

#### **LETTER FROM THE EDITOR**

# New Columns, Expanded Distribution, Even More Inspiration

**Bv Mark Deterline** 

Publisher/editor Dave Iltis has asked me write this issue's Letter from the Editor, which I'm excited and pleased to do.

I've been writing for Dave and his 24 year-old child, Cycling Utah (now known as both Cycling Utah and Cycling West due to the magazine's expanding distribution), for many years. I've also been his informal consigliere for almost as long, which mainly consists of me complaining that in addition to his full-time dedication to the magazine and his at times challenging efforts to make the western states more bicycle friendly to all, he needs to nail the branding

and marketing of the magazine as if he had the budget of Apple or Nike.

He has finally acquiesced to many of my well intentioned demands, understanding that it's still his baby, but that it takes a village to raise one of the most enduring and informative regional cycling magazines in the country. We have enlisted the help of some of the best people in endurance sports, and we need your continued

Our goal: Dave won't let me write here the terms I normally like to use to convey urgency and radness, so I will simply say that there is too much passion, dedication and talent in our region not to generate a publication of commensurate awesomeness.

Part of the changes we've been

making are intended to elevate our athletic communities and sports to another level; we have athletes with the smarts and sophistication to help us take things to the next level, so why would we content ourselves with anything less?

Part of our renewed efforts involves tapping into our region's natural resources and treasures, including Tom Noaker heading our new Ask Noak column, and worldclass junior female Haley Batten writing her own monthly column. If you want to learn how to be a better athlete and ambassador of awesomeness, spend time learning from a master mentor and reading about what motivates a smart, driven young woman. We've also enlisted the help

of one of Haley's Junior Women Team USA squadmates, Rachel Anders, to provide MTB World Championships coverage from her dad's homeland, the Czech Republic, so that you can follow that annual sports celebration and madness from her bicycle cockpit.

Finally, I wanted to mention what a treat and privilege it is in this issue to have interviewed one of the most impressive and well rounded female athletes Utah has produced, Mindy McCutcheon, as well as included a brilliant article about recovering from injury by local pro and hero, Alex Grant.

Friends, let's do this!



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favorite bike shop!

Cover Photo: Utah's Haley Batten (Luna Chix and USA Cycling National Team) on the fun and fast descent in the UCI Junior Series XCO in Albstadt, Germany on May 21, 2016. Photo by Annette Friebe

#### **MOUNTAIN BIKING**

# Epic Riding Possibilities in Teton Counties, Wyoming and Idaho — Wydaho! — Even When Your Cycling Shoes are at Home



Nancy Rutherford and Celeste Young on the Rush Hour trail in the WYDAHO Region.
Photo by Joanne Labelle

#### **Bv Celeste Young**

The area along the state lines of Wyoming and Idaho is affectionately referred to as "Wydaho." The area is quickly becoming known as a mountain biking mecca, with trails for everyone from beginners to experts, thanks to the many people and groups who have worked hard over the past decade or two to make this area a singletrack destination.

On this particular day, three of us headed to Jackson, Wyoming, from our home in Victor, Idaho, for a 20ish mile after work ride. We went through the mandatory checklist at the house, "Does everyone have their helmet, glasses, gloves, shoes, and bike?" Yet at the trailhead someone said, "Where are my shoes??" I always keep a pedal wrench, spare pedals (flat and clipless), spare tube,

and other various emergency supplies in the car, but not shoes. Since we had already unloaded all the bikes and were almost ready to ride, the three of us jumped on our bikes and rode to the nearest Local Bike Shop, (riding in sandals and clipless pedals is not recommended, but you do what you have to do) and bought a new pair of shoes and cleats. A new pair was needed, as the old pair was pretty beat up. With sandals stuffed into the hydration pack, we headed out on my favorite mountain biking loop in Jackson: Game Creek Loop.

#### Game Creek Loop

Game Creek Loop: 20ish miles, intermediate/advanced. Park anywhere in town near Snow King, or at the Josie's Ridge trailhead, at the Putt Putt trailhead, or at the Cache Creek Trailhead. Ride to the Josie's Ridge parking area, and head up the

hill. When Sink or Swim branches off, take it to traverse Snow King's winter alpine ski trails and the summer hiking trail to Ferrins, a climb with many switchbacks. Remember that uphill traffic has the right of way: everyone we came across that day yielded to us. At the top, you'll be in the Snow King Saddle, with the new Skyline trail to the left (construction in progress; when it's completed, it will be a 6-mile connector that runs along the ridge. Warning: it will be closed for winter range from May 1 - July 1.) Head straight to descend the West Game trail. Be sure to stop a few times to enjoy the breathtaking surroundings. Check out the wildflowers that are blooming around mid-June: the pink sticky geraniums, deep purple larkspurs, and yellow arrow leaf balsam root flowers. You'll pass through a couple of the burn areas from a fire a few years ago: blackened tree trunk remnants are offset by the emerald green of the spring grasses. Pass by the turn to Wilson Canyon to stay on West Game trail. Once you reach the T on the trail, head left and return to Cache Creek. Enjoy the reroute winding through the aspens; you'll see the old trail that once was a grunt up the middle of the gully. At the summit, imagine you see where the Skyline trail will empty out once it's completed. Descend down the rocky and precipitously steep (in one section) trail to where it meets up with the two-track. While you scream down the two track, be on the lookout for Putt Putt trail on the right. Follow Putt Putt back to town. Don't be fooled! The climbing isn't over yet, but the winding fun descents make the climbs in between worth it.

Once we completed the loop



Joanne Labelle and Nancy Rutherford on the Rush Hour Trail. The WYDAHO area is a Silver level IMBA Ride Center because of trails like this. Photo by Celeste Young

several hours later, only having to recover a lost sandal from the hydration pack once, we headed toward home. At the base of Teton Pass we were lured into Streetfood at the Stagecoach in Wilson, Wyoming, for dinner and a post-ride beverage. This is a popular hangout for both winter and summer adventure enthusiasts. It was packed with fel-

low riders who enjoyed the afternoon shuttling the DH trails on Teton Pass, cross country riders who had epic fun on the Phillips Ridge Trail, families relaxing on the deck, and even a couple of Wyoming cowboys who rode their horses.

Continued on page 18



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#### **COMMUTER COLUMN**

# Dr. Peter Clemens - A Long-Time Bike Commuter is Running for Congress



Dr. Peter Clemens is a long time bike commuter who is running for Congress in Utah's First Congressional District.
Photo by Courtesy Dr. Peter Clemens

#### By Turner C. Bitton

Dr. Peter Clemens is a board-certified physician serving patients and the community in Ogden, Utah. He is also a retired Captain of the United States Army Reserves. Peter earned his B.A. degree from Brigham Young University in 1980, after serving a two-year religious service mission in West Germany. In 1986, he graduated from the Kansas City University of Medicine and Biosciences and completed his residency in 1989 at the Truman Medical Center at the University of Missouri - Kansas City. Peter and his wife Tammy are avid hikers and cyclists who cherish their time enjoying the beauty of Northern Utah's outdoors.

Peter has been a near-daily bicycle commuter for over a decade and his commute has been widely documented by the Standard Examiner. Peter is running for Congress in Utah's first congressional district. We caught up with Peter to talk about his experience as a commuter and his run for Congress.

You have a reputation for commuting to work by bicycle each day across Weber County. How long is your commute, what route do you take, and what is your motivation for commuting by bicycle?

I feel very strongly about encouraging the public to participate in the creation of alternative means of transportation for them in their daily commute. I've been riding my bike, even during the campaign when my schedule will allow it, from my home in North Ogden to my workplace on the campus of Ogden Regional Medical Center where I have worked for the past decade. Surprisingly even though my commute is roughly 30 miles round-trip the time I spend in my commute across town is only 20-30 minutes longer than when I drive my car. In the morning I travel Washington Boulevard south in part because people are frankly more courteous in the early morning than in the evening and I feel safer. In the evening my route is a bit less direct so that I can cycle through more neighborhoods. I have been hit twice in the last 10+ years, which may or may not be the universal experience of most cycling commuters, and therefore I welcome the Mayor Mike Caldwell and Ogden City's Bicycle Master Plan which will make cycling safer by increasing the number of bike lanes and corridors for commuters and recreational cyclists alike.

You're running for Congress in Utah's First District. What is your motivation and how do bicycle issues factor into your agenda and campaign?

I would say that my motivation to ride to work rather than drive comes from three factors, likely the same ones that would be mentioned by most cycling commuters as their reasons as well. I commute for several reasons, the first is the exercise I get while commuting means that I don't have to take leave of my family in order to build exercise into my schedule. I also commute to reduce congestion on our roads. Each time I commute by bike I'm eliminating a vehicle from the road and reducing air pollution, which is vital to reduce air pollution along the Wasatch Front. Finally, there is the issue of reducing my personal carbon footprint which is a core value for me personally. It also helps that I'm lucky enough to have a shower at work!

As it relates to the campaign I believe that leaders have the responsibility and opportunity to demonstrate leadership in their personal lives. I believe that commuting by bicycle is beneficial to our air quality and as a physician I understand the importance of clean air to our citizenry. Cycling is my way of proving that I'm willing to do my part, not just talk about it.

I've wanted to cycle to work with my colleagues for years because it is more fun riding with someone than alone so I'm really looking forward to being in Washington, DC and being able to ride to work with people like Rep. Earl Blumenauer from Oregon who chairs the Congressional Bike Caucus.

Do you plan on joining the Congressional Bike Caucus? Do you plan on sponsoring any legislation specifically related to bicycles if you are elected?

When I am elected I plan on joining the Bike Caucus. Just as importantly I'm trying to support Ogden's leaders, in particular Mayor Mike Caldwell in all of his cycling initiatives. In addition to joining the Bike Caucus I will push for repairing our country's aging infrastructure which will certainly help those who commute by cycle immensely. The



American Society of Civil Engineers estimates that in 2016 we as a country are \$1.44T behind in investing in our country's infrastructure. Roads, bridges, airports, power grid, and other critical infrastructure are in need of repair and if we don't act now the gap will grow to a near insurmountable \$3.5T or more by 2050. This is of course not a partisan issue and Democrats and Republicans need to act to resolve the issue as quickly as possible. The same infrastructure improvements that motorists depend on is vital to cyclists as well. I look forward to working with anyone in Congress, regardless of party affiliation to resolve this issue, once I'm

One other thing, I doubt that we're going to be able to afford what we need to do to repair our infrastructure without cutting our healthcare spending. Other industrialized countries in the world spend significantly less than we do but get much better healthcare outcomes. As a physician I am ready to contribute to resolving healthcare and other spending issues.

One of the key areas of interest to cyclists are the so-called "Bicycle Networks" that are included in the 2015-2040 Regional Transportation Plan (RTP). Do you believe that as a Congressional representative you can aid the Wasatch Front Regional Council and local governments in implementing the goals of the RTP? How so?

While much in the RTP is local and state driven, I will absolutely fight for the federal funds necessary to help communities across Utah implement smart transportation initiatives and plans. I'm really excited about what Utah is planning and the tremendous positive impact these plans will have on our air and our economy. As our Mayor Caldwell is

fond of saying, "when people get out of their cars they spend more money in our community and have a greater sense of belonging and well-being."

Do you feel that your background as a commuter cyclist provides a unique perspective and benefit to voters in your district? Speaking specifically of voters concerned about cycling issues, what do you feel distinguishes you as a candidate?

For those reading this, I think it's quite unique for them to have a candidate that they can support that lives and breathes what they are experiencing in their daily commute, in my case it's on a bike! I'd love to get the vote of each and every cyclist in the district. I hope that those who can't cast a vote for me will help in other ways to get me elected to Congress this November and assure you'll have a strong ally in Washington, DC. For those mountain bikers out there, I am a big supporter of our trails and open spaces in our communities. As they say in cycling, I'm bilingual, that means I ride a mountain bike also. In fact, I'd better wrap this up as I need to hit the trail. See you out there on your bike!

Those interested in learning about Dr. Clemens can visit clemensfor-congress.com. For more information about the Congressional Bike Caucus readers should blumenaur. house.gov

Turner C. Bitton is an avid cyclist and serves on the Board of Directors of several organizations and in many volunteer leadership capacities. He lives in Ogden with his husband Chase and their two dogs Charley and Moose.



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#### **SPEAKING OF SPOKES**

#### A Loss of Trust



Lance Armstrong in the 2004 Tour de France time trial up Alpe d'Huez. Armstrong was stripped of this and the rest of his Tour de France wins for doning

Photo by David Ward

#### **By David Ward**

I am a huge fan of top professional bike racing, an addict. I love watching the races on TV. My wife has also become an avid fan, and we enjoy watching the racing together. I will record a race, then after work and dinner, we will sit down, usually around 9-10 p.m., and stay up till midnight or 1 a.m. watching. So you know we are serious fans.

So it was that in May we found ourselves sitting down each night to catch that day's stage of the Giro d'Italia. It was a very exciting race, with all eyes focused on the main protagonists, Vincenzo Nibali and Alejandro Valverde. But as the mountain stages unfolded, it was Steven Kruijswijk who at first seeped, and when he gained the pink jersey burst, into our consciousness. He likely had the overall victory wrapped up, till his tragic loss of control and spectacular crash onto the snow bank on Stage 19. We felt his agony, or at least our agony for him, as victory rode away, and he eventually slipped off the podium to finish in 4th place.

Meanwhile, this Giro also gave us a thrilling victory by Nibali who had been falling behind on the early mountain stages, only to rally and stage a spectacular comeback to grab the pink jersey on the penultimate stage. And while we agonized for Kruijswijk, we reveled in Nibali's victory. Well, sort of.

Let me explain. In 2006, Operación Puerto scandalized professional cycling, leading to several top riders, including favorites Jan Ulrich and Ivan Basso, being withdrawn from the Tour de France just prior to its start. Then, Floyd Landis, America's newest star and heir apparent to Lance Armstrong, was doing well and took the yellow jersey. However, on Stage 16, a mountainous ride to La Toussuire, he was dropped, losing serious time and dropping out of the top 10.

The next day, however, he stormed back with a 120 kilometer solo attack to win Stage 17, a very mountainous race finishing in Morzine. He finished 5'42" ahead of the rider coming in second, jumping back to third place overall and positioning himself to retake the yellow jersey in the final time trial, which he did. It seemed an unbelievable comeback. Indeed, in the end it was unbelievable, as Landis tested positive for, and has since admitted, taking a synthetic steroid that fueled his remarkable victories.

Since then, of course, there was the United States Anti-Doping Agency investigation which eventually nailed or had confessions from nearly every top American rider, including Lance Armstrong. And of course, there have been contin-

ued instances of professional riders across the board being caught doping.

The sad effect of all this is simple: When my wife and I observe a remarkable turnaround such as that of Nibali in thus year's Giro, we cannot help but harbor suspicions. I mean seriously. Nibali was getting dropped on several mountain stages, till he has a sudden turnaround and starts lowering the hammer on everyone. I want to believe he is racing clean, and really do hope so. But doubt has raised its ugly head.

Following the Giro, there was the Tour de Suisse. America's current darling, Tejay Van Garderen, was hanging tough, with a good shot at the overall victory. Until Stage 6, that is, when he came unhitched and lost enough time to pretty much put him out of contention for overall victory. Still, the very next day, he powers away from the field to win the stage. Unlike Landis, his margin was not nearly enough to put him squarely in contention for the overall. But the single day turnaround was somewhat stunning. Again those nasty suspicions arise.

Well, that is the nature of trust. We generally like to trust each other, and will usually do so, at least to a certain extent. But burn that trust, and it is not easily given a second time. As the saying goes: Fool me once, shame on you; fool me twice, shame on me.

And that is what I hate most about all those doping years, their nasty

scandals and Landis's "unbelievable" Stage 19 win. It makes it just that much harder to really enjoy shining moments of magnificent athletic effort. That dark side of our nature asks, "I wonder if . . ."

I like Tejay Van Garderen. He does seem to struggle to really stay at the top, and except for the Tour de Suisse, there is really nothing to raise my suspicions. Same with Nibali. He had a fantastic Tour de France in 2014, with an especially great performance and great bike handling skills on the cobbles in Stage 5 which, in my opinion, is where he really won the Tour. He has been a consistent winner, though his star has seemed to wain since that 2014 Tour victory. And I have not observed anything (barring a little car-towing incident that got him tossed from last year's Vuelta a España) to make me believe he is a cheater.

So, I choose to believe they and most others are clean. I want to believe. I want to watch the racing and enjoy the fine and, yes, even somewhat unbelievable performances, and believe them. I love cycling and the excitement of professional bike racing. I am extending my trust a second time now, and hope I am not burned.

But still, when I see a great performance, there will be that nagging suspicion. And I really dislike that, especially in this sport that I love.



#### DRIVE WITH RESPECT

- Bicyclists have a right to a lane
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- Do not exceed speed limits when possing bicycles
- · Always yield to bicycles



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#### RIDE WITH RESPECT

- Wear bright, reflective clothing and use lights
- Ride in the direction of traffic
- Be alert and avoid distractions
- Ride predictably and obey traffic laws
- Make eye contact with motorists before crossing their path

#### **MOUNTAIN BIKE RACING**

# Haley's World

By Haley Batten with Mark **Deterline** 

After taking first at the Swiss Bike Cup in Gränichen, Switzerland, I was purely stoked. It felt good to know that I could be competing at the top, adding extra motivation and excitement for the hard week of training ahead, and I knew there was still lots of fine tuning to do.

My family and I left Switzerland behind and made our way to the Alps. Pure awe filled the car as we drew near Kappl, Austria. The mountain peaks shot far into the sky, supplying the perfect terrain for challenging workouts, thrilling descents, and jaw dropping views. We settled in for an incredible stay.

Although pure beauty surrounded me and I had epic rids to be planned, I knew I had a demanding week ahead and school work added an extra ball to juggle. Friday marked the last day of my online classes and although I had completed most of my work, lots of tests lay ahead.

Throughout the week I spent my mornings with the perfect training

ride, right out our backdoor, adventuring way up the mountains to outstanding views and then descending on technical descents through the trees. On arriving back at our new home, I found myself picking up on school work from the night before and watching my computer screen

Although it wasn't nearly as fun as my hours out on the bike, I found that my time outside had a serious positive impact on me mentally. After taxing nights back at home taking test after test, adventuring on two wheels on some of the most incredible terrain I have ever witnessed had a way of centering me once again. Another reason why I love my bike. I executed a lot of structured training on the bike, as well, though it too provided me with an escape into the unbelievable world we live in; riding is a way to reset, so I can sit down once again and give my best effort to schoolwork. Giving my best effort always rewards me with a greater feeling of satisfaction than I ever could have imagined.

And I can tell the hard work is

paying off! Next up, I will be traveling back to Germany, where I will prepare for another weekend race in Heubach. Every day is providing me with amazing advents and time is just

Haley Batten of Park City competes internationally as a member of both the Luna Chix Pro Team and the US National squad, and is an accomplished XC ski racer. She automatically qualified for a berth on USA Cycling's World Championships Team; UCI "Worlds" will be held June 28-July 3 in Nove Mesto Na Morave, Czech Republic. Other Utah racers who have qualified for the 2016 World Championships are Rachel Anders (Sandy, also competing in the Junior Women category Team Summit-Competitive Cyclist), who is serving as our Worlds correspondent, and Keegan Swenson (Park City, U23 category, Team Cannondale-360fly p/b Sugoi).

Haley's palmarès

2016 Jr 17-18 winner at Swiss Cup in Gränichen, Switzerlan 2016 Jr 17-18 winner at US XC Pro Tour in Bonelli, CA 2016 Jr 17-18 winner at US

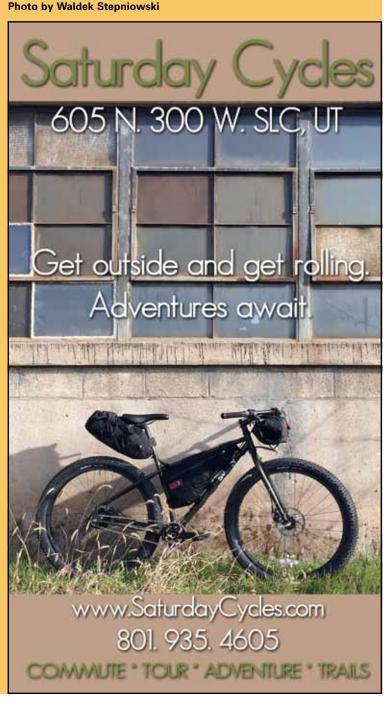
XC Pro Tour in Fontana, CA 2015 US Junior National Cat 1 Champion

2015 US World Championship Team Member



Haley Batten (left) and Georgia Gould. Photo by Waldek Stepniowski







#### **TOUR OF UTAH**

#### 2016 Tour of Utah Where to Watch Guide



Empire Pass is at the top of a brutally steep climb just a few miles before the stage 7 finish of the Tour of Utah in Park City, Utah. Come early and spend the day here, or on Bonanza Flats. Photo by Dave Iltis

#### By Jackie Tyson

The 2016 Larry H. Miller Tour of Utah men's professional cycling

stage race returns for a 12th year, August 1-7. The 704-mile course will include 52,951 vertical feet of climbing for 16 of the best men's cycling teams in the world, solidifying the event as "America's Toughest Stage Race". In fact, the professional riders find this moniker of the Tour of Utah to be quite accurate:

•"It's a pretty difficult race, really hard climbs." Joe Dombrowski (USA) of Team Cannondale-Garmin, winner of 2015 Stage 6 and reigning Tour of Utah champion.

•"It's brutal." Brent Bookwalter (USA) of BMC Racing Team, who finished second on Stage 7 and won the overall Utah Sports Commission Sprint Leader jersey.

•"It's one of the hardest races I've ever done." Greg Daniel (USA) of Axeon Cycling Team, 2016 USA cycling Professional Road Race national champion.

But it is also some of the most spectacular scenery of any professional sporting event on the globe. This year's race will pass adjacent to or through two national parks, two national monuments, four national forests and two state parks. The overall start will be held at Zion Canyon Village, a visit to southern Utah for a third time, and the overall finish will return to Park City for an eighth time, this year with a new start/finish on upper Main Street. And there are incredible twists, turns and high altitude excitement in between!

This guide provides some helpful tips (we hope) on making a memorable visit to a stage start, a stage finish, or the entire week of racing. If you can't make it to every stage, we have you covered! You can follow every pedal stroke in the peloton for free from your mobile device each and every day on the Tour Tracker powered by Adobe app. The Tour is the only pro stage race in North America that is covered from start to finish using Tour Tracker powered

by Adobe. Once you download the app for your iPad, iPhone or Android device, take it with you to a start line, or a finish line, and never miss any of the action.

#### **Pre-Race Festivities**

#### **Team Presentation**

Saturday, July 30 from 5 to 7 p.m. Beverley Taylor Sorenson Center for the Arts

at the Ashton Family Greenshow Stage

150 W. University Boulevard, Cedar City 84720

Everyone is invited to attend the 2016 Tour of Utah Team Presentation at the brand new Beverley Taylor Sorenson Center for the Arts. This free, community event will give cycling fans an up close and personal introduction to meet all the 16 professional men's teams competing in the 12th edition of the Larry H. Miller Tour of Utah. Come listen as the Tour's race announcer Dave Towle will interview riders on the stage. Bring a camera for lots of photos of vour favorite athletes. Tour of Utah festivities will begin at 5 p.m. but stay and enjoy the Utah Shakespeare Festival's Greenshow at 7 p.m.

#### **Every Day During Race Week**

# Papa John's Rider Sign-In and Autograph Alley

One hour before each stage begins, fans are given access to all the riders for autographs and photographs. It is free for all spectators, and takes place adjacent to the announcer's stage at the start line. Thanks to Papa John's, the entire family can get close enough to see and hear the top stars of the peloton.

#### University of Utah Health Care Sprint to the Finish Kids' Bike Races

Children ages five to 12 have the opportunity to race their bicycles on part of the course used by the pros. To participate, kids and parents must register at the University of Utah Health Care tent in the Harmons Healthy Living Expo (see addresses for Expo below). It's free and fun! Make sure each child has a helmet and closed-toe shoes for a safe experience on his/her bicycle! Registration ends 15 minutes prior to the race:

•Monday, Stage 1 - Cedar City - 10 a.m.

•Tuesday, Stage 2 - Torrey - 1 p.m. •Wednesday, Stage 3 - Payson - 1 p.m.

•Thursday, Stage 4 - Kearns - 1

•Friday, Stage 5 - Bountiful - 1 p.m.

•Saturday, Stage 6 - Snowbird Ski and Summer Resort - no kids' race scheduled

•Sunday, Stage 7 - Park City - 1 p.m.

#### **Harmons Healthy Living Expo**

Plan to arrive early to any of the seven finish line host venues and spend some time at the Harmons Healthy Living Expo. This interactive festival area and sponsor showcase serves as a gateway to the finish line every day. It provides an array of interactive exhibits, official Tour merchandise and live entertainment, including jumbo television screens to watch the race unfold as it heads to the finish. Admission is free.

•Monday, Stage 1 - Cedar City, 300 W. University Boulevard 8 a.m. to 12 Noon

•Tuesday, Stage 2 - Torrey, 10 E. Main Street 12 Noon to 4 p.m.

Wednesday, Stage 3 - Payson,
275 S. Main Street 12 Noon to 4 p.m.
Thursday, Stage 4 - Kearns, 5670
Cougar Lane 12 Noon to 4 p.m.

•Friday, Stage 5 - Bountiful, 20 S. Main Street 12 Noon to 4 p.m.

•Saturday, Stage 6 - Snowbird Ski and Summer Resort, 100 Little Cottonwood Canyon 12Noon to 4 p.m.

•Sunday, Stage 7 - Park City, 250 Main Street 10 a.m. to 4 p.m.

#### Larry H. Miller Tour of Utah, August 1-7, 2016

Monday, August 1 Stage 1 presented by Workers Compensation Fund

Zion Canyon Village to Cedar City

84 miles – 6,679 feet of climbing Start Time: 8 a.m.

Finish Time: 11:45 a.m.

Start Location: 147 Zion Park Blvd., Springdale, 84767

Finish Location: 300 W. University Boulevard, Cedar City, 84720

Stage 1 presented by Workers Compensation Fund begins at Zion Canyon Village, the southernmost point in Utah of the event's 12-year history. The opening 84-mile leg begins in the shadows of the jagged spires of The Watchman, one of the most prominent peaks in Zion National Park. The Tour will proceed



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TREK



with a neutral start for the first 12 miles, and racing will begin once the teams are through the East boundary of Zion National Park. This neutralized section is being promoted as a cycling demonstration to highlight alternative, non-motorized ways to enjoy the park and to promote exercise and outdoor recreation.

It is an early start, but well worth the effort. Come at 7 a.m. for the overall start ceremonies, grab some autographs, take some photos, and stay to watch the Tour Tracker coverage on the Zion Canyon Village Theatre screen! Then enjoy lunch at Zion Canyon Village and an afternoon to explore the beauty of the park.

## Traffic tips for the overall start at Zion Canyon Village:

•Motorists should be through the South Gate of Zion National Park before 7:45 a.m. A section of State Route 9 from Zion Canyon Village to the intersection of Floor of the Valley Road will be closed to all traffic from 7:50 to 8:15 a.m.

•The East Gate of Zion National Park will be closed to all traffic from 7 a.m. to approximately 9:15 a.m., as the race will utilize State Route 9 / Zion-Mount Carmel Highway from Zion Canyon Village to U.S. Highway 89.

•U.S. Highway 89 will be impacted by the race from 9 to 10 a.m. from Mount Carmel Junction to State Highway 14 in Alton. Expect delays with a rolling road closure for these 22 miles.

•It is requested that Race

Spectators do not enter the park to watch the race.

Just past the Mount Carmel Junction, the first Utah Sports Commission Sprint line will be staged in Orderville. Fans can watch the riders surge for King of the Mountain points at Duck Creek Village and Bristlecone along State Road 14. Be aware that once the racers pass, they will make a blazingly-fast 20-mile descent to Cedar City. Spectators will not be able to see a KOM climb and also make it down Cedar Canyon for the finish.

The most exciting moments should be in Cedar City as the riders will rocket through three downtown circuits, 2.5 miles each lap, using Center Street, 1150 West, Thunderbird Way, and 200 East. The finish line of the race will be located on the campus of Southern Utah University, at the intersection of University Boulevard and N 300 West. Nearby a community pancake breakfast will be held from 8 to 10 a.m., so you can follow the race on the Big Screen television as it makes its way north. Other activities in the morning will include specialty contests with giveaways, a climbing wall for teens/adults and inflatables for the children.

#### Tuesday, August 2 Stage 2

**Escalante to Torrey** 

99 miles – 9,435 feet of climbing Start Time: 11:45 a.m. Finish Time: 3:45 p.m.

Start Location: 59 W Main St.,

Escalante to Torrey

(8) Miles / 100 Killematers

STAGE 2

LEGEND

Formation

STAGE 2

Aug 2, 2016

Escalante, 84726

Finish Location: 10 E. Main St., Torrey, 84775

Stage 2 on Tuesday, Aug. 2, returns to Scenic Byway 12, an All-American Road that weaves its way through picturesque Garfield and Wayne counties. There is a new start for this 99-mile day of racing that will see 9,435 feet of elevation gain from Escalante, famous for its slot canyons and close proximity to Grand Staircase-Escalante National Monument.

The night before the race start in Escalante, fans will enjoy a live band, Dutch oven cooking, a variety of games for children and a free movie. On race day, Escalante will provide music played by DJ, a kids race with the mayor and a neighborhood cookout. The 18 miles between Escalante and Boulder are some of the most beautiful in the state. Come early to ride your bicycle along this

stretch and watch the Utah Sports Commission Sprint in Boulder. Make sure you carve out a little time to stop at Kiva Koffeehouse, and keep riding to the narrow spine of red rock known as Hogsback, which is the first Utah Office of Tourism King of the Mountain climb. You'll find good eateries along Hwy 12, including Circle D, Escalante Outfitters, Café Diablo, Burr Trail Café and Hell's Backbone Grill, to name a few.

The second KOM climb will take place at Boulder Mountain, followed by a sweeping descent into Torrey. New this year will be the addition of two 17-mile circuits after the race reaches Torrey. The circuits undulate around Wayne County and the town of Teasdale, under the shadow of the red spires of Capitol Reef National Park. If you want to see a race "doubleheader", drive your car or ride your bicycle from Torrey up to Boulder Mountain before 12:30 p.m. You'll see the race pass between 1:20

to 1:45 p.m. Once all the cyclists and race caravan clear this area, vehicles and spectators on bicycles will be permitted to travel on Highway 12 back to Torrey, at the appropriate speed designated by law. You can make it back to Torrey Town to see one of the circuits and the exciting finish! From 1:30 to 3:30 p.m. in Torrey there is a full schedule of activities at the Torrey Big Apple Stage, with bicycle safety checks, a fitness station to check your heart rate, free snacks to promote healthy eating, sidewalk chalk and crafts for the kids and lots of giveaways!

# Wednesday, August 3 Stage 3 Richfield to Payson

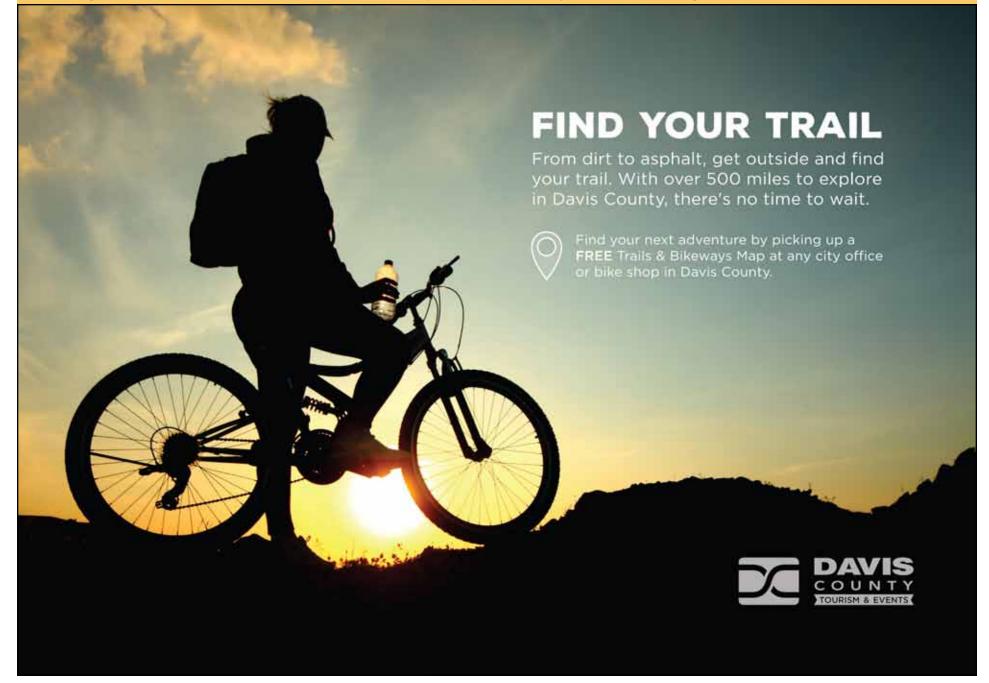
119 miles - 6,337 feet of climbing Start Time: 11:10 a.m.

Finish Time: 3:45 p.m. Start Location: 300 N. 100 East, Richfield, 84701

Finish Location: 275 S. Main St., Payson, 84651

Stage 3 on Wednesday is the longest stage of the week, 119 miles from Richfield to Payson. The last time the Tour used this route was in 2013, when Australian Lachlan Morton screamed down the 22-mile descent of Mt. Nebo to win his first U.S. race. To see the start of the race in Richfield, look for all the festivities at Memorial Park and 100 East. The road closure in downtown Richfield at Memorial Park will

Continued on page 10



# Tour of Utah Spectator Guide Continued from page 9

begin 9:45 a.m. Once the race departs, motorists will be able to travel along State Highway 50 and Interstate 15 to see the finish in Richfield. The first two-thirds of the race route goes through the rural communities of Sevier, Sanpete and Juab counties, with Utah Sports Commission Sprint lines in Manti and Fountain Green.

It is the seventh time the Tour has included Mt. Nebo in the race, going through Uinta National Forest. The riders will crest Mount Nebo, the southernmost and highest mountain in the Wasatch Range, at 9,300 feet for the one KOM on the day. If you want to ride your bicycle to the KOM climb, give yourself plenty of time to make the 22-mile climb from Payson. The race is expected to turn north on Nebo Loop Road between 2-2:40 p.m. Plan to arrive at a location for lunch by 1pm, and then use Tour Tracker on your mobile device to follow the race for the climb and finish. Bicycle and motorist traffic will not be allowed to follow and pass the race caravan to see the race finish

To watch the race in Payson, head too Main Street and Memorial Park.



# Thursday, August 4 Stage 4 presented by UnitedHealthcare

#### IM Flash to Kearns

96 miles – 4,504 feet of climbing Start Time: 12:10 p.m. Finish Time: 3:45 p.m.

Start Location: 4000 N. Flash Dr.,

Finish Location: 5670 Cougar Lane, Kearns, 84118

Stage 4 presented by UnitedHealthcare will find the race returning to Salt Lake County for a 10th time in 12 years. On Thursday, Aug. 4, the race will start on the corporate campus of IM Flash in Lehi, located at 4000 N. Flash Drive. A

for spectators.

The 96-mile route will end at Kearns for the first time. A 28-mile stretch of the Mountain View Corridor will be used by the race for two and a half laps, with two Sprint line prizes. Then the race will drop into the township of Kearns for three challenging laps of a four-mile section of roadways - 6200 South, Cougar Lane, 5400 South and 5600 West. The finish line will be adjacent to the Utah Olympic Oval. This fiveacre facility is known as the "Fastest Ice on Earth" and could very well showcase the fastest men on two wheels for an exciting finish. Make plans to visit the Oval, spend time at the Harmons Healthy Living Expo for lunch and watch the race as it heads to Kearns on the big screen TV.

#### Friday, August 5 Stage 5 presented by Zions Bank

# Antelope Island State Park to Bountiful

114 miles - 6,948 feet of climbing Start Time: 11:15 a.m.

Finish Time: 3:45 p.m.

Start Location: Antelope Island Road (Causeway/Island Junction)

Finish Location: 20 S. Main St., Bountiful, 84010

Last year the Tour featured a stage in Davis County for the first time, and by popular demand it is returning! Stage 5 presented by Zions Bank will feature 114 miles from Antelope Island State Park to Bountiful. There are four KOMs on this day of 6,948 feet of climbing - the North Ogden Divide, Trappers Loop and the two ascents of the Bountiful Bench.

Antelope Island State Park will celebrate the return of the Tour the night before with live music, food

and children's activities. On race day
the park will open at 6 a.m., and the
\$10 admission fee will be waived for
Tour of Utah fans. Come early with
the entire family as free t-shirts will
be given to the first 200 children,
which can be signed by the athletes.
The causeway will remain open until
just before 11 a.m., however, access
to the island will close at 10 a.m.
Spectators will be allowed to park
at the Marina (near the start line)
or along the causeway to watch the
event. The start at Antelope Island
State Park will begin with two cir-

State Park will begin with two circuits of three miles each on the island, passing the Visitors Center twice. The race expected to cross the causeway to the mainland between R 11:30-11:40 a.m.

The racers will enjoy relatively

flat roads after crossing the sevenmile causeway. The first Utah Sports Commission Sprint line is located in Hooper, passing between 11:55 a.m. to 12:15 p.m. The first Utah Office of Tourism KOM climb will be at the North Ogden Divide, passing between 12:30 to 1 p.m. The second Sprint will be contested in Eden, passing between 1 to 1:30 p.m. Then the race travel on the east side of Pineview Reservoir, going through Huntsville, to climb Trapper's Loop between 1:30 to 2:15 p.m. There are lots of great places to ride a bicycle in the Eden Valley, or spend some time on the water at the Pineview Reservoir.

Using U.S. Highway 89 in the southbound direction, the race will continue through South Weber, Layton, Fruit Heights and Farmington. After zipping through Centerville on Main Street, it is full speed ahead into the city limits of Bountiful, where last year thousands of spectators, and American flags, lined the course. Again in 2016, there will be two nine-mile circuits across the Bountiful Bench, making this a great opportunity for race fans to witness the suffering in the peloton up close. Festivities in downtown Bountiful will be on Main Street at Center Street for the finish, with the peloton rolling in a northbound direction. You can spend all day in Bountiful with live music, great food and entertainment:

Aug 5, 2016

STAGE 5

Antelope Island State Park to Bountiful

•Live music on First South Street stage - Flat Canyon Band (Classic Rock) will play from 11 a.m. to 12:30 p.m. and the Wildfire band (Country/Classic Rock) will play from 1 to 2:30 p.m.

•Obstacle course for children and adults on 2nd South soccer field

•Arts Dance Festival at 4th North park

•Pictures with Jane Joy and her large bicycle

•Bicycle Rodeo for children ages 8-12, and drawing contest with Mayor Lewis

•Food Court selections from Texas Roadhouse, Vito's, Pizza Pie Cafe, Tacos El Morro, Donut Kabobs, Cold Stone Creamery, and FiiZ Drinks

Suggested parking in Bountiful includes Bountiful Junior High School at 30 W 400 N, South Davis Recreation Center at 550 N 200 W, City Hall at 790 South 100 East and Bountiful High School at 695 Orchard Drive.

#### Saturday, August 6 Stage 6 presented by University of Utah Health Care

# Snowbasin Resort to Snowbird Ski and Summer Resort

114 miles – 11,165 feet of climbing

Start Time: 10:50 a.m. Finish Time: 3:45 p.m.

Start Location: 3925 Snow Basin Rd., Huntsville, 84317

Finish Location: 100 Little Cottonwood Canyon, Snowbird, 84092

Saturday is the "Queen Stage" of the Tour of Utah, Stage 6 presented by University of Utah Health Care. This year's route harkens back to 2013, with the race beginning at Snowbasin Resort. After covering 114 miles and 11,165 feet of climbing, the race will finish at Snowbird Ski and Summer Resort for a record ninth consecutive year.

For the start at Snowbasin Resort, there is plenty of spectator parking, but expect a few hundred cars before

# EEGEND Aug 3, 2016

There will be a bike valet at the park. It's a packed schedule of activities for the entire family, including a Slackline Show, dance teams, face painters, chalk-art garden, ballon artist, music provided by a DJ and other performers and lots of food!

big party is planned for the race start festivities, which will include BMX demonstrations, live music by Alex Boye, a DJ, climbing wall, dunk tank, midway games for the entire family and several food trucks! A skydiving exhibition will be part of the festivities. Access to the business property will be closed from approximately 9:30 a.m. to 12:30 p.m., so follow signage for public parking to be used



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dawn. Saturday is also the start of The Ultimate Challenge presented by University of Utah Health Care, which begins at 6:30 a.m. The propeloton will head south on State Road 167/Trappers Loop Road for a second day in a row, entering Morgan County just 10 minutes after the opening ceremonies. This is a great vantage point to see an early break. Then head back to Snowbasin for an afternoon of mountain biking or hiking!

The race rolls through scenic ranch land in the Morgan Valley, passing through downtown Morgan between 11:40 a.m. to 12 Noon and then East Canyon State Park. State Road 65 will be used to pass through Henefer, and Old Highway 30 to pass through Coalville. From there, the race heads to Wanship for the first Utah Sports Commission Sprint line of the day, between 1:10 to 1:40 p.m.). Then its full speed ahead up Browns Canyon Road and into Park City for a second Sprint line just before Park City High School on State Road 248.

The showdown for the true climbers begins on the 11-percent gradient, Category 1 climb across Guardsman Pass. The racers will use Marsac Ave/SR 224 to cross Guardsman Pass between 1:45 to 3 p.m. Then ing it's the 14-mile descent through Big Cottonwood Canyon and on to the legendary six-mile HC climb of Little Cottonwood Canyon. This is one of the best places to enjoy the Tour of Utah, especially at Tanners Flat, where fans set up tents early in the day and hand out tasty treats to cyclists, as well as caravan drivers in the race. Fans come Saturday morning to Snowbird Ski and Summer Resort to enjoy the Mountain Coaster, Alpine Slide, Mountain Flyer, Vertical Drop, Bungee Trampoline, Climbing Wall, Kid's Inflatables and more.

It is important to note that ALL spectator traffic and amateur cyclists must reach the bottom of Little Cottonwood Canyon before 1 p.m. MT on Saturday. After that time, ALL motorists/riders will be stopped and directed to the Swamp Lot. This is for safety related to the Tour of Utah race caravan and professional cyclists.

In fact, the base of Little Cottonwood Canyon is a hot spot for spectators. The Swamp Lot on Wasatch Boulevard, a Utah Transit Authority Park & Ride area, is a great place to cheer on The Ultimate Challenge riders and the Tour of Utah racers. There will be a big MediaOne Viewing Party at the Swamp Lot, which is free for all spectators on Saturday. It will include a big screen television to follow live race coverage. Expect to see some local food trucks for pay-as-you-go hospitality. This will also serve as a hydration stop with complimentary supplies for riders of The Ultimate Challenge.

Sunday, August 7 Stage 7 presented by Utah Sports Commission Park City to Park City

78 miles, 7,883 feet of climb-

Start Time: 12:15 p.m.
Finish Time: 3:30 p.m.
Start/Finish Location: 250
Main St., Park City, 84060

Stage 7 presented by Utah Sports Commission uses the same course that became a classic in 2013, with Park City hosting the Tour for an eighth time. The Sunday finale on Aug. 7 covers 78 miles with a new start and finish on Upper Main Street in Park City. Spectators can see a flash of the peloton in Kamas and Midway



for Utah Sports Commission Sprint lines. If you would like to see the race twice in one day, then start your day in Kamas for a valley bike ride, or a morning hike in the Uintah Mountains. It is close enough to see the Sprint at State Road 32 and 100 North about 1:30 p.m. then drive the 28 miles to Park City to get a good position for the rocket finish up Main Street.

Stage 7 has 7,883 feet of climbing, including legendary Empire Pass, considered one of the toughest climbs in the world. It is a matter of survival on the rough road and severe pitches on this Hors Categorie climb through the Aspen trees, with the gradient averaging 10 percent and reaching greater than 20 percent. Then its on to the technical descent of the Mine Road into Park City, where the speed of the racers can exceed 60 miles per hour, the route provides a new finish. A quick lap using Main Street, 9th Street, Park Avenue and Heber Avenue in downtown Park City will provide a final grinding climb to the top of upper Main Street.

It's tough to say which spot is better, the top of Empire Pass or the top of Main Street. As a spectator, you



Tanner's Flat is the place to be for stage 6. The festive atmosphere and large crowds make it a ton of fun. Photo by Dave Iltis

a winner in either location. In town, you'll find a new configuration for the Harmons Healthy Living Expo, lining the east side of Main Street, and the entire west side of the street

open for race viewing. There will be a fashion show by Kühl and chalk provided for the entire family to decorate the street!

Allez, allez - enjoy the Tour!



#### **EVENT PREVIEW**

# 4 Peaks Gran Fondo to be held in Pocatello, Idaho on August 20, 2016



The 4 Peaks Gran Fondo features 4 great climbs in Pocatello, Idaho. It will be held on August 20, 2016. Photo by Nick Call

#### By Dave Iltis

June 30, 2016 – The 4 Peaks Gran Fondo is in its second year. The ride will be held in Pocatello, Idaho on August 20, 2016. The ride gets its name from the 4 summits it traverses over the 80 mile long course. The shorter courses cover some of the climbs too.

We asked organizer David George of 4 Peaks Gran Fondo about the ride.

Cycling West: Tell us about the courses. What are the different course options? What are the highlights of each?

4 Peaks Gran Fondo: The course

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covers the 4 main peaks in and around Pocatello, Idaho. It is a beautiful course with rollers, great climbs, and nice scenery. As far as options go, we have added teams (2-4 people) and also what we call a valley ride for those who want to participate, but are newer to cycling. The valley ride takes you from base to base without any of the peaks. The highlights of each are that you can challenge yourself. You can ride it all yourself, or enjoy it with friends. It is hard to choose a favorite peak: Crystal is a good warm up, Scout is beautiful, there is a sense of accomplishment with Pebble, and you may see wild turkeys and some deer on Buckskin.

Cycling West: Part of the ride is timed. Can you tell us how that

4PGF: The ascents are the timed portion. The KOM and QOM are strictly for the uphill portions. We want people to be careful and safe on the downhills, which by the way are fantastic!

Cycling West: Tell us more about the climbs. How hard are they? What gearing might riders need?

4PGF: The climbs vary. Crystal, Scout, and Buckskin are nice climbs with their own challenges (Category 3-4), but you will just find that gear that works for you and crank away. Pebble, well she's special. I think Pebble would be a Category 1 climb. I have a love/hate relationship with her. She will test you, but the sense of accomplishment when you hit the top is awesome. As far as gearing goes, you won't need anything special for the climbs, just some determination. I climb them on my mid-compact (52-36) 11-28 cassette and some of my friends do it with their 53-39 and 11-28 cassette. You should be fine with what you have.

Cycling West: The event is a fundraiser. Can you tell us more about the beneficiary?

4PGF: Last year Idaho followed suit with Utah and started their own Idaho High School Cycling League. It was a great success and we want to help it grow. We have already given over \$2000 towards growing the sport and hope to increase our sponsorship every year, whether it is to the league itself or help kids get bikes who otherwise couldn't afford it.

Cycling West: Is there anything else that you would like to add?

4PGF: Many don't know this, but the Pocatello area is really second to none as far as quality of cycling (road and mountain). We have beautiful scenery, great climbs, and typically, very little traffic. For us that get to enjoy it every day, we feel lucky, but now it is time to share. If you come and ride, you will not be disappointed.

Event Details: August 20 — Four Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout 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., Katie Loveday, 208-232-8996, katie@barriessports.com, 4PGE.com

#### **ROAD RIDING**

# The Tragedy in Kalamazoo: What Can We Do?

#### By Bill Roland

It's been nearly a month since all of us heard the catastrophic news that five people who loved to ride the bicycle on Tuesday evenings in Kalamazoo, Michigan lost their lives because one deranged and careless driver plowed right into them. Four other riders were injured but none of these nine veteran riders had a chance to avoid the collision. There was absolutely nothing they could do to since this 50-year-old local native was driving recklessly, far over the 35 mph speed limit on the tree-lined, two-lane road in Cooper Township, a few miles north of Kalamazoo.

Millions of riders around the country, and probably around the world, have felt powerless, angry and extremely sad that an atrocious act of this nature took place. The Kalamazoo reporters wrote that there were at least three telephone calls to the local police from citizens who saw someone in a blue truck driving recklessly. The pickup driver, Charlie Pickett, of Battle Creek, MI had been driving erratically for 30 minutes before running into the bicyclists, witnesses told the police.

Eyewitness Markus Eberhard told local station WWMT, "I saw a Dodge Ram fly past me coming past my house and I saw a blue truck spin around and land in someone's yard. They caught him from running and I hope all the other ones live."

According to an article in The Daily Beast, Kalamazoo County Prosecutor Jeffrey Getting said, "As members of the Kalamazoo community, we have all been dealt a devastating blow by the deaths and injuries of so many people. Our hearts are saddened for the victims, their families and friends who are trying to cope with this tragedy. As a community, we must reach out to them and give them our support as we all struggle to deal with what has happened."

Among the people killed were a former nurse, a research manager and two retirees. One of the retirees, Tony Nelson, has a sister and a son who both live here in Salt Lake City, UT.

On Wednesday June 22, Pickett was accused of five additional charges of operating while intoxicated causing death, on top of five charges of second degree murder. Pickett also faces four charges of operating while intoxicated causing bodily injury. Those charges replace the reckless driving charges he had faced. The operating while intoxicated charges allege Pickett had controlled substances in his system at the time of the crash, said Kalamazoo County Prosecutor Jeff Getting.

The Daily Beast also reported that Pickett often showed off an angry side on Facebook. "I'm not an asshole. I'm actually one of the nicest people you will ever meet," read one memo he posted. "I may look calm, but in my head I've punched you in the face 5 times," read another.

The evening after the tragedy, hundreds of local bicycle riders gathered for a silent tribute, with cyclists wearing black and red armbands in memory of the victims. Paul Seldon of Bike Friendly Kalamazoo told a newspaper, "Last night our community experienced a senseless bicycling tragedy the likes of which I cannot recall. This is worth repeating: motorists and bicyclists need to share the road safely throughout the year, but be especially alert during peak bicycling season. I believe that as more facts come out, the kind of awareness-building messages and education we should be sharing with each other, will become clearer."

Throughout the country, many bicycle riders are asking, "What can be done to avoid such an atrocious tragedy like this one?" The group of nine riders was in a peloton that could obviously be seen by automobile and truck drivers in both directions. The riders were no doubt wearing bright jerseys so their visibility was also apparent. There has not been a report concerning whether the riders had turned on their front and/or rear flashing lights. Perhaps that is something all riders should consider doing even if you are riding in broad daylight. There are also flashing lights that are easily attached to the back of your helmet. Under the circumstances of what happened in Kalamazoo on June 7 at 6:35 p.m., there was absolutely nothing they could have done to avoid being struck by this careless idiot. But as all of us continue to ride and enjoy this wonderful sport, remember to do everything possible to maximize your safety on the road.

Bill Roland is an avid bicycle rider who recently transferred from Columbus, Ohio to Salt Lake City. In the 1980's he was the editor of The Golf Traveler Magazine published here in Salt Lake City. Two years ago he published a biography entitled, "Champagne Tony Lema: Triumph to Tragedy."

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#### **COACHING**

# Bike Fitting for Mountain Bikes, Part 2 - Do-It-Yourself



Bar width can affect hand, neck, back, and shoulder comfort comfort. Photo by Angie Harker

#### By John Higgins

This month I am going to delve into the primary bike fit adjustments on a mountain bike and offer up some do-it-yourself guidance for checking and adjusting your setup. Most of this is geared toward your cross country, endurance (not enduro), and trail rider, but much is applicable for any bike.

you are slender you may want your feet closer together, so move the cleats to the outside, which moves your feet in. Rotational Alignment is the most subtle adjustment. If you are riding Crank Bros then there is so much float it's rarely an issue, but SPD's can be sticky and self-centering. If the cleat rotation is not ideal you could transfer stress up the leg into the knee. When riding you should have enough play to move



Saddle tilt can affect perineal soft tissue comfort as well as comfort and control on the bike.

Photo by Angie Harker

Foot to Pedal: If you are riding on flat pedals, then your foot is going to find its own position on the pedal, and mostly likely your foot will be further forward on the pedal than if you were clipped in.

If you are using cleats, then there are three positional adjustments: forward/back, in/out (side to side) and rotational alignment. A general guideline for forward/back position is to locate the first and fifth metatarsal heads (ball of foot for the big toe on the inside and the little toe on the outside), and to align the cleat bolt-holes between these, or biased towards the 5th met-head. This gets you off your toes and moves the cleat contact pressure back under your foot for extra stability. For in/ out, most riders will center their cleat between the lugs. That's sound, but if you are large framed you might prefer a wider pedal stance, so move your cleats toward the inside in order to move your feet outward. You may feel more stable and balanced over the bike. Vice versa also applies. If your heels both inward and outward (to the point of release) equally. i.e. when the cleats are centered in the pedals, the shoe angle should match your natural cycling foot angle, with no crank-arm interference. Check that the sole lugs are not impeding pedal entry and exit. You might have to shave off a bit of lug rubber to improve pedal engagement and release. When the cleats are set properly, clicking in feels natural and automatic, and you don't have to hunt around to engage in the pedals.

Other possible adjustments can include canting or shimming to correct alignment issues or leg length issues

Butt to Saddle: Always a potential sore point! Firstly your saddle should be wide enough to support your sit bones. Sit on your saddle and prod a finger up into your glutes to find your sit bones. They should be just inside the edges of the saddle, not on the edge or hanging off so that you are supported by perineal soft tissue. After width is profile. Your



Cleat adjustment can affect knee comfort and power. Photo by Angie Harker

butt should automatically snuggle into a "home" position on the saddle that feels supportive, and not be squirming around trying to find the sweet spot. If you are squirming around, you may have the wrong saddle shape. If you have a flat saddle, try a semi-round. Saddle tilt will also affect comfort on the saddle, and to the bars. The general guideline is for a saddle to be level from nose to tail. On a hardtail a level saddle becomes nose down due to front suspension sag, so you might want to angle it up a degree or two. On a full suspension bike a level saddle often becomes nose up if the rear suspension sags more than the front. XC riders may want to then tilt their saddle down a touch, as there may be too much soft tissue pressure when climbing, but riders focused on the down usually prefer a nose up saddle to reduce the propensity to slide forward when descending.

Hands to Bars: I'm referring to direct contact here. i.e. the grips. Getting numb fingers or hands? That's from compression of blood vessels and nerves in the hands. If you are newish to mountain biking you may be too tense and "gripped". Think about relaxing your hold on the bars a little bit, while still maintaining bar control. Consider ergonomic grips instead of standard round grips. They help spread out your hand pressure over a larger surface area and stabilize your wrists. It may take several attempts to get them rotated to an ideal position, so be prepared to stop and adjust them on your first

trail ride. Hand discomfort can also be from bars that are too wide, bars too high and close to you, or bars too far out or down, and this will be usually indicated by the addition of arm, neck, shoulder or back tension and fatigue.

Saddle Position: Setting saddle height can be a compromise between optimizing uphill climbing power, and bike control and handling in technical terrain and when descending. If you have a dropper post, you can have it all. Set the saddle height for climbing, because you can easily drop the saddle to lower your body mass, increase control and reduce the chance of being catapulted off the bike. Without the benefit of a goniometer or 3D motion capture system to assess leg angles, a DIY guideline is to be able to have your heel touch the center of the pedal with your leg straight and knee locked out, without having your pelvis either drop down (saddle to high) or tilt up (saddle too low) from that position. This should result in a modest knee bend when clipped in. Riding on flat pedals? This method may leave you a bit too high, because with a mid foot pedal position you are operating a shorter lever from pedal to saddle.

No dropper post? If you are a non-competitive rider, the \$20 alternative is the quick release seat post, which will enable you to enjoy good leg extension for ups, flats and rolling terrain, but lower your saddle for greater control and safety on technical descents. You are probably not sitting on the saddle during these sec-

tions, but this quickly gets it out of the way, with a bonus rest stop. Once your ideal climbing saddle height has been determined, mark the post at the top of the clamp for reference. Lightly score an alloy post, or use a colored nail varnish or grey sharpie marker on a carbon post.

Saddle forward/back should never be adjusted because of an issue with reach to the handlebars, although it directly affects that. This adjustment is about finessing your knee joint angles for wellbeing, being balanced on the bike (while seated), and attaining biomechanical efficiency for pedaling. The simplest DIY approach (which requires a second person) is the well known "knee over pedal spindle" method. It's not an end in itself but is an indicator about these other factors, and a good starting point.

Bar Position: This is really about upper body comfort. Firstly, bar width. Just because they come wide, doesn't mean you need to keep the width. If you experience shoulder or arm tension and feel "stuck" on the bike, try moving the controls and grips inboard a little bit and seeing how that feels and rides. Test ride different simulated widths before cutting the bars shorter. Bar height and reach can be adjusted by changing stems and the headset spacers. There is not a simple diagnostic DIY guide for this, but neck, shoulder and upper or lower back tension and aches often originate with a handlebar position that is not ideal for you. More commonly this is from a front end that is too low and long, but it can also result from the opposite. You don't want to be supporting your upper body with your hands (that's what the core is for), nor stiff-arming off the bars and holding your upper body too erect for comfort. The aim is a light tough on the bars with versatility to move around over the bike and keep your weight centered when riding on or off the saddle.

John Higgins operates the BikeFitr fitting studio, and Fit Kit Systems which provides education and equipment to bit cycle retailer and fitters. Contact: john@bikefitr.com



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#### CYCLING AND THE LAW

# Making Utah Laws Better For Cyclists

#### By Russ Hymas and Ken Christensen

Did you know that until recently, it was illegal under Utah law for a cyclist to ride on the shoulder past stopped cars in order to wait at the front of an intersection for a red traffic signal to turn green?

That's right, for many years, Utah Code 41-6a-705(3) simply stated that "the operator of a vehicle may not overtake and pass another vehicle if the movement is made by driving off the roadway." As most cyclists know, bikes are considered "vehicles" under the law. But few were aware that Utah's definition of a "roadway" does not include the shoulder. So, cyclists were breaking the law every time they passed a car while riding on the right side of a solid white line.

At first glance, this may not seem like an important change to the law. After all, for many years it had been a common practice among cyclists, and police officers were unlikely to ever issue a citation for "passing on the right." However, as bicycle accident attorneys, we noticed a trend with several auto insurance companies in these circumstances. The insurance companies refused to accept liability when, for example, a motorist turned left into a parking lot through a gap of stopped cars and hit a cyclist who was riding down the shoulder. They would quote the law above and deny payment for any of the cyclist's medical expenses or bike damages, arguing that both the driver and the cyclist were in violation of Utah laws and were equally at fault.

Obviously, this led to unfair results, and the law needed to be changed. Before the 2013 legislative session, we drafted a bill and presented it to some of our local legislators, asking them to sponsor the bill and modify the law. They agreed to run the legislation. The bill passed unanimously through both the House and the Senate, and was signed into law by Governor Herbert. The Utah Code now allows persons operating bicycles to utilize the shoulder to pass on the right, assuming it can be done "with safety."

This experience was a good reminder that there are several necessary exceptions to the general rule that bicycles are subject to the same rights and responsibilities as any other "vehicle" on the road. Some of these exceptions have been incorporated into law; others have not. Each year, our firm – along with the editors at Cycling Utah and several other cycling advocacy groups – works with the legislature to make needed changes to the Utah Code.

Bills for the upcoming legislative session are already being drafted. If you are aware of any law that needs to be changed to help protect cyclists on Utah's roadways, please reach out to us on our Facebook page or at <a href="UtahBicycleLawyers.com">UtahBicycleLawyers.com</a>.

Ken Christensen and Russ Hymas are avid cyclists and Utah attorneys at <u>UtahBicycleLawyers.com</u>. Their legal practice is devoted to helping cyclists injured in collisions with motor vehicles. They are authors of the Utah Bicycle Accident Handbook and are nationally recognized legal experts on cycling laws and safety.

#### **BIKE PARK NEWS**

# Woodward Park City to Open Winter 2017 – Facility to Include Bike Park



A rendering of the indoor facility at the planned Woodward park. The new location will include lots of action sports oriented bike features including BMX, downhill, slopestyle, and more. Photo by

#### By Dave Iltis

The Powdr Corporation, a Park City based corporation, and former owners of the Park City Mountain Resort, will be opening a state of the art action sports complex at the Gorgoza Tubing Park (on I-80, just east of Kimball Junction). The new facility will include both indoor and outdoor bike features, as well as a skatepark digital media studio, lounge, and coffee house.

Bike features will include ramps, foam pits, and pump tracks inside, as well as mountain bike, slopestyle, BMX, downhill trails, and a pump track outside. Lift access will be available.

The facility will have as a focus development of action sports athletes, and provide summer camp opportunities for youth.

Woodward is an amazing compilation of state-of-the-art facilities, talented staff of instructors and counselor's and professional athletes that are as much about skill development as mentorship," said Jody Churich, executive vice president and chief operating officer, Woodward. "We couldn't be more excited to bring the Woodward experience to Park City."

For more information, see <a href="http://www.powdr.com/woodward/">http://www.powdr.com/woodward/</a>

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#### Study Says: More Cyclists = Safer Cycling

The more cyclists on the road, the safer for all of them. A new study from the Norweigan Centre for Transport Research found that "(w)hen more cyclists turn to the roads in Oslo each spring, the risk for each cyclist of being involved in a conflict or near miss is reduced." The report, Safety in Numbers: Uncovering the Mechanisms of Interplay in Urban transport, says "(t)here has been a concern that an increase in walking and cycling will create more accidents." But the fear is as misguided as going the wrong way down a one-way street.

Researchers looked at a variety of studies in Scandinavia. They were able to gauge traffic volume and crash data well because in the northern environment, cycling traffic varies tremendously by season. The greater the cycling traffic, the lesser the chance not only of collsions, but the lesser the number of near-misses. A main reason: with more cyclists on the roads, the more likely motorists were to see them and look out for them. Find the report at <a href="https://goo.gl/spmM3X">https://goo.gl/spmM3X</a>.

-Charles Pekow

# Connector Trail in Kootenai National Forest to get restored

A small investment of funds and time may make the difference between a usable and unusable trail. Kootenai National Forest just got the go-ahead to spend \$750 on repairing the Arbo Creek Trail near Libby, Montana. The work should take only two or three days, though it's not clear when it will begin.

The Lincoln County Resource Advisory Committee approved the staff-proposed project June 28. The trail accesses Wee Lake and the Skyline Trail via Arbo Creek along a former United States Forest Service (USFS) road. When the road was converted into a multi-purpose trail, USFS replaced the drainage system an effort to improve water flow, which created the unfortunate consequence of creating mounds that "make the trail unnecessarily difficult for bicycles," according to the project proposal.

USFS plans to use an excavator to make the drainage system "more user-friendly" and improve trail access. Proposed completion date: June 2018.

-Charles Pekow

#### Gallagator Trail in Bozeman to Get an Upgrade

A short but important trail in downtown Bozeman, Montana will be getting some needed attention and upgrading. The Gallatin Valley Land Trust is embarking on a project to fix and study the use of the 1.5-mile mainly-crushed stone Gallagator Linear Trail, which despite its short length connects museums, schools, the public library and other recreational and popular destinations.

The trust won a \$15,000 grant from the Rails-to-Trails Conservancy (of which I am a member) for the project, beating out heavy competition for the grants this year. The trust plans to match that with about \$45,000 from other private sources, says Associate Director Kelly Pohl. The project will repair and upgrade three bridges and create railings.

It will also use grant money to buy equipment to do trail counts. "We don't have any good trail count data. We don't understand the flow of bicycle and pedestrian traffic," Pohl says. "It ends near (Montana State University) campus and we'd really like to extend it. We hope the trail counts will help us make the case for connectivity."

The trust plans to start the counts in July and the work on the bridges this fall but may not complete the job till next spring.

-Charles Pekow

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

Jans Mountain Outfitters

P.O. Box 280 Park City, UT 84060 (435) 649-4949

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

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

Slim and Knobby's Bike Shop

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

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White Pine Touring

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

<u>Vernal</u> **Altitude Cycle** 

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

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

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

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

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

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

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

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

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

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

**Performance Bicycle** 

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**Sports Den** 1350 South Foothill Dr (Foothill Village) Salt Lake City, UT 84108 (801) 582-5611

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

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eSpokes SoDa Row at Daybreak 11277 Kestrel Rise Ste. G-1 South Jordan, UT, 84095 (801) 666-7644

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

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

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

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

L9 Sports 101 N 1200 E 877-589-7547

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(801)-796-7500

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#### **CYCLING UTAH**

# RACE RESULTS



#### Fears, Tears and Beers Enduro, June 11, Place, Name, Time

- 1 Jeremiah Newman 32:09 2 Fon Jarvis 36:25
- 3 William Marks 37:59
- 4 Shane Thoreson 38:07 5 Jason Halverson 38:44

#### **Pro Women**

1 Katherine Teubner 44:12:00 2 Ana Rodriguez 45:50:00

#### 3 Ahmi Bryant 57:22:00

- **Men Expert** 1 Tanner DeGiovanni 34:54:00
- 2 Eric Kramer 35:45:00 3 Bryson Deppe 36:16:00
- 4 Larry Sussman 36:23:00 5 Aaron Crowder 36:57:00
- 6 Chris Lossing 37:25:00
- 7 Alan Belcher 41:21:00
- 8 Rich DeYoung 41:51:00 9 Jon Prescott 42:04:00
- 10 Christopher Carlton 54:09:00 Women Expert

#### 1 Laura Vincent 48:21:00 2 Rachel Molsee 54:36:00

#### Men Sport

- 1 Mark Mazza 22:57:00 2 Levi Grabow 24:29:00
- 3 Gary Casselman 24:58:00 4 Byron Ingels 25:14:00
- 5 Byronn Hahn 25:39:00
- 6 John Epidy 25:52:00
- 7 Heath Patrick 26:07:00 8 Ethan Kleefish 26:21:00
- 10 Steve Dilley 27:18:00
- 11 Todd Degiovanni 27:19:00 12 Aaron Osborne 28:03:00
- 13 David Sifers 28:15:00 14 Ben Jones 28:19:00
- 15 Austin Brinkerhoff 28:40:00
- 16 Alec Dastmalchi 28:53:00
- 17 Jeremy Hall 28:54:00
- 18 Ion Cook 29:09:00 19 Kasey Kraatz 29:20:00
- 20 Steven Burke 29:31:00 21 Monte Perkins 29:42:00
- 22 Jarrett Hunter 30:05:00
- 23 Fric Newman 30:08:00 24 Cole Burdick 31:30:00
- 25 Kyle Adams 33:19:00
- 26 Shawn MCPherron 33:32:00 27 Paul Hardcastle 35:28:00
- 28 Jacob Shirley 38:13:00
- 29 Cole Bradshaw 40:08:00
- 30 Luis Rodriguez 46:31:00

# Women Sport 1 Crista Hunter 30:48:00

- 2 Stephanie Gruner 32:41:00 3 Amy Farnsworth 35:51:00
- 4 Tammy DeGiovanni 38:34:00

### Men Beginner 1 Dale Watterson 22:06:00

#### 2 Randy Fielding 22:30:00

#### 3 Russell McNaught 25:10:00 4 James Glennon 33:05:00

Women Beginne 1 Rhianna Roush 19:42:00

#### 2 Elizabeth Rudolph 22:56:00 3 Jennifer Wilson 23:49:00 4 Jenni Shafer 25:44:00 5 Michelle Locatelli 26:11:00

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#### Place First Name Last Name Bib Team name Time Elite Men

- 1 Justin Lindine 1658 Apex/Hyperthreads 3:10:17 2 Drew Free 186 KUHL/ Pivot Cycles/ Go-Ride
- 3 Chris Holley 145 Kuhl, Racers Cycle Service
- 4 Jason Sager 1624 3:19:54 5 Justin Desilets 181 Team Revolution Bicycles

#### Elite Women

3:14:32

1 Jen Hanks 132 Pivot/DNA Cycling 4:02:28 2 KC Holley 191 Kuhl, Racers Cycle Service

#### 3 Jennifer Wolfrom 1662 4:11:43 Expert Men 19-29

- 1 preston yardley 1637 team endurance 360 3:54:51 2 Hunter Ransom 1532 rouler 4:02:29
- 3 Tyler Mullins 1672 Summit Bike Club DNS Expert Men 30-39
- 1 Hawley Michael 1652 Livwell p/b Harristone 3:33:20
- 2 Michael Nunez 1636 Pivot Cycles/Go-Ride 3:39:51
- 3 Russ Sundbeck 1604 Bountiful Bicycle Racing 4 tyler southard 1610 TOSH p/b Hyperthreads
- 5 Ammon Pate 1609 Guthrie Bicycle 3:57:28
- Expert 40-49 1 Christoph Heinrich 155 Kuhl 3:26:05 2 Matt Brown 1684 4 Life Mad Dog Cycles
- 3 mick harris 1619 3:40:54 4 John Gill 193 Livewell p/b Harristone 3:41:23 5 eric dupuis 457 Diamond Peak-Calton/ Harrison-Trek 3:43:23

#### Expert Men 50-59 1 steve briley 1633 flying tigers 3:49:42

- 2 Reed Topham 402 Bingham Cyclery/Peak 3 Scott Stewart 1603 Bingham Cyclery/Peak
- Fasteners 3:57:01 4 Paul LaStayo 1667 Kuhl 4:00:30 5 Joe brubaker 1656 Kuhl 4:01:00
- 1 John Lauck 408 Bountiful Bicycle Racing p/b
- Okland Construction 4:11:32 2 Kevin Johansen 1634 Racers Cycle Service 4:29:54
- 3 Lawrence Woolson 197 Bingham Cyclery/Peak Fasteners 4:34:12 4 Craig Williams 699 Bingham Cyclery/Peak
- Fasteners 4:48:34 5 Denny Tynan 1627 Stay Park City Cycling / GBS

#### **Expert Women**

- Anika Heilweil 1685 Summit-Competitiv Cyclist 4:20:35
- 2 Amy Thornquist 1666 Fiancé 4:21:00 3 Brindi Hansen 498 Plan 7 4:28:39 4 Kaytie Scott 1628 Livewell p/b Harristone
- 5 Niki Milleson 1655 Fitzgerald's Bicycles

#### 4:44:49 Full Sport Men 19-39

1 nick peterson 157 4:03:44 2 Porter Trapp 1677 4:25:46 3 Casey Holladay 1663 4:42:51 4 Bridger Wilson 552 Summit Bike Club 4:50:19

- 1 Brian Bowling 1606 Planet Ultra 4:09:40 2 Trent Donat 1651 Canyon Bicycles-Shimano
- 3 Russ Jackson 1629 Stay Park City Cycling / GBS Benefits 4:19:40

#### 4 Miguel Payan 1640 4:20:25 Clydesdale

#### 1 John Twitchell 1693 Utah Mountain Biking. com 2:26:28

2 Michael Hertig 1607 2:28:32 3 Jonathan Harman 581 Rountiful Bicycle Racing p/b Okland Construction 2:29:54 4 Aaron Mullins 1673 Racers

#### Cycle Service DNf Sport Men 19-29 l Alex Woolums 1683 3:10:35 Sport Men 30-39

1 Jim Balderson 1608 2:09:44 7 Fd Johnson 1687 Team Roaring Mouse 2:10:58 3 Jason Filis 1695 Stay Park ity 2:21:14 4 Steve Loewy 1694 Stay Park City Cycling 2:16:03

#### 5 Carl McElroy 1617 CarlMac World Wide 2:48:43 **Sport Men 40-49** 1 Rob Brasher 1537 1:50:01

2 Brandon Pierce 1601 Bikers Edge 2:04:34 3 Daniel Bowen 505 4 Harry McCoard 1689 SBR

#### 2:23:23 5 David Hadley 501 Bingham 2:27:57 Sport Men 50+

- 1 Richard DeLong 1690 SAS 2:00:44.4 2 dwight hibdon 1692 FFKR-Contender Racing
- 3 Paul Zimmerman 1575 2:09:38.2 4 Marc Anderson 1688

- 5 Jonathan Atzet 1226 2:20:30.5
- 1 Morgan Smyth 1647 2:13:02
- Service 2:19:01 3 Kellie Oliver 1621 Team Redrock 2:20:02 4 Madalyn Allred 445 Diamond Peak 2:25:37 5 Kelly Scudder 602 Team Revolution Bicycles
- **Junior Boys** 1 Kade Brasher 1536 Rouleur DNA 1:51:08
- 1:53:42 3 Todd Kinaslover 678 Summit 1:57:17
- 4 Joshua Matheson 1696 Summit/Competitive Cycling 2:03:36 5 Cade Matheson 1676 Summit/Competitiv
- Cycling 2:03:39 1 Grace Jencks 1070 Summit Bike Club 2:21:21 2 Hattie Ransom 1691 rouler 2:23:33

#### Porcupine Hill Climb, June 4, 2016, Salt Lake City, UT Place, Name, Team, Time

#### Licensed Catagories Cat 3 Women

- Jillian GARDNER Canyon Bicycles-Shimano Specia 1:15:20 2 Marci KIMBALL Team TOSH p/b Hyperthreads
- 3 Ingrid HANSEN Team Endurance 360 1:22:29
- 1 Nicole TITTENSOR Jans/Scott/Reynolds 1:16:18 2 Whitney MENTABERRY Ski City Cycling Team
- 3 Tiffany SCHWARTZ Elite Endurance 1:28:43 4 Shannon TUDDENHAM Plan7 DS 1:41:18
  Cat1/2/3/4 Junior Women 15-19
- 1 Sarah CASSELL Cal Triathlon 1:35:09
- 1 Pam DALCANTO 1:12:35 2 Jamie BRANT 1:33:39
- Masters Women 45-49 1 Brook MICKELSON Team Red Rock 1:10:04
- 2 Alison (ali) KNUTSON Plan7 DS 1:26:12 Masters Women 50-54 1 Alison FRYE Ski City Cycling 1:13:11
- 2 Theresa MICHAL Project Hero UTAH 1:46:19 Masters Women 55-59 1 Laura HOWAT Ski City Cycling 1:18:00
- 2 Margaret DOUGLASS Team Endurance 360 3 Debora ADAM TeamEndurance360 1:33:34
- 4 Molly Ann O'GORMAN-PICOT 1:40:47 1 Mindy MCCUTCHEON Canyon Bicycles- Shimano
- 2 Anne PERRY Canyon Bicycles-Shimano 1:09:08 Cat 3 Men
- 1 Nathan MANWARING Total.CARE 1:03:55 2 Cameron BENSON Zanconato Racing 1:04:00 3 Samuel DEARDEN Plan 7 DS 1:04:25
- 4 Nathan CISNEY AFCU 1:04:35 5 Darrin TUCKETT Total.CARE 1:04:46 6 Taylor EDWARDS Zone Five Racing 1:05:54 7 Derek EDWARDS Zanconato Racing 1:06:14 8 Abraham TORRES FFKR Architects racing 1:06:15
- 9 Garrison ASPER FFKR Architects Racing 1:06:18 10 Mark OTTERSON Zanconato Racing 1:11:30 11 Kenneth MORRIS FFKR - Contender Racing Cat 4 Men
- 1 Spencer JOHNSON Spider Bait 1:05:50 2 Matthew TURNER Ski City Cycling Team 1:06:17 3 James LAVELLE Cicada Racing Inc. 1:06:47 4 Lucas PARKER Spider Bait Cycling 1:08:21 5 Samuel HALES 1:08:55 6 Van HIGLEY KUHL 1:09:07
- 7 Matei DAN Georgia Institute of Technolog 8 Heriberto FRUTOS CT Velo 1:11:36

#### 9 Andrew ROBINSON Zone Five Racing 1:12:30 10 Bryan HULL SaltCycle-INTELITECHS 1:16:15 11 Scott BEHJANI CONTENDER BICYCLES 1:20:54 12 Benjamin DERIEG FFKR Architects Racing 1:22:01

#### Cat 5 Men

- 1 Josh BROMLEY FFKR Contender 1:03:25 2 Nick WATSON Zone five Racing 1:04:00 3 Kade BRASHER FFKR Architects racing 1:09:08 4 Ionathan BIGFLOW SBR Cycles 1:09:48 5 Matthew GULDEN Triple Threat 1:10:29 6 Braden HUDSPETH Canyon Bicycles - Shimano
- 1:10:53 7 Peter ROBSON 1:12:08 8 Rob BRASHER 1:14:18 9 Mike SUTTON 1:16:36 10 Andrew FLAMM 1:16:45
- 11 Joshua GILBERT FFKR ARCHITECTS RACING 12 Bart PRESTON 1:19:12 13 Christopher HELFER 1:21:31 14 Steve TREISTMAN 1:24:26
- 15 Tyler REDD SBR Cycles 1:28:50 16 Cole WARNER 1:31:24 17 Alex WHETMAN 1:35:22 18 Steve MARTENEY PLAN7 DS Cycling Tear
- Cat1/2/3/4/5 Junior Men 10-16 1 Viggo MOORE FFKR Architects 1:12:57
- 2 John HUGHES Elko Velo 1:17:30 3 Jack SHUCKRA FFKR Architects racing 1:23:40 4 Aksel ANDERSON Velosport Racing 1:23:50 5 Ian FREDERICK FFKR Architects racing 1:35:25 6 Kylie FREDERICK FFKR Architects Racing 2:15:45
- Masters Men 35-39
- 1 Shaun JOHNSON 1:07:48 2 Troy GORMAN Team TOSH p/b Hyperthreads

- 3 Daniel THUNELL LiVe Well p/b Bountiful Bicycl
- 4 Adam BARKER Mi Duole Barbacoa 1:12:52 5 Michael CLAUDIO Folsom Bike/Trek/Ralev's 1:14:10
- 6 Benjamin BELISLE 1:14:24 7 Rilly RAPPI EYE Zone Five Racing 1:17:40 8 Danny STATEN Zone Five Racing 1:18:42 9 Drew DEMARCO Canvon Bicycles Shimano
- 10 Spenser CHIPPING 1:21:29
- Masters Men 40-44 1 David BAGLEY Bountiful Bicycle 1:06:51 2 Aaron O'BRIEN 1:08:09
- 3 Michael ROLLINS Team Tosh p/b Hype 4 Albert DAI CANTO Canvon Bicycles 1:10:35
- 5 Jared KIRBY Bountiful Mazda Cycling Team 1:11:35 6 Josh FOUKAS Team TOSH p/b Hyperthre
- 7 Keith NORRIS Bountiful Mazda 1:13:29 8 Rick MILLER Intermountain Live Well 1:16:07 9 Moses FERNANDEZ Canyon Bicycles- Shimano 1:18:30
- 10 Tyler HIGLEY Bountiful Mazda Cycling Team 1:19:47

#### Masters Men 45-49

- 1 Christoph HEINRICH Cicada Racing Inc. 1:06:30 2 Richard DALCANTO Canyon Bicycles 1:06:36 3 Dwaine ALLGIER Zanconato Racing 1:08:27 4 Tom PACE Zone Five Racing 1:09:08
- 5 Steve MEEK 1:11:17 6 Brian BROADBENT Team JEL 1:12:01 7 Lars MORRIS 1:12:47 8 Michael JOHNSON 1:16:06
- 9 Kevin SMITH Plan 7--Spin Pressed--EMO 1:16:06 10 Tony PETERSON Bountiful Mazda Cycling 11 Mark SMITH Logan Race Club 1:18:58 12 Drew VAN BOERUM TOSH 1:23:05

#### 13 Mark ALSTON 1:24:39 Masters Men 50-54

- 1 Michael FOGARTY First Endurance 1:09:08 2 Andrew LOCK <u>midvale.machinist</u> 1:09:08 3 John HIGGINS BikeFitr 1:11:48
- 4 Stephen TUELLER Bountiful Mazda Cycling 5 Paul HUGHES Elko Velo 1:15:01
- 6 Marty SLACK PLAN7 DS Cycling Team 1:31:11 Masters Men 55-59 1 Edward CHAUNER Miduole 1:06:24
- 2 Zan TREASURE Bountiful Bicycle Race Team 1:09:07 Barry MAKAREWICZ Ski Utah 1:09:08 4 Mark ZIMBELMAN Volo Cycling Clothing 1:10:04
- 5 Rick BLACK Plan7 DS Cycling Team 1:11:47 6 Joe BUSBY 1:19:10 7 Alan JARRETT 1:21:34
- 8 James HUNTER Elko Velo 1:22:43 9 Michael BUCKLEY Project HERO 1:27:09 10 Darryll ERVIN FFKR Architects Racing 1:31:23 Masters Men 60-64
- 1 Charles PALMER FFKR ARCHITECTS RACING
- 2 Charlie TATARIAN Canyon Velo 1:37:58 Masters Men 65-69 1 David HILLYARD 1:16:06
- 2 Jeff HANDWERK Contender 1:20:15 3 Ken LOUDER FFKR ARCHITECTS RACING 1:23:00 4 Shannon STORRUD Porcupine Cycling 1:28:09 Masters Men 70+ 1 Larry PETERSON Endurance 360 1:20:08

## 2 Gary SIMMONS Bountiful Mazda Cycling team

#### Pro/1/2 Men 1 Cortlan BROWN Canyon Bicycles - Shimano

- 1:02:06 2 Taylor FLETCHER 1:02:09 Specia 1:02:34
- 4 Roger ARNELL Team Endurance 360 1:03:24 5 Andrew DORAIS Contender Bicycles 1:03:26 6 John OSGUTHORPE Team Endurance 360 1:03:58 Jesse GAUDET 1:04:23
- 8 Chris MACKAY 1:04:35 9 Will HANSON Ski City Cycling 1:05:57 10 Jeramy MARTIN LiVe Well p/b Bountiful Bicvcle 1:07:48

#### 11 Charles MACFARLANE Velosport Racing 1:13:36 12 Tom GOSSELIN Reynolds Cycling 1:14:34 Citizens Catagories Women 20-24

- 1 Emily CASSELL 2:09:36 Women 30-34 1 Meghan GILROY 1:26:49 Women 35-39 1 Courtney SEAMONS 1:47:39
- 2 Crystel FOX 1:52:26 3 Alisha DOYLE 2:03:10 Women 40-44
- 1 Jennifer CHERLAND 1:36:20 2 Tammy MILLER 1:41:35 3 Kristy STRATTON 1:51:46 1 Trish CASSELL 2:23:30
- Women 55-59 1 Katrina BLACK 1:44:41 Women 60-64 Mary BEACCO 1:30:58 2 Marcy ALLEN 1:50:22
- 1 Lance HEATON 1:15:21 2 Andrei DAN 1:39:08 Men 20-24 1 Lance JARVIS 1:37:30

Men 15-19

Men 25-29 1 Brad MONTIERTH 1:28:58

2 Rick DIANTONIIS 1:38:10 Men 30-34 1 Jonathan STODDARD 1:26:48 2 Erik SODERBERG 1:34:23

- 3 Robert BOWE 1:39:08 4 Brady WHEELER 0:00:00
- Men 35-39 1 Erme CATINO 1:15:22
- 2 Chad CHENOWETH 1:20:03 3 Thomas LANVERS 1:22:54 4 Drew SHETRONE 1:24:55

#### 5 Nate VALLIN 1:43:34 Men 40-44 1 Yaron STEINHAUFR 1:20:49 2 Kyle JENSEN 1:21:22

- 3 John VEST 1:27:49 4 Brandon BICKMORE 1:48:16 5 Mauricio BARROZO 1:52:46 6 Rhett | ARSEN 1:55:22 7 Robert CLARK 2:02:52
- 8 Steven WEST 2:08:54 Men 45-49 1 Joel ZENGER 1:20:31 2 Jay CHERWA 1:23:38
- 3 Bob EBERT 1:31:14 4 Joev STOEGER 1:38:57 5 John O'CONNOR 1:42:38 6 Duncan BRITT 1:52:24 7 Kevin JOHNSON 1:59:34
- Men 50-54 1 Joe HUERTA 1:22:55 2 Eric SWANSON 1:26:50 3 Jamie THOMAS 1:34:13
- 4 Blake ATKINSON 1:34:58 5 Mark MUELLER 1:54:26 Men 55-59 1 Scott ROBERTS 1:27:42 2 Robert AUSTIN 1:29:56
- 3 Farrell SPACKMAN 1:33:04 4 Eric SIMON 1:39:52 5 Dan DAN 1:47:18 6 Brent JARVIS 1:50:29 7 Kenneth PICILLO 2:05:34

#### 8 Paul CASSELL 2:13:40 Men 60-64 1 Scott LEWIS 1:31:31 2 Robin VILLINE 1:37:31 3 Randy LUND 1:46:38 4 Kerry LEEDS 2:01:27

#### 1 Jacob DRAPER 1:15:22 Men Clydesdale 1 James STRATTON 1:30:37 2 Chad STONE 1:48:43

3 Kevin HIVELY 2:20:55

#### Road Racin Racing Rockwell Relay, June 17-18, 2016, Moab, UT

**Competitive Coed** 1 THE FATTY FAMILY 28:02:40 2 Z5R ATTACK 28:45:12 2 Z5R COUNTERATTACK 28:45:12 4 BEAUTIES AND THE BEASTS 30:02:55 5 CHIMERA.CC 32:54:43

#### 6 HONEY MOONERS 33:44:55 Competitive Men 1 THE ROMNEY GROUP 27:11:59

- 2 MIKE NOSCO MEMORIAL TEAM 27:29:38 3 HYPERTHREADS 1 28:08:30 4 HYPERTHREADS 1 28:08:35 4 HYPERTHREADS 2 28:08:35 4 HYPERTHREADS 3 28:08:35
- 4 HYPERTHREADS 4 28:08:35 8 MI DUOLE CYCLING TEAM 28:34:31 9 75R ROUI FURS 28:45:07 10 TEAM MOVE FREE 29:31:40
- 11 WHAT WERE WE THINKING PART OUATTRE 12 OKLAND CONSTRUCTION CYCLING 1 30:01:07 13 SIIVFRHAWK 30:01:08 14 PAIN KILLERS 30:18:54 15 KILLIN TIME 30:18:56
- 16 SLIM & KNOBBYS BIKE SHOP 30:29:19 17 BE BANDITS 30:29:22 18 WOLF PACK ALPHA 30:41:07 18 WOLF PACK BETA 30:41:07 20 TEAM DECE 2 30:44:12 21 TEAM DECE 30:47:15
- 21 TEAM GREGSON 30:47:15 23 PICO DE GALLO 30:48:18 24 CHAFING THE DREAM 30:52:11 25 TRG TEXAS MEN 31:12:34 26 CRE MASTERS 31:15:13 26 SKICHAMONIX 31:15:13 28 TEAM TAK 31:31:22
- 29 THE SATORI SAG WAGON 31:45:43 30 TOTE GOATS 31:51:21 31 ABLOC1 32:16:25 31 ABLOC2 32:16:25 33 BOHEMIAN RACING 32:18:22 34 CHAIN REACTION 33:09:06 35 WESTSIDE RACING 2 33:22:46 36 BRAKE CHECK 33:39:12
- 38 COMFORTARIY NIIMR 34-14-21 39 CYCLEPATHS 34:39:40 40 TRIPLE IAM PIE 35:59:55

37 NEBO CYCLING 33:45:23

- Competitive Women 1 TRG TEXAS THE LADIES 31:12:34 2 FANTASTIC FOUR 33:58:43 Non-Competitive Coed 1 ATHLETIC EVENT SUPPLY 35:57:07
- Non-Competitive Men 1 WHEFI IF TIRFD 29:48:09 3 AT DAWN WE RIDE 32:14:00 4 ROCKWELL PORTERS 1 32:28:45 5 ROCKWELL PORTERS 2 32:28:47 6 ROCKWELL PORTERS 3 32:28:50 7 BADGER SLAYER 5 33:16:20

8 BADGER SLAYER 4 33:16:23

9 BADGER SLAYER 1 33:17:29

9 BADGER SLAYER 2 33:17:29

11 RADGER SLAVER 3 33-21-38

- 12 GOING SOLO 33:23:57 13 <u>UTAHBICYCLELAWYERS.COM</u> - TEAM 1 33:30:48 13 <u>UTAHBICYCLELAWYERS.COM</u> - TEAM 2 33:30:48 15 THE GREEK AND THE GEEKS 33:57:23 16.2 TONGUED CYCLISTS 34:19:47
- 17 GOLDEN BOYS 34:43:45 18 ALPINE APPAREL 1 34:50:45 19 ALPINE APPAREL 2 34:50:46 20 HALF WILD 35:20:10 21 SOJO MOJO 35:39:29

- 23 BANGERS AND MASH 36:10:07
  - 24 TEAM SUNROC 36:58:43 25 AIR FORCE CYCLING TEAM 2 37:13:41 26 AIR FORCE CYCLING TEAM 1 37:13:42 27 MY MOM THINKS IM FAST 37:28:54
  - I ILW 2 25:08:16
  - 2 THE HYPE 25:14:03
  - 3 IIW 1 25:14:05
  - 4 ILW 25:24:50 5 ZANCONATO / BRUTE FORCE 27:34:06

# Three Kings Cycling Event, June 18, 2016, North Salt Lake City, UT

- Place, Name, Time/hill 1, 2, 3, Total Time Ryan VOSS 00:12:34 00:06:22 00:17:00 0:35:56 2 Dan KADRMAS 00:12:27 00:06:36 00:18:44
- 0:37:47 3 Keith NORRIS 41 00:12:36 00:06:56 00:18:45
- 4 Jeff OLSEN 53 00:13:52 00:07:20 00:19:22 0:40:34 5 Farl XAI7 64 00:13:57 00:07:35 00:20:34 0:42:06
- 6 Trevor ASTROPE 43 00:14:08 00:07:37 00:20:37 0:42:22 7 Adam GURTLER 34 00:14:19 00:07:15 00:21:30
- 0:43:04 8 Michael MUHI ESTEIN 30 00:13:19 00:07:58 00:22:15 0:43:32

9 Aaron ELTON 39 00:14:02 00:07:37 00:22:08

- 10 Derrick SCHMERSE 44 00:15:11 00:08:03 00:22:40 0:45:54
- 11 Eric BEARD 46 00:15:11 00:08:04 00:22:39 0:45:54 12 Sadie MUHLESTEIN 37 00:15:53 00:08:03
- 00:23:32 0:47:28 13 Nick MUHLESTEIN 37 00:15:25 00:08:56 00:23:45 0:48:06 14 David PETERSEN 47 00:15:12 00:08:16
- 00:24:51 0:48:19 15 Stephan ATKINSON 27 00:15:18 00:09:26 00:24:17 0:49:01 16 Davi CERAR 30 00:16:40 00:08:43 00:25:03
- 17 Ryan SPARKS 35 00:16:18 00:09:24 00:26:19 18 Alex CLIST 28 00:17:11 00:11:24 00:27:44 19 David MONTOYA 45 00:18:52 00:11:22

0:50:26

0:56:19

- 00:29:51 1:00:05 20 Justin WALKER 35 00:19:02 00:10:26 00:31:40 1:01:08 21 Andy SPRINGER 42 00:18:58 00:12:36 00:33:11
- 1:04:45 22 Todd PARKS 58 00:22:44 00:11:43 00:34:39 1:09:06 23 Jonathan BAIR 28 00:22:26 00:12:57 00:36:16

24 Mark LOCKHEAD 42 00:26:14 00:15:26

#### Utah State Time Trial Championship, UCA

- Series, June 25, 2016, West Desert, UT Cat 3/4 18-99 1 Caroline Saouma Plan 7 DS 0:29:12
- 2 Katie Clouse Visit Dallas DNA Pro Cycling Team 0:30:38 3 Annette Bowman Team Endurance360 0:31:10
- 4 Ericka Towery Team Endurance360 0:31:55 5 Angela Howe Plan7 DS 0:31:57 Junior open 10-14 1 Kylie Frederick FFKR Architects Racing 0:24:11
- 15-18 1 Madison Kadrmas Bountiful Mazda 0:43:00 35-99 1 Camilla Edsberg Plan7 DS 0:35:11 45-99 1 Shanin Miller Canyon Bicycles-Shimano
- 0:30:34 2 Lorri Zenoni Project HERO Utah 0:31:19 3 Dianna Wright Project Hero Utah 0:32:28 Master 55-99 1 Margaret Douglass Team Endurance 360 0:31:31
- Cat 1/2/3 18-99 I Allie Dragoo TWENTY16 RideBiker 0:39:55 2 Mindy McCutcheon Visit Dallas DNA Pro Cycling 0:41:14
- 3 Breanne Nalder Visit Dallas DNA Pro Cycling 0:41:35 4 Tiffany Pezzulo Visit Dallas DNA Pro Cycling 0:42:04
- 5 Anne Perry Canyon Bicycles-Shimano 0:43:39 Cat 1/2/3 1 Taylor "TJ" Eisenhart BMC Devo Team 0:36:33 2 andrew dorais Contender Bicycles 0:37:42 3 Cody Haroldsen Ski City Cycling 0:38:31
- 5 Robert Smallman Team Endurance 360 0:40:56 6 Max Polin 0:41:27 1 Brandon Anderson Cicada Racing p/b Mark

4 David Harward PLAN7 DS 0:40:10

2 Ernesto Jimenez Plan7 DS 0:44:00

Miller Subaru 0:38:41

Miller Subaru 0:40:41

- 1 Alex Whitney America First Credit Union / Biker's Edge 0:40:02 2 Todd Anderson Cicada Racing Inc. P/B Mark
- 5 Michael Conti Stay Park City Cycling 0:43:51 6 Bryan Hull SaltCycle-INTELITECHS 0:45:22 Cat 4/5 35-99 James Adinaro Porcupine Cycling 0:27:46 2 Tom Pace Zone Five Racing 0:27:57 3 Scott Johnston Zone Five Racing 0:28:51

4 Marty Slack Plan7 DS 0:30:14

5 TYLER DESKINS 0-31-07

4 Scott Behjani CONTENDER BICYCLES 0:43:24

3 Andrew Judkins <u>Total.CARE</u> 0:42:55

- Cat 5
  1 DEREK GORONSON Infinite Cycles 0:26:22 2 Bart Preston 0:28:10 3 Jake Edgington Project HERO Utah 0:29:33\r 4 Dean Zenoni Project HERO Utah 0:30:55
- 5 William Boler 0:32:48 6 Steve Rich0:34:56 Junior open 10-14
  1 Viggo Moore FFKR Velosport racing 0:15:52 2 Jan Frederick FFKR Architects racing 0:17:06
- 3 Jack Shuckra FFKR Architects racing 0:17:36 4 A Anderson0:17:58

- 1 Charlie Macfarlane FFKR Architects racing
- 2 John Hughes Elko Velo 0:29:15 3 josh gilbert FFKR Architects Racing 0:29:42 4 Garrison Asper FFKR Architects Racing 0:31:32 5 Cole Warner FFKR ARCHITECTS RACING 0:34:38
- Open Men 18-99 Ravell Call Bountiful Mazda Cycling Team

#### 0:42:39 Master Men 35-39

**JULY 2016** 

- 1 Thomas Fowler PLAN7 DS 0:40:44 2 Daniel Mendoza Plan 7 DS 0:44:44
- Master Men 40-44 1 Kevin Gibson ICE 0:42:46
- 2 Jared Kirby Bountiful Mazda Cycling Team 0:43:30 3 Dave Sellers Ski Utah/ Plan 7 0:43:32
- 4 Bryan Gee Plan7 DS Cycling Team 0:44:10

  Master Men 45-49
- 1 Richard Feldman Durance-Colnago 0:36:55 2 Todd Hageman Cole Sport 0:40:20 3 Daniel Frederick Zone Five Racing 0:42:08
- 4 Krispen Hartung St. Luke Sports Medicine/Lost River City 0:42:35 5 Dan Kadrmas Bountiful Mazda Cycling Team
- 6 Ray Thom RMCC 0:43:00 7 Tom Denison Contender - Speed Factory 0:49:24 Master Men 50-54
- 1 Stephen Rogers Zone Five Racing 0:41:09 2 Mark Miller Canyon Bicycles-Shimano 0:41:23 3 Cris Williams Volo cycling clothing - Jumex - Fuji
- 4 Guy Roundy S2C/Primal 0:43:37 5 Paul Hughes Elko Velo 0:43:40
- 6 Brian Weidmer VOLO 0:45:50 Master Men 55-59 1 Mark Zimbelman Volo Cycling Clothing 0:39:30
- 2 Jeff Clawson Canyon Bicycles Shimano 0:41:54 3 James Hunter0:45:23 4 Randal Buie Premier Credit Racing Team 0:46:01
- 5 Bob Wynalek Porcupine 0:46:26 6 paul figgat Ride 2 Recovery Utah 0:46:42 Master Men 60-65 1 Jerald Hunsaker Bountiful Mazda Cycling
- Team 0:26:45 2 Dirk Cowley FFKR ARCHITECTS RACING 0:27:31 3 Charles Palmer FFKR ARCHITECTS RACING

0:28:29

5 Bob Walker Bountiful Bicycle Racing 0:31:05 Master Men 65-69 1 gary simmons Bountiful Mazda Cycling team

2 Jeff Handwerk Contender 0:29:10

4 Henry Ebell Porcupine Racing 0:38:26

4 kevin goodman 0:29:05

2 Leisl Morris Project Hero Utah 1:09:58 Triathlon

3 Ken Louder FFKR ARCHITECTS RACING 0:29:33

- DinoTri, Sprint and Olympic Distance Triathlon, June 25, 2016, Vernal, UT
- Division Place Overall Place Name Time Olympic Athena 1 42 Julia MAJKRZAK 3:45:37 2 46 Cherrie THOMPSON 4:15:30 Olympic Clydesdale
- 1 45 Daniel MCKEE 3:56:44 Olympic F 20-24 1 19 Alex BOURNE 3:00:12 Olympic F 25-29 1 36 Meghan GRIFFITHS 3:30:44
- **Olympic F 30-34** 1 24 Lauren MASSEY 3:03:46 2 35 Katherine PIOLI 3:29:35 Olympic F 35-39
- 1 28 Tari HARDING 3:13:52 2 30 Annette HEYL 3:19:46 Olympic F 40-44
- 1 21 Holly BUSCHHORN 3:02-11 2 26 Michele MANSFIELD 3:12:16 3 40 Tammy REYNOLDS 3:34:25
- 4 47 Jeanette SAYERS 4:26:47 Olympic F 45-49 1 37 Kim REAMER 3:32:10 Olympic F 60-64 1 31 Joan DEAN 3:23:04

2 32 Molly ANSFIELD 3:23:25

3 39 Jeannine HALE 3:34:10 **Olympic M 20-24** 1 25 Mack HUNTSMAN 3:05:41 Olympic M 25-29 1 22 Benjamin HENDERSON 3:03:19

2 34 Jackson WILDE 3:28:54

- 3 38 Justin GRIFFITHS 3:33:47 Olympic M 30-34 1 43 Sidney SMITH 3:46:07 2 44 Corey PETERSON 3:48:10 Olympic M 35-39
- 1.5 Daniel TROTT 2:31:24 2 8 Jared RISER 2:35:03 3 9 Grea LOW 2:36:52 4 10 Ethan FISHER 2:37:10 5 20 Jared BIGLER 3:01:52
- 6 23 Alec RIMMASCH 3:03:20 Olympic M 40-44 1 4 Seth NEUENSCHWANDER 2:31:22 2 6 Shane PHILBRICK 2:32:44 3 11 Erik BAYLES 2:38:37
- 4 15 Wyatt MANSFIELD 2:47:06 5 18 Keith BEARD 2:56:56 Olympic M 45-49 7 John TURNER 2:32:51 2 33 Norman HOUSER 3:26:12
- 3 41 Kelly WINN 3:37:48 Olympic M 50-54 1 13 Ray JENSEN 2:43:25 Olympic M 55-59
- 1 16 Kent WALTER 2:47:43 2 27 Richard WRETBERG 3:13:08 Olympic M 60-64 1 29 Charles CHOLET 3:16:15
- Olympic Relay 2 1 2 Lynise INJURY PRONE 2:54:16 Olympic Relay 3 1 1 TWO AND A HALF MAN 2:42:58
- 2 3 TRIPLE THREAT 3:06:37 Overall Olympic Female 1 12 Sara Jane MAARANEN 2:40:41
- 2 14 Mari RISER 2:44:28

#### Approval in Works for Provo River Parkway Connector

Access to the Provo River Parkway Trail would get improved under a plan awaiting final approval. The Unita-Wasatch-Cache National Forest Resource Advisory Committee unanimously approved and sent to the forest supervisor a plan to built a steel bike/ped Upper Falls Bridge and Connector Trail to the parkway. The bridge would connect the parkway with the Upper Falls Picnic Site. The project also involves building an asphalt trail through the picnic area to connect the parkway with Old Provo Canyon Road.

The project prospectus says that the new trail would reduce congestion 'by diverting some of the through users of the parkway trail around the often-congested Bridal Veil Falls area and would also ensure access to the upper sections of the Provo River Parkway during times of seasonal closures of the Bridal Veil Falls area due to avalanche, rock fall, and/or high water danger." In addition to becoming a new trail access point, the connector would provide emergency access. And it would allow many cyclists to avoid the often-crowded area where people stop to view the falls and cyclists are asked to walk their bikes.

The United States Forest Service (USFS) estimates the project costs to total \$231,700. USFS says 311,565 people used the 15-mile trail in 2014, making it one of the most popular places to bike in Utah County.

-Charles Pekow

#### 3 17 Casey ADAMS 2:48:40

- Overall Olympic Male 1 1 Julian PELLMANN 2:20:20
- 3 3 Todd PELLMANN 2:27:15
- Overall Sprint Female
  1 12 Tiffany HARRISON 1:25:37
- 2 15 Erica RYAN 1:27:04
- Overall Sprint Male 1 1 David WARDEN 1:07:59 2 2 Curt JENSEN 1:10:32
- 3 3 Jason HOLT 1:11:28
- 1 47 Galima BRADBURY 1:54:56
- 2 52 Susan DARLINGTON 1:58:55 3 64 Cami RIMMASCH 2:33:54
- Sprint Clydesdale 139 Joseph MCKEA 1:44:55 2 43 Rretton WHFFI FR 1:51:53
- Sprint F 19 and under 1 59 Elizabeth BARKER 2:13:05
- 1 29 Michelle MULHOLLAND 1:41:21
- 2 54 Jessica SEITZ 2:01:53 Sprint F 30-34
- 127 Whitney PHILLIPS 1:38:46 231 Fayme PETTIT 1:41:38
- 3 41 Sarah MUNOZ 1:46:35 4 48 Natalie THORPE 1:55:52 5 49 Barbalee ACKERMAN 1:56:41
- 6 50 Chelsea EGBERT 1:58:02
- Sprint F 35-39
- 1 17 Katie LIMB 1:28:26 2 36 Starla LATHAM 1:43:51
- 3 40 Bonnie FERNELIUS 1:45:09
- 5 62 Valerie BOGGS 2:25:27
- Sprint F 40-44
- 121 Mindy BROOKSBY 1:31:46 228 Rebekah JONES 1:40:34 3 30 Andrea BIRCH 1:41:21
- 4 32 Andrea MCKEA 1:42:09 5 38 Cj BERG 1:44:32
- 6 42 Kathy WICHELHAUS 1:49-27
- 133 Misty SUAREZ 1:42:19
- **Sprint F 50-54** 151 Sharon DENISON 1:58:10

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- Sprint F 60-64 155 Susie SUNDERLAND 2:03:45
- 2 56 Christine MCELHANEY 2:04:33
- Sprint M 19 and under 1 8 Samuel GALATI 1:21:15
- 2 18 Kamryn MANSFIELD 1:28:59
- Sprint M 25-29
- 1 23 Cade KOWALLIS 1:33:17
- Sprint M 30-34 1 4 Brian BOTTS 1:14:03
- 2 11 Joe PORTER 1:24:53
- 3 13 Matt STENSI AND 1:25:54
- 4 25 Andrew TONGE 1:33:53 5 34 Shawn BARRINGTON 1:42:35
- 6 44 Jonathan ALLRED 1:53:52
- 7 46 Kyle CARPENTER 1:54:49
- 8 57 Nathan PARRY 2:05:38
- 1 6 Christopher WHITE 1:15:44
- 2 19 Adam ENDSLEY 1:29:10
- 3 24 Jared MASSEY 1:33:47
- 437 Paul GARDNER 1:44:01 5 45 Brian ROSS 1:54:29
- Sprint M 40-44 1 10 Steve GOULD 1:24:11
- 2 14 Mark ERICKSON 1:26:25
- 3 20 Rob HARRISON 1:31:40
- 4 26 Chris FELKINS 1:36:51
- Sprint M 45-49 1 63 Todd CARTON 2:30:00
- Sprint M 50-54 1 5 Shane POWELL 1:15:18
- 2 7 Jeff RECKER 1:20:11 3 9 Gordon WRIGHT 1:21:24
- Sprint M 55-59 1 35 Joe VEATER 1:43:36
- Sprint M 60-64
- 1 22 Michael SCOTT 1:32:44 2 60 George SUNDERLAND 2:16:48
- 2 2 3RD PLACE 1:36:31

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**ENDURO RACING** 

# Teubner and Newman Pick Up Wins in Nevada's Tears, Fears, and Beers Enduro

By Kent Robertson

After a one-day rain delay, the 11th annual Fears, Tears, and Beers Enduro got underway under threatening skies in Ely, Nevada on June 12th. With the base start/finish headquarters in Broadbent Park in Ely sitting just under 6500' above sea level any and all kinds of weather can be expected in early June. And 2016 did not disappoint.

The Great Basin Trails Alliance has been pulling this race off with a small, but dedicated, group of passionate members since 2006. Originally conceived by Kalem Lenard, an enthusiastic land manager and Mark Weaver, an old cross country mtb racer-turned motorcycle enduro rider, they developed a unique (at the time) race format patterned after ISDE motorcycle enduro qualifiers where riders climb on beautiful single track at their own pace, then raced for time on multiple, mostly downhill sections of fast, twisty, narrow and occasionally hairy, untrammeled Eastern Nevada

Since that time, enduro mountain

bike racing has swept the country, but the Fears Tears and Beers was likely the first of its kind in North America and continues to be one of the hardest, and most fun, races around. Pick a loop based on your skill level and how far you want to ride and you'll ride from 10 miles with under 1000 feet of climbing for the Fun Loop and two timed stages to over 40 miles and 6000 feet of climbing and seven timed stages for the pros. Beginner class riders do 17 miles and 2000' of climbing with three timed sections, Sport class adds another seven miles, 1000', and an additional stage on to that, while the Experts do that whole loop on Ward Mountain plus an additional loop to the top of Squaw peak adding another 1,800' of

tions, including the infamous Whore and the White Pine County Tour and

climbing and two more timed sec- Aaron Crowder of Highliners MTB,



Katie Teubner won the women's pro at the Tears, Fears, and Bears Endurc in Ely, Nevada on June 12, 2016. Photo by John Shafer



Jeremiah Newman won the men's pro at the Tears, Fears, and Bears Enduro in Ely, Nevada on June 12, 2016. Photo by John Shafer

House Hill final descent.

About 115 racers turned out for this annual beat down, with nearly 90 riders braving the rain delay and competing on in the postponed event. Despite a challenging mix of rain, mud, wind, lightning hail, and sun the race went off without any major hitches and all had a good time and were treated to some good old fashioned Ely hospitality. The after race dinner and awards ceremony and raffle were sponsored by the Jail House Hotel and Casino. Other major sponsors include Hubsessed Cycle Works out of Ogden Utah, Robinson Nevada Mines Corp, Mt. Wheeler Power,

Recreation Board.

After a full day of intense racing (and casual chilling.... This is enduro afterall) Jeremiah Newman took home the top pro men's trophy and cash prize, with Eon Jarvis placing 2nd, and William Marks finishing third. In the pro women, Katherine Teubner took home first, with Ana Rodriquez, and Ahmi Bryant finishing 2nd and 3rd respec-

For full results, see the results page in this issue. Check out all the talk, pictures and results on the Fears Tears and Beers Facebook



What's on your mind? Send your feedback and letters to the editor to: dave@ cyclingutah.com

# WYDAHO Trails - Continued from page 3

The Game Creek Loop isn't the only epic ride in the greater Wydaho area. The International Mountain Biking Association (IMBA) bestowed the award of Silver Ride Center status to the "Wydaho" area in 2014 and named it the Teton Region Ride Center. An IMBA Ride Center is known for having trails for

Targhee Resort. That doesn't include the 11 miles of lift-access downhill trails. I recommend the singletrack in this order: Andy's, Buffalo Soldier (counter clockwise for a view of Grand Teton), Colter's Escape, go past the yellow tent to continue down on the Mill Creek reroute. Be sure to stay right to ascend Rocky Mountain Way. Return to the resort via Action Jackson. Stop long enough to get more water and some more food and head out Pika Traverse to ride the



Nancy Rutherford on the Rush Hour Trail in the WYDAHO Region. Photo by Celeste Young

all abilities and riding styles. There are endless possibilities of riding in the Teton Region from the Big Hole Mountains that border Teton Valley, Idaho on the west to east of the West Game loop ride described above.

#### **Grand Targhee**

Grand Targhee Resort (GTR), just minutes from Driggs, Idaho, is home to an IMBA Epic Trail and a top five best bike park as ranked by MTBParks.com. Andy Williams. Harlan Hottenstein, and their trail crew are continuously working on building new trails and maintaining the current trails so they are in tip top shape. According to IMBA.com, the criteria to be rated an IMBA Epic trail are: technically and physically challenging, more than 80% singletrack and at least 20 miles in length. There are about 35 miles of singletrack that you can do, if you choose, at Grand

loops out there counter-clockwise. If you've still got the legs for it, you can end your ride on Jolly Green Giants and Greenhorn, or by heading back out toward Peaked.

The greater Teton region mountain bike community is supported through the efforts of many non-profits that help build and maintain great trails in Wydaho. With volunteer trail days, afternoon dig parties, raising funds to pay trail crews, and by working closely with land managers the area trails are only getting better and better.

#### **Teton Mountain Bike Festival**

The 7th annual Wydaho Rendezvous Teton Mountain Bike Festival will take place over Labor Day weekend, September 2-5, 2016, at Grand Targhee Resort and the surrounding Wydaho area. The festival highlights the great and ever growing mountain biking scene in Wydaho, and is a fundraiser that supports trails. Join group rides, explore part or all of the trails at Grand Targhee Resort's Bike Park, ride Teton Pass or the Big Holes, and be sure to take a 2017 demo bike out for a test ride. For more information, check out teton-bikefest.org.

#### **Backcountry Tips**

Before heading out on any ride, but especially an epic ride in the Wydaho area, there are a few things to know. First, you are in big animal country. There are bears, moose, mountain lions – be sure to have bear spray and know how to use it. It's best to ride in groups and make your presence known by chatting, laughing, and even singing. Beware of the elevation. In both Wyoming and Idaho, you are at a minimum at 6,100 feet of elevation. Some trails go as high as 9,862 feet. Give yourself extra time in case you need to slow a bit from your normal speed. The sun is strong and mountain weather can change in an instant. Even if your favorite weather app predicts a sunny 72-degree day, it behooves you to be prepared with sunscreen, a rain coat, an extra layer, and a basic first aid kit that includes an emergency space blanket. Of course, bike breakdowns can happen anytime. Toolkits with a flat repair kit are a must. In terms of trip timing, keep in mind that opening weekend at Grand Targhee was June 17, 2016, and they still had to shovel the snow in spots to clear the trails. The lower valley trails, such as the Horseshoe loops and Aspen Trail typically open after the winter closure ends in mid-April with an occasional patch of snow and a few mud holes. Your best bet is to wait until mid-June when the wildflowers start to pop and the weather is typically better. Typically, the riding is good through mid-September and can sometimes extend into October; other times it snows in October and doesn't melt out until June the following year. If you're looking to camp, there are several options for RV, tent, or dispersed camping. See Camping resources section.

#### **Wydaho Biking Guides**

The riding time for the West Game loop was about 3 hours. That didn't include view breaks, pee breaks, or food breaks. A good estimate per hour of riding is roughly a liter of water and about 100 calories of food. A way to navigate is always helpful; there is the trusty map and/ or guidebook such as Teton Valley Trails and Pathways 3rd edition of the Wydaho Mountain Biking Guide. You can swing by bike shops in Jackson, Teton Valley Idaho, or purchase online at tvtap.org. If you haven't downloaded the MTB project app on your phone, do so. It is a wealth of information, and the best feature is the GPS lets you know "You are here" with a blue dot on the digital trail map. The beauty in the Teton region is unparalleled; one way with a camera. The most important thing to pack is a smile. Oh! And your shoes.

#### Other trails worth checking out:

Rush Hour – Beginner; Victor, Idaho to the Wyoming border.

Teton Canyon – Sheep's Bridge has Beginner, Mill Creek intermediate/ advanced; Alta, Wyoming.

Horseshoe Canyon Loops – intermediate; west of Driggs, Idaho.

Aspen Trail - Intermediate; east



The Rush Hour Trail takes you to Idaho... Photo by Celeste Young



#### And to Wyoming... Photo by Celeste Young

of highway 33 between Victor and Driggs, Idaho.

Munger Mountain loops – intermediate. Follow Fall Creek Road south of Wilson, Wyoming to trailhead.

Big Holes – Grove Creek to Red Creek-Corral Creek loop – Expert. West side of Victor, Idaho.

- Spooky to Red Creek-Corral Creek loop - Intermediate. Pine Creek Pass, Idaho.

Teton Pass – DH shuttle with a friend or two – Intermediate Expert.
- Teton Pass – cross-country Arrow to Phillips ridge – Intermediate.

- Teton Pass - enduro Arrow or Phillips ridge to Phillips Canyon -

Expert.
Wilson, Wyoming side of Teton
Pass.

For more trail information, Mountain Bike the Tetons' website has several descriptions

#### Camping information -

Grand Targhee Resort – RV camping (and trailside lodging) Tent camping for special events only.

#### grandtarghee.com

Caribou-Targhee National Forestfs.usda.gov/activity/ctnf/recreation/ camping-cabins

Campgrounds closest to Mountain biking trails: Teton Basin RD (Mike Harris Campground, Pine Creek Campground, Teton Canyon Campground, Trail Creek Campground)

Teton Canyon, Wyoming (between Alta, WY and Grand Targhee Resort)

open mid-may — early September.

More info at: recreation.gov

Mike Harris Campground – Tent or RV, open May 15 – September 15 Driggs Forest Service office – 515

S Main St., Driggs, Idaho 208-354-2312 Jackson Ranger District – <u>fs.usda.</u>

gov/activity/btnf/recreation/camping-cabins

Campgrounds closest to Mountain biking trails: Cache Creek & Greater Snow King Area, Fall Creek/Munger Mountain Area, Teton Pass Area

Jackson Hole Campground Fireside Resort – RV camping jacksonholecampground.com

#### **MOUNTAIN BIKE RACING**

# Cory Wallace and Sarah Kaufmann Defend Vietnam Victory Challenge Titles



Race winner and Utah resident Sarah Kauffman on course in the Vietnam Victory Challenge. Photo by Igor Schifris

#### By Jon Aspin. Ho Chi Minh City

Da Lat, Vietnam: Earlier this year, a field of 148 local and international mountain bike riders lined up in the central highlands' capital for the start of the second ever DDK Vietnam Victory Challenge. Cory Wallace, from the Rocky Mountain town of Jasper, and Sarah Kaufmann from Salt Lake City, both showed their class to defend their titles in the Pro-Men's and Pro-Women's categories.

#### **New Event**

Building on the success of 2015's inaugural race, a wide range of ability's were again drawn to the enduro event. This year's field included several pro and semi-pro riders, with the Open Women's category led by Utah's own Sarah Kaufmann.

Coming into the final stage, Sarah, riding for Stan's No Tubes

said, "so you know, I felt like I was in control. I did what I needed to do.' On the course itself, Sarah said her expectations had been blown away again. "When I came last year, I was expecting a lot less, and this year was even better. The single track out there is as good as any, and honestly the double track was fun because it's so rough." In terms of the climbs she said she was used to longer ones, but given the lack of switchbacks, they were steeper than usual. "This is as good as any event in the States" she said afterwards, "and you know it's scary to come to such a foreign country, you kinda put your trust in a race promoter, but I would recommend this to anyone. I felt totally safe and everything's been top-notch.

This years' Vietnam Victory Challenge was again run over three stages, the first two being 48km A to B rides, including 1,300m of elevation gain, (the second stage a excited just to be part of it." he said. Treating it as a training camp for the North American season come June, July and August, he also praised the course, even though it's short by his marathon standards. "When it's shorter you just go harder" he said, "I find these courses hard because there's a lot of steep, punchy climbs, and it's rough, so you always gotta be on it. There's not many places you can really just recover, so I've found the racing really entertaining here."

#### **Battling it out**

In the other categories, there were some great battles throughout the weekend, with yellow GC jerseys changing hands over the three stages. This happened most notably in the Men's 30-39 category which was eventually taken out by Simon Gadient (Flying Bikes), who just pipped last years overall category

Federation of Vietnam, the Vietnam Victory Challenge could take a foothold in DaLat, and become a permanent, even longer event to attract more international standard riders. "I want to make this a totally international standard (longer) ride and have a lot more internationals like Cory and Sarah come out for it" Bob said. "But if we do that straight away, the local riders won't keep up. So I think if we grow the event gradually, within the next on one or two years, we can have some real competition from them."

#### Community

Having attracted sponsors like DDK, Asama, Jett and Cube to support the event, along with so many people from so many different places (there were racers who flew in from China, Singapore, Hong Kong and Cambodia, not to mention the USA



The Vietnam Victory Challenge is gaining momentum in its second year and has great reviews from the riders. Photo by Courtesy Vietnam Victory Challenge and Velo Vietnam



Jett, Celie and Jack Allsop from Trenton Utah helping the locals at the final feedzone on Stage 2 of the 2016 Vietnam Victory Challenge.

Photo by Robert Lofgran

Elite team had six and a half minutes up her sleeve on nearest rival Erin Greene from New Zealand. "I felt confident going into today," she said, "because I had that time, so I knew I didn't have to win (the stage). My plan was to ride hard on the first lap, see where I was at, where she was at, and because it was a short enough day, I didn't think she'd put that much (time) on me." Despite that, Sarah still had enough in the tank to compete for the final stage win. "I still wanted to win the stage," she

reverse of the first) followed by four laps of an 11km loop on the final day through the aptly titled "Valley of Love", a hub for international and domestic visitors.

In the Pro-Men's category, Canadian national champion Cory Wallace, riding for the Kona factory team, virtually had it to himself again. In a repeat of last years' result, Cory put light between himself and the competition, finishing the General Classification a clear 54 minutes in front of his nearest rival Sang Seyha from Cambodia. Beating everyone up the first climb on day one, he was barely sighted, demonstrating the gulf in class between the pro's in nations where this is an established sport, and places like Vietnam, where it remains in its' infancy.

Downplaying his win, Cory said he was excited to be part of the development of mountain biking here, and had noticed a big improvement in the times of the local riders. "It's such a good race that Bob's put on here, (Bob Lofgran – Race Director) I'm winner Matthew Wright (Team 3V Racing) by a margin of 56.9 seconds, the closest of the weekend.

In the race inside the race inside the race, the Red jerseys for the best local riders were also hotly contested. Loc Phun Van (Quan Khu 7) took out the Open Vietnamese men's category, with only a few minutes separating the minor placings and everything up for grabs until the last lap on day 3. The Open Vietnamese womens' overall went to Huong Khong Thi (Vinh Phuc), who showed improvement throughout the weekend. Special mention must go to another rider from Utah, Katie Teubner (TRP Racing) who came over for holiday in support of her friend Sarah, who'd told her about the event, and took out third overall in the Pro-Women's category. "It's been an awesome week in Vietnam. Thanks a lot to everyone who supported this event. It's really cool to see this level of racing happening here."

#### Cycling in Vietnam

Happy with how the event had grown from last year, the husband and wife team of Bob and Tanya Lofgran from SEA Sports Marketing, were buoyant albeit tired at its conclusion. Stopping short of committing to next year, race director Bob was pleased with the traction the sport had gained over the last two years, and hoped that with the right kind of help from local authorities and the Cycling

and Canada), ex-professional team rider Bob has every right to feel proud, but stressed the need to build community. "Cycling and bikes are my life," he began, (he has a day job as Country Manager for the Specialized brand) and I feel like if you have a good racing and cycling community like this in Vietnam, it creates so many opportunities for riders. A lot of people might think it's just a dumb race, but being a good racer or handy with bikes can open up so many more opportunities down the line. Look at me, I never thought I'd even visit Vietnam, let alone live here. I'm living proof of what this sport can do for people."

For full results of the race go to webscorer.com and type in 'Vietnam Victory Challenge' and for more photos go to facebook.com/vietnamvictorychallenge

Jon Aspin is an Australian writer and editor working in Ho Chi Minh City, Vietnam. He rode the first stage of the race and loves all things cycling. He works for the biggest English language magazine in Vietnam. You can get in touch with him in at jon@wordvietnam.com and see more of his work for the magazine here: <a href="http://www.wordvietnam.com/food-drink/bar-stool/author/9499-jonaspin">http://www.wordvietnam.com/food-drink/bar-stool/author/9499-jonaspin</a>

#### **MOUNTAIN BIKE RACING**

# Hanks and Lindine Top the Podium at Wasatch Back 50



Perennial speedster Jen Hanks won the women's pro field at the Wasatch Back 50 Intermountain Cup Endurance Cross Country Race held on June 25, 2016 in Heber, Utah.

Photo by Angie L. Harker, Selective-vision.com

## By Justin Lindine and Nate Gibbly

The I-Cup Race Series held its second Endurance Series event on June 25, 2016 in Heber City, Utah at the Wasatch Back race. The course of the Wasatch Back race featured a 21-mile loop in the mountains just south of Jordanelle Reservoir. Utilizing what is known as the Coyote Loop Trail, the course ascends rapidly from the parking area of the campus, gaining the majority of its roughly 1,700ft of climbing in the first ten miles of the lap on sinuous, switchbacking singletrack. Racers were assigned either one or two laps of the course, with all elite and expert categories taking on two laps.

After a brief delay due to technical difficulties with the timing system, the elite men's field took the start at approximately 8:30. A hard charging Drew Free (Kuhl/Pivot Cycles/Go-Ride) led the field from the gun, soon joined by Justin Lindine (Apex/Hyperthreads/Vittoria). These two quickly separated themselves from a chase group that at various points consisted of Justin Desilets (Team Revolution Bicycles), Chris Holley

(Kuhl/Racers Cycle Service) and Jason Sager (Hyperthreads). Lindine was able to take the lead after Free had to briefly remove a piece of brush that had become lodged in his drivetrain. From there on out, it became a pursuit match with Free keeping Lindine within 45 seconds for the entire first lap.

"He was keeping me super honest out there", Lindine said of Free. "I thought for sure I would gain more time after we crested the climb, as the part of the course where it's rolling suits me a little better, but he was charging. Luckily I was able to open it up a bit on the second lap."

For Free, after a fast start it was as much about staying error free as it was fast. "There are a few sections towards the top of the climb that are difficult to ride very fast," he said. "Your best bet is to try and ride them smoothly. I don't get to ride this trail as often as I would like, so it is really unique to be able to race here. With two big 21-mile loops it feels really remote out on the backside of the course. It is really a lot of fun to ride these trails fast." Lindine finished in the top spot, four minutes ahead of Erree.

Behind the two up front, the bat-



Justine Lindine (Apex/Hyperthreads) on his way to another win at the Wasatch Back 50 Intermountain Cup Endurance Cross Country Race held on June 25, 2016 in Heber, Utah.

Photo by Angie L. Harker, Selective-vision.com

tle for third changed hands first from Desilets to Holley, then Holley to Sager. But during the second lap Holley was able to get a gap over Sager on the climb and hold it to finish three minutes behind Free. "I felt really good overall," said Holly. "But the way Lindine and Free rode away from the group, I knew I'd be racing for third." Sager was able to finish fourth with Desilets hanging on for fifth.

In the elite women's race Jen Hanks (Pivot/DNA Racing) surged to an early lead on the courses opening climb hoping to get ahead of other category race traffic as much as possible. Despite gaining time early in the first lap, she was caught heading onto lap two by a surging KC Holley (Kuhl/Racers Cycle Service). "Towards the end of the first lap I let myself get a little too comfortable in the lead and let off the gas just enough that a hard-charging KC



Matt Brown finished second in the expert 40-49 category at the Wasatch Back 50 Intermountain Cup Endurance Cross Country Race held on June 25, 2016 in Heber, Utah.

Photo by Angie L. Harker, <u>Selective-vision.com</u>

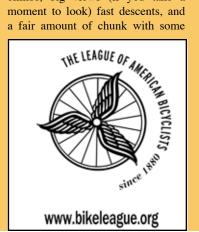
Holley caught me," Hanks said.

Holley had been trading second position with Jennifer Wolfrom

much of the first lap. The decent, however, changed things. "I was able to get some space as we finished the lap and caught Jen at the feed zone as she stopped to swap hydration packs," Holley said.

However, with a clear course for the second trip up the climb, Hanks was able to again put in an effort that gained her an advantage. "My second lap was only three minutes slower than my first," she said. "Last year, I completely detonated on the second lap, so I was happy to finish strong." She added, "This is my second time racing the full Wasatch Back course and it is really a great course. Big climbs, big views (if you take a moment to look) fast descents, and a fair amount of chunk with some







Rick Morris finished 7th in the expert men 60+ category at the Wasatch Back 50 Intermountain Cup Endurance Cross Country Race held on June 25, 2016 in Heber, Utah.

Photo by Angie L. Harker, Selective-vision.com

tricky switchbacks to keep you on your toes!" Putting her prior course experience to good use, she was able to come in 3:55 ahead of Holley in second. Further back, Wolfrom rounded out the podium in third.

Altogether 160 racers tackled the challenging backcountry course on Saturday in Heber, a slight increase in the turnout from last year's edition of this race. As all the categories finished their races, and results were finalized, racers were treated to post-race refreshments compliments of Trip C's food truck. Dishing up gourmet grilled cheese sandwich variations and other tasty treats, the truck was a big hit with hungry racers. The temperature, while warm, was distinctly milder than the days leading up to the race, making for pleasant lounging in the shade of the race pop-up tents and a perfect and picturesque backdrop for this stop on the I-Cup event calendar.

See the results section in this issue for more detail. The I-Cup Series offers both a traditional seven-race cross-country (XC) format mountain bike races, as well as a four-race endurance series featuring longer courses of up to 50 miles. Next up in the series is the Rage at Snowbird, on July 2nd for an XC race event. A perennial racer favorite, Snowbird will certainly provide more exciting mountain bike racing action. For more information, visit: www.intermountaincup.com

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#### **CYCLING**

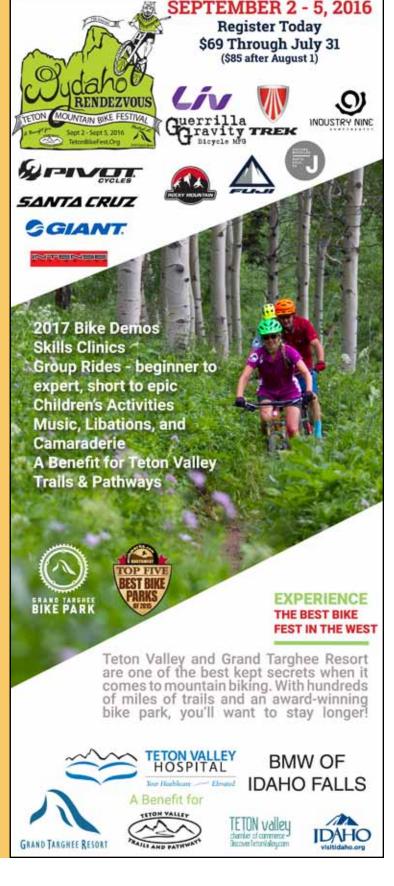
# New Content this Month on <u>CyclingUtah.com</u> and <u>CyclingWest.com</u>

Stop by cyclingutah.com and see the latest articles, many of which are web-only and not in the magazine.

A partial list is below with more new content regularly:

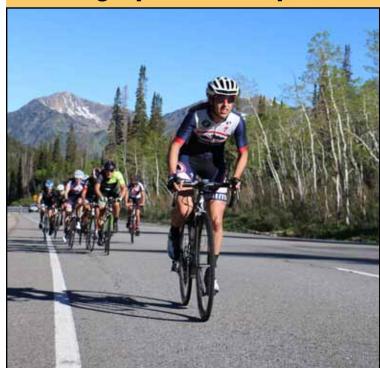
- Editorial: It's Time to Repeal the Ban on People Riding Bikes on Sidewalks in Downtown Salt Lake City
- 3 Utah Riders and 2 Southwest Colorado Riders Named to Mountain Bike Worlds Team
- 2016 Fire Road Cedar City Now Rescheduled for August 26, 2017
- Cycling Utah and Cycling West's June 2016 Issue is Now Available (as a pdf)!
- Deer Valley Resort to Host Fourth Stop of the 2016 SCOTT Enduro Cup on August 28th
- Car Insurance for the Cyclist
- Commuting With Dogs Tips for Riding With A Canine
- Utah's McCutcheon Joins Visit Dallas DNA Cycling Pro Squad
- Czech'in Back Report from Jun 31 & July 1 at MTB Worlds from Rachel Anders
- 3 Utah Riders and 2 Southwest Colorado Riders Named to Mountain Bike Worlds Team





#### **ROAD RACING**

# Catching Up with Neo-pro Mindy McCutcheon



Mindy McCutcheon on her way to winning the women's pro category at the Porcupine Big Cottonwood Hill Climb on June 4, 2016. The long time Canyon Bicycles rider is moving to UCI status with Visit Dallas DNA Pro Cycling. Photo by Dave Iltis

#### Interview By Mark Deterline

Mindy McCutcheon has been a Western States golden girl for multiple seasons, and takes a well earned spot on Utah's UCI pro women's team - Visit Dallas DNA Pro Cycling. We had the opportunity to pose her questions we figured many of you would have for this likeable athlete and feared competitor.

This year, you have won races in cyclocross, MTB and road. How does the 'cross discipline contribute to your success?

I love each discipline for different reasons, and I love the challenge that each discipline presents. They're so totally different from each other, but the crossover between them helps make me stronger across the board.

For instance, I wouldn't be nearly

as comfortable in cyclocross if I didn't practice my handling skills on the mountain bike. Or I wouldn't be nearly as strong of a climber on the trails if I didn't slog for miles up canyons on my road bike. My biggest peeve is not having enough time to ride all my bikes as much as I'd like!

You have been with Canyon Bicycles Racing Team for a long time. What are your feelings on leaving that team and riding for a new one on a larger competitive

I owe a huge amount of my success to Mike Pratt and Sara Baker at Canyon Bicycles. I met Sara when we were both cat 4's and she invited me along on their Sunday group rides. That became my bike family, and she became one of my best friends.

Mike and the crew at the shop

have been amazing to work with, and they've always had my back. I can't thank them enough! Everyone has been super supportive in seeing me take this to the next level and helping me to grow as a racer. I wouldn't be where I am today without their support since day one, period. I'm definitely sad to be leaving Canyon, but they're still my pals and will always have a special place in my heart!

#### How did you first get involved in bike racing?

My history with bikes goes back a while. I always had bikes as a kid, but it wasn't until I was heading to college in the U.P. (Upper Peninsula... that often forgotten part of Michigan near Canada) that I decided I wanted a REAL bike for all the great mountain bike trails I had heard about (seriously, they're awesome). So, I bought myself a Specialized Rock Hopper with money I had earned working at Dairy Queen throughout high school.

I started mountain bike racing a bit around 2006 and had a blast. I dabbled in it around the Midwest and did okay locally, but didn't take it super seriously.

In late 2008, I moved to Utah. I remember thinking "There are so many amazing athletes in Utah, I'll never be at the top level." I rode a bit, but was still running marathons, so again, I didn't take it seriously. In 2011, I decided to test my skills on the road at the Bear Lake Classic. I had no idea what I was doing! However, it was that fateful day, I met my dear friend Cathy Kim. She was great out there; pointing out who was who, what to do, and whose wheel to avoid. I had a blast, but disappeared until mid-season 2012. That's when I decided, I wanted to upgrade to Cat 3 and learn more. By the end of 2012, I had earned my upgrade and met Sara. That's when I got connected with Canyon and the rest is pretty much history.

#### Any advice to other women who want to start racing?

I was so fortunate to have met some great ladies early in my cycling adventures. It is so intimidating showing up to a race, not knowing anyone and having no clue what to do. I'm pretty sure when I first started road riding in Utah, I still thought you wore underwear with your chamois [insert pad in cycling shorts]. Luckily I figured stuff like that out pretty quickly. But this sport is crazy.

I think what helped me the most was hitting group rides and being attentive. As a new rider or racer, it's not enough to just hop on your bike and ride. You need to watch what's going on around you, ask questions, and process everything. If you're in a good group, the other folks will give you good tips, like how to draft, what side to be on depending on the wind, how to attack and counter, or how to spit without spitting on everyone behind you. There also are clinics put on by various folks like Plan7, where you can learn all sorts of awesome skills.

#### Some feel that this recruitment and move to the DNA women's program is long overdue; any thoughts you can share about that?

Oh boy, is it ever! I've long wanted to step up to the next level of racing, but faced obstacles in my personal life that held me back. It got to the point about a year ago where I had to do some serious reflecting and determine what would make me happy and fulfilled. I knew I ultimately had to see how far I could take this or I would have huge regrets down the road. Some people think bike racing (or any professional sport) is selfish. Well it is. You spend hours upon hours training, cross training, eating well, not going out with your friends, trying to sleep as much as possible, and doing a lot of laundry.

For me, making the decision to hit the national circuit this year, (which lead to getting picked up by Visit Dallas DNA Pro Cycling) was never about choosing bike racing over something or someone. My decision centered around choosing to take care of myself. This led to some tough decision making, but I'm confident in the choices I've made. Sure, now I have the opportunity to be part of an amazing team and fulfill my personal goals, but I also have a new found level of confidence that carries over into racing - and the rest of my daily life. I'm in the best place mentally and physically I've ever been, so there's really no better time to chase my goals.

#### For athletes who may be reading, who are interested in excelling in multiple sports, not just cycling, what insights have proven most helpful to you in your athletic and crosstraining endeavors?

Before I was ever a cyclist, I was a collegiate runner and alpine ski racer. I ski raced from 5th grade through my undergrad years at Northern Michigan University, and I ran track from 6th grade until 2010, when I suffered stress fractures in L3 and L5. I loved both of these sports, but was always just mediocre. If it weren't for injuries suffered in these sports, I may never have started cycling so much to begin with. Recovering from injury made me focus on cross training like yoga, Pilates, and strength training. This has all played into my becoming a stronger athlete on the bike than I ever was as a runner or ski racer.

Riding a bike is actually only a small portion (ok, that's not true, it's a big portion...) of bike racing. What people don't realize is how much other stuff you have to do to be a strong, injury free athlete. Each week, in addition to my on-the-bike training, I do strength and plyos, yoga, and core. During my cyclocross season I try to run once a week and during the winter I Alpine and Nordic ski.

For me, yoga has been one of the hardest things to dedicate myself to -- mentally and physically. I try to hit several different classes (yin, power, and restorative) each week. Each class offers something totally differ-





ent, but they all allow you to focus on being present and facing the shit in your life. It's the closest thing to meditation or religion that I practice. The challenge of yoga is so different than being on the bike, but I really think the mental clarity you get from it (or whatever your "yoga" is) is just as powerful as the training you put into your primary sport.

What advice would you give specifically to female endurance athletes, and are there age-specific insights you feel important to share with any particular demographic or age group?

One of the greatest things I've noticed over the past couple of years is the ability to connect to other women through social media. It has allowed groups of women of all ages and ability levels to share in adventures. Having these little meetups has helped me grow friendships in my life and has helped provide opportunities to meet other gals I may not have met otherwise.

As for female endurance athletes, no matter the age, I think it's so crucial to have realistic expectations and patience. If you're just starting out, it's easy to be super motivated and want to do it all. However, that can lead to burn-out or injury. Aside from the potential negatives to being an endurance athlete, probably the greatest thing is: age doesn't matter! I ride with friends who are 20 years older and have friends who are 15 years younger. That's the beauty of these sports -- your training partners don't have to fit some cookie-cutter mould. I've learned so much in the hundreds of hours I've spent riding alongside my older, wiser friends. These moments are sometimes more gratifying than any race because you get to really connect with a person



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while doing the things you love.

Finally, are there aspects of the cycling and broader endurance sports community in Utah and beyond that you would like to see evolve in any particular way?

I feel there's a bit of ebb and flow with the cycling community in Utah. When I first started racing, the numbers in the women's categories were much larger. For whatever reason (injuries, retirement, life!), they seem to have dipped a bit lately. Sometimes I see long, wordy threads on Facebook with speculation as to why this is happening. It's easy for people to get worked up and have strong opinions about how things should be run. I'm personally grateful for what we do have here in Utah because it is such an incredible community of cyclists, racers, and advocates who make this all happen. On the positive side, we also have some great programs focusing on the younger generation of racers, which will hopefully translate into some bigger numbers down the road.

In addition, we have Marek and Dirk who run nearly every cycling event in Utah, and I'm certain they don't get the recognition they deserve. They work so hard to bring us quality events that are safe, challenging, and fun. I'd love to see more people actually offering viable solutions to issues that might be present, like low turn-outs or fewer events, instead of ranting about it on social media. It's why I still love participating in local events -- I enjoy supporting the guys putting on the events. Sometimes you get the opportunity to teach someone else in the group something new or push them harder, which makes them a better racer, too. I've gotten so much love and support from our community; I hope I'm able to give back in some way.

As in all sports, it's really about being part of your community. Don't just show up to get a race number and get a result. We all should take the opportunity to mentor someone, or have enough curiosity to be mentored. We have to work together to make these things great, because Utah is an amazing place, filled with great people.

**MOUNTAIN BIKE RACING** 

# 2016 MTB Worlds Coverage: Czech'ing Back With Rachel Anders



Rachel Anders at the starting line in a recent race in her Team USA kit (second from right in front row). Photo by Hardwood Ski & Bike Resort

By Rachel Anders, Team USA Junior Women, with Mark Deterline

Assistant Editor's Note: We are very proud of Utah High School Mountain Biker Rachel Anders, who is excelling in both racing and academics, having been accepted to Stanford University for the coming school year.

June 23, 2016 - My first international race was at Worlds in Andorra last September. The course was short, rooty, steep, and slippery -- a world of difference from most races in the US.

With the huge crowds, a demanding course and fifty other aggressive junior female racers battling for position, the entire race felt like sensory overload. I'm excited to go to Czech with a bit more international experience under my belt, and try to better last year's result -- 23rd place.

The Czech Republic also hits a personal note since my dad's entire family lives there, and I'll have the chance to meet cousins, aunts and uncles for the first time.

For me, mountain biking begins and ends in the close-knit cycling

community we have in Utah; the support from home is unreal.

Besides the countless number of friends and family cheering me on, I'd like to also thank Summit Bike Club, Competitive Cyclist, Pivot Cycles, and TOGS for helping me reach my goals. The Summit Bike Club especially, as well as every other Devo and high school team throughout the state, has been monumental in growing and supporting the sport. Its commitment to juniors has instilled a love for cycling in my teammates and me, and has created friendships that will last a lifetime.

As Worlds draws closer and I will leave for Europe soon, I'm stoked for this opportunity to relay all the action and photos from Czech back to the US -- please watch for my updates via cyclingutah.com and facebook.com/CyclingUtah!

The 2016 UCI Mountain Bike World Championships take place from June 28-July 3 in Nove Mesto Na Morave, Czech Republic.

Look for full coverage from Rachel Anders on CyclingUtah.com.

Rachel Anders of Sandy, Utah began XC mountain bike racing in the NICA high school league, and currently races with Utah-based Summit Bike Club. She competed at Worlds in Andorra last year, and explains that she is "excited to go fast and get rad in Czech this year." She recently graduated from AMES high school, and as mentioned in the intro, will be attending Stanford this fall.

# **RIDE A ROCKET**

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#### **WESTERN STATES**

# **CALENDAR OF EVENTS**

#### Utah BMX

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

#### Utah Advocacy

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

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

Provo Bike Committee — Provo, UT, Come join us every first Thusday of the month at 5:00 pm at 48 N. 300 W. We promote bike safety, culture, and better relations between bikes and cars., Zac Whitmore, 801-356-1378, zwhitmore@gmail.com, Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

Dixie Trails and Mountain Bike Advocacy — St. George, UT, Cimarron Chacon, 970-759-3048, <a href="mailto:info@groraces.com">info@groraces.com</a>, <a href="mailto:dmbta.org">dmbta.org</a>

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

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

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

Greater Arizona Bicycling Association — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, <a href="mailto:president@bikegaba.org">president@bikegaba.org</a>, bikegaba.org

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

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

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

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

#### Events, Swaps,Lectures

- Salt Lake Critical Mass Salt Lake City, UT, Last Friday of every month, 6:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None , noemail@cyclingutah.com, facebook.com/groups/SLCCM/
- Beehive Bike Polo Club Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801-688-7268, heatpolocompany@gmail.com, facebook. com/groups/189631497724953/, beehivebike-polo.wordpress.com
- Cole Sport Weekly Road Ride Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, scottdudevoir@colesport.com, colesport.com, mountaintralis.org
- **Moab Bike Party** Moab, Utah, 4th Wednesday of every month. 6:30 or 7:30 pm., Jeff Gutierrez, , facebook.com/moabbikeparty

Kidical Mass — Salt Lake City, UT, Group ride for families. This will be a monthly ride, the 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, <a href="mailto:chiral-ma

July 16, 2016 — Goathead Weevil Release, Salt Lake City, UT, Volunteers are needed to join the Jordan River Commission as we release puncturevine weevils along the Jordan River Parkway. These insects play an important role in managing goatheads on the trail., Laura Hanson, 801-536-4158, <a href="mailto:lahanson@utah.gov">lahanson@utah.gov</a>, Jen Parsons-Soran, 801-502-6794, getjintotheriver@gmail.com, jordanrivercommission.org

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

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

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

#### Mountain Bike

#### Tours and Festivals

- July 3-August 19, 2016 Crested Butte Singletrack MTB Tour, Crested Butte, CO, July 3-8, July 17-22, July 31-Aug. 5, Aug. 14-19. Covers the immensely beautiful, challenging and remote terrain in the Elk Mountains of south-central Colorado. This 6-day tour covers the singletrack CB's locals love best. This tour does not fool around; it delivers prime singletrack, stellar campsites and the best swimming holes the Elk Mountains can serve up., John Humphries, 970-728-5891, info@ lizardheadcyclingguides.com, lizardheadcyclingguides.com, lizardheadcyclingguides.com, lizardheadcyclingguides.com, lizardheadcyclingguides.com
- July 8-9, 2016 Wildflower Trailfest, Snowbasin, UT, Mountain Bike and Trail Running event just for women. Beautiful courses for all abilities. Ride, or run, or both. Age group cash prizes and Finish Line celebration, Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@ gmail.com, wildflowertrailfest.com
- July 9-10, 2016 Trek Dirt Series Mountain Bike Camp, Park City, UT, 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., Penny Deck, 604-484-6238 (Canada), register@dirtseries.com, Emily Neuman, 604-484-6238, Introductiveries.com
- July 11-August 26, 2016 Colorado Trail MTB Tour, Monroe, CO, July 11-15, July 17-22, July 24-29, Aug. 14-19, Aug. 21-26. You'll explore unspoiled landscapes, rush through cool mountain air, drink in 360 degree mountain views and pedal past carpeted fields of wild-flowers (which can be handle-bar high). High altitude campsites offer a canopy of bright stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics., John Humphries, 970-728-5891, infro@iizardheadevelingguides.com, lizardheadeyclingguides.com
- July 16, 2016 Monte Cristo Dirt Randonnée, Salt Lake Randonneurs Brevet Series, Huntsville, UT, Self-supported loop ride on dirt and poved roads from Huntsville to Bear Lake and back. 64 or 125-mile (100 or 200 km) options. A timed ultra distance event. , Richard Sturn, 435-462-2266, richard@eogear.com, saltlakerandos.org
- July 21-August 14, 2016 Glacier National Park Bike Tour, Whitefish, MT, July 21-26, July 31-Aug. 5, Aug. 9-14. Options for cyclists of all abilities. Ride as much as or as little as desired. There are BIG climbs and bonus mileage options available each day. Both parks provide not to be missed hiking options to waterfalls, verdant meadows filled with wildflowers and mountain summits., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com
- August 6-7, 2016 VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com
- August 11-14, 2016 BlomFest, Salmon, ID. The Most Unorganized Mountain Bike Gathering in Idaho is back for its 6th year. This year's Gathering is only 4 days, but has an added bonus: an unofficial,self supported bike packing race on the Continential Divide Irall (CDT). So you have a choice: participate in group rides throughout the Salmon grea. or participate

Calendar Guidelines: Listings are free on a space available basis and at our discretion. Submit your event to: calendar@cyclingutah.com with date, name of event, website, phone number and contact person and other appropiate information.

Let us know about any corrections to existing listings!

pate in the bike packing race, Max Lohmeyer 208-756-7613, blom@irdesalmon.com, Marc Landblom, 435 260 0991, marclandblom@ amail.com, irdesalmon.com

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

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

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

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

September 23-25, 2016 — MECCA Fall MTB Festival, Wedge Overlook (Near Castle Dale), UT, Registration begins Friday at 1 pm followed by a warm up ride at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. End the day with a provided BBQ dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-yourown) scenic ride. Family-friendly (meal tickets only available), Kim Player, 435-653-2440, mecablikeclub@etv.net, bliketheswell.org

September 30-October 2, 2016 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films. 4-6 pm at the Moab Bike Park, 500 W. and Williams Way., Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.

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

Reed, 435-259-4688, info@chilebikes.com, mogbhodown.com, chilebikes.com

#### Utah Weekly MTB

#### Race Series

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

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

#### Regional Weekly

#### **MTB Race Series**

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

#### **Utah Mountain**

#### Bike Racing

- July 4, 2016 The Rage at Snowbird, Intermountain Cup, Snowbird, UT, XC race #6. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes. Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com
- July 8, 2016 Wildflower Trailfest, Snowbasin, UT, Utah's First and only Mountain Bike Challenge for women. Held at Snowbasin Ski Resort. 3 timed courses. Awards for age group winners. , Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerteiftest.com
- July 9, 2016 The Crusher in the Tushar, Beaver, UT, 70 miles of mixed-surface bike racing exploring Southern Utah's Tushar Mountain range on dirt and asphalt. Features 10,500+ of climbing traversing Utah's highest and most scenic roads. You choose the bike, the Tushars choose the winner., Burke Swindlehurst, road-irt@msn.com, tusharcrusher.com
- July 30, 2016 Brianhead, Intermountain Cup, Brianhead, UT, EXC #3. Beginning at Brian Head Resort in Southern Utah, the course consists of usually two laps and approximately 35-50 miles. Half distance available., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com
- August 6, 2016 MTB Tech Dev #3 at Soldier Hollow, Mountain Bike Technical Development Series, Midway, UT, Junios only event with multiple mountain bike events: Cross Country, Technical Course, and Single Stage Enduro. Final event in the 2016 series, Michael John Turner, 801-664-6351, mi@summitbikeclub.org, Karl Redel, karl@webecycling.com, mibtechdev.com
- August 13-14, 2016 Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday,





- August 14., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org
- August 13, 2016 Sundance Spin, Intermountain Cup, Sundance Resort, UT, The Sundance venue is back again this year with some of the best single track Utah has to offer, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com
- August 27, 2016 Fire Road Cedar City, Cedar City, UT, New date! 25k, 60k, 100k distances, starts at Main Street Park at 8am, 7000 ft. total elevation gain for 100km; 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km, Paul Huddle, 760-635-1795, 760-936-7459, huddle@multisports.com, Shay Asay, 435-840-5707, pp.asay@gmail.com, Cameron Christensen, 435-586-2770, 801-884-2332, cameronc@cedarcity.org, fireroadcycling.com
- August 27, 2016 Draper City Classic Endurance XC, Intermountain Cup, Draper, UT, EXC race #4. Beginning at Andy Balaard Equestrian Center in Draper, the course consists of usually two laps and approximately 35-50 miles. Half distance available, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com
- August 28, 2016 Scott Enduro Cup presented by Vittoria at Deer Valley Resort, Scott Enduro Cup Series, Park City, UT, Last year's race featured a stacked pro field and enthusiastic crowd. 2016 course information coming soon!, Jessica Kunzer, 801-349-4612, <a href="mailto:kunzer@mtsports.com">kunzer</a>, 801-349-4612, <a href="mailto:kunzer@mtsports.com">kunzer</a>, 801-349-4612, <a href="mailto:kunzer@mtsports.com">kunzer</a>, 801-349-4612, <a href="mailto:kunzer@mtsports.com">kunzer@mtsports.com</a>, endurocupmtb.com
- September 3, 2016 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 will never be on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, jay@
- September 3, 2016 Utah High School Cycling League South Region Race #1, Utah High School Cycling League Race Series, Powder Mountain, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org
- September 10, 2016 8 Hours of Sundance, Sundance Resort, UT, The 8 Hours of Sundance is going on its 9th year. This has turned into a great local endurance mtn bike event where riders of all ages and skill levels can come test their skills on some of the best single track around. Come join us for a great day of racing and scenery right in your backyard., Czar Johnson, 801-223-4121, 801-223-4849, czarj@sundance-utah.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, sundanceresort.com/summer
- September 17, 2016 Widowmaker Hill Climb, Snowbird, UT, Starts in Gad Valley, 10 AM, 3000ft vertical race to the top of the Tram for awards, food and fun., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com
- September 17, 2016 Utah High School Cycling League North Region Race #1, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, <u>lori@utahmtb.org</u>, <u>utahmtb.org</u>
- September 18, 2016 Tour de Suds, Park City, UT, 7-mille mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org
- September 24, 2016 Utah High School Cycling League South Region Race #2, Utah High School Cycling League Race Series, TBD, UT Lori Harward, 801-502-8516, 801-885-6884, lori@ utahmtb.org, utahmtb.org
- September 24, 2016 Snowbird Ultra Hill Climb, Snowbird, UT, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing). Misty , 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb/
- October 1, 2016 Utah High School Cycling League North Region Race #2, Utah High School Cycling League Race Series, Powder Mountain, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

- October 8, 2016 Utah High School Cycling League South Region Race #3, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@ utahmtb.org, utahmtb.org
- October 8, 2016 Eden Epic, Eden, UT, Epic mountain bike race, Clay Christensen, 801-237-0399, info@edenepic.com,
- October 10-11, 2016 Huntsman World Senior Games Mountain Biking, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, <a href="https://mxsq@infowest.com">https://mxsq@infowest.com</a>, Merrill Barney, seniorgames.net
- October 15, 2016 Moab Epic, AXS Series, Moab, UT, An MTB Adventure Race a 20+ or 50+ mile cross country mountain bike adventure. Riders will race on Moab's best single track and jeep roads, in a true MTB adventure. Will Newcomer, 970-403-5320, 2016@gravity-play.com, gravityplay.com, moabepic.com
- October 15, 2016 Utah High School Cycling League North Region Race #3, Utah High School Cycling League Race Series, Snowbasin, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org
- October 22, 2016 Utah High School Cycling League South Region Race #4, Utah High School Cycling League Race Series, Soldier Hollow, UT, Lori Harward, 801-502-8516, 801-885-6884, Iori@utahmtb.org, utahmtb.org
- October 29, 2016 Utah High School Cycling League North Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@ utahmtb.org, utahmtb.org
- November 4-5, 2016 Utah High School Cycling League State Championships, Utah High School Cycling League Race Series, Saint George, UT, This race will combine both North and South regions for the State Championships and is open to all students., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org
- November 5-6, 2016 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the borus double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048, info@groraces.com, GROpromotions.com, 25hoursinfroghollow.com
- March 25-27, 2017 Moab Rocks, Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format. , Kevin McDonald, 866-373-3376, Info@transrockies.com, Kevin McDonald , 866-373-3376, kevin@transrockies.com, TransRockies.com

#### Regional Mountain

#### Bike Racing

- July 2, 2016 Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, .5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com
- July 2, 2016 Philipsburg 46, Western Montana Trail Series, Philipsburg, MT, Cross country race., Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org
- July 9-10, 2016 Keystone Big Mountain Enduro #3. Big Mountain Enduro Series, Keystone, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rawley, 720-407-6142, sarah@bigmountainen-
- SILVER CELEBRATION OF CROSSING
  THE SILVER STATE

  One Awesome Tour Bike Ride Across Nevada" Fully supported multi-day tour across the Silver State on US Hwy 50 "America's Loneliest Road" from Lake Tahoe to the Great Basin National Park. Limited to 50 riders.

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  For More Info call 1-800-565-2704 or go to bikethewest.com

- duro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com
- July 9, 2016 Tamarack Twister, Knobby Tire Series, Tamarack, ID, Hal Miller, 208-869-4055, 208-720-3019, <u>info@brokenspokecycling.org,</u> knobbytireseries.com
- July 10, 2016 Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile outand-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@lifetimefitness.com, leadvilleraceseries.com
- July 14, 2016 Southeast Idaho Senior Games , Pocatello, ID, City Creek Trails; Staging at Centennial Park 6:00pm. Categories: Short, Medium, Long and Single Speed., Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.
- July 16, 2016 Tahoe Trail 100, Leadville Race Series, Northstar, CA, 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. Solo 50k or 100k. 2-person relay 100k. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@litetimefitness.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, leadvilleraceseries.com
- July 16, 2016 Breckenridge 100, RME, Breckenridge, CO, 100, 68, and 32 mile races, Thane Wright, 970-401-1422, thanew@rockymountainendurance.com, rockymountainen-
- July 16, 2016 Seeley Lake 55/35/22, Western Montana Trail Series, Seeley Lake, MT, Cross country race. 3 different courses, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org
- July 17, 2016 Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series , <u>contact@montanaenduro.com</u>, Christine Wike, <u>christine@montanabicycle-</u> guild.org, <u>montanaenduro.com</u>
- July 23, 2016 Whit Henry Memorial Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, <a href="mailto:info@brokenspokecycling.org">info@brokenspokecycling.org</a>, knobbytireseries.com
- July 23, 2016 Jug Mountain Ranch XC and State Championship Enduro, Idaho Enduro Series, McCall, ID, XC Saturday, Enduro Sunday. Courses divided by ability. No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby. James Lang, 208-571-1853, 208-344-9182, ilang83702@yahoo.com, Idahoenduroseries.com, jugmountainranch.com
- July 23-24, 2016 Boomtown Gravel Grinder, Butte, MT, Fully supported event that will start and finish in historic Uptown Butte and will cover the beautiful gravel, dirt (and a few paved roads) south and east of town. Crossing the scenic Continental divide twice, riders can challenge themselves in either the Mother Load 100 mile or the Nugget 50 mile routes while soaking in the breathtaking vistas offered only in Big Sky Country., Kurt Stockton, 406-381-7962, 530-264-6364, Info@hourofmontan.org, tourofmontan.org
- July 29-31, 2016 Leadville Stage Race, Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Josh Colley, 719-219-9357, Jcolley@lifetimefitness.com, leadvilletresstages.
- July 30, 2016 Butte 100, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and back again, a 25 mile option., Gina Evans, 406-498-9653, eatdirpigpen@gmail.com, butte100.com
- July 30-31, 2016 Pomerelle Pounder DH, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days. , Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, go-ride.com, utahdh.org
- July 30-31, 2016 Big Mountain Enduro/Enduro World Series Aspen Snowmass, Big Mountain Enduro Series, Aspen Snowmass, CO, Course will be designed to give riders a unique riding experience to include high alltitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages, Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com,
- August 6, 2016 Laramie Enduro, Laramie, WY, Cross Country Mountain Bike Race, 111K (70+/- miles), No repeat course, 8,600H elevation gain, 7am start at Happy Jack Recreation Area-Hidden Valley Picnic Area, Aaron Lozano, 307-399-4387, racedirector@laramieenduro.org, laramieenduro.org
- August 6, 2016 Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 7th Annuall Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mille loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mille race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/the-resort/news-events/1863/20 14PierresHole50100.php, ph100.org
- August 7, 2016 Big Sky Enduro, Montana Enduro Series, Big Sky, MT, Montana Enduro Series , contact@montanaenduro.com,

#### **COACHING**

## Ask Noak

# Answers to your submitted questions by world class coach and masters champ

By Tom Noaker

# Q#1 In response to Ivonne regarding entry into cycling via mountain bike or road bike:

Dear Ivonne: Based on the type of riding you described (Legacy Parkway and mellow trails) I would say your friend's advice to go mountain rather than road bike is sound. A road bike will restrict you (initially) to mostly pavement riding, while an MTB will open up more route options.

Also, yes, tire selection and PSI (tire pressure) can have a big effect on ride quality. Just be aware that a road bike will always be faster and more efficient on pavement than an MTB. I always suggest having a professional bike fit right from the start. This will assure not only a more comfortable introduction to the sport, but also better pedaling efficiency. Enjoy your new ride!

# Q#2 Regarding best winter training for runners:

Dear Sleepless When It Snows: Nordic skiing, either classic or skate, is an excellent winter activity that can actually improve your running fitness. Classic is most like running (sagital movement), but both recruit more muscle mass than running, and require distinct technique skills. I recommend renting 'no wax' bases for beginning classic technique. Work on position, timing, balance and agility before progressing to skate.

Once you can negotiate turns and feel somewhat proficient, give skate skiing a try. It is possible to develop both techniques simultaneously, but definitely seek professional instruction to avoid early adoption of bad habits. Mark Deterline and Laurie Humbert conduct great learn-to-skate clinics at Mtn Dell (you will see more about this in Cycling West in the fall issues), and White Pine Touring, Solitude Nordic, Soldier Hollow and Sundance Nordic all offer beginner and intermediate classic, and skate lessons daily to get you started. There is no off season!

# Q#3 What is the best way to improve my cycling; get a coach?

Dear Excited/Undecided: When I began cycling, the only riders with coaches were pro roadies. Now everyone can be coached with the click of a mouse (and a debit card). Before hiring a coach or subscribing to an online service, here are some questions to ask yourself: How much time do I have to train and compete? What are my goals? How much can I budget for coaching services? How much detail do you want with data and scheduling?

you want with data and scheduling?

If you have never worked with a periodized program, you will certainly benefit from even a basic schedule. Finding and working with a coach who provides honest and

frequent communication is key to success. Best of luck!

# Q#4 What cold weather training outside do you recommend for cyclists in winter?

I consider Nordic skiing to be the best and most time efficient form of winter training, but I happen to live in a prime location near multiple facilities. Nordic requires specific equipment and, like swimming, can punish even the super fit who aren't willing to perfect technique. Conversely, those who develop good technique can punish the super fit!

Snowshoeing offers a pretty good workout without the technique barrier, and for a lower price tag. The cost/benefit ratio may favor snowshoes, but I would never give up a marginal day of Nordic skiing for a great day of snowshoeing. Also, you can shop the early season ski swaps for great prices on Nordic equipment. #gonordic

# Q#5 Backcountry or skate skiing?

Backcountry is currently the fastest growing segment of the ski industry. Advances in equipment (AT and split board technology) have changed the experience dramatically, but one thing that remains constant is avalanche danger. Once you own the gear, you need to acquire avalanche safety skills and skiing backcountry solo is probably one of the biggest mistakes you can make. (I've done it -- don't do it!)

Backcountry is also time intensive; usually an all day affair. Can't tell you how many times I've headed out 'just for a few hours' and staggered in after dark.

Nordic classic and skate track skiing provides a great workout solo or with friends, potentially every day all winter. Avalanche concerns are usually replaced by, "What's the best wax for today?" I suppose it comes down to, 'pick your poison', but I can't imagine a winter without a healthy dose of each.

Get out, stay out...

Tom Noaker is a well respected and accomplished sales rep and business owner in both the bicycle and ski industries. He has won sixteen State Championships in cycling across four age divisions, as well as three Mountain Bike National Championships, and competes as a cross-country skier at the elite and elite Masters levels. Tom coaches some of the best young riders in the country, and is board president of the South Summit Trails Foundation. Please send your training, equipment and event preparation questions to dave@cyclingutah.com with Ask Noak in the subject line.

Christine Wike, <a href="mailto:christine@montanabicycle-auild.org">christine@montanabicycle-auild.org</a>, <a href="mailto:montanabicycle-auild.org">montanabicycle-auild.org</a>, <a href="mailto:montanabicycle-auild.org">montanabicycle-auild.org

- August 13, 2016 Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back., Josh Colley, 719-219-9357, JColley@lifetimetribress.com.leadvillergeseries.com
- August 13, 2016 Steamboat Stinger, Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelson Hill Ski Area right in the heart of Steamboat Springs. The course takes an extended 50 mille detour deep into the beautiful backcountry of Routt County and a total of 3,327ft elevation gain before returning to the transition/finish area. Teams of two are also welcome to race the 1st and 2nd half of the course, Nate Bird, 866-464-639, nate@honeystinger.com, Jon Winkelblech, 970-367-4394, steamboatsinger@honeystinger.com/steamboatsinger.html
- August 13, 2016 Nine Mile Ridge Trail Gran Fondo, Plains, MT, Dirt fondo, gravel grinder, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org
- August 20-21, 2016 Big Mountain Enduro-X, Big Mountain Enduro-Springs, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downfill (special) stages linked together by non-timed climbing (lialson) stages., Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com
- August 20-21, 2016 12 and 24 Hours of Flathead, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Tia Celentano, 406-261-1769, Info@24hoursofflathead.org, montanacycling.net/schedule?discipline=all&year=2014, www.24hoursofflathead.org
- August 27-28, 2016 Grand Targhee Enduro Montana Enduro Series, Grand Targhee, WY There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em for the fourth stop on the series. It's going to be a weekend long celebration of the Tetons., Andy Williams, 800-TARGHEE ext. 1309, a williams@grandtarghee.com, Montana Enduro Series., contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, grandtarghee.com, montanaenduro.com
- August 27, 2016 Idaho High School Cycling League Race #1, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb. ora
- August 27, 2016 Copper Mountain MTB Race, RME, Copper Mountain, CO, RME Series Finals. Distances for all levels, free junior and kids races. Distances: Endurance-50 miles, XC-30 miles, Appetizer-20 miles, Jr 15-18 20 miles, Jr 13-14 10 miles, Jr 11-12 5 miles, Thane Wright, 970-401-1422, <a href="mailto:thanew@rockymountainendurance.com">thanew@rockymountainendurance.com</a>, rockymountainendurance.com
- September 2-5, 2016 Teton Mountain Bike Festival, Teton Valley, ID, 7th Annual held at Grand Targhee Resort. Come enjoy encless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2017 in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, and shenanigans., TVTAP, info@tetonbikefest.org, Celeste Young, 208-709-8564, celeste@tetonbikefest.org, tetonbikefest.org, grandtarghee.com
- September 2-4, 2016 Big Mountain Enduro Finals, Big Mountain Enduro Series, Crested Buttle, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com
- September 4, 2016 Rebecca's Private Idaho, Ketchum, ID, 50ml or 100ml gravel grinder put on by professional racer Rebecca Rusch in her hometown of Ketchum, Idaho. The route can be done as a challenging ride or a lung busting, thigh screaming race up into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivities, music, and libations, Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateIdaho.com
- September 9-18, 2016 Todd and Ned's Durango Dirt Fondo, Durango, CO, Mountain Bike Fondo on Saturday, Gravel Grinder on Sunday, Various lengths. Ride with Todd Wells and Ned Overend, Gaige Sippy, 970-259-4621, director@ronhorsebicycleclassic.com. ToddandNedFondo.com
- September 10, 2016 Barn Burner 104, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Casey Brown, 480-299-1203,



Cbrown6@lifetimefitness.com, Ryan Sumers, 949-929-7476, rsumers@lifetimefitness.com, barrahurnermth.com, redrockco.com

- September 10, 2016 Stone Temple 8, Curt Gowdy State Park, WY, Tentative start 9AM. This race will be run on the IMBA designed single track trails at Wyoming's Curt Gowdy State Park. Racers will compete for eight hours on an approximately 15.1 mile loop, in teams and as individuals. The start/finish is will be located at the Aspen Grove Trailhead parking area, unless conditions require that we relocate the timer's station to a different location. Richard Vincent, 307-760-1917, 307-777-6478, enduro. rw@gmail.com, Dewey Gallegos, 307-742-5533, pedailhouse@gmail.com, laramleenduro.org
- September 10, 2016 Jurassic Classic, Lander, WY, Mountain bilke race at Johnny Behind the Rocks. Start time 8:00 am, route lengths from 4-22 miles. All skill levels welcome. Food truck, games, and raffle., Tony Ferlisi, landercycling@gmail.com, landercycling.org
- September 10, 2016 Idaho High School Cycling League Race #2, Galena Lodge, ID, Dylan Gradhandt, 208-340-5200, <u>dylan@ida-</u> homtb.com, idahomtb.org
- September 10, 2016 Bohart Bash, tentative date, MBRA series, Bozeman, MT, This cross-country mountain bike race is on a most-ly singletrack loop in the beautiful Bridger Mountains near Bozeman, Alex Lussier, <u>lussiera@hotmail.com</u>, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, gallatin-valleyblcycleclub.org, gascyclingteam.com
- September 10-11, 2016 Vapor Trail 125, Salida, CO, 125 miles, 20,000 feet of climbing, 10 pm start, singletrack, Earl Walker, 719-539-9295, earl@absolutebikes.com, Tom , 719-539-9295, tom@absolutebikes.com, vaportrail125.com
- September 17, 2016 Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@ fireontherim.com, fireontherim.com
- September 17, 2016 Idaho High School Cycling League Race #3, Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, dylan@ idahomtb.com, idahomtb.org
- September 24, 2016 JayP's Backyard Gravel Pursult, JayP's Backyard Series, Island Park, West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNPI, Scott Fitzgerald, 208-787-2453, scottoffitzgeraldsbicycles.com, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravelpursuit.com
- September 24, 2016 Bogus Basin Enduro, Idaho Enduro Series, Boise, ID, James Lang, 208-571-1853, 208-344-9182, <u>ilang83702@yahoo.com</u>, Idahoenduroseries.com
- September 30-October 2, 2016 Monarch Crest Enduro, Salida, CO, 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com
- October 1, 2016 Tour of the White Mountains, Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Jes Olson, 520-623-1584, info@epicrides.com.epictid
- October 1, 2016 Idaho High School Cycling League Race #4, Avimor or Targhee, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb. com, Idahomtb.org
- October 8, 2016 Tamarack Enduro, Knobby Tire Series, Tamarack, ID, Hall Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling. org, knobbytireseries.com
- October 15, 2016 Idaho High School Cycling League Race #5, Avimor or Targhee, ID, Dylan Gradhandt, #208-340-5200, dylan@idahomtb. com, Idahomtb.org
- October 21-23, 2016 USA Cycling Collegiate Mountain Bike National Championships. Snowshoe Mountain, WV, Micah Rice, 719-434-4200, mrice@usacycling.org, Chad Sperry, chad@gorge.net, usacycling.org

### Utah Weekly

#### Road Race Series

- Rocky Mountain Raceways Criterium Series—
  Utah Crit Series, West Valley City, UT, 6555
  W. 2100 S., Saturdays at 11 am in March
  5,12,19,26 Tuesdays at 6pm April 2 through
  September, A and B at 6, C and D at 7 pm,
  Marek Shon, 801-209-2479, ucritseries@gmail.
  com, utahcritseries.com, utahbikeracing.com
- Salt Air Time Trial Series Utah Crit Series, Salt Lake City, UT, Every other Thursday April -September, I-80 Frontage Road West of the International Center; Starts 4-3-2015, Marek Shon, 801-209-2479, utcritseries@gmail.com, utaharitseries.com
- DLD (DMV) Criterium Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A filte 6 pm, B filte between 6:45 and 7:05, Call for information regarding C filte. April-September, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com, sklutahcycling.com

#### Send your feedback and letters to the editor to: dave@cyclingutah.com

Emigration Canyon Hillclimb Series — Utah Crit Series, Salt Lake City, UT, Starts north of Zoo 7.4 milles to top of Emigration. First rider off at 6:30. Every other Thursday April through August, Marek Shon, 801-209-2479, utcritseries@gmail. com, utahoritseries.com

- Uphill Cycling Series Utah County, UT, Utah County, UT, Every second Saturday year round, Jan & Dec 1:00 pm, Feb & Nov 12:00 pm, Mar & Oct 11:00 am, Apr & Sep 10:00 am, May & Aug 9:00 am, Jun & Jul 8:00 am, Location rotates between 4 canyons: South Fork Provo, Hobble Creek Springville, Payson Nebo, & Santaquin, Mary Ann Nielsen, 801-231-2000, utahbicyclingclub@gmail.com, uphillicyclingseries.blogspot.com
- April 28-August 18, 2016 Logan Race Club Thursday Night Time Trial Series, Logan, UT, Thursdays. IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benhkof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

#### **Utah Road Racing**

- July 4, 2016 Bountiful Mazda's Criterium, UCA Series, Bountiful, UT, Criterium, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com
- July 9, 2016 Cache Gran Fondo, UCA Series, Logan, UT, 5th annual Cache Gran Fondo. Starting at the Intermountain Hospital in Logan, riders follow a scenic and fun route through Northern Utah, over Weston Canyon (Idaho) to Malad, Idaho, then back down into Cache Valley, Utah, ending up with a closed finish in downtown Logan with a party and fun festivities. 100 miles and 50 mile course, very well supported and stocked aid stations. Also, UCA race for licensed racers. Masters Statu Championships, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com
- July 9, 2016 Cache Gran Road Race, UCA Series, Logan, UT, UCA race for licensed racers. 2016 Masters State Championships starting at the Intermountain Hospital in Logan, riders follow a scenic 50-60 mile route through Cache Valley, Utah, ending with a special racer-only sprint finish on Center Street in downtown Logan, UCA Jerseys and awards plus fun festivities and lunch., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegrantondo.com
- July 23, 2016 Iron Lung Race, Salt Lake City, UT, 120 mile timed road race starting at This is The Place Heritage Park and turning around near Snowbasin Resort., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com
- July 29-30, 2016 Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com
- July 30, 2016 West Mountain Circuit Race, UCA Series, Genola, UT, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com
- August 1-7, 2016 Larry H. Miller Tour of Utah, Various, UT, The Tour of Utah is a UCI 2.HC sanctioned stage race for the top men's teams in the world. As America's Toughest Stage Race, the race covers more than 500 miles across Utah, and 52,000 feet of climbing. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah , 801-325-2500, info@tourofutah.com, tourofutah.com
- August 13, 2016 Heber Valley Circuit Race, UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah. State road race championship for category riders, Mike Meldrum, 801-424-9216, mikesride@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comass.net, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com
- August 13, 2016 Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this womenonly cycling event. Age-group cash prizes. Giff for all who complete the climb., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.
- August 20, 2016 Tour de Park City, UCA Series, Park City, UT, 157 Classic Road Race returns for 2016! 7,500 feet of climbing, 10,750 foot summit. Fully Supported. Start and finish in the same spot., Jared Eborn, 801-599-9268, jared@extramileracing.com, tourdeparkcity.com, extramileracing.com
- August 26-29, 2016 Hoodoo 500, Utah Triple Crown, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.
- September 10, 2016 LOTOJA Classic Road Race, Logan, UT, 34th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, brent@lotojaclassic.com, iotojaclassic.
- September 10, 2016 Utah Tour de Donut, American Fork, UT, 9th Annual event Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:00 am., Rodney Martin, 801-427-6400, rotanyrad@live.com, Ronald Tolley, 480-285-6281, rfolley@clearvisionreserve.com, Utah Tour de Donut, info@utahtourdedonut.com, utahtourdedonut.org
- September 17, 2016 Harvest Moon Criterium, UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets. State Criterium Championships for category riders, Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, teamexcelerator.com

September 23-24, 2016 — Salt to Saint Relay, Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

- September 24, 2016 Snowbird Hill Climb, Snowbird, UT, 38th Annual, 9 am start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing). Misty x 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb
- October 4-7, 2016 Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Four events: hill climb, time that, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, <a href="https://www.nwsg@infowest.com/seniorgames.net">hwsg@infowest.com/seniorgames.net</a>
- October 8, 2016 City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun. , James Zwick, 801-583-6281 , sports@sports-am.com, sports-am.com
- October 8, 2016 The BURN Bicycle Hill Climb, Copperton, UT, Climb Butterfield Canyon. Also 10 K and half-marathon run., Jared Eborn, 801-599-9268, jared@extramileracing.com, burnrace.com, extramileracing.com

#### Regional Weekly

#### Road Race Series

- Las Vegas Tuesday Night World's Henderson, NV, Tuesday Night Criterium series starting March 11B Race 4:30 PM (25 min) Beginners or those not comfortable with experienced racers, A Race 5:00 PM (25 min) Those who have raced and ready to hammer, Location: 1021 East Paradise Hills Drive, Henderson, NV 89002, Mike Olsen, 702-927-4069, mike@vegasbikeracing.com, vegasbikeracing.com, TE BAR Time Trial/
- May 11-August 3, 2016 ICE BAR Imme Indi).
  Hillclimb Series. ICE BAR Series, Pocatello,
  ID, Flat time trials: Start at Rainbow Road,
  6.2m(10k). Scoring is best 2 of 4 times., May 11
  at 6:30 pm?:00 pm, June 1, June 29 and July
  27Hill Climbs:Park at Cherry Springs, Crystal
  start at Cherry Springs and Scout start at
  bottom of Scout Mtn Rd. Scoring is best
  Crystal plus best Scout time. Approximately
  5 mile climbs. mass start. May 25 Crystal
  Summit, 6:30 pm.7:00 pm: June 15-Scout, July
  13-Crystal Summit, August 3-ScoutCategories:
  End of season awards for men and women's
  overall winners of these categories: A's, B's,
  Master's 50+, Triathlete, Recreational (Non TI
  blike, 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, hebermtsports@
- May 17-July 12, 2016 Expo Idaho SWICA Criterium Series, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West Iot (Glenwood Street south of Hawks Stadium). Tuesdays, May 17-July 5, 2016, and July 13, 2016, Kurt Holzer, 208-890-3118, Idahobikeracing@yahoo.com, Idahobikeracing.org
- July 19-August 16, 2016 Half-Bogus Training Ride, Hammer Series, Boise, ID, Weekly Training Ride starts at 6:20pm., Mike Cooley, 208-343-3782, mcooley@georgescycles.com,

#### Regional Road Racing

July 9, 2016 — Sunshine Pass Hill Climb, Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Lance Panigutti, lance@ withoutlimits.com, withoutlimits.co July 9, 2016 — Pedal Through The Corners Criterium, SWICA, Meridian, ID, Non-profit, crowd-funded criterium in Meridian, ID, Riders can enter multiple races including a Fixle Crit (onsite registration only), Men 1/2/3, Women 1/2, Men 3/4/5, Masters 40+, Women 3/4, Entry fee only \$2.70 for preregistration! (USAC service fee). Race start at 2701 E Pine Ave, Meridian, ID 83642, Brian Tromburg, 562-325-9729, teloseventsboise@gmail.com, capitalcitycycling.com

**JULY 2016** 

- July 12-17, 2016 USA Cycling Mountain Bike National Championships, Mammoth Mountain, CA, Micah Rice, 719-434-4200, mice@usacycling.org, usacycling.org
- July 13-16, 2016 Southeast Idaho Senior Games, Pocatello, ID, Hill Climb, 5k and 10K Time Trials, 20 K and 40 K Road Races, Criterium, Dana Olson, 208-233-2034, 208-317-3918, southeastlidahoseniorgames@gmail.com, seidahoseniorgames.org
- July 15-17, 2016 Salida Cycling Classic, Salida, CO, TT, circuit race, road race. Part of the Rocky Mountain State Games. Colorado Masters Road Championships, Lance Panigutti, lance@withoutllimits.com, withoutlimits.to
- July 16, 2016 Andersen Banducci Twilight Criterium, National Criterium Calendar, Boise, ID, 28th Annual, NCC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, boisetwilightcriterium.com, gcorsaevents.com
- July 17, 2016 Idaho State Criterium Championship, Hidden Springs, ID, Start/Finish at Hidden Springs Community-Village Green at 9 am., Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com. Institutes Village and
- July 23, 2016 Bob Cook Memorial Mount Evans Hill Climb , Evergreen, CO, This is an arduous 28 mille bicycle race and gran fondo that ends on the highest paved road in the United States. Bob Cook holds the record for the race: 1 hour, 54 minutes, 27 seconds., Jennifer Barbour, 303-503-4616, executing teamevergreen.org, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, bicyclerace.com
- July 30, 2016 Targhee Hill Climb, Driggs, ID, Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com
- July 31, 2016 Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers, Raffle and party following., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org
- August 6-7, 2016 Idaho Senior Games, Boise, ID, 5k and 10K Time Trials, 20 K and 40 K Road Races, Qualifying year for 2017 National Senior Games, Mike Thorton, 208-861-8000, Idahoseniorgamesinfo@gmail.com, Idahoseniorgames.org
- August 13, 2016 Lamoille Canyon Hill Climb, Lamoille, NV, 11th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am., Annette White, 775-842-9125, annette.white42@gmail. com, elkovelo.com
- August 13, 2016 USA Cycling Hill Climb National Championships and Pikes Peak Hill Climb, Colorado Springs, CO, The USA Cycling Hill Climb National Championship is





an inaugural USAC National Championship race. The start line is located at 9,390 ft./2,862 m and the finish line is 156 turns, 12.42 m./20 km, later, with an average grade of 7%, and a gain in attitude of 4,725 ft./1.440 m, to conclude at 14,115 ft./4,302m. The race is truly a unique experience on Pikes Peak - America's Mountain. It will be held in conjunction with The Broadmoor Pikes Peak Cycling Hill Climb gran fondo fun ride, Saturday, August 13, 2016., Micah Rice, 719-434-4200, mrice@usacycling.org, The Sports Corp, 719-634-7333, info@thesportscorp.org, usacycling.org, coloradospringssports.org/index.php?oplon=com\_content&view=article&id=4164temid=315

- August 20, 2016 Bogus Basin Hill Climb, Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, aeorgescycles.com, acorsaevents.com
- September 10, 2016 Race to the Angel, Wells, NV, Hill climb. 31st Annual. The race is open to riders on mountain and road bikes, runners, walkers and triathletes: individual or team (Sprint Triathlon 750m swim, 5K run, 20K bike). The half marathon course begins at the Wells City pool and climbs approximately 2,784 feet to Angel Lake in the East Humboldt range of the Ruby Mountains. The half marathon course is entirely on pavement. Wells Chamber, 775-752-3540, wellschamber@well-snevada.com, Robert Johnson, 775-340-5943, rubymountainrelay@gmail.com, acetothe-angel or subsmountainrelay.com
- September 12-18, 2016 World Human Powered Speed Challenge, Battle Mountain, NV, Cyclists from around the world will gather on \$R305, perhaps the fastest strectch of road in the world to see who is the fastest cyclist in the world. The 2013 record was 83.13 mphl, Al Krause, 707-443-8261, a.krause@sbcglobal.net, ihpva.org, whpsc.org
- September 16-17, 2016 Billings Omnium Weekend, MBRA Series, Billings, MT, State Championship Time trial Friday, Hogback road race Saturday, Criterium Saturday Night. Phipps Park., Coul Hill. 406-690-6629, coulhill@gmail.com, montanacycling.net, montanasspoke.com
- September 17, 2016 Hogback Classic, MBRA Series, MT, The Third Annual Hogback Classic is STAGE 2 of the 2016 Billings Omnium Weekend (TT on Friday night, Crif on Saturday night), Coul Hill, 406-690-6629, coulhill@gmail.com, montanacycling.net, montanaspoke.com
- September 24, 2016 Mt. Charleston Hill Climb, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156. 8 am. Mass start, David McDonough, 702-823-1680, <u>brokenspokebikeslv@gmail.com</u>, Carol Valis, 702-823-1680, <u>brokenspokebikeslv@gmail.com</u>, <u>brokenspokebikeslv.com</u>
- September 24, 2016 Telluride 200 Gran Fondo, Telluride, CO, 13th annual, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead. Benefits the Just for Kids Foundation. Heldi Lauterbach, 970-729-1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com
- September 24, 2016 Man vs Machine, Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 a 310-ton behemoth built in 1923 to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com
- September 24, 2016 Bear Lake Omnium, UCA Series, Montpelier, UT/ID, Jared Eborn, 801-599-9268, [ared@extramileracing.com, Bearlakeendurance.com, extramileracing.com
- October 1-2, 2016 Nevada Senior Games, Las Vegas, NV, 5-10K time trials, 20-40K road races, start: Intersection of Interstate 15 and Highway 93 Approx. 10 miles North of Las Vegas, Tim Jones, 702-994-6205, <a href="mailto:tip://lines@cox.net">tip://lines@cox.net</a>, nevada.fusesport.com

#### Utah Road Touring

July 2, 2016 — Tour de Riverton, Riverton, UT, 16th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, tdr@infinitecycles.com, tourderiverton.com, infinitecycles.com

- July 9, 2016 Mt. Nebo Climb, BCC SuperSeries, Nephi, UT, Memorial Day Meet at Nephi City Park. Ride to Santaquin and climb Mt Nebo north to south 70 mile loop. Self-supported free event bring extra water; short supply on the mountain., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, siccycler@gmail.com, bccutah.org
- July 9, 2016 Cache Gran Fondo, Logan, UT, 100 and 50 mile gran fondo style ride & tour. This UCA event features canyons, hills, long flats & beautiful Cache Valley vistas. Benefit for Logan Regional Hospital, run by Headspin Events. Grand Prize: FreeMotion Tour de France bike + \$1000s dollars in rider prizes. , Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com, loganhospitalfoundation.org
- July 15, 2016 Antelope by Moonlight Bike Ride, Antelope Island, UT, 23rd Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road. Neka Roundy, 801-451-3286, neka@co.davis.ut.us. daviscountyutah.gov, antelopebymoonlight.com
- July 16, 2016 Desperado Duel, Panguitch, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, ridesouthernutah.com
- July 16, 2016 Good News Jail and Prison Ministry Fundraiser Bicycle Ride, Park City, UT, Join us for coffee at 9:00 am at the Shepherd of the Mountains Church. Self-paced ride starts at 10:00. Funds donated go to keep Chaplains in the Salt Lake County Jail. Park City venue includes a ride on paved parkway trails, around a farm, meadows, woods, over bridges, under a tunnel and circling a park. Everyone is invited, all skill levels are welcome. Lunch and T-Shirt provided with \$35 entry donation., Mary Challier, 385-468-8409, 801-518-2840, mary.challier@goodnewsjail.org, goodnewsjail.org, goodnewsjail.org
- July 16, 2016 Giro Donna, North Salt Lake City, UT, A women only ide, 100 km course commencing and ending at Legacy Park. A few miles on city streets, enter Legacy Parkway Trail and Denver & Rio Grand Trail systems prior to circling through west Davis and Weber Counties. 50 km option. Flat with a few rollers, supplied aid stations, and SAG vehicles, Jarred Eborn, 801-599-9268, jared@extramileracing.com, girodonna.com, extramileracing.com
- July 23, 2016 North South Century Freedom Ride, BCC SuperSeries, Salt Lake City, UT, Location: Tanner Park. Start the holiday weekend with 100 miles all in SL county. Stops for water and food. Free event., Don Williams, 801-641-4020, roadcaptain@bcutah.org, Tom Coffey, 801-737-3241, lech2zurs@msn.com, bccutah.org
- July 23, 2016 South Sevier Ram Ride, Monroe, UT, 15 miles, 25 miles & New this year is a 50 miler . Start time is 6:00 a.m. 1 block west of Monroe City Park., Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com,
- July 23-30, 2016 109 West, Moab, UT, 7 day tour with single and multi day options, Trisha Moran, 970-626-9913, <a href="mailto:trisha@cyclewithalpine.com">trisha@cyclewithalpine.com</a>, 109west.com
- July 23, 2016 Iron Lung Ride, Salt Lake City, UT, 32, 80, or 120 mile options out and back starting at This is The Place Heritage Park and turning around near Snowbasin Resort. Challenging climbing, with plenty of rollers and flats to recover. Bring the family and make this part of your Pioneer Day celebration. Utah Triple Crank qualifier, along with Rockwell Relay and LOTOJA., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com, ironlungride.com, ironlungride.com
- July 29-30, 2016 Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehirg's Disease., Steven Tew, 801-822-4870, <a href="mailto:steven@saintstoSinners.com">steven@saintstoSinners.com</a>, SaintstoSinners.com
- July 29-30, 2016 Raspberry Ramble Series, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported. Starts in Logan and climbs up Strawberry Canyon (LoToJa route). Longer routes then go around Bear Lake before heading north to Soda Springs and finally out to Golden Spike Natl Monument. 300, 400 &

- 600 km (125 to 375 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos ora
- July 30, 2016 Park City Chalk Creek 100 SuperSeries, BCC SuperSeries, Park City, UT, Free self-supported event. Start Treasure Mtn Middle School, Legs to Kamas, Coalville, Chalk Creek and back. Sunday option., Don Williams, 801-641-4020, toadcaptain@bccutah.org, bccutah.org
- July 30, 2016 Fiesta Days 50 Blue Haven Half Century, Spanish Fork, UT, Provides support for fallen police officers families, The Blue Haven Foundation is proud to announce our partnership with Spanish Fork Fiesta Days! As part of the celebration Blue Haven has organized a 50 mile bike ride and a 10 mile family fun ride with proceeds going to the Spanish Fork Police Department and to the Blue Haven Foundation. The 50 mile timed event will be routed from the South parking lot of Spanish Fork High School around West Mountain and back, Blue Haven Foundation , 801-380-7400, info@bluehaven.foundation, facebook.com/events/1719346748340800/, runsignup.com/Race/UT/SpanishFork/BlueHavenHalfCentury
- August 6, 2016 Hotter than Heck Utah Valley Century, Orem, UT, 32nd year of a Century Tour around Utah Lake, 100, 62.5, and 30 mile options, starting and ending in Orem at Lakeside Park, Allan Sumnall, (801) 225-0076, allan@sbrutah.com, Spencer Erickson, 801-513-8848, spencerickson@gmail.com, hotter-thanheck.com
- August 6, 2016 The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, Ride like the prost Challenge yourself to ride the Tour of Utah's Queen Stage, finishing at Snowbird Ski and Summer Resort. 109 miles, Larry H. Miller Tour of Utah , 801-325-2500, info@tourofutah.com, tourofutah.com, rideutimatechallenge.com
- August 6, 2016 Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 60-100, and 120 miles. Self-supported, with shorter loop options available. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org
- August 6, 2016 RAW (Ride Around the Wellsvilles), Logan, UT, The Logan Rotary Club's Ride Around the Wellsvilles will begin at the Rotary Pavilion at Willow Park, with a choice of a 23, 66 or 96 mille ride. Benefits local youth with new bikes and helmets, and internationally, provides clean dfinking water. Ben Jarvis, 435-757-0376, LoganRotaryRAW@gmail.com, rotaryraw.com
- August 13, 2016 Wildflower Pedalfest, Morgan, UT, Fully-supported, women-only cycling event. 4 course options (20, 30, 50, 70 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo and more., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com
- August 13, 2016 Twin Creeks 100, BCC SuperSeries, Coalville, UT, Start Coalville to Lost Creek Dam, with rolling course back to Coalville, then climb Chalk Creek, Self-supported, 50 mille option first leg, Free event. Saturday route this year., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- August 16-20, 2016 The U5 Challenge, Logan, UT, Fully-supported Gran Fondo that takes cyclists from Logan to \$t. George, Utah in 5 days. Weaving along the Wasatch range, riders tackle some of the most picturesque and challenging landscapes the state has to offer. Individuals or relay team options. Or register to ride just one of the five days, Jordan Arey, 801-644-0546, jordan@spin-utah.com, theu5challenge.com
- August 20, 2016 Tour de Park City, Park City, UT, Fully supported Tour starting and finishing in Park City. 157 miles through Northern Utah's beautiful mountain valleys. A rolling picnic!, Jared Eborn, 801-599-9268, jared@extramileracing.com, tourdeparkcity.com, extramileracing.com
- August 20, 2016 Ride for the Kids, Syracuse, UT, Partnered with Make-A-Wish Foundation, ride out to Antelope Island. Ride options from 25-50-100 miles, depending on the skill level of the ider. Ride begins at the Syracuse RC Willey, 1693 W 2700 S at 8:00am. Breakfast and lunch will be provided, as well as tons of prizes for our raffle., Devin Kingsbury, 801-663-3267, syracusetag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/dp/2015-Ride-forthe-Kids.jsp
- August 21, 2016 Upland Roller 100, BCC SuperSeries, Wanship, UT, Wanship Trailhead thru Coalville Echo over Hogsback to East Canyon, Morgan and back. Self-supported 30-50 mile options also. Free event., Don Williams, 801-641-4020, toadcaptain@bccutah.org, bccutah.org
- August 27, 2016 Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds supprt their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain., Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com. Sammie Macfarlane, 435-713-0288, Sammie@cgadventures.org, CacheValleyCentury.com
- August 27, 2016 Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mile

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road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget – all Summit Challenge riders who have a disability can register and ride for freel, Julia Rametta, 435-649-3991, events@discovernac.org, Whitney Thompson, 435-649-3991, whitney!@discovernac.org, summitchallenge100.org, discovernac.org

- August 27, 2016 Interlaken 100, Pineview, UT, Interlaken 100 is a fully supported ride from Pineview to Bear Lake (via Monte Cristo). With over 5,600 vertical feet of elevation gain Interlaken 100 is not your typical century ride. Whether you are looking for a challenging ride or preparing for something even bigger this is the ride for you., Jon Bingham, 801-613-7520, bike.interlaken@gmail.com, interlaken100.com
- August 27, 2016 Man of STIHL, North Salt Lake, UT, 62-mile (100km) fully supported metric century bike ride. Release the hero within you as you support the Davis Education Foundation. Enjoy beautiful autumn scenery as you ride on the East and West sides of Davis County from North Salt Lake to Clearfield and back., Marc Croft, 801-295-4141, marc@croftnow.com, Skye Whitlock, jsunskye@gmail.com, ManofSTIHL.org
- August 27, 2016 Castle Country Century, Scofield, UT, Train for LoToJa or just have fun with this fully suported ride as you travel up and over Huntington Canyon, through Huntington hugging the edge of the San Rafael swell. Pass through the towns of Cleveland, Elmo, Wellington and Price to finish in Helper. All the while conquering 5,300ft of ascent and 7,200ft of descent on this ride. Ride departs at 8 am., Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, carbonrec.com
- September 3, 2016 Hooper Horizontal 100, BCC SuperSeries, Salt Lake City, UT, West Point Park (SLC) to West Weber and Hooper, self-supported century, 30 and 65 mile options. Free flattest 100 on the schedule. Last one before LOTOJA., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhtn.com, bccutah.org
- September 4-10, 2016 Tour of Southern Utah St. George, UT, 7-day tour including Zion Bryce, Capitol Reef and More. 60-100 miles per day., Deborah Bowling, 818-889-2453, embassy@planefultra.com, planefultra.com
- September 10-16, 2016 Ride with Jan Ullrich, St. George, UT, 7-Days of Cycling through Aspen, Crested Butte, Ouray, and Telluride with cycling legend Jan Ullrich. Tour includes road biking, mountain biking, and superb lodging., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com
- September 10, 2016 To the Moon and Back Century Ride, Tabiona, UT, Come and enjoy the High Unitahs. There are four ride options: Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Overnight camping is available. The ride will be based out of Tabiona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported. All proceeds will go to the Rapha House, a non-profit organization that helps rescue children from trafficking and sexual exploitation. Karen Redden, 435-828-0467, roxyredden@gmail.com, active.com/tabiona-ut/cycling/races/to-the-moon-and-back-2016
- September 17, 2016 Wonder Woman Century, Payson, UT, Join us in our fully supported all women's ride, choose between the 15, 30, 70 or 100 mille options. Remember that every woman is a wonder woman!, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com
- September 17, 2016 Actavis + Allergan CF Cycle For Life. Coalville/Morgan, UT, Fully supported, beautiful autumn ride with five route options 20.40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, <a href="mailto:lhadley@cff.org">lhadley@cff.org</a>, Amanda Livnat, 801-532-2335, <a href="mailto:livnat@cff.org">livnat@cff.org</a>, Jessica Rose, 801-532-2335, <a href="mailto:livnat@cff.org">livnat@cff.org</a>, <a href="mailto:less-sectiong">less-sectiong</a>
- September 17, 2016 Coldwell Banker Parkway Pedal, tentative date, West Valley City, UT, A casual ride along the Legacy and Jordan River Parkway to benefit The Autism Council of Utah. Utah Cultural Celebration Center in WVC. 1355 West 3100 South West Valley City, UT, 70, 55, 40, 30, 25, and 10 mile options., Chris Jensen, 801-563-7670, 801-940-1447, chris.jensen@utahhomes.com, parkwaypedal.com
- September 18-October 1, 2016 Trans Utah Spring Tour, UT, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

- September 23-24, 2016 Bike the Bear Century, Garden City, UT, 100 and 50 miles. Begins at Parking Lot behind church in Garden City, UT. Support the Trapper Trails Council, BSA with a idea round the scenic Bear Lake on the Utah/Idaho border., Nelson Palmer, nrpolme@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trappertrails.org/bike
- September 24, 2016 Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous new route and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone!, Dani Lassiter, 801-635-9422, info@goldilocksride.com, goldilocksride.com/gsl
- September 24, 2016 USEA Ride 4 Respect, Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration., Tim Bell, 385-347-7589, tbell@useaulah.org, useautah.org
- October 1, 2016 Moab Century Tour, Moab, UT, Road cycling in scenic Moab, Utah with 40, 60, and 100 mile route options. Ride benefits cancer survivorship programs. , Beth Logan, 435-260-8889, 435-260-2334, info@skinnyfireevents.com, skinnyfireevents.com
- October 1, 2016 Legacy Fall Flat 100 SuperSeries, BCC SuperSeries, Centerville, UT, Free self-supported event. Start Foxboro Park NSL, flattest 100 ever up Legacy Parkway bike path to Ogden area and loop back. Shorter leg options of 25 and 30 miles., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhtn.com, bccutah.org
- October 15, 2016 SoJo Bike Tour, SoJo Race Series, South Jordan, UT, SoJo Isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirrh Mountains before winding through Heriman and South Jordan, Wendy Thomas, 801-253-5236, withomas@sjc.utah.gov, Anna Ratcliffe, 801-253-5236, aratcliffe@sjc.utah.gov, SoJoMarathon.com
- October 22, 2016 Fall Tour de St. George, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, ridesouthernutah.com

#### Regional Road Touring

- July 2-3, 2016 Gran Fondo Kootenai, Libby, MT, A two-day, point-to-point, "stage" fondo featuring fully supported riding through the spectacular landscapes of Montana's remote northwest corner. Located on National Forest Scenic Byways, our routes take in the stately Cabinet Mountains, serene Lake Koocanusa, and the legendary Yaak Valley. Proceeds benefit charities in Libby, Eureka, and Troy, Montana., John Weyhrich, 406-241-2829, john weyhrich@yahoo.com, gfkootenal.com
- July 9, 2016 Goldilocks Boise, Goldilocks Bike Ride, Meridian, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears., Dani Lassiter, 801-635-9422, info@goldilocksride.com, goldilocks.events/gid/info
- July 9-10, 2016 The Triple Bypass, Evergreen, CO, This challenging ride is over 120 miles with 10,000° of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO., Jennifer Barbour, 303-503-4616, execdii@teamevergreen.org, Jennifer Barbour, 303-503-4616, triple@triplebypass.org, triplebypass.org
- July 10-22, 2016 B.E.A.R.S. Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denall to Prince William Sound. Fully supported trip with both camping and great food, Pedalers Pub & Grille, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/alaska-bicycle-tours-bears-cycling-tour.
- July 16, 2016 Absolute Bikes Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude coal pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options. Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley. Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolutebikes.net/faylor
- July 16, 2016 Gran Fondo Taos-Mora-Angel Fire, Taos, NM, 7:00 am start. 105, 84, or 46 miles. Five aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to the Taos Sports Alliance, whose goal is bringing more sporting opportunities to Taos County youth. Start/finish for all three distances is at the



801-268-9868

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Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571., Jennifer 505-306-1443, granfondotaos@gmail taossportsalliance.com, dukecitywh

- July 16-August 23, 2016 Washington Bicycle Ride, Goldendale, WA, Crosses high plains Nide, Goldendale, WA, Crosses nign plains before descending into Yakima River Valley. Climbs into the Cascade Mountains into the Gifford Pinchot National Forest. The ride brings one close to Mt. Saint Helens and continues down to the Columbia River Gorge National Scenic Area before ascending back Goldendale., Sanna Phinney, 541-382-2633, 41-410-1031, <u>info@bicycleridesnw.org</u>, <u>bicy</u>-541-410-1031.
- July 17-22, 2016 Tour de Wyoming, Sheridan, WY, 20th Annual, Start and end in Sheridan wy, 20th Annual. Start and end in sheriadan, Wyoming with overnight stays in Buffalo, Ten Sleep, Meeteetse, Basin, and at the Bear Lodge near Burgess Junction. Our route takes us up and over the Bighorn Mountains not once, but twice., Amber Travky, 307-742-5840 sky@wyoming.com, cyclewyoming.org
- July 27-August 7, 2016 Klondike Gold Fairbanks, AK, Travel from Fairbanks back in time to cycle the route of the Klondike Gold in reverse from historic Dawson City Yukon to Skagway, Alaska Fully supported camping tour with a few nights in motels. Pedalers Pub & Grille , 352-353-8712, tours@ pedalerspubandgrille.com, pedalerspubandgrille.com, pedalerspubandgrille.com/yukon-bike-tour-klondike-highway-
- July 30-August 6, 2016 Oregon Bicycle Ride, Astoria, OR, Tour of northwest Oregon. Crosses the mouth of the Columbia River, visits sites famed by Lewis and Clark, includes ferry back into Oregon, and ides through northwest forests and countryside. Cyclists will have time to tour wineries, play at beaches, and learn about the area's history. Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw. org, bicycleridesnw.org
- July 30, 2016 Cascade 4-Summit Challenge, Cascade, ID, Options include 75, 60, 50, 30 or 8.2 Mile Options. Course covers two mounof a.2 Mille Opinions. Coulse covers in Mindun-tain passes along Warm Lake Road. The ride starts at the American Legion Hall in down-town Cascade and proceeds down Main Street to Warm Lake Road.Money raised by the Cascade to Warm Lake Four Summit Challenge will support various charitable and community projects within the area of Cascade Ride support will be brandled by Cascade. Ride support will be handled by George's Cycles of Boise, and post ride bar-beque, beer garden and music will be hosted by the Community of Cascade., Mike Cooley, 208-343-3782, mcooley@georgescycles.com rsaevents.com, 4summitchallenge.com
- August 6-13, 2016 Ride Idaho, Ketchum, Sun Valley, ID, 7-Day fully supported, non-competitive roadbike tour with SAG support, mechanics, showers, beer garden, entertain ment, 400 miles of spectacular scenery. Tent and Porter Service available. Ketchum/ Sun Valley, Craters of the Moon, Arco, Terreton/ Mud Lake, Driggs, Jackson Hole, Wyoming, Irwin/Swan Valley, Idaho Falls, Earl Grief, 208-890-4434, 208-830-9564, egrief@cableone.net,
- August 6, 2016 Sawtooth Century Tour, Sun Valley, ID, Benefit for the Wood River Bicycle Coalition. Road blike tour from Ketchum to Alturas Lake and back, 50 or 100 mile tour options. Aid stations along the way., Brett Stevenson, 208-720-8336, wrbc.brett@com, woodriverbike.org
- August 6, 2016 Copper Triangle Alpine Classic Copper Mountain, CO, 11th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain pass es., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, coppertriangle com, emgcolorado.com/wordpress/?page\_

- August 13, 2016 Le Tour de Koocanusa, Libby, Jugust 13, 2016 — Le four de Rocanusa, Libby, MT, Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake Kocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonaines@hotmail.com, Pam Boyke, 406-293-3556, info@lefourdekocanusa.com, letourdekocanusa.com, letourdekocanu
- August 13-14, 2016 Bike MS Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664, wyominghilkenseense are bildenseenses. s@nmss.org, bikemswyoming.
- August 13, 2016 Tour of the Valley, Grand Junction, CO, The Tour is not a race; we encourage you to set your own pace and enjoy beautiful Western Colorado. Several route options available including the 100 mille route that takes riders over the Colorado National Monument. Start and finish at the NEW Community Hospital located at 2351 G Road (just west of Canyon View Park), Morgan Taylor, 970-644-3491, webguest@ gjhosp.org, secure.yourcommunityhospital. n/Community\_Hospital\_Foundation\_Tour\_ of the Valley.cfm
- August 13, 2016 George's Community Training Ride #3, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, cles.com, gcorsaevents.com
- August 13, 2016 USA Cycling Hill Climb National Championships and Pikes Peak Hill
  Climb, Colorado Springs, CO, The Broadmoor
  Pikes Peak Cycling Hill Climb Gran Fondo
  features a non-competitive fun rides that give
  cyclists of all abilities a truly unique experience on Pikes Peak - America's Mountain. It will be held in conjunction with the inaugural USA Cycling Hill Climb National Championships Saturday, August 13, 2016. Created in 2010 this year marks the 7th consecutive year of The Broadmoor Pikes Peak Cycling Hill Climb, an annual event of the Colorado Springs Sports Corporation. This event attracts the top cyclists and recreational cyclists from across the nation and around the world. 3 ride options., The Sports Corp., 719-634-7333, info@ thespotscorp.org, coloradospringssports.org/ index.php?option=com\_content&view=articl e&id=329&Itemid=292
- August 20, 2016 HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-777, 208-76-6485, mabe@theartmuseum.org, theartmuseum.org/Century.htm
- August 20, 2016 Pedal For Patients, Fruitland, ID, The ride starts and ends at Saint Alphonsus Fruitland Health Plaza in Fruitland, Idaho. 910 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food. 100, 68, 40, or 20 mile ride options. Avid racers and family friendly., Ken Hart, 541-881-7295, hart-
- August 20, 2016 Cycle Magic Valley, Twin Falls, ID, A 12, 30, 50, or 100 mile bicycle ride for all levels. There is a family friendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of Filer, through farm country. All of the routes are on rural paved roads in Southern Idaho. The ride is fully supported with a bbq and ice cream at the finish line. Goody bags & finisher medals for the 30, 50 & 100 mile routes. Finisher ribbon for the 12 mile route., Denise Alexander cruisin-magic-valley/
- August 20, 2016 Four Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank., Kaylee Pooley 208-232-8996, barriesskiandsports@gmail.com

- August 21-September 2, 2016 Yellowstone National Park Bike Tour, Belgrade, MT, August 21-26 & August 28-September 02, 2016. Tour includes 5 nights of lodging, 6 days of meals, guide service, entrance fees, daily lunch en route, energy food, liquid refreshments, shuttles, and mechanical support. , John Humphries. 970-728-5891. info@ clingguides.com, Travis Tucker, 970-728-5891 eadcyclingguides.com
- August 25-28, 2016 Yellowstone/Grand Teton Randonnee, Salt Lake Randonneurs Brevet Series, Ashton, ID, Self Supported 620 mile ride (1000km) with overnight stops. Goes into Yellowstone and Grand Teton National Parks. 600 km (375) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org
- August 28, 2016 MS Wine Ride & Vintag Bike Showcase, Kuna, ID, Ride 35-50 miles through the beautiful scenery of the Indian Creek Winery in Kuna, Idaho and raise money for multiple sclerosis through the National MS Society Utah-Southern Idaho Chapter. Enjoy a catered lunch afterwards at the win-ery, Megan Nettleton, 208-336-0555, <u>Megan</u> Nettleton@nmss.org, georgescycles.com, bik
- September 3-5, 2016 Oregon Gravel Adventure, Philomath, OR, Participate in our 3-day fully supported tour exploring minimally traveled roads where the surface may differ from various shades of asphalt to hardpacked gravel in the Oregon Coast Range., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org
- September 10, 2016 Cascade Lake Gravel Grinder, Cascade, ID, This event is a long-distance bike ride starting in Cascade, Idaho and continuing over U.S. Forest Service roads through the Boise and Payette National Forests. The route traverses through the beautiful mountain range just west of Lake Cascade. 35, 57, or 76 mile options. Sag wagon will pick up any riders still on the course at 5:00pm., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, 4summitchal
- September 10, 2016 Idaho Poker Ride Pedal for Paws and Claws, Bolse, ID, A Benefit Ride for: West Valley Humane Society, Starts and ends at MWI Veterinary Supply 3041 W. Pasadena Dr. in Bolse, 4 route choices, 15, 30, 63, 100 miles. Lots of prizes! Fabulous swag bag!, Robyn Knoelk, 208-871-0951, rknoelk@ mwianimalhealth.com 4pawsandclaws.org, pedalforpawsandclaws.
- September 11, 2016 Tour de Tahoe Bike Big Blue, Lake Tahoe, NV, 14th Annual ride around Lake Tahoe's 72 mile Shoreline with the Juvenile Diabetes Research Foundation International. This ride is also a Memorial Nine-Eleven ride. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. Boat cruise and 35 mile fun ride., Cuttle Eng. 800.565.2704. 775.771.3246.451. Curtis Fong, 800-565-2704, 775-771-3246, tgft@
- September 11-30, 2016 Santa Fe Trail Bicycle Trek, Santa Fe, NM, 21st Year. Camping Trip. Ride all or part of the Santa Fe Trail Inp. kide all or part of the santa Fe Irali (approx. 1100 miles) on paved public roads only. All gear carried by truck. After the first four days, idders can leave the group at any place along the route., Willard Chilcott, 505-982-1282, willard@cybermesa.com, willard@cybermesa.com
- September 11, 2016 Jordan's Ride, Eagle, ID, Jordan's Ride is a charity bicycle ride benefiting SIDS/SUDC research and support for the families affected by the tragic loss of their child. This ride was created in honor of Jordan Michael Zappia who passed away at 16 months to Sudden Unexplained Death in Childhood (SUDC). Jordan's Ride is hosted by Barefoot Media Ministries' Boise radio station, 89.5 KTSY FM and Metamorph Events. Jordan's Ride is fully supported with rest stations, SAG wagons, and on-site medical personnel. Jordan's Ride , 208-459-5879, , jordansride.org
- September 16-17, 2016 Grind de Galena, Pocatello, ID, 110 miles, 2 day group ride, Kaylee Pooley, 208-232-8996, barriesskiandbarriessports.com/2016-
- September 17, 2016 Tahoe Sierra Century, Squaw Valley, CA, 30-60-100 mile routes with squaw Valley, CA, 30-00-100 frillie foules with 3000-7200 vertical gain. Great support and spectacular views from Squaw Valley Ski Resort, to Lake Tahoe, Donner Lake, and over Donner Summit., Nancy Lancaster, ridedirector@tahoesierracentury.com, Sue Rae Irelan, ridedirector@tahoesierracentury.com, tahoe-
- September 17, 2016 Tour de Vineyards Palisade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Heaston, 303-282-9015,
- September 18, 2016 Edible Pedal 100, Carson City, NV, 10 mile, 50 mile and Nevada 150K ride options, Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course,

fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accom plishment., Don Iddings, 775-393-9158, ediblepedal100.org, ediblepedal100.org

- September 24, 2016 Gran Fondo Bear Lake Montpelier, UT/ID, 100, 75, 50 or 25 mile fully supported ride from Montpeller, ID. A climb to Minnetonka Cave and prize awaits each 100-mile rider and a backyard barbeque welcomes every finisher. Utah's best century ride .. is in Idaho!, Jared Eborn, 801-599-9268, jared@ extramileracing.com, Bearlakeendurance.com, extramileracing.com
- September 24, 2016 Mountains to the Desert Bike Ride, Telluride, CO, 13th Annual Mountains to the Desert Bike Ride, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandsone cliffs reaching use to 1,000 featured sandsone cliffs reaching up to 1,000 feet overhead and onwards to the beautiful desert landscape of Gateway Mileage options: 70, 100 & 130. This ride benefits the Just For Kids Foundation, Heidel Lauterbach, 970-729-1372, m2dbikeridea gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com
- September 24, 2016 Royal Gorge Century, Canon City, CO, 100 mile, 62.5 mile, and 50 k Bike rides and community beer festival, Gordon Eckstrom, director@bikesandbrews. org, bikesandbrews.org
- September 25-October 1, 2016 OATBRAN, Lake Tahoe, NV, 25th annual One Awesome Tour Bike Ride Across Nevada! Silver celebration of Riding Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-771-3246, tgff@bikethewest.com, bikethewest.com

- October 1, 2016 No Hill Hundred Century Bike Tour, Fallon, NV, 30 mile, 60 mile, and 100 mile tour, Fallott, NV, 30 mile, and 100 mile tour, fully supported. Event swag, gift bags, lunch (for metric and century riders), post event BBQ at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Fairgrounds., Danny Gleich, 775-423-7733, dgleich@churchillcounty.org, churchillcounty.org/parksnrec/index.php?ctr=152, churchill-countycyclists.com
- October 1, 2016 Santa Fe Gourmet Classic, Santa Fe, NM, Fun, challenging 60 mile bike tour with delicious, creative Southwest style rour with delicious, creative Southwest style foods at 5 gourmet refuelling stops. The non-competitive ride winds through Santa Fe and into the surrounding areas. Elevation gain is about 1,800 feet. Ride is limited to 150 riders. Breakfast begins at 8AM. Most riders finish between 3- 4 PM., Kathleen Davis, 505-795-3286, 408-499-0775, lavinz@gmail.com, santafeaourmetclassic.com
- October 1, 2016 ICON Tour of the Moon, Grand Junction, CO, 5th Anniversary Metric Century or Classic 41 mile loop over the Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie., Mike Heaston, 303-282-9015, 303-635-2815, <a href="mailto:emgmh@emgcolorado.com">emgcolorado.com</a>, Scott Olmsted, tourinfo@tourofthemoon.com, tourofthemoon.com, emgcolorado.com/wordpress/?page\_id=10
- October 8, 2016 West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, supported ride., Moira Dow, 406-646ne.com
- October 8, 2016 Goldilocks Vegas, Goldilocks Bike Ride, Las Vegas, NV, The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling ter rain. Hand-crafted necklaces are awarded





theartmuseum.org/Century.htm

Ride for ART

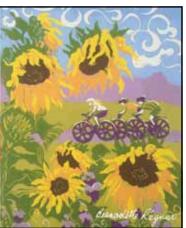
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to finishers, as well as a high-quality custom technical shirt, absolutely free race photos exceptional 'Papa an Mama' bear course support, and delicious food., Dani Lassiter 801-635-9422, info@goldilocksride.com, goldi-

- October 8, 2016 Park to Park Pedal Extreme Nevada 100. Kershaw-Rvan State Park. NV Road blike starting at Kershaw-Tyan and takes peddlers through the towns of Callente and Pioche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershaw-Ryan State Park 3 rides available: 100, 60 and 40 mile options. Dawn Andone, 775-728-4460, gorge vc@lcturbonet.com, Jonathan Brunes, 775-726-3564, kershaw@lcturbonet.com, parktoparkpedal.com/, lincoln com/exploring/biking/park-to-park-pedal/
- October 8, 2016 Gila Monster Gran Fondo Silver City, NM, With four distances to choose from, everyone can find their challenge Gran Fondo 103 miles, Gough Park, Silver City 8:00am. Medio Fondo 70 miles, Gough Park, Silver City 8:00am. Micro Fondo 50 miles, Hi-Spot, HWY 152 8:30am. Nano Fondo 32 miles, Camp Thunderbird, HWY 35 8:30am., Jack Brennan, 575-590-2612, brennan5231@ comcast.net, tourofthegila.com
- October 29, 2016 Ride 2 Recovery Honor Ride Orange County, Honor Ride, Orange County, CA, Presented by A Road Bike 4U, Honor Ride OC offers two amazing routes with the longer heading out to the ocean with scenic views and great climbing! All routes will be fully supported with SAG and fun rest stops along the way., Linda Glassel, 609-792-0709, 818-888-7091, lindaa@ride2recovery.com 888-7091, lindag@ride2recovery.com, Jack Shepard, 818-888-7091 Ext. 106, honorridein fo@ride2recovery.com, ride2recovery.com
- October 29, 2016 Death Valley Century.
  Death Valley, CA, Entry includes chip timing with overall and age category results posted to the web; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; entry into Death Valley National Park. Start at The Ranch at Furnace Creek Resort. , Deborah Bowling, 818-889-2453, embassy@planetultra. com, planetultra.com
- November 12, 2016 Ride 2 Recovery Honor Ride Las Vegas, Honor Ride, Las Vegas, NV. Starts and rides down Las Vegas Boulevard with a full escort down the strip! 2 routes will be available with the longer heading out towards Henderson., Linda Glassel, 609-792-0709, 818 888-7091, <u>lindag@ride2recovery.com</u>, Jack Shepard, 818-888-7091 Ext. 106, <u>honorridein</u> covery.com, ride2recovery.com

#### Multisport Races

- July 2. 2016 Cache Valley Super Sprint **Triathlon**, Logan, UT, Come out and compete on an established and fast course in either the Sprint or Olympic distance categories., Joe Coles, 801-335-4940, joe@onh cvsst.com, onhillevents.com
- July 2, 2016 Big Hole Challenge MTB Race and **Duathlon**, Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, .5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@ r.com, peakedsports.com
- July 9, 2016 Echo Triathlon, TriUtah Points Series Coalville, UT, Join us for one of Utah's most popular triathlons! Combine the competition with warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail and you have the perfect event for both seasoned athletes and beginners. Following the event enjoy hometown cooking and hospitality as the annual antique car cruise-in takes place in downtown Coalville, Ut., Dan Aamodt, 385-228-3454
- **July 9, 2016 Blanding Hillman Triathlon**, Blanding, UT, Swim .50 mile, Bike 15 miles, Run 3.2 miles, (Kids' triathlon July 20), Recapture Reservoir.Race starts at 7AM. There will also be a kids' Hillman on July 10 at 6pm at the Health and Wellness Building., Stephen Olsen. 801-243-3559, 208-258-3145, stephensolsen@ ail.com, hillmantriathlon.info
- July 9, 2016 West Yellowstone Mountain Bike Biathlon, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet. Moira Dow, 406-646-7701, info@skirunbikemt.com, skirunbikemt.com, rendezvousskitrails
- July 9, 2016 Rigby Triathlon, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com
- July 10, 2016 Valley Girl Triathlon, Liberty Lake, WA, Sprint distance., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com,



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- July 15-16, 2016 San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Campina available. Reservations necessary to ensure campsite. Held on a closed course, Wade Allinson, 435-609-3126, allinson2@gmail.com
- July 16, 2016 XTERRA Mountain Championship, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraeek.com
- July 16, 2016 The Toughman Utah Half Long Course Triathlon 70.3, RACE TRI, Herriman, UT, Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com, tough-
- July 23-24, 2016 Donner Lake Triathlon Truckee, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigre.com, donnerlaketri.com
- July 24, 2016 Tri Boulder, BBSC Twin Tri Series Boulder, CO, Challenge yourself at mile high elevation, Sprint, Olympic distances., Craig Towler, 318-518-7303, info@bbsctri.com Michelle Lund, michelle@bbsctri.com, bbsctri
- July 29-30, 2016 Doxa by Iron Cowboy Duchesne, UT, The only overnight team triath lon relay put on by the Iron Cowboy. Teams of 1-12 travel 285 miles in a non-stop triathlon relay., Alan Sheffer, 801-669-7504, 801-836-9610, info@doxaraces.com, doxaraces.com
- July 30, 2016 Burley Idaho Lions Spudman **Triathlon**, Burley, ID, The race starts at 7 am with the world's fastest 1.5K swim (current-aided) then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org
- July 30, 2016 Layton Tri, Layton, UT, Rinse Ride Run Repeat is the theme to this event. This course is a mini sprint but for the full sprint repeat the course. It also has a youth triathlon and full course relay triathlon., Joe Coles, 801-335-4940, joe@onhillevents.com, laytontri-athlon.com, onhillevents.com
- July 30, 2016 Adventure Xstream Summit County, AXS Series, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320. 2016@gravityplay.com, gravityplay.com, axsracing.com
- July 30, 2016 XTERRA Aspen Valley, XTERRA America, Kodiak Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, <u>lance@withoutlimitscom</u>, <u>withoutlimits.co</u>
- August 6, 2016 XTERRA Winter Park, XTERRA America Tour, Columbine, CO, A cold and grassy adventure swim of 1000m, followed by a classic 13.5 mile mountain bike, and finally a challenging 4 mile run that follows the first 4 miles of the bike course. The finish is arguably the most scenic in all of XTERRA at the beautiful Columbine Point. Bike and run courses will be on the single track, double track and no track trails of the southwest side of Snow Mountain Ranch. A big ole' party at the finish with food, drinks, and great prizes., Paul Karlsson, 303-960-8129, info@digdeepsports.
- August 6, 2016 XTERRA Santa Fe, XTERRA America Tour, Santa Fe, NM, XTERRA West Championship, 1.5k swim / 30k mountain bike 10k trail run, XTERRA Sport, 750m swim / mountain bike / 5k trail run, Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterra
- August 7, 2016 XTERRA Flathead Off Road XTERRA America Tour, Kalispell, MT, Takes place at Foys Lake and Herron Park. Includes a 1.5 km (.93 mile) swim, 40 km (24.8 mile) blike race, and 10 km (6.2 mile) run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, K Schaefer, 406-751-4100, kschaefer@krmc. events/events/xterra-flathead
- August 7, 2016 Wunder Woman Triathlon Medical Lake, WA, Sprint and Olympic dis tances., Marla Emde, 509-953-9924, 509-939 0552, marla@emdesports.com, emdesports.
- August 12-13, 2016 Emmett's Most Excellent **Triathlon**, Emmett, ID, Kid's Tri on Friday Olympic/Aquabike, Sprint on Saturday. Kristen Seitz, (208) 365-5748, gcrd@gemcountyrecreation.com, Lora Loveall, 208-867-6763,

- August 13, 2016 Jordanelle Triathlon, TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Dan Aamodt, 385-228-3454, info@triutah.com, triu-
- August 13, 2016 TriathaMom. Riverton. UT. Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801 558-2503, cody@ustrisports.com, Dani Lassiter, 801-635-9422, info@goldilocksride.com, gotriathamom.com
- August 13, 2016 Tiger Trout Tri, Price, UT, USAT Sanctioned triathlon at Scofield Reservoir with Olympic and Sprint distances. Incredible Venue., Joe Coles, 801-335-4940, joe@onhillevents.com, tigertrouttri.com, onhillevents.
- August 13, 2016 Herriman Black Ridge **Triathlon**, RACE TRI, Herriman, UT, Sprint Triathlon: there are two transition areas, with T1 at the reservoir and T2 at nearby Butterfield Park. Athletes will swim 500 yards in the reservoir then ride a 14 mile clockwise loop down around Herriman City and into Butterfield Park to begin their 5K run loop along the footpaths and return to Butterfield Park for the finish.The race is capped at 400 athletes., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com
- August 20, 2016 XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the 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@ <u>bigblueadventure.com</u>, <u>bigblueadventure.</u> <u>com/event/xterra-lake-tahoe/, xterraplanet.</u>
- August 20, 2016 Polson Triathlon, Polson, MT, Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake, 40km bike loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@
- August 20, 2016 Varsity Tri, Ogden, UT, Great First Triathlon! Super Sprint Triathlon at Weber State University. Aimed at Varsity Boy Scouts to finish their triathlon pin, but open to anyone., Jon Hansen, 801-657-1845, info@varsitytri.com,
- August 21, 2016 XTERRA Wild Ride Mountain **Triathlon (American Tour Points)**, XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon to follow-2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, <u>wildrockiesemail@yahoo.com</u>, <u>wildrockiesracing.com</u>,
- August 21, 2016 Ironman Coeur D'Alene, Coeur D'Alene, ID, 303-444-4316, cda@ ironman.com, ironman.com/triathlon/ events/americas/ironman/coeur-d-alene. aspx#axzz3qCbV0c4p
- August 27, 2016 Vikingman, Heyburn, ID, Downstream Snake River Swim, Loop Bike Course, flat and fast run - lots of opportunities for your fans to cheer you on! half, Olympic, and Sprint distance triathlons, Duathlon, Aquabike and a Half Marathon., Alan Fluckiger, 208-431-2232, info@vikingman org, Rodney Hansen, 208-346-0736, rodney@ vikingman.org, vikingman.org
- August 27, 2016 XTERRA Buffalo Creek, XTERRA America Tour, Bailey, CO, The XTERRA Buffalo Creek Triathlon features a 1500m Swim, 22 mile mountain bike, and 5m run, Lance Panigutti, lance@withoutlimits.com, wit
- August 27, 2016 Helaman DCC Sprint Triathlor Sandy, UT, Draper Coordinating Council Sprint Triathlon, Jennifer Koplin, 801-556-2350, jeniferkoplin2013@gmail.com,
- August 27, 2016 Boulder Sunset Triathlon Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, and 5k., Craig Towler, 318-518-7303, nfo@bbsctri.com, Michelle Lund, michelle@ bbsctri.com, yourcausesports.org
- August 27, 2016 Race on the Rock, Rock Springs, WY, Race along the base of White Mountain and through portions of this min-ing town. Super Sprint, Sprint, and Olympic Distance options., Traci Ciepiela, 307-922-1840,

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- August 27, 2016 Shark Attack Super Sprint and Kids Triathlon, TriUtah Points Series, Springville, UT, This super sprint open water triathlon con-sists of a time-trial start with a 250 yard swim, 5 mile bike, 1.5 mile run, repeated up to 4 times! You get to choose your distance! Plus, the amazing kids tri is for those little guppies 10 and younger!, Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com
- August 27-28, 2016 Lake Tahoe Triathlon, Tahoma, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadven-ture.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com
- September 5, 2016 Youth and Family Triathlon Murray, UT, A family triathlon! Ages 5-80+ Distances and actual course vary depending on age group. Please see website and race page for more info., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com
- September 5, 2016 South Davis Labor Day **Triathlon**, South Davis Racing Series, Bountiful, UT, Swim 350 yds; Bike 12 mi; Run 3.35 mi, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 miBeginner Tri Clinic/ Group Ride (optional): Saturday, August 29 @ 8:00am (free to registered partici-August 29 @ 8:Uuam (free to registered participants), Start: 8:00am, Awards: 10:30 amlocation: 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, labordaytri.com
- September 10-17, 2016 Bear Lake Brawl **Triathlon**, Laketown, UT, Event is on two dates. 9/17 is the Half/Long 70+ and 9/10 is the Sprint and Olympic event., Joe Coles, 801-335-4940,
- September 10, 2016 - Camp Yuba Sprint Triathlon, RACE TRI, Yuba State Park, UT, These Sprint and olympic triathlons are all about indian summers, camping, and good ol' fashion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com,
- September 10, 2016 I Can Triathlon, Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive - 400m swim, 9 mile bike and 5K run., Lois Spillion, 801-568-4602, Ispillion@sandy.uto gov, sandy.utah.gov/government/parks-and-recreation/alta-canyon-sports-center/specialevents.html
- September 10, 2016 Adventure Xstream Glenwood Springs, AXS Series, Glenwood Springs, CO, Solo, and 2 person teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, 2016@gravityplay. com, gravityplay.com, axsracing.com
- September 10, 2016 Kokopelli Triathlon, BBSC Red Rock Triathlon Series, Hurricane, UT, Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., Craig Towler, 318-518-7303, info@bbestsi.com Mark " info@bbsctri.com, Michelle Lund, michebbsctri.com, bbsctri.com
- September 10, 2016 XTERRA Fruita Triathlon, XTERRA America Tour, Pagosa Springs, CO, 1200 m swim/12 mile bike/4.5 mile trail run. Begin at Highline Lake, with a swim from the beach, from there a bike course with single and double tracks within Lake State Park and will be followed by a run across the rolling trails overlooking Highline Lake., Raena Cassidy, 877-751-8880, info@xterraplanet.com, Darrin or Jill , 303-642-7917, darrin@ <u>desertsedgetri/XTERRA\_index.html</u>
- September 17, 2016 XTERRA USA National Championship and Pan American Championship - XTERRA Utah, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA Championships (inviteonly): 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterraplanet.com, xterraplanet.com
- September 17, 2016 Utah State Triathlon Championship, TriUtah Points Series, TBD, UT, This is the culmination of all your hard work for the 2016 season! serious awards and prizes, festival, and the crowning of the Utah State age group champions. Klds, Sprint, Olympic and Long distances., Dan Aamodt, 385-228-
- September 17, 2016 Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV, 19th Annual, now produced by BBSC Endurance Sports at the largest reservoir in the United States, Lake Mead., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, States, Lake Meau., Cross, Michelle Luna, 17303, Info@bbsctri.com, bbsctri.com, bbs com/#!las-vegas-triathlon/c5j6
- September 24, 2016 Rush Duathlon, Rexburg, ID. Run-bike-run, Bob Yeatman, 208-359-3020, 208-716-1349, boby@rexburg.org, Jeff

Crowther, 208-372-2395, jeff.crowther@rex-

- October 8, 2016 Huntsman World Senior Games Triathlon, St. George, UT, Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, hwsg@infowest.com, seniorgames.net
- October 22, 2016 Powell 3 Triathlon Challenge, Big Water, UT, USAT Sprint and Olympic Distance at Wahweep Marina, Lake Powell. This event is USAT Sanctioned and is a great event for those looking for the beauty of a triathlon with incredible Red Rock landscapes. Joe Coles, 801-335-4940, joe@onhillevents. com, powell3.com, onhillevents.com
- October 22, 2016 Pumpkinman Triathlon, BBSC Double Down Series, Boulder City, NV, Point-to-point race begins in Lake Mead National Recreation Area and ends in Boulder City, with Sprint, Olympic, and Half Courses; costumes welcome!, Craig Towler, 318-518-7303, fo@bbsctri.com, Michelle Lund, michelle@ <u>bbsctri.com, bbsctri.com/pumpkinman</u>
- November 5, 2016 Telos Turkey Triathlon & **5K**, T3TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order, Located at the Orem Rec Center, Shaun Christian, 801-769-3576, 801-678-4032, shaun@t3triathion.com, Nicholle Deniro, 801-769-3576, nicholle@ thlon.com, t3triathlon.com

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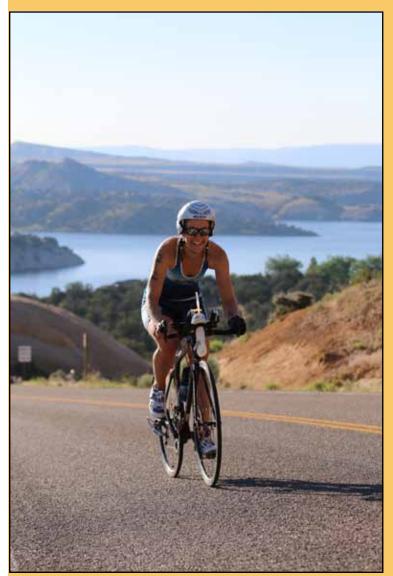
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#### **TRIATHLON**

## Pellman and Maaranen Win Vernal's DinoTri



Sage Maaranen won the women's Olympic open category at the 2016 DinoTri in Vernal, Utah. Photo by Dave Iltis



Swimmers on course at Red Fleet Reservoir in the 2016 DinoTri in Vernal,



**Photo by Dave Iltis** 

Julian Pellmann celebrates his win in the Men's Olympic open category at the 2016 DinoTri in Vernal, Utah.

#### **By Dave Iltis**

On a gorgeous summer morning, 117 triathletes lined up to compete in the 10th Annual DinoTri on June 25, 2016 - one of the region's most beautiful triathlons. The course featured an open water swim in the Red Fleet Reservoir of .9 miles for Sprint competitors and 1.8 for Olympic racers. This was followed by a 13 or 26 mile bike ride that starts with a tough but scenic climb out of the reservoir - if racers weren't in too much oxygen debt, they could enjoy stunning scenery - followed by a fast downhill to the finish. The bike leg finished at the Uintah Basin Applied Technical College campus. The T2 transition led into the 3.1 or 6.2 mile run through the streets of Vernal, finishing back to the school to cheers, a finish line arch and a photographer to document the racers' achievements. Finish line refreshments, donuts, and fruit were there for recovery.

In the Olympic race, youngster Julian Pellmann finished first with a time of 2:20.20. The 17 year old from Sandy, Utah is on his way to nationals in August in Omaha, Nebraska. When asked about the DinoTri, he said, "The bike is awesome, I love the bike. Especially the first downhill and the climb from Red Fleet." About the swim, "all the red rocks and cliffs, there just pretty!" Both Pellmann and his father, Todd Pellmann raced in the event, with the son finishing first and the father third. The two do triathlons together, "Up until a couple of years ago, I was able to beat him consistently, but now he's just way ahead of me." The senior Pellmann loved the race too, "It was pretty awesome, really nice bike ride. The climb out of there is tough, but a really nice climb out of the reservoir. Nice roads, it was just great!"

Julian described his race with second place Mark Ryan, "He was in front of me for the majority of the race. And I caught him at the turnaround. I think he had a mechanical problem, so I did get a little lucky. I don't know how long he was at the side of the road. We played cat and mouse for the rest of the bike ride. I got in front of him and he passed me again. Then I caught him out of transition and led the whole run."

In the women's Olympic, Sage Maaranen took the win in 2:40.41. She was happy to return to Vernal, 'which was extra special, my very first triathlon ever was in 2013. I did the sprint here and totally fell in love - changed my life. I'm now a coach. And love this and was super excited to have a homecoming and try the Olympic distance and to do so well." She led the whole race, but felt dizzy in the last mile from lack of electrolytes and lack of training in the heat, "all of my races thus far have been rainy and overcast, a triathlete's dream. It was humbling about the nutrition and the electrolyte

#### **ROAD RACING**

# McCutcheon and Brown Climb to Top of Porcupine Hill Climb Podium



Cortlan Brown won the 2016 Porcupine Big Cottonwood Hill Climb with a time of 1:02:06. Photo by Dave Iltis

#### **By Dave Iltis**

The category 1 climb to from the Porcupine Pub and Grille to the top of Big Cottonwood Canyon was the scene for the annual Porcupine Hill Climb on June 4, 2016.

The 14.7 mile climb features 3800' of climbing with the steepest section around Storm Mountain. Riders roll from the Porcupine Pub on 7200 South and finish at Brighton Resort under the watch of Mount Millicent.

In the men's pro event, Cortlan Brown (Canyon Bicycles Shimano) was triumphant over world cup Nordic combined racer Taylor Fletcher (Cole Sport) and teammate Mitchell Peterson. "Basically, we stayed together until Storm Mountain, pretty classic at this race. Chris Mackay and Taylor Fletcher attacked really hard, and I was able to hop on their wheel. Mitchell Peterson just went to the front and rode a hard tempo at the top of Storm Mountain." Brown rode off the front and was able to hold off the rest until 2 miles to go when Fletcher bridged up to him. They played games until the finish, with Fletcher attacking at about 1.5 miles out. Brown let Fletcher work until near the finish when Fletcher led out the sprint and Brown came around him for the win.

In the women's event, Mindy McCutcheon (Canyon Bicycle Shimano) drilled it from the start, "I found my rhythm and caught on with a group of fast strong guys and shimmied on up the mountain." Teammate Anne Perry finished second in the women's pro field.

For full results, see page 16 in this issue.

needs." When asked about the race as a whole, she said, "I think it's a really well run race. A lot of people in Salt Lake don't know about this race. I'm a big fan. It's really well run, an amazing course. Yeah, nothing negative to say about it."

Christopher White, Sandy, Utah, won the Sprint Men's 35-39. The mountain biker turned triathlete had a little faster race than last year. "I loved it, it was a fun race. I did it last year and came back this year. It was a great course, a fun course. The first two miles are kind of hard, up that steep hill, but the rest of the course is really fun. I was pretty much in my easiest gear going up that hill." He's planning on coming back next year.

Susan Darlington from Vernal took second in the Athena Sprint category. She too lauded the event, "I loved it, it was a beautiful course, I had fun the whole way down."

In the men's Sprint open category, David Warden finished with a time of 1:07:59 and bested Curt Jensen and

Tiffany Harrison, Salt Lake City, rode the race with the Salt Lake Tri Club and won the Sprint women's open division with a time of 1:25:37. She topped Erica Ryan and Beth Pederson. Harrison described here race, "I had a fairly slow swim which is pretty average for me, hopped on the bike and knew I had to make up some time on my bike. Knew that there were a couple girls ahead of me after I transitioned to the run and passed the girls that I needed to on the run to come in first." She too loved the race, "I think it's awesome. It's a beautiful course a lot of fun, and they are really well organized. The climb right out of the chute on your bike makes it a little challenging, but other than that it's a really enjoyable course." When asked if she would come back, "Oh yeah!"

Full results on page 16. Complete photo gallery at gallery.cyclingutah.com

#### **BIKE POLO**

# Rookies and Bicycle Polo



Becky at the rookie tournament in Davis, California. Photo by Jennifer Kutzleb, Davis Bike Polo

#### By Rebecca Hedrick

The sport of hardcourt bicycle polo can be a daunting world from an outsider's view. A typical game with seasoned players can be fast paced and intense displaying seemingly impossible bike maneuvers, ball handling, and incredible coordination, all while managing to not end in disastrous wrecks between players though admittedly not always successful at the latter. Trying to enter such a competitive and oftentimes dangerous sport can be very intimidating and routinely scares some of the toughest potential players away, not to mention those who lack bike experience, coordination, or general athleticism. But, if the initial intimidation can be overcome, those interested in trying out the sport will find a welcoming community more than willing to assist new players and just as any technique, the skills required to play bike polo can be learned with practice and encouragement even for the least athletically inclined people.

Beehive Bike Polo has been working hard to expand the club by recruiting and encouraging new members to the club. Each week on Thursday nights, they host "rookie night" a night of polo practice devoted to introducing new players to the ins and outs of bicycle polo in a nonthreatening environment, as well as working on skills and training for returning rookies. Three of their regular rookies, Becky, Oscar, and Andrew have just returned from Davis, California where they took second place in Davis' first all rookie tournament. The tournament, arranged by Jennifer and Able Kutzleb of the Davis Bike Polo club, was a way to introduce new players to the competitive side of the sport in a less intimidating manner, i.e. a tournament exclusive to newer players rather than seasoned pro's.

Oscar Arce and Becky Hedrick of the SLC rookie team speak about their newfound passion for bike polo:

Oscar: "I had a lot of fun at the rookie tournament. It was amazing to meet new players from so many places and to play outside of Salt Lake City for the first time. It was really well organized and I played

against very challenging competitors.

I started playing polo in July 2015 while visiting one of the bike polo pick up nights occurring weekly in the Beehive Bike Polo Club. The speed and maneuvers people could do on their bikes was attractive to me and I finally opted to give it a try. After my first game I knew I had tasted the fruits of bike polo and found them sweet. Since then I decided to practice with the club and learn from the more experienced players. I enjoy bike polo because of the competitive spirit it brings out from everyone. I see the more experienced players put time and effort into learning new skills and do well in tournaments."

Becky: "The Davis rookie tournament was my fourth tournament, though I have only been playing for about eight months or so. It was a great experience playing against other newbies to see where my skills have developed in regards to my status as a rookie. The team that took the title, Los Beaners from Fresno, California, were very skilled and challenging to play against a good example of how far a rookie can go with a lot of practice and dedication. It was really a privilege to play in the finals against such a strong team and it felt good to know how apprehensive they were to play against us as well.

I started playing polo last September after my best childhood friend, Tina Greene (who's been playing for 78 years) moved to SLC and brought me to my first pickup game. At the time we didn't have a rookie night, so I was thrown into the fire right away with the seasoned players like Les Beehive Boys' Gabe, Jimmy, and David. Rather than being intimidated though, I was immediately hooked. I wanted to be able to play like them!

Though competitive by nature, the bike polo community is really an all-inclusive group of friends all over the world. It's like having family in all corners that is always willing to help, encourage, and cheer for you, even when you're playing against them. This is what I really like about bike polo the camaraderie."

Apart from the weekly rookie nights and regular pickup on Sunday's and Tuesday's, Beehive Bike Polo is working with the Bicycle Collective to develop other programs, such as the Youth Polo Program (part



Oscar, Andrew, and Becky (2nd place) with 1st place team, Los Beaners at the Davis All-Rookie Bike Polo Tournament.
Photo by Jennifer Kutzleb, Davis Bike Polo

of the Collective's Youth Initiative Programs) aimed at giving youth a safe environment to get involved in the cycling world and providing a healthy outlet for troubled youth. Developing the Youth Polo Program is an ongoing process because the BBP club still lacks an official and sufficiently safe court to play on regularly, an issue which they are working with the City of Salt Lake to rectify.

Utah Bike Polo Information:
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, 801688-7268, heatpolocompany@
gmail.com, facebook.com/
groups/189631497724953/, beehivebikepolo.wordpress.com



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Tabiona, Utah



#### **BICYCLE TOURING**

# A Basic List of Things to Take on a Bicycle Tour



On the backroads with Roz, west of Milford, Utah. Photo by John Roberson



An open camp in the west desert of Utah Photo by John Roberson

**By John Roberson** 

Like a lot of folks here in Utah, I should begin by saying that I really like to ride my bicycle.

I enjoy using my bicycle to get around, and I ride for lots of different reasons. I ride a bike to and from work, and when I'm doing my

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around-town chores. I like that it's easy on both the atmosphere and my wallet, and that it helps keep me healthy and fit. It's nearly always a lot of fun, too! Cyclists everywhere realize that a bike allows them to move around at an efficient pace while simultaneously giving all their senses a wonderfully direct connection to the environments they experience as they ride. By riding our bicycles we can literally smell the flowers as we ride.

I enjoy using my bicycle here in the city, but there's really nothing I like better than loading up my bike with camping gear and heading out for a few days of riding and camping. As Utah cyclists, we're lucky because our beautiful state is an especially nice place to explore on a bike. There are thousands of miles of paved and dirt roads to choose from, and terrain that varies from red rock deserts to snow-capped mountains. People are friendly, and the weather's pretty easy to handle for much of the year.

As any savvy traveler knows, it's usually a good idea to be well prepared before heading out on a trip. Bicycle tourists know this, too, and we know that some circumstances require a higher level of preparedness than others. For example, an extended, self-supported mid-winter tour of the Colorado Plateau would seem to call for more thorough planning than a short, credit-card-oriented summer cruise through Utah's northern valleys. There's a lot to think about

when planning a trip, but sensible touring bicyclists always consider the weather and temperature, the season and terrain, the company they will be keeping and the availability of resources along the way. I have found that being well-prepared minimizes unnecessary stresses and allows me greater freedom to relax

and enjoy the journey.

Many bicycle tourists start the trip planning process with some kind of a list. If they have experience touring they probably have a list of their own. But if not, bike trip equipment lists can be found in abundance on the Internet and in some of the excellent guides to the state that are available. (I strongly recommend Dennis Coello's 1984 classic BICYCLE TOURING IN UTAH.) No two lists are exactly alike, but they all have a great many things in common.

After many, many years of bicycle touring, I've come up with my own basic list of gear that I use when I prepare for a trip. My list has five basic categories: camping gear, clothing, food, tools and personal items. Please know that I've never taken everything on the list, but most of what's there goes with me on every tour. It all depends on the time of year, the length of the tour, the riding conditions or whether I'm riding alone or with friends. Everything I take fits into front and rear panniers or rides on top of the front and rear racks. Other than the clothing I wear, I carry nothing on my person. My total load (bike and gear) generally weighs between 70 and 90 pounds when I first start out.

I print up a fresh copy when I begin planning each trip and add notes to it as I go. It isn't perfect, by any means, and I usually make some slight change to it after every tour, but overall, it really works quite well for me. The list below has a few notes attached for the reader's benefit and is missing a few of the more personal items on my own list. Otherwise, it's good to go. Enjoy!



Under the tarp tent on a misty, Utah desert morning. Photo by John Roberson

# A Basic List for Bicycle Touring

#### **Camping Gear**

shelter: a tarp tent or small tent with fly

ground cloth

sleeping bag and a waterproof bivy sack

pads: a full-length, closed-cell pad and a tiny, self-inflating Thermarest pad water bottles: 3 on the bike frame and 2 to 4, 1-liter bottles in my panniers water filter

small thermos (especially nice in hot weather!)

stove, fuel canister(s) and lighter

small kettle

small, sealable Tupperware bowl and lid

insulated drinking cup and spoon

pocket knife

dish soap and sponge

dish towel

lots of spare Ziplock-type bags of varying sizes

candle or night light (for camp zone ambiance!)

headlamp (task lighting)

a simple GPS for marking camp sites (and relocating old ones!)

#### Clothing

rain cape (or rain jacket)

cap with a brim

cool-weather cap and gloves

comfortable shoes, flip flops

spare socks and undies

handkerchiefs/bandanas

baggy cotton shorts with lots of pockets

padded riding liners

shirts: cotton, wool; short and long sleeved

riding "tights", long johns

wool vest and sweater

neck gaiter

cycling gloves

snow gaiters

down or synthetic-fill jacket

windbreaker

high-visibility safety vest

#### **Personal Items**

sunscreen & bug dope

small camera, batteries, tripod, lens paper

monocular, hand lens

radio or MP3 player & tiny speaker (for campsite use only!)

phone

spare batteries

medicines/supplements/first aid

toothpaste & brush; TP; personal hygiene items

money, credit card, ID

pencil & notebook

maps & see-thru case, highlighter, waterproof pen

addresses, stamps, postcards

sunglasses, wristwatch

small book

#### Food

java, filters, tea bags

instant oatmeal, dried fruit & nuts

bulk soups freeze-dried r

freeze-dried meals (I love the MaryJane's brand!)

energy bars, chocolate, apples

olive oil, dried salami, hard cheese

"trail" mixes: fruit, nuts, rice crackers spices: salt & pepper, herb mix, Spike

crackers, bagels

tinned or packaged fish: sardines, tuna, herring

whiskey!

powdered drink mixes

trash bags

#### Tools

spare tubes, spare cables, patch kit, tire levers

reliable air pump and CO2 cartridges

light-weight cable lock

chain tool

basic wrenches & hex keys

a few cable ties

small Vicegrips

chain lube & rags, latex gloves

duct tape, wire, spare bolts and washers

bungee cords

flashers (front & rear) short length of line

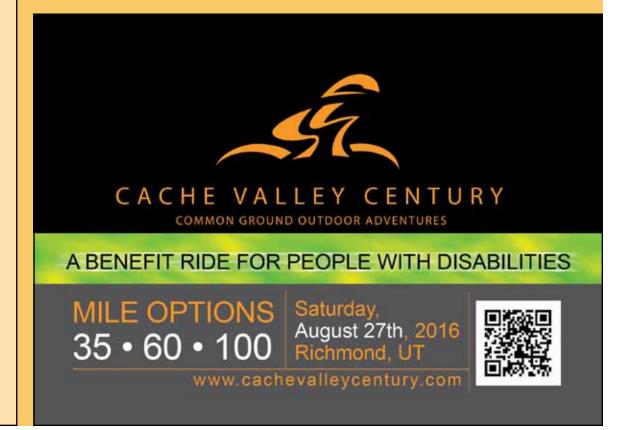
seat cover

panniers (front and rear)

small stuff sack



A picture of the things my bicycle carries for me. Photo by John Roberson



#### **ROAD RACING**

# Big Changes at the Amgen Tour of California



Palm trees line the grounds of the California State Capitol as the women race the 20 lap criterium during Stage 4, 2016 Women's Tour of California. Photo by Dave Richards

was with BMC Racing until recently joining the Axeon Hagens Berman team. According to Sean, the significant changes he's seen are due to the time of year the race is held and the course selection. "Up until 2010, the race was in February. This provided the European teams a chance to compete in nice weather conditions when the race calendar was otherwise a bit sparse. The first two years of the race, 2006 and 2007, there was hardly a drop of rain to contend with. But the 2008 and 2009 editions were particularly soggy, which was a contributing factor in the race organizer's decision to move the race to May".

When the race was moved to May, he felt that AToC faced more competition for media coverage from other sports such as baseball and basketball. The race now competed directly with the Giro d'Italia, also held in May.

Course selection has affected media coverage and fan attendance. Sean says "In an attempt to make the race more challenging, the tradition of having finishing circuits in metropolitan areas was largely abandoned. Instead, the race was moved to more remote areas for mountainous stages and summit finishes. This, in turn, led to fewer spectators and diminished media coverage due to the remoteness of the finish venue."

This year ASO was hired to replace Medalist Sports (who managed AToC in the past) and some glitches were bound to happen. The transfers between stages were long. In fact, the riders gave the race the nickname of "Tour de Transfer". As the owner of the Tour de France, ASO has lots of experience running big cycling races. I don't think organizers of Euro races realize the impact of the bigger distances involved when traveling a large state such as California.

What does the future hold for the Amgen Tour of California? One strong point in its favor is that the race has a stable title sponsor in Amgen. Races and teams continually fold due to lack of money or

#### By Dave Richards

The 11th edition of the Amgen Tour of California Pro Cycling Road Race (AToC) was held from May 15-22, 2016. The race consisted of 8 stages starting in San Diego working its way up the coast to finish in Sacramento. 18 teams of 8 riders each competed for the men's prizes. What was significant is that the roster included 10 World Tour Teams. For those of you who don't follow racing closely, there are currently 18 World Tour Teams and they represent the highest level of road racing. For comparison, in the past I think the most World Tour teams I've seen at a USA event was 6.

The women's race consisted of 4 stages beginning near the men's finish in South Lake Tahoe. Then it followed the men's route for the other stages. Unfortunately, due to the start times and long transfers between events, I wasn't able to

cover the women's race except for the final stage, a criterium around the state Capitol grounds in downtown Sacramento.

AToC has steadily evolved into what many consider to be the premier stage race held in North America. With Colorado's USA Pro Cycling Challenge canceled this year due to lack of funding, and our Tour of Utah more of a climbers race, it's only natural that AToC is drawing the biggest names in European based cycling. Teams such as Tinkoff, Sky, Extixx-Quick Step, BMC, Cannondale, and Trek were there among others. Riders included top sprinters such as Cavendish, Kristoff and Degenkolb not to mention big crowd pleasers Sir Bradley Wiggins and Peter Sagan. All things considered, the level of talent in attendance was unprecedented

For a history on the event, I turned to Sean Weide. Sean has been a press officer at AToC for nine of the eleven years it's been held. He



Racers are deep into the Corkscrew turn heading towards the finish line on the Laguna Seca racetrack, Stage 4, 2016 Amgen Tour of California. Photo by Dave Richards



The TV moto shadows King of the Mountains leader Evan Huffman (Rally Cycling) during the Folsom Time Trial, Stage 6, 2016 Amgen Tour of California Photo by Dave Richards



Peter Sagan (Tinkoff) drillin' a turn in the Stage 6 Time Trial in Folsom, 2016 Amgen Tour of California. Photo by Dave Richards



The peloton rolls out under Sacramento's historic Tower Bridge for the start of Stage 8, 2016 Amgen Tour of California. Photo by Dave Richards



Mark Cavendish (Team Dimension Data) salutes as he takes the sprint to win Stage 8, 2016 Amgen Tour of California. In the background, Julian Alaphillppe (Etixx-Quick Step) provides the double salute celebrating his overall win of the race.

Photo by Dave Richards

sponsors, so this is fortunate. ASO's involvement could bring bigger and better racing. ASO owns the Tour de France as well as other major European races. They are definitely the big dog in road racing. Also, with AToC in May it allows ASO compete directly with RCS the race organizer of the Giro. Thus we'll probably see ASO push teams and riders to come to AToC instead of the Giro in preparation for the Tour de France in July. This was evident by the number of prominent riders at AToC this year, including the current World Champion, Peter Sagan.

This sentiment was repeated when I spoke with Brad Sohner. Brad and his associate Dave Towle are the longtime race announcers for AToC, Tour of Utah, and pretty much all of the major races here in the U.S.

Brad said that AToC has gone from a fun race for the Euro riders to come to with nice hotels, pretty scenery and good racing conditions. It's now become serious. Brad predicts that with ASO's involvement we might see AToC become part of an "ASO Race Calendar" with AToC possibly moving up to become a World Tour event.

Time will tell, but all indications are that the Amgen Tour of California will continue to rise in stature, firmly establishing itself as North America's premier stage race.

Short Race Recap: SACRAMENTO, CALIF. (May 22, 2016) – After 782 miles and eight days of racing, 23 year-old Julian Alaphilippe (FRA) of Etixx – Quick-Step Pro Cycling Team clinched



The peloton under a green canopy of trees, King Ridge Road, Stage 7, 2016 Amgen Tour of California. Photo by Dave Richards

the 2016 Amgen Tour of California championship, becoming the youngest rider to hold that title in the race's 11 years. U.S. National Road Race Champion Megan Guarnier (Glens Falls, New York) of Boels-Dolmans Cycling Team also celebrated victory in Sacramento as the four-day Amgen Breakaway from Heart Disease Women's Race Empowered with SRAM which concluded along with the men's event.

Dave Richards is a Utahbased photographer. You can find his work at <u>daverphoto.com</u> and in the pages of Cycling Utah.



The champagne is flying as Julian Alaphilippe (Etixx-Quick Step) celebrates his win of the 2016 Amgen Tour of California. Photo by Dave Richards

#### **MOUNTAIN BIKING**

# The Couple Mile Rule



Directly across from the crowded Chuckwala Trailhead, City Creek is void of people. Photo by Lukas Brinkerhoff

By Lukas Brinkerhoff

The trail was vacant of human beings. When we left the trailhead, there were multiple cars in the park-

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ing lot and we could see people riding across the wash on the next mesa over. In fact, the trail looked as if no one had ridden it since the last rain. The last rain was three weeks ago and the tread still held the rain drops that had fallen. We had the trail all to ourselves. Five miles of riding bliss on a trail that felt like it was virgin singletrack and no one around, I guess god does love Mooseknucklers. Where did we find this heaven? You ask. Well, to be honest, it was about of a mile from one of the busiest trailheads in Southern Utah.

It's an interesting phenomenon and one I like to call the Couple Mile Rule. The CMR states that about 85% of people using a trail system will be found within a couple miles of the trailhead. Go a little past that couple of miles, and you lose another 10% of the people. Push it just a little farther, you know, a couple miles more, and there are only about 5% of the users who will ever put rubber on that portion of trail. It's not because the trails are bad, or too hard, it's just because the barrier for entry is slightly higher and the majority of folks find what they are looking for just a couple miles from the car.



If you are a seeker of solitude or just like to ride farther than most, you've probably witnessed the CMR in full effect. You probably also love the CMR and seek out trails and places that are just beyond the masses. Sure, there's a bit more effort required. You need to be more self-contained and be able to deal with things without the help of others, but the payoff for pushing past that point where others turn around and return to their cars is always, yes always, worth it.

There are a few basic barriers that should be pointed out to help you seek and ultimately find your solitude if you wish to be part of the 5%.

#### Distance

This is the most obvious one. Regardless of who you are, going 10 miles takes longer than going 3. If you are limited on time, which most of us are when riding our bikes in the mountains because we have to get back to our work and lives, then your ride will be determined by the amount of time you have to spend. Assuming most people who ride only have 1-2 hours of free time means you will see them close to the trailhead. Overcoming this barrier is

simple, you ride farther.

#### Climbs

I've always claimed that I pedal half the time so I can coast the other half. This does imply that at some point I will be going uphill. Most people avoid going uphill. Even if there are some sweet views, solitude, killer trail, all of which gets followed by a thrilling descent, you will find less people at the top of a climb. The harder the climb, the less people at the top. The trail I described above is literally of a mile from a busy trailhead, but that distance goes down into a wash and then back up a steep double track. That short distance isn't what keeps people from riding the trail, it's that short, steep climb. Overcoming this one is a bit harder but comes down to learning to spelunk in the pain cave with a giant smile on your face.

#### **Technical Difficulty**

I have never ridden the Flying Monkey and ran into someone that wasn't in my group. Never. Maybe I'm just lucky or maybe the filter is set high. If the trail starts with an inverted roller with a wall on one side and a serious drop on the other,

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Sometimes just finding a place that only big tires can go, will leave you all alone. Photo by Lukas Brinkerhoff

you will most likely find yourself you your favorite recovery drink. alone on that trail. The harder the trail, the bigger the effect. This is also the hardest of the barriers to overcome. Back in the good ol' days, we kind of just had to figure out how to ride. There weren't classes or defined skills that one would necessarily practice to become a good mountain biker. Now that the sport of mountain biking has evolved and we are more mature, there are plenty of clinics you can take that will teach you the skills to blow past this barrier.

#### **Once-a-year Trails**

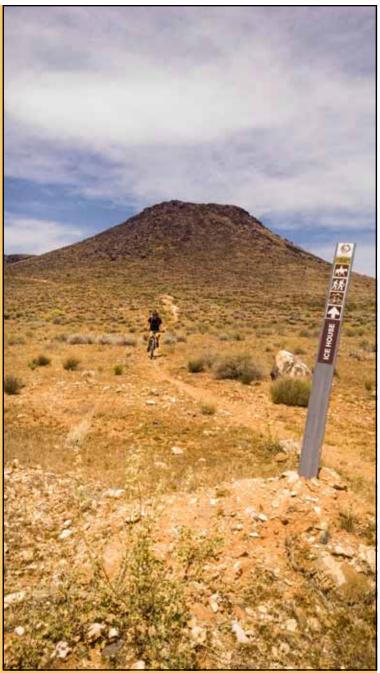
Trails that combine all three barriers into one ride are what I like to call Once-a-year Trails. These are trails that will challenge you, require you to go farther and give back solitude in spades. They require a time commitment that you probably don't have on a regular basis. Seeing that you only ride them about once a year, the technical sections will always challenge you because each time is like the first time. It's almost a guarantee that you will be required to leave a blood sacrifice and when you get home you will collapse into your favorite lounging spot and hopefully have someone there that can bring

You could argue that laying out the CMR for you is counterproductive. And you might be right, but having bounced around in the desert and watched the trends come and go, there are places I know will always have an extremely low

population density. The barriers to enjoying them are too high and the reward may seem too low for the 95%. However, for those who push through, they will find that view that you haven't seen on Instagram, they will ride that techy descent that no one talks about and doesn't have a

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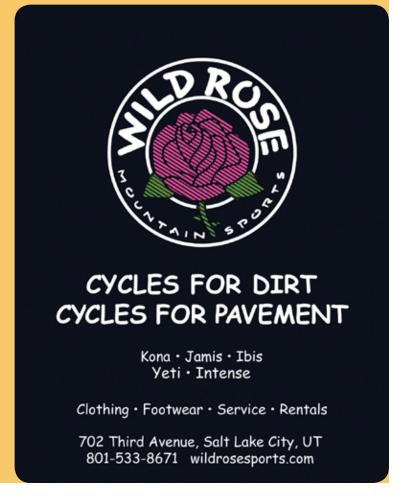
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Broken Mesa is a once-a-year trail combing distance, climbs and technical difficulty. Photo by Lukas Brinkerhoff

segment on Strava. The trail will feel like it was just built for them and maybe they won't go back the next day, but they will certainly commit to the required effort to experience it all again.

Lukas Brinkerhoff blogs about mountain biking and life at mooseknuckleralliance.org.



#### **HEALTH**

# Applying Three Training Principles to Injury Recovery



Hardware, looking at the heel from the back.
Photo by Alex Grant/TOSH

By Alex Grant, pro mountain bike racer - Cannondale
360fly, Powered by SUGOI

Injuries are a part of sports, and most athletes will experience them at one time or another. They can be very hard to deal with no matter the degree, and can range from a small nagging issue that develops over time to a major trauma that takes us out entirely. No matter the cause or severity the same basic principles can be applied to ensure the best possible outcome and return to competition.

I am currently dealing with the most serious injury I have experienced to date, and it occurred right in the heart of the season. On April 24, I was racing the Mountain Bike World Cup in Australia and crashed on the first lap. I fractured my cal-



A hand cycle is my only option for aerobic activity, thanks to the U of U TRAILS Program for getting me on one. Photo by Jeff Bender  $\,$ 

caneus (heel bone) in to more than 30 pieces, and flattened out my heel. I flew back to the states for surgery, without it I would have been a half inch shorted in my right leg and never walked the same. I had surgery on May 3, and started a 12-week non-weight bearing (including ped-

aling) period. Needless to say, this will be an almost complete reset by the time I get back on the bike, and I have been doing everything I can to ensure proper healing.

There are a lot of great training principles to follow, but I have always adhered to a few key points:

-Patience

-Recovery

-Hard work, when the time is right

#### Patience

Any successful training program takes patience. Fitness gains don't come overnight, and sometimes may take years to be fully realized. It takes a lot of patience to stick with it when we are not making the gains we want, but if we have the grit to stick it out through the good and the bad, long term gains are made. It is a lot more sustainable to build up a few percent per season than go for huge gains one year then burn out.

I have found that injuries also take an enormous amount of patience; improvement can be painstakingly slow, and pushing too hard too early can cause long term consequences. The most important thing is to rest and allow for proper healing, even though we just want to get back out there. It is only appropriate to apply rehab or training stress when the body or injury is recovered enough to handle it.

#### Recovery and Hard work

Recovery and hard work go hand in hand, and training is a constant balance of stress and rest. To improve we have to train hard and push ourselves, but we need to be well rested physically and mentally, so that we can be ready to get out there and punch the bag when we do.



I have been receiving treatment from Dr. Cerami at Utah Sports and Wellness. FSM, HBOT, and AMIT have been extremely helpful. Photo by Mike Cerami

After hard training blocks we need to let the body rest, or fitness gains will never be realized, and we just get more and more tired.

Injury recovery is also a balance of stimulus and recovery. We need to stress the affected area and then let it rebuild and recover sufficiently before doing it again. Pushing too hard or too long too early can lead to major setbacks. Right now, for me, that means doing my theraband exercises and ankle circles, but once I feel it getting stiff or painful I stop and put it up. Once I start riding and walking again the same principles will apply: add stress, then let it rest, over and over again. With patience and perseverance, I hope to see long term gains and improvement, just like endurance training.

Alex Grant is a professional mountain biker who has raced on Cannondale pro teams since 2009, now a member of the Cannondale 360 FLY p/b Sugoi team for 2016 and 2017. Alex grew up in Vermont and his palmares include six consecutive Park City Point 2 Point titles, the 2015 Grand Junction Off Road Pro 40 Grand Championship, 2014 Breck Epic Overall victory, bronze medals at the 2015 Mountain Bike National Championships in both Cross-Country and Short Track where he earned a berth on the Team USA Worlds squad, and four 2nd Place Overall titles at La Ruta de los Conquistadores. In addition to his racing career, Alex is co-owner of Salt Lake City consignment company Gear Rush (gearrush. com) with Bart Gillespie, selling all types of cycling and outdoor sports gear. He and Bart put on mountain bike skills clinics as often as they can. Alex can be reached at <a href="mailto:alex@gearrush.com">alex@gearrush.com</a>.



Ice cream is important for recovery. Photo by Ned Grant

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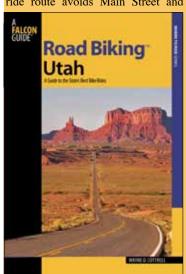
#### **RIDE OF THE MONTH**

## Wellsville Mountains Wellness Ride

#### By Wayne Cottrell

The Wellsville Mountains separate Cache County from Box Elder County in northern Utah. The highest point is Box Elder Peak, at 9,372 feet. The mountains are extremely steep, with an average gradient of 25% - steeper in places - and a prominence of nearly 5,000 feet. This 52.5mile ride follows the perimeter of the mountains, passing up and over crests at the northern and southern ends of the range. No roads penetrate the mountains anyway, given their steepness. The ride starts and finishes in Brigham City, and visits several cities, towns and communities along the way, including Honeyville, Deweyville, Collinston, Beaver Dam, Petersboro, Mendon, Wellsville, and Mantua. Most of the roads are lightly-traveled by motor vehicles. Shoulders are adequate along the busier segments, such as along U.S. Highway 89. Although you may be awed by the Wellsvilles' 5,000-foot prominence, the elevation differential of the ride is "only" 1,640 feet. With a safely-executed ride at a comfortable pace, your wellness should be enhanced by the end. (Although, note that Wellsville has little to do with "being well," as it was named for Mormon pioneer settler Daniel H. Wells).

Brigham City is the seat of Box Elder County, serving as a gateway to far northern Utah, including Cache County. With a growing population of 18,454 in 2015, this is the largest city along the route. The city may be best known as the location of Brigham Young's final sermon, in 1877. The city is a launching point for some points of historical interest, including the Golden Spike National Historic Site, which is to the west northwest. There are also a number of historical sites within the city, such as the Box Elder Stake Tabernacle, and others that are concentrated around Main Street. The ride route avoids Main Street and



the central part of the city, but a side trip is strongly encouraged. Start the ride at John Adams Park in Brigham City, located at 600 East 100 North. Park on 500 East south of 100 North, within the park. Head north on 500 East; the starting elevation is 4,422 feet. The opening part of the ride is gradually downhill, through a residential area. At the end of 500 East, turn left onto Highland Boulevard. At the end of Highland, turn right onto State Route (SR) 38 (mile 1.25), and head north.

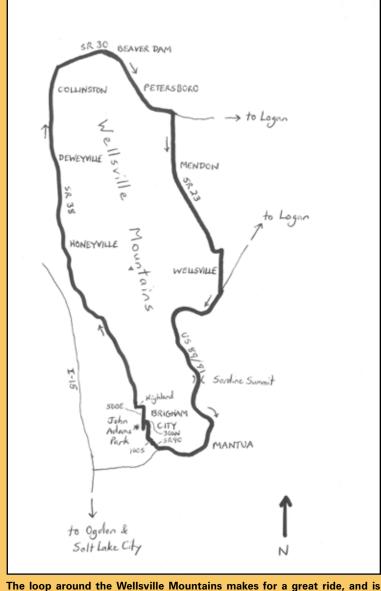
SR 38 leaves Brigham City, entering a long stretch of false flats and almost imperceptible elevation changes. The low elevation of the ride (4,256 feet) is reached at mile 5.3. Enter the city of Honeyville at mile 7.3 (population 1,421 in 2013); Call's Fort Monument on the left is an unofficial gateway. A fort, on this site, was built in 1855 under the direction of Brigham Young, as a defense against Native Americans. Honeyville was originally established as a Bear River ferry crossing point, in the days before bridges. Today, the city may be best known for the Crystal Hot Springs resort, on the left at mile 11.45. Just beyond the resort, which features hot and cold mineral springs, enter the town of Deweyville (population 333 in 2013). The town's namesake, John C. Dewey, directed the construction of a schoolhouse and Sunday school, served as the town's Postmaster, and was the bishop of the local church (LDS) ward!

Enter the community of Collinston around mile 19. Collinston may be best known for being near the point at which John C. Frémont crossed the Bear River during one of his famous 1840s' expeditions. For you the cyclist, though, Collinston may be most memorable as the point at which SR 38 starts to climb gradually. Leave Collinston and turn right onto SR 30 at mile 20.1, beginning a 3% grade climb to a false crest. Next, there is a short descent through the small community of Beaver Dam, and then a 3% climb to the crest of the passage along the northern flanks of the Wellsville Mountains. The crest, at 4,981 feet (mile 24.4), marks the entrance into Cache County. From here, it is a speedy descent into Cache Valley. You may hardly notice coasting through the small community of Petersboro, also known as Peter, on the way down SR 30. The community's population is nearly identical to that of Deweyville.

Turn right onto SR 23 at mile 27.5, and head south. This highway, like SR 38, features long, false

flats and barely-noticeable elevation changes. Enter the city of Mendon at mile 29.6. This city, with a population of 1,315 in 2015, features a number of historical sites. While most of them are in town, to your left, a few are along the main highway (which is 100 West in the city). These include the former Forster Hotel at 176 North, the George Washington Baker House at 115 North, the James G. Willie House at 97 North, and the William & Elizabeth Barrett Farmstead at 20 South. Continuing south on SR 23, enter the city of Wellsville (population 3,578 in 2014) at mile 35. The highway curves to the left, and then to the right (still heading south), becoming Center Street. Points of historical interest include the Wellsville Relief Society Meeting House at 67 South, and George Bradshaw House (and Barn) at 73 South.

Leave Wellsville, and turn right onto U.S. 89 (double-signed as U.S. 91) at mile 37.6. The highway has four lanes, and an adequate shoulder. Leave Cache Valley at mile 38.9, entering Wellsville Canyon. Thus begins the featured climb of the ride, at an average grade of 4.3%, to a false crest. After a short descent, the climb resumes, at a 4.0% grade, to Sardine Summit (elevation 5,896 feet). This is the highest elevation of the ride, and is the main gateway to Cache Valley, which is now behind you. The summit is at mile 44.5, with eight to go; it is all downhill from here to the finish. The picturesque town of Mantua and Mantua Reservoir are on the left from mile 47.25. The town was originally settled by Danish immigrants; listen to how the residents pronounce the name of their town! And, be sure to use caution at the merge from the right, at mile 48.8 – this is where vehicles from Mantua enter the highway. Leave U.S. 89/91 at mile 50.55, via the exit ramp onto SR 90. Enter Brigham City as the road curves to the left; turn right onto 100 South,



also course for the Ride Around the Wellsvilles (RAW Ride) on August 8, 2046.

#### **Photo by Wayne Cottrell**

followed by a right turn onto 600 East. John Adams Park is on the left from 100 North, although you will return to the start by continuing north to 300 North, and turning left here, followed by a left turn onto 500 East to enter the park.

For more rides, see Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide:

from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.

#### FOR COMPLETE DETAILS VISIT ROTARYRAW.COM

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