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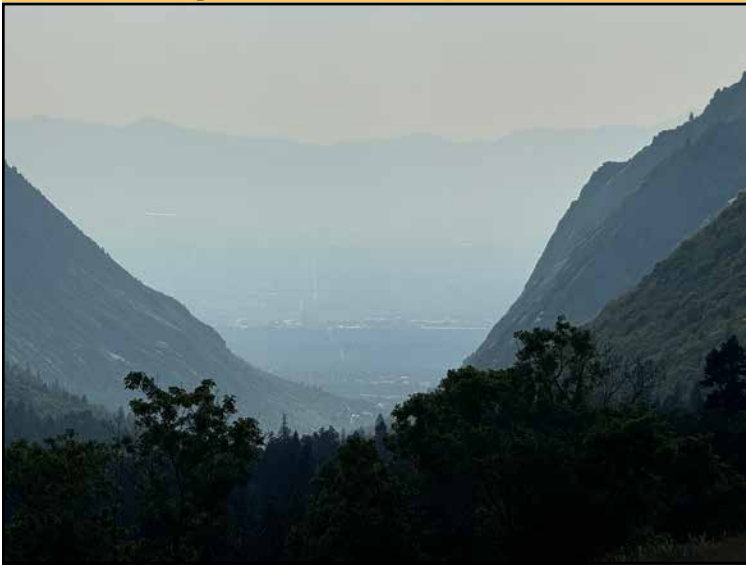
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## HEALTH

**Boosting Your Body's Defense Against Wildfire Smoke: Nutrition Tips for Cyclists**

Wildfire smoke haze seen from Little Cottonwood Canyon, Utah - a popular cycling climb. Photo by Dave Iltis

By Heather Casey

As wildfires become more frequent and severe, cyclists and outdoor enthusiasts often find themselves exposed to smoke and poor air quality. This exposure can lead to respiratory issues, decreased performance, and overall health concerns. Fortunately, certain foods can help our bodies filter and process the harmful particles found in wildfire smoke. Here's how to optimize your diet to support your health during wildfire season.

#### The Science Behind Smoke Exposure

Wildfire smoke contains a mixture of harmful pollutants, including particulate matter (PM2.5), carbon monoxide, and volatile organic com-

pounds (VOCs). These substances can cause oxidative stress and inflammation in the body, particularly affecting the respiratory system.

Nutrients That Help Combat Smoke Exposure

One of the most effective ways to counteract the negative impacts of wildfire smoke is through a diet rich in specific nutrients known for their antioxidant and anti-inflammatory properties.

Antioxidants are your first line of defense. Vitamin C, for example, is a potent antioxidant that helps neutralize free radicals generated by smoke exposure. Citrus fruits, berries, bell peppers, and broccoli are excellent sources of vitamin C. A morning smoothie packed with these ingredients can be a refreshing way to start your day with a health boost.

Vitamin E is another crucial anti-

oxidant that protects cells from oxidative damage. This fat-soluble vitamin is abundant in nuts, seeds, spinach, and avocados. Imagine a vibrant spinach salad topped with avocado slices and a sprinkle of sunflower seeds – a simple yet powerful meal to support your body's defenses.

Omega-3 Fatty Acids are renowned for their anti-inflammatory properties. These healthy fats, found in fatty fish like salmon and mackerel, as well as in flaxseeds and walnuts, can help reduce inflammation caused by smoke inhalation. Consider adding a serving of grilled salmon or a handful of walnuts to your daily diet to harness these benefits.

Flavonoids are compounds found in foods such as berries, apples, onions, and dark chocolate. They offer strong antioxidant and anti-inflammatory effects. Incorporating a variety of these foods into your meals can provide a delightful way to boost your intake of these beneficial compounds. Think of a delicious berry parfait or a savory dish with caramelized onions – both tasty and healthful!

Cruciferous Vegetables like broccoli, cauliflower, and Brussels sprouts contain compounds that help detoxify the body and reduce inflammation. These veggies can be easily integrated into your diet through stir-fries, roasted vegetable medleys, or even as a crunchy snack.

#### Practical Dietary Tips

To make the most of these powerful nutrients, aim for a diverse and colorful diet. Here are some practical

tips to help you integrate these foods into your daily routine:

#### Increase Your Fruit and Vegetable Intake:

Aim for a colorful plate filled with a variety of fruits and vegetables to ensure a wide range of antioxidants and nutrients. Try to incorporate at least one serving of fruits or vegetables in every meal and snack.

#### Include Omega-3 Rich Foods:

Incorporate fatty fish into your diet at least twice a week. For plant-based options, add flaxseeds or chia seeds to your smoothies or oatmeal. These tiny seeds pack a big nutritional punch and are easy to add to many dishes.

#### Snack on Nuts and Seeds:

Almonds, walnuts, and sunflower seeds are great snacks that provide vitamin E and healthy fats. Keep a small container of mixed nuts with you for a convenient, nutrient-dense snack.

#### Stay Hydrated:

Water helps to flush out toxins from your body. Aim to drink at least eight glasses of water a day, and consider herbal teas like green tea, which can provide additional antioxidants. Proper hydration is key to maintaining overall health, especially when dealing with smoke exposure.

#### Sample Day of Eating

To give you an idea of how to incorporate these foods into your daily diet, here's a sample meal plan:

- Breakfast: Smoothie with spinach, berries, flaxseeds, and almond milk.
- Lunch: Salad with mixed greens, bell peppers, broccoli, and a salmon

filet.

- Snack: An apple with a handful of walnuts.
- Dinner: Stir-fry with tofu, cauliflower, and Brussels sprouts, served with brown rice.
- Hydration: Throughout the day, drink plenty of water and green tea.

#### Conclusion

By incorporating these nutrient-dense foods into your diet, you can help your body better filter and process the harmful pollutants from wildfire smoke. As cyclists and outdoor enthusiasts, maintaining our health and performance during wildfire season is crucial. Stay safe, eat well, and continue to enjoy the great outdoors!

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Heather Casey and her husband Pat own Peak State Fit Performance Center located in Salt Lake City, UT 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. Find them at [peakstatefit.com](http://peakstatefit.com)

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Cover Photo: Magnus White's ghost bike at the Ride for Magnus: Ride for Your Life in Boulder, Colorado on August 11, 2024.

Photo by Ryan Muncy, [ryanmuncy-photography.smugmug.com](http://ryanmuncy-photography.smugmug.com)

**BIKE COMMUNITY**

**Thousands Rally in Boulder for 'Ride for Your Life' honoring Magnus White**



Michael White (center, in white) leads the ride for his late son, Magnus White on the Ride for Magnus: Ride for Your Life. Photo by Ryan Muncy

By Por Jaijongkit, Boulder Reporting Lab

filled it with cyclists. I think we did something special.'

sand cyclists and advocates for safer roads from across the world gath-

Cyclists Demand Safer Roads: 'We closed the Diagonal and

BOULDER, Colorado (August 11, 2024) — More than four thou-

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## Ride for Magnus - Continued from page 3



**Colorado Governor Jared Polis addresses the crowd at the Ride for Magnus: Ride for Your Life. Photo by Ryan Muncy**

ered Sunday, August 11, at Colorado University - Boulder to honor the life and legacy of young cycling champion Magnus White. Tragically, White was killed at age 17 by a driver during a training ride on the Diagonal Highway, just before the UCI World Cycling Championships. The driver was most likely asleep at the wheel at the time she struck and killed White, according to the arrest affidavit.

Cyclists took to the street together for the Ride for Magnus: Ride for Your Life event, following a path along the car-free Diagonal Highway past the site where White was killed one year ago.

The ride ended at Farrand Field on the CU campus for a rally led by White's parents, elected officials and others to demand safer roads for cyclists and pedestrians. According to Daniel Langenkamp, a U.S. State Department diplomat who started the Ride for Your Life movement after his wife was killed by a driver, 3,000 cyclists and 200 walkers from 50 states and 20 countries signed up to participate, and more virtually, making the event one of the largest advocacy rides in the nation.

The crowd spread out on Farrand Field as Michael and Jill White



**Magnus White. Photo courtesy The White Line**

spoke about their son's life that ended too soon.

"We did not lose Magnus; his life was stolen," Michael White told the crowd while holding the sunglasses Magnus wore on the fateful training ride. Michael described Magnus in the ER, dirt still stuck to his face, blood from his skull fractures, and his head being so swollen that his father almost couldn't recognize him.

"Sanitizing what really happens to those in road violence death only contributes to it happening again and again."

"Magnus shouldn't have died. His bright future was cut short by preventable tragedy," Jill White said. "And that's why we're here today: not just to remember but to ask. We know what killed Magnus, and we know the solutions."

Michael White outlined three major changes they are seeking at the local, state and federal levels. He urged fast-tracking bike infrastructure in the region, starting with the North Foothills Bikeway project connecting Boulder to Lyons along U.S. 36. He also advocated for increasing penalties for vehicular homicide and requiring automatic emergency braking (AEB) sensitive to cyclists in all U.S. vehicles to prevent collisions. These proposals were met with raucous applause at the rally.

At the start and end of Jill and Michael's speeches, the crowd rose from the grass to deliver standing ovations.

Gov. Jared Polis also spoke at

the rally, promising investments in and improvements to road safety for cyclists and pedestrians. "As we continue to keep people safe, we want to do so by proudly honoring Magnus' legacy so that fewer families and fewer communities ever have to suffer the unthinkable tragedy that the White family has endured that the entire community has endured," he said.

U.S. Rep. Joe Neguse, who lives in Lafayette, said that federal legislation will be in memory of Magnus and other cyclists and pedestrians in Colorado who have lost their lives in traffic crashes.

"To Michael and to Jill, I will simply say that we hear you, and that I hear you and that we look forward to introducing legislation to make automatic braking technology for bicyclists and motorcyclists a reality in the United States," Neguse said. "You have my commitment that we will do that."

Boulder Mayor Aaron Brockett, alongside Boulder City Councilmembers Tara Winer, Tina Marquis and Ryan Schuchard, participated in the ride.

"Let's ride for the future where we never need a ride like this again," Brockett said to the crowd before the cyclists took off.

Other speakers at the ride included Bicycle Colorado Executive Director Pete Piccolo, CU Boulder's new chancellor, Justin Schwartz, triathlete and clinical psychologist Gina LaFrazza, and Boulder District Attorney Michael Dougherty.



**Dan Langenkamp, founder of Ride for Your Life, and Triny Willerton, founder of It Could be Me, speak at the Ride for Magnus: Ride for Your Life. Photo by Ryan Muncy**

As the ride neared, cyclists lined up around the block, creating a sea of colors marked by splashes of neon yellow and pink to ensure they stood out on the road. The ride began with the clamor of bicycle bells as the riders moved in unison onto the streets.

Ride for Magnus is the fifth Ride for Your Life event. Langenkamp organized the first in 2022, after his wife, Sarah, was crushed by a truck riding home from their son's elementary school in Bethesda, Maryland. The couple had been evacuated from Ukraine for their safety.

"Only to see her get killed on one of America's roads," Langenkamp told Boulder Reporting Lab. "To me, it was indicative that we need to do a lot of work to make our roads safer." He began working with Michael and Jill White to organize Ride for Magnus in March 2024.

Vehicular homicide by reckless driving is considered a class 4 felony, carrying a sentence of two to six years in prison and/or a fine ranging from \$2,000 to \$500,000.

"So that sends a message, that if you want to kill someone, do it in a car. You'll get away with it," Langenkamp said.

Amadeo Claudia met Magnus during their freshman year of high school, and the two became fast friends. Magnus' death completely changed how Claudia viewed drivers and cyclists and the uneven power between the two. "I felt invincible before, but I never was. Only recently do I understand how vulnerable I was."

Claudia described feeling upset earlier in the day, but seeing the strong support for the ride helped lift his spirits.

"We closed the Diagonal and filled it with cyclists," he said. "I think we did something special."

According to county data, Highway 119, known as the Diagonal, between Boulder and Longmont, has the second-highest number of bike crashes in unincorporated

Boulder County, trailing only U.S. 36 between Boulder and Lyons. The combination of high-speed vehicle traffic at 55 miles per hour and an unprotected shoulder creates a dangerous environment for cyclists. Although the county is planning a 12-foot-wide concrete bike path down the center of Highway 119, its completion is still years away. A project update webinar will be held on Zoom on Tuesday, August 13, and the county's survey for public input on the path overpass's visual design is open until August 15.

Just months after Magnus White's death, Michael and Jill White started the nonprofit The White Line with the help of a GoFundMe campaign. "We decided to open ourselves up to grief; that's how the White Line started," Michael told Boulder Reporting Lab.

The organization aims to honor Magnus' legacy by supporting cyclists worldwide and advocating for cycling-safe infrastructure through advertising campaigns and policy advocacy. The group encourages more children to take up cycling and participate in racing. It also produces the "Lives Worth Remembering" film series to honor fallen riders and their contributions to their communities. Michael said that the friends and families of fallen cyclists and pedestrians "wanted justice and accountability."

"We're not advocates or lobbyists," he said. "We're parents who have lost our son. We want to be a new voice for change."

Last December, after nearly five months of investigation by the Colorado State Patrol, the driver who killed White was charged with the felony of vehicular homicide. The driver, 23-year-old Yeva Smilianska, had been in Colorado for a year after fleeing Ukraine at the time of the crash. Smilianska has pleaded not guilty, and a jury trial is scheduled for December 2024.

*Article republished with permission from Boulder Reporting Lab ([boulderreportinglab.org](https://boulderreportinglab.org)), a nonprofit news organization serving Boulder, Colorado.*

Por Jaijongkit is a 2024 Summer Community Reporting Fellow for Boulder Reporting Lab. She recently graduated from CU Boulder with a master's degree in journalism and is interested in writing about the environment and exploring local stories.

## ADVOCACY

# Bicycle Fatalities Up Sharply

By Charles Pekow

Fatalities among US bike riders went up at an alarming 13 percent rate in 2022, when 1,105 people were killed while riding. That represents an increase from 976 the year before. And the injury rate went up 11 percent over the year (46,195 in the country), according to data published by the National Highway Traffic Safety Administration (NHTSA).

NHTSA uses the term "pedal-cycles," which includes mainly bicycles but also unicycles and tri-cycles. It changed its definition to include ebikes for the first time in 2022. Previously, it considered them motorcycles. NHTSA counted 43 ebike fatalities in 2021, of which all but seven involved another vehicle.

In 37 percent of fatalities, the cyclist and/or motorist had been drinking, including almost a quarter of the cyclists killed. About half the fatalities occurred after dark.

NHTSA relies on reports it receives from states, which may not be complete. See NHTSA's 2022 report on Traffic Safety Facts, 2022 Data, Bicyclists and other Cyclists at <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813591>

The Insurance Institute for Highway Safety (IIHS), meanwhile, reported that "1,084 bicyclists were killed in crashes with motor vehicles in 2022, the highest number ever recorded." (IIHS' figure doesn't include cyclists killed in other types of incidents.) IIHS says that 80% of those killed were aged 20 or over. It says that 62 percent of the deceased cyclists weren't wearing helmets

but the helmet data aren't complete and it's not known how many died of head injuries.

Deaths have been on an upward trajectory since 2010, when IIHS said only 621 riders in America died or were mortally wounded on a ride. As you would expect, deaths peaked July through October and waned in January and February. IIHS reports, "Bicyclist deaths have increased 8% since 1975, and have increased 75% since reaching their lowest point in 2010."

See IIHS' data at <https://www.iihs.org/topics/fatality-statistics/detail/bicyclists#yearly-snapshot>.

Note: Casualty numbers don't consider factors such as the number of people biking, the demographics of riders (though they consider demographics of the injured) or changes in riding habits.

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**BIKE COMMUNITY**

**The White Line Non-Profit Formed to Honor Magnus White**

By **Dave Iltis**

On July 29, 2023, Magnus White, an aspiring bike racer training for the Junior World Championships in Mountain Biking was struck and killed by a driver on the Diagonal Highway in Boulder, Colorado. The White Line website describes Magnus as, “American teen, who was on the verge of becoming a world-class cyclist. He excelled across multiple disciplines - cyclo-cross, mountain biking, and road racing. He was an inspiration to so many people through how he lived his life and raced his bikes. Magnus was a loving and cherished brother, son and grandson. Many remember him for his vibrant energy, his infectious smile, and his ability to make any room come alive. His friends often said Magnus wasn’t just a friend; he was their best friend. He brought laughter, leadership, and an undying spirit of living life to the fullest. His infectious laughter and bright demeanor made him the life of any gathering. He didn’t just enjoy the moment; he made it memorable. Beyond his fun-loving nature, Magnus was a blend of kindness, drive, wit, and a touch of mischief — he simply made people smile.”

In a statement released in 2023, USA Cycling noted, “White was focused on his final preparations before leaving for Glasgow, Scotland to compete in the Junior Men’s Mountain Bike Cross-Country World Championships on August 10, 2023.

White fell in love with cycling at an early age through Boulder Junior Cycling. He was a rising star in the off-road cycling scene and his passion for cycling was evident through his racing and camaraderie with his teammates and local community. He won the 2021 Junior 17-18 Cyclocross National Championships, then went on to compete with the USA Cycling National Team for a full season of European Cyclocross racing and closed out the year at the 2022 UCI Cyclocross World Championship in Fayetteville, Arkansas. He proudly represented the U.S. and the Boulder community at another Cyclocross World Championships in January of 2023 in Hoogerheide. The summer of 2023 marked a new chapter for White, where he earned a spot on the Mountain Bike World Championships team.”

In memory of Magnus, his family started the White Line, a non-profit foundation, with the mission, “To preserve and honor the legacy of Magnus White, using his memory to inspire cyclists around the world and to pay tribute to lives taken too soon. We are dedicated to advocating for

the safety of all vulnerable road users and to be a new voice towards creating safer road environments.”

The foundation has initiatives in place to improve vulnerable road user infrastructure, to increase accountability for negligent drivers, to ask the US Department of

Transportation to protect all people, and a Lives Worth Remembering Film Series to honor victims of road violence. They plan on working locally on infrastructure and nationally on Automatic Emergency Braking.

To learn more about the White

Line or to contribute, visit: <https://www.thewhiteline.org>

Additionally, in support of the family and the White Line, a Go Fund Me is in place, “In memory of Magnus White.” (Find it here: <https://www.gofundme.com/f/magnus-white>)



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## BIKE RACING HISTORY

# Remembering an Historic Olympics for American Cycling



Mark Gorski (right) and Nelson Vails in the 1984 Olympic Sprint Finals. Photo courtesy Nelson Vails

By Dave Campbell

### An American Gold Rush

I discovered the sport of cycling in 1981 and had long enjoyed the Olympics. American cyclists at that point, however, had not won an Olympic medal since 1912! (1) George Mount finished an enormously promising sixth in road race at the 1976 Games in Montreal, which many saw as a sign that our long medal draught would soon be over. Our 1979 Junior World Champion Greg Lemond held great promise for a medal in 1980, but the American Government boycotted the Games to protest the Soviet invasion of Afghanistan. Lemond, like Mount before him, turned professional and headed off to Europe to contest the World's oldest and most prestigious races. The Olympics at this time were strictly for amateurs so our 1984 medal hopes would have to come from elsewhere.

Several factors converged in the following years that would change American prospects significantly moving forward. First was the arrival, via defection from Poland, of the first ever US National Coaching director, Edward Borysewicz. "Eddie B" as he was known to the riders, began training camps at the new Olympic Training Center in Colorado Springs and emphasized Junior development. The results were immediate and at the 1978 Junior World Championships in Washington, DC Lemond led the four-man team time trial to a bronze medal, the first ever medal for US

men at the World level. All the riders had come through Eddie B's camps! He also organized National team trips to the biggest amateur events in Europe following a series of early season training races in Texas. Second was improved corporate sponsorship, namely 7-Eleven, who not only built new velodromes, but allowed many of our best cyclists to become full-time athletes. The fact that the 1984 Olympics would be held on home soil (Los Angeles) was another big boost to our riders. And finally, the dominant Eastern European athletes would not take part due to a retaliatory boycott of their own. Fourteen Eastern Bloc nations led by the Soviet Union and East Germany pulled out of competition, which also allowed the participating nations an extra rider in the road race, match sprint, and pursuit.

The road races were held on the opening weekend. Aged only 15 at the time, I would watch both events while racing a local event in Wyoming. Internationally, American women had long been our best performers and a Women's Olympic Road Race was being held for the first time in 1984. I favored the young and talented Rebecca Twigg, whom Eddie B. had christened "The Golden Girl". A world pursuit champion in 1982, she was second at the previous year's World Road Championship in Switzerland and a permanent resident at the Olympic Training Center. Most of my friends favored the older and more experienced Connie Carpenter-Phinney. (2)

Connie was the undisputed queen of Women's cycling and an incredible athlete. She first competed in the Olympics in speed skating back

in 1972 at the tender age of just fourteen. After an injury kept her out of the 1976 Winter Olympics, she started cycling, winning a silver medal in the 1977 Worlds Road Race and ultimately winning twelve National Championships. She later left cycling to attend college at the University of California-Berkeley where she won a National Rowing Championship in 1980. Upon learning of the inclusion of a Women's race in 1984, she came out of retirement with the specific goal of winning Olympic gold and then retiring for good. She won the premier American race (and the biggest race in the world for women) the Coors Classic three times, took bronze in the 1981 Worlds Road race and won the 1983 World Pursuit Championship on the track. She had recently married Davis Phinney, who would compete later in the Men's race, bringing significant media attention to the Olympic couple.

By the time we tuned in on the tiny black and white in my friends RV after our own race, a breakaway had formed with six riders. Both Carpenter and Twigg were there and riding strongly. The Americans main rivals were Maria Canins of Italy, a strong climber and all-rounder Jeannie Longo of France. At the finish, Twigg jumped first and Carpenter, normally an ace sprinter, appeared to be too far back. At the line Carpenter narrowly took the gold with a perfectly timed bike throw. The video of the two Americans in their Stars and Stripes jersey riding alongside each other hugging after the finish was an incredible image with which to begin the Games. With the men's race immediately following, she took the medal over to their prep area, showing them what it looked like and telling them to get one for themselves! True to her word, she promptly retired and never raced again.

I left the race with local friends, and we watched the men's race at a neighborhood barbeque on another small TV set. The scene was incredible and not like any we had ever seen at other events in American cycling. Thousands upon thousands of people, many of whom had camped out overnight, crowded

every inch of the course! Some estimated that 200,000 spectators were on the roadside that day. American flags were waving everywhere under brilliant sunshine...and "our" riders were delivering!

My intensive "studying" of the US men had me favoring Thurlow "Turbo" Rogers, who had been US rider of the year in 1983 based on his impressive results (3) in major international races. When the break formed, Rogers was indeed there as was Phinney, a big favorite due to his sprint, and the enigmatic Alexi Grewal. Grewal was no favorite of the coaching staff and won the Olympic Trials to assure his spot because he was certain that otherwise he wouldn't be selected. He had been our strongest rider at the previous year's World Championship, ultimately finishing 14th but was notoriously difficult to integrate into a team. He had been dominating the Coors Classic a couple of weeks earlier before being kicked out for a positive doping test that presumably would keep him out of the Olympics. All of that was resolved at the last minute, however, and there he was! Perennial strongman Steve Bauer from Canada was there as well Nestor Mora, a Colombian we knew from the Coors, and two unknown Norwegians.

With Grewal there always seemed to be drama of some sort and this day was no exception. Perhaps the ultimate example in fact! He attacked on the big climb, going solo with two laps to go. He looked strong and smooth, and with a lap to go, he looked every inch an Olympic Gold medalist. Until he didn't...on the final climb of Vista del Lago he seemed to fall apart...bobbing, weaving, and gasping. He was coming undone! Bauer, now a complete all-around road rider (he had been training with Lemond, who was the color commentator on American television) and not just the criterium specialist of years past, shot of the field and blew right past him! Grewal suddenly, as if hit by lightning, got himself together and rallied to just grab the Canadian's wheel just over the top. Just. He looked like he could blow up at any minute.

Bauer confidently did most of the work (and not for the first or last time) as they approached the finish, and we were all plagued with doubts. Bauer, we all knew, was a MUCH better sprinter than Grewal. Bauer thought so, too and he led it out only to have Alexi charge past, effectively beating him in the first ten explosive pedal strokes of the sprint. Mouth agape and arms flung high and wide, Alexi crossed the line in victorious glory...the most incredible and inspirational finish I had yet seen in cycling. Teammates Phinney, Rogers, and Ron Kiefel followed in 5th, 6th, and 9th respectively for an incredible overall team performance.

Similar success followed on the velodrome. Steve Hegg, a former downhill ski racer, and still a rising star in international cycling, surprised many by setting an enormous personal best time and qualified first in the Individual Pursuit. Many of the American riders, including Hegg, were using newly developed Raleigh aerodynamic bicycles with smaller front wheels, airfoil handlebars, solid chainrings, and rear disc wheels that were state of the art and in many ways ahead of their time. Hegg met race favorite Rolf Gölz of West Germany in the final, taking the lead at the 2500-meter mark and never looking back to take another Gold for the home team. Teammate Leonard Harvey Nitz just overcame Aussie phenom Dean Woods in an exciting final to earn Bronze.

Americans dominated the Match Sprint with Mark Gorski meeting his American teammate Nelson Vails in the final. The two had been strategically kept apart in the lead up to the Games, honing their speed in separate competitions with the long-established Gorski earning fifth at the 1983 Worlds behind Eastern European sprinters and the brash young Vails winning Gold at the Pan American Games. Vails was another media darling who was born in Harlem and honed his speed working as a bicycle messenger and raced with the New York City Skyline painted on his helmet. Gorski won the final 2-0 and America had another great image of the two home riders taking a victory lap arm in

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arm. Vails made history as the first African American and the first person of African descent to win a medal in cycling.

The Team Pursuit event was a rocky ride for the Americans with crashes, restarts, and all manner of misfortune plaguing them all the way to the final. After only qualifying fifth and then beating Denmark by just .01 of a second in the quarter finals, they finally made it into the final as the favorite against Australia. Their high-tech machines, however, were undone by of all things a toe strap, as Dave Grylls pulled his foot out on the start, forcing them to race the entire final with just three men and ultimately losing by nearly four seconds. Grylls graciously allowed Brent Emery, who had ridden earlier rounds to join Hegg, Nitz, and Patrick McDonough on the medal podium.

The final event was the 100-kilometer Team Trial featuring stalwarts Phinney and Kiefel, along with long time top American time trialist Andrew Weaver and a young rider many called "The Next Lemond" Roy Knickman. Kiefel, significantly had been part of that historic 1978 Junior squad. Team captain Phinney, who had taken a risk in the Road Race by wearing a skin suit in the heat was conservative this time and elected not to use rear disc wheels. The Italians used discs front and rear and roared to victory in well under two hours and over four minutes clear of second placed Switzerland. Riding otherwise very aero machines, the Americans were just 19 seconds back to earn bronze.

Some of our other riders, most notably the Points Racers, performed well below expectation and Rolling Stone magazine broke a story in January of the following year that at

least partially explained it. Several riders including Hegg and Nitz had used the immoral but not illegal practice of blood boosting in a hotel room prior to the games. Team officials had long debated using this process of removing blood, separating out the red cells and freezing them and then later reinfusing them for improved oxygen transport to the muscles. However, the decision to finally do it was made at the last minute and many riders were forced to use relatives' blood and some got ill. Despite the ensuing controversy, several of the 1984 US Olympians went on to promising professional careers and even raced in the Olympics again. US cycling sold more racing licenses than ever, but our teams have never achieved this level again. At the 1988 Olympics Americans won just one medal, a bronze. Five medals in 2016 including two golds, and six medals in 2024 including three golds have been our best performances since. Perhaps 2028's Olympic return to Los Angeles will see another American Gold Rush!

**Notes:**

1. In 1912 at Stockholm, Carl Schutte took a bronze in the Individual Time Trial and led the team of Alvin Loftes, Albert Krushel, and Walter Martin to a bronze in the Team Time Trial.

2. Young readers will recognize her as the mother of Taylor Phinney, a three-time Olympic cyclist himself from 2008 through 2016.

3. Second in Italy's Settimana Bergamasca, third in Italy's Giro del Regioni, and perhaps most importantly fourth in Eastern Europe's Peace Race, the biggest amateur stage race in the world against the best competition.

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

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## BIKE COMMUNITY

**John, The not so Ordinary, Ordinary Cyclist**

**John Pennington, the not so Ordinary, Ordinary Cyclist. Photo by Savannah Cottam**

brakes getting so hot that the tires would come off the wheels. Since we had ridden across three fourths of the country, by the time we got there going Eastbound, we were in good enough shape, and we didn't have the problems of brakes. The reason I remember it so vividly is because it was this mysterious thing that we had a month to think about, and it really ended up being no big thing.

**SC:** What was your favorite part of the trip?

**JK:** Biking across the Rocky Mountains in Colorado but even more so meeting new groups of people and being fully immersed with people and nature. In this modern world, we have access to phones, but I was completely disconnected from the world that I had left behind. I couldn't and didn't care to know what others were doing because I was occupied with the present. There are studies related to phones really having an effect on your generation and your mental health. It's so important for us to put our phones away and be present so time doesn't pass without us ever really being there.

**SC:** Did you have a lot of experience biking before the trip? How did you train?

**JK:** I had ridden a bike quite a bit when I lived in Central America, I increased my riding prior to the trip, and I remember I had to adjust my seat height exactly right because it would cause knee problems if it was too low or underneath problems if it was too high. I rode maybe two or three times a week before the trip.

**50 years later and John still loves to bike. Photo by Savannah Cottam**

**By Savannah Cottam**

*Deep insight into inspiring people's lives that have used two wheels to take them across the country. Untrained, yet able to use their bikes and go on beautiful adventures.*

John Kennington is an extraordinary man that I have known for a very long time yet had never heard about his great expedition until I recently pried it out of him. Don't let his humbleness fool you. In 1976 John rode 4,280 miles on an 82-day trip through the Bicentennial TransAmerica Bicycle Trail in commemoration of the bicentennial of America's Declaration of Independence. [See map]

#### John Kennington's Story

"When my roommate asked me to go on this trip I thought, are you crazy? I was risking my job and the life I had built. I was working as an engineer in LA but in the long term it was the best thing that could happen to me. Otherwise, I would still live in LA and be miserable. I went back to my boss months later without a haircut and they wouldn't let me have my job back but that was fine.

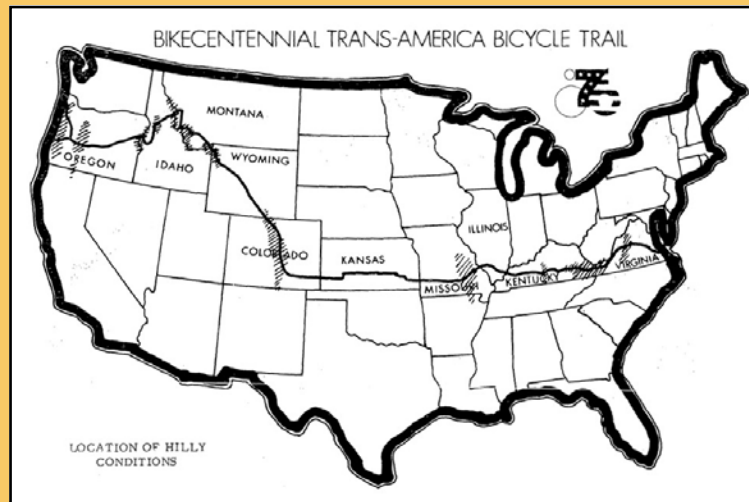
"I never regretted my decision because I enjoyed the other people; I realized what it would take to do the trip, so I was willing to do whatever the group did.

"The trip was organized through students at the University of Montana, assigning me with a group and date to leave. I took the train from LA to Oregon where I met the people I was going to be spending the next 3 months with. We dipped our back tire in the Pacific Ocean and hit the road.

"We stayed at schools or parks along the way as well as camped. My group used no sag wagons to carry all of our gear adding an extra 30-40 pounds of weight to my old ten speed, rickety bike. Everybody had regular ten speeds, we didn't go real fast. I remember when we went across Kansas, there were no hills but there was a lot of head wind so we would go on small highways and have big pace lines. In Kansas, we had a big pace line going and somebody got too close to the other guy in front of him, catching his wheel and causing a domino effect of around 9 people crashing. There was a farmer in his field cutting hay and he thought that was really funny to see this big crash of these spoiled kids on vacation."

**Savannah Cottam:** What was your least favorite part of the trip?

**JK:** As we biked, we were warned about a treacherous hill going onto the Blue Ridge, we were Eastbound going onto the Blue Ridge but started hearing about this trail in Colorado from the Westbound groups. They talked about the wheels and the



**Bicentennial '76 TransAmerica Bicycle Trail across the United States. Map by Bruce Burgess and Dan Burdeno.**

**SC:** How many miles were you riding per day?

**JK:** There was a fast tour that took only 55 days and ours took 82 days. So, we went about 40 miles a day and they went 55 miles a day. We used to joke that the only thing they saw was their front wheel. Since we were the slower group, we would arrive at our destination earlier and would have time to look around and see what was local. We had time to go to local spots that were famous like the state parks in the West. We ended our tour officially at the Yorktown Victory Monument that overlooked the Chesapeake Bay. I remember we took a detour going through one of the Eastern states 6 miles to catch another state up to Tennessee.

**SC:** What has changed in the biking world since you went on this trip?

**JK:** I think that biking has become more popular. People are trying to not use their cars as much, E-Bikes have made a big difference. I think it has gotten more popular as climate change has started to have an effect.

**SC:** Were there any riders who quit midway through or regretted going?

**JK:** I don't know of anybody that hated it, everybody enjoyed it and

had a good time. I don't know of anybody that quit.

**SC:** Would you say this experience changed your life outlook and values?"

**JK:** Definitely, it opened my eyes and exposed me to other opinions and people. It was good in that respect. I also become more aware of environmental stuff.

**SC:** Would you recommend that people do something similar to this?"

**JK:** I think it would be way more difficult to do it on your own, but it truly was an amazing experience that lasts a lifetime.

*Questions that have to be answered with one word or sentence :*

**SC:** What is the best advice you have ever received?

**JK:** Go for it!

**SC:** What is the worst advice you have ever received?

**JK:** Vote Republican

"I still love biking because of the amazing opportunities Utah offers, the exercise, environmental purpose, and the more realistic impression of your surroundings that you get as opposed to driving".

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**COACHING**

**Tips for Group Road Rides**



Cyclists on a K Cycling Coaching group ride. Photo courtesy Caitlin Howell

By Sarah Kaufmann

Group rides on the road are unique and special because the dynamics of drafting means riders of varied fitness can ride together and everyone gets what they need. There are inherent risks with this type of ride, but a few simple tricks keep everyone safe and happy.

**1. Look up.** Follow close behind the rider in front of you but look ahead, over their shoulders, through their arms, and toward the front of the group. This way you can anticipate changes in speed or direction as you see riders react.

**2. No sudden movements.** The accordion effect is pronounced in groups. When you are riding on the front, keep your pace steady to avoid rubber banding riders further back.

**3. No brakes!** Stay off your brakes except for an emergency. Control your speed by slipping out into the wind or lightly feathering your brakes. When other riders are inches behind you, sudden movements or changes in speed are exaggerated and risky. Use the wind to control your speed.

**4. No hero pulls.** When you pull through to the front of the group, avoid surging. If you are not sure how hard you should pull, try this: When you are in the draft, slide out into the wind and observe the wattage you do to be in the wind at that intensity. That way, you will know how hard to pull on the front. If you do not have a power meter, you can use the same strategy and make a note of your RPE (Rate of Perceived Effort) in the wind.

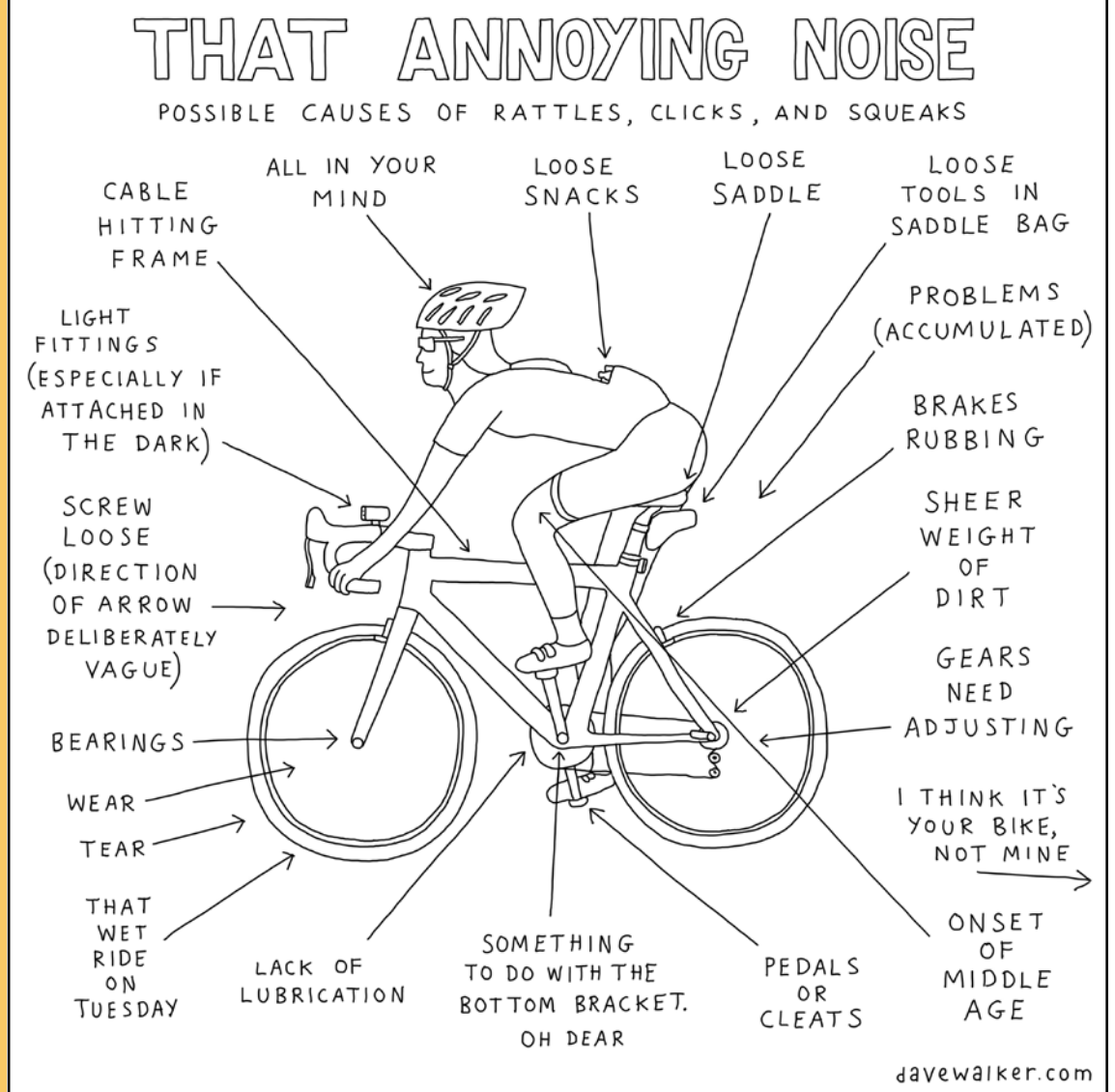
**5. Be everyone's eyes.** Point out hazards in the road that may be difficult for riders further back to see. This can be rocks, cracks, or debris in the road. Vehicles or people in the shoulder or railroad tracks should also be pointed out. The standard gestures for vehicles or people to the right or left is to sweep your

hand in that direction behind you. For railroad tracks, wave your hand across your back. Pay attention to the signals others use and continue to pass them back through the group.

**6. Fall back.** When you are ready to pull off the front, flick your elbow on the side you will pull off. Gently move over and maintain speed while safely drifting back. Anticipate the last rider and accelerate smoothly into the draft. Pull off before you are blown. Remember to budget some energy for the acceleration you will do to get onto the back of the group.

**7. Standing.** When you stand to pedal, your bike lurches slightly back, which is risky for riders following closely. Flick your elbows slightly to indicate that you are about to stand.

**8. Find the protected pocket.** The best spot might not be directly behind the wheel in front of you. Try just to the right or left to feel where the wind is blocked.



**9. But avoid overlapping wheels.** As you find the protected pocket from the wind. If you are slightly left or right of the rider ahead, be sure you don't overlap wheels to avoid a crash if they move side to side.

*Last couple bonus points, not universal but encouraged on the group rides hosted by my coaching business, K Cycling Coaching.*

**10. Pull only as you can or want.** If you think taking a pull may limit your ability to hang with the group,

there is no pressure to be on the front. Likewise, pull only as long as you like. Riders who want to pull ride in the front half of the group and rotate through from there. Riders who don't, stay further back. The group stays together, and everyone gets what they need.

**11. Don't shatter the group.** If you are lucky enough to be one of the stronger riders, spend more time on the front, watch for dropped riders and pull them back to the group. If you get to the tops of climbs first,

descend and ride up with riders still coming. There are many ways to do more work without blowing up the group.

*See you on the road!*

Sarah Kaufmann is the owner of K Cycling Coaching. She has been coaching since 2012 and raced at the elite level from 2007-2021. She is based in Salt Lake City, UT and can be reached at [kcyclingcoaching.com](http://kcyclingcoaching.com).

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## NUTRITION

# The Athlete's Kitchen: Undereating and Overtraining — A Dangerous Duo

By Nancy Clark MS RD CSSD

Most athletes want to perform at their best. They train hard and fuel up/refuel in a manner that supports the physique that's best for their sport. Despite their best efforts, they sometimes end up disappointed. They then start to train harder and restrict food to get even leaner. And that's where the problems often start. Are they overtraining? Why aren't they losing weight? Are they eating the wrong combinations of foods at the wrong times? Should they be eating more to support their training? Or eating less to drop a few pounds? How can they lose weight?

At the American College of Sports Medicine's Annual Meeting in Boston, May 2024, speakers addressed the questions frustrated athletes have about how much to train to achieve maximal performance, lose undesired body fat and staying healthy. Here is some food for thought on this topic of interest.

Restricting food intake while training hard might lead to leanness and lightness, but that might not make you a better athlete.

The "lighter is better" chatter that curbs many athletes' food intake can easily hurt performance, if not by injuries of muscles and tendons than by crippling fatigue. When the calorie intake needed to support performance is higher than the diet pro-

vides, athletes can experience deleterious outcomes. Sometimes food restriction is purposeful, and other times, athletes struggle to simply find the time to eat enough food to match the demands of their training.

Exercising in energy deficit for prolonged periods of time often means the body gets deprived of important nutrients: adequate protein to heal niggling injuries, adequate vitamins and minerals to support health, and enough grains and other carbs needed to optimally refuel depleted glycogen stores. According to REDs and overtraining researcher Trent Stellingwerff PhD from the Canadian Sport Institute Pacific in Victoria, British Columbia, the literature has shown a wide range—0%

to 70%, depending on the sport—of athletes can be under-fueled. Today's athletes commonly report undereating (supposedly fattening) carbs. They instead focus on eating more than enough protein. "Athletes need to rethink that strategy because the immune system needs adequate carbs and calories to function," says Stellingwerff.

When food intake is low and exercise volume is high, under-fueled athletes may not lose body fat as expected because the body can compensate for the imbalance.

According to Eimear Dolan PhD of the University of Sao Paulo, Brazil, two common examples of energy conservation include:

1. Endurance athletes who train, let's say, for six hours a day. They tend to spend the remaining 18 hours of the day resting, doing sedentary activity, and sleeping. They fidget less. This decreased activity helps the body cope with the high level of training.

2. Male and female athletes who experience a drop in reproductive function. With too little energy available to fuel normal physiological functions, females stop having regular menstrual periods and male athletes experience reduced libido, sperm density, and morning erections.

An accumulation of stress related to training (and life) can result in Overtraining Syndrome and a long-term drop in performance.

According to Justin Carrard MD of the University of Basel, Switzerland, Overtraining Syndrome can take months or even years to resolve. He wasn't talking about what happens at training camps, where athletes commonly overreach to improve performance. Rather, he focused on the Overtraining Syndrome—what happens when athletes push too hard for too long and performance drops. If you feel tired for weeks in a row and have a drop in performance, consider taking some rest days. Training needs to be balanced with recovery, which allows for improved performance. Get enough sleep, eat enough nourishing food, and spend time having some fun.

The zeal of some athletes outstrips their body's ability to adapt to the workload.

Exercise physiologist David Nieman PhD of Appalachian State University, Boone, North Carolina

has carefully studied the effect of exercise on the immune system and illness. He reported the immune system is very responsive to physiological stress. With moderate activity the immune system works effectively. With high exercise loads, such as marathons, immune function can decline but then bounce back. But when athletes push too hard for too long, the immune system can break down and Overtraining Syndrome sets in.

Because doing research that can harm an athlete is unethical, Nieman studies athletes who overtrain on their own. Many of these overtrained athletes report symptoms similar to chronic fatigue or long-Covid: lethargy, muscle/joint pain, easy fatigability, exercise intolerance, brain fog, unrefreshing sleep. Some of these athletes take two to three years to recover. Is this because their immune system got exhausted?

Among ultra-runners doing the Western States 100-miler, Nieman reported many of the runners stay healthy, but some generate high levels of erosive metabolites (cytokines) that are as high as in a patient dying from Covid. Some athletes have high creatine kinase levels (indicative of high muscles damage) but others not much. Each body's immune system has limits that are unique to that person. Hence, each athlete needs to find the "sweet spot" that enhances, not hurts, performance.

To minimize the development of Overtraining Syndrome, the IOC is initiating a surveillance system with guidelines for coaches and athletes. The guidelines encourage sufficient recovery time, sleep, nutrition, and hydration, as well as psychological strategies to manage stress. And of utmost importance, the guidelines emphasize: Don't train when you are sick!

If you exceed what your body can tolerate, you will have to climb out of that hole by exercising minimally and keeping other stressors under control. Daily consumption of adequate fuel can invest in long term performance benefits, no doubts!

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (617-795-1875). Her best-selling Sports Nutrition Guidebook is a popular resource. Visit [NancyClarkRD.com](http://NancyClarkRD.com) for more information.



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**WRITERS ON THE RANGE**

**Mountain Bikers Push to Ride Through Wilderness**



Bob Marshall Wilderness in Montana. Photo courtesy of Wilderness Watch

By Kevin Proescholdt

“Something will have gone out of us as a people if we ever let the remaining wilderness be destroyed...” — Wallace Stegner

The goal of the Wilderness Act, now celebrating its 60th birthday, was to set aside a small proportion of public land in America from human intrusion. Some places, the founders said, deserved to be free from motorized, mechanized and other intrusions to protect wildlife and wild lands.

But now, a handful of mountain bikers have partnered with a senator from Utah to gut the Wilderness Act. This June, the Sustainable Trails

Coalition, a mountain biking organization, cheered as Utah Republican Senator Mike Lee introduced a bill (S. 4561) to amend the Wilderness Act and allow mountain bikes, strollers, and game carts on every piece of land protected by the National Wilderness Preservation System. Stopping these intrusions would take each local wilderness manager undertaking a cumbersome process to say “no.”

The U.S. Congress passed the Wilderness Act, and President Lyndon B. Johnson signed it into law on September 3, 1964, to “preserve the wilderness character” of 54 wilderness areas totaling 9.1 million acres. Today, this effort has become a true conservation success story.

The National Wilderness Preservation System now protects over 800 wilderness areas totaling over 111 million acres in 44 states and Puerto Rico, making it America’s most critical law for preserving wild places and the genetic diversity of thousands of plant and animal species. Yet designated wilderness is only 2.7% of the Lower 48, and still just about 5% if Alaska is included.

The protections of the Wilderness Act include a ban on logging, mining, roads, buildings, structures and installations, mechanized and motorized equipment and more. Its authors sought to secure for the American people “an enduring resource of wilderness” to protect places not manipulated by modern society, where the ecological and evolutionary forces of nature could continue to play out mostly unimpeded.

Grandfathered in, however, were some grazing allotments, while mining claims were also allowed to be patented until 1983. Many private mining claims still exist inside designated wildernesses.

Senator Lee’s bill is premised on the false claim that the Wilderness Act never banned bikes, and that supposedly, the U.S. Forest Service changed its regulations in 1984 to ban bikes. But bicycles, an obvious kind of mechanized equipment, have

always been prohibited in wilderness by the plain language of the law. (“There shall be...no other form of mechanical transport...”) The Forest Service merely clarified its regulations on this point in 1984 as mountain bikes gained popularity.

Unfortunately, bikers in the Sustainable Trails Coalition are not the only recreational interest group that wants to weaken the Wilderness Act to. Some rock climbers, for example, are pushing Congress to allow climbers to damage wilderness rock faces by pounding in permanent bolts and pitons rather than using only removable climbing aids. In addition, trail runners want exemptions from the ban in wilderness on commercial trail racing. Drone pilots and paragliders want their aircraft exempted from Wilderness Act protections, and recreational pilots want to “bag” challenging landing sites in wilderness.

The list of those seeking to water down the Wilderness Act is growing.

Most of these recreational groups say they support wilderness, understanding how important it is when most landscapes and wildlife habitats have been radically altered by people. At the same time, they want to slice out their own piece of the wilderness pie.

Must we get everything we want in the outdoors? Rather than

weakening the protections that the Wilderness Act provides, we could try to reinvigorate a spirit of humility toward wilderness. We could practice restraint, understanding that designated wildernesses have deep values beyond our human uses of them.

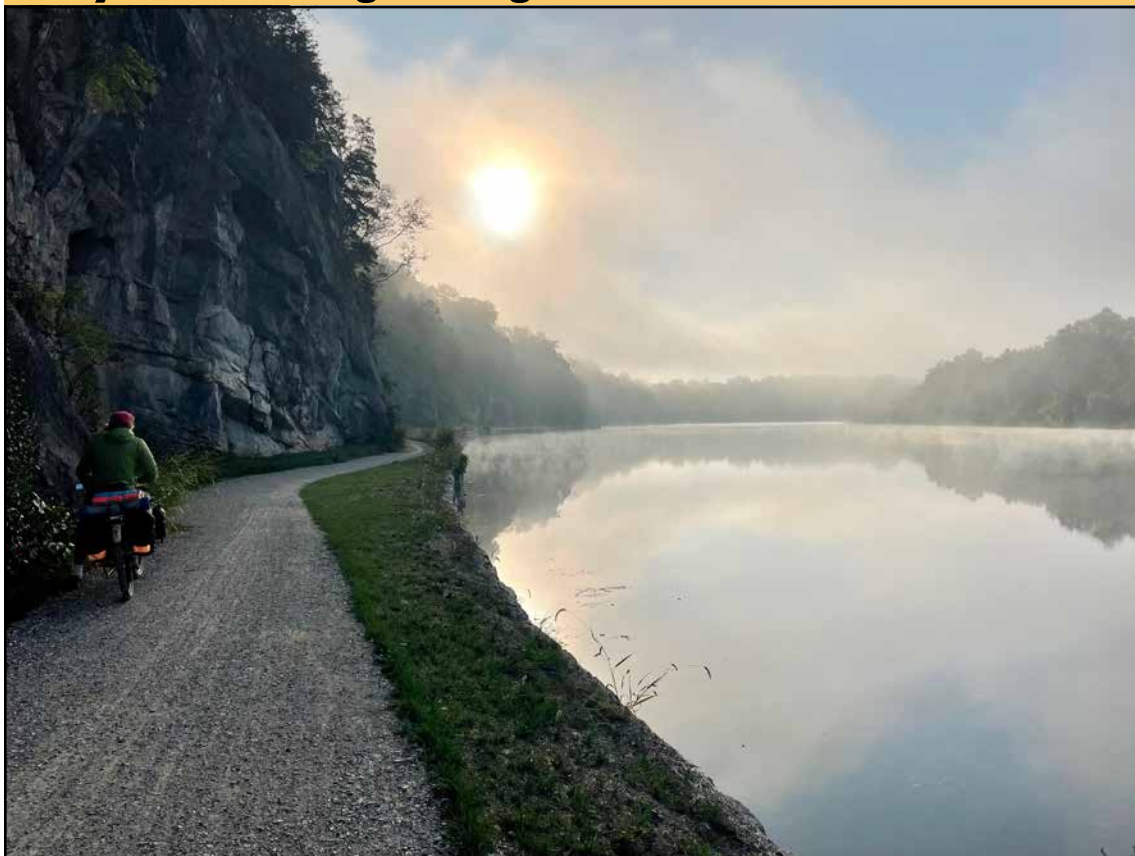
Meanwhile, in response to growing demand for mountain biking trails, the Bureau of Land Management invites over a million mountain bikers each year to ride its thousands of miles of trails. And the U.S. Forest Service already has a staggering 130,000 miles of motorized and nonmotorized trails available to mountain bikers.

Do mountain bikers and others pushing for access really need to domesticate wilderness, too?

Let’s cherish our wilderness heritage, whole and intact. We owe it to the farseeing founders of the Wilderness Act, and we owe it to future generations.

Kevin Proescholdt is a contributor to Writers on the Range, [writersontherange.org](http://writersontherange.org), an independent nonprofit dedicated to spurring lively conversation about the West. He is conservation director for Wilderness Watch, a national wilderness conservation organization headquartered in Missoula, Montana.



**BICYCLE TOURING*****Bicycle Touring Along the Historic C & O Canal Towpath***

John Roberson riding along the C &amp; O Canal Towpath. Photo by Roz Newmark

**By John Roberson**

In early October of 2023 my sweetheart and I left our Utah home to spend nine delightful days riding the C & O Canal Towpath, a 184-mile, National Park Service historical trail that follows the Potomac River between Washington, D.C. and Cumberland, Maryland. Along the way we experienced fine autumn weather, quiet paths and beautiful riverside scenery. We saw deer and turtles, herons and big black snakes, foggy mornings and lovely sunsets. We shared stories with other bicycle tourists and spent our nights camping in lovely hiker-biker sites along the river. And throughout the tour we were taken both by the ease of the route and by how “wild” the surrounding countryside seemed to us, despite the fact that

the towpath passes through one of the more densely-populated parts of our nation.

For roughly 100 years the Chesapeake & Ohio Canal, originally the brainchild of George Washington, provided for the transport by canal boats of goods and commodities between the two cities. Beginning in the 1820s, and continuing for 20-plus years, more than 70 stone locks and aqueducts were constructed, along with lock-houses for the families that operated the locks. Although the canal builders fell short of their original goal to connect Chesapeake Bay to the Ohio River at Pittsburgh, the portions that remain clearly reflect what was an impressive feat of labor and engineering. Canal traffic on the C & O declined with the steady rise of more efficient railroads and stopped completely in 1924 after a series of

disastrous floods on the Potomac irreparably damaged the system. The canal and its infrastructure were left to deteriorate until visionaries in the 1950s recognized the potential of the canal as a national pathway worthy of preservation. In 1971 it became a national historical park under the auspices of the National Park Service, and in the years since has served millions of hikers, bikers, runners and other outdoor enthusiasts.

We began our ride in Cumberland and spent the next four days leisurely riding the towpath to Washington, D.C., camping each night along the trail. The weather was perfect and the famous fall foliage of the East had begun to color-up the countryside. We spent two relaxing nights in a Georgetown hotel near the end of the towpath and a day riding around D.C., seeing the sights, doing



River lock on the C &amp; O Canal Towpath. Photo by Roz Newmark

chores, and marveling at the city’s bicycle-friendly infrastructure. We then spent another four days retracing our route back to Cumberland. The weather was cooler on the ride back, and we had one rainy morning and a couple of misty nights to remind us of the unpredictability of the season. We easily managed about 50 miles each day, which allowed us to stop whenever we felt the urge to check out a nice view, have a snack, take a picture or two, investigate a nearby community, or chat with other towpath users.

The towpath itself was a pleasure to ride. It is essentially level, as one would expect with a path that follows a canal and that was originally established by the horses and mules that pulled the canal boats from lock to lock. The overall elevation change between D.C. and Cumberland is about 700 feet, with all of that change occurring in a series of gentle, 10-foot “bumps” at each of the locks. The towpath varies in width from a few narrow, single-track sections near the Cumberland-end of the pathway to well-maintained, 6-to-8 foot wide, crushed stone surfaces for the bulk of the route. For what it’s worth, my old Rockhopper and Roz’s ancient Trek 520 easily handled all portions

of the path.

The structural remains of the original canal and its infrastructure are a constant presence as one rides along. In some places the canal is quite dry and in the process of being reclaimed by the surrounding forest. In many other places the canal has turned into a series of long ponds, filled with lily pads, turtles and water birds. In a few other stretches, where the Potomac had been dammed, the river itself was calm enough to be used as a portion of the canal route. There, the towpath literally hugs the edge of the river. Along the way we passed the remains of locks and aqueducts, and the simple stone houses that were built to house the lock-keepers who were on-call day and night to work the locks. Some of these features were no more than graceful stone ruins, and others looked as though they could be put back into service tomorrow. In fact, several of the lock houses have been refurbished and can be reserved for overnight stays. One highlight of the ride is the infamous Pawpaw Tunnel, a 3,000-foot-long hole that carries the canal through a stony ridge. It cost a great deal of time and money at the time, but it saved the canal-builders from having to build along several miles of especially twisty bends in the river.

We like to camp out when we tour, and there were plenty of options for us as we rode the towpath. We used six of the 30 or so official hiker-biker sites that are maintained by the National Park Service. The campsites were free to use, and to our western, desert-oriented eyes seemed especially lush and luxurious. In general, each site consisted of a large patch of grass carved out of the surrounding forests. Each one was located between the towpath and the river, and contained one or more picnic tables, fire rings, a porta-potty, a hand-powered water pump, and a convenient trash-bag dispenser. The campsites (and the towpath itself) were remarkably free of trash and thoughtfully sited to take advantage of views of the river. The porta-potties were clearly maintained, but the water pumps were all labeled with signs saying that the water should be filtered or boiled before drinking (and me without a water filter!). Fortunately, drinkable water was easily found in the towns we passed along the way. Because we were traveling during a sort of off-season, we had several campsites

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Roz Newmark riding on the C & O Canal Towpath. Photo by John Roberson

all to ourselves, but we spent several lively nights at sites we shared with two to five other groups of travelers. We imagined that most of the sites would have been filled to the brim each night during the busy summer season.

The C & O Towpath passes through a number of small communities as it winds its way along the edge of the river. Some were founded to serve the needs of the canal, but most were much older farming or trading towns, with long histories and buildings that predated the American Revolution. We visited Harper's Ferry, which was the site of John Brown's final stand against the evils of slavery, and Shepherdstown, a tiny college town that claimed to be the oldest in West Virginia. Whatever a community's origins, most seem to have recognized the benefits of being close to a well-used recreational pathway and have developed services designed to meet the needs of folks traveling the towpath. Despite the lateness of the season, we were always able to find supplies when we needed them, and every merchant we met was helpful and eager to please.

Like many of the trails that have been developed from disused railroad corridors, the C & O Towpath does suffer somewhat from the "tunnel effect" that results when the greenery alongside the trail is allowed to grow out and up over the pathway. The towpath was curvier than a typical rail bed might be, and it wasn't a problem for us as there seemed to be so many interesting things to see. There are lots of breaks in the scenery where the towpath opens up onto the river or onto fields and pastures or rocky bluffs on the inland side of the canal, and when the pathway passes through towns. What was very appealing to us was the fact that there are only a handful of spots where the towpath interacts with motorized traffic. Though we passed under the occasional highway or railroad bridge, we found it easy to feel we were miles away from the

hubbub of the modern world. We were especially impressed by how gently the towpath brought us into Washington. As we were pedaling the path in the late afternoon of the fourth day, we noticed that we were sharing it with an increasing number of pedestrians, runners and bike commuters. We were just a mile or so from the canal's starting point when we suddenly found ourselves smack in the middle of Georgetown and a few short blocks from our hotel. The towpath allowed us to bypass altogether the suburban sprawl that surrounds the city.

Many of the riders we met were riding the C & O Canal Towpath as one leg of a longer tour that included a trail called the Greater Allegheny Passage (GAP). The GAP is a well-established rail-trail that links Cumberland and Pittsburgh, Pennsylvania and adds another 150 miles to the tour. The GAP connects directly, and conveniently, to the C & O Towpath in downtown Cumberland. Bicyclists ride the combined routes in both directions. Many riders said they had initially arrived in either D.C. or Pittsburgh with their gear and plans to shuttle back to where they started via Amtrak, which provides regular, bike-friendly service between the three cities. Others said they had rented their bikes and bags from one of the many outfits that cater to riders (and that provide shuttle service between cities). The bike tourists we encountered ranged from fast-moving bike-packers, traveling light and determined to put on the miles, to easy-going novices who preferred to end their daily rides in the comfort of one of the many B & B's located in the communities along the route. We saw lots of riders who were out for a day ride or a single overnight, and a few long-distance tourists for whom the C & O Towpath and GAP were merely sections of much longer trips. We met a well-organized family of six riding the towpath from Pittsburgh to D.C. as a fun-filled learning experience for their home-



Roz Newmark on the the C & O Canal Towpath. Photo by John Roberson

schooled kids, and an older couple working their way down from New England and aiming for South America. Regardless of the level of experience of each rider we met, and despite the occasional trials and tribulations that are part of any truly memorable bicycle tour, everyone seemed to be having a really good



The lockhouse on the C & O Canal Towpath. Photo by Roz Newmark time!



Roz and John's campsite on the C & O Canal Towpath. Photo by John Roberson

each had good rain gear with us, and fenders were very handy when the trail got sloppy coming out of D.C.

**Trip Notes:**

- There's a 26-mile rail-trail that parallels the canal path on either end of the town of Hancock. It's called the Western Maryland Rail Trail (WMRT). It is paved and would be a less-messy alternative to the towpath on a rainy day, but a section of it puts the rider in close proximity to a noisy section of interstate.

- We use a traditional front-and-rear pannier set-up to carry all our gear. We each carried two frame-mounted water bottles, plus two additional liter bottles in our bags for evening and morning use. In addition to all our camping supplies we

- To get to our starting point, Roz and I chose to drive across the country carrying all our gear. It added another ten days of travel to our adventure, but we had the time and were able to visit friends and see new sights along the way. We live in Salt Lake City and are dedicated, life-long bike commuters, and together we have over a hundred bike tours under our belts.

- C&O Canal Towpath information: <https://www.canaltrust.org/plan/co-canal-towpath>

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## BIKE TECH

## A Helmet is More than a Brain Bucket



Tom and Jane heading up for some fun. Photo by Tom Jow

## By Tom Jow

A couple months ago I met some friends for a mountain bike ride. As we are about to set out from the car one of them says, “I forgot my helmet. I guess I will just ride slow on the downhill.” This was an up and back down trail we have ridden many, many times. As someone who has had close calls without a helmet, and crash impact while wearing one, I didn’t really like the idea. But he is free to make his own choices. A month later, riding with that same friend I went over the bars. My speed was not particularly high at the time. I landed on my side and felt my head hit the ground with a smack. Good thing I had that helmet on. After a few minutes to assess my condition, we finished the ride, and I went about the rest of the weekend with no sign of head injury.

It’s rare these days to see any serious or recreational rider without a helmet. Riding around town in Salt Lake City is a different story. I often see commuters, GreenBike riders, and scooter riders zipping around in traffic helmetless. In a story reported on KSL news in July 2024, Utah Department of Public Safety records show for the years 2019-2023 the number of bicycle crashes (reported

increased by 11.6 percent. During that same period, they recorded that helmet use (in reported crashes) decreased from 11.3 percent to 1.45 percent (1).

## Why Wear a Helmet

The brain is an essential organ and must be protected from injury. It controls all functions of the body. Autonomous functions, such as breathing and heartbeat do not occur without it. Furthermore, all our senses, vision, hearing, smell, taste, and touch are processed by the brain. All movements from brushing our teeth to riding a bike are coordinated by the brain. Finally, our memory and personality, developed over years of experience, are retained in our brain cells. An injury damaging any portion of the brain can have a devastating effect on a person.

According to the Center for Disease Control and Prevention (CDC), bicycling is the number one cause for sports and recreation-related emergency room visits concerning traumatic brain injuries (2). In addition, the paper Bicycle-Related Injuries states, “head injuries occur in 22 to 47 percent of injured cyclists and are responsible for over 60 percent of all bicycle related deaths and the majority of long-term disabilities” (3).

This does not mean, however,



SMITH Session helmet with Koroyd. Photo by Dave Iltis



SMITH Session helmet with MIPS and Koroyd, a vertically compressive, honeycomb-like material. Photo by Dave Iltis

that being in a bicycle accident is all doom and gloom. According to the journal review Bicycle Injuries and Helmet Use, wearing a bicycle helmet reduces head injuries by up to 85 percent. Categorically they report “odds reductions of up to 51 percent for head injury, 69 percent for serious head injury, 33 percent for face injury, and 65 percent for fatal head injury” (4).

## What are Helmets Made Of

The basic modern bicycle helmet consists of an ABS (acrylonitrile butadiene styrene) outer shell with a thick liner of EPS (expanded polystyrene), soft foam pads (for fitting) and nylon straps for retention. Largely unchanged from its original design in the late 1980’s, the EPS liner is basically a mass of small Styrofoam balls (think cheap white drink cooler) engineered and molded into the shape of a head. As the main protective mechanism of the helmet, its function is to a) protect the skull from direct impact and b) slow the speed of impact, thereby slowing the impact of the brain inside the skull. However, the EPS liner cannot do the job alone. The ABS shell is designed to keep the EPS liner contained, preventing disintegration upon impact.

But that’s not all. As research has discovered more about the mechanisms of brain injury, new protective technologies have been engineered and incorporated into helmets. Since the early 2000’s there has been much development to protect helmet wearers from rotational (angular) impact forces. Helmet impacts are often indirect, glancing blows. These impacts incur rotational forces which may impart a shearing force between the brain and skull causing severe injury.

To combat this type of impact, helmet manufacturers have developed proprietary protective systems under many names; WaveCel, Spin, Turbine, ODS, AIM and more. However, MIPS (multi-directional impact protection system), an independently developed system, appears to have the most widespread use among the bicycle helmet industry. For over twenty years MIPS has been researching and developing helmet protection systems. A very simplified way the MIPS functions is like this: as a low friction liner



A small crack in Tom’s helmet from a crash, not visible from the outside. Photo by Tom Jow

attached to the head inside the helmet, it “slips” along the EPS liner during angled impact, reducing the rotational force imparted upon the skull and ultimately, between brain and skull (5).

How well do these systems protect the brain? In testing of their Turbine system, South African based helmet manufacturer Leatt finds, at an impact speed of 4.3 m/s (9.6mph), reductions of linear impact force of 8 and 14 percent, as well as 12 and 28 percent reductions of rotational force (6). In addition, the review An Overview of the Effectiveness of Bicycle Helmet Designs in Impact Testing finds that at an impact speed of 4.2 m/s (9mph), compared to conventional helmets, helmets with MIPS reduce PRA (peak rotational acceleration) by up to 16 percent and GAMBIT (general acceleration model for brain injury threshold) forces by up to 49.3 percent (7).

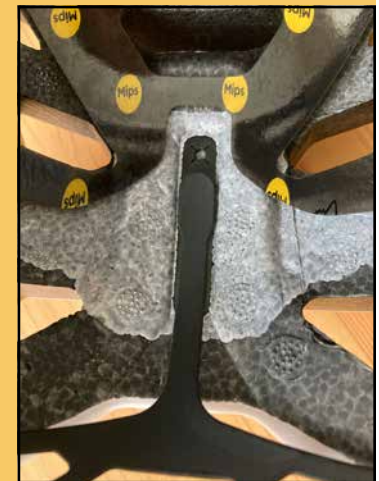
While angular impact is getting much of the press, let us not forget about linear impact protection. Until now, the EPS liner has remained largely unchanged. Recently, two new materials are seeing greater application to bicycle helmets. Koroyd, used notably in Smith and Endura helmets, is integrated into the helmet in addition to the EPS liner. In development for more than ten years, Koroyd, a vertically compressive material, can compress 18 percent more than EPS (8). This allows Koroyd to absorb more impact energy than EPS. Another material, WaveCel, used exclusively in Bontrager and Trek helmets, is also a vertically compressive material. A study review of WaveCel helmet tests shows a 31 percent lower PLA (peak linear acceleration) when compared to conventional helmets (7).

As cyclists, every time we go for a ride there is a risk of falling. Whether we go across town to the grocery, out for a quick jaunt over the hill to the lake and back, or to that dirt trail we have ridden hundreds of times, there is the possibility of hitting our head. However, we can protect ourselves. Thanks to current research and technology, helmets are not only more protective, but lighter, more ventilated, and better looking than ever before. There is really very little reason not to wear one. But you can’t make people wear them. Having put helmets to the test, I know better.

*Next time: How to purchase a helmet.*

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A close up of the EPS liner: Tiny styrofoam balls engineered and molded together to protect the human brain. Photo by Tom Jow



The low friction MIPS liner. Photo by Tom Jow



The soft discs of the Leatt Turbine system that reduce both linear and rotational impact forces. Photo by Tom Jow

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**CYCLING TRIVIA**

**Cycling Trivia: The Olympics!**



Women's Team Pursuit Final For Gold - Jennifer Valente, Lily Williams, Chloe Dygert, Kristen Faulkner (USA). Photo by Alex Whitehead/SWPix.com - 07/08/2024 - Paris 2024 Olympic Games - Track Cycling - National Velodrome, Saint-Quentin-en-Yvelines, France

By Dave Campbell

Paris hosted the Olympic Games this summer, beginning July 27 and running through August 11, 2024. 514 athletes will contested the cycling events, split evenly between male and female competitors for the first time ever. The events have changed significantly over the years and now men and women each contest a time trial and a road race while on the track there are three sprint events and three endurance events for each gender. The sprint events are the Kierin, Match Sprint, and Team Sprint while the endurance events consist of a Madison (a team event), the Omnium (cycling's version of a decathlon), and Team Pursuit. Additionally, there are cross country mountain bike races and both BMX freestyle and BMX racing events. Let's test some of your knowledge of Olympic cycling trivia.

- Q1. When was the last time a man from the United States won an Olympic cycling gold medal?
- Q2. From the debut of women's cycling competition in the 1984 LA Olympics, American women have won eight gold medals. Can you name all of these riders and their events?
- Q3. Who is the most decorated Olympic cyclist of all time?
- Q4. Which nation has topped the cycling medal count frequently in the modern Olympics?
- Q5. When is the last time a rider won a medal on the track and on the road in the same Olympic Games prior to 2024?

See 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.

**ELECTRIC BICYCLES**

**Shared Ebiking on the Rise but so are Ebike Crashes**

By Charles Pekow

Ebikes are largely driving (or should we say pedaling) the shared micromobility boom in North America. But along with the popularity come affordability, energy and safety issues that remain unresolved.

Despite all the legal, structural and financial woes of the industry, the number of trips taken in the United States and Canada increased from 131 million in 2022 to a record 157 million in 2023, according to a new study from the National Association of City Transportation Officials (NACTO).

Micromobility trips "in the U.S. increased by 16 percent in 2023, driven largely by the continued growth of ebike trips on larger station-based systems," says the report, titled 157 Million Trips across the US and Canada in 2023. But it goes on to say that "despite the overwhelming popularity of these systems, many cities are grappling with the challenges of providing this essential service while facing limited financial and operational resources."

Ebike trips grew 40 percent across the year from 20 million to

28 million, NACTO says, accounting for 45 percent of all station-based shared bike trips, though they accounted for only about a third of the available vehicles. And renting an ebike generally costs an average of 22 cents a minute more than renting a human-powered bike.

Dockless bikes accounted for 10 percent of all shared vehicles (including scooters).

Find the study at [https://nacto.org/wp-content/uploads/2024/05/Shared-micro-in-2023-snapshot-FINAL\\_July22-2024.pdf](https://nacto.org/wp-content/uploads/2024/05/Shared-micro-in-2023-snapshot-FINAL_July22-2024.pdf).

But along with increased use comes increased casualties. A report published by the Journal of the American Medical Association stated that the number of ebike injuries doubled annually between 2017 and 2022. Injuries With Electric vs Conventional Scooters and Bicycles suggests that law, education and infrastructure need to be improved. It doesn't suggest how, though.

Injured electric bike and scooter riders were less likely to wear helmets than the average rider. Also, ebike crash victims were more likely to have been drinking than those on conventional cycles. But Black riders who were injured were less likely to require hospitalization.

Find the study at <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2821387>

Even eBikes can always be made more energy efficient. No question ebikes save on fuel. (See the report by this author: <https://news.mongabay.com/2024/04/e-bikes-could-cut-smog-energy-use-and-congestion-globally-but-will-they/>.) But can they become even more energy efficient by using solar power? Previous studies have said perhaps but they would only be practical with a large battery in a climate with plenty of sunshine. But a new study, SOLAR ELECTRIC BICYCLE (HYBRID) in the International Research Journal of Engineering and Technology, suggests at present, a bike battery can be partially charged by the sun but it would still need the plug-in option to be useful as you can't rely on absorbing enough solar power.

"The implementation of the proposed system is on its way and is yet to be completed" says the study from the Bharati Vidyapeeth College of Engineering in Mumbai, India. Find it here: <https://www.irjet.net/archives/V6/i4/IRJET-V6I4263.pdf>

**New Legal Guide for Micromobility Programs**

Like any innovation, city-sponsored micromobility programs raise their own set of legal questions regarding safety, equity, regulation, and other concerns. The Transit Cooperative Research Program has issued a new legal guide for transit agencies to consider when coordinating with bike, scooter, and other mobility-sharing programs in this young and growing field, where regulations are still evolving. Some key points include:

- Federal definitions are still developing regarding what constitutes an electric bike, scooter, and similar vehicles. Various federal agencies, including the

National Highway Traffic Safety Administration and the Consumer Product Safety Commission, set standards. However, micromobility standards are generally established at the state and local levels, with most right-of-way decisions left to local jurisdictions. This also applies to the licensing of shared systems and regulations on where to park.

- Cities benefit from obtaining information from private operators about micromobility usage when planning. However, this must be balanced with privacy concerns.
- Typically, sharing systems do not provide helmets. However, injury rates are higher among users who do not wear helmets, even in shared

rides. Therefore, helmet requirements need further discussion.

- Batteries, particularly lithium-ion ones, can cause fires or explosions. Localities may consider setting safety standards, as New York City has done.
- While batteries do not produce emissions and are considered environmentally friendly, they eventually become hazardous waste. Transit agencies should address the disposal of end-of-life batteries in their contracts.

Find the guide at <https://nap.nationalacademies.org/read/27870/chapter/1>.

-Charles Pekow



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### Logan

#### **Al's Cyclery / Al's Sporting Goods**

1075 N Main Street, Suite 120  
Logan, UT 84341  
435-752-5151  
[als.com](http://als.com)

#### **Joy Ride Bicycles**

131 E 1600 N  
North Logan, UT 84341  
(435) 753-7175  
[joyridebikes.com](http://joyridebikes.com)

#### **Sunrise Cyclery**

138 North 100 East  
Logan, UT 84321  
(435) 753-3294  
[sunrisecyclery.net](http://sunrisecyclery.net)

#### **The Sportsman**

129 North Main Street  
Logan, UT 84321-4525  
435-752-0211  
[thesportsmantd.com](http://thesportsmantd.com)

#### **Wimmer's Ultimate Bicycles**

745 N. Main St.  
Logan, UT 84321  
(435) 752-2326  
[wimmersbikeshop.com](http://wimmersbikeshop.com)

### Park City/Heber

#### **Bingham Cyclery**

3156 Quarry Rd., #3-N  
Park City, UT 84098  
888-611-2453  
[binghamcyclery.com](http://binghamcyclery.com)

#### **Cole Sport**

1615 Park Avenue  
Park City, UT 84060  
(435) 649-4806  
[colesport.com](http://colesport.com)

#### **Contender Bicycles**

1352 White Pine Canyon Road  
Park City, UT 84060  
435-214-7287  
[contenderbicycles.com](http://contenderbicycles.com)

#### **Jans Mountain Outfitters**

1600 Park Avenue  
P.O. Box 280  
Park City, UT 84060  
(435) 649-4949  
[jans.com](http://jans.com)

#### **Mountain Velo**

Park City, UT 84098  
(435) 575-8356  
[mountainvelo.com](http://mountainvelo.com)

#### **Park City Bike & Demo**

1500 Kearns Blvd  
Park City, UT 84060  
435-659-3991  
[parkcitybikedemos.com](http://parkcitybikedemos.com)

#### **Pedego Heber Valley**

25 W. Main St  
Midway, UT 84049  
435-657-2964  
[pedegoelectricbikes.com/dealers/midway](http://pedegoelectricbikes.com/dealers/midway)

#### **Stein Eriksen Sport**

At The Stein Eriksen Lodge 7700 Stein Way  
(Mid-Mountain/Silver Lake)  
Deer Valley, UT 84060  
(435) 658-0680  
[steinersken.com](http://steinersken.com)

#### **Silver Star Ski and Sport**

1825 Three Kings Drive  
Park City, UT 84060  
435-645-7827  
[silverstarskiandsport.com](http://silverstarskiandsport.com)

#### **Storm Cycles**

1153 Center Drive, Suite G140  
Park City, UT 84098  
(435) 200-9120  
[stormcycles.net](http://stormcycles.net)

#### **Trek Bicycle Heber City**

84 S Main  
Heber, UT 84032  
(435) 654-2282  
[trekbikes.com/us/en\\_US/retail/heber\\_city](http://trekbikes.com/us/en_US/retail/heber_city)

#### **White Pine Touring**

1790 Bonanza Drive  
P.O. Box 280  
Park City, UT 84060  
(435) 649-8710  
[whitepinetouring.com](http://whitepinetouring.com)

### Vernal

#### **Red Mountain Cycle**

580 E. Main Street  
Vernal, UT 84078  
(435) 781-2595  
[redmountaincycle.com](http://redmountaincycle.com)

## Wasatch Front WEBER/BOX ELDER COUNTY

### Eden/Huntsville/Mountain Green

#### **Diamond Peak Mountain Sports**

2429 N. Highway 158  
Eden, UT 84310  
(801) 745-0101  
[diamondpeak.biz](http://diamondpeak.biz)

### Ogden Area

#### **Bingham Cyclery**

1895 S. Washington Blvd.  
Ogden, UT 84401  
(801) 399-4981  
[binghamcyclery.com](http://binghamcyclery.com)

#### **Bountiful Bicycle**

1108 S. Washington Blvd  
Ogden, UT 84404  
(801) 424-5300  
[bountifulbicycle.com](http://bountifulbicycle.com)

#### **East Bench Composites**

#### **Utah Carbon Bike Repair**

2374 Harrison Blvd.  
Ogden, UT 84401  
385-240-5265  
[eastbenchcomposites.com](http://eastbenchcomposites.com)

#### **Level Nine Sports**

1273 Canyon Road  
Ogden, UT 84404  
801-621-2003  
[levelninesports.com](http://levelninesports.com)

#### **Pronghorn Bicycles**

475 Maddox Lane  
Perry, UT 84302  
435-230-3775  
[pronghornbicycles.com](http://pronghornbicycles.com)

#### **Skyline Cycle**

834 Washington Blvd.  
Ogden, UT 84404  
(801) 394-7700  
[skylinecyclery.com](http://skylinecyclery.com)

#### **The Bike Shoppe**

4390 Washington Blvd.  
Ogden, UT 84403  
(801) 476-1600  
[thebikeshoppe.com](http://thebikeshoppe.com)

#### **Two Hoosiers Cyclery**

4510 S 900 W, Suite 5  
Ogden, UT 84405  
385-515-0453  
[twohoosierscyclery.com](http://twohoosierscyclery.com)

## DAVIS COUNTY

#### **Biker's Edge**

232 N. Main Street  
Kaysville, UT 84037  
(801) 544-5300  
[babikes.com](http://babikes.com)

#### **Bingham Cyclery**

2317 North Main Street  
Sunset, UT 84015  
(801) 825-8632  
[binghamcyclery.com](http://binghamcyclery.com)

#### **Bountiful Bicycle**

2482 S. Hwy 89  
Bountiful, UT 84010  
(801) 295-6711  
[bountifulbicycle.com](http://bountifulbicycle.com)

#### **Bountiful Bicycle**

151 N. Main St.  
Kaysville, UT 84037  
(801) 444-2453  
[bountifulbicycle.com](http://bountifulbicycle.com)

#### **Great Western E-Bikes**

40 W 500 S Ste B  
Bountiful, UT 84010  
801-494-9898  
[greatwesternbikes.com](http://greatwesternbikes.com)

#### **Guthrie Bicycle**

420 W. 500 S.  
Bountiful, UT 84010  
(801) 683-0166  
[guthriebike.com](http://guthriebike.com)

#### **Loyal Cycle Co.**

15 E. State St.  
Farmington, UT 84025  
801-451-7560  
[loyalcycleco.com](http://loyalcycleco.com)

#### **Masherz**

2226 N. 640 W.  
West Bountiful, UT 84087  
(801) 683-7556  
[masherz.com](http://masherz.com)

#### **Pronghorn Bicycles**

2432 West 1700 South  
Syracuse, UT 84075  
435-230-3775  
[pronghornbicycles.com](http://pronghornbicycles.com)

#### **REI**

220 Station Pkwy  
Farmington, UT 84025  
801-923-1707  
[rei.com/stores/farmington.html](http://rei.com/stores/farmington.html)

#### **Trek Bicycle Centerville**

26 I-15 Frontage Rd  
Centerville, UT 84014  
801-609-7877  
[trekbikes.com/us/en\\_US/retail/centerville/](http://trekbikes.com/us/en_US/retail/centerville/)

#### **Wild Yonder Cyclery**

359 S Main St  
Bountiful, UT 84010  
385-666-9453  
[wildyondercyclery.com](http://wildyondercyclery.com)

## SALT LAKE COUNTY

### Central Valley

#### **Cottonwood Cyclery**

2594 Bengal Blvd  
Cottonwood Heights, UT 84121  
(801) 942-1015  
[cottonwoodcyclery.com](http://cottonwoodcyclery.com)

#### **Flynn Cyclery**

2282 E. Murray Holladay Rd  
Holladay, UT 84117  
801-432-8447  
[flynncyclery.com](http://flynncyclery.com)

#### **Hangar 15 Bicycles**

3969 Wasatch Blvd.  
(Olympus Hills Mall)  
Salt Lake City, UT 84124  
(801) 278-1500  
[hangar15bicycles.com](http://hangar15bicycles.com)

### Salt Lake City

#### **Bicycle Center**

2200 S. 700 E.  
Salt Lake City, UT 84106  
(801) 484-5275  
[bicyclecenter.com](http://bicyclecenter.com)

#### **BikeFitr**

1549 S 1100 E  
Suite D  
Salt Lake City, UT 84105  
801-930-0855  
[bikefitr.com](http://bikefitr.com)

#### **Bingham Cyclery**

336 W. Broadway (300 S)  
Salt Lake City, UT 84101  
801-583-1940  
[binghamcyclery.com](http://binghamcyclery.com)

#### **Contender Bicycles**

989 East 900 South  
Salt Lake City, UT 84105  
(801) 364-0344  
[contenderbicycles.com](http://contenderbicycles.com)

#### **Cranky's Bike Shop**

142 E. 800 S.  
Salt Lake City, UT 84102  
(801) 582-9870  
[crankysutah.com](http://crankysutah.com)

#### **evo Salt Lake**

660 S 400 W Suite 300  
Salt Lake City, UT 84101  
385-379-3172  
[campus.evo.com](http://campus.evo.com)

#### **Gear Rush - Online Consignment**

53 W Truman Ave.  
South Salt Lake, UT 84115  
385-202-7196  
[gearrush.com](http://gearrush.com)

#### **Go-Ride.com Mountain Bikes**

2066 S 2100 E  
Salt Lake City, UT 84108  
(801) 474-0081  
[go-ride.com](http://go-ride.com)

#### **Guthrie Bicycle**

803 East 2100 South  
Salt Lake City, UT 84106  
(801) 484-0404  
[guthriebike.com](http://guthriebike.com)

#### **Highlander Bike**

3333 S. Highland Drive  
Salt Lake City, UT 84106  
(801) 487-3508  
[highlanderbikeshop.com](http://highlanderbikeshop.com)

#### **Hyland Cyclery**

3040 S. Highland Drive  
Salt Lake City, UT 84106  
(801) 467-0914  
[hylandcyclery.com](http://hylandcyclery.com)

#### **Jerks Bike Shop**

4967 S. State St.  
Murray, UT 84107  
(801) 261-0736  
[jerksbikeshop.com](http://jerksbikeshop.com)

#### **Level Nine Sports**

660 S 400 W  
Salt Lake City, UT 84101  
801-973-7350  
[levelninesports.com](http://levelninesports.com)

#### **REI (Recreational Equipment Inc.)**

3285 E. 3300 S.  
Salt Lake City, UT 84109  
(801) 486-2100  
[rei.com/saltlakecity](http://rei.com/saltlakecity)

#### **Trek Bicycle**

247 S. 500 E.  
Salt Lake City, UT 84102  
(801) 746-8366  
[trekbikes.com/us/en\\_US/retail/salt\\_lake\\_city\\_downtown](http://trekbikes.com/us/en_US/retail/salt_lake_city_downtown)

#### **Salt Lake Ebikes**

1035 S. 700 E.  
Salt Lake City, UT 84105  
(801) 997-0002  
[saltlakeebikes.com](http://saltlakeebikes.com)

#### **Saturday Cycles**

230 S 500 W.  
Salt Lake City, UT 84101  
(801) 935-4605  
[saturdaycycles.com](http://saturdaycycles.com)

#### **SLC Bicycle Collective**

325 W 900 S  
Salt Lake City, UT 84101  
(801) 328-BIKE  
[slcbikecollective.org](http://slcbikecollective.org)

#### **Level Nine Sports**

2927 E 3300 South  
Salt Lake City, UT 84109  
801-466-9880  
[levelninesports.com](http://levelninesports.com)

#### **Sports Den**



**Timpanogos Cyclery**

665 West State St.  
Pleasant Grove, UT 84062  
(801)-796-7500  
[timpanogoscyclery.com](http://timpanogoscyclery.com)

**Trek Bicycle Store of American Fork**

Meadows Shopping Center  
356 N 750 W, #D-11  
American Fork, UT 84003  
(801) 763-1222  
[trekbikes.com/us/en\\_US/retail/american\\_fork](http://trekbikes.com/us/en_US/retail/american_fork)

**Utah Mountain Biking**

169 W. Main St.  
Lehi, UT 84043  
801-653-2689  
[utahmountainbiking.com](http://utahmountainbiking.com)

**Southern Utah County**

**Al's Cyclery / Al's Sporting Goods**

643 East University Parkway  
Orem, UT 84097  
435-752-5151  
[als.com](http://als.com)

**Hangar 15 Bicycles**

1756 S State Street  
Orem, UT 84097  
385-375-2133  
[hangar15bicycles.com](http://hangar15bicycles.com)

**Hangar 15 Bicycles**

877 N. 700 E.  
Spanish Fork, UT 84660  
(801) 504-6655  
[hangar15bicycles.com](http://hangar15bicycles.com)

**Level Nine Sports**

644 State St.  
Orem, UT 84057  
801-607-2493  
[levelninesports.com](http://levelninesports.com)

**Mad Dog Cycles**

350 N. Orem Blvd  
Orem, UT 84057  
(801) 222-9577  
[maddogcycles.com](http://maddogcycles.com)

**Racer's Cycle Service**

Mobile Bike Shop  
Provo, UT  
(801) 375-5873  
[racerscycle.net](http://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  
[taylorsbikeshop.com](http://taylorsbikeshop.com)

**ARIZONA**

**Cave Creek**

**Flat Tire Bike Shop**  
6032 E Cave Creek Rd  
Cave Creek, AZ 85331  
480-488-5261  
[flattirebikes.com](http://flattirebikes.com)

**Flagstaff**

**Absolute Bikes**  
202 East Route 66  
Flagstaff, AZ 86001  
928-779-5969  
[absolutebikes.nett](http://absolutebikes.nett)

**CALIFORNIA**

**Box Dog Bikes**

494 14th Street  
San Francisco, CA 94103  
415-431-9627  
[boxdogbikes.com](http://boxdogbikes.com)

**Dr. J's Bicycle Shop**

1693 Mission Dr.  
Solvang, CA 93463  
805-688-6263  
[www.djsbikeshop.com](http://www.djsbikeshop.com)

**REI Berkeley**

1338 San Pablo Ave  
Berkeley, CA 94702  
510-527-4140  
[rei.com/stores/berkeley](http://rei.com/stores/berkeley)

**COLORADO**

**Southwest Colorado**

**Brown Cycles**

549 Main Street  
Grand Junction, CO 81501  
970-245-7939  
[browncycles.com](http://browncycles.com)

**Colorado Backcountry Biker**

150 S Park Square  
Fruita, CO 81521  
970-858-3917  
[backcountrybiker.com](http://backcountrybiker.com)

**Ridgway Wrench**

621 Cora St. Suite 102  
Ridgway, CO 81432  
970-318-0799  
[ridgwaywrench.com](http://ridgwaywrench.com)

**Over the Edge Sports**

202 E Aspen Ave  
Fruita, CO 81521  
970-858-7220  
[otesports.com](http://otesports.com)

**IDAHO**

**Boise**

**Bob's Bicycles**  
6681 West Fairview Avenue  
Boise, ID 83704  
208-322-8042  
[www.bobs-bicycles.com](http://www.bobs-bicycles.com)

**Boise Bicycle Project**

1027 S Lusk St.  
Boise, ID 83706  
208-429-6520  
[www.boisebicycleproject.org](http://www.boisebicycleproject.org)

**Custom Cycles**

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

**Eastside Cycles**

3123 South Brown Way  
Boise, ID 83706  
208.344.3005  
[www.rideeastside.com](http://www.rideeastside.com)

**George's Cycles**

312 S. 3rd Street  
Boise, ID 83702  
208-343-3782  
[georgescycles.com](http://georgescycles.com)

**George's Cycles**

515 West State Street  
Boise, ID 83702  
208-853-1964  
[georgescycles.com](http://georgescycles.com)

**Idaho Mountain Touring**

1310 West Main Street  
Boise, ID 83702  
208-336-3854  
[www.idahomountaintouring.com](http://www.idahomountaintouring.com)

**McU Sports**

822 W Jefferson St  
Boise, ID 83702  
208-342-7734  
[mcusports.com](http://mcusports.com)

**REI Boise**

8300 W Emerald St  
Boise, ID 83704  
208-322-1141  
[rei.com/stores/boise.html](http://rei.com/stores/boise.html)

**Ridgeline Bike & Ski**

10470 W. Overland Rd.  
Boise, ID 83709  
208-376-9240  
[ridgelinebikenski.com](http://ridgelinebikenski.com)

**TriTown**

1517 North 13th Street  
Boise, ID 83702  
208-297-7943  
[www.tritownboise.com](http://www.tritownboise.com)

**Rolling H Cycles**

115 13th Ave South  
Nampa, ID 83651  
208-466-7655  
[www.rollinghcycles.com](http://www.rollinghcycles.com)

**Victor/Driggs**

**Habitat**  
18 N Main St,  
Driggs, ID 83422  
208-354-7669  
[ridethetons.com](http://ridethetons.com)

**Peaked Sports**

70 E Little Ave,  
Driggs, ID 83422  
208-354-2354  
[peakedsports.com](http://peakedsports.com)

**Idaho Falls**

**Bill's Bike and Run**  
930 Pier View Dr  
Idaho Falls, ID  
208-522-3341  
[billsbikeandrun.com](http://billsbikeandrun.com)

**Dave's Bike Shop**

367 W Broadway St  
Idaho Falls, ID 83402  
208-529-6886  
[facebook.com/DavesBikeShopIdahoFalls](https://facebook.com/DavesBikeShopIdahoFalls)

**Idaho Mountain Trading**

474 Shoup Ave  
Idaho Falls, ID 83402  
208-523-6679  
[idahomountaintrading.com](http://idahomountaintrading.com)

**Pocatello**

**Barries Ski and Sport**

624 Yellowstone Ave  
Pocatello, ID  
208-232-8996  
[barriessports.com](http://barriessports.com)

**Element Outfitters**

222 S 5th AVE  
Pocatello, ID  
208-232-8722  
[elementoutfitters.com](http://elementoutfitters.com)

**Element Outfitters**

1570 N Yellowstone Ave  
Pocatello, ID  
208-232-8722  
[elementoutfitters.com](http://elementoutfitters.com)

**Rexburg**

**Sled Shed**  
49 East Main St  
Rexburg, ID, 83440  
208-356-7116  
[sledshedshop.com](http://sledshedshop.com)

**Twin Falls**

**Epic Elevation Sports**

2064 Kimberly Rd.  
Twin Falls, ID 83301  
208-733-7433  
[epicelevationsports.com](http://epicelevationsports.com)

**Spoke and Wheel**

148 Addison Ave  
Twin Falls, ID83301  
(208) 734-6033  
[spokeandwheelbike.com](http://spokeandwheelbike.com)

**Cycle Therapy**

1542 Fillmore St  
Twin Falls, ID 83301  
208-733-1319  
[cycletherapy-rx.com/](http://cycletherapy-rx.com/)

**Salmon**

**The Hub**  
206 Van Dreff Street  
Salmon, ID 83467  
208-357-9109  
[ridesalmon.com](http://ridesalmon.com)

**Sun Valley/Hailey/Ketchum**

**Durance**  
131 2nd Ave S  
Ketchum, ID 83340  
208-726-7693  
[durance.com](http://durance.com)

**Power House**

502 N. Main St.  
Hailey, ID 83333  
208-788-9184  
[powerhouseidaho.com](http://powerhouseidaho.com)

**Sturtevants**

340 N. Main  
Ketchum, ID 83340  
208-726-4512  
[sturtevants-sv.com](http://sturtevants-sv.com)

**Sun Summit South**

418 South Main Street  
Hailey, ID 83333  
208-788-6006  
[crankandcarve.com](http://crankandcarve.com)

**The Elephant Perch**

280 East Ave  
Ketchum, ID 83340  
208-726-3497  
[elephantsperch.com](http://elephantsperch.com)

**MONTANA**

**Free Heel and Wheel**

33 Yellowstone Avenue  
West Yellowstone, MT 59758  
406-646-7744  
[freeheelandwheel.com](http://freeheelandwheel.com)

**Summit Bike Ski**

26 South Grand Ave  
Bozeman, MT 59715  
406-587-1064  
[summitbikeandski.com](http://summitbikeandski.com)

**NEVADA**

**Boulder City**

**All Mountain Cyclery**

1601 Nevada Highway  
Boulder City, NV 89005  
702-250-6596  
[allmountaincyclery.com](http://allmountaincyclery.com)

**ELY**

**Sportsworld**

1500 E Aultman St  
Ely, NV 89301  
775-289-8886  
[sportsworldnevada.com](http://sportsworldnevada.com)

**Las Vegas**

**Giant Las Vegas**

9345 S. Cimarron  
Las Vegas, NV 89178  
702-844-2453  
[giantlasvegas.com](http://giantlasvegas.com)

**Las Vegas Cyclery**

10575 Discovery Dr  
Las Vegas, NV 89147  
(702) 596-2953  
[lasvegascyclery.com](http://lasvegascyclery.com)

**NEW MEXICO**

**Bosque Mobile Bicycle Repair**

Albuquerque, NM  
[bosquemobilebicyclerepair.com](http://bosquemobilebicyclerepair.com)

**Fat Tire Cycles**

421 Montano Rd NE  
Albuquerque, NM 87107  
505-345-9005  
[fattirecycles.com](http://fattirecycles.com)

**WYOMING**

**Jackson Area**

**Open Range Cycles**

500 S. Hwy 89  
Jackson, WY  
[openrangecycles.com](http://openrangecycles.com)  
307-201-5453

**Hoback Sports**

520 W Broadway Ave # 3  
Jackson, Wyoming 83001  
307-733-5335  
[hobacksports.com](http://hobacksports.com)

**Hoff's Bike Smith**

265 W. Broadway  
Jackson, WY 83001  
307-203-0444  
[hoffsbikesmith.com](http://hoffsbikesmith.com)

**The Hub**

410 W Pearl Ave  
Jackson, WY 83001  
307-200-6144  
[thehubbikes.com](http://thehubbikes.com)

**Teton Bike**

490 W. Broadway  
Jackson, Wyoming 83001  
307-690-4715  
[tetonbike.com](http://tetonbike.com)

**REI**

974 West Broadway  
Jackson, WY 83001-9475  
307-284-1938  
[REI.com/stores/Jackson-Hole](http://REI.com/stores/Jackson-Hole)

**Teton Village Sports**

3285 W Village Drive  
Teton Village, WY 83025  
[tetonvillagesports.com](http://tetonvillagesports.com)

**Wilson Backcountry Sports**

1230 Ida Lane  
Wilson, WY 83014  
307-733-5228  
[wilsonbackcountry.com](http://wilsonbackcountry.com)

# “Specializing in Bicycle Accident Cases”



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- Common myths and insurance tactics
- Important laws that affect every cyclist





## Utah Bicycle Lawyers

Christensen & Hymas

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# WWW.UTAHBICYCLELAWYERS.COM



WESTERN STATES

# CALENDAR OF EVENTS

**Calendar Guidelines:**

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

Submit your event to:

[calendar@cyclingsouth.com](mailto:calendar@cyclingsouth.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!

For the full year calendar, visit [CyclingWest.com](http://CyclingWest.com)!

**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](mailto:radcanyonbmx@radcanyonbmx.com), [radcanyonbmx.com](http://radcanyonbmx.com)

**Deseret Peak BMX** — Grantsville, UT, Outdoor Racing located on the SW corner of the Deseret Peak Complex. Racing every Monday and every other Wednesday, June through October. Registration 5-7pm, Danie Raaford, 385-315-0349, [Strider2rider@gmail.com](mailto:Strider2rider@gmail.com), [deseretpeakcomplex.com](http://deseretpeakcomplex.com), [usabmx.com/tracks/1518](http://usabmx.com/tracks/1518)

**Advocacy**

**Bike Utah** — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy. Bike Utah, 406-498-9995, [info@bikeutah.org](mailto:info@bikeutah.org), [bikeutah.org](http://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, [bikeslclscgov.com](mailto:bikeslclscgov.com), [bikeslclscgov.com](http://bikeslclscgov.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](mailto:HPeters@slco.org), [bicycle.slco.org](http://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, [fnu@fnu.org](mailto:fnu@fnu.org), [fnu.org](http://fnu.org)

**Mountain Trails Foundation** — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, [charlie@mountaintrails.org](mailto:charlie@mountaintrails.org), [mountaintrails.org](http://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](mailto:bonnevilleshorelinetrail@gmail.com), [bonnevilleshorelinetrail.org](http://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 pub-

lic 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](mailto:parleystrail@gmail.com), [parleystrail.org](http://parleystrail.org)

**Bike Provo** — Provo, UT, Please join us every first Thursday of the month at 6 pm in the Provo Public Library (550 N University Ave) to help make Provo a more active transportation and transit friendly community., Bike Walk Provo, [bikewalkprovo@gmail.com](mailto:bikewalkprovo@gmail.com), [bikewalkprovo.org](http://bikewalkprovo.org)

**Trails Alliance of Southern Utah** — St. George, UT, TASU, [info@tasutah.org](mailto:info@tasutah.org), [tasutah.org](http://tasutah.org)

**Southern Utah Bicycle Alliance** — St. George, UT, Southern Utah's road advocacy group., Craig Shanklin, 435-674-1742, [southernutahbicycle@gmail.com](mailto:southernutahbicycle@gmail.com), [southernutahbicyclealliance.org](http://southernutahbicyclealliance.org)

**WOBAC - Weber Ogden Bicycle Advisory Committee** — Ogden, UT, Josh Jones, 801-629-8757, [joshjones@ogdencity.com](mailto:joshjones@ogdencity.com)

**Idaho Bike Walk Alliance** — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, [cynthiag@idahowalkbike.org](mailto:cynthiag@idahowalkbike.org), [idahowalkbike.org](http://idahowalkbike.org)

**Greater Arizona Bicycling Association** — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, [president@bikegaba.org](mailto:president@bikegaba.org), [bikegaba.org](http://bikegaba.org)

**Coalition of Arizona Bicyclists** — Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, [cazbike@cazbike.org](mailto:cazbike@cazbike.org), [cazbike.org](http://cazbike.org)

**Wyoming Pathways** — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, [wypath.org](http://wypath.org)

**Bicycle Colorado** — Denver, CO, Statewide bicycle advocacy organization, Dan Grunig, 303-417-1544, [info@bicyclecolorado.org](mailto:info@bicyclecolorado.org), [bicyclecolorado.org](http://bicyclecolorado.org)

**Bike Walk Montana** — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, [bnbybike@gmail.com](mailto:bnbybike@gmail.com), Doug Haberman, 406-449-2787, [info@bikewalk-montana.org](mailto:info@bikewalk-montana.org), [bikewalk-montana.org](http://bikewalk-montana.org)

**Teton Valley Trails and Pathways (TVTAP)** — Jackson, WY, Promotes trails and pathways in the Wydoha area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, [dan@tvtp.org](mailto:dan@tvtp.org), [tvtp.org](http://tvtp.org), [tetonbikefest.org](http://tetonbikefest.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](mailto:randy@maddogcycles.com), [facebook.com/BikeOrem](https://facebook.com/BikeOrem)

**Sweet Streets** — Salt Lake City, UT, SLC based advocacy group that works for safer streets, Taylor Anderson, [taylor@buildingsaltlake.com](mailto:taylor@buildingsaltlake.com), [sweetstreetsllc.org](http://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@cyclingsouth.com](mailto:dave@cyclingsouth.com), [cyclingsouth.com](http://cyclingsouth.com)

**Southern Nevada Mountain Bike Association (SNMBA)** — NV, The SNMBA advocates for mountain biking across all of Southern Nevada., Allison Cormier, [info@snmba.org](mailto:info@snmba.org), [snmba.org](http://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](mailto:info@calbike.org), [calbike.org](http://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](mailto:events@bikeeastbay.org), [bikeeastbay.org](http://bikeeastbay.org)

**Walk Bike Berkeley** — Berkeley, CA, Walk Bike Berkeley, [info@walkbikeberkeley.org](mailto:info@walkbikeberkeley.org), [walkbikeberkeley.org](http://walkbikeberkeley.org)

**Mountain Bike the Teton** — Driggs, ID, Mountain Bike Trails Advocacy in the Teton, Chris Brule, 307-413-1998, [info@mountainbiketetons.org](mailto:info@mountainbiketetons.org), [mountainbiketetons.org](http://mountainbiketetons.org)

**Events, Swaps, Lectures**

**999 Ride** — Salt Lake City, UT, Casual fun ride through the streets of Salt Lake City. Meet at 9 pm at 900 E and 900 S (999). The ride leaves about 10 pm. Every Thursday night., [facebook.com/999ride](https://facebook.com/999ride)

**August 24, 2024 — Tour de Fat**, New Belgium Brewing's Tour de Fat, Fort Collins, CO, Tour de Fat, the greatest little show on earth, is a bonanza of bikes, beers and philanthropic fun. The Tour de Fat has raised more than \$5 million dollars for local bike non-profits since its inception. It's a celebration of great beer, good people, and humankind's most wonderful invention — the bicycle! Held at New Belgium Brewing, 500 Linden St, Paul Gruber, 888-622-4044, [nbb@newbelgium.com](mailto:nbb@newbelgium.com), [newbelgium.com/events/tour-de-fat](http://newbelgium.com/events/tour-de-fat)

**August 31, 2024 — AC Invitational Bike Show**, Sausalito, CA, The 'AC Invitational' is a street-fair-meets-MOMA celebration of cycling's best builders and makers from four continents; a once-in-a-lifetime opportunity to meet and chat with the artisan-engineers behind brands such as Sarto, Baum, Prova, Bastion, Pinarello, Mosaic, Scarab, English Cycles, No.22, Partington, Lightweight, Enve, Open and more. During the show, visitors can take advantage of special event-only offers and a raffle with the chance to win a custom-painted Open., Above Category, [kalar@abovecategory.com](mailto:kalar@abovecategory.com), <https://abovecategory.com/blogs/journal/the-ac-invitational-august-31st>

**September 7, 2024 — Bike Prom**, Salt Lake City, UT, Don your fanciest prom duds or costume, grab a date (or group, or come solo) and join a thousand friendly riders on a slow ride around SLC streets. The bike ride starts at 6:30 PM at Liberty Park (corner of 500 East and 900 South) and will end at Woodbine Food Hall (545 West 700 S, Salt Lake City, UT 84101) where we'll dance and eat the night away! The riding route will make a brief stop at the Bicycle Collective's New Hub site at 900 South and 325 West. The bike ride is approximately 3.66 miles, Donna McAleer, 801-328-2453, [info@bicyclecollective.org](mailto:info@bicyclecollective.org), [bicyclecollective.org](http://bicyclecollective.org), [bikeprom2024.eventbrite.com](http://bikeprom2024.eventbrite.com)

**September 22, 2024 — World Car Free Day**, Everywhere, UT, Ride your bike and leave the car at home!, Cycling West, [noemail@cyclingsouth.com](mailto:noemail@cyclingsouth.com), [worldcarfree.net](http://worldcarfree.net)

**October 4-6, 2024 — 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@fnu.org](mailto:kelli@fnu.org), [northernutahtrailfest.com](http://northernutahtrailfest.com)

**November 2, 2024 — Veloswap**, Denver, CO, Veloswap is an annual event with 10,000+ attendees and 600+ vendors at the National Western Complex in Denver, Colorado. Every year attendees snap up deals from hundreds of vendors selling bikes, parts, clothing and accessories. Since 1989, this

citizen marketplace continues to evolve—welcoming, connecting and inspiring members of the cycling community, old and new, Dan Grunig, 303-417-1544, [info@bicyclecolorado.org](mailto:info@bicyclecolorado.org), [veloswap.com](http://veloswap.com)

**December 14, 2024 — Bike Shop Saturday**, Everywhere, Worldwide, Bike Shop Saturday is a global event held the second Saturday of each December. Come out to your local bike shop and support them. Recognizing that local bike shops and bike related businesses are the backbone of the cycling community, the event encourages cyclists to patronize those businesses during the holiday shopping season. December is often a tough month for bike shops because of the weather and Bike Shop Saturday is an encouragement to shop locally when it matters most. Cycling West, [noemail@cyclingsouth.com](mailto:noemail@cyclingsouth.com), [bikeshopaturday.com](http://bikeshopaturday.com), [facebook.com/events/983476375942365](https://facebook.com/events/983476375942365)

**Gravel Races**

**and Rides**

**August 18, 2024 — 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 Charity, 970-215-4045, [info@sbtgrvl.com](mailto:info@sbtgrvl.com), [sbtgrvl.com](http://sbtgrvl.com)

**August 19-30, 2024 — Big Sky Spectaculaire Gravel Race**, Bozeman, MT, A 900+/- mile single-stage, mixed surface, self-supported competitive adventure bike ride around Southwest and Central Montana. Start and finish in Bozeman, MT. 450 miles of gravel and 2-track in 22 segments. Plenty of services along the route. Over 25 hours of time bonuses available., Big Sky Spectaculaire, [bsheadquarters@gmail.com](mailto:bsheadquarters@gmail.com), [bigskyspectaculaire.com](http://bigskyspectaculaire.com)

**August 21-25, 2024 — 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](http://info@gravel-worlds.com), Jason Strahbenn, [jason@gravel-worlds.com](mailto:jason@gravel-worlds.com), [gravel-worlds.com](http://gravel-worlds.com)

**August 24, 2024 — Salty Lizard Gravel Race**, Wendover, UT, This race showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Choose from 42, 75 or 104 mile courses. It will be hot, it will be salty, Breanne Nalder-Harward, 801-550-0434, [breanne@utahgravelseries.com](mailto:breanne@utahgravelseries.com), [utahgravelseries.com](http://utahgravelseries.com)

**August 29-September 1, 2024 — 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., Rebecca Rusch, 254-541-9661, [rj@rebeccarusch.com](mailto:rj@rebeccarusch.com), [rebeccasprivatetidaho.com](http://rebeccasprivatetidaho.com)

**September 1, 2024 — 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, [howdy@fistfulofdirt.com](mailto:howdy@fistfulofdirt.com), [fistfulofdirt.com](http://fistfulofdirt.com)

**September 6-8, 2024 — Wild West Gravel**, Livermore, CO, Get ready to saddle up for the gravel adventure of a lifetime at Wild West Gravel. This epic 3-day, 2-night bikepacking journey will take you through the jaw-dropping landscapes of northern Colorado and southern Wyoming. Remote gravel roads, challenging climbs, incredible scenery and a spirit of camaraderie you won't find anywhere else., Thad Eby, 415-845-1450, [RIDE@WILDWESTGRAVEL.COM](mailto:RIDE@WILDWESTGRAVEL.COM), [www.wildwestgravel.com](http://www.wildwestgravel.com)

**September 7, 2024 — WYO 131 Gravel Grinder**, Wyoming Gravel Grinder Series, 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](mailto:wyo131gravel@gmail.com), [wyo131.com](http://wyo131.com)

**September 7, 2024 — 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, [thomasshellit@gmail.com](mailto:thomasshellit@gmail.com), Kirk Ahlberg,

[info@morganzo55.com](mailto:info@morganzo55.com), [montanacycling.net](http://montanacycling.net), [morganzo55.com](http://morganzo55.com)

**September 7, 2024 — 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 Gunnl 60 (ish) and Gunnl 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 Grimmett, 512-751-8940, [Joel@racerevolutions.com](mailto:Joel@racerevolutions.com), [thegunnigrinder.com](http://thegunnigrinder.com)

**September 7, 2024 — Boise Gravel Gala**, Boise, ID, 61, 80, and 105 mile gravel options, Chris Stuart, [Boisegravelgala@gmail.com](mailto:Boisegravelgala@gmail.com), [boisegravelgala.com](http://boisegravelgala.com)

**September 7, 2024 — Ride the Cog**, Hayden, CO, fundraiser for the Hayden Museum, Hayden Museum, 970-276-4380, [haydenmuseum@zirkel.us](http://haydenmuseum@zirkel.us), [ridethecog.com](http://ridethecog.com)

**September 8, 2024 — Walla Walla Grit**, Walla Walla, WA, This Grit 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](mailto:mike@allegrocyclery.com), Kathryn Austin, 509-964-8951, [kathryn@allegrocyclery.com](mailto:kathryn@allegrocyclery.com), [allegrocyclery.com/events/walla-walla-grit-pg117.htm](http://allegrocyclery.com/events/walla-walla-grit-pg117.htm)

**September 8, 2024 — 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](http://bbc@colorado.edu), [buffalobicyclassicc.com](http://buffalobicyclassicc.com)

**September 8, 2024 — USA Cycling GravelNational Championships**, Gering, NE, Shawn Brett, 719-434-4200, [sbrett@usacycling.org](mailto:sbrett@usacycling.org), [usacycling.org](http://usacycling.org)

**September 14, 2024 — 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](mailto:mammothtuff@gmail.com), [mammothtuff.com](http://mammothtuff.com)

**September 14, 2024 — 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 Taft, [westendgravelrush@gmail.com](mailto:westendgravelrush@gmail.com), [theeast-endgravelrush.com](http://theeast-endgravelrush.com)

**September 14, 2024 — 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 stocked aid stations, Full SAG and support, Finish food, beer and party at Riverside Park, Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Kim Nordquist, 303-249-6168, [kimnordquist@teamevergreen.org](mailto:kimnordquist@teamevergreen.org), Caprice Bass, 303-720-4509, [caprice@teamevergreen.org](mailto:caprice@teamevergreen.org), [salida76.com](http://salida76.com), [teamevergreen.org](http://teamevergreen.org)

**September 14, 2024 — Pinewood Showdown**, Show Low, AZ, Held at scenic Wilderness Ranch, 25, 50, or 100 mile routes, Seth Zia, 505-554-0059, [ElCapitan@ZiaRides.com](mailto:ElCapitan@ZiaRides.com), [ziarides.com](http://ziarides.com)

**September 20-22, 2024 — Mountains to Meadows**, Lost Sierra Triple Crown, Mt. Shasta, CA, The perfect blend of pavement, dirt, and gravel roads over 35, 60, or 100 miles of epically beautiful gravel riding in the Lost Sierra. Followed by live music, expo, beer, and awesome food with lots of good people. More than a ride, L&F is a whole weekend of Lost Sierra fun dedicated to raising funds for the Lost Sierra Route., Greg Williams, [wille@sierratrails.org](mailto:wille@sierratrails.org), Sierra Trails, [info@sierratrails.org](mailto:info@sierratrails.org), [grinduro.com](http://grinduro.com)

**September 20-22, 2024 — Last Grizzly Gravel**, Ogden, UT, The adventure starts in Northern Utah before heading across the border into Idaho traversing the Bear Mountain Range in Wasatch/Cache National Forest. Come witness the amazing brilliance of golds of the high aspens to the cobalt colors of Northern Utah's famous Bear Lake., Chad Sperry, [grinderinfo@breakawaypro.com](mailto:grinderinfo@breakawaypro.com), [www.lastgrizzlygravel.com/](http://www.lastgrizzlygravel.com/)

**September 21-22, 2024 — The Crippler**, Cañon City, CO, 65 Miles, 5000 Feet of Climbing, a Colorado-style gravel road race that will provide AMAZING scenery with pan-

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**VILLAGE BICYCLE PROJECT**

VillageBicycleProject.org



oramic views while simultaneously pushing your limits for climbing and descent., Adam Spahr, 619-780-1138, [info@omnigravel.com](mailto:info@omnigravel.com), [thecripley.bike](http://thecripley.bike)

**September 21-22, 2024 — Belgian Waffle Ride - British Columbia,** TRIPEL CROWN OF GRAVEL, Duncan, BC, The Hell of the Great White North, Held at Providence Farm on Vancouver Island with accompanying BWR Unroad Cycling Festival will feature music, a massive beer garden, a variety of food options, and all sorts of family fun, Michael Marckx, 760-815-0927, [mx@monumentsofcycling.com](mailto:mx@monumentsofcycling.com), [belgianwaffle-ride.bike](http://belgianwaffle-ride.bike)

**September 28, 2024 — 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@aztrillrace.com](mailto:shannon@aztrillrace.com), Jake Hernandez, 602-363-7725, [jake@aztrillrace.com](mailto:jake@aztrillrace.com), [shendocatracing.com](http://shendocatracing.com)

**September 28, 2024 — Dirty Roads 101,** Steamboat Springs, CO, Dirty Roads 101 is a virtual gravel riding challenge paying homage to the public lands we ride on! Formerly Gravel Fest, we have now opened this event to the entire gravel community and have shifted the focus to doing a big one-day "classic-style" ride. The challenge is to ride 101 miles or 101 kilometers using a dirt/gravel road theme on your route., JR, [ride@gravelfest.com](mailto:ride@gravelfest.com), [dirtyroads101.com](http://dirtyroads101.com)

**October 5, 2024 — 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](mailto:morgan@desertgravel.com), [desertgravel.com](http://desertgravel.com)

**October 5, 2024 — The AIKEMIST Gravel Fest,** Mandan, ND, 30 and 55 mile options, Melissa Marquardt, 701-221-9833, [melissa@701cycleanandspoil.com](mailto:melissa@701cycleanandspoil.com), [701cycleanandspoil.com](http://701cycleanandspoil.com)

**October 5, 2024 — AIKEMIST Gravel Fest,** Graner Park/Sugarloaf Bottoms, ND, Combine your love for cycling with the changing of the seasons at the AIKEMIST Gravel Fest. This event will have you climbing your way out of the Missouri River Valley onto the bluffs of Morton County. The 55-mile course will test you with minimum maintenance roads, fast descents and some of the longest climbs around, but your effort does not go unrewarded as the views are spectacular as well., Melissa Marquardt, 701-221-9833, [melissa@701cycleanandspoil.com](mailto:melissa@701cycleanandspoil.com), [701cycleanandspoil.com](http://701cycleanandspoil.com)

**October 12, 2024 — Holy Grail Grinder,** Blanco, NM, Ride on parts of the Old Spanish Trail, a historic trade route that connected the northern New Mexico settlements of (or near) Santa Fe, New Mexico with those of Los Angeles, California and southern California dating back to the 1800s. The ride is a great way to experience the beauty of Northwestern New Mexico and to challenge yourself both physically and mentally, 15-mile distance and 43-mile distance options, multiple category options, Neil Hannum, 970-759-2126, [aztecadventures01@gmail.com](mailto:aztecadventures01@gmail.com), William Farmer, 505-402-3959, [gfarmer360@gmail.com](mailto:gfarmer360@gmail.com), [aztecadventures.com](http://aztecadventures.com)

**October 12, 2024 — Grassroots Gravel,** Pueblo, CO, 15, 40, 75, & 110 mile routes, Adam, [adam@grassrootsgavel.com](mailto:adam@grassrootsgavel.com), [grassroots-gravel.com](http://grassroots-gravel.com)

**October 26-27, 2024 — 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](mailto:jgriffin@sunny505.com), [day-of-thetread.com](http://day-of-thetread.com)

**November 2, 2024 — Spirit World 100,** Patagonia, AZ, 10 hours to ride your gravel bike from Patagonia, Arizona to the border of Mexico and back, 100, 80, or 50 miles, 3 days, Group Rides, Camping, Regional Food trucks, Coffee, Beer, Wine, Heidi Rentz, [heidil.w.rentz@gmail.com](mailto:heidil.w.rentz@gmail.com), [thespiritworld100.com](http://thespiritworld100.com)

**November 2, 2024 — Powless Gran Fondo,** Auburn, CA, 35, 68 (road events), 71, 104 (gravel) mile options. A road and gravel race in the hometown Neilson and Shayna Powless, Nathan Powell, 916-899-3471, [calbeardadventure@gmail.com](mailto:calbeardadventure@gmail.com), [powlessgran-fondo.com](http://powlessgran-fondo.com)

**November 16, 2024 — Apacheia Gravel,** Douglas, AZ, Secure your spot today and experience the thrill of a lifetime. Our event welcomes cyclists of all levels, from seasoned pros to first-time riders. With comprehensive support, top-notch amenities, and a commitment to excellence, Apacheia Gravel promises an unforgettable adventure for all who dare to join. 88, 68, 38-mile course options., Mike Miller, 720-231-0521, [mikebikes720@gmail.com](mailto:mikebikes720@gmail.com), [apacheriagravel.com](http://apacheriagravel.com)



## Mountain Bike Tours and Festivals

**Lizard Head Bike Tours —** Various, UT, CO, and More, Multiple dates - Texas, Utah, Canada, Colorado, Oregon, New Mexico, Montana, and tons of other locations! Road, MTB, Gravel Tours, John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), Lauren Lasky, 508-561-7580, [lauren@lizardheadcycling.com](mailto:lauren@lizardheadcycling.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**August 30-September 1, 2024 — 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 Teton., TVTAP, 208-201-1622, [info@tetonbikefest.org](mailto:info@tetonbikefest.org), Tony Ferlisi, 208-201-1622, [tony@tetonbikefest.org](mailto:tony@tetonbikefest.org), [tetonbikefest.org](http://tetonbikefest.org), [grandtarghee.com](http://grandtarghee.com)

**September 6-8, 2024 — Caliente MTB Festival,** Caliente, NV, Friday: trail work, BYOBBO, 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, [calientemtbgmail.com](mailto:calientemtbgmail.com), [calientemtbgmail.com](http://calientemtbgmail.com)

**September 6-8, 2024 — BetterRide MTB Camp,** Park City, 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**September 13-15, 2024 — BetterRide MTB Camp,** San Mateo/San Jose, CA, 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**September 15, 2024 — 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., Salida Trails, [info@salidamountaintrails.org](mailto:info@salidamountaintrails.org), [salidamountaintrails.org](http://salidamountaintrails.org)

**September 21, 2024 — Santa Fe Big Friggin Loop,** New Mexico Endurance Series, Santa Fe, NM, Classic trails, a handful of new trails, less roads (paved or otherwise), less hike-a-bike, and generally less tedious. It will also be FULLY SELF-SUPPORTED! Bring your favorite method of water treatment, as there will not be a water drop this year., [nm-es.weebly.com](mailto:nm-es.weebly.com), [santa-fe-big-friggin-loop.html](http://santa-fe-big-friggin-loop.html)

**September 23-27, 2024 — 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.holidayrider@gmail.com](mailto:karen.holidayrider@gmail.com), Natalie Osborn, [natalie.holidayrider@gmail.com](mailto:natalie.holidayrider@gmail.com), [bikeraft.com](http://bikeraft.com)

**September 27-29, 2024 — BetterRide Women's MTB Camp,** Fruita, CO, 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**September 28-29, 2024 — 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 a 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 Riggenbach, 928-429-0345, [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), [navajoves.org](mailto:navajoves.org), [rungsingup.com](mailto:rungsingup.com), [Race/AZ/RedValley/ChuskaChallengeMountainBikeRide](http://Race/AZ/RedValley/ChuskaChallengeMountainBikeRide)

**September 28-29, 2024 — NOCO MTB Fest,** Fort Collins, CO, Held at Lory State Park, demos, music, skills contest, poker ride, beer gardens, food trucks, group rides, take a kid mountain biking, benefits Overland Mountain Bike Association, Kenny Beard, 970-430-5336, 970-493-1623, [kbearden@overlandmtb.org](mailto:kbearden@overlandmtb.org), [nocomtbfest.com](http://nocomtbfest.com)

**September 29, 2024 — 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@fitaos.org](mailto:info@fitaos.org), [ridetheriff-taos.com](http://ridetheriff-taos.com)

**October 4-6, 2024 — 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@westernspoil.com](mailto:outerbike@westernspoil.com), [outerbike.com](http://outerbike.com)

**October 11-13, 2024 — BetterRide MTB Camp,** 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**October 12-15, 2024 — White Rim Trail Bike and Yoga Trip,** Moab, UT, Join us for 4 days of biking with our guides and yoga instructor who will lead us through grounding and energizing sessions in between pedaling., Karen Johnson, 800-624-6323, 801-266-2087, [karen.holidayrider@gmail.com](mailto:karen.holidayrider@gmail.com), Natalie Osborn, [natalie.holidayrider@gmail.com](mailto:natalie.holidayrider@gmail.com), [bikeraft.com](http://bikeraft.com)

**October 18-20, 2024 — 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**October 19, 2024 — Zuni Mountains 100,** New Mexico Endurance Series, McGaffey Lake, NM, Unsupported epic mtb ride, [nm-es.weebly.com](mailto:nm-es.weebly.com)

**November 2, 2024 — Sacramento Rim Roller,** New Mexico Endurance Series, Cloudcroft, NM, Unsupported epic mtb ride, [nm-es.weebly.com](mailto:nm-es.weebly.com)

**November 22-24, 2024 — BetterRide Enduro MTB Camp,** Boulder City, NV, Multiple camps, see the website for dates. 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**November 22-24, 2024 — BetterRide MTB Camp,** Las Vegas, NV, 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**December 6-8, 2024 — BetterRide MTB Camp,** Scottsdale, AZ, 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

7696, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

## Utah Mountain Bike Racing

**August 31, 2024 — 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](mailto:racepoint2point@gmail.com), [thepcp.com](http://thepcp.com)

**September 8, 2024 — 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](mailto:ginger@mountaintrails.org), [mountaintrails.org](http://mountaintrails.org)

**October 4-6, 2024 — 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 Culler 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., Kelly Barkema, 801-393-2304, [kelli@fnu.org](mailto:kelli@fnu.org), Isabelle Geddes, 801-399-1773, [reide@goalfoundation.com](mailto:reide@goalfoundation.com), [northernutahtrailfest.com](http://northernutahtrailfest.com)

**October 10-12, 2024 — Red Bull Rumpage,** 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. Men and Women in 2024, Red Bull, 310-393-4647, Chris Worden, 310-393-4647, [chris.worden@us.redbull.com](mailto:chris.worden@us.redbull.com), [redbull.com/us-en/events/rumpage](http://redbull.com/us-en/events/rumpage)

**October 14-15, 2024 — 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., Jason Ranoa, 800-562-1268, 435-674-0550, [hello@seniorgames.net](mailto:hello@seniorgames.net), Margaret Gibson, [hwsq@seniorgames.net](mailto:hwsq@seniorgames.net), [seniorgames.net](http://seniorgames.net)

**November 2-3, 2024 — 25 Hours of Frog Hollow,** Frog Hollow Endurance Series, Hurricane, UT, The longest one day race: this event is held annually over the Fall Back time change, giving an extra bonus hour. The atmosphere is all about friends and fun. There is always a huge costume contest, vendors, midnight pie, and late stories around a fire. Choose from Solo, Duo, 4 person, 5 person or a team

of 10, Cimarron Chacon, [info@goraces.com](mailto:info@goraces.com), [25hoursofthefrogollow.com](http://25hoursofthefrogollow.com)

## Regional Mountain Bike Racing

of 10, Cimarron Chacon, [info@goraces.com](mailto:info@goraces.com), [25hoursofthefrogollow.com](http://25hoursofthefrogollow.com)

## ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA,

of 10, Cimarron Chacon, [info@goraces.com](mailto:info@goraces.com), [25hoursofthefrogollow.com](http://25hoursofthefrogollow.com)

## CA and Beyond

**August 17, 2024 — 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](mailto:natalie@bigskybiggie.com), [bigskybiggie.com](http://bigskybiggie.com)

**August 17, 2024 — 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! Benefit for York Fire Rescue, York Fire Rescue, [York38Special@gmail.com](mailto:York38Special@gmail.com), [York38Special.org](http://York38Special.org)

**August 17, 2024 — Tipperary,** XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series)

**August 17, 2024 — The Cariboo Jack,** Teton Valley, ID, 1 day, 3-4 stage, blind-format, backcountry enduro race through the mountain wild of the Cariboo-Targhee National Forest that will leave you with a good story., Chris Brule, 307-413-1998, [info@mountainbiketetons.org](mailto:info@mountainbiketetons.org), [mountainbiketetons.org](http://mountainbiketetons.org)

**August 17, 2024 — Rumble at the Ranch,** Highlands Ranch, CO, Get your crew together and play in the dirt with us! 7.6 miles of beautiful singletrack with double-track segments thrown in to allow for easy passing. How many laps can you ride in 6 hours? Duo Teams, Trio Teams, and Solo Rider categories are offered, Darrin or Jill, 303-642-7917, [darrin@racingunderground.com](mailto:darrin@racingunderground.com), [rumbleattheranch.com](http://rumbleattheranch.com)

**August 18, 2024 — Idaho Senior Games,** Eagle, ID, Held at Eagle Cycle Park, Cross Country and Hill Climb events, Mike Thornton, 208-861-8000, [idahoseniorgamesinfo@gmail.com](mailto:idahoseniorgamesinfo@gmail.com), Katie Hedrich, 951-733-5198, [katie@omnigoevents.com](mailto:katie@omnigoevents.com), Stewart Hindman, 208-461-8877, [idahosycycling@gmail.com](mailto:idahosycycling@gmail.com), [idahoseniorgames.org](http://idahoseniorgames.org)

**August 24, 2024 — 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](mailto:mike@lakecityalpine50.com), [lakecityalpine50.com](http://lakecityalpine50.com)

**August 24-25, 2024 — Downhill Rockies,** Trail Party, Keystone, CO, Downhill race, Trail Party, [trailparty.com](http://trailparty.com)

**August 30-September 1, 2024 — Trestle Gravity Series: Downhill Race 3, 4, and 5,** Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series)

**August 30-September 1, 2024 — GloriDays - MTB Camp Weekend,** Glorieta, NM, Bike Camp! bike races, live music, food trucks, games and activities for the kids hosted by our NICA NM friends, Revolution Enduro races too, Seth Bush, 505-554-0059, [ElCapitan@ZiRides.com](mailto:ElCapitan@ZiRides.com), [ziRides.com](http://ziRides.com)

**August 31, 2024 — Rendezvous Enduro,** Montana Enduro Series, Teton Village, WY, Montana Enduro Series, [contact@montanaenduro.com](mailto:contact@montanaenduro.com), Eric Sivers, [eric@montanabicycleguild.org](mailto:eric@montanabicycleguild.org), [montanaenduro.com](http://montanaenduro.com), [montanabicycleguild.org](http://montanabicycleguild.org)

**September 1, 2024 — Glorieta Enduro,** Revolution Enduro Series, Glorieta, NM, David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolutionenduro.com](http://revolutionenduro.com)

**September 1, 2024 — Dakota Five-0,** Spearfish, South Dakota, 50 miles, A lollipop 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, [ridgeiders@blackhills.com](mailto:ridgeiders@blackhills.com), [dakotafiveo.com](http://dakotafiveo.com)

**September 1, 2024 — Durango Derby,** Finals of the 2024 Singletrack Series, [singletrackseries.com](http://singletrackseries.com), Durango, CO, 36 miles of Durango's premium in-town single track with 12 miles of untimed transfers, racers will compete in four unique stages, Dave Hagen, 970-403-4842, [info@durangoderby.com](mailto:info@durangoderby.com), [durangoderby.com](http://durangoderby.com)

**September 1, 2024 — Grand Traverse MTB,** Aspen, CO, point-to-point from Aspen to Crested Butte, Colorado. Bikers travel 40 miles across the Elk Mountains with over 7,800 of elevation gain. The course starts with a 3000 ascent up Aspen Mountain before continuing deep into the Elk Mountains. This mountain bike race is not for the faint of heart., Crested Butte Nordic, 970-349-1707, [info@cbrndic.org](mailto:info@cbrndic.org), [grandtraverse.org/Bike](http://grandtraverse.org/Bike)

**September 6-8, 2024 — NW Cup Downhill Series (Dry Hill #3),** Northwest Cup Downhill Series, Port Angeles, WA, Downhill race. Held at Silver Mountain 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](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

**September 7, 2024 — 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](mailto:kyle.horvath@elynevada.net), [elynevada.net](http://elynevada.net)

**September 7, 2024 — 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](mailto:Scottpetemail@gmail.com), [pocatellofallultra.com](http://pocatellofallultra.com)

**September 8, 2024 — High Altitude Classic,** New Mexico Off Road Series, Cloudcroft, NM, Chubby Tire, 518-649-8292, [info@chubbytire.com](mailto:info@chubbytire.com), [chubbytire.com](http://chubbytire.com)

**September 14, 2024 — 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](mailto:WyoXMTB@gmail.com), [wyoXMTB.org/gowdygrinder](http://wyoXMTB.org/gowdygrinder)

**September 14-15, 2024 — Downhill Rockies: Purgatory, Trail Party,** Durango, CO, Downhill race, Trail Party, [trailparty.com](http://trailparty.com)

**September 21, 2024 — 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@psuelueducation.org](mailto:events@psuelueducation.org), [fireontherim.com](http://fireontherim.com)

**September 21, 2024 — Coyote Classic Round 1 of 3,** DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, [info@dowhillmike.com](mailto:info@dowhillmike.com), [bootleg-canyonracing.com](http://bootleg-canyonracing.com)

**September 21, 2024 — Leadville Big Friggin Loop,** Colorado Endurance Series, Leadville, CO, Figure 8 loop starting and finishing in downtown Leadville with around 115 miles and 15,000+ft of climbing. This course goes above tree line 3 different times in the first 20 miles... and the last third leg of it incorporates the entire segment 8 of the Colorado trail from Copper to Tennessee Pass. Not recommended for riders looking to try out these type of events for the first time,



Dave Halliburton, 575-312-5991, [godairnm@gmail.com](mailto:godairnm@gmail.com), [bikereg.com/horny-food-hustle](mailto:bikereg.com/horny-food-hustle)

**October 4-5, 2024 — 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, flats, sandy arroyos and sharp corners. Leslie Mueller, 505-599-1184, [lmueller@fmln.org](mailto:lmueller@fmln.org), [fmln.org/277/Road-Apple-Rally](http://fmln.org/277/Road-Apple-Rally), [nmois.org](mailto:nmois.org)

**October 5, 2024 — 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](mailto:info@epicrides.com), Dave Castro, [dcastro@epicrides.com](mailto:dcastro@epicrides.com), [epicrides.com](http://epicrides.com)

**October 10-13, 2024 — USA Cycling Collegiate Mountain Bike National Championships**, Henderson County, NC, Collegiate National Championships and Montana High School Championships, USAC Events , 719-434-4200, [nationalevents.usacycling.org](http://nationalevents.usacycling.org), Chad Sperry, [chad@breakawaypro.com](mailto:chad@breakawaypro.com), Ben Horan, 312-502-5997, [bhoran@gmail.com](mailto:bhoran@gmail.com), [usacycling.org](http://usacycling.org)

**October 12-13, 2024 — California Dirt MTB Series Race 4**, California Dirt MTB Series, Nevada City, CA, Scott's Flat Lake, Saturday: AM-Parliament Enduro Races, PM-PreRide XC, Short Track Race; Sunday: XC Race, Jet Lowe, [yboncfdn@gmail.com](mailto:yboncfdn@gmail.com), [ybonc.org/events/dirt-classic](http://ybonc.org/events/dirt-classic)

**October 13, 2024 — 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](mailto:jen@teamevergreen.org), Natalie Rabourn, 303-503-4616, [nat@teamevergreen.org](mailto:nat@teamevergreen.org), Caprice Bass, 303-720-4509, [caprice@teamevergreen.org](mailto:caprice@teamevergreen.org), [betibikebash.com](http://betibikebash.com)

**October 19, 2024 — 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](mailto:info@downhillmike.com), [bootlegcanyonracing.com](http://bootlegcanyonracing.com)

**October 19, 2024 — The Hotdogger**, Fruita, CO, a mountain bike race and hotdog eating contest from sunrise to sunset. It is a non-profit event to benefit the Colorado Plateau Mountain Bike Trail Association., Tisha McCombs, 970-244-8877, [coordinator@cop-moba.org](mailto:coordinator@cop-moba.org), Hotdogger, [hotdogger.mtbb@gmail.com](http://hotdogger.mtbb@gmail.com), [hotdogger.org](http://hotdogger.org), [copmoba.org](http://copmoba.org)

**October 27, 2024 — Tucson Enduro**, Tucson, AZ, Tim Racette, 480-442-4229, [info@mbaa.net](mailto:info@mbaa.net), [mbaa.net](http://mbaa.net)

**November 2, 2024 — Austin Rattler**, Leadville Race Series, Austin, TX, Paul Anderson, 719-219-9364, [panderson4lifefitness.com](mailto:panderson4lifefitness.com), [leadvilleraceseries.com](http://leadvilleraceseries.com), [austintrailermtb.com](http://austintrailermtb.com)

**November 2, 2024 — Chain Smoker Las Vegas**, Blue Diamond, NV, 15, 30, 45 mile options, Quick n Dirty MTB , [info@quickndirtymtb.com](mailto:info@quickndirtymtb.com), [quickndirtymtb.com](http://quickndirtymtb.com)

**November 9, 2024 — Teenek 100**, Aztec, NM, 50 and 100 km mtb races, Teenek Racing , 505-386-6170, [info@teenekracing.com](mailto:info@teenekracing.com), [teenekracing.com](http://teenekracing.com)

**November 16, 2024 — 6 and 12 Hours of Fury**, Fountain Hills, AZ, The 6 and 12 Hours of Fury aims to test experienced mountain bikers while welcoming new riders to dip their tires in the dirt. The challenge remains the same, do the most laps possible within 6 or 12 hours. Jeremy Graham, 623-330-0913, [jeremy@4peakracing.com](mailto:jeremy@4peakracing.com), [4peakracing.com](http://4peakracing.com)

**November 16, 2024 — Hawes Enduro**, Mesa, AZ, Tim Racette, 480-442-4229, [info@mbaa.net](mailto:info@mbaa.net), [mbaa.net](http://mbaa.net)

**November 30, 2024 — Coyote Classic Round 3 of 3**, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, XC, E-Bike, and Gravity Fest, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootlegcanyonracing.com](http://bootlegcanyonracing.com)

**December 14, 2024 — Dawn to Dusk AZ**, Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain

Regional Park. Family friendly camping and event expo promises a fun weekend! Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries. Seth Bush, 505-554-0059, [ECapitan@ZiaRides.com](mailto:ECapitan@ZiaRides.com), [ZiaRides.com](http://ZiaRides.com), [ziarides.com](http://ziarides.com)

**December 14, 2024 — DVO Blue Diamond Enduro**, Boulder City, NV, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootlegcanyonracing.com](http://bootlegcanyonracing.com)

### 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](mailto:utcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**DLD (DMV) Criterium** — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A filte - 6 pm, B filte between 6:45 and 7:05, Call for information regarding C filte. Wednesdays April - August, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.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](mailto:utcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**Logan Race Club Thursday Night Time Trial Series** — Logan, UT, Thursdays, TT 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](mailto:swc@mdsc.com), Ben Kofeod, [benhof@hotmail.com](mailto:benhof@hotmail.com), Travis Dunn, [travis.dunn@usu.edu](mailto:travis.dunn@usu.edu), [loganraceclub.org](http://loganraceclub.org)

**Utah Road Race Series** — Utah Crit Series, Salt Lake City, UT, Fridays, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [race2wheels.com](http://race2wheels.com)

### Utah Road Racing

**August 23-26, 2024 — 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](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com), [hoodoo500.com](http://hoodoo500.com)

**September 7, 2024 — LOTOJA Classic Road Race**, Utah Triple Crank, Logan, UT, 42nd 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](mailto:info@lotoja.com), [lotoja.com](http://lotoja.com)

**September 21, 2024 — Utah Hill Climb - Big Cottonwood**, UCA Series, Cottonwood Heights, UT, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [utahcyclingevents.com](http://utahcyclingevents.com)

**October 5, 2024 — 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](mailto:dcowley@comcast.net), [utahcyclingevents.com](http://utahcyclingevents.com)

**October 8-11, 2024 — 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, Jason Ranao, 800-562-1268, 435-674-0550, [hello@seniorgames.net](mailto:hello@seniorgames.net), [seniorgames.net](http://seniorgames.net)

### Regional Road Racing

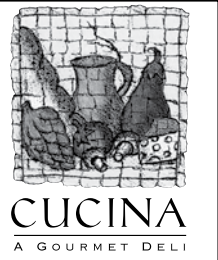
ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

CA and Beyond

**August 17, 2024 — 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](mailto:idahoseniorgamesinfo@gmail.com), Stewart Hindman, 208-461-8877, [idahosg.cycling@gmail.com](mailto:idahosg.cycling@gmail.com), [idahoseniorgames.org](http://idahoseniorgames.org)

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**August 17, 2024 — San Ardo Road Race**, San Ardo, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 18, 2024 — University Road Race**, Santa Cruz, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 25, 2024 — Winters Road Race**, Winters, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 31, 2024 — Athlone Time Trial**, Merced, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 2, 2024 — 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](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 6-8, 2024 — Merckx Montana Stage Race**, Missoula, MT, Montana Stage Race Championships, TT, Crit, Road Race, Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com/events/](http://montanacyclocross.com/events/)

**September 13-15, 2024 — Silver State 508**, Mountain West Ultra Cup, Reno, NV, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," this 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across America (RAAM) Qualifier, starts and ends in Reno and traverses across Highway 50; also known as "the Loneliest Road in America", Rick , [rick@raceacrossamerica.org](mailto:rick@raceacrossamerica.org), [the508.com](http://the508.com)

**September 15, 2024 — 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](mailto:juliano88@gmail.com), [azcycling.org/event/state-time-trials-20-and-40k/](http://azcycling.org/event/state-time-trials-20-and-40k/), [toleracing.net](http://toleracing.net)

**September 15, 2024 — Oakland Grand Prix**, Oakland, CA, Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 15, 2024 — USA Cycling Gran Fondo National Championships**, Frederick, MD, Shawn Brett, 719-434-4200, [sbrett@usacycling.org](mailto:sbrett@usacycling.org), [usacycling.org](http://usacycling.org)

**September 15, 2024 — 3 Bears TT #2 / Arizona State Championship**, Picacho, AZ, State TT championship and tandem, Terry Jenner, 402-983-6195, [escapefrommexico@yahoo.com](mailto:escapefrommexico@yahoo.com), [azcycling.org/event/mt-graham-hill-climb-20-and-40k/](http://azcycling.org/event/mt-graham-hill-climb-20-and-40k/)

**September 21, 2024 — Henleyville Road Race**, Corning, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 22, 2024 — Mt. Graham Hill Climb**, Safford, AZ, State Hill Climb Championship, 8 am, mass start, Nippy Feldhake III, 520-747-2544, [nippy\\_mr\\_smarty\\_pants@uno.com](mailto:nippy_mr_smarty_pants@uno.com), [azcycling.org/event/mt-graham-hill-climb-hc-2/](http://azcycling.org/event/mt-graham-hill-climb-hc-2/)

**October 5-6, 2024 — Nevada Senior Games Cycling Races**, Las Vegas, NV, Cycling races for racers age 50+. Competition is by gender in five year age groups: 50-54, 55-59, etc...with medals awarded to top 3 in each age group by gender. Event consists of a time trial and road race each day (10k TT, 20k RR on Saturday and 5k TT and 40k RR Sunday) Race held on well maintained frontage road near junction of I-15 & US-93, 10 miles north of Las Vegas, NV. The 2024 competition is a qualifier for the 2025 National Senior Games to be held in Des Moines, Iowa in July and August of 2025. Joe Dailley, 775-461-9252, [NVSGCycling@outlook.com](mailto:NVSGCycling@outlook.com), [nevada.usesport.com](http://nevada.usesport.com)

**October 26, 2024 — 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@mtdiablochallenge.org](mailto:director@mtdiablochallenge.org), [mountdiablochallenge.org](http://mountdiablochallenge.org)

**November 3, 2024 — BR Kino Crit**, Tucson, AZ, [azcycling.org](http://azcycling.org), [bicycleranchtucson.com](http://bicycleranchtucson.com)

### Utah Road Touring and Gran Fondos

**August 17, 2024 — CF Cycle For Life**, Henefer, UT, One of Utah's best supported charity rides. A healthy multi-length challenge, not race, for all level 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, [lhadley@cfif.org](mailto:lhadley@cfif.org), Erin Hurtado, 801-532-2335, [ehurtado@cfif.org](mailto:ehurtado@cfif.org), [flightcf.org/site/TR?r\\_id=8753&pg=entry](http://flightcf.org/site/TR?r_id=8753&pg=entry)

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**August 17, 2024 — 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, [amy.myers@sevier.utah.gov](mailto:amy.myers@sevier.utah.gov), [roosteride.net](http://roosteride.net)

**August 17, 2024 — Mi Duole Canyons 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, 801-597-1111, [spencerchipping@gmail.com](mailto:spencerchipping@gmail.com), Stuart Anderson, [miduole@gmail.com](mailto:miduole@gmail.com), [miduole.com/canyons-challenge-event/](http://miduole.com/canyons-challenge-event/)

**August 24, 2024 — 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 LOTOJA!, Troy Oldham, 435-764-2991, [oldhamtroy@gmail.com](mailto:oldhamtroy@gmail.com), [CacheValleyCentury.com](http://CacheValleyCentury.com)

**August 24, 2024 — 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](mailto:madison@discovernac.org), [summitchallenge100.org](http://summitchallenge100.org), [discovernac.org](http://discovernac.org)

**September 8-14, 2024 — 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](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**September 14, 2024 — Goldilocks Utah**, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Microfocus 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, [karlberggracing@gmail.com](mailto:karlberggracing@gmail.com), [goldilocks.events/provo](http://goldilocks.events/provo)

**September 14, 2024 — SLC Vintage Ride p/b Festa Italiana**, Salt Lake City, UT, Approximately 3-mile flat fun ride starting and finishing at the Gateway in downtown Salt Lake City, marking the official open of the Annual Festa Italiana. Old bikes with single-speed drivetrains, flip-flop hubs, rod derailleurs, etc are encouraged. Wool jerseys and shorts as well as other vintage bike attire are also encouraged. Unlike cyclists from decades ago, we highly encourage helmets, Festa Italiana, [info@utahitalians.com](mailto:info@utahitalians.com), [festaitalianaslc.com/4th-annual-vintage-bike-ride](http://festaitalianaslc.com/4th-annual-vintage-bike-ride), [bikereg.com/slc-vintage-ride](http://bikereg.com/slc-vintage-ride)

**September 20-21, 2024 — 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@bsaemail.org](mailto:jeborn@bsaemail.org), Nelson Palmer, 435-760-6901, 801-479-5460, [nrpalmer@comcast.net](mailto:nrpalmer@comcast.net), [utahscouts.org/bike](http://utahscouts.org/bike)

**September 21-21, 2024 — 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](mailto:info@enduranceutah.com), [salt-tosaint.com](http://salt-tosaint.com)

**September 21-22, 2024 — 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. New this year...the route includes Bull Canyon Overlook. You'll carve down red rock canyons, ride along the Colorado River and have the opportunity to see dinosaur tracks after a gnarly climb up to Bull Canyon Overlook. This event has landscape worth training for! Live music and 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. As an annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation, Austin Sellers, [info@skinnytirevents.com](mailto:info@skinnytirevents.com), [skinnytirevents.com](http://skinnytirevents.com)

**October 26, 2024 — 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@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [ride-southernutah.com](http://ride-southernutah.com)

### Regional Road Touring and Gran Fondos ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond

**Lizard Head Bike Tours** — Various, UT, CO, and More, Multiple dates - Texas, Utah, Canada, Colorado, Oregon, New Mexico, Montana, and tons of other locations! Road, MTB, Gravel Tours, John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), Lauren Lasky, 508-561-7580, [lauren@lizardheadcycling.com](mailto:lauren@lizardheadcycling.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**August 19-23, 2024 — Colorado's Ride**, Durango, CO, Colorado's Ride showcases one of the most scenic areas of Colorado through the lens of two amazing overnight towns, Durango and Pagosa Springs, Colorado's Ride , [info@coloradoside.com](mailto:info@coloradoside.com), [www.coloradoside.com](http://www.coloradoside.com)

**August 24, 2024 — Venus de Miles**, Lyons, CO, Venus de Miles is Colorado's original and largest all-women's road ride and finish festival. In its 17th year, Venus de Miles welcomes all skill levels and is a strong supporter of sisterhood and women's cycling. Choose from a 30-mile, 64-mile, or 100-mile course throughout beautiful northern Colorado. The event is a fundraiser for Greenhouse Scholars., Mariel McCown, 720-769-9998, [info@venusdemiles.com](mailto:info@venusdemiles.com), [venusdemiles.com](http://venusdemiles.com)

**September 7, 2024 — 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](mailto:kyle_horvath@elynevada.net), [elynevada.net/race-the-rails](http://elynevada.net/race-the-rails)

**September 7, 2024 — American Diabetes Association's Tour de Cure Colorado**, Lone Tree, CO, Join IDC 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](mailto:LPhelan@diabetes.org), [MTaylor@diabetes.org](mailto:MTaylor@diabetes.org), [MTaub@diabetes.org](mailto:MTaub@diabetes.org), [BrittanyBurcham@diabetes.org](mailto:BrittanyBurcham@diabetes.org), [burcham@diabetes.org](mailto:burcham@diabetes.org), [diabetes.org/coloradotourdecure](http://diabetes.org/coloradotourdecure)

**September 7-14, 2024 — 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 7th and the 14th 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](mailto:visit@discoverklamath.com), [ridetherimregon.com](http://ridetherimregon.com)

**September 7-8, 2024 — 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., Sara Ailsuag, 774-254-2668, [sara.ailsuag@nmss.org](mailto:sara.ailsuag@nmss.org), [BrittanyRondello@nmss.org](mailto:BrittanyRondello@nmss.org), [katie.gambill@nmss.org](mailto:katie.gambill@nmss.org), [206-515-4569](mailto:206-515-4569), [kathrine.gambill@nmss.org](mailto:kathrine.gambill@nmss.org), [bikems.org](http://bikems.org)



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](mailto:bbc@colorado.edu), [buffalobicycleclassic.com](http://buffalobicycleclassic.com)

**September 14, 2024 — 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](mailto:support@theridecollective.com), [theridecollective.com](http://theridecollective.com)

**September 14-15, 2024 — 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. Sara Allsuag, 774-254-2668, [sara.allsuag@nmss.org](mailto:sara.allsuag@nmss.org), John Schilder, 415-439-0402, [john.schilder@nmss.org](mailto:john.schilder@nmss.org), [wavetowine.org](http://wavetowine.org)

**September 15, 2024 — 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.. Maureen Chavez, 505-552-7862, 800-747-0181, [mochavez@skycity.com](mailto:mochavez@skycity.com), [tourdeacoma.com](http://tourdeacoma.com)

**September 21, 2024 — Mountains to the Desert Classic.** Telluride, CO. Benefits Just For Kids Foundation. 3 routes and starting points to choose from: Telluride to Gateway: 103 Miles; Norwood to Gateway: 73 Miles; Ridgeway to Gateway: 110 Miles (new for 2024!) BBQ party too. Finishes at Gateway Canyon Resort, Evan Tueller, 949-412-4068, [m2d@justforkidsfoundation.org](mailto:m2d@justforkidsfoundation.org), [m2dclassic.com](http://m2dclassic.com), [justforkidsfoundation.org](http://justforkidsfoundation.org)

**September 21, 2024 — 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](mailto:support@theridecollective.com), [theridecollective.com](http://theridecollective.com)

**September 21-28, 2024 — 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, 213-634-3772, 909-489-2217, [smarangcox@arthritis.org](mailto:smarangcox@arthritis.org), [arthritis.org/events/bike-event](http://arthritis.org/events/bike-event)

**September 21-22, 2024 — 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, Sara Allsuag, 774-254-2668, [sara.allsuag@nmss.org](mailto:sara.allsuag@nmss.org), Brittany Rondello, 425-647-6846, [brittany.rondello@nmss.org](mailto:brittany.rondello@nmss.org), Emily Rios, [emily.rios@nmss.org](mailto:emily.rios@nmss.org), [bikems.org](http://bikems.org)

**September 21, 2024 — Loop de Loop.** Tucson, AZ. Chuck Huckleberry Loop, El Tour de Tucson, 520-745-2033, [info@elourdeltucson.org](mailto:info@elourdeltucson.org), [elourdeltucson.org](http://elourdeltucson.org)

**September 28, 2024 — 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](mailto:info@denvercenturyride.com), [denvercenturyride.com](http://denvercenturyride.com)

**September 28, 2024 — Sacramento Century Challenge.** Sacramento, CA, [sacramento-century.com](http://sacramento-century.com)

**September 29, 2024 — 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 Wiclaw, 330-518-4708, [metalf@metalfthebrand.com](mailto:metalf@metalfthebrand.com), [touroftheriogrande.com](http://touroftheriogrande.com)

**September 29-October 4, 2024 — Pablove Across America.** San Francisco, CA. Ride from San Francisco to Los Angeles over 6 days. The ride raises money for pediatric cancer research as well as an art program for kids going through treatment. Chelsea Alexander, 480-612-3634, [chelseaalexander@pablove.org](mailto:chelseaalexander@pablove.org), [pablove.org](http://pablove.org)

**October 5-6, 2024 — 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. Road routes from 13 - 150 miles, or 19-mile MTB route. Start/Finish at McDowell Mountain Regional Park. Best-in-class supported ride. [www.bikems-arizona.org](http://www.bikems-arizona.org). Start time 6 a.m., Sara Allsuag, 774-254-2668, [sara.allsuag@nmss.org](mailto:sara.allsuag@nmss.org), Tanya Marks, 602-753-7550, [tanya.marks@nmss.org](mailto:tanya.marks@nmss.org), [bikemsarizona.org](http://bikemsarizona.org), [mssociety.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=1636](http://mssociety.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=1636)

**October 12, 2024 — Park to Park Pedal Extreme Nevada 100.** Callente, NV. Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Callente and Piche, 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 Andone, 775-728-8101, [cathedralgorgevc@cturbonet.com](mailto:cathedralgorgevc@cturbonet.com), [parktoparkpedal.com](http://parktoparkpedal.com), [lincolncountynevada.com/exploring/biking/park-to-park-pedal/](http://lincolncountynevada.com/exploring/biking/park-to-park-pedal/)

**October 12, 2024 — Gila Monster Gran Fondo.** Silver City, NM. With three distances to choose from, everyone can find their challenge. Gran Fondo 115 miles, Gough Park,

Silver City 8:00am. Medio Fondo 78 miles, Gough Park, Silver City 8:00am. Nano Fondo 40 miles, Camp Thunderbird, HWY 35 10:00 am., Jack Brennan, 575-590-2612, [brennan5231@comcast.net](mailto:brennan5231@comcast.net), [tourofthegila.com](http://tourofthegila.com)

**October 19-20, 2024 — 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! Sara Allsuag, 774-254-2668, [sara.allsuag@nmss.org](mailto:sara.allsuag@nmss.org), Lina Agullon, 619-363-4695, [lina.agullon@nmss.org](mailto:lina.agullon@nmss.org), [biketofinishms.org](http://biketofinishms.org)

**October 26-27, 2024 — 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](mailto:jgriffin@sunny505.com), [dayofthetread.com](http://dayofthetread.com)

**October 26-27, 2024 — 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](mailto:info@philfondos.com), [philfondos.com](http://philfondos.com)

**November 2, 2024 — Tri-States Gran Fondo.** Mesquite, NV, 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [tristatesgranfondos.com](http://tristatesgranfondos.com), [planetultra.com](http://planetultra.com)

**November 2, 2024 — Bike the Coast.** San Diego, CA. Join riders of all levels and ages while experiencing the best of Southern California beaches and surf towns as you ride routes of 100, 50, 25 on historic Highway 101, or enjoy our family ride on the San Luis Rey River Trail (15 or 7 miles).. 909.399.3553, [info@spectrumsports.net](mailto:info@spectrumsports.net), [bikethecoastsd.com](http://bikethecoastsd.com)

**November 2, 2024 — Powless Gran Fondo.** Auburn, CA, 35, 68 (road events), 71, 104 (gravel) mile options. A road and gravel race in the hometown Neilson and Shayna Powless, Nathan Powell, 916-899-3471, [calbearadventure@gmail.com](mailto:calbearadventure@gmail.com), [powlessgranfondo.com](http://powlessgranfondo.com)

**November 9, 2024 — Ride 2 Recovery Honor Ride Las Vegas.** Honor Ride, Las Vegas, NV. Starts and rides down Las Vegas Boulevard with a full escort down the strip! 3 routes will be available (20-, 42-, and 57-miles) with the longer heading out towards Henderson., Jack Shepard, 818-888-7091 Ext. 106, [info@projecthero.org](mailto:info@projecthero.org), [r2r.convio.net/site/TR?r1d=1880&pg=entry\\_wearprojecthero.org](http://r2r.convio.net/site/TR?r1d=1880&pg=entry_wearprojecthero.org)

**November 9, 2024 — Ride the Point.** Point Loma, CA. The Point Loma Rotary Club is hosting the Jim Krause Memorial Charity Cycling Ride the Point for pancreatic cancer research. The ride starts and ends at Liberty Station. Ride the Point has three distances to accommodate different levels of cycling experience. The 6 mile Family Fun Ride is a relatively flat course on bike paths along beautiful San Diego Bay and is perfect for cruisers, beginning riders, challenged athletes, and families. The 25 and Metric Century are road rides with exclusive routes and challenging climbs around scenic San Diego., Richard Stakelum, 619-794-9051, [director@ridethepoint.org](mailto:director@ridethepoint.org), [ridethepoint.org](http://ridethepoint.org)

**November 10, 2024 — Great Dam Ride.** Henderson, NV. Cycle for Air will celebrate its 39th year in 2023 but this is the FIRST time it will take place in the amazing Nevada desert. Looking for a one-of-a-kind adventure or a way to increase your endurance the Great Dam Ride is for you. There will be three courses so matter what your level there is a place for you. Your distance options are a Metric Century loop, a 40-mile loop, and a family track that tops out at 13 miles. There is also the Cycle Your Way option allowing you to choose when & where you ride while still supporting the American Lung Association mission., Dawn Creech, 702-431-3667, [dawn.creech@lung.org](mailto:dawn.creech@lung.org), [action.lung.org/site/TR/Cycle/ALASW\\_Southwest?pg=entry&r1d=23589](http://action.lung.org/site/TR/Cycle/ALASW_Southwest?pg=entry&r1d=23589)

**November 16, 2024 — Death Valley Century.** Death Valley, CA. Half, Metric and Full Century options. Entry includes fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award, Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**November 17-23, 2024 — El Tour de Tucson Prologue Camp.** Tucson, AZ, 5 day cycling

camp to learn and ride with the pros, El Tour de Tucson, 520-745-2033, [info@elourdeltucson.org](mailto:info@elourdeltucson.org), [elourdeltucson.org](http://elourdeltucson.org)

**November 23, 2024 — El Tour de Tucson.** Tucson, AZ. Charity, community, health and wellness are what Perimeter Bicycling and El Tour are all about. They all go hand-in-hand when it comes to building awareness for a bike ride that has been part of the Tucson community for nearly four decades., El Tour de Tucson, 520-745-2033, [info@elourdeltucson.org](mailto:info@elourdeltucson.org), [elourdeltucson.org](http://elourdeltucson.org)

**Multisport Races**

**August 17, 2024 — Daybreak Triathlon.** Salt Lake Triathlon Series, South Jordan, UT. The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Oquirrh Mountains and a run around the lake that is unparalleled., Perry Hacker, 801-613-2116, [contact@ustrisports.com](mailto:contact@ustrisports.com), [ustrisports.com](http://ustrisports.com)

**August 17, 2024 — 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](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [greattrailrace.com](http://greattrailrace.com)

**August 18, 2024 — COEUR Outdoor Divas Triathlon.** Longmont, CO. Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, [lance@withoulimits.com](mailto:lance@withoulimits.com), [withoulimits.co](http://withoulimits.co)

**August 21, 2024 — Range-to-River Relay.** Salt Lake City, UT, 7.2 mile bike, 3.3 mile paddle, 3.4 mile run. Explore the condition of the Salt Lake Valley's waterways and learn about recreation in your backyard., Julie Williams, [julie@sevencanyonstrust.org](mailto:julie@sevencanyonstrust.org), <https://sevencanyonstrust.org/events/range-river-relay>

**August 24, 2024 — 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](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com), [bouldersunset.com](http://bouldersunset.com)

**August 24-25, 2024 — 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](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com)

**September 2, 2024 — 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](mailto:john@southdavisrecreation.com), Cindy Hunt, 801-298-6220, [cindy@southdavisrecreation.com](mailto:cindy@southdavisrecreation.com), [southdavisrecreation.com](http://southdavisrecreation.com), [southdavisraces.com](http://southdavisraces.com)

**September 6, 2024 — 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@triatu.com](mailto:race@triatu.com), [triatu.com](http://triatu.com)

**September 7, 2024 — Desert's Edge Triathlon Festival - Dirt Tri & Road Tri.** Fruita, CO. Sprint, Olympic, and Off-Road category options, Cassidy Veach, 970-248-1364, [cassidy@grandjunctionsports.org](mailto:cassidy@grandjunctionsports.org), Grand Junction Sports, 970-248-1378, [info@grandjunctionsports.org](mailto:info@grandjunctionsports.org), [grandjunctionsports.org/deserts-edge-triathlon](http://grandjunctionsports.org/deserts-edge-triathlon)

**September 7, 2024 — Harvest Moon Triathlon.** BBSC Triathlon Series, Boulder, CO. Half Distance Triathlon: The 25th edition of this event takes place at the beautiful Boulder Reservoir. Est. in 2000 this Colorado classic provides the veterans to beginners a challenging, affordable, and competitive race with a local flavor, Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com), [kokopelli.com](http://kokopelli.com)

**September 8, 2024 — Ironman 70.3 Santa Cruz.** Santa Cruz, CA, 70.3 mile course, Ironman, [boulder70.3@ironman.com](http://boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**September 13-14, 2024 — 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](mailto:Jared.Chatterley@trinidad.co.gov), [purg4.com](http://purg4.com)

**September 14, 2024 — 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

**Olympic Cycling Trivia Answers**

A1. It has been awhile! 2000 in Sydney, Australia when Marty Nothstein of Trexlertown, PA won the Match Sprint.

A2. In 1984, Connie Carpenter-Phinney of Boulder, Colorado narrowly won the Road Race in front of her teammate Rebecca Twigg. We would have to wait until 2008 for the amazing Kristin Armstrong of Boise, Idaho to win the time trial. She would repeat the feat in 2012 following the birth of her son. She then came out of retirement to win the 2016 Gold, becoming the oldest female cyclist to win a gold medal and the only cyclist to win three individual golds in the same discipline. Finally, in 2020 Jennifer Valente triumphed in the Omnium on the track, surviving a crash in the final event to do so.

In 2024 Kristin Faulkner won gold in the women's individual road race, Chloe Dygert took bronze in the individual time trial. Both riders were also on the gold medal winning women's team pursuit even on the track. Jennifer Valente, who was also part of the team pursuit squad, successfully defended her Omnium gold medal as well. This brings the official gold medal count to eight, although eleven medals have actually been handed out, since all four riders on the team pursuit squad received a medal.

A3. (Sir) Jason Kenny of Great Britain with NINE medals, seven of which are gold. A track cyclist, Kenny won Gold in the Team Sprint in 2008, 2012, 2016, and finally Silver in the event in 2020. In the Match Sprint event he won Silver in 2008 and Gold in 2012 and 2016. In the Keirin he took gold in both 2016 and 2020. His wife since 2016 to Laura Trott-Kenny has won six Olympic medals on the track as well, including five golds!!!

A4. France! They have won the most cycling medals eight times since 1896 (2896, 1900, 1924, 1936, 1948, 1968, 1996, and 2000). Great Britain is second with six but significantly they have dominated recent Olympics with between 18 and 22 medals each Olympics from 2008 through to 2020.

A5. 2004 and it happened twice! Olga Slyusareva of Russia won the bronze in the time trial event on the road and then took gold in the points race on the track. Dutchwoman Leontien van Moorsel won the gold in road time trial and then took home bronze in the pursuit on the track. In 2024, Kristin Faulkner won gold in the women's individual road race, Chloe Dygert took bronze in the individual time trial. Both riders were also on the gold medal winning women's team pursuit event on the track.

-Dave Campbell

distances., Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com), [kokopelli.com](http://kokopelli.com)

**September 14, 2024 — 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](http://racetri.com), [toughmantri.com](http://toughmantri.com)

**September 14, 2024 — 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](mailto:joec@onhillevents.com), [bearlakebrawl.com](http://bearlakebrawl.com), [onhillevents.com](http://onhillevents.com)

**September 14, 2024 — Littlefoot Triathlon.** Lakewood, CO. Enjoy a fun late season tri at beautiful Bear Creek Lake Park in a land before time. Set at the base of the foothills, the Triathlon starts off with a 750 meter swim in Big Soda Lake, with water temps expected to be approximately 70 degrees. Next, a rolling 15K bike ride on smooth paved roads that covers nearly the entire park, offering great views throughout! Finish it up with a scenic 5k run on a bike path that winds through the park, Lance Panigutti, 303-408-1195, [lance@withoulimits.com](mailto:lance@withoulimits.com), [withoulimits.co](http://withoulimits.co)

**September 14, 2024 — 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 swims

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@valkyrierelay.com](mailto:info@valkyrierelay.com), [valkyrierelay.com](http://valkyrierelay.com)

**September 15, 2024 — 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](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [event/xterra-lake-tahoe/](http://event/xterra-lake-tahoe/), [xterraplant.com](http://xterraplant.com)

**September 21, 2024 — Rexburg Rush Triathlon.** TRI Peaks Events, Rexburg,

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Calendar from page 21

ID, Held at Wakeside Lake in Rexburg. This triathlon will include BOTH Sprint & Olympic distances. This race is a first in a 3 race series happening in Eastern Idaho—DO THE TRIFECTA in 2023! Mike Taylor, 208-201-6269, [TriPeaksEpicEvents@gmail.com](mailto:TriPeaksEpicEvents@gmail.com), [tripeaksvevents.com](mailto:tripeaksvevents.com)

**September 22, 2024 — Oktoberfest Triathlon**, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, [lance@withouthimits.com](mailto:lance@withouthimits.com), [withouthimits.com](http://withouthimits.com)

**September 22, 2024 — Ironman 70.3 Washington Tri-Cities**, Richland, WA, 70.3 mile course, Ironman, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**October 5, 2024 — 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](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com), [lasvegastri.com](http://lasvegastri.com)

**October 5, 2024 — Nevada Senior Games Triathlon**, Las Vegas, NV, Sprint race. It is the Nevada Senior Games' official state triathlon championship and qualifier for the 2025 National Senior Games. Open to triathletes ages 50 and better! 750-meter lake swim, 12.4-mile bike, 5K run within

Lake Mead NRA. NVSG athletes receive 20% discount on Las Vegas Triathlon sprint race registration. Medals for top 3 finishers in each 5-year age group beginning at 50 (eligible for BBSC awards, too!). Registration opens Apr. 1., Bonnie Parrish-Kell, 702-373-5293, [nvsg-tri-run@slowpokedivas.com](mailto:nvsg-tri-run@slowpokedivas.com), [NevadaSeniorGames.com](http://NevadaSeniorGames.com)

**October 12, 2024 — 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., Jason Ranoa, 800-562-1268, 435-674-0550, [hello@seniorgames.net](mailto:hello@seniorgames.net), [seniorgames.net](http://seniorgames.net)

**October 15, 2024 — Pumpkinman Triathlon**, BBSC Double Down Series, Boulder City, NV. This point-to-point race starts at Lake Mead and finishes at Wilbur Square in Boulder City. This race will once again host the Rocky Mountain Collegiate Conference, with an Olympic wave start for all college athletes., Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com), [pumpkinmantri.com](http://pumpkinmantri.com)

**October 26, 2024 — 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](mailto:joec@onhillevents.com), [southernutatriathlon.com](http://southernutatriathlon.com), [onhillevents.com](http://onhillevents.com)

**October 26, 2024 — Ironman World Championship**, Kailua-Kona, HI, 140.6 miles, Ironman, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**October 27, 2024 — Ironman California**, Sacramento, CA, 2.4-mile swim, 112-mile bike course, 26.2 mile run, Ironman, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**November 17, 2024 — Ironman Arizona**, Paradox, AZ, 2.4-mile swim, 112-mile bike course, 26.2 mile run, Ironman, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**December 8, 2024 — Ironman 70.3 Indian Wells La Quinta**, Indian Wells, CA, 70.3 mile course, Ironman, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

Cyclocross Series

**Northern California Cyclocross Races** — Various, CA, August 7 - December 15, 2024, John Simmons, [bikeracer-john@gmail.com](mailto:bikeracer-john@gmail.com), [docs.google.com/spreadsheets/d/1dzncHwMdpJcka-28UxAGsVJcZtTfGqVnJpBcBWSA5c/](https://docs.google.com/spreadsheets/d/1dzncHwMdpJcka-28UxAGsVJcZtTfGqVnJpBcBWSA5c/)

**August 28-September 25, 2024 — 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, [lwaldman3@gmail.com](mailto:lwaldman3@gmail.com), [bikereg.com/events/?pid=14702](http://bikereg.com/events/?pid=14702)

**September 14-November 23, 2024 — Shimano Cyclo X Cyclocross Series**, Colorado Cross Cup, Boulder, CO, September 14 - Harlow Platts October 5 - Louisville October 19 - Parker October 26 - Valmont November 16 - Westminster City Park November 23 - Longmont, Lance Panigutti, 303-408-1195, [lance@withouthimits.com](mailto:lance@withouthimits.com), [withouthimits.com/cyclo-x-series](http://withouthimits.com/cyclo-x-series)

**September 18-October 30, 2024 — Missoula Wednesday Night CX Series**, Missoula, MT, Wednesdays, Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com/events/montana-cyclocross/](http://montanacyclocross.com/events/montana-cyclocross/)

**September 27-October 8, 2024 — P-Town Cross Series**, P-Town Cross Series, Various, UT, Schedule: Tuesdays. Locations TBA. Kids Race - 5:15pm; Women B, HS/Juniors, C - 5:30pm; A, B, Women's A - 6:10pm/7pm Raffle immediately following each race, Ryan Barrett, [ryan@turbosportsllc.com](mailto:ryan@turbosportsllc.com), [ptowncross.com](http://ptowncross.com), [facebook.com/ptowncross](https://facebook.com/ptowncross)

**September 28-November 23, 2024 — Utah Cyclocross Series**, Utah Cyclocross Series, Various, UT, Utah's weekend cyclocross series., TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

Cyclocross

**September 18, 2024 — Skills and Thrills Cyclocross**, Missoula, MT, Clinic and practice race, Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com](http://montanacyclocross.com)

**September 21-22, 2024 — Sandy Point Cross 1 & 2**, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**September 21, 2024 — Frisco Cross**, Colorado Cross Cup, Frisco, CO, Lee Waldman, 720-313-5312, [lwaldman3@gmail.com](mailto:lwaldman3@gmail.com), [bikereg.com/frisco-cross](http://bikereg.com/frisco-cross)

**September 28, 2024 — UTX #01 - Ogden Cyclocross Park**, Utah Cyclocross Series, Ogden, UT, 2599 A Ave Ogden, UT 84401, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**September 28, 2024 — Schoolyard Cross**, Colorado Cross Cup, Boulder, CO, Pete Webber, [pete.webber@boulderjuniorcycling.org](mailto:pete.webber@boulderjuniorcycling.org), [boulderjuniorcycling.org/schoolyard-cross](http://boulderjuniorcycling.org/schoolyard-cross)

**October 5, 2024 — UTX #02 - Fort Buenaventura**, Utah Cyclocross Series, Ogden, UT, Fort Buenaventura, 2450 A Avenue, Ogden, Utah, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**October 11-13, 2024 — Singlespeed Cyclocross World Championships**, Madison, WI, Cycling West, [noemail@cyclingutah.com](mailto:noemail@cyclingutah.com), [ssxcwc24wisco.com](http://ssxcwc24wisco.com)

**October 12-13, 2024 — Sandy Point Cross 3 & 4**, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**October 12, 2024 — UTX #03 - Hillside Middle School**, Utah Cyclocross Series, Millcreek, UT, 1825 E Nevada St, Salt Lake City, UT 84108, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**October 12, 2024 — Amy D. Breaking Barriers Cyclocross - Colorado Cyclocross Championships**, Colorado Cross Cup, Golden, CO, Lee Waldman, 720-313-5312, [lwaldman3@gmail.com](mailto:lwaldman3@gmail.com), [bikereg.com/amy-d-breaking-barriers](http://bikereg.com/amy-d-breaking-barriers)

**October 12, 2024 — Purple Thistle Cyclocross**, East Idaho Cyclocross Series, Idaho Falls, ID, At the Gem Lake Recreation Area, Stefan Hoase, [haa17002@byui.edu](mailto:haa17002@byui.edu), Jeff Hancock, [jeffhancock@mac.com](mailto:jeffhancock@mac.com), [bikereg.com/purple-thistle-cyclocross](http://bikereg.com/purple-thistle-cyclocross)

**October 18, 2024 — UTX #04 - Art Dye Park - Devil's Night**, Utah Cyclocross Series, American Fork, UT, Art Dye 1000 N 550 E St,

American Fork, UT 84003, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**October 19, 2024 — The Cube Cyclocross**, East Idaho Cyclocross Series, Rexburg, ID, A fun, high-quality, small town cyclocross event. Held at Rexburg Nature Park, Kids' Race 10:00, "B" Race 11:00, "A" Race 12:00. The Cube is now part of the East Idaho Cyclocross Series along with The Purple Thistle (Idaho Falls) and Bengal Cross (Pocatello), Dave Anderson, 208-313-2021, [dandersonmmh@gmail.com](mailto:dandersonmmh@gmail.com), [rexburgcube.com](http://rexburgcube.com)

**October 19, 2024 — UTX #05 - Art Dye Park**, Utah Cyclocross Series, American Fork, UT, Art Dye 1000 N 550 E St, American Fork, UT 84003, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**October 26, 2024 — UTX #06 - Barnes Park**, Utah Cyclocross Series, Kaysville, UT, Halloween CX, Barnes Park 950 W 200 N, Kaysville, UT 84037, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**October 26-27, 2024 — Rolling Thunder Cyclocross**, Missoula, MT, Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), Cory Kaufman, 406-279-4109, [kaufman.cory@gmail.com](mailto:kaufman.cory@gmail.com), [montanacyclocross.com](http://montanacyclocross.com)

**November 1-3, 2024 — Pan American Cyclocross Championships**, Missoula, MT, Cyclocross Championships for North and S. American Racing for all categories, Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com](http://montanacyclocross.com)

**November 2, 2024 — Bengal Cross**, Pocatello, ID, Meet at Bartz Field at Idaho State University at 10 am with B class starting at 11 am for 45 minutes and A class starting at noon for 50 minutes. Additionally, there will be a fund raiser for the Idaho Food Bank so please bring food or monetary donations to help those trying to make ends meet., Peter Joyce, 208-282-3912, [jpcycc@isu.edu](mailto:jpcycc@isu.edu), [facebook.com/bengalcross](https://facebook.com/bengalcross)

**November 2-3, 2024 — Cross of the North**, Colorado Cross Cup, Fort Collins, CO, Held on the grounds of New Belgium Brewing, Cross of the North, 970-208-4275, [racedid@crossofthenorth.com](mailto:racedid@crossofthenorth.com), [crossofthenorth.com](http://crossofthenorth.com)

**November 2, 2024 — UTX #07 - Valley Regional Park**, Utah Cyclocross Series, Taylorsville, UT, 5100 S 2700 W, Taylorsville, UT 84129, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**November 9, 2024 — UTX #08 - 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](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**November 9-10, 2024 — Sandy Point Cross 5 & 6**, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**November 9-10, 2024 — Wild West Cyclocross**, Colorado Cross Cup, Golden, CO, Jefferson County Fairgrounds, Dave Muscianisi, 303-817-6523, [events@rattleracing.com](mailto:events@rattleracing.com), [rattleracing.com](http://rattleracing.com)

**November 16, 2024 — UTX #09 - Lodestone Park**, Utah Cyclocross Series, Kearns, UT, 6252 W 6200 S, Kearns, UT 84118, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**November 23, 2024 — UTX #10 - Wheeler Farm**, Utah Cyclocross Series, Murray, UT, 6351 S 900 E, Murray, UT 84121, State Championships, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**December 7-8, 2024 — Sandy Point Cross 7 & 8**, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**December 9-15, 2024 — USA Cycling Cyclocross National Championships**, Louisville, KY, Elite and amateur cyclocross national championships, USAC Events, 719-434-4200, [nationalevents@usacycling.org](http://nationalevents@usacycling.org), [usacycling.org](http://usacycling.org)

BLM Plans Expanded Bike Park in Buckeye, Arizona

A new mountain bike haven may be coming to Buckeye, Arizona. It would be within a 640-acre addition to the 8,700-acre Skyline Regional Park. The Bureau of Land Management (BLM) owns the land and has agreed in principle to lease or transfer it to the city. BLM has opened a public comment period on the transfer, which runs until August 23.

The land is located in the White Tank Mountains within city limits, north of I-10. The plan calls for building a trail network that will connect with the park's existing 11 mountain bike trails of varying elevations. According to the BLM, the plan will include "trailhead parking, rest nodes with restrooms, shade structures, seating and site furnishings, signage, and access roads from the future Verrado road network. The trails are anticipated to be single-track, shared-use, non-motor-

ized trails for hiking, mountain biking, and equestrian use."

Potential future developments, according to the BLM, "include a bike skills area that would utilize the varied terrain of the White Tank Mountains foothills to offer a variety of bike recreation opportunities, such as pump track-style courses, BMX challenge courses, flow trails, mountain bike trails of varying difficulty, and training areas for beginners."

The plan must go through several steps. After the comment period, the BLM will conduct an environmental assessment, which will also have a 30-day comment period.

For details, see <https://www.govinfo.gov/content/pkg/FR-2024-07-09/html/2024-14943.htm>.

-Charles Pekow

Improved Bike Infrastructure Increases Individual Excursions

We all know that city bike riding is increasing in the USA. So is the amount of cycling infrastructure. But to what extent does increases in the latter cause increases in the former? And what aspects of increased infrastructure might help? Researchers at several institutes of higher education took a look at 12 American cities over 13 years. Some of their findings:

- Adding off street trails increased cycling 6-14 percent, with the biggest increases in afternoon peak periods.
- More cyclists were observed going through intersections when sharrows and low speed limits were added.
- It didn't matter whether an intersection was a common route between destinations.

Find Impacts of Bicycle

Infrastructure and Network Characteristics on Bicycle Traffic over Time in 12 US Cities at [https://www.researchgate.net/publication/381850582\\_Impacts\\_of\\_Bicycle\\_Infrastructure\\_and\\_Network\\_Characteristics\\_on\\_Bicycle\\_Traffic\\_over\\_Time\\_in\\_12\\_US\\_Cities](https://www.researchgate.net/publication/381850582_Impacts_of_Bicycle_Infrastructure_and_Network_Characteristics_on_Bicycle_Traffic_over_Time_in_12_US_Cities)

-Charles Pekow

Rep. Boebert Bashes Bike Benefits

Rep. Lauren Boebert, the Trump-supporting, election-denying Republican member of Congress seeking another term in Colorado, has targeted bicycling benefits as part of her campaign. At her urging, the House passed a provision that would remove the bicycling benefit for Department of the Interior employees who ride their bikes to work. This provision was included in H.R.8998 - Department of the Interior, Environment, and Related Agencies Appropriations Act, 2025.

Currently, at the agency's discretion, federal employees are eligible for a Bicycle Subsidy Benefit to cover expenses if they commute by bike ([https://www.doi.gov/ofas/support\\_services/bicycle-subsidy-benefit-program](https://www.doi.gov/ofas/support_services/bicycle-subsidy-benefit-program)). Boebert's amendment specifically targets employees of the Department of the Interior.

Boebert stated on the House floor:

"American taxpayers' hard-earned money is being wasted

on covering bicycle commuting expenses such as bicycles, bicycle locks, bicycle parking, storage, bicycle safety equipment, bicycle improvements or accessories, including reflective lights, racks, bicycle repairs and general maintenance, personal safety and protective equipment, including high-visibility safety apparel, headwear, and bicycle gloves, and bicycle share memberships as well as getting paid to bike to work. Praise the Lord."

She further added, "We must redirect our attention and their money to much more important things than subsidizing employees for riding bicycles," and urged her colleagues to "support my amendment to cut wasteful, silly federal spending by prohibiting funding for the Bicycle Subsidy Benefit Program at the Department of the Interior."

Rep. Betty McCollum (D-MN), though outvoted, defended the subsidy, noting that the program dates back to 1993 and is not part of the

Biden-Harris spending that Boebert criticized. "We all know what the traffic is going to be like here tomorrow. Bikes would be handy," McCollum said. "This is a government-wide program, and the amendment unfairly targets Department of the Interior employees."

Passage of Boebert's amendment is far from certain, as the Senate Appropriations Committee passed a funding bill without the provision. The Interior's press office did not respond to an inquiry.

On a brighter note, the House also approved an amendment to the bill sponsored by Del. Eleanor Holmes Norton (D-DC), which would allocate \$1 million to the National Park Service to report on whether any laws or regulations are inhibiting the use of urban national parks for active use, including bicycling.

-Charles Pekow

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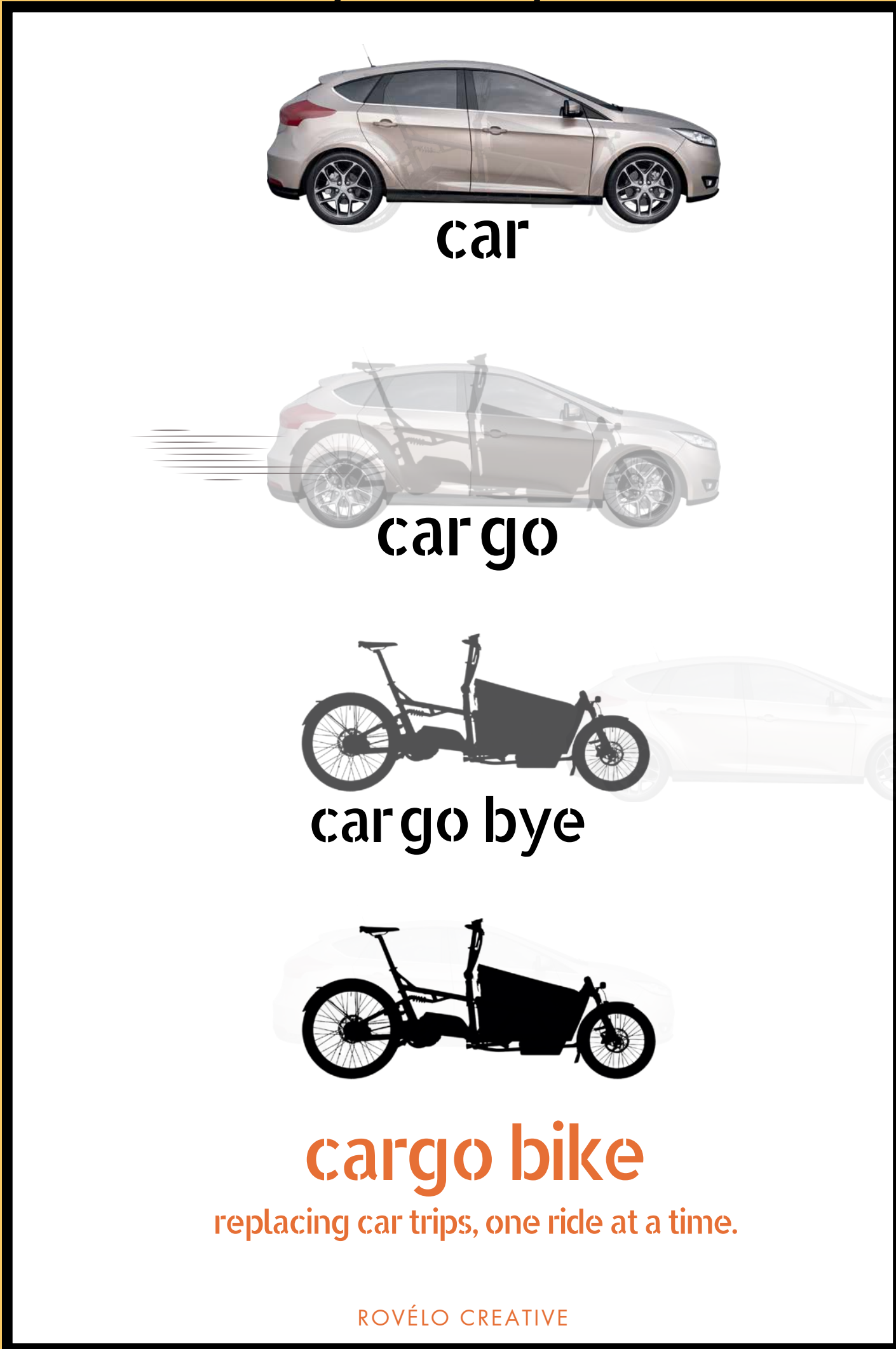
**heartcycle.org**





**BICYCLE ART**

**Evolution of a Revolution - A Bicycle Poster by Tom Flood**



**Artist:** Tom Flood

**About the Artist:**

Tom Flood worked in advertising on the agency side for many years in Toronto on a wide range of clients including corporate branding for automotive manufacturers. Things changed direction for him after taking his kids to school on their bikes

and seeing the imbalance on our streets.

He now develops strategy, creative & content for clients through Rovélo Creative and gives talks and comms workshops around framing and language as it applies to AT, Road Safety and Road Violence.

**Title of piece:** Evolution of a

Revolution

About the piece: I've recently been using a cargo bike and really seeing just how much of an impact and game changer this bike is as a car trip replacer.

**Medium and size:** Original poster was 8.5x11

**Where can people find or buy your art:** some posters are available on [creativebyrovelo.com/shop](https://creativebyrovelo.com/shop) along with t shirts. More being uploaded over the next while.

**Website and social media for your art:** [Instagram.com/rovelocreative](https://Instagram.com/rovelocreative) [Creativebyrovelo.com](https://Creativebyrovelo.com)

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