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**2021 EVENT
CALENDARS
INSIDE!**

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



We Need Your Input

Identify Walking, Biking and Trail Needs Near You

The Utah Department of Transportation (UDOT) is seeking public input to identify areas where non-motorized transportation paths, including bike lanes, trails, multi-use paths, crosswalks and sidewalks are needed on state roads. The comment period lasts through August 28.



Visit www.publicinput.com/udotplanning

To provide feedback in the following ways:

- Take a 30-second survey
- Fill out a comment form
- Identify walking, biking and trail needs on a map

SCAN ME
FOR MORE INFO:



www.publicinput.com/udotplanning



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✉ planning@utah.gov

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CYCLING WEST

1124 4th Ave
Salt Lake City, UT 84103

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

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

Assistant Editor: Lisa Hazel
Assistant Editor: Steven Sheffield

David R. Ward, Founder
dward@cyclingutah.com
Bob Truelsen, Founder

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Contributors: Chuck Collins, Dave Iltis, Charles Pekow, David Ward, Lou Melini, Chris Blinzinger, Kendra Blinzinger, Megan Dunn, Scott Stanger, Steven L. Sheffield, Sarah Kaufmann, Ty Hopkins, John Higgins, Pete Kilbourne, Adam Lisonbee, Austin Luckett, Cathy Fegan-Kim

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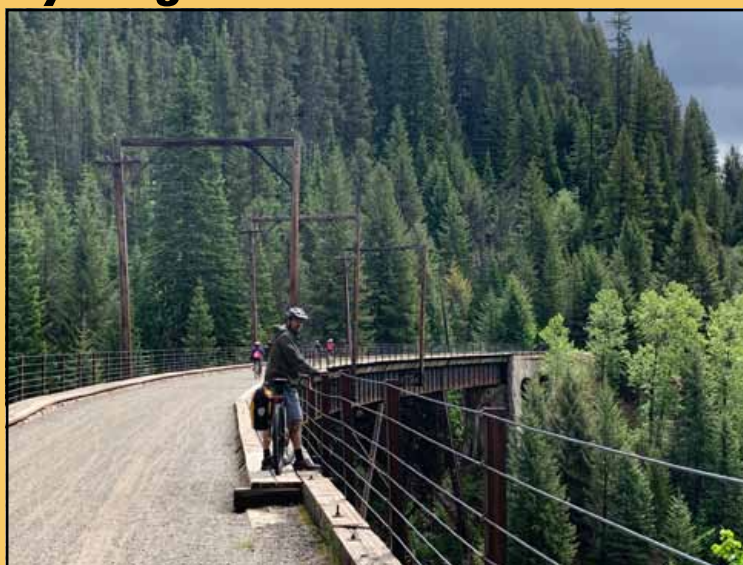
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Cover Photo: Ty Hopkins in the 2018 Tour Divide on Blackshale Creek Suspension Bridge, on the High Rockies Trail in Kananaskis Country, Alberta, Canada. Approximately 70km from the start of the Tour Divide in Banff, Alberta.

Photo by Megan Dunn, @evilmoosemegan on Instagram

RIDE OF THE MONTH

Cycling Idaho's Hiawatha Trail



The Hiawatha Trail's tallest trestle. Photo by Kendra Blinzinger



Chris and Kendra on the Hiawatha Trail. Photo courtesy Chris Blinzinger

By Chris Blinzinger

Several years ago, while at a conference in Maryland, I had one of those chance encounters with a fellow cyclist that resulted in a bike

trip my wife and I recently completed. Paul and I met at the Pub on the first evening of the conference. We seemed to find each other and talk about bikes and other things for the next few days. He had taken his family on the Hiawatha Rail Trail

(<https://www.ridethehiawatha.com/>) in Northern Idaho and recommended that my wife and I should check it out.

We had previously spent two weeks in the Pacific Northwest on Adventure Cycling's Pacific Coast Route. It was her first serious bike tour and we both learned a lot about touring together. It was different than touring with my friend, John, with whom I had toured around the west and Rocky Mountains. While different, it was a trip that I cherish just for the time we had to spend together. Two solid weeks of just the two of us — it was so much fun! Life and kids have occupied time and attention, so we had not done any touring together since.

The Hiawatha Trail is not a tour. It is a 16-mile one-way, 32-mile round trip ride. But this was a weekend away with my wife, in a beautiful part of the Bitterroot Mountain Range, that provided miles of riding through tunnels, over trestles, magnificent views, and quaint little mining towns. The ride begins five miles east of the Idaho border in Montana and ends in Idaho. We left town after work on Thursday and stayed in an Airbnb in Idaho Falls which broke up the drive on the way up from our home in Utah. The drive from Utah can be done completely on Interstates 15 and 90, but there are alternate routes on smaller by-ways that offer the same beautiful views.

We stayed in a quaint little town, Wallace, ID, where the entire village is on the National Historic Registry for its mining history. Wallace has museums, mine tours and a zip line available in town. It's also in perfect proximity to the Hiawatha Trail

Continued on page 5

Bikes!



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ADVOCACY

UDOT seeks public input for Bike and Pedestrian Facilities on Utah state roads

Public comment period on UDOT's Utah Active Transportation Plan lasts through Aug. 28 2021) — The Utah Department of Transportation (UDOT) wants the public's help understanding the community's needs for more bike lanes,

trails, multiuse paths, crosswalks and sidewalks for state roads.

A public input process is now underway through Aug. 28. This input will help UDOT develop active transportation plans to provide better access to trails and paths on state routes. Active transportation is human-powered transportation like walking, biking, using a wheelchair, or hand cycling and provides more options for people to access jobs, education, and other services within their communities.

For many people who are unable to drive, choose not to drive or don't have regular access to a vehicle, active transportation facilities are vital networks for accessing jobs, school and other services.

"Community input is essential in making sure we build projects the right way," UDOT Active Transportation Manager Heidi

Goedhart said. "At UDOT, our emphasis is to build a complete transportation system where people can choose how they travel."

The public can provide input in the following ways:

1. Visit the project website at publicinput.com/udotplanning and respond to a quick survey and/or pin a location on a map
2. Email: planning@utah.gov
3. Call: 385-360-1900

The interactive map on the website was created by UDOT to showcase planned and future active transportation projects that users can comment on or identify some of their own. UDOT is committed to understanding community needs for walking and biking options on state roads. The feedback the public provides will be used to inform internal processes, allocate funding and prioritize future projects.

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Salmon, Idaho Gets New Bike Path

A new bike/ped trail should be ready by next year leading to the Shoup Bridge Recreation Site operated by the Bureau of Land Management. The asphalt trail will run about 4.5 miles from just south of Salmon, ID, south along U.S. Highway 93. The trail will end at the Shoup Campground parking lot,

which will also get repaved as part of this project. The campground lies along the Salmon River.

Repaving was delayed from last year. The trail will be eight feet wide part of the way and 10 ft the rest of it. Bike symbols will be painted on the trail.

-Charles Pekow

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Hiawatha Trail - Continued from page 3

and the 73-mile paved Trail of the Coeur D'Alene's which runs right through Wallace between Mullah and Plummer Idaho. Wallace is 45-minutes east of Coeur d'Alene, Idaho.

We headed out for the Hiawatha Trailhead at 8:30 after a delightful breakfast from our Airbnb host. It was about a 30-minute drive back to the East. We had to stop at milepost 0, at the Lookout Pass Recreation Area (another site with rich history) to pick up our passes. We purchased our tickets and made reservations online about one month prior to our trip. The required passes must be picked up the day of the ride. We would normally bring a lunch but this time we opted for the "Package Deal" which includes lunch along with the pass. If you need them, Lookout Pass Recreation Area does rent bikes, helmets, and lights, which all riders are required to have.

We continued on to Mile post 5 on Montana's Interstate 90. We exited and followed the signs for 2 miles to the parking area for Hiawatha Trail Adventurers. We attached our sticky passes to the brake cable and rode up to the check-in area. They verified



One of the interpretive signs on the Hiawatha trail. Photo by Chris Blinzinger

our helmets, lights, and passes and we pedaled forward. The trail is hard packed dirt, but we had been advised that some of the tunnels were muddy, so we had bikes with wider tires. However, there were all kinds of bikes on the trail that day.

Within the first 50 yards we enter the first tunnel. This tunnel was the wettest and muddiest. It was 1.6 miles long and pitch black shortly after entering. This particular tunnel drips 1750 gallons of water per hour creating a wet dirt. Some cyclists who rode through fast earned the muddy stripe up their back, but my wife and I just pedaled normal and

stayed clean. It was wet though. I wore a rain jacket and stayed dry. My wife was in her hoodie, and the water did not soak through. It was chilly in the tunnel, at about 45 degrees, with an outside temperature of about 65 degrees. We were mostly alone in that first tunnel, so we sang and hollered for the echo and felt like little kids, but it was entertaining.

For the next 15 miles of the hard packed trail, we had spectacular views and there were many interpretive signs, tunnels, and trestles. The highest trestle is 230' above the canyon floor below.

It is difficult to find the words

to describe the ride. I find that the times I am out enjoying the beauty of this Planet, there are no words to describe the appreciation and enjoyment I feel for Mother Earth. My wife and I rode along, stopped to read the signs, and let our senses do the work. The history of the Hiawatha is strong and will remain with the opportunity to ride it into the future. We arrived at the end (Pearson) and opted to take the shuttle back up to the top, so we had time to drive into Coeur d'Alene for the rest of the day.

We rode for about 2 1/2 hours, taking the time to read as much as we could and shooting plenty of photos. This was a leisurely ride with a tremendous payoff along the way. It was a great weekend.

Notes:

- The trail is 16 miles long from the East Portal at Montana milepost 5. 170,000 people ride the trail annually.
- You can take the shuttle back or ride back. The Hiawatha is a 3% grade going down which turns into a 3% grade riding back up.
- The shuttle drops you off at the west side of the first tunnel, so you'll get the wet muddy ride twice wheth-



Short tunnel on the Hiawatha Trail. Photo by Chris Blinzinger

er you ride back or use the shuttle.

- The East Portal is 30 minutes east of Wallace and 75 minutes east of Coeur d'Alene.
- The trail pass is \$14 per person. Shuttle, lunch, bike, helmet, and light rental are all extra.
- E-Bikes are allowed
- Coeur d'Alene is a beautiful town with a huge lake. Lots of outdoor activities and Spokane is just a quick drive further west.

Chris Blinzinger is an Emergency Manager and avid cyclist living in Pleasant Grove, Utah. He traded in his horses for two wheels over a decade ago and is now a regular bicycle commuter/tourist.

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GRAVEL RACING

Stetina, Gomez-Villafañe Win 2021 Crusher in the Tushar

Sofia Gomez-Villafañe won the 2021 Crusher in the Tushar. July 10, 2021, Beaver, Utah. Photo by Cathy Fegan-Kim, cottonsoxphotography.com



Peter Stetina on his way to the win in the 2021 Crusher in the Tushar. July 10, 2021, Beaver, Utah. Photo by Cathy Fegan-Kim, cottonsoxphotography.com

By **Steven L. Sheffield**

BEAVER, Utah (July 10, 2021) — The Crusher in the Tushar presented by the Creamery, a gravel event owned and produced by Life Time, welcomed a field of 577 riders from 26 states to Utah's Tushar Mountains outside of Beaver, Utah on Saturday, July 10 for the tenth running of the state's premier gravel event.

This uniquely formatted gravel race traditionally starts in historic downtown Beaver, the birthplace of famed outlaw "Butch Cassidy" and finishes at Utah's newest Ski and Summer resort, Eagle Point. The Crusher has a 60/40 split of gravel to tarmac sectors and allows riders to explore the stunning backcountry of Utah's little-known Tushar Mountains and Fishlake National Forest. Racers tackle 10,400' of climbing over 69 miles on the Crusher course, which is one of the most challenging gravel races in the world, and the only one with a true mountain top finish.

"Our 10th running of the Crusher in the Tushar is a year late, but so much greater than I ever could have imagined it when I started back in 2010," said Burke Swindlehurst,

founder and event director of Crusher in the Tushar. "The way the event has grown without losing the challenge that I envisioned way back when. Now with Life Time's support, I'm really making good on my vision of sharing the beauty of this special place, while also giving back to my hometown and community."

In the women's division, Sofia Gomez-Villafañe (CLIF-Specialized), 27, of Heber City, UT, was able to climb her way to the win ahead of second-placed Maude Farrell and 2018 winner Lauren De Crescenzo (Cinch-Elite) on the final climb and placed first with a finish time of 5:19:12. Farrell finished in 5:21:20. De Crescenzo eventually finished third in 5:30:28.

De Crescenzo, 30, of Atlanta, GA started pushing the pace early in the race when the women turned off the main road out of Beaver. Initially, only Sofia Gomez-Villafañe was able to hold De Crescenzo's wheel, but after realizing she would not be able to hold that pace all the way to the finish, Gomez-Villafañe eased off to settle into her own pace, allowing De Crescenzo to open a hefty lead on the rest of the women. Going down the Col d'Crush, De Crescenzo had about a 10-minute

lead, followed first by Maude Farrell, then Melisa Rollins and Gomez-Villafañe, with Lindsey Stevenson (ABUS Pro Gravel), Amity Rockwell (Easton Overland), and Hanna Muegge (DNA Pro Cycling).

De Crescenzo was able to hold her lead through the Sarlacc Pit and on to the Col d'Crush, until cumulative fatigue and race day fueling errors caused her to crack, allowing Maude Farrell to catch and pass her just after the QOM point.

After losing time on the flat paved section from Junction to Circleville due to her bike set-up, Sofia Gomez-Villafañe, was able to haul back the few riders still in front of her, taking the lead after the last aid station as the road started ramping up towards the finish with about 10 miles to go. The top 3 were still within a minute of each other at this point, but once cracking, De Crescenzo quickly went backwards holding off Salt Lake City's Lindsey Stevenson by just over one minute.

Gomez-Villafañe will represent her home country of Argentina in the cross-country mountain bike race at the upcoming Olympic Games in Tokyo.

For the men's division, former

WorldTour professional road racer turned gravel privateer Peter Stetina (Canyon), 33, of Santa Rosa, CA placed first with a finish time of 4:13:48. Zach Calton, 24, of Ogden, UT secured second place with a finish time of 4:22:27. Eddie Anderson (Alpecin-Fenix), 23, of Richmond, VA placed third in the division with a completion time of 4:25:28.

The men's race started with a typically leisurely pace on the pavement out of town, but as the group made the right turn to start the first climb the pace gradually increased until the group whittled down to about 25 riders.

Once the pavement ended and the climb continued on dirt, Stetina (Canyon) increased the pace as Eric Brunner (Aevolo) bridged the gap back to a second group containing Zach Calton, Eddie Anderson, Gage Hecht (Aevolo), Bryan Lewis, Nathan Spratt (Ascent Cycling), and T.J. Eisenhart (Imaginary Collective).

As the groups neared the top of the first climb, which starts to flatten out near the feed zone, Calton bridged to Stetina and Brunner, joined shortly thereafter by Spratt, Lewis, and Hecht. Stetina continued pushing the pace to widen the gap back to the chase until the group hit the descent of the Col d'Crush. According to Zach Calton, Stetina took it a little cautiously on the descent, especially through the corners, allowing a gap to open to a lead group of three riders: Brunner, Calton, and Hecht, who also trailed off a little further down the descent.

Zach Calton then crashed, which let Brunner continue ahead solo off the front, but Calton was able to quickly get back on his bike and ride the rest of the descent with Bryan Lewis. When the leaders reached the pavement heading into Junction, it was Eric Brunner solo, followed by Calton and Lewis about a minute back, with Nathan Spratt, Peter Stetina, and Gage Hecht a further minute back. The two chase groups came back together heading into Circleville and were able to catch Brunner on Doc Springs Road heading into the Sarlacc Pit.

Once in the Pit, Stetina and Brunner started applying the pressure again opening about a 10-second gap to Calton and Hecht with a further gap back to Spratt and Lewis. Hecht sat on Calton's wheel through this section and didn't really contribute to the work since his Aevolo teammate was up the road with Stetina. As they neared the pavement again before the return climb, Brunner dropped back and rejoined Calton and Hecht, about a minute behind Stetina further up the road. Bryan Lewis and Nathan Spratt were able to catch back on just as the group made the left turn to start the climb up the Col d'Crush.

At this point, Zach Calton settled into his own pace and eventually was able to ride the others off his wheel. By the top of the climb, Stetina had about a 6-minute gap on Calton, with Eric Brunner another 2-minutes back, and the rest of the lead group spread out over climb. Stetina and Calton were able to hold their gaps into the finish; but somewhere along the line Alpecin-Fenix's Eddie Anderson, who had been dropped on the first climb, was able to catch and pass the rest of the lead group to finish third.

Swindlehurst goes on to say, "Congrats to the honchos who won today—Sofia and Peter—and everyone who tested their fitness and grit to crush the Crusher!"

Cyclist. Writer. Photographer. Reverend. Chief Semantics Officer. Opinions (freely offered) not sanctioned by any national or international organizations.

★★★★★ – Highly Recommended

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MOUNTAIN BIKE RACING

A Solo Ride in the El Doce 12 Hour Mountain Bike Race



Scott Stanger competed in the solo division in the El Doce 12 Hour MTB race in Ogden, Utah on July 17, 2021. Photo by Austin Luckett, Iron and Pine.

By Scott Stanger

I've been dreading this — El Doce 12 Hour Mountain Bike Race. I had big plans for training and racing this year, but life decided to change all of that for me. So, no training, and I'm about to attempt to ride my mountain bike for 12 hours, for the first time. There's no way this can go smoothly ...

Upon arrival, I'm greeted by a friendly volunteer, and given parking directions. I throw my cooler, snacks, and a chair out alongside the road just before the finish line and start prepping myself. Bib - check, jersey - check, shoes - check, snacks - check (and lots of them), tires - rear tire has lost air overnight. If I take that tire off, I'll never get the bead to seat without an air compressor, so I overfill it a bit, grab a couple extra CO2 cartridges, and head off to the riders' meeting. I doubt this is even possible for me.

At the meeting, the solo riders were asked to raise their hands, so I did. The gentleman with the bullhorn explains that solo riders were given a ribbon, what the ribbons are all about, and praises us as "bad-asses" for taking this on, solo.

I thought "Great, now I'll look like a real idiot with my ribbon when I can't make it more than a few hours". Nobody likes to feel that way.

As I'm leaving the meeting, I overhear someone saying that a fellow rider had forgotten his riding shoes. I just happen to have an extra pair in the car (you can never be too prepared), so I track the guy down. Turns out, my shoes are the correct size, and have the proper cleats on them. It's a person I have met on the trail, but don't really know, but I trust him with my shoes. That's some incredibly good luck, and at least he's going to have a better day, which brightens my mood a bit.

Maybe my shoes will do better than I do today!

It's time to start. I'm going to have to really watch my pace today, and I don't want to hold anybody else back, so I settle in toward the back of the group. The energy is high, with lots of excitement, kudos, high fives, and wishes of "good luck". Heart rate monitor battery apparently dies ... great. At least my tire still seems to be holding air.

And off we go ...

A crowd has gathered along the base camp area, some in costumes, with cowbells, pots and pans, and anything else they could find to make noise. It's exciting, and the enthusiasm rubs off on me a bit. At this point, they all believe in me more than I do, because they don't know any better, and I realized how silly my thoughts had been this morning. Nobody is watching for me to fail, and these strangers seem genuinely excited to see me do my best, without expectations. So, that's just what I'll do — the best I can on this particular day. I feel a sense of relief, as I make the first left turn onto single-track.

It takes a while for the crowd on the trail to thin out, and to find my pace for the day, but so far, so good. Despite my earlier doubts, I'm feeling surprisingly good! It's been a while since I've ridden these trails, and I'm quickly reminded why so many people love them. Powder Mountain is a beautiful place to ride, and I'm going slow enough to actually enjoy the scenery. Regardless of how I finish, I'm riding a mountain bike in Utah, in the cool morning air, and it doesn't get much better than this. One lap down ... that was quick!

As I roll along slowly, fresh rid-

ers from the 12-hour teams start to pass me. There are so many compliments from riders who spotted my ribbon. Athletes who are much more fit than I am, young riders with tons of energy, nearly everyone takes the time to acknowledge me as a solo rider. It was truly uplifting. Suddenly, I'm glad I raised my hand in that meeting, and for that guy with the bullhorn. I AM a bad-ass, just for trying. It's going to be a wonderful day...

As the hours roll by, I am perfectly executing my plan for eating, drinking, and holding my pace. I take a couple long breaks that I didn't necessarily "need", but which I knew would help in the long run. I make a couple new friends during those breaks at base camp, and enjoy that time as part of the overall experience. I love making friends on bikes. You can't go wrong making friends. Then, I start into lap #4.

I'm tired. My shoulders are starting to ache a bit, and I have no power left in my legs. Even the descents are tough. My gut has had enough trail food and wants no part of anything I put down my throat ... not even water. A new friend who I have been pacing with has left me behind, and the bonk is coming. Doubt creeps back in, and the "fun" is gone. I just need to gut out this one last lap. Even though I still have hours left on the clock, I'm fairly sure I'm done, but I keep pedaling, and as I approach base camp, I hear the cowbells and cheers, and more compliments. These people still think I'm incredible, despite the way I feel (and probably look), and I find motivation in that. I need a break, but I'm not done yet.

I've matched the mileage from my longest mountain bike race previously (Wasatch 50), so I can't stop

now. I've done all the work to get this far, so why not go one more lap and completely crush that personal best? It would be a shame not to! Even if I have to walk a few sections, I'm doing it...

Part way up that nasty road climb near Hidden Lake, a rider points out that my rear tire is looking a little "squishy". I'm so zoned out, that I had no idea ... and the tire is almost completely out of air. This could end my day, and what a shame that would be. A couple deep breaths to clear my mind, and a little air from a CO2 cartridge, and all is well. Nowhere near the disaster my mind had made it into. I roll on. At the 7-mile aid station, I stop to get a kiss from my wife, who was volunteering at the station. I'm so happy to see her, and once again, I am invigorated. 6 1/2 miles to go, and I can call it a day. The mile marker signs along the trail become my prizes ... 5 1/2 miles to go, then 4 1/2, 3 1/2, 2 1/2....CRAMP!!! It's not my quads or calves giving up on me...it's my finger. My third finger on my left hand goes straight as a board and cocks all the way to the right. It's a cramp, and it hurts, but it looks so silly, that I find it entertaining. If I'm going to cramp up, this is the way to do it! I can still grip and put a finger on the brake lever, so no harm done. In fact, the laughter does me good. The end is in sight.

As I finish that fifth lap (just over 66 miles and almost 7200' elevation gained), the crowd is still there, cowbells clanging, cheering, and I can hear the announcer call my name. "12 Hour solo rider, Scott Stanger ... looking strong as he goes out for another lap". I am amazed at how I feel, and the level of boost I am given by the enthusiasm of everyone around me. As I roll toward the single-track, I'm doing the math in my head, and come to grips with the fact that even though I made the cut-off time, it doesn't make sense to attempt this 6th lap. I know I'm spent, and the price I will pay for the added miles will be heavy. It's time to call it a day, so I head back to base camp.

I didn't earn a podium spot, but I certainly won my race. Total strangers helped me win. I cannot imagine a better race day. THIS is why I compete.

Oh, and my shoes? They beat me by 20 minutes.

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BIKE TOURING

National Parks, Bicycle travelers, and Entrance Fee Confusion

Lou Melini on a Yellowstone area bike tour. Photo by Chris Blinzinger

By Lou Melini

Perhaps you have entered Yellowstone National Park on your bike with 3 other cyclists. The attendant at the entrance station tells your group that entry for bicycles is \$20 per bike. You then look at an adjacent entrance booth at a car with 4 people realizing that the fee for the car is \$35. Does that seem fair?

For the record, I am a fan of the National Parks and wish to see parks such as Yellowstone NP fully funded. To show my support I am or have been a member of the National Parks Foundation, Yellowstone Forever and Zion Forever, non-profits that support National Parks. To meet revenue shortfalls, Yellowstone NP, as one example, increased fees for cyclists by \$8 and the fee for cars was raised \$10. (The original pro-

posal that cars pay \$70 and cyclists \$30 did not occur) For me, the hiker/biker sites are worth the admission price. Having a guaranteed place to camp beats my 1975 experience when I had to spend an hour asking (or begging) someone to share a site.

Despite my support for the parks, the hypothetical scenario that I presented above is unfair, and it was handled incorrectly. The National Park Service (NPS) Recreation Fee Management Manual states: "At parks with both a vehicle fee and a per-person fee, individuals entering together by a mode other than a single, private, non-commercial vehicle pay a total fee of no more than the vehicle fee." For example, if four adults are traveling by bike together, this policy states they should pay no more than the vehicle fee.

This policy is not well known by cyclists or park officials and is not

published on-line. The Adventure Cycling Association, a non-profit that supports traveling bicyclists recently found out about the regulation from a park staffer in D.C. Given the wording of the regulation it is unclear how many individuals can enter a park paying only the car fee. Let's assume 4 for this article.

I presented a hypothetical scenario above, but it recently happened in real life. Over Memorial Day weekend of 2021, I rode through Yellowstone and Teton NP where I met a group of 6 girls traveling across the U.S. (OK, I am 70 so 6 females between 21 and 24 are girls) They were asked to pay \$120 (\$20/person) to enter Yellowstone. They told me that they then purchased an \$80 pass (an annual pass I presume) and were then allowed in the park.

The National Park Service offers numerous "passes" that are annual or lifetime. The MOST likely passes to be used by traveling bicyclists are the \$80 annual pass, the \$20 annual senior pass or the \$80 lifetime Senior Pass. The regulation concerning passes is: Each bicyclist is required to have a "per person" entrance pass or be covered under an annual or lifetime pass, which covers the owner and up to three additional cyclists. Passes require photo identification to verify ownership. The annual pass states that the pass is good "for the owner and up to 3 adults at sites that charge a per-person fee" The language also states that the pass "can be signed and shared by two main owners that are friends or family". Given that

the girls were not going to any other national parks, it would have been less expensive to go in with a "car" fee (or two car fees).

When I went to the entrance booth on my Memorial Day weekend trip, I presented my Senior Pass. The attendant looked at my touring buddy Chris. I immediately said that I am allowed to take others in with my pass. She replied: "Yes, I think you are correct". I am not sure she knew the regulation but given how long the line of cars was she hurried us through.

My senior pass also gives me half-price camping. However if other cyclists in my group camp in a hiker/biker site, each person (or tent) is responsible for their own camping fee. If one cyclist holds a senior pass it may be cheaper for that pass holder to rent a regular campsite for the group (but a prior reservation may be necessary). The \$80 Annual Pass only covers entrance fees to parks and federally managed lands.

Please note that individual national parks may have annual passes specific to that park that may or may not have specific language pertaining to bicycles, something that cyclists living close to a specific park could consider. For more information about park fees and passes go to the national park website or the particular park to which you are going.

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

Rail Trail Best Practices

We hear a lot about converting abandoned railroad lines into trails. But we don't always have to wait for the trains to stop running before turning the lines into bike paths. In 2002, the Federal Highway Administration (FHWA) issued a report called *Rails with Trails: Best Practices and Lessons Learned*, providing evidence-based guidance on how the two means of transportation can co-exist paralleling each other. And on the 19th anniversary of its guidebook, FHWA has updated it.

The new report notes that of the eight largest US railroads, four don't allow parallel trails. Nevertheless, in 2018, FHWA counted 343 rails with trails. But most evidently were rather short: they covered only 917 miles, though they existed in 47 states. FHWA noted that "since 2000, there has been an increasing trend of building" them. Most of the trails parallel commuter routes, as freight operations generally are heavier and on private property and owners don't see bike routes complementing them.

But if you want to build a trail along a railway, FHWA tells you what you need to do, from contacting the railroad and its customers "early and often," to studying feasibility. This means everything from figuring out how to acquire the land to whether the terrain is suitable to figuring out how to create safe crossings.

Find the report at <https://railroads.dot.gov/elibrary/rails-trails-best-practices-and-lessons-learned-0>

-Charles Pekow

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GRAVEL RIDING

Tips for Getting Into Gravel Grinding



Riders tackle the ENVE Grodeo in Ogden, Utah on June 26, 2021. Photo by Cathy Fegan-Kim, cottonsoxphotography.com

Hanna Muegge grinding some gravel. Photo by Cathy Fegan-Kim, cottonsoxphotography.com

By Sarah Kaufmann

So you want to grind some gravel? Gravel riding is the latest uber popular trend in cycling and for good reason - it opens a whole world of new areas to explore, it gets us away from cars, and off the beaten path, while still 'road riding.' Races like the Crusher in the Tushar, Unbound Gravel, and the original Belgian Waffle Ride have been around for a while and their popularity has exploded as this trend has taken off. Competition has gotten stiffer as Olympic and World Tour riders now regularly make appearances at these races.

But if you are gravel curious, where do you start? Whether you are coming from a road riding or MTB

background, gravel takes all. It's where everyone meets in the middle. I chatted with some elite gravel racers to get their input and tips and tricks for gravel riding.

From Lindsey Stevenson, ABUS Pro Gravel Team and a racer I get to coach;

1. Even the smoothest gravel beats you up when you are on it for hours and hours. It's a bit of an acquired taste for some and it takes some getting used to. Riding really rough terrain on a gravel bike has certainly made me love and appreciate the primo gravel roads that I've ridden.

2. Practice fueling on the gravel. It's definitely more of a challenge to get in enough calories when you're on bumpy terrain all day. I have

tanked in a few races because I waited too long to eat. I finally figured out a few ways to eat safely while on gravel. I keep unwrapped food in my top tube bag and in the pockets on my bib shorts for easy access. It's much easier than reaching into the back of my jersey while trying to hold a straight line in loose gravel.

3. Take it easy on sharp turns. This one is pretty self-explanatory, but I've seen several people wash out because they try to take corners too hot in loose dirt/gravel.

4. Keep it fun. Gravel riding is about adventure! There are endless gravel roads to explore... sometimes they're incredible and sometimes they're a nightmare. But gravel rides always make for good stories!

From Neil Shirley, former professional road racer and current Marketing Manager at ENVE Composites in Ogden, UT;

1. Go big on tires. Now that

there are so many good tubeless tire options in a vast range of sizes and tread patterns, we're definitely spoiled. The gravel conditions should dictate tire size, but never look to tires as the place to save weight or improve aerodynamics. Otherwise you are likely trading comfort, performance, and flat prevention for the sake of a handful of grams. 40c tires are the starting point for me and for Utah gravel I never have a need to go with anything smaller. Tire pressure is also key, which is why I always reference ENVE's tire pressure chart to find the ideal recommendations based on rim width, tire size, and rider weight: www.enve.com/learn/tire-pressure/

2. Spend time in front of paper maps, online maps, or whatever app you might have that can help you truly explore your own backyard. My favorite thing about gravel riding is finding new routes that I stumbled upon when pouring over a map and

finding some connector road or trail that allowed an entirely new ride to come together. Don't just settle for the same stuff you already know, dig deep and you'll be rewarded.

From Hanna Muegge, DNA Pro Cycling Team

1. Use drafting to your advantage. If you are coming from an MTB background, get comfortable sitting in the group and letting other people ride on the front and do the work. Just because you feel good isn't a reason to attack or pull everyone around. Be patient and be strategic. Form alliances and share the work. It's a transition from MTB to sit in and be patient but it will pay off in gravel racing. Those coming from a road background are familiar with these ideas but it may be new for MTBers.

2. Let it rip on the descents. After years of riding pavement on half an inch of rubber, it's so confidence inspiring to descend on wider gravel tires. Enjoy the extra rubber and open it up on the descents.

I enjoyed compiling this list from these elite riders. As an experienced MTB racer but newer to gravel, getting to pick the brains of these riders gives me some tools for my toolbox as I get ready to do my first gravel races this summer.

Sarah Kaufmann is the owner of K Cycling Coaching. She is an elite level XC and CX racer for DNA Pro Cycling Team. She is based in Salt Lake City, UT and can be reached at sarah@kcyclingcoaching.com or 413.522.3180.

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Adam Lisonbee on Fleecer Ridge, south of Butte in the Great Divide Mountain Bike Race, 2021. Photo by Ty Hopkins



Red Meadow Lake, south of Whitefish, MT, 2021. Photo by Ty Hopkins

By J. Ty Hopkins

Testing the Limits of the Body

As a cyclist and exercise scientist, I've always been curious about the limits of the human body. How fast can it go? How much work can it do? How far can it go? How much recovery does it need? To what extent can it repair itself? Those are questions that are extremely difficult to answer, but over time, I've learned a little about what my body and mind can do.

When I was younger, I really wanted to be fast. That was all that mattered. Everything was a race, and riding a bike was no different. I

raced road, cross country mountain, and cyclocross. I also ran 5k and 10k races and muddled my way through the swims only to get to the bike portions of various triathlon events. My body and mind seemed to accept the high intensity, but one thing made all of these races exhausting: the starts. I stressed about the fast starts and the high tempo. I wanted the racing without the stressful starts

In 2010, I happened on a piece in Outside magazine with the catch phrase, "The Hardest Bike Race in the World is not in France." I bit. The article talked about an underground genre of bike racing: ultra-racing or bikepacking. The events are self-supported: no aid stations,

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Adam Lisonbee taking in "Big Sky Country" north of Helena, MT. 2021 on the Great Divide ride 2021. Photo by Ty Hopkins

no support from other people, no entry fees, and no prizes. Each rider is expected to follow a specific route, over long distances, while providing your own support. The granddaddy of these ultra-races is the Tour Divide (TD), which follows the Great Divide Mountain Bike Route from Banff, Alberta, Canada to the Mexican border crossing at Antelope Wells, NM (2700+ miles). The route is mostly dirt, loosely following the continental divide, with a couple hundred thousand feet of climbing.

Between my sense of adventure and my desire to transition away from "fast" races to long races, I was hooked. I started riding longer, pushing my body to incremental extremes. In 2013, I raced the Colorado Trail (CTR). It was brutal, and more than I was prepared for. I finished, but the race left multiple marks on my psyche. For almost a year after the CTR, I wanted nothing to do with ultra-racing, but gradually I realized the vast amount of satisfaction that came from that adventure. As the pain faded, my enthusiasm grew, and I started thinking more about the incredible sights and feelings I experienced. The Tour Divide had my full attention.

Over the subsequent years, I started focusing on what it would take to race the TD. I studied bikes and gear. I constantly read about the route and others' experiences on the route. Most importantly, I started increasing my training volume. I continued to ride with friends and race local events. Additionally, I looked for ways to start feeling comfortable riding all day and for multiple consecutive days. I commuted to and from work on bike over the Alpine loop, a 2.5 hour ride with almost 4000' of climbing. I tried to plan day-long rides a several times a month, and most importantly, I looked for multi-day routes. These rides allowed my body to adapt to the rigor of 16+ hours in the saddle, on a loaded

bike, for multiple days. They also allowed me to test gear and prepare my mind for the inevitable physical low points that come from pushing the body. Another major advantage was seeing so much of the remote intermountain west on a bike. I rode fantastic routes in the deserts of Utah, Sawtooth mountains of Idaho, the Sierras in California, the San Juans of Colorado, and the mixed terrain of Arizona. Each of these adventures taught me about my body and my mind, allowing me to slowly accept the idea of longer distances and bigger adventures.

In 2017, it was time to attempt the Tour Divide. At this point I had trained for several years, and I felt I was ready both physically and mentally. I was not. After pushing hard for 6 days, I withdrew from the race in Lima, MT. My knees and achilles were both extremely swollen and painful making every pedal stroke excruciating, and my grandfather, with whom I was very close, passed away during the race. I had raced well, finding myself in the top ten over those 6 days, but I was also devastated by my early exit. To give an idea of what a single day was like on the TD, here is an excerpt from my journal of the 2017 race:

2017 Tour Divide

Day 2: Fernie, BC – Tuchuck CG, MT (150mi, 12,500')

After tossing and turning and dosing for a few hours, I rolled out of bed, packed up my drying gear, and was out the door by 5:00am. I made a stop at the 7-11, loaded up for a big push to the US border, and headed out of Fernie as the sun was just beginning to show some life. It looked to be a beautiful day. I stopped by the bike shop, which had a convenient hose for washing the bike, and gave my bike a little cleaning and lubing. The pavement turned to gravel and the climb went on and on. I ran into Andy from

Boise pulled over on the side of the road, fiddling with his bike. Andy and I rode together for part of the Smoke-n-Fire race in Boise earlier in the fall, and I was hoping we could ride some more when I caught him. Unfortunately, he was having derailleur issues, and he decided to roll back into town and wait for the bike shop to open. I never saw Andy again, but he had a strong finish. I pushed on up the climb, with the views becoming more and more spectacular. Once I reached the summit of the climb, the sun was finally coming over the peaks just in time for a smoking fast descent. I loved the mornings: the anticipation of the sun, the process of getting my legs, and the serenity of solitude in some of the most beautiful places on earth.



Ty Hopkins on the Great Divide Classic ride 2021. Photo by Adam Lisonbee

Continued on page 14

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Great Divide - Continued from page 13

My knees and Achilles took some time (and Tylenol) to warm up and feel OK. I knew this was going to be something I was going to have to manage and be smart with over the days ahead. My knees would scream at me during the steeper parts of the climbs, and my Achilles were stiff and sore in the mornings and again in the evenings. "All part of the experience," I rationalized.

Around lunchtime I stopped at Butts cabin for a break and some food. There were signs of people around, as evidenced by a couple trucks, but I didn't see anyone. As I finally got on my bike to head up the road, some guys pulled up near me in their truck. The exchange was pretty funny:

Big Truck Guys: "You're not going down that road, are you?"

Me: "Uhhh, yeah."

Big Truck Guys: "Are you carrying a gun?"

Me: "Bearspray."

Big Truck Guys: (Laughing hysterically for 30 seconds, finally stopping, catching their breath) "Well, you can go down there if you want to, but there's a Grizzly with her cub in that field, and she's not going to be happy to see you." (now talking to me with a lecturing tone)

Me: "Hmmm, ok. Thanks." (I start to ride up the road)

Big Truck Guys: (Yelling from their truck) "Hey, didn't you hear me! What are you stupid!?"

Me: (Waving, but not turning back to look at them) Now I'm thinking to myself, yep, I am stupid.

I never saw the bear, and I wondered if they were just messing with me, but what was I going to do? Turn around and go back to Fernie? I didn't have an option but to go forward. During the days, I was never scared of possible bear encounters, but I must admit, riding at night did have me freaked out at times. More on that later.

Not long after this, Thomas caught me, he looked like he was doing well, and this gave me a chance to ride with someone for a while. I picked it up a little, and we chatted. We spent quite a bit of time together over the first 4 days. He was a good dude: easy to talk to and we both liked bikes – what more could you want? The scenery through this area was amazing. The dirt roads were also great, and we crossed a number of really nice bridges that seemed too nice for an area that appeared to get no traffic. We eventually made our way onto a fast double track in a forest of small firs. This is when I stumbled on my 1st black bear, which took off like a bolt of lightning as soon as we came around the curve into view. We were within 50 feet of

the bear, and the fact that it took off so quickly was confidence boosting to me.

Eventually, I made it to "the wall," a relatively short hike-a-bike that requires some serious pushing and lifting. I muddled my way up the steep, muddy game trail that connects to another double track and eventually a dirt road leading up and over the last pass in Canada. The wall wasn't as bad as some had suggested, but it was a little different than I anticipated - wetter. Eventually I got over Galton pass, where just a little bit of snow still covered the roads at the top and descended the dirt road to the border crossing. I saw one more black bear on the descent, which took off as soon as it saw me. Another boost for my bear confidence.

The border crossing was funny. The border agent was trying to convince me that the TD didn't start until the following week. I tried to assure him that it had indeed started, but I finally gave up and told him to have a great day. I called Holly for the 1st time after crossing the border. I talked to her as I rode the back roads into Eureka, MT. It was good to talk to her and hear about all the people following me and cheering me on. It made me feel that there was another level of motivation that could keep me going when the days got long. I was spent and ready to sit down for a little while. I was trying to resist the urge to stop in Eureka for the night.

I reached Eureka, MT around 7pm, stopped at the convenience store and Subway, and tried to force down some food. For me, eating is difficult over the 1st few days as my body tries to deal with the physical demands, lack of calories, and how both affect my GI system. I managed to gag a foot-long sandwich down, and I loaded up on stuff I thought I might want to eat over the next day (chips, nuts, candy, pastries, etc.). Thomas came in to eat as well. He talked about stopping at the south end of town at a campground, but I had my sights set on Sondressen community center, another 45+ miles and a big pass (Whitefish Divide) to go. As I headed out of town along some more back roads, one of my brake pads was rubbing. For some reason, I tend to get irritated by such things, but I never want to stop and fix it. Finally, I decided to stop and adjust my front brake. Sure enough, I overtightened the torx 25 bolt and snap, the tip of my t25 wrench broke off in the caliper. Immediately I felt like I just ruined my race, but I was able to calm down and reason that it would be ok – well as long as I didn't need a t25 wrench.

I crossed the highway and started toward the Grave Creek road which climbs up Whitefish Divide. I could see there was a storm brewing in the mountains, and I wasn't looking

forward to riding into it as the sun went down. As I was making my way up the last of the pavement, an old pickup was coming down slowly, looking at me. For some reason it made me nervous, and it made me even more nervous when the pickup turned around and started back up towards me. I was thinking this is where Josh Kato had gotten run off the road the previous year. Instead, the guy rolled up beside me and asked if I was part of the TD. Turned out, he was following the race in his truck, and he hoped that one day he could do it on a bike. We chatted. He wished me well and continued up the road. I stopped at a pavilion at Birch Creek pavilion at the end of the pavement. I sat there as it started raining, and I thought this would be a good place to sleep; dry and seemingly safe, but it was still light. I sat there for 20-30 minutes trying to convince myself to keep going when I saw Thomas ride by. That was all I needed. I put on my raingear and took off after him. It was wet and getting colder, but at least I could ride with someone. The last hour or so of daylight went quickly, and before we knew it we found ourselves in the middle of nowhere. Avalanche debris covered the road in places, and it was obvious that this area had not yet recovered from winter. To make matters worse it was getting hard to see as the sun was fading. It was at this point that Thomas said, "oh crap," and came to an abrupt stop. I looked up, and had the same reaction as my stomach immediately felt sick. About 100 yards in front of us was the biggest grizzly I had ever seen – maybe the biggest animal I had ever seen. I started thinking about my options. The road was such that there was no place for the bear to go – vertical cliffs to our left and a big drop down to a stream on our right. The bear was moving up the road the same direction we were going, but it didn't look like it was in any hurry to get away from us (unlike the bears I had already encountered). I considered going back to the pavilion at Birch Creek campground, and if I was by myself I may have, even though I had already gained many miles and well over 1000' of elevation since the pavilion. We decided to get off our bikes and walk, bear spray in hand, and start blowing our whistles.



The GDMBR often crossed and paralleled the Continental Divide Trail. 2021. Photo by Ty Hopkins

So, that's what we did, trying to keep our distance and still maintain visual contact, which was getting harder as it got darker. We did this for about 15-20 minutes. I'm pretty sure it wasn't that great of an idea. When I told this story to my colleague, Tom Smith, a bear biologist, he just shook his head in disapproval. Every couple minutes, the bear would pause, turn, look at us, and continue to saunter up the road. I imagined the bear thinking to himself as he looked at us, "should I go eat them? Ugh, it's just too much effort, and they smell really bad." I was biting and blowing the whistle so hard that my jaw hurt and my ears were ringing, but I was wired. The adrenaline was flowing at high levels. Eventually it got too dark. We couldn't see the bear anywhere. When we came to the next avalanche debris shoot over the road, we didn't see any tracks in the snow. Now I was even more spooked. I had no idea where the giant grizzly was, and there was no way I would see it coming at me in the dark. In a panic, I put on the rest of my lights, we got on our bikes and started riding. As we crested the summit I stopped to add

more layers, constantly looking all around me for the killer bear. I was soaking wet, it was cold, and now I was about descend, still freaked out by the bear encounter. With that said, I was ready to go fast and take advantage of the descent. I took off, still blowing my whistle. Not 5 minutes into the descent, another bear ran out onto the road 20-30 feet in front of me. I was so stiff and cold that I didn't even stop. Instead, the bear was running down the road in front of me, eventually peeling off the road. Once I got far enough down the road, away from where the bear peeled off, I stopped. I was definitely in a bad place mentally. I was a basket case. Physically I was exhausted and really cold. I finally coaxed myself back onto the bike and slowly inched my way down the descent. What should have been a screaming descent, turned into an agonizing slog. I was done. Around 11:30 we rolled up to Tuchuck, a primitive campground. I wandered around looking for shelter. I had no intention of sleeping outside. It was an answered prayer to find a relatively clean toilet block. I have never

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Incredible sunsets were never in short supply. Near Helena, MT. 2021. Photo by Ty Hopkins

been so happy to see a primitive campground toilet. I gagged down some food, rolled out my sleeping bag, and hunkered down with my head next to the base of the toilet and my feet wedged against the door. Between the sewage gurgling from under the floor and the image of an Uncle Buck style bear entrance, I didn't sleep much; but I was warm and safe.

2018 Tour Divide

In 2018, I returned to Banff for another TD attempt. I learned from my failed 2017 attempt. I had done a fair amount of eccentric training for my knee and Achilles issues, made a few adjustments in bike fit, reduced the overall volume of my training, and had the previous years' experience to draw from. I wanted to push myself, but stay away from expectations. While the 2018 race was not without mistakes and issues, it was a great success. I completed the 2725 mile route in 16 days and 7 hours, placing me 4th overall in a field of approximately 200. It was an incredible adventure, but incredibly hard and at times, lonely.

In addition to successfully completing the route, my colleagues and I collected data on what happened to my body over the 16+ days. My circulatory system, immune system, and GI system took a significant hit. Systemic inflammation was also extremely high. The extreme workload, limited sleep and recovery, and poor nutrition took its toll on the body. That said, there were measured adaptations to muscle that signaled a shift towards efficiency in energy production and increase in force production. In other words, while the body broke down to some extent, it also adapted in a pretty incredible way to keep the legs turning.

The story of my 2018 TD adventure and a complete breakdown of what happened to my body are docu-

mented in my book, "Just Ride."

Following 2018, I continued to ride and train. I rode the Arizona Trail and the Colorado Trail as well as several other multiday routes, but it was hard to get the TD out of my head. The route is so big and beautiful. It offers a variety of people, landscapes, and challenges. Every turn on the trail is an adventure. I missed it, and I wanted to go back. Additionally, my good friend Adam Lisonbee, wanted to go back and ride the route. So, we decided we would ride it in 2020, BUT we do so at a pace that allowed us to appreciate the route more and meet more people on the route. In other words, we would ride the route a little slower.

2021 Great Divide

The 2020 TD was cancelled, so we pushed to 2021. The 2021 edition of the race was complicated by the Canadian border remaining closed. So, the 2021 edition would be a border to border (no Canadian section) route, called the Great Divide Classic (GDC), commemorating the original route prior to the Canadian section. The route still followed the

continental divide through Montana, Idaho, Wyoming, Colorado, and New Mexico for approximately 2500 miles.

I must admit, I did not take a serious approach to the 2021 GDC. I didn't train as much, I already had my gear dialed, and I had been on the route several times. After all, I planned to slow down and enjoy the route and the people. This was a mistake. Good preparation makes for an enjoyable adventure, and I was not well prepared. I entered the race 15 pounds heavier than I was in 2018, and I overestimated my fitness. That said, I had no expectations. Adam and I were excited to be on the route.

The route did not disappoint. The race started at noon from the border crossing at Roosville and the easy rollout took us through Eureka, Montana before entering some of the densest grizzly bear country in the world. This year, however, I had the company of dozens of other riders as we made our way over Whitefish Divide, into the area northwest of Glacier National Park, and then up and over Red Meadow Lake Pass. It was a cool 100 miles as we exited the mountains into Whitefish, Montana and made our way along peaceful rural roads to Columbia Falls, Montana where we stayed for the night. It really was a great 1st day. The variety of riders and the company they provided was what I was hoping for. This was fun.

One of the lessons I have learned from ultra-racing is that the body will wake up in full revolt to doing another day, churning up big mountain passes. The mind will always tell you there is no way it can do another day like the previous day. But it does. It takes a little time and some calories, but the body always bounces back. The 2nd day was no different as I was stiff from the previous day. We started early, around 4am in constant rain. We made our way

through the Flathead Valley skirting the western edge of Glacier National Park before entering a series of long, dirt road climbs making their way into the Swan River valley. The day was tough for 2 reasons. First, it rained for the 1st 8 hours of the day, and second, I was having a hard time with my GI system. Ever since 2018, I had struggled to eat the calories I needed without my GI revolting. The easy thing to do is to stop eating, but this is an unsustainable strategy. When you ride a loaded bike all day on limited calories, the inevitable bonk is coming. I managed to snack here and there, but I suffered mentally and physically while I waited for the medication to kick in. As the day progressed, my mood and power faltered. Fortunately, we were riding with a good group of racers. Backgrounds ranged from retired accountant to bike shop wrench with huge ranges of age and philosophy. Meeting the variety of people was the best part of the day and the instant bonds that are formed are one of the best parts of the race. By the time we got to base of the biggest climb of the waning day, I was physically and mentally spent with no calories in the tank. I suffered up the massive climb for hours, hiked through a couple miles of snow at the top, before finally being rewarded with a long, fun, fast descent. While, painful and slow, the day had been a success as a burrowed into my sleeping bag for a few hours of sleep before doing it all over again.

The next days were filled with incredible mountain vistas, crystal clear lakes and streams, and some scorching temperatures. We climbed over Poor Man's Pass, Huckleberry Pass, Fleecer Ridge, and dozens of other giant passes. We were met by numerous trail angels – Kathy in Ovando, the Nyes prior to Helena – who tried to give us encouragement and food with the payment of

simply paying it forward. We saw wildlife galore in some of the most remote and pristine wilderness in the United States. We also suffered heat, dehydration, sleep deprivation, and the aches and pains that come from sitting on a bike saddle for 15 hours a day. It was all worth it.

On day 7 we slowly worked our way over Union Pass in the Wind River Range of Wyoming. At the summit, above tree line, I ate some food while watching the sun set. The view was incredible – 360 degrees of brilliance. No people, no sounds, and the fresh smell of rain. It was perfect. When Adam arrived we mounted lights and descended, looking for a place to roll out our bivies. The night before we literally froze sleeping above the Snake River near Jackson Lake, and we were determined to find a place away from water that might not be so cold. By luck we happened upon an open forest service warming hut. What an incredible find! We were ecstatic.

The next day we finished the descent off Union Pass through herds of cattle being driven to new grazing pastures up the mountain. Then we rode the 30+ miles of pavement to Pinedale, WY. There, Adam and I talked about what we wanted to do. We decided we had gotten what we wanted out of the ride. A little less prepared than we wanted to be, we decided we would leave the route with a little meat still left on the bone. We completed 1000 miles of the route, we felt good, and it was time to go home. It was nice. I didn't feel like I had failed. I had simply done what I wanted to do.

The Tour Divide is a route I really love. There are sections that are extremely hard. There are sections that are boring. Most of the route is incredible. I think I've got one more fast one in me. Until next time.



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CALENDAR OF EVENTS

Calendar Notes

Due to the ongoing COVID-19 coronavirus crisis, we have updated as many events as we can.

If you are an event promoter, please email any updates to calendar@cyclingtah.com.

If you are a participant, and your event has been postponed or rescheduled, please consider deferring your entry to the new date, or donating your entry to the event promoter so that their event will be back in the future. Event promoters must invest thousands of dollars before the day of the event, and many are hurting as a result of the global pandemic.

Your support is needed.

Event promoters must invest thousands of dollars before the day of the event, and many are hurting as a result of the global pandemic.

Cycling West will endeavor to keep the calendar as current as possible. Please also check our online calendar here: <http://www.cyclingtah.com/event-calendars/>

Happy Cycling!
Dave Ittis
Editor and Publisher

Utah BMX

RAD Canyon BMX — South Jordan, UT, Indoor and outdoor BMX racing. Location: 5200 W, 9800 South, Practice Tuesday 6:30- 8:30, Race Thursday, Registration 6:00- 7:00, Race at 7, May through September (practices starting in April with additional practices on Tuesdays through May), Dallas Edwards, 801-803-1900, radcanonbmx@radcanonbmx.com, radcanonbmx.com

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00-9:00; Race Saturday, May through September, Kevin J, 801-698-1490, kevin@kikphoto.net, lbrm.com, radcanonbmx.com/Rad Canyon Legacy Outdoor Schedule 2014.pdf

Advocacy

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

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

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, The SLBCAC 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, bicycleslco.org

Weber Pathways — Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life., Mark Benigni, 801-393-2304, wp@weberpathways.org, Rod Kramer, 801-393-2304, rod@weberpathways.org, weberpathways.org

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

Bonneville Shoreline Trail Committee — Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.org

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, parleystrail.org

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

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

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

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

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

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

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

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

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

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, bnbybike@gmail.com, Doug Haberman, 406-449-2787, info@bikewalkmontana.org, bikewalk-montana.org

Salt Lake Valley Trails Society — Salt Lake City, UT, Salt Lake Valley's natural surface bicycle trails non-profit., Kevin Dwyer, kevin@saltlakevalleytrailsociety.org, saltlakevalleytrailsociety.org

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the WYdaho area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, dan@tvtpap.org, tvtpap.org, tetonbiketfest.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 Moab Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, randy@moabdogcycles.com, bikeorem.weebly.com

Events, Swaps, Lectures

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

Cole Sport Weekly Road Ride — Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave, at 6 pm. Park at lower PCMR lot., Scott Dudevair, 435-649-4806, scott@dudevair.com, colesport.com, mountaintrails.org

Kidical Mass — Salt Lake City, UT, Group ride for families. This will be a monthly ride, the 1st Sunday of every month, at Liberty Park (south entrance) from 3pm- 5pm. All ages are welcome., Lee Chung, 865-850-3589, lee.chung@gmail.com, facebook.com/groups/109360246125277

Slow Roll SLC — Salt Lake City, UT, Fun, Bikes, and Party Rides on Tuesday Nights at 7 behind Crank SLC 749 S. State Street., Christian Clemens, 385-528-1158, 801-440-0546, christian@crankslc.com

September 22, 2021 — World Car Free Day, Everywhere, UT, Ride your bike and leave the car at home!, None, neomail@cyclingtah.com, worldcarfree.net

October 7-10, 2021 — Sea Otter Classic, Monterey, CA, Road, Mountain, Gravel, and XC races offered., Sea Otter Classic, 1-800-218-8411, info@seaotterclassic.com

November 6, 2021 — 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., Tracy Powers, support@ollmassif.com, ollmassif.com, veloswap.com

Mountain Bike

Tours and Festivals

August 7, 2021 — Dirty Bear Gravel, Big Bear Lake, CA, 50 mile gravel ride, part of the Tour de Big Bear, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, bigbearcycling.com/tour-de-big-bear-cycling-west/, bigbearcycling.com

August 13-15, 2021 — Outerbike Summer in Crested Butte, Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 13-16, 2021 — Fitz-Barn Ride, Hamilton, MT, This event has been nicknamed "Tour Divide for the Working Class" due to its grassroots nature and few, but purist set of rules. Some choose to race it. Others choose to tour it. Should you intend to compete with others, you must rely completely on yourself with the event being self-supported. We ask for transparency; if you take aid or skip a section please be aware you are disqualified from competing. Ride completes

Calendar Guidelines:

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

Submit your event to:

calendar@cyclingtah.com

with date, name of event, website, phone number and other appropriate information.

Let us know about any corrections to existing listings!

in Victor, ID., Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

August 14-15, 2021 — VIDA MTB Series: Snowmass Bike Park, TENTATIVE, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gifford, 949-677-6809, info@vidamtb.com, vidamtb.com

September 3-6, 2021 — Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY/ID, 11th annual hosted at Grand Targhee Resort. Come enjoy endless miles of epic singletrack, littered downhill, dirt jump and freeride. Wydaho Rendezvous Bike Festival supports Teton Valley Trails and Pathways tvtpap.org. Includes 2019 demos, group rides, skills clinics, shenanigans, kids activities, music and libations., TVTAP, 208-201-1622, info@tetonbiketfest.org, Devin Dwyer, 208-201-1622, devin@tetonbiketfest.org, tetonbiketfest.org, grandtarghee.com

September 11-12, 2021 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Women specific mountain bike coaching for beginner to advanced levels, focusing on skill development and exploring local trails. Suitable for cross country and downhill riders., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

September 17-19, 2021 — Albuquerque Dirt Fiesta MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ELCapitan@ZiaRides.com, ZiaRides.com

September 17-19, 2021 — Outerbike Tahoe, South Lake Tahoe, CA, 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, in South Lake Tahoe, CA., Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

September 18-19, 2021 — Trek Dirt Series Mountain Bike Camp, Crested Butte, CO, Learn new skills, increase confidence on the bike or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, dirseries.com

September 19, 2021 — Monarch Crest Crank, Salida, CO, Mountain bike event along one of IMBA's Epic mountain bike trails with proceeds going to the local nonprofit organization: The Alliance, which helps victims of domestic and sexual abuse. There will be a post-ride party in Salida's Riverside Park featuring live music, free lunch, libations, and games with space limited to 100 riders., Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, Becky Rupp, crestcrank@gmail.com, monarchcrestcrank.com

September 25-26, 2021 — Trek Dirt Series Mountain Bike Camp, Santa Cruz, CA, Co-ed Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switch-back turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 1-3, 2021 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 1-3, 2021 — Trek Dirt Series Mountain Bike Camp, Cortez, MA, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switch-back turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 2-3, 2021 — 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., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, Pat Trainor, 208-253-4433, 208-571-7447, biheton@ctweb.net, weisertrails.org/octobertrek.html, kotah.com/octobertrekinformation/

October 8-10, 2021 — BetterRide MTB Camp, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

October 15-17, 2021 — BetterRide MTB Trail Subtleties and Strategy Camp, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

October 23-24, 2021 — Trek Dirt Series Mountain Bike Camp, Tucson, AZ, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switch-back turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 28-31, 2021 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 15th Annual - 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!, Tracy Bentley, 435-259-4688, info@chiliebikes.com, moabdown.com, chiliebikes.com

October 30-31, 2021 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Co-ed Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switch-back turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

November 6-7, 2021 — Trek Dirt Series Mountain Bike Camp, St. George, UT, Co-ed specific mountain bike coaching for beginner to advanced levels, focusing on skill development and exploring local trails. Suitable for cross country and downhill riders., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

Regional Weekly

MTB Race Series

Utah Mountain

Bike and Gravel

Racing

August 7, 2021 — Powder Mountain ICUP, Intermountain Cup, Powder Mountain, UT, 360° panoramic views all along the course, and promises fast and exciting riding with a startling elevation of 8,200 feet and a race of approximately 8,900 feet, 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge., Margaret Gibson, 435-229-6251, margaret@redrockbicycling.com, intermountaincup.com

August 7, 2021 — Bucked Up Gravel, Heber City, UT, Details TBD., Troy Huebner, 427-0532, troy@workone.comcast.net

August 13-15, 2021 — Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday at noon. The downhill is on Saturday. Dark Hollow Super D is on Sunday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 14, 2021 — Mountain Madness Bike Race, Vernal, UT, Relay race through the Ashley National Forest, Quin, 435-781-0982, Quin@uintahcreation.org, uintahcreation.org

August 21, 2021 — Dirty Arts Gravel Grinder Fondo, Helper, UT, The Fondo is a 62 mile ride on pavement, gravel and dirt roads. The route takes you through central Carbon County exploring some high desert vistas and the foothills of the Manti-La-Sal mountains. 5,000' of climbing and 5,000' of descending consisting of 2 main long climbs with plenty of short climbs. Enjoy the Helper Arts & Film Festival afterwards for food, drink and fun, if you have the strength. Start, historic Conoco Station, Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, carbonrec.com

August 28, 2021 — Eden Epic, Eden, UT, On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves., Clay Christensen, 801-234-0399, info@endurancceutah.com, edenepic.com

August 28, 2021 — Brian Head Endurance, Intermountain Cup, Brian Head, UT, Margaret Gibson, 435-229-6251, margaret@redrockbicycling.com, intermountaincup.com

August 28, 2021 — Wasatch All-Road Bicycle Race, Heber, UT, The first Gravel Grinder Wasatch All-Road Bicycle Race will feature postcard views in Utah's hidden gem of Heber Valley. This event will offer two routes, local food, entertainment, and a \$10,000 prize purse split evenly between the male and female open categories., Jeff Ludder, jeff@thewasatchallroad.com, thewasatchallroad.com

September 4, 2021 — 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, snowchickenjb@gmail.com, thepppp.com

September 12, 2021 — Tour des Suds Virtual, Park City, UT, We love a party just as much as anybody, but 2020 doesn't seem to want us celebrating en masse. So, to carry on a 37 year Park City trail tradition, we are turning the infamous Tour des Suds VIRTUAL and VIRUS FREE. NEW COURSE! In light of the uniqueness of this virtual race season, we've created a new course that will showcase a brand spanking new (and yet to be opened) section of the 9K trail along with some great, old-school singletrack., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 18-19, 2021 — Big Mountain Enduro, Big Mountain Enduro Series, Brian Head, UT, Reversed for its incredible gravity fed descents, technical single track, and access to hundreds of miles of scenic back country trails beyond the resort boundaries, Brian Head's lift served terrain is accessible to beginner through advanced level riders. This is the only BME race that does not include an e-bike category for 2021., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

October 8-9, 2021 — Salty Lizard 100, Wendover, UT, Only an hour and a half west of Salt Lake City, the Salty Lizard 100 showcases the best of Wendover's amazing gravel roads with views



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of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mile route gives riders of all abilities the chance to check off an early-season century or experience a well-supported day out in the desert with friends. . Robert Kennedy, 319-551-6174, stupidponyride@gmail.com, saltylzard100.com

October 8-9, 2021 — Salty & Stupid Gravel Fest. Wendover, UT, Featuring three races over two days and over 300 miles of gravel for the hardy and idiotic among you: the Salty Lizard 100, the Stupid Pony, and their love child, the Stupid Lizard. Robert Kennedy, 319-551-6174, stupidponyride@gmail.com, saltyandstupidcycling.com

October 11-12, 2021 — Huntsman World Senior Games Mountain Biking. St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions. Kyle Case, 800-562-1268, 435-674-0550, hwsjgames.net, senior-games.net

October 16-18, 2021 — Moab Rocks. Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format. Kevin McDonald, 866-373-3376, info@transrockies.com, transrockies.com

November 6-7, 2021 — 25 Hours of Frog Hollow. Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus-double midnight lap due to the fall-back time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 12th Annual, Cimaron Chacon, 970-759-3048, info@groraces.com, 25hoursoffrog.hollow.com

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

August 7, 2021 — Pierre's Hole MTB Race. National Ultra Endurance Series, Alfa, WY, 12th Annual! Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trail at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race. Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com, pieres-hole-50-100-mountain-bike-race/

August 7-8, 2021 — Tamarack Trail Race & Enduro. Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Cross Country race, Fast and flowy, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturftracing.com

August 7-8, 2021 — Oak Flats MTB Race. New Mexico Off Road Series, Albuquerque, NM, fast and flowy course, Jan Bear, 505-670-4665, janbear@gmail.com, Par, 505-730-2615, parmentides@online.com, nmois.org, oak-flatsmtb.com

August 7, 2021 — MAAH DAHA HEY 100 MTB Race. Medora, ND, the race course takes you across one of the most majestic single-track adventures in the world, with miles of uninterrupted trail through the heart of the rugged Badlands. . experiencealora.org

August 14, 2021 — Leadville Trail 100. Leadville Race Series, Leadville, CO, One of the most notorious and challenging bike races in the world. 100 mile out-and-back. Paul Anderson, 719-219-9364, panderson4lifefitness.com, leadvilleraceseries.com

August 14-15, 2021 — 12 and 24 Hours of Flathead. Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park, Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, facebook.com/24HoursOffFlathead

August 14, 2021 — Enduro Pescado Whitefish Enduro. Montana Enduro Series, Whitefish, MT, Montana Enduro Series. contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com

August 14, 2021 — Big Mountain Enduro. Big Mountain Enduro Series, Winter Park, CO, BME Stop #3: The BME returns to Winter Park again

in 2021. Taking place on August 14th, this ever-popular event will blend high altitude racing mixed with rugged terrain and big descents. . Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

August 14, 2021 — Colorado Junior Cup. Bailey, CO, Colorado Junior Cup returns for its 3rd year on May 9, 2020 in Bailey, Colorado. Come on out all junior mountain bike racers!, Dave Muscianisi, 303-817-6523, dave@rattlerseries.com, rattleracing.com, coloradojuniorcup.com

August 15, 2021 — SBT GRVL Gravel Grinder. Steamboat Springs, CO, 6:30 am on Yampa Street. Three distances: 37/100/141 miles with 2000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, info@sbmgrvl.com, sbmgrvl.com

August 18, 2021 — VRD Camp Hale Hup. Vail Town Series, Red Cliff, CO, Vail Recreation District Sports, sports@vailrec.com, vailrec.com/sports-activities/vail-race/mountain-bike-racing/camp-hale-hup

August 21, 2021 — 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!, Rita Naylor, 406-475-3085, rbnmon-fana@gmail.com, york38special.org

August 21, 2021 — Tamarack Trail Party. Trail Party, Tamarack, ID, Trail Party . .

August 22, 2021 — Battle of the Gravel. Good Dirt Ride, Savery, WY, The Battle of the Gravel will host 3 self-supported distances - a 21, 68 and 91 miles (we will have water/drink mix/snacks along the way & with the motos). The event will start and finish at the Boyer YL Ranch with a BBQ dinner to celebrate the finish. The ride is semi supported with three stops. Lodging and camping available at the Boyer YL Ranch and in the town of Baggs (20 miles). All proceeds go to support our work with Africa cyclists at teamafriacarising.org, Kimberly Coats, 307-383-7778, 530-744-8773, teamwvandacycling@gmail.com, battleofthegravel.com

August 22, 2021 — The Last Best Ride Gravel. Whitefish, MT, 48 and 78 miles, Jessica Cerro, info@thelastbestride.com, thelastbestride.com

August 23, 2021 — Big Sky Spectacular Gravel Race. Bozeman, MT, 916 mile single stage, self-supported competitive adventure bicycle ride around Southwest and Central Montana. Big Sky Spectacular. bsheadquarters@gmail.com

August 25, 2021 — Peaks Trail Time Trial. Breckenridge, CO, Jeff Westcott, 970-390-4760, westj@mvsports.com

August 28, 2021 — Big Sky Biggie. Big Sky, MT, Big Sky, MT, 30 and 50 Mile races on Saturday. 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@bigsky-biggie.com, bigsky-biggie.com

August 28, 2021 — La Tierra Torture Mountain Bike Race. Tentative, New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, janbear@gmail.com, nmois.org, core-crew.com

August 28, 2021 — Lake City Alpine 50. Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event, benefit the Town of Lake City and the Lake Fork Valley Conservancy. Michael Fleishman, mike@lakecityalpine50.com, lakecityalpine50.com

August 28, 2021 — Old-Fashioned Mountain Bike Race. Flagstaff, AZ, The MTB season re-starts in Flagstaff. Technical challenges await - 1-2-3 lap categories. Old school mountain bike racing in Fort Valley. Jeff Frost, 928-380-0633, canisbleu@gmail.com, barburnermtb.com, leadvilleraceseries.com

August 28-29, 2021 — Snowmass Enduro. Revolution Enduro Series, Snowmass, CO, Encompassing thousands of feet of ascent, you won't want to miss this lift served, two day, gravity filled Enduro. David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com, snowmass-colorado-enduro/

August 28-29, 2021 — Big Mountain Enduro. Big Mountain Enduro Series, Durango, CO, BME Stop #4: The BME comes to Winter Park in 2021. Taking place on August 28th-29th, this ever-popular event will feature Purgatory Bike Park downhill terrain and high alpine singletrack which is made for hard core mountain bike enthusiasts. Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

August 28, 2021 — King of the Rockies. XC Mountain Bike Race Series, Winter Park, CO, There is a category for everyone from junior riders to professional racers - even first time racers.

Jen Miller, 970-726-1570, jmiller@winterparkseries.com, winterparkseries.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

September 2-5, 2021 — Rebecca's Private Idaho Gravel Grinder and Festival. Ketchum, ID, Lifestyle, mountain bike and outdoor festival over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renowned mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations. Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateidaho.com

September 3-5, 2021 — Trestle Gravity Series: Downhill Race 3, 4, and 5. Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, jmiller@winterparkseries.com, winterparkseries.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

September 4, 2021 — Party at Paja. Trail Party, Los Alamos, NM, Trail Party . .

September 5, 2021 — Signal Peak Challenge MTB Race. New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mile races, Jan Bear, 505-670-4665, janbear@gmail.com, Martyn Pearson, 575-654-3966, martynpearson5@gmail.com, signalpeakchallenge.com, nmois.org

September 5, 2021 — 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 Saturday will be offered during packet pick-up with the race on Sunday and a dang good after-party featuring the Denver-based bluegrass band that Damn Sasquatch. Fistful of Dirt . . howdy@fistfulofdirt.com, Janie Curtis, 307-213-0756, janie@runcodywy.com, fistfulofdirt.com

September 8-11, 2021 — Paydirt. Carson City, NV, VIP Pioneer's Camp will be held from September 8th-10th with the main race/celebration occurring on September 11th. The perfect blend of competition and camaraderie; Paydirt is equal parts race and celebration. With Bike Monkey's Road Rally format; racing takes place on designated segments. It's the perfect mix of full-gas racing while allowing you time to socialize, regroup, and enjoy the bounty of our aid stations. Bike Monkey, 707-560-1122, info@bikemonkey.net, stefinaspaydirt.com

September 11, 2021 — Race the Rails. Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages. Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net

September 11, 2021 — Gunnit Grind. Gunnison, CO, Two course options. Single loop-format. 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 Grimmert, 512-751-8940, joel@racerevolutions.com, thegunnitgrinder.com

September 11-12, 2021 — Flagstaff Enduro. Flagstaff, AZ, Two days of enduro racing in and around Flagstaff. Jeff Frost, 928-380-0633, canisbleu@gmail.com, bluewolfeventmanagement.com

September 12, 2021 — 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., Michael Austin, 509-386-1149, 509-525-4949, mike@allegrocyclery.com, Kathryn Austin, 509-964-8991, kathryn@allegrocyclery.com, tofw.wa.org

September 12, 2021 — The Fall Classic. Breckenridge, CO, Jeff Westcott, 970-390-4760, westj@mvsports.com, mvsports.com

September 17-19, 2021 — 12 Hour of Albuquerque Race and MTB Festival. Albuquerque, NM, The weekend will be full of activities with the anchor event being the 12 Hours of Albuquerque from 7am to 7pm on Saturday. The course for the 12 Hours of Albuquerque is 11+ miles of fast, fun, occasionally technical, but mostly flowy singletrack in the beautiful pine forests above Albuquerque. Seth Bush, 505-554-0059, ELCapitan@ZiaRides.com, ziarides.com

September 18, 2021 — Barn Burner 104. Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Paul Anderson,

719-219-9364, panderson4lifefitness.com, barburnermtb.com, leadvilleraceseries.com

September 18, 2021 — Fire on the Rim Mountain Bike Race. Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 18, 2021 — Helena Enduro. Montana Enduro Series, Helena, MT, Montana Enduro Series. com@cmontanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

September 18, 2021 — Mountains to Meadows. Grinduro, Mt. Shasta, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated to three days of camping, live music (including a late-night DJ), beer, awesome food, and campfires. Kurt Stockton, ks@sierratrails.org, grinduro.com

September 19, 2021 — Rats 50 Endurance MTB Race. Eagle, CO, With the start/finish line right in the heart of Eagle friends and family can enjoy a weekend of relaxing with a beer, a hot meal, music and a massage at the recovery station. The singletrack is beautiful with a great test of stamina by featuring uphill grinds, short ups and downs, and a couple of big climbs which will test your fitness and culminate into a worthwhile summer training. Racers will have three aid stations and will receive a finisher's memento and age group awards. Proceeds will benefit The Cycle Effect, a local non-profit with the mission to empower girls through mountain biking. Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, geminiadventures.com, kyla@geminiadventures.com

September 25-February 26, 2021 — The Fox US Open of Mountain Biking. Big Bear Lake, CA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

September 25, 2021 — Coyote Classic Round 1 of 3. DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

October 2-3, 2021 — Yeti Yeti Bike Bash p/b Stan's No Tubes. Beti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome. Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, betibikebash.com

October 2, 2021 — 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. Dave Castro, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

October 2, 2021 — 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, 530-545-1019, todd@bigblueadventure.com, Kiley McClroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

October 2-3, 2021 — 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. Jan Bear, 505-670-4665, janbear@gmail.com, Leslie Mueller, 505-599-1184, mueller@fmrn.org, fmrn.org/277/Road-Apple-Rally, nmois.org

October 2, 2021 — 6 Hours in the Basin for Commonweal. New Mexico Off Road Series, Santa Fe, NM, The CORE Crew in conjunction with Commonweal Conservancy is excited to promote this 6-hour endurance race over a 9.3 mile course with varying terrain. Due to the fragile nature of the area the event will be limited to 100 entries. Jan Bear, 505-670-4665, janbear@gmail.com, nmois.org

October 2, 2021 — MEGA Party. Trail Party, Angel Fire, NM, Trail Party . .

October 9, 2021 — Chino Grind p/b Lauf. Chino Valley, AZ, Endurance Cycling Event- Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options. AZ Gravel Rides . 480-452-9767,

AzGravelRides@gmail.com, azgravelrides.com, chinogrinder.azgravelrides.com

October 14-17, 2021 — USA Cycling Collegiate Mountain Bike National Championships. Durango, CO, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@gorge.net, Ben Horan, 312-502-5997, bfhoran@gmail.com, usacycling.org

October 16, 2021 — Prescott 6er. Prescott, AZ, 6 hour and 12 hour mountain bike race on a 9 mile loop with solo, duo, junior, masters and singlespeed categories. Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com

October 16-17, 2021 — Wild West Fest. Ruidoso, NM, 6 hour and 12 hour race, along with a 40 mile marathon option and pedalaro held at Grindstone Lake and the Cedar Creek trails. Seth Bush, 505-554-0059, ELCapitan@ZiaRides.com, ziarides.com

October 23, 2021 — Horny Toad Hustle MTB Race. New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbear@gmail.com, Dave Halliburton, 575-312-5991, gotdirtnm@gmail.com, hornytoadhustle.com, nmois.org

October 23, 2021 — Coyote Classic Round 2 of 3. DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

October 30-31, 2021 — Rexy, Queen of the Desert! Fruita, CO, Rexy has two options: the Solo and the four person relay. The solo spans 208 miles and is for men and women. The relay is for women only. Morgan Murti, 303-475-6053, morgan@desertgravel.com, desertgravel.com

November 6-7, 2021 — Race the Face. Boulder City, NV, Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

November 7, 2021 — Ignite Bike. Fountain Hills, AZ, 20, 40 mile options. Jeremy Graham, 623-330-0913, jeremy@4peakracing.com, 4peakracing.com

November 20, 2021 — 6 and 12 Hours of Fury. Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it. Jeremy Graham, 623-330-0913, jeremy@4peakracing.com, 4peakracing.com

November 20, 2021 — Coyote Classic Round 3 of 3. DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, XC, E-Bike, and Gravity Fest. Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

December 11, 2021 — Dawn to Dusk AZ. Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain Regional Park. Family friendly camping and event expo promises a fun weekend! Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries. Seth Bush, 505-554-0059, ELCapitan@ZiaRides.com, ziarides.com

December 11, 2021 — DVO Blue Diamond Enduro. Boulder City, NV, 3rd annual . . Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

Utah Weekly Road Race Series

Utah Crit Series — Locations TBD, Utah Crit Series, West Valley City, UT, Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6 C and D at 7 pm. Locations TBD, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

rides on five different courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benkot@hotmail.com, Travis Dunn, travis.dunn@usu.edu, logancycleclub.org

Utah Road Racing

- August 14, 2021 — Wildflower Hill Climb.** Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com
- August 27-30, 2021 — Hoodoo 500.** Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com
- September 11, 2021 — LOTOJA Classic Road Race.** Logan, UT, 39th Annual, 1 day, 3 states, 200-300 mile road race from Logan, UT to Jackson Hole, WY. Brent Chambers, 801-546-0090, info@lotoja.com, lotoja.com
- September 18 — Porcupine Hill Climb.** CANCELLED, back in 2022, UCA Series, Salt Lake City, UT, Look for the 2022 date soon! 19th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing!., James Zwick,

- 801-870-4578, sports@sports-am.com, sports-am.com
- September 18, 2021 — Suncrest Hill Climb.** Utah State Hill Climb Series, Draper, UT. The final climb of this series will feature the Back Side of Suncrest, this climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedaywebsites.com
- October 2, 2021 — Sugarhouse Criterium.** Tentative, UCA Series, Salt Lake City, UT, New date! Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com
- October 5-8, 2021 — Huntsman World Senior Games Cycling.** St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, hwsj@seniorgames.net, seniorgames.net
- October 9, 2021 — City Creek Bike Sprint.** Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

Regional Weekly Road Race Series

May 12-August 11, 2021 — ICE BAR Time Trial/Hillclimb Series. ICE BAR Series, Pocatello, ID. Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times., May 12 at 6:30 pm, 7:00 pm, June 2, June 30 and July 28Hill Climbs: Park at Cherry Springs, Crystal start at Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs, mass start., May 19 -Crystal Summit, 6:30 pm, 7:00 pm; June 16-Scout, July 14-Crystal Summit, August 11-Scout, Categories: End of season awards for men and women's overall winners of these categories: A's B's Master's 50+, Masters 60+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, joycpete@isu.edu, Tony Chesrow, 435-671-2506, hebermrisports@yahoo.com, id-hocycling.com

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

- August 7, 2021 — The Broadmoor Pikes Peak Cycling Hill Climb.** Colorado Springs, CO, This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet with an elevation gain of 4725 feet. There is a timed race and gran fondo, with waves starting at 6:13 am., The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@the-sportscorp.org, PikesPeakCyclingHillClimb.org
- August 13, 2021 — Meridian Speedway Criterium.** Meridian, ID, John Rogers, 208-284-9671, obcwebdesign@yahoo.com, idahobikeracing.org, [facebook.com/SaintAlphonsusCyclingTeam/](https://www.facebook.com/SaintAlphonsusCyclingTeam/)
- August 14, 2021 — Lamolle Canyon Hill Climb.** Lamolle, NV, Self-reporting, ride it and time yourself. 14th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolle Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelkovelo@gmail.com, elkvelo.com
- August 15, 2021 — Suisun Harbor Criterium.** Suisun City, CA, 2021 Northern California/Nevada District Criterium Championships. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com
- August 20, 2021 — Meridian Speedway Criterium.** Meridian, ID, John Rogers, 208-284-9671, obcwebdesign@yahoo.com, idahobikeracing.org, [facebook.com/SaintAlphonsusCyclingTeam/](https://www.facebook.com/SaintAlphonsusCyclingTeam/)
- August 21, 2021 — Bogus Basin Hill Climb.** Boise, ID, 43rd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com
- August 28, 2021 — Race Against Time.** San Manuel, AZ, Race will begin at 8:00 a.m., azcycling.org, event/race-against-time-2/
- August 29, 2021 — La Vuelta a Santa Catalina Hill Climb.** San Manuel, AZ, Climb will begin at 8:00 a.m., azcycling.org, event/la-vuelta-a-santa-catalina-road-race/

- September 4-6, 2021 — Steamboat Stage Race.** Steamboat Springs, CO, Now in year 13, Pro-am road racing returns to Steamboat Springs Labor day weekend 2021, with all new courses. USA Cycling sanctioned., Corey Piscopo, 970-367-3517, corey@bikesteamboat.com, bikesteamboat.com
- September 6, 2021 — Il Giro di San Francisco.** San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com
- September 12, 2021 — Arizona State Time Trial 40K Championships.** Picoacho, AZ, Arizona State Individual Time trial, 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, juliano88@gmail.com, tucsonmasfers.org, azcycling.org, event/state-time-trials-20-and-40k/
- September 12, 2021 — Arizona State Time Trial 20K Championships.** Picoacho, AZ, Arizona State Individual Time trial, 20K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, juliano88@gmail.com, tucsonmasfers.org, azcycling.org, event/state-time-trials-20-and-40k/
- September 17-19, 2021 — Silver State 508.** Mountain West Ultra Cup, Reno, NV, 38th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across America (RAAM) Qualifier, starts and ends in Reno and traverses across Highway 50; also known as "the Loneliest Road in America", Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, The508.com
- September 19, 2021 — Oakland Grand Prix.** Oakland, CA, Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

- September 26, 2021 — Mt. Graham Hill Climb.** Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544, nippy-mr-smarty-pants@uno.com, azcycling.org, event/mt-graham-state-hc-2/
- September 29-October 3, 2021 — Tour of the Gila.** Silver City, NM, 5 stages, UCI women, amateur categories, great spring racing!, Jack Brennan, 575-590-2612, brennan5231@comcast.net, tourofthegila.com
- October 2-3, 2021 — Nevada Senior Games Cycling Races.** Las Vegas, NV, Cycling competition for age groups: 50-94, 5 and 10k time trials, 20 and 40k road races, H15 & US-93, 10 miles north of Las Vegas, Joe Dailey, 775-461-9252, NVSGCycling@outlook.com, nevada.fusesport.com
- October 17, 2021 — Avondale Crit.** Avondale, AZ, 8:00 a.m. - 5:00 p.m., Carlos O'Briens Racing, bdolaney257@gmail.com, azcycling.org, event/avondale-1/

Utah Road Touring and Gran Fondos

- August 14, 2021 — Wildflower Pedalfest.** Morgan, UT, A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com
- August 14, 2021 — To the Moon and Back Century Ride.** Tabiona, UT, Located in the High Uintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha House and Operation Underground Railroad., Karen Redden, 435-828-0467, toxredden@gmail.com, tothemoonandback-events.com
- August 21, 2021 — Wasatch Back Super Series.** Tentative, BCC SuperSeries, Salt Lake Randonneurs, Draper, UT, Self-supported, timed 237km (137-mile) ride from the Salt Lake Valley climbing over to Henefer, down to Heber City and returning via the new Cascade Springs road on the Alpine Loop. Over 12,000-ft of vertical gain!, BCC, roadcaptain@bccutah.org, Richard Sturm, 435-462-2266, richard@eogear.com, bccutah.org
- August 21 — CF Cycle For Life.** Coalville, UT, Fully supported, beautiful ride with five route options - 20,40, 60, 80 and 100 miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF., Laura Hadley, 801-532-2335, 801-558-8310, lhady@cfri.org, Jennifer Reid, 801-532-2335, jreid@cfri.org, lightcf.org/site/?r?id=8753&pg=entry
- August 21, 2021 — Sevier Valley Rooster Ride.** Richfield, UT, Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Medal and Tee Shirt provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option., Chad McWilliams, 435-893-0457, 435-421-2743, cmcwilliams@sevier.utah.gov, traildaysutah.com/sv-rooster-ride/
- August 28, 2021 — Cache Valley Century Tour.** Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit 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 Lofblad, Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie MacFarlane, 435-713-0288, Sammie@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, CacheValleyCentury.com
- August 28, 2021 — 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 three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for 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., Kyle Cowdrey, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitney@discovernac.org, summitchallenge100.org, discovernac.org

- food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate., Beth Logan, 435-260-8889, 435-260-2334, info@skinnytireevents.com, skinnytireevents.com
- September 18, 2021 — Goldlocks Utah.** Goldlocks Bike Ride, Provo, UT, Goldlocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldlocks has a route that is 'just right' for everyone! Benefits Operation Underground Railroad to end sex trafficking., Randy Gibb, 801-222-9577, randy@goldlockside.com, goldlockside.com/provo
- September 18, 2021 — Up for Downs Century Ride.** Kaysville, UT, This is a non competitive event that will take you on an amazing ride through beautiful Northern Utah. Starting at Pioneer Park in Kaysville you will go on a 25, 50, 75 or a 100 mile ride up to Brigham City and finish back at Pioneer Park., Scott Kimball, sk2scca@gmail.com, Cheryl Johnson, 801-503-5086, ceo@udsf.org, udsf.org
- September 24-25, 2021 — Salt to Saint Relay.** Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories, Clay Christensen, 801-234-0399, info@enduranceutah.com, salttosaint.com
- September 25, 2021 — 5 Canyons Bike Challenge.** Sandy, UT, Wheels of Justice, Ain't No Mountain High Enough - The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet - one of the most challenging one-day bike rides in Utah! Raises money to prevent childhood trauma and abuse., Greg Hoole, 801-272-7556, greg@teamwheelsofjustice.org, aintnomountainhighenough.org
- September 25, 2021 — Belgian Waffle Ride - Cedar City.** TRIPLE CROWN OF GRAVEL, Cedar City, UT, The "Hell of the South", 78% Gravel (106 miles), 22% Paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the "Parowan Gap" and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com, belgianwaffleride.bike
- October 16, 2021 — Fall Tour de St. George.** Ride Southern Utah Road Gran Fondos, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gullock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@ericckbicycle.com, Margaret Gibson, 435-229-6261, margaret@ericckbicycle.com, Ryan Gurr, info@spingeeeks.com, ride-southernutah.com

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

- August 7, 2021 — Tour de Big Bear.** Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast!, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, bigbearcycling.com/tour-de-big-bear-cycling-west/, bigbearcycling.com
- August 7, 2021 — Copper Triangle Alpine Cycling Classic.** Roll Massif, Copper Mountain, CO, The 79-mile roll crests three Colorado mountain passes - Fremont Pass (Elev. 11,318'), Tennessee Pass (Elev. 10,424') and Vail Pass (Elev. 10,662') - for a total elevation gain of 6,500 feet., Tracy Powers, support@rollmassif.com, rollmassif.com
- August 8, 2021 — Boulder Roubaix Road Race.** Boulder, CO, First held in 1990 and now every other year just north of cycling mecca Boulder, this is an amazing 19 mile loop with mixed terrain, Chris Greulich, 303-619-9419, chris@dbcevents.com, dbcevents.com
- August 14, 2021 — Stonewall Century Bicycle Ride.** La Veta, CO, 18th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mile routes, featuring up to 8000-feet of climbing., Kent Hay, info@spcycling.org, spcycling.org
- August 14, 2021 — Four Peaks Gran Fondo.** Pocatello, ID, One Day, 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneue Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you wish, Danielle Bagley, 208-339-2043, 208-232-8996, barriesevents@gmail.com, David George, 208-317-2225, dgeorge@victoryvictoria.com, 4PGF.com
- August 21, 2021 — HeART of Idaho Century Ride.** Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Margaret Wimbomb, 208-317-7716, wimbomara@a91.k12.id.us, a91.k12.id.us/22/Content/about-century-ride

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August 21, 2021 — The Triple Bypass, Evergreen, CO. The legendary Triple Bypass is 110 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Vail, CO. 30, 75, 120 mile options, Sunday Gran Fondo and the infamous Double Triple Bypass, 240 miles!, Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, triplebypass.org

August 21, 2021 — Belgian Waffle Ride - Asheville, TRIPLE CROWN OF GRAVEL, Asheville, NC. The "Hell of the North". The course has scenic views of rolling mountains, rough and rocky outcroppings, lake views, dense forests and passes many rivers and waterfalls. Course will cross the Eastern Continental Divide multiple times! A true multi-surface race with smooth, hard packed, flat, loose, rocky and up/downhill gravel. Michael Marckx, 760-815-0927, mmx@MonumentsOfCycling.com, belgianwaffleride.bike

August 22-28, 2021 — Yellowstone National Park Bike Tour, Belgrade, MT. Experience the world's first national park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more! John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 28, 2021 — Venus de Miles, Lyons, CO. Venus de Miles is for all skill levels and features courses to accommodate any active woman - whether this is your first athletic event or your hundredth. Choose among a rolling 32-mile course, a 64-mile metric century, and a 100-mile century course. All courses go through beautiful Boulder County. Fundraiser for Greenhouse Scholars, Greenhouse Scholars, 303-459-5473, venus@greenhousescholars.org, venusdemiles.com/colorado/

August 28, 2021 — Tour de Fox Wine Country, VIRTUAL, Fulton (Santa Rosa), CO. 70.2-mile, 52.4-mile, 34.5-mile or 10.7-mile options. Proceeds from Wine Country will benefit The Michael J. Fox Foundation to speed better treatments and a cure for Parkinson's along with the local GOALS Foundation to support special needs children and adults sports and fitness. Bike Monkey, 707-560-1122, info@bikemonkey.net, tourdefox.com, tourdefox@michaeljfox.org, tourdefox.michaeljfox.org/winecountry

August 28, 2021 — American Diabetes Association's Tour de Cure Colorado, Parker, CO. VIRTUAL, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 12, 30, 63, 100 mile routes, plus a 5k run walk, Lindsay, Mark, Megan, Sasha, 720-855-1102 x7010, LPhelan@diabetes.org, MTaylor@diabetes.org, MTaub@diabetes.org, SReeves@diabetes.org, diabetes.org/coloradotourdecure

September 2-October 17, 2021 — Redrock Canyons Utah Bike Tours, Grand Junction, CO. The Redrock Canyons is Lizard Head Cycling's original tour and became our most popular itinerary after it was featured in the New York Times in 2010. It is a supported lodge-to-lodge road cycling tour that follows a seldom seen route through the Redrock Canyon Country of western Colorado and eastern Utah. It is a superb tour for intermediate/+ riders offering unmatched scenery and fantastic lodging. John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

September 10-12, 2021 — Pedal the Plains, Kiowa, CO. PIP will take cyclists through the host communities of TBA. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour

incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. Also includes the Great Mustang Gravel 100-80% on packed dirt or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal the Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H. Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, ridetherockies.com

September 11, 2021 — Race the Rails, Ely, NV. Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages. Kyle Horvath, 775-289-3720, kyle_horvath@elynevada.net, elynevada.net

September 11-18, 2021 — Ride the Rim, Crater Lake, OR. Events will be held on the 11th and the 18th of September at Crater Lake National Park. All federal guidelines in place for the COVID-19 pandemic will be in place to ensure the utmost safety throughout the events. Discover Klamath, 800-445-6728, visit@discoverklamath.com, ride-theirmoregon.com

September 11, 2021 — CHAFE 150 Gran Fondo, Sandpoint, ID. The 150 mile route is a grand loop around the Cabinet Mountains through gorgeous lake and river valleys, encompassing one upriver leg, two downriver legs and one huge lake! In addition, CHAFE offers magnificent 100, 80, 40, and 25 mile routes for riders of any level. Chafe 150, chafe150@outlook.com, chafe150.org

September 12, 2021 — Tour de Tahoe - Bike Big Blue, Tentative, Lake Tahoe, NV. 18th Annual ride around Lake Tahoe's 72-mile Shoreline. Fully supported with rest stops, tech support and SAC. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD). Limited to 2000 participants. Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethestest.com, bikethestest.com

September 18, 2021 — Tour de Vineyards, Roll Massif, Palisade, CO. Choose between a leisurely 23-mile route that follows the Palisade Fruit & Wine Byway and the more challenging 58-mile route that adds on a loop up and over the Reeder Mesa Climb with a timed segment to challenge your legs and lungs. Tracy Powers, support@rollmassif.com, rollmassif.com

September 18-25, 2021 — California Coast Classic, San Francisco, CA. The Arthritis Foundation's 21th Annual California Coast Classic Bike Tour is a scenic bike ride that takes place over eight days and covers 525 miles along the coast on Highway 1. The Tour starts in the heart of San Francisco and ends on the iconic strand of Los Angeles. Shannon Marang Cox, 909-489-2217, smarangcox@arthritis.org, arthritis.org/events/bike-event

September 19, 2021 — GFNY Santa Fe, Grand Fondo New York, Santa Fe, NM. The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe. 81 and 55 mile courses. Michael McCalla, mikeli@hikebike@hotmail.com, gfnysantafe.com

September 25, 2021 — Mountains to the Desert Bike Ride, Telluride, CO. 16th Annual. Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway, CO for the Just for Kids Foundation! Choose your distance (72 miles, 101 miles, 104 miles or 132 miles) and pass through golden aspens and brilliant red canyon walls to our destination at Gateway Canyons Resort. Katie Geissler, 970-708-0566, director@justforkidsfoundation.org, justforkidsfoundation.org/mountainstodesertride

September 25, 2021 — Fall Blaze, Durango, CO. This fully supported tour offers 37, 60, and 100 mile options with a party and entertainment at

the center of campus finish line. All proceeds go to the Fort Lewis College Cycling Scholarship Fund awarded to men and women team members with a 2.5 GPA who are active in the community. MTB and Gravel rides too. Gaige Sippy, 970-259-4621, director@ironhorsebicycledesign.com, durangofallblaze.com

September 25, 2021 — Tour of the Moon, Roll Massif, Grand Junction, CO. Made famous in the 1980's Coors Classic and later in the cycling movie American Flyers. Its legacy continues as one of the premier road cycling events in the western United States. Tracy Powers, support@rollmassif.com, rollmassif.com

September 26-October 2, 2021 — OATBRAN, Lake Tahoe, NV. 30th annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully supported motel style tour... limited to 50 participants. Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethestest.com, bikethestest.com

October 2, 2021 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT. West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, supported ride. Toni, 406-646-7701, 307-899-3367, westyellowstonecycletour@gmail.com, cycleyellowstone.com

October 9, 2021 — Tri-States Gran Fondo, Mesquite, NV. 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Tided. Deborah Bowling, 818-889-2453, embassy@planetultra.com, tristatesgranfondo.com, planetultra.com

October 9, 2021 — Park to Park Pedal Extreme Nevada 100, Caliente, NV. Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Caliente and Pioche, and three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley. 3 rides available: 100, 60 and 40 mile options. There is a Dutch oven dinner at the end. Dawn Andone, 775-728-8101, cathedralgorge.vc@cturbonet.com, parktoparkpedal.com, lincolncountynevada.com/exploring/biking/park-to-park-pedal/

October 10, 2021 — Santa Fe Century and Gran Fondo, Santa Fe, NM. 35th Annual. Beautiful scenery, outstanding food stops and very reasonable registration fees. Century, Half-Century, and 25 mile tours are offered as well as two timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Enjoy massages, great food and local craft beers following the rides. Matt Piccarello, 505-600-1840, ride@santafecentury.com, santafecentury.com

October 16, 2021 — Solvang Autumn Double Century and Double Metric Century, Solvang, CA. 200 miles or 200 kilometers in Southern CA's most scenic and popular cycling region. A perfect first time double century. 100 mile option too. Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

October 16, 2021 — Hammer Road Rally, Shaver Lake, CA. A ride with options for most ability levels with each route beginning and ending at Shaver Lake. There are four options: a 27.5 mile free untimed route, 34 mile untimed route, 53 mile timed route, and 85 mile timed route. Within the 53 mile option lies a 2000' paved climb, while the 85 mile option features a 15 mile gravel climb from Stump Springs Road to Kaiser Pass with a total of 30 miles of gravel. Bike Monkey, 707-560-1122, info@bikemonkey.net, hammerroadrally.com

October 31, 2021 — Belgian Waffle Ride - Kansas, TRIPLE CROWN OF GRAVEL, Lawrence, KS. The Hell of the Mid-West, which will take place on Halloween. Punctuated by dozens of off-road sectors over a route throughout the northeast region of Kansas, giving the event its unique complexion, 111 miles, 8,000 ft of elevation gain, Michael Marckx, 760-815-0927, mmx@MonumentsOfCycling.com, belgianwaffleride.bike

Multisport Races

August 7, 2021 — TriathaMom, Riverton, UT. Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants.. Perry Hacker, peryhacker@me.com, gotriathamom.com

August 7, 2021 — Ironman 70.3 Boulder, Boulder, CO. boulder70.3@ironman.com, ironman.com

August 14, 2021 — Jordanelle Triathlon, TriUtah Points Series, Park City, UT. 21st annual. Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland. Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

August 14, 2021 — XTERRA Indian Peaks, XTERRA America Tour, Eldora, CO. time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center. Paul Karlsson, 303-960-8129, info@digdeepssports.com, digdeepssports.com

August 15, 2021 — Wild Ride Mountain Triathlon (USA American Tour Points), Wild Rockies Series, McColl, ID. Ponderosa State Park at Pavette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park. This year Wild Ride will contain a kids' Off-Road Triathlon and an Inaugural duathlon category. The finish line festivities begin at noon, along with racer feed and music. Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, webscorer.com

August 15, 2021 — Steamboat Triathlon, Steamboat Springs, CO. Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, and Stand-Up Paddleboard options. Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 21, 2021 — XTERRA Lake Tahoe, XTERRA America, Incline Village, NV. XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic.. Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xteraplanet.com

August 21, 2021 — Polson Triathlon, Polson, MT. Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike,

loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson.. Matt Seeley, 406-871-0216, 406-883-9264, seelyspeedwagon@gmail.com, polsontriathlon.com

August 22, 2021 — Outdoor Divas Triathlon, Longmont, CO. Union Reservoir, Sprint, women only triathlon. Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

August 28, 2021 — Boulder Sunset Triathlon, Boulder, CO. Summer may be coming to an end, but our tri season is still heating up! Join us at the Boulder Reservoir for the 13th Annual Boulder Sunset Triathlon, a local favorite. Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k. Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/bouldersunset

August 28-29, 2021 — Lake Tahoe Triathlon, Tahoma, CA. The Lake Tahoe Triathlon is a favorite California triathlon of many triathletes. The venue, setting and course offer a truly beautiful and challenging experience. Join us annually the fourth weekend in August in beautiful Lake Tahoe, California for a great race and a time of your life! Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

September 4, 2021 — 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 Fairpark.; Boat: 3.3 miles; starting at Fairpark ending at 1800 N Take-Out.; Run: 3.4 miles; starting at 1800 N Take-Out ending at Fairpark. Brian Tonetti, 585-703-8582, brian@sevencanyonstrust.org, sevencanyonstrust.org/events/relay

September 6, 2021 — South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT. Now a virtual race! Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k. relay: Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi. Novices start at: 8:45am. Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com

September 11, 2021 — Brineman Triathlon, TriUtah Points Series, Syracuse, UT. 5th 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. Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

September 11, 2021 — Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT. This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquabike, 10k and 5k distances. Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/kokopelli

September 11, 2021 — Harvest Moon Triathlon, Boulder, CO. Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 17-18, 2021 — Ironman 70.3 St. George World Championship, St. George, UT. 2.4 mile swim, 112 mile bike, 26.2 mile run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park. Finish Downtown St. George. Ironman, 303-444-4316, stgeorge70.3@ironman.com, Kevin Lewis, 435-986-6615, Kevin@visitsstgeorge.com, ironmanstgeorge.com

September 18, 2021 — Bear Lake Brawl Triathlon, St. Charles, ID. This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the Rockies. In 2019 the course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race.. Joe Coles, 801-335-4940, joeh@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 18, 2021 — Bear Lake Brawl Triathlon, St. Charles, ID. This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the Rockies. In 2019 the course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race.. Joe Coles, 801-335-4940, joeh@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 19, 2021 — Oktoberfest Triathlon, Longmont, CO. Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

September 19, 2021 — Tahoe Adventure Challenge, Truckee, CA. A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit.. Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

September 25-26, 2021 — XTERRA USA Championship and XTERRA Utah Sprint Race, XTERRA America Tour, Ogden, UT. XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA/Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run; Raena Cassidy, 877-751-8880, info@xteraplanet.com, xteraplanet.com, xterautah.com

September 25-26, 2021 — 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. race@toughmantri.com, toughmantri.com

September 25, 2021 — Tribella Triathlon, Aurora, CO. Women's only tri, sprint, super sprint, Cherry Creek Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

October 2, 2021 — Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV. The one and only Long course Triathlon, Duathlon and Aquabike is happening at Lake Mead, featuring iconic views of the lake that cannot be experienced anywhere else. Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead. Coupon code: LVTRICW2020. Craig Towler, 318-518-7303,

info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/lasvegastri

October 2, 2021 — Nevada Senior Games Triathlon, Las Vegas, NV. The sprint race of the Las Vegas Triathlon is Nevada's qualifying event to the 2019 National Senior Games for triathletes ages 50 or better. Boulder Beach, Lake Mead N. R. A., Bonnie Parrish-Kell, 702-373-5293, bparrishkell@slowpokedivas.com, NevadaSeniorGames.com

October 9, 2021 — Huntsman World Senior Games Triathlon, St. George, UT. Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world.. Kyle Case, 800-662-1268, 435-674-0550, hwsg@seniorgames.net, seniorgames.net

October 23, 2021 — Southern Utah Triathlon, Hurricane, UT. Sprint and Olympic. Held at Gull 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, joeh@onhillevents.com, southernutahtriathlon.com, onhillevents.com

October 23, 2021 — Pumpkinman Triathlon, BBSC Double Down Series, Boulder City, NV. This point-to-point race starts at Lake Mead and finishes at Wilbur Square in Boulder City. This race will once again host the Rocky Mountain Collegiate Conference, with an Olympic wave start for all college athletes. Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/pumpkinmantri

October 24, 2021 — Ironman California, Sacramento, CA. 2.4-mile swim, 112-mile bike course, 26.2 mile run, boulder70.3@ironman.com, ironman.com

Cyclocross Series

September 18-December 4, 2021 — Shimano Cyclo X Cyclocross Series, Boulder, CO. This series is back for the 23rd edition of cyclocross on Saturdays. On September 18th the action begins at Vailmont Bike Park, October 9th will involve racing in Broomfield, while on October 16th racing will commence in Parker, CO. October 30th will have the race at the Bloomfield Industrial Park, November 13th the race will be held at Westminster City Park, and the last race on December 4th will be held in Longmont at Sandstone Ranch. Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com/cyclo-x-series

October 17-November 21, 2021 — Inland Northwest Cyclocross Series, tentative, Inland Northwest Cyclocross Series, Various, ID/WA. October 17/October 31/November 7/November 14/November 21 (finals), Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, Michael Gaertner, mike@verticalcathart.com, emdesports.com/inland-nw-cyclocross.html

November 6-27, 2021 — Valley of the Sun Cyclocross Series, Various, AZ. November 6-7: Goodyear, AZ/November 13-14: Fort McDowell Yavapai Nation, AZ/November 20: Location TBA/November 27: Crossroads Park Gilbert, AZ. Jeff Frost, 928-380-0633, canisble@gmail.com, Mark Bibbey, mibibbey@hotmail.com, bluewolfeventmanagement.com

Cyclocross

August 31, 2021 — Cyclocross

SPEAKING OF SPOKES

Tour de France 2021: Redemption, Dominance and a New Generation

Mark Cavendish ties Eddy Merckx's record of 34 Tour de France stage wins. 2021 – Stage 13 – Nîmes / Carcassonne (219,9 km) - Mark Cavendish (DECEUNINCK - QUICK - STEP). Photo by A.S.O./Aurélien Vialatte

By David Ward

The major story from this year's Tour de France is, of course, the remarkable return of Mark Cavendish. Following that is Tadej Pogacar's domination and overall

victory. But a more subtle and yet compelling take-away is the cementing of the emergence of a new generation in the pro peloton.

First, Mark Cavendish. Everyone knows the story: Cavendish was gifted a slot on the Deceuninck-Quick Step team when it appeared

his career might be over, and then he was tapped for the Tour as a last-minute substitute for the injured Sam Bennett. Cavendish then went on to stun everyone with four classic Cavendish sprint victories, the last equaling Eddy Merckx's record of 34 Tour de France stage wins.

I can only imagine the overwhelming emotion Cavendish felt when he won his first stage in this year's Tour. Only a year ago he thought his career might be over, and only a year ago, indeed only a week before this year's Tour started, he likely thought he would never be in the Tour again. So when he won Stage 3's sprint, the professional and emotional satisfaction he felt was clearly clear, captured by the cameras for us all to see, and we all cheered him. It is the kind of comeback story we all love and cherish.

While his next two sprint wins in Stages 6 and 10 were exciting, they also built anticipation for the victory that would equal Merckx's record. And while these first three wins were classic sprint victories



Tadej Pogacar (UAE TEAM EMIRATES) leads Jonas Vingegaard and Richard Carapaz on his way to winning stage 17 of the 2021 Tour de France. Muret / Saint-Lary-Soulan Col du Portet (178,4 km) Photo by A.S.O./Pauline Ballet

with Cavendish being pulled to victory by the best lead-out train in the pro peloton, the record-tying win in Stage 13 was a great example of turning a difficult and sketchier sprint into victory. Indeed, with just a couple of hundred meters to the finish, Cavendish appeared poorly positioned and I was certain a record-tying attempt would have to wait for another day. But his instincts and his lead-out man, Michel Morkov, managed to navigate the charging chaos and deliver Cavendish to the finish line for a thrilling victory. It seemed a fitting way to tie Merckx's record.

The Tour's final stage on the Champs-Élysées was anticlimactic as Cavendish did not grab the win. While the world, or at least the cycling world, waited anxiously and hopefully for Cavendish to break Merckx's record, he and his team were both outmaneuvered, and frankly Cavendish was simply outsprinted, by Wout Van Aert and Jumbo-Visma to snatch the victory, and deny and deflate all our hopes for Cavendish's Cinderella ending. His attempt to break the record will have to wait another year, and I hope, with everyone else, I'm sure, that Mark will be back and in top form to set a record that, could potentially never be broken.

For Tadej Pogacar, Cavendish's return to glory and the anticipation of him tying and possibly breaking Merckx's record overshadowed what was a very dominating overall victory in the Tour. Pogacar virtually sealed the overall victory on Stage 9, a stage he did not even win but rather placed 4th. But he put on show of real strength when he dropped Richard Carapaz, Rigoberto Uran, Jonas Vingegaard and all other pretenders to gain over three minutes on them and secure the yellow jersey, to never be relinquished. While there was a lot of talk of trying to overtake Pogacar, his victory was understood by all, barring a fantastic implosion, crash or other unfortunate circumstance, to be virtually assured.

And a deserving winner he is. While he didn't win Stage 9, he did win the Stage 5 time trial, and then impressively won both Stages 17 and 18 with mountain top finishes at, respectively, Saint Lary-Soulan and Luz Ardiden. He matched all attacks by those trying to distance him and

with a real show of strength sprinted to the finish of, and victory in, each stage. He clearly stamped the 2021 Tour de France as his.

Now we are getting prognostications of multiple Tour victories, a dominance of the peloton for years to come, and even comparisons to the great Eddy Merckx. All premature. But Pogacar has shown consistency and a love for racing. Time will tell.

Finally, this year's Tour underscored and highlighted what most of us had suspected for the last couple of years: The rise of a new generation. Beginning with Egan Bernal in 2019 and continuing with Pogacar's victories in 2020 and this year, I believe the old guard of Chris Froome, Richie Porte, Vincenzo Nibali, Geraint Thomas and others are on the downslide. While there may be some minor resurgences (think Mark Cavendish), this new generation is young, strong and hungry to be at the top.

This is underscored by a number of other showings in the Tour. First, how about Wout Van Aert? He wins the most grueling mountain stage with two passes over Mont Ventoux. He wins the final time trial. And he wins on the Champs-Élysées, the Tour's biggest sprint prize (for which, while I really like him, I was extremely frustrated with him at the time for beating Cavendish as I really wanted Cavendish to win). I don't think he is going to be fighting for Grand Tour victories, but his ability to win in all three disciplines makes him a better comparison to Merckx than anyone else.

Then there are both Richard Carapaz and Jonas Vingegaard who took the third and second spots, respectively, on the podium below Pogacar. Egan Bernal just won this year's Giro d'Italia to add to his Tour Victory in 2019. And there are a host of young sprinters, led by Caleb Ewan, eager to contest those chaotic sprint finishes.

Watching the Tour with its overall aspirations, individual stages and many subplots makes for exciting bike racing at its more elevated and professional level. And a new generation is going to keep it exciting for years to come.

What a great way to spend a hot July.

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BIKE FIT**Cycling in Comfort**

By John Higgins

As a bike fitter it is quite common for a cyclist to say to me “I’m not racing, I just want to be comfortable on my bike.” Interestingly, I’ve never heard a competitive rider say to me “I’m racing and I don’t care about being comfortable”. Every cyclist regardless of participation level and ability wants a reasonable level of comfort. However, there is often confusion as to what realistic expectations are when the word comfort is used together with the word cycling. Are they at odds, or can these two C words co-exist?

Historical stories and images of cyclists have often conveyed a subtext of hardship and suffering. To be a “real cyclist” was to embrace the art of suffering and to endure the associated physical aches and pains. This perception that “cycling = suffering” has permeated common cultural understandings of what it is to be a cyclist. Novice cyclists often report that they thought having body parts hurt was an intrinsic aspect of the sport. The historical perception is not without a basis in the reality of the times, but those times are not these times, and cycling is no longer the sole purvey of the

hardcore athletic aspirant. Cycling is participated in by men, women, and children across a wider age range than probably any sport other than swimming. This would not be the case if cycling was intrinsically and necessarily uncomfortable.

But what does the word comfort mean in the context of cycling? Let’s start with what it is not. Cycling in comfort is not analogous to kicking back in a recliner streaming your favorite Netflix series with a cold beverage and plate of snacks at hand. Or dozing off in a gently swaying hammock. Being comfortable is not the same as being relaxed and exerting the smallest possible amount of effort. Cycling is a physical activity requiring a blend of skill, muscular strength and movement, and cardiovascular exertion. Comfort in this context is the absence of discomfort. Discomfort includes aches or pains resulting from a poor position detracting from the quality of your postural and bio-mechanical function, or equipment selection and set up that causes chafing, undue pressure, loss of sensation, or tissue irritation at any of the touch points on a bike.

These are completely different issues from a self-imposed fatigue due to the physical exertion required

to ride a bike, and this is where confusion can arise. If you use cycling to push your mental and physical limits, then it’s realistic to expect discomforts, but this should primarily be from exertion and fatigue. If you are doing a challenging event like the Crusher, Lotoja, Wasatch All-road, Leadville 100 or an IronMan, your butt and back are probably going to be less than overjoyed with the experience. However, any back, butt, neck, feet, or hand pain should be low on the scale compared to overall fatigue.

As a general guideline, cyclists will perform better when not distracted by discomfort, and this applies equally to novices, weekend warriors, and pros. If you are fidgeting around on a bike; keep thinking there must be a better saddle out there; get numb hands or feet; or suffer back, neck or knee aches, then you are experiencing discomfort. These will detract from your mental and emotional enjoyment of the sport, as well as your physical performance. It is a completely reasonable expectation for any cyclist to be comfortable riding, by which I mean not enduring preventable discomfort.

Environmental discomforts from adverse weather conditions are in a



“You won’t perform at a high level if you are not comfortable on your bike.” USA Crits, Salt Lake City, Utah 2021. Photo by John Higgins.

whole different category with different management protocols. It is easy to become miserable if you are riding in conditions too hot, humid, wet, cold, or windy – but that is not unique to cycling.

What is unique to cycling is that it is a sustained interaction of human and machine reliant on pelvic supported lower limb locomotion. You probably haven’t heard it described that way before, but you know what I mean. No other sport features this combination of attributes, and as a consequence cycling in comfort

presents unusual conditions and challenges. Although individuals vary widely in their sensitivity to, and tolerance of discomfort, being able to cycle comfortably is a thing, and should be for you. Enjoy your riding.

John Higgins is a professional bike fitter and purveyor of unique and boutique bicycles and fit-related components and accessories in Salt Lake City. More info on bikefitr.com

MOUNTAIN BIKING**Trail Etiquette**

By Pete Kilbourne

An example from the San Rafael Swell’s Goodwater Rim Trail

It was inevitable that the place would be discovered for its massive Wingate and Navajo towers, walls, and deep intricate canyons relatively close to the Wasatch Front. Agency management has been relatively low key lending an air of permissiveness and freedom to the place. So, by now you realize I am not talking about Moab but the San Rafael Swell. Visitation by ATVers, climbers, hikers, sight seers, and cyclists has boomed. The Good Water Rim Mountain Bike Trail is a case in point.

The trail circumnavigates the rim of Good Water Canyon, a tributary to the San Rafael River. It roughly traces the rim for 17 miles, twisting around pinyon and juniper trees and along cliff edges with stunning views and attention demanding intermediate riding. Although the trail had been on the ground for a number of years, it was only designated by the BLM in 2021; an environmental analysis was needed to address issues such as the presence of an endangered cactus.

The Trail was created by Lamar Guyon, founding member of the MECCA Mountain Bike Club and former Emery County Sheriff. The

Guyon Good Water Rim Trailhead plaque reads, “Lamar Guyon (12/30/1946 – 10/12/2018) put his heart, soul, sweat and BLOOD into designing, creating, and maintaining Good Water Rim Trail. You honor him when you ride this trail.”

At first traffic on the Good Water Rim Trail was light. Mountain bikers began coming in increasing numbers as the trail’s reputation for scenery and fun became better known. Plenty of other riders are on it now, especially on weekends.

The trail is well designed and a hoot to ride, but it is a bit of a frontier with respect to trail etiquette. The only norms are those riders bring with them from other areas. By establishing and adhering to a set of norms at Good Water Rim, riders could help resolve three primary issues.

For one, the trail is narrow, twisty, and treed. On-trail visibility can be limited and there are few places to pull over. The second is speed and mismatch of speed of riders. Faster riders who refuse to slow down can run others off the trail. The third problem and victim is the environment. When riders dive out of the way to avert a collision, they can crush sensitive cryptobiotic soils and trample the endangered cactus that made official designation of the trail uncertain in the first place.

To be sure, on a typical weekend you will encounter slower riders in front, faster riders behind, and two-

way passes perhaps a dozen times, much as you would on Bonneville Shoreline Trail. There, accepted norms are in place. For the most part, downhill riders give uphill riders the right of way and passes are slowed and cordial there. This is less so at Good Water.

Both fast and slow riders and the environment can coexist given norms that beneath it all are simply based on the idea of looking after each other so all can enjoy the trail. But the specifics need to be tuned to the terrain and the clientele. We must adjust for narrow, twisty, low-visibility trails, environmental concerns, and the mix of fast and slow riders. So here goes.

Fast riders, keep an eye out for what is ahead. If uncertain, then slow down. If you drive someone off the trail as you emerge unseen from around a tree, that is on you, not your victim. Where you can see, on straight sections, intimidating passing speed is impressive in a bad way. Slow down to pass other riders. Hopefully, both of you can stay on the trail.

In defense of fast riders on Good Water Rim, a quick slalom rhythm of linked single-track turns can be fun. That said, blind corners and cliff edges on the trail demand speed moderation no matter how experienced you are. At Good Water Rim, a personal best ride is one that is fun, cleanly run, and safe. Time is pointless because of what has been pre-

viously mentioned about coexistence with other people and the stunning overlooks. Stop the clock and enjoy the place and the experience.

A special note about E-bikes. The Bureau of Land Management has authorized the use of Class 1 E-bikes on Good Water Rim. Class 1 E-bikes provide assistance only when pedaled. E-bikes are categorized by the level of pedal assist ranging from Class 1 that provides pedal assist only to 20 mph to throttled E-bikes that can assist to 28 mph. Only Class 1 E-bikes are authorized on this trail. Good Water Rim is not particularly hilly but like in most areas other than lift operated downhills, uphill riders have the right of way, except of course, when the downhill rider needs to clear some semi-technical terrain first before they stop.

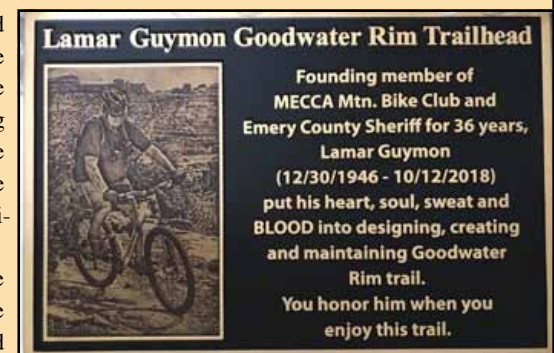
Riders congregate. People bunch up at lunch stops, rests, or while waiting for their slower partners to catch up. These stops should ideally target wider hardened areas such as the viewpoints. This not only minimizes impacts on sensitive soil and vegetation but also provides riders more room to pass.

For slower riders, bail with care because of the damage you may cause by trampling sensitive soil and

vegetation. If possible, leave your tires on the trail and tilt your bike out of the way without venturing into untrampled soil. If that isn’t good enough for an aggressive rider, that is their problem.

Never cut the curves, which widens the trail and damages sensitive soils. Paid and volunteer trail crews have spent many weeks completing trail repairs and repairing rider impacts off trail. Their efforts have also focused on maintaining a single track and keeping the trail in good condition.

The BLM is addressing the most pressing problem, sanitation, with more toilets. They have also added signs, designated sites, and a bit more presence, but there is only so much they can do. It is up to the users to play well with each other and minimize their impact on the land. Act as part of a community that engenders friendly and respectful behavior. Lamar, by the way, was a very respectful guy. Please honor him as you ride Good Water.



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