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**2025 EVENT  
CALENDARS  
INSIDE!**

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ROAD • MOUNTAIN • GRAVEL • TRIATHLON • TOURING • RACING • COMMUTING • ADVOCACY



## NUTRITION

# The Athlete's Kitchen: Sports Foods — Questions and Concerns

By Nancy Clark MS RD CSSD

Professionals In Nutrition for Exercise & Sport (PINES) is an international organization whose mission is to educate athletes around the globe about how to fuel for optimal performance. Each year, PINES members present cutting-edge information at the annual meeting of the American College of Sports Medicine. (ACSM). This summary highlights hot topics discussed at this year's meeting (May 2025), comparing natural vs. commercial sports foods.

*Can athletes get enough creatine from a diet targeting creatine-containing foods without needing creatine supplements?*

Likely yes IF they are eating a meat-centric diet; otherwise, no. The recommended creatine intake for athletes is 5 grams a day. Humans produce daily about one gram of creatine and we eat about one gram a day of creatine from meats. A pound of raw meat contains about 2 to 2.5

grams of creatine; cooked meat has less. Athletes—especially vegans—who listen to health advice to eat less meat can easily consume less than the recommended amount of creatine. Should you care? Yes, according to Eric Rawson of Messiah University. Creatine is linked with both improved athletic performance as well as better brain function in

people older than 60.

*Is stevia an effective sugar replacement to reduce calorie intake?*

Depends. Stevia, a calorie-free sugar substitute, can effectively offer a sweet taste to a cup of coffee, tea, or soda. Eimear Dolan of the University of Sao Paulo says it unlikely reduces calories enough to contribute to significant weight loss. A teaspoon of sugar has only 16 calories, so replacing sugar with Stevia in your morning brew could save you about 15 to 30 calories. Not much. However, if you are a soda drinker who guzzles two cans of cola a day, you could save 300 calories. That is significant!

*A beef jerky stick or chocolate milk provides enough leucine, making Branch Chain Amino Acid (BCAA) supplementation unnecessary?*

Plausible. Of the three BCAAs (leucine, iso-leucine, valine), leucine is the primary trigger for optimal muscle growth and repair. Consuming 2 to 3 grams of leucine a day maximizes muscle protein synthesis. Athletes who limit their intake of calories and/or protein can miss the 2-gram per day leucine target.

If you are among the 37% of gym-goers who buy BCAA supplements, you could more enjoyably refuel with beef jerky (2.3 g leucine in 3.5 oz jerky) or chug 24-ounces of chocolate milk (2.3 g leucine) for your recovery food. Leucine is readily available in food, so think twice before paying \$4.50 for a supplement with 5-grams of BCAA.

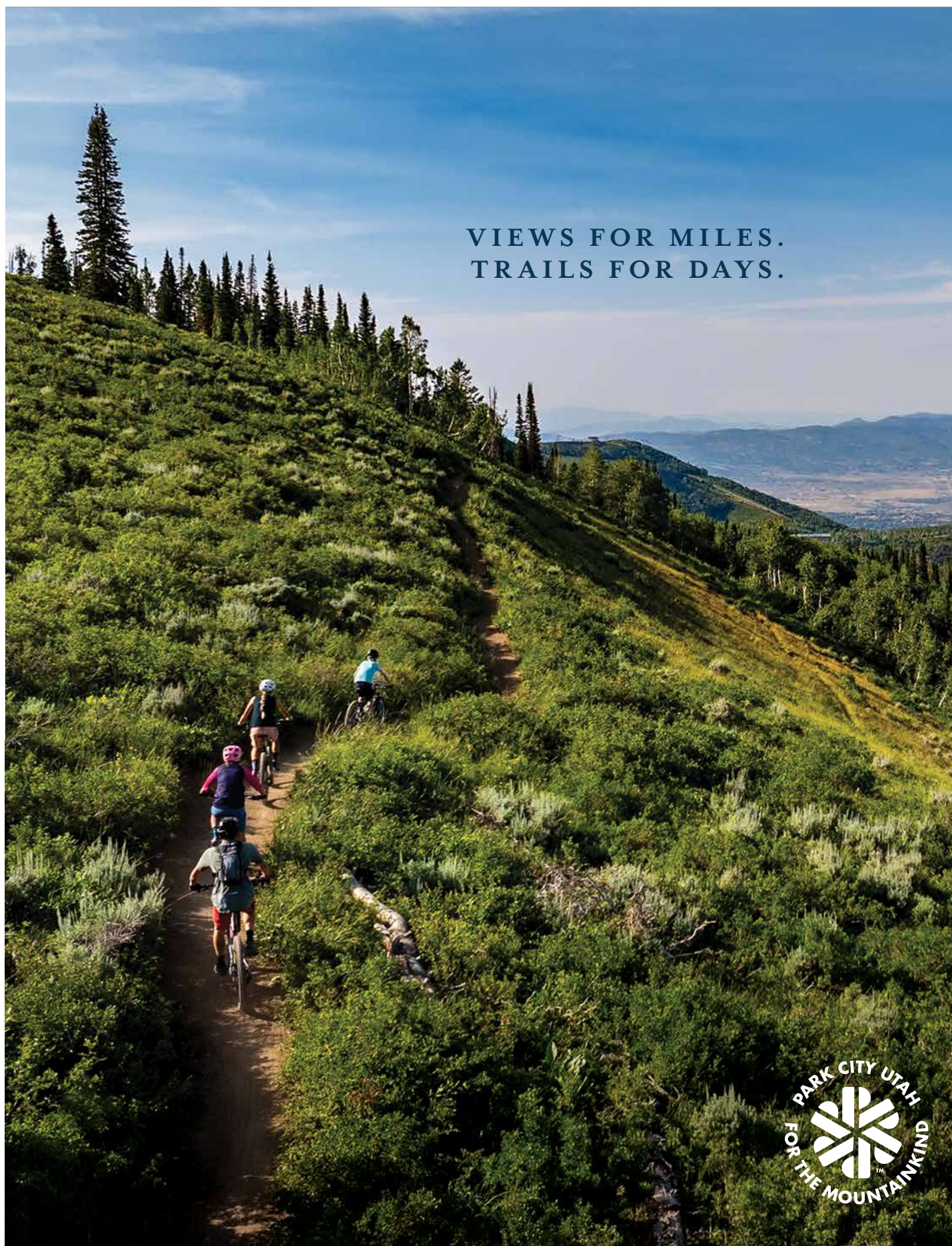
*Is a homemade sports drink made from juice and a bit of salt as effective as a commercially available sports drink?*

Plausible. Athletes can easily create a homemade sports drink that matches the nutrient profile of, let's say, Gatorade: 55 calories, 105 mg. sodium in 8 ounces (240 ml). You can even add ingredients of choice, such as caffeine (brewed coffee or tea?), honey, a splash of juice or other flavoring of your choice. Stavros Kavouras of Arizona State Uni. warns: Just don't put a sports drink of any kind into a fluid carrier, such as CamelBak. Doing so creates a breeding ground for bacteria!

*Can honey, applesauce, or other foods effectively replace carbohydrate gels for fueling exercise?*

Yes. Research has compared different foods with commercial sports products, such as honey vs. gels; raisins vs. gummies; banana vs. sport drink; mashed potato vs. gels. In all cases, the commercial product offered no performance advantage over the natural food; both helped improve performance equally.

Catalina Fernandes of Costa Rica adds "real food" might offer more fiber, be harder to carry and bulkier (when matched for calories). Hence, each athlete should experiment with both natural and commercial foods,



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Cycling West Late Summer 2025  
Cover Photo: Ryan Rinn (left) and  
Bryan Markwardt high on Mount  
Tamalpais on a Tam Tuesday ride.

Photo by Chris DeStefano, photographer/cyclist

## ADVOCACY

# Why Can't We Build Bike Lanes?

By Peter Abraham

I recently attended a public virtual meeting put on by CalTrans. That's the state government organization in California, including highways, rail and airports. The purpose of the meeting was for CalTrans to present to the public their plan to improve bike safety on Pacific Coast Highway in Malibu. This is an important issue for me, because I've ridden my bike on that stretch of road since I was a UCLA student in the mid-1980s. I have several friends who've been hit by cars while riding on PCH, and I myself have had many close calls. As someone who takes his bike all over LA, I believe there is no higher bike infrastructure priority than making our roads, including PCH, safe places to ride.

So I was excited for this meeting. They started by presenting to attendees the plan, what they intended to build on PCH. There were many thoughtful components in what they presented: Different versions of bike lanes that had yet to be finalized, intersections turned into traffic circles that would slow cars down, improved pedestrian crosswalks, landscaping, new sidewalks and more. And this plan covers about 20 miles of roadway. There was a lot to like about what they showed us.

Once they'd gotten through all of that exciting stuff, they got to the budget and the timeline. I'm thinking to myself, "Hey this is an overworked government agency, so their time estimate could be as long as 3-5 years to get the work done. Prepare to be disappointed." So they put up a couple slides. The first was the estimated budget for the work. There was a low and high estimate on the page. The range went from \$62 million up to \$268 million. OK, wow, that's a lot of money and also a HUGE range. Is it that hard to



While PCH is technically a "bike route" it would be much safer with actual bike lanes. Photo by Peter Abraham

estimate construction costs for an infrastructure project like this?

Then comes the schedule. Their estimate is 11-20 years to get the work done, IF THEY FIND THE NECESSARY FUNDING. Wut? 20 years? We're talking about some bike lanes, and not, for example, a new international airport. I was prepared to be disappointed, but this was over the line. I immediately started thinking about how many places in the United States cannot even build basic safety infrastructure anymore. Why is that? This is country that put a man on the moon, invented the airplane and created the internet. But we can't build some basic bike lanes in less than 10 years?

I closed my laptop in anger and set off in search of some answers. The first thing I did was buy the book *Abundance* by Ezra Klein and Derek Thompson. It dives into the issue that America struggles to get public infrastructure built anymore, from widely available healthcare to low income housing to high speed rail. It takes many years and billions of dollars to move the needle

on these things, if they get done at all. And this PCH bike lane project feels like a microcosm of the same issue. The reasons, they explain in the book, boil down to all of the public policies, laws, permits and regulations that have been created on top of each other. While these things are well meaning (yes, there should be environmental reviews for some projects) there are now a huge number of hurdles to clear in order to get even a single thing built. The process of building public-facing projects is now so complicated that it actually prevents infrastructure from being created at all.

The next thing I did was call some friends with lots of experience in bike infrastructure. I wanted to learn from the experts around the United States and even in different countries. I had my own set of perceptions, but I'm just a marketing guy in LA. So I set up a series of calls and meetings with people who live and breathe bike infrastructure every day.

Continued on page 4

Volume Six

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## Bike Lanes - continued from page 3



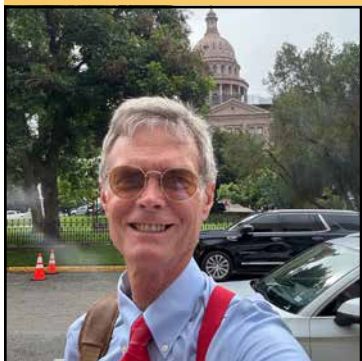
Dave Snyder, San Francisco. Photo courtesy Peter Abraham

### Dave Snyder, San Francisco

Dave, a veteran infrastructure advisor and advocate based in the San Francisco bay area, largely echoed the issues raised in the Abundance book I read:

"In our democracy, we've built a lot of process into government to ensure decisions are inclusive. That's a good intention, but it's created a system where both politicians and staff avoid responsibility. Politicians can say, 'We're waiting on staff,' and staff can say, 'We're waiting for political support.' Each side punts responsibility to the other. If I had to point somewhere, I'd say the incentives for politicians are the issue. They benefit from slowing things down. That said, it's also about our litigious culture and the environmental review process."

### Robin Stallings, BikeTexas



Robin Stallings, BikeTexas. Photo courtesy Peter Abraham



CalTrans renderings for proposed PCH bike lanes in Malibu.

Robin is very smart about navigating a complex political landscape for bike infrastructure. He's learned how to bring different viewpoints and political orientations together to get things built. And he's getting a lot done in a state that might not be at the top of your list for bike lanes. I just visited Austin to ride bikes, and the community, infrastructure and law enforcement support for cycling was really impressive.

Some things he shared with me:

"Austin has made progress by learning from the Dutch. In 2012, Austin city leaders — including the fire chief — visited the Netherlands. They learned the value of community engagement up front."

"Texas is a unique place — almost the size of Canada, and just as diverse. We have great things happening in cycling and some real challenges, all at the same time. Sometimes we find common ground with people we might disagree with on everything else, just by focusing on cycling."

"So we're statewide, headquartered in Austin. We've always worked at the local, state, and federal levels. While we've worked on education programs, we're active at the legislature, which meets every other year. We've also been involved in bond elections, including the one for \$460 million [In 2020, Austin voters approved a big bond to improve bicycle and pedestrian infrastruc-

ture: <https://www.peopleforbikes.org/news/austin-will-be-americas-next-great-biking-city>] that you referenced earlier. Our efforts are definitely more focused on infrastructure than education now — getting plans done, funded, and implemented."



Yuval Bar-Zemer, Linear City Development, Los Angeles. Photo courtesy Peter Abraham

### Yuval Bar-Zemer, Linear City Development, Los Angeles

Yuval is an experienced real estate developer leading the creation of The Festival Trail in Los Angeles, a grassroots effort to connect 14 LA2028 Olympic venues by bicycle. He calls this "a spine for active transportation."

Talking to Yuval I identified a few important things about getting bicycle things built in LA:

Firstly, he said, "The Los Angeles Mayor is politically weak (compared with other cities). Real power lies in the City Council, which is essentially 15 fiefdoms. And their agendas rarely align." And on top of this, the greater Los Angeles area contains a patchwork of islands that are their own independent cities: Beverly Hills, West Hollywood, Santa Monica and Culver City all have their own mayors, city councils and development guidelines. So getting any infrastructure done in Los Angeles County that connects all of these different cities and council districts is uniquely complex.

Secondly, I note that real estate developers like Yuval are especially good at solving bike infrastructure issues, as they've been navigating city and regional bureaucracies to get things built for many years. This is what they do.

He added, "As I mentioned, bike infrastructure is just one of a long list of public assets — low-income housing, airports, trains — that require movement and initiative to get done. And we're falling way behind other countries when it comes to actually making these things a reality. Can we catch up? I have no idea, but my fingers are crossed, as a cyclist and a citizen."

Yuval was a major contributor to Measure HLA, passed by voters in 2024, in Los Angeles. That law requires the City of LA to complete,



Overlooking Pacific Coast Highway near Zuma Beach and Point Dume in Malibu. Photo by Peter Abraham



Some of the magnificent bike "trails" that Gary has helped to develop in Bentonville. Photo by Peter Abraham

among other things, 238 miles of protected bike lanes.



Michael Schneider, Streets for All, Los Angeles. Michael showing us how it's done with his children. Photo courtesy Peter Abraham

### Michael Schneider, Streets for All, Los Angeles

"The city of LA is unbelievably broke right now and trying to manage a \$1 billion deficit." Michael explained to me how complex it is to get things built in LA. And in addition, we just had the massive and catastrophic fires destroy entire parts (Pacific Palisades and Alta Dena) of the city. Los Angeles is a place with a lot of challenges right now. So bike infrastructure may not be the top priority for city government.

I appreciate that Michael has a deep understanding of the California political landscape and how to get initiatives over the finish line. He also played a key role in getting Measure HLA passed in 2024. And Streets For All is actively involved in both state transportation bills and neighborhood council elections, both of which are central to getting infrastructure built here in LA.



Gary giving his TED Talk at TEDx Fargo. Photo courtesy Peter Abraham

### Gary Vernon, Runway Group, Bentonville, Arkansas

Gary has led MTB trail building in Northwest Arkansas on behalf of the Runway Group (led by Tom and Stuart Walton) for many years. In addition to building over 600 miles of beautiful trails in his own backyard, he's consulted with many other regions who want to emulate what's going on near Bentonville. Gary is a Rich source of wisdom on what it takes to get bike infrastructure built.

I have been traveling to Bentonville, Arkansas to ride bikes (often with Gary) for over five years. I'm fascinated by the transformation that bicycles have brought to the region, and Gary is an integral part of this. He's mostly been focused on the creation of mountain bike trails. And if you've never seen this part of Arkansas, it would be easy to write off these improvements as very basic, lowest common denominator kind of bike infrastructure. In fact, everything Gary has built is incredibly strategic, thoughtful and built to maximize fun and inclusion. He creates ways for everyone to enjoy the trails, from first-time beginners to world-class experts. And often, he's incorporated that wide skills range within the same trail or park. It's remarkable.

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Gary explained to me that once a community builds about 12-miles of new trails, then the infrastructure crosses a tipping point. After that the town or region gets behind the initiative and starts advocating for more trails. Moreover, not only are MTB trails 90% less expensive to build than paved bike paths, but they often attract trail runners and walkers as well. So different communities see the benefit of the infrastructure. All of these things have a compounding effect that accelerates the creation of more trails.



**Ian Drake, former CEO of British Cycling. Ian practicing what he preaches at The Gralloch gravel race in Scotland. Photo courtesy Peter Abraham**

#### **Ian Drake, former CEO of British Cycling**

Ian is someone I've learned a lot from. He led the effort to create all sorts of bike infrastructure before and after the London 2012 Olympics. It was a remarkable and successful effort to increase the use of bicycles at every level across the country.

One thing Ian helped me understand is the difference between "software" — bicycle rides and events — and "hardware" — infrastructure — in creating ways for people to ride bikes. Both things are important, but sometimes a city needs to create software — a big cycling event, for example — to prove to government that people actually want to get out on their bikes, before then getting into building the infrastructure. One of the initiatives that Ian oversaw was the Mayor of London's Skyride in 2009, where about 85,000 people showed up to ride a 15 km route in London. This was during the lead in to the London 2012 Olympic Games, and that massive turnout helped pave the way for the dozens of bike projects, hundreds of grants and work that continues today with the Places to Ride initiative.



**Martina Haggerty, People for Bikes. Photo courtesy Peter Abraham**

#### **Martina Haggerty, People for Bikes**

Martina is the VP of Infrastructure at bike industry non-

profit People for Bikes. I've long been a supporter of this organization, because they do so much important work around the country. Their mission is "to make the US the best place in the world to ride bikes." That's something I can get behind. While Martina is based on the East Coast, she works on projects all over. So I wanted to get her perspective on the challenges and opportunities facing bike infrastructure. Here's what she told me:

"The number one reason bike infrastructure doesn't get built in more communities is simple: elected officials don't prioritize it. Even when funding exists and community plans call for safer streets, too many leaders back down in the face of opposition or fail to champion the work needed to move bike projects forward. All this despite the fact that bike infrastructure remains incredibly popular with the vast majority of voters across the political spectrum. Without bold political commitment, progress stalls.

"Even when there's strong local support for bike infrastructure, securing funding remains a persistent challenge for many communities. When bike projects are eligible for funding, navigating the bureaucracy to access it can be complex and time-consuming, particularly for under-resourced communities.

"To solve these issues, communities and local advocates must build and demand political will at every level. We must invest in and support leaders who are willing to prioritize building safe, connected places to ride — even when it's politically challenging."

After all of these informative discussions, I came to a similar conclusion than Ezra Klein and Derek Thompson did in their book: there are just too many hoops — political, regulatory, public alignment — to jump through to get things built. What is the solution? I don't know exactly, but I can say that without leadership from our government officials, this complicated process will not improve. In fact, it may even get worse than it is today. Here in California, have I seen our Governor, our Senators, our representatives, the Mayor of LA or state representatives speak out on the need for safe places to ride bikes? The answer is no, I have not seen any of them speak on this topic. That does not mean none of those people have ever mentioned it, but it will take real commitment and near constant advocacy to improve the situation. The bottom line? LEADERSHIP is needed. I'm here to help.

Peter started racing bikes in high school and has continued to ride his entire life. He also runs the Abraham Studio ([ABRHM.com](http://ABRHM.com)), which works with purpose-driven brands in sports, technology and health-care to find their voices and tell their stories. He lives in Los Angeles, California.

## **Make America Beautiful Again Commission Aims to Expand Access to Public Lands, Drawing Mixed Reviews**

The federal land and tariff policies of President Donald Trump may be setting back the cause of bicycling. However, Trump has also launched the Make America Beautiful Again Commission (<https://www.whitehouse.gov/presidential-actions/2025/07/establishing-the-presidents-make-america-beautiful-again-commission/>), which lists among its goals increasing recreation on federal lands—including bicycling.

The commission does not have the power to set rules or diminish the authority of cabinet secretaries, but it can recommend policies. Part of its mandate involves "developing policies to expand access to public lands, national parks, national forests, and wildlife refuges while promoting a wide range of outdoor recreation opportunities," including bike riding.

However, expanded access could come at the cost of weakened environmental protections.

The Pacific Legal Foundation, a libertarian law

firm, stated that the announcement "recognizes that people—not federal regulators—are best equipped to care for our natural resources." At the same time, the foundation expressed concern that any new government commission could end up creating more bureaucracy and red tape.

Full statement: <https://pacificlegal.org/make-america-beautiful-again-commission-the-right-vision-if-it-avoids-more-red-tape/>

The Sierra Club, meanwhile, issued a sharply critical statement, saying: "'Make America Beautiful Again' is the tiniest fig leaf on the most anti-environment administration in our country's history."

Read the Sierra Club's response: <https://www.sierraclub.org/press-releases/2025/07/sierra-club-make-america-beautiful-again-greenwashes-most-anti-environment>

-Charles Pekow

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## CYCLING TRIVIA

## Tour de France Trivia: Celebrating the Greatest Sporting Spectacle on Earth



Ben Healy was the first Irish rider since 1987 to wear the yellow jersey. 16/07/2025 – Tour de France 2025 – Étape 11 - Toulouse / Toulouse (156,8 km) - Ben HEALY (EF EDUCATION - EASYPOST). Photo A.S.O./Charly Lopez

By Dave Campbell

Q1. Mathieu van der Poel wore the yellow race leader's jersey for four days this year. Earlier, this versatile rider had triumphed on the cobbles of "The Queen of the Classics," Paris-Roubaix. When did a Roubaix winner last wear the Tour's yellow leader's jersey in the same season? It doesn't happen that often!

Q2. Irishman Ben Healy had a marvelous Tour and wore the yellow leader's jersey on stages ten and eleven, becoming the first Irish Tour leader since 1987. That Irishman, Stephen Roche, went on to win the Tour, however. Who was the last Irish rider to wear the maillot jaune and, like Healy, not go on to final victory?

Q3. Jonas Abrahamson of Team Uno-X was an ecstatic winner of stage 11 and became only the sixth Norwegian to win a stage in the

world's biggest bicycle race. Can you name the five who came before?

Q4. (a) Italian Jonathan Milan claimed stages eight and seventeen of the Tour, ending a victory drought for his country going back to 2019. Who was that previous Italian who won a Tour stage? (b) Who was the last Italian to win the final green points jersey in Paris?

Q5. Tadej Pogačar, just 26, has now won his fourth Tour de France and seems clearly on a path to become the greatest cyclist ever. Did any of the other four-time Tour winners accomplish their victories by age 26? Hint: They are Frenchmen Jacques Anquetil and Bernard Hinault, Belgian Eddy Merckx, Spaniard Miguel Indurain, and Brit Chris Froome.

Answers on page 22.

Dave Campbell was born and raised in Lander, Wyoming and now resides in Bend, Oregon. 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.

## Connector Trail to Improve Grand Teton National Park Access

Two trails are about to be connected near Jackson, WY. Guardian Construction, Inc. of Utah was awarded a \$2,722,569 contract by the National Park Service to build a 10-foot-wide asphalt trail. The Trail Pathway Connector Project will bridge a 0.8-mile gap between the trails. Guardian intends to complete the project by October, before the snow falls, says Project Executive Wayne Van Valkenburg.

The trail will begin at the intersection of Sagebrush Drive and Spring Gulch Road in Teton County, connecting the roundabout at Gros Ventre Junction on U.S. Highway 26/89/191 with the Jackson Hole Community Pathways system at Jackson Hole Golf & Tennis. This will improve bicycle access to Grand Teton National Park.

More information: <https://sam.gov/opp/16196d56dd4c4a438fda3450e9a47c68/view>

-Charles Pekow

## Protected Bike Lanes Protect Bike-Share Users

Bike share use increased by about 18 percent when protected bike lanes were installed—and by 14 percent with painted lanes or sharrows. That's what researchers found when studying Citi Bike use in New York City.

But when researchers from New York University factored in demographic differences between neighborhoods—such as race and age—they found that only the addition of protected bike lanes significantly increased ridership, and even then, the effect was smaller in predominantly Black neighborhoods.

"These findings indicate that planners must emphasize protected bike lanes to spur ridership, and simultaneously target policies and programming to communities of

color, to ensure that such infrastructure makes urban cycling a viable option for all residents," the report suggests.

According to the study, after protected lanes were installed, ridership increased by an average of 341 trips per month at nearby stations in the following year compared to the previous one. (However, the study does not clarify whether other variables—such as weather, economic shifts, or demographic changes—also played a role.)

Read Causal Impacts of Protected Bike Lanes on Cycling Behavior with Demographic Disparities at:

<https://arxiv.org/abs/2507.04936>

-Charles Pekow

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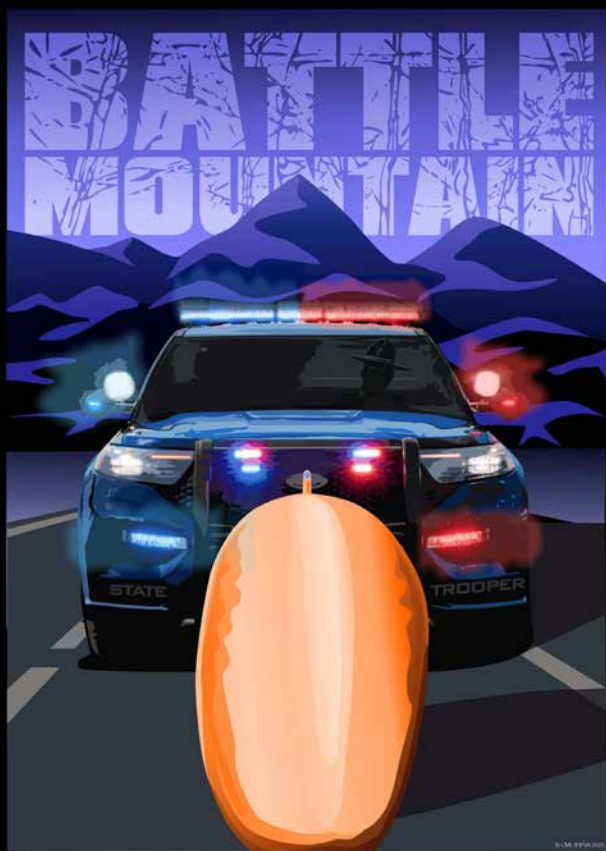
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Photo 1. A small screwdriver is helpful to test the rotor surface. Photo by Tom Jow

By Tom Jow

During the first couple rides on my mountain bike this year the brakes felt different. They sounded different too. I noticed that under light to moderate pressure they felt a little rough. Under moderate to heavy pressure not only did they feel rougher, but they were also making a loud grinding sound. To me it was obvious, it was time to inspect the



Photo 2. Use a metric caliper to find the exact thickness of the rotor. The minimum thickness will be printed on the side of the rotor. Photo by Tom Jow

brake pads and rotors.

Inspecting disc brake pads and rotors is an easy thing to do and really, it should be done regularly. I start with the rotors. Visually inspect the braking surface, looking for deep wear marks and discoloration. It can be helpful to use a small (clean) screwdriver to feel the surface of the rotor. Especially on mountain and



Photo 3. Two types of rotor mounts. Centerlock rotor (right) slides onto splines on the hub. Photo by Tom Jow

gravel bikes, dirt and small stones can get between the pads and rotors to damage and increase the wear of the components. After checking the brake surface, scrape the rotor toward the center at one of the tines. A well-worn rotor will have a noticeable difference of thickness here (photo 1). For a precise measurement of the thickness, use a metric caliper (photo 2). Manufacturers print the minimum thickness on the rotor. If the measured thickness is anywhere near the minimum the rotor should be replaced.

Should the rotor need to be replaced, it is important to iden-



Photo 4. Look into the caliper to quickly check the brake pad thickness. Photo by Tom Jow

tify the mounting type. One uses six bolts that thread into the hub and the other, called "centerlock" slides onto a splined mount on the hub (photo 3). While it is best to have the exact type for the hub, it is important to know that six-bolt rotors can be adapted to use on centerlock but not the other way around.

In terms of absolute wear, it is easy to inspect the brake pads also. Looking into the brake caliper, we can see the rotor, some light on each side (hopefully), and the brake pads (photo 4). The brake pads are made up of friction material bonded to a metal plate. When the friction material is one millimeter or less, replacement is necessary. Whether or not the brakes are grinding like mine were, it is also a good idea to remove them and inspect the surface (photo 5). To do this, carefully remove the brake pad pin retaining clip. Then, unscrew the brake pad pin and remove. Grasp the tabs of the brake pads and gently pull up (photo 6). If the pads are of a reusable thickness, keep fingers off the brake pad surface.

With the pads out, we can also



Photo 5. A well-worn brake pad. Notice deep grooves, pits, and chips on the brake pad surface. Photo by Tom Jow



Photo 6. Gently pull up to remove the brake pads. The type of friction material is on the backing plate. Photo by Tom Jow

identify the friction compound. This is printed on the back of the pads. This is especially important in the event we want to replace our pads only. The reason for this is that friction material "embeds" itself into the rotor. Mixing the two materials greatly diminishes braking performance.

To ensure having the best braking performance possible, replace the pads and rotors together. It may be a little more time and expense, but it is so nice to have brakes that feel like new. There's a joke at the bike shop, "brakes just slow you down". When you need to slow down though, you want to be able to.

Next time: a step-by-step guide to brake pad replacement.

### Sports Foods - Continued from page 2

paying attention to intolerances and gastro-intestinal distress. For traveling athletes, knowledge that real food "works" can be helpful if their favorite commercial products are not available (or get lost with their luggage).

#### Is coconut water a sufficient replacement for electrolyte drinks?

Plausible. Coconut water is as good as rehydrating with plain water, but it is not better than a sport drink. Kinta Schott of Arizona State U. adds coconut water is certainly a more natural beverage than a commercial sports drink! It is higher in potassium and lower in sodium than most commercial sport beverages. Here's how 8-ounces of coconut water compares with 8-ounces of Gatorade:

Coconut water: 12 g Carb; 480 mg Potassium; 50 mg Sodium

Gatorade: 14 g Carb; 5 mg Potassium; 105 mg Sodium

Coconut water can "do the job"

for exercise less than 3 hours that does not involve high sweat sodium losses. If salt is a concern, sprinkle extra on your pre-exercise meal.

#### Do B-vitamins and beet juice influence urine color enough to hinder accurate assessment of how well an athlete is hydrated?

Plausible. Urine color charts are useful tools that help athletes determine their level of hydration. Darker urine indicates more dehydration. Yasuki Sekiguchi of Texas Tech University reminds us that athletes who consume B-vitamin supplements or beets/beet juice have a slightly darker urine that could lead to assuming the athlete is under-dehydrated. Hence, beet-consumers shouldn't use urine color when needing to precisely assess hydration status.

#### Can athletes get enough calcium from dairy if they want to curb bone loss related to exercise?

Yes, but doing so maybe not practical. Calcium in your blood drops at the onset of exercise; that

triggers calcium-release from the bones. Athletes in non-weight-bearing sports (such as cycling and rowing) have increased risk for poor bone health due to low bone density. Research that boosts pre-exercise calcium intake (to potentially curb bone loss) has used calcium supplements. A study with rowers and cyclists has shown it's possible for those athletes to consume 1,000 mg. of pre-exercise calcium from milk, yogurt, and cheese—but Louise Burke of Australia Catholic University says it's not always practical. Weight-conscious and dairy-avoiding athletes might balk at the plan—and we don't yet even know if doing so will translate into better bone health. No harm in trying!

Boston-area sports nutritionist Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes (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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## TRAVEL

## Sun Valley by Bike: No Ego, Just Epic Views



The beautiful Wood River Trail between Sun Valley and its northernmost end. Continue your ride north on the remote paved road at the trail's end to get more bang for your buck. Photo by Gail Newbold



Dave Newbold cycling on the section of the Wood River Trail between Sun Valley and Hailey. Photo by Gail Newbold

By Gail Newbold

The beauty of cycling in Sun Valley is you don't need to bring your game face. Or your fancy kit. Unless you want to, of course. This sprawling landscape made famous for its celebrity skiing, now draws cyclists of all ilk to its crown jewel of paved paths: the Wood River Trail.

On a weekend in June, you'll see riders in full professional gear on premium high-performance bikes sailing past families on rental bikes with grandma in the lead and kids trailing behind. There will be no shortage of golden-age couples liv-

ing their best lives, randos in cotton tees and basketball shorts, and locals commuting from point A to B. You might even spot a few recumbent trikes.

Chill vibes and smiles abound. It's not hard to understand why.

### Spectacular Scenery and Paved Trails

Nestled among the surrounding Rocky Mountains in central Idaho, the Wood River Trail offers up spectacular scenery (and wildflowers) along its central spine that spans 20-plus miles and a loop with additional spurs at its northern end, making for a total of 36 miles of

trail. And since it also serves as a connector for the communities in the Wood River Valley and Sun Valley areas, this means that lodging, restaurants, and other services are available along the trail. On summer Saturdays there is a cute farmers market with live music in Hailey at the Roberta McKercher Park a few blocks off the trail.

An added perk are the paved trails that connect the Wood River Trail to some of the condo developments, such as Elkhorn Village and the famous Sun Valley Resort. This means no biking on busy roads and no need to transport your bike to an access point.

At various Wood River Trail end

points, you can even continue your ride on lightly trafficked remote roads into the mountains for as long as your legs can handle. The area is also rife with mountain biking trails and even gravel riding.

### Not for the Faint of Heart

Fearless cyclists can tackle the challenging but rewarding 20–25-mile climb from Sun Valley to the beautiful Galena Pass, for an elevation gain of 3,000 to 3,500 feet on Highway 75. The route offers spectacular views of the Sawtooth Mountains and the high mountain valley north of Sun Valley. The road is smooth, and a shoulder makes it safer for cyclists, but it's also very winding with a lot of recreational travelers, RVs and boats, so weekdays are best.

While Sun Valley generally experiences warm, sunny summers, plan for surprises especially in the spring and fall. Even June can throw some curveballs as it did this year with winter weather advisories and morning temperatures below 40 one Saturday, and a blizzard the following day. Experienced cyclists donned in their all-weather gear were probably not phased. But novice recreational bikers either froze or wore puffer coats, rain shells, heavy jeans, or whatever they could lay hands on.

If bathrooms are important to you, know they're hard to find. There is one at the Wood River Forest Service Campground or try searching public parks near your route.

### Strangers Feel Like Friends

Turns out, the real sunshine in Sun Valley is the people. On a recent visit, I was blown away by how warm folks were.

At the Hailey Farmers Market where we bought a churro cookie and a super crunch cookie bar, the vendor chatted us up for 10 minutes about her English heritage and the ingredients in her amazing shortbread.

We found that bikers along the Wood River Trail were happy to stop and chat or answer questions. An older rider on a Catrike recumbent trike said he had Parkinsons and ter-



Gail Newbold basking in the live music at the Hailey Farmers Market. Photo by Dave Newbold



The tiny Hailey Farmers Market is a short ride off the Wood River Trail. It takes place every Saturday from 9 am – 1 pm at Roberta McKercher Park, June 14 through October 18. Photo by Gail Newbold

rible balance and his three-wheeled bike allowed him to enjoy the great outdoors without fear.

One evening while searching for a table at crowded Lefty's Bar & Grill in Ketchum, a man sitting alone at the bar jumped off his stool and insisted on saving a booth for us while we ordered. When we returned to wait for the waiter to bring our food, he hopped back to the bar as we thanked him profusely.

Another day at dusk, we went exploring by car and ended up on Warm Springs Road, which eventually becomes gravel. Drawn by the beautiful scenery and curious about how far the road went, we kept driving until we saw a lone cyclist and stopped to ask where it ended. He was as warm and friendly as others we'd encountered in the Wood River Valley and told us it seemed to go on forever and the summit was beautiful. We learned he enjoys gravel riding, but mostly mountain biking; and that he's become more sensible with age and won't cycle in bad weather or when he's sick.

One last anecdote: While wandering downtown Ketchum in search of ice cream, a tipsy older man joined us. He said he'd been at a brew fest all day but doesn't drink beer. "I drank hard cider for hours," he said cheerfully.

### More to Explore

If you're up for a little extra driving, here are a few side trips well worth visiting within 100 miles of Sun Valley.

- Craters of the Moon National Monument and Preserve: "Craters

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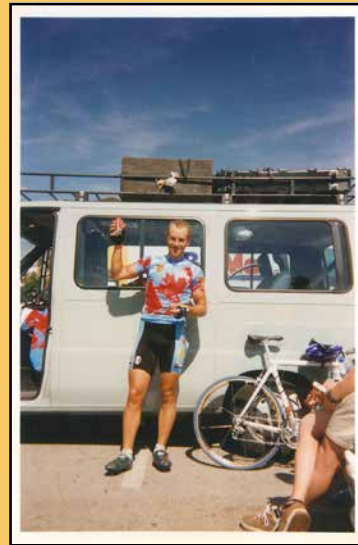
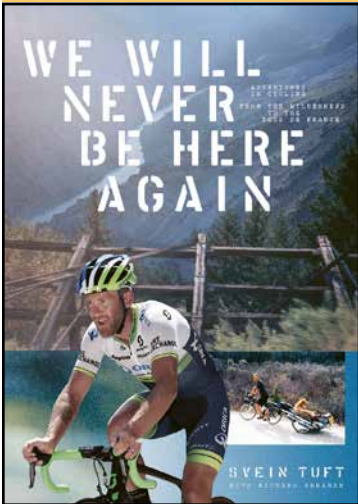
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Continued on page 11



## CYCLING BOOKS

***We Will Never Be Here Again Chronicles Svein Tuft's Adventures in Cycling***

His ability to adapt and his love of learning by doing things his own way is unique in the sport and proves extremely effective. It is nothing short of a riveting book about an absolutely one-of-a-kind individual but ultimately extremely interesting man. Readers can learn a lot from how he approached his life and how he shares what he has learned.

***We Will Never Be Here Again: Adventures in cycling from the wilderness to the Tour de France***  
by Svein Tuft (Author), Richard Abraham (Author)

Paperback

Publisher: Svein Tuft & Richard Abraham

Publication date: March 15, 2025

Language: English

Print length: 304 pages

ISBN-10: 1068309202

ISBN-13: 978-1068309205

By Dave Campbell

***"We Will Never Be Here Again: Adventures in Cycling from the Wilderness to the Tour de France"***  
by Svein Tuft and Richard Abraham

I "met" Svein Tuft in 2001 on the start line of the time trial stage of the Tour Willamette at Dorena Reservoir outside of Cottage Grove, Oregon. I was working as MC for the event and giving each of the 150 elite men a send off on their TT. It was a cold overcast April day with rain threatening but Tuft rolled up to the start line in nothing but a skin suit. His determination and focus were palpable. His body was solid muscle, much more robust than the typical skinny cyclists and he seemed impervious to the elements and utterly focused on the task at hand. He impressed me as a hard, hard man and I followed his career (which would last through 2019) closely from then on.

It was only fitting that as I read his book, he noted this time trial stage, which he won, was his first significant result at the elite level. He would go on to earn a silver medal in the World Championships time trial, place seventh in the Olympic Games, and lead his team time trial squad to stage victories at both the Giro d'Italia and the Tour de France while taking the pink leader's jersey at the former. But his path to such lofty world beating achievements was like the man himself-completely unique. Tuft's life is about doing things his way on the road less travelled while celebrating the learning that comes through the often-extreme challenges and setbacks.

Born in British Columbia to a rugged and unconventional father who had immigrated from Norway on a government deal to work in forestry, Svein and his older brother Klint grew up with little and helped

Svein on a trip in British Columbia. Photo courtesy Svein Tuft

on job sites when their dad worked construction, water skiing, chopping wood, and being independent from an early age. They were always outside and never sat still. Both brothers competed in water ski jumping and missed months of school to travel to Florida to compete in the winter. The Tufts placed more emphasis on real life experience rather than school and Svein took this to heart, dropping out after the tenth grade to focus on exploration, adventure, and "figuring things out on his own".

The challenges of the world's biggest cycling events are well documented, but they honestly pale in comparison to the adventures that Tuft undertook in his youth. Voluntarily and joyously, he took on increasingly rigorous and often solo adventures, often in remote areas and in the dead of winter. He absolutely loves the wilds of British Columbia and all the beauty, adventure, and recreation it had to offer. It began with mountaineering, snowboarding, and train hopping but later progressed to extended winter camping and bike touring, including a 4000-mile trip from BC to the northernmost tip of Alaska hauling his large dog in a trailer. He worked odd jobs as necessary to earn just enough to finance the next trip on the most minimal level, but he loved it. His reflections on these "crazy trips" intricately detail his thought processes at the time and his love of learning and personal growth through exertion and solitude. He had almost nothing except freedom and determination.

His extended bicycle touring trips gave him a sense of self-belief and a love of pushing his physical and mental limits. Upon seeing some results from a World Championship Time Trial in a magazine at his father's house he not only wanted to race but was certain he could be competitive at the highest levels. At this point, his father who had never

shared much with him told him stories of his grandfather Arne who had been an Olympic cross country ski racer for Norway and also raced bikes. The two would begin travelling throughout the Pacific Northwest to races where the hard-headed Tuft either won solo by ten minutes or his thrift store equipment failed.

The ensuing tales of his unconventional rise through the ranks of competitive cycling feature many trials and tribulations of travel, tenu-

Svein Tuft. Photo courtesy Svein Tuft

ous sponsorships and paychecks, and unique and challenging teammates. He also details his own search for his tribe and quest for inner fulfillment through challenge and effort. He is self-effacing and reflective while never being apologetic. By the time he is racing at the Pro Tour level, his incredible experiences have shaped him into an invaluable teammate and one of the best riders in the world.

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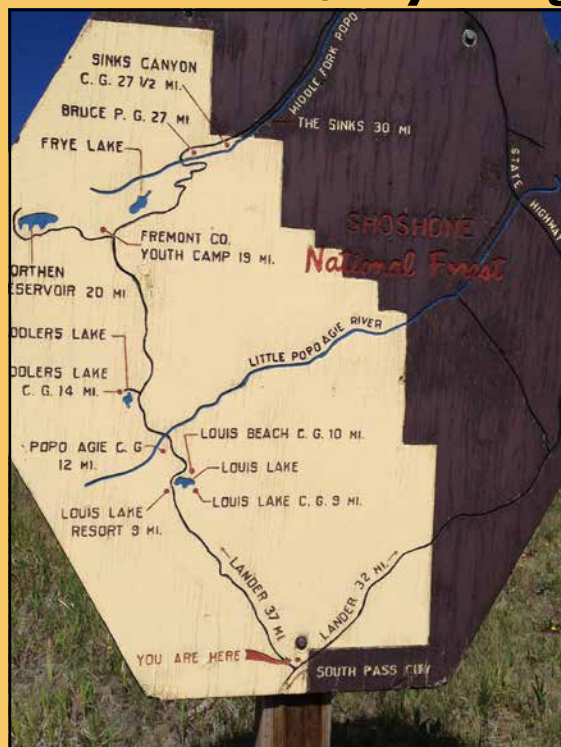
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## GRAVELLY ROAD RIDING

*Riding The Louis Lake Road in Lander, Wyoming*

Dave's bike leaning on a railing by the South Fork of Little Popo Agie River on the Louis Lake Road Ride. Photo by Dave Campbell



Forest Service Map. The Louis Lake Road Ride. Photo by Dave Campbell

**By Dave Campbell**

As a boy growing up in Wyoming, the trails, lakes, mountains, and streams all along the Wind River Range's Louis Lake Road, known locally as "Loop Road" were my family's playground. My most memorable boyhood adventures happened at its many scenic mountain lakes. Ruggedly beautiful in a way only the Wyoming Rockies can be, the Loop Road begins and ends in Lander and connects South Pass to Sinks Canyon State Park. From a long climb past a dramatic red sandstone canyon, a gravel road then climbs past numerous mountain lakes and creeks to cross the continental divide before plunging down a gorgeous limestone canyon. Lander sits at 5358 feet of elevation and the high point of "The Loop" occurs at Blue Ridge at 9576 feet. At just over 66 miles long, with around 6000 feet of elevation gain, it is a formidable outing. But the biggest challenge is the gravel between the two highways. From the time I first started seriously riding in the early 1980s, I have wanted to ride it and in 2013 I finally did.

Thankfully, several years prior, the worst of the gravel switchbacks,

from Frye Lake to Bruce's Camp, many deeply wash boarded from braking 4x4s and trucks towing trailers, were paved. This left a stretch of about nineteen undulating miles with 2000 feet of climbing. It was this development that made me believe the ride was possible...but how to set up my road bike? At that time, gravel bikes were still uncommon, and I certainly didn't have one. All my local cycling friends and the outdoor adventurers I grew up with knew of no one that had ever done the ride and wondered what type of bike would be up to the diverse task. Thirty-five miles on the highway begins the ride with most of it climbing and gaining over 3800 feet. Then comes the gravel which varies dramatically: there are loose and sandy sections, hard packed bone rattlers, and sections with large exposed underlying granite chunks covered with scattered loose stones. Fit and determined, I ultimately tackled the big ride first on a Cannondale Carbon Road bike with the largest tires I could fit (measly 700x25 belted Michelins) and a low gear of just 39/27. Remarkably, I emerged unscathed with nary a flat tire in just under four hours. Strong and naïve, I remember thinking a little lower gear would be nice. Ha! I have since

undertaken the ride nearly every summer but now enjoy it much more comfortably on a Moots Titanium gravel bike with 34/50 gearing up front and 11-30 in the back while rolling on 34 mm wide Challenge Strade Bianche tires.

After about eight successful rides now over the years, I can confidently say the best time to tackle this is in mid-to-late June and on a weekday. I have only ridden it clockwise as that puts the hardest climbing on the front end while saving the best descending for the finale. You want to miss the camper traffic as it is a popular recreation destination and steer clear of the days around the Fourth of July! Start early to not only beat the heat but also the wind. The wind tends to blow down from the mountains and typically picks up later in the day. Afternoon showers are possible so pack a light shell. There are gates on either end that close the road during the winter and it usually opens to vehicle traffic by June 15, although bikes can go around the gates and I have even dodged the occasional snow drift over the years. Take two tubes, a pump, and tire booting material, as well as plenty of food and water. Water on this ride can be a challenge, and I have regularly begged off campers and drivers over the years and thankfully they have always obliged.

The first ten miles out of town on US Route 287 are a series of short rollers until the Rawlins Junction. Continuing after the interchange the Highway becomes Wyoming 28 (The Red Canyon Highway) and following a short descent, the long drag



A view of the Wind River Range from the Louis Lake Road. The Louis Lake Road Ride. Photo by Dave Campbell

up to the spectacularly beautiful Red Canyon begins. Formally designated a National Natural Landmark by the Federal Government, its color and magnitude, even just from the roadside, is breath taking. The summit at Red Canyon is false, though, and a long gradual descent to a plateau forces another long climb back up, this time past Aspen meadows and Beaver dams to Limestone Mountain. If you stop to enjoy the views, consider asking fellow travelers for water as you'll need it! The wind often picks up here and then the Sirens sing again because despite the many miles of climbing it is not "THE" summit. Another long descent follows down to the old US Steel Iron Ore mine, and the wind can really pick up as the last true climb looms ahead. Roadside signs tell the tale of the Boom and bust that gripped this area during the 1970s. This opening stretch is a great place to see Pronghorn. The last difficult climb on pavement is long, straight, and morale testing and takes you nearly to historic Atlantic City on the left, but you want the Louis Lake Road turnoff on the

right...and the gravel.

Here Lander is now 31 miles behind or 35 miles ahead if the loop is completed. The longest climbs are finished and about 2/3 of the elevation has been gained but you are far from home free. A great Forest Service Sign lays out all the obstacles, sights, and mileage ahead. I usually stop and pull on thin over socks to keep the dust out of my well-ventilated shoes and to feel more "euro" on my epic Wyoming Roubaix. The opening two miles of gravel climb over washboard ruts that will rattle your bones and make you question this endeavor as progress is painfully slow. Choose your line carefully, keep the elbows bent, use those low gears, and be patient. Thankfully, the road soon levels out, gets smoother, and the mountain beauty makes it all worthwhile.

The first big open area is Granier Meadows at just under 8900 feet of elevation. It is beautiful, expansive, and covered in wildflowers. The wildflowers are another reason to get out here as soon as the road is passable. The first views of the peaks of the snow-covered Wind River

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The gravel section begins. The Louis Lake Road Ride. Photo by Dave Campbell

Range are breathtaking and only get more spectacular as you continue. Surrealistic piles of Shale and Granite appear along Forest Service Road 300. A disturbing number of brown beetle-killed trees stand out amongst the sea of green Lodgepole Pine and Douglas Fir as my childhood frog hunting grounds come into view at Louis Lake. There is a lodge that is typically not yet open in June, but people are usually there prepping the cabins for the season. The owners are friendly and have allowed me to fill my bottles every year.

After crossing the stunning Little Popo Agie River on a quaint wooden bridge, there are more meadows and ponds and the chance to see wildlife. There is another steep and winding climb that dramatically brings the much larger Fiddler's Lake into view. I used to find this gravel nearly as smooth as pavement but in recent years it has been rugged as the Loop Road no longer seems to be graded by the highway department. Just beyond this popular canoeing and camping site is the old Blue Ridge Fire Lookout. Constructed by the Civilian Conservation Corps, the stone steps yield an amazing view of the high mountain lakes and meadows. The serene and reflective moments at Fiddlers are brief as the steep, bumpy climb up to Blue Ridge itself begins.

The summit is not only the highest point on the ride at 9,576 feet, but also the Continental Divide. From here the road twists and winds down quite steeply and is very bumpy at times. There is significant washboard in spots that require very



A view of Louis Lake on the Louis Lake Road Ride. Photo by Dave Campbell

astute line choice as do the sharp and abundant rocks. Over the years, this is the only place I've had issues—bouncing a bottle, dropping a chain, and just once a flat tire. I regularly throw caution to the wind and let it rip when the road straightens out and drops into Worthen Meadows. The vibration is intense, but brief and there is but one more gentle climb on the dirt remaining.

After passing the turnoff to Roaring Fork Lake, the gravel ends dramatically at Frye Lake, where the Forest Service signs announce just 16 miles to Lander on Highway 131, the Sinks Canyon Highway. I regularly let out a whoop of joy here and would encourage you to do the same! Lander is home to NOLS (National Outdoor Leadership School) and is chock-full of rugged outdoor enthusiasts and these are their playgrounds. There is a short climb up to the "top of the switchbacks" as everyone in town refers to them. After that, however, you will drop about 3500 feet in fourteen miles. Just over the top are several fabulous mountain bike and hiking trails, bathrooms, and a parking lot.

The view of the limestone Sinks Canyon below is awe-inspiring as is the five-mile-long descent at 6%. The turns can be taken at 20-25 mph,

and you can accelerate up to nearly 40 on the straightaways. The minimal traffic, frequent constant radius turns, and near perfect road surface mean that this is nothing short of a cyclist's playground. Pure descending gold. At the bottom of the first descent is a trailhead where you need to slow down as hikers cross the road. After this slight plateau, the road drops again at a ranger station and there is a cattle guard where caution is needed, but I have occasionally crossed at fifty mph when the wind is blowing down the canyon. The ensuing eight-mile descent is fast (I've hit over sixty mph) with peak speeds by the Visitor's Center but be attentive as people cross the road here. Tourists feed the trout that gather at "The Rise" of the Sinks—where the Popo Agie River re-emerges after disappearing into limestone caverns further above. The curves of Sinks Canyon are gentle, and the walls of the Canyon flank the plunge until the road levels out. Cattle ranches and cabins now dot the countryside just outside of

the lovely little town of Lander and you roll right past the City Park where you can camp for free. I didn't think much of this place growing up, but I sure appreciate it now! No longer racing, this incredible ride is my fitness focus as soon as the snow melts. I train hard every year just to be able to ride the Louis Lake Road when I "come home" to big, beautiful Wyoming. Check it out, you won't be disappointed!

#### Lander Wyoming Travel Information:

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#### Lander Bike Shops:

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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.

#### Sun Valley Cycling - Continued from page 8

of the Moon is a vast ocean of lava flows with scattered islands of cinder cones and sagebrush," says the NPS website. "We invite you to explore this 'weird and scenic landscape' where yesterday's volcanic events are likely to continue tomorrow. There are variety of fascinating trails, cinder cones to climb, lava tubes to explore and tons of tiny wildflowers. We loved it and found it to be beautiful and peaceful. Note that the roads inside the preserve are narrow and winding with no shoulder. It's about 65 miles from Sun Valley.

• Land of the Yankee Fork State Park: If you're into mining history, ghost towns and remote dirt roads all to yourself, The Land of the Yankee Fork State Park delivers. The Custer Motorway is 45 miles of pure, wild quiet—just you and the echoes of history. The landscape is ever-changing with wildflowers, historic cemeteries, three ghost towns to wander and a historic gold dredge you can tour. If you exit the motorway at Sunbeam, it's about 75 miles to Sun Valley.

• Red Fish Lake: It's no secret Red Fish Lake is over-loved and overcrowded, but one look at the clear turquoise water framed by the jagged Sawtooth Mountains and you'll understand why. You can escape the crowds by taking a seven-minute shuttle ride across the lake where you'll encounter almost no one on the nearby hiking trails and lakeshore inlets. Splurge at Limbert's restaurant at the Red Fish Lake Lodge.



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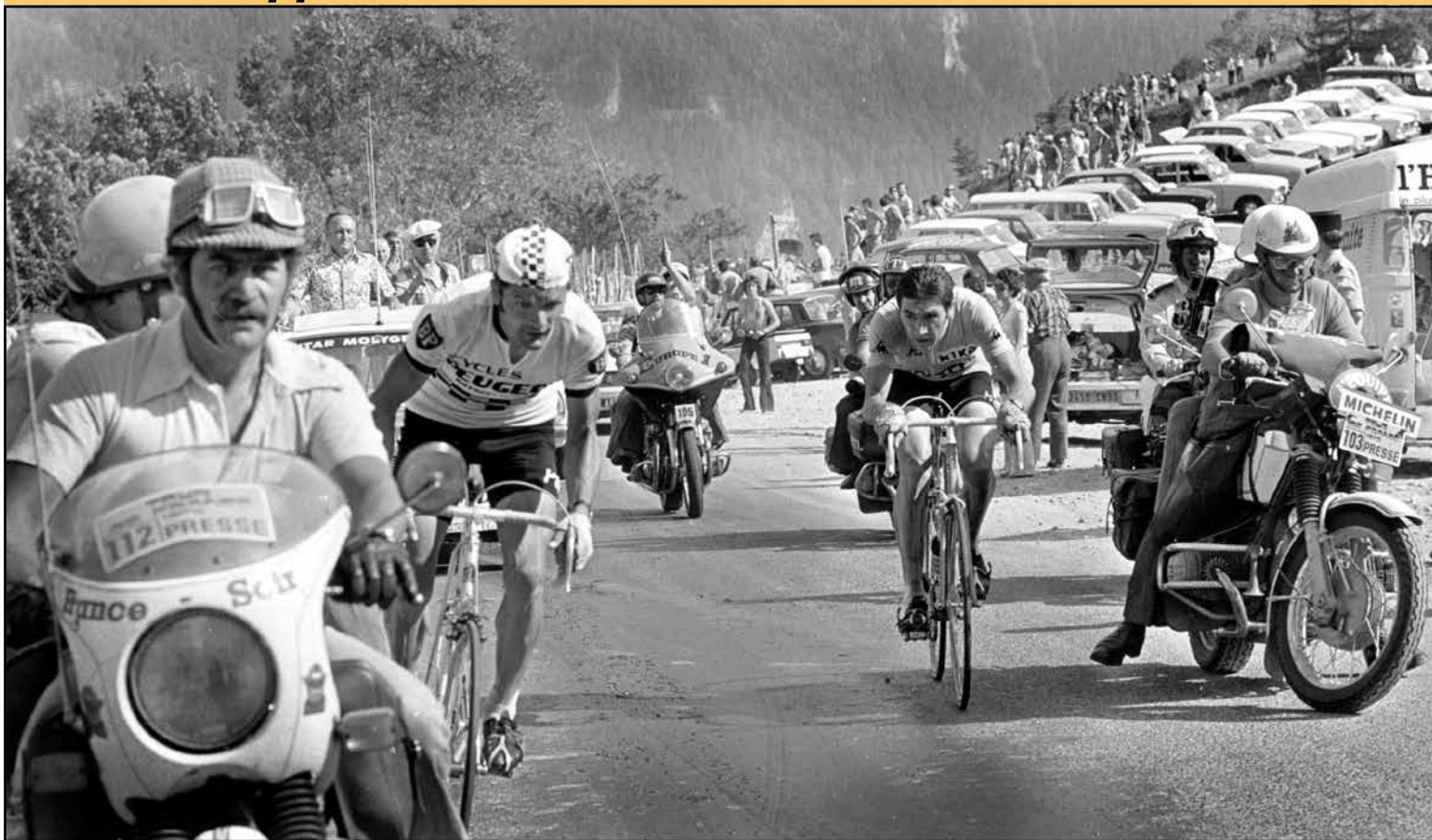
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## CYCLING HISTORY

*The Last Supper: How a Farmer's Son Fed the Cannibal His Final Meal*

Bernard Thévenet and the returning Eddy Merckx during the climb to Pla D'Adet in the Pyrenees during Stage 11. It was on this stage of the 1975 Tour de France that Merckx first faltered, losing nearly a minute to his rivals at the finish. Photo © Cor Vos

By Steven Sheffield

### *The 1975 Tour de France and the end of cycling's most ruthless dynasty*

In the summer of 1975, somewhere on a melting ribbon of Alpine asphalt four kilometers from the ski station of Pra-Loup, the most dominant athlete of his generation began to die a very public death. Behind Eddy Merckx, gaining with each pedal stroke, came a quiet Frenchman whose very existence seemed to violate the natural order of professional cycling.

The moment Bernard Thévenet

passed the faltering Belgian that July afternoon represented more than a changing of the guard in sport's most grueling theater. It was the collapse of an empire built on the simple, terrifying premise that one man could be so superior to his peers that competition became mere formality. For five of the previous six years from 1969 to 1974, Merckx had treated the Tour de France not as a race but as a harvest, methodically consuming everything in his path: stages, jerseys, records, and most devastatingly, hope itself. The one year he didn't (1973), he skipped the Tour de France in favor of racing the Vuelta a España and Giro d'Italia, winning both.

But empires, even sporting ones, carry within them the seeds of

their own destruction. In 1975, that destruction would come in the most unlikely of forms: not through tactical miscalculation or mechanical failure, but through the accumulated weight of expectation, the fist of a spectator, and the patient ambition of a dreamer from a village called The Handlebar.

#### Le Guidon

Bernard Thévenet was born in Le Guidon—literally “The Handlebar”—a hamlet so small it seemed more prophecy than place. If destiny has a sense of humor, it revealed itself in that name, in the cosmic joke of a future Tour winner emerging from a village that shared its moniker with an essential component of a bicycle.

Thévenet's cycling epiphany arrived in church. The year was 1961, and young Bernard was serving as a choirboy when the priest made an unusual announcement: Mass would begin early so the congregation could watch the Tour de France pass through their region. When the peloton finally swept by in a blur of chrome and color, something fundamental shifted in the boy's understanding of what was possible.

“The sun was shining on their toe-clips and the chrome on their forks,” he remembered years later. “I had already been dreaming of becoming a racing cyclist and that magical sight convinced me definitively.”

It was a vision sustained through grinding years of amateur racing and

the skepticism of farming parents who needed their son's labor more than his dreams. Thévenet rode his sister's bicycle to school from age six, graduated to his own bike a year later, and began the daily ten-kilometer pilgrimage that would prepare his legs for mountains he had never seen.

When his parents discovered his first race only through the local newspaper, there was “a row”—but Thévenet won that race, and victory, as it so often does, silenced all objections. By 1975, this son of the soil had transformed himself into something his childhood vision could never have imagined: not a knight in shining armor, but a patient assassin of cycling royalty.

#### The Hollow Crown

To understand Thévenet's eventual triumph, one must first grasp the psychological prison that Merckx's success had constructed around him. By 1975, the Belgian had become a victim of his own dominance, trapped by expectations that had calcified into inevitability. The man they called “The Cannibal” for his insatiable appetite for victory had begun to find that even cannibals could lose their hunger.

Merckx's spring campaign that year had been devastating in its completeness. Wearing the rainbow jersey, he won Milan-San Remo, the Amstel Gold Race, the Tour of Flanders, and Liège-Bastogne-Liège, among others. Each victory, however, felt less like triumph than obligation. The joy had leached out of racing, replaced by the grim duty of maintaining an empire that everyone, including Merckx himself, secretly understood could not last forever.

The first cracks appeared not on the bike but in bed. Merckx contracted a cold and, later, tonsillitis during his spring campaign, causing him to skip the Giro d'Italia for the first time in years. For a man whose legend rested on racing everything, everywhere, the decision represented seismic shift.

Meanwhile, Thévenet was gathering quiet confidence. On June 9th, he won the Critérium du Dauphiné Libéré while Merckx finished a distant tenth. It was the kind of result that, in any other era, would have been dismissed as anomaly. But in 1975, with Merckx showing signs of mortality, it felt like permission to dream.

“In the end, perhaps there was a possibility,” Thévenet reflected years later. “I knew I couldn't let it slip away.” That single word—“perhaps”—contains multitudes. It acknowledges the audacity of challenging the unchallengeable while maintaining the humble realism that would prove essential to his success.

#### The Peloton Assembled

When the 1975 Tour de France began in Charleroi on June 26th, the early stages revealed both familiar patterns of Merckx's control and subtle signs of disruption. On the second day, Thévenet lost nearly a minute—a gap that would have been fatal in previous Tours when

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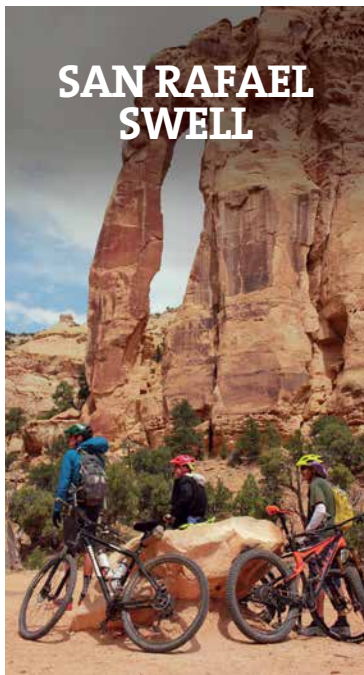
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Eddy Merckx, seen here winning the 1975 Amstel Gold race, in the lead-up to that year's Tour de France. Creative Commons CC0 1.0 Universal Public Domain Dedication. Dutch National Archives, The Hague, Fotocollectie Algemeen Nederlands Persbureau (Anefo), 1945-1989 Access number: 2.24.01.05 File number: 927-8337

Merckx's form was unassailable.

"That morning, between Charleroi and Molenbeek, I lost almost a minute, it started badly," he recalled. "But in the afternoon the race exploded, and I managed to hold on and follow the leading group. I was just happy to still be in the game!"

This Tour felt different from the start, charged with electricity that suggested the established order might be more fragile than it appeared. Merckx continued to demonstrate his superiority in time trials, winning two stages against the clock and maintaining his yellow jersey. But Thévenet was not being distanced as expected. In the crucial time trial into Auch, he lost only nine seconds—a result that left him tantalizingly close at 2'20" behind.

The psychological warfare had begun. "During the rest day, Merckx said I was his main rival," Thévenet recalled. In that acknowledgment lay both threat and opportunity. For the first time in years, the Belgian would have to hunt specific prey.

#### The First Crack

Professional cycling reserves its most revealing moments for the mountains, those cathedrals of suffering where pretense dissolves and truth emerges in its rawest form. When the 1975 Tour reached the Pyrenees, the real battle began.

On July 8th, the Tour reached Pau for Stage 11, the first major test in the mountains. The stage would prove to be a seismic shift disguised as routine mountain theater, the moment when whispers of Merckx's mortality crystallized into observable reality. What transpired in those ancient peaks would not topple the king immediately, but it would reveal the first hairline fractures in what had seemed an impenetrable fortress.

The stage began with the familiar choreography of mountain racing—early attacks, calculated pursuits, the gradual winnowing of the peloton as the road tilted skyward. But as the

kilometers accumulated and the gradient bit deeper, something unprecedented began to unfold. Bernard Thévenet and Joop Zoetemelk, the taciturn Dutchman who had spent years in Merckx's shadow, found themselves riding away from the very man who had made such escapes impossible for half a decade.

For those who witnessed it, the moment carried the surreal quality of watching natural law reverse itself. Merckx, the eternal predator, suddenly appeared as prey. The Belgian, who had built his legend on the simple premise that no one could sustain a pace he could not match, found himself watching two riders disappear up the mountain while his own legs, for the first time in memory, refused to respond to his will.

Zoetemelk would claim the stage victory, his first taste of what it meant to beat the unbeatable. He crossed the line with the measured satisfaction of a man who had waited years for such a moment, knowing

that behind him, Thévenet followed just six seconds later. But the real drama played out nearly a minute further back, where Merckx arrived with the hollow-eyed expression of someone who had glimpsed his own mortality.

The time gaps alone—fifty-five seconds to Zoetemelk, forty-nine to Thévenet—might have been dismissed as tactical miscalculation in any other era. But this was 1975, and such margins represented something more ominous: the first public acknowledgment that the Cannibal's appetite was no longer infinite. The stage had reduced the contenders to their essential elements: Thévenet, Zoetemelk, Lucien Van Impe, and Merckx. Everyone else had been relegated to the role of spectator in what was shaping up to be cycling's most consequential drama.

In the press room that evening, journalists who had spent years chronicling Merckx's dominance found themselves grappling with an

unfamiliar narrative. Here was the man who had devoured everything in his path, suddenly looking vulnerable on the very terrain where his supremacy had seemed most absolute. The questions came carefully, respectfully, but with an undercurrent of anticipation that would have been unthinkable just days earlier.

Merckx himself understood the significance of what had occurred. In the measured tones of a general acknowledging his first tactical defeat, he spoke of the difficulty of the stage, the strength of his rivals, the long road still ahead. But those who knew him best could detect something new in his voice: not quite doubt, but the absence of the absolute certainty that had characterized his previous campaigns.

For Thévenet, the stage represented vindication of his quiet confidence. He had not merely survived in the mountains; he had thrived, demonstrating that the legs forged in the hills around Le Guidon could

indeed carry him to places where even Merckx could not follow. The farmer's son had served notice that the empire's borders were no longer secure, that the unthinkable was slowly becoming inevitable. "I could have gained more, I punctured near the finish," Thévenet explained with the casual confidence of a man who had begun to believe in his own superiority.

The Pyrenean stage would be remembered not for its drama—there had been little of the fireworks that would later characterize Pra-Loup—but for its revelation. Like the first crack in a great dam, it appeared insignificant to casual observers but contained within it the promise of the flood to come. In the mountains above Pau, the natural order of professional cycling had shifted, almost imperceptibly, but definitively. The Cannibal had shown his first sign of satiation, and in a sport where vulnerability is measured in seconds, fifty-five seconds might as well have been eternity.

#### Puy-de-Dôme

The cracks that had first appeared in the Pyrenees were widening with each mountain stage. What had begun as whispers of vulnerability in Stage 11 had grown into audible murmurs of possibility. Merckx, sensing the shift in the peloton's psychology, began to race with the desperate intensity of a man who understood that his empire was under siege. But desperation, in professional cycling, often breeds the very mistakes it seeks to avoid.

Three days later came the stage that would shatter Merckx's aura of invincibility in the most brutal and unexpected way. The climb to Puy-de-Dôme had always been a crucible of the Tour, its volcanic slopes a fitting metaphor for the explosive tensions that mountain stages invariably unleash. But on July 11, 1975, it became something more: the site of cycling's most infamous assault, a moment when the sport's unwritten contract between athlete and audience was torn asunder by the very passions that make cycling France's

Continued on page 14



# Saturday

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## The Last Supper - Continued from page 13

most visceral spectacle.

The stage had begun with the familiar rhythms of mountain warfare. Early attacks were absorbed, the peloton stretched and compressed like an accordion as the gradient fluctuated, and gradually the pretenders fell away until only the true contenders remained. Thévenet, riding with the measured confidence of a man who had discovered his own strength, positioned himself perfectly for the final assault. Behind him, Merckx rode with the grim determination of a champion who sensed that his reign was entering its final act.

As the riders approached the summit, the crowds thickened into a human corridor of noise and emotion. French spectators, intoxicated by the possibility of witnessing their countryman humble the Belgian colossus, pressed against the barriers with an intensity that bordered on hysteria. In such moments, the line between passionate support and dangerous obsession can become dangerously thin.

The attack, when it came, was swift and devastating. As Merckx prepared for the final sprint to the line, disaster struck from the crowd itself. First, a woman leaned over the barriers and slapped him—a shocking breach of the respect traditionally accorded to cycling's greatest champions. Then, inside the final kilometer, came an assault that would be remembered as one of sport's most cowardly acts: a French spectator named Nello Breton, driven by his devotion to Jacques Anquetil and his inability to bear watching his idol's record fall to a Belgian, punched the champion in the kidneys with the force of accumulated resentment.

The assault was more than physical violence; it was a violation of the unwritten contract between athlete and audience, a reminder that even the greatest champions remain vulnerable to the basest human impulses. But it was also something more insidious: a manifestation of the pressures that had been building around Merckx for years, the weight of being simultaneously the most admired and most resented athlete in his sport.

Merckx, his face contorted with pain and shock, somehow managed to cross the line thirty-four seconds behind Thévenet. The margin might have been manageable under normal circumstances, but these were no longer normal circumstances. The Belgian immediately vomited, his body finally succumbing to the accumulation of stress, illness, and violence. The image of cycling's greatest champion, doubled over in agony while his rival celebrated, would become one of the sport's most haunting tableaux.

During the rest day that followed, team doctors discovered that Merckx was suffering from an inflamed liver—a condition that may have

been exacerbated by the punch but was likely the result of months of accumulated stress and the lingering effects of his spring illnesses. He was prescribed pain medication and blood thinners, treatments that may have further contributed to his weakened state. The irony was cruel: the man who had built his legend on his ability to suffer more than any other rider was now suffering in ways that actually diminished his capacity to compete.

For the first time in his career, opponents sensed genuine weakness in their tormentor, and like sharks detecting blood in the water, they began to circle. The psychological shift was palpable. Where once riders had resigned themselves to racing for second place, they now began to believe that the ultimate prize might actually be within reach. The emperor's clothes were not merely threadbare; they were falling away entirely, and everyone could see it.

### Pra-Loup

July 13, 1975. Stage 15: Nice to Pra-Loup. Despite everything that had transpired—the early cracks in the Pyrenees, the humiliation at Puy-de-Dôme, the mounting evidence of his mortality—Merckx still led the Tour de France by 58 seconds. It was a lead that, in any other year of his dominance, would have been insurmountable. But 1975 was not any other year, and the man who had once made such margins feel like eternities now found himself defending a gap that seemed to shrink with each labored breath.

One mountain stage separated him from what would have been his sixth Tour de France victory and an unprecedented place in cycling history. The mathematics were simple: survive the Alpine crucible of Pra-Loup, and the Tour would be his. But mathematics, as Merckx was about to discover, mean nothing when the body begins its rebellion against the will.

The stage began in Nice under a merciless Provençal sun, the kind of heat that transforms tarmac into rivers of melting tar and reduces the strongest riders to mere mortals. For the thousands of spectators who had made the pilgrimage to witness what many expected to be Merckx's triumphant defense of his crown, the day promised to be a celebration of cycling's greatest champion. Instead, they would witness one of sport's most dramatic collapses, a fall from grace so complete and public that it would redefine what it meant to be vulnerable in the face of greatness.

What unfolded on that scorching Alpine afternoon has been preserved in the collective memory of cycling as one of sport's most epic battles. Pierre Chany, L'Équipe's legendary correspondent, captured the drama with the lyrical precision that only comes from witnessing history: "Those who were there will be slow to forget Bernard Thévenet's six successive attacks in the never-ending climb of the Col des Champs, Eddy

Merckx's immediate and superb response, the alarming chase by the Frenchman after a puncture delayed him on the descent..."

The battle began on the Col des Champs, where Thévenet launched attack after attack with the methodical precision of a master craftsman. Each assault was answered by Merckx's superior tactical intelligence, the Belgian drawing upon decades of experience to neutralize threats that would have destroyed lesser champions. For those watching from roadside, it appeared to be another chapter in the familiar story of Merckx's inexorable march to victory.

On the descent, the Belgian even gained ground, his technical skills allowing him to claw back precious seconds while Thévenet struggled with a puncture that threatened to derail his entire campaign. The moment perfectly encapsulated the cruel mathematics of professional cycling: all the fitness in the world means nothing when fortune turns against you. But Thévenet, displaying the tenacity that had carried him from the farms of Le Guidon to the pinnacle of professional cycling, refused to surrender to circumstance.

As the race approached the Col d'Allos, Merckx appeared to be in his element. His Molteni teammates set a blistering pace, distancing themselves from competitors before the final climb. The Belgian rode with the measured confidence of a man who had orchestrated such scenarios countless times before. For thousands of spectators lining the roadside, it looked like another chapter in the familiar story of his inexorable march to victory.

But then, four kilometers from the summit of Pra-Loup, the unthinkable happened: Eddy Merckx simply stopped being superior.

The collapse, when it came, was total and public, a disintegration so complete that it seemed to violate the fundamental laws of professional cycling. The man who had built his legend on never showing weakness suddenly became weakness incarnate, his body betraying him in the most visible way possible. The heat, the accumulated stress, the lingering effects of illness and assault—all of it converged in a moment of pure, undeniable human limitation.

British writer Graeme Fife would later paint an unforgettable portrait of that moment: "Thévenet caught Merckx, by now almost delirious, 3 km from the finish and rode by. The pictures show Merckx's face torn with anguish, eyes hollow, body slumped, arms locked shut on the bars, shoulders a clenched ridge of exertion and distress. Thévenet, mouth gaping to gulp more oxygen, looks pretty well at the limit, too, but his effort is gaining; he's out of the saddle, eyes fixed on the road. He said he could see that one side of the road had turned to liquid tar in the baking heat and Merckx was tire-deep in it."

The metaphor was perfect: the great Merckx, trapped in melting asphalt, watching helplessly as his era dissolved beneath him while his conqueror rode past into history. The road itself seemed to be rebelling against the old order, creating a physical manifestation of the psychological quicksand that had been slowly consuming the Belgian

champion.

For those who witnessed it, the moment carried a weight that transcended sport. Here was the man who had redefined what it meant to be dominant, reduced to a figure of almost Shakespearean tragedy. The crowds who had come to witness his triumph instead found themselves watching the public execution of a dynasty, the end of an era that had seemed as permanent as the mountains themselves.

As Thévenet disappeared up the mountain, his climbing style pure and economical while Merckx's became increasingly labored and desperate. The stage finished with Thévenet claiming a victory that was both personal triumph and historical watershed. Behind him, Merckx arrived looking like a man who had aged years in the space of hours, his face bearing the hollow expression of someone who had glimpsed his own mortality and found it wanting.

When Bernard Thévenet crossed the finish line at Pra-Loup, he had achieved something that transcended sport: he had proven that even the most complete dominance contains within it the possibility of its own ending. Merckx finished fifth, one minute and twenty-six seconds down, and lost the yellow jersey that had seemed permanently affixed to his shoulders to the farmer's son who had dared to dream of the impossible.

In the press conference that followed, the questions came with the careful reverence reserved for witnessing the end of an era. Thévenet, exhausted but gracious, spoke of his satisfaction at finally fulfilling his childhood dreams. Merckx, displaying the dignity that had always characterized his career, offered congratulations to his conqueror while privately grappling with the reality that his empire had crumbled in the space of a single Alpine afternoon.

The following day, Stage 16—just 107 kilometers from Barcelonnette to Serre Chevalier—was short in distance but operatic in scope. It played out not merely as a mountain stage, but as a passing of the torch, a subtle tragedy unfolding beneath the jagged spires of the Alps. The route coiled upward over the Col de Vars and then the stony, lunar flanks of the Col d'Izoard, a climb soaked in Tour legend and freighted with the ghosts of Coppi and Bobet. It was here that Bernard Thévenet, compact and composed, rose out of the saddle and into a different echelon of cycling history.

As Thévenet danced upward in the thinning air on the Col d'Izoard, Merckx faltered behind again, riding not just against his rival but against the erosion of inevitability. By the time Thévenet descended into Serre Chevalier, greeted by a delirious crowd and the high-altitude hush of a July afternoon, Thévenet had dealt the final blow to Merckx's domination.

A bikini-clad spectator by the roadside held up a sign that would become as famous as the moment itself: "Merckx is beaten. The Bastille has fallen." It was Bastille Day in France, and the symbolism could not have been more perfect. The cycling monarchy had been overthrown not by revolution but by the simple, inexorable process of human limitation asserting itself

over human ambition.

For Merckx, there would be no miraculous recovery. Though he would later crash and break a cheekbone—gaining back some time through the sympathy and tactical confusion that injuries create—the damage was irreversible. Team doctors advised him to abandon the race, but Merckx, displaying the stubborn pride that had made him great, refused to quit.

### Champs-Élysées

When the 1975 Tour de France reached its historic first finish on the Champs-Élysées, the transformation was complete. Thévenet concluded his efforts with a time of 114h35'31", winning by 2'47" over Merckx, with Lucien Van Impe third. It was the first time Merckx had lost a Tour in his six starts, and it would be his final podium appearance in cycling's greatest race.

Years later, reflecting on his defeat with the wisdom that comes only from having experienced both triumph's heights and loss's depths, Merckx displayed characteristic grace: "For years, people have been waiting for me to collapse. But the collapse never came. To be beaten, I had to come up against someone stronger than me."

It was a generous assessment, though perhaps not entirely accurate. Thévenet had not been stronger than peak Merckx; he had been stronger than diminished Merckx—Merckx the victim of his own success, Merckx the prisoner of expectations that had grown beyond any human's capacity to fulfill. In cycling, as in all sports, timing is everything, and Thévenet's greatest gift may have been his exquisite sense of when the moment had arrived to strike.

### After

Bernard Thévenet would win the Tour de France again in 1977, but he would always be remembered first as the man who proved that even cannibals could be fed their last meal. His victory represented something more profound than a changing of the guard; it restored to cycling the possibility of surprise, the understanding that no matter how complete a dominance might appear, sport retains its capacity to humble even the mightiest.

Within three years of his defeat, Merckx would retire from professional cycling, psychologically exhausted by the burden of being perpetually hunted. "I was psychologically exhausted," he admitted. "I always wanted to win, I couldn't anymore. I became aware that they were surrounding me like a wounded lion." The hunter had indeed become the hunted, and like all great predators, he understood when it was time to leave the field to younger, hungrier competitors.

Looking back on his childhood vision of cyclists as heroes, Thévenet offered a reflection that captures both the romance and reality of athletic achievement: "They were modern-day knights," he said of that moment when the peloton swept past his village church. "It was never that magical when I was actually in the peloton of the Tour!" The observation contains multitudes—the gap between dreams and reality, the way proximity diminishes mystery, the understanding that heroes are ulti-



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mately just human beings pushed to their absolute limits.

Yet for one glorious moment on the road to Pra-Loup, magic had indeed occurred. A dreamer from a hamlet called The Handlebar had proven that even the greatest champions are mortal, that every reign must eventually end, and that in cycling, as in all great narratives, there is always room for one more miracle.

The year 1975 would leave lasting marks on the Tour de France—the polka-dot jersey for the best climber, the white jersey for the best young rider, the historic finish on the Champs-Élysées—but perhaps its greatest gift to cycling history was simpler and more profound: it reminded the world that the most beautiful stories are not about dominance but about the courage to challenge the unchallengeable, the wisdom to recognize when the moment has arrived, and the grace to understand that every ending creates space for a new beginning.

In the end, Thévenet's triumph was about the eternal human capacity to dream beyond the boundaries of the possible, to persist in the face of overwhelming odds, and to recognize that sometimes the smallest person in the room possesses the power to topple giants. On that sweltering afternoon high in the French Alps, a son of the soil proved that even the most ravenous appetites must eventually be satisfied, not by victory, but by the simple, inexorable fact of human limitation. In serving that final meal on melting tarmac, he reminded the world that in sport, as in life, every feast must eventually come to an end.

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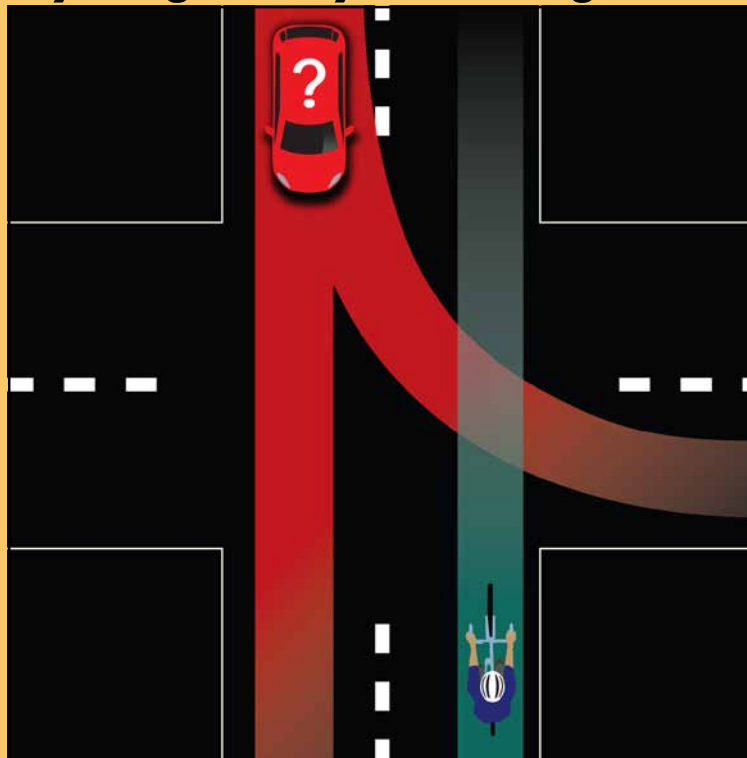
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## RIDING TIPS

### Cycling Safely: Avoiding the Left Hook



The left hook happens when a car cuts across the path of an oncoming cyclist. Graphic courtesy Andrew Phillips

By Andrew Phillips

I see many crashes that seem to repeat themselves. Perhaps one of the most common cycling incidents is the Left Hook. By knowing what the left hook is and that it's a frequent cycling vs car collision, you can be better equipped to avoid being "knocked out" by one while on a ride.

Here Is a Left Hook Scenario:

A cyclist is riding straight ahead on the right side of the road or in a designated bike lane. A motorist, coming in the opposite direction, prepares to turn left at an intersection or into a driveway. The motorist either: Fails to see the cyclist and turns left directly across their path. Or misjudges the cyclist's speed, thinking they have time to turn. This results in the car cutting

in front of the cyclist, leading to a potential crash.

How Avoid or Reduce the Risk of a Left Hook Collision:

Be Extra Cautious at Intersections and Driveways. Slow down and be on the hoods/brakes when approaching any intersection. Look at the behavior of vehicles—are they slowing, signaling, or edging left? If so, that's a potential red flag. If a motorist turns in front of you, make sure you know what your exit path is should you need to take it.

Watch for Turn Signals and Body Language. Don't rely solely on turn signals—many drivers forget to use them. Watch for wheel movement, slowing down, or drifting into the turn lane, which often signals an upcoming turn even without a blinker.

**Make Eye Contact.** If a driver is waiting to turn left while you are going straight through, try to make eye contact so you know they've seen you. One of the most common things I hear from a motorist who hits a cyclist is, "I just didn't see them. They came out of nowhere."

**Take the Lane When Necessary.** In certain situations—especially where there's no bike lane, or you're approaching a complex intersection—it may be safer to take the full lane to prevent a car from passing and cutting across you. This is legal in many places when necessary for safety.

**Use Lights and Bright Clothing.** Especially in low-light conditions, use a bright front light, reflective gear, and contrasting colors to increase your visibility. A flashing white front light can help catch a turning driver's attention.

Andrew Phillips is also known as The Cyclist Lawyer. His legal practice is dedicated almost exclusively to helping cyclists involved in collisions with vehicles. When not practicing law, you can find him... on his bike. With over 65K miles on Strava and sponsoring more than 40 cycling events between Utah and Colorado he has somehow found a way to mix business with pleasure. Strava: Andrew Phillips. Instagram: @Cyclist\_Lawyer & @ArvadaCyclist

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FORBIDDEN  
POINT LOMA**

[www.ridethepoint.org](http://www.ridethepoint.org)

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cancer research





# BICYCLE SHOP DIRECTORY

## Southern Utah

### Brian Head/Cedar City

**Brian Head Resort Mountain Bike Park**  
329 S. Hwy 143  
P.O. Box 190008  
Brian Head, UT 84719  
(435)-677-2035  
[brianhead.com](http://brianhead.com)

### **Cedar Cycle**

38 E. 200 S.  
Cedar City, UT 84720  
(435) 586-5210  
[cedarcycle.com](http://cedarcycle.com)

### **Red Rock Bicycle Co.**

996 S Main Street  
Cedar City, UT 84720  
(435) 383-5025  
[redrockbicycle.com](http://redrockbicycle.com)

### Hurricane

#### **Over the Edge Sports**

76 E. 100 S.  
Hurricane, UT 84737  
(435) 635-5455  
[overtheedge.bike](http://overtheedge.bike)

### **Red Rock Bicycle Co.**

268 W State St.  
Hurricane, UT 84737  
(435) 652-8382  
[redrockbicycle.com](http://redrockbicycle.com)

### Kanab

#### **Jake's Bike Shop**

11 West Center Street  
Kanab, UT 84741  
435-644-5827  
[kanabebikes.com](http://kanabebikes.com)

### Moab

#### **Chile Pepper**

702 S. Main  
(next to Moab Brewery)  
Moab , UT 84532  
(435) 259-4688  
[info@chilebikes.com](mailto:info@chilebikes.com)  
[chilebikes.com](http://chilebikes.com)

#### **Bike Fiend**

69 E. Center Street  
Moab, UT 84532  
435-315-0002  
[moabbikefiend.com](http://moabbikefiend.com)

#### **Double Down Bike Shop**

255 Williams Way  
Moab, UT 84532  
435-259-9196  
[doubledownbikeshop.com](http://doubledownbikeshop.com)

#### **Moab Cyclery**

391 S Main St.  
Moab, UT 84532  
(435) 259-7423  
[moabcyclery.com](http://moabcyclery.com)

#### **Poison Spider Bicycles**

497 North Main  
Moab, UT 84532  
(435) 259-BIKE  
(800) 635-1792  
[poisonspiderbicycles.com](http://poisonspiderbicycles.com)

#### **Rim Cyclery**

94 W. 100 North  
Moab, UT 84532  
(435) 259-5333  
[rimcyclery.com](http://rimcyclery.com)

### Price

#### **Altitude Cycle**

82 N. 100 W.  
Price, UT 84501  
(435) 637-2453  
[altitudecycle.com](http://altitudecycle.com)

### St. George

#### **Bicycles Unlimited**

90 S. 100 E.  
St. George, UT 84770  
(435) 673-4492  
(888) 673-4492  
[bicyclesunlimited.com](http://bicyclesunlimited.com)

#### **IBB Cyclery & Multisport**

185 E Center St  
Ivins, UT 84738  
435-319-0011  
[ibbcyclery.com](http://ibbcyclery.com)

#### **Rapid Cycling**

705 N. Bluff Street  
St. George, UT 84770  
435-703-9880  
[rapidcyclingbikes.com](http://rapidcyclingbikes.com)

### **Red Rock Bicycle Co.**

446 W. 100 S.  
(100 S. and Bluff)  
St. George, UT 84770  
(435) 674-3185  
[redrockbicycle.com](http://redrockbicycle.com)

### Springdale

#### **Zion Cycles**

868 Zion Park Blvd.  
P.O. Box 276  
Springdale, UT 84767  
(435) 772-0400  
[zioncycles.com](http://zioncycles.com)

## Northern Utah

### 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 Bike Shop and Rentals**

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

#### **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)

## DAVIS COUNTY

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

232 N. Main Street  
Kaysville, UT 84037  
(801) 544-5300  
[bebikes.com](http://bebikes.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  
[greatwesternebikes.com](http://greatwesternebikes.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 WWest 1700 South  
Syracuse, UT 84075  
801-820-5934  
[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  
[cottonwoodbicycle.com](http://cottonwoodbicycle.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)  
Sandy, UT 84094  
(801) 278-1500  
[hangar15bicycles.com](http://hangar15bicycles.com)

#### **Sun & Ski Sports**

6262 South State Street  
Murray, UT 84107  
385-432-8037  
[sunandski.com/fashion-place](http://sunandski.com/fashion-place)

### Salt Lake City

#### **Archer's Bikes**

490 E 1300 S  
Salt Lake City, UT 84115  
385-202-3424  
[archersbikes.com](http://archersbikes.com)

#### **Bicycle Center**

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

#### **Contender Bicycles**

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

#### **Jibe Cycleworks**

1388 South 300 West  
Suite 700 at the Engine Block  
Salt Lake City, UT 84115  
385-481-0412  
[jibebike.com](http://jibebike.com)

#### **REI**

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**

1350 South Foothill Dr  
(Foothill Village)  
Salt Lake City, UT 84108  
(801) 582-5611  
[SportsDen.com](http://SportsDen.com)

#### **Wasatch Touring**

702 East 100 South  
Salt Lake City, UT 84102  
(801) 359-9361  
[wasatchtouring.com](http://wasatchtouring.com)

### South and West Valley

#### **Bingham Cyclery**

10510 S. 1300 East  
(106th S.)  
Sandy, UT 84094  
(801) 571-4480  
[binghamcyclery.com](http://binghamcyclery.com)

#### **Electrify Bike Co.**

3961 W 9000 S, Suite H  
West Jordan, UT 84088  
(801) 997-0550  
[www.electrifybike.com](http://www.electrifybike.com)

### Go-Ride.com Mountain Bikes

12288 S. 900 E.  
Draper, UT 84020  
(801) 474-0082  
[go-ride.com](http://go-ride.com)

#### **Hangar 15 Bicycles**

762 E. 12300 South  
Draper, UT 84020  
(801) 576-8844  
[hangar15bicycles.com](http://hangar15bicycles.com)

#### **Pedego South Jordan**

651 W South Jordan PKWY  
South Jordan, UT 84095  
801-206-9202  
[pedegoelectricbikes.com/dealers/south-jordan](http://pedegoelectricbikes.com/dealers/south-jordan)

#### **Hangar 15 Bicycles**

11445 S. Red



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

Front Range

Evergreen Bike Shop  
28677 Buffalo Park Road  
Evergreen, CO 80439  
720-328-3726  
[evergreenbikeshop.com](http://evergreenbikeshop.com)

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 Adventure Sports

109 N. Lena Street  
Ridgway, CO 81432  
970-626-8500  
[ridgwayadventuresports.com](http://ridgwayadventuresports.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 83796  
208-429-6520  
[www.boisebicycleproject.org](http://www.boisebicycleproject.org)

Custom Cycles

2515 . N. Lander St.  
Boise, ID. 83703  
208-559-6917  
[harloebikes@icloud.com](mailto:harloebikes@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

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)

Sturtevant’s

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

All Mountain Cyclery

8670 W. Sunset Road  
Ste H-130  
Las Vegas, NV 89148  
702-453-2453  
[allmountaincyclery.com](http://allmountaincyclery.com)

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 Montañño 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  
[hoffsbikessmith.com](http://hoffsbikessmith.com)

The Hub Bicycles

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

REI

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

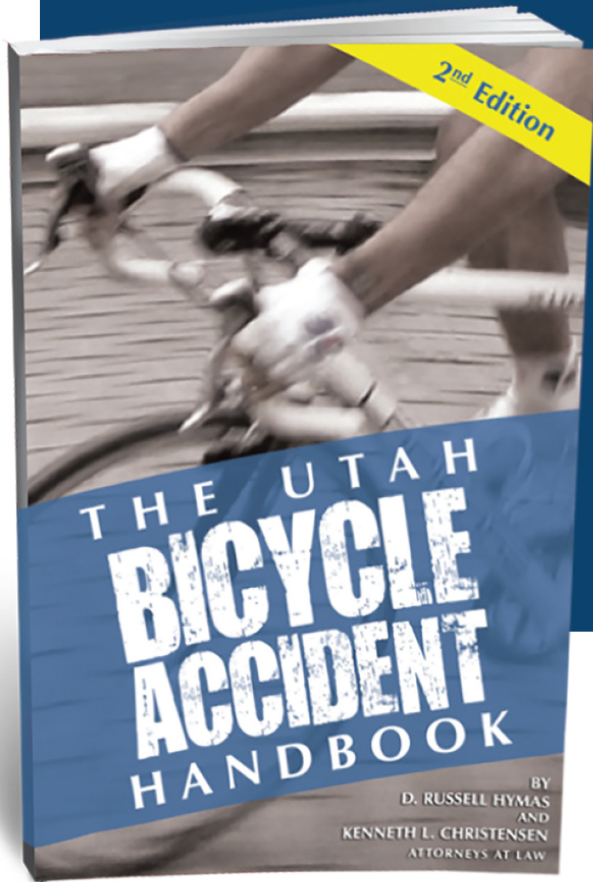
Teton Village Sports

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)

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## WESTERN STATES

## CALENDAR OF EVENTS

## Calendar Guidelines:

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

Submit your event to:

[calendar@cyclimgutah.com](mailto:calendar@cyclimgutah.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 Radford, 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, [bikeslc@slcgov.com](mailto:bikeslc@slcgov.com), [bikeslc.com](http://bikeslc.com)

**Salt Lake County Bicycle Advisory Committee** — Salt Lake City, UT, The SLCBAC committee

works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT., Helen Peters, 385-468-4860, [HPeters@slco.org](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., Eric Manning, 801-393-2304, [tfnu@tfnu.org](mailto:tfnu@tfnu.org), [tfnu.org](http://tfnu.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 public and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail

with the Provo/Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, [parleystrail@gmail.com](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@ogdenccity.com](mailto:joshjones@ogdenccity.com)

**Idaho Bike Walk Alliance** — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, [cynthia@idahowalkbike.org](mailto:cynthia@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, [wyopath.org](http://wyopath.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, [bznbybike@gmail.com](mailto:bznbybike@gmail.com), Doug Haberman, 406-449-2787, [info@bikewalkmontana.org](mailto:info@bikewalkmontana.org), [bikewalkmontana.org](http://bikewalkmontana.org)

**Teton Valley Trails and Pathways (TVTAP)** — Jackson, WY, Promotes trails and pathways in the Wyndoh area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, [dan@tvtap.org](mailto:dan@tvtap.org), [tvtap.org](http://tvtap.org), [tetonbikfest.org](http://tetonbikfest.org)

**Bike Orem** — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, [randy@maddogcycles.com](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), [sweetstreetsslc.org](http://sweetstreetsslc.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@cyclimgutah.com](mailto:dave@cyclimgutah.com), [cyclimgutah.com](http://cyclimgutah.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, 208-557-4332, [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 14, 2025 — Utah Bike Summit**, Orem, UT, The Utah Bike Summit is the state bicycle conference! Summit attendees are directly involved in cycling, planning and development, tourism, outdoor recreation, local business and bike shops, corporate brands, and healthcare. Theme: Building Connections, Empowering Communities: Active Transportation as a Solution, Bike Utah, 406-498-9995, [info@bikeutah.org](mailto:info@bikeutah.org), [bikeutah.org/summit](http://bikeutah.org/summit)

**August 23, 2025 — 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 3.6 miles, Donna McAleer, 801-328-2453, [info@bicyclecollective.org](mailto:info@bicyclecollective.org), [bicyclecollective.org](http://bicyclecollective.org)

**August 23, 2025 — 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)

**September 22, 2025 — World Car Free Day**, Everywhere, UT, Ride your bike and leave the car at home!, Cycling West, [noemail@cyclingutah.com](mailto:noemail@cyclingutah.com), [worldcarfree.net](http://worldcarfree.net)

**October 3-5, 2025 — Northern Utah Trailfest**, Ogden, UT, 3/6-Hour Mountain Bike Race during the Northern Utah Trailfest at North Fork Park. Fall weekend camping, festival, music, and competition to complete the most course laps., Kelli Barkema, 801-393-2304, [kelli@tfnu.org](mailto:kelli@tfnu.org), [northernutahtrailfest.com](http://northernutahtrailfest.com)

**November 1, 2025 — 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)

## Gravel Races

## and Rides

**August 16, 2025 — Aether's Traverse Gravel Grinder**, Idaho Panhandle Gravel Series, Sandpoint, ID, One route: 35 miles and 6,300 ft of climbing. 98% gravel roads and double track climbing up the scenic backside of Schweitzer Mountain., Syringa Cyclery, 208-610-9990, [syringacyclery@gmail.com](mailto:syringacyclery@gmail.com), [syringacyclery.com](http://syringacyclery.com)

**August 20-23, 2025 — 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](mailto:info@gravel-worlds.com), Jason Strohhorn, [jason@gravel-worlds.com](mailto:jason@gravel-worlds.com), [gravel-worlds.com](http://gravel-worlds.com)

**August 24-24, 2025 — Garmin Gravel Worlds Duathlon & Triathlon**, Lincoln, NE, Gravel Worlds Triathlon & Duathlon will be held on August 24, 2025, at the stunning Branched Oak Lake in Raymond, NE, just outside Lincoln. This event will be part of the Gravel Worlds Weekend and is the official USAT Gravel Triathlon and Duathlon National Championship for 2025 and 2026!, Gravel Worlds Info, [info@gravel-worlds.com](mailto:info@gravel-worlds.com), Jason Strohhorn, [jason@gravel-worlds.com](mailto:jason@gravel-worlds.com), [gravel-worlds.com](http://gravel-worlds.com)

**August 25-September 7, 2025 — 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, [bssheadquarters@gmail.com](mailto:bssheadquarters@gmail.com), [bigskyspectaculaire.com](http://bigskyspectaculaire.com)

**August 28-31, 2025 — 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, [rpi@rebeccarusch.com](mailto:rpi@rebeccarusch.com), Clemence Heymelot, 707-560-1122, [info@bikemonkey.net](mailto:info@bikemonkey.net), [rebeccasprivat Idaho.com](http://rebeccasprivat Idaho.com)

**August 31, 2025 — 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, 2025 — 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, Kirk Ahlberg, [info@morganzo55.com](mailto:info@morganzo55.com), [montanacycling.net/morganzo55.com](http://montanacycling.net/morganzo55.com)

**September 6, 2025 — Gunni Grinder**, Gunnison, CO, An epic 118 mile race/ride starting in and finishing near downtown Gunnison, CO and follows some of Gunnison County's most challenging, remote and scenic gravel and dirt roads. If you don't have the miles but still want a challenge, The Gunni 60 (ish) and Gunni 30 will give riders a taste of what gravel riding in Gunnison County is all about. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course., Joel Grimmer, 512-751-8940, [Joel@acacerevolutions.com](mailto:Joel@acacerevolutions.com), [thegunnigrinder.com](http://thegunnigrinder.com)

**September 6-7, 2025 — The Crippler**, Cañon City, CO, 65 Miles, 5000 Feet of Climbing, a Colorado-style gravel road race that will provide amazing scenery with panoramic views while simultaneously pushing your limits for climbing and descent., Adam Spahr, 619-780-1138, [info@omnigravel.com](mailto:info@omnigravel.com), [thecrippler.bike](http://thecrippler.bike)

**September 6, 2025 — Big Horn Road**, Gypsum, CO, Stone Sheep - 80 miles, 5K vert, Dall Sheep (e-bike friendly) - 31 miles, 1.6K vert, Jake Wells, [info@bighorngravel.com](mailto:info@bighorngravel.com), [bighorngravel.com](http://bighorngravel.com)

**September 6, 2025 — Lassen Gravel Adventure Ride**, Susanville, CA, Features a variety of surfaces, including smooth gravel and technical 2-track roads. The route includes climbs, flat sections, and descents. Riders will pass through pine forests, mountain meadows, and follow the Susan River, going through two historic train tunnels on the Blizz Johnson Trail. The long course passes near two high-altitude lakes. There are three course options for different skill levels and several rest stops. The ride is 97% gravel and is not a race, Bizz, 530-310-5013, [bizzrunningcompany@gmail.com](mailto:bizzrunningcompany@gmail.com), [bizzrunningcompany.com](http://bizzrunningcompany.com), [lassen graveladventureride.com](http://lassen graveladventureride.com)

**September 7, 2025 — Ride the Cog**, Hayden, CO, fundraiser for the Hayden Museum, Hayden Museum, 970-276-4380, [haydenmuseum@zirkel.us](mailto:haydenmuseum@zirkel.us), [ridehthecog.com](http://ridehthecog.com)

**September 7, 2025 — 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](mailto:bbc@colorado.edu), [buffalobicycleclassic.com](http://buffalobicycleclassic.com)

**September 12-14, 2025 — 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 13-14, 2025 — Mountains to Meadows**, Lost Sierra Triple Crown, Mt. Shasta, CA, The perfect blend of enduro, Grinduro Saturday with four timed stages on a mix of dirt road and singletrack over the course of 55 miles and over 8,000 feet of gain. Followed by a Sunday MTB/eDuro with up to 5 timed stages, all on beautiful and flowy Lost Sierra singletrack. On site camping and live music make for a one of a kind enduro festival., Greg Williams, [wllie@sierratrails.org](mailto:wllie@sierratrails.org), Sierra Trails, [info@sierratrails.org](mailto:info@sierratrails.org), [grinduro.com](http://grinduro.com)

**September 13, 2025 — WYO 131 Gravel Grinder**, Wyoming Gravel Grinder Series, Lander, WY, The race rolls out from the heart of Lander, Wyoming, and dives deep into the rugged beauty of the high desert and subalpine Wind River Range. With sweeping views, historic backroads, and wide-open skies, this is gravel racing in its rawest, most rewarding form. 4 distances—13.1, 45, 75, and 131 miles—offer something for every rider. The legendary 131-mile course brings over 10,000 feet of climbing, remote stretches, and some of the finest gravel in the West. It's a true test of endurance and self-reliance. Free kids race, featuring both pedal and strider bike divisions, brings big energy and small wheels to the start line. It's a full weekend celebration of bikes, community, and the spirit of the West., Gwen Robson, 307-330-3002, [wyo131gravel@gmail.com](mailto:wyo131gravel@gmail.com), [wyo131.com](http://wyo131.com)

**September 13, 2025 — Salida 76**, Salida, CO, 76 miles or km of spectacular backcountry gravel, with views, friendly competition, 3

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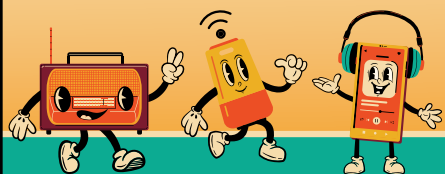
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stocked aid stations, full support, and finisher party, Jennifer Barbour, 303-503-4616, [jen@shiftevents.org](mailto:jen@shiftevents.org), Kim Nordquist, 303-249-6168, [kinnordquist@msn.com](mailto:kinnordquist@msn.com), Caprice Bass, 303-720-4509, [caprice@teamevergreen.org](mailto:caprice@teamevergreen.org), [salida76.com](mailto:salida76.com), [shiftevents.org](mailto:shiftevents.org)

**September 13, 2025 — Pinewood Showdown.** Show Low, AZ, Held at scenic Wilderness Ranch, 25, 50, or 100 mile routes, Seth Bush, 505-554-0059, [ElCapitan@ZiaRides.com](mailto:ElCapitan@ZiaRides.com), [zia-rides.com](mailto:zia-rides.com)

**September 14, 2025 — 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), [wallowallagrit.com](mailto:wallowallagrit.com)

**September 19-21, 2025 — 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), [lastgrizzlygravel.com](mailto:lastgrizzlygravel.com)

**September 20, 2025 — East Idaho Epic.** Idaho Falls, ID, 400 mile gravel bikepacking event from Idaho Falls to Logan, UT and back., Jonathan Black, [jonathanaaronblack@gmail.com](mailto:jonathanaaronblack@gmail.com), [facebook.com/groups/395163851082311](https://www.facebook.com/groups/395163851082311)

**September 20, 2025 — USA Cycling Gravel National Championships.** La Cresent, MN, USAC Events , 719-434-4200, [national-events@usacycling.org](mailto:national-events@usacycling.org), [usacycling.org](mailto:usacycling.org)

**September 20, 2025 — The Mane Event Gravel Grinder.** Sheridan, WY, The Mane Event Gravel Grinder is a fall gravel cycling event held annually. It offers a variety of courses designed to cater to cyclists of all skill levels, making it an ideal event for both seasoned racers and casual cyclists. 25/54/78 mile courses. Proceeds go to local non-profits, Erik Kulvinskas, 307-429-0097, [erik@bigshift.com](mailto:erik@bigshift.com), [maneeventgravel.com](mailto:maneeventgravel.com)

**September 27, 2025 — Wasatch All-Road Bicycle Race.** Francis, UT, New date! (changed due to fire danger) Featuring the toughest climb in gravel: the Wasatch Wall! The new courses take you through private dirt roads of Wolf Creek Ranch. Choose from 100, 58, and 31 mile courses (the mini yeti bypasses the wall, phew!), Breanne Nalder-Harward, [breaanne@utahgravelseries.com](mailto:breaanne@utahgravelseries.com), [utahgravelseries.com](mailto:utahgravelseries.com)

**September 27, 2025 — Boise Gravel Gala.** Boise, ID, 61, 80, and 105 mile gravel options, Chris Stuart, [Boisegravelgala@gmail.com](mailto:Boisegravelgala@gmail.com), [boisegravelgala.com](mailto:boisegravelgala.com)

**October 3-4, 2025 — Belgian Waffle Ride - Hendersonville.** Quad-Tripel Crown of Gravel, Hendersonville, NC., Michael Marckx, 760-815-0927, [rmx@MonumentsofCycling.com](mailto:rmx@MonumentsofCycling.com), [belgianwaffleride.bike](mailto:belgianwaffleride.bike)

**October 4-5, 2025 — October Trek.** Weiser, ID, 2 day mountain bike gravel ride, 86 mile rails-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Ron Hundahl, 208-566-1025, 208-253-4433, [octobertrek@gmail.com](mailto:octobertrek@gmail.com), Pat Trainor, 208-253-4433, 208-571-7447, [blheron@ctcweb.net](mailto:blheron@ctcweb.net), [weiser-rivertrail.org](mailto:weiser-rivertrail.org), [octobertrekinfo@kofaho.com](mailto:octobertrekinfo@kofaho.com), [octobertrekinfo@kofaho.com](mailto:octobertrekinfo@kofaho.com)

**October 4, 2025 — AlKemist Gravel Fest.** Mandan, ND, Combine your love for cycling with the changing of the seasons at the Alkemist 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. Held at Graner Park - Sugarloaf Bottoms, Melissa Marquardt, 701-221-9833, [melissa@701cycleandspor.com](mailto:melissa@701cycleandspor.com), [701cycleandspor.com](mailto:701cycleandspor.com)

**October 7, 2025 — Huntsman World Senior Games Gravel Race.** St. George, UT, 25 to 50 miles, Jason Ranoa, 800-562-1268, 435-674-0550, [hello@seniorgames.net](mailto:hello@seniorgames.net), [seniorgames.net](mailto:seniorgames.net)

**October 11, 2025 — Grassroots Gravel.** Pueblo, CO, 15, 40, 75, & 110 mile routes, Adam, [adam@grassrootsgravel.com](mailto:adam@grassrootsgravel.com), [grassroots-gravel.com](mailto:grassroots-gravel.com)

**October 18, 2025 — Chino Grinder.** Chino Valley, AZ, Endurance Cycling Event- Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options., Shannon Lindner, 602-363-7725, [shannon@aztrailrace.com](mailto:shannon@aztrailrace.com), Jake Hernandez, 602-363-7725, [jake@aztrailrace.com](mailto:jake@aztrailrace.com), [shendocatracing.com](mailto:shendocatracing.com)

**October 18, 2025 — 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](mailto: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](mailto:desertgravel.com)

**October 18, 2025 — Heart of Gold Gravel.** Nevada City, CA, Clemence Heymelot, 707-560-1122, [info@bikemonkey.net](mailto:info@bikemonkey.net), [heartof-goldgravel.com](mailto:heartof-goldgravel.com)

**October 23-26, 2025 — 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, [heid.w.rentz@gmail.com](mailto:heid.w.rentz@gmail.com), [thespiritworld100.com](mailto:thespiritworld100.com)

**October 25, 2025 — Day of the Tread Bosque Boneshaker 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), [dayofthetread.com](mailto:dayofthetread.com)

**October 25, 2025 — Bovine Classic.** Atascadero, CA, Three Routes, One Incredible Experience: Big Bovine: 88 miles, 8,400' of climbing (for the truly ambitious); Feisty Bovine: 63 miles, 5,200' of climbing (serious but not insane); Happy Bovine: 45 miles, 3,300' of climbing (perfect for gravel adventures without the suffering), Clemence Heymelot, 707-560-1122, [info@bikemonkey.net](mailto:info@bikemonkey.net), [thebovineclassic.com](mailto:thebovineclassic.com)

**November 9, 2025 — Goblin Valley Gravel Ride.** Green River, Utah, Part of the Goblin Valley Dirt Festival weekend experience that you do not want to miss. Ride along an ancient place featuring thousands of Hoodoos referred to as Goblins, which are formations of mushroom-shaped rock pinnacles. Capture views of historic mining ghost towns, and ancient petroglyphs along the rock faces. This picturesque environment will be a sight to see as you ride throughout the protected Utah landscape., Eric, [eric@elevationculture.com](mailto:eric@elevationculture.com), [runsignup.com/Race/UT/GreenRiver/GoblinValleyGravelRide](mailto:runsignup.com/Race/UT/GreenRiver/GoblinValleyGravelRide)

**November 15, 2025 — Borderlands Gravel.** Douglas, AZ, Three courses - 38 / 68 and 100 miles. Working with the Border Communities to create an international 'neutral' Parade Lap for the long course rides only - transitioning through the Port Of Entry for about 1 KM. Truly an International Gravel Event - Collaboration between Douglas, AZ and Agua Prieta, MX. New and improved start / finish area - In front of The Gadsden Hotel, Mike Miller, 720-231-0521, [mikebikes720@gmail.com](mailto:mikebikes720@gmail.com), [BorderLandsGravel.com](mailto:BorderLandsGravel.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, 970-728-5691, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), Lauren Lasky, 508-581-7580, [lauren@lizardheadcycling.com](mailto:lauren@lizardheadcycling.com), [lizardheadcyclingguides.com](mailto:lizardheadcyclingguides.com)

**BetterRide MTB Camp** — Various, AZ, UT, TX, CA, CO, 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 efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Gene and Ilse Hamilton, 970-261-1869, 435 260 7696, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](mailto:betterride.net)

**August 15-17, 2025 — Jurassic Classic Mountain Bike Festival.** Lander, WY, Mountain bike Festival in Lander, WY . Demos, shuttles, clinics, group rides, parties, live music, film fest, beer, food trucks, and raffles! All skill levels welcome., Gwen Robson, 307-330-3002, [fremontarearoadtour@gmail.com](mailto:fremontarearoadtour@gmail.com), Ami McAlpin, 970-394-4423, [landercycling@gmail.com](mailto:landercycling@gmail.com), Mike Dicken, 307-332-2926, [jurassicclassicfest@gmail.com](mailto:jurassicclassicfest@gmail.com), [jurassicclassicfest.com](mailto:jurassicclassicfest.com), [landercycling.org](mailto:landercycling.org)

**September 6, 2025 — 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 tedium. It will also be FULLY SELF-SUPPORTED! Bring your favorite method of water treatment, as there will not be a water drop this year., [nm-es.weebly.com](mailto:nm-es.weebly.com), [santa-fe-big-friggin-loop.html](mailto:santa-fe-big-friggin-loop.html)

**September 12-14, 2025 — Lincoln County MTB Festival.** Caliente, NV, Friday: trail work, BYOB&Q, and bike movie at the park, Saturday: shuttles, vendors, dinner, raffle, live music, and bike games, Sunday: group rides and swap meet, CAMBA, 775-549-5992, [callentemtmb@gmail.com](mailto:callentemtmb@gmail.com), [calientemtmb.org](mailto:calientemtmb.org)

**September 14, 2025 — 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., Jon Terbush, 860-466-0910, [info@salidamountaintrails.org](mailto:info@salidamountaintrails.org), [salidamountaintrails.org](mailto:salidamountaintrails.org)

**September 20-21, 2025 — Chuska Challenge Mountain Tour.** Tour de Rez Cup, Red Valley, AZ, The Navajo Nation's premier moun-

tain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncompetitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bikeyah. The competitive Mountain Bike Race includes variety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the week-end, and there will be a Youth Race on Saturday. On the Sunday of Chuska week-end, there will be a 55-mile and 35-mile Arizona Endurance Series event on the Cove Classic route, Tom Rigggenbach, 928-429-0345, [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), [navaojoves.org](mailto:navaojoves.org), [runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRide](mailto:runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRide)

**October 3-5, 2025 — 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@westernspiri.com](mailto:outerbike@westernspiri.com), [outerbike.com](mailto:outerbike.com)

**October 12, 2025 — Ride the Rift.** Taos, NM, 4 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), [ridetherift-taos.com](mailto:ridetherift-taos.com)

**October 18, 2025 — Zuni Mountains 100.** New Mexico Endurance Series, McGaffey Lake, NM, Unsupported epic mtb ride, [nm-es.weebly.com](mailto:nm-es.weebly.com)

**October 23-26, 2025 — Moab Ho-Down Mountain Bike Festival & Film Fest.** Moab, UT, Mountain bike festival with dual stage, endurance race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Chile , 435-259-4688, [info@chliebikes.com](mailto:info@chliebikes.com), Moab MTB [info@moabhdown.com](mailto:info@moabhdown.com), [moabhdown.com](mailto:moabhdown.com), [chliebikes.com](mailto:chliebikes.com)

**November 1, 2025 — Sacramento Rim Roller.** New Mexico Endurance Series, Cloudcroft, NM, Unsupported epic mtb ride, [nm-es.weebly.com](mailto:nm-es.weebly.com)

**November 1-2, 2025 — Women's MTB Skills Clinic and Camp.** California Dirt MTB Series, Grass Valley, CA, Held at The Ranch, Jet Lowe, [yboncfdn@gmail.com](mailto:yboncfdn@gmail.com), [ybonc.org/events](mailto:ybonc.org/events)

**November 1-2, 2025 — Las Vegas Mountain Bike Festival.** Blue Diamond, NV, Demos, skills, food, clinics, vendors, more!, Allison Cormier, [info@snmba.org](mailto:info@snmba.org), [snmba.org](mailto:snmba.org)

## Utah Weekly MTB

### Race Series

**May 20-August 13, 2025 — Mid-Week Mountain Bike Race Series.** Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday, Wednesday, and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. XC races and Mini Enduro races, Bike Utah , 406-498-9995, [info@bikeutah.org](mailto:info@bikeutah.org), [mid-weekmtb.com](mailto:mid-weekmtb.com)

## Utah Mountain

### Bike Racing

**August 10, 2025 — Flyin' Brian Downhill.** Go-Ride Gravity Series, Brian Head, UT, Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](mailto:go-ride.com), [utahdh.org](mailto:utahdh.org)

**August 30, 2025 — 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, [race-point2point@gmail.com](mailto:race-point2point@gmail.com), [thepcpp.com](mailto:thepcpp.com)

**September 7, 2025 — 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](mailto:mountaintrails.org)

**October 3-5, 2025 — Northern Utah Trailfest Mountain Bike Race.** Ogden, UT, The NUT is a fall celebration for all trail users! NUT Trail Run and Mountain Bike Race on Saturday, October 8th as they compete to complete the most course laps in 3, 6 or 9 hours. Camp for the weekend or spend the day at North Fork Park as trail users of all ages and abilities come together to enjoy tasty food, live music, and festival activities at Cutler Flats Base Camp. Experience the beauty of fall foliage and share in the excitement and camaraderie of the NUT by participating in free festival activities and educational opportunities including guided hikes, star-gazing, yoga, and more., Kelli Barkema, 801-393-2304, [kelli@tnfu.org](mailto:kelli@tnfu.org), Isabelle Geddes, 801-399-1773, [reide@gaaifoundation.com](mailto:reide@gaaifoundation.com), [northernutahtrailfest.com](mailto:northernutahtrailfest.com)

**October 13-14, 2025 — 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, [hws@seniorgames.net](mailto:hws@seniorgames.net), [seniorgames.net](mailto:seniorgames.net)

**October 16-18, 2025 — Red Bull Rampage.** Virgin, UT, Downhill, slopestyle and freeride MTB athletes will converge on the demanding terrain of Virgin, Utah to compete for glory in one of the biggest tests of skill and guts in the world. Women ride on 10-16, the Men ride on 10-18, 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/rampage](mailto:redbull.com/us-en/events/rampage)

**October 23-25, 2025 — Thrills and Skills MTB Fest.** Kanab, UT, Features guided rides of three newly developed trail systems plus three scenic, no-drop gravel/e-bike rides. We'll also have skills clinics, music, food, beer garden, demo and rental bikes, contests and more, April Witzke, 575-313-4650, [blacksmithswife@gmail.com](mailto:blacksmithswife@gmail.com), [ThrillsAndSkills.com](mailto:ThrillsAndSkills.com)

**November 8-9, 2025 — 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, Seth Bush, 505-554-0059, [ElCapitan@ZiaRides.com](mailto:ElCapitan@ZiaRides.com), [ziarides.com](mailto:ziarides.com)

**November 8, 2025 — Gooseberry Mesa Endurance ICUP.** Intermountain Cup Endurance Series, Hurricane, UT, endurance cross country mtb race, Margaret Gibson, 435-229-6251, [Margaret@ridesouthernutah.com](mailto:Margaret@ridesouthernutah.com), [intermountaincup.com](mailto:intermountaincup.com)

**November 15, 2025 — Red Rock Remix Finale ICUP.** Intermountain Cup, St. George, UT, Green Valley, Margaret Gibson, 435-229-6251, [Margaret@ridesouthernutah.com](mailto:Margaret@ridesouthernutah.com), [intermountaincup.com](mailto:intermountaincup.com), [ridesouthernutah.com](mailto:ridesouthernutah.com)

## Regional Mountain

### Bike Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

## CA and Beyond

**August 10, 2025 — Colorado Trail Race.** Durango, CO, Group Start 4 AM, a self-supported bike ride on the Colorado Trail, Jefe Branham, [JWOOOKIEONE@HOTMAIL.COM](mailto:JWOOOKIEONE@HOTMAIL.COM), [jwookieone.com](mailto:jwookieone.com)

**August 16, 2025 — 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 , [york38specialmt@gmail.com](mailto:york38specialmt@gmail.com), [york38specialmt@gmail.com](mailto:york38specialmt@gmail.com)

**August 16, 2025 — 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](mailto:winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series)

**August 16, 2025 — The Cariboo Jack.** Teton Valley, ID, 1 day, 3-4 stage, blind-format, backcountry endurance race through the mountain wild of the Caribou-Targhee National Forest that will leave you with a good story., Chris Bule, 307-413-1998, 208-557-4332, [info@mountainbiketetons.org](mailto:info@mountainbiketetons.org), [mountainbiketetons.org](mailto:mountainbiketetons.org)

**August 16, 2025 — GloriDays - MTB Camp Weekend.** Glorietta, 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@ZiaRides.com](mailto:ElCapitan@ZiaRides.com), [ziarides.com](mailto:ziarides.com)

**August 16-17, 2025 — Downhill Rockies.** Trail Party, Angel Fire, NM, Downhill race, Trail Party , [trailpartyymb@gmail.com](mailto:trailpartyymb@gmail.com), [trailparty.com](mailto:trailparty.com)

**August 17, 2025 — 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@omnigovevents.com](mailto:katie@omnigovevents.com), Stewart Hindman, 208-461-8877, [idahosg.cycling@gmail.com](mailto:idahosg.cycling@gmail.com), [idahoseniorgames.org](mailto:idahoseniorgames.org)

**August 17, 2025 — 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](mailto:rumbleattheranch.com)

**August 23, 2025 — 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](mailto:bigskybiggie.com)

**August 23, 2025 — 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@akecityalpine50.com](mailto:mike@akecityalpine50.com), [lakecityalpine50.com](mailto:lakecityalpine50.com)

**August 23, 2025 — Bear Jaw Groove.** Flagstaff, AZ, 6 Hour MTB Relay (Single, Duo, Quad) and 11 Mile Showdown, 22 Mile Sprint, 33 Mile Endurance, and the 44 Mile Ultimate. Categories: analog, singlespeed, E-bike, and adaptive, Steve Sanchez, 602-639-0063, [Stevie@bearjawAZ.com](mailto:Stevie@bearjawAZ.com), [bearjawevents.com](mailto:bearjawevents.com)

**August 29-31, 2025 — Trestle Gravity Series: Downhill Race 3, 4, and 5.** Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, [miller@winterparkresort.com](mailto:miller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series](mailto:winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series)

**August 30, 2025 — 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](mailto:montanaenduro.com), [montanabicycleguild.org](mailto:montanabicycleguild.org)

**August 31, 2025 — Dakota Five-0.** Spearfish, South Dakota, 50 miles, A lollie-pop loop, begins in Spearfish City Park with a mass, neutral roll out, and leaves town to the west up Tinton Road., Perry Jewett, 605-641-4963, [ridgeriders@blackhills.com](mailto:ridgeriders@blackhills.com), [dakotafiveo.com](mailto:dakotafiveo.com)

**August 31, 2025 — 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@cbnordic.org](mailto:info@cbnordic.org), [thegrاندtraverse.org](mailto:thegrاندtraverse.org)

**September 2, 2025 — Battle of the Grommets.** Winter Park, CO, Youth gravity race, 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](mailto:winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series)

**September 5-7, 2025 — NW Cup Downhill Series Finals Stevens Pass Bike Park.** Northwest Cup Downhill Series, Stevens Pass, WA, Downhill race, Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](mailto:nwcup.com)



**September 19-21, 2025 — Oak Flats MTB Race.** New Mexico Off Road Series, Albuquerque, NM, Well marked course with a separate kids course and equal pay. Family oriented, spectator friendly, with unique hand made trophies, a positive atmosphere and more. Fast, flowy course with a little bit of everything for everybody. Event Saturday: Cat 3, Cat 2 & Short track for Pro and Cat 1; Sunday: Juniors, Kids, Pro & Cat 1, Par , 505-730-2615, [oakflatsmtb@gmail.com](mailto:oakflatsmtb@gmail.com), [oakflatsmtb.com](http://oakflatsmtb.com)

**September 20, 2025 — 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@psfuelreduction.org](mailto:events@psfuelreduction.org), [fireontherim.com](http://fireontherim.com)

**September 20-21, 2025 — Coyote Classic Round 1 of 3,** DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Mike Scheur, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootleg-canyonracing.com](http://bootleg-canyonracing.com)

**September 20-21, 2025 — Chuska Challenge Mountain Bike Race,** Tour de Rez Cup, Red Valley, AZ, The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncompetitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bikéyah. 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), [navajoyes.org](http://navajoyes.org), [runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRide](http://runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRide)

**September 20, 2025 — 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, Mark Walker, [markwalker@gmail.com](mailto:markwalker@gmail.com), [coloradoes.wordpress.com/swes-event-list/sbfl](http://coloradoes.wordpress.com/swes-event-list/sbfl)

**September 27-28, 2025 — Grand Enduro.** Grand Junction, CO, Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of racing over 6.2 miles of trail. 2.5-4 hours of total ride time covering ~22 miles., John Klish, 970-744-4450, 573-366-3681, [madness@madracing-colorado.com](mailto:madness@madracing-colorado.com), [grandenduro.com](http://grandenduro.com), [madracingcolorado.com](http://madracingcolorado.com)

**September 27, 2025 — Great Trail Race,** Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain., Todd Jackson, 530-546-1019, [todd@big-blueadventure.com](mailto:todd@big-blueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [greattrailrace.com](http://greattrailrace.com)

**September 27, 2025 — Rad Dirt Fest,** Trinidad, CO, 38, 99, 165 mile options, Deep in the Southern Colorado plateau lies an untouched plethora of gravel unlike any other. The towering Spanish Peaks and expansive mesas serve as the backdrop for the 3 unique courses of the 'Rad Dirt Fest'. The courses are all more than 90% maintained, gravel roads and mostly rolling routes, Tamara Jenlink, 719-219-9364, [TJenlink@t.life](mailto:TJenlink@t.life), Lifetime Events, [theraddirt@tevents.zendesk.com](http://theraddirt@tevents.zendesk.com), [theraddirt.com](http://theraddirt.com)

**September 28, 2025 — Sunrise Ski Resort Enduro,** Sunrise Ski Resort, AZ, Tim Raceette, 480-442-4229, [info@mbaa.net](mailto:info@mbaa.net), [mbaa.net](http://mbaa.net)

**October 3-4, 2025 — 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, [lmuelier@fmrtn.org](mailto:lmuelier@fmrtn.org), [fmrtn.org/277/Road-Apple-Rally](http://fmrtn.org/277/Road-Apple-Rally)

**October 4, 2025 — 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 9-12, 2025 — USA Cycling Collegiate Mountain Bike National Championships,** Grand Junction, CO, 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 11-13, 2025 — 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, [yboncdn1@gmail.com](mailto:yboncdn1@gmail.com), [ybonc.org/events/dirt-classic](http://ybonc.org/events/dirt-classic)

**October 11, 2025 — 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.mtb@gmail.com](mailto:hotdogger.mtb@gmail.com), [hotdogger.org](http://hotdogger.org), [copmoba.org](http://copmoba.org)

**October 12, 2025 — 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@shift-events.org](mailto:jen@shift-events.org), Natalie Rabourn, 303-503-4616, [natalie@teamevergreen.org](mailto:natalie@teamevergreen.org), Caprice Bass, 303-720-4509, [caprice@teamevergreen.org](mailto:caprice@teamevergreen.org), [betibikebash.com](http://betibikebash.com)

**October 12, 2025 — Little Sugar MTB,** Leadville Race Series, Bentonville, AR, Welcome to the MTB Capital of the World. Bentonville and Bella Vista have emerged as a world-class destination for MTB riding and we've put together a course worth of a Leadville Legendary challenge. These trail systems offer grinding climbs, fast rolling descents, rough and rocky limestone, and views of caves, waterfalls, and iconic ledges., Tamara Jenlink, 719-219-9364, [TJenlink@t.life](mailto:TJenlink@t.life), [leadvillraceseries.com](http://leadvillraceseries.com), [bigsugarclassic.com/mtb](http://bigsugarclassic.com/mtb)

**October 18, 2025 — Coyote Classic Round 2 of 3,** DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Mike Scheur, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootleg-canyonracing.com](http://bootleg-canyonracing.com)

**October 25, 2025 — Filthy 50,** Escondido, CA, 30 and 50 mile xc races, Victor , [info@quickndirtymtb.com](mailto:info@quickndirtymtb.com), [quickndirtymtb.com](http://quickndirtymtb.com)

**November 1, 2025 — 8-Hour Showdown at Usery Pass.** TENTATIVE, Phoenix, AZ, 8-hour cross country race on an 11 mile loop, solo, duo, quad, and relay options for both mtn bike, gravel and single speed with free kids races, Race is put on by FE Racing, an Arizona 501c3 cycling club that uses the proceeds from the event for a charity bike give away deserving Jr. High School students., Shane Jacobs, [shanej242@gmail.com](mailto:shanej242@gmail.com), [usery8.com](http://usery8.com)

**November 1, 2025 — Chain Smoker Las Vegas,** Blue Diamond, NV, 15, 30, 45 mile options, Victor , [info@quickndirtymtb.com](mailto:info@quickndirtymtb.com), [quickndirtymtb.com](http://quickndirtymtb.com)

**November 2, 2025 — Horny Toad Hustle MTB Race,** New Mexico Off Road Series, Las Cruces, NM, Held on the Dona Ana trails, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), Dave Halliburton, 575-312-5991, [gotdirtnm@gmail.com](mailto:gotdirtnm@gmail.com), [bikereg.com/horny-toad-hustle](http://bikereg.com/horny-toad-hustle)

**November 7-8, 2025 — Austin Rattler MTB,** Leadville Race Series, Austin, TX, Make the trek down to Revellie Peak Ranch for a one-of-a-kind race experience at the Austin Rattler MTB. After you soak in the sparkling lakes and rolling hills of beautiful Texas Hill Country, you'll hop in the saddle for one, two or three loops of thrilling singletrack and fast-fire roads. Come for a unique fall ride, stay for a Texas-style endurance celebration, complete with live music, camping, kids races and, of course, tasty Texas BBQ., Tamara Jenlink, 719-219-9364, [TJenlink@t.life](mailto:TJenlink@t.life), [leadvillraceseries.com](http://leadvillraceseries.com), [austintrattlermtb.com](http://austintrattlermtb.com)

**November 8, 2025 — 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 9, 2025 — Tonto Mountain Rides,** Mesa, AZ, 100/50/30/10 mile MTB Races, 30 mile Gravel Grinder, 20/10 mile Juniors Races, Aaron Schmidt, 602-346-0554, [aaron@aravaiparunning.com](mailto:aaron@aravaiparunning.com) , [aravaiparides.com](http://aravaiparides.com)

**November 15, 2025 — 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@4peaksracing.com](mailto:jeremy@4peaksracing.com), [4peaksracing.com](http://4peaksracing.com)

**November 15, 2025 — Coyote Classic Round 3 of 3,** DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, XC, E-Bike, and Gravity Fest, Mike Scheur, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootlegcanyon-racing.com](http://bootlegcanyon-racing.com)

**November 15, 2025 — Ridgecrest Desert Classic,** Ridgecrest, CA, 4 courses this year: Classic Loop, Beginner, Sport, and Pro/Expert, beginner, sport, and expert courses are aimed at more competitive riders while the the Classic Loop course caters to our riders who simply want to come out and support the race, and aren't necessarily interested in being competitive or risking getting injured on the Ridgeline., High Sierra Cyclists , [highsierracyclists@gmail.com](mailto:highsierracyclists@gmail.com), [highsierracyclists.club/home/rdc](http://highsierracyclists.club/home/rdc)

**November 22, 2025 — Hawes Enduro,** Mesa, AZ, Tim Raceette, 480-442-4229, [info@mbaa.net](mailto:info@mbaa.net), [mbaa.net](http://mbaa.net)

## Utah Weekly

## Road Race Series

**Salt Air Time Trial Series —** Utah Crit Series, Salt Lake City, UT, Every other Thursday April - September, I-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, [utcritseries@gmail.com](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 flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite. Wednesdays April - August, Marek Shon, 801-209-2479, [utcritseries@gmail.com](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 difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, [swc@mdsc.com](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 22-25, 2025 — 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), [hoodoo500.com](http://hoodoo500.com)

**September 6, 2025 — LOTOJA Classic Road Race,** Utah Triple Crank, Logan, UT, 43rd 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 13, 2025 — Utah Hill Climb - Big Cottonwood,** UCA Series, Utah State Hill Climb Series, Cottonwood Heights, UT, Dirk Cowley, 801-699-5126, [dcowley@RaceDayEventSoftware.com](mailto:dcowley@RaceDayEventSoftware.com), [utahcycling-events.com](http://utahcycling-events.com)

**September 20, 2025 — Utah Hill Climb - Suncrest Hill Climb,** Utah State Hill Climb Series, Draper, UT, Dirk Cowley, 801-699-5126, [dcowley@RaceDayEventSoftware.com](mailto:dcowley@RaceDayEventSoftware.com), [utahcyclingevents.com](http://utahcyclingevents.com)

**September 27, 2025 — Utah Hill Climb - 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@RaceDayEventSoftware.com](mailto:dcowley@RaceDayEventSoftware.com), [utahcycling-events.com](http://utahcycling-events.com)

**October 8-10, 2025 — 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 Ranoa, 800-562-1268, 435-674-0550, [hello@seniorgames.net](http://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 10, 2025 — Shea Center Criterium,** VeloPromo/California Cup, Livermore, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 16, 2025 — 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)

**August 16, 2025 — San Ardo Road Race,** VeloPromo/California Cup, San Ardo, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 17, 2025 — University Road Race,** VeloPromo/California Cup, Santa Cruz, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 24, 2025 — Winters Road Race,** VeloPromo/California Cup, Winters, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 30, 2025 — Athlone Time Trial,** VeloPromo/California Cup, Merced, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 1, 2025 — Il Giro di San Francisco,** VeloPromo/California Cup, San Francisco, CA, 47th 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 7-13, 2025 — World Human Powered Speed Challenge (WHPSC),** Battle Mountain, NV, hosted by the IHPVA. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, tandem and Arm Power. International cyclists from around the world will gather on SR305, the fastest stretch of road in the world to see who can break the World Record., Al or Alice Krause, 707-443-8261, 707-845-3683, [a.krause@sbcbglobal.net](mailto:a.krause@sbcbglobal.net), [ihpva.org](http://ihpva.org), [whpsc.org](http://whpsc.org)

**September 14, 2025 — Oakland Grand Prix,** VeloPromo/California Cup, 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 14, 2025 — USA Cycling Grand Fondo National Championships,** Frederick, MD, USAC Events , 719-434-4200, [nationalevents@usacycling.org](http://nationalevents@usacycling.org), [usacycling.org](http://usacycling.org)

**September 19-21, 2025 — Silver State 508,** Mountain West Ultra Cup, Borrego Springs, CA, 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, Rick , [rick@raceacrossamerica.org](mailto:rick@raceacrossamerica.org), [the508.com](http://the508.com)

**September 20, 2025 — Henleyville Road Race,** VeloPromo, Corning, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 21, 2025 — 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-state-hc-2/](http://azcycling.org/event/mt-graham-state-hc-2/), [presteza.homesfeed.com/mitgraha-mindex.html](http://presteza.homesfeed.com/mitgraha-mindex.html)

**September 28, 2025 — 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, [luliano88@gmail.com](mailto:luliano88@gmail.com), [azcycling.org/event/state-time-trials-20-and-40k/](http://azcycling.org/event/state-time-trials-20-and-40k/), [toleroracing.net](http://toleroracing.net)

**September 28, 2025 — 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)

[com.azcycling.org/event/state-time-trials-20-and-40k/](http://com.azcycling.org/event/state-time-trials-20-and-40k/)

**October 4-5, 2025 — 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 Dailey, 775-461-9252, [NVSGCycling@outlook.com](mailto:NVSGCycling@outlook.com), [nevada.fusesoft.com](http://nevada.fusesoft.com)

**October 5, 2025 — 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), [moundiablochallenge.org](http://moundiablochallenge.org)

**October 12, 2025 — BR Kino Crit,** Tucson, AZ, [azcycling.org](http://azcycling.org), [bicycleranchtucson.com](http://bicycleranchtucson.com)

## Utah Road Touring

## and Gran Fondos

**August 14-16, 2025 — RAW (Ride Around the Wellsilles),** Logan, UT, The Logan Rotary Club's Ride Around the Wellsilles will begin at 129 North Main, The Sportsman, 65 mile ride. Benefits local youth with new bikes and helmets, and internationally, provides clean drinking water. Bike Rodeo tool, Gary Saxton, 435-752-2161, 435-374-8076, [logan-downtown@gmail.com](mailto:logan-downtown@gmail.com), [rotaryraw.com](http://rotaryraw.com)

**August 16, 2025 — CF Cycle For Life,** Henefer, UT, As one of the best supported charity rides in the region, 14th Annual Utah CF Cycle for Life promises to be a fun, safe, and impactful event. The 100-mile route includes two stunning canyon routes, Lost Creek to the reservoir, a stretch of the historic Pony Express route and Chalk Creek to the Wyoming Border before returning to the Henefer Rodeo Grounds. With rest stops every 10-12 miles, you'll have plenty of opportunities to refuel and connect with other riders along the way. The shorter routes are all sections of the 100-mile route. No matter which distance you choose (10, 25, 40, 55, 75, or 100 miles), you'll experience a beautiful challenge with like-minded cyclists who are all pedaling for the same cause - a cure for CF. After you cross the finish line, join us for a catered lunch, Laura Hadley, 801-532-2335, 801-558-8310, [lhadley@cff.org](mailto:lhadley@cff.org), Jennifer McKee, 801-532-2335, 801-364-0237, [jmckee@cff.org](mailto:jmckee@cff.org), [fundraise.cff.org/utahcycleforlife](http://fundraise.cff.org/utahcycleforlife)

**August 16, 2025 — Sevier Valley Rooster Ride,** Richfield, UT, The ride tours scenic central Utah. The chipped event includes fully stocked rest stops, medals, tee shirts, and custom DNA cycling socks. Riders of all skill levels can find something to enjoy between the 37 mile, 62 mile, or 100 mile rides. Elevation gains vary from 1,015 - 4,287 feet., Amy Myers, 435-893-0457, 844-469-8724, [amymyers@sevier.utah.gov](mailto:amymyers@sevier.utah.gov), [rooster-ride.net](http://rooster-ride.net)

**August 16, 2025 — Mi Duole Canyons Challenge,** Sandy, UT, One of the most daunting and beautiful cycling challenges in the country, ascending more than 11,000 feet over 90 miles through all 4 of Salt Lake City's picturesque riding canyons. Comprising three HC climbs and two Category 2 climbs, the ride is absolutely the best way to see the Utah mountain climbs as well as accomplish one of the toughest events in Utah. Participants may elect to ride one, two or four of the canyons., Spencer Chipping, 801-597-1111, [spencer-chipping@gmail.com](mailto:spencer-chipping@gmail.com), Stuart Anderson, [miduole@gmail.com](mailto:miduole@gmail.com), [miduole.com/canyons-challenge-event/](http://miduole.com/canyons-challenge-event/)

**August 23, 2025 — 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 LoToJal, Troy Oldham, 435-764-2979, [oldhamtroy@gmail.com](mailto:oldhamtroy@gmail.com), [CacheValleyCentury.com](http://CacheValleyCentury.com)

**August 23, 2025 — 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, [madi-son@discovernac.org](mailto:madi-son@discovernac.org), [summitchallenge100.org](http://summitchallenge100.org), [discovernac.org](http://discovernac.org)



cessful 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., Linnea Ryan, 720-343-1964, [LPhelan@diabetes.org](mailto:LPhelan@diabetes.org), [MTaylor@diabetes.org](mailto:MTaylor@diabetes.org), [MTaub@diabetes.org](mailto:MTaub@diabetes.org), [SReeves@diabetes.org](mailto:SReeves@diabetes.org), [BriffanyBurcham@diabetes.org](mailto:BriffanyBurcham@diabetes.org), [diabetes.org/coloradofourdecure](mailto:diabetes.org/coloradofourdecure)

**September 6-13, 2025 — 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, [smarang-cox@arthritis.org](mailto:smarang-cox@arthritis.org), [arthritis.org/events/bike-event](http://arthritis.org/events/bike-event)

**September 6-13, 2025 — Ride the Rim**, Crater Lake, OR, Ride the Rim Crater Lake offers a vehicle-free way to experience Crater Lake National Park with 33 miles and 3,500 feet of climbing. Events will be held on the 6th and the 13th of September at Crater Lake National Park. 8 AM - 4 PM, Discover Klamath, 541-882-1501, [info@discoverklamath.com](mailto:info@discoverklamath.com), [ridetherimoregon.com](http://ridetherimoregon.com)

**September 6-7, 2025 — 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., Erika Barnum, 774-254-2668, [erika.barnum@nmss.org](mailto:erika.barnum@nmss.org), [BriffanyRondello@nmss.org](mailto:BriffanyRondello@nmss.org), Katie Gambill, 206-515-4569, [kath-erine.gambill@nmss.org](mailto:kath-erine.gambill@nmss.org), [bikems.org](http://bikems.org)

**September 7, 2025 — 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 7, 2025 — 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, [bcb@colorado.edu](mailto:bcb@colorado.edu), [buffalobicycleclassic.com](http://buffalobicycleclassic.com)

**September 13, 2025 — 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 20, 2025 — Mountains to the Desert Classic**, Telluride, CO, The Mountains to the Desert Classic (M2D) stands as western Colorado's premier Gran Fondo, guiding riders on an unforgettable journey from the towering San Juan Mountains of Telluride and Ridgway to the dramatic red rock canyons and desert vistas of Gateway, Colorado. With route options ranging from 73 to 110 miles, cyclists experience a thrilling descent through diverse and scenic landscapes, balancing both challenge and beauty. Limited to just 250 road cyclists (gravel bikes welcome), Scott Bengte, 970-708-1804, [m2d@justforkidsfoundation.org](mailto:m2d@justforkidsfoundation.org), [m2dclassic.com](http://m2dclassic.com), [justforkidsfoundation.org](http://justforkidsfoundation.org)

**September 20, 2025 — 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 and over Reeder Mesa, Scott Olmsted, 720-819-7306, [support@theridecollective.com](mailto:support@theridecollective.com), [theridecollective.com](http://theridecollective.com)

**September 20-21, 2025 — Bike MS: Willamette Valley**, Bike MS, McMinnville, OR, Routes taking you past vineyards, while enjoying relaxing, pastoral farmland views. Rider village located at Evergreen Aviation & Space Museum., Erika Barnum, 774-254-2668, [erika.barnum@nmss.org](mailto:erika.barnum@nmss.org), [BriffanyRondello@nmss.org](mailto:BriffanyRondello@nmss.org), Emily Rios, [Emly.rios@nmss.org](mailto:Emly.rios@nmss.org), [bikems.org](http://bikems.org)

**September 20, 2025 — Loop de Loop**, Tucson, AZ, Chuck Huckleberry Loop, El Tour de Tucson, 520-745-2033, [info@elfourdeltucson.org](mailto:info@elfourdeltucson.org), [elfourdeltucson.org](http://elfourdeltucson.org)

**September 21-25, 2025 — Pablove Across America**, Santa Rosa, CA, Sonoma County ride. The ride raises money for pediatric cancer research as well as an art program for kids going through treatment, Rusty Rousel, 323-952-2888, [rusty@pablove.org](mailto:rusty@pablove.org), [pablove.org](http://pablove.org)

**September 27, 2025 — Denver Century Ride**, Denver, CO, Cycle the City on Denver's epic urban cycling tour - 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@denvercenturyside.com](mailto:info@denvercenturyside.com), [denvercenturyside.com](http://denvercenturyside.com)

**September 27-28, 2025 — 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, Erika Barnum, 774-254-2668, [erika.barnum@nmss.org](mailto:erika.barnum@nmss.org), John Schilder, 415-439-0402, [john.schilder@nmss.org](mailto:john.schilder@nmss.org), [waviestowine.org](http://waviestowine.org)

**September 28, 2025 — Tour of the Rio Grande Bicycle Century**, Albuquerque, NM, Virtual for 2025 - ride anytime! 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 Wieclaw, 330-518-4708, [metal@metaltthebrand.com](mailto:metal@metaltthebrand.com), [touroftherio-grande.com](http://touroftherio-grande.com)

**September 28, 2025 — American Diabetes Association's Tour de Cure: Arizona 56**, Palo Alto, CA, Carolyn Elsen, 650-449-7155, [ceisen@diabetes.org](mailto:ceisen@diabetes.org), [tour.diabetes.org](http://tour.diabetes.org)

**October 4, 2025 — Sacramento Century Challenge**, Sacramento, CA, [sacramento-century.com](http://sacramento-century.com)

**October 11, 2025 — Gila Monster Gran Fondo**, Silver City, NM, With three distances to choose from, everyone can find their challenge. Gran Fondo 80 miles, Gila Hike & Bike, Silver City 9:00am. Medio Fondo 60 miles, Gila Hike & Bike, Silver City 9:00am. Nano Fondo 30 miles, Buckhorn Saloon & Opera House 9:00 am, Jack Brennan, 575-590-2612, [brennan5231@comcast.net](mailto:brennan5231@comcast.net), [tourofhegila.com](http://tourofhegila.com)

**October 11-12, 2025 — 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 to 150 miles, or 19-mile MTB route. Start/Finish at McDowell Mountain Regional Park. Best-in-class supported ride. [www.bikemsarizona.org](http://www.bikemsarizona.org). Start time 6 a.m., Erika Barnum, 774-254-2668, [erika.barnum@nmss.org](mailto:erika.barnum@nmss.org), Tanya Marks, 602-753-7550, [tanya.marks@nmss.org](mailto:tanya.marks@nmss.org), [bikemsarizona.org](http://bikemsarizona.org), [mssocietyvdonoridrive.com/index.cfm?fuseaction=donorDrive.event&eventID=1636](http://mssocietyvdonoridrive.com/index.cfm?fuseaction=donorDrive.event&eventID=1636)

**October 18-19, 2025 — 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! Erika Barnum, 774-254-2668, [erika.barnum@nmss.org](mailto:erika.barnum@nmss.org), Lina Aguilon, 619-363-4695, [lina.aguilon@nmss.org](mailto:lina.aguilon@nmss.org), [biketofinishms.org](http://biketofinishms.org)

**October 25-26, 2025 — 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 25-26, 2025 — 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@philsfondo.com](mailto:info@philsfondo.com), [philsfondo.com](http://philsfondo.com)

**November 1, 2025 — Great Dam Ride**, Henderson, NV, 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&fr\\_id=23589](http://action.lung.org/site/TR/Cycle/ALASW_Southwest?pg=entry&fr_id=23589)

**November 1, 2025 — 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), [biketothecoast.com](http://biketothecoast.com)

**November 8, 2025 — 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 exclu-

sive 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 15, 2025 — 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 fee and finish award, Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**November 16-22, 2025 — 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@elfourdeltucson.org](mailto:info@elfourdeltucson.org), [elfourdeltucson.org](http://elfourdeltucson.org)

**November 22, 2025 — 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@elfourdeltucson.org](mailto:info@elfourdeltucson.org), [elfourdeltucson.org](http://elfourdeltucson.org)

## Multisport Races

**August 10-October 1, 2025 — COEUR Outdoor Divas Triathlon**, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**August 16, 2025 — Stansbury Days Triathlon**, Stansbury Park, UT, Sprint triathlon, unofficial distances: Swim 500m, Bike 20k, Run 5k. Start 7 AM. Swim is open water in Stansbury Lake, starts at Stansbury Park Club House, Lisa & Dan Bergantz, [stansburytri@gmail.com](mailto:stansburytri@gmail.com), [stansburypark.gov/stansbury-day-triathlon](http://stansburypark.gov/stansbury-day-triathlon)

**August 16, 2025 — 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 16, 2025 — Great Snake River Triathlon**, TRI Peaks Events, Idaho Falls, ID, Held at Snake River Landing in downtown Idaho Falls. This triathlon will include BOTH Sprint & Olympic distances. This race will be the final race in Eastern Idaho...the third in the TRIFECTA SERIES produced by Tri Peaks Epic Events., Mike Taylor, 208-201-6269, [TriPeaksEpicEvents@gmail.com](mailto:TriPeaksEpicEvents@gmail.com), Brian Magleby, 208-520-9400, [TriPeaksEpicEvents@gmail.com](mailto:TriPeaksEpicEvents@gmail.com), [tripeakssevents.com](http://tripeakssevents.com)

**August 23, 2025 — Boulder Sunset Triathlon**, Boulder, CO, Olympic, Sprint, Duathlon, Aquabike, Relays, 10K & 5K. A celebration of summer and a beginner's favorite all at recently upgraded venue, Travis Campbell, [info@bbsscendurance.com](mailto:info@bbsscendurance.com), [bbsscendurance.com](http://bbsscendurance.com)

**August 23-24, 2025 — 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 1, 2025 — Murray Youth and Family Triathlon**, Murray, UT, A youth and novice triathlon for ages 5-85. Distances follow USAI recommendations for each age group. Novice adults compete at the same distance as 11+ age groups. Please see Murray City Recreation, call 801-264-2614, Jo Garuccio, 801-557-6844, [jo@agegroup.sports.com](mailto:jo@agegroup.sports.com), [mcrgc.org](http://mcrgc.org), [murray.utah.gov](http://murray.utah.gov)

**September 1, 2025 — 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 5, 2025 — Brineman Triathlon**, TriUtah Points Series, Syracuse, UT, 6th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Dan Aamodt, 385-228-3454, [race@triutah.com](mailto:race@triutah.com), [triutah.com](http://triutah.com)

**September 6, 2025 — 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@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**September 7, 2025 — Ironman 70.3 Santa Cruz**, Santa Cruz, CA, 70.3 mile course, Ironman, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**September 12-13, 2025 — Master of the Mountains Relay**, Raton, NM, 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 13, 2025 — 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/), [xterrapiplanet.com](http://xterrapiplanet.com)

**September 13-14, 2025 — 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 13-14, 2025 — Desert's Edge Triathlon Festival - Dirt Tri & Road Tri**, Fruita, CO, Sprint, Olympic, and Off-Road category options, Grand Junction Sports Commission, 970-248-1378, 970-639-1387, [info@grandjunctionsports.org](mailto:info@grandjunctionsports.org), [grandjunctionsports.org/desertsedge](http://grandjunctionsports.org/desertsedge)

**September 13, 2025 — 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 13, 2025 — Valkyrie Multisport Relay**, Park City, UT, Spans nearly 100 miles of Utah's spectacular Wasatch Back mountain range. The event pits teams of up to 9 specialized competitors against each other, racing against the clock, and exchanging between trail running, kayak/canoe paddling, marathon, mountain biking, stand-up paddle boarding, open water swimming, and road cycling. Race day consists of four events: Full, Sprint, Marathon, and Half—everything culminating with an all-day Expo (Endurance Sports Summit) at the finish line., Shawn Snow, [info@valkyrirelay.com](mailto:info@valkyrirelay.com), [valkyrirelay.com](http://valkyrirelay.com)

**September 13, 2025 — Harvest Moon Triathlon**, Boulder, CO, Long Course, Olympic, Duathlon, Aquabike, & Relays. Celebrating its 26th year at the beautiful Boulder Reservoir for beginners and veterans alike, Travis Campbell, [info@bbsscendurance.com](mailto:info@bbsscendurance.com), [bbsscendurance.com](http://bbsscendurance.com)

**September 20, 2025 — Range 2 River Relay**, Salt Lake City, UT, The Range 2 River Relay is an active transportation team race to explore the Salt Lake Valley's waterways from pristine headwaters to buried creeks and channelized canal to meandering river. Competitors will bike, boat, and run from the Wasatch Mountains to the Jordan River, showcasing opportunities to connect communities and ecosystems between the two. Bike: 3.6 miles; starting at City Creek Canyon Trailhead ending at Gadsby Trailhead.; Boat: 3.3 miles; starting at Gadsby Trailhead ending at Northwest Trailhead.; Run: 3.4 miles; starting at Northwest Trailhead ending at Gadsby Trailhead., Jess Lofland, 385-205-1148, [jess@sevendcanyonstrust.org](mailto:jess@sevendcanyonstrust.org), [sevendcanyonstrust.org/events/relay](http://sevendcanyonstrust.org/events/relay)

**September 20, 2025 — Rexburg Rush Triathlon**, TRI Peaks Events, Rexburg, 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), Brian Magleby, 208-520-9400, [TriPeaksEpicEvents@gmail.com](mailto:TriPeaksEpicEvents@gmail.com), [tripeakssevents.com](http://tripeakssevents.com)

**September 20, 2025 — 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., Seven Canyons Trust, [info@sevendcanyonstrust.org](mailto:info@sevendcanyonstrust.org), [sevendcanyonstrust.org/events/range-river-relay](http://sevendcanyonstrust.org/events/range-river-relay)

**September 21, 2025 — Oktoberfest Triathlon**, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**September 21, 2025 — 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)

**September 27, 2025 — Kokopelli Triathlon**, Hurricane, UT, Olympic, Sprint, Duathlon, Aquabike, Relays, 10K & 5K. A family-friendly event at Sand Hollow Reservoir with something for everyone, Travis Campbell, [info@bbsscendurance.com](mailto:info@bbsscendurance.com), [bbsscendurance.com](http://bbsscendurance.com)

**October 4, 2025 — Las Vegas Triathlon**, Boulder City, NV, Long Course, Olympic, Sprint, Duathlon, Aquabike, Relays, 10K & 5K. The one and only Long Course event at beautiful Lake Mead and USA Triathlon State Championships for Age Group, High School and Clubs, Travis Campbell, [info@bbsscendurance.com](mailto:info@bbsscendurance.com), [bbsscendurance.com](http://bbsscendurance.com)

**October 4-5, 2025 — 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 11, 2025 — 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 Ranao, 800-562-1268, 435-674-0550, [hello@senior-games.net](mailto:hello@senior-games.net), [seniorgames.net](http://seniorgames.net)

**October 11, 2025 — 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 19, 2025 — 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)

**October 25, 2025 — 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), [southernutahtriathlon.com](http://southernutahtriathlon.com), [onhillevents.com](http://onhillevents.com)

**October 25, 2025 — Pumpkinman Triathlon**, Boulder City, NV, Olympic, Sprint, Aquabike, Relays, 10K & 5K. This ever-popular one-of-a-kind point-to-point race will test your mettle! Starts at Lake Mead and finishes in Boulder City, Travis Campbell, [info@bbsscendurance.com](mailto:info@bbsscendurance.com), [bbsscendurance.com](http://bbsscendurance.com)

**November 16, 2025 — 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)

## Cyclocross Series

**Northern California Cyclocross Races** — Various, CA, John Simmons, [bikercer-john@gmail.com](mailto:bikercer-john@gmail.com), [docs.google.com/spreadsheets/d/1jdWXI6Hv3ja16x-DFU-THARsZ0dA8K5B0kiuc91s6M/](https://docs.google.com/spreadsheets/d/1jdWXI6Hv3ja16x-DFU-THARsZ0dA8K5B0kiuc91s6M/)

**August 26-October 7, 2025 — P-Town Cross Series**, P-Town Cross Series, Various, UT, Schedule: Tuesdays 8/26: Paul Ream, 9/2: Lion's, 9/9 Riverview, 9/16 Big Springs, 9/23 Rock Canyon, 9/30 Bicentennial, 10/7 Rock CanyonKids Race - 5:15pm; Women B, HS/Juniors, C - 5:30 pm; A, B, Women's A - 6:10pm 7 pm Raffle immediately following each race, Ryan Barrett, [ryan@turbosport-silc.com](mailto:ryan@turbosport-silc.com), [ptowncross.com](http://ptowncross.com), [facebook.com/ptowncross](https://facebook.com/ptowncross)



## Tour de France Trivia Answers (from page 6)

A1. 2018, and the rider was Peter Sagan.

A2. The great Sean Kelly, now a commentator on Eurosport, wore it for one day in 1983.

A3. The first was Dag-Otto Lauritzen of the American 7-Eleven team, who triumphed at Luz-Ardiden in 1987. The primarily Norwegian Uno-X squad acknowledged this pioneer when they changed their kit at this spring's Liège-Bastogne-Liège to mimic the iconic "Slurpees." The next was the mighty Thor Hushovd, who won ten stages between 2002 and 2010, while Kurt-Asle Arvesen

claimed a stage in 2008. Edvald Boasson Hagen won three stages in 2011 and 2017, while most recently Alexander Kristoff took four in 2014, 2018, and 2020. A select group indeed!

A4. (a) Vincenzo Nibali triumphed at Val Thorens in the 2019 Tour on stage twenty. (b) The last Italian green jersey winner was Alessandro Petacchi in 2010.

A5. No! At the time of their fourth wins, Anquetil was 29, Hinault was 27, Merckx was 27, Indurain was 30, and Froome was 32!

-Dave Campbell

## Cyclists More Likely To Be Killed in Low-Income Neighborhoods

You're less safe biking in a low-income neighborhood than in a wealthier one, according to a recent study—and the findings should serve as a wake-up call to prioritize safety interventions in poorer communities. So warns "Examining Bicyclist Safety Inequities across Neighborhoods of Different Income Levels in Florida" (<https://www.sciencedirect.com/science/article/pii/S2950105925000142>).

The study, published in the Journal of Cycling and Micromobility Research, analyzed six years of data from Florida during the 2010s. It found that mixed land use, a high number of signalized intersections, and large elderly populations were correlated with bicycle crashes—especially those resulting in serious injury or death. The report pointed to "inequities

in transportation planning" as a root cause, noting that low-income neighborhoods tend to have fewer sidewalks, bike lanes, and safe crossings.

Lower-income residents are more likely to rely on bicycles for transportation, often riding on busy roads where conditions are more dangerous. In contrast, wealthier individuals are more likely to use bikes recreationally on trails removed from traffic.

The study suggests that improving traffic lights and adding clearer bus stop signage in low-income areas could enhance safety. Interestingly, stop signs were found to be more effective at improving bicyclist safety in higher-income neighborhoods.

-Charles Pekow

## Despite Trump's Opposition, BUILD Grants May Still Fund Bike Projects in Idaho and Wyoming

The future of BUILD grants remains uncertain, as President Donald Trump and his allies in Congress attempt to eliminate the program. Despite that, the U.S. Department of Transportation in July announced a new round of BUILD funding—short for Better Utilizing Investments to Leverage Development. Two of the awards could improve cycling infrastructure in Mountain West states.

The Ada County Highway District in Idaho received \$18.436 million to improve conditions along the Boise Bench, including the addition of bicycle lanes. "The project totals approximately 5 miles along Allumbaugh Street from Northview Street to Fairview Avenue, Franklin Road from Milwaukee Street to Liberty Street, Irving Street from Curtis Road to Roosevelt Street,

and Phillippi Street/Malad Street from Irving Street to Orchard Street," according to the project description. Construction is expected to begin in March 2029.

Meanwhile, the Wyoming Department of Transportation received \$10 million for engineering and design work on a 12.5-mile stretch of the Beartooth Highway (U.S. 212) in Park County, extending to the Montana border within Shoshone National Forest. The improvements are intended to better accommodate bicycles. No construction date has been set.

Details: [https://www.transportation.gov/sites/dot.gov/files/2025-07/BUILD%202025%20Round%2020Fact%20Sheets\\_1.pdf](https://www.transportation.gov/sites/dot.gov/files/2025-07/BUILD%202025%20Round%2020Fact%20Sheets_1.pdf)

-Charles Pekow

## BIKE INDUSTRY

# Bicycle Prices Surge as Trump Tariffs Hit Industry Hard

By Charles Pekow

If prices of cycles and related gear are going up, blame the on-again, off-again tariffs. And you can expect prices to keep rising. It's too early to say how much, as the results haven't fully materialized yet and President Donald Trump is constantly changing his policy and tariff threats. "We have not felt the full effects yet," says Chris Bell, director of federal policy for People for Bikes (PFB). "It's too early to say if people are buying fewer bicycles... The supply chain can't react immediately."

And while the Trump Administration is constantly changing the terms of the tariffs and announcing new trade deals, the trade barriers are already disrupting the bicycle industry, says Patrick Cunnane, advisor to Hyper Bike Co, which manufactures everything from e-bikes to mountain bikes to children's bicycles from its New Jersey base.

While the new tariffs are making matters worse, they weren't the first to cause price increases, Cunnane notes. He said that prices have gone up since Section 301 tariffs were more quietly imposed during the first Trump Administration. But prices of bicycles and parts are now anywhere from 10 percent to 45 percent higher than a year ago, thanks to the more recent import taxes, he said in an interview. Most bicycles sold in chain stores like Walmart and Target are still made in China. Only about three percent of bicycles sold in the United States are built domestically. American manufacturers tend to specialize in niche and more expensive cycles, such as those made from carbon and titanium, or tandems.

Several other manufacturers, dealers and importers of bicycles and parts—including Shimano, Target, and Borealis Fat Bikes—did not respond to inquiries. "I am not the best person for this request at this time and must apologize but am unable to assist," Heather Mason, executive director of the National Bike Dealers Association, stated in an email.

Those who want to keep bicycles and accessories available and affordable have turned to legislation and litigation. On June 11, the co-chairs of the Congressional Bike Caucus introduced the U.S. Bicycle Production and Assembly Act (H.R. 3904), an effort to encourage domestic bicycle production. The bill would suspend tariffs on parts if used to make bicycles or tricycles in the United States. It would also set goals of assembling 2 million bicycles annually in the U.S. within five years and 5 million bicycles annually within ten years. The U.S. International Trade Commission would

have to report on progress. But it offers no enforcement mechanism.

Is the legislation more than show? The bill was referred to the Ways and Means Committee. But when the House adjourned for the summer in late July, no representatives had sponsored the bill other than caucus co-chairs Vern Buchanan (R-FL) and Mike Thompson (D-CA). Nor had the committee acted on it. While Buchanan announced the bill in a press release, Thompson didn't, though he often issues statements on all sorts of matters.

No companion bill is pending in the Senate either. The offices of Buchanan and Thompson did not respond to queries.

PFB endorsed the legislation, but Bell acknowledges that if it passes, production "is not going to come back immediately." Cunnane says that "the bill will have a positive impact on prices and will create American jobs." But it could take years to build factories and shift production to America.

Meanwhile, a manufacturer of women's cycling clothes and gear has joined one of the lawsuits against the Trump Administration. Terry Precision Cycling, LLC of Burlington, VT is one of five companies represented by the Liberty Justice Center in a case charging that the president lacks the authority to issue the tariffs he did without congressional approval. The case is currently pending before the U.S. Court of Appeals for the Federal Circuit in Washington, DC.

The complaint notes that Terry imports finished products from China, Taiwan, Italy, Vietnam and the Philippines and fabrics and trims from Guatemala, China, El Salvador and the European Union. The filing says "the imports Terry Cycling relies on are not reasonably available from a supplier in the United States."

It goes on to say the "impacts of the tariffs on Terry Cycling have been severe and escalating. Terry Cycling has already paid \$25,000 in unplanned tariffs this year for goods which Terry was the importer of record, and Terry projects that the tariffs will cost the company approximately \$250,000 by the end of 2025. Looking ahead to 2026, if no changes are made to current trade policy or its supply chain structure, Terry Cycling will face an estimated \$1.2 million in tariff costs—an amount that is simply not survivable for a business of its size. To manage these increases, Terry has been forced to pass along its costs to its customers and will also decrease product offerings and reduce availability to retail partners. In the short run, these tariffs are an existential threat to Terry Cycling." Terry Acting President Nik Holm did not respond to a request for an interview.

September 20-November 22, 2025 — 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), [utcx.net](http://utcx.net)

## Cyclocross

September 3, 2025 — 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 6-7, 2025 — Six Mile CX, Super Prestige CX Series, Missoula, MT, 18451 Six Mile, 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)

September 7, 2025 — 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 20, 2025 — UTCX #1 - 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), [utcx.net](http://utcx.net)

September 27, 2025 — 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)

September 27-28, 2025 — Big Sky Park CX, Super Prestige CX Series, Missoula, MT, 518 Tower Road, 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)

October 4, 2025 — UTCX #2 - Hunter Park, Utah Cyclocross Series, American Fork, UT, 610 W 1120 N, American Fork UT 84003, [utcx.net](http://utcx.net)

October 11-12, 2025 — Waffle Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the

Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer and waffles. <https://goo.gl/maps/Mmh80>, Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), Doug Turner, 208-559-1389, [wafflecrossidaho@gmail.com](mailto:wafflecrossidaho@gmail.com), [facebook.com/IdahoWaffleCrossSeries](https://www.facebook.com/IdahoWaffleCrossSeries), [twistedturtleracing.com](http://twistedturtleracing.com)

October 11, 2025 — 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 11, 2025 — UTCX #3 - Community Park, Utah Cyclocross Series, Springville, UT, 711 N 950 W, Springville, UT 84663, [utcx.net](http://utcx.net)

October 18, 2025 — UTCX #4- 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), [utcx.net](http://utcx.net)

October 24, 2025 — UTCX #5 - 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), [utcx.net](http://utcx.net)

October 24, 2025 — UTCX #6 - 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), [utcx.net](http://utcx.net)

October 25-26, 2025 — Rolling Thunder Cyclocross, Super Prestige CX Series, Missoula, MT, 5417 Trumpeter Way, 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)

October 25-26, 2025 — Sandy Point Cross, 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 1, 2025 — UTCX #7 - 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), [utcx.net](http://utcx.net)

November 8-9, 2025 — Eagle Island Cyclocross, 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 8, 2025 — UTCX #8 - Barnes Park, Utah Cyclocross Series, Kaysville, UT, Barnes Park 950 W 200 N, Kaysville, UT 84037, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utcx.net](http://utcx.net)

November 15-16, 2025 — Boulder Cup, Boulder, CO, Valmont Bike Park, International cyclocross races for all levels, Pete Webber, [pete.webber@boulderjuniorcycling.org](mailto:pete.webber@boulderjuniorcycling.org), [boulderjuniorcycling.org/boulder-cup](http://boulderjuniorcycling.org/boulder-cup)

November 15, 2025 — UTCX #9 - 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), [utcx.net](http://utcx.net)

November 22, 2025 — UTCX #10 - 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), [utcx.net](http://utcx.net)

November 22-23, 2025 — Waffle Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer and waffles. <https://goo.gl/maps/Mmh80>, Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), Doug Turner, 208-559-1389, [wafflecrossidaho@gmail.com](mailto:wafflecrossidaho@gmail.com), [facebook.com/IdahoWaffleCrossSeries](https://www.facebook.com/IdahoWaffleCrossSeries), [twistedturtleracing.com](http://twistedturtleracing.com)

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**BICYCLE ART*****From Paris with Love: The Cycling Art of Garth Bayley***

**Name of artist:** Garth Bayley

**About the artist:** I'm an artist based in North Yorkshire, England. I have a fascination with movement and colour. My themes tend to be focus on people which includes dance, horse racing and cycling. I also love to get out into the countryside and paint landscapes. I have lived in many places and each has an influence on my work. This can be from colours to seasons. Travel is

also a big part of my life so exploring new cultures also reflects on how I work. I have painted most stages of the Tour de France for the last 10 years and you will see how my style has developed. I think one of the great things with my work I just put the year and stage and race so you can look up who is in the image and what happened on that day. E.g. TDF 25 stage 21

**Title of piece:** From Paris With Love

**About the piece:** Paris is such a stunning backdrop to the Tour de France. This was a new addition after the success of the Olympics with the iconic building of the Sacre Coeur as a fitting backdrop to the cyclists. Despite not winning the final stage, Tadej Pogacar secured his fourth Tour de France title overall. A radical departure from tradition: Montmartre climbed three times in the closing laps rendered the final stage far more tactical and

competitive than usual —especially in rain-slicked cobbles.

**Medium and size:** pen ink and watercolour. 24h x 32w cm.

**Artist's statement:** My artwork is all-out capturing a moment in time. I love to keep them full of movement and energy. I think by leaving out a lot of details I achieve a feeling rather than total representation.

**Where can people find or buy your art:** My work is available through my website where I can be contacted for special commissions too.

<https://garthbayley.co.uk/>  
<https://www.instagram.com/art-garth/>

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