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SUMMER 2021

# CYCLING WEST

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*2021 EVENT  
CALENDARS  
INSIDE!*

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

**Is Your State Safe for Cycling?**

So how do you rank states in terms of which are safest to cycle? StreetLight Data, a mobility data collection company, decided the best way involves crashes per miles ridden, as opposed to its old way of crashes per capita, using data from the National Highway Traffic Safety

Administration's Fatality Analysis Reporting System.

By StreetLight's new criteria, you're safer riding out West than East. The eight most dangerous states are in the eastern half of the country, with Arizona 9th and California 10th.

On the other end of the spec-

trum, Utah ranked the fifth safest state. StreetLight didn't list all the states; only the top and bottom 10. Massachusetts proved safest.

You can download the report at [learn.streetlightdata.com/bike-safety-shift-special-report](http://learn.streetlightdata.com/bike-safety-shift-special-report)

-Charles Pekow

**Tax Deductions for Bike Commuting?**

If you bike to work, would you like to take a tax deduction for it? Of course you would. Legislation has been introduced in both houses of Congress to restore the lost credit. Under the Bicycle Commuter Act of 2021 (S. 1892, H.R. 384), it would be possible to take credit for the cost of repair and storage of your bike if you use it regularly to get to and work or to connect to mass transit on the way, starting next year. Your employer would have to offer the credit.

The benefit would include eBikes and bikeshare. The bills were referred to the Senate Finance Committee and House Ways and Means Committee. They had to be kept separate from the major transportation legislation because they involve taxes and have to go to the tax-writing committees, as opposed to transportation committees.

Read the bill at <https://www.congress.gov/bill/117th-congress/house-bill/384/text>

-Charles Pekow

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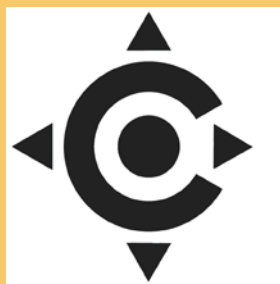
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Drop off your gently used kids and adult bikes with us. Our volunteers will get them cleaned up and passed on to families in our community. For more information, volunteer opportunities, or to make a donation, please visit our website [FB4KUtah.org](http://FB4KUtah.org).

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Cover Photo: Tahoe Area Mountain Bike Association (TAMBA) Vice President Nils Miller, and Over the Edge Tahoe employee Jonah Teetsel, descending towards Lake Tahoe on the Van Sickle Trail.

Photo by John Shafer, [photo-john.net](http://photo-john.net)

**ROAD RACING**

**More Winners than Just Those on the Podium**



Kelly McPherson at the East Canyon Road Race. Photo by Bri Hoopes

**By Kelly McPherson**

Bike racing is a challenging sport that highly favors the young, light, and athletic. If you get dropped off the back of the peloton, are you even still racing? The nature of the sport does not lend well to newbies and the cost to entry is much steeper than most other sports. Is there a place in

this sport for all? Yes!!! Cycling is not just for those who have a chance at getting on the podium.

A friend of mine snapped this picture of me (above) at the East Canyon Road Race this last weekend and I am really glad she did. This moment, this exact moment, is when I won this race. No, I did not get onto the podium. Let me explain. You probably can tell that I am

a heavier, older cyclist and East Canyon has a lot of climbing, which doesn't play to my strengths. The moment in this picture is me, after having climbed this climb once already, headed into a brutal headwind and had turned around and am heading up the climb again. The race started out really cold, but by this time, it wasn't anymore, and I was overlayered and tired. This is the moment when I chose to give it my best effort even though there was absolutely no way I was going to get onto a podium. This is when my attitude towards the race was happy and strong regardless of the outcome. I have done this race before! I knew that this would be the outcome before I even signed up.

In bike racing, very few people will ever get onto the podium and officially "win." If only those very few people, who have the potential of getting on a podium show up for a race, that will be a ridiculously small race.

The real winners of cycling races are those who keep coming back, those who keep a good attitude clear until the finish line, those who don't blame others for them not getting on a podium, those whose bodies have long ago peaked but stills squeeze into kits and roll up to a starting line, those who have had injuries and are still doing the best they can, those who are racing for the first time and are so scared they are ready to puke. The real winners are those who keep trying.

Want to be a winner? Come sign up for a race! You may get a picture of yourself with your hands up, medal around your neck, standing on a podium. You may not. It really

**Continued on page 5**

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## RECUMBENTS

# Back in the Saddle Again: An Argument for Recumbents



FIGURE 1

By Martin Neunertz

Remember Stage 21 of the 1992 Tour de France, undeniably the most exciting stage ever? Leonard "The Lion" LaRue battling Martino "the Hammer" Martello on the Col de la Mort.

Liggett: ...The approach grade to the pass is known locally as Montagne Némésis because of its unrelenting nature and it has both rider sweating buckets.

Sherwin: Yes, they are both at their physiological limit after so many hard days of cycling.

Liggett: And the final section to the pass is the steepest ever in the history of the Tour.

Sherwin: I think the Lion's mass is hurting him a bit. He's so strong, but all that muscle...

Liggett: Martello's strong, too, and keeps pressing him—oh, he's out of the saddle and going for it!

Sherwin: LaRue catches a glimpse of him and he's quickly out of the saddle, too! Exciting stuff, considering they're still 1.28965 kilometers from the pass...

Liggett: Martello just can't keep up the attack and is back in the saddle.

Sherwin: LaRue sinks down

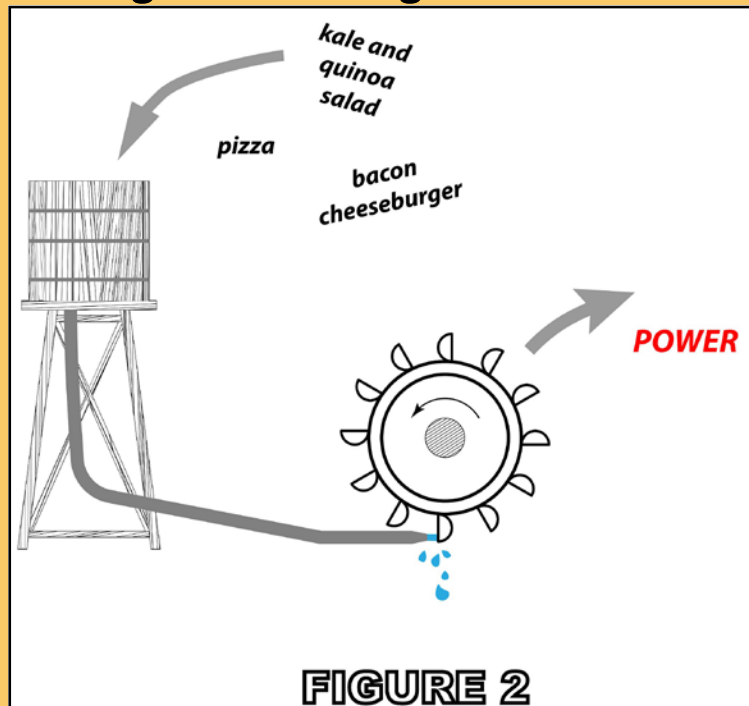


FIGURE 2

again, too, his face in agony. He just can't sustain the attack.

Liggett: Wait! there's Müller, just spinning along and closing! What an upset! No one could have predicted this!

Sherwin: The roar of the crowd alerts both Martello and LaRue, now neck and neck. They're both out of the saddle and giving it everything!

Liggett: Oh, wait, they're do in and back in their saddles again.

Sherwin: Crushing defeat... there's just nothing left in them, every muscle stressed to its limit...

Liggett: ...Müller breezes by for the win...

Of course you don't remember that epic contest, I just made it up. But that kind of thing plays out again and again, in races and during your own rides. The result is always the same.

The first thing to understand is your body is a heat engine. Food

and water goes in one end and, well, various things come out the other end.

Engineers frequently use the concept of a "control volume" to simplify the understanding of an energy system. Figure 1 shows a conceptual spherical surface around a climbing cyclist. We can keep track of things which cross that boundary. Measurable things like calories, of course, but also less tangible things like heat, sound, moisture, and methane. And power.

A totally inaccurate but intuitive analogy is shown in Figure 2. Imagine food is like water in a tank. Falling water converts its potential energy into kinetic energy which can be converted to useful power by a turbine.

In the case of a cyclist, the energy in food is converted to muscle power at a surprisingly constant rate for sustained efforts. And it's all about power, right?

Figure 3 gives the definition of horsepower. Just so you know, you are nowhere near capable of producing 550 foot-pounds per second. Highly trained cyclists who don't value their knees can sometimes sustain, like, 0.2 horsepower for a while. Your cycling "friends" who just dropped you produce maybe half that because they are always ahead of you.

So, standing on your pedals creates more power and allows you to crush the competition, right? Sorry, no. Sitting, standing, recumbent, there is no exchange of energy or mass across the control boundary with changes in body position.

Standing just creates more torque (see Figure 4). But you already know that because recumbent cyclists climb at the same rate even though they can generate tons more torque because they have something to push against. Besides air, I mean.

In fact, it could be successfully argued that standing and flopping your bike wildly side to side using undeveloped muscle groups just expends energy that does not propel you upward.

For those still reading this, the inescapable conclusion is torque does not equal power. Torque is force times distance, like foot-pounds. Power is force moving a mass through a distance over time, like foot-pounds per second. The key is in that pesky

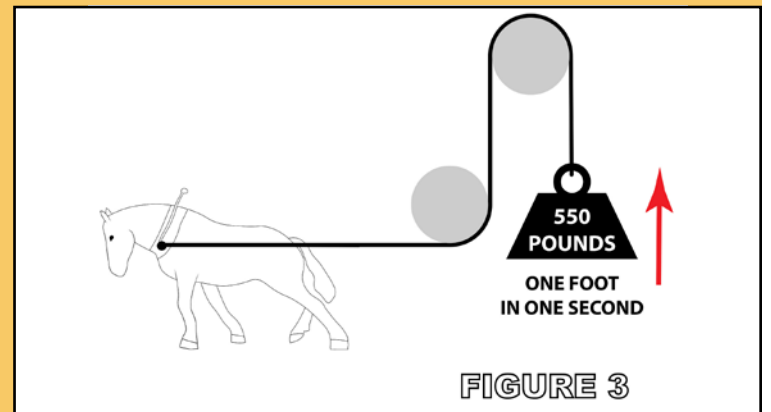


FIGURE 3

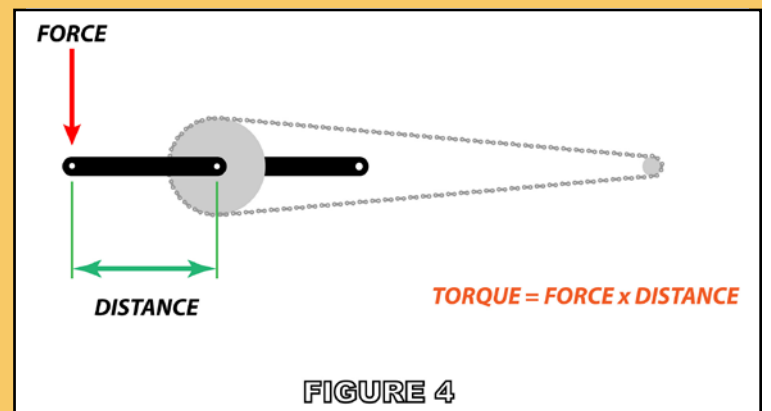


FIGURE 4

denominator, the time element. For very brief periods, you can physiologically produce more power, yes. But not for long. Only so much water comes out of that nozzle after all, no matter how many ZowerBars® you eat or how many neutrino treatments you've undergone.

But high torque is not the primary reason recumbents will always be faster than upright bikes. Let's look at a specific embodiment of the much more complicated "Bicycle Equation," a balance of forces for a cyclist climbing at constant velocity:

$$E - V - R - A = 0$$

where:

E is the energy output of the rider, V is the energy loss due to climbing, that is, lifting a mass through a vertical distance,

R is the energy loss due to rolling resistance and drivetrain losses

A is the aerodynamic drag.

The last term is the primary reason the Union Cycliste Internationale (UCI) decided recumbents were not bicycles 87 years ago; the aerodynamic drag of a recumbent rider will forever be less than that of an upright rider. [Note that in 1934, the UCI defined a bicycle in such a way that recumbents were no longer considered racing bicycles.]

The really awesome part about science is you don't have to believe me, the internet or anyone else about how all this works. You can do a simple experiment on your neighborhood Nemesis Hill. Next time you decide

to rip up Little Cottonwood Canyon, for example, unbolt your saddle at the bottom and stash it in the weeds (nobody'll touch it and you can pick it up later on the way down). Do you know any cyclists wouldn't want to smash their personal best record with 250 grams less weight? Just observe how far you get standing on your pedals compared to others passing you, seated, spinning. Repeat this evaluation as many times as you need to trust the physics.

Last autumn, I was happily cruising across the Antelope Island Causeway on my recumbent tricycle. The locals know this section for being so flat and level you can see the curvature of the earth (if you believe that sort of thing). I was soon overtaken by a peloton obviously in a desperate hurry to get off their bikes. Someone in the group must have been standing because I heard someone say, as if in response to a silly question, "Any time out of the saddle is time out of the saddle."

Martin Neunertz has been riding recumbents of all kinds for so long he's forgotten what cycling pain is. When a bout with blood cancer nearly ended his life, he found a recumbent tricycle was instrumental in allowing him to get back on spoked wheels. That, and a 30 year career as a design engineer, has given him a unique perspective on cycling science.

He hastens to note no caricatures of horses were harmed in the writing of this article.

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**Winners - Continued from page 3**

depends on who else shows up. Just by showing up and giving it your best, whatever that may be, gives you the win.

See the calendar section in this issue for regional events, or online at: <https://www.cyclingutah.com/event-calendars/>.

While there are tons and tons of winners out there, below are three that I have met and have chosen to highlight. Keep on being incredible out there!

**Winner!!!! Rosann Greenway**

Rosann is new to racing this year and is excited to come back for more. Her first race was at the challenging East Canyon Road Race where the presence of a good friend helped to calm her nerves. He helped her know where to go and what things to expect and it helped a lot. She popped off the back on a short little climb because she didn't know that the group would take off like they did. She eventually caught up with a teammate on the long climb and rode with her most of the rest of the way.

Rosann has come from a running background, but since a friend of hers invited her to start riding, she has hardly run since. She even came out for the Emigration Hill Climb race. Yeah!!! She is being converted to the One True Sport.



Jillian Gardner has been racing since age 11. Photo by Michael Finch

**Winner!!!! Jillian Gardner**

I met Jillian quite a few years ago when she was working at Canyon Bikes (now Hangar 15). She has always impressed me with how friendly and approachable she is even though she is really, really kick-A. Jillian has been racing bikes since she was eleven years old and achieved a CAT 2 ranking. She is very accustomed standing on a podium.

In 2018, she was riding her mountain bike, crashed and broke her back. Imagine what it would be like to have something that you love and is something you view as integral part of your identity, suddenly taken away. The ground was quite literally taken out from underneath Jillian.

Due to the extent of her injuries, she wasn't even allowed back onto her bike until 2020. She has really had to adjust her expectations from training. Where she used to be able to go out, push hard and hit the num-

bers she wanted, now she needs to pay more attention to what her body is saying and be happy with the best that it can give her rather than worrying so much about hitting it hard ALL of the time.

I was absolutely delighted to see Jillian roll up to the starting line of East Canyon Road Race and then again at the Emigration Hill Climb. She was surprised to get dropped on the wall at East Canyon but was thrilled to reach her personal time goal at Emigration. Her stubborn persistence to regain bike fitness is paying off! It is hard for her to have to ride with the CAT 1-3 girls right now and she would have loved to have ridden with the Masters 35+ group, but she isn't old enough.

When asked why she keeps racing, she responded that she has been involved in this sport since she was very young, and it has given her a lot. She can't give up on it now. Acknowledging that she may never get back to where she was, in fact,

she feels she is healthier now than then, she would like to put her passion to work to help youth get more involved in racing.

**Winner!!!! Wendy Gussner Pinson**

"I completed a 50-mile bike ride Saturday. Well, technically it was a race, but I refused to allow my heart rate to go above 170, which meant it was a ride for me. I got dropped on the first hill, rode with my friend Kelly Snider McPherson and finished in time to eat 3/4 of a medium pizza, coach 2 basketball games, and do yard work till dark. 2 months post-pneumonia, I'd say I'm recovered. Plus, this is the longest stretch since August 2020 without a medical incident!! Oh, and my bone scan last week came back clear, except for degenerative joint disease in my right knee and right shoulder. That may be why radiation has affected me so negatively, maybe exacerbating what was already there. Oh well, come what may and love it. I'm glad I can do more and more, while choosing to have different goals, like finishing a race with a heart rate between 150-170, as opposed to winning."

Kelly is a 40+ cyclist who lives in South Jordan UT with her husband of 27 years and 5 kids. She has a BS in Health Education from the University of Utah and loves to stay healthy and fit and take as many people with her as she can.



Wendy Gussner Pinson and Kelly McPherson at the West Mountain Road Race. Photo by Cameron Scott



Rosann Greenway at the Antelope Island Road Race. Photo by Julie Kirby Photography

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## HEALTH

## The Most Important Stretch for Bicycling Health



Figure 1: Good Hamstring Flexibility. Photo by Erik Moen



Figure 2: Limited Hamstring Flexibility. Photo by Erik Moen

hip and minimized “reach” through the mid-back (thoracic spine). Aggressive aerodynamic positions should have this flexibility goal as a minimum requirement.

Bicyclists with limited hamstring flexibility cannot touch their toes (Figure 2). You will notice excessive arching through the mid-back (thoracic spine) to compensate for limited hamstring flexibility. Spinal compensation for a lack of hamstring mobility is likely a habituated motion compensation. Significantly limited hamstring flexibility will require a more upright torso position on the bicycle. Bicycle positions that push the limits of hamstring flexibility will increase a bicyclist’s risk of overuse injury and limit efficiency.

A simple hamstring stretch is easily performed from sitting at the edge of a chair. Sit forward to the front of the chair. Place your feet/legs straight forward, “pedal-width” apart. Feet should be upright, not rotated outwards. It is crucial that you keep your torso “straight”. Slowly rotate forward from the axis of the hips until a moderate stretch is experienced on the back of your legs. Hold this stretch for a total of two (2) minutes (Figure 3).

Research demonstrates that stretching for length/flexibility should be performed for a prolonged duration. Two minutes seems to be the minimum time period that demonstrates some length gain. Stretching for length should be performed daily. This is an easy stretch that can be performed almost anywhere. No excuses. Stretching for length should not be performed immediately prior to vigorous exercise. This may increase your risk of injury. Improvements with flexibility are more likely to be realized when you stretch daily. Please be aware that gains in flexibility take time. Use care with your flexibility gains expectations. Adaptation of the human body takes time. “More” is not necessarily better. Excesses in frequency and deep stretching load will significantly increase your chance of injury. If you can eas-

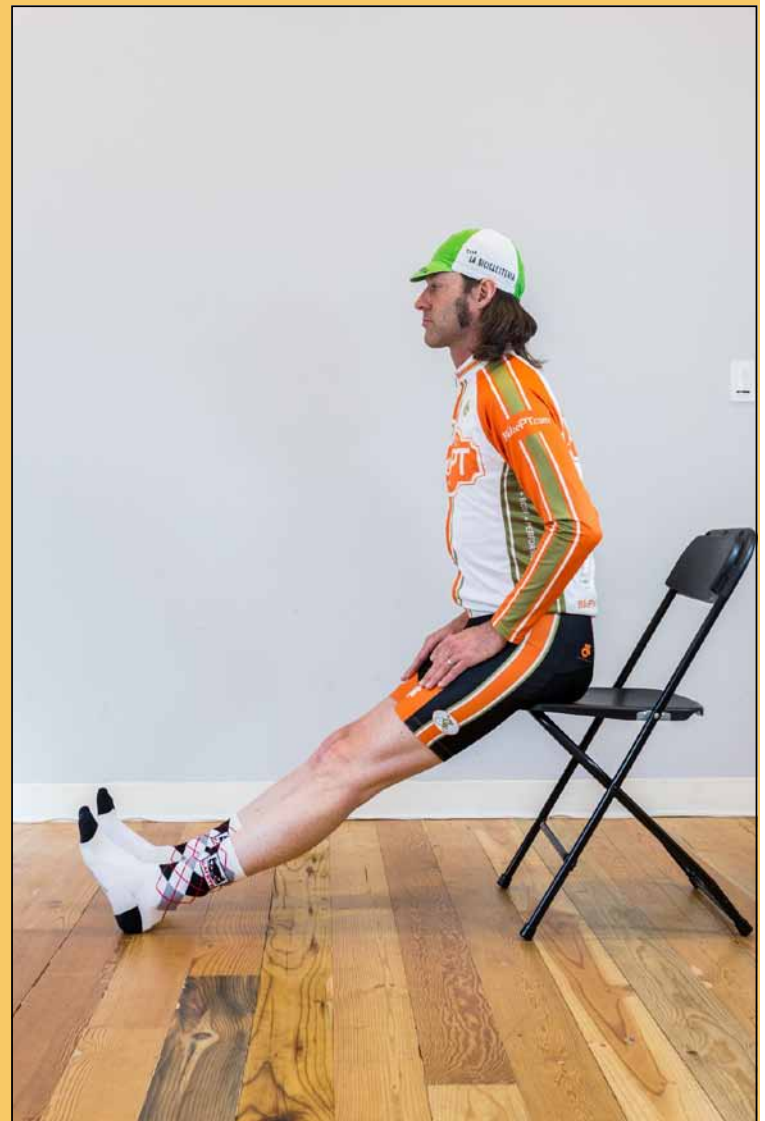


Figure 3: Simple Seated Hamstring Stretch. Photo by Erik Moen

### By Erik Moen PT

The human body was designed to walk and run, not ride a bicycle. Adaptation of the human body is required for best tolerance of bicycling. Forward reach to the handlebars requires flexibility through the back of the legs. Limits in flexibility of hamstrings and gluteals will limit a person’s ability to assume certain bicycle positions. Increases in flexibility should lead to improvements in postural tolerance of the bicycling positions. This is especially true if you are hoping to utilize an aerodynamic bicycling position. Good postural/positional tolerance of bicy-

cling includes the ability to “hinge” forward through the axis of the hips. This is largely a function of hamstring flexibility and hip mobility. Poor flexibility of the hamstrings in relationship to a chosen bicycle position can lead to injury and limits in mechanical efficiencies.

A method to assess your hamstring flexibility is simply trying to touch your toes. This is performed with your legs straight, feet hip width apart and feet straight forward.

Good hamstring flexibility will allow you to touch your toes with your fingers (Figure 1). You will notice good rotation through the

ily “palm” the ground, you may not benefit from getting more flexible. If you can easily touch palms to the ground, you should probably only consider stretching as a means of motion/muscle recovery and to maintain a reasonable level of flexibility.

Gains in hamstring flexibility will improve your ability to achieve advanced bicycle positions/postures. Flexibility takes quality and regularity of stimulus over a prolonged period. A good goal for hamstring flexibility is the ability for you to touch your toes from straight leg standing.

Consult a local qualified pro-

fessional if you have special considerations, need assistance assessing your flexibility, or helping you achieve your bicycle specific musculoskeletal goals.

Erik Moen PT owns BikePT and CorporeSanoPT in Kenmore WA. Erik specializes in the clinical management of bicycle related injuries and bicycle/bicyclist assessment/positioning in his Physical Therapy practice. Erik has long history in “bicycle” including racing, coaching, team administration, paracycling classification and bicycle industry.

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**SPEAKING OF SPOKES**

**Exploring Mexico City By Bicycle**



Cyclists on the Sunday Muévete de Bici ride in Mexico City. Photo by David Ward



A bicycle deli on a bicycle street. Photo by David Ward

**By David Ward**

Mexico City. When my daughter Jessica, who works for the Foreign Service, was first assigned to work in the embassy there, I wasn't really excited to visit. My wife and I have followed Jessica around the world, visiting her in her various assignments in American embassies. Each place has been exciting and at each I have made it a point to scrounge up a bike and do some riding.

But Mexico City? That's just the polluted capitol of the poor, run-down country to our south, right? I have known Mexicans, having grown up in a rural farming community where many seasonal workers from Mexico were employed. Good, nice people and diligent workers. But I wasn't excited to visit.

So, I was surprised when people told me, upon mentioning we were going to visit Jessica, that they loved Mexico City, with some even stat-

ing it was their favorite city. That got my attention. I also heard from my daughter that every Sunday, a miles long route of one of the city's main thoroughfares, the Paseo de la Reforma, is shut down for people to come out and enjoy bicycling on a street free of traffic. That also got my attention.

Well, that was three years ago. I have now been to Mexico City, and other destinations in Mexico, three times and I now echo what others told me: I love Mexico City. There is a vibrancy to life and culture here, and a fascinating history to be explored here and elsewhere in this great country.

Each time I have visited, I have rented a cheap bike to cruise and explore on. The first couple of times the bikes were journeyman, single speed bikes. Mexico City is flat except for a few overpasses and bridges until you get to the outskirts of the city. As such, the single speed worked fine. This last time, May of

this year, I rented an older road bike, a cool-looking silver Colnago with orange decals, or so I thought. When I mentioned to the shop owner (who, thankfully, spoke enough English for us to communicate) that I owned a Colnago, he laughingly told me this was not a Colnago. Those were just stickers a prior owner had put on there. A closer look clearly established that to be the case.

Each time I have come, I have done the Sunday ride, the Muévete de Bici. The ride is as colorful as the country itself. There are recreational riders on high end road bikes, but the majority are people on a wide variety of bikes ranging from the everyday get around the neighborhood bikes in various stages of repair or lack thereof, to artistic homemade or modified frame bikes, to the ubiquitous rent-them-off-the-streets bikes. There are kids, and even some adults, on trikes. There are some roller bladders, and even a few runners and skateboarders. It is a hodgepodge of pedal-powered machines, styles, colors, and people that excites the senses. It was so exhilarating to be a part of it.

Beyond that, I have used my rental bikes to explore this city, ranging from the Zocolo (the center of town where you find the Palacio Nacional with the famous Diego Rivera murals, the Cathedral and the Templo Mayor), to the Palacio des Belles Artes, and to the Universidad Nacional Autónoma de México and its famed central library as well as the Olympic Stadium from the 1968 Olympics (probably most remembered, at least here in the United States, for the "Black Power Salute" of Americans John Carlos and Tommie Smith). Riding in traffic, even on the occasional bike paths, is not for the faint of heart. There are sufficient numbers of cyclists that motorists seem to accept and not resent them, but spaces can be tight. Mexican traffic, like most foreign countries, is what I call organized chaos. It works well enough, but you have to be brave in claiming your space and going with the flow. I am a fairly intrepid cyclist in traf-



One of the many colorful bikes seen on the Sunday Muévete de Bici ride in Mexico City. Photo by David Ward



A bike shop in Mexico City. Photo by David Ward

fic, so I actually found this rather exhilarating.

Mexico City is rich in culture and history, not just since the Spanish invasion, but dating back to the Olmecs, Aztecs and Mayans. Turns out Mexico City has more museums than any other city in the world, including its beautiful and fascinating Museo de Antropología. And those museums are just a part of the many features and attractions Mexico City has to offer. Everything is quite inexpensive, though vacationing here would be well worth

it even if one were paying prices comparable to other large cities such as London or Paris.

I have loved my visits to this great city, and my time spent tooling around here on a set of wheels. My daughter is soon transferring to another assignment so I do not know if or when I will make it back. And that makes me rather sad, because I find Mexico City alive, culturally wealthy, unique, and exciting, and a city just fun to be in and to explore on a bike. Gracias Ciudad de Mexico.



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Ashley Patterson on Skyline Drive in Central Utah. Photo by Tom Diegel



Ashley Patterson descending Skyline Drive in Central Utah. Photo by Tom Diegel

our speeds, realistically it's weather that allows for short rides. But we still want adventure rides! Long days in the saddle, and overnight/multi-day bikepack trips, especially as our summer fitness comes around. So what to do? Sun Valley single-track and Teton area gravel grinders are nice, but at 4.5 hours away those are a bit painful for weekend forays. So, what's an ambitious Utah adventure cyclist to do locally? Go high!

When you are in Salt Lake Valley it's easy to look up towards the Wasatch for the alluring mountains and the associated lower temperatures, and indeed we are blessed with a lot of good singletrack that is both high and shady. But it's pretty challenging to find a good combination of bikepack-able trails or roads, available water, and decent campsites in our steep local Wasatch. However, doing a bit of a drive beyond the Wasatch gets one quickly into the land of endless gravel roads, little traffic, a surprising amount of water, great campsites, and blessedly cooler temperatures at 9,000 to 11,000 feet.

**Uintas** – the forgotten stepchild of local mountains, the Uintas are probably best known to cyclists for a couple of great road rides up the Mirror Lake Highway and Highway 35 up to Wolf Creek pass. But a keen eye will spot a few gravel roads heading off from each of those, and those represent plenty of opportunity for adventure. The Soapstone Basin road is a gravel connection between those two highways via a nice climb and descent, and has spurs going off it to the east and west that get you into even-more remote high elevation gravel roads. Another good Uinta access option is the road that climbs up out of Heber City (Center



Midway between Ferron and Ephraim, on Skyline Drive in Central Utah. Photo by Tom Diegel

street) past Timber Lakes up over 4000 feet into the Uintas, and after the summit it connects to the west side of the Wolf Creek pass on highway 35 via Mill Hollow road, to the east side of Wolf Creek Pass on the West Fork of the Duchesne road, and to Highway 40 via Currant Creek Road, which in turn provides an easy connection past Daniels Summit and Strawberry Reservoir into the 9000+ foot terrain between Highway 40 and Highway 6.

Many of us have ridden or raced up the Chalk Creek Road out of Coalville as an out and back on the pavement, but what is lesser known is that off the end of the pavement it turns to nice dirt/gravel and connects over to the northwest side of the Uintas, where the North Slope Scenic Byway road traverses the whole north slope of the Uintas around the cool 9000 foot level and

crosses many permanent streams with great adjacent camp sites en route to Flaming Gorge reservoir.

**Manti Skyline** – If the Uintas are the forgotten stepchild, the Manti Skyline is the never-known third cousin. We see it off to the west as we drive down to Moab, but as more of a plateau than a mountain range it doesn't really get the respect it probably deserves since it's not as

By Tom Diegel

reminder that Utah is a HOT place in the summer! And while bicycling is a good hot weather activity since we enjoy the convection associated with

This June was a harsh early

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Taking a break by the river. On Skyline Drive in Central Utah. Photo by Tom Diegel



Great views and an escape from the heat on Skyline Drive in Central Utah. Photo by Tom Diegel

craggy and dramatic as its neighbors Mt. Nebo, Timpanogos, and Cascade Ridge, but it hides a cycling jewel: Skyline Drive. Discreetly leaving highway 6 about two-thirds on the way between Spanish Fork and Soldier Summit, Skyline Drive climbs and then winds and undulates for 27 miles to the intersection with Highway 31 (the paved road that connects Fairview/highway 89 with Huntington and Price), follows that paved road for 10 miles, then peels off it and goes 55 more miles all the way to I-70, and spends most of its time between 9,500 and 11,000 feet, where even on a 100 degree day in the valleys it's only in the mid-70's at those elevations. If you can figure out a point to point trip that's great, but there are also lower elevation parallel roads that connect

Scofield reservoir and Joe's Valley Reservoir on the east side to enable nice loops. Even though these are lower elevation roads they are still mostly over 7000 feet, and due to the Central Utah Project, there are reservoirs seemingly everywhere both down low and up on Skyline Drive that were built to supply farmers in the valleys on both sides of the plateau, so camping and refreshing swim options are plentiful. Note that the southern section of the Skyline Drive provides more enjoyable riding, but it is a bit rockier and therefore slower than the relatively well-graded gravel road of the northern section, and despite the fact that it's called a "plateau", the whole thing has many 500+ foot climbs and descents that will test your legs and lungs at over 10,000 feet.

The up-and-coming Western Wildlands route that is a farther-west – and rugged – version of the Great Divide route utilizes some of these roads as it winds through Utah, and south of I-70 it continues up into the equally-high and cool Aquarius Plateau and the Bryce area, which

are also great mid-summer zones but are a bit more of a drive for an adventurous weekend of riding.

It doesn't take too much map-reading to identify plenty of 50-100 mile loops in that Uinta-to-Highway 6-to-Skyline Drive that can be done over a weekend, and being

only a 1-2 hour drive from the Salt Lake Valley, it's easy to leave from home Saturday morning and get in a nice weekend of bikepacking in to recharge the batteries and get in some nice adventurous riding without cooking yourself in the Utah heat!

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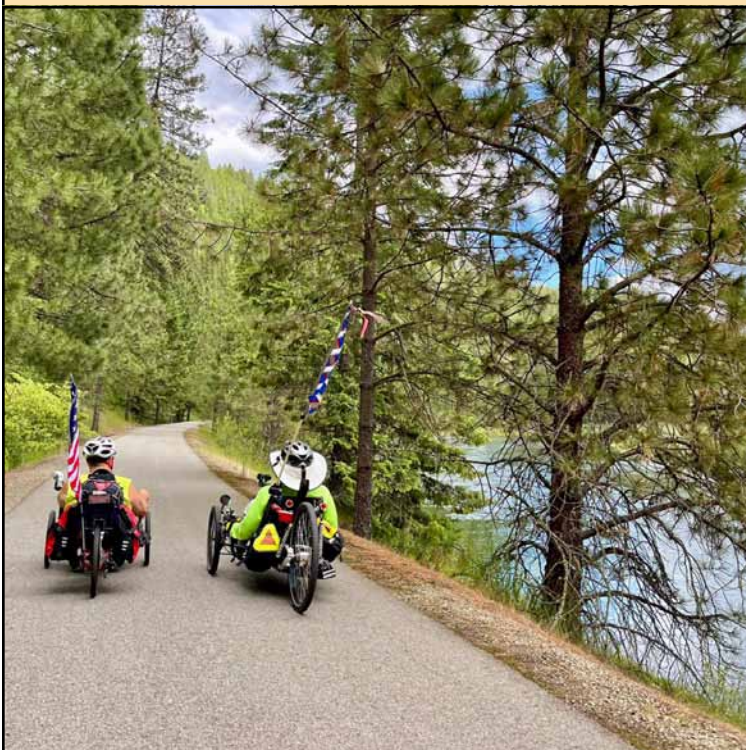
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**RECUMBENTS****Life at a 45-Degree Angle: Idaho's Tater TOT**

Riders at the 2021 Tater TOT Recumbent Rally. Photo by Janet Buckwalter, [Steintrikes.com](http://Steintrikes.com)



Riders at the 2021 Tater TOT Recumbent Rally. Photo by Janet Buckwalter, [Steintrikes.com](http://Steintrikes.com)

By **Jeff Levenson**

Welcome to another installment of cycling life on a recumbent trike. Since I can't remember seeing very much in this publication on recumbents in general, you can find lots of videos on YouTube. For those of you who think you have health problems preventing or exacerbating the riding life, check out "David Rides a Trike".

I just returned from a trip to Kellogg, Idaho, for the annual Tater TOT—Trikes Optional Tour—since about 2006 (nobody can remember). Supposedly this started because riders across the country on the Bentrider website were complaining that their local clubs would not allow their cycles on club rides or centuries. The story goes that someone from Salt Lake City suggested a get-together in Kellogg since it was the midpoint of a 75-mile rail-to-trail conversion. Until the pandemic, there was an attendance of 120 - 150 riders - this year about 50. People kept on showing up, although the Salt Lake person apparently never came again, as legend has it.

The road experience is different in Kellogg. People locally commute on it, and tourists are there on all types of cycles. The trail has several dozen or more cross streets, and drivers actually STOP and wave you on - even when they have the right of way. People wave and say hello. For a moment I was tempted to tell

walkers to "Get the Hell off the Trail and get on a sidewalk where you belong!", but I managed to restrain myself. The entire event is unstructured, except for the Sunday night Potluck Supper. One of the TOTS, as we call ourselves, had a food cart business. He brings his cart and grill, and cooks steaks, hot dogs, sometimes brats and linguica, and this year Philly Steak sandwiches. They were especially delicious.

For those of you who only care about mileage (you know who you are), distances range from 10 to 100 miles, all car free except for the cross streets. The trail foundation maintains the paved part and cuts the fallen trees for removal. Most of the trail is woods, lakes, some swamp, and the occasional moose. As we were riding one section, we came upon a young moose standing in the middle of the pathway, munching on his breakfast; he was still big enough to straddle the width of the trail and still reach the shrubbery for nibbling. Lots of avian life for birdwatchers, the odd snake here and there, and we saw some pretty butterflies, some a robin's egg blue. For other wildlife, 15 miles up the road is the town of Wallace, which has a bordello museum. The working girls lost their jobs when the business closed in the mid 1980's.

For more specific info on The Trail of the Coeur D'Alene, go online.

Ride Safe! Stay Healthy!

**Going the Extra Mile**

A strange mishap occurred in early June to Gregg Rosann, an avid rider who lives near the University of Utah campus. His wife found a package on the street right in front of their house. She brought it in, Gregg opened it without examining the address on the package. Suddenly he realized that he had not ordered anything resembling the contents. He took a closer look and saw the package was addressed to Jeff Hepworth, the owner of the Loyal Cycle Store in Farmington.

Gregg's first reaction was to contact UPS because his wife has just seen a UPS truck in the neighborhood. The UPS driver dropped by and said it was not a UPS package so there was nothing he could do. Next move Gregg made was an email to Jeff at his bike shop explaining the situation.

Jeff replied in a message to Gregg that he had wondered why there was a delay in receiving the package, but he had been so busy he had forgotten about it. He appreciated Gregg's offer to deliver it right to the shop and promised to hook him up with something for his efforts.

A few days later, Gregg brought in the missing box and bought some cycling equipment from Jeff. In addition, he ordered some additional items online. No doubt Jeff made it up to Gregg for his honesty and extra effort to get the package to its intended address. There are many ways riders and bicycle shop owners can get along, but this was an example of a both individuals going the extra mile.

-Bill Roland

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**RIDE OF THE MONTH**

**The Big Climb of Utah's Castle Valley/Gateway**



Redrock walls near the start of the Castle Valley / Gateway Climb. Photo by John Summerson



Scenic and steep riding and 10-12% grades as the roadway clings to the ridgeline. Photo by John Summerson



Easy pedaling with Castleton Tower in view. Photo by John Summerson



The end of the climb of Castle Valley/Gateway. 15.9 miles, 4474' of elevation gain, and an 8546' summit elevation. Photo by John Summerson

**By John Summerson**

Many are aware of the abundant cycling opportunities in Utah. From the grandeur of the canyons and red rock formations in the south to the impressive alpine country in the north, the state offers almost everything to the road (and mountain) cyclist. All of this convoluted topography creates challenges in reaching the upper elevations of certain areas on a bike and as one might expect, Utah also contains a substantial number and variety of cycling climbs within its borders. In fact, for those looking for a particular challenge, there are some of the most difficult paved ascents in the United States in the area. One of these is the climb of Castle Valley/Gateway in the southern half of the state. At 15.9 miles in length and gaining almost 4,500 feet in elevation along the way, it is a big hill.

The route is located within the canyon labyrinth and fantastic scenery near Moab. To get to its start, begin at the junction of Routes 191 and 128 in town, right by the Colorado River. Follow narrow 128 north along the river for 15.5 spectacular miles to La Sal Loop Road on the right. The climb begins at the junction by heading east on La Sal

Loop Road.

See map <https://www.bikemap.net/en/r/8242561/#10.56/38.6069/-109.4542>

You initially ride east away from the river to begin, easy at first but fairly quickly getting a bit steeper.

Soon the slope eases and the pavement bears to the right as you ride closely between walls of deep brown sandstone. You then descend a short distance down to the junction with the road to the small and quiet community of Castle Valley (few services) which you can see to the right. Keep straight towards the mountains and the road goes back uphill over a slight grade, easy pedaling. You are riding through a broad valley here, with large ramparts of stone to each side, guiding you east towards the La Sal Mountains in the distance.

This is a long section of climbing over a very straight roadway but as it is over easy grade, you can get into a nice pedaling rhythm and enjoy the scenery, crossing several cattle-guards in the process. You will certainly notice iconic Castleton Tower, a finger of brown and orange stone, on your left. Look closely and you can see the trail to the base of the tower and perhaps even a climber or two on its sheer walls.

After about seven miles the grade increases but not significantly as the

scrub brush and stunted trees which have appeared due to elevation gain pull closer, the road beginning to twist a bit up the slanted terrain. The increased grade can be a good warm up for things to come; the towering mountains ahead of you another reminder perhaps. After 10.6 miles you reach a junction with La Sal Loop Road continuing to your right.

That route also continues to climb but its description is for another day. To this point you have gained almost 2,500 feet, a worthy accomplishment in itself. If you are new to climbing this may be a good turnaround point. If looking for the summit, keep straight on an unnamed road to pass by a short, pointy hill to your right, the route almost flat. Soon the grade

picks up, slowly at first but quickly it is quite solid. The road turns to the left and flattens briefly as you cross another cattleguard. Beyond however, you can see the roadway becoming steeper as it bears to the right. Your pleasant climb is over for the day as the grade is now double digit, the beginning of the most difficult stretch on the mountain. Soon the road is right on the edge of the ridge with nice views to the north, a classic stretch of road bike climbing.

After just over a mile of challenging pedaling, the grade eases but not by much. Another double-digit ramp is then encountered along the ridge-line before the road eases again and turns back to the east.

Eventually some large pine trees emerge as you gain altitude, a pleasant sight in the mostly dry surroundings. However, there are not enough of them to throw significant shade so expect to be in the sun almost all the way up on this climb.

As you get closer to the top the grade eases further and you cross one more cattle guard. You have gained over 4,000 feet of elevation to this point but at least the grade is moderate and mostly steady on this upper section. As you pass a small parking area on the left the route slowly turns to the right and the paved climb soon comes to an end as the road turns to gravel at well over 8,000 feet of elevation. This is one of the ten most difficult road bike climbs in Utah. Now it's time to enjoy the fun and fast in places descent to return to climb start at Highway 128.

For a video of the climb route, see - <https://www.youtube.com/watch?v=Z82rvcj0-I>



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**BICYCLE TOURING**

**A Teton and Yellowstone National Park Bike Tour**



Lou Melini riding towards the Tetons. Yellowstone area bike tour. Photo by Chris Blinzinger

**By Lou Melini with Chris Blinzinger**

Yellowstone to Salt Lake City: The Journey continues:

During March of 2021 I spent time planning for potential bike trips. Julie and I had an upcoming outing to our timeshare in Island Park, Idaho (Julie's place) the week before Memorial Day weekend. I thought why not ride home again from the cabin through Yellowstone and Teton NPs.

The problem was that I didn't want to go alone so I threw out an invite to Chris Blinzinger who I did a tour within September of 2020. Within 2 days Chris not only replied affirmatively, but he also had a bus ticket taking him to Island Park on the last night at the timeshare. Julie would drive to our home in Millcreek, while Chris and I would

begin our ride through the Parks, a first for Chris.

**Weather and (bad) planning:**

The first few days of the tour would be over Memorial Day weekend. I told Chris "No problem", we will stay in hiker/biker sites at Madison, Grant Village and Jenny Lake". During the first night at the cabin, I read the local Island Park paper that mentioned the opening of Yellowstone, but not Grant Village. In addition, the weather was bad. Julie and I hiked nearly 9 hours during the first 2 days at the cabin in rain and snow, with Yellowstone receiving 6 inches of snow.

"Hey Chris", I have a bit of a problem planning the tour. Who would have thought that Yellowstone would only have three campgrounds open during the Memorial Day holiday weekend and Grant's Village is not one of them! Also the weather

is a little nasty, but the extended forecast looks good for us, if an extended forecast in Yellowstone can be believed". "Hey Chris"; plan B at Flagg Ranch won't work. Tent camping doesn't start until June 1st." I knew about a primitive campsite near Flagg Ranch and Chris found it on a map. "Hey Chris: I have what we need to hang a bear bag, plus bear spray."

**Yellowstone and Teton NPs:**

The ride from the timeshare to the entrance station was just over 27 miles. When we arrived, Chris and I were perhaps 20th in line, one of 4 lines to enter the park. As I handed the ranger my Senior Pass and ID, I needed to remind her that I was allowed to take another cyclist into the park with that pass. With a brief pause she said; "Yes, I think you are correct".

This trip is the 8th time I have rid-



Yellowstone geothermal activity. Photo by Chris Blinzinger



Morning view of the Tetons from camp. Photo by Chris Blinzinger



Bison. Yellowstone area bike tour. Photo by Chris Blinzinger

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The Madison River in Yellowstone National Park. Photo by Chris Blinzinger

den through a Yellowstone entrance station on my bike going back to 1975, the 5th time since 2014. The road from the West Yellowstone entrance to Madison campground 14 miles further down the road is one of the most scenic stretches of road in all of my travels on a bike. After telling this to Chris several times I think he agrees. The ride is flat, albeit at nearly 6700 feet of elevation. There are multiple pullouts for scenic gazing. The road has a good road shoulder that allowed Chris and I to pass dozens of vehicles that were moving along at the pedestrian rate

of 4-5 mph for the first 5 miles or so. Slow and stopped traffic usually mean one thing: Wildlife! Bison graze along the sides of the road and at this time of the year take the road. Julie and I had earlier in the week come to a standstill in our car due to bison and their newborn calves strolling down the road. Chris and I made mental to-do notes about the bison. Fortunately, the only bison we encountered on our way to Madison were grazing and resting in the meadow far from the road. On day 2 we encountered a lot of bison along the road. We had to jump into

the oncoming traffic lane and speed up due to this. The car we had been using for protection between us and the bison suddenly sped up and left us exposed.

Without Hiker/Biker sites at the campgrounds in Yellowstone and Teton, touring cyclists would simply not be able to camp in the parks. These sites are welcome mats for cyclists in an environment of campgrounds that fill well before noon. The current fee is \$10.50 (half-price for senior car holders) is reasonable. The Madison hiker/biker site conveniently sits behind the camp registration building and sometimes there is coffee from the employee coffee pot starting about 7 AM or so. Our original destination for day 2, the hiker/biker site at Grants Village, also has showers and laundry.

Chris and I left Yellowstone Park on Day 2, not fully knowing where we would camp. After considering a few possibilities and filling up our spare water containers at the Flag Ranch store, we rode a gravel road for 0.5 miles to Sheffield campground, a "primitive" campsite on forest service land one mile south of Flag Ranch. Just before entering the campground there was a stream to cross. Large concrete slabs formed a roadbed across the stream, but the water was 4-inches above the concrete and moving fast. Chris put

his bike in the back of truck from a friendly camper to get across and I took off my shoes and socks to walk across with my bike. The camp was full, but we shared a site with the truck driver and his wife-thank you Johnny and Meghan. The camp supplied bear boxes as hanging a bear bag would be next to impossible. A vault toilet was available, and we had the necessary t/p. Overall the camp was a pleasant surprise, but the morning temperatures in the 20's were also a surprise, just not pleasant.

I feel a need to discuss bears, specifically grizzlies, while road touring. Bike packing in remote areas is another discussion that



Chris fording a stream on the Yellowstone area bike tour. Photo by Chris Blinzinger



Lunch! Yellowstone area bike tour. Photo by Chris Blinzinger

won't be addressed here. The parks bear boxes are steel and bear proof. Testing of bear resistant containers, by the way, is done at the Grizzly and Wolf Discovery Center in West Yellowstone. Hanging a bear bag in the pine tree forests is difficult, very difficult. Hard shell bear resistant canisters don't fit well in standard sized panniers so one would have to strap one onto the bike rack. (Ursak makes soft shell bear resistant containers that could fit into a pannier) Fortunately the Park Service has provided bear-boxes. Staying in formal campsites with other campers is helpful, if the other campers don't make a mess with odors

attractive to bears. Do you need to carry bear spray when road touring? Generally, I do not unless I plan on hiking. During this tour, I was not familiar with Sheffield primitive campground, so I carried bear spray and provisions to hang a bear bag including odor-proof bags. Fortunately, neither were necessary. In general, road touring in grizzly country is safe, with the caveat on where one camps. If you are unsure, ask a ranger in the parks for information.

Our destination in the Parks was the hiker/biker campsite at Jenny

Continued on page 21

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Moab, UT 84532  
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[moabcyclery.com](http://moabcyclery.com)

#### Poison Spider Bicycles

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

#### Rim Cyclery

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

### Monticello

#### Roam Industry

265 N. Main St.  
Monticello, UT 84535  
(435) 590-2741  
[roamutah.com](http://roamutah.com)

### Price

#### Altitude Cycle

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

### St. George

#### Bicycles Unlimited

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

#### IBB Cyclery & Multisport

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

#### Rapid Cycling

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

#### Rapid Cycling

446 S. Mall Drive, #3  
St. George, UT 84790  
435-703-9880  
[rapidcyclingbikes.com](http://rapidcyclingbikes.com)

#### Red Rock Bicycle Co.

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

[redrockbicycle.com](http://redrockbicycle.com)

These shops support  
Cycling West!  
To List Your Shop,  
email:  
[dave@cyclingtah.com](mailto:dave@cyclingtah.com)  
for details

### Springdale

#### Zion Cycles

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

## Northern Utah

### Logan

#### Al's Cyclery / Al's Sporting Goods

1075 N. Main Street, Suite 120  
Logan, UT 84341  
435-752-5151  
[als.com](http://als.com)

#### Joy Ride Bicycles

131 E. 1600 N.  
North Logan, UT 84341  
(435) 753-7175  
[joyridebikes.com](http://joyridebikes.com)

#### Sunrise Cyclery

138 North 100 East  
Logan, UT 84321  
(435) 753-3294  
[sunrisecyclery.net](http://sunrisecyclery.net)

#### Wimmer's Ultimate Bicycles

745 N. Main St.  
Logan, UT 84321  
(435) 752-2326  
[wimmersbikeshop.com](http://wimmersbikeshop.com)

### Park City/Heber

#### Cole Sport

1615 Park Avenue  
Park City, UT 84060  
(435) 649-4806  
[colesport.com](http://colesport.com)

#### Contender Bicycles

1352 White Pine Canyon Road  
Park City, UT 84060  
435-214-7287  
[contenderbicycles.com](http://contenderbicycles.com)

#### Jans Mountain Outfitters

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

#### Mountain Velo

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

#### Park City Bike Demos

1500 Kearns Blvd  
Park City, UT 84060  
435-659-3991  
[parkcitybikedemos.com](http://parkcitybikedemos.com)

#### Slim and Knobby's Bike Shop

84 S. Main  
Heber, UT 84032  
(435) 654-2282  
[slimandknobbys.com](http://slimandknobbys.com)

#### Stein Eriksen Sport

At The Stein Eriksen Lodge 7700 Stein Way  
(Mid-Mountain/Silver Lake)  
Deer Valley, UT 84060  
(435) 658-0680  
[steineriksen.com](http://steineriksen.com)

#### Silver Star Ski and Sport

1825 Three Kings Drive  
Park City, UT 84060  
435-645-7827  
[silverstarskiandsport.com](http://silverstarskiandsport.com)

#### Storm Cycles

1153 Center Drive, Suite G140  
Park City, UT 84098  
(435) 200-9120  
[stormcycles.net](http://stormcycles.net)

#### White Pine Touring

1790 Bonanza Drive  
P.O. Box 280  
Park City, UT 84060  
(435) 649-8710  
[whitepinetouring.com](http://whitepinetouring.com)

### Vernal

#### Altitude Cycle

580 E. Main Street  
Vernal, UT 84078  
(435) 781-2595  
[altitudecycle.com](http://altitudecycle.com)

## Wasatch Front

### WEBER COUNTY

#### Eden/Huntsville/Mountain Green

#### Diamond Peak Mountain Sports

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

[diamondpeak.biz](http://diamondpeak.biz)

### Ogden

#### Bingham Cyclery

1895 S. Washington Blvd.  
Ogden, UT 84401  
(801) 399-4981  
[binghamcyclery.com](http://binghamcyclery.com)

#### Level Nine Sports

1273 Canyon Road  
Ogden, UT 84404  
801-621-2003  
[levelninesports.com](http://levelninesports.com)

#### Skyline Cycle

834 Washington Blvd.  
Ogden, UT 84404  
(801) 394-7700  
[skylinecyclery.com](http://skylinecyclery.com)

#### The Bike Shoppe

4390 Washington Blvd.  
Ogden, UT 84403  
(801) 476-1600  
[thebikeshoppe.com](http://thebikeshoppe.com)

#### Two Hoosiers Cyclery

2374 Harrison Blvd.  
Ogden, UT 84401  
385-238-4973  
[twohoosierscyclery.com](http://twohoosierscyclery.com)

## DAVIS COUNTY

#### Biker's Edge

232 N. Main Street  
Kaysville, UT 84037  
(801) 544-5300  
[bebikes.com](http://bebikes.com)

#### Bingham Cyclery

2317 North Main Street  
Sunset, UT 84015  
(801) 825-8632  
[binghamcyclery.com](http://binghamcyclery.com)

#### Bountiful Bicycle

2482 S. Hwy 89  
Bountiful, UT 84010  
(801) 295-6711  
[bountifulbicycle.com](http://bountifulbicycle.com)

#### Bountiful Bicycle

151 N. Main St.  
Kaysville, UT 84037  
(801) 444-2453  
[bountifulbicycle.com](http://bountifulbicycle.com)

#### Great Western E-Bikes

40 W 500 S. Ste B  
Bountiful, UT 84010  
801-494-9898  
[greatwesternebikes.com](http://greatwesternebikes.com)

#### Guthrie Bicycle

420 W. 500 S.  
Bountiful, UT 84010  
(801) 683-0166  
[guthriebike.com](http://guthriebike.com)

#### Loyal Cycle Co.

15 E. State St.  
Farmington, UT 84025  
801-451-7560  
[loyalcycleco.com](http://loyalcycleco.com)

#### Masherz

2226 N. 640 W.  
West Bountiful, UT 84087  
(801) 683-7556  
[masherz.com](http://masherz.com)

#### REI

220 Station Pkwy  
Farmington, UT 84025  
801-923-1707  
[rei.com/stores/farmington.html](http://rei.com/stores/farmington.html)

#### Trek Bicycle Centerville

26 I-15 Frontage Rd  
Centerville, UT 84014  
801-609-7877  
[trekbikes.com/us/en\\_US/retail/centerville/](http://trekbikes.com/us/en_US/retail/centerville/)

## SALT LAKE COUNTY

### Central Valley

#### Cottonwood Cyclery

2594 Bengal Blvd  
Cottonwood Heights, UT 84121  
(801) 942-1015  
[cottonwoodcyclery.com](http://cottonwoodcyclery.com)

#### Flynn Cyclery

2282 E. Murray Holladay Rd  
Holladay, UT 84117  
801-432-8447  
[flynncyclery.com](http://flynncyclery.com)

#### Hangar 15 Bicycles

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

#### Summit Cyclery

2540 Bengal Blvd, Ste 100  
Holladay, UT 84121  
801-613-9478  
[summitcyclery.com](http://summitcyclery.com)

### Salt Lake City

#### Bicycle Center

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

#### BikeFitr

1549 S. 1100 E.  
Suite D  
Salt Lake City, UT 84105  
801-930-0855  
[bikefitr.com](http://bikefitr.com)

#### Bingham Cyclery

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

#### Contender Bicycles

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

#### Cranky's Bike Shop

142 E. 800 S.  
Salt Lake City, UT 84102  
(801) 582-9870  
[crankysutah.com](http://crankysutah.com)

#### Gear Rush Consignment

53 W. Truman Ave.  
South Salt Lake, UT 84115  
385-202-7196  
[gearrush.com](http://gearrush.com)

#### Go-Ride.com Mountain Bikes

2066 S. 2100 E.  
Salt Lake City, UT 84108  
(801) 474-0081  
[go-ride.com](http://go-ride.com)

#### Guthrie Bicycle

803 East 2100 South  
Salt Lake City, UT 84106  
(801) 484-0404  
[guthriebike.com](http://guthriebike.com)

#### Highlander Bike

3333 S. Highland Drive  
Salt Lake City, UT 84106  
(801) 487-3508  
[highlanderbikeshop.com](http://highlanderbikeshop.com)

#### Hyland Cyclery

3040 S. Highland Drive  
Salt Lake City, UT 84106  
(801) 467-0914  
[hylandcyclery.com](http://hylandcyclery.com)

#### Jerks Bike Shop

4967 S. State St.  
Murray, UT 84107  
(801) 261-0736  
[jerksbikeshop.com](http://jerksbikeshop.com)

#### Level Nine Sports

625 S. 600 W.  
Salt Lake City, UT 84101  
801-973-7350  
[levelninesports.com](http://levelninesports.com)

#### Pedego Electric Bikes

1095 S. State Street  
Salt Lake City, UT 84111  
801-341-2202  
[pedegosl.com](http://pedegosl.com)

#### REI (Recreational Equipment Inc.)

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

#### Trek Bicycle

247 S. 500 E.  
Salt Lake City, UT 84102  
(801) 746-8366  
[slcbike.com](http://slcbike.com)

#### Salt Lake Ebikes

1035 S. 700 E.  
Salt Lake City, UT 84105  
(801) 997-0002  
[saltlakeebikes.com](http://saltlakeebikes.com)

#### Saturday Cycles

605 N. 300 W.  
Salt Lake City, UT 84103  
(801) 935-4605  
[saturdaycycles.com](http://saturdaycycles.com)

#### SLC Bicycle Collective

2312 S. West Temple  
Salt Lake City, UT 84115  
(801) 328-BIKE  
[slcbikecollective.org](http://slcbikecollective.org)

#### Level Nine Sports

2927 E. 3300 South  
Salt Lake City, UT 84109  
801-466-9880  
[levelninesports.com](http://levelninesports.com)

#### Sports Den

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

#### The Bike Lady

1555 So. 900 E.  
Salt Lake City, UT 84105  
(801) 638-0956  
[bikeguyslc.com](http://bikeguyslc.com)

#### Wasatch Touring

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

### South and West Valley

#### Bingham Cyclery

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

#### Go-Ride.com Mountain Bikes

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

#### Hangar 15 Bicycles

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

#### Hangar 15 Bicycles

11445 S. Redwood Rd  
S. Jordan

**Society Cycles**  
858 S. State St.  
Orem, UT 84097  
(801) 225-0076  
[societycycles.com](http://societycycles.com)

**Taylor's Bike Shop**  
1520 N. 200 W.  
Provo, UT 84604  
(801) 377-8044  
[taylorbikes.com](http://taylorbikes.com)

## ARIZONA

**Cave Creek**  
**Flat Tire Bike Shop**  
6032 E Cave Creek Rd  
Cave Creek, AZ 85331  
480-488-5261  
[flattirebikes.com](http://flattirebikes.com)

**Flagstaff**  
**Absolute Bikes**  
202 East Route 66  
Flagstaff, AZ 86001  
928-779-5969  
[absolutebikes.net](http://absolutebikes.net)

**Sedona**  
**Absolute Bikes**  
6101 Highway 179 Suite D  
Village of Oak Creek  
Sedona, AZ 86351  
928-284-1242  
[absolutebikes.net](http://absolutebikes.net)

**Thunder Mountain Bikes**  
1695 W. Hwy 89A  
Sedona, AZ 86336  
928-282-1106  
[thundermountainbikes.com](http://thundermountainbikes.com)

## CALIFORNIA

**Tour of Nevada City Bicycle Shop**  
457 Sacramento St.  
Nevada City, CA 95959  
530-265-2187  
[tourofnevadacity.com](http://tourofnevadacity.com)

**Dr. J's Bicycle Shop**  
1693 Mission Dr.  
Solvang, CA 93463  
805-688-6263  
[www.djsbikes.com](http://www.djsbikes.com)

## COLORADO

**Fruita**  
**Colorado Backcountry Biker**  
150 S Park Square  
Fruita, CO 81521  
970-858-3917  
[backcountrybiker.com](http://backcountrybiker.com)

**Over the Edge Sports**  
202 E Aspen Ave  
Fruita, CO 81521  
970-858-7220  
[otesports.com](http://otesports.com)

## WYOMING

**Jackson Area**  
**Fitzgeralds Bicycles**  
500 S. Hwy 89  
Jackson, WY  
[fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)  
307-201-5453

**Hoback Sports**  
520 W Broadway Ave # 3  
Jackson, Wyoming 83001  
307-733-5335  
[hobacksports.com](http://hobacksports.com)

**Hoff's Bike Smith**  
265 W. Broadway  
Jackson, WY 83001  
307-203-0444  
[hoffsbikesmith.com](http://hoffsbikesmith.com)

**The Hub**  
1160 Alpine Ln,  
Jackson, WY 83001  
307-200-6144  
[thehubbikes.com](http://thehubbikes.com)

**Teton Bike**  
490 W. Broadway  
Jackson, Wyoming 83001  
307-690-4715  
[tetonbike.com](http://tetonbike.com)

**Teton Village Sports**  
3285 W Village Drive  
Teton Village, WY 83025  
[tetonvillagesports.com](http://tetonvillagesports.com)

**Wilson Backcountry Sports**  
1230 Ida Lane  
Wilson, WY 83014  
307-733-5228  
[wilsonbackcountry.com](http://wilsonbackcountry.com)

## IDAHO

**Boise**  
**Bob's Bicycles**  
6681 West Fairview Avenue  
Boise, ID 83704  
208-322-8042  
[www.bobs-bicycles.com](http://www.bobs-bicycles.com)

**Boise Bicycle Project**  
1027 S Lusk St.  
Boise, ID 83796  
208-429-6520  
[www.boisebicycleproject.org](http://www.boisebicycleproject.org)

**Custom Cycles**  
2515. N. Lander St.  
Boise, ID 83703  
208-559-6917  
[harlobikes@icloud.com](mailto:harlobikes@icloud.com)  
[facebook.com/Custom-Cycles-1071105139568418](https://facebook.com/Custom-Cycles-1071105139568418)

**Eastside Cycles**  
3123 South Brown Way  
Boise, ID 83706  
208.344.3005  
[www.rideeastside.com](http://www.rideeastside.com)

**George's Cycles**  
312 S. 3rd Street  
Boise, ID 83702  
208-343-3782  
[georgescycles.com](http://georgescycles.com)

**George's Cycles**  
515 West State Street  
Boise, ID 83702  
208-853-1964  
[georgescycles.com](http://georgescycles.com)

**Idaho Mountain Touring**  
1310 West Main Street  
Boise, ID 83702  
208-336-3854  
[www.idahomountaintouring.com](http://www.idahomountaintouring.com)

**Ridgeline Bike & Ski**  
10470 W. Overland Rd.  
Boise, ID 83709  
208-376-9240  
[ridgelinebikenski.com](http://ridgelinebikenski.com)

**Spokey Joe's Bikes & Gear**  
2337 S. Apple St.  
Boise, ID 83706  
208-202-2920  
[spokeyjoe.com](http://spokeyjoe.com)

**TriTown**  
1517 North 13th Street  
Boise, ID 83702  
208-297-7943  
[www.tritownboise.com](http://www.tritownboise.com)

**Rolling H Cycles**  
115 13th Ave South  
Nampa, ID 83651  
208-466-7655  
[www.rollinghcycles.com](http://www.rollinghcycles.com)

**Victor/Driggs**  
**Fitzgeralds Bicycles**  
20 Cedron Rd  
Victor, ID 83455  
208-787-2453  
[fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)

**Habitat**  
18 N Main St.  
Driggs, ID 83422  
208-354-7669  
[ridethetetons.com](http://ridethetetons.com)

**Peaked Sports**  
70 E Little Ave,  
Driggs, ID 83422  
208-354-2354  
[peakedsports.com](http://peakedsports.com)

**Idaho Falls**  
**Bill's Bike and Run**  
930 Pier View Dr  
Idaho Falls, ID  
208-522-3341  
[billsbikeandrun.com](http://billsbikeandrun.com)

**Dave's Bike Shop**  
367 W Broadway St  
Idaho Falls, ID 83402  
208-529-6886  
[facebook.com/DavesBikeShopIdahoFalls](https://facebook.com/DavesBikeShopIdahoFalls)

**Idaho Mountain Trading**  
474 Shoup Ave  
Idaho Falls, ID 83402  
208-523-6679  
[idahomountaintrading.com](http://idahomountaintrading.com)

**Intergalactic Bicycle Service**  
263 N. Woodruff  
Idaho Falls, ID 83401  
208-360-9542  
[intergalacticbicycleservice.tumblr.com](http://intergalacticbicycleservice.tumblr.com)

**Pocatello**  
**Barries Ski and Sport**  
624 Yellowstone Ave  
Pocatello, ID  
208-232-8996  
[barriessports.com](http://barriessports.com)

**Element Outfitters**  
222 S 5th AVE  
Pocatello, ID  
208-232-8722  
[elementoutfitters.com](http://elementoutfitters.com)

**Element Outfitters**  
1570 N Yellowstone Ave  
Pocatello, ID  
208-232-8722  
[elementoutfitters.com](http://elementoutfitters.com)

**Rexburg**  
Bill's Bike and Run  
113 S 2nd W  
Rexburg, ID  
208-932-2719  
[billsbikeandrun.com](http://billsbikeandrun.com)

**Twin Falls**  
**Epic Elevation Sports**  
2064 Kimberly Rd.  
Twin Falls, ID 83301  
208-733-7433  
[epicelevationsports.com](http://epicelevationsports.com)

**Spoke and Wheel**  
148 Addison Ave  
Twin Falls, ID 83301  
(208) 734-6033  
[spokeandwheelbike.com](http://spokeandwheelbike.com)

**Cycle Therapy**  
1542 Fillmore St  
Twin Falls, ID 83301  
208-733-1319  
[cycletherapy-rx.com/](http://cycletherapy-rx.com/)

**Salmon**  
**The Hub**  
206 Van Dreff Street  
Salmon, ID 83467  
208-357-9109  
[ridesalmon.com](http://ridesalmon.com)

**Sun Valley/Hailey/Ketchum**  
**Durance**  
131 2nd Ave S  
Ketchum, ID 83340  
208-726-7693  
[durance.com](http://durance.com)

**Power House**  
502 N. Main St.  
Hailey, ID 83333  
208-788-9184  
[powerhouseidahoh.com](http://powerhouseidahoh.com)

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

**Sun Summit South**  
418 South Main Street  
Hailey, ID 83333  
208-788-6006  
[crankandcarve.com](http://crankandcarve.com)

**The Elephant Perch**  
280 East Ave  
Ketchum, ID 83340  
208-726-3497  
[elephantperch.com](http://elephantperch.com)

## NEVADA

**Boulder City**  
**All Mountain Cyclery**  
1601 Nevada Highway  
Boulder City, NV 89005  
702-250-6596  
[allmountaincyclery.com](http://allmountaincyclery.com)

**ELY**  
**Sportsworld**  
1500 E Aultman St  
Ely, NV 89301  
775-289-8886  
[sportsworldnevada.com](http://sportsworldnevada.com)

**Las Vegas**  
**Giant Las Vegas**  
9345 S. Cimarron  
Las Vegas, NV 89178  
702-844-2453  
[giantlasvegas.com](http://giantlasvegas.com)

**Las Vegas Cyclery**  
10575 Discovery Dr  
Las Vegas, NV 89147  
(702) 596-2953  
[lasvegascyclery.com](http://lasvegascyclery.com)

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# CYCLING WEST

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MAY IS BIKE MONTH!  
CELEBRATE!

2019 EVENT CALENDARS  
INSIDE!



**IN THIS ISSUE**

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- EL TOUR DE MESA
- SEA OTTER PHOTO GALLERY
- RACING IN BELGIUM
- GRAND ENDURO PREVIEW

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**UTAHBICYCLELAWYERS.COM**

## WESTERN STATES

## CALENDAR OF EVENTS

## Calendar Notes

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

If you are an event promoter, please email any updates to [calendar@cyclingingutah.com](mailto: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

**Bike Walk Montana** — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, [tbznbike@gmail.com](mailto:tbznbike@gmail.com), Doug Haberman, 406-449-2787, [info@bikewalkmontana.org](mailto:info@bikewalkmontana.org), [bikewalkmontana.org](http://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](mailto:kevin@saltlakevalleytrailsociety.org), [saltlakevalleytrailsociety.org](http://saltlakevalleytrailsociety.org)

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

**Bike Orem** — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, [randy@maddogcycles.com](mailto:randy@maddogcycles.com), [bikeorem.weebly.com](http://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, [noemail@cyclingutah.com](mailto:noemail@cyclingutah.com), [face-book.com/groups/SLCCM](http://face-book.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, [heatpoloclub@gmail.com](mailto:heatpoloclub@gmail.com), [facebook.com/groups/189631497724953/](http://facebook.com/groups/189631497724953/), [wordpress.com](http://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 PCTM lot., Scott Dudevoir, 435-649-4806, [scott.dudevoir@colesport.com](mailto:scott.dudevoir@colesport.com), [colesport.com](http://colesport.com), [mountaintrails.org](http://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](mailto:lee.chung@gmail.com), [facebook.com/groups/109360246126277](http://facebook.com/groups/109360246126277)

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

**September 22, 2021 — World Car Free Day**, Everywhere, UT, Ride your bike and leave the car at home!, None, [noemail@cyclingutah.com](mailto:noemail@cyclingutah.com), [worldcarfree.net](http://worldcarfree.net)

**October 7-10, 2021 — Sea Otter Classic**, Monterey, CA, Road, Mountain, Gravel, and XC races offered., Sea Otter Classic, 1-800-218-8411, [info.seaotterclassic.com](http://info.seaotterclassic.com)

**November 6, 2021 — Veloswap**, Denver, CO, VeloSwap is an annual event with 10,000+ attendees and 600+ vendors at the National Western Complex in Denver, Colorado. Every year attendees snap up deals from hundreds of vendors selling bikes, parts, clothing and accessories. Since 1989, this citizen marketplace continues to evolve—welcoming, connecting and inspiring members of the cycling community, old and new., Tracy Powers, [support@rollmassif.com](mailto:support@rollmassif.com), [veloswap.com](http://veloswap.com)

## Mountain Bike

## Tours and Festivals

**July 9-11, 2021 — BetterRide MTB Camp**, Winter Park-Fraser Mountain, CO, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**August 7, 2021 — Dirty Bear Gravel**, Big Bear Lake, CA, 50 mile gravel ride, part of the Tour de Big Bear, Chris Barnes, 951-970-6720, 909-878-0177, [biabearcycling@gmail.com](mailto:biabearcycling@gmail.com), [biabearcycling.com](http://biabearcycling.com), [four-de-big-bear-cycling-west/](http://four-de-big-bear-cycling-west/), [biabearcycling.com](http://biabearcycling.com)

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

**August 13-16, 2021 — Fitz-Barn Ride**, Hamilton, MT, This event has been nicknamed "Tour Divide for the Working Class" due to its grassroots nature and few, but strict set of rules. Some choose to race it. Others choose to tour it. Should you intend to compete with others, you must rely completely on yourself with the event being self-supported. We ask for transparency; if you take aid or skip a section please be aware you are disqualified from competing. Ride completes in Victor, ID., Fitzgerald's, 307-201-5453, [info@fitzgeraldsbicycles.com](mailto:info@fitzgeraldsbicycles.com), [fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)

**August 14-15, 2021 — VIDA MTB Series: Snowmass Bike Park**, TENTATIVE, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, [info@vidamb.com](mailto:info@vidamb.com), [vidamb.com](http://vidamb.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 [tvmap.org](http://tvmap.org). Includes 2019 demos, group rides, skills clinics, shenanigans, kids activities, music and libations., TVTAP, 208-201-1622, [info@tetonbikerefest.org](mailto:info@tetonbikerefest.org), Devin Dwyer, 208-201-1622, [devin@tetonbikerefest.org](mailto:devin@tetonbikerefest.org), [tetonbikerefest.org](http://tetonbikerefest.org), [grandtarghee.com](http://grandtarghee.com)

**September 11-12, 2021 — Trek Dirt Series Mountain Bike Camp**, Park City, UT, Women specific mountain bike coaching for beginner to advanced levels, focusing on skill development and explor-

## Calendar Guidelines:

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

Submit your event to:

[calendar@cyclingingutah.com](mailto: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!

**July 10, 2021 — Wildflower Trailfest**, Powder Mountain, UT, A non-competitive, women only mountain bike ride. All ages and levels welcome. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com)

**July 10, 2021 — WYdaho 100 Gravel Ride**, Jackson, WY, From the foothills of the Teton Range, looking into the depths of Wilderness to the Big Hole Mountains, featuring some of the best gravel this Eastern Idaho has to offer, this route completes a 360-degree circumnavigation of Teton Valley! The road surface is predominately gravel and dirt ranging between steep mountain and rutted farm roads. Bring your gravel bike or any bike for that matter. Self-supported with only primitive aid and drop bag zone(s)., Fitzgerald's, 307-201-5453, [info@fitzgeraldsbicycles.com](mailto:info@fitzgeraldsbicycles.com), [fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)

**July 16-18, 2021 — Caribou Loop Trail**, Alpine, WY, Join us on the brand new Caribou Loop Trail inaugural bikepacking and bikefishing event! This event can be raced or ridden at a snail's pace. Stop to see the sights, catch some fish, gaze up at the sky and immerse yourself in the beauty., Fitzgerald's, 307-201-5453, [info@fitzgeraldsbicycles.com](mailto:info@fitzgeraldsbicycles.com), [fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)

**July 17, 2021 — Divide Scramble**, Butte, MT, BikeWalk Montana and The Montana Cycling Project, scenic views of the Continental Divide Route through Montana, fully supported ride offers the Golden Eagle and the Grizzly Route, Golden Eagle 1 (33 mi), Golden Eagle 2 (57 mi) and the Grizzly (68 mi), the Grizzly is 68 miles of terrain not suitable for beginners with a joint return to Butte., Kathleen Aragon, 406-698-2992, [ridethedividemontana@gmail.com](mailto:ridethedividemontana@gmail.com), [ridethedividemontana.com](http://ridethedividemontana.com)

**July 23-25, 2021 — 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**July 23-25, 2021 — 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**July 30-August 1, 2021 — 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**July 30-August 1, 2021 — 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, [admin@betterride.net](mailto:admin@betterride.net), [betterride.net](http://betterride.net)

**August 7, 2021 — Dirty Bear Gravel**, Big Bear Lake, CA, 50 mile gravel ride, part of the Tour de Big Bear, Chris Barnes, 951-970-6720, 909-878-0177, [biabearcycling@gmail.com](mailto:biabearcycling@gmail.com), [biabearcycling.com](http://biabearcycling.com), [four-de-big-bear-cycling-west/](http://four-de-big-bear-cycling-west/), [biabearcycling.com](http://biabearcycling.com)

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

**August 13-16, 2021 — Fitz-Barn Ride**, Hamilton, MT, This event has been nicknamed "Tour Divide for the Working Class" due to its grassroots nature and few, but strict set of rules. Some choose to race it. Others choose to tour it. Should you intend to compete with others, you must rely completely on yourself with the event being self-supported. We ask for transparency; if you take aid or skip a section please be aware you are disqualified from competing. Ride completes in Victor, ID., Fitzgerald's, 307-201-5453, [info@fitzgeraldsbicycles.com](mailto:info@fitzgeraldsbicycles.com), [fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)

**August 14-15, 2021 — VIDA MTB Series: Snowmass Bike Park**, TENTATIVE, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, [info@vidamb.com](mailto:info@vidamb.com), [vidamb.com](http://vidamb.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 [tvmap.org](http://tvmap.org). Includes 2019 demos, group rides, skills clinics, shenanigans, kids activities, music and libations., TVTAP, 208-201-1622, [info@tetonbikerefest.org](mailto:info@tetonbikerefest.org), Devin Dwyer, 208-201-1622, [devin@tetonbikerefest.org](mailto:devin@tetonbikerefest.org), [tetonbikerefest.org](http://tetonbikerefest.org), [grandtarghee.com](http://grandtarghee.com)

**September 11-12, 2021 — Trek Dirt Series Mountain Bike Camp**, Park City, UT, Women specific mountain bike coaching for beginner to advanced levels, focusing on skill development and explor-

ing local trails. Suitable for cross country and downhill riders., Angela Campbell, 403-358-1144 (Canada), [info@dirseries.com](mailto:info@dirseries.com), Elli Petersilie, [elli@dirseries.com](mailto:elli@dirseries.com), [dirseries.com](http://dirseries.com)

**September 17-19, 2021 — Albuquerque Dirt Fiesta MTB Festival**, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, [ICapitan@ZiLRides.com](mailto:ICapitan@ZiLRides.com), [ziLRides.com](http://ziLRides.com)

**September 17-19, 2021 — Outerbike Tahoe**, South Lake Tahoe, CA, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, in South Lake Tahoe, CA., Mark Severnoff, 800-845-2453, 435-259-8732, [outerbike@westernspirit.com](mailto:outerbike@westernspirit.com), [outerbike.com](http://outerbike.com)

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

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

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

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

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

**October 2-3, 2021 — October Trek**, Weiser, ID, 2 day mountain bike gravel ride, 86 mile rail-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](mailto:octobertrek@gmail.com), Pat Trainor, 208-253-4433, 208-571-7447, [blheron@ctweb.net](mailto:blheron@ctweb.net), [weiserivertrail.org/octobertrek.html](http://weiserivertrail.org/octobertrek.html), [kotohio.com/octobertrekinfo/](http://kotohio.com/octobertrekinfo/)

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

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

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

**October 28-31, 2021 — Moab Ho-Down Mountain Bike Festival & Film Fest**, Moab, UT, 15th Annual - Mountain bike festival with dual stone endurance race, group shuttle rides, bike films, townie tour with poker run, dirt jump camp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Bentley, 435-259-4688, [info@chiliebikes.com](mailto:info@chiliebikes.com), [moabdown.com](http://moabdown.com), [chiliebikes.com](http://chiliebikes.com)

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

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

## Utah Weekly MTB

## Race Series

**April 21-July 28, 2021 — Weekly Race Series**, WRS, Sundance, Wasatch County, UT, Wednesday nights, April-July. 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@uculidoutdoors.com](mailto:aces@uculidoutdoors.com), John Woodruff, 801-223-4044, 801-223-4849, [johnw@sundance-utah.com](mailto:johnw@sundance-utah.com), Jesse Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance),



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[races@weeklyraceseries.com](https://www.cyclingwest.com/weekly-races), [weeklyraceseries.com](https://www.weeklyraceseries.com)

**April 27-August 10, 2021 — Mid-Week Mountain Bike Race Series.** Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday nights (mostly), starting April 27. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. 7 XC races, 5 Mini Enduro races, 1 Women's Mini Enduro., Cris Lee, 385-831-1515, [cris@bikeutah.org](mailto:cris@bikeutah.org), [trillyby@midweekmtb.com](https://www.bikeutah.org), [midweekmtb.com](https://www.midweekmtb.com)

**Regional Weekly MTB Race Series Utah Mountain Bike and Gravel Racing**

**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, [road@amsn.com](mailto:road@amsn.com), [tusharcruiser.com](https://www.tusharcruiser.com)

**July 17, 2021 — The Rage at Snowbird ICUP.** 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](mailto:margaret@redrockbicycle.com), [intermountaincup.com](https://www.intermountaincup.com)

**July 17, 2021 — 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 Sothorn, 801-399-1773, [jenny@gogolfoundation.com](mailto:jenny@gogolfoundation.com), [gogolfoundation.com](https://www.gogolfoundation.com), Clairese Miljour, 801-399-1773, [claire@gogolfoundation.com](mailto:claire@gogolfoundation.com), [eldoceut.com](https://www.eldoceut.com)

**July 31, 2021 — 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, [emba-sy@planetultra.com](mailto:emba-sy@planetultra.com), [gravelgrinder.com](https://www.gravelgrinder.com)

**August 6-7, 2021 — 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](mailto:info@roamutah.com), [roamutah.com](https://www.roamutah.com), [abajoenduro.com](https://www.abajoenduro.com)

**August 7, 2021 — Powder Mountain ICUP.** Intermountain Cup, Powder Mountain, UT, 360' panoramic views all along the course, and promises fast and exciting riding with a 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](mailto:margaret@redrockbicycle.com), [intermountaincup.com](https://www.intermountaincup.com)

**August 7, 2021 — Bucked Up Gravel.** Heber City, UT, Details TBD., Troy Huebner, 427-0532, [troy-workone@comcast.net](mailto:troy-workone@comcast.net)

**August 13-15, 2021 — Flyin' Brian Downhill and Dark Hollow Super D.** Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday at noon. The downhill is on Saturday. Dark Hollow Super D is on Sunday., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [utahdh.org](https://www.utahdh.org)

**August 14, 2021 — Mountain Madness Bike Race.** Vernal, UT, Relay race through the Ashley National Forest, Quin, 435-781-0982, [Quind@uintahcreation.org](mailto:Quind@uintahcreation.org), [uintahcreation.org](https://www.uintahcreation.org)

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

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

**August 28, 2021 — Brian Head Endurance.** Intermountain Cup, Brian Head, UT, Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](https://www.intermountaincup.com)

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

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

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

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

**October 8-9, 2021 — Salty Lizard 100.** Wendover, UT, Only an hour and a half west of Salt Lake City, the Salty Lizard 100 showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mile route gives riders of all abilities the chance to check off an early-season century or experience a well-supported day out in the desert with friends., Robert Kennedy, 319-551-6174, [stupidponyride@gmail.com](mailto:stupidponyride@gmail.com), [saltylizard100.com](https://www.saltylizard100.com)

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

**October 11-12, 2021 — Huntsman World Senior Games Mountain Biking.** St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross-country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, [hwsa@seniorgames.net](mailto:hwsa@seniorgames.net), [senior-games.net](https://www.senior-games.net)

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

**November 6-7, 2021 — 25 Hours of Frog Hollow.** Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus-double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 12th Annual, Cimarron Chacon, 970-759-3048, [info@groraces.com](mailto:info@groraces.com), [25hoursinfroghollow.com](https://www.25hoursinfroghollow.com)

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

**July 7, 2021 — Mid Week Melee - Race 2.** Bear Creek Lake, CO, Three distances to choose from including: the Elite Mini Course (1.3 miles), Short Course (4.3 miles), and Long Course (4.8 miles)., Dove Muscianisi, 303-817-6523, [dove@rattlerracing.com](mailto:dove@rattlerracing.com), [rattlerracing.com](https://www.rattlerracing.com), [event1/mid-week-melee-2/](https://www.event1/mid-week-melee-2/)

**July 10, 2021 — Lone Peak's Revenge Big Sky Enduro.** Montana Enduro Series, Big Sky, MT, Montana Enduro Series., [contact@montanaenduro.com](mailto:contact@montanaenduro.com)

[tanaenduro.com](mailto:tanaenduro.com), Christine Wike, [christine@montanabicycleguild.org](mailto:christine@montanabicycleguild.org), [montanabicycleguild.org](https://www.montanabicycleguild.org), [montanabicycleguild.org](https://www.montanabicycleguild.org)

**July 10-11, 2021 — Brundage Mountain Cross Country.** Knobby Tire Series, McCall, ID, Cross country and endurance mtb race on Sunday, Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturfleracing.com](https://www.twistedturfleracing.com)

**July 10, 2021 — Joe Cosley Pancake Ride Gravel Grinder.** Whitefish, MT, The Uff da 184 rolls out to about 184 miles with 18k of climbing and descending. The route is a loop, with an aid station at about mile 40, 100, 150, and a convenience store at mile 60. The route rolls over mixed surfaces. 90% dirt and 10% chipseal/pavement. Roads are a combination of Forest Service, Montana Dept. of Resources, BLM and County. Dirt roads are improved and suitable for 2 wheel drive vehicles. Paved roads are, well paved. All roads are open to general vehicle traffic. Routes: <https://www.ridewings.com/routes/29517384>, Brad Larson, [joec@pancake.ride.com](mailto:joec@pancake.ride.com), [pancakeride.com](https://www.pancakeride.com)

**July 11, 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@lifefitfitness.com](mailto:panderson4@lifefitfitness.com), [leadvilleraceseries.com](https://www.leadvilleraceseries.com)

**July 14, 2021 — Pennsylvania Gulch Grind.** Breckenridge, CO, Jeff Westcott, 970-390-4760, [westj@mvpsports.com](mailto:westj@mvpsports.com)

**July 17, 2021 — Tahoe Trail 100.** Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, [youphorcontact@gmail.com](mailto:youphorcontact@gmail.com), Todd Jackson, 530-545-1019, [tod@bigblueadventure.com](mailto:tod@bigblueadventure.com), [tahoe Trail 100 MTB](https://www.tahoe Trail 100 MTB), [youphorproductions.com](https://www.youphorproductions.com)

**July 17, 2021 — Tahoe Trail.** Leadville Race Series, Northstar Village, CA, Leadville Qualifier. The Tahoe Trail 100 offers athletes a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe., Paul Anderson, 719-219-9364, [panderson4@lifefitfitness.com](mailto:panderson4@lifefitfitness.com), [leadvilleraceseries.com](https://www.leadvilleraceseries.com)

**July 17, 2021 — Durango Dirty Century.** Colorado Endurance Series, Durango, CO, This self-supported endurance ride with singletrack and high elevation in the backcountry here will be basic support at the top of Hotel Draw and possibly Kennebec Pass., Danny Powers, [coloradoes.wordpress.com](mailto:coloradoes.wordpress.com), [swes-event-list/durango-dirty-century-adc/](https://www.swes-event-list/durango-dirty-century-adc/)

**July 21-August 11, 2021 — Highlands Ranch MTB Race Series.** Highlands Ranch MTB Race Series, Highlands Ranch, CO, The Highland Point Circuit will be held on the 21st of July, Rocky Gulch Circuit will be held on the 28th of July, Bodlands Circuit will be held on the 4th of August, and the Wildcat Circuit will be held on the 11th of August., Patrick Gojan, 303-471-7048, [racedirector@hrconline.org](mailto:racedirector@hrconline.org)

**July 21, 2021 — VRD Bloch and Chapleau Town Mountain Bike Race Series: Berry Creek Bash.** Vail Town Series, Edwards, CO, XC Race, Vail Recreation District Sports, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports/activities/vail-race/mountain-bike-racing/davos-dash](https://www.vailrec.com/sports/activities/vail-race/mountain-bike-racing/davos-dash)

**July 24, 2021 — Butte 100 Races.** Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sprint 25 mile option. 13th Annual, Stephanie Sorini, 406-927-7632, [stephaniesorini@butte100.com](mailto:stephaniesorini@butte100.com), [butte100.com](https://www.butte100.com)

**July 24, 2021 — Galena Grinder 4.0.** Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 40 mile loop; Pro/Expert/SS, 25 mile loop; Sport/Clydesdale, 20 mile loop; Beginner, 10.5 mile loop; and Youth with a 5 mile loop., Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturfleracing.com](https://www.twistedturfleracing.com)

**July 24, 2021 — Up the Creek (UTC) Cascade Gravel Grinder.** 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](mailto:info@4summitchallenge.com), [4summitchallenge.com](https://www.4summitchallenge.com)

**July 24-25, 2021 — Big Mountain Enduro.** Big Mountain Enduro Series, Big Sky, MT, BME Stop #3: 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](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](https://www.bigmountainenduro.com)

**July 24, 2021 — Winter Park Sunrise to Sunset.** Roll Massif, Winter Park, CO, Winter Park Sunrise to Sunset will be held in conjunction with Crooked Gravel. The 12-hour relay format and the section of trails used in Sunrise to Sunset are just above town, making access and relaxation between

laps super easy. The option to race in teams, from two person to five person squads, gives teammates not on course a chance to enjoy the festive and mountainous atmosphere., Tracy Powers, [support@rollmassif.com](mailto:support@rollmassif.com), [rollmassif.com](https://www.rollmassif.com)

**July 24, 2021 — Crooked Gravel.** Roll Massif, Winter Park, CO, This ride is held in conjunction with Sunrise Sunset Winter Park. The 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. With high altitude, panoramic views and crisp mountain air, you'll be fired up before the ride even starts! , Tracy Powers, [support@rollmassif.com](mailto:support@rollmassif.com), [rollmassif.com](https://www.rollmassif.com)

**July 24, 2021 — The Rift Gravel Race Iceland.** Hvalsvoellur, 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](mailto:info@therift.bike), [therift.bike](https://www.therift.bike)

**July 24, 2021 — Snowmass 50.** Snowmass, CO, This race will highlight a 25 mile singletrack loop ascending 5000 feet. Solo competitors will have the option of 1 or 2 laps while teams of 2 can race 1 lap each., Aspen Snowmass, 970-923-1227, [contact@spensnowmass.com](mailto:contact@spensnowmass.com), [spensnowmass.com/while-you-are-here/events/audiopower-of-four-mountain-bike](https://www.spensnowmass.com/while-you-are-here/events/audiopower-of-four-mountain-bike)

**July 25, 2021 — Colorado Trail Race.** Durango, CO, [climbingdreams.net/citr/](https://www.climbingdreams.net/citr/)

**July 28, 2021 — Summit Mountain Challenge: Soda Creek Scramble.** Breckenridge, CO, XC and Enduro only options with timed and untimed sections., Jeff Westcott, 970-390-4760, [westj@mvpsports.com](mailto:westj@mvpsports.com), [mvpsports.com/soda-creek-scramble/](https://www.mvpsports.com/soda-creek-scramble/)

**July 30-August 1, 2021 — Pomerelle Pounder DH.** Go-Ride Gravity Series, Albion, IL, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [utahdh.org](https://www.utahdh.org)

**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@lifefitfitness.com](mailto:panderson4@lifefitfitness.com), [leadvilleraceseries.com](https://www.leadvilleraceseries.com)

**July 30-August 1, 2021 — NW Cup Downhill Series.** Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category., Pro/Junior/X seeding Saturday evening, Sunday racing all categories, Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](https://www.nwcup.com)

**July 31, 2021 — Laramie Range Epic.** Laramie, WY, The Laramie Range Epic (Formerly the Laramie Enduro) will have two course options, 30/60ish miles. 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or the Laramie Range Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refreshments and warm, fresh food! Limited on-course camping and room specials, Dewey Gallegos, 307-742-5533, [racedirector@laramieenduro.org](mailto:racedirector@laramieenduro.org), [laramieenduro.org](https://www.laramieenduro.org)

**July 31-August 1, 2021 — 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](mailto:david@revolutionenduro.com), [revolutionenduro.com](https://www.revolutionenduro.com)

**July 31, 2021 — Telluride 100 Mountain Bike Race.** Telluride, CO, 100 mile mtb race, Tobin, 970-417-1751, [tobin@behling.com](mailto:tobin@behling.com), [telluride100.com](https://www.telluride100.com)

**July 31, 2021 — Jug Mountain Enduro.** Wild Rockies Series, McCall, ID, Enduro mtb race, Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturfleracing.com](https://www.twistedturfleracing.com)

**July 31, 2021 — Race Rendezvous.** XC Mountain Bike Race Series, Winter Park, CO, There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series](https://www.winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series)

**July 31, 2021 — Strade Vino Gravel Circuit Race.** Eagle, ID, 100% gravel, 2-6 laps of a 5.5 mile course, all categories, John Rogers, 208-284-9671, [obccwebdesign@yahoo.com](mailto:obccwebdesign@yahoo.com), [saint](https://www.saint)

Alphonus Cycling Team , [owyheecycling@gmail.com](mailto:owyheecycling@gmail.com), [bikereg.com/strade-vino](https://www.bikereg.com/strade-vino), [facebook.com/SaintAlphonusCyclingTeam/](https://www.facebook.com/SaintAlphonusCyclingTeam/)

**August 1, 2021 — Race Montana Triathlon.** Great Falls, MT, Sprint and Olympic Distances along with the option of a solo or team triathlon. Long and short events are offered for youth participants. Beginner adults can sign up for "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run). All participants get a free pass to the Electric City Water Park on the day of the event., Ron Ray, 406-761-2222, [info@racemt.com](mailto:info@racemt.com), [racemt.com/event/race-montana-triathlon](https://www.racemt.com/event/race-montana-triathlon), [racemt.com](https://www.racemt.com)

**August 6-7, 2021 — Trestle Gravity Series: Races 1 and 2.** Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series](https://www.winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series)

**August 7, 2021 — 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 trail at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, [awilliams@grandtarghee.com](mailto:awilliams@grandtarghee.com), [grandtarghee.com/pierres-hole-50-100-mountain-bike-race/](https://www.grandtarghee.com/pierres-hole-50-100-mountain-bike-race/)

**August 7-8, 2021 — Tamarack Twister & Enduro.** 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](mailto:alex01phipp@gmail.com), [twistedturfleracing.com](https://www.twistedturfleracing.com)

**August 7-8, 2021 — Oak Flats MTB Race.** New Mexico Off Road Series, Albuquerque, NM, fast and flowy course, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), Par 505-730-2615, [parmenides.arpinel@gmail.com](mailto:parmenides.arpinel@gmail.com), [mors.org/oak-flatsmtb.com](https://www.mors.org/oak-flatsmtb.com)

**August 7, 2021 — MAAH DAAH HEY 100 MTB Race.** Medora, ND, The race course takes you across one of the most majestic single-track adventures in the world, with miles of uninterrupted trail through the heart of the rugged Badlands., [experiencecland.org](https://www.experiencecland.org)

**August 14, 2021 — Leadville Trail 100.** Leadville Race Series, Leadville, CO, One of the most notorious and challenging bike races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, [panderson4@lifefitfitness.com](mailto:panderson4@lifefitfitness.com), [leadvilleraceseries.com](https://www.leadvilleraceseries.com)

**August 14-15, 2021 — 12 and 24 Hours of Flathead.** Kalspell, 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](mailto:info@24hoursofflathead.org), [24hoursofflathead.org](https://www.24hoursofflathead.org), [facebook.com/24HoursOffFlathead](https://www.facebook.com/24HoursOffFlathead)

**August 14, 2021 — Enduro Pescado Whitefish Enduro.** Montana Enduro Series, Whitefish, MT, Montana Enduro Series., [contact@montanaenduro.com](mailto:contact@montanaenduro.com), Christine Wike, [christine@montanabicycleguild.org](mailto:christine@montanabicycleguild.org), [montanabicycleguild.org](https://www.montanabicycleguild.org), [montanaenduro.com](https://www.montanabicycleguild.org)

**August 14, 2021 — Big Mountain Enduro.** Big Mountain Enduro Series, Winter Park, CO, BME Stop #3: The BME returns to Winter Park again in 2021. Taking place on August 14th, this ever-popular event will blend high altitude racing mixed with rugged terrain and big descents., Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](https://www.bigmountainenduro.com)

**August 14, 2021 — Colorado Junior Cup.** Bailey, CO, Colorado Junior Cup returns for its 3rd year on May 9, 2020 in Bailey, Colorado. Come on out all junior mountain bike racers!, Dave Muscianisi, 303-817-6523, [dave@rattlerracing.com](mailto:dave@rattlerracing.com), [rattlerracing.com](https://www.rattlerracing.com), [coloradojuniorcup.com](https://www.coloradojuniorcup.com)

**August 15, 2021 — SBT GRVL Gravel Grinder.** Steamboat Springs, CO, 6:30 am on Yampa Street. Three distances: 37/100/141 miles with 2000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads. Army Charity, 970-215-4045, [info@sbtrv.com](mailto:info@sbtrv.com), [sbtrv.com](https://www.sbtgrvl.com)

**August 18, 2021 — VRD Camp Hale Hup.** Vail Town Series, Red Cliff, CO, Vail Recreation District Sports, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports/activities/vail-race/mountain-bike-racing/camp-hale-hup](https://www.vailrec.com/sports/activities/vail-race/mountain-bike-racing/camp-hale-hup)

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

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

**August 22, 2021 — The Last Best Ride Gravel, Whitefish, MT, 48 and 78 miles, Jessica Cerra, [info@thelastbestridemt.com](mailto:info@thelastbestridemt.com), [thelastbestridemt.com](mailto:thelastbestridemt.com).**

**August 23, 2021 — Big Sky Spectaculaire Gravel Race, Bozeman, MT, 91.6 mile single stage, self-supported competitive adventure bicycle ride around Southwest and Central Montana, Big Sky Spectaculaire, [bssheadquarters@gmail.com](mailto:bssheadquarters@gmail.com).**

**August 25, 2021 — Peaks Trail Time Trial, Breckenridge, CO, Jeff Westcott, 970-390-4760, [westy@maxsports.com](mailto:westy@maxsports.com).**

**August 28, 2021 — Big Sky Biggie, Big Sky, MT, Big Sky, MT, 30 and 50 mile races on Saturday. Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment. Natalie Osborne, 907-223-0858, [natalie@bigskybiggie.com](mailto:natalie@bigskybiggie.com), [bigskybiggie.com](mailto:bigskybiggie.com).**

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

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

**August 28, 2021 — Old-Fashioned Mountain Bike Race, Flagstaff, AZ, The MTB season re-starts in Flagstaff. Technical challenges await - 1-2-3 lap categories. Old school mountain bike racing in Fort Valley. Jeff Frost, 928-380-0633, [canisbleu@gmail.com](mailto:canisbleu@gmail.com), [bairburnermtb.com](mailto:bairburnermtb.com), [leadvillrace-series.com](mailto:leadvillrace-series.com).**

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

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

**August 28, 2021 — King of the Rockies, XC Mountain Bike Race Series, Winter Park, CO, There is a category for everyone from junior riders to professional racers - even first time racers. Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series).**

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

[Quindlen, 254-541-9661](mailto:Quindlen,254-541-9661), [colleen@rebeccarusch.com](mailto:colleen@rebeccarusch.com), [rebeccasprivateidaho.com](mailto:rebeccasprivateidaho.com).

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

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

**September 5, 2021 — Fistful of Dirt Gravel Grinder, Cody, WY, A gravel bike race of grand proportions. With the Good (22 Miles), The Bad (65 Miles), or The Ugly (105 Miles), there will be a distance fit for everyone. Free gourmet burgers and beer on Saturday will be offered during packet pick-up with the race on Sunday and a dang good after-party featuring the Denver-based bluegrass band That Damn Sasquatch., Fistful of Dirt - [howdy@fistfulofdir.com](mailto:howdy@fistfulofdir.com), Janie Curtis, 307-213-0756, [janier@uncodwy.com](mailto:janier@uncodwy.com), [fistfulofdir.com](http://fistfulofdir.com).**

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

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

**September 11, 2021 — Gunni 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 and therefore, will include signage to help prevent riders from getting off course., Joel Grimmer, 512-751-8940, [Joel@raceevolutions.com](mailto:Joel@raceevolutions.com), [thegunnigrinder.com](http://thegunnigrinder.com).**

**September 12, 2021 — Walla Walla Grit, Walla Walla, WA, This Grit has three course lengths which include long, medium, and short routes. The long course starts at 6 a.m., medium begins at 8 a.m., and the short course commences at 9 a.m., Michael Austin, 509-386-1149, 509-525-4949, [mike@allegrocyclery.com](mailto:mike@allegrocyclery.com), Kathryn Austin, 509-964-8951, [kathy@allegrocyclery.com](mailto:kathy@allegrocyclery.com), [allegrocyclery.com](http://allegrocyclery.com), [allegrocyclery.com](http://allegrocyclery.com).**

**September 12, 2021 — The Fall Classic, Breckenridge, CO, Jeff Westcott, 970-390-4760, [westy@maxsports.com](mailto:westy@maxsports.com).**

**September 18, 2021 — Barn Burner 104, Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest. Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer. Jeff Frost, 928-380-0633, [canisbleu@gmail.com](mailto:canisbleu@gmail.com), Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [bairburnermtb.com](http://bairburnermtb.com), [leadvillrace-series.com](http://leadvillrace-series.com).**

**September 18, 2021 — Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, [info@fireontherim.com](mailto:info@fireontherim.com), [fireontherim.com](http://fireontherim.com).**

**September 18, 2021 — Helena Enduro, Montana Enduro Series, Helena, MT, Montana Enduro Series [contact@montanaenduro.com](mailto:contact@montanaenduro.com), Christine Wike, [christine@montanaabicycleguild.org](mailto:christine@montanaabicycleguild.org), [montanaenduro.com](http://montanaenduro.com), [montanaabicycleguild.org](http://montanaabicycleguild.org).**

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

**September 19, 2021 — Rats 50 Endurance MTB Race, Eagle, CO, With the start/finish line right in the heart of Eagle friends and family can enjoy a weekend of relaxing with a beer, a hot meal, music and a massage at the recovery station. The singletrack is beautiful with a great test of**

stamina by featuring uphill grinds, short ups and downs, and a couple of big climbs which will test your fitness and culminate into a worthwhile summer training. Racers will have three aid stations and will receive a finisher's memento and age group awards. Proceeds will benefit The Cycle Effect, a local non-profit with the mission to empower girls through mountain biking., Reid Delman, 303-249-1112, [reid.delman@geminiadventures.com](mailto:reid.delman@geminiadventures.com), [geminiadventures.com](http://geminiadventures.com), [geminiadventures.com](http://geminiadventures.com).

**September 25-February 26, 2021 — The Fox US Open of Mountain Biking, Big Bear Lake, CA, Chuck Hodge, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), [usacycling.org](http://usacycling.org).**

**September 25, 2021 — Coyote Classic Round 1 of 3, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [downhillmike.com](http://downhillmike.com).**

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

**October 2, 2021 — Tour of the White Mountains, Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Dave Castro, 520-623-1584, [info@epicrides.com](mailto:info@epicrides.com), Dave Castro, [dcastro@epicrides.com](mailto:dcastro@epicrides.com), [epicrides.com](http://epicrides.com).**

**October 2, 2021 — Great Trail Race, Truckee, CA, Ride of 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](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com).**

**October 2-3, 2021 — Road Apple Rally MTB Race, New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1981 as a competition between horses and bicycles. It has since become a bicycle only race and stands as the longest running annual mountain bike race in the United States. Bring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain bike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mile loop, all others ride the full 30 mile Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air than on the ground! Course terrain also includes short climbs, flats, sandy arroyos and sharp corners., Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), Leslie Mueller, 505-599-1184, [lmueller@ftrm.org](mailto:lmueller@ftrm.org), [ftrm.org/277/Road-Apple-Rally](http://ftrm.org/277/Road-Apple-Rally), [nmois.org](mailto:nmois.org).**

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

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

**October 9, 2021 — Chino Grinder p/b Lauf, Chino Valley, AZ, Endurance Cycling Event- Gravel road cycling adventure with 150, 115, 62, 44 and 26 mile options., AZ Gravel Rides, 480-452-9767, [AZGravelRides@gmail.com](mailto:AZGravelRides@gmail.com), [azgravelrides.com](http://azgravelrides.com), [chinogrinder.org/gravelrides](http://chinogrinder.org/gravelrides).**

**October 14-17, 2021 — USA Cycling Collegiate Mountain Bike National Championships, Durango, CO, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), Chad Sperry, [chad@sperry.net](mailto:chad@sperry.net), Ben Horan, 312-502-5997, [bfhoran@gmail.com](mailto:bfhoran@gmail.com), [usacycling.org](http://usacycling.org).**

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

**October 16-17, 2021 — Wild West Fest, Ruidoso, NM, 6 hour and 12 hour race, along with a 40 mile marathon option and pedalaro held at Grindstone Lake and the Cedar Creek trails, Seth Bush, 505-554-0059, [EICaptain@ZiaRides.com](mailto:EICaptain@ZiaRides.com), [ziarides.com](http://ziarides.com).**

**October 23, 2021 — Horny Toad Hustle MTB Race, New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), Dave Halliburton, 575-312-5991, [gotdirrnm@gmail.com](mailto:gotdirrnm@gmail.com), [hornytoadhustle.com](http://hornytoadhustle.com), [nmois.org](mailto:nmois.org).**

**October 23, 2021 — Coyote Classic Round 2 of 3, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [downhillmike.com](http://downhillmike.com).**

**October 30-31, 2021 — Remy, Queen of the Desert!, Fruita, CO, Remy has two options: the Solo and the four person relay. The solo spans 208 miles and is for men and women. The relay is for women only., Morgan Murri, 303-475-6053, [morgan@desertgravel.com](mailto:morgan@desertgravel.com), [desertgravel.com](http://desertgravel.com).**

**November 6-7, 2021 — Race the Face, Boulder City, NV, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [downhillmike.com](http://downhillmike.com).**

**November 7, 2021 — Ignite Bike, Fountain Hills, AZ, 8, 20, 40 mile options, Jeremy Graham, 623-330-0913, [jeremy@4peaksracing.com](mailto:jeremy@4peaksracing.com), [4peaksracing.com](http://4peaksracing.com).**

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

**November 20, 2021 — Coyote Classic Round 3 of 3, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, XC, E-Bike, and Gravity Fest, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [downhillmike.com](http://downhillmike.com).**

**November 21, 2021 — 6 & 12 Hours of Fury, Fountain Hills, AZ, The 6 & 12 Hours of Fury aims to test experienced mountain bikers while welcoming new riders to dip their tires in the dirt. The challenge remains the same, do the most laps possible within 6 or 12 hours! With colder weather on the way we have you covered with our 2021 Fury beanie- included with registration., Jeremy Graham, 623-330-0913, [jeremy@4peaksracing.com](mailto:jeremy@4peaksracing.com), [4peaksracing.com](http://4peaksracing.com), [events/12-hours-of-fury-2017](http://events/12-hours-of-fury-2017).**

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

**December 11, 2021 — DVO Bike Diamond Enduro, Boulder City, NV, 3rd annual, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [downhillmike.com](http://downhillmike.com).**

**January 7-9, 2022 — JayP's Backyard Fat Bike Pursuit 200km or 200 mile, JayP's Backyard Series, Island Park/West Yellowstone, ID, 2 Distances- 60 km or 200 k. These endurance events take on an expedition feel and you will need to have outdoor winter camping skills., Jay Petervary, 307-413-2248, [jaypetervary@gmail.com](mailto:jaypetervary@gmail.com), [fatpursuit.com](http://fatpursuit.com).**

**January 28-30, 2022 — Borealis Fat Bike World Championship, New Richmond, WI, 6th annual Borealis Fat Bike World Championships presented by Upslope Brewing Company. Join us for 3 days of races, demos, great beer, and excellent times! Winter townie crit too on Sunday!, Kat Cooke, 970-349-6438, [events@cbchamber.com](mailto:events@cbchamber.com), Dave Ochs, 970-349-7324, [info@cbmba.com](mailto:info@cbmba.com), [crestedbuttemountainbike.com/borealis-fat-bike-world-championships/](http://crestedbuttemountainbike.com/borealis-fat-bike-world-championships/).**

**February 18-20, 2022 — 24 Hours in the Old Pueblo, Tucson, AZ, Riding sinuous single track in the Sonoran Desert, the 24 Hours in the Old Pueblo Presented by Tucson Medical Center is one of the largest 24 hour events in the world. Come join the event the mountain bike community has been raving about for years!, Dave Castro, 520-623-1584, [info@epicrides.com](mailto:info@epicrides.com), [epicrides.com](http://epicrides.com).**

**May 13-15, 2022 — Grand Junction Off-Road, Epic Rides Off-Road Series, Grand Junction, CO, Participants will climb their way out of downtown Grand Junction onto the Uncompahgre Plateau (the world's largest mesa), while connecting some of the area's favorite technically challenging singletrack, double track, gravel roads and the occasional paved segment in the world famous Lunch Loops trail system and beyond., Dave Castro, 520-623-1584, [info@epicrides.com](mailto:info@epicrides.com), Dave Castro, [dcastro@epicrides.com](mailto:dcastro@epicrides.com), [epicrides.com](http://epicrides.com).**

**May 14, 2022 — 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, 877-743-3556, 719-484-0477, [phil.koobisadclies@msn.com](mailto:phil.koobisadclies@msn.com), [colorado-gravelgrinderchampionship.com/pony-xpress/the-race](http://colorado-gravelgrinderchampionship.com/pony-xpress/the-race).

**June 11, 2022 — Truckee Dirt Fondo, Truckee, CA, Three days of activities with a 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 hybrid MTB. 3 course options: 65.1 mi (Long) 58.1 mi (Medium) and 26.2 (Rollout - non timed) + Family Fun Route (15 mi). Benefits The Truckee-based non-profit Adventure Risk Challenge., Bike Monkey, 707-560-1122, [info@bikemonkey.net](mailto:info@bikemonkey.net), [truckeedirtrifondo.com](http://truckeedirtrifondo.com).**

**Utah Weekly Road Race Series**

**Utah Criterium Series —** Locations TBD, Utah Crit series, West Valley City, UT, Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, Locations TBD, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [race2wheels.com](http://race2wheels.com).

**Salt Air Time Trial Series —** Utah Crit Series, Salt Lake City, UT, Every other Thursday April - September, 1-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com).

**DLT (DMV) Criterium —** Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A file - 6 pm, B file between 6:45 and 7:05, Call for information regarding C file. Wednesdays April April - August, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com).

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

**Logan Race Club Thursday Night Time Trial Series —** Logan, UT, Thursdays. IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, [swc@mdsc.com](mailto:swc@mdsc.com), Ben Klofead, [benhko@gotmail.com](mailto:benhko@gotmail.com), Travis Dunn, [travis.dunn@usu.edu](mailto:travis.dunn@usu.edu), [loganraceclub.org](http://loganraceclub.org).

**Utah Road Racing**

**July 9-10, 2021 — Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, Celebrating our 10th year! In 2020, we worked with state and local officials to re-engineer our event. We are serious about the health and safety of our riders and we plan to be ever-vigilant again this year. We are a UCI Gran Fondo World Championship and GFNS Qualifier, but riders of all abilities are invited to participate. IT on Friday followed by 38, 50, 70 and 100-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, [oldhamtroy@gmail.com](mailto:oldhamtroy@gmail.com), [cachegrantfondo.com](http://cachegrantfondo.com).**

**July 10, 2021 — Utah State Time Trial Championship, UCA Series, Rush Valley, UT, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [race2wheels.com](http://race2wheels.com).**

**July 17-18, 2021 — Salt Lake Criteriums, USA CRITS, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), Eric Gardiner, 801-660-9173, [saltlakecrit@gmail.com](mailto:saltlakecrit@gmail.com), [saltlakecritterium.com](http://saltlakecritterium.com).**

**July 26-August 1, 2021 — Larry H. Miller Tour of Utah, Various, UT, The Tour of Utah is a UCI 2.Pro sanctioned men's professional cycling stage race that is part of the new UCI ProSeries. As America's toughest IT stage race, the weekend 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](mailto:info@tourofutah.com), [tourofutah.com](http://tourofutah.com).**

**July 30-31, 2021 — Saints to Sinners Bike Relay, 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 Neumeyer, 801-856-7018, [chad@saintstosinners.com](mailto:chad@saintstosinners.com), [saintstosinners.com](http://saintstosinners.com).**

**July 31, 2021 — Mirror Lake Highway Road Race, UCA Series, Kamas, UT, Details TBD., Troy Huebner, 427-0532, [troyworkone@comcast.net](mailto:troyworkone@comcast.net).**

**August 14, 2021 — Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event. . Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com).**

**August 27-30, 2021 — Hoodoo 500, Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [hoodoo500.com](http://hoodoo500.com).**

**September 11, 2021 — LOTOJA Classic Road Race, Logan, UT, 39th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY. Brent Chambers, 801-546-0090, [info@lotoja.com](mailto:info@lotoja.com), [lotoja.com](http://lotoja.com).**

**September 11, 2021 — Suncrest Hill Climb, Utah State Hill Climb Series, Draper, UT, The final climb of this series will feature the Back Side of Suncrest, this climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds. . Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com).**

**September 18, 2021 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 19th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles. 3800' of climbing! , James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com).**

**October 2, 2021 — Sugarhouse Criterium, Tentative, UCA Series, Salt Lake City, UT, New date! Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship, Jared Eborn, 801-599-9268, [jared@extramileracing.com](mailto:jared@extramileracing.com), [extramileracing.com](http://extramileracing.com).**

**October 5-8, 2021 — Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, [hwsg@seniorgames.net](mailto:hwsg@seniorgames.net), [seniorgames.net](http://seniorgames.net).**

**Dirty Bear**  
**50 MILE**  
**Gravel Ride**

Saturday, August 7th, 2021  
Big Bear Lake, CA

#ridewithus  
bigbearcycling.com

**October 9, 2021 — City Creek Bike Sprint**, Salt Lake City, UT. Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

**Regional Weekly Road Race Series**

**May 12-August 11, 2021 — ICE BAR Time Trial/Hillclimb Series**, ICE BAR Series, Pocatello, ID. Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best of 4 times., May 12 at 6:30 pm, 7:00 pm, June 2, June 30 and July 28 Hill Climb: 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 19 -Crystal Summit, 6:30 pm, 7:00 pm; June 16-Scout, July 14-Crystal Summit, August 11-Scout. Categories: End of season awards for men and women's overall winners of these categories: A's, B's, Master's 50+, Masters 60+, Triathlete, Recreational (Non IT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, [joypete@isu.edu](mailto:joypete@isu.edu), Tony Chesrow, 435-671-2506, [hebermisp@sports-am.com](mailto:hebermisp@sports-am.com), [idaho-cycling.com](http://idaho-cycling.com)

**May 25-July 20, 2021 — SWICA Fairground Criterium Series**, SWICA Criterium Series, Boise, ID. Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Every Tuesday except June 8, Kurt Holzer, 208-890-3118, [idahobikeracing@yahoo.com](mailto:idahobikeracing@yahoo.com), Kevin Spiegel, [idahobikeracing@gmail.com](mailto:idahobikeracing@gmail.com), [idahobikeracing.org](http://idahobikeracing.org)

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

**July 7-11, 2021 — USA Cycling Para-Cycling Road National Championships**, Boise, ID, Chuck Hodge, 719-434-4200, [chodge@uscycling.org](mailto:chodge@uscycling.org), [uscycling.org](http://uscycling.org)

**July 9, 2021 — Chrono Kristin Armstrong Time Trial**, Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com), [chris-norikislinarmstrong.com](mailto:chris-norikislinarmstrong.com)

**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](mailto:mcooley@georgescycles.com), [boisestwilightcriterium.com](http://boisestwilightcriterium.com)

**July 11, 2021 — George's Road Race**, Boise, ID, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**July 15-21, 2021 — USA Cycling Junior, Elite, and Para-cycling Track National Championships**, Trenton, PA, Chuck Hodge, 719-434-4200, [chodge@uscycling.org](mailto:chodge@uscycling.org), [uscycling.org](http://uscycling.org)

**July 18, 2021 — USA Cycling Grand Fondo National Championships**, Asheville, NC, Shawn Brett, 719-434-4200, [sbrett@uscycling.org](mailto:sbrett@uscycling.org), [uscycling.org](http://uscycling.org)

**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, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Kim Nordquist, 303-249-6168, [director@bicyclerace.com](mailto:director@bicyclerace.com), [bicyclerace.com](http://bicyclerace.com), [teamevergreen.org](http://teamevergreen.org)

**August 5-8, 2021 — USA Cycling Masters Road National Championships**, Albuquerque, NM, Shawn Brett, 719-434-4200, [sbrett@uscycling.org](mailto:sbrett@uscycling.org), [uscycling.org](http://uscycling.org)

**August 7, 2021 — The Broadmoor Pikes Peak Cycling Hill Climb**, Colorado Springs, CO. This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9,390 feet and finishing

12,42 miles later at 14,115 feet with an elevation gain of 4725 feet. There is a timed race and gran fondo, with waves starting at 6:13 am., The Sports Corp., 719-634-7333, [info@thesportscorp.org](mailto:info@thesportscorp.org), Jeff Mosher, 719-634-7333 Ext 1005, [jeff@thesportscorp.org](mailto:jeff@thesportscorp.org), [PikesPeakCyclingHillClimb.org](http://PikesPeakCyclingHillClimb.org)

**August 13, 2021 — Meridian Speedway Criterium**, Meridian, ID, John Rogers, 208-284-9671, [cbwebdesign@yahoo.com](mailto:cbwebdesign@yahoo.com), [idahobikeracing.org](http://idahobikeracing.org), [facebook.com/SaintAlphonsusCyclingTeam/](http://facebook.com/SaintAlphonsusCyclingTeam/)

**August 14, 2021 — Lamolle Canyon Hill Climb**, Lamolle, NV. Self-reporting, ride it and time yourself, 14th annual, Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolle Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, [nvelkvelo@gmail.com](mailto:nvelkvelo@gmail.com), [elkvelo.com](http://elkvelo.com)

**August 15, 2021 — Suisun Harbor Criterium**, Suisun City, CA, 2021 Northern California/Nevada District Criterium Championships. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 20, 2021 — Meridian Speedway Criterium**, Meridian, ID, John Rogers, 208-284-9671, [cbwebdesign@yahoo.com](mailto:cbwebdesign@yahoo.com), [idahobikeracing.org](http://idahobikeracing.org), [facebook.com/SaintAlphonsusCyclingTeam/](http://facebook.com/SaintAlphonsusCyclingTeam/)

**August 21, 2021 — Bogus Basin Hill Climb**, Boise, ID, 43rd Annual, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**August 28, 2021 — Race Against Time**, San Manuel, AZ, Race will begin at 8:00 a.m., [azcycling.org/event/race-against-time-2/](http://azcycling.org/event/race-against-time-2/)

**August 29, 2021 — La Vuelta a Santa Catalina Hill Climb**, San Manuel, AZ, Climb will begin at 8:00 a.m., [azcycling.org/event/la-vuelta-a-santa-catalina-road-race/](http://azcycling.org/event/la-vuelta-a-santa-catalina-road-race/)

**September 4-6, 2021 — Steamboat Stage Race**, Steamboat Springs, CO, Now in year 13, Pro-am road racing returns to Steamboat Springs Labor day weekend 2021, with all new courses. USA Cycling sanctioned., Corey Piscopo, 970-367-3517, [corey@bikessteamboat.com](mailto:corey@bikessteamboat.com), [bikessteamboat.com](http://bikessteamboat.com)

**September 6, 2021 — Il Giro di San Francisco**, San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. 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](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 12, 2021 — Arizona State Time Trial 40K Championships**, Picoacho, AZ, Arizona State Individual Time Trial, 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, [juliano88@gmail.com](mailto:juliano88@gmail.com), [tucsonmasters.org](http://tucsonmasters.org), [azcycling.org/event/state-time-trial-20-and-40k/](http://azcycling.org/event/state-time-trial-20-and-40k/)

**September 12, 2021 — Arizona State Time Trial 20K Championships**, Picoacho, AZ, Arizona State Individual Time Trial, 20K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, [juliano88@gmail.com](mailto:juliano88@gmail.com), [tucsonmasters.org](http://tucsonmasters.org), [azcycling.org/event/state-time-trial-20-and-40k/](http://azcycling.org/event/state-time-trial-20-and-40k/)

**September 17-19, 2021 — Silver State 508**, Mountain West Ultra Cup, Reno, NV, 38th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport." This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across America (RAAM) Qualifier, starts and ends in Reno and traverses across Highway 50; also known as "the Loneliest Road in America"., Robert Panzera, 917-543-2670, [robert@ccsd.com](mailto:robert@ccsd.com), Jo Panzera, [jccsd.com](http://jccsd.com), [the508.com](http://the508.com)

**September 19, 2021 — Oakland Grand Prix**, Oakland, CA, Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 26, 2021 — Mt. Graham Hill Climb**, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544, [nippy-mr-smarty-pants@juno.com](mailto:nippy-mr-smarty-pants@juno.com), [azcycling.org/event/mt-graham-state-hc-2/](http://azcycling.org/event/mt-graham-state-hc-2/)

**Tour de Prairie Long Distance Bike Ride**  
25, 50, 75, 100 mile options  
**June 26, 2021 - Cheyenne, Wyoming**  
The ride tours up Happy Jack Road to Vedauwoo, through Medicine Bow National Forest.  
Registration and event details:  
[hub.enmotive.com/events/superday-2021-tour-de-prairie-or](http://hub.enmotive.com/events/superday-2021-tour-de-prairie-or)  
[www.CheyenneRec.org/Superday](http://www.CheyenneRec.org/Superday)

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[www.tooeletranscript.com](http://www.tooeletranscript.com)

**September 29-October 3, 2021 — Tour of the Gila**, Silver City, NM, 5 stages, UCI men, UCI women, amateur categories, great spring racing!, Jack Brennan, 575-590-2612, [brennans231@comcast.net](mailto:brennans231@comcast.net), [tourofthegila.com](http://tourofthegila.com)

**October 2-3, 2021 — Nevada Senior Games Cycling Races**, Las Vegas, NV, Cycling competition for age groups: 50-94, 5 and 10k time trials, 20 and 40k road races, 1-15 & US-93, 10 miles north of Las Vegas, Joe Dailey, 775-461-9252, [NVSGCycling@outlook.com](mailto:NVSGCycling@outlook.com), [nevadafusesport.com](http://nevadafusesport.com)

**October 17, 2021 — Avondale Crit**, Avondale, AZ, 8:00 a.m. - 5:00 p.m., Carlos O'Briens Racing, [bdelaney259@gmail.com](mailto:bdelaney259@gmail.com), [azcycling.org/event/avondale-1/](http://azcycling.org/event/avondale-1/)

**Utah Road Touring and Gran Fondos**

**July 9-10, 2021 — Cache Gran Fondo**, UCI Gran Fondo World Series USA AND Gran Fondo National Series, Logan, UT, Celebrating our 10th year! In 2020, we worked with state and local officials to re-engineer our event. We are serious about the health and safety of our riders and we plan to be ever-vigilant again this year. We are a UCI Gran Fondo World Championship and GFNS Qualifier, but riders of all abilities are invited to participate. IT on Friday followed by 38, 50, 70 and 100-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational prizes (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, [oldhamtroy@gmail.com](mailto:oldhamtroy@gmail.com), [cachegrantfondo.com](http://cachegrantfondo.com)

**July 13-14, 2021 — Raspberry Ramble Series**, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported 188, 250 or 375-mile ride in Cache Valley and southern Idaho. This is a timed brevet co-sponsored by the national organization, Randonneurs USA., Richard Sturm, 435-462-2266, [richard@eogear.com](mailto:richard@eogear.com), [saltlakerandos.org](http://saltlakerandos.org)

**July 17, 2021 — 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 Kopopelli Relay., Michelle Lyman, 801-941-5526, [info@ironlungride.com](mailto:info@ironlungride.com), [ironlungride.com](http://ironlungride.com)

**July 30-31, 2021 — Saints to Sinners Bike Relay**, Salt Lake City, UT, Fundraiser relay, road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, [steven@saintstosinners.com](mailto:steven@saintstosinners.com), Chad Neumann, 801-856-7018, [chad@saintstosinners.com](mailto:chad@saintstosinners.com), [saintstosinners.com](http://saintstosinners.com)

**July 31, 2021 — Wasatch Front Series**, Tentative, Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT, Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island, 108, 200, 300 km (67.6, 124.3, 187.4 mile) options. A brevet (bruh vay) is a timed ultra distance event, Richard Sturm, 435-462-2266, [richard@eogear.com](mailto:richard@eogear.com), [saltlakerandos.org](http://saltlakerandos.org)

**August 14, 2021 — Wildflower Pedalfest**, Morgan, UT, A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com)

**August 14, 2021 — To the Moon and Back Century Ride**, Tabiona, UT, Located in the High Uintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha House and Operation Underground Railroad., Karen Redden, 435-828-0467, [roxredden@gmail.com](mailto:roxredden@gmail.com), [tothemoonandback-events.com](http://tothemoonandback-events.com)

**August 21, 2021 — Wasatch Back Super Series**, Tentative, BCC SuperSeries, Salt Lake Randonneurs, Draper, UT, Self-supported, timed 237km (137-mile) ride from the Salt Lake Valley climbing over to Henefer, down to Heber City and returning via the new Cascade Springs road onto the Alpine Loop. Over 12,000-ft of vertical gain!, BCC, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Richard Sturm, 435-462-2266, [richard@eogear.com](mailto:richard@eogear.com), [bccutah.org](http://bccutah.org)

**August 21, 2021 — Sevier Valley Rooster Ride**, Richfield, UT, Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Medal and Tee Shirt provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option., Chad McWilliams, 435-893-0457, 435-421-2743, [cmw@sevier.utah.gov](mailto:cmw@sevier.utah.gov), [traildaysutah.com/sv-rooster-ride/](http://traildaysutah.com/sv-rooster-ride/)

**August 28, 2021 — Cache Valley Century Tour**, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back thru scenic terrain. Great length of tour before LOTOJA, Bob Jardine, 435-713-0288, 435-757-2889, [info@cachevalleycentury.com](mailto:info@cachevalleycentury.com), Sammie Macfarlane, 435-713-0288, [Sammie@cgadventures.org](mailto:Sammie@cgadventures.org), CJ Sherlock, 435-713-0288, 435-757-2889, [info@cachevalleycentury.com](mailto:info@cachevalleycentury.com), [CacheValleyCentury.com](http://CacheValleyCentury.com)

**August 28, 2021 — Summit Challenge**, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget — all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Kyle Cowdrey, 435-649-3991, 435-200-0990, [events@discovernac.org](mailto:events@discovernac.org), Whitney Thompson, 435-649-3991, [whitneyt@discovernac.org](mailto:whitneyt@discovernac.org), [summitchallenge100.org](http://summitchallenge100.org), [discovernac.org](http://discovernac.org)

**August 28, 2021 — Gran Fondo Salt Lake**, Tooele, UT, Start and finish at the iconic Utah Motors Sports Campus west of Tooele, Utah. Kick off your ride with a shotgun start and mega balloon send-off at the UMC Campus. Choose from 105 miles, the metric century (62 miles), or 30 miles., Dan Aamodt, [info@skolevents.com](mailto:info@skolevents.com), [GranFondoSaltLake.com](http://GranFondoSaltLake.com)

**September 11, 2021 — Warrior Woman Ride**, Payson, UT, Join us for the 12th annual fully supported all women's bike ride, choose between the 15, 30, 70 or 100 mile options. Keep patriotic during this ride honoring heroest, Mahogani Thurston, 801-318-1420, [wonderwomanride@gmail.com](mailto:wonderwomanride@gmail.com), Carolina Herrin, 385-218-9070, [herrin.carolina@gmail.com](mailto:herrin.carolina@gmail.com), [warriorwomanride.com](http://warriorwomanride.com)

**September 12-18, 2021 — 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](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**September 18-19, 2021 — 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@skinnytireevents.com](mailto:info@skinnytireevents.com), [skinnytireevents.com](http://skinnytireevents.com)

**September 18, 2021 — Goldlocks Utah**, Goldlocks Bike Ride, Provo, UT, Goldlocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldlocks has a route that is "just right" for everyone! Benefits Operation Underground Railroad to end sex trafficking., Randy Gibb, 801-222-9577, [randy@goldlockside.com](mailto:randy@goldlockside.com), [goldlockside.com/provo](http://goldlockside.com/provo)

**September 18, 2021 — Up for Downs Century Ride**, Kaysville, UT, This is a non competitive event that will take you on an amazing ride through beautiful Northern Utah. Starting at Pioneer Park in Kaysville you will go on a 25, 50, 75 or a 100 mile ride up to Brigham City and finish back at Pioneer Park., Scott Kimball, [sk2social@gmail.com](mailto:sk2social@gmail.com), Cheryl Johnson, 801-503-5086, [ceo@udsf.org](mailto:ceo@udsf.org), [udsf.org](http://udsf.org)

**September 24-25, 2021 — Salt to Saint Relay**, Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or 20 or 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, [info@enduranceutah.com](mailto:info@enduranceutah.com), [salttosaint.com](http://salttosaint.com)

**September 25, 2021 — 5 Canyons Bike Challenge**, Sandy, UT, Wheels of Justice, Ain't No Mountain High Enough. The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet - one of the most challenging one-day bike rides in Utah! Raises money to prevent childhood trauma and abuse., Greg Hoole, 801-272-7556, [greg@teamwheelsofjustice.org](mailto:greg@teamwheelsofjustice.org), [aintnomountainhighenough.org](http://aintnomountainhighenough.org)

**September 25, 2021 — Belgian Waffle Ride - Cedar City**, TRIPLE CROWN OF GRAVEL, Cedar City, UT, The "Hell of the South", 78% Gravel (106 miles), 22% Paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the "Parowan Gap" and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, [mrx@monumentsofcycling.com](mailto:mrx@monumentsofcycling.com), [belgianwaffleride.com](http://belgianwaffleride.com)

**October 16, 2021 — Fall Tour de St. George**, Ride Southern Utah Road Gran Fondos, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through 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](mailto:joey@redrockbicycle.com), Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), Ryan Gurr, [info@spingees.com](mailto:info@spingees.com), [ride-southernutah.com](http://ride-southernutah.com)

**December 31, 2021 — CF Cycle For Life (virtual)**, 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](mailto:lhadley@cff.org), Jennifer Reid, 801-532-2335, [jareid@cff.org](mailto:jareid@cff.org), [cff.org/utahcycle](http://cff.org/utahcycle)

**June 4, 2022 — Little Red Riding Hood**, Lewiston, UT, Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. will be available early January. This event sells out quickly., Penny Perkins, [penperk@eventvlink.net](mailto:penperk@eventvlink.net), Curt Griffin, [lrh@bbtc.net](mailto:lrh@bbtc.net), [bccutah.org/lrh](http://bccutah.org/lrh)

**July 17, 2021 — Tour de Steamboat**, 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](mailto:info@tourdesteamboat.com), [tourdesteamboat.com](http://tourdesteamboat.com)

**July 17, 2021 — Watsonville Criterium**, Watsonville, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**July 18, 2021 — Canyon Belgian Waffle Ride - San Diego**, TRIPLE CROWN OF GRAVEL, 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, [mrx@monumentsofcycling.com](mailto:mrx@monumentsofcycling.com), [belgianwaffleride.com](http://belgianwaffleride.com)

**July 24, 2021 — Fondo on the Palouse**, 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, [fondopalouse@gmail.com](mailto:fondopalouse@gmail.com), [fondopalouse.org](http://fondopalouse.org)

**August 7, 2021 — Tour de Big Bear**, Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast!, Chris Barnes, 951-970-6720, 909-878-0707, [bigbearcycling@gmail.com](mailto:bigbearcycling@gmail.com), [bigbearcycling.com/tour-de-big-bear-cycling-west/](http://bigbearcycling.com/tour-de-big-bear-cycling-west/), [bigbearcycling.com](http://bigbearcycling.com)

**August 7, 2021 — Copper Triangle Alpine Cycling Classic**, 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](mailto:support@rollmassif.com), [rollmassif.com](http://rollmassif.com)

**August 8, 2021 — Boulder Roubaix Road Race**, Boulder, CO, First held in 1990 and now every other year just north of cycling mecca Boulder, this is an amazing 19 mile loop with mixed terrain, Chris Greulich, 303-619-9419, [chris@dbcevents.com](mailto:chris@dbcevents.com), [dbcevents.com](http://dbcevents.com)

**August 14, 2021 — Stonewall Century Bicycle Ride**, La Veta, CO, 18th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mile routes, featuring up to 8000-feet of climbing., Kent Hay, [info@spcycling.org](mailto:info@spcycling.org), [spcycling.org](http://spcycling.org)

Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Kim Nordquist, 303-249-6168, [kimnordquist@msn.com](mailto:kimnordquist@msn.com), [triplebybypass.org](http://triplebybypass.org)

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

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

**August 28, 2021 — Venus de Milles.** Lyons, CO. Venus de Milles 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](mailto:venus@greenhousescholars.org), [venusdemilles.com/colorado/](http://venusdemilles.com/colorado/)

**August 28, 2021 — Tour de Fox Wine Country.** VIRTUAL, 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 Megan, 707-560-1122, [info@bikemonkey.net](mailto:info@bikemonkey.net), [tourdefox.com](http://tourdefox.com), [michaeljfox.org](http://michaeljfox.org), [winecountry.com/colorado/](http://winecountry.com/colorado/)

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

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

**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](mailto:dmoynihan@denverpost.com), [ridetherockies.com](http://ridetherockies.com)

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

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

**September 11, 2021 — CHAFFE 150 Gran Fondo.** Sandpoint, ID. The 150 mile route is a grand loop around the Cabinet Mountains through gorgeous lake and river valleys, encompassing one upriver leg, two downriver legs and one huge lake! In addition, CHAFFE offers magnificent 100, 80, 40, and 25 mile routes for riders of any level, Chaffe 150, [chaffe150outlook.com](http://chaffe150outlook.com), [chaffe150.org](http://chaffe150.org)

**September 12, 2021 — Tour de Tahoe - Bike Big Blue.** Tentative, Lake Tahoe, NV. 18th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and 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, [taft@bikethestwest.com](mailto:taft@bikethestwest.com), [bikethestwest.com](http://bikethestwest.com)

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

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

**September 19, 2021 — GFNY Santa Fe.** Gran 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, [mike@kehebike.com](mailto:mike@kehebike.com), [hotmail.com](mailto:hotmail.com), [gfny.com](http://gfny.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 Geisler, 970-708-0566, [director@justforkidsfoundation.org](mailto:director@justforkidsfoundation.org), [justforkidsfoundation.org/mountainstodesertide](http://justforkidsfoundation.org/mountainstodesertide)

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

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

**October 2, 2021 — West Yellowstone Old Faithful Cycling Tour.** West Yellowstone, MT. West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots,

supported ride., Toni, 406-466-7701, 307-899-3367, [westyellowstonecycletour@gmail.com](mailto:westyellowstonecycletour@gmail.com), [cycleyellowstone.com](http://cycleyellowstone.com)

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

**October 9, 2021 — Park to Park Pedal Extreme Nevada 100.** Callahan, 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@clurbone.com](mailto:cathedralgorge.vc@clurbone.com), [parktoparkpedal.com](mailto:parktoparkpedal.com), [linalincountrynevada.com/exploring/biking/park-to-park-pedal](mailto:linalincountrynevada.com/exploring/biking/park-to-park-pedal)

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

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

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

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

**February 19, 2022 — Camino Real Double Century & Power Run.** Irvine, CA. The Camino route is shaped like a dog bone, with loops on each end of an out-and-back course., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**May 15, 2022 — 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, [velo-pro1@gmail.com](mailto:velo-pro1@gmail.com), [strawberryfields.com](http://strawberryfields.com)

## Multisport Races

**July 10, 2021 — Echo Triathlon.** TriUtah Points Series, Coalville, UT. 19th Annual. Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the historic Rail Trail makes for the perfect event for both seasoned athletes and beginners. 600 rider cap., Brogg Sterrett, 702-401-6044, [race@triatlah.com](mailto:race@triatlah.com), [triatlah.com](http://triatlah.com)

**July 10, 2021 — Cache Valley Super Sprint Triathlon.** Logan, UT. Held at the Logan Aquatic Center. This race is a great pool triathlon with a 500 meter serpentine swim, 12.4 mile bike on the Mendon Road which is a flat straight paved road out along farm lands, 3.1 Mile Run on the Logan River Trail under a canopy of trees. For those racers who want to do it Olympic style they will do it twice in an F1 format., Joe Coles, 801-335-4940, [joec@onhillevents.com](mailto:joec@onhillevents.com), [cvst.com](http://cvst.com), [onhillevents.com](http://onhillevents.com)

**July 10, 2021 — Logan Tri.** Logan, UT, Cache Valley Super Sprint Triathlon, Joe Coles, 801-335-4940, [joec@onhillevents.com](mailto:joec@onhillevents.com), [onhillevents.com](http://onhillevents.com)

**July 11, 2021 — Boulder Peak Triathlon.** Boulder, CO. Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**July 17, 2021 — San Rafael Classic Triathlon.** Huntington, UT. Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. New: paddle board tri (sprint) and a paddle board race. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course. Special prizes and awards will be issued to the athletes., Wade Allison, 435-609-3126, [allinson2@gmail.com](mailto:allinson2@gmail.com), [sanrafaelclassic.com](http://sanrafaelclassic.com)

**July 17, 2021 — XTERRA Beaver Creek.** 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](mailto:info@xterraplanet.com), [xterraplanet.com](http://xterraplanet.com)

**July 24, 2021 — Tri Boulder.** BBSC Twin Tri Series, Boulder, CO. One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances., Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com), [triboulder.com](http://triboulder.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 triath-

letes. 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](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [donnerlake.com](http://donnerlake.com)

**July 25, 2021 — Steamboat Lake Triathlon.** Steamboat Lake, CO. Sprint Distance Triathlon, Aquabike, & Stand-Up Paddleboard Options at Steamboat Lake, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**July 31, 2021 — Burley Idaho Lions Spudman Triathlon.** Burley, ID. The race starts at 7 am with the world's fastest 1.5k swim (current-aided) then a 40K Bike and 10K run., Cade Richman, [info@spudman.org](mailto:info@spudman.org), [spudman.org](http://spudman.org)

**August 7, 2021 — TriathaMom.** Riverton, UT. Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Perry Hacker, [perlyhacker@me.com](mailto:perlyhacker@me.com), [gotriathamom.com](http://gotriathamom.com)

**August 7, 2021 — Ironman 70.3 Boulder.** Boulder, CO. [boulder70.3@ironman.com](http://boulder70.3@ironman.com), [ironman.com](http://ironman.com)

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

**August 14, 2021 — XTERRA Indian Peaks.** XTERRA America Tour, Eldora, CO. time trial start on a chilly 1000' mountain 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@dig-deepsports.com](mailto:info@dig-deepsports.com), [digdeepsports.com](http://digdeepsports.com)

**August 15, 2021 — 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. This year Wild Ride will contain a kids' Off-Road Triathlon and an inaugural duathlon category. The finish line festivities begin at noon, along with race food and music., Daren Lightfield, 208-608-6444, [wildrockiesmail@yahoo.com](mailto:wildrockiesmail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [webscorer.com](http://webscorer.com)

**August 15, 2021 — Steamboat Triathlon.** Steamboat Springs, CO. Sprint and Olympic distances, at Lake Catamount Triathlon, Duathlon, Aquabike, and Stand-Up Paddleboard options., Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

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

**August 21, 2021 — Polson Triathlon.** Polson, MT. Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Polson. 10km run, single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, [seeleyspeedwagon@gmail.com](mailto:seeleyspeedwagon@gmail.com), [polsontriathlon.com](http://polsontriathlon.com)

**August 22, 2021 — Outdoor Divas Triathlon.** Longmont, CO. Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

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

**August 28-29, 2021 — Lake Tahoe Triathlon.** Tahoe, 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](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com)

**September 4, 2021 — Range 2 River Relay.** Salt Lake City, UT. The Range 2 River Relay is an active transportation team race to explore the Salt Lake Valley's waterways from pristine headwaters to buried creeks and channelized canal to meandering river. Competitors will bike, boat, and run from the Wasatch Mountains to the Jordan River, showcasing opportunities to connect communities and ecosystems between the two. Bike: 3.6 miles; starting at City Creek Canyon Trailhead ending at Fairpark.; Boat: 3.3 miles; starting at Fairpark ending at 1800 N Take-Out.; Run: 3.4 miles; starting at 1800 N Take-Out ending at Fairpark.; Brian Tonetti, 585-703-8582, [brian@sevenscanyonstrust.org](mailto:brian@sevenscanyonstrust.org), [sevenscanyonstrust.org/events/relay](http://sevenscanyonstrust.org/events/relay)

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

[southdavisrecreation.com](http://southdavisrecreation.com), [southdavisrecreation.com](http://southdavisrecreation.com), [southdavisraces.com](http://southdavisraces.com)

**September 11, 2021 — Brineman Triathlon.** TriUtah Points Series, Syracuse, UT. 5th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/fat 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@triatlah.com](mailto:race@triatlah.com), [triatlah.com](http://triatlah.com)

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

**September 11, 2021 — Harvest Moon Triathlon.** Boulder, CO. Long course at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**September 17-18, 2021 — Ironman 70.3 St. George World Championship.** St. George, UT. 2.4 mile swim, 112 mile bike, 26.2 mile run. Start: Sand Hollow Reservoir. Bike through Snow Canyon State Park. Finish: Downton St. George., Ironman, 303-444-4316, [stgeorge70.3@ironman.com](mailto:stgeorge70.3@ironman.com), Kevin Lewis, 435-986-6615, [kevin@visist-george.com](mailto:kevin@visist-george.com), [ironmanstgeorge.com](http://ironmanstgeorge.com)

**September 18, 2021 — Deser's Edge Triathlon Festival; Dirt Tri & Road Tri.** Fruita, CO. The Deser's Edge Tri event brings you a fun day of racing at Highline Lake State Park and will be a fitting end to Colorado's triathlon season. With Sprint, Olympic, and Off-Road category options there's a variety of distances and triathlon styles to choose from., Cassidy Veach, 970-248-1354, [cassidy@grandjunctionsports.org](mailto:cassidy@grandjunctionsports.org), [Deser'sEdgeTri.com](http://Deser'sEdgeTri.com)

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

**September 19, 2021 — Oktoberfest Triathlon.** Longmont, CO. Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

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

**September 25-26, 2021 — XTERRA USA Championship and XTERRA Utah Sprint Race.** XTERRA America Tour, Ogden, UT. XTERRA Utah, two distance options: 750m / 19k mountain bike / 5k trail and 1.5k swim / 30k mountain bike / 10k trail run; XTERRA USA/Pan America Championship. 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, [info@xterraplanet.com](mailto:info@xterraplanet.com), [xterraplanet.com](http://xterraplanet.com), [xterra.com](http://xterra.com)

**September 25-26, 2021 — The Toughman Half Long Course Triathlon Championships.** Stony Point, NY. Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of The Toughman Series., [raceetri.com](http://raceetri.com), [toughmantri.com](http://toughmantri.com)

**September 25, 2021 — Tribella Triathlon.** Aurora, CO. Women's only tri, sprint, super sprint, Cheryl Creek Reservoir, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**October 2, 2021 — Las Vegas Triathlon.** BBSC Double Down Series, Boulder City, NV. The one and only long course Triathlon, Duathlon and Aquabike is happening at Lake Mead, featuring iconic views of the lake that cannot be experienced anywhere else. Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead. Coupon code: LVTRICW2020, Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com),

**Yellowstone Tour -  
Continued from page 13**

Lake in Teton NP with much needed showers. I told Chris there was a Laundromat at Jenny Lake, until I remembered I stayed at Colter Bay on my ride in 2020 so another planning mistake on my part. Six young girls, who started their ride in Florence, Oregon, were packing up to leave as we arrived. I gave them my best words of encouragement. Then I found out from the camp host that they skipped out on paying pissing off the Park. I offered to pay their tab, but the offer was refused.

Just after dinner we heard a noise from the nearby lake. "Lou, do you hear that noise. The guy is trying to start his engine with a bad fuel line." It was an odd sound and continued for over an hour. At 5 AM when Chris and I were awakening the noise started again. As I got out of my tent, I spotted a well-camouflaged bird on a nearby log drumming its wings against his chest. Chris made a Google search noting that we were looking at a ruffled grouse making a mating call.

**The Ride to Alpine, Wyoming:**

From Jenny Lake, the ride to Alpine Wyoming is 60 miles with 1150 feet of elevation loss. There is a bike path from Jenny Lake to Jackson, Wyoming. After a short meander through town the bike path continues south of town for 6 miles or so.

South of Jackson, Wyoming, Route 89/191 has been under construction for a couple of years. We left the bike path, onto good shoulder for several miles before we crossed the road onto another bike path for 4 or 5 miles. Normally the worst part of the ride south of Jackson occurs just north of Hoback Junction. Historically there has been a 2-mile section of narrow road without a shoulder. This year that section is under repair. Given that it was Memorial Day, the construction crew was gone so we had a relatively nice, packed gravel construction road to ride save for a 50-yard section thus avoiding the traffic north of Hoback Junction. Once past the junction we again had good shoulder.

Chris and I planned to stay at a forest service campground about 2 miles north and west of downtown Alpine on route 26 as you enter Idaho. I had called a week ago to the campground I normally stay at in Alpine that is located behind a bar and a short walk to your choice of a grocery store or cafe. When I called, I was told, "the rates have gone up, \$22/tent. By the way, the showers and restroom are being remodeled so they are out of service, but you can use the restroom in the bar". I didn't want to chance the possibility of the bar not being open at 6 AM so we decided the Forest Service camp would be better.

And better it was. With my senior pass we had a nice site for \$9 and a 24-hour clean pit toilet a short walk from camp. The camp host was a wonderful lady. She paints rocks all sorts. Rocks painted with decorative "Welcome" greetings, frogs, and small ladybugs are a few of her creations that she sells or gives to the campers. Somehow the discussion mentioned that I was missing my granddaughter's birthday party during this ride (she is 4), so I was given a small painted ladybug rock to bring home.

I asked her about bears and if there were bear boxes available. She said I should just put our food in our car. When I reminded her that we were on bikes she said that she has not seen a bear in 2 years as the camp host so no worries. As I walked away, I heard her say "and if you are still worried, just put your food in your car".

**Confidence Building Days:**

I define Confidence Building Days as long days in the saddle that exceed what you mentally think you can ride thus you gain confidence. On the flip side, if you exceed what you mentally and physically can do, bonking, heat exhaustion and extreme fatigue will occur making the ride miserable. One must know their limits.

Lodging made day 5 and 6 each 80 miles long, a distance neither Chris nor I looked forward to riding. There would be 3 climbs totally 12 miles included in those 2 days. We proved to ourselves that we could do

the distance, but 60-mile days will still be our preferred planned limit.

**Second Breakfast:**

Chris and I both eat our own special blend of oatmeal in camp. Chris also makes what he calls "Hudson Bay" granola bars that he has for breakfast. The Hudson Bay bars include quick oats, old fashion oats, sugar, butter, a little bit of salt and usually with peanut butter and chopped nuts. Raisins are sometimes used. My oatmeal is a combination of what I have in the kitchen. Quick oats, instant oatmeal, and dried fruit (crasins, raisins, dates, or figs) are always used. If available, Julie's homemade granola and sliced almonds are added. Occasionally I put in instant cream of wheat and wheat germ. Five ounces plus coffee is first breakfast.

Chris and I just couldn't make a second breakfast café run work with our ride schedule. It was disappointing. Both of us look forward to a second breakfast after 15-20 miles. We both feel fresher with the calories and taste of a quality breakfast. Finally on day 5, the grocery in Afton, Wyoming provided us with the breakfast we needed. We bought hard-boiled eggs, cream cheese and some great tasting bagels and took over a table in the small dining area. My phone was dead so we both were able to finally charge our phones for the first time since we left on the trip. Windows allowed us to see our bikes, though there was not a need in this town.

After leaving Afton we completed our first 80-mile day helped by our second breakfast. We arrived at the KOA near Montpelier, Idaho for showers and laundering our copious volume of sweaty clothes. The next day, our last full day on the bike, was much the same. We again were able to have a small second breakfast before the climb to Logan Canyon. There is a new market that has a Beans and Brew along Bear Lake with pastry and of course, coffee.

After this 2nd breakfast we climbed for 6 miles to the summit, stopping at the summit campground for more food from our panniers. We then fought off and on head winds down Logan Canyon limping into



**Chris Blinzinger climbing out of Bear Lake. Photo by Lou Melini**

Hyrum State Park with its lush grass and enviable shade trees. Showers, dinner, and sleep were on the agenda.

On day 7, our last day, we had a 40-mile ride to the FrontRunner station in Ogden that would take us near our respective homes. First, we had a 6-mile climb over Sardine Canyon to start the day. We had hoped to have a second breakfast at the diner next to the train station, but it was closed and probably had been for some time.

**Trip Nuts and Bolts:**

Chris and I rode 400 miles from Julie's timeshare cabin in seven days: 3 40-mile days, 2 60-mile days and 2 80-mile days. Hiker/biker sites are plentiful in the parks and except for weekends, campgrounds are accommodating along the rest of the ride.

Food and water were plentiful, though with Grant's Village closed there isn't potable water between Old Faithful lodge and Flagg Ranch. We had a water filter if needed. We had stocked up on food for the 3 days in the Parks, but we could have purchased some food at the Flagg Ranch store. Jenny Lake had limited supplies. Full grocery stores are located at the south end of Jackson, Alpine and Afton Wyoming. Montpelier Idaho and now Bear Lake area have groceries as does Logan and the town of Hyrum. There is no need to carry a lot of extra food.

Weather, of course, varies based on the time of year one travels but Yellowstone always has potential for cold and wet weather. The route we took drops in overall elevation, but a Google search said we did 10,000 of climbing during our 7 days.

Our route followed two of Wyoming's many scenic byways. The Wyoming Centennial Scenic byway goes from Jackson to Hoback Junction, but one would wonder why the scenic byway is not all the way to Alpine. After Alpine is the Star Valley Scenic Byway.

For cyclists not interested in riding the roads home from Teton NP

there is the option of a Parks tour. Using Salt Lake Express bus service one can travel to West Yellowstone, Montana and return home from Jackson, Wyoming. All but 2 campgrounds have hiker/biker sites so you could bike from one campground to another; do some hiking to spend more time in the Parks. Food and shower options are available at most campgrounds in the Parks as well as at Flagg Ranch that sits between the Parks. Laundry services are also available at selected campgrounds.

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

Chris Blinzinger is an avid cyclist, commuter and tourer. He is a member of the Provo Bike Committee and advocate for active transportation. He tours with friends and family and hopes to ride back to his home state of Indiana in the near future.

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## METAL COWBOY

# No Place To Go But Everywhere

By Joe Kurmaskie

We were never far from nowhere, you could see it from just outside the backdoor. And when the magic of the adventure threatened to overwhelm, we didn't crack because we knew the way with best laid plans, the myth of merciful Gods and America. Better to get lost in the mysteries of leaves and dirt and mesas, long nights and late summer sunrises.

When we taste a shift in the season on the wind there's that pull. Not to take a stand, but to drop the pedal like a holy roller and turn the corner. Find if the hunger still resides somewhere between head and toes and if the beauty still catches in the throat. The first pedal strokes trace this mantra: a horizon with no one on it, a gift to look upon it. Sun in the saddle - on my way to nowhere but getting there with heaps of joy in my bones, and a hint of a summer breeze in my hair. Someday I'll be old and bent and devil spent, but thanks to days like today I'll be that wrinkled as jerky but still going old timer with a grin people will mistake for wisdom. Get at it wherever you're at.

I've always liked criterium races, they make me think of summer and race season, though I've only been in one, which I won, but we'll get to that in a bit. I do a a crit a couple times a week in my neighborhood.

I'm the only one in the race and it's not a square as much as a very long rectangle with a slanted roof on it along the bluff. I like to do five laps because after that i get a little bored and it feels like I've gotten the blood flowing enough. I lean into the corners and open it up on the long straight aways and sometimes I narrate in my best color commentator voice, "It's time to open up the suitcase and see what tricks are stored in there." "Dig deep, lad. It's the bell lap." Sometimes I pass other riders who don't know they are in a race. Mostly I like taking the air and seeing the angle of the sun across the pavement when it's beaming through the trees. Mostly I like feeling alive and in motion.

In 1996 I was covering the Tour Of The Gila for the newspaper where I worked. My landlord was one of the race sponsors. He co-owned the local bike shop and he was a pretty chill guy. He partner was a ball of stress. You know how you can actually see stress swirl around some people? It's a five day stage race with a crit in town on that Saturday. I rode along on the long day out to the cliff dwellings, and appreciated how fast these non body fat lost souls could coax a bike to go.

The Saturday race was in multiple parts. The women raced in the morning, then the citizens crit. Then the men's cats in the afternoon. My

landlord came out at about 5 minutes before noon with a mountain bike and told me he'd signed me up for the citizen's race. I waved it off and pointed out that I was wearing hiking boots. The gun sounded and he literally ran me to the start line and pushed me forward. I had a few seconds to decide to peel off or dig in... I have this default feature built into the reptile part of my brain... it's always set on fight. So I did my best to get my hiking boots onto the middle of the pedals and I dug in, hard. so hard I had to back off a bit so as not to blow up, but that was after I'd caught and overtaken the pack. I held me line in my mountain hardware shorts, Suwannee Country Tours tank top and hiking boots. I looked absurd, I felt exhausted. By the third lap I contemplated dropping off the back but half of the town, my friends and neighbors were chanting Joe, Joe, Joe at every corner. Several of their dogs chased after me, mistaken Joe for go perhaps. Much of my life has followed this track... a push from nowhere, chaos, excitement, sound, fury, pain, motion and at some point a big smile turns to laughter because hell, it's all gonna be over soon enough so enjoy the ride.

A hundred yards out my boot slipped the pedal and I almost went down, but I went loose and completed the motion catching the pedal

again. When it was over I was laying on the ground thinking is this what a heart attack at 29 feels like?

The Ilg brothers helped me to the curb where I sat with my head between my knees for an indefinite period of time. "You won," Craig Ilg said but all I heard was. "You Done."

"How do you feel?" Craig's brother asked. Still a bit breathless, I could be philosophical, "Like I will stick to touring for here on..."

When they put the medal around my neck I chuckled, realizing that since I was the reporter, I was going to have to write about my win in the third person when listing the stats for that day.

Since the race was a loop, it somehow made sense, as if seeing myself as I came around to the start.

On stage, I manage to blurt out. "Next year leaving the hiking boots at home.... maybe flip flops."

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.

## Cities Need to Consider Rider Age When Planning

It's not just gender, ethnicity, income or certain neighborhoods that get overlooked in efforts to expand the universe of people who ride bikes. Manufacturers, advocates and planners may also be overlooking another large group of potential bicyclists: senior citizens. Many more people would be likely to ride if bikes and infrastructure were designed better for them. Or so suggests a new study from the Mineta Transportation Institute. And the older demographic has become more important because members have increased their desire to ride during the COVID-19 pandemic.

The institute questioned 2,300 people over 50 in the United States and Canada who ride about their habits and how cycling could become more friendly and safer for them. (The institute didn't include seniors who don't ride about why not and what might get them interested.) About 61 percent of respondents were men and respondents mainly came from relatively high-income households. "This is a recognized weakness of the survey," the report acknowledges.

Most respondents indicated they learned to ride as a child or teen, indicating a need for more adult education in communities. Health or aging agencies, bike shops or recreation departments could run programs. Cambridge, MA, for instance, started a program to teach adults to ride (including skills for those who had learned many years ago but stopped riding). Cambridge had to do the program by webinar during the pandemic and put the program on YouTube.

"Older adults' desire to continue riding means that planners and designers need to include this demographic in network planning, design, and maintenance. Planning for older adult communities should also be design to support cycling both within and with connections to the adjacent bicycle network," the report says. Ebikes and trikes will help many.

Find Cycling Past 50: A Closer Look into the World of Older Cyclists at <https://transweb.sjsu.edu/sites/default/files/2112-Kachadoorian-Cycling-Past-50.pdf>

-Charles Pekow



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**BICYCLE ART**

***Breath and Sky - The Bicycle Art of Trenton Higley***



**Artist:** Trenton Higley

**Title:** Breath and Sky  
**Medium:** Oil on canvas  
**Size:** 36" x 36"

**Artist bio:** Trenton Edwin Higley

(b. 1970) is an American Artist specializing in beautifully handcrafted representational figures, landscapes and narrative works in oil and watercolor.

Often set within and around the Wasatch Mountains near by, his timeless paintings of strong alluring

figures placed in intriguing situations or simply posed in a Landscape, strike a pleasing balance between the classical and the contemporary. His paintings are part of his desire to be in the outdoors riding his bicycle or skiing with his family.

Along with solo, joint and group

shows in Jackson Hole Wyoming, Park City and Salt Lake City Utah and countless commissions, his artwork has been in many collections including Robert Duvall and Stetson inc.

**Upcoming show:** "Breath and

Sky," a 36x36 oil on canvas, will be on display at Contender Bicycles in Salt Lake City, Utah.

Find Trenton's art at [trentonhigley.com](http://trentonhigley.com).



# SHIFT GEARS

The Huntsman World Senior Games is the largest annual multi-sport event in the world for athletes age 50 and better. The 2021 Games takes place October 4 - 16, in St. George, Utah, and welcomes over 11,000 athletes from all around the globe. With 35 different sports, including cycling, mountain bike, triathlon and trail running, all set amid the most beautiful red rock anywhere, there is something for you.

When you compete in the Games, it's much more than just a competition. You get an unforgettable opening ceremonies, amazing swag and free health screenings. But more than that, you get to associate with some of the greatest people out there. Come be part of something special.

The timeout is over ... and we're back.

For more information or to register visit [seniorgames.net](http://seniorgames.net)



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