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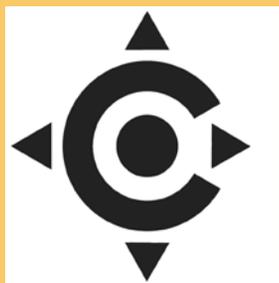
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Cover Photo: Lisa Hazel mountain biking the trails on Molas Pass near Silverton, Colorado.

Photo by Dave Iltis

ADVOCACY

Poor and Black 'Invisible Cyclists' Need to be Part of Post-Pandemic Transport Planning Too



"African Americans were more than twice as likely as whites (38% vs 14%) to agree that their perception of bicyclists would improve if people on bikes represented a "broader cross section of Americans, such as women, youth and people of color" in their community." (from the League of American Bicyclists The New Majority, Pedaling Towards Equity Report). Here, two bicycle mechanics work at the Freewheel Community Bike Shop in Madison, Wisconsin. Photo by Dave Iltis

By Julian Agyeman, Tufts University

As states and workplaces prepare to open up after the lockdown, many people are looking for alternatives to public transit to get to work.

The National Association of City Transport Officials reports an "explosion in cycling" in many U.S. cities. Bike stores are selling out, and global supply chains are struggling to meet demand. But the post-pandemic ride will be more bumpy for some.

Low-income and minority groups are often more reliant on cheaper modes of travel such as cycling. Back in 2013, the League of American Bicyclists reported that "the fastest growth in bicycling is among the Hispanic, African American and Asian American populations." Yet these groups may find cycling to work more problematic.

As a professor of urban and environmental policy and planning, I believe it critical that city planners, lawmakers and bike advocates fully understand how barriers to cycling faced by people living in poorer neighborhoods are interconnected. Design-related, infrastructural challenges, such as providing more bike lanes, or better still, protected bike lanes – paths separated from both road and sidewalk – are important. But the more fundamental barriers are political, cultural and economic in nature. Failure to acknowledge and act accordingly, risks compromising the ability of low-income and minority groups to enjoy the full benefits of cycling.

Not reflected

One crucial barrier relates to the increasingly used political concept of "recognition" – acknowledging and respecting another human, their status and rights. This is the founda-

tion of the #BlackLivesMatter and #MeToo movements.

Yet as urban planning scholar Aaron Golub and colleagues explain in "Bicycle Justice and Urban Transformation: Biking for All?" city planner counts of cyclists in any given area may provide data on usage, which guides decisions on where to install bike lanes, but seldom is the race, ethnicity or gender of the rider recorded. Furthermore, cycle counts typically take place in downtown areas, not in a city's peripheral areas where, in large part due to gentrification and displacement, many low-income and minority groups may be cycling. This results in cyclists in poorer areas being underreported in official data.

As bike lanes are put where urban planners demonstrate need, this skewing of data has real-world consequences. It is part of the reason why bike lanes are mockingly referred to as "white lanes" by critics of gentrification - controversial and disputed symbols of displacement.

This, together with the whiteness of the bike advocacy community, can act as a major barrier to people of color. In a 2019 study by Tufts University students for the Boston Cyclists Union, one interviewee said that people of color see cycling as "something that white people do" and that they are simply not represented in Boston's biking culture, or many other U.S. cities. This poses as much a challenge as infrastructure because it speaks to deep-seated perceptions of who should, or should not, be cycling. Bluntly put, there is a population of cyclists of color in the U.S., who are largely unrecognized, underreported and unrepresented.

Bike advocates call them "invisible cyclists."

Cycling while Black

Cyclists of color tend to miss the

Continued on page 4



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Invisible Cyclists - Continued from page 3

eye of city planners, but the same can't be said of the law. Relations with the police can and do affect their daily spatial and cycling practices, governing where and how they ride. Of particular concern is the

only affects those who may want to cycle to work but those whose job depends on cycling, like food delivery workers.

Physical safety concerns are often considered to be one of the most significant barriers to cycling. Here too the burden of injury and risk is wildly disproportionate.



"The fastest growth in bicycling is among the Hispanic, African American and Asian American populations. Between 2001 and 2009, those three groups grew from 16 to 23 percent of all bike trips in the U.S. Within those groups, the percent of trips taken by bike has grown much faster than in the white population." (from the League of American Bicyclists The New Majority, Pedaling Towards Equity Report). Brian Drayton of Spokes Bicycle Lounge in Berkeley, California. Black owned bike shops like Spokes are a key reason for this growth. Photo by Dave Iltis

issue of racial profiling and harassment of cyclists.

A study of bike citations in Chicago, revealed that between Jan. 1 and Sept. 22 of 2017, 321 tickets were issued in the majority African American, low-income area of Austin, compared with five in the nearby white, wealthy neighborhood of Lincoln Park. Similarly, a 2015 investigation by the Tampa Bay Times found that 80% of the 2,504 bike citations issued by the Tampa Bay Police Department were issued to Black bikers, despite Black people making up just 25% of the city's population. This phenomenon of "biking while Black" not

Latino cyclists face fatality rates 23% higher than whites, and for African Americans, they are 30% higher. In these communities, some, or all of the following hazards are more prevalent: higher vehicular traffic volumes, trucking routes, major arterial roads, intersections that are unsafe or impassable by foot or bike, and an overall lower level and quality of walking and cycling infrastructure. Contributing to such safety-related issues is the well-established, disproportionate exposure experienced by low-income and minority communities to air pollution.



Adaptive cyclist Michael Ray completing the Summit Challenge ride. Photo by Dave Iltis

Pedal power

The push to eliminate traffic fatalities, known to planners as "Vision Zero" is based on the five E's: engineering, education, enforcement, engagement and evaluation. However, some cities, such as Austin, Texas, are now adding a sixth E: equity, in recognition of the fact that nearly a third of the most dangerous road segments are in areas where more than 25% of the population is Black or Hispanic and nearly two-thirds of pedestrian fatalities occur in parts of Austin where more than 30% of residents are living in poverty.

Meanwhile, growing numbers of minority-organized bike groups such as Black Girls Do Bike and for-profit bike businesses such as Bike and Brunch Tours are working to overcome barriers to cycling. Across the U.S., several advocacy organizations and bike share programs such as New Orleans' Bike Easy and Nice Ride in Minneapolis are making progress toward bike equity in their communities. Uniting these efforts are groups like Untokening, a multiracial collective that centers the lived experiences of marginalized communities to address mobil-

ity justice and equity.

The primacy of recognition in overcoming barriers to minority cyclists cannot be overstated. As cities reimagine their streets in a post-pandemic world, politicians, city planners and bike advocates could better recognize that cyclists have differing status, rights, needs and capabilities depending on their social and racial background. Representation is also critical. The huge growth in cyclists of color is not mirrored in city decision making and bike advocacy circles. As part of any reimagining of how best people can move around their cities, people of color in lower income areas ravaged by the coronavirus could be placed front and center as we look for cheaper, more healthy ways for all to get to work.

Julian Agyeman, Professor of Urban and Environmental Policy and Planning, Tufts University. This article is republished from The Conversation under a Creative Commons license. Read the original article at <https://theconversation.com/poor-and-black-invisible-cyclists-need-to-be-part-of-post-pandemic-transport-planning-too-139145>

INVEST in America Act Could Help Bicycle Infrastructure

Federal transportation policy could take a giant leap toward helping bicycling – as soon as next year.

Congress has to pass a surface transportation bill this year, as the current one is expiring. It's possible that it could pass a short-term extension of the existing law, but the House already passed the mammoth Investing in a New Vision for the Environment and Surface Transportation (INVEST) in America Act (H.R. 2), also known as the Moving Forward Act for the People. It would extend federal aid through FY 25.

The INVEST bill and the House report on it mention bicycling 100 times and call for new and expanded safety programs. H.R. 2 would reauthorize the Transportation Alternatives Program and Recreational Trails, the two biggest sources of federal funding to states for bicycling. The Senate has yet to act, however.

The bill would add planning for "vulnerable road user safety" as an eligible purpose for Alternatives funding. Metropolitan Planning Organizations (MPOs) serving fewer than 200,000 people would become eligible grantees.

Bikeshare and scooter sharing programs would be listed as an eligible activity for Congestion Mitigation And Air Quality grants, and high schools would become eligible for Safe Routes to School grants.

Among other new provisions:

- A new Automated Vehicles and Road User Interactions Study Working Group, which would include representatives of bicycle safety programs, would get two years to file a report on safety issues with driverless autos.
- Roadway design standards would get rewritten to require consideration of all users, including bicyclists, when appropriate.
- States would be required under the Highway Safety Improvement Program to identify places of special danger to cyclists and pedestrians. States with high rates of cycling casualties would have to develop strategies, such as Vision Zero planning, to address the problem. MPOs with high rates and populations above 200,000 would have to do the same.
- States would have to employ a fulltime bike/ped coordinator.
- The U.S. Dept. of Transportation would have to produce a biennial state-by-state bike/ped safety assessment.
- Amtrak would have "to report to Congress before implementing a new policy or operation that may impede recreational trail access."
- The University Transportation Centers Program would be expanded to include a focus on bike/ped safety.

Read the bill at <https://www.congress.gov/bill/116th-congress/house-bill/2>

-Charles Pekow

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ADVOCACY

Report: Wyoming Dead Last for Bicycle, Pedestrian Safety



Retired school bus driver Russ Wood escorts two of his several “passengers” the last half block to their class at Jackson Elementary School. Districts statewide employ multiple strategies for keeping kids safe. (Angus M. Thuermer Jr./WyoFile)

By Angus M. Thuermer Jr., WyoFile.com

When bicyclist Geoff O’Gara came to his senses in the Lander emergency room, he couldn’t recall the incident that sent him to the pavement.

The experienced cyclist had been riding the main street of Wyoming’s 13th largest city — one with more than its share of cyclists — on the shoulder of a highway that lacked protected bicycle lanes. He recalls seeing a couple of pickup trucks that August 2019 day, but none that seemed threatening.

No eyewitnesses came forward, O’Gara, a WyoFile board member, said. People only reported seeing others helping the dazed rider up from the highway, large bruises ripening on his face and shoulder.

Every indication to him and an emergency worker who responded — from the outline of the bruises to their location to a lack of scuffing on his clothes and bicycle — indicate that a pickup truck side-view mirror smacked O’Gara and sent him to the asphalt.

His case, however, wasn’t thoroughly investigated by police, O’Gara believes. Despite the forensic evidence, the official report simply noted that he fell off his bicycle, O’Gara told WyoFile.

“I was extremely lucky,” O’Gara said. A hospital scan revealed the impact bruised his brain. He was too concussed and worried about his recovery in the weeks following his crash to follow up on the hit-and-run. But nobody else did, either.

O’Gara’s predicament underscores the dangerous conditions that exist for Wyoming cyclists and pedestrians. Wyoming is last among states when it comes to bicycle and pedestrian friendliness, a recent ranking by a nationwide group found.

A decade ago, Wyoming earned an 11th place among the 50 states for its policies and infrastructures for bicyclists and pedestrians, the League of American Bicyclists reported. The next year it demoted Wyoming to 15th, and then to 17th.

In 2019 it put the Equality State dead last on its Bicycle Friendly report card.

The 2019 ranking by the 139-year old nationwide advocacy group gave the state a D- in infrastructure

and funding, a D+ for policies and programs, C- for both education and planning and a C+ for legislation and enforcement.

“It’s been declining every year,” Tim Young, executive director of nonprofit Wyoming Pathways, said of the state’s ranking.

Wyoming has fallen behind because other states have taken the league’s grading parameters — from funding to education to laws and road-construction standards — more seriously than Wyoming has, Young said. “That’s why we’re lower down.”

‘Disappointing’ assessment

O’Gara could have done more to protect himself, like wearing a helmet. The regular cyclist shunned it for the short ride from his home to a car dealership. But Lander’s layout and infrastructure contributed little to his safety. “I feel like people are at risk all the time when they ride,” he said.

The league report card says, “every federal data indicator for Wyoming suggests that bicycling is getting worse, and the core reason is a lack of state investment and a lack of using federal funds for bicycling and walking projects.”

That’s a “disappointing” assessment, Gov. Mark Gordon’s Spokesman Michael Pearlman said. He pointed to transportation-department funding challenges as an issue, questioned the report’s methodology and said Wyoming’s rural nature needs to be accounted for. Yet the report may lead the governor to “a conversation” with his new transportation director Luke Reiner on the topic, Pearlman said.

Overall the league gave Wyoming 31.7 points on its scale, compared to top-place Washington, which had 71. Wyoming neighbor Colorado ranked seventh, Utah eighth, Idaho 33rd and Montana 47th.

Wyoming needs to implement one of its recent cycle and walking plans and put money behind them, the league report said. Wyoming’s Department of Transportation should understand why the league’s indicators are trending the wrong way, the report continued.

The league spent three years tracking where drivers are killing people on bicycles. “It’s clear these deaths are disproportionately happening on state-owned roadways,” the report says. It ranked Wyoming

second among states where local highways are over-represented in the grim statistic.

The state needs to incorporate protected bike lanes regularly in its plans, something most states achieved in 2017, the report said. Adopting a “complete streets” program would ensure the needs of non-motorized users are considered at the beginning of construction projects, Young said.

Wyoming should set goals that seek to improve, not just maintain, non-motorized safety, the report said. Lawmakers should act, too, the report said, adopting a law to further protect “vulnerable road users” like walkers and cyclists. Wyoming should improve its rumble strips to ensure there are gaps allowing cyclists to cross them easily.

Since 2013 WYDOT has distributed about \$18 million in federal highway funds to cities, towns and counties for non-motorized projects, WYDOT Public Affairs Manager Doug McGee said.

Meanwhile, it struggles with essential maintenance funding. The department is \$135 million short annually, “just to keep the roads in the condition they are now,” he told WyoFile. The state strives for a goal of zero highway deaths, he said.

“Every fatality on our highways, our system, is one too many,” McGee said. “I think we do our best to fulfill our mission.”

No new laws

A co-chairman of the Legislature’s joint Transportation Highways and Military Affairs Committee said lawmakers have adopted several safety measures in recent years, including one that requires vehicles to give cyclists three feet of space. Another allows cyclists to use a highway even when a pathway is available, enabling fast riders to separate themselves from slow-moving pedestrians, Sen. Michael Von Flatern (R-Gillette) told WyoFile.

“They were mixing the baby carriages with the pro bicyclists,” he said.

But he doesn’t envision passage of an enhanced penalty statute for those who injure or kill vulnerable non-motorized users. “I oppose enhancing penalties,” he said. It just



A cycle tourist from Colorado sets up in a dedicated bicycle campground at Jenny Lake in Grand Teton National Park. (Angus M. Thuermer, Jr./WyoFile)

doesn’t seem to me that it would be worth it.”

While Young agreed the league’s 2019 last-place ranking is bad, “it’s not as bad as it looks,” he told WyoFile. That’s because Wyoming is poised to make “some quick progress,” he said.

In addition to their other measures, lawmakers in 2016 established a task force to look broadly at safety issues. This led to a call in 2018 for the state to spend \$10 million annually to build and promote walkable main streets, community pathways and rural cycling routes and trails.

At least 25 communities, from Story to Cheyenne and Casper, have plans that seek to add community pathways, main-street programs or initiatives like safe-routes-to-schools.

“There’s broad interest,” Young said, including in health and economic benefits. Yet, “there is no bicycle pedestrian program at WYDOT, for all practical purposes, compared to other states, that seeks to serve people however they travel, foot, bike, bus or motor vehicle.”

Agencies across Cheyenne could participate, including the office of State Lands and Investments that oversees the use of school trust property and Wyoming’s state parks department, a natural niche for cycling and walking amenities. Law enforcement could enhance officer

training “so they can look for issues, like “was that a hit-and-run?”” Young said.

Wyoming’s own 95-page report from 2018 contains 32 pages of recommendations, including that the governor assist the Legislature in establishing a state-level bicycle board. Gov. Gordon, however, is leery of long-term task forces, spokesman Pearlman said.

Perhaps this is where an advocacy group helps by playing a key role, he said.

Crash-victim O’Gara said he’s seen “so many close calls,” it’s unsettling. He has participated in the Tour de Wyoming several times, he said, and has encountered rude motorists.

“The traffic that is there is pretty dang inconsiderate of bikes,” he said. With the potential for bicycle touring the state holds, “it’s crazy not to make the effort to make it safer,” he said.

After two years of planning, Wyoming needs action, Young said, to bring it up to speed. “We should take this [League] report as something we can do better on,” he said.

WyoFile is an independent nonprofit news organization focused on Wyoming people, places and policy.

COACHING

Tips for Time Trialing and Conquering STRAVA



Sarah Kaufmann at Snowbird. Photo by Matt McKinney

By Sarah Kaufmann

2020 has been a strange year

for many reasons. For bike racers, this summer has looked a little different with most events cancelled and those remaining subject to new

regulations. Many events have gone to a time trial set-up to limit racer proximity or contact. While many athletes have elected to take the year off of racing, I got creative with some of the athletes I coach to come up with strategies to scratch the competitive itch in the absence of racing. STRAVA or other virtual challenges that play out like a time trial (i.e., you are by yourself so not a mass start) have been a useful tool in that regard. These solo or time trial efforts play out a little different than a mass start race. So, here are some tips to get the most out of yourself when racing the clock.

Whether you ride with a power meter or not, you want to keep your power as steady as possible and

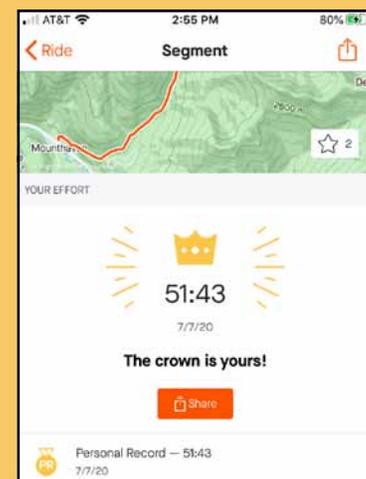
avoid spikes and surges. The main difference between a TT and a mass start event is that the pacing is self-driven versus dictated by outside stimulus (other competitors). The result of that self-determined pacing is that you can dictate the pace. You are not subject to other racers' attacks or surges so you can keep the effort as even as possible to get the most wattage out of yourself over the duration.

Take the time to study the route for your particular challenge. Have an idea of how long it will take you to complete. Whether you have ridden the course previously or know someone with a similar pace who has, you will want to know about how long it will take so you can plan your fueling, hydration, and pacing strategy. How much food will you need to bring? How much water? If you cannot carry all the hydration you will need, can you stash hydration somewhere along the course for you to retrieve?

Depending on how long you expect the course to take, you will start the effort at a different intensity. For example, if your effort is five to ten minutes or less and you have pretty good fitness, you can go pretty hard from the start and empty the tank over the time. If you expect it to take an hour or more, you will need to start more conservatively and let the effort catch up. Going out too hard is a really common mistake in TT events — you want to hold the highest average power for the duration, and you can only do that if you don't overpace the start.

For a longer effort (30-60 minutes or up to two hours), start the TT at about a six or seven out of ten for your rate of perceived exertion (RPE). If you have a power meter, this will be about 85-90% of your Functional Threshold Power (FTP). You could also review your recent peak power metrics for similar durations to your projected finish and base your goal power number on your previous bests. These intensities will (and should) feel too easy to start. Go with it, the effort will catch up.

As you prepare for your event, break the course into thirds based on your projected times to complete each third. As I said above, the first third should feel too easy. This



Follow Coach Sarah Kaufmann's recommendations to reach your STRAVA goals.

The first part is going to be about not overdoing it and settling into your challenge. In the middle third, the effort will have caught up and your goal is to hold steady, continue to avoid spikes and surges, and manage your energy. If you are riding by power, continue to focus on your predetermined power number. If you are going by RPE, the effort should now be up to an eight or so. Focus on your breathing, your body position — quiet upper body, flat back, open chest, eyes up. As you begin the final third, let your goal move to emptying the tank. It should be very difficult now. Embrace the challenge, assess where you are at mentally and physically, approximately how much time you have left to finish, and how much intensity you have left to give.

Racing looks different this summer but it's a fun opportunity to try some new challenges and let racing look a little different. Learn to gauge your effort without the stimulus of other riders and hopefully we will be back to racing shoulder to shoulder with other racers soon!

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



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METAL COWBOY**Switchblade Poetry**By Joe Kurmaskie

It was the middle of the night by the time we pulled our bicycles out of the bushes. I guess some people locked up their rides in 1979, but not my crew. We tossed them under palmetto bushes and tied a bandana or jammed a beer can atop of the palm frond to mark the spot. This produced mixed results if there was partying involved.

Like everyone else, we'd waited too long after Bruce - sweating, spent, completely emptied of all his gargantuan gifts and rebel soul - called it quits. Like any religious experience, no one wanted it over. All of us standing there in the darkness with our rock-n-roll brothers and sisters, converts and apostles refusing to believe the service was done. We pounded the backs of the seats and stomped the cement floor, willing it to go on, and finally, just standing together in hallow silence, desperate, a little pathetic, not able to let go yet. We had to make sure that this four-hour musical baptism we'd come through together was truly in the books. We had to see the body one more time... and it wouldn't had hurt if someone had stepped up to the mic and told us what all this stirred around shit inside our heads and guts meant, but as with most things in life, we were unceremoniously shown the door: a mass of humanity moving in unison out of the civic center, doing that subdued, post-concert, ear ringing, zombie shuffle down the breezeway.

And the whole time I kept thinking, "Four hours, for less than \$10, plus those stoners in the El Camino gave us free beer. I may have just peaked."

I had not, but at 15, if you are doing it right, you think you've peaked three or four times a week.

In the bigger scheme though, it was a significant highlight at any age. The Boss is the most luscious, bittersweet way to lose one's live music virginity. It ruined me, really for live music at least through high school. Ironic that one of my favorite old man glory days memories will more than likely be about the guy who popularized Glory Days memories.

After checking under countless

bushes, five of us pedaled out of the lot. As we went, mostly in silence, one would peel off, then another, until it was only me coasting the empty streets of my hometown.

Live oak trees, heavy with Spanish moss, formed something of a tunnel along both sides of the avenues. The streetlights gave the moss a luminous quality. I rode with no hands, no helmet and a new concert t-shirt. I've never felt as safe.

Circa 1980: Spring of 9th grade. Our Drama/English teacher, Mr. Wicker educating us about soliloquies. The assignment - memorize and recite a passage. The nice thing? It wasn't dealer's choice - we got to pick the material but had to clear it with Wicker. Lots of Shakespeare and Poe on the roster. When it came to me, I'd gotten something different cleared for take-off. Did I mention that Wicker had us perform these on the auditorium stage in front of both English classes... for a grade?

I could tell you I selected Springsteen's *Jungleland* because I'd seen him perform it live the previous summer, and that it spoke to me, a privileged white kid in Florida as if I were a tough gangsta rat living on the hard streets of Jersey. Or that I found *The Boss* to be a poet superior to anyone I'd read in school. Or that I already had all the lyrics memo-

rized from playing it so often while building puzzles and drinking grape Nehi soda in my bedroom. All of this would be true. But really, it was because for Christmas that year I had asked and received a switchblade comb. I loved flicking it open and closed and combing my platinum blond feathered hair until even my younger brother told me to knock that shit off.

My performance was technically accurate and chocked full of pretension if not passion. I enjoyed myself immensely. I tried for all the inflections and volume changes that Bruce did in concert. I flourished my switchblade comb from the back pocket of my jeans at the right moment in the soliloquy;

*"Kids flash guitars just like switchblades
Hustling for the record machine"*

I even sat down at the edge of the stage for the lines,

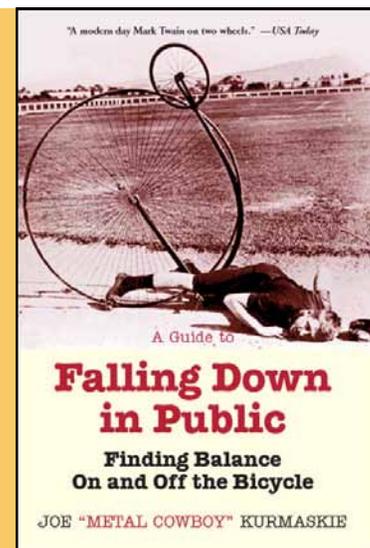
*"In the tunnels uptown the Rat's own
dream guns him down
As shots echo down them hallways
in the night
No one watches when the ambulance
pulls away
Or as the girl shuts out the bedroom
light"*

I got to my feet and closed that shit out proper.

When it was done, Mr. Wicker, in what could have been a scene out of the film, *Waiting For Guffman*, put his pen to his mouth and asked me why I chose that song to deliver over say Poe or Shakespeare? Of course, I got all defensive and aggressively pseudo-intellectual, like some pint-sized Joe Rogan... when all he was doing was trying to get me to think deeper or express my angst. I realized years later that Mr. Wicker was all of 27 at the time. But on stage, without the lyrics to hide behind, I ended my turn by saying, "Cause it's the Boss, Man. Also, fuck the raven."

Flashforward. I'm the student director/stage manager for the school production of *The Wizard of Oz*, directed by Mr. Wicker. We are driving around in his girlfriend's VW Bug; she was also the counselor at our school, and I did not until that day realize they had more than a professional relationship going. I saw Wicker in a different light all of a sudden. So we are driving to pick up costumes in the middle of a school day which is disconcerting right there. Driving with a teacher during the school day.

Mr. Wicker tells me to stop messing with the radio. He has a tape he wants to listen to. Ah, now it's gonna



be his bullshit tunes.

Springsteen's *Jungleland* fills the little car. I sit in silence for a few minutes and when it's done all I can think to say is, "You Son of a Bitch."

He smiles and offers me a can of Mello Yellow. I turn it down so I can comb my hair in the passenger seat with my switchblade and contemplate the ever-changing nature of things.

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*.

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THE ATHLETE'S KITCHEN

The Athlete's Kitchen: Food, Anxiety and Athletes: A Troublesome Trio

By Nancy Clark MS RD CSSD

As I write this column, the date is April 10th, 2020, three weeks into the coronavirus shut-down here in Boston. I continue to counsel clients from my virtual office. I am talking with gym rats and athletes alike who are stuck at home, hating what they see when staring at themselves during Zoom meet-ups, and are spending too much time fighting with food (Do I eat? Don't I eat? Am I hungry—or just bored?). They are feeling anxious and self-critical.

When life feels out of control, athletes commonly end up trying to control other things, such as food, exercise, and weight. Some may be striving to chisel themselves into a perfect body (no excess body fat) and eat a perfect diet (no fun foods). Unfortunately, the same dedication and discipline that help them be top athletes are the same traits that foster eating disorders. For example, perfectionism is common to both athletes and people with anorexia. How else could figure skaters or gymnasts rise to the elite level without demanding perfection from themselves?

Yes, discipline, dedication, and perfectionism are driving forces that help good athletes become great. But genetics is fundamental, as is adequate—but not necessarily perfect—fueling. That is, eating a cookie will not contaminate an athlete's health nor ruin one's ability to perform well.

If you are relentlessly pushing yourself hard right now out of fear of getting fat and losing fitness, please consider being gentler on yourself. This is a difficult time for many folks. Little is wrong with a bit of comfort food in the midst of chaos and crisis. Perhaps you can allow yourself to be “bad” and do something out of character, like bake cookies and enjoy some for an afternoon snack. Giving yourself permission to enjoy some comfort food is normal, assuming you also have other coping skills such as writing in a journal and relaxing yourself with yoga.

When food has power over you

If you are spending too much time trying not to eat (Fill in the blank) _____ (cookies, cheese, ice cream, chips?) because you can't eat just one serving, think again. Depriving yourself of your favorite foods makes them even more enticing. They can needlessly become too powerful. To take the power away from a “binge food,” you need to eat it more often. (Trust me!) Here's the analogy:

Pretend you are caring for a four-year-old boy. You take him into a room filled with toys and tell him he can play with all of the toys except for the green truck. You leave the room and then look through the two-way mirror. What is he playing

with? The green truck, of course! The same analogy holds true with food.

If you give yourself permission to eat, let's say, some Oreos every day, after a few days, you'll either have little interest in yet-another Oreo (because other foods actually make you feel better) or you will be able to eat just one Oreo; it will no longer have power over you. Yes, to gain control over foods that have power over you, you have to allow the food back into your life and eat it more often. Be curious; give it a try?

When the mirror makes you feel sad

Are you spending too much time these days critically evaluating your body in the mirror? Or hating what you see in the Zoom meet-up? Please, just, stop the body-hated talk. Few humans have a perfect body. The imperfections you see are perfectly beautiful and acceptable.

Instead of being self-critical, be grateful that you are healthy. Grateful that you have two strong legs that help you be a good runner. Grateful that you have two hands that help you row crew. Grateful that you have a body that produced healthy babies that are now your beloved children. You could even apologize to your body for having tortured it with skimpy diets and excessive exercise in your efforts to control how it looks.

Rather than focus on how your body looks, turn your attention to how your body feels throughout the day, particularly before, during and after you exercise. Does your body feel hungry? tired? sore? Respond appropriately to that feeling by nourishing it with food, rest, a warm bath. Daily killer workouts that feel like punishment for having excess body fat inevitably end up with the athlete being injured and depressed.

Now is a good time to practice looking in the mirror (or the Zoom screen) and saying nice things about your body, such as, “I have pretty blue eyes.” “I like my silky hair.” “I have strong legs.” You can intentionally pay less attention to the crooked teeth, frizzy hair, and “too big” tummy. Do you really think others care about that stuff?

Note: For more information on making peace with your body, visit RealFoodWholeLife.com, JessieHaggerty.com, and Julie Duffy Dilllon's podcast Love, Food.

When mindless eating gets out of control

If you find yourself grazing on snacks incessantly throughout the day and have fears about getting fat, try scheduling regular meals and snacks. Also give yourself permission to eat enough breakfast and lunch, so that you are fully satiated. Don't stop eating those meals just because you think you should but

Continued on page 9

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

MOUNTAIN BIKING

Interview with Professional Mountain Biker Payson McElveen



Pro mountain bike Payson McElveen. Photo courtesy Payson McElveen

the riding community as a whole, whether competitive or not, is so healthy. Beyond that, the terrain is incredible. I've never been anywhere that has so many incredible, diverse trails so easily accessible from town.

AN: What are the three best races in the Four Corners region that you have participated in and why?

PM: Somewhat ironically, the Four Corners area doesn't have many races. We're so rural and isolated in this area that there just aren't that many people to support a large number of events. That said, the Iron Horse Bicycle Classic, 12 Hours of Mesa Verde, and some of the collegiate races are all local events that have a special place in my heart.

AN: In your opinion, what are the five best places to ride in the Four Corners region, and why?

PM: Well, certainly Durango. Phil's World near Cortez is also a special place. The Colorado Trail between Silverton and Durango, and the high mining roads around Telluride are also very unique.

AN: Earlier this year, we lost an amazing cyclist and kind person when Ben Sonntag, a professional mountain biker with Team Cliff Bar, was killed by the driver of a pickup truck while riding on the road outside Durango, where he lived. Since you knew and rode with Ben, what is something that you would like to tell the world about him?

PM: Ben was a true professional, incredibly dedicated to his craft, but still put people first. He was one of the fiercest competitors on the circuit, but one of the nicest individuals at the races as well. I admired him as an athlete, but even more so as a person.

AN: What is the most difficult part of training during the COVID-19 coronavirus pandemic, and what are a few training tips for other mountain bikers?

PM: I miss group rides! I honestly love the process of training and haven't had too much trouble staying motivated. We have some great competitive group rides here in Durango that I often utilize as a training tool, and it's a bummer that those are on hold. That said, it's definitely the right protocol right now.

In terms of training tips for mountain bikers, I have two top recommendations: first, ride with folks that are better than you. That's the best and fastest way to improve. Another key tip is consistency. Even five short 45-minute rides per week is better training than two long 3-hour rides.

Payson McElveen's Bicycle Specs:

- Trek Top Fuel 9.9, size Large (19.5"), with custom Orange Seal Off-Road Team Project One paint scheme
- SRAM AXS Eagle drivetrain with 36T chainring and Quarq power meter

Nutrition - Continued from page 8

rather because you actually have had enough to eat. Athletes who graze all day rarely feel fully fed.

Hunger is a physiological request for fuel. Hunger does not mean "Oh no, I'm going to eat and get fat. Rather, hunger is your body's way of saying it has burned off what you fed it and now needs more fuel. Yes, food is fuel, not the fattening enemy. Honor hunger.

Another way to bring control to your eating is to eat only when 1) you are sitting in a specific place (kitchen table?), 2) the food is on a plate, and 3) you are tasting it mindfully. (I.e. you are not standing in front of the open cupboard, wolfing down handfuls of chocolate chips.)

My hope is the above tips will help you find peace with food and your body. Enjoy food for nourishment and survive the coronavirus shut-down with sanity.

Boston-area sports nutritionist Nancy Clark, MS, RD CSSD counsels both casual and competitive athletes, helping them eat to win. The new 6th edition of her Sports Nutrition Guidebook is a best-selling resource. For more information, visit NancyClarkRD.com.

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Instagram: @paysonmcelveen

Anthony J. Nocella II, Ph.D. is a full-time professor at Salt Lake Community College, author of numerous books, trail runner, triathlete, competitive cyclist, and in his free time works at Hangar 15 Bicycles Millcreek.

Pro mountain bike Payson McElveen. Photo courtesy Payson McElveen

By Anthony J. Nocella II, Ph.D.

Anthony Nocella: I met you a few times quickly in Durango, Colorado when I lived there, and follow you via Instagram. I must say you are one of the most engaging Instagram professional cyclists in the world. How

is it training and living in a small town such as Durango, Colorado as a professional mountain biker?

Payson McElveen: Personally, I feel Durango, CO is the best place to live as an endurance off-road racer. First and foremost, the community is incredible. Durango has a long illustrious history of racing, but

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BMX

Interview with Professional BMX Rider Hayden Raymond



Hayden Raymond is a pro BMX rider living in Durango, Colorado. Photo courtesy Hayden Raymond

By Anthony J. Nocella II, Ph.D.

Anthony Nocella: Thank you Hayden Raymond for allowing me to interview for Cycling West. It is a pleasure to connect with you again, since I moved from Durango, Colorado. Not only were you an amazing student at Fort Lewis College, but you are also a professional BMX rider on the Pure Bicycle Company Professional Team. Can you tell me a few of the struggles of being a professional cyclist and a full-time student?

Hayden Raymond: When I was in school, I was actually racing on Pure's American Factory team, which is a professional/amateur team. I was able to get picked up on that sponsorship my sophomore year, so my freshman year was in

my opinion my hardest year on and off the bike, from trying to figure out a training schedule to still get school done to then trying to rearrange classes to make races to trying to build relationships with professors so I didn't fail. It was all super stressful and it just became very hard to handle at seventeen years old. But once I got picked up factory and was able to make it to the races in a reasonable amount of time, a lot of stuff got easier.

AN: Fort Lewis College is a small college in a small town, but has one of the best cycling teams in the country. What makes a college cycling team successful in your opinion and what should high school students who are cyclists look for in a college cycling team?

HR: So, for example, while Fort Lewis is in a small cycling town, Durango as a whole community supports every one of the riders here at the school no matter the discipline. The answer is community for sure. When I spoke to the staff in our program, they spoke to me as a student first and then cared about the athlete. For me that was huge in keeping me guided through my studies, because once you get contracts you start thinking of what you could be doing instead of sitting in classes. You definitely need to look for that support, and as a young kid the biggest thing that I'd say is know your worth. Go somewhere that you feel that you can get invested in by the program just

as much as you invest yourself into that program.

AN: As a result of the COVID-19 pandemic there is no racing and there is very little connecting with other cyclists because of distancing rules put in place nationally. How are you training and preparing for future races currently? Do you have any training tips for BMX riders during the pandemic?

HR: This pandemic is definitely been crazy and thrown us for a loop. The whole training program has basically changed overnight so we're basically in a giant block of off-season training. My biggest advice for the kids to get to the tracks is ride your bike as much as you can right now. Don't worry about the gym being closed and all that stuff. I was told by a good friend of mine a while back that the skills aren't made at the track, but brought to the track. So all the kids just really need to remember that you need to build your programs and your skills now, so that when the race is open we can go full throttle.

AN: What are the three best BMX tracks in the southwest to ride and why?

HR: The three best tracks in the

southwest side are Red Canyon BMX in Salt Lake City, Utah because it's just a nice open track. The National there is always nice with great people and a great community. Duke City BMX in Albuquerque, New Mexico is super fun; Tomas Fernandez kind of put a European twist on the track so it's a little different. Durango BMX in Durango, Colorado because that's the track that has built me into the rider I am today. It's my home track, and the one I spend the most time on and yeah, it's great.

AN: Is there anything else you would like to tell me?

HR: I would like to announce at this time, I have actually left Pure. I would like to say thank you to Don and Rich over there for everything they did for me, but for the rest of 2020 and 2021 I will be riding for Redman Bikes out of California, USA. Big thanks to Mike Redman.

Anthony J. Nocella II, Ph.D. is a full-time professor at Salt Lake Community College, author of numerous books, trail runner, triathlete, competitive cyclist, and in his free time works at Hangar 15 Bicycles Millcreek.

Custer Gallatin National Forest May Limit Mountain Bike Trail Access

Mountain biking could be limited under a long-range plan for Custer Gallatin National Forest in Montana. The U.S. Forest Service (USFS) tentatively adopted a revision of its land management plan – unless anyone objects by September 8, 2020. USFS intends to issue a final plan early next year. The plan seeks to “limit mountain bike use to approved system mountain bike routes,” to preserve wilderness.

Under the preferred alternative, bikers would have to stick to approved routes. No new routes would be allowed in the Cook Mountain, King Mountain and Tongue River Breaks Backcountry Areas. No mountain biking would be allowed in the Bad Canyon Backcountry Area, but bikers could ride near it.

“I have decided that mountain biking is no longer a suitable use in this backcountry area in order to maintain the remote backcountry character of this area,” states the Draft Record of Decision. If adopted, about 14 miles of existing trail would be closed to bikers.

And while the Lionhead wilderness area will remain open to mountain bikers, the decision warns that if riders interfere with the nature of the area, it could get closed.

As part of an education program, the also indicates trailhead information might be updated to include asking mountain bikers and other trail users to remove seeds and burrs from their tires and shoes, in order to prevent creating projects to remove or mitigate invasive species.

Think you might encounter a creature bigger than a seed? Mountain bike trails run through bear territory in the forest. To avoid spooking or getting spooked by one, the plan suggests that when trails are being planned, trailbuilders try to minimize potential bear encounters by avoiding thick vegetation and steep hills to improve sight lines; minimizing sharp turns; and avoiding noisy areas like running streams.

For details, see <https://www.fs.usda.gov/detail/custer-gallatin/landmanagement/planning/?cid=fseprd482956>.

-Charles Pekow

Survey Indicates Women Cycle Less Than Men

In most of the world, women don't cycle as much as men; this appears to be true in most countries and in high- and low-cycling environments. To get more women on two-wheelers, policymakers are going to have to directly address the issue.

So says “Beyond the Bicycle: Seeing the Context of the Gender Gap in Cycling”, an essay in the September issue of the Journal of Transport and Health.

“Feminist critiques suggest this gender gap reflects societal roles and values, yet there has been little empirical research on the differences in men's and women's cycling in the context of total travel,” the authors say.

They took a look at a national survey in New Zealand of 49,965 people conducted between 2012 and 2014, the age of which may limit the accuracy of their conclusions. While five percent of men cycled regularly, only two percent of women did. Women's trips also averaged 12 to 17 percent less distance, among those to biked regularly or occasionally

“Better consideration of the social processes shaping travel is needed to create policy, institutions, programs and infrastructure that achieve the long-term goals of the transport system, such as increasing cycling and reducing greenhouse gas emissions,” the study concludes.

See <https://www.sciencedirect.com/science/article/pii/S221414052030075X?via%3Dihub>

-Charles Pekow

Green Bike Memberships for Essential Workers

As many Utah residents are changing aspects of their lifestyle to take additional precautions amid COVID-19 (Coronavirus), GREENbike, Salt Lake City's nonprofit bike-share program, is working to provide a safe and reliable source of transportation for those still commuting to the city or looking to stay active (while maintaining a safe six-foot distance). The bike-share program is promoting its Annual Membership as a great way to get outside and is offering a \$0.01 Annual Membership for all essential workers who still have to head into the office during this time. For more information about GREENbike and the precautions that the program is taking to keep riders who use its bikes safe visit greenbikeslc.org/covid19.

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COMMUTER COLUMN

Erik Lopez Offers Tips for Commuter Cyclists



Erik Lopez is a bike commuter and chair of the Poplar Grove Community Council in Salt Lake City. Photo courtesy Eric Lopez

By Turner C. Bitton

Erik Lopez is the Chairman of the Poplar Grove Community Council. Poplar Grove is one of six neighborhoods on Salt Lake City's West Side. In addition to a variety of leadership positions, Erik is a passionate commuter cyclist.

Cycling Utah had a chance to speak with Erik about his experience as a commuter cyclist.

Can you tell us a little bit about yourself? Are you from Utah?

What brought you here?

I have lived in Utah on and off for about 10 years and have enjoyed every minute of living in Salt Lake. Originally, I was born in Torrance, California and moved around until college, where I went to the University of Utah. I have tried, yet failed, to leave Utah permanently; every time I leave, in a few years' time, I return. That sent a signal to me that where I really belong is in Salt Lake and not some other city. When I am not riding my bike, I enjoy beer, books, brine shrimp, bread, and beds.

I understand that you commute by bicycle. What got you into commuter cycling?

When I was in college, I was too poor to afford a car. I was, however, in shape and enjoyed pushing some pedals. From there, I realized that driving a car really didn't save any significant time and my whole world view of the city changed when riding a bike. The same pitch shift can be said when walking as well – mainly, that the streets, buildings, and passersby become more in focus when going slower and the relief of the city becomes more acute when traveling with your own locomotion. As I started to get the rhythm of the city, I became more enamored with bicycle riding – the ease of use, the affordability, and the near-same time savings as driving. Obviously if you needed to pick up furniture or big boxes, you needed a vehicle, but outside of that, nothing really beat the wind whipping through your hair.

What is your favorite bicycle ride in Salt Lake City?

Currently, nothing beats the JRPT – the Jordan River Parkway Trail. I really love living on the West Side and, for those contemplating a move to the West Side, my understanding is that no house is more than half a mile from the JRPT. Not only is it really accessible, it is a pleasant ride, North and South, through the city and beyond. It is a real gem of Utah to have such a great bike trail that brings through various locales, cities, etc. and is really close by! Of course, there are your City Creek, Millcreek, and Emigration Canyon rides that are a real pleasure for the mountain scenery. Regardless, there is always a special place in my heart and the joy it brings for the JRPT.

You are the Chair of the Poplar Grove Community Council and Salt Lake City recently closed Emery Street to make space for more cycling and pedestrian access. Can you share how your

community is responding to that closure? Have you taken advantage of the closure?

If it is any indication, I haven't heard hide nor hair of anyone complaining about the road closures; now surely this is because those that complain don't go for the small packing peanuts but go straight to the top to voice their concern over road closures, their freedoms, etc. With that being said, it has been absolutely awesome to ride the streets as the primary traffic on a road – zipping down lanes, taking it slow, enjoying the cruising altitude of my bike on city streets. I have also had the pleasure of going down 500 North as well; both Emery and 500 North provide yet another way to experience the city in a way you might not have been able to experience before. In my experience, vehicular traffic has been, for the most part, respectful of the road closures. If you haven't already, please take advantage of the major road closures and the primacy of place they give you as a cycle rider. It is a great way to reconnect with the city, get exercise, and understand your neighborhood better. I love it and highly recommend it!

What have you learned in your time as a bicycle commuter? What advice would you give to others who are looking into bicycle commuting?

I tend to gloss over my early commuter cycling as a college student where, unfortunately, I was a bit more aggressive than I care to admit. With that being said, I think there are a few things that I would love to pass on to other cyclists (in no particular order):

1. Ride with, not against, traffic. I know it seems more appealing to see cars coming at you and that you may feel "safer" doing so but you are NOT. Absolutely not. If you can imagine that a car is used to looking at traffic in front of them and not, in terms of flow, riding against them,

it is to your disadvantage to ride against traffic. It is a car's responsibility, and their natural inclination in terms of learning to drive, to consider those driving in their lane of flow i.e. going with traffic. Don't ride against traffic.

2. Be respectful and aware. It is appealing to ride with earbuds on, but I find that to be less safe than to ride without. Listen, be cautious, and understand your surroundings. Give other riders, and cars, the benefit of the doubt and don't become hot headed. I know this from first-hand experience and a fractured hip!

3. Experiment with routes! There is more than one way to get to a destination and most destinations in the city are +/- 10 minutes by car vs bike. The city has many great offerings both in terms of scenic roads but in terms of layout, pitstops, etc.

4. Bike riding is a great way to learn about the various neighborhoods and communities that make up Salt Lake. Of course, I would be remiss if I didn't mention to the East Siders reading this that going over the train tracks will show you a whole side of the vast city we reside in – from Paper Lane where Waterpocket Distillery resides, to Kiitos (for those that drink), to the Peace Gardens, Redwood Road (which has its own surprises!) to the many parks that make up the Westside!

5. There are many places to get a bicycle and the Bicycle Collective is a great way to find a used bike, at fair prices, for getting around our city. We are lucky to have many bicycle shops like Saturday Cycles to get new bikes, get repairs, etc. Check them out for sure!

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

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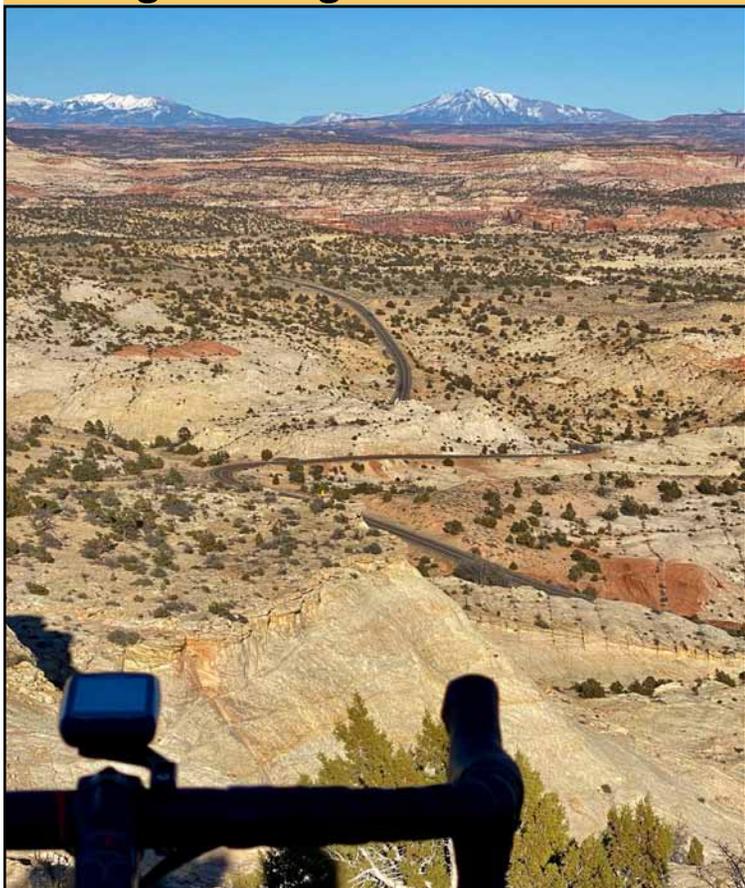
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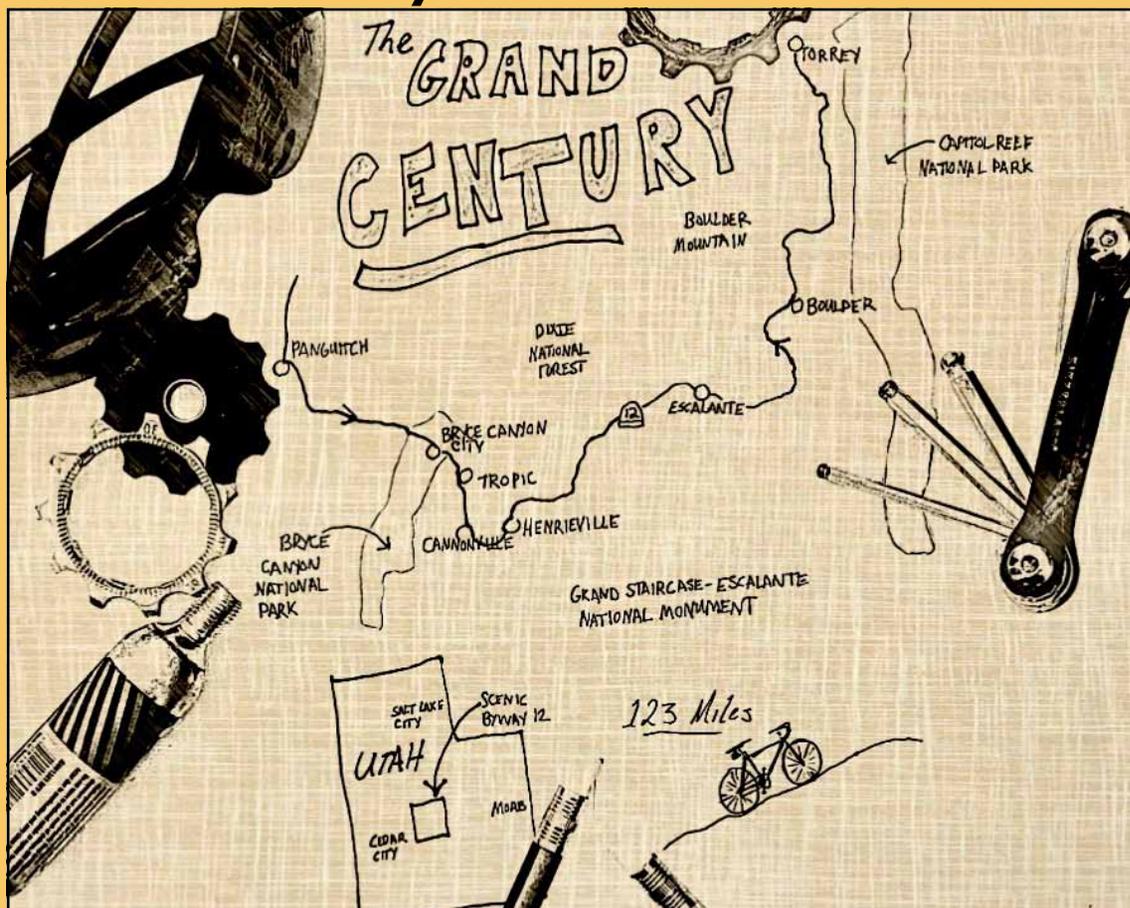
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ROAD RIDE OF THE MONTH

Riding Through the Staircase – The Grand Century

Overlook showing Scenic Byway 12 snaking through the colorful valley floor. Photo by David Collins



A map of the Grand Century, through the Grand Staircase area. Map by David Collins



Rolling through the rock at Red Rock. Photo by David Collins

By David Collins

123 Miles of Cyclist Friendly Scenic Byway Adventure

Although parts of this scenic byway show many faces and feature common nicknames, it seems to me The Grand Century is an appropriate name for rolling through it on a bicycle. The Grand Century is a suitable name for three reasons:

1. It's no ordinary byway and it entraps your attention with its beauty in a grand way.

2. It's 23 miles longer than the usual century ride of 100 miles

3. It winds through the heart of the Grand Staircase-Escalante National Monument.

The route is bathed in stunning scenery, clips a national park, features charming townships, dramatic alpine overlooks, red cliffs and a stretch dubbed "The Million Dollar Road". It's a cyclist's dream – filled with unforgettable imagery and points of historical interest.

Extended shoulder seasons are usually the best time to ride but depending on your skills, equipment, local conditions and road closures, you might be able to ride it throughout much of the year. Be weather aware, riding conditions can swiftly change.

Excursions and explorations are part of the fun of unsupported bicycle touring at your own pace. Mileage estimates are approximate and may vary depending on your tracking system and whims of the ride. Be sure to tell someone your plans and allow them to track your location using a smartphone or other device.

Solo or unsupported distance cycling often presents potentially dangerous situations related to terrain, weather, equipment, traffic, navigation and mental awareness. Even experienced cyclists must plan carefully and use wise judgment to successfully mitigate inherent risks of the sport or terminate a ride before it turns injurious or deadly. If you are new to the sport or have never ridden a bicycle more than 100 miles in a single day, learn the

ropes with a seasoned buddy or local cycling club before strapping on this ride.

Make sure to check maps, plan your route and check local road conditions before you go. As with any ride, be aware of your surroundings and of roadway traffic.

Time to fill water bottles, stuff gear bags, click in and start pedaling The Grand Century.

Route:

Scenic Byway 12. Begins in Panguitch and through Bryce Canyon City, Tropic, Cannonville, Henrieville, Escalante and Boulder - ends in Torrey. 123 miles.

Terrain:

All paved. Three high mountain passes (one of which tops out above 9600 feet), canyons; river bottoms; long rolling risers; open range; agricultural zones and winding/bending undulated miles throughout. Although there are multiple cycling (Share the Road) signs posted along the way, many segments have narrow (or no) paved shoulders and sharp curves.

What to See:

Geologic wonders including volcanic tuff, prehistoric landslides, slumps, columnar joints, basaltic boulders, hoodoos, honeycomb cliffs, stonepecker holes, exposed ancient bedrock strata and bubble caves; active and temporarily dormant rivers (Pariah, Escalante); Red Canyon; Dixie National Forest; giant cliff curtain rising behind Cannonville; Kodachrome Basin (see Still Have Legs); The Hogsback section of The Million Dollar Road (a razor thin ridge road with steep cliff drops on either side – proceed with caution and enjoy breathtaking vistas); Anasazi State Park Museum; a short sip of Bryce Canyon National Park; a long swig of Grand Staircase - Escalante National Monument; a handful of charming and sometimes

quirky towns (Panguitch, Bryce Canyon City, Tropic, Cannonville, Henrieville, Escalante, Boulder and Torrey); Visitor Centers including: Red Canyon, Bryce Canyon (three miles south of the byway's junction), Grand Staircase-Escalante National Monument and Escalante Interagency; the original Torrey log schoolhouse; while not quickly accessible on the ride, it's nice to know there's evidence of giant prehistoric residents - multiple dinosaur tracks litter the Escalante area (one site contains more than 250, two of which include indications of tail drags).

Selfies and Photo Ops:

Several colorful roadside cliff backdrops (chocolate, vermilion, white, gray and banded); noteworthy overlooks including The Blues, Head of the Rocks, Boynton, Homestead, Larb Hollow and Steep Creek; Red Canyon archways (the road passes through); Bryce Airport sign; Dixie National Forest backdrops; Ebenezer Bryce's cabin in Tropic; Kodachrome Basin State Park sign; laser-cut steel Welcome to Henrieville sign on the west side of town; Upper Valley Granaries cliff formation (a small stone structure constructed by ancient Puebloans is wedged into the cliff but can't readily be seen without binoculars); The Hogsback – DANGER - be cautious and only stop when weather permits and the road is empty.

Wildlife:

Mountain lions, bobcats, elk, deer, pronghorn (antelope), black bear, red-tailed hawks, golden eagles, jays, lizards, snakes, fox, coyote, jack rabbits, porcupines and little ground scurriers.

Best Post-Ride Eats:

Red Cliff in Torrey. The table clothes are plasticky, your silver comes in a parchment sleeve and they serve pizza and steak burgers,

but don't let that fool you. Other places may have classier environs or even better fare, but nobody has Red Cliff's homemade hot plate of meat lasagna. Every day the owner makes a batch of it – a lovely ode to all comfort food. Loaded with meatballish tang and served with shards of parm on top and sweet savory red sauce you'll sop with breadsticks, it's the perfect plate of protein and carbs after an extended day in the saddle. The portion is generous, but after you taste the first bite, you won't be surprised to find yourself ordering another plate when the last bite is gone.

Still Have Legs, lungs and Sunlight?

Add a brief detour through Kodachrome Basin State Park. More than 50 sand pipes ranging from 6 to 170 feet tall can scratch anyone's geological itch. If you're carrying lightweight shoes in your gear, shod your dogs and stretch your legs on the wondrous 2.9 Panorama Trail. It won't take long in your excursion to understand why a National Geographic Society Expedition named the basin after the color perfect Kodak film of the day.

Notes:

1. The final major climb tops out above 9600 feet above sea level where weather may deteriorate rapidly and turn into volatile riding conditions including early summer snow showers.

2. With three climbs, total elevation for the day is significant. You may want to split this ride into two days.

3. Take a hardcopy map, GPS and cell service are often spotty or unavailable.

David Collins is a cycling enthusiast and amateur randonneur. Follow him on Instagram @rockypumpkin

ESSAY

How to Ride a Bike (as told from the notes on my phone)

By Chiara Kim

last edited on July 3, 2019 at 2:41 AM

(taken from a collection of inside jokes)

“Chairs [my nickname] was born in 2002 during the peak of Paris Hilton’s reign.”

My friend Ella announced this in the crowded backseat of a 2017 Toyota Tacoma as it crawled across the uneven path of the White Rim trail near Moab. It wasn’t quite dark yet, but the sun was slowly dipping past the top of the red rock canyons. The Tacoma followed the road that carved through the deep valley next to the Green River. The rock walls towered over us, and by towered I don’t mean the way someone describes a tall building. I mean the way that something so immense makes you feel really, really small.

The way going to a planetarium feels. Looking at all the stars and the galaxies and the universe that is constantly expanding but what’s outside of it? Is it just white? Is it blackness?? How can everything that exists be extending into what does not? How can something that does not exist still somehow... exist?

Earlier that day, when the sun still splashed across the desert, I walked my bike on a rounded corner and looked down onto a hill. It was steep, with rocks jutting out every so often, threatening to catch onto my tire and send me flying across the sand. Coerced by peer pressure (from Ella and my dad) and my own fear of not overcoming my fears (spiders and being alone and biking down hills), I climbed on my bike and started down the mountain. I rode the brakes all the way down. Then I abruptly hit a patch of sand and slammed into the ground. That’s where I got one of my only scars, red sand stained with blood.

I remember most of this hill so vividly, the jagged wall to my right, the path pressed down by the weight of cars. I remember how the descent became a long stretch that you could fly across if you didn’t crash. But I don’t remember what was to the left of me. It was probably a cliff.

last edited on July 3, 2019 at 2:41 AM

“Sadie with butter pecan”

(taken from a collection of inside jokes)

It was the second day of our school interim trip to the White Rim. We rode about 33 miles a day for two days (hills including but not limited to the one that I had fallen on a year before). The scenery was so vast and the canyons so deep, but I barely noticed because I was so focused on constantly pressing my feet into the pedals.

When we arrived at our camping spot, we lay on the curved edge of the rock that hung over an unbelievably high cliff. Have you ever kicked rocks over the edge of a cliff and watched them fall,

and they fall for an insane amount of time and you think about how small the rocks are in comparison to the cliff and, subsequently, how small you are in comparison to the cliff and to the earth and to the 1,000,000,000,000,000,000,000 other stars?

Later that night, my friends and I laid in a tent for hours looking at the stars through the mesh fabric skylight that filtered the atmosphere into our eyes, pockets of darkness with pinpricks of white light. I stepped outside the tent to look at the enormous sky. There’s something about Southern Utah, in how the sky is an impossible black blanket dusted with light.

When I was little, I used to whisper a chant I learned from Dora the Explorer: “starlight, star bright. First star I see tonight. I wish I may, I wish I might, have this wish I wish tonight.” I was so excited to find that first star, the one that would make all my dreams come true. Luckily, I could only see a few stars every night because of the light pollution of the Salt Lake valley, and so I didn’t contemplate the vastness of the universe.

last edited on May 21, 2019 at 4:49 PM

(taken from a list of good things in life)

“Things that make me happy: Hugging! Apparently biking”

A year later, on the same school trip, I went to Montreal. We took a bike tour around the city. The tour was led by my French teacher, who “felt like a 16-year-old again” as he sped away on a cherry red electric bike. My bike was pale yellow, and it jostled over uneven cobblestones. After hours of crossing bridges over the Saint Lawrence River and winding through city streets in designated bike lanes, we reached the park at the base of Mont-Royale.

Recalling the feeling of diving into the red sand that blankets the White Rim mountain biking trail, I hesitantly began to ride up the mountain (my French teacher said it would be worth it). My tires rolled over the asphalt unraveled in switchbacks up the mountain. The ground cracked under the wheels as they ran over dried leaves.

It started drizzling as I got closer to the top of the mountain. My teacher had said the view was stunning, so it was disappointing, to say the least, when I got to the top and the only thing besides the trees and me and some of my classmates and the raindrops was a cell phone tower (or whatever that green pole on a cement base was).

I went to the wrong place, obviously. I had passed the designated viewpoint twenty or so minutes ago, when a classmate told me to turn left rather than right at a fork in the road. So, as the sun began to stream onto the mountain, I rode down a rocky path to an enormous cross made of silver metal and lined with white incandescent bulbs. The

cross was elevated on top of a structured base, which was guarded by an otherworldly shelter, metal and somewhat transparent and hard to explain. The monument itself looked like the metal bars above a stage, the ceiling dancers see when they release their heads to look to the starry bulbs, polychromatic lights interlaced between the cold metal. I stared at it for a while because it was fascinating and grand and strange. Someone said, “it’s kinda ugly though” and I agreed. Some things are too incomprehensibly big to be considered beautiful.

A few days earlier, we had visited a planetarium. We sat in a semi-spherical room, leaning back on the seats to watch a film that encompassed our vision, accompanied by French narration. I caught about 10 of the hundreds of words the narrator was saying, but I think I got the main idea. The universe is unexplainably big and Earth is infinitesimally small and we are smaller, thus we are the equivalent of flakes of stardust.

From the cross, we rode down to where the real view was, a panorama of skyscrapers beyond the treetops.



Chiara Kim (front) and a friend. Photo by Chiara Kim

The city was big and there were so many people in it, so many places to be. All of it under the boundless azure blue sky. It was worth it.

The road was wide and lined with trees whose leaves fluttered in the breeze. I rode the carving turns down the mountain, flying over the crackling pavement with the wind brushing my shoulders and running through my hair. And it felt like I

was letting myself be hugged by the terrifyingly never-ending stars from the planetarium. It felt like I was exhaling after a long time of holding my breath, like slowly relaxing my fingers and releasing the brakes.

July 27, 2019 at 1:20 AM
(taken from a note of various understandings and epiphanies)
“So much in life is connected.”

BICYCLE SHOP DIRECTORY

Southern Utah

Brian Head/Cedar City

Brian Head Resort Mountain Bike Park
329 S. Hwy 143
P.O. Box 190008
Brian Head, UT 84719
435-677-2035
brianhead.com

Cedar Cycle

38 E. 200 S.
Cedar City, UT 84720
(435) 586-5210
cedarcycle.com

Family Bicycle Outfitters

1184 S. Sage Drive Suite C
Cedar City, UT 84720
435-867-4336
familybicycleoutfitters.com

Hurricane

Over the Edge Sports

76 E. 100 S.
Hurricane, UT 84737
(435) 635-5455
overtheedge.bike

Moab

Chile Pepper

702 S. Main
(next to Moab Brewery)
Moab, UT 84532
(435) 259-4688
(888) 677-4688
chilebikes.com

Bike Fiend

69 E. Center Street
Moab, UT 84532
435-315-0002
moabbikefiend.com

Moab Cyclery

391 S. Main St.
Moab, UT 84532
(435) 259-7423
moabcyclery.com

Poison Spider Bicycles

497 North Main
Moab, UT 84532
(435) 259-BIKE
(800) 635-1792
poisonspiderbicycles.com

Rim Cyclery

94 W. 100 North
Moab, UT 84532
(435) 259-5333
rimcyclery.com

Monticello

Roam Industry

265 N. Main St.
Monticello, UT 84535
(435) 590-2741
roamutah.com

Price

Altitude Cycle

82 N. 100 W.
Price, UT 84501
(435) 637-2453
altitudecycle.com

St. George

Bicycles Unlimited

90 S. 100 E.
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(435) 673-4492
(888) 673-4492
bicyclesunlimited.com

IBB Cyclery & Multisport

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Ivins, UT 84738
435-319-0011
ibbcyclery.com

Rapid Cycling

705 N. Bluff Street
St. George, UT 84770
435-703-9880
rapidcyclingbikes.com

Rapid Cycling

446 S. Mall Drive, #3
St. George, UT 84790
435-703-9880
rapidcyclingbikes.com

Red Rock Bicycle Co.

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

Springdale

Zion Cycles

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

Northern Utah

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Al's Cyclery / Al's Sporting Goods

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als.com

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North Logan, UT 84341
(435) 753-7175
joyridebikes.com

Sunrise Cyclery

138 North 100 East
Logan, UT 84321
(435) 753-3294
sunrisecyclery.net

Wimmer's Ultimate Bicycles

745 N. Main St.
Logan, UT 84321
(435) 752-2326
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Park City/Heber

Cole Sport

1615 Park Avenue
Park City, UT 84060
(435) 649-4806
colesport.com

Contender Bicycles

1352 White Pine Canyon Road
Park City, UT 84060
435-214-7287
contenderbicycles.com

Jans Mountain Outfitters

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

Mountain Velo

1612 W. Ute Blvd, Suite 115
Park City, UT 84098
(435) 575-8356
mountainvelo.com

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Park City, UT 84060
435-659-3991
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Slim and Knobby's Bike Shop

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(435) 654-2282
slimandknobbys.com

Stein Eriksen Sport

At The Stein Eriksen Lodge 7700 Stein Way
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Deer Valley, UT 84060
(435) 658-0680
steineriksen.com

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Park City, UT 84060
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silverstarskiandsport.com

Storm Cycles

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(435) 200-9120
stormcycles.net

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Park City, UT 84060
(435) 649-8710
whitepinetouring.com

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Eden/Huntsville/Mountain Green

Diamond Peak Mountain Sports

2429 N. Highway 158
Eden, UT 84310
(801) 745-0101
diamondpeak.biz

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Bingham Cyclery

1895 S. Washington Blvd.
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(801) 399-4981
binghamcyclery.com

2nd Track Sports

1273 Canyon Road
Ogden, UT 84404
801-466-9880, ext. 2
2ndtracks.com

Skyline Cycle

834 Washington Blvd.
Ogden, UT 84404
(801) 394-7700
skylinecyclery.com

The Bike Shoppe

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Ogden, UT 84403
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Two Hoosiers Cyclery

2374 Harrison Blvd.
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Bingham Cyclery

2317 North Main Street
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(801) 825-8632
binghamcyclery.com

Bountiful Bicycle

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(801) 295-6711
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Bountiful Bicycle

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Kaysville, UT 84037
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Bountiful, UT 84010
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guthriebike.com

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loyalcycleco.com

Masherz

2226 N. 640 W.
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(801) 683-7556
masherz.com

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Cottonwood Cyclery

2594 Bengal Blvd
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cottonwoodcyclery.com

Flynn Cyclery

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Holladay, UT 84117
801-432-8447
flynncyclery.com

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

Summit Cyclery

2540 Bengal Blvd, Ste 100
Holladay, UT 84121
801-613-9478
summitcyclery.com

Salt Lake City

Bicycle Center

2200 S. 700 E.
Salt Lake City, UT 84106
(801) 484-5275
bicyclecenter.com

BikeFitr

1549 S 1100 E
Suite D
Salt Lake City, UT 84105
801-930-0855
bikefitr.com

Bingham Cyclery

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

Contender Bicycles

989 East 900 South
Salt Lake City, UT 84105
(801) 364-0344
contenderbicycles.com

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250 S. 1300 E.
Salt Lake City, UT 84102
(801) 582-9870
crankysutah.com

Fishers Cyclery

2175 South 900 East
Salt Lake City, UT 84106
(801) 466-3971
fisherscyclery.com

Gear Rush Consignment

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385-202-7196
gearrush.com

Go-Ride.com Mountain Bikes

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Salt Lake City, UT 84108
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go-ride.com

Guthrie Bicycle

803 East 2100 South
Salt Lake City, UT 84106
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guthriebike.com

Highlander Bike

3333 S. Highland Drive
Salt Lake City, UT 84106
(801) 487-3508
highlanderbikeshop.com

Hyland Cyclery

3040 S. Highland Drive
Salt Lake City, UT 84106
(801) 467-0914
hylandcyclery.com

Jerks Bike Shop

4967 S. State St.
Murray, UT 84107
(801) 261-0736
jerksbikeshop.com

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660 S 400 W
Salt Lake City, UT 84101
801-973-7350
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Pedego Electric Bikes

1095 S. State Street
Salt Lake City, UT 84111
801-341-2202
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REI (Recreational Equipment Inc.)

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

Trek Bicycle

247 S. 500 E.
Salt Lake City, UT 84102
(801) 746-8366
slcbike.com

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1035 S. 700 E.
Salt Lake City, UT 84105
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605 N. 300 W.
Salt Lake City, UT 84103
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2312 S. West Temple
Salt Lake City, UT 84115
(801) 328-BIKE
slcbikecollective.org

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801-466-9880, ext. 1
2ndtracks.com

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1350 South Foothill Dr
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(801) 582-5611
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West Jordan, UT 84088
(801) 432-2995
laketownbicycles.net

REI (Recreational Equipment Inc.)

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Sandy, UT 84070
(801) 501-0850
[rei.com/sandy</](http://rei.com/sandy)

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Mobile Bike Shop
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racerscycle.net

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absolutebikes.net

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Absolute Bikes

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Village of Oak Creek
Sedona, AZ 86351
928-284-1242
absolutebikes.net

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Sedona, AZ 86336
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otesedona.com

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www.djsbikeshop.com

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970-858-3917
backcountrybiker.com

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970-858-7220
otesports.com

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Jackson, WY
fitzgeraldsbicycles.com
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307-733-5335
hobacksports.com

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265 W. Broadway
Jackson, WY 83001
307-203-0444
hoffsbikesmith.cm

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1160 Alpine Ln.
Jackson, WY 83001
307-200-6144
thehubbikes.com

Teton Bike

490 W. Broadway
Jackson, Wyoming 83001
307-690-4715
tetonbike.com

Teton Village Sports

3285 W Village Drive
Teton Village, WY 83025
tetonvillagesports.com

Wilson Backcountry Sports

1230 Ida Lane
Wilson, WY 83014
307-733-5228
wilsonbackcountry.com

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6681 West Fairview Avenue
Boise, ID. 83704
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www.bobs-bicycles.com

Boise Bicycle Project

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Boise, ID 83796
208-429-6520
www.boisebicycleproject.org

Custom Cycles

2515. N. Lander St.
Boise, ID 83703
208-559-6917
harloebikes@icloud.com
facebook.com/Custom-Cycles-1071105139568418

Eastside Cycles

3123 South Brown Way
Boise, ID 83706
208.344.3005
www.rideeastside.com

George's Cycles

312 S. 3rd Street
Boise, ID 83702
208-343-3782
georgescycles.com

George's Cycles

515 West State Street
Boise, ID 83702
208-853-1964
georgescycles.com

Idaho Mountain Touring

1310 West Main Street
Boise, ID 83702
208-336-3854
www.idahomountaintouring.com

Ridgeline Bike & Ski

10470 W. Overland Rd.
Boise, ID 83709
208-376-9240
ridgelinebikenski.com

Spokey Joe's Bikes & Gear

2337 S. Apple St.
Boise, ID 83706
208-202-2920
spokeyjoe.com

TriTown

1517 North 13th Street
Boise, ID 83702
208-297-7943
www.tritownboise.com

Rolling H Cycles

115 13th Ave South
Nampa, ID 83651
208-466-7655
www.rollinghcycles.com

Victor/Driggs

Fitzgeralds Bicycles

20 Cedron Rd
Victor, ID 83455
208-787-2453
fitzgeraldsbicycles.com

Habitat

18 N Main St.
Driggs, ID 83422
(208) 354-7669
ridethetons.com

Peaked Sports

70 E Little Ave,
Driggs, ID 83422
208-354-2354
peakedsports.com

Idaho Falls

Bill's Bike and Run

930 Pier View Dr
Idaho Falls, ID
208-522-3341
billsbikeandrun.com

Dave's Bike Shop

367 W Broadway St
Idaho Falls, ID 83402
208-529-6886
facebook.com/DavesBikeShopIdahoFalls

Idaho Mountain Trading

474 Shoup Ave
Idaho Falls, ID 83402
208-523-6679
idahomountaintrading.com

Intergalactic Bicycle Service

263 N. Woodruff
Idaho Falls, ID 83401
208-360-9542
intergalacticbicycleservice.tumblr.com

Pocatello

Barries Ski and Sport

624 Yellowstone Ave
Pocatello, ID
208-232-8996
barriessports.com

Element Outfitters

222 S 5th AVE
Pocatello, ID
208-232-8722
elementoutfitters.com

Element Outfitters

1570 N Yellowstone Ave
Pocatello, ID
208-232-8722
elementoutfitters.com

Rexburg

Bill's Bike and Run
113 S 2nd W
Rexburg, ID
208-932-2719
billsbikeandrun.com

Twin Falls

Epic Elevation Sports

2064 Kimberly Rd.
Twin Falls, ID 83301
208-733-7433
epicelevationsports.com

Spoke and Wheel

148 Addison Ave
Twin Falls, ID83301
(208) 734-6033
spokeandwheelbike.com

Cycle Therapy

1542 Fillmore St
Twin Falls, ID 83301
208-733-1319
cycletherapy-rx.com/

Salmon

The Hub

206 Van Dreff Street
Salmon, ID 83467
208-357-9109
ridesalmon.com

Sun Valley/Hailey/Ketchum

Durance

131 2nd Ave S
Ketchum, ID 83340
208-726-7693
durance.com

Power House

502 N. Main St.
Hailey, ID 83333
208-788-9184
powerhouseidaho.com

Sturtevant's

340 N. Main
Ketchum, ID 83340
208-726-4512
sturtevant-sv.com

Sun Summit South

418 South Main Street
Hailey, ID 83333
208-788-6006
crankandcarve.com

The Elephant Perch

280 East Ave
Ketchum, ID 83340
208-726-3497
elephantperch.com

NEVADA

Boulder City

All Mountain Cyclery

1601 Nevada Highway
Boulder City, NV 89005
702-250-6596
allmountaincyclery.com

Las Vegas

Giant Las Vegas

9345 S. Cimarron
Las Vegas, NV 89178
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WESTERN STATES

CALENDAR OF EVENTS

Calendar Notes for Summer 2020

Due to the ongoing COVID-19 coronavirus crisis, we have updated as many events as we can. Some are still deciding on whether or not to reschedule as of press time.

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

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

hurting as a result of the global pandemic. Your support is needed.

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

Cycling West will endeavor to keep the calendar as current as possible. Please also check our online calendar here:

<http://www.cyclingingutah.com/event-calendars/>

Happy Cycling!

Dave Ittis

Editor and Publisher

Utah BMX

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

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00- 9:00; Race Saturday, May through September, Kevin , 801-698-1490, kevin@klikphoto.net, lrbmx.com, radcanyonbmx.com/Rad_Canyon_Legacy_Outdoor_Schedule_2014.pdf

Advocacy

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

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

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

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

Mooseknuckler 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, mountaintrails.org

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

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

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

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

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

WOBAC - Weber Ogden Bicycle Advisory Committee — Ogden, UT, Josh Jones, 801-629-8757, joshjones@ogdenclity.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, president@bikegaba.org, bikegaba.org

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

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

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

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

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

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, dant@tvtap.org, tvtap.org, tetonbikfest.org

Bike Orem — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, randy@maddogcycles.com, bikeorem.weebly.com

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 , neomail@cyclingingutah.com, [facebook.com/groups/SLCCM/](https://www.facebook.com/groups/SLCCM/)

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

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

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

Slow Roll SLC — Salt Lake City, UT, Fun, Bikes, and Party Rides on Tuesday Nights at 7

Calendar Guidelines:

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

Submit your event to:

calendar@cyclingingutah.com

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

Let us know about any corrections to existing listings!

behind Crank SLC 749 S. State Street., Christian Clemens, 385-528-1158, 801-440-0546, christian@crankslc.com

September 21-27, 2020 — National Bike to Work Week, Utah Bike Month, Everywhere, UT, A week to climb out of the motor vehicle and onto your bike on your way to work., None , neomail@cyclingingutah.com, bikeleague.org

September 22, 2020 — World Car Free Day, UT, Ride your bike and leave the car at home!, None , neomail@cyclingingutah.com, worldcarfree.net

September 22, 2020 — National Bike to Work Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., None , neomail@cyclingingutah.com, bikeleague.org

April 6, 2021 — Utah Bike Summit, Layton, UT, Keynote Speaker (tentative): John Burke of Trek Bicycle, The Utah Bike Summit is the statewide bicycle conference. The summit brings together everyday riders, bicycle and trail advocates, representatives from Utah's bicycle industry, planners, engineers, representatives from Utah's tourism industry and health fields, and local and state government officials in order to make Utah more bicycle friendly. Regardless of your interest in bicycling (transportation, recreation, road, mountain, commuter), the Utah Bike Summit is for you and all are encouraged to attend. Held at Davis Conference Center, Crys Lee, 385-831-1515, crys@bikeutah.org, bikeutah.org/utahbikesummit/

Mountain Bike

Tours and Festivals

July 17-19, 2020 — BetterRide Women's MTB Camp, Winter Park-Fraser Mountain, CO, BetterRide's Women-Only Mountain Bike Camp, Clinic and Skills Coaching covers the same core skills as the co-ed camps in a supportive, non-judgemental atmosphere. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ise Harms, admin@betterride.net, betterride.net

July 26-August 14, 2020 — Glacier National Park Bike Tour, Whitefish, MT, 7/5-10; 7/12-17; 7/19-7/24; 7/26-31; 8/2-7; 8/9-14, 8/16-21, 8/23-28. 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@lizardhead-cyclingguides.com, lizardhead-cyclingguides.com

July 31-August 2, 2020 — BetterRide MTB Camp, Park City, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ise Harms, admin@betterride.net, betterride.net

August 14-16, 2020 — Outerbike Summer in Crested Butte, CANCELLED, 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@western-spirit.com, outerbike.com

August 15-16, 2020 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Women specific mountain bike coaching for beginner to advanced levels, focusing on skill development and exploring local trails. Suitable for cross country and downhill riders., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

August 15-16, 2020 — VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

August 29-October 10, 2020 — MTB The Maze Bike and Stargazing Trip, Moab, UT, In partnership with Salt Lake City's Clark Planetarium. Bike by day, stargaze from the Maze Overlook in the heart of Canyonlands National Park. Rate a "Gold Tier" Dark Sky Park by the International Dark

Sky Association., Karen Johnson, 800-624-6323, karen.holidayriver@gmail.com, biker-oft.com

September 5, 2020 — Nevada City Fat Tire Festival, TENTATIVE, Nevada City, CA, Nevada City Fat Tire Festival promotes a healthy lifestyle and all inclusive experience for bicycle riders and outdoor enthusiasts. We have selected vendors that represent our goal with bicycle companies, bicycle components, local beer, personal training, injury prevention and recovery, bicycle repair, bicycle travel, bicycle camping and outdoor lifestyle. Part of an amazing weekend! We have joined the Rotary Century Ride, the Big Brothers and Big Sisters 20th Annual Gravel Grinder and the Nevada City Dirt Classic Cross Country Race series for a weekend of bicycling and family fun!, Nevada City Fat Tire Festival , 530-615-4462 , NCFatTireFestival@gmail.com, ncfatfirefestival.com

September 18-20, 2020 — Albuquerque Dirt Fiesta MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitanZiaRides.com, ziarides.com

September 18-20, 2020 — Outerbike Tahoe, South Lake Tahoe, CA, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, in South Lake Tahoe, CA., Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

September 19-20, 2020 — VIDA MTB Series: Befe Bike Bash, VIDA MTB Series, Lakewood , CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

September 20, 2020 — Monarch Crest Crank, Salida, CO, Mountain bike event along one of IMBA's Epic mountain bike trails, and proceeds go to the local nonprofit organization The Alliance, which helps victims of domestic and sexual abuse. Entry fee includes the ride, a shuttle to and from downtown Salida, on-course support, and post-ride party in Salida's Riverside Park, featuring live music, free lunch, libations, games and more! Space is limited to 100 riders., Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, Becky Rupp, crestcrank@gmail.com, monarchcrestcrank.com

September 25-26, 2020 — VIDA MTB Series: Glorieta, CANCELLED for 2020, VIDA MTB Series , Glorieta, NM, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

October 2-4, 2020 — 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@western-spirit.com, outerbike.com

October 2-4, 2020 — MECCA MTB Festival, Green River, UT, 34th Annual, Held at the John Wesley Powell Museum in Green River, Utah. Registration begins Friday at 1:00 p.m. followed by a warm up ride, refreshments, games and a prize drawing. Saturday is full of all-day guided rides, ranging from beginner to advanced followed by a yummy dinner, games and more FUN. Finish up on Sunday with a guided (or on your own) scenic ride. Family friendly., Kim Player, 435-653-2440, meccabike01@gmail.com, bikethestwell.org

October 3-4, 2020 — 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., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 3-4, 2020 — October Trek, Weiser, ID, 2 day mountain bike gravel ride, 86 mile rails-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, weiserivertrail.org/octobertrek.html, kotaho.com/octobertrekinformation/

October 9-11, 2020 — Hurricane Mountain Bike Festival, Hurricane, UT, Ride with us on world-class singletrack at the foothills of Zion National Park. Join us for 3 days of bike festival shenanigans, awesome demo bike & gear, Expo with great food and shopping, bike shuttles, skills clinics, Zion Brewery beer garden, dinner, prizes and more!, DJ Morissette, 435-635-5455, hurmtb-festival@gmail.com, hurricanemtbfestival.com, otesports.com

October 9-11, 2020 — BetterRide MTB Camp, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ise Harms, admin@betterride.net, betterride.net

October 9-12, 2020 — MTB San Rafael Swell Tour, San Rafael Swell, UT, Bike, Yoga & Stargazing. In partnership with Salt Lake City's Clark Planetarium. Bike, enjoy the most under the radar recreation area in Utah. "The Swell" offers world class mountain biking and dark skies for nighttime stargaz-

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ing. Joined by a Yoga facilitator to stretch out all the kinks after a day in the saddle., Karen Johnson, 800-624-6323, karen.holiday-river@gmail.com, bikeraft.com

October 10-11, 2020 — 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., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 16-18, 2020 — BetterRide MTB Trail Subtleties and Strategy Camp, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

October 29-November 1, 2020 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 15th Annual - Mountain bike festival with dual stage endurance race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Bentley, 435-259-4688, info@chilebikes.com, moabdown.com, chilebikes.com

November 20-21, 2020 — Tinker Classic, Beatty, NV, MTB Race and Festival, 100k MTB Race and 60k Gravel Gran Fondo Rides +, Guided rides, demo bikes and industry vendors. Enjoy 60+ miles of single track and many more miles of 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, the 60 K Gravel Gran Fondo through Death Valley National Park and Rhyolite Ghost town, and the Main Event! The 100K Tinker Classic Mountain Bike Race. Award Ceremony with fireworks at Spicer Ranch. Cimarron Chacon, 970-759-3048, info@groraces.com, tinkerclassic.com, GROpromotions.com

May 7-9, 2021 — US Bank Fruita Fat Tire Festival, Fruita, CO, 25th Anniversary festival kicking off the Mtn bike season in CO, world renowned trails, Bike Demo at 18 Road and Downtown Product Expo, and live music, Mike Heaston, 970-858-7220, emgmh@emg-colorado.com, George Gatsos, 970-858-7220, fruitafatfest.com, fruitafatfest-tival.com

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

Utah Weekly MTB Race Series

April 4-August 1, 2020 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, April-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., Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@suclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@weeklyraceseries.com, weeklyraceseries.com

May 26-August 18, 2020 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, UT, Tuesday nights (mostly), starting April 28! Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. Each XC race features a free kids' race! 8 XC races, 4 Mini Enduro races, 1 Women's Mini Enduro., Crys Lee, 385-831-1515, crys@bikeutah.org, Jackie Baker, 385-831-1515, jackie@bikeutah.org, midweekmtb.com

Regional Weekly MTB Race Series Utah Mountain Bike and Gravel Racing

July 18, 2020 — 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 fast 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. Beginning just above the Tram Plaza at Snowbird Center on the dirt road, this 5.1 mile course offers up approximately 570ft of climbing per lap., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

July 18, 2020 — 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, jenny@goalfoundation.com, Clairese Miljour, 801-399-1773, claire@goalfoundation.com, eldo-ceut.com

August 7-8, 2020 — Abajo (Blue Mountain) Enduro, Monticello, UT, Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts Friday afternoon. 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., Dustin Randall, 435-590-2741, info@roamutah.com, roamutah.com, abajoenduro.com

August 8, 2020 — Powder Mountain ICUP, Intermountain Cup, Powder Mountain, UT, 360° panoramic views all along the course, and promises fast and exciting riding with a starting elevation of 8,200 feet and a maximum elevation of approximately 8,900 feet. 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

August 15-16, 2020 — Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 15, 2020 — Cedar City Fire Road 100 Gravel Grinder, Cedar City, UT, 100K or 60K options - with over 80% dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

September 5, 2020 — Sundance SunDuro, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

September 13, 2020 — Tour des Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 26, 2020 — Antelope Island 50K MTB Race, Antelope Island, UT, 6th 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. Start time 9:00 AM, Packet pickup 7:30 AM., Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com

October 2-3, 2020 — Salty Lizard 100, Wendover, UT, Only an hour and a half west of Salt Lake City, the Salty Lizard 100 showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mile route gives riders of all abilities the chance to check off an early-season century, or to experience a well-supported day out in the desert with friends., Robert Kennedy, stupidponyride@gmail.com, saltylizard100.com

October 10-12, 2020 — Moab Rocks, Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format, Kevin McDonald, 866-373-3376, info@transrockies.com, TransRockies.com

October 12-13, 2020 — 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, hws@senior-games.net, senior-games.net

October 17, 2020 — 6 Hours of Frog Hollow, Frog Hollow Endurance Series, Virgin, UT, New Date: 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. Great introduction to endurance racing or a great trainer for bigger races. Categories from solo to 3 person, including single speed categories., Cimarron Chacon, 970-759-3048, info@groraces.com, groraces.com, 6hoursinfofrogollow.com

November 7-8, 2020 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus-double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 11th Annual, Cimarron Chacon, 970-759-3048, info@groraces.com, 25hoursinfofrogollow.com

November 7, 2020 — Red Rock Desert Rampage ICUP, Intermountain Cup, St. George, UT, The XC opener on the traditional Desert Rampage course, with approximately 6 mile lap at Green Valley., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com, ridesouthernutah.com

March 11-13, 2021 — True GRIT Epic Bike Race, National Ultra Endurance Mountain Bike Series (NUE) 100 and Marathon SE, Santa Clara, UT, Epic ultra-endurance mountain

bike race with 100 and 50 mile options over tough and technical terrain. Course is a 50 mile loop. Staggered starts at 7am, 9am and 11am - cut off time is 6pm, choose from open category with cash purse. Finish with live music, vendors and beer garden., Cimarron Chacon, 970-759-3048, info@groraces.com, truegritpic.com

June 26, 2021 — Fast Times at Richfield, Intermountain Cup, Richfield, UT, Check back for complete details., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

July 10, 2021 — The Crusher in the Tushar, Beaver, UT, 70 grueling 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 classic!, Burke Swindlehurst, roadrider@msn.com, tushar-crusher.com

September 4, 2021 — Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, snowchicken.jb@gmail.com, thepcpc.com

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

July 17-19, 2020 — NW Cup Downhill Series, Northwest Cup Downhill Series, Kellogg, ID, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/ JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

July 25, 2020 — Butte 100 Races, CANCELLED, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 13th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com

July 25, 2020 — Galena Grinder 4.0, TENTATIVE, Knobby Tire Series, Galena Lodge, ID, XC/ Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

July 25, 2020 — Up the Creek (UTC) Cascade Gravel Grinder, CANCELLED, Cascade, ID, Cyclists will enjoy some of Idaho's beautiful back country. We will offer two routes; 1) a 60-mile route that will include a race feature until mile marker 45 and 2) a 40-mile route that features a scenic loop through Round Valley. Most of these routes will be on dirt roads thus the gravel grinder name. We are also adding a race feature for the longer route, please go to the website, Mary, 513-382-3938, info@4summitchallenge.com, 4summitchallenge.com

July 25-26, 2020 — Pomerelle Pounder DH, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrockies@mail@yahoo.com, go-ride.com, utahdh.org

July 25, 2020 — Lone Peak's Revenge Big Sky Enduro, CANCELLED for 2020, Montana Enduro Series, Big Sky, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycle-guild.org, montanaenduro.com, montanabicycle-guild.org

July 25, 2020 — The Rift Gravel Race Iceland, CANCELLED, Hvolsvöllur, Iceland, The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It traverses the continental rift between North America and Eurasia - a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable!, The Rift, 011-354-626-3332, info@therift.bike, therift.bike

July 30-August 2, 2020 — Downieville Classic, CANCELLED, Lost Sierra Triple Crown, Downieville, CA, All mountain, cross country, and downhill races. Live music, premium beer, food vendors and an all-weekend mainstreet industry expo top off the event, mountain bike festival, Kurt Stockton, ks@sierratrails.org, downievilleclassic.com

August 1, 2020 — Breck Bash, CANCELLED, RME, Breckenridge, CO, 4 distance options. This year we offer a revised course and shortened version of the Ultra, covering two amazing loops of high country bliss. So saddle up and get ready to get a fresh take on a kickass network of backcountry trails and roads that will delight and challenge., Thane Wright, 970-401-1422, tanorcardo@yahoo.com, rockymountainendurance.com

August 2, 2020 — Race Montana Triathlon, Great Falls, MT, Sprint and Olympic Distance

solo and team triathlon. Adult and youth events available. Beginner adults can sign up for "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run)., Ron Ray, 406-761-2222, info@racemt.com, racemt.com/event/race-montana-triathlon, racemtfri.com

August 7-9, 2020 — Emerald Mountain Epic, CANCELLED, 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 singletrack detour into the beautiful backcountry of Routt County with a total of roughly 3,500ft 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 8, 2020 — Tamarack Twister, TENTATIVE, Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Cross County race, Fast and flowy, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

August 8-9, 2020 — 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 8, 2020 — Winter Park Sunrise to Sunset, CANCELLED, Roll Massif, Winter Park, CO, 12-hour relay format, the section of trails used in Sunrise to Sunset are just above town, making access and relaxation between laps super easy. Winter Park Sunrise to Sunset will be held in conjunction with Crooked Gravel., Tracy Powers, support@rollmassif.com, rollmassif.com

August 8, 2020 — Crooked Gravel, CANCELLED, Roll Massif, Winter Park, CO, 65- and 93-mile routes get right down to business, taking riders from downtown Winter Park onto remote gravel roads and up into the mountains. Held in conjunction with Winter Park Sunrise to Sunset, Tracy Powers, support@rollmassif.com, rollmassif.com

August 9, 2020 — Tamarack Enduro, TENTATIVE, Wild Rockies Series, Donely, ID, 5 min Super D Enduro-- XC on fast, flowing single track route and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide-open fire road. Qualifier for USA Cycling Mountain Bike National Championships., Alex Phipps, 208-841-4120, alex01phipp@gmail.com, twistedturtleracing.com

August 9, 2020 — Oak Flats MTB Race, New Mexico Off Road Series, Albuquerque, NM, fast and flowy course, Jan Bear, 505-670-4665, janbear@gmail.com, Par, 505-730-2615, parmenides.opine@gmail.com, nmors.org, oakflatsmtb.com

August 15-16, 2020 — 12 and 24 Hours of Flathead, CANCELLED, Kallispell, 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, facebook.com/24HoursOfFlathead

August 15, 2020 — Wente 8-Hour MTB, Willits, CA, The funnest 8-hour mountain bike race you'll ever do. 3 days of venue access including a private lake for swimming and boating. 8 Miles, 1,745' of climbing and bermy-berms for days. NOTE: Wente is on a private boy scout reservation. It is closed to the public on all days of the year except during race weekend. No trespassing!, Bike Monkey, 707-560-1122, info@bikemonkey.net, racewente.com

August 22-23, 2020 — Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 12th Annual! Staging begins at the Grand

Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic 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, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/pierres-hole-50-100-mountain-bike-race/

August 22, 2020 — York 38 Special, York, MT, Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 vertical feet!, Rita Naylor, 406-475-3085, rnbmontana@gmail.com, york-38special.org

August 22-23, 2020 — Big Mountain Enduro, Big Mountain Enduro Series, Big Sky, MT, BME Stop #2: 3 to 4 stages per day and upwards of 7,500 feet of descending, most of which will be lift accessed, but with some pedal transitions equalling roughly 3,000 feet of climbing over both days. Steep and technical., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

August 23, 2020 — Three-Quarter Minus Cykeltur Gravel Grinder, Sandpoint, ID, Syringa Cyclery, 208-610-9990, syringacyclery@gmail.com

August 29, 2020 — The Pony Xpress Gravel 160, Colorado Gravel Grinder Championships, Trinidad, CO, 160 km and 80 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tail light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option. 6th Annual, ride through the picturesque Spanish Peaks. This event will also include an electric bicycle class with a start time 30 minutes after the event begins., Phil Schweizer, 877-743-3566, phil.koobisaddies@msn.com, coloradogravelgrinderchampionship.com/pony-xpress/the-race

August 29, 2020 — Rendezvous Enduro, CANCELLED for 2020, Montana Enduro Series, Teton Village, WY, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycle-guild.org, montanaenduro.com, montanabicycle-guild.org

August 29, 2020 — La Tierra Torture Mountain Bike Race, New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, janbear@gmail.com, nmors.org, core-crew.com

August 29, 2020 — Lake City Alpine 50, Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy., Michael Fleishman, mike@lakecityalpine50.com, lakecityalpine50.com

August 29, 2020 — Royal Gorge Six and Twelve Hour MTB Races, Cañon City, CO, Six and Twelve Hour MTB Races, Seth Bush, 505-554-0059, EiCapitan@ZiaRides.com, ziarides.com

August 29, 2020 — Old-Fashioned Mountain Bike Race, Flagstaff, AZ, The MTB season re-starts in Flagstaff. Technical challenges await - 1-2-3 lap categories. Old school mountain bike racing in Fort Valley., Jeff Frost, 928-380-0633, consbleu@gmail.com, barnburnermtb.com, leadvillaceraceseries.com

August 30, 2020 — Scratchgravel XC Cup, Montana Off-Road Series (MORS), Helena, MT, The course is approximately a 5.8 mile loop, comprised of 70% double-track and 30% single-track. Demo bikes after the race., Joe Hamilton, j.hamilton@bresnan.net, Jason Steichen, jason.steichen@gmail.com



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com, Shell Thomas, thomashellit@gmail.com, montanacyclinglab.org/saxc/, montanacycling.net

September 3-6, 2020 — Rebecca's Private Idaho Gravel Grinder and Festival, Ketchum, ID, Lifestyle, mountain bike and outdoor festival staged in beautiful Sun Valley, Idaho over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renowned mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to Rebecca's favorite local, national and global cycling charities. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations., Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateidaho.com

September 5, 2020 — Truckee Dirt Fondo, Truckee, CA, Competitive off-road bicycle race featuring the incredible dirt and gravel roads in the Tahoe National Forest, best suited for a gravel/cross bike or a hardtail MTB. 3 course options: 65.1 mi (Long), 58.1 mi (Medium) and 26.2 (Rollout - non timed) + Family Fun Route (4.6 mi). Benefits the Truckee-based non-profit Adventure Risk Challenge., Bike Monkey, 707-560-1122, info@bikemonkey.net, truckeedirtfondo.com, www.adventureriskchallenge.org

September 5, 2020 — Wild Horse Gravel, CANCELLED for 2020, Roll Massif, De Beque, CO, Our Wild West gravel goes deep into the backcountry, taking in the full gamut of conditions: smooth, rugged, rutty, rocky, sandy, steep, 45-mile loop. Ride once or twice., Tracy Powers, support@rollmassif.com, rollmassif.com

September 6, 2020 — Signal Peak Challenge MTB Race, New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mile races, Jan Bear, 505-670-4665, janbear@gmail.com, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, nmors.org

September 6, 2020 — Nevada City Dirt Classic Cross Country Race, TENTATIVE, California Dirt Mountain Bike Series, Nevada City, CA, Race 4 of the California Dirt Mountain Bike Series, Duane Strawser, 530.263.3388, 530.265.2187, oldproracer@gmail.com, ncdirtfestival.com

September 6, 2020 — Powderhorn Enduro, Revolution Enduro Series, Powderhorn, CO, one day, lift service race, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

September 12-13, 2020 — Big Mountain Enduro, CANCELLED, Big Mountain Enduro Series, Santa Fe, NM, BME Stop #3: A two-day backcountry race entailing upwards of 6'000 feet of long rocky descents., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

September 12, 2020 — The Angry Horse Gravel Grinder, Idaho Falls, ID, Come crush some gravel and Ride the Angry Horse. This fully supported ride offers three different routes. The Filly Run is a rolling 10 miles of all gravel fun, the Colt Run is 45 miles and 4200 vertical feet of climbing. Finally the Stud Run is 120 miles of epic suffering, rolling all the way down and around Blackfoot Reservoir and on through the Grays Lake National Wildlife Refuge, before turning up Horse Creek. Register at USACycling.com ALL of the proceeds will go to saving Wild Mustangs. Come out and ride the untamed., Brooke Jeffs, 208-528-0664, ridetheangryhorse@yahoo.com, cbibikes.com, ridetheangryhorse.com

September 12-13, 2020 — Big Mountain Enduro, Big Mountain Enduro Series, Winter Park, CO, BME Stop #1: The BME returns to Winter Park again in 2020. Taking place on July 25th (24th for Sport categories), this ever-popular event will blend high altitude racing mixed with rugged terrain and big

descents., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

September 12-13, 2020 — Flagstaff Enduro, Flagstaff, AZ, Two days of enduro racing in and around Flagstaff, Jeff Frost, 928-380-0633, canisbleu@gmail.com, barnburnermtb.com, leadvillerraceseries.com

September 13, 2020 — Battle of the Gravel, Good Dirt Ride, Savery, WY, The Battle of the Gravel will host 3 distances a 21, 68 and 91 miles. The ride is semi supported with three stops. Lodging and camping available at the Boyer YL Ranch and in the town of Baggs (20 miles). All proceeds go to support our work with Africa cyclists at teamafricarisng.org, Kimberly Coats, 307-383-7778, 530-744-8773, teamwandacycling@gmail.com, battleofthegravel.com

September 19, 2020 — 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, leadvillerraceseries.com

September 19, 2020 — 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 19, 2020 — 12 Hours of Penitence, Penitente Canyon, San Luis Valley, CO, A 12-hour endurance mountain bike race with a course so entertaining, you'll be asking yourself, "Can I do one more lap?", Jerry Duran, 719-480-3885, 12hoursofpenitence@gmail.com, 12hoursofpenitence.com

September 19, 2020 — Gunnir Grinder, Gunnison, CO, Two course options. Single loop-format. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote therefore will include signage to help prevent riders from getting off course., Joel Grimmer, 512-751-8940, Joel@racer-evolutions.com, thegunnirgrinder.com

September 20, 2020 — Yeti Beti Bike Bash p/b Stan's No Tubes, Beti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome., Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rowley, 503-805-0043, sarah@mountain-grownmarketing.com, betibikebash.com

September 24-27, 2020 — Mountains to Meadows, Grinduro, 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 to three days of camping, live music (including a late-night DJ), beer, awesome food, and campfires., Kurt Stockton, ks@sierratrails.org, grinduro.com

September 26, 2020 — Fears, Tears and Beers Enduro, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net/fears-tears-and-beers/

September 26, 2020 — Chino Grinder p/b Lauf, Chino Valley, AZ, Endurance Cycling Event-Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options., AZ Gravel Rides, 480-452-9767, AzGravelRides@gmail.com, azgravelrides.com, chinogrinder.azgravelrides.com

September 27, 2020 — Horny Toad Hustle MTB Race, New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbear@gmail.com, Dave Halliburton, 575-312-5991, gotdirtnm@gmail.com, hornytoadhustle.com, nmors.org

October 3, 2020 — Tour of the White Mountains, Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Dave Castro, 520-623-1584,

info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

October 3, 2020 — Road Apple Rally MTB Race, New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1981 as a competition between horses and bicycles. It has since become a bicycle only race and stands as the longest running annual mountain bike race in the United States. Bring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain bike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mile loop, all others ride the full 30 mile Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air than on the ground! Course terrain also includes short climbs, flats, sandy arroyos and sharp corners., Jan Bear, 505-670-4665, janbear@gmail.com, Leslie Mueller, 505-599-1184, lmuelle@fntn.org, fntn.org/277/Road-Apple-Rally, nmors.org

October 4, 2020 — 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, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

October 10-11, 2020 — Big Mountain Enduro, Big Mountain Enduro Series, Angel Fire, NM, BME Stop #4: a two-day race entailing upwards of 12'000 feet of long technical descents throughout the weekend. Racers can expect 3 to 4 stages per day on some of the most legit trails in the country., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

October 10, 2020 — Co2uT - Desert Gravel, Fruita, CO, The Co2uT chemical equation can be broken down as follows: Co=Colorado, 2=to, uT=Utah. This kick-ass gravel race will take you from Colorado to Utah...and back. Designed by a long-time western-slope local, each route offers mind-blowing, gravel-loving terrain, quad-busting hills, breathtaking views, wildlife cameos, epic adventure and of course, FUN., Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, desert-gravel.com, teamevergreen.org

October 15-18, 2020 — USA Cycling Collegiate Mountain Bike National Championships, Durango, CO, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@gorge.net, Ben Horan, 312-502-5997, bhoran@gmail.com, usacycling.org

October 16-18, 2020 — 12 Hours in the Wild West, Ruidoso, NM, 6 hour and 12 hour race, held at Grindstone Lake Trail system, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

October 31, 2020 — 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

November 14, 2020 — USA Cycling Marathon MTB National Championships, Palo Duro Canyon, TX, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

November 21, 2020 — Prickly Pedal MTB Race, Peoria, AZ, Get in a heart-pumping, rip-roaring ride through the desert terrain of the Maricopa Trail beginning in Cave Creek, Arizona and finishing at Lake Pleasant Regional Park in Peoria, Arizona. All proceeds benefit the non-profit Maricopa Trail and Park Foundation, Jeff Frost, 928-380-0633, canisbleu@gmail.com, pricklypedal.com

November 21, 2020 — 12 Hours of Fury, Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peakracing.com, 4peakracing.com/events/12-hours-of-fury-2017

November 21, 2020 — Tinker Classic, NUE (National Ultra Endurance Series), Beatty, NV, New date! MTB Race and Festival. Enjoy 60+ miles of singletrack and many

more miles of gravel roads and pavement. 3 day Bike Expo with demos., Cimarron Chacon, 970-759-3048, info@qaraces.com, tinkerclassic.com

November 21, 2020 — 6 Hours of Fury, Fountain Hills, AZ, 6 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 6 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peakracing.com, 4peakracing.com/events/12-hours-of-fury-2017

December 12, 2020 — Dawn to Dusk AZ, Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain Regional Park. Family friendly camping and event expo promises a fun weekend! Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com/event/register/dawn-dusk-arizona

May 1, 2021 — Avimor Coyote Classic, Knobby Tire Series, Avimor, ID, 14th annual - This is real mountain bike racing; not for the weak. High speed rolling double and single track with a ton of climbing. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com, brokenspokecycling.com

May 7-9, 2021 — US Bank 18 Hours of Fruita, Fruita, CO, 16th Annual event at Highline Lake State Park, an oasis in the desert with the famous midnight start. Limited to 100 teams and 30 solos, Mike Heaston, 970-858-7220, erngmh@emgcolorado.com, George Gatsos, 970-858-7220, fruita@otesports.com, 18hsoffruita.com

May 8-9, 2021 — Grand Enduro, Grand Junction, CO, 4th Annual, Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of racing over 6.2 miles of trail. 2.5-4 hours of total ride time covering ~22 miles., John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, grandenduro.com, madracingcolorado.com

June 5, 2021 — Jug Mountain Enduro, Wild Rockies Series, McCall, ID, Enduro mtb race, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturteracing.com

June 19, 2021 — Lake Tahoe Mountain Bike Race, Tahoe City, CA, Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

June 19, 2021 — Ride Around the Rubies, Lamolite, NV, Gravel Grinder! See the Ruby Mountains like you've never seen them before, on the summer solstice, June 20, 2020. This one-day bicycle ride or race begins and ends in scenic Lamolite, Nevada. Choice of a 36, 62 or full 117 mile loop on pavement, gravel and dirt roads. Ride it or race it!, Kerry Aguirre, 775-397-1922, kerry.aguirre@gmail.com, ridearoundtherubies.com

June 26, 2021 — Pocatello Enduro, Idaho Enduro Series, Pocatello, ID, Long backcountry stages. 28+ miles, 5000' descending, 4000' climbing. Pro payout., Alex Phipps,

208-841-4120, alex01phipps@gmail.com, idahoenduroseries.com

July 10, 2021 — 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@lifefitness.com, leadvillerraceseries.com

July 30-August 1, 2021 — 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@lifefitness.com, leadvillerraceseries.com

August 14, 2021 — Leadville Trail 100, Leadville Race Series, Leadville, CO, One of the most notorious and challenging bike races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvillerraceseries.com

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

August 28, 2021 — Big Sky Biggie, Big Sky, MT, 30 and 50 Mile races on Saturday. Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment, Short-Track event on August 23, the Friday night before offering a family-friendly venue and fun race for children and adults., Natalie Osborne, 907-223-0858, natalie@bigskybiggie.com, bigskybiggie.com

Utah Weekly

Road Race Series

Utah Criterium Series — Locations TBD, Utah Crit Series, West Valley City, UT, New tentative start date: May 5, 2020; Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, Locations TBD, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utah-critseries.com

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

DLT (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite. Wednesdays April April - August, Marek Shon, 801-209-2479, utahcritseries@gmail.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. First rider off at 6:30. Every other Thursday April through August, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

Logan Race Club Thursday Night Time Trial Series — Logan, UT, Thursdays. TT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly

course., Stephen Clyde, 435-750-8785, swc@msdc.com, Ben Kofeod, benhof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Racing

July 18, 2020 — Salt Lake Criterium, CANCELLED, USA CRITS, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank, Eric Gardiner, 801-660-9173, saltlakecrit@gmail.com, saltlakecriterium.com

July 25, 2020 — Little Cottonwood Canyon Hill Climb, CANCELLED for 2020, Alta, UT, Little Cottonwood Canyon has been called the l'Alpe d'Huez of North America. With nearly 4000 feet of elevation gain in ~12 miles, this is a hill climb that will challenge every type of rider. Rides starts at 8 am start on 9400 S. near 2000 E. and races all the way to the end of the pavement on LCC road. , James Zwick, 801-870-4578, sports@sports-am.com, Breanne Nalder, 801-550-0434, breanne.nalder@gmail.com, sports-am.com

July 31-August 1, 2020 — Saints to Sinners Bike Relay, CANCELLED, Salt Lake City, UT, The Original 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, Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com, saintstosinners.com

August 1, 2020 — O-Town Throwdown, CANCELLED for 2020, Ogden, UT, Dee Events Center, Weber State University, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 3-9, 2020 — Larry H. Miller Tour of Utah, CANCELLED, Various, UT, The Tour of Utah is a UCI 2.HC sanctioned men's professional cycling stage race that is part of the new UCI ProSeries. As America's Toughest Stage Race, the week-long event features 120 riders from 17 teams on a variable race route throughout Utah. 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 15, 2020 — Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event. , Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 15, 2020 — Mirror Lake Highway Road Race, UCA Series, Kamas, UT, Details TBD., Troy Huebner, 427-0532, troyworkone@comcast.net

August 16, 2020 — Sugarhouse Criterium, Tentative, UCA Series, Salt Lake City, UT, New date! Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 22, 2020 — Midvale Crit - Utah State Criterium Championship, Midvale, UT, Course: TBD, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

August 28-31, 2020 — Hoodoo 500, Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com, hoodoo500.com

August 29, 2020 — Tintic Road Race, UCA Series, Eureka, UT, Details TBD, Jared Eborn, 801-599-9268, jared@extramileracing.com

September 6, 2020 — 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, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com

September 12, 2020 — LOTOJA Classic Road Race, Logan, UT, 38th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, info@lotoja.com, lotoja.com

September 19, 2020 — East Canyon Echo Road Race and Fun Ride, TENTATIVE, UCA Series, Henefer, UT, 10 AM start in Henefer

to East Canyon Resort, turn around go to Echo Canyon, back to Henefer and finish on Hogsback. 60 mile course, James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

September 24-27, 2020 — USA Cycling Masters Road National Championships, CANCELLED, Cedar City, UT, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

October 6-10, 2020 — 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, hws@seniorgames.net, seniorgames.net

October 10, 2020 — City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

June 11-12, 2021 — Kokopelli Moab to St. George Relay, Moab, UT, Moab to St. George Relay, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Unity Park in Ivins., Clay Christensen, 801-234-0399, info@enduranceutah.com, kokopellirelay.com

Regional Weekly Road Race Series

June 10-August 19, 2020 — 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 13 at 6:30 pm, 7:00 pm, June 10, July 8 and August 5 Hill 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 27 -Crystal Summit, 6:30 pm.7:00 pm: June 24-Scout, July 22-Crystal Summit, August 19-Scout, Categories: End of season awards for men and women's overall winners of these categories: A's , B's , Master's 50+, Masters 60+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, joypcete@isu.edu, Tony Chesrow, 435-671-2506, hebermtsports@yahoo.com, idahocycling.com

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

August 1-2, 2020 — Southeast Idaho Senior Games, CANCELLED, 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, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org

August 8, 2020 — Lamoille Canyon Hill Climb, Lamoille, NV, Self-reporting, ride it and time yourself. 14th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelk-ovelo@gmail.com, elkvelo.com

August 8, 2020 — Twin Falls Old Town Criterium, CANCELLED, SWICA, Twin Falls, ID, Idaho State Criterium Championships, Terry Patterson, 208-420-0087, tpatterson@csi.edu, idahobikeracing.org, tfooldtowncrit.com

August 8, 2020 — The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with waves starting at 6:15 am. 4725 feet of elevation gain., The Sports Corp , 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 9, 2020 — Suisun Harbor Criterium, Suisun City, CA, 2020 Northern California/

Nevada District Criterium Championships in Suisun City, CA. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, velo-pro1@gmail.com, www.velopromo.com

August 15, 2020 — Bogus Basin Hill Climb, CANCELLED, Boise, ID, 43rd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 22-23, 2020 — Idaho Senior Games, CANCELLED, Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date corresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for 2019 National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, idahoseniorgames-info@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org

August 23, 2020 — USA Cycling Gran Fondo National Championships, CANCELLED, Asheville, NC, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

August 29, 2020 — Tax Day Road Race, UCA Series, Marsh Valley, ID, Great circuit race, start and finish at Marsh Valley High School. This is the old Gate City Grind course., Dirk Cowley, 801-699-5126, dcowley@comcast.net, Bob and Kris Walker, bobandkris@yahoo.com, Tony Chesrow, 435-671-2506, hebermtsports@yahoo.com, idahocycling.com

September 5-7, 2020 — Steamboat Stage Race, Steamboat Springs, CO, Now in year 12. Pro-am road racing returns to Steamboat Springs Labor day weekend 2020, with all new courses. USA Cycling sanctioned., Corey Piscopo, corey@bikesteamboat.com, bikesteamboat.com

September 6, 2020 — Nevada City Classic Criterium, TENTATIVE, Nevada City, CA, 60th annual criterium, one of the nation's best!, Brewfest on Saturday too, Duane Strawser, 530.263.3388, 530.265.2187, oldproracer@gmail.com, nevadacityclassic.com

September 7, 2020 — Il Giro di San Francisco, San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero in San Francisco. Challenging 3 corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, www.velopromo.com

September 10-13, 2020 — USA Cycling Amateur Road National Championships, CANCELLED, Clay County, FL, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

September 13-19, 2020 — World Human Powered Speed Challenge (WHPS), CANCELLED, Battle Mountain, NV, 20th annual hosted by the IHPVA. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, tandem and Arm Power. International cyclists from around the world will gather on SR305, the fastest stretch of road in the world to see who can break the World Record., Al or Alice Krause, 707-443-8261, 707-845-3683, a.krause@sbcglobal.net, ihpva.org, whpsc.org

September 13, 2020 — Kiff Peak Time Trial, Tucson, AZ, 11.6 mile hill climb time trial up Kiff Peak, 3400' vertical., Donald Melhado, 520-325-7978, dmelhado@cox.net, azcycling.org, saguarovelo.org

September 18-20, 2020 — Silver State 508, Mountain West Ultra Cup, Reno, NV, 37th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport." This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo supported, rando-neur, two-person stage and open relay, and four-person stage and open relay divisions. A Race Across America (RAAM) Qualifier, which traverses Highway 50, the Lonelle Road in America., Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com

September 19, 2020 — Lyle Pearson 200-mile Team Challenge, Boise, ID, New date! 15th annual team relay race from Boise to Sun Valley. 200 and 100 mile route through challenging mountain terrain. 200 mile route consists of 4 or 6 person teams and 100 mile route either solo or 2 person teams. Participants finish with BBQ and Sawtooth brew in beautiful Ketchum., Katie Hedrich, 951-733-5198, katie@omnigoevents.com, lylepearson200.com

September 20, 2020 — Oakland Grand Prix, Oakland, CA, Exciting multi lap criterium racing in uptown Oakland CA for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, www.velopromo.com

September 27, 2020 — Mt. Graham Hill Climb, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544 , nippy-mi-smarty-pants@luno.com, azcycling.org

October 3-4, 2020 — Nevada Senior Games Cycling Races, Las Vegas, NV, Cycling competition for age groups: 50-94. 5 and 10k time trials, 20 and 40k road races, I-15 & US-93, 10 miles north of Las Vegas, Joe Dalley, 775-461-9252, NVSGCycling@outlook.com, nevada.lusesport.com, seniorgames.net

October 10, 2020 — Bike the Bluff, Show Low, AZ, 13th Annual, AZ Elite Road Race

Championship, USAC Sanctioned Races, Citizens Race, 22-81 miles, Criterium, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Christy Church, 928-242-3722, christy@bikethebluff.com, bikethebluff.com, azcycling.org

May 7-9, 2021 — Tour de Bloom Stage Race (Omnium), Wenatchee, WA, The event features a road race in Waterville on Friday, an out and back 10-mile TT, a twilight criterium in historic downtown Wenatchee on Saturday, and a road race in Plain Washington with an uphill finish on Sunday. , Ace Bollinger, 509-679-5003, acebollinger@nwi.net, wenatcheevalleyvelo.com/current-event/tour-de-bloom/

July 10, 2021 — ASWD Twilight Criterium, USA CRITS, Boise, ID, 34th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisewillightcriterium.com

July 24, 2021 — Bob Cook Memorial Mount Evans Hill Climb, Colorado Summit Cycling Series, Idaho Springs, CO, 54th annual, CO State Championship Hill Climb, 27 mile bicycle race and Gran Fondo, that ends on the highest paved road in the United States, Mount Evans, at 14,130', 6000 feet elevation gain. , Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

Utah Road Touring and Gran Fondos

July 18, 2020 — Iron Lung Ride, Huntsville, UT, 40, 80, or 100 mile options out and back starting in Huntsville with a solid climb up Old Snowbasin Road, down Trappers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier, along with LOTOJA and Kokopelli Relay., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 24, 2020 — Pioneer Day Antelope Island SuperSeries, BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park SLC 1100 N 1800 W to Antelope Garr Ranch. 50 mile option starts at Station Park in Farmington. Free event - fee may be required to access the island. Self-supported with plenty of store stops. , BCC , roadcaptain@bccutah.org, bccutah.org

July 24, 2020 — South Sevier Ram Ride, Monroe, UT, 15 miles, 38 miles, and a metric Century. Start time is 6:30 a.m. Start & Finish location is Monroe Fire Station, Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com, facebook.com/ssramride

July 25, 2020 — 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., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, ridesouthernutah.com

July 31, 2020 — Antelope by Moonlight Bike Ride, CANCELLED for 2020, Antelope Island, UT, 26th 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., Cheyenne Twitchell, 801-451-3286, 801-451-3237, ctwitchell@daviscountyutah.gov, daviscountyutah.gov, antelopebymoonlight.com

July 31-August 1, 2020 — Saints to Sinners Bike Relay, CANCELLED, 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@Sainstosinners.com, Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com, Sainstosinners.com

August 1, 2020 — Pony Express Century, CANCELLED for 2020, Eagle Mountain, UT, Ride the routes of history as we pedal 100 Miles, 100K or 50K along the same paths the Pony Express riders of yesteryear. Fully supported course and aid stations with SAG wagons, a finish line meal and some great views along lightly traveled roads. , Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 8, 2020 — The Ultimate Challenge Presented by University of Utah Health Care, CANCELLED, 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, Breanne Nalder, 801-550-0434, breannenalder@gmail.com, tourofutah.com

August 20, 2020 — Bear River Valley Series, Salt Lake Randonneurs Brevet Series, Brigham City, UT, Self-supported timed event going from northern Utah into Cache Valley & back. Choose from 125 or 180-mile distances (200 or 300km). , Richard Sturm, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 15, 2020 — Promontory Point 121 SuperSeries, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 60-100, and 120 miles. Self-supported, with shorter loop options available. Free event., BCC , roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org

August 15, 2020 — CF Cycle For Life, Henefer, UT, Fully supported, beautiful ride with five route options - 20,40, 60, 80 and 100 miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF., Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, Jennifer Reid, 801-532-2335, jreid@cff.org, fightcff.org/utahcycle

August 15, 2020 — Wildflower Pedalfest, Morgan, UT, A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 15, 2020 — To the Moon and Back Century Ride, Tabiona, UT, Located in the High Uintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha House and Operation Underground Railroad., Karen Redden, 435-828-0467, roxredden@gmail.com, tothemoonandback-events.com

August 22, 2020 — The Big Ride 156 (Suncrest), BCC SuperSeries, Draper, UT, This is a derivation of the club's annual big ride that has been designed and used as a final preparatory ride for LOTOJA by some, or an epic capstone to a long summer of riding by others. Come spend the day pushing your limits and seeing what you're made of. This ride will not be marked. Study the map and be aware of water stops. Navigation is recommended. We may have a SAG vehicle on the road; details of which will be announced closer to the ride., BCC , roadcaptain@bccutah.org, Jen Green, 435-562-1212, bccutah.org

August 22, 2020 — Ride for the Kids, CANCELLED for 2020, 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 <https://www.raceentry.com/races/ride-for-the-kids/2020/register> Ride begins at Syracuse Linda Vista Park 1800 W 2700 S, Syracuse, UT 84075 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, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, DJ Burton, dj@intruning.com, rcwilley.com/ride

August 22, 2020 — Sevier Valley Rooster Ride, Richfield, UT, Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Medal and Tee Shirt provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option., Chad McWilliams, 435-893-0457, 435-421-2743, cmcwilliams@sevier.utah.gov, traldaysutah.com/sv-rooster-ride/

August 29, 2020 — Summit Challenge, CANCELLED for 2020, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have

Event Organizers!

Give your race, ride or tour a professional look with our colorful banners, posters, magnetics and signs.

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a disability can register and ride for free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Kyle Cowdrey, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discov-ernac.org, summitchallenge100.org, discov-ernac.org

September 5, 2020 — 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, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com

September 5-7, 2020 — Bicycles not Tar Sands. Seep Ridge Road, Uintah County, UT, 3-day bike ride on Seep Ridge Road. For a total ride of approx 40 miles over 2 days we will travel on Seep Ridge Road a nearly empty highway through highly scenic desert threatened by strip mining., Rachel Cordray, craphaelc@gmail.com, tarsandsresist.org/contact-us/upcoming-events/2019-upcoming-events/

September 12, 2020 — Warrior Woman Ride. Payson, UT, Join us for the 11th 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, 385-218-9070, herrin.carolina@gmail.com, warriorwomanride.com

September 13-19, 2020 — Tour of Southern Utah. St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 19-20, 2020 — Moab Century Tour. Moab, UT, The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for! Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate., Beth Logan, 435-260-8889, 435-260-2334, info@skinnytreeevents.com, skinnytreeevents.com

September 19, 2020 — Goldlocks Utah. Goldlocks Bike Ride, Provo, UT, Goldlocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldlocks has a route that is 'just right' for everyone! Benefits Operation Underground Railroad to end sex trafficking., Randy Gibb, 801-222-9577, randy@goldlocksride.com, goldlocksride.com/provo

September 19, 2020 — Golden Spoke. Utah Bike Month, Wasatch Front, UT, This third annual cycling event features 100 miles of interconnected trail systems across the Wasatch Region with multiple starting locations from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of trans-continental railroad. Rides of various lengths — with 100 mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments — will feature connections with local communities around

various historic and contemporary railroad themes. Some stretches of trail in Utah, Davis and Weber County, will also include rails to trails cycling paths. The rides are geared for fun and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, goldenspokeutah.org

September 19, 2020 — 5 Canyons Bike Challenge. Sandy, UT, Wheels of Justice, Ain't No Mountain High Enough. The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet - one of the most challenging one-day bike rides in Utah! Raises money to prevent childhood trauma and abuse, Greg Hoole, 801-272-7556, greg@teamwheelsofjustice.org, aintnomountainhighenough.org

September 19, 2020 — East Canyon Echo Road Race and Fun Ride. TENTATIVE, UCA Series, Henefer, UT, 10 AM start in Henefer to East Canyon Resort, turn around go to Echo Canyon, back to Henefer and finish on Hogsback. 60 mile course, James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

September 19, 2020 — Up for Downs Century Ride. Kaysville, UT, This is a non competitive event that will take you on an amazing ride through beautiful Northern Utah. Starting at Pioneer Park in Kaysville you will go on a 25, 50, 75 or a 100 mile ride up to Brigham City and finish back at Pioneer Park., Scott Kimball, sk2social@gmail.com, Cheryln Johnson, 801-503-5086, ceo@udsf.org, udsf.org

September 25-26, 2020 — Salt to Saint Relay. Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@enduranceutah.com, saintosaint.com

October 17, 2020 — 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@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingees.com, ridesouthernutah.com

October 17, 2020 — Belgian Waffle Ride - Cedar City. TRIPLE CROWN OF GRAVEL, Cedar City, UT, The "Hell of the South". 78% Gravel (106 miles), 22% Paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the "Parowan Gap" and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, mxx@MonumentsofCycling.com, belgianwaffleride.bike

April 17, 2021 — Spring Tour de St. George. St. George, UT, Did you enjoy the Fall Tour? Come see the rest of southern Utah on your bike as we take you on the other half of our two-part tour of the southern Utah scenery. Fully supported Gran Fondo., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, ridesouthernutah.com

May 15, 2021 — USEA Ride for Education. Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy a mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration. Proceeds go to support Utah public education students via a scholarship fund., Jeremiah Sniffin, 801-269-9320, 385-347-2717, jniffin@useaut.org, useautah.org, usearideforeducation.weebly.com

August 28, 2021 — Cache Valley Century Tour. Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LoToJa!, Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, Sammie@cagad-ventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com

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

July 18, 2020 — Pepsi Cola Taylor House Benefit Century Ride. CANCELLED, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Megan Roach, Megan.Roach@nahealth.com, absolutebikes.net/event/2020-taylor-house-ride/

July 18-August 2, 2020 — Tour de Steamboat. VIRTUAL, Steamboat Springs, CO, Annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado, taking in Rabbit Ears Pass, Gore Pass, Yellow Jacket Pass, Stagecoach, Yampa and Oak Creek. Four different road ride routes: 26, 46, 66, 116 miles, and a 100 mile gravel route., Katie Lindquist, 970-846-9206, info@tourdesteamboat.com, tourdesteamboat.com

July 25, 2020 — Fondo on the Palouse. CANCELLED, Moscow, ID, Starting at 0700 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, dopalouse@gmail.com, fondopalouse.org

August 1, 2020 — Copper Triangle Alpine Cycling Classic. CANCELLED, Roll Massif, Copper Mountain, CO, The 79-mile loop crests three Colorado mountain passes — Fremont Pass (Elev. 11,318'), Tennessee Pass (Elev. 10,424') and Vail Pass (Elev. 10,662') — for a total elevation gain of 6,500 feet., Tracy Powers, support@rollmassif.com, rollmassif.com

August 8, 2020 — Le Tour de Koocanusa. Libby, MT, Fully supported 83 or 44 mile 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@letoordekoocanusa.com, letoordekoocanusa.com

August 8, 2020 — Stonewall Century Bicycle Ride. La Veta, CO, 17th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mile routes, featuring up to 8000-feet of climbing., Kent Hay, info@spcycling.org, spcycling.org

August 8, 2020 — 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, Danielle Bagley, 208-339-2043, barriesevents@

gmail.com, David George, 208-317-2225, dgeorge@victoryofidaho.com, 4PGF.com

August 8, 2020 — The Broadmoor Pikes Peak Cycling Hill Climb. Colorado Springs, CO, This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with waves starting at 6:15 am. 4725 feet of elevation gain., The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 15, 2020 — HeART of Idaho Century Ride. CANCELLED for 2020, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, Margaret Wimborne, 208-317-7716, wimbarg@ad91.k12.id.us, d91.k12.id.us/22/Content2/about-century-ride

August 16-22, 2020 — Yellowstone National Park Bike Tour. Belgrade, MT, Experience the world's first national park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more!, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 16, 2020 — Cycle Magic Valley. Twin Falls, ID, Cycle Magic Valley is a virtual ride this year. You will receive a cool swag bag, special social distancing CMV shirt, and a 2020 CMV medal., Denise Alexander, dalexander@lierfel.com, mavtec.org, www.bluecirclesports.com/EventDetail_Master.aspx?meid=3244

August 29, 2020 — Venus de Miles. Lyons, CO, Venus de Miles is for all skill levels and features courses to accommodate any active woman — whether this is your first athletic event or your hundredth. Choose among a rolling 32-mile course, a 64-mile metric century, and a 100-mile century course. All courses go through beautiful Boulder County. Fundraiser for Greenhouse Scholars., Greenhouse Scholars, 303-459-5473, venus@greenhousescholars.org, venusdemiles.com/colorado/

August 29, 2020 — Tour de Fox Wine Country. Fulton (Santa Rosa), CA, 70.2-mile, 52.4-mile, 34.5-mile or 10.7-mile options. Proceeds from Wine Country will benefit The Michael J. Fox Foundation to speed better treatments and a cure for Parkinson's along with the local GOALS Foundation to support special needs children and adults sports and fitness., Bike Monkey, 707-560-1122, info@bikemonkey.net, toudefox.michaeljfox.org/winecountry

September 6-October 23, 2020 — Redrock Canyons Utah Bike Tours. Grand Junction, CO, The Redrock Canyons is Lizard Head Cycling's original tour and became our most popular itinerary after it was featured in the New York Times in 2010. It is a supported lodge-to-lodge road cycling tour that follows a seldom seen route through the Redrock Canyon Country of western Colorado and eastern Utah. It is a superb tour for intermediate/+ riders offering unmatched scenery and fantastic lodging., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

September 12, 2020 — Race the Rails. Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net

September 12, 2020 — 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 12, 30, 63, 100 mile routes, plus a 5k run walk, Lindsay, Mark, Megan, Sasha, 720-855-1102 x7010, LPhelan@diabetes.org, MTaub@diabetes.org, SReeves@diabetes.org, diabetes.org/coloradotourdecur

September 13, 2020 — America's Most Beautiful Bike Ride - Lake Tahoe. Stateline, NV, 29th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, (boat cruise - 35 mile fun ride TBD), Curtis Fong, 800-565-2704, 775-771-3246, tgt@bikethest.com, bikethest.com, bikeandskitahoe.com

September 13, 2020 — Tour de Tahoe - Bike Big Blue. Lake Tahoe, NV, 18th 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). Limited to 2000 participants, Curtis Fong, 800-565-2704, 775-771-3246, tgt@bikethest.com, bikethest.com

September 18-20, 2020 — Mavic Haute Route Rockies. Haute Route, Boulder, CO, features two road stages (100-140km and 2500M+ to 3500M+ each) and a Stage 3 time trial. The Sports Corp., 719-634-7333, info@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, Gretchen Brett, 719-287-8489, contact.northamerica@hauteoute.org, Micah Rice, micah.rice@ocgroup.com, hauteoute.org/events/overview/mavic-rockies-2018

September 19, 2020 — Tour de Big Bear. WIN Real Estate Group, Sariol Legal, Sports in Science, Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast!, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, tour-debigbear.com, bigbearcycling.com

September 19, 2020 — GFNY Santa Fe. Grand Fondo New York, Santa Fe, NM, The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe. 81 and 55 mile courses, Michael McCalla, mikellikehikebike@hotmail.com, gfnysantafe.com

September 19, 2020 — Tour de Vineyards. CANCELLED for 2020, Roll Massif, Palisade, CO, Choose between a leisurely 23-mile route that follows the Palisade Fruit & Wine Byway and the more challenging 58-mile route that adds on a loop up and over the Reeder Mesa Climb with a timed segment to challenge your legs and lungs., Tracy Powers, support@rollmassif.com, rollmassif.com

September 26, 2020 — Mulholland Challenge. King of the Mountains Century Challenge, Agoura Hills, CA, The toughest Southern California Century with over 13,000' of climbing in the Santa Monica Mountains. Fully supported / Chip Timed. 100 and 200 mile options, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 26, 2020 — Tour of the Moon. CANCELLED for 2020, Roll Massif, Grand Junction, CO, Made famous in the 1980's Coors Classic and later in the cycling movie American Flyers. Its legacy continues as one of the premier road cycling events in the western United States., Tracy Powers, support@rollmassif.com, rollmassif.com

September 27-October 3, 2020 — OATBRAN. Lake Tahoe, NV, 29th annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully supported motel style tour... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, tgt@bikethest.com, bikethest.com

October 3, 2020 — Pink Ribbon Tour. Pocatello, ID, Centered on building awareness for breast cancer while raising funds for local cancer patients and providing access to early detection mammograms. Distances of 50, 35, 20, and 8.5 miles, Bruce Wayne, 208-851-2329, traskb1@yahoo.com, pinkribbontour.org

October 3-10, 2020 — California Coast Classic. San Francisco, CA, The Arthritis Foundation's 20th Annual California Coast Classic Bike Tour is a scenic bike ride that takes place over eight days and covers 525 miles along the coast on Highway 1. The Tour starts in the heart of San Francisco and ends on the iconic strand of Los Angeles., Shannon Marang Cox, 909-489-2217, smarangcox@arthritis.org, arthritis.org/bike-event

October 10, 2020 — Tri-States Gran Fondo. Mesquite, NV, 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, embassy@planetultra.com, tristatesgranfondo.com, planetultra.com

October 10, 2020 — Park to Park Pedal Extreme Nevada 100. Caliente, NV, Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Caliente and Pioche, and three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley. 3 rides available: 100, 60 and 40 mile options. There is a Dutch oven dinner at the end!, Dawn Andone, 775-728-8101, cathedralgorge_vc@clturbonet.com, parktoparkpedal.com, lincolncountynevada.com/exploring/biking/park-to-park-pedal/

October 11, 2020 — Elephant Rock. CANCELLED for 2020, Roll Massif, Castle Rock, CO, This year we have three road courses (44, 60 and 100 miles), one gravel/road route (32 miles) and one great family ride (8 miles), Tracy Powers, support@rollmassif.com, rollmassif.com

October 11, 2020 — Strawberry Fields Forever. Watsonville, CA, 30,60, and 100 mile touring loops of beautiful Santa Cruz and Monterey Counties, CA. Sponsored by Cyclists for Cultural Exchange, and includes rest stops, support, full dinner (including strawberries and fresh cream!) at the finish., Robert Leibold, 209-604-1354, veioprol@gmail.com, strawberryfields.org

November 7, 2020 — Tour de Summerlin. Las Vegas, NV, 80, 40, 20 mile routes, circumnavigates Las Vegas., Randy Mcghies, 702-252-8077, randy@mcghies.com, Tour de Summerlin, info@teamamc.net, tourdesummerlin.com

November 7, 2020 — Veloswap. Denver, CO, Huge bike swap and expo, Tracy Powers, support@rollmassif.com, rollmassif.com, veloswap.com

November 8, 2020 — Canyon Belgian Waffle Ride. San Diego, CA, Pain and suffering will commence at 7 a.m. featuring four waves predicated on riders' USAC categories. The expo will remain open on Sunday throughout the duration of the event until the beers, jeers and awards are distributed for all the day's heroic efforts., Michael Marckx, 760-815-0927, mxx@MonumentsofCycling.com, belgianwaffleride.bike

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November 14, 2020 — Mesquite Madness. Mesquite, NV. The first ride of the season. Get your riding legs back and join us for a tough but fun 80, 50+, or 30 mile bike ride. This year we are adding a different game with prizes at every rest stop. Make it to the top of Utah Hill for the big prizes., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spin-geeks.com, ridesouthernutah.com.

November 21, 2020 — 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

April 10, 2021 — Boulder Roubaix Road Race. Boulder, CO. First held in 1990 and now every other year just north of cycling mecca Boulder, this is an amazing 19 mile loop with mixed terrain, Chris Grealish, 303-619-9419, chris@dbcevents.com, dbcevents.com

May 29, 2021 — Levi's GranFondo. Santa Rosa, CA, America's Premier Gran Fondo. Options range from an easy 9 miles for kiddos to a mammoth 117 miles to challenge experts and professionals. Ride your bike along the edge of the continent and meet the sea., Bike Monkey, 707-560-1122, info@bikemonkey.net, levisgranfondo.com

June 13-18, 2021 — Ride the Rockies. Durango, CO. Ride the loop to explore Colorado's Rocky Mountains by bicycle. The 2021 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Proceeds benefit Colorado nonprofits through The Denver Post Community Foundation, Ride The Rockies, 303-954-6700, ridetherockies@denverpost.com, ridetherockies.com

June 19, 2021 — Ride Around the Rubies. Lamolle, NV. New date: Gravel Grinder! See the Ruby Mountains like you've never seen them before, on the summer solstice, June 20, 2020. This one-day bicycle ride or race begins and ends in scenic Lamolle, Nevada. Choice of a 36, 62 or full 117 mile loop on pavement, gravel and dirt roads. Ride it or race it!, Kerry Aguirre, 775-397-1922, kerry.aguirre@gmail.com, ridearoundtherubies.com

June 26, 2021 — Cheyenne Superday Tour de Prairie. Cheyenne, WY. This long-distance course heads south past the Capitol before heading west under I-25 and up Happy Jack Road to Vedauwo. Get ready for some fresh air and swift elevation changes! The Tour de Prairie features 25-, 50-, 75- and 100-mile rest stations/turn around points. Breakfast and lunch are included for registered Tour de Prairie riders., Lori DeVilbiss, 307-773-1044, devilbiss@cheyennecity.org, CheyenneEvents.org, CheyenneRec.org

June 26, 2021 — Alta Alpina Challenge. Markleeville, CA. Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options or pick one or more of the famous Alta Alpina passes for a personalized ride (30 miles and up). Fundraiser for the Alta Alpina Cycling Club, Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org, altaalpina.org/challenge

June 26, 2021 — Alta Alpina Challenge 8-Pass Double Century. Markleeville, CA. The Toughest Single Day Ride in the World. Exclusive 8 Pass Jersey available for finishers. Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org, altaalpina.org/challenge

July 10-11, 2021 — The Triple Bypass. Evergreen, CO. The legendary Triple Bypass is 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO. 30, 75, 120 mile options. Sunday Gran Fondo and the infamous Double Triple Bypass, 240 miles!, Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, kim@triplebypass.org, triplebypass.org

July 11-16, 2021 — Tour de Wyoming. Thermopolis, WY. 24th Annual. Bike tour circling Wyoming's Bighorn Basin with daily distances from 55 to 70 miles, Amber Travyk, 307-742-5840, atravsky@wyoming.com, cycleywyoming.org, tourdewyoming.org

September 10-12, 2021 — Pedal the Plains. Kiowa, CO. PTP will take cyclists through the host communities of TBA. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. Also includes the Great Mustang Gravel 100 - 80% on packed dirt or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal the Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, ridetherockies.com

September 25, 2021 — Mountains to the Desert Bike Ride. Telluride, CO. 16th Annual. Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway,

CO for the Just for Kids Foundation! Choose your distance (72 miles, 101 miles, 104 miles or 132 miles) and pass through golden aspens and brilliant red canyon walls to our destination at Gateway Canyons Resort., Katie Geissler, 970-708-0566, director@justforkidsfoundation.org, justforkidsfoundation.org, mountainstodesertide.org

Multisport Races

July 18, 2020 — XTERRA Beaver Creek. CANCELLED for 2020, 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, xterraplanet.com

July 19, 2020 — Tri Boulder. CANCELLED for 2020, 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. Coupon code: TBCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, bbsctri.com/triboulder

July 26, 2020 — Steamboat Lake Triathlon. CANCELLED for 2020, Steamboat Lake, CO. Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 1, 2020 — 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

August 2, 2020 — Stagecoach Gravel Tri. CANCELLED for 2020, Steamboat Springs, CO, 0.5 mile swim, 16 mile gravel ride, 4 mile gravel run. Can substitute a SUP leg instead of the swim. Also Gravel Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 7, 2020 — The Lunatic Triathlon. Helper, UT. Held under the Full Moon! Choose between a Kids Triathlon, 5k Run, Run-Bike Duathlon, Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off-road singletrack course, Scott Merrell, 435-650-0345, scott@lunatictriathlon.com, lunatictriathlon.com

August 8, 2020 — Jordanelle Triathlon. TriUtah Points Series, Park City, UT. 21st annual. Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

August 9, 2020 — Steamboat Triathlon. CANCELLED for 2020, Steamboat Springs, CO. Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 15, 2020 — 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 16, 2020 — Outdoor Divas Triathlon. Longmont, CO. Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 22, 2020 — Valkyrie Multisport Relay. Park City, UT. The picturesque course pays homage to Utah's spectacular Central Wasatch terrain, passing through Jordanelle and Deer Creek State Parks, Wasatch and Utah County, Uinta National Forest, American Fork Canyon, and the communities of Midway, Heber, American Fork, Pleasant Grove, Highland, Cedar Hills, and Lehi., endurancesportssummit@gmail.com, endurancesportssummit.com, valkyrie-relay/

August 23, 2020 — Wild Ride Mountain Triathlon (USAT American Tour Points). Wild Rockies Series, McCall, ID. Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockies-racing.com, webscorer.com

August 23, 2020 — Boulder Sunset Triathlon. Boulder, CO. Summer may be coming to an end, but our tri season is still heating up! Join us at the Boulder Reservoir for the 13th Annual Boulder Sunset Triathlon, a local favorite. Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k. Coupon code: BSSCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/bouldersunset

September 5, 2020 — 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@digdeepsports.com, digdeepsports.com

September 7, 2020 — Murray Youth and Family Triathlon. Murray, UT. A youth and novice triathlon for ages 5-85. Distances follow USAT recommendations for each age group. Novice adults compete at the same

distance as 11+ age groups. Please see Murray City Recreation, call 801-264-2614, Jo Garuccio, 801-566-9727, 801-557-6844, jo@gagegroupssports.com, mcreg.com, murray.utah.gov

September 7, 2020 — South Davis Labor Day Triathlon. South Davis Racing Series, Bountiful, UT. Now a virtual race! Start at 8:00 am. Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi. Novices start at: 8:45am. Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisraces.com

September 12, 2020 — Brinenman Triathlon. TriUtah Points Series, Syracuse, UT, 4th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

September 12, 2020 — Kokopelli Triathlon. BBSC Triathlon Series, Hurricane, UT. This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquabike, 10k and 5k distances. Coupon code: KOKOCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, bbsctri.com/kokopelli

September 12-13, 2020 — Desert's Edge Triathlon Festival; Dirt Tri & Road Tri. 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 Off-Road Sprint (not eligible for points) or Off-Road Tri on Saturday, your choice of Sprint or Olympic distance road triathlons on Sunday!, John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, DesertsEdgeTri.com, madracingcolorado.com

September 12, 2020 — Harvest Moon Triathlon. Boulder, CO. Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 19-20, 2020 — XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race. CANCELLED for 2020, 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 American Championship: 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@terraplanet.com, xterraplanet.com, xterrautah.com

September 19, 2020 — Ironman St. George North American Pro Championship. St. George, UT. 2.4 mile swim, 112 mile bike, 26.2 mile run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George., Ironman, 303-444-4316, stgeorge70.3@ironman.com, Kevin Lewis, 435-986-6615, Kevin@visitstgeorge.com, ironmanstgeorge.com

September 19, 2020 — XTERRA Tahoe City. XTERRA America, Tahoe City, CA. Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, event/xterra-lake-tahoe/, xterraplanet.com

September 19, 2020 — Bear Lake Brawl Triathlon. St. Charles, ID. This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the rockies. In 2019 the course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race., Joe Coles, 801-335-4940, joehillevents.com, bearlakebrawl.com, onhillevents.com

September 20, 2020 — Oktoberfest Triathlon. Longmont, CO. Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 20, 2020 — Tahoe Adventure Challenge. Truckee, CA. A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

October 3, 2020 — Las Vegas Triathlon. BBSC Double Down Series, Boulder City, NV. The one and only Long course Triathlon, Duathlon and Aquabike is happening at Lake Mead, featuring iconic views of the lake that cannot be experienced anywhere else. Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead. Coupon code: LVTRICW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/lasveg-atri

October 10, 2020 — Huntsman World Senior Games Triathlon. St. George, UT. Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, 435-674-0550, hvsg@seniorgames.net, seniorgames.net

October 24, 2020 — Southern Utah Triathlon. Hurricane, UT. Sprint and Olympic. Held at Quail Creek Reservoir, Temps are ideal for triathlons with water temps in the high 60's to low 70's and air temps in the 70's. This venue is truly beautiful with mesas and buttes all around. Enjoy the red rock landscape of Southern Utah., Joe Coles, 801-335-4940, joehillevents.com, southernutahtriathlon.com, onhillevents.com

October 24, 2020 — Pumpkinman Triathlon. BBSC Double Down Series, Boulder City, NV. This point-to-point race starts at Lake Mead and finishes at Wilbur Square in Boulder City. This race will once again host the Rocky Mountain Collegiate Conference, with an Olympic wave start for all college athletes. Coupon code: PMANCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, pumpkinmantri.com

May 22, 2021 — Sand Hollow Triathlon. BBSC Tri Series, Hurricane, UT. The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, Du, Aquabike, 10k, and 5k distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake. Coupon code: SHCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, sandhollow.com

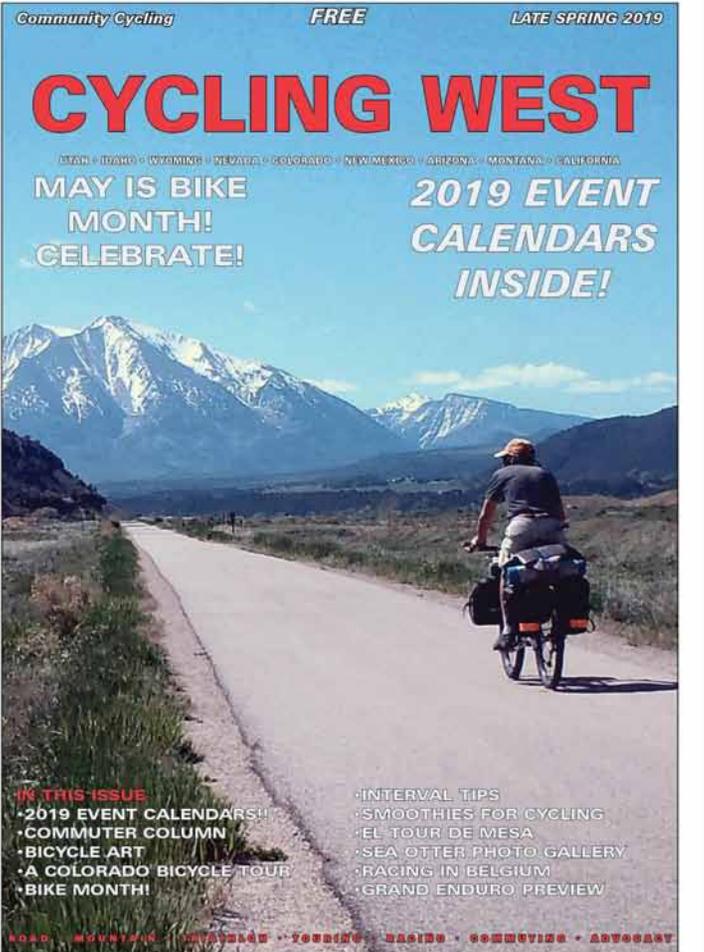
July 24-25, 2021 — Donner Lake Triathlon. Truckee, CA. One of the best! The Donner Lake Triathlon is a favorite California

Triathlon of many triathletes. The venue, setting, and course offer a truly beautiful and challenging experience. Join us in July in Truckee, California! Half Triathlon 70.3, Olympic Triathlon, Sprint Triathlon, Kids Triathlon, Aquabike, Aquathlon | Duathlon, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, donnerlaketri.com

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

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

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2019 EVENT CALENDARS INSIDE!

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MECHANIC'S CORNER

Hydraulic Brakes Require Preventative Maintenance

By Eric Ramirez

“My disc brakes started feeling a little sticky this spring.”

The Reason for a Brake Bleed
Over time, and especially with use, brake fluid (hydraulic fluid or mineral oil) goes bad. A sticky brake lever is not the only symptom, either. A bike owner can potentially experience several more problems, including the following:

- Increased brake-fade during long, demanding descents
- the caliper pistons may eventually get sticky – not fully retracting, preventing the brake rotor from freely passing between the pads
- your mechanic might tell you



Shimano Mineral Oil - Going in fresh, is translucent pink, ideally when it comes out in the next bleed, it should still be transparent. Photo by Eric Ramirez



Shimano Mineral Oil: Blackened simply through use, can erode internal brake system workings. Photo by Eric Ramirez

that the fluid came out black or contaminated.

Break Down with Heat & Pressure

As the work horse of our disc brakes, hydraulic fluid (or oil) is exposed to a build-up of heat. Disc brake rotors and pads flash to excessively high temperatures when actuated. The heat transfers to the caliper, then partially up the line. It does not help that most brake systems are black or dark in color. This exacerbates the heat effect on the fluid.

Heat isn't the only culprit, though. The very act of pulling back on the brakes increases the pressure on the fluid inside the lever, line, and caliper exponentially. Although hydraulic fluid is formulated for pressure, it is also one cause of its breakdown. Mineral oil may actually turn it black from pressure, and the phenomenon isn't uncommon in hydraulic oil.

Exposed to heat and pressure, the hydraulic fluid degrades. It is designed for this purpose, but can only perform for a finite number of hours; thus, it needs to be replaced.

It Gets Worse

If the degraded fluid remains in use, it begins to release acids and becomes corrosive. Have you ever bled your brakes and seen little black particles escape with the old fluid? Or extract silvery fluid? That material is brake system structure: line material, metals, and seal fragments.

I have struggled with brakes that

have had degraded fluid through sustained periods of use, and I have had them come back for service over and over, until finally, we replace the brake. Degraded fluid will take your system beyond the point of no return. Brake calipers

and levers were not designed to be rebuilt, just bled. I



Bleed system for SRAM newer brakes. Photo by Eric Ramirez

have held a lot of dead brakes in my hands over the years. They did not have to die though.

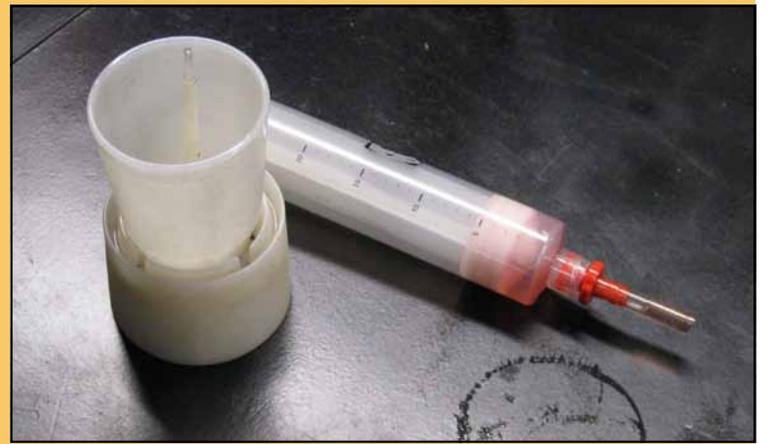
The Remedy? Preventative Maintenance

Often, riders treat the brakes with the approach, “If it ain't broke, don't fix it.” Complex mechanical parts need preventative maintenance to keep working correctly. That's why we change the oil in our cars. That's why we service our forks and shocks. We replace chains when they're properly worn out.

Fixing the brake oil or hydraulic fluid problem requires bleeding the brakes at least once a season. I have had several customers who need to have it done more often than that, as they ride nearly twice as much as other cyclists. By bleeding a brake, I don't mean exclusively purging the air from it. Bleeding is extracting air and purging old fluid via the introduction of new fluid.

Doing the Work

This is a process that you can learn on your own as there are



Bleed system for Shimano brakes. Photo by Eric Ramirez



Mineral oil and DOT 5.1 packaging, Shimano and SRAM. Photo by Eric Ramirez

instructional videos almost everywhere online. Bleed kits and oils or fluids are usually available from shops. But if you don't have the time or energy to invest in doing the job a specific way, or troubleshooting potential problems, it might be best to take it to your local, expert bike

mechanic.

Take-home on brake service? Bleed your brakes.

Eric has about 20 years experience working on bikes, starting in Park City. Today he's a head technician at a shop.

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BICYCLE ART

Coastal Cruz - The Bicycle Art of Mindy Larson



Artist: Mindy Larson

Title: "Coastal Cruz"

Medium: Acrylic on Canvas

Size: 18x24

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