follow @womeninthemountains on Instagram and check out her website, womeninthemountains.com



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Fat Adaptation Strategies For Endurance Athletes Part II



Avocados are a healthy source of fat that provide essential nutrients without spiking blood sugar. Photo by Heather Casey

By Heather Casey

In my previous article (Early Summer 2023 Cycling West issue), I discussed the potential benefits and drawbacks of becoming fat-adapted for endurance athletes. While this can be an effective strategy for some athletes, it requires careful planning to optimize performance. For cyclists, fat adaptation must be implemented strategically to support the unique demands of the sport.

Refresher: What is Fat Adaptation?

Fat adaptation refers to training your body to use fat as its primary fuel source during endurance exercise rather than relying on carbohydrates. The theory is that by becoming fat-adapted, athletes can conserve their limited carbohydrate stores and rely more on their abundant fat stores to sustain energy levels during long-duration exercise.

The keys to optimizing fat adaptation as a cyclist are:

1. Base Diet on Whole Foods

The foundation of a fat-adapted diet for cyclists should focus on high-quality fats, proteins, and vegetables. Avocados, nuts, seeds, eggs, meat, fish, and leafy greens provide essential nutrients without spiking blood sugar. Limit processed foods, even if they are low in carbohydrates.

2. Time Carbohydrate Intake

While lowering overall carbohydrate intake, cyclists should strategically consume carbohydrates to fuel high-intensity efforts. Have some carbohydrates before and during intense training rides and races when carbohydrates are needed to sustain power. Stick to low-carbohydrate meals during lighter training and recovery.

3. Incorporate High-Intensity Intervals

High-intensity interval training in Zone 5 with long rest periods teaches your body to tap into carbohydrates for fuel during sustained hard efforts. Include some intervals in your training to optimize carbohydrate utilization on race day.

4. Experiment with Carbohydrate Cycling

Try consuming extra carbohydrates 1-2 days per week to support intense sessions. Carbohydrate cycling prevents chronic low energy levels while continuing to promote fat adaptation.

5. Test Race Nutrition Strategies

Practice your racing nutrition during hard training rides. Test which foods and what timing of carbohydrate intake works best for you to avoid gastrointestinal issues while maintaining power.

6. Allow Time for Adaptation

It takes time for your body to become efficient at burning fat. Stick with a fat-adapted approach for at least 4-6 weeks before assessing its effectiveness.

7. Stay Hydrated

Adequate hydration aids in metabolism and performance. Incorporate electrolytes, especially during long rides, to prevent imbalances that may affect performance.

Cycling-Specific Considerations:

1. Training Phases: Align carbohydrate intake with training cycles. Higher carbohydrate intake might be beneficial during high-intensity training blocks, while lower intake might suit base training.

2. Racing Scenarios: Learn to fine-tune carbohydrate intake based on the demands of specific races. This requires experimentation during training to understand how your body responds under different conditions.

3. Listen to Your Body:

Recognizing signs of fatigue, hunger, or decreased performance may indicate a need for adjustment in carbohydrate timing or quantity.

Conclusion:

Cyclists aiming for fat adaptation must approach their nutritional strategy with nuance and intention. A well-rounded low-carbohydrate lifestyle can be the bedrock for fat adaptation but incorporating carbohydrates in a deliberate and thoughtful manner is key to fulfilling the energy demands of training and racing.

Carbohydrate timing, individualized planning, and a strong understanding of cycling's unique demands will enable cyclists to leverage the benefits of fat adaptation without compromising performance. This dynamic approach not only supports endurance but also

promotes overall health and well-being, aligning with the holistic goals of many endurance athletes.

Heather Casey and her husband Pat own Peak State Fit Performance Center located in Salt Lake City, Utah where they specialize in bike fitting, coaching, and nutrition services. Heather is a 5 X Ironman finisher including Ironman World Championships in Hawaii. Heather's professional experience includes NSCA, Certified Strength and Conditioning Specialist, Precision Nutrition Master level sports nutritionist, 500-hour Yoga Instructor, PNOE Metabolic Health Specialist. If you'd like more information about sports nutrition services at Peak State Fit, please visit PeakStateFit.com or contact Heather Casey: Heather@peakstatefit.com

MECHANIC'S CORNER

Refresh Your Brakes

By Tom Jow

Last month during my trip to Oakridge, Oregon I noticed my brake performance beginning to deteriorate. Specifically, my rear brake lever was feeling soft and pulling almost to the bar. In addition, both brakes just did not feel as strong as they did when they were new a couple of months ago. Considering I was headed to Brian Head for the Big Mountain Enduro later in the month I decided that some brake service was necessary.

My plan was this. Replace the pads because they are easy and bleed the rear brake since the lever was

acting up. On removing the brake pads, it was clear that they needed to be replaced. The braking surface had a slight shiny glaze as well as a dark, burnt appearance. The discoloration of the backing plates was evidence that the brake pads had been hot, hot, hot! What surprised me though was the fact that the pads were barely even worn. On previous bikes I have used a set of brake pads for a whole season. Have I really been putting up with such poor brake performance? (Longtime readers you know I can put up with a lot). Another thing surprised me. My rotors had been "cooked". The brake surface of the rotors looked like the brake pads; dark blue and glazed, scored, and

scratched from debris. And just like the brake pads they were barely worn. It was clear that both the pads and rotors would need to be replaced.

To replace the brake pads and rotors is usually a pretty easy job. Begin by removing the wheels from the bike. Next remove the rotors. There are two types of mounting for brake rotors, 6-bolt and center-lock. It is also possible for 6-bolt rotors to be used on center-lock hubs with an adapter. To remove a 6-bolt rotor, use a T25 Torx wrench. In order to remove a center-lock rotor, a Shimano bottom bracket wrench is required. Remove the lock-ring by turning counter-clockwise. Once the lock-ring is removed, lift the rotor

off the splines.

When installing new rotors there are a couple of things to keep in mind. First, keep the braking surface of the rotors clean and free from any oil. Handle the rotors in the center. Second, install the rotor with the printed label facing away from the hub with the rotational arrow oriented in the direction of rotation. It's not difficult to install rotors incorrectly.

After carefully starting the 6 small bolts, tighten them in a cross pattern to the specified torque range, usually about 6-7 newton-meters. Center-lock rotors can be installed in any rotational position on the splines, there is no index. Once the lock-ring is threaded, tighten it to 40 newton-meters. If you don't have a torque wrench for this, it's ok. It's darn tight and difficult to over tighten. The standard conversion of 40 newton-meters is equivalent to approximately 30 foot-lbs. So, imagine applying 30 lbs. of force to a 12-inch lever (wrench).

Replacing the brake pads is almost as easy as replacing the rotors. While the wheels are out of the frame, first press the old pads and pistons into the caliper using the Park Tool PP-1 or something similar. This will ensure there is enough clearance for the new pads when the wheels are reinserted. Next, remove the brake pad retaining safety clip. With the appropriate hex wrench or screwdriver, remove the brake pad retaining pin. The brake pads can now be removed by grasping the pad tabs and pulling upward and out. Inspect the back of the pads for signs of oil. Wet backing plates are a sign of leaky piston seals. Some brakes have replaceable seals (read: seals are available) but if it's one of the two big brands, the brake caliper will need to be replaced.

While the pads are out, take a minute to clean inside the caliper with a clean, dry rag or cotton swabs. I have seen some videos that recommend lubricating the piston seals with brake fluid and then cleaning them off with isopropyl alcohol. I do not recommend this. Brake pads and brake fluid don't mix well and placing one near the other voluntarily or otherwise is a recipe for disaster.

With clean hands, align the new brake pads on the spring and insert them into the caliper. Insert the pin and tighten carefully. Install the safety clip. Mount the wheels and tighten the axles to the proper torque. Tip: when tightening the axles, apply pressure under the wheels as if the bike were on the ground to ensure



Shimano lockring and bottom bracket tool. Photo by Tom Jow



New rotor on top. Overheated, glazed rotor underneath. Photo by Tom Jow



Centerlock rotors are becoming the standard for road and gravel. Photo by Tom Jow



Brake caliper with pads removed. Brake pistons are slightly extended. Photo by Tom Jow



Park PP-1 brake pad spreading tool. A handy tool to have in the tool box. Photo by Tom Jow



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Heat damaged brake pad on the right. Notice it is barely worn compared to new. Photo by Tom Jow



Discolored, glazed brake pad on the left. New pad on the right. Photo by Tom Jow



Six-bolt rotors require a T25 Torx wrench for installation and removal. Notice the directional arrow. Photo by Tom Jow



SRAM brakes use a 2.5mm hex for the brake pad pin. Photo by Tom Jow

consistent alignment of, well, everything.

Actuate the brakes a couple times and spin the wheels to check the alignment of the calipers. If there is contact between the rotor and brake pads, align the caliper by slowly loosening the mounting bolts and gently adjusting the caliper until there is no contact. Be patient. This can be an excruciatingly frustrating process. When complete, remember to torque the caliper mounting bolts. I've seen this forgotten more than once.

Don't stop reading, there's one more thing. New rotors need to be "bed in" with new brake pads. This process applies a layer of brake pad material into the surface of the rotor in order to have powerful brakes. To bed in the brakes accelerate to approximately 10-15 mph. Firmly apply the brakes to slow nearly to a stop. Do not come to a complete stop and hold the brake on. This will imprint a spot of brake pad material. Perform this several times being careful not to overheat the rotor. By the third or fourth time the brakes should be feeling stronger. Five times is probably enough.

Replacing the brake pads and rotors was just what my bike needed. Their stopping power was back to full-strength, and I was able to readjust my levers back to the way I like them. Coincidentally, as I was preparing to write this article, the website PinkBike started a series "Brake Tips from World Cup Mechanics". I waited anxiously for each installment, hoping to learn something amazing. At the same time, I was let down and relieved. There were no exotic tricks (that they would tell anyway). Keeping it simple was the way I read it. Replace brake pads and rotors at the same time. Use the correct parts (don't mix and match). Protect your pads and rotors from contamination. Simply put, pretty much everything we've done here.

Got a bike question? Email Tom at runnerrunner.rider@gmail.com

Congress Considering Several Bills Affecting Bicycle Projects

The future of federal funding for bicycle projects is not on the ground but up in the air as Congress went into August recess. The Republican-controlled House Appropriations Committee approved a bill for FY 24 severely cutting funding, while the Democratic-controlled Senate counterpart proved more generous. Neither house has scheduled a vote and it's not clear if anything will be settled by the start of FY 24, Oct. 1.

The House bill would zero out RAISE Grants, while the Senate bill would continue them. The recent round of grants funded \$800 million in projects, many of which are designed to improve bicycle safety (see Cycling West's 2023 Summer issue). The Senate bill would continue the program.

The Senate report would also direct the National Highway Traffic Safety Administration to study how side underride guards on autos might protect bike riders.

Both bills contain some specific earmarks, though. Both bills include \$1 million for the Steamboat Springs Workforce Housing Pedestrian and Bicycle Connection Project in Steamboat Springs, CO. The House bill includes \$850,000 for a bike/ped bridge over State Highway 83 in Colorado, while the Senate bill would fund \$800,000 for the St. Vrain Multimodal Trail in Boulder County, CO.

Meanwhile, the Senate Energy and Natural Resources Committee approved America's Outdoor Recreation Act of 2023 (S. 873), which includes a Biking on Long-Distance Trails provision that would create at least 10 bike trails of 80 miles or more on federal land, which could cross boundaries between lands operated by dif-

ferent land management agencies. The trails, however, could not conflict with other uses, such as horseback riding. Federal departments would get two years to collaborate on the projects and would provide maps and trail-identification materials.

The bill was placed on the Senate calendar, but no vote has been scheduled.

<https://www.congress.gov/congressional-report/118th-congress/senate-report/79/1>

In other congressional developments; the Senate Energy and Natural Resources Subcommittee on Public Lands, Forests, and Mining; conducted a hearing on S. 1634, the Colorado Outdoor Recreation and Economy Act, which would restrict bicycling to "designated roads and trails" in the Proposed Williams Fork Mountains Wildlife Conservation Area. Bicycle riding would also be permitted in the Sheep Mountain Special Management Area, which is undeveloped but not designated as wilderness. The lands lie in the Grand Mesa, Uncompahgre, and Gunnison and San Juan National Forests (<https://www.congress.gov/bill/118th-congress/senate-bill/1634/text>).

Finally, Rep. Melanie Ann Stansbury (D-NM) introduced legislation that would "provide grants for outdoor recreation projects to spur economic development, with a focus on rural communities, and to provide training for rural communities on funding opportunities for outdoor recreation...." The bill must go a long way, though. Stansbury picked up no cosponsors and three committees can consider the bill: Transportation and Infrastructure, Financial Services, and Agriculture.

-Charles Pekow

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CYCLING TRIVIA

Cycling Trivia: World Championships



Scenes from the 1986 World Cycling Championships. Photo by Dave Campbell

By Dave Campbell

This year's World Championships are especially exciting for me as I will in attendance in Scotland! I was last able to attend a World Championships in 1986 at Colorado Springs. Still in High School, I was only able to see the Men's, Women's, and Amateur Road Races held on the grounds of the Air Force Academy, and what a treat!

This year we will enjoy the Mountain, Road, and Track events over a two-week period in a veritable celebration of cycling! Winners of the rainbow jersey compete in it for the entirety of the next year. Even after relinquishing the jersey to the next winner, past winners may wear the rainbow stripes on the cuffs and collars of their jersey for the remainder of their careers, such is the achievement! I can't wait to be there for the international color, spectacle, and passion in person!

Test your knowledge about the World Championships with a few brain-teasers below...

Q1. Riders who can win both Grand Tours and one-day races like the World Road Championships were becoming increasingly rare until the emergence of this new generation of all-arounders like Remco Evenepoel and Tadej Pogacar. Still, the prestigious combo of the World Road Title and the Tour de France in the same year remains rare. Who was the last rider to win both in the same season?

Q2. Scotland has precious few professional riders and none it would appear with the capacity to win the World Title. However, riders from the host nation have succeeded in winning the World's title on several occasions. When was the last time a rider from the host nation triumphed in the Elite Men's Road race?

Q3. When was the last time a host nation's rider became the

Women's World Road Champion?

Q4. When was the last time an American stood on the podium at an elite World Road Championship?

Q5. This year's World Championships has been called a "Super Worlds" because Road, Track, and Mountain Bike events will all be held together in the same area at the same time! The UCI plans to hold a "Super Worlds" every four years in the year preceding the Summer Olympics to fire up the public for the following year's Olympic competition. Mountain Bike Worlds have never before been held in conjunction with Road and Track events. Road and Track races, however, had a decades-long tradition of being held concurrently. When was the last time the public enjoyed the Road and Track World Championships together and what was the venue?

Bonus Question: Speaking of the 1986 World Championships, which riders took the wins (and the accompanying jersey) in the Men's, Women's, and Amateur races?

See the answers on page 21.

Dave Campbell was born and raised in Lander, Wyoming and now resides in Bend, Oregon. A retired High School Science and Health teacher, Dave won four Wyoming state cycling championships before moving to Oregon to attend the U of O in Eugene. While there, Dave was a collegiate All American and went on to win six Oregon State Cycling Championships as well as a Masters National Road Title on the Tandem. He started writing Trivia in 1992 for Oregon Cycling News and continued the column with the Northwest Bicycle Paper. Dave also writes cycling history at "Clips_and_Straps" on Instagram and announces at cycling events throughout Oregon

GEAR PICKS

Gravel Cycling Product Reviews



Julie's Trek Checkpoint SL5 Gravel-Specific Bicycle with Salsa, Ortlieb, and Trek bikepacking bags. These are the most widely spaced trailheads on South Dakota's Mickelson Trail. Photo courtesy Julie Melini

By Lou Melini

The following products have been used by me since early this year and on the recent Mickelson Trail bikepacking tour. I was able to obtain discounted prices for the products through my volunteer work at the Bicycle Collective or through my son at Storm Cycles. The discounts were nice and there was no expectation of bias in reviewing the products.

Trek Checkpoint SL5 Gravel-Specific Bicycle: My primary purpose in purchasing the Checkpoint was to replace my cyclocross bike. Last season I went over the bars once and on a separate course on a steep descent with a left hand turn I went into the barriers a couple of times. I'm in my 70's so stability and better brakes are a priority. I am over 10 years from finishing on the podium. Now I simply care about finishing.

My oldest son Ben works at Storm Cycles in Park City. I asked him about a Trek Boone cross bike. He countered with the Checkpoint because he knows my needs beyond cross racing and felt that I would be happier with the gravel bike seeing the big picture of my needs. He was correct.

I now have over 1100 miles on the Checkpoint since the first of the year. I've taken it on the Little Wild Horse trail, The Jeremy Ranch loop that has a rutted gravel road out of Jeremy Ranch to Henefer. Then there is a gravel road through Henefer followed by the rail trail from Echo to Park City. I've ridden on the road with the Bonneville Cycling Club and now bikepacking on the Mickelson trail. In all these circumstances, the Checkpoint has been an excellent choice. It rides well as a road bike, perhaps due to the 24-spoked wheels. It has been stable on unpaved surface with 40 mm tires set up as tubeless. What was a selling point for me was that the bike had fittings in the carbon fiber frame for racks and fenders. I knew right away that this bike will be used for bikepacking. I simply love riding this bike.

I read a review of the aluminum Checkpoint in Adventure Cycling magazine by Dan Meyer. I've met

by Waterford or Seven since the 90's. It is quickly becoming my favorite all-around bike. Julie has the same bike, a big confidence builder for her on gravel. For more details go to the Trek bicycles website.

Bikepacking bags: I have used racks and panniers since 1975 when I rode across the U.S. for the first time. Julie and I travel comfortably, which means I carry a bit on the heavy side though my bags are rarely full except after a grocery store visit. How one travels is a matter of style, each person sets their own style. I expect a small learning curve as I pack my new bags that are of different sizes and shapes from what I am used to.

I went with bike packing bags for the Mickelson trail primarily because I am not sure how much weight the fitting in carbon fiber can be tolerated. Julie and I were able to fit all we needed in our new set-up, albeit a bit tighter. We used a cylindrical 3-bolt Salsa EXP series Anything Cage HD kit (that includes a bag) instead of my usual front panniers. I don't know if front rack movement would put too much stress on the fork fittings hence the change. The Salsa bags have a total (listed) volume of just under 7 liters compared to the 30 liters of the Ortlieb sport packer bags I currently use on my front racks. The size and shape of the bags seem to be made to fit a Jet Boil cooking system as an 8-ounce fuel canister fits precisely in the bag (I use a different cooking system that did not fit in the bag). Clothing seems to efficiently fit in the bags avoiding wasted space. A 6-pack of bagels fits well for those that are curious. I will see if the front fork bags work on future trips.

Trek makes under-the-top-tube bags that are sized specifically for different Checkpoint frame sizes.

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Lou and his Outdoor Research Helium Rain Jacket. Last camp. On South Dakota's Mickelson Trail. Photo by Julie Melini



Race Face Chester flat pedals and Five Ten shoes. Photo by Lou Melini

You can purchase option thumb screws for a nice clean look to the bag vs. straps that fit around the top tube of the bike. I have kept this bag on my bike as I really like the utility of it. For traveling I put a pump with a gauge, my rain jacket, a few tools, hat, and neck gaiter. Julie and I had to use small water bottles in order for the bottles to fit on the bike but that may be more of a function of our small sized bikes (49cm and 52).

The handle bar bag, also a Salsa EXP series kit, carried our sleeping bag that is a quilt to sleep two. The bag is a 1982 down bag by Marmot with a Gore-Tex shell. With good care it has worked well for perhaps 600 nights. The sleeping bag and Exped pillows fit well in the waterproof bag. The kit came with an accessory bag that I found to be cumbersome to strap on, so that was left behind.

The Salsa bag that attached to my seatpost and saddle held the tent. Julie and travel by bike with a 3-person tent, roomy and comfy. The Salsa seat bag worked well, but since I used a rack and small panniers, I could have strapped the tent to the rack. The seat bag works well when I take of the rack for small errands. I purchased a Topeak bag for Julie but due to the stiffness of the bag it would not work with a rack. Perhaps another factor of a small bike.

I am sure others have different

it does not have pit zips. Because of my age and weight, I need the extra warmth which was provided by the jacket on cool mornings. I didn't find it overly warm but my need for warmth is different than a younger person. I normally like pit zips but given weight and packability, I will be using the Helium on my bike travels over the next couple of years or longer as my Marmot PreCip is starting to show wear and my North Face is long past it's waterproof capability.

The market for rain jackets is changing due to retailers (REI in particular) and many manufactures moving away from PFAS waterproofing. I am not going to get in to the environmental impact of long chain vs. short chain PFAS and other material being touted.

Race Face Chester flat pedals and Five Ten shoes:

My son Ben equeathed his pedals and shoes to Julie for her early on-bike knee replacement rehab rides. She loved the pedals and shoe combo on her commuter bike. As I learned about shoe composition from my son, the sole of the Five Ten shoes is soft to "stick" to the metal projections on the pedal so that the two were made for each other. Julie and I debated about using flat pedals on the Mickelson Trail so I bought the same pedal/shoe combination that I put on my commuter bike for several weeks. I have found that compared to being clipped in (either via a strap or pedals) where I have 360-degree contact rotation, with the Chester pedals and shoes I have about 270 degrees of rotation. In the end we stayed with being clipped in for our trip for the short steep hills found in



Giro Bike Shorts/Adventure Cycling Activewear long sleeve t-shirt by Craft. Lou and Crazy Horse monument on South Dakota's Mickelson Trail. Photo by Julie Melini

Custer State Park. If one just rode the trail and perhaps some of the gravel roads, the flat pedals would work great. I like the simplicity of the pedals and that I can use whatever shoe I happen to be wearing with the pedals though the Five Ten shoes seem to work well in tandem with the pedals. For a more comprehensive review of "clip-in pedals vs flat" go to the excellent article by Tom Jow in the Early Summer 2023 edition of Cycling West.

Giro Bike Shorts/Adventure Cycling Activewear long sleeve t-shirt by Craft

The Giro bike shorts are meant to be worn over a padded liner when cycling. I used the shorts to have pockets when going to a store as I don't always use cycling jerseys with back pockets when I tour. The shorts are very comfortable, fit well and provided a small amount of added warmth on cool mornings due

to the length. There is a zippered pocket on the right leg as well. On the two occasions I had a phone in this pocket, it stayed stable without any swaying with pedal motion. Light, packable and comfortable, a nice reason to pack the shorts along on trips.

The Adventure Cycling Association jersey was meant to be a loose fitting, sun protection (SPF 35+) t-shirt on this trip. In the past I have found this shirt and others like it, to be cooler than sun protecting arm warmers. However, on this bike trip, the shirt was used to provide warmth in the cool mornings. As the temperatures rose. I find that the shirt is not overly warm. The "safety orange" color is nice when on the road.

Lou Melini is a lifelong bicycle commuter, tourer, and the former Commuter Column editor for Cycling West.

BIKE TOURING

Touring South Dakota's Black Hills via the Mickelson Trail



Julie Melini at Minnekahta trailhead where we started the trip on South Dakota's Mickelson Trail. Photo by Lou Melini

By Lou Melini

It was November of 2022 that Julie told me her sister was planning a family reunion at Mt. Rushmore in South Dakota. Julie's younger brother and sister and families reside in her home state of Wisconsin, with a nephew in Boise. When I heard Mt. Rushmore, I didn't think of a stone monument of 4 presidents. I instead thought about the nearby Mickelson Trail, officially called the George S. Mickelson Trail, the former governor of South Dakota that championed the building of the trail. Riding the Mickelson and the surrounding area has been on a mini bucket list for quite some time.

The trail is a former rail line abandoned in 1983. In 1991 the first 6 miles was completed. The 109-mile trail was fully completed in 1998 spanning from Edgemont in the south to Deadwood in the north. The trail surface is primarily crushed limestone and gravel that is kept in immaculate condition. There are 15 trailheads along the trail, 11 that

have water cisterns, sheltered picnic tables and vault toilets. The furthest distance between trailheads with the noted services is 16 miles.

There is a \$4/day or a \$15 annual pass to use the trail except within city limits. The fees go back to the trail. We rode on the trail about an hour after a heavy early morning storm. The trail was not affected by the rain except in one spot where water ran onto the trail. The previously mentioned water cisterns consist of 175-gallon tanks with a pump. The water is tested for quality twice weekly. It is a trail for all ages and abilities given the railroad grade of the trail. E-bikes seem to be the dominate bike on the trail. Rentals can be had in the cities that the trail passes through. We encountered one couple doing an overnight ride on the trail.

If the Mickelson trail is not enough for the gravel lover, there are perhaps hundreds of miles of gravel roads in the vicinity of the trail.

Preparing for the ride:

Julie has not liked riding gravel

roads aside from a few short rides on bike trails, mostly comprised of crushed limestone in her home state of Wisconsin. I put 35C gravel bike tires on her touring bike for a ride on the Park City rail-trail to see how she would do. Julie did great though she realized that her position on her touring bike is no longer satisfactory since the 2005 build and the brakes are no longer adequate in part due to her hand arthritis. I did not think I could make the needed adjustments to her bike within the 2-week departure time so I went to Plan B, a new gravel specific bike that I knew my son Ben had in stock at Storm Cycles in Park City. I also have the same bike – a Trek Checkpoint SL5 gravel-specific bicycle. In addition to the new bikes, we used bike packing bags though we added rear racks and panniers to meet our needs to travel comfortably. We considered using flat pedals which would work great on the trail, but we opted to keep our clipped in style due to the hills of the area adjacent to the trail, primarily Custer State Park. Oh, I should mention that Julie had her left knee replaced in early January. This trip will be her first multiday bike tour since the knee replacement. Julie started the trip with a new knee, new bike, and a new gravel attitude.

Packing gear for the ride with the bike packing bags was an issue. I packed and repacked stuff perhaps 3 times making the most efficient use of the reduced space. Julie and I are used to having front and rear panniers and a handlebar bag for a total 75 liters of space on each of our bikes. We are never fully loaded but the extra space is nice for shopping at a grocery store that may include a personal sized watermelon if we wish. We travel comfortable which is neither light nor heavy depending on one's definition of heavy.

The Ride:

Our trip consisted of 250 miles over 5 days. Short, but it was nice to get back on the bikes. This was our first bike trip since our (Yellowstone and Northwest Wyoming) 13-day ride just after Labor Day of 2021. Backpacking, including a 9-day Yellowstone walk, took up 2022. The longest day on this tour was



Lou Melini on South Dakota's Mickelson Trail. Photo by Julie Melini

65 miles on the trail and our shortest was just shy of 30 on the last day to return to our car. Of the 250 miles, 160 miles were on the gravel trail and 90 miles on pavement. I had planned on 45 to 50-mile pavement days and 35-40 gravel days. Campground locations were the dictating factor for our trip. Our ride

occurred in late June with wetter and cooler than expected weather.

Hot Springs, South Dakota

We left our car at Spokane Creek campground just outside the north-east section of Custer State Park. Our route took us south on the wild-life loop road in Custer State Park.



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One of several gravel roads intersecting South Dakota's Mickelson Trail. Photo by Julie Melini

During a car ride with my son and family, we previously encountered a small herd of bison and wild donkeys along this road. On our bikes we saw the donkeys and some bison that were not along the road. From Custer State Park we went south past Wind Cave national park to Hot Springs, SD. The KOA was 5 miles east of Hot Springs, making for a 55-mile day. The ride on this day was mostly through rolling hills and forest traversing on the west side of Wind Caves NP. Traffic was relatively light.

Custer:

On day 2 we rode 20 miles due west to our start on the Mickelson trail at the Minnekahta trailhead, mile 16 from the southern start of the trail. The first campground from Minnekahta trailhead going north is in Custer at milepost 46 resulting in a 50-mile day. Many of the local riders consider the trail from Minnekahta to Custer "boring" as it follows along highway 89 and runs through primarily ranchland. As we approached Custer, the "Black Hills" started to dominate the scenery.

When we set upon the trail, we found it in great condition. We talked to several folks during our ride that use the trail once or twice a week for casual rides. There is a lot of community pride in having the trail for local folks and the economic benefits from riders coming to the area to ride the Mickelson.

Deadwood:

Julie and I had a lot of discussion regarding Day 3. Julie was tired, quite tired, at the end of day 2. Despite that, we did walk to the Purple Pie (and ice cream) place for homemade pie for our dinner desert. Our two options for day 3 were a very short ride, about 15 miles, to Hill City or 65 miles to Deadwood, the next available (commercial) campground. There were Forest service campgrounds about 6 or more miles off the trail and there was a slight chance of finding Forest Service land to stealth camp along the trail. After looking at the map, we learned that the last 15 miles in Deadwood descended about 1600 feet.

We awoke at 5 AM for the predicted long day but had to deal with a thunderstorm with fairly heavy rain at that time. The campground office had a large overhanging roof

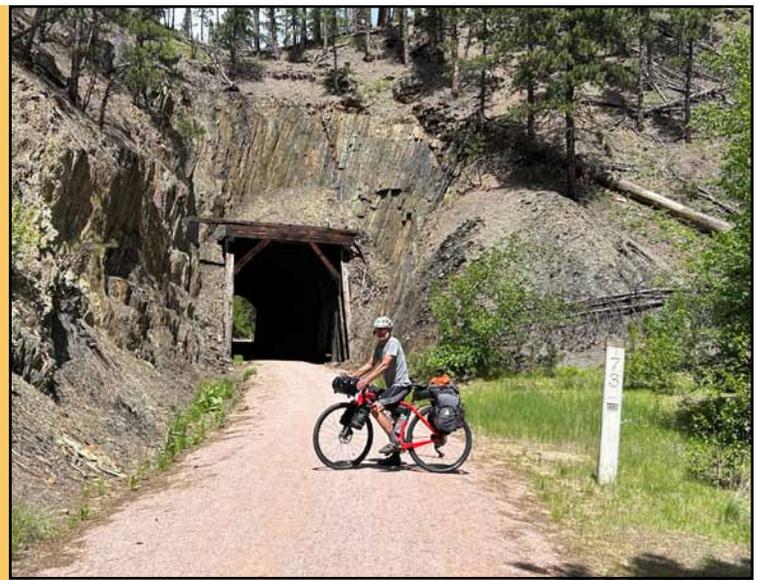
the quarter mile for showers. The view was worth the ride up the hill.

(Return to) Hill City:

Our legs knew we had a good ride yesterday but the ride back to Hill City was "only" 50 miles with a nearly 15-mile steady, railroad grade climb out of Deadwood and a similar 7-mile elevation change shortly before reaching Hill City. The trail had a few ruts in places from the many thunderstorms that recently came through the Black Hills. I noted that a trail crew had come through and patched up the ruts for the first mile or so of the trail out of Deadwood. We chatted it up with a lot of cyclists along the way including five from Salt Lake City (one with recognizable Contender Bicycle shorts). We also met and chatted with a trail crew testing water quality in the cisterns while others emptied the trash container and cleaned the vault toilet. You could see the pride that the community has invested in the trail. After a grocery store stop in Hill City, we rolled into a campground south of the city that was one of several along the trail adding a few miles to our day.

Custer State Park:

We rode to Custer and took the (paved) spur trail to the entrance station of Custer State Park. The entrance fee for cars to travel in the park is \$20, a sum we had paid when we drove through Custer SP. Bicycles are free to enter the park. Despite the beauty of the park, there is not a lot of traffic, especially early in the day on weekdays. Weekends have a bit more traffic. The hills in the park are relatively short but steep. Even the spur trail we took had a steep ascent where Julie was in her lowest gear. The famous Needles Highway in the park is a twisty road with pigtail hairpins necessitating a 10-mph speed limit at one hairpin turn. On a different section of the needles road there are several short tunnels wide enough for one car. The Adventure Cycling Parks, Peaks and



Lou Melini in front of one of 3 tunnels on South Dakota's Mickelson Trail. Photo by Julie Melini

Prairies map has an alternate route through Custer State Park with the warning that "Proper caution should be taken during riding Needles Highway and it is not recommended during inclement weather." The short section of the Needles Hwy that Julie and I rode to get back to the campground and our car was a pleasant ride. There was little traffic that was patient with our presence.

Citing tradition, Julie and I opted for the campground café pizza, something we have done on the last night of many of our trips (usually having pizza delivered from a pizza place). It also saved us from schlepping food from Custer City. If folded over the pizza would have looked like an Italian Quesadilla as it lacked sauce. We gave what we didn't eat to the appreciate young campers near us from Canada. Fortunately, we bought a bagged salad kit in Custer to go with the meal. After the early dinner we went to the Black Hills Theater, 4 miles from the campground and saw the Silent Sky, a production about pioneering women in astronomy. Even considering the pizza, it was a great way to end our short journey on the Mickelson Trail.

Nuts and Bolts:

Julie and I like to tent camp. Since the Covid-19 pandemic,

acquiring tent sites meant making reservations. On this trip we could not get into each campground and had a tent site. Prices ranged from \$24 one block from the Custer City trail head to \$58 for a tent site in a campground with many amenities such as outdoor kitchens if you wished. On the other nights we paid, \$30, \$36, and at the campground where our car was located, \$40.

The weather for South Dakota was unseasonably wet and cool for the end of June. Thunderstorms lasting about 30 minutes or so hit mostly from 6 PM to 5 AM.

Custer State Park is a very scenic park that is not visited by the crowds going to Mt. Rushmore and Crazy Horse Monuments. It is worth riding through it but go early and on a weekday.

We rode with 40C width tubeless tires. The set-up worked well. The wider tires compared to our road touring bikes gave us plenty of stability. Given the quality of the Mickelson Trail, one could ride a narrower tire. I would be OK with a 35 C tire but probably nothing smaller, but others might.

Lou Melini is a lifelong bicycle commuter, tourer, and the former Commuter Column editor for Cycling West.

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NUTRITION

Alcohol and Athletes: The Good, The Bad, and The Ugly

By Nancy Clark MS RD CSSD

When asked is beer good for runners? Running legend Jim Fixx's answer was "Sure, if it's the other guy drinking it!" By abstaining from alcohol, you can indeed gain an advantage over your competitor's poor judgment. Just how bad is alcohol for athletes? Does it have any health benefits, too? Let's look at some of the good, the bad, and the ugly regarding alcohol and athletes.

- The good: Socializing with a glass of wine, a beer, or a cocktail can add a nice touch to the end of the day for those who like to relax with an alcoholic beverage. Raising a glass to celebrate a victory is a fond tradition. But we know surprisingly little about possible health benefits of drinking in moderation because almost all studies are based on self-reported information that gets tangled up with lifestyle. Do adults who do moderate social drinking enjoy a healthier lifestyle than non- or heavy-drinkers? Does alcohol make them healthier—or do social connections make the difference? While moderate alcohol intake has been linked to reduced risk of heart disease, so has eating a healthy diet and being physically active.

- The bad: Alcohol has a negative

reputation regarding athletics, be it heavy beer consumption after a hard work-out, or teams enmeshed in a culture of binge drinking. Student-athletes binge-drink more than non-athletes. Male athletes binge-drink more than female athletes. And all athletes drink more than non-athletes. The higher alcohol intake of athletes can be attributed to stress and anxiety associated with being a competitive athlete, increased muscle pain and soreness, socializing or bonding with teammates, and the belief the athlete "earned" the drink—a reward for having completed the hard effort.

- The ugly: Alcohol is the 3rd leading preventable cause of death in the US. (Tobacco is Number One. A poor diet with inactive lifestyle is Number Two.) Any level of alcohol intake can contribute to several types of cancer

How do you know if you have a drinking problem?

Moderate drinkers typically sip (not gulp) their drinks, stop drinking before they get drunk, and do not drive after drinking. Problem drinkers commonly drink to get drunk and to solve their problems. They drink at inappropriate times (such as before going to work) and may become loud/angry or silent/reclusive. People addicted to alcohol start drinking with no plan, deny drink-

ing, hide bottles, and miss work or school because of hangovers.

Alcohol management

Despite the bad and the ugly, alcohol is an undeniable part of our sports culture. The following tips offer suggestions for helping athletes manage alcohol.

- Don't drink excessive alcohol before an event—especially in the summer heat! Drinking too much the night before an event will hurt your performance the next day. You'll notice a slower reaction time and reduced eye-hand coordination and balance. Research with Australian rugby players who consumed on average 9 beers post-game (with a range of <1 to 22 beers) indicates—no surprise—their high alcohol intake impaired their performance. Other studies report athletes are less able to do repeated sprints (think soccer, hockey) and jumps (volleyball, basketball). Among heat-stricken summer runners, a common denominator was booze the night before the race.

- If you are going to drink the night before or after an event, plan to also consume a proper sports meal with extra water. While excessive drinking is obviously problematic, a modest amount of alcohol consumed along with a balanced meal will unlikely have a negative impact. Yes, alcohol impairs glycogen resynthesis a bit. But in the real world of sports drinking, athletes who are heavy drinkers tend to make high fat food choices (nachos, burgers, etc.). The lack of healthful grains, fruits and veggies (carbohydrates) more significantly hinders glycogen replacement!

- First quench your post-exercise thirst with water, then enjoy alcohol, if desired. Alcohol is a diuretic; it stimulates the formation of excess urine. Whiskey and other spirits with a high alcohol content will dehydrate (not rehydrate) you. If you "must" drink spirits, ask for extra ice

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Study: Automobile Speed Limits Reduction Measures May Make Cycling Safer

Does reducing speed limits make bicycling safer? Sometimes yes; sometimes no, says a study from the University of North Carolina Highway Safety Research Center sponsored by the National Highway Traffic Safety Administration.

The center looked at efforts in six cities to reduce traffic speeds to reduce conflicts with cyclists and pedestrians. Some were implemented during the pandemic.

Some of the cities reduced the number of traffic lanes. These moves cut bicycle injuries between 10 and 19 percent.

Results were mixed when placing speed security cameras around town. Washington, DC put cameras up around the city. But they didn't cut the number of incidents between autos and cyclists.

Projects put up quickly in response to the pandemic, such as converting traffic lanes to bike/pedestrian lanes, did seem to improve safety, at least in the short run. It remains to be seen if these conversions and safety improvements will last.

See Exploring the Impact of Select Speed-Reducing Countermeasures on Pedestrian and Bicyclist Safety at https://rosap.ntl.bts.gov/view/dot/67641/dot_67641_DS1.pdf

-Charles Pekow

with the cocktail. Beer would be the better choice, given the alcohol content of beer is lower and the water content is higher. Yes, dehydrated adult athletes can rehydrate with a beer or two. Low-alcohol beer is the wiser choice, and no-alcohol beer the wisest beer choice.

- Heavy alcohol intake is not on the list of Best Recovery Practices for athletes to follow! Remember: bad things happen during exercise and good things happen during recovery. Wisely chosen recovery fluids and foods help you rehydrate, refuel, and repair your muscles. Adding alcohol to the mix slows down muscle repair, protein synthesis and adaptation processes. Yet a glass or two of wine or beer, along with plenty of water and food, is permissible.

- Alcohol is a source of calories that can quickly add up. Add in the calories in the pizza, nachos or munchies that you can easily overeat when alcohol lowers your inhibitions, and you can easily succeed in gaining body fat. Just five Heineken Light Beers add 500 calories. A goblet of wine can easily add 200 calories. Be wary of drinks that come with umbrellas! (400-800 calories/10-ounces!)

- Beware of drinks in a can, such as White Claw Surge with 8% Alcohol By Volume. (ABV). You can end up drinking more alcohol than you intended. You might want to

stick with the original White Claw—hard seltzer with 5% ABV—similar to most canned beers, though some craft beers have a higher alcohol content.

- Don't drink alcohol if you want a good night's sleep. Alcohol might help you fall asleep faster, but it disrupts your sleep cycle. You'll get less restorative sleep. Alcohol alters body temperature, which can affect how well you sleep. It also aggravates snoring (due to relaxed muscles and a lower breathing rate), so your bed partner becomes sleep deprived and grumpy. Plus, you'll need to go to the bathroom more often in the middle of the night. None of this enhances athletic performance.

- If you don't want to drink, be prepared to quickly say "No thanks" in a polite but convincing voice. If the person keeps insisting, respond again: "I don't want to drink today. I'd appreciate if you'd help me out." Instead, be pleased that you will enjoy the natural high of exercise.

Nancy Clark, MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (Newton; 617-795-1875). Her best-selling Sports Nutrition Guidebook is a popular resource, as is her online workshop. Visit NancyClarkRD.com for info.

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COACHING

Overcoming the Mid-season Slump



Lauren Zimmer taking a break in a summer snow field. Photo by Brian Zimmer

By Sarah Kaufmann

As we approach fall, a common theme for many athletes over the summer is managing a mid-season slump. Most riders who train year-round or nearly year-round reach a point mid-season, when progress seems to stall, and physical and mental challenges feel overwhelming. Here are some of the reasons why a mid-season slump is so common.

- After months of dedicated training and racing, the physical fatigue has caught up. Even if you are diligent with recovery days and weeks, the months of accumulated load can catch up.

- The months of training can also result in mental fatigue. The pressure of racing and training takes a toll. It can be exhausting to manage work, family, and other outside life stressors alongside a heavy cycling habit.

- You see more signs of progress in the first half of the year. But inevitably, those improvements begin to plateau. This plateau often lines up when the physical and mental fatigue coalesce. This can feel demoralizing and add to the mental/emotional strain.

- Managing all the training can get monotonous. If you are following a structured program, you may be riding the same areas to perform intervals. Likewise, if you always have a similar block of time to ride, you, again, likely ride the same areas frequently.

- Mid-summer heat or rain storms make training challenging. The heat often acts like a governor on your effort and requires more diligent planning around pre-hydrating, in-ride nutrition and hydration, and cooling methods. Summer rain can also impact training times and both weather conditions may force you to modify your ride timing, ride indoors, or skip your rides, all of which can be challenging and demoralizing, as well as add to the mental fatigue.

All of these issues are real and valid. Riders struggle with them every year and if you are or have struggled with a mid-season slump for these or any other reason, know that it's normal, it happens, and you can get back to feeling good, motivated, and fit again. Here are some ways to overcome these challenges.

- If you notice that training is feeling like a chore, instead of fighting through to keep grinding, stop forcing it. Pull back. Take a few days off or take a week. If you struggle with resting, try to fill the time with recovery modalities. Walking (truly walking, not hiking), naps, massage, gentle yoga are all good options. If you still feel in a rut when you get back on your bike you either need more rest or need to change something else. Try eating/drinking more or different fuels/hydration, ride at a different time of day, or ride different routes. Be honest with yourself and listen to your body through this process.

- You may need to pull back on structure. If you work with a coach, your coach should be able to recognize this and work in more open, fun rides. Intervals are great for building fitness, but they can be mentally and emotionally draining, especially if you are in a funk. Ride with friends, join group rides, ride gravel or MTB if you typically ride road, mix it up as you can.

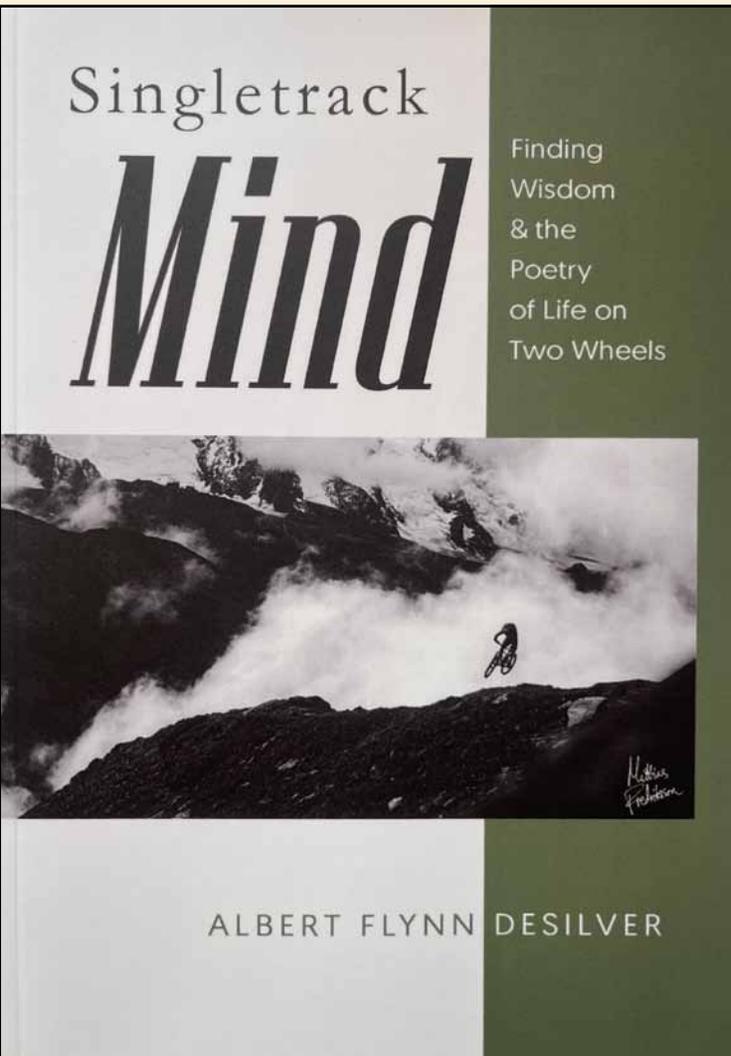
- If your goal event is still a way out, set some smaller process goals along the way to reignite motivation. Focus on execution items that are within your control.

- Set up a meeting with a coach or sports psychologist for some personalized guidance during this phase. They will have a new perspective, can tailor/modify your training plan, and help you address mental challenges.

- Do a double check on your nutrition and hydration to be sure there isn't an aspect you are overlooking that could be holding you back. If

CYCLING BOOKS

Book Review: Singletrack Mind Connects the Rider to the Earth



Singletrack Mind is a collection of essays by Albert Flynn DeSilver with photos, including the cover photo, by Mattias Fredriksson.

By Dave Iltis

Do you ride your mountain bike, but struggle for connection to the earth and life? Albert DeSilver's wonderful new collections of essays, Singletrack Mind: Finding Wisdom & the Poetry of Life on Two Wheels, is part storytelling, part philosophy, part tribute to fallen friends. The collection of 7 stories by DeSilver with photos by Mattias Fredriksson

you aren't sure, seek out a dietician to run through your intake and needs.

- Get a full blood panel. Rule out any imbalances, deficiencies, or viruses. Sometimes it's something going on under the hood.

A mid-season slump is normal and a natural part of the sport. It's hard to see the other side when you are suffering and deep in a slump. But it does come back around. Understanding the contributing fac-

is flowy and poetic. He writes in the haibun style of Japanese poet Matsuo Bash that mixes prose with poems.

The former Marin County Poet Laureate includes an essay on his path to mountain biking through life called Beginnings. Here, he explores Dolores La Chapelle's concept of Being – "in harmony with the elements—with no imposed will, reason or agenda, but rather with connection, immersion, and elemen-

tors and implementing strategies to overcome, cyclists can emerge stronger, more motivated, and well-prepared to finish the season on a high. It's also a learning opportunity. Experience plays a huge role in cycling success and the more you know about yourself, the better equipped you are at managing the ebbs and flows that will come up again. Embracing rest, setting new goals, seeking support, and incorporating variety into training routines

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tal collaboration." He explores connectedness to the earth, and Zen – "what happens at speed in flow on a bike is the emptying of mind, the absence of thought, moving beyond thinking, evaluation, or judgement." Mountain bikers and skiers may relate to this experience, where one is moving fast, and there's no room for thoughts to clutter the mind.

In "The Point of All Return", he explores the Point Reyes Peninsula, mixing history, terrain, and an epic day with a friend. (See page 2 of this issue for the essay)

In "Fuzzy, Yes!", DeSilver pays tribute to his late friend Fuzzy through a story of Hummingbird Trail.

Other essays include a tribute to another friend, Chris Geiger, riding in Slovenia, and mountain biking in Sedona, Arizona.

DeSilver's writing describes Deep Mountain Biking – fitting in with the world through mountain biking rather than dominating the world through technology. Being, "immersive flow" through riding, and the connection to the earth through a trail.

"One doesn't feel so much that they are riding as that they are being ridden by the elements earth, air, fire, water—and the "gods" or spirit itself, carrying one forward into another dimension. This is single-track mind."

The book is a reminder of why we mountain bike and our connection to the earth and a highly recommended read, especially in our disconnected world.

Singletrack Mind: Finding Wisdom & the Poetry of Life
 2022, the nonexistent press
 ISBN 978-0-6468673-3-5
 Available at albertflynnodesilver.com

are some of the keys to overcome a mid-season slump and get the most out of your season.

Sarah Kaufmann is the owner of K Cycling Coaching. She raced XC and CX at the elite level for 15 years. She is based in Salt Lake City, UT and can be reached at kcyclingcoaching.com.

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

South and West Valley

Bingham Cyclery

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

Electrify Bike Co.

Level Nine Sports

644 State St.
Orem, UT 84057
801-607-2493
levelninesports.com

Mad Dog Cycles

350 N. Orem Blvd
Orem, UT 84057
(801) 222-9577
maddogcycles.com

Racer's Cycle Service

Mobile Bike Shop
Provo, UT
(801) 375-5873
racerscycle.net

Ride 'N Bikes

36 W. Utah Ave
Payson, UT 84651
(801) 465-8881
<https://ridenbikes.business.site>

Taylor's Bike Shop

1520 N. 200 W.
Provo, UT 84604
(801) 377-8044
taylorbikeshop.com

ARIZONA

Cave Creek

Flat Tire Bike Shop

6032 E Cave Creek Rd
Cave Creek, AZ 85331
480-488-5261
flattirebikes.com

Flagstaff

Absolute Bikes

202 East Route 66
Flagstaff, AZ 86001
928-779-5969
absolutebikes.net

Sedona

Absolute Bikes

6101 Highway 179 Suite D
Village of Oak Creek
Sedona, AZ 86351
928-284-1242
absolutebikes.net

Thunder Mountain Bikes

1695 W. Hwy 89A
Sedona, AZ 86336
928-282-1106
thundermountainbikes.com

CALIFORNIA

Box Dog Bikes

494 14th Street
San Francisco, CA 94103
415-431-9627
boxdogbikes.com

Dr. J's Bicycle Shop

1693 Mission Dr.
Solvang, CA 93463
805-688-6263
www.djsbikes.com

COLORADO

Southwest Colorado

Brown Cycles

549 Main Street
Grand Junction, CO 81501
970-245-7939
browncycles.com

Colorado Backcountry Biker

150 S Park Square
Fruita, CO 81521
970-858-3917
backcountrybiker.com

Over the Edge Sports

202 E Aspen Ave
Fruita, CO 81521
970-858-7220
otesports.com

IDAHO

Boise

Bob's Bicycles

6681 West Fairview Avenue
Boise, ID 83704
208-322-8042
www.bobs-bicycles.com

Boise Bicycle Project

1027 S Lusk St.
Boise, ID 83796
208-429-6520
www.boisebicycleproject.org

Custom Cycles

2515 N. Lander St.
Boise, ID 83703
208-559-6917
harlobikes@icloud.com
[facebook.com/Custom-Cycles-1071105139568418](https://www.facebook.com/Custom-Cycles-1071105139568418)

Eastside Cycles

3123 South Brown Way
Boise, ID 83706
208.344.3005
www.rideeastside.com

George's Cycles

312 S. 3rd Street
Boise, ID 83702
208-343-3782
georgescycles.com

George's Cycles

515 West State Street
Boise, ID 83702
208-853-1964
georgescycles.com

Idaho Mountain Touring

1310 West Main Street
Boise, ID 83702
208-336-3854
www.idahomountaintouring.com

McU Sports

822 W Jefferson St
Boise, ID 83702
208-342-7734
mcusports.com

Ridgeline Bike & Ski

10470 W. Overland Rd.
Boise, ID 83709
208-376-9240
ridgelinebikenski.com

Spokey Joe's Bikes & Gear

2337 S. Apple St.
Boise, ID 83706
208-202-2920
spokeyjoe.com

TriTown

1517 North 13th Street
Boise, ID 83702
208-297-7943
www.tritownboise.com

Rolling H Cycles

115 13th Ave South
Nampa, ID 83651
208-466-7655
www.rollinghcycles.com

Victor/Driggs

Fitzgeralds Bicycles

20 Cedron Rd
Victor, ID 83455
208-787-2453
fitzgeraldsbicycles.com

Habitat

18 N Main St.
Driggs, ID 83422
208-354-7669
ridethetons.com

Peaked Sports

70 E Little Ave.
Driggs, ID 83422
208-354-2354
peakedsports.com

Idaho Falls

Bill's Bike and Run

930 Pier View Dr
Idaho Falls, ID
208-522-3341
billsbikeandrun.com

Dave's Bike Shop

367 W Broadway St
Idaho Falls, ID 83402
208-529-6886
facebook.com/DavesBikeShopIdahoFalls

Idaho Mountain Trading

474 Shoup Ave
Idaho Falls, ID 83402
208-523-6679
idahomountaintrading.com

Pocatello

Barries Ski and Sport

624 Yellowstone Ave
Pocatello, ID
208-232-8996
barriessports.com

Element Outfitters

222 S 5th AVE
Pocatello, ID
208-232-8722
elementoutfitters.com

Element Outfitters

1570 N Yellowstone Ave
Pocatello, ID
208-232-8722
elementoutfitters.com

Rexburg

Sled Shed

49 East Main St
Rexburg, ID, 83440
208-356-7116
sledshedshop.com

Twin Falls

Epic Elevation Sports

2064 Kimberly Rd.
Twin Falls, ID 83301
208-733-7433
epicelevationsports.com

Spoke and Wheel

148 Addison Ave
Twin Falls, ID83301
(208) 734-6033
spokeandwheelbike.com

Cycle Therapy

1542 Fillmore St
Twin Falls, ID 83301
208-733-1319
cycletherapy-rx.com/

Salmon

The Hub

206 Van Dreff Street
Salmon, ID 83467
208-357-9109
ridesalmon.com

Sun Valley/Hailey/Ketchum

Durance

131 2nd Ave S
Ketchum, ID 83340
208-726-7693
durance.com

Power House

502 N. Main St.
Hailey, ID 83333
208-788-9184
powerhouseidaho.com

Sturtevants

340 N. Main
Ketchum, ID 83340
208-726-4512
sturtevants-sv.com

Sun Summit South

418 South Main Street
Hailey, ID 83333
208-788-6006
crankandcarve.com

The Elephant Perch

280 East Ave
Ketchum, ID 83340
208-726-3497
elephantperch.com

MONTANA

Free Heel and Wheel

33 Yellowstone Avenue
West Yellowstone, MT 59758
406-646-7744
freeheelandwheel.com

Summit Bike Ski

26 South Grand Ave
Bozeman, MT 59715
406-587-1064
summitbikeandski.com

NEVADA

Boulder City

All Mountain Cyclery

1601 Nevada Highway
Boulder City, NV 89005
702-250-6596
allmountaincyclery.com

ELY

Sportsworld

1500 E Aultman St
Ely, NV 89301
775-289-8886
sportsworldnevada.com

Las Vegas

Giant Las Vegas

9345 S. Cimarron
Las Vegas, NV 89178
702-844-2453
giantlasvegas.com

Las Vegas Cyclery

10575 Discovery Dr
Las Vegas, NV 89147
(702) 596-2953
lasvegascyclery.com

NEW MEXICO

Bosque Mobile Bicycle Repair

Albuquerque, NM
bosquemobilebicyclerepair.com

Fat Tire Cycles

421 Montañito Rd NE
Albuquerque, NM 87107
505-345-9005
fattirecycles.com

WYOMING

Jackson Area

Fitzgeralds Bicycles

500 S. Hwy 89
Jackson, WY
fitzgeraldsbicycles.com
307-201-5453

Hoback Sports

520 W Broadway Ave # 3
Jackson, Wyoming 83001
307-733-5335
hobacksports.com

Hoff's Bike Smith

265 W. Broadway
Jackson, WY 83001
307-203-0444
hoffsbikesmith.com

The Hub

410 W Pearl Ave
Jackson, WY 83001
307-200-6144
thehubbikes.com

Teton Bike

490 W. Broadway
Jackson, Wyoming 83001
307-690-4715
tetonbike.com

REI

974 West Broadway
Jackson, WY 83001-9475
307-284-1938
REI.com/stores/Jackson-Hole

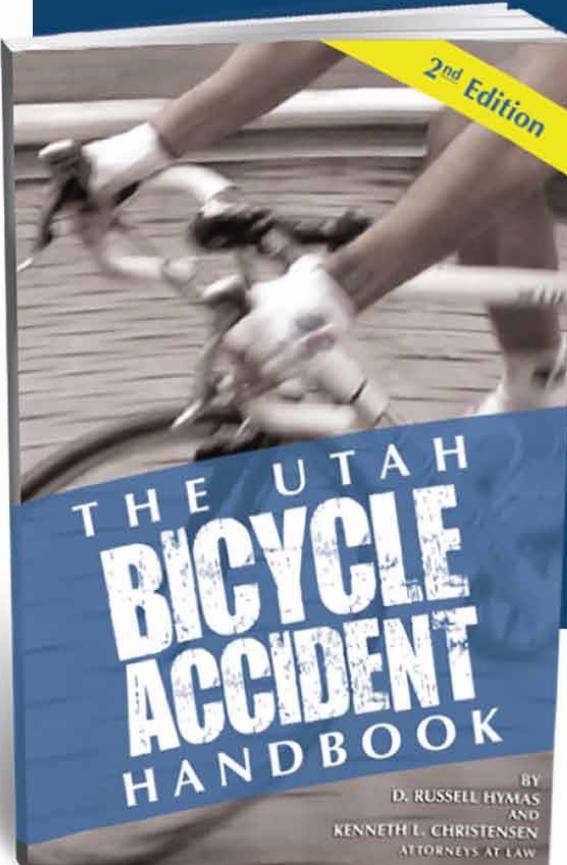
Teton Village Sports

3285 W Village Drive
Teton Village, WY 83025
tetonvillagesports.com

Wilson Backcountry Sports

1230 Ida Lane
Wilson, WY 83014
307-733-5228
wilsonbackcountry.com

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WESTERN STATES

CALENDAR OF EVENTS

Calendar Guidelines:

Listings are free on a space available basis and at our discretion.

Submit your event to:

calendar@cycliningutah.com with date, name of event, website, phone number and contact person and other appropriate information.

Let us know about any corrections to existing listings!

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@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@kikphoto.net, lrbmx.com, radcanyonbmx.com, Rad_Canyon_Legacy_Outdoor_Schedule_2014.pdf

Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy., Bike Utah, 385-831-1515, info@bikeutah.org, bikeutah.org

Salt Lake City Bicycle Advisory Committee — Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room., Salt Lake City Transportation, 801-535-6630, bikeslc@slcgov.com, bikeslc.com

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., Helen Peters, 385-468-4860, HPeters@slco.org, bicycle.slco.org

Trails Foundation of Northern Utah — 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., Aric Manning, 801-393-2304, tfnu@tfnu.org, tfnu.org

Mountain Trails Foundation — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

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 federal agencies and other public and private partners in completing a multi-use trail along I-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

Bike Provo — 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

Trails Alliance of Southern Utah — St. George, UT, TASU, info@tasutah.org, tasutah.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@ogdenicity.com

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

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, tbzbybike@gmail.com, Doug Haberman, 406-449-2787, info@bikewalkmontana.org, bikewalkmontana.org

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, dan@tvtp.org, tvtp.org, tetonbikfest.org

Bike Orem — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, randy@maddogcycles.com, [facebook.com/BikeOrem](https://www.facebook.com/BikeOrem)

Sweet Streets — Salt Lake City, UT, SLC based advocacy group that works for safer streets, Taylor Anderson, taylor@buildingsallike.com, sweetstreetsllc.org

Cycling Salt Lake — Salt Lake City, UT, Advocates for better cycling of all types in Salt Lake City, County, and on the Wasatch Front. Reach out to join our email list serve., Dave Iltis, 801-574-3413, dave@cycliningutah.com, cycliningutah.com

Southern Nevada Mountain Bike Association (SNMBA) — NV, The SNMBA advocates for mountain biking across all of Southern Nevada., Alison Cormier, info@snmba.org, snmba.org

California Bicycle Coalition — CA, CalBike advocates for equitable, inclusive, and prosperous communities where bicycling helps to enable all Californians to lead healthy and joyful lives., Kevin Claxton, info@calbike.org, calbike.org

Bike East Bay — Oakland, CA, The East Bay's Bicycle Advocacy organization. They strive for Education, Advocacy, and Community Engagement, Bike East Bay, 5108457433, events@bikeeastbay.org, bikeeastbay.org

Walk Bike Berkeley — Berkeley, CA, Walk Bike Berkeley, info@walkbikeberkeley.org, walkbikeberkeley.org

Mountain Bike the Teton — Driggs, ID, Mountain Bike Trails Advocacy in the Teton, Chris Brule, 307-413-1998, info@mountainbiketeton.org, mountainbiketeton.org

Events, Swaps, Lectures

September 16, 2023 — Bike Prom, Salt Lake City, UT, Join us for Bike Prom 2023! We will gather at the NW corner of Liberty Park at 6 pm, then proceed with police escort to the Front Climbing Club for the party., Donna McAleer, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

September 22, 2023 — World Car Free Day, Everywhere, UT, Ride your bike and leave the car at home!, None, ne@mail@cycliningutah.com, worldcarfree.net

October 6-8, 2023 — Northern Utah Trailfest, Ogden, UT, 3/6-Hour Mountain Bike Race during the Northern Utah Trailfest at North Fork Park. Fall weekend camping, festival, music, and competition to complete the most course laps., Kelli Barkema, 801-393-2304, kelli@tfnu.org, Reide Thompson, 801-399-1773, reide@goalfoundation.com, northernutahtrailfest.com

Gravel Races and Rides

August 19, 2023 — Morganzo 55 Gravel Grinder, Belgrade, MT, Gravel grinder, 55 miles, unsupported, Start time: 8am, Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT, Shell Thomas, thomasshell@gmail.com, Kirk Ahlberg, info@morganzo55.com, montanacycling.net, morganzo55.com

August 19, 2023 — Garden City Gravel: MslaSeelyMsla, Missoula, MT, Gold Creek proper to Seeley Lake and then back. No vehicles, just you and the woods. It's been one of the more popular gravel routes to ride and we are proud to bring this new route to the event format, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/, thecyclinghouse.com

August 20, 2023 — SBT GRVL Gravel Grinder, Steamboat Springs, CO, 6:30 am on Yampa Street, Steamboat Springs, CO. Four distances: 37/64/104/142 miles with 2000/4000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charly, 970-215-4045, info@sbtgrvl.com, sbtgrvl.com

August 21, 2023 — Big Sky Spectaculaire Gravel Race, Bozeman, MT, An 895 mile single-stage, self-supported competitive adventure bike ride around Southwest and

Central Montana. 373 miles of gravel in 15 segments. Time bonuses available, Big Sky Spectaculaire, bssheadquarters@gmail.com, bigskyspectaculaire.com

August 25-26, 2023 — Garmin Gravel Worlds, Lincoln, NE, Self-Supported, Grassroots Style Gravel Race, 50K, 75 mile, 150 mile, 300-mile options. New Run Options of 50k, 25k, or 10k. Options for Double doing run and bike events., Gravel Worlds Info, info@gravel-worlds.com, Jason Strohn, jason@gravel-worlds.com

August 26-26, 2023 — Belgian Waffle Ride - Cedar City, QUADRUPEL CROWN OF GRAVEL, Cedar City, UT, The "Hell of the South". 78% Gravel (106 miles), 22% Paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the Parowan Gap and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, mrx@MonumentsofCycling.com, Brooke Twitcheil, tbrooke@cedarcity.org, belgianwaffleride.bike

August 31-September 3, 2023 — Rebecca's Private Idaho Gravel Grinder and Festival, Ketchum, ID, Lifestyle, mountain bike and outdoor festival over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renowned mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations., Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateidaho.com

September 3, 2023 — Fistful of Dirt Gravel Grinder, Cody, WY, A gravel bike race of grand proportions. With the Good (22 Miles), The Bad (65 Miles), or The Ugly (105 Miles), there will be a distance fit for everyone. Free gourmet burgers and beer on Friday for participants during packet pick-up. The race is Saturday followed by a dang good after-party featuring food trucks and live music., Janie Curtis, 307-213-0756, howday@fistfulofdirt.com, fistfulofdirt.com

September 9, 2023 — WYO 131 Gravel Grinder, Wyoming Gravel Grinders, Lander, WY, Step back into the Wild West and immerse yourself in the high desert, historic mining towns, and breath-taking views at Wyoming's premier gravel ride. This is the ultimate bucket-list gravel ride. This rugged ride is well known for its 5 STAR gravel in the most remote and least densely populated regions of the West. The 131 mile distance is one of the toughest gravel races in the U.S. with over 10,000 feet of climbing, minimal support and podium prize money! Two other distances, a 40-mile and 80-mile course, offer riders a shorter and equally gorgeous gravel experience., Gwen Robson, 307-330-3002, wyo131gravel@gmail.com, wyo131.com

September 9, 2023 — Gunni Grinder, Gunnison, CO, An epic 118 mile race/ride starting in and finishing near downtown Gunnison, CO and follows some of Gunnison County's most challenging, remote and scenic gravel and dirt roads. If you don't have the miles but still want a challenge, The Gunni 60 (ish) and Gunni 30 will give riders a taste of what gravel riding in Gunnison County is all about. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course., Joel Gimmelt, 512-751-8940, Joel@racerevolutions.com, thegunnigrinder.com

September 9, 2023 — Fitzgerald's Joyride 400, Idaho Falls, ID, 400 mile gravel bikepacking event from Fitzgerald's in Idaho Falls to Joyride Bicycles in Logan, UT and back., Kevin Emery, kevinemery@gmail.com, facebook.com/Fitzgeralds-Joyride-Formerly-pioneer-400-416571405832253/

September 9, 2023 — Ride the Cog, Hayden, CO, fundraiser for the Hayden Museum, Hayden Museum, 970-276-4380, haydenmuseum@zikei.us, ridethecog.com

September 10, 2023 — Walla Walla Grif, Walla Walla, WA, This Grif has three course lengths which include long, medium, and short routes. The long course starts at 6 a.m., medium begins at 8 a.m., and the short course commences at 9 a.m., 45, 65, 96 mile options, Michael Austin, 509-386-1149, 509-525-4949, mike@allegrocyclery.com, Kathryn Austin, 509-964-8951, kathryn@allegrocyclery.com, allegrocyclery.com/events/walla-walla-grif-pg117.htm

September 10, 2023 — Dirty Buff Buffalo Bicycle Classic, Boulder, CO, The Elevations Credit Union Buffalo Bicycle Classic is a scholarship fundraiser for CU Boulder. We have 5 road courses, 2 gravel courses and a family ride. Our Epic routes head up Boulder Canyon which is closed to traffic. Ride Bikes. Change Lives, Jenny Anderson, 303-898-8900, bbc@colorado.edu, buffalobicycleclassic.com

September 16, 2023 — Chino Grinder, Chino Valley, AZ, Endurance Cycling Event- Gravel

road cycling adventure with 150, 115, 62, 44 and 25 mile options., Shannon Lindner, 602-363-7725, shannon@aztrailrace.com, Jake Hernandez, 602-363-7725, jake@aztrailrace.com, shendocatracing.com

September 16, 2023 — Wasatch All-Road Bicycle Race, Heber, UT, The Wasatch All-Road features the toughest climb in gravel and postcard views in Utah's hidden gem, Heber Valley. The event will offer three challenging distances, local food, entertainment, and a cash prize purse split evenly between the male and female open categories., Jeff Louder, jeff@thewasatchallroad.com, thewasatchallroad.com

September 16, 2023 — Mammoth Tuff (Gravel), Mammoth Lakes, CA, The short course is around 45 miles with 2,000 feet of climbing and will circle the famous caldera. The long course is around 100 miles with 8,000 feet of elevation gain and travels through the Volcanic Tableland formed by the Long Valley Caldera., Amanda Naumann, mammothtuff@gmail.com, mammothtuff.com

September 16, 2023 — West End Gravel Rush, Nucla, CO, Colorado's West End is an unspoiled and unknown corner of Colorado. Once bustling with mining activity, the area is now a riders dream with a vast network of quiet and minimally travelled gravel roads. It's high desert canyon country, surrounded by big mountain views and dark skies at night. This is a first year, grassroots event where the entire community chips in - no UCI points, no worlds ambitions, or big podiums, but there will be a great post-ride party and some good ol' fashion desert weirdness. Come make a weekend of it and see what the West End has to offer! 45miles, 4000' climbing, 75 miles, 7000' climbing, Tim Tait, westendgravelrush@gmail.com, thewest-endgravelrush.com

September 16, 2023 — Boise Gravel Gala, Boise, ID, 61, 80, and 105 mile gravel options, Chris Stuart, biker1stu@hotmail.com, boisegravelgala.com

September 16, 2023 — Salida 76, Salida, CO, 2 options: Race it like you stole it. Timing and prizes for age and pro categories, Party Pace - No timing, no pressure. Cut-offs still apply, but go on, enjoy yourself; 76 miles of spectacular gravel, views, and friendly competition, 3 staged aid stations, Full SAG and support, Finish food, beer and party at Riverside Park, Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, salida76.com, teamevergreen.org

September 16, 2023 — Monarch Gravel Grinder, Idaho Panhandle Gravel Series, Sandpoint, ID, Syringa Cyclery, 208-610-9990, syringacyclery@gmail.com, syringacyclery.com

September 24, 2023 — The Crippler, Cañon City, CO, 65 Miles, 5000 Feet of Climbing, a Colorado-style gravel road race that will provide AMAZING scenery with panoramic views while simultaneously pushing your limits for climbing and descent., Adam Spahr, 619-780-1138, info@omnigravel.com, thecrippler.org

October 7-8, 2023 — October Trek, Weiser, ID, 2 day mountain bike gravel ride, 86 mile rails-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Ron Hundahl, 208-566-1025, 208-253-4433, octobertrek@gmail.com, Pat Trainor, 208-253-4433, 208-571-7447, biheron@ctcweb.net, weiser-riptrail.org/octobertrek.html, kofaho.com/octobertrekinformation/

October 7-8, 2023 — REXY, Queen of the Desert, Fruita, CO, A Point-to-Point ride from Moab, Cisco, or the Utah border to Downtown Fruita, Co. Amazing gravel, bonfire finish, food, beer, and music.do you have what it takes to tame her? Here are your options: 200 mile solo or relay team, 100 mile Moe solo or relay, 50 mile solo, Morgan Murri, 303-475-6053, morgan@desertgravel.com, desertgravel.com

October 14, 2023 — Salty Lizard 100, Wendover, UT, Blasting around the West Desert for fun and profit, this race is only an hour and a half west of Salt Lake City. The Salty Lizard 100 showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mile route gives riders of all abilities the chance to check off an early-season century or experience a well-sportuned day out in the desert with friends., Robert Kennedy, 319-551-6174, stupidponyride@gmail.com, saltylizard100.com

October 15-15, 2023 — Belgian Waffle Ride - Kansas, QUADRUPEL CROWN OF GRAVEL, Lawrence, KS, The Hell of the Mid-West, which will take place near Halloween. Punctuated by dozens of off-road sectors over a route throughout the north-east region of Kansas, this gives the event its unique complexion combined with an extended length from 111 miles last year to 130 miles this year., Michael Marckx, 760-815-0927, mrx@MonumentsofCycling.com, belgianwaffleride.bike

October 21, 2023 — Hammer Road Rally, Shaver Lake, CA, A ride with options for most ability levels with each route beginning and ending at Shaver Lake. There are four options: a 27.5 mile free untimed route, 34 mile untimed route, 53 mile timed route, and 85 mile timed route. Within the 53 mile option lies a 2000' paved climb, while the 85 mile option features a 15 mile gravel climb from Stump Springs Road to Kaiser Pass with





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a total of 30 miles of gravel., Clemence Heymelot, 707-560-1122, info@bikemonkey.net, hammerroadrally.com

October 28-29, 2023 — Day of the Tread Gravel, Albuquerque, NM, The Bone Shaker Gravel Grinder which will be held on Saturday, October 28. The event features 7-, 17- and 34-mile routes. Proceeds will benefit Make A Wish Foundation New Mexico, the Carrie Tingley Hospital Foundation and other non-profit organizations that benefit New Mexico's young people., Joanie Griffin, 505-261-4444, jgriffin@sunny505.com, dayofthetread.com

Mountain Bike Tours and Festivals

August 18-20, 2023 — Outerbike Crested Butte, TENTATIVE, Crested Butte, CO. 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, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 19, 2023 — Santa Fe Big Friggin Loop, New Mexico Endurance Series, Santa Fe, NM, The Santa Fe BFL returns in 2021 with a new route! This year's route features the classic trails, a handful of new trails, less roads (paved or otherwise), less hike-a-bike, and generally less tedium. It will also be FULLY SELF-SUPPORTED! Bring your favorite method of water treatment, as there will not be a water drop this year., NMES, nm-es.weebly.com/santa-fe-big-friggin-loop.html

September 1-3, 2023 — Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY/ID, Ride epic cross country and lift-access downhill trails, improve your mountain biking skills with clinics hosted by professional coaches at a great price, join group rides, enjoy discounted lift pass access and meet people who love bikes just like you. Don't forget that Wydaho also hosts the largest adaptive bike festival component

in North America, with support of two great local adaptive organizations! Wydaho is celebrating 12 years as a family-friendly, grassroots gathering right here in the Tetons., TVTAP, 208-201-1622, info@tetonbikefest.org, Tony Ferlisi, 208-201-1622, tony@tetonbikefest.org, grandtarghee.com

September 9-11, 2023 — Women's White Rim Mountain Bike Clinic 1, Moab, UT, Join us for 3 days of intermediate riding with professional coaches, beautiful hikes, and gourmet meals made by Holiday's guides., Karen Johnson, 800-624-6323, 801-266-2087, karen.holidayriver@gmail.com, Natalie Osborn, natalie.holidayriver@gmail.com, bikeraff.com

September 9, 2023 — Taos Boundary Trail, New Mexico Endurance Series, Cloudcroft, NM, Unsupported epic mtb ride, NMES, nm-es.weebly.com

September 15-17, 2023 — Caliente MTB Festival, Caliente, NV, Friday: trail work, BYOB&Q, and bike movie at the park, Saturday: shuttles, vendors, dinner, raffle, live music, and bike games, Sunday: group rides and swap meet, CAMBA, 775-549-5992, calientemt@gmail.com

September 15-17, 2023 — Chuska Challenge Mountain Tour, Tour de Rez Cup, Red Valley, AZ, The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncompetitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bikeyah. The competitive Mountain Bike Race includes variety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday. On the Sunday of Chuska weekend, there will be a 55-mile and 35-mile Arizona Endurance Series event on the Cove Classic route, Tom Rigenbach, 928-429-0345, chuskaman@yahoo.com, navajoyes.org, rnsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRide

September 16-17, 2023 — Albuquerque Dirt Fiesta MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

September 16-17, 2023 — Banana Belt Mountain Bike Race, Salida, CO, This classic race leads racers south out of town up a 3,000ft climb to the Rainbow trail, across the front of Methodist Mountain and back down to town., Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, monarchcrestcrank.com

September 17, 2023 — Monarch Crest Crank, Salida, CO, Mountain bike event along one of IMBA's Epic mountain bike trails with proceeds going to the local nonprofit organization: The Alliance, which helps victims of domestic and sexual abuse. There will be a post-ride party in Salida's Riverside Park featuring live music, free lunch, libations, and games with space limited to 100 riders., Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, Becky Rupp, crestcrank@gmail.com, monarchcrestcrank.com

September 17, 2023 — Ride the Rift, Taos, NM, four different courses: a 12+ mile loop for more advanced and athletic intermediate riders, a 4 1/2 mile loop for novice adults and kids who can ride some singletrack and don't mind going uphill a bit, a shorter true beginner loop and a 1/3 mile kiddie loop for strider bikes, training wheels, and kiddos that aren't ready for full on singletrack, Field Institute of Taos, info@ritaos.org

September 22-24, 2023 — BetterRide Women's MTB Camp, Fruita, CO, BetterRide's Women-Only Mountain Bike Camp, Clinic and Skills Coaching covers the same core skills as the co-ed camps in a supportive, non-judgmental atmosphere. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ise Harms, admin@betterride.net, betterride.net

September 25-29, 2023 — Women's White Rim Mountain Bike Clinic 2, Moab, UT, Join us for 4.5 days of in-depth intermediate riding with professional coaches, beautiful hikes, and gourmet meals made by Holiday's guides., Karen Johnson, 800-624-6323, 801-266-2087, karen.holidayriver@gmail.com, Natalie Osborn, natalie.holidayriver@gmail.com, bikeraff.com

September 29-October 1, 2023 — Outerbike Moab, 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, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 20-22, 2023 — BetterRide MTB Trail Domination MTB Skills Course/Camp/Clinic, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ise Harms, admin@betterride.net, betterride.net

October 21, 2023 — Zuni Mountains 35/70, New Mexico Endurance Series, McGaffey Lake, NM, Unsupported epic mtb ride, NMES, nm-es.weebly.com

Utah Weekly MTB Race Series

May 16-August 17, 2023 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday, Wednesday, and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. XC races and Mini Enduro races, Bike Utah, 385-831-1515, info@bikeutah.org, Trilby Cox, 385-831-1515, trilby@midweek-mtb.com, midweekmtb.com

Regional Weekly MTB Race Series

May 23-August 19, 2023 — Gallatin Valley Summer Series, Bozeman, MT, Weekly series that includes road races, time trials, criteriums, mountain bike races and more. Most events on Tuesdays, Alex Lussier, lussier@hotmail.com, Phil Rotherman, phil@roth-const.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicycleclub.org

May 31-August 30, 2023 — VRD Town Mountain Bike Race Series: Berry Creek Bash, Vail Town Series, Vail, CO, XC Races, Wednesday nights, Vail Recreation District Sports, 970-479-2280, sports@vailrec.com, vailrec.com/sports-activities/vail-race/mountain-bike-racing/mtb-race-series

June 28-September 13, 2023 — Teton Dirt Series, Wydaho, ID, Cache Creek XC Race, The Mullet Race, Grand Targhee XC Race, Mike Harris Mini Enduro, Jackson, Driggs, Wydaho region, Chris Brule, 307-413-1998, info@mountainbiketetons.org, mountainbiketetons.org

Utah Mountain Bike Racing

August 12, 2023 — Sundance Showdown Downhill, TENTATIVE DATE, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Downhill, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 12, 2023 — Mountain Madness Bike Race, Vernal, UT, Relay race through the Ashley National Forest Race begins at Iron Springs Campground and ends at Remember the Maine Park., Amanda Wilson, 435-781-0982, amandaw@ussd1.utah.gov, uintahrecreation.org

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2023 EVENT CALENDARS INSIDE!

MAY IS BIKE MONTH!



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August 19, 2023 — Odyssey at Brian Head Endurance. Intermountain Cup Endurance Series, Brian Head, UT. The Odyssey takes what was the idea of the Brian Head Epic and twists it into a crazy hard day that will have you giggling on the flow descents and cursing on the climbs. It will challenge you both technically, physically and mentally. It's 47 miles with 6900 feet of elevation gain incorporating the ripper descents of Dark Hollow and Bunker Creek, the rugged Lower Ponds trail and plenty of climbing in between all above 8500 feet. It will most likely be one of the most challenging and most fun days you've ever had.. Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

September 2, 2023 — Park City Point 2 Point. Park City, UT. A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing.. Jay Burke, 801-330-3214, racepoint2point@gmail.com, inepcpp.com

September 10, 2023 — Tour des Suds. Park City, UT. Presented by Level Crossing Brewery, this is a 7-mile mountain bike climb starting at City Park. Go hard and treat it like a legit mtb race (yes, there are awards) or a crazy costume party on bikes. Either way, it's 2,700 of vert straight up to the finish line at the top of Guardsman Pass. No e-bikes please.. Ginger Wicks, 435-640-1168, ginger@mountaintrails.org, mountaintrails.org

October 6-8, 2023 — Northern Utah Trailfest Mountain Bike Race. Ogden, UT. The NUT is a fall celebration for all trail users! NUT Trail Run and Mountain Bike Race on Saturday, October 8th as they compete to complete the most course laps in 3, 6 or 9 hours. Camp for the weekend or spend the day at North Fork Park as trail users of all ages and abilities come together to enjoy tasty food, live music, and festival activities at Cutler Flats Base Camp. Experience the beauty of fall foliage and share in the excitement and camaraderie of the NUT by participating in free festival activities and educational opportunities including guided hikes, stargazing, yoga, and more.. Kelli Barkema, 801-393-2304, kelli@tfnu.org, Reide Thompson, 801-399-1773, reide@goalfoundation.com, northernutahtrailfest.com

October 13, 2023 — 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. 22nd annual. Red Bull, 310-393-4647, Chris Worden, 310-393-4647, chris.worden@us.redbull.com, redbull.com/us/en/bike/events

October 13, 2023 — Stupid Pony. Eagle Mountain, UT. Prepare to ride bikes and have a punished butt for 200 miles from Eagle Mountain to Wendover on the historic Pony Express Trail.. Robert Kennedy, 319-551-6174, stupidponyride@gmail.com, saltylard100.com

October 16-17, 2023 — 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, 435-674-0550, hwsq@senior-games.net, senior-games.net

Regional Mountain Bike Racing
ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond

August 12, 2023 — Leadville Trail 100. Leadville Race Series, Leadville, CO. One of the most notorious and challenging bike races in the world. 100 mile out-and-back.. Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleaceseries.com

August 12, 2023 — Enduro Pescado Whitefish Enduro. Montana Enduro Series, Whitefish, MT, Montana Enduro Series, contact@montanaenduro.com, Eric Silvers, eric@montanabicycleguild.org, montanaenduro.com

August 12-13, 2023 — Keystone Enduro. Revolution Enduro Series, Keystone, CO, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

August 13, 2023 — Colorado Trail Race. Durango, CO, Group Start date and time, 4:AM, Sunday, August 13th, 2023, Durango, Jefe Branham, JWOOKEONE@HOTMAIL.COM, wwookeone.com/2023-colorado-trail-race-what-ya-need-to-know/

August 19, 2023 — York 38 Special. York, MT. Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 vertical feet!, York Fire Rescue, debbiejork38special@gmail.com, york-38special.org

August 19-20, 2023 — Snowmass Enduro. Revolution Enduro Series, Snowmass, CO, Encompassing thousands of feet of descent, you won't want to miss this lift served, two day, gravity filled Enduro.. David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com/snowmass-colorado-enduro/

August 19-20, 2023 — Idaho Senior Games. Eagle, ID. Held at Eagle Cycle Park, Cross Country and Hill Climb events, Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Katie Hedrich, 951-733-5198, katie@omniogevents.com, Stewart Hindman, 208-461-8877, idahosg.cycling@gmail.com, idahoseniorgames.org

August 26, 2023 — Big Sky Biggie. Big Sky, MT. Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment, Natalie Osborne, 907-223-0858, natalie@bigskybiggie.com, bigskybiggie.com

August 26, 2023 — La Tierra Torture Mountain Bike Race. New Mexico Off Road Series, Santa Fe, NM, fast and flow course, Jan Bear, 505-670-4665, janbea@gmail.com, nmors.org, coire-crew.com

August 26, 2023 — Lake City Alpine 50. Lake City, CO. This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy., Michael Fleishman, mike@lakecityalpine50.com, lakecityalpine50.com

August 26, 2023 — Tipperary. XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers in even first time racers.. Jen Miller, 970-726-1570, jmiller@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-races-series

August 26, 2023 — The Cariboo Jack. Teton Valley, ID, Enduro race, Chris Brule, 307-413-1998, info@mountainbiketetons.org, mountainbiketetons.org

September 1-3, 2023 — Trestle Gravity Series: Downhill Race 3, 4, and 5. Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, jmiller@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

September 3, 2023 — Dakota Five-0. Spearfish, South Dakota, 50 miles. A lollie-pop loop, begins in Spearfish City Park with a mass, neutral roll out, and leaves town to the west up Tinton Road., Perry Jewett, 605-641-4963, ridgeriders@blackhills.com, dakotafiveo.com

September 8-10, 2023 — NW Cup Downhill Series (TBA). Northwest Cup Downhill Series, TBA, TBA, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

September 9, 2023 — Race the Rails. Ely, NV. Race the train in Ely! Fun for the whole

family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages.. Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net

September 9, 2023 — The Fall Classic. Breckenridge, CO, Vince Hutton, 970-547-4321, 970-453-1734, racebreck@townof-breckenridge.com, mavsporits.com

September 9, 2023 — Pocatello Fall Ultra. Pocatello, ID. Join us for the premier ultra mountain bike race in Southeast Idaho. Participate in a 100K or 50K ride in one of America's best mountain biking areas. 100K RACE:- Over 9,000 ft. of elevation gain-Over 45 miles of singletrack on the 100K course.- Looped course, 80% Singletrack/50K RACE:- Over 6,500 ft. of elevation gain.- Looped course, ALL singletrack., Scott Peterson, 208-681-6910, scottpetemail@gmail.com, pocatellofallultra.com

September 10, 2023 — High Altitude Classic. New Mexico Off Road Series, Cloudcroft, NM, Jan Bear, 505-670-4665, janbea@gmail.com, Chubby Tire, 575-649-8292, info@chubbytire.com, nmors.org

September 15-17, 2023 — Chuska Challenge Mountain Bike Race. Tour de Rez Cup, Red Valley, AZ. The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile non-competitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bikeyah. The competitive Mountain Bike Race includes variety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday. On the Sunday of Chuska weekend, there will be a 55-mile and 35-mile Arizona Endurance Series event on the Cove Classic route, Tom Rigenbach, 928-429-0345, chuskaman@yahoo.com, navajoyes.org, runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRace

September 16, 2023 — Fire on the Rim Mountain Bike Race. Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Scott Kehl, 480-868-6381, events@psfulreduction.org, fireontherim.com

September 16-17, 2023 — Mountain Rats Firebird 50k and 25k Mountain Bike Race. Eagle, CO. New in 2022: Firebird 25k- now you can choose between the full or short course. Experience uphill grinds and beautiful singletrack. Both the 50k and 25k courses are a great test of stamina and give a culmination of summer training. Racers will have three aid stations (one for the 25k) and will receive a finisher's memento and age group awards, Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyla Claudel, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

September 23, 2023 — USA Cycling Marathon MTB National Championships. Auburn, AL, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

September 23, 2023 — Downhill Rockies: Purgatory. Trail Party, Durango, CO, Downhill race, Trail Party, trailparty.com

September 23, 2023 — Coyote Classic Round 1 of 3. DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, info@downhillmike.com, bootleg-canyonracing.com

September 24, 2023 — Sunrise Ski Resort Enduro. Sunrise Ski Resort, AZ, Tim Racette, 480-442-4229, info@mbaa.net, mbaa.net

September 24, 2023 — Horny Toad Hustle MTB Race. New Mexico Off Road Series, Las Cruces, NM, Held on the Dona Ana Trails, Jan Bear, 505-670-4665, janbea@gmail.com, Dave Halliburton, 575-312-5991, gotairrnm@gmail.com, nmors.org

September 30, 2023 — Great Trail Race. Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain.. Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

September 30, 2023 — Gowdy Grinder. Cheyenne, WY. Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of challenging riding typical of Curt Gowdy., Jodee Pring, 307-631-2980, WyoxMTB@gmail.com, wyox-mtb.org/gowdygrinder

September 30-October 1, 2023 — Gravity Stage Racing: Angel Fire. Trail Party, Angel Fire, NM, Enduro, Trail Party, trailparty.com

September 30, 2023 — Rad Dirt Fest. Trinidad, CO, 38, 99, 165 mile options. Deep in the Southern Colorado plateau lies an untouched plethora of gravel unlike any other. The towering Spanish Peaks and expansive mesas serve as the backdrop for the 3 unique courses of the "Rad Dirt Fest. The courses are all more than 90%

maintained, gravel roads and mostly rolling routes, Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, Lifetime Events, Theraddirt@tevents.zendesks.com, theraddirt.com

October 1, 2023 — Beti Bike Bash. Beti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome, Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Natalie Rabour, 303-503-4616, natalie@teamevergreen.org, betibikebash.com

October 7, 2023 — 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, Epic Rides, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

October 7, 2023 — Road Apple Rally MTB Race. New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1981 as a competition between horses and bicycles. It has since become a bicycle only race and stands as the longest running annual mountain bike race in the United States. Bring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain bike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mile loop, all others ride the full 30 mile Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air than on the ground! Course terrain also includes short climbs, sandy arroyos and sharp corners., Jan Bear, 505-670-4665, janbea@gmail.com, Leslie Mueller, 505-599-1184, lmuelier@tfnu.org, tfnu.org/2777/Road-Apple-Rally, nmors.org

October 14, 2023 — Prescott 6er. Prescott, AZ. Enjoy 6 hours of racing in a relaxed, fun event atmosphere with all the professional touches, Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com

October 21, 2023 — Wild West Fest. Ruidoso, NM, 6 hour and 12 hour race, along with a 40 mile marathon option and pedaluro held at Grindstone Lake and the Cedar Creek trails, Seth Bush, 505-554-0059, ECapitan@ZiRides.com, ziRides.com

October 21, 2023 — Coyote Classic Round 2 of 3. DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, info@downhillmike.com, bootleg-canyonracing.com

October 29, 2023 — Mingsu Mountain Enduro. Jerome, AZ, Tim Racette, 480-442-4229, info@mbaa.net, mbaa.net

Utah Weekly Road Race Series

Salt Air Time Trial Series — Utah Crit Series. Salt Lake City, UT, Every other Thursday April - September, I-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utah-critseries.com

DL (DMV) Criterium — Utah Crit Series. West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S, 2780W, A flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite. Wednesdays April - August, Marek Shon, 801-209-2479, utcritseries@gmail.com, utah-critseries.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 at 6:30. Every other Thursday April through August, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Logan Race Club Thursday Night Time Trial Series — Logan, UT, Thursdays. 11 series consisting of 18 races on five different 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, benhof@hdmall.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Race Series — Utah Crit Series. Salt Lake City, UT, Fridays, June 10, July 22, Aug 12, Aug 26, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

Utah Road Racing

August 19, 2023 — Wildflower Hill Climb. Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 25-28, 2023 — Hoodoo 500. Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 9, 2023 — LOTOJA Classic Road Race. Logan, UT, 41st Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, info@lotoja.com, lotoja.com

September 23, 2023 — Suncrest Hill Climb. Utah State Hill Climb Series, Highland, UT. The final climb of this series will feature the Back Side of Suncrest, this climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds., Dirk Cowley, 801-699-5126, dcowley@comcast.net, utah-cyclingevents.com

September 30, 2023 — City Creek Bike Sprint. Salt Lake City, UT, Utah State Hill Climb Championships. 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, 801-870-4578, sports@sports-am.com, sports-am.com

October 7, 2023 — Emigration Canyon Hill Climb. Utah State Hill Climb Series, UCA Series, Salt Lake City, UT, Starting in Late April with the climb that is probably ridden most in the state, Emigration Canyon will be the kick of event. With new roads and a bike lane to the top this will test each riders early season fitness. This climb will be held in time trial format with a rider starting every 30 seconds., Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

October 10-14, 2023 — Huntsman World Senior Games Cycling. St. George, UT, Must be 50 years or older. Four events: Hill Climb 5K time trial, criterium, road race, 13 K flat time trial, Kyle Case, 800-562-1268, 435-674-0550, hwsq@senior-games.net, Brandon Price, cbrandonprice@gmail.com, senior-games.net

Regional Road Racing
ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond

August 12, 2023 — The Broadmoor Pikes Peak Cycling Hill Climb. Colorado Springs, CO. This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet with an elevation gain of 4725 feet. There is a timed race and Gran Fondo, with waves starting at 6:13 am., The Sports Corp, 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext T005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 12, 2023 — Dunningan Hills Road Race. Dunningan, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 12-13, 2023 — Merckx Montana Stage Race. Missoula, MT, Montana Stage Race Championships, TT, Crit, Road Race, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

August 13, 2023 — Suisun Harbor Criterium. Suisun City, CA, 2021 Northern California/Nevada District Criterium Championships. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 19-20, 2023 — Idaho Senior Games. Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date corresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Stewart Hindman, 208-461-8877, idahosg.cycling@gmail.com, idahoseniorgames.org

August 19, 2023 — San Ardo Road Race. San Ardo, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 20, 2023 — University Road Race. Santa Cruz, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 23-27, 2023 — USA Cycling Masters and Paracycling Road National Championships. Augusta, GA, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

August 26, 2023 — Winters Road Race. Winters, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 2, 2023 — Athlone Time Trial. Merced, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 4, 2023 — Il Giro di San Francisco. San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 10, 2

September 24, 2023 — Arizona State Time Trial 20K and 40K Championships. Picacho, AZ. Arizona State Individual Time Trial, 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards. Joey Luliano, juliano88@gmail.com, azcycling.org/event/state-time-trials-20-and-40k/

September 24, 2023 — 3 Bears TT #2 / Arizona State Championship. Picacho, AZ. State TT championship and tandem, Terry Jenner, 402-983-6195, escapefrommexico@yahoo.com, azcycling.org/event/state-time-trials-20-and-40k/

October 1, 2023 — Mt. Diablo Challenge Memorial Ride. Danville, CA. The 11.2-mile, individually timed ride climbs 3,249 feet to the summit of Mt. Diablo starting up South Gate Road. Mt. Diablo is one of the highest peaks in the San Francisco Bay Area, with views of the Farallon Islands and the Sierras. The road is closed for safety and more than 800 cyclists will ride to the summit. Mark Dedon, director@mtdiablocycle.org, mountdiablocycle.org

October 7-8, 2023 — Nevada Senior Games Cycling Races. Las Vegas, NV. Cycling competition for age groups: 50-94, 5 and 10k time trials, 20 and 40k road races, I-15 & US-93, 10 miles north of Las Vegas. Joe Dalley, 775-461-9252, NVSGCycling@outlook.com, nevada.fusesport.com

October 22, 2023 — Avondale Crit. Avondale, AZ. 8:00 a.m. - 5:00 p.m., Carlos O'Brien Racing, bdelaney259@gmail.com, azcycling.org/event/avondale-1/

Utah Road Touring and Gran Fondos

August 12, 2023 — Promontory Super/Metric. BCC SuperSeries, Ogden, UT. Two routes of different lengths that will go out to Promontory Point. Please see the "Ride Info" link on our website for rider guidelines and the "Calendar" link for more information about each ride. Non-club members are very welcome. BCC, roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@mission.com, bccutah.org

August 12, 2023 — To the Moon and Back Century Ride. Tabiona, UT. Located in the High Uintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha International. Kandice Emerson, 208-206-4953, moonandbackride@gmail.com, tothemoonandback-events.com

August 19, 2023 — BCC Big Ride Super/Metric/Social. BCC SuperSeries, Draper, UT. Biggest ride of the year with 3 routes of different lengths starting at Draper City Park. Please see the "Ride Info" link on our website for rider guidelines and the "Calendar" link for more information about each ride. Non-club members are very welcome. BCC, roadcaptain@bccutah.org, Jen Green, 435-562-1212, bccutah.org

August 19, 2023 — Sevier Valley Rooster Ride. Richfield, UT. Sevier County's Rooster Ride tours scenic central Utah. The chipped event includes fully stocked rest stops, medals, tee shirts, and custom DNA cycling socks. Riders of all skill levels can find something to enjoy between the 37 mile, 62 mile, or 100 mile rides. Elevation gains vary from 1,015 - 4,287 feet. Amy Myers, 435-893-0457, 844-469-8724, amymyers@sevier.utah.gov, roosterride.net

August 19, 2023 — Wildflower Pedalfest. Morgan, UT. A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes. Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 26, 2023 — Cache Valley Century. Richmond, UT. 35, 60, or 100 mile options. The ride contributes to Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LoToIda! Troy Oldham, 435-764-2979, oidhamtroy@gmail.com, CacheValleyCentury.com

August 26, 2023 — Summit Challenge. Park City, UT. Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All routes are fully supported and 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 free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music. Madison Lambdin, 435-649-3991, 435-200-0990, madison@discovernac.org, summitchallenge100.org, discovernac.org

August 26, 2023 — CF Cycle For Life. Henefer, UT. One of Utah's best supported charity rides. A healthy multi-length challenge, not race, for all levels of riders, beautiful ride with five route options - 24, 36, 55, 80, 100 Miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF. Laura Hadley, 801-532-2335, 801-558-8310, hadley@cff.org, Erin Hurtado, 801-532-2335, ehurtado@cff.org, figtcf.cff.org/site/TR?fr_id=8753&pg=entry

August 26, 2023 — Lake Creek Drive Climb. BCC SuperSeries, Heber, UT. From Heber City, we will climb up Lake Creek Drive. Please see the "Ride Info" link on our website for rider guidelines and the "Calendar" link for more information about each ride. Non-club members are very welcome. BCC, roadcaptain@bccutah.org, Jen Green, 435-562-1212, bccutah.org

August 27, 2023 — Twin Creeks Super/Metric. BCC SuperSeries, Coalville, UT. Two routes of different lengths that will start in Coalville. Please see the "Ride Info" link on our website for rider guidelines and the "Calendar" link for more information about each ride. Non-club members are very welcome. BCC, roadcaptain@bccutah.org, bccutah.org

September 2, 2023 — Syracuse Sixty Six Metric/Social. BCC SuperSeries, Salt Lake City, UT. Two routes of different lengths that will start in Salt Lake City. Please see the

Cycling Trivia: World Championships (Answers)

(Questions on page 10)

A1. American Greg Lemond, back in 1989, in Chambéry, France! After winning the closest Tour in history, defeating Laurent Fignon, he beat Russian Dmitry Konyshev (silver) and the Irishman Sean Kelly (bronze) to take his second World Road Race Championship jersey, after winning at Altenrhein, Switzerland in 1983.

A2. Italian Alessandro Ballan triumphed in Varese, Italy in 2008.

A3. This happened last in 2012 in Valkenberg of the Netherlands when Dutch ace Marianne Vos, widely heralded as the greatest women's racer of all time triumphed atop the Cauberg climb in front of a partisan crowd. This began a streak of Dutch domination of the event with only four of the last eleven Worlds not going to the Orange clad women of Holland!

A4. 2015! It's been a while! Megan Guarnier scored bronze in Richmond, Virginia in front of a boisterous home crowd behind winner Lizzie Armitstead of Great Britain.

A5. 1995 in Colombia. The Road events were held in Duitama and the Track events in Bogota. The following year's road races were in Lugano, Switzerland but the Track events were held in Manchester, England and at a completely different time.

Bonus Answer: Moreno Argentin (Italy) took the Men's Road Race, while Jeannie Longo (France) won the Women's event. Uwe Ampler (East Germany) won the Amateur title.

-Dave Campbell

Cyclist Deaths and Injuries Continue to Rise

Cyclist deaths and injuries increased in 2021 over 2020, according to the latest figures from the National Highway Traffic Safety Administration. Deaths increased 1.9 percent to 966, while injuries in 2021 totaled 41,615, up from 38,886, says Traffic Safety Facts: 2021 Data: Bicyclists and Other Cyclists (<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813484>).

Note: The figures refer to "pedalcyclists," the overwhelming number consists of bicyclists but also includes those riding unicycles, tricycles, etc.

No cyclist was killed in Wyoming in 2021. But the paper doesn't discuss causes of the increases, such as changes in the amount of cycling. But in 36 percent of the cases, someone involved in the crash had been drinking. And both injury and death rates were much higher for males than females.

Only 15 percent of crashes occurred in rural areas. Only 29 percent occurred at intersections. And 52 percent occurred after dark. Only five percent of fatalities occurred where more than one auto was involved.

-Charles Pekow

"Ride Info" link on our website for rider guidelines and the "Calendar" link for more information about each ride. Non-club members are very welcome. BCC, roadcaptain@bccutah.org, Jen Green, 435-562-1212, bccutah.org

September 10-16, 2023 — Tour of Southern Utah. St. George, UT. 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part. Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 16-17, 2023 — Moab Century Tour. Moab, UT. The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape world training for! Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate. Beth Logan, 435-260-8889, 435-260-2334, info@skinnytreeevents.com, skinnytreeevents.com

September 16, 2023 — Goldilocks Utah. Goldilocks Bike Ride, Provo, UT. Goldilocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options. Goldilocks has a route that is "just right" for everyone! Jackie Karlberg, 520-227-7720, karlberg@provo.com, goldilocks.events/provo

September 22-23, 2023 — Bike the Bear Century. Laketown, UT. Bike the Bear, Bear Lake Aquatics Base near Laketown, UT. Sponsored by Scouts BSA, Crossroads of the West Council. Bring your youth group, family or cycling friends and participate in a 50 or 100-mile ride around Bear Lake! This is a great, early fall fun ride for riders of all abilities. Jason Eborn, 801-479-5460, jeborn@bsa.org, Nelson Palmer, 435-760-6901, 801-479-5460, nirpalmer@comcast.net, utahscouts.org/bike

September 22-23, 2023 — 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@enduranceutah.com, salttosaint.com

September 23, 2023 — 5 Canyons Bike Challenge. Sandy, UT. One of the most daunting and beautiful cycling challenges in the country, ascending more than 14,000 feet over 116 miles through all five of Salt Lake City's picturesque riding canyons before finishing at the Utah Capitol building. Comprising three HC climbs and two Category 2 climbs, the ride has more vert than almost any other ride in America and certainly the steepest average gradient. Participants may elect to ride one, two, three, four or all five of the canyons. Spencer Chipping, 385-234-5702, 801-597-1111, spencerchipping@gmail.com, Stuart Anderson, miduole@gmail.com, 5Canyons.org

September 30, 2023 — Gran Fondo Salt Lake. Salt Lake City, UT. Starting and finishing at the Utah State Fair Park North Parking Lot. 155 N. 1000 W. Salt Lake City. The Course begins with a beautiful and hilly tour around the State Capitol and foothills, then proceeds north into Davis County with small rollers and flat final 50 miles, 30, 62, 100 mile options. Dan Aarnoot, 385-228-3454, race@triatl.com, triatl.com, granfondosallake.com

October 21, 2023 — Fall Tour de St. George. Ride Southern Utah Road Gran Fondos. 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. Margaret Gibson, 435-229-6251, margaret@redlockbicycle.com, Ryan Gurr, info@spingees.com, ridesouthernutah.com

September 16, 2023 — Goldilocks Utah. Goldilocks Bike Ride, Provo, UT. Goldilocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options. Goldilocks has a route that is "just right" for everyone! Jackie Karlberg, 520-227-7720, karlberg@provo.com, goldilocks.events/provo

September 22-23, 2023 — Bike the Bear Century. Laketown, UT. Bike the Bear, Bear Lake Aquatics Base near Laketown, UT. Sponsored by Scouts BSA, Crossroads of the West Council. Bring your youth group, family or cycling friends and participate in a 50 or 100-mile ride around Bear Lake! This is a great, early fall fun ride for riders of all abilities. Jason Eborn, 801-479-5460, jeborn@bsa.org, Nelson Palmer, 435-760-6901, 801-479-5460, nirpalmer@comcast.net, utahscouts.org/bike

September 22-23, 2023 — 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-

Advisory Council on Historic Preservation Supports Bicycle Infrastructure

Climate change is affecting everything, including historic treasures. So, the Advisory Council on Historic Preservation adopted a Policy Statement on Climate Change and Historic Preservation. The council, an independent federal agency created by the National Historic Preservation Act, advises the president and Congress.

Its statement lists policy principles to mitigate climate change, including "efficient and effective permitting processes and environmental reviews" for clean energy and climate-friendly transportation infrastructure projects, specifically including "bicycle infrastructure." It provides no details, however.

But maybe the president and Congress will get the message. See <https://www.govinfo.gov/content/pkg/FR-2023-08-03/html/2023-16569.htm>

-Charles Pekow

Are Bikes Seen as Toys or Transportation?

Is a bicycle seen as a toy or a means of transport for children? Depends on who answers the question. Toy, Vehicle, or Equipment? Parent and Children's Constructions of the Bicycle in Childhood, a study by Canadian university researchers,

"The bicycle is many things at once: it moves through space, it requires physical effort of the rider, and it is self-propelled. As an object, the bicycle has also held different meanings depending on the cultural, historical, and political context," the researchers say.

They interviewed youth (aged 10-16) and parents in a small Canadian town. The kids saw the bicycle as a toy that helped them explore the world and do tricks (popping a wheelie, jumping). Parents acknowledged the fun their offspring was having but feared about safety and that children could go further from home unsupervised. But they also expressed pleasure about family rides (in which the children weren't autonomous) and that bicycling gave their kids an escape from life's strains.

See: https://www.researchgate.net/publication/371926105_Toy_Vehicle_or_Equipment_Parent_and_Children%27s_Constructions_of_the_Bicycle_in_Childhood

-Charles Pekow

Subaru's EyeSight Helps Protect Cyclists in Some Cases

Subaru has developed an EyeSight crash avoidance system that seems to improve safety for bicyclists traveling parallel to its autos. But the system doesn't improve bicyclist safety in other situations much.

Subaru's driver assistance technology (<https://www.subaru.com/eye-sight.html>) consists of cameras by the rear view mirror that can spot what a driver may miss, and an automatic braking system.

The Insurance Institute for Highway Safety found the system cut the number of parallel crashes with bikes 29 percent but didn't help much with bicyclists crossing in front of the vehicle (<https://www.iihs.org/news/detail/subarus-bicyclist-detection-shows-positive-results>).

Subaru installed the latest version of the system on some of its 2022 and 2023 models.

-Charles Pekow

scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50-, and 102-mile routes, featuring up to 8000-feet of climbing. Kent Hay, info@spcycling.org, Kerrie Meyler, kerrie@mevler.net, spcycling.org

August 12, 2023 — 4 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 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. Ride 1-4 peaks as you wish. Jeff Tingey, 208-232-8996, jeff.tingey.13@gmail.com, Katie Cox, 208-851-0009, info@4pgf.com, 4PGF.com

August 12, 2023 — Enchanted Circle. TENTATIVE, Red River, NM. The Enchanted Circle Bicycle Tour is a scenic, southwest cycling experience with a rolling hills, fast descents and rewarding climbs. Choose between an 85-mile ride or the iconic 100-mile century along the Enchanted Circle Scenic Byway, this New Mexico course travels through some of the most spectacular peaks in New Mexico. Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

August 19, 2023 — 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. Proceeds from the ride fund scholarships for student in school district 91. Lara Hill, myhillsidehome@gmail.com, www.heartofidaho.org

August 19, 2023 — New Mexico Law Enforcement Memorial Bike Ride. Albuquerque, NM. 30k Ride or 100k Century Ride from ABQ to Tijeras(30k) or Santa Fe

(100k) with return ride on the NM Railrunner. This is an annual event fundraising for the APD Chaplain Unit Fund (a 501c3 organization) which provides counsel and guidance to persons in crisis in the Albuquerque Community and the Law Enforcement professionals attending to crisis situations. NMLE, NMLEMemorialBikeRide@cabq.gov, facebook.com/NMLEMemorialRide

August 20-September 1, 2023 — Yellowstone National Park Bike Tour. Belgrade, MT. Multiple dates. Experience the world's first national park! 6-day tour, 5-nights lodging, meals include: 4 dinners, 5 lunches, 5 breakfasts, guide service, entrance fees, daily lunch en route, energy food, liquid refreshments, shuttles and mechanical support. John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 26, 2023 — Venus de Miles. Lyons, CO. Venus de Miles is Colorado's original and largest all-women's road ride and finish festival. In its 16th year, Venus de Miles welcomes all skill levels and is a strong supporter of sisterhood and women's cycling. 30-mile, 66-mile, and 100-mile course options. Fundraiser for Greenhouse Scholars, Greenhouse Partners, 720-769-9998, info@venusdemiles.com, venusdemiles.com

August 27, 2023 — Golden Gran Fondo. Gran Fondo National Series, Golden, CO. Starting in historic Golden, CO. This event features long Rocky Mountain climbs and descents, elevations between 5,600 - 11,000 feet above sea level, and a great downtown park atmosphere for the finish line party. Reuben Cline, 765-247-2453, info@granfondochampionship.com, granfondonationalseries.com/gran-fondo-golden/

September 9, 2023 — Race the Rails. Ely, NV. Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that

is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net/race-the-rails

September 9, 2023 — American Diabetes Association's Tour de Cure Colorado, Lone Tree, CO, Join TDC as one of the most successful and beautiful fundraising rides in Colorado this September 10th. The mission of the American Diabetes Association is to prevent and cure diabetes while improving the lives of all people affected by diabetes. Lindsay, Mark, Megan, Sasha, 720-855-1102 x7010, LPhelan@diabetes.org, MIaylor@diabetes.org, STaub@diabetes.org, SReeves@diabetes.org, Brittany.Burcham@diabetes.org, bburham@diabetes.org, diabetes.org/coloradoofadecure

September 9, 2023 — Tour of the Moon, Grand Junction, CO, Want to take an epic trek through the Colorado National Monument? Check out Tour of the Moon and tackle a metric century ride or opt for a 41-mile loop back into Grand Junction. This ride is one of the most important fundraising events benefitting Bicycle Colorado. The event sells out every year so don't miss it, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

September 9-16, 2023 — Ride the Rim, Crater Lake, OR, Ride the Rim Crater Lake offers a vehicle-free way to experience Crater Lake National Park with 25 miles and 3,500 feet of climbing. Events will be held on the 10th and the 17th of September at Crater Lake National Park. All federal guidelines in place for the COVID-19 pandemic will be in place to ensure the utmost safety throughout the events., Tonia Ulbricht, 800-445-6728, visit@discoverklamath.com, ridetherimoregon.com

September 9-10, 2023 — Bike MS: Deception Pass Classic, Bike MS, Mount Vernon, WA, Enjoy breathtaking views as you cross the Deception Pass Bridge providing a one-of-a-kind experience as we come together to reach our goal – a world free of MS. The Bike MS experience offers route options ranging from 22 to 100 miles and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Skagit County Fairgrounds (501 Taylor St) in Mt Vernon, WA., Brittany.Rondello@nms.org, Katie.Gambill@nms.org, 206-515-4569, katherine.gambill@nms.org, bikems.org

September 9-10, 2023 — Bike MS: Waves to Wine, Bike MS, San Francisco, CA, Join us as we venture from the heart of San Francisco riding across the famous Golden Gate Bridge and overnight in the middle of beautiful wine country. Take your pick from numerous one-day routes with fully supported rest stops along with a community of riders dedicated to changing the world for people with MS one pedal stroke at a time, Renata.Sahagian@nms.org, John Schilder, 415-439-0402, john.schilder@nms.org, waviestowine.org

September 10, 2023 — Tour De Acoma, Acoma Pueblo Reservation, NM, 100, 50, and 25-mile cycling event covering distinct and breathtaking scenery on the Acoma Pueblo Reservation. The all paved course offers both the experienced and recreational cyclist a rare opportunity to ride through competitive and challenging race routes., Melvin Juanico, 505-552-7861, mjuanico@skycity.com, tourdeacoma.com

September 10, 2023 — Buffalo Bicycle Classic, Boulder, CO, The Elevations Credit Union Buffalo Bicycle Classic is a scholarship fundraiser for CU Boulder. We have 5 road courses, 2 gravel courses and a family ride. Our Epic routes head up Boulder Canyon which is closed to traffic. Ride Bikes. Change Lives, Jenny Anderson, 303-898-8900, bbc@colorado.edu, buffalobicycliclassic.com

September 16, 2023 — Tour de Vineyards, Palisade, CO, Head to Palisade this fall and enjoy the vineyards, orchards and mesas of Colorado's Western Slope at the 26th annual Tour de Vineyards. Take the leisurely 23-mile route along the Palisade Fruit & Wine Byway, or opt for the 58-mile loop up and over Reeder Mesa, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

September 23, 2023 — Mountains to the Desert Bike Ride, Telluride, CO, 17th Annual, Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway, CO for the Just for Kids Foundation! Choose your distance (72 miles, 101 miles, 104 miles or 132 miles) and pass through golden aspens and brilliant red canyon walls to our destination at Gateway Canyons Resort., Courtney, 949-412-4068, director@ustforkidsfoundation.org, ustforkidsfoundation.org

September 23, 2023 — Coldwell Banker Denver Century Ride, Denver, CO, Cycle the City - Discover urban cycling in Denver within a safe, fun & enjoyable experience. 100, 85, 50 and 25 mile courses for every ability. Roll through Downtown Denver, through the burbs, up Lookout Mountain and down the Hogback. Supporting cycling advocacy through ride beneficiary Bicycle Colorado,

Start: Shops at Northfield, Bruce Erley, 303-469-7500, info@denvercenturyride.com, denvercenturyride.com

September 23-24, 2023 — Bike MS: Willamette Valley, Bike MS, McMinnville, OR, All new in 2023 with routes taking you past vineyards, while enjoying relaxing, pastoral farmland views. Rider village located at Evergreen Aviation & Space Museum., Brittany.Rondello@nms.org, Emily Rios, Emily.rios@nms.org, bikems.org

September 23, 2023 — Loop de Loop, Tucson, AZ, Chuck Hackberry Loop, El Tour de Tucson, 520-745-2033, info@elourdetoctucson.org, [el-tour-de-mesa/](http://elourdetoctucson.org/el-tour-de-mesa/)

September 24-30, 2023 — OATBRAN, Lake Tahoe, NV, 32nd Annual! One Awesome Tour Bike Ride 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. Limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethest.com, bikethest.com

September 24, 2023 — Tour of the Rio Grande Bicycle Century, Albuquerque, NM, The flattest tour in New Mexico taking riders from near the Albuquerque International Sunport south to Bernardo and back! Route distances are 39, 62, 78 and 100 miles. This ride is great for first time or beginning season riders. For experienced riders it's an opportunity to crush existing personal best century times! The tour runs parallel with the Rio Grande exposing riders to the more relaxed side of New Mexican life and the beautiful landscape., Michael Wleclaw, 330-518-4708, meta@metallhebrand.com, touroftherio-grande.com

September 26-30, 2023 — Pablove Across America, Palm Springs, CA, Ride from Palm Springs to San Diego over 5 days. 2 days in Palm Springs and then 3 around San Diego. The ride raises money for pediatric cancer research as well as an art program for kids going through treatment, Jonathan Devich, 480-612-3634, jonathan@pablove.org, pablove.org

September 30-October 7, 2023 — California Coast Classic, San Francisco, CA, The Arthritis Foundation's California Coast Classic Bike Tour, presented by Amgen, covers 525 miles from San Francisco to Los Angeles over eight days along Highway 1., Shannon Marang Cox, 909-489-2217, 213.634.3772, smarangcox@arthritis.org, <https://arthritis.org/CaliforniaCoastClassicEvent>

October 7, 2023 — Park to Park Pedal Extreme Nevada 100, Caliente, NV, Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Caliente and Pioche, and three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley. 3 rides available: 100, 60 and 40 mile options. There is a Dutch oven dinner at the end!, Dawn Anderson, 775-728-8101, cathedralgorge_vc@cturbonet.com, parktoparkpedal.com, lincolncountynv.gov, exploring/biking/park-to-park-pedal/

October 7-8, 2023 — Bike MS: Arizona, Bike MS, Fort McDowell, AZ, Cycle through the beautiful Arizona desert and join a community of riders dedicated to changing the world for people with MS along a ride. Whether you pedal through the stunning McDowell Mountain Park loop, up into the off-road mountain bike loop, or onto the road routes that take you into Fountain Hills and beyond - the Arizona desert will surround you with beautiful sunrises, sunsets, cacti and majestic southwestern scenery. Road routes from 13 - 100 miles per day for a total of up to 157 miles over the two day event. We also have a 19-mile mountain bike trail route, Renata.Sahagian@nms.org, Tanya Marks, 602-753-7550, tanya.marks@nms.org, bikemsarizona.org, msociety.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=1636

October 14-15, 2023 — Bike MS: Bay to Bay, Bike MS, Irvine, CA, Join a community of riders dedicated to changing the world for people living with MS one mile at a time. This is an extraordinary cycling adventure taking you along the coast of Orange and San Diego counties. Start your day 1 ride in Irvine, ride along the coast and end your day at the Sheraton Resort and Spa in Carlsbad for good food, good beer and music or challenge yourself by taking in some extra elevation gain of inland San Diego. Day 2 starts with more majestic views of the Pacific Ocean and up Torrey Pines. Grab your finisher medals, some food and beverages at our new finish line, Ingram Plaza. Join us for one day, two days or virtually!, Renata.Sahagian@nms.org, Lina Aguilon, 619-363-4695, lina.aguilon@nms.org, biketofinishms.org

October 21, 2023 — Durango-Farmington Bike Tour, Durango, CO, The ride Starts in Durango, CO at Cundiff Park, where the BMX Track is. You travel south through the Animas Valley until reaching New Mexico. You will then travel the Gas Roads through beautiful Kiffen Canyon on your way to the Road Apple Race Trails before finishing at San Juan College in Farmington, NM, Neil Hannum, 970-759-2126, aztecadventures.com

tures01@gmail.com, William Farmer, 505-402-3959, gfarmer360@gmail.com, aztecadventures.com

October 28-29, 2023 — Day of the Tread, Albuquerque, NM, Features a 9 mile family ride, trial runner family ride, a 12 mile ride on the Rail Runner; along with 26, 50, 64, and 100 mile routes with Tandem options on the 26, 50, 64, and 100 mile routes. Participants will receive free admission to Oktoberfest set to happen at Albuquerque's Civic Plaza, Joanie Griffin, 505-261-4444, jgriffin@sunny505.com, dayofthetread.com

October 28-29, 2023 — Phil's Cookie Fondo, Malibu, CA, Phil's Fondo is Phil Gaimon's chance to show off the great climbs, ocean air, and perfect weather, to help Los Angeles get the reputation it deserves as a world-class cycling destination. Phil designs the courses himself, collects rider gifts from his favorite sponsors, invites his pro friends, and has an incredible post-ride meal thanks to local celebrity chefs. With 10,000 gourmet cookies on course, the food experience alone would be worth the price of registration. 45, 56 mile options on Saturday; 20, 49, 83, 103 miles on Sunday, Phil Gaimon, info@philfondos.com, philfondos.com

Multisport Races

August 12, 2023 — Wild Ride Mountain Triathlon (USA American Tour Points), 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. This year Wild Ride will contain a kids' Off-Road Triathlon and an inaugural duathlon category. The finish line festivities begin at noon, along with racer feed and music., Yadi Spangenberg, 208-315-2909, yadi@wildrockiesracing.com, wildrockiesracing.com, webscorer.com

August 12, 2023 — East Canyon Triathlon, TriUtah Points Series, Morgan City, UT, 10th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other, with both Sprint and Olympic distance races to choose from. 2-transition point-to-point race, Begins at the beautiful East Canyon Reservoir. The Sprint bike is downhill and fast (please stay safe and in control at all times.) The Olympic bike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods., Dan Aamodt, 385-228-3454, race@triutah.com, triutah.com

August 12, 2023 — Wild Ride Off-Road Tri, McCall, Idaho, New host venue on the east side of Ponderosa State Park! This is a USA triathlon sanctioned event. - You can enter solo or as a 2 or 3 person team. - Swim 3/4 mile- Mountain bike 18 miles (2 laps of bike course)- Trail run 6 miles, Yadi Spangenberg, 208-315-2909, yadi@wildrockiesracing.com, wildrockiesracing.com

August 12, 2023 — Great Snake River Triathlon, TRI Peaks Events, Idaho Falls, ID, Held at Snake River Landing in downtown Idaho Falls. This triathlon will include BOTH Sprint & Olympic distances. This race will be the final race in Eastern Idaho...the third in the TRIFECTA SERIES produced by Tri Peaks Epic Events., Mike Taylor, 208-201-6269, TriPeaksEpicEvents@gmail.com, Brian Magleby, 208-520-9400, TriPeaksEpicEvents@gmail.com, tripeakevents.com

August 19, 2023 — Tahoe Adventure Challenge, Truckee, CA, A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

August 20, 2023 — Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 25-27, 2023 — XTERRA Beaver Creek, XTERRA America Tour, Avon, CO, The 22nd annual XTERRA USA Championship off-road triathlon is back for a family-friendly and community-focused weekend of events in Beaver Creek, Avon, Colorado., Raena Cassidy, 877-751-8880, info@xterraplanet.com, alea.santos-spahn@xterraplanet.com, xterrabeaver-creek.com

August 26, 2023 — Boulder Sunset Triathlon, Boulder, CO, Summer may be coming to an end, but our tri season is still heating up! Join us at the Boulder Reservoir for the 13th Annual Boulder Sunset Triathlon, a local favorite. Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/bouldersunset

August 26-27, 2023 — Lake Tahoe Triathlon, Tahoma, CA, Offers a truly beautiful and challenging experience. Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

August 26-27, 2023 — XTERRA USA Championship, XTERRA America Tour, Avon, CO, The 22nd annual XTERRA USA Championship off-road triathlon is back for a family-friendly and community-focused weekend of events in Beaver Creek, Avon, Colorado., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterratah.com

September 4, 2023 — South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Now a virtual race! Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi/Novices start at: 8:45am/Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, [\[southdavisrecreation.com\]\(http://southdavisrecreation.com\), \[southdavisrecreation.com\]\(http://southdavisrecreation.com\)](mailto:cindy@</p>
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September 8, 2023 — Brineman Triathlon, TriUtah Points Series, Syracuse, UT, 6th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/ flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Dan Aamodt, 385-228-3454, race@triutah.com, triutah.com

September 8-9, 2023 — The Purgatory 4 Adventure Relay, Trinidad, CO, Trail run (approx. 6 miles), Paddling (approx. 3 miles), Biking (approx. 15 miles on rugged dirt roads), Shooting Course (shotgun), Jared Chatterley, 719-680-4078, Jared.Chatterley@trinidad.co.gov, purg4.com

September 10, 2023 — Ironman 70.3 Santa Cruz, Santa Cruz, CA, 70.3 mile course, bouder70.3@ironman.com, ironman.com

September 16, 2023 — Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT, This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquabike, 10k and 5k distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, bbsctri.com/kokopelli

September 16, 2023 — The Toughman Half Long Course Triathlon Championships, Stony Point, NY, Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., racetri.com, toughmantri.com

September 16-17, 2023 — Desert's Edge Triathlon Festival; Dirt Tri & Road Tri, Fruita, CO, The Desert's Edge Tri event brings you a fun day of racing at Highline Lake State Park and will be a fitting end to Colorado's triathlon season. With Sprint, Olympic, and Off-Road category options there's a variety of distances and triathlon styles to choose from., Cassidy Veach, 970-248-1364, cassidy@grandjunctionsports.org, Grand Junction Sports, 970-248-1378, info@grandjunctionsports.org, grandjunctionsports.org/desert-s-edge-triathlon

September 16, 2023 — Bear Lake Brawl Triathlon, St. Charles, ID, Bluest water in Utah and Idaho. This is often called the Caribbean of the Rockies. The course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills., Joe Coles, 801-335-4940, joec@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 16, 2023 — Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 16, 2023 — Valkyrie Multisport Relay, Park City, UT, Spans nearly 100 miles of Utah's spectacular Wasatch Back mountain range. The event pits teams of up to 9 specialized competitors against each other, racing against the clock, and exchanging between trail running, kayak/canoe paddling, marathon, mountain biking, stand-up paddle boarding, open water swimming, and road cycling. Race day consists of four events: Full, Sprint, Marathon, and Half—everything culminating with an all-day Expo (Endurance Sports Summit) at the finish line., Shawn Snow, info@valkyrirelay.com, valkyrirelay.com

September 17, 2023 — 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 Flume 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@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, event/xterra-lake-tahoe/, xterraplanet.com

September 23, 2023 — Range 2 River Relay, Salt Lake City, UT, The Range 2 River Relay is an active transportation team race to explore the Salt Lake Valley's waterways from pristine headwaters to buried creeks and channelized canal to meandering river. Competitors will bike, boat, and run from the Wasatch Mountains to the Jordan River, showcasing opportunities to connect communities and ecosystems between the two. Bike: 3.6 miles; starting at City Creek Canyon Trailhead ending at Gadsby Trailhead.; Boat: 3.3 miles; starting at Gadsby Trailhead ending at Northwest Trailhead.; Run: 3.4 miles; starting at Northwest Trailhead ending at Gadsby Trailhead., Jess Loftand, 385-205-1148, jevencanyonstrust.org, jevencanyonstrust.org/events/relay

September 24, 2023 — Oktoberfest Triathlon, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 30, 2023 — Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV, The one and only Long course Triathlon, Duathlon and Aquabike is happening at Lake Mead, featuring iconic views of the lake that cannot be experienced anywhere else. Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/lasvegastri

October 14, 2023 — 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, 435-674-0550, hswg@seniorgames.net, seniorgames.net

October 21, 2023 — Southern Utah Triathlon, Hurricane, UT, Sprint and Olympic. Held at Quail Creek Reservoir, Temps are ideal for triathlons with water temps in the high 60's to low 70's and air temps in the 70's. This venue is truly beautiful with mesas and buttes all around. Enjoy the red rock landscape of Southern Utah., Joe Coles, 801-335-4940, joec@onhillevents.com, southernutahtriathlon.com, onhillevents.com

Cyclocross Series

Northern California Cyclocross Races — Various, CA, September 23 - December 3, 2023, John Simmons, bikeracejohn@gmail.com, tinyurl.com/NorCal2023CXSchedule

August 30-October 4, 2023 — Back 2 Basics Cyclocross Series, Golden, CO, Wednesdays: A mid-week cyclocross race series designed to promote cross racing to the new rider and to challenge the experienced racer. Course change each week and we try to increase the technical and physical challenges each week to help our riders move smoothly in to the cross season. Categories offered: Men C (Cat 4-5, Jr. Men13-14), Men B (Cat 3-4, Jr. Men15-18), Men A (Cat 1/2/3, Jr. Men 1-18), Women B (Cat 4/5, Jr. Wm. 13-14), Women A (Cat 1/2/3, Jr. Wm 15-18), SS, Newbie Women (never raced cross). 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. Free registration for Newbie Women but must pre-register and buy a one day license., Lee Waldman, 720-313-5312, lwaldman@gmail.com, blkereg.com/events/?pid=14702

September 9-November 18, 2023 — Shimano Cyclo X Cyclocross Series, Boulder, CO, September 9 - Harlow Platts/October 14 - Louisville/October 21 - Parker/October 28 - Valmont/November 11 - Westminster City Park/November 18 - Longmont, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com/cyclo-x-series

September 13-November 1, 2023 — Missoula Wednesday Night CX Series, Missoula, MT, Wednesdays, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/montana-cyclocross/

September 23-November 18, 2023 — Utah Cyclocross Series, Utah Cyclocross Series, Various, UT, Utah's weekend cyclocross series., TJ Stone, 801-916-5769, utahcx@gmail.com, utahcx.net

Cyclocross

September 13, 2023 — Skills and Thrills Cyclocross, Missoula, MT, Clinic and practice race, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com

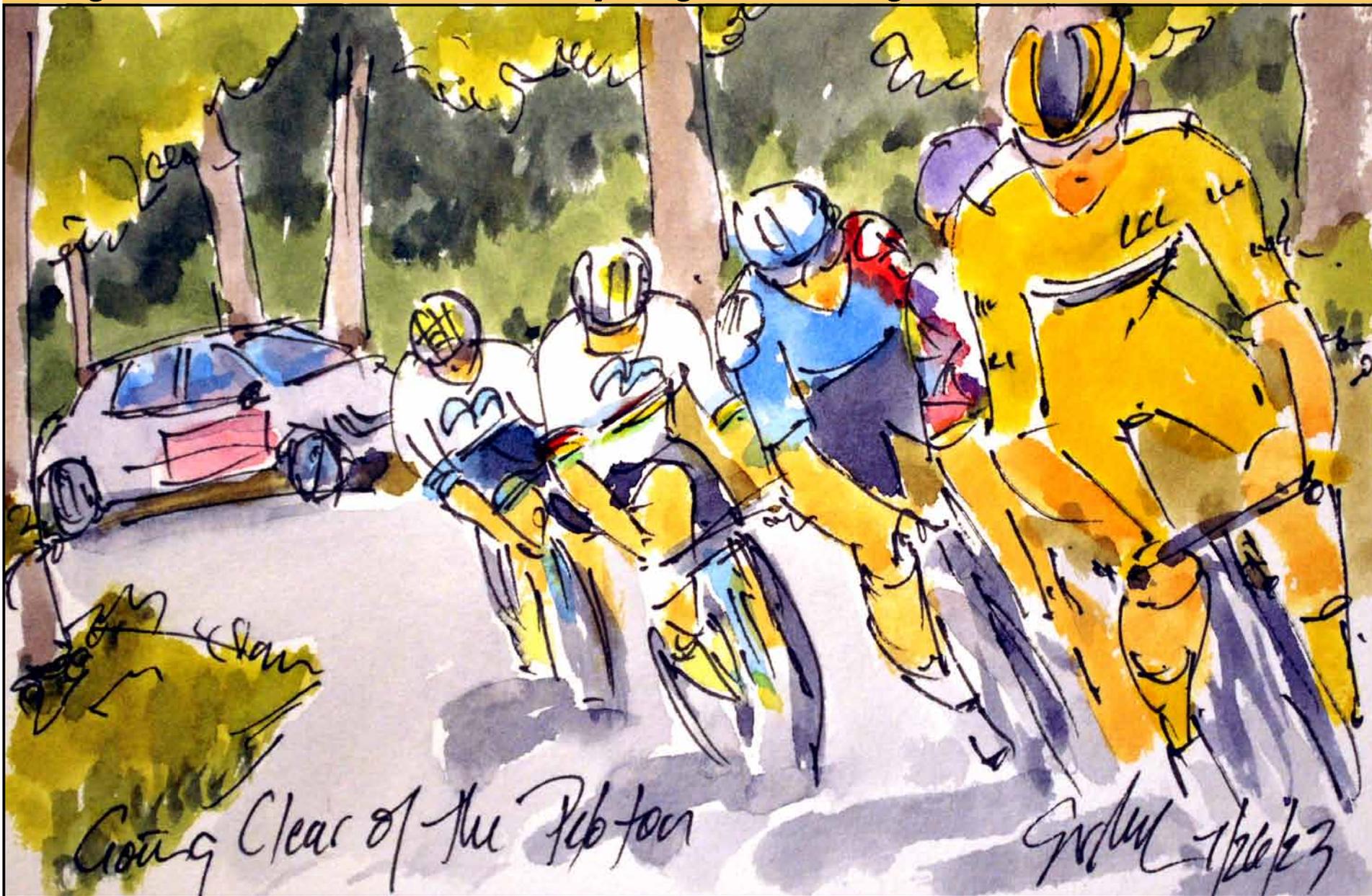
September 23, 2023 — UTCX #01 - Ogden Cyclocross Park, Utah Cyclocross Series, Ogden, UT, 2599 A Ave Ogden, UT 84401, TJ Stone, 801-916-5769, utahcx@gmail.com, utahcx.net

September 30-October 1, 2023 — Waffle Cross, Waffle Cross Series (IWCC), 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, dirt@idahowafflecross.com, Cory Bolen, corybolen@yahoo.com, facebook.com/IdahoWaffleCrossSeries

September 30, 2023 — UTCX #02 - Weber County Fairgrounds, Utah Cyclocross Series, Ogden, UT, Weber County Exhibit Hall 1000 N 1200 W St, Ogden, UT 84404, TJ Stone, 801-916-5769, utahcx@gmail.com, utahcx.net

BICYCLE ART

Going Clear of the Peloton - The Cycling Art of Greig Leach



Name of artist: Greig Leach

About the artist: Leach is a

former amateur racer who is still an avid cyclist almost fifty years later. He is widely exhibited and collected throughout the US and his cycling

art is collected worldwide.

Title of piece: Going Clear of the Peloton

About the piece: From Stage 5 of the 2023 Tour de France Femmes (Onet-le-Château to Albi): Every post-race interview Lotte Kopecky (SD Worx-Protime) swears she is riding in aide of her team leader, Demi Vollering, yet she is still in the Maillot Jaune. With her lead in the Tour de France Femmes slipping away to those in the breakaway up the road, she finally has a dig to get away from the peloton and up to those who are threatening her lead. She was quickly marked by Cecilie Uttrup Ludwig (FDJ-Suez) and the duo of Annemiek Van Vleuten

and Liane Lippert (Movistar). Collectively, these six (there is a UAE Team ADQ rider mixed in there too) are a number of those that are favored for the overall once the peloton reaches Pau on Sunday. But there is quite a bit of racing left in stage 5 and over the next four days yet to be fought.

Medium: Ink and Watercolors

Brief artist's statement: All of my artwork is about color and the figure in motion, so cycling became a natural inclusion in what I choose to paint. I began painting cycling in 2012 when watching the Tour de France. I was feeling guilty watching TV in the middle of the day, and my actor wife Bridget Gethins

suggested I paint the race and see if I could sell them by posting them on Facebook. That has grown into a cycling blog, Twitter, two books of my cycling art, and being featured during NBC's coverage of the Tour de France since 2018.

Where can people find or buy your art?: All of my artwork can be seen, and purchased, at my website, www.greigleach.com. The Gallery labeled "2023 Tour de France and Tour de France Femmes" has the work that was created this July. But you can search for your favorite team, rider, or race at the website home page.

Website or social media for your art: In this day and age, one needs to be on many social media platforms. My cycling blog is www.theartofcycling.blogspot.com, I am on twitter @artofcycling, instagram @greigartist, tiktok @artofcycling, and YouTube @artofcycling/Greig

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