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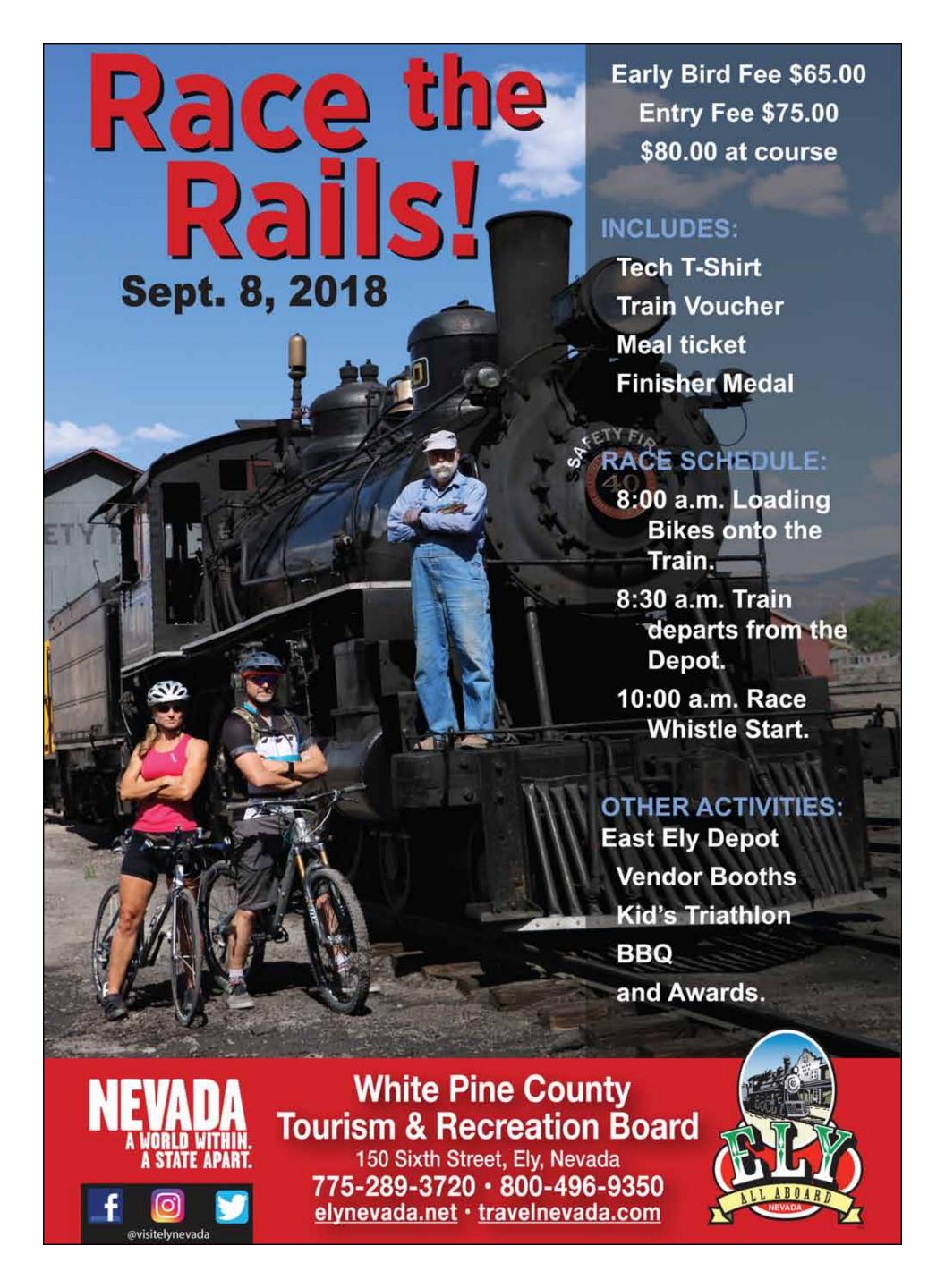
# TOUR OF UTAH SPECTATOR GUIDE INSIDE!

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OAD · MOUNTAIN · TRIATHLON · TOURING · RACING · COMMUTING · ADVOCACY





### **CYCLING WEST**

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Cover Photo: Plentiful wildflowers, a fast descent and the eye-popping Teton backdrop make the Mill Creek trail just outside of Grand Targhee a top option for experienced mountain bikers exploring the Idaho side of the Tetons. You can shuttle it, too! Rider:

Jenni Curtis Shafer

Photo by Photo John, see more at photo-john.net

### **SPEAKING OF SPOKES**

# Discovering the Trails of St. George, Utah



Karma on the JEM Trail. Photo by David Ward

### **By David Ward**

Thanks to Karma's (my wife) and my travel bug, our mobile children, and mostly our globe-trotting, Foreign Service employed daughter, I have had the opportunity and joy of riding a bike at various destinations nationally and internationally. From urban mountain biking in Kathmandu to exploring the Balkan countries of Serbia, Bosnia-Herzegovina and Croatia, and from riding the famous cols of the Tour de

France to pedaling my way around Acadia National Park, I have been fortunate to experience these exotic locales on the seat of a bicycle.

So it was not without some degree of amazement that I have realized that some of the most exotic and beautiful bicycling to be had is only a few hours away in sunny St. George, Utah. It is only in the last month or so that this realization dawned on me, largely the result of my daughter, Marinda, and her family having recently moved there.

I had, of course, already ridden in

St. George on a few occasions. Years ago, when I was a competitive road racer, I journeyed to St. George a few times to race. When racing, of course, you are mostly focused on the wheel just in front of you rather than the surrounding countryside. But even then, I remember being impressed by the colorful green foliage and contrasting red sandstone from Veyo down past the Gunlock Reservoir. It

Continued on page 6



### **COMMUTER COLUMN**

# E-Bikes for Commuting, An Interview with Salt Lake E-Bikes



Alya Hopkins is an owner of Salt Lake eBikes. Photo courtesy Salt Lake

### **By Lou Melini**

Alya Hopkins and Matt Passey of Salt Lake eBikes opened their shop in 2017. Their new shop is located across the street from Liberty Park and is one of the few shops to rent eBikes. When we asked Matt on why they opened the shop, he exclaimed, "They're fun! And they just took off!" The shop sells Magnum, Eco, Yuba, and Faraday Bikes. They also convert regular bikes to e-bikes through installation of a conversion kit.

Cycling West recently interviewed them to ask them about current e-bike news and issues, and on their commuting experience with e-bikes.

Cycling West: The Wall Street Journal reported on March 24, 2018 on an 800-person study conducted by the University of Tennessee that stated e-bike owners rode (perhaps commuting) 3.6 days/week compared to 2.7 days/week by those riding conventional bikes. What has your experience been in regards to people purchasing e-bikes for commuting? Do you have clientele that have put away conventional bikes to purchase e-bikes for commuting? Does this transition represent a significant impact on sales?

Salt Lake eBikes: Yes, in fact one of our very first customers was commuting from North Salt Lake to downtown Salt Lake on a conventional pedal bike. He bought one of

our electric bikes and hasn't looked

back. There have been other customers as well who have said they commute by bike already but would like to make their trip faster. It seems like most people who purchase an e-bike to commute have mainly been commuting by car or public transportation but recently discovered the possibilities with an electric bike.

CW: One of the arguments against e-bikes is speed and safety. The article quoted a New York City bike courier stating that e-bikes "typically reach 20-28 mph" with an "uptick in accidents involving e-bikes and pedestrians". It is my understanding that e-bikes come in various "classes" and that Class 1 e-bikes typically are governed to have a maximum assist of 20 mph. Can you explain the various classes of e-bikes (assuming I am using the correct technology) and speeds relative to each class. What is the general trend with e-bike acceptance and speeds? What is legal in Utah and perhaps other states? At what point does and e-bike become a motor scooter?

Salt Lake eBikes: I can see the concern with e-bikes and pedestrians. In our business we haven't personally seen anything. We do let our renters and customers know about bicycle etiquette and speed limits on bike paths. [Note: Municipalities in Utah may regulate e-bikes on sidewalks and paths]. Maybe there should be a statewide education course. There are avid bikers who are used to going 20 mph but you get the average biker who casually pedals then gets that power and they don't necessarily know how to control that.

There are 3 classes of e-bikes designating their speed and whether pedaling is used or only the motor. Different states have different laws. The federal law defines an e-bike as not exceeding 750 watts or 20 MPH. Utah, however, defines an e-bike as a conventional bike not exceeding 750 watts and a max speed of 20 MPH (motor only), or 28 MPH (motor and pedaling) on a flat surface. [See Utah Code: 41-6a-102] Other than that I haven't been able to see much research or new laws behind e-bikes. I'm sure they're coming though. I know California has stricter laws with e-bikes.

[See also: People for Bikes https://peopleforbikes.org/our-work/ e-bikes/ and Utah Code: 41-6a-1115]

CW: The argument against e-bikes included a discussion of batteries (3-year longevity was stated). What has your experience been with battery longevity and regular use by a bike commuter? Does this matte to the person that is achieving the benefits of an assist for their commuting needs?

Salt Lake eBikes: Batteries are surprisingly getting better, lasting longer, more powerful, and getting less expensive. If you're using an electric bike as a commuter, just think of how much your saving versus driving a car. No gas, no oil changes, sure you have regular maintenance and the battery replacement



Matt Passey about to lead a ride for Salt Lake eBikes. Photo by Alya

after a few years but the cost is still lower than owning and driving a car.

CW: The New York Times (March 17, 2018) reported the confiscation of e-bikes by the city from delivery riders. The article pointed out that this was particularly harmful to older (40ish) immigrant delivery riders that needed to support their family. What are some of the Utah laws governing e-bikes? What constitutes legal? Are pedal assist bikes for delivery riders and pedicabs becoming more common in Utah? Could the New York situation happen here in Utah to delivery riders?

Salt Lake eBikes: Every pedicab [in Utah] is electric. You can't really compare Salt Lake to New York. We have so much more space and less pedestrians. I've seen some delivery services starting to use electric and I honestly don't know why more aren't using electric. What happened in New York would not happen here

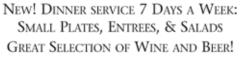
for a very long time. We have so much more space than New York. We also don't have as many "walking neighborhoods". Most people get in their car to go to the store, take kids to school, and to go to work.

### **E-Bike Commuter Questions**

CW: When did you first become interested in e-bikes and when did it become a business for you?

Matt Passey: 3 years ago I converted my Cannondale to electric. I started riding it every day and stopped using my car as much. I was excited in the morning to get out on the rode on my bike. When my wife saw my enthusiasm for riding electric we started questioning why more people aren't commuting on e-bikes. She started doing research in other cities and discovered Salt Lake was behind the times on the e-bikes movement. Most other major

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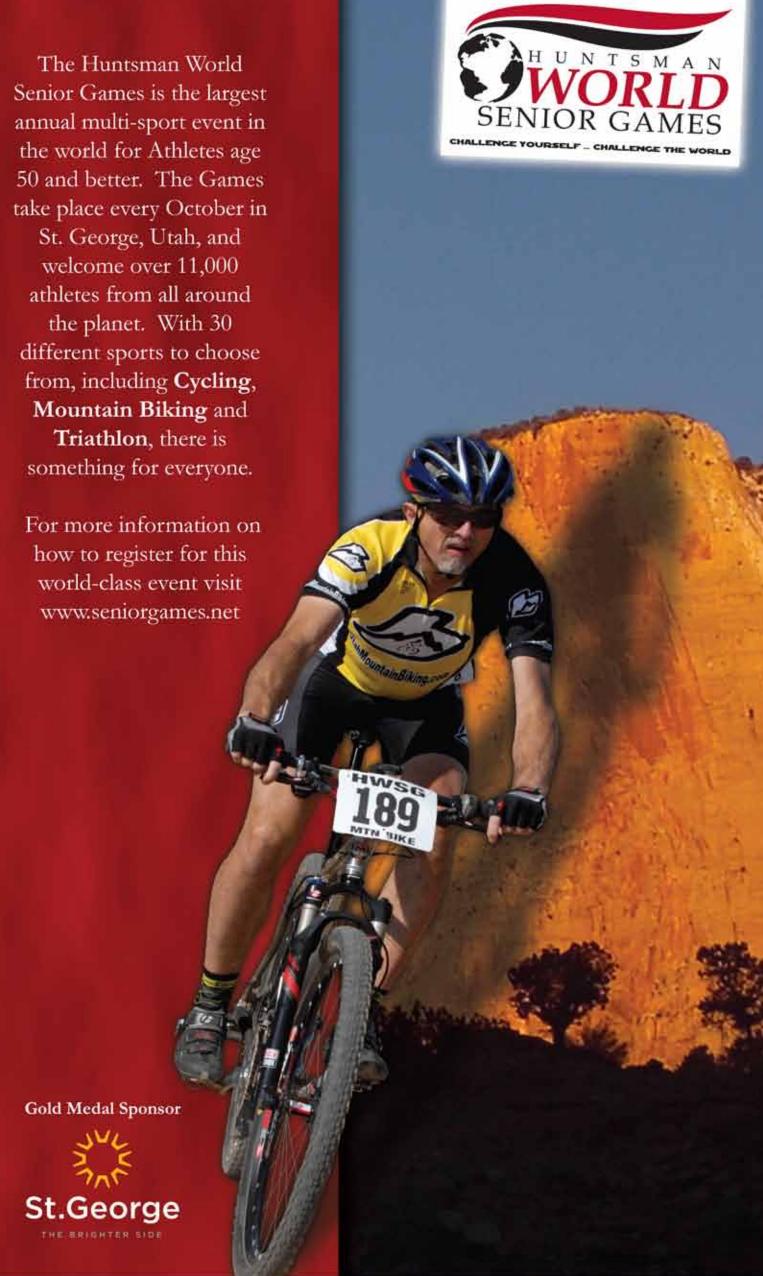














Karma on the Virgin River Trail recreational bike path. Photo by David Ward

# St. George Trails - Continued from page 3

still remains one of my favorite sections of road for an enjoyable ride on my road bike.

But a month ago, when Karma and I went to St. George to help Marinda and her family move in, Karma suggested taking our mountain bikes for a little off-road riding. Taking a cue from some friends, we drove out past Hurricane to log a few miles on the JEM trail. From where we parked, we rode along the rim of the Virgin River for a short distance, enjoying some lovely river overlooks, before following the trail out onto the broad plateau where we bumped and rolled along for a couple of hours.





David Ward on the Barrel Roll Trail in St. George, Utah. Photo by Karma Ward

I had the good fortune during this ride of running into an old friend and teammate from our VMG/Utah Premier days, Ellen Guthrie. It was a delight to introduce her to Karma, reminisce about our racing days and exchange news of our children. Later on this same ride, I ran into another old Utah Premier teammate, Todd Taft, along with Shane Dunleavy, my physical therapist from when I had my left hip replaced. All these people were there pre-riding the course for the next day's 6 Hours of Frog Hollow mountain bike race.

Later during that same trip, when Karma and I had only a couple of hours, we did a shorter ride on the Barrel Roll Trail, only a few miles from my daughter's new home. It was in locating and doing these two rides that I came to understand how much mountain biking is available in the St. George area, terrain that will satisfy everyone from the novice to the hardcore.

Then just this last week, we were again in St. George. I had been told that St. George had a good network of separated, paved bike paths. Since Karma is not a big fan of riding in traffic, especially when there is not a marked bike path, we decided to take our road bikes and try this out. I planned specifically to take my fixed gear bike which I had just broken out of the cellar for the first time in a year and log some miles on it. I love riding this bike, but living up a canyon where the road is always either uphill or downhill is not conducive to this.

[For those who may not know, a fixed gear bike is a single speed bike with the single rear cog firmly "fixed" to the rear axle. As a result, if the wheel is turning, so are the pedals. You can't coast, nor shift gears for changes in terrain, which is what makes riding a fixed gear bike somewhat challenging and uniquely fun.]

Before riding, I found my way



David Ward on the JEM Trail in St. George, Utah. Photo by Karma Ward

to St. George's Red Rock Bicycle Company to ask about local paved bike paths. A friendly, helpful sales associate took time to show me on a bike path and trail map a paved all-purpose trail along the Virgin River as it flows through the middle of St. George. This map, the "Trail Map & Guide for: St. George, Hurricane & Zion NP, Utah" put out by Adventure Maps, Inc., is a great map for road cyclists, mountain bikers and hikers. With no hesitation, I pulled out my credit card to pay the \$12.99 it cost.

The recommended trail, the Virgin River Trail, virtually all flat with no traffic, appeared to be perfect for what Karma and I were looking for. We were able to pick up the trail just off I-15 on Dixie Drive, about a 4 mile ride from my daughter's home.

The ride turned out even better than we had hoped. After hopping on the trail, it ducked underneath I-15 then took us northeast along the Virgin River. On our left we had urban development, and on our right was the beautiful Virgin River landscape cradling the river itself. We pedaled north till we reached Fossil Falls Park where the local high schoolers were out in the river enjoying their skimboards.

After that we doubled back a couple of miles and then crossed to

the south side of the river by way of a dedicated bike/pedestrian bridge. From there we wound our way back, passing several nice parks along the way, before crossing another bridge back across the river to return to where we had first picked up the trail. Instead of tracing our route from here back to our daughter's home, however, we continued on the pathway as it headed west along the Santa Clara River till the trail finally ended at Cove Park. From there, it was just a short ride of less than two miles to our daughter's home.

So this last month has been a time of awakening for me to the much more varied possibilities for enjoying the thrill of riding a bike in St. George. I already knew of the scenic rides in Snow Canyon and along the Veyo/Gunlock stretch of road. Now I know of the many mountain biking options of which I have only experienced a couple so far. And I have found a fun, relaxing path for enjoying the unique sensation of riding my fixed gear bike, with even more separated bike paths to explore and ride.

What can I say? St. George, which is now home to my daughter, her husband and an 18 month old grandson I adore, beckons to me with a plethora of cycling options. And I have a great map with which to explore.

### **COACH'S CORNER**

## It's Time to Climb!

### By Sarah Kaufmann

If you live in the mountain west region, we are in for another hot summer. One way we cyclists like to escape the heat is by climbing canyon roads. With each gain of a couple of thousand feet of altitude, we can expect a welcome drop in temperature of 10-20°. Of course climbing a couple thousand feet is no easy task. Here are a few tips to make the climb a little more manageable and get you out of the valley heat

To begin with, you need the right tool for the job. Make sure your bike is set up with adequate climbing



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gears. Few things will flatten your legs more quickly than stomping a massive gear. Try not to 'save' gears when you are climbing. Shift as you need to so you can maintain a quick, smooth cadence. Shoot for above 80 rpm and focus on pedaling nice smooth circles, not jagged squares. Stay 'on top' of the gear and avoid slow, heavy cadences. Try practicing 90 or 100+ rpm on flat terrain to develop the neuromuscular connection and make it easier to hold higher cadences on climbs. If you do not have adequate gearing to maintain a high cadence, check with your favorite shop to see if it is an easy swap to add gears to your bike. (i.e., a cassette with a larger cog and/or a compact crank).

Once you have the right tool for the job, there is a lot you can do with your body (even before dedicated training) to make the effort more manageable. As you settle into a long climb, keep your upper body relaxed. On a drop bar bike, you will usually want to have your hands on the tops of the bars or sometimes out on the hoods. There isn't much reason to be in the drops when you are climbing. Bend from the hips to keep your back flat/straight and not rounded. As you do this, you should feel your glutes get more recruitment. Your glutes are big muscles so use them! Relax and open your shoulders to create more space in your chest and open your lungs. You want to be able to take deep breaths and fill up your lungs, rather than short shallow breaths into your chest. Keep your head up and look ahead for balance and focus. Keep your feet flat the whole way around the pedal stroke (do not pedal with your toes). As you do this you should feel your calves get more recruitment. Try standing on short pitches to stretch and stay on top of the gear instead of shifting down to spin up those pitches. Watch undulations in the grade of the road and shift in anticipation.

It is easy to charge into a climb and forget how hard it will be when fatigue starts to catch up. Break climbs into thirds for pacing strategy. Break them up using anticipated time (not mileage). For the first third, your main goal will be to hold yourself back a little. Spin easy gears and keep things conservative. In the second third of the climb, your effort will start to catch up and your goal is just to hold steady. In the final third, you will be feeling the effort and it's time to empty the tank.

Climbing is hard work and you want to be well fueled for these kinds of efforts. Try to plan ahead and avoid eating too much right before or during the climb. Start with a solid meal before your ride and fuel in small bites and bits once you are into the climb. With lots of blood diverted from your belly to your working muscles, you may have a hard time digesting a large amount or heavy food so you want to start topped off and just keep up after that.



Sarah Kaufmann climbing in Farmington Canyon, Utah. Photo by Sarah Kaufmann

Eat light and eat often as you climb. And remember to drink! Use an electrolyte mix like GU Brew to replace the electrolytes you are sweating out in the heat.

These tips give you a broad map to get you started.

For training protocol for climbing and all cycling goals, please contact Sarah for coaching.

Sarah Kaufmann is the owner of K Cycling Coaching based in Salt Lake City, UT. She is a professional XC and CX racer and can be reached at <a href="mailto:sarah@kcycling-coaching.com">sarah@kcycling-coaching.com</a> or 413.522.3180.



### **BIKE FIT**

# What is a Bike Fit, and is it for me?



John Higgins works through a bike fit at the Bike Fitr studio. Photo by Derek Israelsen Photography



John Higgins takes measurements during a bike fit at the Bike Fitr studio. Photo by Derek Israelsen Photography

### By John Higgins

Many cyclists don't know what a bike fit is, haven't had one, or don't know if it's for them. Recently I had 3 customers in quick succession who had never heard of a bike fit until being advised that they should get one, and were either referred directly to me or advised to go get a bike fit and found my services by searching the web.

For those that are aware of bike

fitting, a common myth-perception is that is just for pros. Not so. It's for anybody that rides a bike – or intends to ride a decent amount, be they novices or enthusiasts; racers or weekend warriors; and commuters, tourers, triathletes and mountain bikers. It can be relevant and beneficial for any cyclist of any experience level.

What is a bike fit? Simply put, a bike fit is a process of adjusting your bicycle to prevent or alleviate dis-



John Higgins measures saddle height at the Bike Fitr studio. Photo by Derek Israelsen Photography

comfort, or increase riding efficiency. Why is this needed? A bike out of a bike shop or out of a box or out of the classifieds is not optimized for you from the outset, which can cause problems. The first step in buying a new bike is getting the right size and geometry, but assuming this is done well (See John's article on buying a new bike that fits: Cycling Utah March 2016 issue online: http:// www.cyclingutah.com/news/cyclingutahs-march-2016-issue-is-nowavailable/), that doesn't mean the bike fits you and is awesome to ride as is. It just means a good fit can be achieved, and a good fit is about finding harmony between you and the machine.

A product manager working for a bike brand will specify a handle-bar and saddle for a particular bike model and size. That specification may not be appropriate for your anatomy, so part of the bike fit process is assessing the "contact points" of shoes, pedals, saddle and handlebars to see that the size selection and style is a good match for you. If it is not, a bike fit will involve recommending and replacing one or more items. Expect to pay for some parts as well as the service.

Another part of the fit process is

adjusting the relationship between these contact points, such as setting the seat height and the handlebar position so that you are comfortable, powerful and efficient on the bike. Anything that is "off" will cause a chain reaction of compensations in how you ride your bike. These compensations can show up as numb hands, achy knees, a sore back, restricted breathing or other niggles that detract from rather than enhance your riding experience. Additional small adjustments that can have a big impact is the angle of the handlebars, the position of the hoods / grips or extensions, and the reach to the brake levers. Yes - you should be able to reach the brake levers.

Most bikes shops will endeavor to rough in the saddle height for you and do a quick visual assessment of you on your new bike before you roll it out the door. You may think this is a bike fit. It partly is, but it mostly isn't. A full bike fit takes 2 - 4 hours, so if your bike fit took 10 minutes, you got what you paid for, which is a bicycle not a bicycle fit. Some bike stores pay more attention to offering fit services than others, which will be evidenced by a dedicated fitting area and equipment, and one or two people who are trained and practiced in fitting protocols and processes.

Fitting is a specialized service requiring specialized skills. As not all staff in a bike shop are mechanics, even less are trained and experienced as fitters. Bike shops might appear to be the obvious place to go to for a bike fit but you can also find

bike fitters who are doctors, cycling coaches, physical therapists, athletic trainers, or simply just bike fitters! It is a thing, and most cities have one or more specialty fitters serving the local cycling community. A proper bike fit will involve a scheduled appointment, fee for service, and an uninterrupted focus on you and your bicycle.

# Why might you consider getting a bike fit, or be advised to get one?

- 1. You buy a new bike, and want to get it set up to prevent problems.
- 2. You are feeling at odds with your bike, and are fidgeting around on it never quite getting comfortable.
  - 3. Your saddle sucks.
- 4. You experience numbness in the feet, genitals, or hands and/or unreasonable tension in the back, shoulders or neck.
- 5. You have had a significant change to your body in fitness, weight, or experienced an accident requiring surgery and rehab.
- 6. Someone suggested it to you because of how you present on the bike.
- Riding is important to you and you want to optimize your experience.

Should every cyclist get a bike fit? Probably. Would every cyclist benefit from a bike fit? Not necessarily. Some cyclists tinker with their own adjustments and quickly find riding harmony. They wonder why anyone would spend money on a bike fit. Others consider it poor decision making to spend a few thousand dollars on a bike, but not to spend a few hundred to get it fitted to make the most of it.

You can give up one 3 hour ride to get a bike fit so you can ride happily thereafter, or ride for 3 hours complaining to your group about how uncomfortable you are, and keep repeating that experience. Your bike, your body. Enjoy!

John Higgins wants to elevate your cycling experience. He operates BikeFitr - an independent bike fitting studio, and Fit Kit Systems – supplying equipment and education to bike retailers and fitters. Contact: john@bikefitr.com

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### **THE METAL COWBOY**

# Farewell To A (Cycling) Friend

### **Bv Joe Kurmaskie**

Alejandro Alverez had a way of moving a bicycle through space so effortlessly that, even though I stood half a foot taller than him, he dwarfed me with his skills. My friend from Monterrey, Mexico rode like it was the first AND last time he might own a pair of legs.

I hated him a little for that. But he seemed to live as effortlessly as he rode and so I loved Alejandro as one loves a brother from another mother.

I featured him in the final chapter of Riding Outside The Lines, and tried, but surely failed, to learn much from his style.

We met on a mountain bike adventure high in the hills above Puerto Vallarta. Alejandro and Chiquis were our guides for the week. When I asked why they weren't taking the small airplane of questionable mechanical repute the next morning, Chiquis mumbled something about being attached to living for another day, but it was Alejandro who offered up the real reason, "Because I

want to get in a warm-up ride."

Holy Moly, that warm-up ride involved pedaling uphill while we flew, not metaphorically, but actually flew to the starting point. When Alejandro arrived not ten minutes behind the last panic stricken shuttle of tourists and bicycles, many of whom were kissing the ground after disembarking the Cessna, I knew I wanted to hang with my guides more than any of the guests.

"When did you start?" I asked. His smile was the size of the world. "Today."

Autumn in the mountain town of San Sebastian, high up on "La buffa," is almost heaven. We were relaxing in what was still John Houston's villa. Lit only by hurricane lamps and a fat harvest moon, we decided to hike out to a cornfield where a flatbed truck missing its wheels, but featuring a working radio, provided a comfortable bed to view the stars. We passed around some herb and concurred that even Mexican radio stations overplay the Eagles.

By the end of the week the three

of us were joined at the hip. On a long climb, just to show me how strong he was, Alejandro would talk during the push to the top of the next switchback. And though he would not have been confused for a New Age facilitator, at that moment he did ask me what animal I would compare my riding style to.

"El gato" but only because it was one of the few animal names I knew how to say in Spanish and to say in one quick breath. He knew as much, laughing so hard I was able to pass him for a few yards.

When this racer, once ranked number one in Mexico, caught up, Alejandro looked me in the eye, gave me a keen smile and said, "No, no, my friend. I ride like el gato. Remember you told me how I float and glide and pedal lightly and land on my feet. You? More like el armadillo."

On the downhill, back in earshot, I yelled, "The world needs armadillos, you know!"

When someone emailed me the link to that article and horrific photo

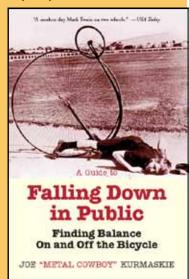
of the bike race tragedy in which a Texas man killed a cyclist and injured 10 more in a drunk driving nightmare at a bicycle race in Mexico, I did what most of you who saw it did.

I wrung my hands, felt a piece of myself sag, and even though it is not my daily practice, I said a silent prayer for the dead. Then I read the name of the cyclist who had been killed. Then his age and his hometown. Respect for the passing of an anonymous fellow cyclist became very personal. The bottom fell out of my heart and I desperately needed to put some speed in the saddle, some velocity to help slow my anger and dull this loss. I went for a very long ride. Home after darkness.

I told Alejandro I thought he was bigger than Mexico's race scene, that he could be a player on the world stage, he just smiled, "You know, I used to sell crap to tourists at the airport. We are friends now so I say it's a nice idea, but it won't sell for someone like me, someone from here...not today, maybe not ever."

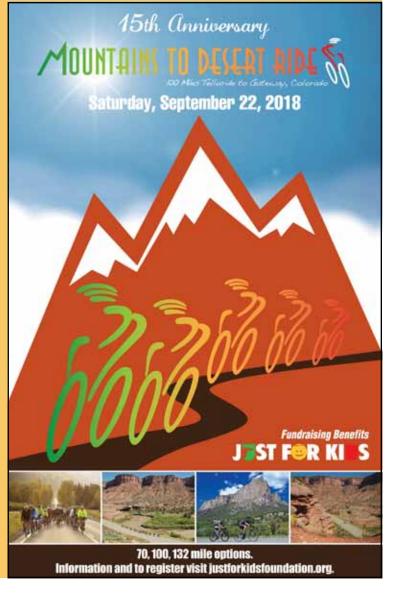
I like to think that the reason Alejandro was the one cyclist out of 420 racers who got his ticket punched that day... it's because he was the one out front, always floating and gliding and making it look effortless.

Forever young and always going very, very fast.



Joe Kurmaskie is a journalist, syndicated columnist, and contributor to numerous magazines including Outside, Bicycling Magazine, Men's Journal and Parenting. He's a bike advocate, activist, found of Cadence Press, and a Random House author of seven books including Metal Cowboy, Mud, Sweat and Gears and A Guide To Falling Down In Public.





### **MOUNTAIN BIKE RACING**

# Grant and Harvey Power Through for Victories at 2018 Wasatch 50



Caedran Harvey won the pro women's division in the 2018 Wasatch 50.

This is only her second year of racing. Photo by Nate Gibby



Jen Hanks flies down a descent in the 2018 Intermountain Cup with Timpanogos in the background. Photo by Nate Gibby





Alex Grant on his way to the win in the 2018 Wasatch 50, part of the Intermountain Cup. Photo by Nate Gibby

### **By Nate Gibby**

Heber City, Utah (June 2, 2018)—On a perfect morning with the late spring foliage blanketing Heber Valley and the majestic Mt. Timpanogos looking on, Alex Grant (Cannondale/Gear Rush) and Caedran Harvey (Fitzgerald's Bicycling) powered through more than 40 miles and 3,500' of gain for comfortable victories in the elite men's and elite women's categories respectively of the 2018 Wasatch 50 MTB race.

With more than 150 riders up for the challenge of the Intermountain Cup's lone endurance race in its MTB race series, the course featured a 21-mile loop with more than 1,700' of elevation gain per lap.

In the elite men's category, a pack of riders competed throughout the first lap, with less than 25 seconds separating the top three. However, on the second lap, Grant created separation from Drew Free (KUHL/ Pivot Cycles/ Go-Ride) and Sam Sweetser to cruise to the win by almost six minutes.

On the elite women's side Harvey,

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in only her second season of competitive MTB racing was able to create separation on the first climb and continued adding from there. With a plus three-minute lead after the first lap, she added to her lead for the second and final lap, beating out K.C. Holley (Kuhl Cycling) and Ami Stuart by more than eight minutes.

"I went off the line pretty fast and there was no one with me," said Harvey. "That [first] climb suited me and I knew that that climb suited me, so that if I could make a dent in, like, a lead, it would be good for the second lap and for the decent. I had never ridden the course before, so I took the descent pretty conservatively and to make as much time." For results, see page 13.

Full race results can be found at <a href="http://wasatch50.com">http://wasatch50.com</a>.

The Intermountain Cup returns to the X-country format with its next race at North Fork, near Liberty, Utah on July 7. The course features an amazing mountain backdrop on a seven-mile course with nearly 1,300' of gain per lap. More information about the North Fork race and any other upcoming races is available at <a href="http://intermountaincup.com">http://intermountaincup.com</a>.

About the Intermountain Cup Mountain Bike Racing Series

Founded in 1991, the Intermountain Cup consists of X-country and endurance MTB races throughout Utah. With six X-country races of approximately 25 miles and one endurance race of approximately 50 miles, the series covers some of the most pristine and difficult rides in the state. With categories for kids and youth to the highly competitive elite segments, Intermountain Cup offers a competitive MTB race for every level of rider.

For more information about the Intermountain Cup, visit: <a href="www.intermountaincup.com">www.intermountaincup.com</a>



### **BICYCLE ART**

# 'Vintage Riders' - The Bicycle Art of Trenton Higley



**Artist Name: Trenton Higley** Name of Piece: Vintage Riders

Medium: 24 x 18 Oil on Panel

Trenton Higleys work can de seen at: Robert Kelly Gallery, Park City, Utah; 15th Street Gallery, Salt Lake City, Utah; and Rare Gallery, Jackson Hole, Wyoming.



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# RACE RESULTS



# Wasatch 50, Intermountain Cup, Heber, UT, June 2, 2018 Place, Name, Team, Time

Junior Boys 1 Luke HEINRICH Kuhl Cycling 1:46:01.01 2 Jameson MOTTO Summit Bike Club 1:49:17.65 3 Caleb GROW Jordan High School MTB

1:55:14.33

1:55:14.33 4 Jacob VALLEJO 1:58:20.88 5 Bryce BENNETT Maybird Reyes-Psych 2:01:19.28 6 Ian THOMPSON ImpactDevo p/b Bountful Bicycle 2:07:46.85 7 Landon VOTH 2:12:26.61 8 Brigham RANDALL Maybird Reyes-Psych 2:17:54.86

Psych 2:12:54.86 9 Joe KOKENY Maybird Reyes-Psych 2:16:34.38 10 Aaron J CAREY JR. 2:21:00.69

Junior Girls

1 Layla WALKER ImpactDevo p/b Bountiful Bicycle 2:42:30.85 2 Taylor BECKER Weber High MTB 2:57:40.92

Sport Women Half

1 Natalie QUINN ImpactDevo p/b
Bountiful Bicycle 2:10:47.76

2 Johanna MURPHY 02:43:29.29

4 Gretchen KINGRY Mox Multisport **Open Sport Men Half** 1 Porter HAWKES ImpactDevo p/b Bountiful Bicycle 1:50:26.11 2 Ammon HORTIN 1:52:46.84

3 Rrinsen RACKHAM ImpactDevo p/b 3 Brinsen RACKHAM ImpactDevo p/b Bountful Biycle 1:57:53.64 4 Mitt NIEDERHAUSER ImpactDevo p/b Bountful Biycle 2:01:22.57 5 Jedediah 70UMG 2:05:11.35 6 Porter REEDER ImpactDevo p/b Bountful Biycle 2:05:57.35 7 Chad BOLLMAN 2:13:38.78 8 Mario GONZALEZ 2:19:36.46 9 Jush PAYNE 2:72:50.55 9 Josh PAYNE 2:27:50.55 10 Tyson WIDDISON 2:36:17.29

Open Sport Men Full 1 Michael WALKER 3:47:02.46

1 Michael WALKER 3:47:02.46
2 Eli LANGEVELD ImpactDevo p/b
Bountiful Bicycle 3:49:08.61
3 Adam PENDLETON ImpactDevo p
Bountiful Bicycle 3:50:45.83
4 Sage VENZ 4:01:51.09
5 Tanner OMAN 4:04:15.37 6 Tallen VOTH Logan race club 4:19:02.46 7 Parke TAYLOR 4:43:27.64 8 Nick HOUCHENS 4:44:57.79

9 Mitch MORTENSEN 5:03:46.65 10 Tyler PERRY 5:31:23.86 Sport Men 50+ Half 1 Kerry EMMOTT 2:09:20.94

1 Kerry EMMOTT 2:09:20.94 2 Ben BECKER BMCruisers 2:15:58.20 3 Denny TYNAN Stay Park City Cycling and Storm Cycles 2:16:12.98 4 Craig WILLIAMS 2:18:07.52 5 Glenn EISENBERG 2:22:39.37 6 Balasa BALASA UtahMountainBiking. com 2:51:29.54 Sport Men 40-49 Half 1 Daniel BOWEN 2:08:56.16

2 Steve LOEWY 2:12:34.58 3 Jonathan KINZINGER 2:20:41.55 4 Sean DOHERTY 2:22:03.55 5 Ervin HUNT 2:30:30.55 6 Steve STUCHAL 2:37:03.55 7 Jared PAYNE 2:38:14.31

/ Jared PAYNE 2:38:14.31 8 Aaron CARP 2:40:01.47 9 Anthony SCHAEFFER 2:40:16.11 10 Aaron JUDKINS 2:41:53.69 Sport Men 40+ Full 1 Jared SAHAGUN 4:22:05.64 2 Todd COWAN Bohemian Racing

3 Blaine WELCH Bike Hardcore 4:39:28.30 4 Marc ANDERSON Maybird Reyes-Psych

4:39:45.46 5 Jamie THOMAS 4:47:32.01 6 Steve LINDSEY Bike Hardcore

4:52:04.40 7 Riley FRAZIER 4:58:47.42 8 James KISIELEWSKI 5:36:35.86 9 Jarrett WELCH 5:45:39.60

9 Jarrett WELCH 5:45:39.60

Open Expert Men Full

1 Michael HAWLEY 3:23:01.69

2 Michael NUNEZ Intermountain Live
Well Tri/Go-Ride 3:30:44.71

3 Evan HONEYFIELD 3:33:15.23 4 Connor FULLMER Copper Hills MTB 3:34:24.61

5 Dylan FAIRCHILD 3:40:08.06 6 Tyler SOUTHARD Team Tosh n/h 7 Jake GARRETT 3:51:00.67 8 Kody SANCHEZ 4:05:08.46 9 Mitch YOUNG America First Cycling

Team 4:05:35.44 10 Alex CANTRELL 4:07:25.86 Expert Men 40-49 Full
1 Aaron JORDIN Rouleur Devo p/b DNA

3:28:04.49 2 Christoph HEINRICH Kuhl Cycling

3 Daniel MAHLUM 3:30:57.82 4 Justin WILSON Live Well p/b Harristone

3:37:13.38

Cycling Team 3:39:35.80
6 Jason LINDER 3:43:00.80
7 Shannon BOFFELI Pearl Izumi/Pivot

7 SHAIRION BOFFELT FEATH (2011) 3:44:59.40 8 Kevin SCHWARTZ 3:45:37.72 9 Mark ESPLIN 3:46:42.92

10 Brian POTEMPA 3:48:51.09 Expert Men 50-59 Full 1 Cary SMITH The Hub Bikes 3:23:44.03 2 Robert SAFFELL 3:46:40.72 3 Gary GARDINER Bountiful Bicycle Racing p/b Nate Wade Subaru 3:49:15.34 4 Reed TOPHAM Bingham Cyclery Peak

Fasteners 3:52:36.45 5 Brad KEYES 4:00:12.76 6 Paul I ASTAVO A:06:37 83

Faul LASIATO 4.06.37.63 7 Daren COTTLE Bingham Cyclery Peak Fasteners 4:10:19.52 8 John PENDLETON 4:13:51.11 9 Ben NICHOLS 4:25:30.08 10 Nils EDDY Los Playboys 4:31:16.56

Expert Men 60+ Full 1 John LAUCK Bountiful Bicycle Racing 2 Lawrence WOOLSON Bingham Cyclery Peak Fasteners 4:40:33.69

Peak Fasteners 4:40:33.69 3 Larry TUKER 4:52:56.84 4 Dick NEWSON Bingham Cyclery Peak Fasteners 4:59:56.56 Expert Women Full 1 Emily MAUGHAN 4:37:41.03 2 Amy ARRIOLA 4:39:20.37 3 Linda KANGER, BRILL 5:70:10.34 3 Lucie KAYSER-BRIL 5:07:01.34 4 Lisa MEERTS-BRANDSMA 5:22:03.01 Elite Women Full

1 Caedran HARVEY Fitzgerald's Bicycles 2 Kara HOLLEY Kuhl Cycling 4:01:58.30 3 Ami STUART 4:06:53.61 4 Jen HANKS Pearl Izumi/Pivot Cycles 4:20:02 77

1 Alex GRANT 3:06:06.15 2 Drew FREE KUHL/ Pivot Cycles/ Go-Ride

3 Sam SWEETSR 3:12:14.87 4 Jules GOGUELY 3:14:44.64 5 Canvon EMMOTT 3:18:47.49 6 Chris HOLLEY Kuhl Cycling 3:19:07.75 7 Matthew TURNER Summit Bike Club

5.19.26.99 8 Aaron CAMPBELL 3:20:28.92 9 Justin DESILETS 3:21:40.87 10 Spencer JOHNSON Endurance360 3:23:56.23

Sundance Showdown Super-D, Go-Ride Gravity Series, Sundance Resort, UT, June 3, 2018 Place, Name, Team, Time Cat 1 Men 13-18 1 Dillon Flinders Outlaw/Commence

1 Dillon Flinders Outlaw/Commencal/ Fox/POC/100% 0:07:04.87 2 Julien Markewitz Laketown Bicycles 0:07:16.56 Cat 1 Men 19-29 1 Devin Jones Salt Cycles 0:07:23.95

2 Nathan Silberman Get Air/Commencal Co-Factory 0:07:35.93 3 Chase Harris 0:07:53.87 4 Tate Higgs 0:08:03.02 Cat 1 Men 30-39
1 Jeff Jarvie Victorious Secret 0:07:08.94

2 Garson Fields 0:07:32.26 2 darson rietus 0.07.32.26 3 Mike Mirza Wife and Dog 0:07:34.08 4 Isaac Legare 0:07:40.23 5 Ben Maynard Go-Ride.com 0:07:43.44 Cat 1 Men 40-49

1 Mark Nelson Victorious Secret 0:07:21.79 2 Dan Grolley Laketown Bicycles 0:07:41.04 3 Jason Walker Outlaw Bike Team

0:08:14.59 1008:14.59
Cat 1 Men 50+
1 Scott Crabill Go-Ride.com 0:07:31.57
2 Craig Skinner Go-Ride.com 0:07:58.51
3 Kent Woodfield Bohemian Racing
0:08:12.62
4 Brent Astrope Santa Cruz 0:08:19.27
5 Tim Morris Go-Ride.com 0:08:45.35

Cat 1 Women 19+ 1 Leslie Czerwinski Go-Ride/MtnRdy/

PivotCycles USA 0:08:52.36 Cat 2 Men 13-15 0:07:52.00

n Sacre 0:08:02.39

2 Dentyn Sacre 0:08:02.39

Cat 2 Men 16-18

1 Alec Peterson Two Hoosiers Cyc
0:07:12.27

2 Carson Jensen 0:07:29.09

3 Zeke Kelley Outlaw Bike Team
0:07:43.89

4 Carson Dirks 0:07:49.21

5 Sladen Phinns 0:07:65 10

5 Sladen Phipps 0:07:56.10 6 Colten Stephens 0:09:09.65 Cat 2 Men 19-29 1 Kelty Barney 0:08:00.87 2 Grant Anderson 0:08:03.96 3 Rowdy Williamson 0:08:47.76

3 Rowdy Williamson 0:08:47.76

Cat 2 Men 30-39
1 John Washburn 0:07:41.09
2 Nick Wilkes 0:07:41.69
3 Ryan Downard Iron Maiden 0:07:44.83 4 Jacob Levine Highliners MTB 5 Johnny Downard Iron Maiden

Cat 2 Men 40-49 1 Jeff Kirschenmann Outlaw/Rubber Side Down/Go-Ride 0:07:32.97 Down/Go-Ride 0:07:32.97
2 Chris Conder Salt Cycles 0:07:53.20
3 Brandon Smith 0:08:09.87
4 Eric Hoffman Reform Collective 0:08:10.76
5 Anthony Mallen Demon United 0:08:19.75
6 Vaughan Martinez Bohemian Racing 0:08:09.78

Cat 2 Men 50+ 1 Scott Markewitz Laketown Bicycles

0:08:02.32 2 Steve Spencer GT Bicycles/Laketown 0:08:08.67 3 Bill Hart Bohemian Racing 0:08:57 54 Cat 2 Women 13-18
1 Zoe Steele Go-Ride.com 0:09:17.37
Cat 2 Women 19+

2 Cori Pepelnjak 0:08:23.83 3 Shayli Lones Knolly/Highliners MTB

Go-Ride 0:09:12.41 Cat 3 Junior 9-12 1 Finley Kirschenmann Outlaw Bike Team 0:08:01.92 2 Weston Llovd 0:08:03.68 Enda/Demon 0:08:11.84 5 Fred LaRiviere (\*\*)

5 Fred LaRiviere Commencal/Outlaw Rike Cat 3 Men 13-15 Spencer Nelson Santa Cruz/Cassette Evewear 0:07:40.99

2 Wyatt Thompson 0:07:56.52 3 Alex Parish <u>Go-Ride.com</u> 0:08:10.53 4 Chase Campbell 0:08:15.20 5 Aiden Parish <u>Go-Ride.com</u> 0:08:22 0! 5 Aiden Parish Go-Ride.com 0:08:22.95
Cat 3 Men 16-18
1 Jacob Killian 0:08:00.31
2 Justin Gondow Outlean 0:0 2 Justin Goodey Outlaw Bike Team 2 Reece Mitchell 0:08:07.69

4 Aorbyn Crabb Urus:1,2US 5 Preston Stephens 0:08:17,16 Cat 3 Men 19-39 1 Dylan Larson 0:07:52.06 2 Kyle Holbrook 0:07:59.37 3 Steve Wilson Crank Yankers 0:08:02.54 4 Brixton Hakes 0:08:04.21

5 Joe Kelley 0:08:17.50 Cat 3 Men 40+ 1 James Delaney Two Hoosiers Cyclery 0:08:57.51 2 Travis Morse Outlaw Bike Team

0:08:57.52 0:08:57.52
3 Gustavo Carrillo 0:09:00.38
4 Rod Hakes 0:09:29.63
Cat 3 Women 13-18
1 Emma Jones Salt Cycles 0:09:28.14
2 Maya Velez 0:09:50.17
Cat 3 Youth 6-8
River Bell Co. Ride/I (r.al Lab 0:19:0)

River Bell Go-Ride/Local Lab 0:09:05.38 2 Sam Dean <u>Go-Ride.com</u> 0:09:29.31 3 Sophie Gregory 0:11:10.24 4 Wyatt Lloyd 0:11:38.83 5 Lyon Hyldahl Outlaw Bike Team 0:12:15.78 Pro Men

1 Naish Ulmer Scott/Dakine/Park City 1 Naish Ulmer Scott/Dakine/Park Derwery/Storm Cycles Co/7:05.69 2 Clayton Batty 0:07:14.37 3 Kris Baughman Go-Ride.com 0:07:22.38 4 James Perry Laketown/Add Tech Controls 0:07:23.66 Pro Women 1 Joy Patten 0:08:16.94

Canyonball Downhill and Super-D, Go-Ride Gravity Series, Nordic Valley, UT, June 23-24, 2018 Place, Name, Team, Time Downhill Cat 1 Men 13-18

2 Emily Oppliger 0:08:37.74

1 Joseph Foresta Factory GT 0:03:19.93 2 Max Shepherd 0:03:40.94 3 Logan McPhie Laketown 0:03:57.42 Cat 1 Men 19-29

Co-Factory/Get Air 0:03:37.71 2 Toby Brotherton 0:03:39.05 3 Tanner Hart O'Neal/Bohemian Brewery 0:03:43.15 4 Jason Brill 0:03:43.27 5 Jake Troy 0:03:45.64 Cat 1 Men 30-39 1 Travis Tomczak GIRO ransition 0:03:49.54

2 Matt Shirley 0:03:52.66 Cat 1 Men 40-49 1 Mark Kugel DVO ruckerCo RP/Shred/ HyperThreads 0:03:52.81 2 Jason Walker Outlaw Bike Team

0:03:53.05

Cat 1 Men 50+

1 Scott (rabill Go Ride 0:04:01.62

2 Craig Skinner Go-Ride.com 0:04:14.95

Cat 1 Women

1 Kira Maicke Boo Tang Clan 0:04:32.39

2 Leslie Czerwinski Goride-mountain Ready- pivotcyclesusa 0:04:42.41 Cat 2 Men 13-15 1 Carson Spencer GT 0:03:56.35 2 Hunter Goulet 0:03:59.34 3 Dentyn Sacre 0:04:28.04 Cat 2 Men 16-18 1 Korbyn Crabb 0:03:57.43 2 Chance Williamson Speed Creature 0:03:58.68 3 Ethan Sheets 0:04:01.47

4 Carson Jensen Two Hoosiers Cyclery 0:04:05.41 5 Erik Denwalt Cannonball Racing 0:04:06.76 6 Ian Johnson Laketown Bicycles

Cat 2 Men 19-29 Cat 2 Men 19-29
Tiyler Pirruccio 0:03:44.66
2 Kyle Maher Mercury wheels 0:03:50.16
3 Zack Campbell 0:03:52.08
4 Nathan Fuch 0:03:53.42
5 Dylan Cobern UNIT 0:03:56.62
Cat 2 Men 30-39
1 Runal passe, 763:58.64 1 Ryan Laws 0:03:58.64 2 Kelly Holland Beers at the Bottom 3 David Lamay Bingham Cyclery/Peak

4 Henry Frank Boo Tang Clan 0:04:07.02 5 Dave Biehler Bohemain Cycle Team RP 0:04:20.99
Cat 2 Men 40-49
1 Tony Mallen Outlaw Bike Team/Demon United 0:04:06.67
2 Darner Coles Rubber Side Down Racing/ Go Ride 0:04:12.28
3 Chris Carlton 0:04:35.28
4 Liston Windows Bubber Side Down/ 4 Jason Wiggins Rubber Side Down, Go-Ride.com 0:04:37.64 5 Vaughan Martinez Bohemian Racing 0:04:44.43 6 Travis Hudak Rubber Side Down/

Cat 2 Men 50+
1 Clint Bulllock Lake Town / Dumper fire/
Flying Fossils 0:04:51.45
Cat 2 Women 13-18 1 Zoe Steele Go-Ride.com 0:05:09.74
Cat 2 Women 19+ 1 Stephanie Ainsworth Shred 0:04:31.53 2 Monica Hall Two Hoosiers Cyclery

3 Morgan Roberts 0:05:32.41 Cat 3 Junior 9-12 1 Luke Mallen Outlaw Bike Team/ mencal 0:03:55.12 2 Alex Mallen Outlaw Bike Team/ Commencal 0:04:03.12 3 Finley Kirschenmann Outlaw Bike Team 4 Boston Bryant Leo Brand/Demon United 0:04:26.95 5 Dutch Petersen 0:04:29.77

Cat 3 Men 13-15 1 Chase Campbell Pivot/Cannonball/ -Ride.com 0:03:55.65 2 Alex Parish Go-Ride/Santa Cruz Grass Roots/100%/ODI/GoPro 0:04:00.06 3 Mikel Gaztambide Laketown Bicycle

3 MIKE GAZTAMDIGE LAKETOWN BICYCIES 0:04:07.74 4 Aiden Parish Go-Ride/Santa Cruz Grass Roots/100%/0DI/GoPro 0:04:08.66 5 Conlon Steen 0:04:14.56 Cat 3 Men 16-18 Circuit Race

0:04:04.13 2 Taylor Benoit Two Hoosiers Cyclery 0:04:40.29 3 Cantor Hudak Cat 3 Men 19-29

1 Logan Darling 0:04:11.02 2 Michael Denton 0:04:13 04 3 Jesse Felter Wife and Kids 0:04:18.19 4 Trevor Horton Bohemian Brewery

4 Irevoi norton 22 0:04:27.99 5 Armando Aguirre Bohemian Brewer

0:04:29.61

Cat 3 Men 40+

1 Chandler Bateman 0:04:11.00

2 Wayne McElmon 0:04:37.90

3 James Helbling 0:04:42.20

4 Ian Parish Go-Ride 0:05:03.10

Paket Limitor Co. 10:04.00 5 Robert Lemieux Go-Ride.com/ Highliners MTB 0:05:03.49 **Pro Men** 

1 Mitch Ropelto Dumpster Fire Racing 0:03:20.36 2 Bryce Helbling Knolly Lake Town Bicycles POC 0:03:23.21 Bicycles POC 0:03:23.21
3 Naish Ulmer Scott/Dakine/Storm
Cycles/Park City Brewery 0:03:31.96
4 Dustin Malley Go-Ride 0:03:33.70
5 Ryan McElmon 0:03:42.90
Pro Women
1 Emily Opening 0:04:24.43

1 Emily Oppliger 0:04:34.42 2 Rachel Molsee 0:04:41.91

Super-D Place, Name, Team, Time Cat 1 Men 19-29

Co-Factory/Get Air 0:06:07.80 2 Kevin Combs 0:06:12.61

1 Scott Crabill Go Ride 0:06:25.20

Cat 2 Men 16-18

1 Alec Peterson 0:05:58.04
2 Carson Jensen Two Hoosiers Cyclery

2 Chris Price TDS 0:06:43.74 3 Kollynn Olson 0:06:47.46 4 Bryce Pexton 0:06:53.92 Cat 2 Men 30-39

2 Garrett Maxfield Highliners MTB

n 0:07:31.62

0:07:13.08

Cat 3 Junior 9-12

Luke Mallen Outlaw Bike Team/
Commencal 0:06:48.24

Finley Kirschenmann Outlaw Bike Team 3 Jacob Taylor 0:07:05.02 4 Alex Mallen Outlaw Bike Team/ Commencal 0:07:07.57

5 Carson Burgner Huck-It-Cru/Slim and Knobbys 0:07:20.68

Knobbys 0:07:20.68
Cat 3 Men 13-15

1 Alex Parish Go-Ride/Santa Cruz Grass
Roots/100%/ODI/GoPro 0:06:42.62
2 Conlon Steen 0:06:46.75
3 Spencer Nelson Santa Cruz Bicycles
0:06:52.16
4 Porter Hawley 0:06:57.96
5 Danny Garringer Cannonball Racing
0:06:59.67 5 Cortlan Brown 3:09:49 Cat 3 Men 16-18

2 Reece Mitchell Utah Mountain Biking 0:06:49.82 3 Jacob Schmalz Utah Mountain Biking 0:06:50.60 4 Travis Christensen 0:06:56.13 5 Noah Peterson 0:07:00.32

5 Noah Peterson 0:07:00.32 **Cat 3 Men 19-39** 1 Michael Denton 0:06:34.81 2 Jordan Williams 0:06:58.20 3 Cory Frudel 0:06:58.40 4 Trent McLelland TRP 0:07:01.87 5 Trevor Horton Bohemian Brewery

Cat 3 Men 40+ 1 Chandler Bateman 0:06:36.50 2 Kevin Dilley 0:07:15.84 3 Travis Morse OutLaw 0:07:25.58 4 James Delaney Two Hoosiers Cyclery 0:07:26.03 5 Ian Parish Go-Ride 0:07:27.24

S lan Parish Go-Ride 0:07:27.24 Cat 3 Women 19+ 1 Rachel Geerlings 0:07:36.09 2 Brandy Horton 0:07:52.10 3 Kimberly Lobdell 0:09:14.52 4 Lisa Bateman 0:09:50.31 Cat 3 Youth 6-8

2 Clive LaRiviere Commoncl OutLaw Pro Men 1 Mitch Ropelato Dumpster Fire Racing 0:05:51.09 2 Naish Ulmer Scott/Dakine/Storm Cycles/Park City Brewery 0:05:53.32 3 Kris Baughman Go Ride 0:06:13.86

Road Racing Racing

Apex Energy Solutions – Farm Bureau Omnium, UCA Series, Daybreak, UT, June

Cat 1/2/3 Men
1 Robert Smallman
2 Ben Stevenson
3 Cortlan Brown

Cat 1/2/3/4 Masters Men 45+

1 Andres Gonzalez 2 Kyle Brown 3 Bill Gros 4 Kenneth Morris 5 Guy Roundy Masters Men 55+

1 Curtis Madse 2 Norman Frye 4 Rick Black Cat 3/4 Men 1 Logan Newman 2 Preston Edwards 3 Douglas Gibula 4 Billy Rappleye 5 Thomas Pitiher

2 Bart Prestor

Cat 1/2/3/4 Women
1 Lindsey Stevenson
2 Margaret Douglas
3 Claudia Behring

4 Eleise Hinton Masters Women 35+

Masters Women 50-

1 Margaret Douglas Cat 3/4/5 Women

1 Spring Bastow 2 Clarissa Johnson

Criterium Place, Name

Junior Men

2 Keaton Rich

2 Andrew Lock

4 Rick Black

5 Kyle Brown Cat 3/4 Men

1 Viggo Moore 2 Andrew Robinson

3 Jack Shuckra

Cat 4/5 Men
1 Jeff Turk
2 Tommy Kline

3 Daniel Frederick

Cat 4/5 Men 35+

Cat 1/2/3 Women
1 Eleise Hinton
2 Lindsey Stevenson

1 Colleen Needer Cat 3/4/5 Women

3 Claudia Behring Cat 1/2/3/4 Masters Women

4 Adam Olson

2 Bart Prestor

1 Braden Hudspeth Cat 1/2/3 Men

Cat 4/5 Men 1 Troy Tomkinso 2 Tommy Kline 3 Scott Johnston 4 Mark Ellis Masters Men 35+

1 Nathan Silberman Commencal

3 Tate Higgs The Bike Shoppe 0:06:27.50 4 Chase Harris 0:06:33.72

4 Chase Harris 0:06:33.72
Cat 1 Men 30-39
1 Ben Maynard Go-Ride.com 0:06:33.05
2 Travis Tomczak GIRO ransition 0:06:34.90
Cat 1 Men 40-49
1 Mark Kugal Kugal Gravity 0:06:28.74
Cat 1 Men 50+
Scott Crabill Go Ride 0:06:25

Cat 2 Men 13-15 1 Hunter Goulet 0:06:33.69

2 Carson Jensen Two Hoosiers Cyclery 0:06:10.48 3 Ethan Sheets 0:06:25.10 4 Sladen Phipps Dirt Academy 0:06:29.22 Cat 2 Men 19-29 1 Nathan Fuchs 0:06:28.23 (Shir) Birc 105:00643.74

1 David Lamay Bingham Cyclery/Peak Fasteners 0:06:22.37

2 Garrett Maxfield Highliners MTB 0:06:42.42 3 Zach Hope Biker's Edge 0:06:42.56 4 Edward Parker 0:07:02.87 Cat 2 Men 40-49 1 Matthew Jory 0:06:27.86 2 Wade Peterson 0:06:42.26 3 Vaughan Martinez Bohemian Racing 0:07:10.18 4 Chris Carlton 0:07:26.43 Cat 2 Men 50+

Cat 2 Men 50+
1 Steve Spencer GT 0:06:55.39
2 Bill Hart Bohemian Racing 0:07:34.06
Cat 2 Women 13-18

Lave steele Go-Ride.com 0:0/:31.62

Cat 2 Women 19+

1 Stephanie Ainsworth Shred 0:07:08.53

2 Ashlyn Puzey Red Rock Bicycle

1 Spring Bastow 2 Jessica Hansen 3 Aspen Hassell 5 Braden Hudspe Place, Name, Time Cat 1/2/3 Men 1 Cam Candelaria 3:08:43 2 Robert Smallman 3:08:53 3 Park Griffin 3:09:09 4 Nathan Manwaring 3:09:14

> Cat 1/2/3/4 Masters Men 45+
> 1 Art 0'Connor 2:52:15
> 2 Kyle Brown 2:52:26
> 3 Kenneth Morris 2:52:27
> 4 Mark Schaefer 2:52:53
> 5 Andres Gonzalez 2:58:26
> Masters Men 55+
> Mark Schaefer 2:02:28 2 Curtis Madsen 2:02:37 3 Andrew Lock 2:04:21 4 Andres Maricq 2:05:02 5 Jeff Olson 2:06:17 Cat 3/4 Men 1 Viggo Moore 2:43:44 2 Scott Miller 2:43:45

Cat 4/5 1 Troy Tomkinson 2:07:46 2 Will Marringa 2:08:13 3 Kyle Moncur 2:08:33 5 Andrew Olson 2:10:57 Masters Men 35+ 2 Boyd Timothy 2:03:41 3 Michael Russell 2:04:02 3 Michael Russell 2:04:02 4 Bart Preston 2:04:53 5 Rich Campbell 2:06:11 Cat 1/2/3 Women 1 Lindsey Stevenson 2:47:41 2 Alison FRYE 2:49:36

3 Eleise Hinton 2:51:54 4 Claudia Behring 2:55:02 Cat 1/2/3/4 Masters Women 1 Colleen Needer 2:26:34 Masters Women 50+ 1 Margaret Douglas 2:27:18

1 Margaret Douglas 2:27: Cat 3/4/5 Women 1 Spring Bastow 2:23:49 2 Jessica Hansen 2:27:33 3 Shannon Tuddenham 2:33:03 5 Kelly Fritz 2:44:51

### **Volunteers Needed for the Tour of Utah**

SALT LAKE CITY (May 15, 2018) - Individuals and groups interested in supporting the Larry H. Miller Tour of Utah professional stage race are invited to volunteer for one or more days at this summer's event, Aug. 6-12. Applications for a variety of volunteer positions are now available online, beginning today, using the Tour of Utah website at www.tourofutah.com/ experience/2018volunteers.

Hundreds of people are encouraged to donate time and talent to fill more than 1,200 shifts for the weeklong international cycling event. Each Local Organizing Committee (LOC), which is hosting a stage start or finish at the Tour of Utah, will manage assignments and provide training. Cedar City will host pre-race activities on Aug. 4-5, as well as Stage One on Aug. 7. Racing will begin with a Prologue on Aug. 6 in St. George. Other host venues which will require volunteer support are Payson City (Aug. 8); Antelope Island State Park and Layton City (Aug. 9); Salt Lake City (Aug. 10); Canyons Village and Snowbird Resort (Aug. 11), and Park City (Aug. 12).

Individuals can request a specific assignment for one or multiple shifts. Group assignments for families, corporations, clubs and civic organizations are encouraged to inspire teamwork and support the local community. Each volunteer receives a commemorative Tour of Utah T-shirt, hat, sunglasses, and sun screen products. A box lunch will also be provided daily. The recommended age for volunteers is 18 and older. Applicants must sign a waiver, or have a signature provided by an adult or legal guardian if the

applicant is 17 years of age or younger. General registration will remain open through the end of July. A "Frequently Asked Questions" section is provided on the website to provide descriptions of specific positions, opportunities for groups and more information. Individuals interested in working as traveling course marshals for all seven days of race week should send a request via email to volunteer@

The Tour of Utah remains a 2.HC-rated stage race on the UCI America Tour, making it one of the premier events for professional cycling teams in North America. It is also one of the prominent road cycling events that is also part of USA Cycling's Pro Road Tour. The event is free to all spectators, making professional cycling one of the most unique professional sports in the world today.

# Snek Cycling Introduces the Lifeboat Tire Lever



June 5, 2018, Salt Lake City, USA - Snek Cycling is introducing the Lifeboat Tire Lever. The lever will be live on Kickstarter June 5, 2018 raising funds to bring the project to life.

The Lifeboat Tire Lever is an all in one tool that can change a tire, remove a valve core and open a bottle. The lever addresses the need for a valve core remover to service modern tubeless tire systems. With the trend of tubeless tires in cycling, and the inclusion of tire sealant for flat protection and repair, a tool is needed to service them. Traditional tire levers lack the ability to remove a valve core, and the easiest way to install sealant is through the valve. "I was tired of looking for a tool to remove the valve core of my tubeless tires everytime I wanted to add sealant. My valve core remover was hard to keep track of and always seemed to be missing. That's when I thought, why not just have a valve core remover as part of the tire lever? That way only one tool would be required to service tubeless tires instead of two seperate ones." adds Hintze. The result is this inclusive lever to service modern tubeless tire systems. "In addition, the lever includes a bottle opener for the post ride beverage. It was time for a tire lever that kept

up with cycling trends and technology." states Hintze. Composed of a plastic outer and reinforced with a metal interior, ensures for a long lasting lever that won't break or damage your rim. "I was also frustrated with levers breaking. I wanted a lever that was tough enough to handle the repeated abuse of tire maintenance, and was built to last rather than something that was disposable," states Hintze. The result is

a lever that is constructed to last, guaranteed for life, and made in the USA. Founded by Jonny Hintze in 2015. Snek is a brand based upon stylish, simple, and authentic cycling goods. Products born from ideas conjured up during actual rides. Never over thought, but stringent on detail. Brought together by years of cycling experience with a drive for hand-pick, highquality materials. Slick and neat - Snek.

For more information on Snek please visit: http://snekcycling.com

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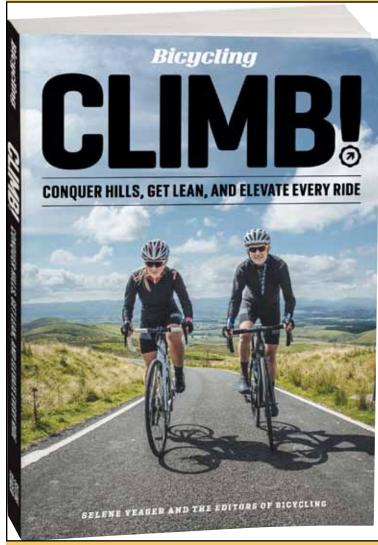
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### **BOOK REVIEW**

# Become Better on Hills, Read 'Climb!' by Selene Yeager



Climb! is a new book by Selene Yeager

### **Bv Bill Roland**

Climb!, a recently written book by Bicycling Magazine's fitness columnist Selene Yeager, is filled with facts, opinions, and suggested training plans that will undoubtedly help you become a better climber. She states in the introduction, "I have made it much of my life's work to learn as much about climbing as possible. Climb! is the culmination of 20 years of studying, training, racing, coaching, interviewing, absorbing, seemingly endless rambling and ruminating, and ultimately accumulating all the climbing know-how I



Selene Yeager is a renown author of cycling books. Photo courtesy Bicycling Magazine.

could.

She shares not only her hardearned expertise but also wisdom and advice from exercise physiologists, cycling coaches, nutrition experts, and widely known amateur and professional climbers to help riders from all capacities make a marked improvement in their ability and confidence to conquer the art of climbing hills on their bicycles.

Selene gets right to the point in the first chapter by stating that the more you climb, the greater the rewards—on and off the bike. She breaks down what's happening to your body on a climb. Your average 15-minute climb is the equivalent of doing 1,200 leg presses to the top. Your heart has to work harder to supply oxygen and blood where it's needed. This allows your muscle cells to have all the blood they need to get ample amounts of oxygen and nutrients to produce energy. All the

oxygen being used by your energyproducing furnaces has to come from somewhere, and that somewhere is your respiratory system. Selene explains that climbing is as much mental training as it is physical. She devotes an entire chapter on braintraining techniques such as self-talk, visualization, and focus.

Selene offers a presentation of the physics involved in pedaling uphill – basically what must be done to counter gravity. She explains when and how to climb both seated and out of the saddle. Cadence is a tossup between legs versus your lungs. Selene shows the difference between bigger gear, slower pedaling and lower gear, high speed spinning style. She also explains the four types of climbs and how to attack them.

Perhaps the most influential climbing information in the book is the various interval drills that will help riders of every classification. There are steady-style, threshold, and climbing intervals to name just a few.

She also presents a variety of stretching and weight-training drills that can be done in the riding season or during the winter months. In the high-intensity interval training (HIIT) category, the reader will learn about fast acting, punchy ups, full-recovery full throttle, hill and power surges, big gear acceleration and ramp intervals. The selection allows riders a variety of training methods to choose from – boredom will never be a factor.

In addition to gear ratio and rationales, the writer provides information and tips on how to set up your bicycle. Next, she tells us how to eat on and off the bike and why not to get hung up on weight.

A section entitled "Get Hill Strong" gives riders some drills that include "hill repeats" which will address all of our hill-climbing needs. And she doesn't forget to include some valuable tips on how to descend the hills that we have conquered. Despite keeping the reader focused on the task of becoming a better climber, Selene inserted some humor at just the right time. After thousands of miles ascending on her bicycle and hundreds of hours putting her thoughts on paper, Selene realized that a chuckle here and there will keep the reader on the right trail.

The final chapter focuses on training plans and climbing challenges. Included are four, eight, and twelveweek plans that give riders suggested training rides for each day. Selene summed up the entire message in her book while she was describing different intervals. She wrote, "It's a no-brainer. If you want to get better at climbing, you climb!"

Climb! was extremely well written and covered all the aspects of 'how to climb.' As a matter of fact, that could have very well been the title since it was definitely a 'how to' book. Whether the reader is a newcomer to cycling or someone who has been riding for 20 years, all riders will pick up a few pearls that will make ascending up hills a little bit more comfortable and a lot more enjoyable.

### Climb!

By Selene Yeager Publisher: Hearst Magazines Inc., New York, New York, 2018 ISBN: 978-1-63565-209-3





### **RIDING TIPS**

# **Etiquette for Road and Mountain Biking**



Kira Maicke in a women's A collegiate road race when she raced for the University of Georgia. Photo by Nick Luther

### **By Kira Maicke**

"Rule #1: Obey the rules." While great for a fun read, "The Rules" according to the Velominati should be taken with a grain of salt. When riders, particularly road cyclists, cite the rules, they are often referring to those that help paint a mental image of the stereotypical "Euro" road rider.

"Tan lines should be cultivated and kept razor sharp. Shorts should be black. Shorts and socks should be like Goldilocks (Not too long and not too short). Eyewear should be cycling specific." etc...

This sport has been exclusive and elitist for far too long. Wear your jean shorts and flannels! Sport your aviators with an aero road helmet! Just get out and enjoy the ride!

There are, however, some important "rules" to consider when cycling in groups. Road racing and group rides share similar etiquette to ensure everyone is safe and has fun.

"Hold your line." Be consistent and predictable. Riding erratically in

a large group can be very dangerous. If you notice road or trail debris up ahead, alert other riders by pointing at the object, or waving everyone over to a certain side to avoid the object. When closely drafting, the riders following cannot see upcoming obstacles quickly enough, so the riders up front need to point them out. Signaling, in general, is very important. Alert other riders with hand signals when changing direction, slowing, or stopping. For riders not yet comfortable with one handed riding, verbal cues will suffice. Hand signals also help to let cars know which direction the group is heading. This is not quite as necessary in a race scenario where the courses are typically closed to cars, but for group rides, signaling is a must.

"Don't overlap wheels." Overlapping wheels is when the front wheel of the trailing bike overlaps the rear wheel of the leading bike. This is dangerous, especially if the leading rider has to swerve quickly to avoid an object. If the rider swerves in the direction of the trailing rider's

front wheel, this will very likely result in a crash.

"Do your time in the wind." This one is a little more relevant for the roadies, but can also apply for open, windy trails. Pacelines are a great way to save energy and ride faster and farther than you could on your own. Single and double file pacelines are both common for road group rides. On very windy days, rotating pacelines are a popular choice. With a rotating paceline, the lead rider(s) are not in the wind very long at all. The line is constantly changing. As soon as the rider gets to the front of the paceline, they continue to ride left and ride next to the line of riders until they are back at the end of the line, shielded from the wind. Often when riding in a double paceline, the two front riders will pull for a longer amount of time and pull to the sides after a couple of miles to draft off the group to recover.

Most of the rules and standard etiquette highlighted so far have been pretty road oriented, but there are some rules and guidelines to consider when riding trails as well. When riding multidirectional trails, the downhill riders must yield to the uphill riders. When trails are directional, be sure to ride them in the designated direction. Downhill only trails will have riders bombing down expecting not to see anyone climbing, and if someone is climbing up a downhillonly trail, this can cause a dangerous

Ride trails and features within your ability. If you plan to work on a specific section of trail or a certain feature, be sure others can see you. Do not stand on the landing of a jump, or push your bike back up the trail without knowing the trail is clear up top. Yield to faster riders. I know I do not have as much fun when someone is right on my wheel, and I am sure the rider behind would have more fun if they could ride the trail at their speed. Even in a race situation, if you can tell someone is itching to go by, it is proper etiquette to let them pass. As hard as that is when you are racing against the clock, or in a pack of XC racers, if someone is able to pass, they are having a better race than you.

Whether on the road or on the

trail, in a race or just riding with friends, following these guidelines will ensure everyone has a safe and enjoyable riding experience.

For a complete list of "The Rules" by the Velominati, visit http://www. velominati.com/the-rules/

Kira has been racing bikes since 2010. She started racing road bikes for the University of Georgia and raced at the elite level until transitioning to mountain bike racing in 2016. She currently races downhill, and can usually be found sitting on chairlifts in Utah, Idaho, Wyoming and Montana



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### Poison Spider Bicycles

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

**Storm Cycles** 1680 W. Ute Blvd. #D3, Park City, UT 84098 (435) 200-9120 stormcycles.net

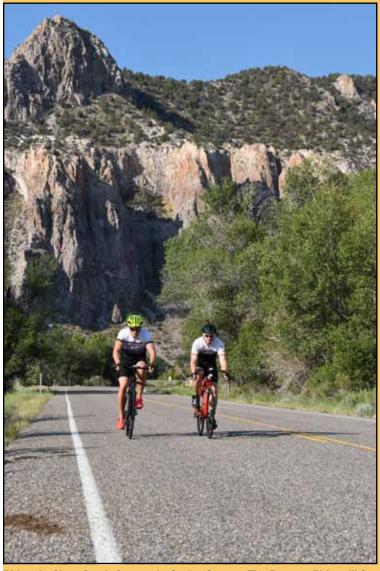




### **EVENT PREVIEW**

# Rooster Ride, A New Road Tour in Central Utah, Showcases Beauty and Little

# Traffic



Riders in Clear Creek Canyon in Sevier County. The Rooster Ride will feature this canyon. Photo by Kirk Rasmussen

**By Dave Iltis** 

The Sevier Valley Rooster Ride will be held in Richfield, Utah on August 25, 2018. The new ride travels through the backroads of Sevier County, and features beautiful scenery and few cars.

We asked organizer Chad McWilliams of Sevier County a few questions about the ride.

Cycling West: Tell us about the ride. What are the courses like, and what are the highlights?

Rooster Ride: We have teamed up with Jorgensen's in Richfield for our first annual what we are calling the "Rooster Ride". This ride will be tough to beat with our clean air and beautiful scenery with almost zero

traffic. The ride will take you around the Sevier Valley from little town to little town. Where the locals will be there to take care of you in one of the six aid stations. Test yourself with a Century ride that offers over 4,000 feet of climbing in one of the most scenic canyons in all of Utah. While out riding you can stop at the aid station at the Fremont Indian State Park and take a quick photo of some the Fremont Indian rock art. This event will become one of the premier cycling events in south central Utah.

CW: What support will you have on the ride?

RR: The guys at Jorgensen's along with Cliff with keep you nourished and hydrated with 6 fully stocked aid stations. They will also help make any last-minute adjustments the night before at packet

CW: When people visit Richfield for the event, where can they stay or

RR: We have tons lodging options in the Sevier Valley. Richfield is the host city and the start and finish line of the Rooster Ride. With over 20 hotels to choose from, you can find the place that is right for you. For those that want a chance to be outdoors we offer tons of camp sites and RV camping at places like the famous Big Rock Candy Mountain and Fremont Indian State Park and KOA right in Richfield. You can find all this by going to trailcountry.com.

CW: Tell us a little about the his-

RR: Located in scenic Sevier



Riders in Clear Creek Canyon in Sevier County. The Rooster Ride will fea ture this canyon. Photo by Kirk Rasmussen

Valley, Richfield is one Utah's bestkept secrets. Why are we calling it the "Rooster Ride": Way back in the day Sevier Valley was one of the premier pheasant hunting areas of Utah. You too can hunt for your own epic riding experience by "Riding the Rooster". Sevier County is also known as "Utah's Trail County" with over 2,000 miles of the best off-road adventures and located here is the word famous Paiute ATV/UTV trail

The first recorded inhabitants of Trail Country were the Fremont Indians and the century ride will take your right past an area where you can see from your bike their way of life. So after you come Ride the Rooster you will want to come back and find your new favorite trail.

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

RR: The 1st 200 riders to register will get a pair of custom Rooster Ride socks along with a medal and tee shirt. For more information and to register go to traildaysutah.com

also follow us on Facebook for updates: Sevier Valley Rooster Ride. So while you are off riding the family can enjoy "Trail Days" that will be going on at the same time. They will be able to enjoy golf and car and air shows, a relay run, and equestrian ride. There will food and live entertainment durning the day while you are off riding so they are not stuck waiting in the hotel.

Ride Details: August 25 — Sevier Valley Rooster Ride, Richfield, UT. Sevier County in conjunction with Sevier County Trail Days and Jorgensen's is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Metal and Tee shirt will be provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option., Chad McWilliams, 435-421-2743, cmcwilliams@sevier. utah.gov, traildaysutah.com/sv-roost



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### **BIKE EDUCATION**

# Bike Utah Seeking Elementary Schools to Participate in Their Youth Bicycle

**Education and Safety Training Program** 

### **By Phil Sarnoff**

The Youth Bicycle Education and Safety Training (BEST) Program is Utah's only statewide effort to educate youth about riding bicycles. By getting more kids and their families riding, we are working to get people physically active, improving air quality, and making communities better places to live. In addition, getting physical activity each day even helps to improve academic performance among students.

The Youth BEST Program is a 5-hour, on-bike program that teaches

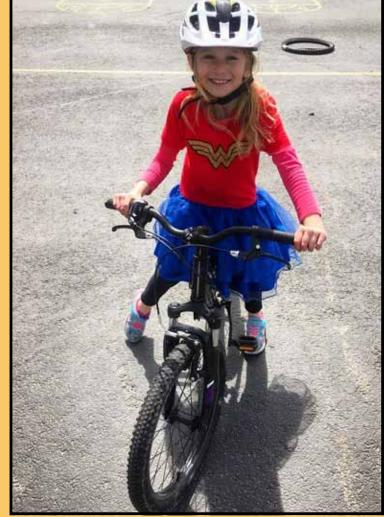
students how to safely and confidently get around by bicycle. The program is administered at schools and targets students in the 5th to 7th grade range. The course takes place for one-hour per day over the course of five consecutive days.

During the Youth BEST Program, students will learn:

- •The benefits of riding a bicycle
- •Rules of the road
- •Helmet fitting
- •Bicycle safety checks
- •Navigating intersections
- •Right of Avoiding hazards

There is no cost for any school or student to participate. Bike Utah provides trained instructors, bicycles, helmets, and all other necessary equipment for the duration of the program. The program is mobile and can be brought to schools around the state. To date, almost 6,000 students from across Utah have participated in the program. They are increasing their knowledge of safe bicycling, their own interest in riding, and their families are more interested in riding as a result of their student's participation.

Scheduling for the 2018-2019 school year is going on right now. If

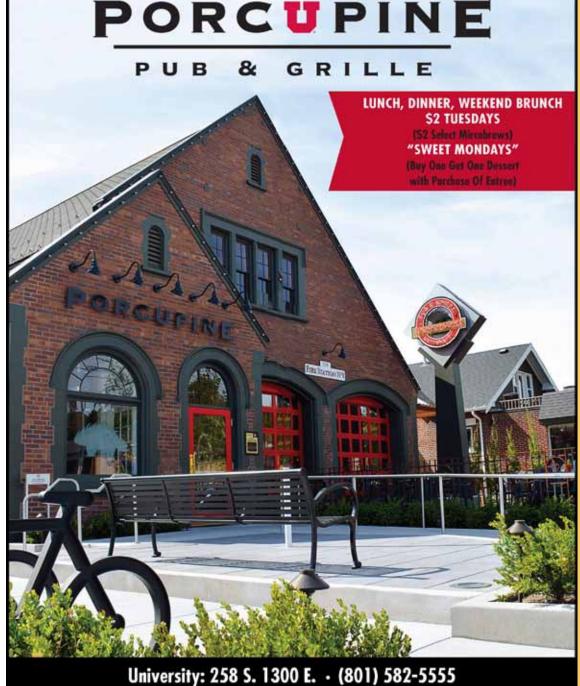


Another happy student who learned how to ride in Bike Utah's Youth BEST Program. Photo courtesy of Bike Utah

you know of schools or teachers who

might be interested in having the Youth BEST Program at their school,

For more information, visit bikeutah.org



Cottonwood: 3698 E. Fort Union - (801) 942-5555 PORCUPINEPUB.COM

send an email to youth@bikeutah.org Make A Wish RIDE THE KIDS Starting at RC Willey Syracuse. Please pre-register online & for more information visit www.rcwilley.com/ride 25-100 MILE ANTELOPE ISLAND RIDE RIDE FEE: \$40 PER PERSON
reakfast, Lunch, Drinks, Silent Auction, \$25 RC Willey Gift Card, Swag Bag DONATIONS ARE WELCOME!

### **ENDURO MOUNTAIN BIKING**

# Fears, Tears, and Beers Enduro Photo Gallery by Photo-John - A Few of Our Favorite Shots!



Fears Tears and Beers competitors on the non-timed rollout at the beginning of the race. Photo by Photo John, photo-john.net



Bikes and racers lined-up and waiting for the riders' pre-race meeting to start. Photo by Photo John, photo-john.net



Second-place men's expert class finisher, Jared Williams, with a "little boned-out table" on the Whorehouse Hill descent. Photo by Photo John, <a href="mailto:photo-john.net">photo-john.net</a>





Kent Robertson (left) and Kelly Ernest, giving final directions to racers in the Saturday morning riders' meeting. Photo by Photo John, photo-john.net



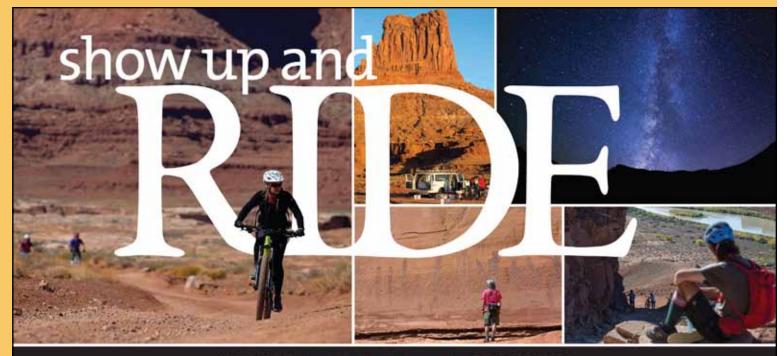
Pro racer Larry Sussman, wheeling through the Jailhouse Casino. One of the most unique elements of the Fears Tears and Beers enduro is the race begins by rolling through two casinos, the Jailhouse and the Hotel Nevada. Photo by Photo John, <a href="mailto:photo-john.net">photo-john.net</a>



Winner of the women's beginner class, Nancy Herms, charging through one of Stage 3's many bermy corners. Photo by Photo John, <a href="mailto:photo-john.net">photo-john.net</a>



Nevada gubernatorial candidate and regular FTB competitor, Jared Fisher, blasting through the Stage 3 berms on his full-suspension fat bike. Photo by Photo John, <a href="mailto:photo-john.net">photo-john.net</a>



### HOLIDAY 🔙 🔳 🤝 🛌 EXPEDITIONS

Let the guides at Holiday Expeditions outfit your adventure on three of Utah's premier mountain bike trails the White Rim Trail, the Maze, and the San Rafael Swell. Fall bike trips begin Sept 1, starting at \$795 per person, 3–5 day trip options. Private trips available with 10 or more.

800-624-6323 • www.BikeRaft.com

### Tears, Fears, and Beers -**Continued from page 21**



A group of friends taking a break after finishing Stage 3. Photo by Photo John, photo-john.net



Overall (men's pro) race winner, Bryce Lewis, head down and wheels up on Whorehouse Hill. Photo by Photo John, photo-john.net



Third place women's pro finisher, Megan Kelley, calmly navigates one of the steepest, nastiest bits of Whorehouse Hill. Photo by Photo John, photo-john.net



Yes - there is beer at Fears, Tears, and Beers. Competitors celebrate at the post-race awards festivities. Photo by Photo John, photo-john.net



It was a full house in the White Pine County Convention Center for the post-FTB dinner, raffle and awards. Photo by Photo John, photo-john.net



Post-race taco bar bounty at the Fears Tears and Beers dinner and awards celebration. Photo by

Photo John, photo-john.net



Kurt Gensheimer, better known as the Angry Singlespeeder, accepts his men's expert 2nd place trophy in proper Fears Tears and Beers style. Photo by Photo John, photo-john.net

### **ADVOCACY**

# New Bike Friendly Communities: Glenwood Springs, Colorado and Orem, Utah



The Rio Grande Trail. Glenwood Springs, Colorado was designated a Bicycle Friendly Community by the League of American Bicyclists in 2018 Photo by Jack Affleck, courtesy <u>visitglenwood.com</u>

### By Charles Pekow

Small town status can bring some advantages when it comes to becoming a bicycle friendly community (BFC). Glenwood Springs, a city in western Colorado with an official population of less than 10,000, won silver status as a BFC in the spring round of awards given by the League of American Bicyclists (LAB). Only one other city in the Mountain West got a BFC designation this round (Orem, UT; more about it below.)

### Glenwood Springs, Colorado

Glenwood Springs scored with LAB's reviewers because of its bike ambassador program started last year with a new local bicycle advocacy group, Glenwood Springs Bicycle Advocates. They stationed volunteers at key intersections. Volunteers in bright yellow vests help riders find their way around town, tell people how to ride safely and so forth, explains Tanya Allen, Glenwood Springs transportation manager.

The city started the collaboration last year when it realized that a major construction project was going to block roads downtown. "To keep traffic flowing through downtown, we needed to get 30 percent of cars off the road. Bicycling was seen as a big contributor," Allen explains. The advocates asked the city how they could help. The bike group also was able to point out some quick fixes, such as adjusting curbs and adding signage to make it easier to get around town by bike," Allen recalls.

The volunteers "reported back to us on how many people they saw and what kind of signage they needed," she added. "We are now building on the partnership to continue the momentum."

"In a smaller town, the education and encouragement can be easier because you have a smaller crowd and can reach a higher volume of the population," explains Amelia Neptune, LAB's bicycle friendly America director. Placing volunteers at a key intersection, "you can probably reach a higher percentage of commuters than you can in a big city...It might be easier to make connections between local advocacy groups, volunteers and local businesses where you have a more tight-knit community."

Also, in a small town, more people might be able to bike to work. The bicycle commuting rate in town totals 2.63 percent, better than a lot of places, Neptune says.

LAB was also impressed by Glenwood Springs' trail connections, including the Glenwood Canyon Trail managed by the Colorado Department of Transportation connecting the town to Glenwood Canyon; and the Rio Grande Trail, connecting to Aspen; Neptune says. LAB also liked the city's bike-ped bridge over the Colorado River that opened last year.

But if Glenwood Springs wants to score higher, it needs to create a bicycle advisory committee and come up with a "Vision Zero-type road safety comprehensive plan," Neptune says. Allen says she hasn't seen the recommendations yet."We have a transportation committee with a couple of bicycle advocates but we don't have a standalone committee that deals with bike and pedestrian issues. Some of our neighboring communities have and we can see that in the future."

And the city expects to open more bike trails in the next year or two, she adds.

### Orem, Utah

Orem, meanwhile, won bronze status. It impressed LAB with events such as its "Roll with the Mayor and Cruise with the Council bike ride. In 2015, the city passed a transportation master plan "that did a good job of prioritizing biking and walking," Neptune explains. LAB also liked the fact that city buses allow bikers to bring their bikes in the cabin and rack them vertically.

If Orem wants to score higher, it should create an official bicycle advisory committee and increase staff time for cycling, such as by designating a bike program manager. Neptune acknowledges that creating a position "can be hard for smaller communities. It doesn't have to be full time but we want to see more staff time dedicated for bicycling." Orem is also working on bike connections with neighboring towns, and LAB will want to see how they work.

For more, see: bikeleague.org/community

# Electric Bikes - Continued from page 4

cities had several e-bikes rental shops and had tons of commuters on e-bikes. That's when we decided to open up shop. Our city is beautiful and unique and what better way to explore it then renting an e-bikes. We also cringe at our air quality here in the valley. We do what we can to do our part in not contributing to it but it wasn't enough. We thought if we could get even just a few people to ditch their cars and commute on an e-bikes then we have done good for our air.

CW: How much time do you save commuting by e-bike vs. a conventional bike?

MP: My commute is about 7 miles each way. I was not an avid biker before I went electric. If I were to ride a conventional bike it would take probably twice as long. Those bike lanes like on 7th East are where you can really open it up and get some speed under your belt.

CW: How would you compare your transportation choices such as running errands before and since using an e-bike? For example, do you use your car less now that you have an e-bike or have you downsized the number of cars that you (or your family) own?

MP: Errands are way more fun on an e-bike. If I get in my car and

its nice outside i'll start driving and I immediately regret not riding my bike. Sometimes I'll turn the car around and go get my bike instead. So ya, I use my car way less now that I have an e-bike. We actually have downsized the number of cars in our family since I mostly use a bike.

CW: Are there any routine maintenance needs specific to e-bikes compared to a standard bike? For example is chain wear and tire wear more excessive and need replacing more than a standard bike. (I know, a "it depends" type of question but do the best you can).

MP: Not really, you have the big battery change after a few years other than that the brakes, the gears, the tires all wear about the same. I guess the only difference would be the maintenance comes quicker because you generally put more miles on the e-bike than a conventional.

CW: What would you suggest to a customer that comes to you for an e-bike? What are some of the questions you would ask that customer to assist them with e-bike choices?

MP: I would find out what kind of riding they want to do. My first question to them is "are you ready to have fun?" What's your level of biking. You basically just listen to the customer about what they want, their capabilities, their restrictions and things like that.

CW: What are the demographics of your customers that come to purchase an e-bike to commute to work? Are they cyclists that previously used a conventional bike or are they previous non-cyclists that seek a bike with ane assist from a battery?

MP: Usually avid bikers. A lot of the times it's people who used to bike and stopped for whatever reason and they're looking to get back into it.

MP: (Question for himself) Why is the conventional bike community so critical of a pedal assist bikes?

MP: It's all the same. We're all bikers wanting to get outside, take on that trail, get some exercise, feel the wind in our hair.

Shop Information: Salt Lake eBikes 1035 S. 700 E. Salt Lake City, UT 84105 801-997-0002 saltlakeebikes.com

If you have a suggestion for a commuter profile, especially from Idaho, Montana, Nevada, Wyoming, W. CO, and N. AZ, have a commuter question, or other comments, please send it to <a href="mailto:lou@cyclingutah.com">lou@cyclingutah.com</a>

# New Paved Trail Planned for Lake Mead, Arizona/Nevada

The Arizona Heritage Trail got a go-ahead. The Bureau of Reclamation plans to solicit construction bids for the 3.6-mile bike and hike trail to connect Bullhead City, AZ and Laughlin, NV with the Lake Mead National Recreation Area along the Colorado River south of Lake Mojave in northwest Arizona. The plan calls for the city of Bullhead and Mohave County to operate the trail through agreements with the bureau and National Park Service.

"We're in the design stage. No

timeframe. It's at least a year or two out, probably," says bureau Contract Specialist Diane Rodriguez.

Since 1999, Bullhead has been working on creating bicycle connections to the Colorado River Heritage Greenway Trail.

This upcoming hard-surface trail will run from the top of Davis Dam south to Laughlin Bridge, paralleling Arizona St. Rt. 68. The plan calls for trailheads at Davis Dam and Davis Camp. The trail will be 12 feet wide with three eight-foot wide access spurs; plus spots for fishing and launching kayaks. The trailheads will include everything from maps and interpretive panels to solar lighting, bike racks, trash

cans, restrooms and doggy poop bag dispensers.

The trail will run from the dam to the Laughlin/Bullhead City Highway 163 Bridge that leads to Nevada, along an existing transmission line right-of-way. Those who want to climb a hill could use a planned spur to a scenic overlook with views of the Colorado River Valley, the dam, and Laughlin and Bullhead skylines. The proposed overlook would include a bench and shelter.

The bureau figures spending between \$200,000 and \$500,000 on construction.

-Charles Pekow



### **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,

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

### Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Phil Sarnoff, 801-440-3729, <u>psarnoff@bikeutah.org</u>, <u>bikeutah.org</u>

alt 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, bitself@kstory.com. bitself. <u>lcgov.com</u>, <u>bikeslc.com</u>

Salt Lake County Bicycle Advisory Committee
— Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in
Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT, Helen Peters, 385-468-4860, HPeters@slco.org, bicvcle.slco.org

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

Moseknuckler Alliance — St. George, UT, We accept all types and styles of riders; most importantly 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, charlie@mountaintrails.org, mountain-trails.org

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

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

801-694-8925, parleystrail@gmail.com, par-

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

Dixie Trails and Mountain Bike Advocacy — St. George, UT, Cimarron Chacon, 970-759-3048,

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

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.">president@bikegaba.</a> org, bikegaba.org

Coalition of Arizona Bicyclists — Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, cazbike@cazbike. Wyoming Pathways — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, , wyopath.org

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

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, 406-449-2787, <a href="mailto:bicycle-advocacy">bznbybike@gmail</a>. om, bikewalkmontana.org

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

Teton Valley Trails and Pathways (TVTAP)

Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho,,
Dan Verbeten, 208-201-1622, dan@tvtap.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 , noemal@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@amail.com, facebook 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,

Moab Bike Party — Moab, UT, 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/ lee.chung@gmail.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, chris-

June 30. 2018 — Weber Pathways Trailfest Ogden, UT, ride a section of the Centennial Trail, 8 am-12 pm, The Centennial Trail is a loop created by the connection of the Weber River Parkway, Ogden River Parkway and Bonneville Shoreline Trail, Rod Kramer 801-393-2304, <u>outreach@web</u>

July 28-August 5, 2018 — Big Bear Cycling Festival, Big Bear Lake, CA, Enjoy the only week long cycling festival in the United States – daily rides and cycling activities for the entire family! Road, mountain, and gravel rides, craft beer, and more, Tour de Big Bear , tourdebigbear@live.com, bigbearcyclingfestival.com

August 25, 2018 — Tour de Fat, New Belgium Brewing's Tour de Fat, Denver, CO, Tour de Fat, the greatest little show on earth, is about to embark on a sk-city bonanza of bikes, beers and philanthropic fun. Entering its 19th season, the Tour de Fat has raised more than \$5 million dollars for local bike non-profits since its inception. It's a celebration of great beer, good people, and humankind's most wonderful invention – the bicycle! Held at Sculptrue Park, 1736 Speer Boulevard, Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat

September 1-2, 2018 — Outside Bike & Brew Festival, Santa Fe, NM, There are mountain and road rides, skill clinics, a Festival Expo and bike art show, bike demos, poker ride, beer dinners, concerts, movies and morel, Tim Fowler, 505-209-5760, tim@outsidesantafe.com com, outsidesantafe.com

September 1, 2018 — Tour de Fat, New Belgium Brewing's Tour de Fat, Fort Collins, AZ, Tour de Fat, the greatest little show on earth, is about to embark on a six-city bonanza of bikes, beers and philanthropic fun. Entering its 19th season, the Tour de Fat has raised more than \$5 million dollars for local bike nonprofits since its inception. It's a celebration of great beer, good people, and human-kind's most wonderful invention – the bicycle! Held at New Belgium Brewing, 500 Linden St., Paul Gruber, 888-622-4044, <a href="https://nbb@newbelgium.com">newbelgium.com</a>/hour-de-fat

September 10-14, 2018 — University of Utah Bike Week, Salt Lake City, UT, A week of education and encouragement for bicyclists at the University of Utah, Ginger Cannon, 801-581.

September 22, 2018 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclingutah.com, worldcar-trooper.

October 6, 2018 — Tour de Fat, New Belgium Brewing's Tour de Fat, Tempe, AZ, Tour de Fat, the greatest little show on earth, is about to embark on a six-city bonanza of bikes, beers and philanthropic fun. Entering its 19th season, the Tour de Fat has raised more than \$5 million dollars for local bike non-profits since its inception. It's a celebration of great beer, good people, and humankind's most wonderful invention – the bicyclel Held at Tempe Beach Park, Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat

November 17, 2018 — Henderson Stroll 'n Roll, Henderson , NV, Henderson Stroll 'n Roll is modeled after the Ciclovia founded Bogota, Columbia. During the event 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 festival is packed with activities for all ages. Along the route,



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!

enjoy children's activities, interactive demonstrations, free fitness classes and games, Chuck Ashby, 702-267-5707, bikehenderson@ cityofhenderson.com, Annette Mullins, 877-775-5252,

### Mountain Bike

### Tours and Festivals

July 8-August 10, 2018 — Glacier National Park Bike Tour, Whitefish, MT, 7/8-13; 7/15-20; 7/22-8/3; 8/5-10. Options for cyclists of all abilities. Ride the Going to the Sun Road! Big climbs and bonus mileage options available. John Humphries, 970-728-5891, info@lizardheadcy-clingguides.com, com

July 21, 2018 — Wydaho 100 Gravel Ride, Jackson, WY, From the foothills of the Teton Range, looking into the depths of Wilderness to the Big Hole Mountains, featuring some of the best gravel this Eastern Idaho has to offer, this route completes a 360-degree circumnavigation of Teton Valley! The road surface is predominately gravel and dirt ranging between steep mountain and rutted farm roads. Bring your gravel bike or ANY bike for that matter. Self-supported, Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

August 4-5, 2018 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps, and more climbs, descents, drops, jumps and more., Penny Deck, 604-484-6238 (Canada), regis-ter@dirfseries.com, Emily Neuman, 604-484-6238, info@dirfseries.com, Elli Petersilie, elli@

August 4-5, 2018 — VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gotffried, 949-677-6809, info@vidamtb.com, vidamtb.com

August 4, 2018 — South Boundary Big Ride, Angel Fire, NM, The South Boundary BigRide is an absolutely stunning 40 mile mostly single-track ride from Angel Fire Resort to Taos Youth and Family Center on the South Boundary Irail. The South Boundary trail is arguably the best ride in New Mexico and probably one of the top rides in the whole country with beautiful high alpine views and amazing aspen forests. It will be a perfect warm up for those trailing for Leadwille as the course fores out training for Leadville, as the course tops out at nearly 11,000 feet!, Seth Bush, 505-554-0059,

August 18-20, 2018 — Outerbike Summer in Crested Butte, Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 23-26, 2018 — Jurassic Classic Mountain Bike Festival, Lander, WY, Mountain bike Festival in Lander, WY . Demos, shuttles, clin-

ics, group rides, parties, live music, film fest, beer, food trucks, and raffles! All skill levels welcome. Nyssa , fart@landercycling.org, Tony Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclassicfest@gmail.com, jurassicclassicfest.com, landercycling.org

August 25, 2018 — York 38 Special, York, MT, Mountain bike rides of either 38 or 76 miles of breathtaking scenery through the Big Belt Mountains, gaining 3,000 vertical feet from lowest point, 6 aid stations. Starts at York Fire Station 7:00 – 9:00 am; Spirit of 76 starts at 6:30 am, Rita Naylor, 406-475-3085, phomontana@ampilicom york/38special. gmail.com, york38special.org

August 31-September 3, 2018 — Wydaho Rendezvous Teton Mountain Bike Festival Teton Valley, WY/ID, 9th annual hosted at Grand Targhee Resort. Come enjoy endless Grand largree resort. Come enjoy enaless miles of cross-country, singletrack, dirt road, lift-served downhill, dirt jump and freeride. Wydaho Rendezvous Bike Festival supports Tefon Valley Trails and Pathways <u>1vtop.org.</u> Includes 2018 demos, group rides, skills clinics, shenanigans, kids activities, music and libations. New Shoshone chailift bike park access, IVTAP , 208-201-1622, info@tetonbike-fest org. Devin Dwer 208-201-1622, info@tetonbike-fest org. Devin Dwer 208-201-1622. access, IVTAP , 208-201-1622, info@tetonblk fest.org, Devin Dwyer, 208-201-1622, devin tetonblkefest.org, tetonblkefest.org, gran targhee com

eptember 14-16 — Northstar Freeride Festival, Truckee, CA, Held at Northstar Resort. For the first time, Interbike will open its doors to the public with the all new Northstar Free-Ride Festival powered by Interbike. The festival will take place at Northstar California Resort in North Lake Tahoe, September 14-16, 2018. The event will kick off Friday night and will go through Sunday evening, providing a haven for cycling enthusiasts of all levels and their families. Your favorite Interbike brands will be onsite starting Saturday morning with plenty of bikes to demo on Northstar's epic trails. Gondola access is available too! The weekend will be packed with riding, product demos, live music, food and drink, shopping and much more., Kristen Koury, Kirsten. Khoury@Emeraldexpo.com, interbike.com/events/northstar-free-ride-festival/ September 14-16 — Northstar Freeride Festival,

events/northstar-free-ride-festival/

September 14-16, 2018 — Tinker Classic, Beatty,
NV, MTB Race and Festival, 100k and 60k
races, Guided rides, demo bikes and industry
vendors. Enjoy 60 + miles of Single track and
many more miles or gravel roads and pavement. The weekend events will include a 3
day Bike Expo with demo's, festival rides on 60
+ miles of single track, races for kids, a cyclocross style Crif Race, the 60 K Gravel Gran
Fondo though Death Valley National Park
and Rhyolite Ghost town, and the Main Event
! The 100K Tinker Classic Mountain Bike Race.
Held at Spicer Ranch, Cimarron Chacon, 970759-3048, info@graces.com,
tinkerclassic.

September 15, 2018 — VIDA MTB Series: Golden Giddyup, VIDA MTB Series , Golden, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com,

September 16, 2018 — Monarch Crest Crank, Salida, CO, A mountain bike event along one of the top mountain bike trails in the nation. The Crest Crank will be the final day of Salida Bike Fest, which includes several events for cyclists of all abilities and their families. End Bike Fest weekend with us for this bucket list ride followed by an after party at Riverside Park open for Crest Crank cyclists and the public. Your entry fee will include the ride, a guide, breakfast snacks, a shuttle to and from downtown Salida, and an after party in Riverside Park, featuring live music, free lunch, libations, a goodle bag, silent auction, and more. Entry fee and individual fundraising efforts will raise money for The Alliance, a non-profit organization with a mission to empower individuals beyond domestic and sexual violence., Monica Gutierrez, crestcrank@gmail.com, monarchcrestcrank.com

September 16, 2018 — Salida Bike Fest, Salida CO, A 4 day festival celebrating bicycles of all kinds! Various groups in Salida have teamed up to create and promote unique and fun blke events throughout the week. Free group rides, blke-related travelogue, the chainless race, a kick-off party at Soulcraft Brewing with live music, a blke parade, the Banana Belt Mountain Bike Race sponsored by Absolute Bikes, the 20th Annual Monarch Crest Crank and much more!, Monica Gutierrez, crestcrank@gmail.com, Lanette Hartmann, salida gmail.com, salidabikefest.com

September 21-23, 2018 — MECCA Fall MTB Pestival, 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 dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available), Kim Player, 435-653-2440, meccabikeclub@etv.net, biketheswell.org

September 22-23, 2018 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Penny Deck, 604-484-6238 (Canada), register@dirtseries.com, Elli Petersille, elli@dirtseries.com, dirtseries.com, direseries.com

September 29-30, 2018 — Albuquerque MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, zlatides.com

October 5-7, 2018 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos.shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com.outerbike.com

October 6-7, 2018 — October Trek, Weiser, ID, 2 day mountain bike gravel ride, 86 mile rails-to trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Craig Kjar, 208-571-7447, 208-253 4433, octobertrek@qmail.com, weiserrivertrail org/octobertrek.html, kotaho.com/october

October 6-7, 2018 — Trek Dirt Series Mountain Bike Camp, Sedona, AZ, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more. Penny Deck, 604-484-6238 (Canada), register@dirtseries.com, Elli Petersilie, elli@dirtseries.com, dirtseries.com

October 25-28, 2018 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 12th 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.moabhodown.com.chilebikes.com.

### Utah Weekly MTB

### Race Series

May 1-August 31, 2018 — Mid-Week Mountain Bike Race Series, Park City, Heber, Deer Valley, Snowbird, Solitude, Draper, UT, Races are on Tuesday evenings. Registration begins at 4:30, free kids races at 6:00 and main event at 6:30. May to August. The 2018 season will be a mix of XC and minie-mduros. Please check website for dates and venues., Phil Sarnoff, 801-440-3729, psamoff@bikeutah.org, midweekutb.com

May 2-August 1, 2018 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/ Experts 1hr race time, Sports 50mins, Beginners 30-40mins. 2018 Dates:Wasatch County: May 2, 16; June 6, 20; July 4, 18; Aug 1; Sundance: May 9, 23, 30; June 13, 27; July 11, 25, Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, (Dhw@sundance-utah.com, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@weeklyraceseries.com, weeklyraceseries.com

June 20-August 29, 2018 — Mt. Ogden Midweek Race Series, Snowbasin Resort, UT, Courses are on Trailforks for all details, Fun races, great prizes. Registration- 5pm-6:30pm at Grizzly Center, Race Start: 6:30. Cash and prizes each week. Beg, sport, expert, pro classes. No race July 4th, Tim Eastley, 801-620-1000, 801-620-1045, teastley@snowbasin.com, mtogdenraceseries.com, snowbasin.com

July 6-27 — Gad Valley Grind, Snowbird, UT, Fridays, Hill climb up the Big Mountain Trail, Misty , 801-933-2115, misty@snowbird.com, snowbird.com/event/gad-valley-grind-2/

### Regional Weekly

### MTB Race Series

May 8-August 28, 2018 — Colin Craig Memorial Series, Bozeman, MT, Weekly series that includes road races, time trials, criteriums, mountain bike races and more, Alex Lussier, lussiera@hotmail.com, Phil Rotherman, philo rothconst.com, Mollie McKiernan, mollie, mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, ccms.gallatinvalley-bloycleclub.org

June 19-July 17, 2018 — Laramie Mountain Bike Series, Medicine Bow National Forest, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack Trailhead at 6:00 p.m. Food and fun await at each finish line., Evan O'Toole, evan@aramleracing.com, Niesey Heckart, 307-761-1741, niesey@aramleracing.com, largmeintbesries com, largmein

June 20-August 1, 2018 — Ten Dollar Downhill, Whitefish, MT, Wednesday downhill, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.com/events

July 12-August 16, 2018 — Thursday Night Race Series, Whitefish, MT, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.com/

### **Utah Mountain**

### Bike and Gravel

### Racing

July 7, 2018 — North Fork Punisher ICup, Intermountain Cup, Liberty, UT, XC race, Distance: 7-28 miles, Elevation Gain: 1,300/lap, Darren Goff, 801-896-8244, info@inter-

July 14, 2018 — The Crusher in the Tushar, Beaver, UT, 70 gruelling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classict, Burke Swindlehurst, roadirl@msn.com, tusharcrusher.com

July 28, 2018 — Dirty Devil Gravel Grinder Gran Fondo Relay, Ferron, UT, This 9 stage, 206 mile cycling event takes you through the San Rafael Swell and it's beautiful high desert plateaus and into the Manti La-Sal mountains along the Skyline Drive ridgeline. Pavement, gravel and dirt roads with potentially a snow drift or two. Can be ridden solo or with a team up to 4 riders - a team of 3 riders is ideal. Truly a one of a kind cycling event. Start. Millistie State Park, Mark Jespesson, 435-637-2453, mark@castlecountrycycling.com, Cory Jensen, 801-824-8455, cory.jensen@carbon. utoh.gov. Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, castlecountrycycling.com

August 3-4, 2018 — Abajo (Blue Mountain)
Enduro, Monticello, UT, Two day, three stage
race in the Abajo Mountains by Monticello
Utah. Stage 1 starts at 3:00 PM on Friday. A
shuttle will be provided from the end of each
stage to the start of the following course or
to the parking area for the stage. Stages
announced May 2018, Dustin Randall, 435590-2741, info@roamutah.com, roamutah.
com/abajoenduro

August 4, 2018 — The Rage at Snowbird, Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of rast flowy single track, service roads, and a few short technical sections to keep you on your toes. 5-25 miles, 570' elevation gain per lap, Darren Goff, 801-896-8244, info@intermountain.cup.

August 11-12, 2018 — 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@

August 18, 2018 — Cedar City Fire Road 100 Gravel Grinder, Cedar City, UT, 100K or 60K options - with over 80% dirt! Chip timed. Prizes for top finishers. Deborach Bowling, 818-889-2453, embassy@planetultra.com, gravel-

August 18, 2018 — Dirty Arts Gravel Grinder Fondo, Helper, UT, The Fondo is a 62 mile ride on pavement, gravel and dirt roads. The route takes you through central Carbon County exploring some high desert vistas and the foothills of the Manti La-Sal mountains. 5,000° of climbing and 5,000° of descending consisting of 2 main long climbs with plenty of short climbs. Enjoy the Helper Arts & Film Festival afterwards for food, drink and fun, if you have the strength. Start: Historic Conoco Station, Mark Jesperson, 435-637-2453, mark@castlecountrycycling.com, Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, carbonnec.com

August 18, 2018 — El Doce at Pow Mow, Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 12 Mile lap, 1200' vertical per lap, 12 hours. Limited to 400 riders., Jenny Scothern, 801-399-1773, claire@goalfoundation.com, Clairesse Miljour, 801-399-1773, claire@goalfoundation.com, eldoceut.com

August 18, 2018 — Utah High School Cycling League Central Region Race #1, Utah High School Cycling League Race Series, Soldier Hollow, Midway, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori

Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org

August 25, 2018 — Utah High School Cycling League South Region Race #1, Utah High School Cycling League Race Series, High Star, Karmas, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, Lori@utahmtb.org, Jason Christiansen, 801-585-6884, Loson@utahmtb.org, utahmtb.org, utahmtb.org

August 25-26, 2018 — Scott Enduro Cup presented by Vittoria at Deer Valley Resort, Scott Enduro Cup Series, Park City, UT, The season finale of the 2017 SCOTT Enduro Cup presented by Vittoria will take place at Deer Valley Resort. Expanding into a two day event, the final round of the season offers a diverse selection of lift-served downhill mountain biking on top-to-bottom unkempt, technical descents to fast-rolling, speed driven trails. Jessica Kunzer, 801-349-4612, juvnzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

August 25, 2018 — Powder Mountain ICup, Intermountain Cup, Powder Mountain, UT, XC race, Distance: 6.3-30 miles, Elevation Gain: 500-1,800°/lap (depending on category), Darren Goff, 801-896-8244, info@intermountaincup.com. intermountaincup.com.

September 1, 2018 — Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of tralls 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, snow-chicken.jb@gmail.com, thepcpp.com

chicken.jb@gmail.com, thepcpp.com

September 1, 2018 — Utah High School Cycling League Central Region Race #2. Utah High School Cycling League Race Series, Snowbasin Resort, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in Individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, Iori@ utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org

September 3, 2018 — Utah High School Cycling League North Region Race #1, Utah High School Cycling League Race Series, Snowbasin, Huntsville, UT, Utah league races are the culmination of months of fun and practice on school-based mountain blike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating. Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Tasha Heilwell, 801-448-2234, tasha@utahmtb.org

September 7-8, 2018 — Kokopelli 100 and 140, Moab, UT, 103.6 mile, point to point mountain bike race from the Colorado border to Moab with \$100,000 purse. Solo riders, or 8 person teams., Mark Jensen, 503-970-1215, mark@

September 8, 2018 — Utah High School Cycling League South Region Race #2, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on schoolbased mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Jason Christiansen, 801-885-6884, lori@utahmtb.org, Jason Christiansen, 801-885-6884, lori@utahmtb.org, Jason Christiansen, 801-885-6884, lori@utahmtb.org, Jason@utahmtb.org, Jason Christiansen, 801-885-6884, lori@utahmtb.org, Jason@utahmtb.org, Jason Christiansen, 801-885-6884, Jason Christiansen, 801-885-6884, Jason Christiansen, 801-885-6884, Jason Christiansen, 801-885-6884,

September 8, 2018 — Eden Epic, Eden, UT, On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves. Clay Christensen, 801-234-0399, into@edenepic.com, edenepic.com

September 15, 2018 — 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 mth 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, sundance-utah.com, sundance-utah.com

September 15, 2018 — Utah High School Cycling League North Region Race #2, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. Lot Harward, 801-502-8516, 801-885-6884, Iori@utahmtb.org, Tasha Heilweil, 801-448-2234, tasha@utahmtb.org, utahmtb.org

September 15, 2018 — Utah High School Cycling League Central Region Race #3, Utah High School Cycling League Race Series, Vernal, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, Lori@utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org

September 15, 2018 — Pony Express Gravel Grinder Series, Delta, UT, 100 and 200 km gravel grinder rides, Richard Sturn, 435-462-2266, richard@eogear.com, saltlakerandos.org

September 16, 2018 — Tour des Suds, Park City, UT, 7-mile mountain blike 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

ginger@mountaintrails.org, mountaintrails.org

September 22, 2018 — Utah High School Cycling
League South Region Race #3, Utah High
School Cycling League Race Series, TBD,
UT, Utah league races are the culmination
of months of fun and practice on schoolbased mountain bike teams all over the
state. Grades 7-12 participate in individual
categories and include both individual and
team scoring. Join or start a team in your
area. The Utah League has 3000+ students on
90+ teams across the state participating, Loft
Harward, 801-502-8516, 801-885-6884, lorie
utahmtb.org, Jason Christiansen, 801-8856884, jason@utahmtb.org, utahmtb.org

September 29, 2018 — Utah High School Cycling League North Region Race #3, Utah High School Cycling League Race Series, Soldier Hollow, Midway, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Tasha Heliweli, 801-448-2234, tasha@utahmtb.org, utahmtb.org

September 29, 2018 — Utah High School Cycling League Central Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori Harrward, 801-502-8516, 801-885-6884, lori@utahmitb.org, Brooke Howard, 385-227-5741, brooke@utahmitb.org, utahmitb.org

October 6, 2018 — Utah High School Cycling League South Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Loit Harward, 801-502-8516, 801-885-6884, loriou utahmitb.org, Joson Christiansen, 801-885-6884, jason@utahmitb.org, utahmitb.org

October 6, 2018 — Antelope Island 50K MTB Race, Antelope Island, UT, 4th edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be 3 race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances. Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com

October 6, 2018 — Utah High School Cycling League North Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Loti Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Tasha Heliweil, 801-448-2234, tasha@utahmtb.org, utahmtb.org

October 13, 2018 — Utah High School Cycling League Rain Out, Utah High School Cycling League Race Series, Eagle Mountain, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating. , Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org.utahmtb.org

October 15-16, 2018 — Huntsman World Senior Games Mountain Biking, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions. Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net, senioragmes.net

October 19-20, 2018 — Utah High School Cycling League State Championships, Utah High School Cycling League Race Series, TBD, UT, This race will combine North, Central, 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 3-4, 2018 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonusdouble midnight lap due to the fallback time change. 13 mille long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 10th Annual, Cimarron Chacon, 970-759-3048, info@grarces.com, 25hoursinfroghollow.com

### Regional Mountain

Bike and Gravel

Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

### and Beyond

June 30-July 1, 2018 — Silver Mountain Enduro
- North American Enduro Cup, Montana
Enduro Series, Idaho Enduro Series, North
American Enduro Cup, Keloga, ID, Held at
Silver Mountain Ski Resort, James Long, 208571-1853, 208-344-9182, <u>ilang83702@yahoo.oom</u>, Montana Enduro Series, <u>confact@montanaenduro.com</u>, Christine Wike, christine@ montanabicycleguild.org, <u>naenduro.com</u>, idahoenduroseries.com

June 30, 2018 — Philipsburg 46, Western Montana Trail Series, Philipsburg, MT, Cross country race., Ben Horan, 312-502-5997, bfhorangall community mathemissuria are

June 30, 2018 — Coal Country Gravel Grinder, Wyoming Gravel Grinder Series, Gillette, WY, 25, 55, and 136 mile options with start times at 6 a.m. for 136 miles, 7 a.m. for 55 miles, and 8 a.m. for 25 mile option. For intermediate to experienced cyclists but doable for most. Cash purse. Festival with live music, street dancing, games, and a bike raffle. Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, David Bauer, 307-660-1570, dbau-



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- July 7, 2018 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 Irali Head. Kids Duathlon at Noon, 5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354.
- July 7, 2018 Big Mountain Enduro, Big Mountain Enduro Series, Keystone, CO, The Keystone BME contains some of the rawest and most rugged lift-accessed mountain biking in the U.S. and year over year is ranked as one of the most popular mountain biking events in the Rockies. 3-4 stages, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com
- July 7, 2018 Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-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, Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com
- July 8, 2018 Brundage Mountain Cross Country, Knobby Tire Series, McCall, ID, Cross country and endurance mtb race on Sunday, Alex Phipps, 208-841-4120, alex01phipps@ gmail.com, knobbytireseries.com
- July 12, 2018 Southeast Idaho Senior Games, Pocatello, ID, City Creek Trails; Staging at Centennial Park 6:00pm. Categories: Men and Womens: Age Divisions start at 50 and are every 5 years., Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seldahoseniorgames.org
- July 13-15, 2018 Rocky Mountain Race Series Sol Vista, Granby Ranch, CO, Keith Darner 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com
- July 14, 2018 Tahoe Trail 100, Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathfaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, youphoriacontact@gmail.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, tahoetrailmtb.com, youphoriaproductions.com
- July 14, 2018 Breckenridge 100, RME, Breckenridge, CO, Colorado's premier off-road endurance race, the 13th annual BRECK 100, climbs 13,719 feet over 100 miles. Not quite ready for the Ultra 100? Challenge your abilities and ride the B-68 Marathon, the B-32 XC, or enter a two or three-person relay team, Colorado State Marathon Championship, Thane Wright, 970-401-1422, thanew@ocky.mountainendurance.com, rockymountainendurance.com, rockymountainendurance.com
- July 14-15, 2018 Scott Enduro Cup at Durango, Scott Enduro Cup Series, Durango, CO, Athletes can expect climbs at altitude, abundant wildlife and technical descents from Round 3 in Durango, CO. This stop will feature one day of backcountry riding and one day of lift-accessed racing at Purgatory Resort., Jessica Kunzer, 801-349-4612, kunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com
- July 14, 2018 Leadville Massive Gravel Grinder, Tour of Colorado Series, Leadville, CO, The Leadville Massive is an epic gravel challenge in the heart of the Rockies with nearly 7000 ft of climbing and incredible views. Start and finish in downtown Leadville at Periodic Brewing Company! 95 miles, Andy Bohlmann, 719-428-5807, 719-651-1677, Info@ tourofcolorado.com, tourofcolorado.com
- July 15, 2018 Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com
- July 17-22, 2018 USA Cycling Mountain Bike National Championships, Snowshoe, WV Chuck Hodge, 719-434-4200, chodge@usacy.cling.org.usacycling.org
- July 17-22, 2018 USA Cycling MTB National Championships, Snowshoe, WV, Chuck Hodge, 719-434-4200, chodge@usacycling. org, Greg Randolph, , usacycling.org
- July 21-22, 2018 Pomerelle Pounder DH, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, into@utahdh.org, Darren Lightfield, 208-068-6444, wildrocklessmall@yahoo.com, go-fide.com, utahdh.org
- July 21-22, 2018 Angel Fire Enduro, Revolution Enduro Series, Angel Fire, NM, 6 stages planned including a Super-D and chainless DHI Stage 1 starts with an old school Super D raced in heats of 10 racers. Stage 3 is Chainless Worlds The Chainless Worlds stage is going to satisfy DH lovers with a classic course on trails that will put a grin behind your full-face! Both Saturday and Sunday

- will include lunch and beverages after the racing. This weekend is designed to be a fun mix of trails and race disciplines all wrapped together -the new revolution racing!, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com.
- July 21, 2018 Chainless Worlds, Revolution Enduro Series, Angel Fire, NM, David Scully 970-846-5012, david@revolutionenduro.com revolutionenduro.com
- July 21-22, 2018 Iron Daisy Enduro, Western Montana Trail Series, Missoula, MT, Enduro MTB race, Ben Horan, 312-502-5997, bfhoran@ gmail.com, mtbmissoula.org
- July 21, 2018 Salmon Enduro, Idaho Enduro Series, Salmon, ID, The courses will be divided between expert/sport and beginner, so that no one feels like they're getting in over their head and everyone feels challenged. No license required., idahoenduroseries.com
- July 21, 2018 Salmonduro Enduro, Idaho Enduro Series, Salmon, ID, New back-country venue; rugged and wild. Pro payout., James Lang, 208-571-1853, 208-344-9182, Ilang83702@yahoo.com, Idahoenduroseries. com
- July 27-29, 2018 NW Cup Downhill Series #6 PRO GRT at Tamarack, Northwest Cup Downhill Series, Donnelly , 1D, Downhill race, Held at Tamarack Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, www.nwcup.com
- July 27-29, 2018 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. , Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com
- July 28, 2018 Laramie Enduro, Laramie, WY, Approximately 30 mile loop of about 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or, the Enduro Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refreshments and warm food! Limited on-course camping and room specials, Nat Dyck, 307-755-1410, racedirector@laramieenduro.org, Onies Heckart-Eads, 307-761-1741, oheckart-eads@gmail.com, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, laramieenduro.org
- July 28, 2018 Butte 100 Races, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option., Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com
- July 28-29, 2018 Scott Enduro Cup at Powderhorn, Scott Enduro Cup Series, Mesa, CO, The fourth round will provide two days of racing at one of the newest bike parks in Colorado. Powderhorn, CO will feature lift-served trails with big Jumps, technical rock gardens and high speeds through forests of aspens that will test even the best riders, Jessica Kunzer, 801-349-4612, jkunzer@misports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.
- July 29, 2018 Lone Peak's Revenge Big Sky Enduro, Montana Enduro Series, Big Sky, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@ montanabicycleguild.org, montanaenduro. com, montanabicycleguild.org
- July 29, 2018 Oak Flats MTB Race, New Mexico Off Road Series, Albequerque, NM, fast and flowy course, Jan Bear, 505-670-4665, Janbea@gmail.com, Par, 505-730-2615, parmenides.orpinel@gmail.com, nmors.org, oakflatsmtb.com
- August 2-5, 2018 Downieville Classic, Lost Sierra Triple Crown, Downieville, CA, All mountain, cross country, and downhill races, Live music, premium beer, food vendors and anall-weekend mainstreet industry expo top off the event, mountain bike festival, Greg Williams, willie@sierratrails.org, downieville-classic.com
- August 3-5, 2018 Rocky Mountain Race Series Powderhorn, Mesa, CO, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com
- August 4, 2018 Pierre's Hole MTB Race, Notional Ultra Endurance Series, Alta, WY, 10th Annuall Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams,

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- 800-TARGHEE ext. 1309, <u>awilliams@grandtaghee.com</u>, <u>grandtarghee.com/the-resortnews-events/1863/2014PierresHole50100.php</u>
- August 4-5, 2018 Big Mountain Enduro/Enduro World Series Aspen Snowmass, Big Mountain Enduro Series, Aspen Snowmass, CO, Aspen Snowmass will host the BME Finals for 2018 The two-day event will blend high altitude riding adventures mixed with some of the biggest descents and best riding in the area Also part of the Enduro World Series, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com
- August 4, 2018 South Boundary Big Ride Angel Fire, NM, 40 mile singletrack race and ride, Seth Bush, 505-554-0059, <u>ElCapitan@</u> <u>ZiaRides.com</u>, <u>ziarides.com</u>
- August 4, 2018 Sun Valley Enduro, Idaho Enduro Series, Sun Valley, ID, New venue. Partial lift-served. Tons of fast flow. Pro pacout., James Lang. 208-571-1853, 208-344-9182, |lang83702@yahoo.com, idahoenduroseries.
- August 5, 2018 Race Montana Triathlon, Great Falls, MT, Electric City Water Park, Olympic and Sprint distances, Ron Ray, info@racemt.com, racemt.com/event/race-montana-triathly-
- August 11, 2018 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., Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com
- August 11, 2018 Steamboat Stinger, Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelsen Hill Ski Area in the heart of Steamboat Springs. The course takes a 50 mile single-track detour into the beautiful backcountry of Routf County with a total of roughly 3,500ff elevation gain before returning to the transition/finish area. Solo and duo team options available, Nate Bird, 866-464-6639, nate@honeystinger.com, Jordan Edwards, 866-464-6639, steamboatstinger@honeystinger.com, honeystinger.com, steamboatstinger.html
- August 11, 2018 Powderhorn 100k Gravel Grinder, Tour of Colorado Series, Leadville, CO, The last event in our 2018 Series, the Powderhorn 100k is a scenic road & gravel tour of the Western Colorado region featuring high allitude lakes, alpine climbs, and epic views along the Grand Mesa Scenic Byway. 63 miles, Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com
- August 17-19, 2018 Rocky Mountain Race Series Purgatory, Durango, CO, Keith Damer, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com
- August 18, 2018 Wright Brothers The Building Company Enduro, Idaho Enduro Series, McCall, ID, Enduro Sunday. Courses divided by ability. No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby. Held at Jug Mountain. Pro payout, James Lang, 208-571-1853, 208-344-9182, ilang83702@yahoo.com, idahoenduroseries com jugmountalitageth.
- August 18-19, 2018 12 and 24 Hours of Flathead, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park., Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, facebook.com/24HoursOfFlathead
- August 18-19, 2018 Enduro X Race, Revolution Enduro Series, Steamboat Springs, CO, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- August 18, 2018 Togwotee Gravel Fondo Jackson , WY, 60 and 105 mile options, held at Togwotee Pass, a mountain pass located on the Continental Divide in the Absaroka Mountains of Wyoming, between the towns of Dubois and Moran Junction in the Jackson Hole valley. All participants must carry accessible bear sprayl, Forest Dramis, jackson holecycling@gmail.com, jhcycling.org
- August 18-19, 2018 Rendezvous Enduro, Montana Enduro Series, Teton Village, WY, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org
- August 18-19, 2018 Steamboat Springs Enduro. Revolution Enduro Series, Steamboat Springs, CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- August 19, 2018 Tamarack Twister, Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com
- August 24-26, 2018 NW Cup Series #7, Northwest Cup Downhill Series, Whitefish Bike Park. Townhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com. www.nwcup.com
- August 25-26, 2018 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. It's going to be a weekend long



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- celebration of the Tetons., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, carottarcheel.com
- August 25, 2018 Idaho High School Cycling League Race, Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, <u>dylan@idahomtb.com</u>, <u>idahomtb.org</u>
- August 25, 2018 Ruby Mountain Relay, Wells, NV, 184 mile relay gravel grinder., Robert Johnson, 775-340-5943, 801-718-0557, ruby-mountainrelay@gmail.com, rubymountainrelay.com
- August 25-26, 2018 Big Sky Biggie, Big Sky, MT, 30 and 50 Mile races on Saturday, Short Track on Sunday, Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment, Natalie Osborn, 907-223-0858, natalie@wonderbuild.com, bigskybiggie.com
- August 25, 2018 Battle of the Gravel, Wyoming Gravel Grinder Series, Savery, WY, South of Rawlings, WY, The race will start and finish at the Little Snake River Museum. Riders will start between 7 and 9 am and return to a BBa, band and brews on the grounds of the Museum. 95 miles, Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, Kimberly Coats, 307-383-7778, 530-744-8773, teamrwandacycling@gmail.com, wyoming-arayel.com, battleightbegrayel.com
- August 31-September 2, 2018 Rebecca's Private Idaho, Ketchum, ID, 50mi or 100mi 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 1-3, 2018 Purgatory's Revenge Pro XCT and GRT, Purgartory, CO, Pro cross country and gravity tour races, Chuck Hodge, 719-434-4200, chodge@usacycling.org, purgatoryresort.com
- September 1, 2018 Joe Cosley Pancake Ride Gravel Grinder, Whitefish, MT, 140 miles, 15000 feet of climbing, gravel grinder, Brad Lamson, 406-250-9827, , pancakeride.com
- September 2, 2018 Signal Peak Challenge MTB Race, New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mile races, Jan Bear, 505-670-4665, <u>ianbea@gmail.com</u>, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, nmors.
- September 8, 2018 Barn Burner 104, Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Jeff Frost, 928-380-0633, canisbleu@gmail.com, barnburnermtb.com, leadvilleraceseries.com
- September 8, 2018 Idaho High School Cycling League Race, Targhee, ID, Dylan Gradhandt, 208-340-5200, <u>dylan@idahomtb.com</u>, <u>idahomtb.org</u>
- September 8-9, 2018 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, vaportrail 125.com
- September 8, 2018 Wyo 131 Gravel Grinder, Wyoming Gravel Grinder Series, Lander, WY, 51 or 106 miles, gravel grinders around and through the Snowy Range Mountains in southeast Wyoming, landercycling.org, Tony Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclossicfest@gmail.com, Adam Leiferman, 307-462-6038, leiferman, adam@gmail.com, wyominggravel.com, wyo131.com
- September 8, 2018 Race the Rails, Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike rid-

- ers of all ages., Meg Rhoades, 775-289-3720, 800-496-9350, ccassist@mwpower.net, www.elynevada.net
- September 14-16, 2018 Tinker Classic, Beatty, NV, MTB Race and Festival, 60k race, Guided rides, demo bikes and industry vendors. Enjoy 60+ miles of single track or gravel roads and pavement., Cimarron Chacon, 970-759-3048, info@groraces.com, finkerclassic.com
- September 15, 2018 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 15, 2018 Idaho High School Cycling League Race, Galena Lodge, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org
- September 15-16, 2018 Two Moon 24, Glendo, WY, 24 hour race on the trails of Glendo State Park in eastern Wyoming. 9.5 mille loop; approximately 10 laps possible. Fun time all night with hot breakfast served Sunday morning!, Evan O'Toole, evan@laramieracing.com, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, twomoon24.com
- September 15, 2018 Double Dip Downhill, Whitefish, MT, Josh Knight, 406-862-2900, info@skiwhitefish.com/events
- September 15, 2018 Scott Junior Enduro Cup at Gunnison, Scott Enduro Cup Series, Gunnison, CO, Junior riders ages 9-17 will put it all on the line at this one-day enduro race at the storied Hartman Rocks Recreation Area. A local favorite, Hartman Rocks offers playful and challenging Iralis in the high desert for a variety of skill levels, not part of the series, Jessica Kunzer, 801-349-4612, kunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com
- September 15, 2018 Squash Blossam Screamer MTB Race, New Mexico Off Road Series, Gallup, NM, Takes place on the High Desert Trail System, a series of loops on the pristine mesas overlooking Gallup. The course is primarily single-track, hard packed clay interspersed with slick rock, small climbs and technical sections, Jan Bear, 505-670-4665, janbea@gmail.com, Andy Stravers, 505-862-2442, SquashBlossomClassic@gmail.com, squashblossomclassic.com, nmos.org
- September 16, 2018 Sunrise Ski Resort Enduro, Sunrise Ski Resort, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net
- September 22, 2018 Royal 50 Mountain Bike Race, Canon City, CO, mito race, 20 or 50 miles, Gordon Eckstrom, director@bike-sandbrews.org, Ashlee Sack, 719-248-6376, coordinator@ioinFAR.org, bikesandbrews.org, royul50, com
- September 22, 2018 Roan Cliff Chaos, Rifle, CO, Start west end of Town of Rifle on W 3rd St. Bilke race leads to Hubbard Mesa trail network and finish there. Run race stays around fown and finishes same location as start. Bike: Various distances up to 22 miles, depending on category and course. Run: 5k with various course challenges and features, John Klish, 970-744-4450, madness@madracingcolorado.com, madracingcolorado.com
- September 23, 2018 Horny Toad Hustle MTB Race, New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbea@ gmail.com, Dave Halliburton, 575-312-5991, gotdirfnm@gmail.com, nmois.org
- September 26-30, 2018 The San Juan Mountain Bike Festival, Durango, CO, Held at Purgatory Ski Resort, three days of mountain bike riding via chair lift and shuttled high country rides (permit pending), live music and numerous craft beer and spirits. This event will also include a demo program. We have invited many industry leaders in the world of mountain bikes to have product at this event, so come on out and throw your leg over a bike or two and try a few accessories from the best of the industry. This event happens in September to maximize the viewing pleasure of the fall color change in the southwest corner of the state and to showcase all the trails that Purgatory Ski Area has been building for the past couple of years, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com,



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**Event Organizers!** 

Mountain Ranch, Dylan Gradhandt, 208-340-

September 29, 2018 — JayP's Backyard Gravel Pursuit, 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 YNP!, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravel-pursuit.com

September 29, 2018 — Grinduro, Lost Sierra Triple Crown, Quincy, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated tothree days of camping, live music (including a late-night DJ), beer, awesome food, and campfires., Greg Williams, willie@sierratrails.org, grinduro.com

September 29-30, 2018 — 12 Hour of Albuquerque Race and MTB Festival, Albuquerque, NM, The weekend will be full of activities with the anchor event being the 12 Hours of Albuquerque from 7am to 7pm on Saturday. The course for the 12 Hours of Albuquerque is 11+ miles of fast, fun, occasionally technical, but mostly flowy singletrack in the beautiful pine forests above Albuquerque, Seth Bush, 505-554-0059, ElCapiton@ZioRides.com, zianf.des.com

September 30, 2018 — Kingman Enduro, Kingman, AZ, MBAA , 480-442-4229, racing@ mbaa.net, mbaa.net

October 6, 2018 — Road Apple Rally MTB Race.

New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1981 as a competition between horses and bicycles. It has since become a bicycle only race and stands as the longest running annual mountain bike race in the United States. Bring the family for a day of fun and try the children's ifaing obstacle course. This celebrated mountain bike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mile loop, all others ride the full 30 mile Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air then on the ground! Course terrain also includes short climbs, flats, sandy arroys and sharp corners. Jan Bear, 505-670-4665, janbea@mail.com, Leslie Mueller, 505-599-1184, imuelle@mintn.org, fmtn.org/277/Road-Apple-Rally, nmors.

October 7, 2018 — Great Trail Race, Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain. Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Killey McInroy, kiley@bigblueadventure.com, bigblueadventure.com, bigblueadventure.com, challenging terman great trails and the same companies of the control of the con

October 13, 2018 — 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., Zoe Loffreda, 520-623-1584, info@epicides.com, Dave Castro, dcastro@epicides.com, epicides.com, epicides.com.

October 13, 2018 — Idaho High School Cycling League Race, Boise, ID, Bogus Basin, Dylan Gradhandt, 208-340-5200, dylan@idahomtb. com, idahomtb.org

October 14, 2018 — Prescott Enduro, Prescott, AZ, MBAA , 480-442-4229, racing@mbaa.net, mbaa.net

October 19-21, 2018 — USA Cycling Collegiate Mountain Bike National Championships, Missoula, MT, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@gorge.net, Ben Horan, 312-502-5997, bfhoran@gmail.com, usacycling.org

October 27, 2018 — Prescott 6er, Prescott, AZ, 6 hour and 12 hour mountain bike race on a 9 mile loop with solo, duo, junior, masters and singlespeed categories, Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com

October 27, 2018 — Mount Lemmon Gravel Grinder, Oracle, AZ, 3rd Annual, 40, 50, 60 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 3,000 to 8,000ft. Begins at 7 a.m. at the YMCA - Triangle Y Ranch just north of Tucson on the "backside" of the Santa Catalina Mountains., John McCarrell, 615-636-4828, john@mtlemmongravelgrinder.com, mtlemmongravelgrinder.com

November 3, 2018 — Showdown at Usery Pass, Phoenix, AZ, 8 hour cross country race on an 11 mille loop, solo, duo, quad, and relay options, free kids races, Two Wheel Jones, events@twowheeljones.com, mesabikerace.net

November 17, 2018 — 12 Hours of Fury, Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com/events/12-hours-of-fury-2017

December 8, 2018 — Frosty the Fat Bike series
- Race #1 Grand Targhee , Grand Targhee,
WY, The series opener of the Frosty the Fat
Bike series will be held at Grand Targhee



Resort. The course will be mostly groomed single track course of 8-9 miles long. There will also be fat bike demos for the race day, race details will be posted in November., And Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, frostythefatbike.com/2018/, grandtarghee.com

December 8, 2018. — Dawn to Dusk, Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain Regional Park. Family friendly camping and event expo promises a fun weekendl Space is limited to 125 solo riders, 100 two-person, 50 fourperson, and 10 corporate entries, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com/event-register/dawn-dusk-arizona

December 15, 2018 — JayP's Backyard Fat Bike
Pursuit 60k, JayP's Backyard Series, Island
Park/West Yellowstone, ID, 60k snow bike
race on groomed snow machine trails in
Island Park, ID near Yellowstone National
Park., Jay Petervary, 307-413-2248, jaypetervary@gmail.com, fatpursuit.com

January 4-6, 2019 — JayP's Backyard Fat Bike
Pursuit 200km or 200 mile, JayP's Backyard
Series, Island Park/West Yellowstone, ID, 2
Distances-200 km or 200 mile. These endurance events take on an expedition feel
and you will need to have outdoor winter
camping skills, Jay Petervary, 307-413-2248,
jayoetervary@amail.com, fatoussuit.com

### **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 — Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, Marek Shon, 801-209-2479, <a href="https://doi.org/10.1007/j.critseries.com">utah-critseries.com</a>

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

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

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

### Utah Road Racing

June 30, 2018 — Greater Utah Handicap Race, Grantsville, U.T. Held at the intersection of 1-80 and Hwy 196. 72 mille road race. 3 groups start at different times depending on ability. Cat 5 at 9 am. Cat 3-4, and Cat 1-2 to follow. Only one overall winner, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventnannagement.com

July 4, 2018 — SOJO Twilight Criterium, Bountiful, UT, Fast, flat and tons of fun in South Jordan's Riverfront Parkway, Jared Eborn, 801-599-9268, jared@extramilleracing.com, extramileracing.com

July 7, 2018 — Ophir Road Race, UCA Series, Ophir, UT, UCA State Championship Road Race. 19-68 Mile courses from Ophir Canyon to Dugway and looping back for a solid uphill finish., Jared Eborn, 801-599-9268, jared@ extra

extramileracing.com, extramileracing.com

July 14, 2018 — Cache Gran Fondo, Logan, UT,
7th annual Cache Gran Fondo, designed for
riders of all abilities. Pre-ride light breakfast
will be provided at startline with well stocked
food stations, support, and additional hydration spots for 2018. The 100 mile, 50 miles,
and a new 70+ mile course follow a fun, flat
scenic route through Northern and Cache
Valley, UT with a challenging hill in each. The
finish will be closed-off in downtown Logan
with a party and fun festivities including idder
giffs, many random prizes, and unique jerseys
at or below retail., Troy Oldham, 435-7642979, oldhamtroy@gmail.com,

July 21, 2018 — Tour de Park City. UCA Series.

July 21, 2018 — Tour de Park City, UCA Series, Park City, UT, 155 Miles of great road riding with 10,000 feet of climbing., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

July 27-28, 2018 — Capitol Reef Classic , UCA Series, Torrey, UT, Two days, three stages. Friday circuit race and ITT, Saturday road race. Must complete the first stage to continue on to the next. Distances determined by racer's category., Tina Anderson, 435-425-3491, 435-691-1696, tricrazy@live.com, Scott Anderson, sr3club@live.com, capitolreefclassic.blike

July 27-28, 2018 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race

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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,

July 28, 2018 — Snowbird Hill Climb, Snowbird, UT, Join us for the 40th Annual Snowbird Bicycle Hill Climb! Climb to miles and 3,500 feet! 8 am start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. The grueling road bike race up the canyon brings competitors to the base of Snowbird. Mistry 801-933-2115. misty@snowbird.com, snowbird.com/event/blcycle-hill-climb, bikereg.com/snowbird-bicycle-hill-climb

July 28, 2018 — 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,

August 4, 2018 — Punisher Race, UCA Series Powder Mountain, UT, 116 Miles and 11,000 feet of climbing. Starts in Eden and finishes at Powder Mountain. Yep, it's gonna hurt. Jared Eborn, 801-599-9268, jared@extramilieracing.com.extramileracing.com

August 6-12, 2018 — Larry H. Miller Tour of Utah Various, UT. The Tour of Utah is a UCI 2.HC sanctioned stage race for the top men'ss 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, 801-325-7000, info@tourofutah.com tourofutah.com

August 11, 2018 — Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this women-only cycling event. Age-group cash prizes. Gift for all who complete the climb, Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 11, 2018 — The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah. 801-325-7000, info@tourofutah.com, tourofutah.com

August 18, 2018 — Utah State Time Trial Championship, UCA Series, Goshen, UT, Jared Eborn, 801-599-9268, jared@extramileracina.com, utahbikeracina.com

August 24-27, 2018 — 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.com

August 25, 2018 — Utah Tour de Donut, American Fork, UT, 11th 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, rotroid/ei/ve.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, Utah Tour de Donut , info@utahtourdedonut.com, utah-tourdedonut.org

August 25, 2018 — West Mountain Road Race, UCA Series, West Mountain, UT, 100 Miles of rolling terrain around West Mountain in Utah County, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

September 8, 2018 — LOTOJA Classic Road Race, Logan, UT, 36th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT Jackson Hole, WY, Brent Chambers, 801-546-0090, brent@lotojaclassic.com, lotojaclassic.com

September 29, 2018 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, award, and placing. Scott Newton, 435-654-8650, 800-635-1792, info@granfondomoab.com, granfondomoab.com

October 9-12, 2018 — Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net, seniorgames.net

October 13, 2018 — 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

### Regional Weekly

### Road Race Series

May 1-July 17, 2018 — Expo Idaho SWICA Criterium Series, SWICA Criterium Series, Bolse, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Tuesdays, Kurt Holzer, 208-890-3118, Idahobikeracing@yahoo.com, idahobikeracing.org

May 9-August 8, 2018 — ICE BAR Time Trial/
Hillclimb Series, ICE BAR Series, Pocatello, ID, Flat time trials: Start at Rainbow Road, 6.2m(10k), Scoring is best 2 of 4 times., May 9 at 6:30 pm7:00 pm, June 6, June 27 and July 25Hill 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 23 -Crystal Summit, 6:30 pm.7:00 pm: June 13-Scout, July 11-Crystal Summit, August 8-ScoutCategories: End of season awards for men and women's overall winners of these categories: 4's. B's., Master's 50+, Triathlete, Recreational (Non TI bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+). Peter Joyce, 208-282-3912, joycpete@isu.edu, Lony Chesrow, 435-671-2506, hebermtsports@yahoo.com, idahocycling.com

### Regional Road Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

### and Beyond

June 30, 2018 — Mike Mercy Memorial - Idaho State Time Trial Championships, Mountain Home, ID, All proceeds from the event will got to the Mike Mercy scholarship fund at BSU. The course is old hwy 20 heading east out of Mountain Home. Pavement is good, very little traffic and extremely well supported by local law enforcement and the community in general. New for 2018 will be the addition of Merckx categories. Unique medals for category/age group winners regardless of state of residency, Howard Roose, 208-484-8342, hkroose@gmail.com, idahobikeracing.org, bobs-bicycles.com

July 7, 2018 — Twin Falls Criterium, SWICA, Twin Falls, ID, Rick Greenawald, 208-316-6176, greenawald@cableone.net, idahobikeracing.org

July 8, 2018 — Sunshine Pass Hill Climb, Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Barry Lee, 720-244-8228, 720-409-7048, barry@aanitascycling.com, sanitascycling.com

July 8, 2018 — New Mexico Spokettes Women's Time Trial, Algodones, NM, Spokettes , spokettestt@gmail.com, spokettes.com

July 11-14, 2018 — Southeast Idaho Senior Games, Pocatello, ID, Scout Mountain Hill Climb, Criterium, 10k Time Trial and 20k Road Race, 5k Time Trial, 40k Road Race, Dana Olson, 208-233-2034, 208-317-3918, southeastid

July 13, 2018 — Chrono Kristin Armstrong Time Trial, Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, chronokristinarmstrong.com

July 14, 2018 — ASWB Twilight Criterium, Pro Road Tour, Boise, ID, 29th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisetwilightcriterium.com

July 15, 2018 — Chicken Dinner Road Race, Nampa, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

July 15, 2018 — Double Eagle Time Trial Series, Albequerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, echelonracingteam.com July 21, 2018 — Bob Cook Memorial Mount Evans Hill Climb , Colorado Summit Cycling Series, Idaho Springs, CO, 53rd annual, This is an arduous 27 mile bicycle race and gran fondo that ends on the highest poved road in the United States to the summit of Mount Evans at 14,130°, 6000 feet elevation gain, Jennifer Barbour, 303-503-4616, execdimeteamevergreen.org, Kim Nordquist, 303-249-6168, directorioplicyclerace.com, bicyclerace.com, teamevergreen.org

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July 26-29, 2018 — USA Cycling Amateur Road National Championships p/b Papa John's, Hagerstown, MD, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 27-29, 2018 — Salida Cycling Classic, Salida, CO, One of the classic Colorado weekends in one the most beautiful mtn areas in Salida, Colorado! A perfect family vacation destination weekend with a short mostly flat to rolling time trial also part of Colorado State Games and a National Masters Games qualifier. Saturday is the very popular Salida downtown Criterium, held on the classic crit course that is flat figure 8! The grand findle is the Sunday Piñon hills road Race that was \$r and Jr state championships last year and Masters state road champs this year. 5 mile laps with a longer steady climb each lap. Part of the Rocky Mountain State Games and Colorado Masters Road Championships, BRAC road Cup under USA Cycling, 14th annual, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

sanitascycling.com

July 28, 2018 — Targhee Hill Climb, Driggs, ID,
Wyoming State Hill Climb Championships.
Day 1 - Targhee Hill Climb. Day 2 - Teton Pass
Hill Climb. Compete in one or both. To be
scored for the State Champs you must race
both days. Winners based on combined
times. 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, Forest Dramis, jacksonholecycling@gmail.com,
peakedsports.

July 28, 2018 — Liberty Road Race, Spangle, WA, 2018 WSBA Road Race Championships, Justin Wagner, 509-939-9771, <u>justin@teamodz.com</u>, teamodz.com/liberty-road-race

July 28, 2018 — Double Eagle Time Trial Series, Albequerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, echelonracingteam.com

July 29, 2018 — Teton Pass Hill Climb, Wilson, WY, Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times.9:15 AM road race (4.7 miles, 2284 ft. vertical), 20th Anniversary, this year held on Old Pass Road instead of the highway! No cars, no brake dust, just peace and quiet for you to enjoy your suffering!, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, incycling.org

July 29, 2018 — Riverbend Criterium, tentative, Post Falls, ID, Mike Sirott, mikesirott@gmail.com,

July 29, 2018 — Tour de Los Alamos, Los Alamos, NM, 46th Annual, road race, 27 mile circuit, 27-81 miles, Cyndi, cyndi@launchendurance. us. tdlabikerace.org

August 4-5, 2018 — Idaho Senior Games, Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date cooresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for 2019 National Senior Games. Held at 8. Cole Road & Hubbard/10 Mille Creek Rd., Mike Thorton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org

August 11, 2018 — Lamoille Canyon Hill Climb, Lamoille, NV, 13th 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, Gayle Hughes, 775-753-7789, 775-



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- 934-4532, <u>nvelkovelo@gmail.com</u>, <u>elkovelo.</u>
- August 11, 2018 Pikes Peak Hill Climb, Colorado Summit Cycling Series, Colorado Springs, CO, The start line is located at 9,390 ft./2,862 m and the finish line is 156 turns, 12.42 mi./20 km, later, with an average grade of 7%, and a gain in altitude of 4,725 ft./1.440 m, to conclude at 14,115 ft./4,302m. It will be held in conjunction with The Broadmoor Pikes Peak Cycling Hill Climb gran fondo fun ride, The Sports Corp., 719-634-7333, info@ thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, usacycling.org, PikesPeakCyclingHillClimb.org
- August 18, 2018 Bogus Basin Hill Climb, Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com
- August 19, 2018 Arizona State Time Trial 20K Championships, Picacho, AZ, Arizona State Individual Time trial, 20K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards. Nippy Feldhake III, 520-747-2544, nippy-mrsmarty-pants@juno.com, tucsonmasters.org.
- August 19, 2018 Double Eagle Time Trial Series, Albequerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, team.com
- August 26, 2018 Arizona State Time Trial 40K Championships, Arizona City, AZ, Arizona State Individual Time trial, 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Nippy Feldhake III, 520-747-2544, nippy-m:-smarty-pants@juno.com, tucson-masters.org, azeycling.org
- September 2, 2018 Kitt Peak Time Trial, Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical, Donald Melhado, 520-325-7978, dmelhado@cox.net, azcycling.org, saguarovelo.org
- September 2, 2018 West Elk Bicycle Classic, Gunnison, CO, 34-46 mille north rim Black Canyon, 52 mille Raghorn, or 134 mille West Elk Bicycle Classic routes options available. This ride is fully supported with optional fundraising to help stop type 1 diabetes by donations to research and treatment. Bikes and Books for Kids will also benefit, Jeff Hillis, p2pcycling@gmail.com, westelkbicycleclassic.com, p2pcolorado.com
- September 10-15, 2018 World Human Powered Speed Challenge (WHPSC), Battle Mountain, NV, International cyclists compete on SR305, 5 miles to a 200 meter time trap. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, and Arm Power. Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the fastest cyclist in the world. All or Alice Krause, 707-443-8261, a.krause@sbcglobal.net, ihpva.org, whpsc.org
- September 14-16, 2018 Silver State 508, Reno, NV, 35th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mille bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most grafifying endurance challenges available, bar none. Solo, two-person relay, and four-person relay divisions. The Silver State 508 is a Race Across AMerica (RAAM) Qualifier, which traverses Highway 50, the Loneliest Road in America, Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com
- September 16, 2018 Mt. Graham Hill Climb, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-74-2544 , nippy-mr-smarty-pants@juno. com, azcycling.org
- September 22, 2018 Bear Lake Monster Cross, St. Charles, UT/ID, A Dirt Fondo along the back roads of the Bear Lake Valley. Starting and finishing at St. Charles, Idaho, the race tours the foothills and backcountry of the Bear Lake Valley with approximately 70 miles of dirt and gravel and just enough pavement to get you where you're going. A cut off exists for those looking for closer to 60 miles. Cyclocross or Mountain Bikes are your best options. Race it, ride it, love it., Jared Eborn, 801-599-9268, jared@extramileracing.com, racebearlake.com
- September 22, 2018 Telluride 200 Gran Fondo Telluride, CO, 14th 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. Todd Hageman, 435-414 1942, todd@tourofutah.com, Victoria Lovely 773-590-6499, vblovely@yahoo.com, m2abik.eride.com
- October 12, 2018 Nevada Senior Games Las Vegas, NV, Cycling competition for age groups: 50-94. 5 and 101 time triols, 20 and 40k road races, start: Part of the Huntsman World Senior Games in 2018, Tim Jones, 702 994-6205, Iljones@cox.net, nevada.fusesport com.seniorgames.net

### Utah Road Touring and

### Gran Fondos

July 4, 2018 — Tour de Riverton, Riverton, UT, 18th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and

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- Herriman. 7 am start., Brad Rowberry, 801-523 8268, tdr@infinitecycles.com, tourderivertor
- July 14, 2018 Cache Gran Fondo, Logan, UT, 7th annual and bigger than ever. designed for riders of all abilities. Pre-ride light breakfast provided at startline with well-stocked food/support stations. 100 and 50 mile courses follow a scenic and mostly-flat route through Northern and Cache Valley, UT. Both courses include a challenging hill, but very rideable. The finish is held on a closed-off section of downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail. New rider surprises for 2018, including more hydration spots., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, , cachegranfondo.com
- July 21, 2018 Pedal Away Parkinson's, Kaysville, UT, The 13th Annual 10 mile family fun ide begins at 8 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Rebecca Starks, 801-585-2354, mwparkinson@utah.edu, pedalawayparkinsons.com
- July 21, 2018 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., Joep Dye, 435-674-3185, joey@redrockbloycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbloycle.com, iddesouthernufah.com
- July 24, 2018 Tour of the Valley, BCC SuperSeries, Salt Lake City, UT, Start: Fashion Place Mall, Wasatch Blvd, Emigration, Free event, self-supported., Dean Zenoni, road-captain@bccutah.org, Tom Coffey, 801-737-3241, lech2zurs@msn.com, bccutah.org
- July 24, 2018 South Sevier Ram Ride, Monroe, UT, 15 miles, 25 miles, and a 50 miler . Start time is 7:00 a.m. Start & Finish location is Monroe Fire Station., Heather Newby, 435-201-0138, Heather N@jonesanddemille.com,
- July 27, 2018 Antelope by Moonlight Bike Ride, Antelope Island, UT, 25th 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, 801-451-3282, neka@co.davis.ut.us., daviscountyutah.gov, pebymoonlight.com
- July 27-28, 2018 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@aintstoSinners.com, SaintstoSinners.com
- July 28, 2018 Utah County Gran Fondo, Orem, UT, 33rd year of a Century Tour typically around Utah Lake, 100, 62.5, and 30 mile options, starting and ending in Orem., Allan Sumnall, (801) 225-0076, allan@sbrutah.com, utahcountygranfondo.com
- July 28, 2018 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(3 person relay available on the 120). Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier., Michelle Lyman, 801-941-5526, Info@ironlungride.com, ironlungride.com,
- July 28, 2018 Fiesta Days 50 Blue Haven Half Century, Spanish Fork, UT, Provides support for fallen police officers families. For the third year, in conjunction with Spanish Fork Fiesta Days, 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, raceentry.com/race-reviews/fiesta-days-50blue-haven-half-century
- July 29, 2018 Park City Chalk Creek 100 SuperSeries, Tentative, BCC SuperSeries, Park City, UT, Free self-supported event. Start Treasure Mtn Middle School. Legs to Coalville, Chalk Creek and back., Dean Zenoni, <u>road-captain@bccutah.org</u>, <u>bccutah.org</u>
- August 4, 2018 Punisher Ride, Powder Mountain, UT, 116 Miles and 11,000 feet of Climbing. Starts in Eden and finishes at Powder Mountain. Yep., it's gonna hurt., Jared Eborn, 801-599-9268, <u>lared@extramileracing.com</u>, extramileracing.com
- August 11, 2018 The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah, 801-325-7000. info@tourofutah.com. tourofutah.com
- August 11, 2018 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 11, 2018 Randy Wirth Half Century Ride, Logan, UT, Join us for a favorite scenic tour of Cache Valley's long-time Logan businessman, roast master and conservationist, Randy Wirth. Proceeds from the RWHCR will be used to enhance bird habitat through out Cache Valley area and promote Be Safe Be Seen cycling practices, Dee Cudney, 435-363-6183, 435-753-4777, dee@coffeibis.com, randywirthhor.org, randywirth50miles.org
- August 18, 2018 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, Inadley@cff.org, Amanda Livnat, 801-532-2335, alivnat@cff.org, Jossica Rose, 801-532-2335, inse@cff.org, John Wojciechowski, 801-532-2335, 801-725-3227, jwojciechowski@cff.org, fightof.cff.org
- wolciechowski@cff.org, fightcf.cff.org

  August 18, 2018 To the Moon and Back
  Century Ride, Tabiona, UT, Come and enjoy
  the High Uintahs. There are four ride options:
  Century, 75, 50, and 25 mille. All 4 rides will
  cover the back roads of Duchesne County
  that has very minimal traffic. Free 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 by providing lunch and dinner. All proceeds will go to
  the Rapha House & Operation Underground
  Railroad, non-profit organizations that help
  rescue children from trafficking and sexual
  exploitation., Karen Redden, 435-828-0467,
  toxyredden@gmail.com, tothemoonandback-events.com
- August 25, 2018 Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LoToJal, Bob Jardine, 435-713-0288, 435-757-2889, info@Cache ValleyCentury.com. Sammle Macfarlane, 435-713-0288, Sammle@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com,
- August 25, 2018 Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget all Summit Challenge riders who have a disability can register and ride for free! The 102 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Burchie Benton, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitney Thompson
- August 25, 2018 Sevier Valley Rooster Ride, Richfield, UT, Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Metal and Tee Shirt provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option, Chad McWilliams, 435-893-0457, 435-421-2743, cmc-williams@sevier.utah.gov, traildaysutah.com/sy-rooster-ride/
- September 2-8, 2018 Tour of Southern Utah St. George, UT, 7-day tour including Zion Bryce, Capitol Reef and More. 60-100 miles per day, Opportunities to work part/ride part. Deborah Bowling, 818-889-2453, <a href="embassy@planetultra.com">embassy@planetultra.com</a>, planetultra.com
- September 8, 2018 Wheels of Justice, Ain't No Mountain High Enough, Sandy, UT, The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet —one of the most challenging one-day bike rides in Utlahl, Greg Hoole, 801-272-7556, gregh@wheelsofjusticeutah.org, strava.com/clubs/77813/group\_events/319552
- September 14-16, 2018 Haute Route Utah, Cedar City, UT, 3 day ride featuring two road climbs and a time-trial all based out of the hosting city. , Katrina Younce, kyounce@ milefortyfour.com, Gretchen Brett, 719-287-8489, contact.northamerica@hauteroute.org, hauteroute.org
- September 15, 2018 Wonder Woman Ride, Payson, UT, Join us for the 9th annual fully supported all women's bike ride, choose between the 15, 30, 70 or 100 mile 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 21-22, 2018 Bike the Bear Century, Garden City, UT, 100 and 50 miles. Begins at Raspberry Square in Garden City. UT. Ride around the scenic Bear Lake loop on the Utah/Idaho borderl, Nelson Palmer, 435-760-6901, <a href="https://nrapensengescouting.org/tible">https://nrapensengscouting.org/tible</a> trappeter 222, 2018 Sear Lake Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trappeter 2018 org/bike
- September 21-22, 2018 Salt to Saint Relay, Salt Lake City, UT, 420 mile relay race from Salt Lake City to \$1. 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



Become a member of the League of American Bicyclists: bikeleague.org/ioin

- September 22, 2018 Moab Century Tour, Moab, UT, Landscape Worth Training for! 40,60, 100 mile route options. Ride in the wild west through Dead Horse Point State Park and the Colorado River Corridor. Ride alongside towering redrock walls outlining the Colorado River; enjoy lunch at the earth's edge overlooking Canyonlands National Park and the Colorado River, two thousand feet below. Live music, beer, cycling icons and great food await you at the Post-ride party. , Beth Logan, 435-260-8889, 435-260-2334, info@skinnylireevents.com. skinnylireevents.com
- September 22, 2018 Goldilocks Utah, Goldilocks like Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Utah State Park and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone!, Randy Gibb, 801-222-9577, randy@goldilocksride.com, goldilocksride.com/gsl
- September 22, 2018 Ride for the Kids, Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at <a href="https://www.rcwilley.com/ride">www.rcwilley.com/ride</a> Ride begins at Syracuse RC Willey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle. Devin Kingsbury, 801-663-3267, devin.kingsbury@rcwilley.com , Brent Jones, rewilley.com, rewilley.com/dp/Ride-for-the-Kids-2018.isp
- September 29, 2018 Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 435-654-8650, 800-635-1792, info@granfondomoab.com, granfondomoab.com
- October 20, 2018 Solo Marathon Bike Tour, Solo Race Series, South Jordan, UT, Solo 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 Herriman and South Jordan, Bo Earls, 801-253-5203, ext 1105, beats@sjc.utah.gov, SoloMarathon.com
- October 20, 2018 Extra Mile Racing Mini Fondo, Salt Lake City, UT, A mini-gran fondo, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com
- October 27, 2018 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. Joey Dye, 435-674-3185, joey@edrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@edrockbicycle.com, Ryan Guri, into@spingeeks.com, ridesouthernutah.com

### Regional Road Touring

and Gran Fondos

ID, WY, MT, NV, AZ,

### NM, CO, MT, OR, WA,

### and Beyond

- June 30, 2018 La Mosca Bicicleta, Grants, NM, Road + Dirt = Fun!! 46 mile ride has one dirt sector, 22.5 miles long with most of the climbing. The 69 mile distance also includes a 17.5 mile dirt sector that is rolling, 7:00 am start for both distances. Three aid stations. Beautiful scenery. Ride for fun, ride for time; dil riders welcome! Proceeds from this event will go to Duke City Wheelmen. Start/finish for both distances is at the Junkyard Brewery. 1634 Route 66, Grants NM, where there will be a post-event BBC, Jennifer Bunt; 505-306-1443, dukecitywheelmen@gmail.com, swsportsreg.com/viewevent.php?EC=460, dukecitywheelmen.
- July 8-20, 2018 B.E.A.R.S. Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully support-

- ed trip with both camping and great food. Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille. com/alaska-bicycle-tours-bears-cycling-tour
- July 14, 2018 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, execdification or a control of the contr
- July 15-20, 2018 Tour de Wyoming, Afton, WY, 22nd Annual. explore both the Green River Basin and Star Valley in western Wyoming. We cover 333 miles over six days, Amber Travky, 307-742-5840 , atravsky@wyoming.com, cyclewyoming.org, tourdewyoming.org
- July 21-28, 2018 Oregon Bicycle Ride, Seneca, OR, Ride the Range: One-week road tour, fully supported, with legendary BRNW food and amenities. 450 miles, 28,000 feet of elevation gain. Seneca, John Day, Sumpter, Baker City, Austin Junction, Mt. Vernon, Seneca, Jim Moore, 503-281-1526, 503-504-2656, info@bicycleridesnw.org, bicycleridesnw.org
- July 21, 2018 Pepsi Cola Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 32, 50, 63, and 100 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom@nahealth.com, absolutebikes.net/faylor
- July 21, 2018 Cycle Magic Valley, Twin Falls, ID, A 12, 30, 62, or 100 mile bicycle ride for all elvels. There is a family triendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of Filer. The metric century route takes you down into Melon Valley and the challenging century route takes you down into Melon Valley, Hagerman, out to the windmills and back! The ride is fully supported with a barbecue at the finish line. Tech t-shirts for all participants, Denise Alexander, dalexander@filertel.com, moviec.org
- July 21, 2018 Fondo on the Palouse, Moscow, ID, Starting at 7:00AM in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way., T-Jay Clevenger, 208-882-0703, tondopalouse@gmail.com, fondopalouse.org
- July 28, 2018 Cascade 4-Summit Challenge, Cascade, ID, This beautiful ride is over 90 miles (or any lesser distance as chosen by the participant) through the West Central mountains of Idaho. Ride any of 1-4 summits! The ride begins at the American Legion Hall in downtown Cascade, proceeds north down Main Street, turns right/east onto Warm Lake Road and then turns left/north onto South Fork Road, which is CLOSED to vehicular traffic. The route then proceeds along the South Fork of the Salmon River until the turn around point at Reed Ranch and then returns along the same outbound route. Money raised by the 4 Summit Challenge will support various charitable and bicycle oriented community projects within the Cascade area. Ride support will be handled by George's Cycles of Boise, and the delicious post ride beef brisket medi, beer garden and music will be hosted by the local Cascade community, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, Mary, 513-382-3938, info@4summitchallenge.com, aeorgescycles.com
- August 4-11, 2018 Ride Idaho, Ketchum, Sun Valley, ID, 7-Day fully supported, noncompetitive roadbike four with \$A6 support, mechanics, showers, beer garden, entertainment, 355 miles of spectacular scenery. Tent and Porter Service available. Post Falls to Sandpoint, Trout Creek, Prichard, Wallace, Medimont, Post Falls, Earl Grief, 208-890-4434, egrief@cableone.net, rideidaho.org
- August 4, 2018 Copper Triangle Alpine Classic, Copper Mountain, CO, 12th 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 passes, Scott Olmsted, info@coppertriangle.com, Scott Olmsted, scottyo@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.



16th ANNUAL TOUR DE TAHOE Sunday, September 9, 2018 Lake Tahoe, NV

27th ANNUAL O.A.T.B.R.A.N.

One Awesome Tour Bike Ride Across Nevada
America's Loneliest Road, US Hwy 50
September 23-29, 2018

TO REGISTER VISIT BIKETHEWEST.COM

com, coppertriangle.com, emgcolorado.com/wordpress/?page\_id=10

- August 4, 2018 Tour de Big Bear Gran Fondo, Big Bear Lake, CA, 25, 50, 70, 107 and 125 miles! Enjoy the scenic beauty of the lake, San Bernardino National Forest, 11,500' San Gorgonio and its 10,000' plus peaks., Tour de Big Bear , tourdebigbear@live.com, tourdebigbear.com
- August 4-11, 2018 BRNW California 2018, Yreka, CA, Spirit of Shasta: One-week road tour, fully supported, with legendary BRNW food and amenities. 435 miles, 34,000 feet of elevation gain. Yreka, Happy Camp, Hoopa, Weaverville, Etna, Weed, Mt. Shasta Climb, Yreka, Jim Moore, 503-281-1526, 503-504-2656, Info@bicycleridesnw.org, bicycleridesnw.org
- August 5, 2018 SPNDX Stampede Gravel Grinder, Big Bear Lake, CA, Taking place on Sunday following the Tour de Big Bear road event riders start in the Village and are challenged with a 44 mile route including fire road climbs and single track through the trees, that will make it a Stampede like no other in the series. The gravel ride will be limited to 200 stampeders., Tour de Big Bear, tourdebigbear@live.com, Unicorn, unicorn@spndxstampede.com
- August 11, 2018 HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, 1-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, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, Century.htm
- August 11, 2018 Le Tour de Koocanusa, Libby, MT, Fully supported 83 or 44 mille bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonraines@hotmail.com, Pam Boyke, 406-293-3556, info@letourdekoocanusa.com, letourdekoocanusa.com
- August 11-12, 2018 Bike MS Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Bike MS has become a rallying point of the MS movement creating a community of shared commitment determined to end MS. Bike MS is a weekend that allows people to come together and celebrate being part of a movement by and for the 400,000 Americans living with MS. This two-day, fully supported ride covers rolling plains, mountain climbs, scenic vistas, and historic towns including Buffalo, Story, Big Horn, Ranchester, Dayton and many more! We offer a challenge for novice and experienced cyclists alike. Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664, 855-372-1337.molly.palmer@nmss.org, bikemswyoming.org
- August 11, 2018 The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,399 feet and finishing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with wavestarting at 6:15 am., The Sports Corp , 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org
- August 18, 2018 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. Ride 1-4 peaks as you wish, Katle Loveday, 208-232-8996, barriesevents@gmail.com, David George,

208-317-2225, dgeorge@victoryofidaho.com,

- August 26-September 1, 2018 Yellowstone National Park Bike Tour, Belgrade, MT, Experience the world's first national park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and morel, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com, lizardheadcyclingguides.com
- September 8, 2018 Race the Rails, Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Meg Rhoades, 775-289-3720, 800-496-9350, ccassist@mwpower.net, www.elynevada.net
- September 8, 2018 American Diabetes Association's Tour de Cure Colorado, Parker, CO, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 5K Walk/Run, 20K Ride, 50K Ride, 100 Mile Century Ride, and Xtreme Obstacle Course, Kelly Jackson, 726-855-1102 x7020, kiackson@diabetes.org, diabetes.org/colorardorurdecure
- September 9, 2018 Tour de Tahoe Bike Big Blue, Lake Tahoe, NV, 16th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD), Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest. com. bikethewest.com
- September 14-15, 2018 Grind de Galena, Pocatello, ID, 100 miles, 2 day group ride, Katie Loveday, 208-232-8996, <u>barriesevents@gmail.com</u>, <u>barriessports.com</u>
- September 14-16, 2018 Pedal the Plains, Kiowa, CO, PTP will take cyclists through the host communities of Klowa, Bennett and Limon. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. New in 2018 is the Great Mustang Gravel 100 80% on packed dift or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal The Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Rachel Gillette, 303-954-6700, gaillette@denverpost.com, ridetherockies.com
- September 15, 2018 Tour de Vineyards, Palisade, CO, Come join this 25-mille ride through Colorado's Wine County just prior to the Colorado Mountain Winefest, Scott Olmsted, Scottyo@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, tourdevineyards.com
- September 15-16, 2018 Bike MS: Cycle the Silver Valley, Bike MS, Coeur d'Alene, ID, Bike MS: Cycle the Silver Valley is an unforgettable, one- or two-day journey through the ancestral lands of the Coeur d'Alene nation on a 'Rails to Trails'' path almost completely off of roadways. What makes this ride so special? As many as 200 riders will cruise along looping routes that start and finish at the Silver Mountain Resort. Full meals, generous amenities, stunning landscapes, fully stocked rest

stops and spirited festivities are all included Geoff Doiron, 801-424-0112, geoff.doiron@

- September 16, 2018 Edible Pedal 100, Carson City, NV, 10 mile, 50 mile and Nevada 150K ride options, Start: Bowers Mansion Regional Park, Washoe Volley, NV. Challenging course, fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accomplishment., Don Iddings, 775-393-9158, ride@edilblepedal100.org, edilblepedal100.org
- September 22, 2018 Gran Fondo Taos-Mora-Angel Fire. Taos, NM, 8:00 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 Countly youth. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571, Registration: newmexicosportsonline.com/Cycling/GRANDFONDO-Taos-Mora,-Angel-Firel-2018/67872, Jennifer Buntz, 505-306-1443, dukecitywheelmen@gmail.com. taossportsal-
- September 22, 2018 Mountains to the Desert Bike Ride, Telluride, CO, 14th 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 sandstone 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, Lara Young, 970-708-1105, m2dbikeride@gmail.
- September 22-26, 2018 Montana Gravel Tour, Missoula, MT, 4 gravel rides in 4 days, Lake Placid, Garnet, Blackfoot River, Ovando, Shaun Radley, 406-219-1318, montanacyclo-cross@gmail.com, thecyclinghouse.com/trip/
- September 23-29, 2018 OATBRAN, Lake Tahoe, NV, 27th annual One Awesome Tour Bike Ride Across Nevadal Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of iding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style four... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, tgtt@bikethewest.com. bikethewest.com.
- September 29, 2018 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 hat posts, supported ride., Moira Dow, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com
- September 29, 2018 ICON Eyecare Tour of the Moon, Grand Junction, CO, 6th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movies, Scott Olmsted, 303-282-9015, info@touroft-hemoon.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, tourofthemoon.com, emgcolorado.com/wordpress/?page\_id=10
- October 6, 2018 No Hill Hundred Century Bike Tour, Fallon, NV, 30-mile, 60-mile, and 100-mile tour, fully supported. Event swag, gift bags, lunch (for metric and century riders), post event lunch at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Faligrounds, David Ernst, 775-423-7733, 775-427-6679, dernst@Churchillcounty.org, churchillcounty.org
- October 13, 2018 Park to Park Pedal Extreme Nevada 100, Caliente, NV, Road bike starting at Kershaw-Tyan and takes peddlers through the towns of Caliente and Ploche, 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. A Dutch oven dinner will be provided afterwards., Dawn Andone, 775-728-4460, cathedralgorge vc@lcturbonet.com, parktopark.pedal.com/exploring/biking/park-to-park-pedal/
- October 13, 2018 Gila Monster Gran Fondue Fondo, Silver City, NM, With three distances to choose from, everyone can find their challenge. Gran Fondo 115 miles, Gough Park, Silver City 8:00am. Medio Fondo 78 miles, Gough Park, Silver City 8:00am. Nano Fondo 40 miles, Camp Thunderbird, HWY 35 10:00 am., Jack Brennan, 575-590-2612, brennan5231@comcast.net, tourofthegila.com

- October 20, 2018 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 terrain in Red Rock Canyon., Randy Gibb, 801-222-9577, randy@goldilocksride.com, goldilocksride.com/events/glv
- October 20, 2018 Solvang Autumn Double Century and Double Metric Century, Solvang, CA, 200 miles or 200 kilometers in Southern CA's most scenic and popular cycling region. A perfect first time double century. 100 mile option too., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- October 27, 2018 Bike MS Las Vegas, Bike MS, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported. Start/Finish Location: Lou Ruvo Center for Brain Health Cleveland Clinic, 30, 50, or 100 miles, Rest Stops approximately every 15 miles, Joe Grubbs, 310-481-1134, Joseph. Grubbs@nmss.org, Angela Van Brackle, 702-736-7272, 855-372-1331, fundraisingsupport@nmss.org.bikeMsyagas and pikems org.
- November 17, 2018 Death Valley Century, , Death Valley, CA, 50 and 100 mile options. Entry includes chip timing; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at The Ranch at Furnace Creek Resort. , Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com, planetultra.com, planetultra.com

### Multisport Races

- June 30, 2018 DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for arun and finish at Utah State Extension. One of the most beautiful triathlons in Utahl, Greg Murphy, 801-656-5897, vernaldinotri@yahoo.com, dinotri.com
- June 30, 2018 Lookout Mountain Triathlon, Golden, CO, 525 Yard Swim, 10 Mile Bike 5K Run. Mt. Vernon Canyon Club just west of Golden, CO, Paul Karlsson, 303-960-8129, info@dlgdeepsports.com, digdeepsports.com
- July 7, 2018 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@onhillevents.com, cvst.com, onhillevents.com
- July 7, 2018 West Yellowstone Mountain Bike Biathlon, tentative date, 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, rendervusskituils com/eyets
- July 7, 2018 Rigby Triathlon, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pbperformance.com, pbp.website
- July 7, 2018 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. Klds Duathlon at Noon, 5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@ilverstar.com, peakedsports.com
- July 8, 2018 Boulder Peak Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquablike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com
- outlimits.com, withoutlimits.co

  July 13-14, 2018 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. Camping
  available. Reservations necessary to ensure
  campsite. Held on a closed course. This will be
  Sheriff's Funk last triathlon. Special prizes and
  awards will be issued to the athletes, Wade
  Allinson, 435-609-3126, allinson2@gmail.com,
  sonrafaelclassic.com
- July 14, 2018 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, info@ffutah.com, tfutah.com
- July 14, 2018 The Cranky Lady, Idaho Falls, ID, Fully supported, non-competitive, women only cycling event. Our event offers 12 mile, 40K, 100K, and 100 mile distances, providing a safe and enjoyable ride for everyone, Michael Hayes, 208-521-2243, events@pb-performance.com, pbp.website
- July 15, 2018 Valley Girl Triathlon, Liberty Lake, WA, Sprint, Olympic distances, and duathlon, Marla Emde, 509-953-9524, 509-939-0552, mgdlagendesports.com. andesports.com.
- July 21, 2018 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, xterrabeavercreek.com
- July 21-22, 2018 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, bigblueadventure.com, donnerlaketri.com
- July 22, 2018 Tri Boulder, BBSC Twin Tri Series, Boulder, CO, One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- July 27-28, 2018 Doxa Threelay, Duchesne, UT, The first overnight team triathlon relay. Teams of 1-12 travel 285 miles doing 36 legs in a non-stop triathlon relay. Start times vary Duchesne to Provo., Alan Sheffer, 801-669-7504, 801-836-9410. info@doxgraces.com. doxgraces.com.
- July 28, 2018 Burley Idaho Lions Spudman Triathlon, Burley, ID, The race starts at 7 am with the world's fastest 1.5K swim (currentaided) then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org
- July 28, 2018 XTERRA Indian Peaks, XTERRA America Tour, Eldora, CO, time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com
- July 29, 2018 Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- August 4, 2018 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, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- August 4, 2018 Great Snake River Triathlon, Idaho Falls, ID, The Great Snake River Triathlon is one of Idaho's fastest. With both sprint and Olympic down current swims in the Snake River, a flat and fast bike, and ending with a very fast 5k/10k Run around Idaho Falls beautiful green belt. Sprint and Olympic Triathlon, and Duathlon, and team triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, Gray Augustus, 801-574-5916, grayaugustus@gmail.com, pbp.website
- August 10-11, 2018 Emmett's Most Excellent Triathlons, Emmett, ID, Kid's Tri on Friday. Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, 208-365-5748, gcrd@gemcountyrecreation.com, Lora Loveali, 208-867-6763, emmetttri@live.com, emmetttri.com
- August 11, 2018 Escape from Black Ridge Sprint & Olympic Triathlon in Herriman, 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, 801-358-1411, info@racetri.com, racetri.com
- August 11, 2018 Kids Tri Harder, Idaho Falls, ID, 13 and under kids triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pbp.website, idahofallsidaho.gov/638/Kids-Tigathlon

www.4summitchallenge.com

Saturday - July 28th 2018
Bike ride begins at 7:30am
Beautiful Cascade, Idaho

Sponsored By:

Alabama Shakes • Modest Mouse • Courtney Barnett • R.E.M.
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The Kinks • The Clash • Radiohead • Lord Huron • The War on Drugs
Bob Dylan • Nathanial Rateliff And The Night Sweats • Bob Marley
Led Zeppelin • My Morning Jacket • The Flaming Lips • Kurt Vile
The Decemberists • Arcade Fire • The Grateful Dead • Bon Iver



August 11, 2018 — Rexburg Youth Triathlon, Rexburg, ID, at Riverside Park, Two skill level categories for 5-12 year olds. Bob Yeatman, 208-359-3020, 208-716-1349, <a href="mailto:boby@rexburg.org">boby@rexburg.org</a>, Jeff Crowther, 208-372-2395, jeff. crowther@rexburg.org, <a href="mailto:https://www.rexburg.org/pages/youth-triathlon-">https://www.rexburg.org/pages/youth-triathlon-</a>

August 12, 2018 — Steamboat Triathlon, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

August 18, 2018 — 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, triutah.com

August 18, 2018 — 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, 801-432-0511, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotriathamom.com

August 18, 2018 — Stansbury Days Triathlon, Stansbury Park, UT, Sprint triathlon, unofficial distances: Swim 500m, Bike 20k, Run 5k. Start 7 AM. Swim is open water in Stansbury Lake, starts at Stansbury Park Club House, Elliot Morris, 801-647-8383, emorris53@hotmail.com, stansburydaystri.com

August 19, 2018 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mille swim, a 18.5-mille mountain bike and a 6.2-mile trailirun, 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, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplaget.com

August 19, 2018 — 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 bilke, 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 bilke, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, Kiley McInroy, Kiley@bigblueadventure.com, bigblueadventure.com/event/xterraplanet.com

August 25, 2018 — Boulder Sunset Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

August 25, 2018 — Race on the Rock, Rock Springs, WY, In it's fifth year the Race on the Rock hosts Olympic and Sprint Triathlons, Specialty and youth divisions. We have moved to Flaming Gorge Reservoir this year. Start time is 7 a.m., Traci Ciepiela, 307-922-1840, tclepiela/723@yahoo.com, raceontherock.weebly.com

August 25-26, 2018 — 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@bigblueadventure.com, Kiley McInroy, Kiley@bigblueadventure.com, bigblueadventure.com

August 25, 2018 — Paddle, Pedal, Paddle, Jordanelle, UT, Our version of a Triathlon. It is 5 miles of standup paddleboarding, followed by 10 miles of mountain biking, finished with 5 miles of standup paddleboarding. By using the mountain bike to exhaust the legs and then ask them to support you on the final stage of the event, we feel that last stage is almost nothing like the first. The typical weather pattern over the last 4 years of running this event has been calm glassy water for stage one and windy choppy water for stage three. Race can be divided into 2 or 3 person teams. Registration begins at 7:30 a.m., race begins at 9:00 a.m., Rockcliff entry to Jordanelle, Trent Hickman, 801-558-9878, parkcitysup@gmail.com, parkcitysup.com

September 3, 2018 — South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 miNovices start at: 8:45amLocation: 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, southdavisrecreation.com, southdavisrecreation.com,

September 8, 2018 — Brine Man Triathlon, TriUtah Points Series, Syracuse, 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. Kids, Sprint, Olympic and Long distances., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

September 8, 2018 — Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT, This family-friendly event at Sand Hollow Reservoir has something for everyonel Featuring a Sprint, Olympic, Duathlon, Aquabike,10k and 5k distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

September 8-9, 2018 — XTERRA Fruita Triathlon and Desert's Edge Triathlon Festival, XTERRA America Tour, Fruita, CO, The Desert's Edge Tri Festival brings you two days of racing, a weekend of camping with other triathletes and their fans, and a fun end to the Colorado Tri Season. Desert's Edge weekend includes your choice of XTERRA Sprint (not eligible for points) or XTERRA Tri on Saturday, your choice of Sprint or Olympic distance road tri's on Sunday!, John Klish, 970-744-4450, madness@madracingcolorado.com, DesertsEdgeTri com, madracingcolorado.com

September 15, 2018 — Camp Yuba Sprint Triathlon, RACE TRI, Yuba State Park, UT, These Sprint and olympic triathlons are all about indian summers, camping, and good of fashion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

September 15, 2018 — XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike / 10k trail run; XTERRA USA/Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run, Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterraplanet.com, xterraplanet.com

September 15, 2018 — Bear Lake Brawl Triathlon, Laketown, UT, Sprint, Olympic, Half 70, Full 140, Joe Coles, 801-335-4940, joe@onhillevents. com, bearlakebrawl.com, onhillevents.com

September 16, 2018 — Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

September 23, 2018 — Oktoberfest Triathlon, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, <u>lance@withoutlimits.com</u>, <u>withoutlimits.co</u>

September 29, 2018 — Nevada Senior Games Triathlon, Las Vegas, NV, The sprint race of the Las Vegas Triathlon is Nevada's qualifying event to the 2019 National Senior Games for triathletes ages 50 or better, Tim Jones, 702-994-6205, Itjones@cox.net, Bonnie Parish-Kell, 702-373-5293 , bparrishkell@slowpokedivas.com, NevadaSeniorGames.com

September 30, 2018 — Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV, The Las Vegas Triathlon is turning 21 this year, so we're going to partyl Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead , Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

October 13, 2018 — Huntsman World Senior Games Triathlon, St. George, UT, Triathlon, Must be 50 years or older. 450 Meter Outdoor Swirn, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net, seniorgames.net

October 20, 2018 — 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, Aquabike, 10k, and 5k; costumes welcomel, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/pumpkinman

October 27, 2018 — Southern Utah Triathlon, St. George, UT, Sprint and Olympic. Held at Quail Creek Reservoir, Joe Coles, 801-335-4940, joe@onhillevents.com, southernutahtriathlon.com, onhillevents.com

November 3, 2018 — Telos Turkey Triathlon & 5K, 13TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bilke, and 350 Meter Swim in that order. Located at the Orem Rec Center, 665 W Center Street, Shaun Christian, 801-769-3576, 801-678-4032, shaun@ 13triathlon.com, Parker Goodwin, 801-769-3576, parker@13triathlon.com, 13triathlon.com

August 17, 2019 — 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@gmail.com.polsoptightho.com.

September 19-October 24, 2018 — Missoula Wednesday Night CX Series, Missoula, MT, Pat Scharf, montanapat@msn.com, montanacy-cling.net

### Cyclocross

### Series

October 13-December 16, 2018 — Arizona Cyclocross Series p/b SRAM, Various, AZ, October 13, Globe; October 27 Northern AZ CX p/b Absolute Bilkes, Sedona; November 10, Gilbert; November 24, Horse Lovers Park, Phoenix; December 1-2, Oracle; December 15-16 AZ CX Series Finals and State Championships powered by SRAM p/b Bicycle Ranch, Crossroads Park, Gilbert, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Mark Bibbey, mbibbey@hotmail.com, azcross.com

### Cyclocross

December 11-16, 2 018 — USA Cycling Cyclocross National Championships v2, Louisville, KY, Elite and amateur cyclocross national championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

### **MOUNTAIN BIKE EVENT PREVIEW**

# Montana's 12 and 24 Hours of Flathead Features Adaptive and Bicycle Courses



Photo by Heather Cauffman, courtesy 24 Hours of Flathead



The 24 Hours of Flathead has an adaptive category. sharp corners and Photo by Heather Cauffman, courtesy 24 Hours of no berms. As long as Flathead

### By Dave Iltis

The 12 and 24 Hours of Flathead, a mountain bike race in its sixth year, will be held on August 18 and 19, 2018 in Kalispell, Montana. The race will be held in the beautiful Herron Park. The race will feature both a hand-cycle, adaptive course, and a bicycle course.

We asked race organizer Tia Celentano to tell us more about the event.

Cycling West: Tell us about the history of the race.

24 Hours of Flathead:

CW: The race has an adaptive component and is one of the few, if not the only, 24 hour race with an adaptive category. Tell us more about this.

24HF: We are Montana's only 12hr, 24hr and Adaptive mountain bike race! Our bike race is a 501(c)3 and our mission since day 1 has been to provide adaptive equipment and recreational opportunities to individuals living with paralysis. For the first 4 years of the race, we really wanted to incorporate an adaptive course, but there were some logistics we needed to figure out and connections we needed to make. We made a connection with Moving Forward (they have a similar mission as ours) and they are run by a group of individuals that are paralyzed. So Mark, one of our board members, made contact with Matt Sather of Moving Forward and together with the help of a few others they were able to design an adaptive mountain bike course for the race!

CW: Can you describe the course?

24HF: The non adaptive course is roughly 8.5 miles with just over 1330ft of elevation gain. You start out on a fun single track for a few miles and then you hit a dirt road,

get some of the elevation, you follow the dirt road to the top of the Chase downhill section and then you take a ride down the Chase and then you connect with the Boundary single track which you climb to the top of the Notch overlook and then you come down the Notch single track and make your way back to the start! The Chase and Notch downhill sections are not the same and each offers a different type of experience. The Chase has some pretty fun berms and sharp corners, while the Notch has some technical rock features and you remember and know to sit back on

which is where you

both of these DH sections, then this is a course for everyone! We've had 13 year old kids and 70 year old adults do this course.

CW: What sort of pre, post, and in-race festivities are there?

24HF: All summer long many of the breweries in Flathead Valley host us with their community nights. This is where they donate a portion of all their sales to us, like \$1 for every beer sold. On these nights, we give away a free entry to the race and give away stickers, bottle openers and other fun stuff. We also answer questions people may have about the race as well and try to entice them to register! For the race festivities, we have 2 musical acts this year performing, we try to have 2 every year, this year we have the Mike Murray Duo and Dan Dubuque, both are local musicians who are super talented! We're stoked to get them! On Sunday, right before the awards ceremony, we will be having a Tex-Mex lunch that is free to all the participants. This is being sponsored by Red's Taco House of Kalispell.

CW: Proceeds of the race go to an adaptive grant. What sorts of things do the grants fund?

24HF: This grant can go towards the purchase of new tires or equipment that an adaptive person may need in order to recreate or just to get outside or it can go towards bigger things like a mountain bike, adaptive paddleboard or kayak. We really believe that everyone who lives here shouldn't be restricted to the types of activities they can do just because their not able bodied. We want to help them, because this stuff is so expensive and we want to help with that burden. An adaptive bike can cost anywhere from \$6k - \$12k... that's as much as a car!

CW: What options are there for motels and camping in the area? Are

there options for family fun after the race?

24HF: There is actually a bike hostel right in downtown Kalispell Kalispell Hostel. It's owned and run by Wheaton's Cycle, which is our 24hr Title Sponsor- they've had our backs and believed in our mission and us since the beginning. The hostel sleeps up to 8 people and it's right downtown! People can also continue to camp at Herron Park for \$10 a night or head over to Bigfork and camp right on Flathead Lake; there are a ton of State Parks on Flathead Lake and many offer paddleboard rentals and kayak rentals too. They can also head over to Glacier National Park, camp in the park or at a hotel; and on the way there are a ton of family places to stop at (water slides, tree house, go carts, mini golf, house of mystery and zip lining) or they can head up to Whitefish Mountain Resort for more fun mountain biking; they have DH trails which are accessible by lift or cross country trails down below and a ton of fun family activities to do as well such as Alpine Slides, walk in the tree tops and even tubing!

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

24HF: When people hear 12hrs or 24hrs of mountain biking, they automatically assume they have to bike for that long, but that's not the case, at all! First, you can ride this event solo or in a team of up to 5. Second, you don't have to ride the entire 12 or 24 hours, you can take a break whenever you want, because everyone wins a prize or even two! We do have special prizes for most and fastest laps though. If you do the 12 hour course with a team of 5, each person only needs to ride two times and they are done! Because we heard that so much, we incorporated a Hot Lap, which is just a single lap, there's a small fee, but you start when you want in the 24hr time frame and just do one lap! One of my favorite things about our race is, the fee to enter is small compared to other races, especially if you sign up early. We don't giveaway a cotton t-shirt that's 3 sizes too big; we give away performance t-shirts or something sweeter. This year we had custom Buffs made, which are awesome and totally unique AND we get a ton of sweet bike stuff donated by Wheaton's and QBP and that allows everyone who enters to win something; bike tire, tools, socks, etc. In so many ways this isn't your traditional bike race, from the music, to the food, the courses and the prizes; we think we're pretty unique and we hope our past and future racers think so too!

### **Event Details:**

August 18-19 — 12 and 24 Hours of Flathead, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park., Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, face-book.com/24HoursOfFlathead

### **ACADEMIC CYCLING**

# Study: Mountain Bikers are More Efficient, Hardier, and Have More Fun than Road Bikers - On the Road

By Charles Pekow

What can you tell about riders by the kind of bikes they ride? And can this information be useful in planning? A Canadian study looked at the issue. And while the authors acknowledge they haven't answered all the questions, they found some differences in behavior among Vancouver cyclists depending on whether they rode mountain bikes, hybrids or road bikes around town

Researchers from the universities of British Columbia and Bologna studied 531 bicyclists using the three different types of cycles. Those using mountain bikes, as a rule, rode more efficiently, faster and comfortably on major roads and rode more year round. Those who rode road bikes scored worse on those criteria, with hybrid riders in the middle.

The study, Appearance & Behavior: Are Cyclist Physical Attributes Reflective of Their Preferences & Habits?, appeared in the July Travel Behaviour & Society (goo.gl/BQMw5P) journal produced by the Hong Kong Society for Transportation Studies. The authors note that they only could document associations, not cause. They also note that local conditions could affect results and cyclists may inflate data about how much they ride.

But the report says that "cyclist physical attributes have been large-

ly excluded from bicycle transportation analysis, limiting consideration of important aspects of physical performance...." In addition to type of vehicle, researchers have generally neglected matters such as clothing, tire type and pressure, and riding position.

Researchers queried cyclists at nine locations in summer 2016 at university, residential, downtown and waterfront bike path areas. They found that mountain bike users "had significantly lower household income than the other two clusters" and were less educated. (The study didn't examine whether these people were riding mountain bikes on the streets because they couldn't afford another bike and how many other cyclists also may have owned a mountain bike.) It merely notes that the least-efficient mountain bike riders "are significantly lowerincome, likely related to purchase cost differences among bicycle types." The mountain bike crew tended to report riding more yearround, though all three groups did about the same amount in summer.

Road bike riders reported cycling more for commuting and shopping, but mountain bikers reported riding more for fun. But within all the clusters, amount and type of riding varied widely. In fact, the differences between the three weren't all that great "and the lack of large differences...could be viewed as a refutation of common cyclist stereotypes," the report says.

### <u>HEALTH</u>

# Sports Supplements: Buyer Beware?

### By Nancy Clark, MS RD CSSD

Definition of Sports supplement: A food, food component, nutrient, or non-food compound that is purposefully ingested in addition to the habitually consumed diet with the aim of achieving a specific health and/or performance benefit.

The global sports nutrition supplement market (including sports foods, drinks and supplements) accounted for \$28+ billion in 2016 and, with the help of rigorous advertising, is expected to almost double by 2022. How many of the products are moneymaking ploys marketed to uninformed athletes? Unfortunately, too many.

Due to the plethora of products that have infiltrated gyms, fitness centers and professional sports teams alike, I get questioned by fitness exercisers and aspiring Olympians: Which of these supplements are actually effective?? Hands down, the most effective way to enhance sports performance is via your day-to-day sports diet, coordinated with a consistent training program. Eating the right foods at the right times creates the essential foundation to your success as an athlete.

That said, specific sports supplements could make a minor contribution to small performance improvements for certain elite athletes. If you wonder if the grass is greener on the other side of your sports diet's fence, here are some facts from the 2018 IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete (1).

- Supplement use varies across sports. It increases with the athletes' training level and age, is higher in men than women and is strongly influenced by perceived cultural norms. (For example, "Everyone" on my team takes creatine, so I do, too.)
- Before making any decisions regarding sports supplements, you want to get a nutritional assessment to be sure your diet supports your performance goals. No amount of supplements will compensate for a lousy diet. To find a local sports dietitian who is a Certified Specialist in Sports Dietetics (CSSD), use the referral network at <a href="https://www.SCANdpg.">www.SCANdpg.</a>
- Despite the ads you see for a zillion sports supplements, very few have strong proof of directly enhancing performance. These include caffeine, creatine, specific buffering agents, and nitrate. Period.
- Very little research with supplements offers definitive evidence, in part because the research is rarely done with elite athletes under real life conditions. Real life includes 1) multi-day tournaments, competitions or events, 2) "stacking" supplements (such as mixing caffeine and nitrates) and 3) determining if an elite athlete responds the same way to a supplement as does a Division-3 collegiate athlete.

Real life also includes your unique microbiome (the bacteria in your gut that influence your overall health and well-being). We do not yet know how much a microbiome,

which varies 80% to 90% between individuals, influences the effectiveness of a sports supplement and contributes to different responses.

Supplements are used for many different reasons.

Here's a breakdown of supplements by categories.

- 1. Supplements used to prevent/ treat nutrient deficiency. Nutrients of concern for athletes include iron (to prevent anemia), calcium and vitamin D (for bone health), as well as iodine, folate and B-12 for specific sub-groups of athletes, including vegans and women who might become pregnant. The basic supplement question is: If you are deficient, what led to that deficiency and what dietary changes will you make to resolve the issue so that it doesn't happen again?
- 2. Supplements used to provide energy. Sports drinks, energy drinks, gels, electrolyte replacements, protein supplements, energy bars, and liquid meals are commonly used to help meet energy needs before, during and after exercise. They are a convenient, albeit more expensive alternative to common foods. They aren't magical or superior to natural food. They are just easy to carry, standardized and eliminate decisions about which foods would offer, let's say, the "recommended ratio" of carbs, protein and fat.
- 3. Supplements that directly improve performance. Caffeine, creatine monohydrate, nitrate, sodium bicarbonate, and possibly beta-alanine are the very few performance enhancing supplements that have adequate support to suggest they may offer a marginal performance gain. If you choose to use them, be sure to test them thoroughly during hard training that mimics the competitive event. Choose a brand that is NSF Certified for Sport to minimize the risk of inadvertent doping due to contamination. Every year, athletes get suspended for failing a drug test after they unknowingly took a supplement with an illegal ingredient...
- 4. Supplements that indirectly improve performance. Some supplements claim to enhance performance indirectly by supporting the athlete's health and limiting illness. "Immune support" supplements that have moderate research to support their health claims include probiotics, vitamin D, and vitamin C. Supplements that lack strong sup-

port for their immune-enhancing claims include zinc, glutamine, Echinacea, vitamin E, and fish oil. Tart cherry juice and curcumin show promise

A supplement with strong evidence to indirectly improve performance by helping build muscle is creatine monohydrate. Questionable supplements without strong evidence for athletes include gelatin and HMB.

Adverse effects.

If some supplements are good, would more be better? No, supplements can cause harm. Too much iron can lead to iron overload. Too much caffeine increases anxiety. Supplements are linked to liver toxicity, heart problems and seizures. In the USA in 2015, dietary supplements contributed to about 23,000 emergency department visits. Manufacturers are not required to show safety or assure quality of a supplement. Athletes beware— and try eating better to perform better?

Nancy Clark, MS, RD, CSSD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best selling Sports Nutrition Guidebook and food guides for marathon-ers, cyclists and soccer players offer additional information. They are available at <a href="https://www.NancyClarkRD.com">www.NancyClarkRD.com</a>. For her popular online workshop, see <a href="https://www.NutritionSportsExerciseCEUs.com">www.NutritionSportsExerciseCEUs.com</a>.

### References

Maughan R, Burke L, Dvorak J et al. IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete Intl J Sports Nutr Exerc Metab 2018, 28: 104-125.

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### **TOUR OF UTAH**

# 2018 Larry H. Miller Tour of Utah Where to Watch Spectator Guide

### **By Jackie Tyson**

The nickname is "America's Toughest Stage Race" and the 2018 Larry H. Miller Tour of Utah will live up to famous label. This year the men's professional teams in the UCI 2.HC cycling stage race will face 536 miles of racing and 43,780 feet of elevation gain. The 14th edition of the Tour of Utah will take place Aug. 6-12.

When we say tough, we mean climbing. The Tour of Utah course will offer a total of nine Utah Office of Tourism King of the Mountain (KOM) climbs. It is the fifth time in 14 years that the Tour has included more than 43,000 feet of climbing. The highest climb of the race comes on Stage 1 near the ski resort town of Brian Head at 10,600 feet above sea level. Returning to the Tour are the summits of three legendary climbs

-- Mount Nebo, Little Cottonwood Canyon and Empire Pass, the latter two classified as Hors Category (HC, or beyond classification). Mount Nebo is the highest mountain in the Wasatch Range. The six-mile ascent of Little Cottonwood Canyon will take riders to the "Queen Stage" finish at Snowbird Resort on Stage 5 and the seven-mile incline across Empire Pass with pitches of more than 20 percent will set up the showdown in Park City for Stage 6 on the final day of racing.

All the climbs are great places to watch the best pro cyclists in the world race, and suffer. What is the best way to enjoy all the thrills and spills, the whirl of color and sound, the attacks and sprints? We asked two of the pros to provide some insider information about the best ways to enjoy this year's Tour of Utah - - Brent Bookwalter of BMC Racing Team and TJ Eisenhart

of Holowesko-Citadel p/b Arapahoe

Bookwalter a stage winner and fifth on G.C. at the 2017 Tour of Utah, as well as the Points Classification winner and third on G.C. in 2015. Since the Tour has been a UCI stage race (2011), he's been on the podium for seven times.

Eisenhart finished 11th on G.C. last year, and in 2016, racing as a stagiere for BMC Racing Team, he was seventh on G.C. and second in the Best Young Rider Classification.

In addition to some insight from the pros, there are some tips on what is happening in each host venue. Enjoy a day at the race, or make a week of it. Make sure to download the app for Tour Tracker presented by Adobe so you catch every pedal stroke. It is the ONLY stage race in North America that provides live start-to-finish coverage!



### **Tour of Utah Kickoff Party**

Saturday, Aug. 4 beginning at 3:30 p.m.

Teams introduced at 5:15 p.m.
Greenshow Stage, Beverley

Center for the Arts

200 West University Blvd., Cedar City, Utah 84720

Race week begins with the Tour of Utah Kickoff Party in Cedar City. This is a free event for spectators in a relaxed environment on Saturday prior to the overall race start in St. George. The Kickoff Party is free and will take place at the Ashton Family Greenshow Commons on the campus of Southern Utah University. The Greenshow Commons provides a grassy knoll with bench seating and a wooden stage for entertainment. Following music and games, all the professional teams competing in the Tour of Utah will be introduced. The top riders from each team will be interviewed by one of the race announcers. Spectators are encouraged to bring a camera to capture photos of favorite athletes. Reserved seating with complimentary beverages and food will be available as a VIP Experience Package, and details are available at TourofUtah.com.

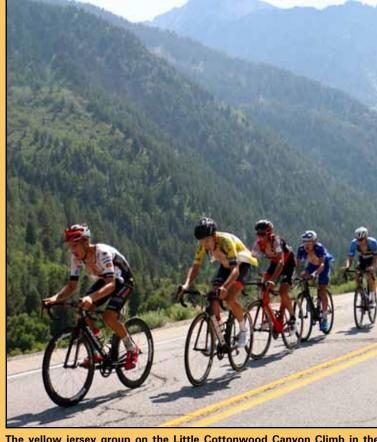
# EVERY DAY DURING RACE WEEK

Papa John's Rider Sign-In and Autograph Alley

Bring a camera and a good pen to the start of the Prologue and each stage during race week. One hour before the races begin, 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.

### Kids Sprint to the Finish Bike Races presented by University of Utah Health

Children ages five to 12 have the



The yellow jersey group on the Little Cottonwood Canyon Climb in the 2017 Tour of Utah. Rob Britton, in yellow, went on to win the overall race. Photo by Dave Iltis

opportunity to race their bicycles near the finish line used by the pros at six race locations. Two great reasons to participate - it's free and it's fun! To participate, a parent or guardian must sign a waiver at the University of Utah Health exhibit in the KUTV 2 Healthy Living Expo. Make sure each child brings his or her helmet, closed-toe shoes and a bicycle! Registration ends 15 minutes prior to each race (times listed are start times):

Sprint to the Finish Locations
Monday, Aug. 6 -- St. George

Monday, Aug. 6 -- St. George (9:15 a.m.)

Tuesday, Aug. 7 -- Cedar City (1

Wednesday, Aug. 8 -- Payson City

(1 p.m.) Thursday, Aug. 9 -- Layton City

Friday, Aug. 10 -- Salt Lake City

Saturday, Aug. 11 - no race Sunday, Aug. 12 -- Park City (1 p.m.)

### **KUTV 2 Healthy Living Expo**

Plan to arrive early to any of the seven finish line host venues and spend some time at the KUTV 2 Healthy Living Expo. This free, 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. Listed below are the street addresses for each day's finish line of the race, and the hours for the KUTV 2 Healthy Living Expo:

Monday, Aug. 6 St. George - 469 Red Hills Pkwy, St. George, 84770

9 a.m. to 1 p.m. Tuesday, Aug. 7 Cedar City - 299 W Center St, Cedar City, 84720

10 a.m. to 3:45 p.m.

Wednesday, Aug. 8 Payson City 275 S Main St, Payson, 84651

10:30 a.m. to 3:45 p.m.

Thursday, Aug. 9 Layton City 465 N Wasatch Dr, Layton, 84041 12 p.m. to 3:45 p.m.

Friday, Aug. 10 Salt Lake City - 215 North Main St, Salt Lake City, 84103

11 a.m. to 3:45 p.m.

Saturday, Aug. 5 Snowbird Resort
- 100 Little Cottonwood Canyon,
Snowbird 84092

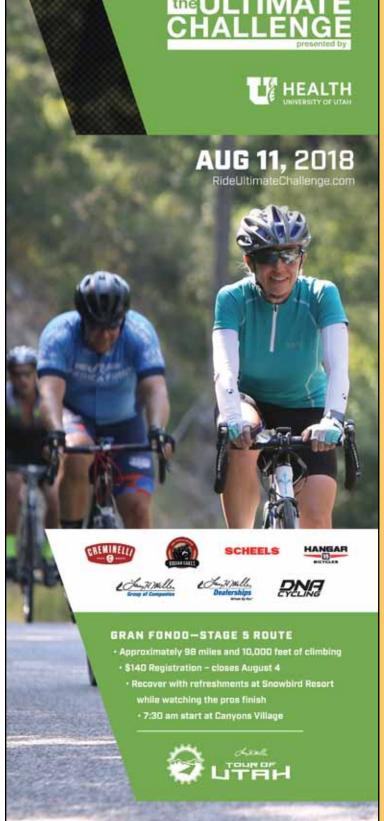
12 p.m. to 4:30 p.m. Sunday, Aug. 6 Park City - 250 Main St, Park City, 84060 11 a.m. to 4:30 p.m.

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### **RACE WEEK**

Monday, Aug. 6
Prologue
St. George
3.3 miles (5.3 km) – 305 feet of climbing
Start Time 10 a.m.
Finish Time 12:30 p.m.
Start/Finish Location - 469 Red
Hills Pkwy, St. George, UT 84770

The Tour of Utah will start in its southernmost venue in its 14-year history, St. George, Utah. And the Prologue is back, last included in the Tour in 2011 when a little-known Colombian named Sergio Henao surprised the favorites with his victory at Utah Olympic Park in Park City. Henao is now a team leader at Team Sky and winner of Paris Nice.

The Prologue in St George is going to be a hot and hard affair. The out-and-back course will take place on Red Hills Parkway, adjacent to Pioneer Park. Just like the name of the road implies, athletes and spectators alike will be treated to inspiring views of the Red Cliffs Desert Reserve. It provides a mellow climb for the first two kilometers, followed by a short downhill to the turnaround. This provides a short climb to begin the return and a rapid, straight downhill track to the finish. The time gaps will be small, but it will set the stage for a great week of racing.

"I always enjoy and appreciate when the Tour of Utah has a prologue or a non-uphill time trial, because it rounds out the race," Bookwalter said. "By adding in a prologue, it balances out the race a bit and forces the climbers to be in their best form in the race against the clock. Additionally, it allows the other guys a chance to equalize the field before the big climbs.

"The profile of the 2018 prologue remains in line with the overall Tour of Utah theme with lots of big climbing. Being only five kilometers long means it requires a highly anaerobic effort that caters to a rider with a good short, five to six-minute power output. I expect that we will see some interesting results. The guys vying for the G.C. will be up there, but I think a shorter, more explosive specialist—someone who might not be there when we reach the big climbs—will take the win," added Bookwalter.

### Prologue Tips:

The KUTV 2 Healthy Living Expo will be located adjacent to Red Hills Parkway outside the Red Hills Desert Garden.

Spectators will find Team Parking along the south side of Red Hills Parkway near the City Overlook

There will be a shuttle for volunteers and spectators to access the start/finish line. The shuttle will run from the Dixie State University Testing Center, located at 954 E Tabernacle Street in St. George.

There will be an amateur time trial from 8:30-9:15 a.m., managed by the St. George Local Organizing Committee

Tuesday, Aug. 7

### Stage 1 presented by America First Credit Union Cedar City to Cedar City

101 miles (162.5 km) – 8,950 feet of climbing
Start Time 10:50 a.m.
Finish Time 3:15-3:45 p.m.

Start Time 10:50 a.m. Finish Time 3:15-3:45 p.m. Start/Finish Location - 299 W Center St, Cedar City, UT 84720

Cedar City returns to the Tour for a fourth time. The stage features the highest climb of the week through Cedar Breaks National Monument, topping out at 10,600 feet. The course is similar to the one used in 2016, this year with a new circuit finish in downtown Cedar City.

The first Utah Sports Commission Sprint line will be contested in Parowan, 25 miles into the race. Then riders face a Category 1 climb up Parowan Canyon through Brian Head. This ascent into Cedar Breaks National Monument climbs 4,500 vertical feet in 15 miles, with some sections challenging riders with a 15 percent gradient.

"I am super excited to be back down south racing in Cedar City, and very excited about this year's course," said Eisenhart, who grew up in the Lehi area of Utah. "I spent a lot of time this year in Cedar City and in Brian Head. So I had some great opportunities to ride the beautiful roads that the race route will take. The climb over Brian Head up to Cedar Breaks is definitely not an easy climb. The climb has some very difficult pitches, and then adding into the mix the high altitude. It will be a very hard opening stage."

The riders will traverse the Markagunt Plateau and serpentine through the Mammoth Creek lava flows. After turning west in Duck Creek, the riders will face a KOM at Bristlecone, named after the 2,500-year-old Bristlecone pine trees that line the summit.

Then it's all downhill into the college town of Cedar City. The riders will complete three circuits around Cedar City and the campus of Southern Utah University. A new finish line will be placed in front of the new Southern Utah Museum of Art. International riders have dominated this stage, with all three winners coming from outside of the U.S. - Greg Van Avermaet of Belgium in 2012, and Moreno Hofland of The Netherlands in 2013, and Kris Dahl of Canada in 2016.

"The last time we finished in Cedar City it was such a great vibe. The fans where incredible, the race ripping down Cedar Canyon was super awesome. Like always, Cedar City does an incredible job at promoting the race and getting the whole community out to support," Eisenhart stated

### Stage 1 Tips:

The start/finish line is new, located in front of the Southern Utah Museum of Art, on the east side of the intersection of 300 West and University Blvd.

There will be five miles of neutral racing in downtown Cedar City for the start. There will be temporary rolling closures of intersections and roads (delays of 5 to 15 minutes) for the start. These roadways include

There are three circuits for the finish at Southern Utah University. The race finishing laps will take place from approximately 2:30 to 3:15 p.m. The circuit will take place in a clockwise pattern from 200 East to 1150 West and University/Center St. to 200 South.

Parking at Southern Utah University will limited due to the circuit around campus. Shakespeare patrons are encouraged to park in the parking lots on 200 south and 300 west. All other visitors attending the Lifestyle Expo/Velo Village are encouraged to park in the open lots near the SUU football stadium and SUU housing complex, behind downtown businesses, or in the Cedar City parking garage on 100 East.

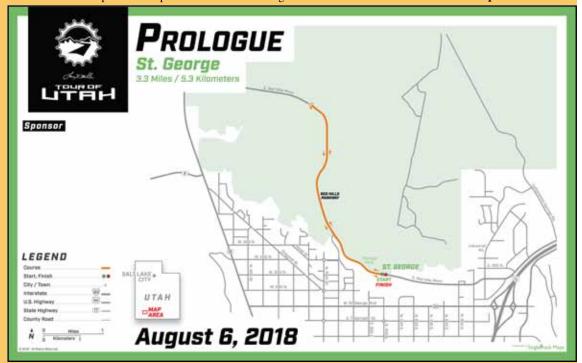
In addition to hosting the KUTV 2 Healthy Living Expo, there will also be a Cedar City Velo Village, both adjacent to the start/finish area. The Velo Village will include live

music, yoga classes, a climbing wall, dunk tank, craft area, a helicopter display and much more.

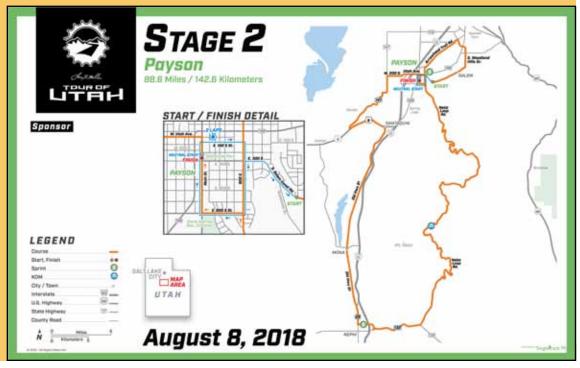
Wednesday, Aug. 8 Stage 2

Payson City to Payson City 88.6 miles (142.6 km) - 6,750 feet of climbing

Start Time 11:30 a.m. Finish Time 3:45 p.m.







# Start/Finish Location - 275 S. Main St, Payson, UT 84651

This stage is all about one thing - Mount Nebo. The highest mountain in the Wasatch Range, at 11,928 feet, it has become legendary in the Tour of Utah. The first-ever edition of the Tour included Mount Nebo and it has now been included seven times. The last time the Tour traversed Mount Nebo was 2016 and Australian Lachlan Morton conquered the climb, and descent, to take the Larry H. Miller Group of Companies Leader's jersey. With Morton using the Tour of Utah as a springboard to a WorldTeam contract, he will not be back to Payson to defend his title, but there are many contenders to take the crown.

"It's awesome that the Tour of Utah has always loved including the stellar climb Mount Nebo. The last time I raced it at Utah was 2016, when I stagiaired with BMC Racing Team. That was was my first pro race, and the first race where my family truly was able to watch me race," Eisenhart recalled.

"That day was a super special day for me. It was a day I was just focused on doing my job for Darwin (Atapuma of Colombia). After I did my pull I looked back and realized I had a chance of finishing up in the Top 10. I knew my family was at the finish watching. Was incredible motivation to keep pushing and ripping. That was only my second time riding Mount Nebo. It will only be my third time this year," Eisenhart said, who did finish seventh on the stage, right behind his teammate Atapuma, who was sixth.

In 2018, the route will start and finish in Payson, after a 12-mile circuit north of town into Utah County, the race will return to Payson for a sprint in front of historic Peteetneet Museum before coming back though the start/finish line at Memorial Park. The route will then travel south through the orchards and lavender fields along Old U.S. Highway 91 for a sprint line in Nephi, then the final push on the Category 1 ascent across Mount Nebo. The cyclists will summit the roadway at 9,300 feet for the one KOM on the day, then have a twisting 22-mile descent for the finish back into the classic western town of Payson. Expect a lone rider or some group over the top to make it to the finish together.

### **Stage 2 Tips:**

Payson offers three chances to watch the Tour - the start, a Utah Sprint Commission Sprint line, and the finish.

The start/finish is in front of Memorial Park, 10 North 600 East, in Payson.

The sprint line is in front of the Peteetneet Museum, 10 North 600 East, in Payson.

Among the activities at the KUTV 2 Healthy Living Expo in the park are - live bands performing from 12:15-2:30 p.m., inflatable obstacle course, rock climbing wall, community mural painting, and more.

Food vendors at the Expo are include food trucks (Waffle Love, Kona Ice) and food tents (Pacific Island Grill, Lion's Club)

A Mayor's Ride will take place

around Memorial Park from 1:30-2

# Thursday, Aug. 9 Stage 3 presented by America First Credit Union Antelope Island to Layton City

106 miles (170.6 km) – 4,350 feet of climbing Start Time 11:25 a.m. Finish Time 3:45 p.m. Start Location - Fielding Garr Ranch, Antelope Island, UT Finish Location - 465 N Wasatch Dr,

Layton, UT 84041

Thursday gives the climbing legs a bit of a rest, but that in no way means Stage 3 is a rest day. It is the longest stage of the week, with the 106-mile route starting on the far end of Antelope Island at the Fielding Garr Ranch. It is the third time the Tour has started on the island. After a wind-swept seven miles over the causeway to cross the Great Salt Lake's Farmington Bay to the mainland, the race will serpentine through Davis County to the new finish in Layton City. The roads through Davis County might not be mountainous, but with an abundance of turns and road widths that vary every few hundred meters, it's a tough and stressful day for the racers.

Sprint lines will be contested once in Syracuse and twice in Farmington. One short, steep KOM up the Bountiful Bench could be the launching pad for a late breakaway. On the return stretch from Bountiful through Farmington, the race will make a loop inside Hill Air Force Base for a second year. From the base, it will be 13 miles to the finish in Layton City. The race will use N. Fairfield Road to complete three circuits through Layton Commons Park. A stage winner will be crowned on North Wasatch Drive across from the park.

### **Stage 3 Tips:**

Pre-race activities begin Wednesday night at Antelope Island State Park, with a children's bicycle race at the marina at 6:30 p.m. and live music and free Dutch oven samples at the Visitor Center Amphitheater from 7-8:30 p.m.

New start at the Fielding Garr Ranch, on the southeastern portion of Antelope Island. Come early for the start festivities, with the first 200 children receiving free T-shirts.

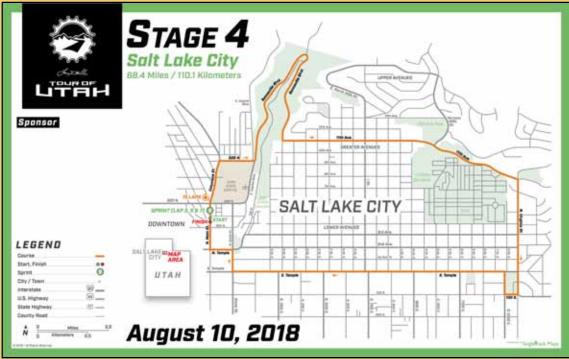
In Bountiful, the race will use Pages Lane and 400 East to turn left on 400 North for one pass this year on the Bountiful Bench climb. This is the only KOM for the stage.

Farmington will see the peloton pass twice, as a Utah Sports Commission Sprint line will be contested in Farmington as the race passes in southbound to Bountiful, then northbound back to Layton. Enjoy chalk art and food trucks!

Before finishing in Layton City, the racers will make one circuit inside Hill Air Force Base, this year entering and departing through the South Gate on State Hwy 193.

Three finishing circuits will use N. Fairfield Road, E. Gentile Street, and Wasatch Drive, with the finish line between Layton High School and Layton Commons Park.





In Layton from 1:30-2:30 p.m. enjoy live performances by the Davis and Layton High School marching bands. More live music will be played throughout the day at the Expo.

Stage 4 presented by Zions Bank Salt Lake City 68.4 miles (110.1 km) - 5,500 feet of climbing

Friday, Aug. 10

Start Time 12:35 p.m.
Finish Time 3:15-3:45 p.m.
Start/Finish Location - 215 North
Main St, Salt Lake City, UT 84103

The Tour of Utah returns to downtown Salt Lake City with a slightly new course. It is the 11th year that Salt Lake City has served as a stage host, and a seventh time for a circuit course downtown. The start/finish line has moved from the Capital to Main St with an amazing backdrop of the Salt Lake City skyline.

"The classic Salt Lake City circuit is one of my favorite stages of the Tour of Utah because it brings us back into the city and in front of the great crowds that line the course. It is great to back racing in front of those rowdy crowds in Salt Lake City," said Bookwalter, who finished second last year when Salt Lake City was the final stage.

The riders will tackle 10 laps of

the 6.8-mile downtown course. The course will follow N. Main Street up to 500 North and through the old finish line area used in 2016, where Canadian Michael Woods won in dramatic fashion. The race will follow the traditional route through Bonneville Parkway to 11th Ave and down Virginia Ave through the University of Utah to South Temple, where the riders will turn up State St to North Temple and to the uphill finish on N. Main St. A strong sprinter, like Italian Marco Canola, who won the Salt Lake City stage last year just ahead of Bookwalter, will be the type of rider to watch for the win in Salt Lake City this year.

"The Salt Lake circuit is quite demanding in terms of climbing, but historically, the race is short enough that it doesn't really explode. Both the length of the stage and the climb keeps everything together and the break never really earns any true time," added Bookwalter. "This year, the finish is going to be much crazier. You are going to see a huge battle for position on those wide roads with everyone spread out and swarming for position. The last corner is where it will be won or lost."

### Stage 4 Tips:

2018 features a new start/finish in downtown at 215 N. Main Street.

The climb on Main Street at the start/finish will be a Utah Sports Commission Sprint line on Laps 3,

5 and 7.

The race will flow in a clockwise direction, passing under The Eagle Gate monument on each lap, turning on N. Temple to reach the start/finish on N. Main Street

Like past years, the race will pass Reservoir Park on three sides on each circuit, allowing for multiple opportunities to see the pros up close and at high speed. Enjoy food trucks and entertainment from a D.J. at the park.

Police will begin closing the roads to traffic on the circuit at approximately 12:45 p.m.

Each lap is expected to take approximately 20 minutes to complete.

Pedestrians are welcome to walk the course. However, we request that you stay on the sidewalks, and do not impede the movement of local residents, police and course marshals who will be using the respites between circuits to move people in

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and out of the neighborhoods.

Use a GREENbike to reach the course. Check the website for bike stations near the course - <a href="https://greenbikeslc.org/station-map">https://greenbikeslc.org/station-map</a>.

Use Utah Transit Authority's TRAX Blue Line or Green Line for easy access to course from the City Center stop (100 S. Main Street).

# Saturday, Aug. 11 Stage 5 presented by University of Utah Health Canyons Village to Snowbird Resort

94.8 miles (152.6 km) – 9,975 feet of climbing

Start Time 11:30 a.m.
Finish Time 3:45 p.m.
Start Location - 4000 Canyons
Resort Dr, Park City, UT 84098
Finish Location - 100 Little
Cottonwood Canyon, Snowbird,
UT 84092

The Queen Stage returns for an 11th time to Snowbird Resort. The signature climb up Little Cottonwood Canyon is known for the fan frenzy of Tanners Flat and the shake out of contenders for the Larry H. Miller Group of Companies overall leader jersey at the finish. Only twice has the winner of this stage worn the winner's jersey at the end of the week.

The professional teams take off from Canyons Village at 11:30 a.m.

The undulating terrain of Summit County includes an early KOM past Deer Mountain at Jordanelle Reservoir, a sprint at Wolf Creek Ranch, and a two-mile stretch of dirt road on Democrat Alley. The route then goes through Peoa and up Browns Canyon to reach historic Park City for a second sprint line of the day and the ascent of the Category 1 KOM, Guardsman Pass. A blistering 15-mile descent of Big Cottonwood Canyon leads to the Salt Lake Valley below and a short traverse along Wasatch Boulevard. Then it is on to the HC climb up Little Cottonwood Canyon for the signature six-mile battle across gradients of eight to 12 percent to the finish line at Snowbird Resort.

And pro cyclists are not the only ones on the route Saturday. Amateur riders in The Ultimate Challenge presented by University of Utah Health will ride the same roads on Saturday, beginning at 7:30 a.m. from Canyons Village. Registration for The Ultimate Challenge is available online for \$140, with a team discount offered for groups of eight or more.

### **Stage 5 Tips:**

Little Cottonwood Canyon Road will be closed to all vehicular and bicycle traffic between 1 to 5 p.m. Plan your arrival to the finish line accordingly.

Follow signs at Snowbird Resort to free spectator parking.

If you are traveling along Big Cottonwood Canyon and Little Cottonwood Canyon early Saturday, use caution and watch for cyclists who are riding The Ultimate Challenge.

On Friday, visit Canyons Village at Park City for the Tour of Utah's Ultimate Challenge Kick-Off Party. This includes packet pick-up for Ultimate Challenge riders, live music, and entertainment. The event is free and open for the public. All Ultimate Challenge riders, family members and friends can also enjoy the Dinner Party, 6-8 p.m. (fee for dinner and beverages).

On Saturday morning at Canyons Village, activities include a children's bicycle race, face painting, chalk art, games and a Birds of Prey display. Ceremonies will be held for two starts - The Ultimate Challenge and the Tour of Utah.

Sunday, Aug. 12
Stage 6 presented by Utah
Sports Commission
Park City to Park City
76.7 miles (123.4 km) - 7,950 feet
of climbing
Start Time 12:15 p.m.
Finish Time 3:45 p.m.
Start/Finish Location - 250 Main
St, Park City, UT 84060

After a one-year hiatus, Park City is back as the overall finish. Historic Park City entertains the Tour for a ninth time, and a sixth time for the overall race finish.

"Park City is back for an exhilarating finish. Crowds are always massive on the final climb to Empire Pass, but from past years we know the race never ends there. The descent down to Upper Main Street could be the decisive stretch of the 536 miles to crown a new champion," said John Kimball, Managing Director of the Larry H. Miller Tour of Utah.

The route will pass down Browns Canyon and encounter a Sprint line in the town of Kamas before tackling a short Category 3 KOM in the private community of Wolf Creek Ranch. A technical descent into Wasatch County will allow the riders to regroup through Heber City before the final sprint line in Midway. From there, riders will jockey for position at the bottom of Pine Canyon Road for the HC climb of Empire Pass. While the road conditions have improved with new pavement since it was last used in 2016, riders continue to battle road pitches of 10 to

20 percent.

What is TJ Eisenhart's favorite climb, and the one he recommends as a must-see for race fans? "Empire, especially since it's the final day," the Utah native said. "Everyone will be sending it on that climb. All you can do is go full gas. Also, with how difficult the climb is, I think it's a great climb for fans to be out."

Like Kimball noted, the race doesn't end at the top of Empire Pass as we saw in 2014, when former World Champion and Tour de France winner, Cadel Evans, erased a one-minute deficit on the descent into historic Park City to capture the stage win. In 2015, it was a sprint finish on Historic Main Street between Bookwalter and Aussie Lachlan Norris, with Norris reaching the line first. This year will be another epic overall finish.

### Stage 6 Tips:

Spectators are encouraged to arrive early and get a viewing spot on Upper Main Street in Park City for the exciting finish. It is recommended to use Park City Transit on the day of the event, or via cycling, walking or carpooling to the event.

Limited paid public parking (\$20/vehicle) will be available in the China Bridge parking structure. Access to China Bridge parking structure will be from Marsac Avenue only. Because China Bridge exits onto the race course, no vehicle parked in China Bridge will be allowed to exit China Bridge between 3-5 p.m.

For complete details on parking in Park City for Stage 6, visit <a href="https://www.tourofutah.com/stages/stage6">www.tourofutah.com/stages/stage6</a>

The popular Chalk Art activity returns to Main Street, beginning at 1:30 p.m.

A KÜHL Fashion Show will take place on the awards stage on upper Main Street.

For more information on the Tour of Utah, see <a href="http://www.cy-clingutah.com/category/tour-of-utah/">http://www.cy-clingutah.com/category/tour-of-utah/</a> and also <a href="tourofutah.com">tourofutah.com</a>



### **BIKEPACKING**

# Bikepacking Canyonlands' White Rim Trail



Cole Taylor overlooking a canyon on day 2 on the White Rim Trail. Photo by Louis Lozier



Louis and I with all of our gear just before leaving. Photo by Liz Taylor

### By Cole Taylor

Last fall I discovered the world of bikepacking, the blissful union of my two favorite activities. I was inspired to ride the White Rim from browsing bikepacking.com, where there is a page that was helpful in planning. I called up two of my mountain biking friends and asked them about doing it over spring break, at the end of March. Thankfully, one of them said yes.

Neither Louis nor I had ever done any bikepacking before. One month before the trip we didn't have any bikepacking gear of any kind. I was also able to find an article on bikepacking.com about making frame bags. In a stroke of luck, my mom had some lengths of Cordura nylon she'd been saving in a closet for several years. We sewed frame bags for both of our mountain bikes. I was using the Giant Trance I had

just purchased in January, and Louis was on his GT Verb. I managed to fit my stove, mess kit, stakes, 16 ounces of water, multi tool, and some of my trail food in my frame bag. Additionally, Louis and I both bought bikepacking seat bags. This was where I put my pad, jacket, clothes, and food. Three liters of water fit comfortably in my backpack.

We knew we needed a practice run before the real deal. After contacting city officials I confirmed that it is okay to camp out in Eagle Mountain, Utah (just try to avoid private property). For anyone wanting to go on a weekend bikepacking trip or try it out for the first time, this is a great place to do so. We found that the gear we brought worked just fine and we had everything we needed. We felt prepared to take on the White Rim.

Day One: Shafer Road to sirport



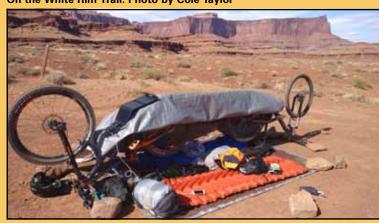
### 19 Miles

We made the long drive down to Canyonlands and pulled off at the intersection of Highway 313 and Shafer Road, which takes you over the edge of the mesa and out to the Rim. After eating lunch, Louis and I were itching to get started. It felt a little surreal that we were actually doing this. Before long, we were cruising down the road's smooth, steep switchbacks. The cliff edge of the upper mesa rose on either side of us like the majestic walls of some ancient city, framing the distant horizon, on which we could see Dead Horse Point and the canyon through which the Colorado flows. The ride down this section was definitely the biggest emotional high of the entire trip for me. With the road winding into the distance below us, we flew down the switchbacks and felt the breathtaking thrill of the wild, beautiful expanse of nature that extended endlessly ahead.

The ride on this day was easy, thanks to the massive elevation drop, and we reached Airport campground in less than two hours. There were some people at our campsite with a broken down jeep, waiting for another party to return from Moab with parts. They, like many other groups we encountered, had mountain bikes along with their vehicles. Save for



On the White Rim Trail. Photo by Cole Taylor



Our janky tarp tent- we gave up and slept under the stars the second night. Photo by Cole Taylor

two crazies we met who were doing the whole road in one day, no one beside us was doing it self-supported. This is because the only place to filter water is at Potato Bottom, from the Green River. We weren't completely on our own, however- we had someone camping up in the main part of the park who agreed to hike down and meet us on the second day with water. Other than that, we carried or filtered everything we needed.

Louis and I spent the rest of the day practicing our bunnyhops and walking around, and then we built a tent out of a tarp using our bikes as supports. We cooked dehydrated dinner on portable stoves (no campfires allowed) and then went to sleep.

Well, Louis went to sleep. My side of the tent kept coming loose due to the gusts of wind that night, and I struggled to relax enough to fall asleep. Somehow I snatched a few hours before the next morning, which was good because Day 2 was going to be long and tiring.

# Day Two: Airport to Potato Bottom

### 47 Miles

We knew this day was going to be a beast of a ride, with considerable elevation gain and many miles of road to cover. I would have liked to space our campsites more evenly, but we only got on the reservation system four months prior when





Sunset facing east from Airport camp ground on the White Rim Trail. Photo

by Cole Taylor almost everything was taken. We rose before sunrise, ate, and got on our way. At a predetermined time, we met our water supplier at the intersection with Gooseberry Trail. After that, the road followed the edge of the mesa (the white slickrock here gives White Rim road its name) as it squiggled in and out over the vast, breathtaking surrounding landscape.

The biggest thing that impressed me about the desert was the overwhelming silence. When we stopped for breaks, we would sit on the dusty soil and hold our breath. Nothing. No breeze. No airplanes. Just the faint static in your ears that you hear in the total absence of sound. Every once in a while, the scuttling of a lizard's feet, movement of a blade of grass, or sound of a bird's wings from 200 feet away would catch our attention. There was one spot where a particular cliff formation made it so you could shout and hear the echo of your voice for 10-15 seconds. It was incredibly therapeutic to spend three days without the constant buzz of suburban life playing in the background.

There were a couple climbs on this day that were pretty difficult. The last of these had 500 feet of elevation gain culminating in a loose, exposed patch of road Louis and I affectionately named the Filthy Beast. We had quickly discovered on this trip that climbing with a fully loaded bike is a lot harder than climbing normally. Shortly before reaching the base, we met a pair of cyclists who were doing

the whole route in one day. We talked and climbed the road together, and I learned that their names were Jeff and Walter and that they had driven all the way from Kansas to ride the Rim. Meetings like this are one of my favorite parts about mountain biking — you may be from different parts of the country but you always have something in common. After the four of us reached the summit, we saw that road started to descend gradually toward Potato Bottom, the site of our next camp. By mile 43, Louis and I were utterly exhausted. When we finally rolled into the campsite, we gratefully flopped onto the ground, took our shoes off, and felt the cool sand between our toes. Before sleeping, we filtered water from the Green River. The bank was eroded and crumbly, turning a simple filtering run into a long, sketchy ordeal. Once we had what we needed, we went back to camp and retired to our sleeping bags. It would be a good, long night of rest after a hard day.

...Or, it would have been, if I hadn't heard a tiny scuttling of feet on the tarp next to my head. A tiny mouse had decided to hang out in our camp while we were trying to sleep. He was cute, and he stopped bothering me after the first time, but poor Louis said that after I went to sleep the mouse climbed over him seventeen times (seventeen! Yes, he was counting) before he decided to relocate and sleep on the boulder that was our kitchen. After that he finally went to sleep. Guess we were even after my sleepless night on the

previous day.

### Day Three: Potato Bottom to Mineral Road/Hwy 313 Junction 26 Miles

We packed up faster and started earlier this morning than on the first and set out as soon as we could, eager to finish and get back to the car (non-dehydrated food! That alone was enough to motivate us). The road went up and over a low plateau, then followed the river as it wound in a wide, lazy arc. We passed the sign that marked the end of White Rim Road and the beginning of 13-mile Mineral Road, and not long after, came to the switchbacks that take you up onto the very top of the Island in the Sky mesa. After clearing the switchbacks, there was not much to note about Mineral Road except that it is incredibly flat, smooth, and boring. If I did White Rim again, I'd definitely cover this road first to get it out of the way. Our trip came to an unexpectedly early end (but one that we appreciated) when we spotted a van in the distance, driving toward us. I had already pledged that despite how much I despised the piece of hell that was Mineral Road, I would bike all the way to the end. Louis, I said, could hitch a ride if he wanted — we had already been offered at least one - but I wanted to stick it out so I could say I completed the entire ride, all 92 miles of it. However, it's hard to stick to that philosophy when your friend pulls up in the van six miles away from the end of the road, you've just eaten your last granola bar, the sun is shining overhead, and the road ahead seems to climb slowly on forever. We decided to put our bikes in the van and enjoy some non-dehydrated food while we drove the last six miles. We felt satisfied enough with what we had done.

All things considered, our first try at bikepacking went really smoothly. We didn't run into any major mechanical failures (the biggest scare was when Louis's leaky brakes started smoking on the way down Shafer Road), the weather was ideal, the pit toilets at every campsite were stocked, and the mileage was not too difficult. I would recommend

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Mineral Road on the White Rim Trail. Photo by Cole Taylor

White Rim to anyone interested in bikepacking. If I were to do it again, I'd like to make a few changes. First, I'd do it the other way around, starting on Mineral Road and ending on Shafer. Second, I'd want to drop water at the Gooseberry intersection to avoid relying on someone for water. Third, I'd split up camps more evenly so we cover more miles on the first day and fewer on the second. If you do this route, definitely do what we did and plan it in the spring

or late fall so you avoid the crippling heat during the middle of the summer. Other than that, White Rim was a blast. Now I just have to research where I'm going to bikepack next.

Cole Taylor is entering his senior year at the Academy for Math, Engineering and Science (AMES). He also works and volunteers at the SLC Bicycle Collective and loves the Utah cycling community.



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### **BICYCLE TOURING**

# Backyard Rediscovery - Overnight Ride to Pyramid Lake, Nevada



Pyramid Lake on a tandem rewards with beautiful views. Photo by Patrick Walsh

### By Patrick Walsh

Sometimes a place needs to be watched, the light and color evolving to show you what you missed on prior visits. I had been to Pyramid Lake before by car and by bicycle

but had not connected with it like other places in the region. I thought it was pretty but washed out by midday sun; I had in fact simply missed it. On this trip, with perfect fall weather we saw the lake turn from blue to bright pink to purple and finally black as the sun slowly set. The cold

Lake before by car and by bicycle

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water reflected abundant clouds and nearby rock formations. Fisherman, first on ladders and eventually near shore tried to land one of the famous Lahontan trout, largest of the cutthroat subspecies and found only in Great Basin lakes and tributaries. The fish are a holdover from the ice age when Lake Lahontan covered 8,500 square miles. You can even see old Lake Lahontan shorelines high above dry lakebeds left behind in valley floors. The fishermen used tall ladders to extend their cast to reach a shelf, below which the trout feed. I did not see them catch any, but I am certain they were enjoying the sunset as much as we were.

There are several options for overnight rides from Reno. For pavement, Pyramid Lake is the perfect distance and is least hilly. More importantly it has nice distributed camping with great views of the lake and a nearby store for water and supplies. It was perfect for our first tandem overnight with camping gear (on tandem tours we usually opt for paid accommodations.) The 40-mile ride is mostly on Pyramid Highway (Nevada 445), a low-traffic approach with rolling hills that hide the lake until you are within about mile. A dramatic overlook provides the first view of the lake as well as the triangular tufa formation for which it is named. Camping and day use are allowed with a permit that can be obtained at the Pyramid Marina. The lake and the last part of the ride are within the Pyramid Piute Reservation, who restrict access to certain parts of the lake. There is an alternatively-routed Tahoe-Pyramid Bikeway in the works, with mostly dedicated bike paths. Unfortunately, that route is stalled between Sparks and Wadsworth. For now, Pyramid Highway is the best option for riding to the lake and taking in the scenery and recreational activities.

This trip was a good reminder for us to slow down, sit still, and watch scenery unfold as opposed to riding or even walking through it at a glance. Since then, we have (occasionally) heeded that advice and looked for other opportunities to focus on landscape transformation during diurnal cycles and even seasonal cycles in our local parks. Every year we enjoy Nevada's pink and orange fall sunsets, snowy winter peaks, the return of wildflowers and red wing blackbirds in the spring, and high-country vistas in the summer. Photography encourages me to look more closely sometimes, but there are many days when I forego it in favor of taking it all in. In any case, we are planning many more

Notes on Pyramid Lake (From Wikipedia, en.wikipedia, org/wiki/Pyramid Lake (Nevada)):

Pyramid Lake is located in southeastern Washoe County in western Nevada. It is in an elongated intermontane basin between the Lake Range on the east, the Virginia Mountains on the west and the Pah Rah



Fishing for Lahontan Trout on Pyramid Lake, Nevada. Photo by Patrick Walsh



Enjoying the sunrise from a lakeside camp on Pyramid Lake, Nevada. Photo by Patrick Walsh



Enjoying the sunset on the shores of Pyramid Lake, Nevada on a bicycle overnight tour. Photo by Patrick Walsh

Range on the southwest. The Fox Range and the Smoke Creek Desert lie to the north.

A remnant of the Pleistocene Lake Lahontan (~890 feet deep), the lake area was inhabited by the 19th-century Paiute, who fished the Tui chub and Lahontan cutthroat trout from the lake. The former is now endangered and the latter is threatened. The lake was first mapped in 1844 by John C. Frémont, the American discoverer of the lake who also

gave it its English title.

Information on visiting: Pyramid Lake: <a href="mailto:pyramidake.us/permits">pyramidake.us/permits</a>

newtoreno.com/pyramidlake-fishing-recreation-nevada. htm

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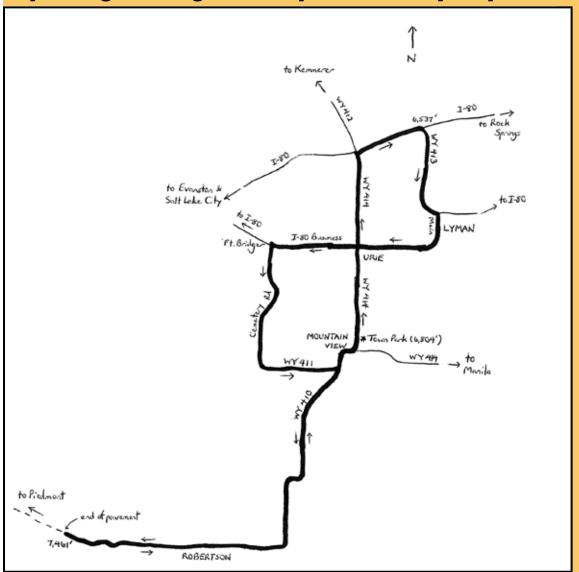
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### **RIDE OF THE MONTH**

# Wyoming's Bridger Valley Historic Byways Ride

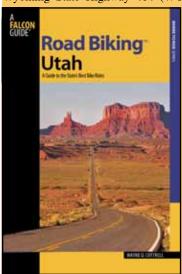


The Bridger Valley Historic Byways Ride is a 49.7-mile route in Wyoming's Bridger Valley. Map by Wayne Cottrell

### By Wayne Cottrell

The Bridger Valley Historic Byways Ride is a 49.7-mile route in Wyoming's Bridger Valley, including an extension to Bigelow Bench. The layout is that of a figure eight with a tail. The figure eight is 25.2 miles in length, while the tail adds on 24.5 miles. One could do the loop, without the tail – but why would you do that? Completing the entire route is highly recommended. The minimum elevation is 6,537 feet, while the maximum is a gasping 7,461 feet, so be prepared for some heavy, highaltitude breathing. This is a great summer ride; be sure to check the weather and road conditions during other times of the year.

Start the ride at Town Park in Mountain View, located at 405 North Wyoming State Highway 414 (WY



414). Mountain View is located to the south of I-80, along WY 414, 122 miles east northeast of Salt Lake City. The ride starts here, in the town of Mountain View, and visits the town of Lyman, and the communities of Urie, Fort Bridger, and Robertson, all in Bridger Valley. A total population of just over 4,000 resides in the valley. While this is small by today's standards, the valley was a hubbub of activity in the mid-19th century. After the legendary "mountain men" began to rendezvous in the region, starting in the 1820s, Fort Bridger was established as a fur trading outpost in 1842. Later, the fort became a critical supply center along the California, Mormon and Oregon Trails, all of which passed through the area. By the late 1850s, hostilities between Mormon pioneers and the U.S. government had escalated, and the outpost was converted into a military fort. By the 1860s, the fort was also serving as a stop along the Pony Express. Yet, when the Transcontinental Railroad was completed in 1869, thereby relegating the Pony Express and wagon trains to extinction, the fort's role diminished. Military positions had shifted elsewhere by then, to Camp Lloyd and Fort Douglas near and in Salt Lake City. Fort Bridger was shut down in 1890. Historical sites in the valley are limited to Fort Bridger, and an old bridge across Black's Fork. The real history, though, is in retracing the routes of the travelers who passed along those trails.

From Town Park, turn right and head north on WY 414. The starting elevation is 6,804 feet, and the highway is effectively downhill as you head north. Enter the community of Urie at mile 3.0, and keep right on through, all the way to I-80. The I-80 freeway? Yes - there are not enough roads in this area to avoid a short stretch on the shoulder of the freeway. The freeway was carrying 16,480 vehicles per day in 2016, though, which is very light by Interstate standards. Cross over Black's Fork at mile 7.75. At mile 8.1, turn right and enter I-80. Stay to the far right, on the shoulder. Take the next exit (Lyman). At the end of the off-ramp, turn right and head south on WY 413. This is the lowest elevation of the entire ride (6,537 feet; mile 10.2). From here, the highway climbs gradually, and then steeply (8.2% grade) to enter Lyman. With over 2,000 residents, Lyman is the largest town along the ride. Follow WY 413 as it climbs and curves to the left. At the end of WY 413 (elevation 6,714 feet; mile 13.0), turn right onto Main Street. Main takes you through the heart of town. Beyond Lyman, Main curves to the right, becoming "Business I-80." You are on the Bridger Valley Historic Byway, retracing the route that many pioneers took, long before I-80 was built. Return to Urie at mile 16.1. Keep straight through once again, heading west toward Fort Bridger. Once there, turn left onto Cemetery Road (mile 18.6),

just in advance of Fort Bridger. In fact, a slight detour to the fort would be in order, as part of your historical journey!

Once back on Cemetery, head south. It is a steady climb to WY 411 (elevation 6,963 feet; mile 22.4). Turn left here, to head east on WY 411. Now you are descending, heading in Mountain View's direction. At the end of WY 411, to continue the ride, turn right onto WY 410 and head south. (The alternative is to return to Mountain View). You are now at mile 24.0 (elevation 6,855 feet). The next part of the ride is an out-and-back segment, on WY 410. The outbound ride is a steady climb to Bigelow Bench. The highway heads south, and then turns 90o to head west, taking you through the community of Robertson, and on to the end of pavement (mile 36.25; elevation 7,461 feet). This is the turnaround point. The unpaved road continues to Piedmont, a ghost town that once thrived because of its timber, and its location along the railroad. Save that trip for your mountain bike, perhaps, and begin the return ride to Mountain View. Follow WY 410 as it descends, heading eastward, and then curving to the left to head north. Return to the figure eight loop at mile 48.5, at the intersection with WY 411. Keep straight here, heading

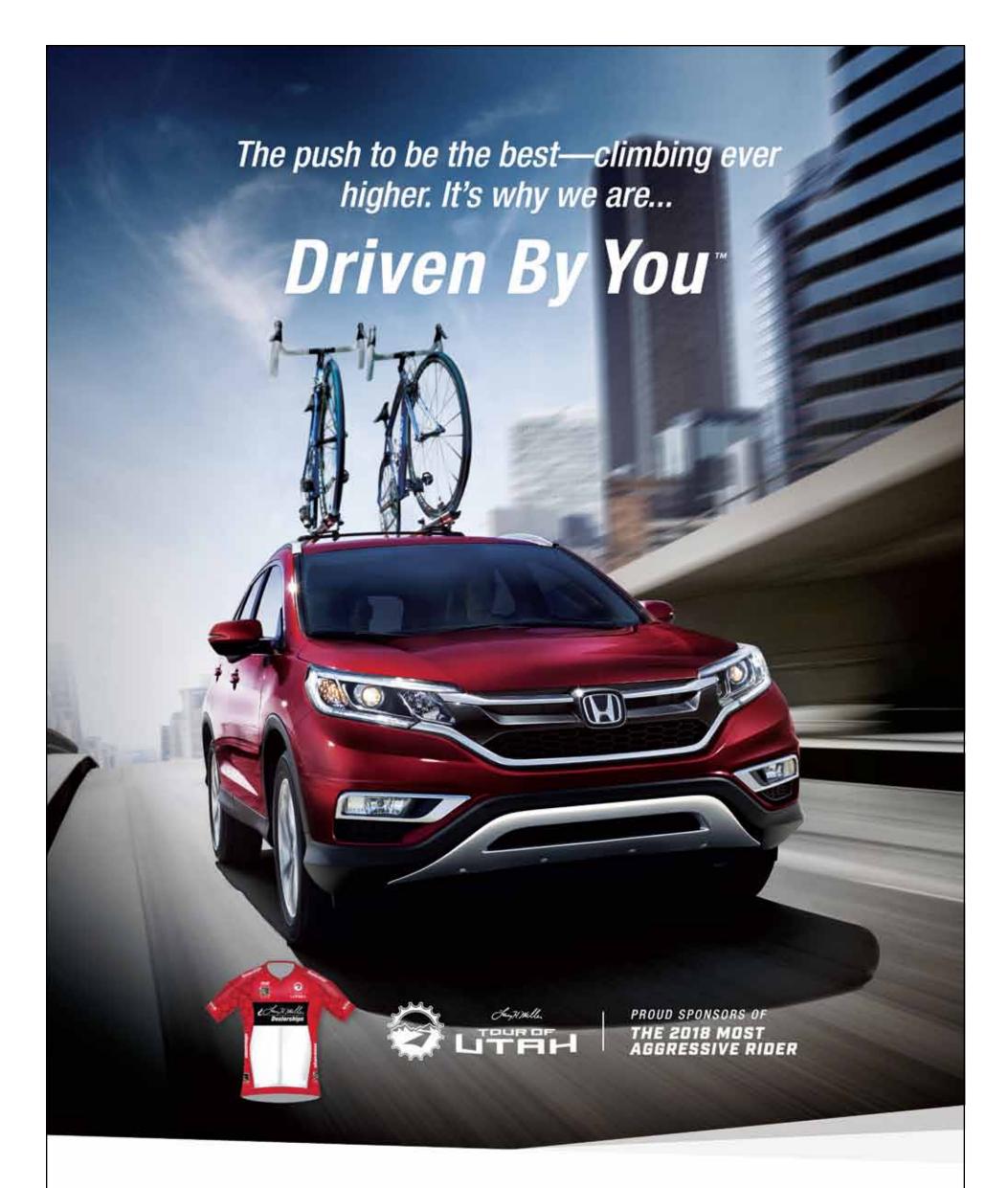
toward Mountain View. Follow WY 410 as it turns to the right, to head east, coming to a T-intersection with WY 414. Turn left here to return to Mountain View Town Park, which will be on the right.

**Starting & ending point coordinates:** 41.272369N 110.336367W

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.







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