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2024 EVENT CALENDARS INSIDE!

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ROAD · MOUNTAIN · GRAVEL · TRIATHLON · TOURING · RACING · COMMUTING · ADVOCACY

NUTRITION The Athlete's Kitchen: Coffee, Caffeine & Athletes—What to Know



Peak State Fit's Pat Casey prepares an espresso drink at their new bike and coffee shop in Salt Lake City, Utah. Photo by Dave Iltis

By Nancy Clark MSRD CSSD

Thankfully for millions of athletes around the globe, coffee can be enjoyed guilt-free as part of a

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healthy sports diet. Coffee contains nutrient-dense plant compounds called phytochemicals that promote health and offer strong anti-oxidant and anti-inflammatory properties. Studies suggest coffee can actually improve heart-health. That said, high coffee/caffeine intakes can trigger pre-existing cardiovascular conditions such as atrial fibrillation. And, needless to say, coffee brimming with sugar, flavorings, cream, and coffee whitener is not a part of this conversation!

Scientifically speaking, coffee and caffeine are two different substances. Caffeine is pure and comes in standardized doses (such as NoDoz, caffeinated chewing gum, caffeinated sports gels,). The average

caffeine per day-that's more-orless the amount in two small (8-oz) cups coffee or a 16-oz Starbucks Grande. The caffeine content of coffee varies according to the type of bean, how it is roasted, ground, and brewed. Analysis of 20 commercial espressos reported the caffeine content was inconsistent and ranged between 50 to 320 mg per 8-ounce serving. FDA's recommended daily limit is 400 mg caffeine per day.

Although coffee is the most popular form of caffeine, other sources include:

- Tea: 30-50 mg caffeine/8 oz
- Cola: 30-40 gm/12-oz can

• Energy drinks: 100 mg/12-oz can Red Bull

• Energy bars: 80 mg/Verb Energy

• Electrolyte tablets: 40 mg/tablet Nuun Sport + Caffeine Caffeinated chewing gum: 100mg/ piece Rev Energy Gem

Caffeine appears quickly in the blood (within 5 to 45 minutes after ingestion). Its impact generally peaks within 15 to 120 minutes and the boost can last for ~4 to 6 hours. By that time, half of the caffeine has been metabolized by the liver. By 10 hours, caffeine generally will have been completely cleared from the bloodstream. Caffeine's impact varies widely person to person, depending on genes that influence the breakdown of caffeine. Athletes who are fast metabolizers of caffeine get an immediate boost. Others are slow metabolizers. Learn your body's response!

For athletes who already feel anxious before a competitive event, pre-exercise caffeine can put them over the edge by increasing jitters and anxiety levels. A better time to consume caffeine to enhance performance can be when the athlete starts to feel tired (as opposed to taking it an hour pre-exercise). Delaying caffeine use until the onset of fatigue gives a welcomed boost. Caffeinated gels, sports drinks or sports chewing gums are popular energizers during endurance exercise!

Given most athletes know that coffee/caffeine can make a workout seem easier, this article addresses other questions asked about this beloved morning wake-me-up-er and idolized afternoon energizer.

Do habitual coffee drinkers get the same performance benefits as non-users?

Yes. If you habitually drink coffee every day, you may need a higher dose of performance-enhancing caffeine than a coffee-abstainer. A proposed dose is about:

• 1-2 mg/lb (2-5/kg) for non-users • 1.5-3 mg/lb (3-6 mg/kg) for

average coffee drinkers • 3-4.5 mg/lb (7-10 mg/kg). for

heavy coffee drinkers. For a 150-lb athlete, this ranges widely between 150-450 mg. per dose.

The days before your event,



Coffee contains nutrient-dense plant compounds called phytochemicals that promote health and offer strong anti-oxidant and antiinflammatory properties. Caffeine can boost physical and mental performance. Photo by Dave Iltis there's no need to stop drinking coffee. You'll simply suffer through withdrawal symptoms like headaches. You won't get an added boost from abstinence followed by an event-day jolt of caffeine.

How much is too much coffee/ caffeine?

The FDA's suggested 400-milligrams of caffeine per day is a safe dose for most adults. That's the amount in about four 8-oz cups (32 oz.) of coffee, 10 cans of cola, or four 12-ounce cans of Red Bull. If you are pregnant, abstaining from coffee will minimize the risk of miscarriage or other negative outcomes. A toxic amount is 1,200 mg caffeine taken in one dose. Unlikely to happen, but not impossible ...

Does coffee/caffeine "work" for every type of athlete?

Yes, caffeine can effectively-and equally-help males and females, sprinters and endurance athletes, power athletes and teams. Athletes have sought-out caffeine for more than 100 years. It improves both physical and mental perfor-

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Volume Six





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Photo by Ryan Muncy, ryanmuncy-

MOUNTAIN BIKING My South-Central Oregon Mountain Biking Vacation

By Tom Jow

This June my friends and I revisited two riding areas from our vaca-tion last year. The first was the Spence Mountain trail network of Klamath Falls, Oregon. We planned to camp near the Shoalwater Bay trailhead, adjacent to Eagle Ridge County Park, about forty-five minutes north of downtown. Spence Mountain has a good mix of trails for all levels, built and maintained by the Klamath Falls Trails Alliance. Our second destination is the mountain bike paradise of Oakridge.

Spence Mountain

Day 1 We departed late from Salt Lake Friday and camped just outside Winnemucca, Nevada. The next morning, after a delicious breakfast



Before entering the mist of the Hardesty Trail in Oregon's Oakridge Trail System. Photo by Tom Jow

at The Griddle in Winnemucca, we head north up to the Oregon border. The landscape is vast, with rolling

Continued on page 12





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SUMMER 2024



Anti-Hopkins Street bike lane sign in Berkeley, California. Photo by Dave Iltis

By Darrell Owens

Hint: It's cars

I was split on whether gun deaths or traffic deaths are the biggest death cults in the United States, but I've decided it goes to cars. However neutered gun control is, it's not a popular mandate in polling but rather a quirk in effective lobbying. Car deaths and automobile manufacturer deregulation are a completely different level of insanity. Unfortunately, car centrism is the popular mandate in that most Americans really don't care about people being killed by cars, even if the victims are their own family members, and are seemingly resistant to taking the necessary systemic steps to save lives.

Controlling the mayhem that vehicles cause is suffering defeats all over the country. Most prominently, the delay of congestion pricing in New York City, the one city in this country where living without a car is common. No American city has made notable strides in reducing car dependency with the best of the worst being Jersey City, which has impressively developed a better bike network but little else. Why can't the anti-car movement get up and over this issue?

Firstly, I've realized that popular and widely held beliefs often trickle down from intelligentsia and academia first before becoming popular among the masses. I don't think that major institutions like news sites take traffic violence seriously. They lust after shootings but if someone's hit by a car it makes a bulletin in the round-up, only if the person died. Not much care in the world for the lifelong injuries, only fatality statistics. Even the New York Times published someone trying to blame teenage cyclists for their deaths by drivers recently.

The latest version of the climate movement also screwed up by pretending that individual transportation changes wasn't necessary to reduce carbon emissions. This in part feels like it was because a lot of the climate movement was led by young people rather than climate scientists. Their most famous slogan: "70% of emissions are caused by 100

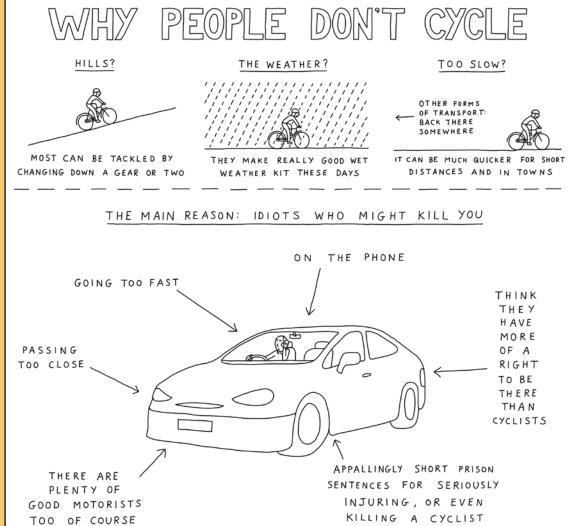


Pro-Hopkins Street bike lane sign in Berkeley, California. Photo by Dave Iltis

companies" purposely obscures that those 100 companies are oil companies. Oil company's emissions are primarily evident in mass transportation; particularly cars. When the climate movement did discuss traffic violence, they mostly spoke in the context of popularizing EVs, which is good, but uncomfortably ignored particle and manufacturing emissions EVs also contribute to. It would've been a better message to do what a lot of European cities did and push cities to decarbonize by transitioning the population towards mass transportation, bikes, walking and EVs. It was a prime opportunity to inform liberal urbanites both of the climate harm of cars but also the health toll in traffic deaths.

Instead, the 2010s climate movement pushed the idea that transportation consumption was less important than going after fossil fuel suppliers. Now they're busy spraypainting Stonehenge or doing weird stunts. Thus, most liberal cities that considered themselves pro-climate made these meaningless climate declarations and have proven cowardly to implement any of them if they impede parking or driving. The intensity that urbanite Americans will go through to defend the right to drive a car on every inch of public space is unbelievable, and unlike other issues, isn't polarized between liberal and conservative.

My hometown of Berkeley, California is an interesting display of this. Berkeley has a high concentration of climate scientists due to the University of California. Even the former U.S. Science Envoy has opined on our city's zoning policy. The town is notoriously liberal, and the vast majority of the population has a four-year degree or greater. Berkeley is fairly non-car dependent compared to most California



Cycling Cartoon by Dave Walker, davewalker.com

cities, second only to San Francisco of all cities west of the Mississippi. Despite the city being highly educated, the populace is just as prone to reactionary defenses of "the right to drive and park wherever and however" as any climate denier town in Republican America.

Our town suffers from a regular issue of drivers crashing into each other, pedestrians and cyclists. Like most cities in the United States, the lockdown unleashed a wave of antisocial activity that has caused severe reckless driving and a major spike in traffic deaths. If there's any time to focus on people dying from automobile crashes, it's now, as car-based death remain at 21st century highs.

Yet in the numerous local meetings I've attended to propose minor street improvements—typically involving the addition of bike lanes and the removal of a few parking spaces—people don't appear to be concerned about traffic fatalities. They say they care of course, but they're unwilling to make any changes to save lives in the name of parking and driving more easily. These are ordinary liberals who with any other issue would be critical of corporations, capitalism and carbonintensity, but not with their cars.

When a simple bike lane (on Hopkins Street) was proposed in my neighborhood next to an old commercial district covered with ample parking lots, I didn't even bother to comment. Yet this issue has blown up to become the single most divisive issue in Berkeley. It's beyond Israel-Palestine, beyond taxes or anything else. Simply scrapping some on-street parking spaces so bicyclists could safely travel east and west resulted in:

· Conspiracy theories sourced

from Alex Jones about Agenda 21 being plastered on respectable small businesses.

• The complete and total gutting of our transportation department because no staff could sustain the torrent of abuse.

• Every other lawn in the city — and out of the city — espousing support or opposition for a small bike lane.

• Two dueling ballot measures, one which proposes road paving only so that drivers can speed easier. And one that proposes street paving with safety improvements for bus riders, pedestrians and cyclists as well as drivers.

I was talking to national news reporters who told me how these projects wouldn't even make the back page in Asia or Europe. Yet this liberal town is ready to go to war over it. Many of the opponents of bike lanes, wider sidewalks and bus lanes are the same people with vague climate signs on their front lawns and windows.

Of course, people are allowed to disagree without it being some cult issue, but the counterarguments in defense of automobile domination are rather selfish. It's a weird switch that flicks on with otherwise empathetic people. Spending an extra 30 seconds to search for parking or 5 extra minutes driving makes drivers go nuts in ways extra time for everyone else doesn't. If we can't do bike improvements in an educated city like Berkeley, where can we do it? If we can't get congestion pricing in New York City where a handful of commuters drive, where can it be implemented in this country?

40,000 people are killed by cars annually; 100,000 are injured and millions die from exhaust pollution. Yet it just isn't a problem for people and that's depressing. People's minds have been so warped by generations of fossil fuel and automotive lobbies. An entire generation on a family tree - a mother, father, and their kids — were obliterated by a reckless driver in San Francisco at a major transit hub. The local businesses didn't respond by making it easier for most of their customers to patronize without parking or driving. They defended the right for a small minority of their customers to take their vehicles at high speeds full of areas where children walk, people ride bikes, and transit riders congregate.

I don't know how else to describe that other than cultish.

And critics respond by saying: well, it's America, people have to drive. But they don't! They have to because these people make it so. When valuable public space is given exclusively to cars, of course, alternatives are not competitive! It's very straightforward issue yet otherwise sophisticated people suddenly get overridden by the cult and clutch to their parking spot and highway lane, no matter how many people die to maintain it.

Rest In Peace to Yuan Cong, a man on a bicycle who was killed by a driver at an intersection in Berkeley, California that had 32 collisions and injuries before him. It took another person being killed after Yuan was hit for the city to bother activating the inactive safety signal after building it. The family is rightly suing the city, and I think victims of traffic violence must sue cities until people's lives, not the ability to speed, are prioritized in traffic engineering.

Coffee -Continued from page 2

mance. Caffeine increases arousal, alertness, vigilance, and mood. It reduces perception of pain and can make a tough workout seem a lot easier! That said, caffeine's effectiveness is variable. The response is weaker for some athletes and stronger for others, depending on their genetic predisposition.

The suggested performanceenhancing dose is between 1.5-3 mg/lb (3 - 6 mg/ kg). That equates to roughly 200 to 400 mg for a 150lb (68 kg) athlete. That said, each athlete needs to experiment during training to learn the right dose, timing, and source of caffeine for their body. Perhaps a sip of morning coffee does the job? Or maybe you benefit from an hourly caffeinated gel during the marathon? Whatever you do, don't over-do it! More is not better, and you want to be able to sleep that night...

Is coffee dehydrating when taken during exercise? When consumed throughout the day?

No. Caffeine is not a diuretic.

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Drinking coffee does not lead to dehydration. A study with 50 habitual male coffee drinkers who consumed coffee with ~300 mg. caffeine four times a day indicated no difference in urine output compared to when they drank the same amount of plain water. That means you can count coffee as water, even when exercising in the heat. It replaces sweat losses and contributes to the daily recommended 8 glasses water a day.Many athletes believe coffee has a diuretic effect because, after having consumed a mugful of coffee, they need to visit the bath-

room. While they might need to pee quicker than if they had consumed plain water, in 24-hours, they won't pee more than they consumed. (That is, unless they consume very high doses of caffeine (>6 mg/kg or >500 mg/dose). By that point, they would likely feel yucky and jittery.

The bottom line

If you are a coffee drinker, please enjoy your morning brew guilt-free (as long as it is not loaded with cream, sugar, and excess calories). As an athlete, you may want to learn how to best use coffee/caffeine as a potential performance enhancer. That said, no amount of caffeine will compensate for inadequate sleep and an irresponsible sport diet. Fuel wisely, sleep well, train appropriately, and then add some caffeine, if desired.

For More Information

Antonio J. et al. (2023) Common questions and misconceptions about caffeine supplementation: what does the scientific evidence really show? J Int'l Soc Sports Nutr 21:1, 2323919 Lowery L et al. (2023) International society of sports nutrition position stand: coffee and sports performance. J Int'l Soc Sports Nutr 20:1,2237952

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (617-795-1875). Her best-selling Sports Nutrition Guidebook is a popular resource, as is her online workshop. Visit <u>NancyClarkRD.com</u> for more information.



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<u>CYCLING TRIVIA</u> Tour de France Trivia



Tadej Pogacar on his way to 2nd place in Stage 7 of the 2024 Tour deFrance. He would hold on to the yellow jersey over Remco Evenepoel. -Nuits-Saint-Georges / Gevrey-Chambertin (CLM 25,3 km) - POGACARTadej (UAE TEAM EMIRATES). Photo by Billy Ceusters/ASO

By Dave Campbell

It's July, so it has to be the Tour de France!!!

The Tour looks a little different this year! In addition to starting a week earlier than normal, and starting in Florence, Italy for the first time, the race finishes in a different location and with a time trial! Since 1975, the Tour has finished on the Champs Elysees in Paris but due to the Paris Olympics, this year's race will finish on the Cote d'Azur in Nice, like the Paris-Nice stage race. For the first time since 1989, the race also finishes with a time trial. The 33.7 km test goes over two climbs: La Turbie and the Col d'Eze with a technical descent down to the waterfront. Defending champion Jonas Vingegaard will be back to defend his title after a horrible spring crash, as will Giro champion Tadej Pogačar and Time Trial World Champion Remco Evenepoel!

The Women's Tour, perhaps with a nod to the most dominant nation in Women's cycling, begins August 12th in Rotterdam, Holland! After three full days in the Netherlands, Stage four goes from Valkenburg into Liege, Belgium before Stage five leaves Bastogne, Belgium to finally cross into France. The race heads for a dramatic finish August 18th on Stage 8 atop Alpe d'Huez, 'cycling's cathedral" high in the French Alps. All the best women in the World are expected to compete with defending champion Demi Vollering the big favorite!

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fresh off a dominant win in the Giro d'Italia is aiming to win his third Tour de France title this July. Of course, those two previous two wins came in 2020/21 with Dane Jonas Vingegaard winning the two most recent editions. Who was the last multiple Men's Tour winner to come back from a runner-up position and reclaim their throne?

Q1. Slovenian Tadej Pogačar,

Q2. This is to be the third edition of the Tour de France Femmes, after eight years of a one-day event called "La Course by Le Tour de France". Although other French women's stage races were held (Tour Cycliste Féminin and Grande Boucle Féminine Internationale). Prior to these events was the first true Women's Tour de France (organized by ASO) and called simply the Women's Tour de France. Considering only the two TRUE Women's Tours de France, who was the last American woman to win a stage?

Q3. Who is the last American man to win a stage of the Tour de France?

Q4. In the most recent incarnation of the Women's Tour, which rider has logged the most days in the yellow jersey?

Q5. Who has logged the most days in the yellow jersey in the Men's Tour de France without ever winning the race? Hint: Not only has this rider never won the race, but

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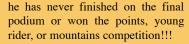
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For answers, see page 21.

Dave Campbell was born and raised in Lander, Wyoming and now resides in Bend, Oregon. He started writing Trivia in 1992 for Oregon Cycling News and continued the column with the Northwest Bicycle Paper. Dave also writes cycling history at "Clips_and_Straps" on Instagram and announces at cycling events throughout Oregon



BIKE FIT Bike Fit – Practical Considerations for the Engine Room



Dave Harward fitting DNA Pro Cycling Team rider Sarah Van Dam. Photo by Cathy Fegan-Kim

By Dave Harward

"Bike fits are not one size fits all. They are a snapshot in time. Fit the cyclist first, then adapt the bike." - Renowned bike fitter Happy Freedman

A bike fitter should take their training and experience and use it in tandem with the individual rider experience. That requires interpreting what the rider communicates of their sensations and thoughts about their historical position and then what they sense and feel about the changes and the updated position.

Bike fit is about finding the individual rider's ideal position in space and then either custom building a bike around that or finding the best option of bike size for the rider and adapting the components around it. The bike should be a reflection on the rider.

Greg Lemond's competitive

B

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1 day after the Audi Denver Littleton Twilight Criterium.

success in cycling was amazing in a career that spanned more than a decade and featured 3 Tour de France wins. Since he was so successful, the idea was that if his position on the bike was replicated, we would all rally like Greg Lemond. Well, his anatomy was not that of the normal person as he had unusually long femurs. His fit was for him. The story goes that Lemond's

French coach Cyrille Guimard determined the optimal saddle height as being .883 of measured inseam from the center of bottom bracket to top of saddle measurement. That was likely unique to Lemond since it doesn't account for seat tube angle or crank length. Essentially it assumes that each rider would have the same proportions relative to their height, which is far from individual.

There are a variety of considerations for individuality for saddle height and ultimately leg extension.

Here are just a few:

• Pedal system and shoe sole height

• Fore/aft cleat placement • Saddle set back • Crank length

Adjusting each of these impacts the levers of the legs and feet in relation to the crank line-up to maximize and optimize the force from leg extension.

Pedal System and Shoe Sole Height

First, consider the height of the pedal-shoe combination. Shoes and pedals from various manufacturers vary in height from the center of the spindle. When the foot is at bottom-dead-center (BDC) of the pedal stroke, the height of the interface of



Pedal system stack height. Photo



Pedal system stack height. Photo by Dave Harward

the shoe/cleat combination is different with a Specialized shoe/Look pedal setup than a Shimano shoe/ Shimano pedal setup. While the difference in interface height might be minimal it will have an impact on overall leg extension.

Fore-Aft Cleat Placement

Traditional cleat placement looked at centering the inside ball of the foot directly over the pedal spindle when the crank is pointed forward, horizontal to the ground. A

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Fore-aft cleat positioning. Photo by Dave Harward

newer approach is to place the cleat where the inside ball of the foot is slightly forward of the pedal spindle when the crank is pointed forward, horizontal to the ground. This newer approach was in response to the complaints of toe numbness and overall foot discomfort.

The impact of fore-aft cleat placement can affect leg extension and thereby impact saddle height. Moving the cleat forward on the shoe effectively lowers saddle height while moving it back on the shoe increases saddle height. Fore-aft cleat placement is important in individualizing bike fit since it impacts foot comfort and is part of the process of setting up even pressure across the forefoot.

Saddle Setback

Saddle setback is also unique in the individualization of bike fit. It accounts for positioning the knee in relation to the end of the crank. In most simple terms, moving a saddle forward results in decreasing overall leg extension while aft will increase leg extension for a given saddle height. Note that saddle setback is not a positioning method to improve reach to the handlebars. Saddle setback adjustments are used to set up the best position for "engine room"

FLATIRON PARK

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Saddle height fore-aft 1. Photo by **Dave Harward**



Saddle height fore-aft 2. Photo by **Dave Harward**



Saddle height fore-aft 3. Photo by **Dave Harward**

of the cyclist, finding the ideal leg extension and relationship of the knee to the crank to optimize muscular efficiency and protect the joints.

Protecting the joints is obviously an important aspect in optimal bike fit. The KOPS (knee over pedal spindle) method suggests that positioning the saddle height and fore-aft would place the knee vertically over

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7

BICYCLE TOURING Cycling the Oregon Coast

North of Beverly Beach. Photo by Kelly McPherson

By Kelly McPherson

I grew up in Oregon. We moved around a lot, but most of my time was spent in the Portland area. One of our family's favorite things to do was to go to the beach and so I spent many hours in a car driving from wherever we lived to Seaside, Lincoln City, Barview, Depot Bay or Florence. I never minded the trip. It was always beautiful, even if it was raining. There were many stops to local candy shops for copious amounts of saltwater taffy and sometimes a giant jawbreaker. I think my dad just wanted peace from his 4 rambunctious children and so he would give us the jawbreaker and tell us that we couldn't speak until it was gone. My sister's hard-as-rock jaw would smash it in pieces in a matter of minutes. Ironically, that sister is a dentist now.

As an adult, before my dad passed away, I discovered riding my bike to Lincoln City, Oregon from his house in West Salem, Oregon. It was about 70 miles of mostly country highway and gentle climbs summiting at about 780 feet above sea level. After a couple of years of doing this, I learned to carry a small string bag with me to pick up things I saw along the road. It was always interesting, and I picked up anything from small tools to gigantic pinecones or I would stop and pick

up fresh peaches from a fruit stand in the middle of nowhere. Then my dad passed away during COVID and those trips stopped.

In November 2022, I caught Influenza, got better and then two weeks later caught COVID. The infections put my heart into a PVC (premature ventricular contraction) rhythm called bigeminy. I was on a heart monitor for the next month or so. I was having over 21,000 PVCs a day and my heart was resetting itself every other heartbeat. I had a catheter ablation in February 2023 to fix the arrhythmia, which was a huge success. I felt better than I had in years! Because I felt so much better, I decided that I wanted to ride the Oregon coast and so I started planning a trip from my mom's house in Vancouver, WA to Astoria, OR down to Coos Bay, OR and then over to Crater Lake. It would be a beautiful 450 or so miles. I was going to love it!

Then in April 2023, as a result of the ablation, I got a pulmonary embolism and was put on blood thinners. Doctors wanted me to stop racing my bike. If I crashed, they said, I would likely die before the ambulance could get to me.

I had to decide whether or not to cancel my Oregon coast trip. The route was planned. The campsites were booked. Now what? I go, of course! So, in August 2023, I started from my mom's house in Vancouver



Coast Range Summit. Photo by Kelly McPherson

and made my way towards Seaside, Oregon.

Day 1: Vancouver, WA to Seaside, OR https://www.strava. com/activities/9559234365

In Oregon, it is best to plan for the unexpected. The spring weather had brought even more rain than usual and several roads that I had planned on riding from Vancouver to Astoria were washed out with giant mudslides. Fortunately, I found out about it before I left Vancouver and so I was able to come up with an alternate plan. My mom and I spent quite a bit of time looking at Google Maps and RideWithGPS trying to find a good route. When you head west from Vancouver, there is a road called Germantown Road. It is steep, narrow, and windy, but is the Google Maps recommended route. My mom did NOT want me riding that road, so we found an alternative. Unfortunately, when I got to that section of my route, I couldn't find the alternative, so I headed up Germantown Road. I would definitely recommend Germantown Road, provided it is not during peak traffic times when it is bumper to bumper with traffic. I started up it at about 10AM, and while there was some traffic, it wasn't heavy, and I felt perfectly safe even though there really

ful! It was a great challenge that is only about 3 miles long. When I got to the top, Google Maps got confused about where I was supposed to be going and so I had to turn around and find the correct route. Streets in the backwoods of Oregon are not always labeled.

At the bottom of the hill, I ended up on a bike trail that took me almost to Hillsboro. I am not usually fond of bike trails as it is hard to know where you will end up. I did finally make it onto Highway 26 headed towards Seaside, OR. Yes, it's a highway, but it has a great shoulder, and I was just fine riding it. It was gorgeous! The road from my dad's to the beach tops out at 780 feet, but this highway had significantly more climbing with 4 peaks at 1600 feet. By the time I was done, I would have over 5200 feet of climbing in a little over 81 miles. Due to my health situation that year, my lungs had not fully recovered, and I had lost a lot of training. This was a tough ride for me. My husband had been working via Starlink at my mom's house for the day. At 5PM, Utah time, he headed through the Portland rush hour traffic to catch up with me. I was really struggling and so let him pick me up just a few miles from my destination in Seaside, OR. I didn't feel very good, and I started to worry that my decision to ride this, in my current condition, was a poor one. We camped in Seaside OR that night. It was beautiful! We had brought some e-bikes and so my husband and I rode to the beach to watch the sunset and to explore the town a little.

After some discussion with my husband, and some soul searching, we decided to limit my miles on this ride. I would plan to do no more than 50 miles a day. In the morning, I would leave at the right time, to get where I wanted to be by the time my husband could catch up with me after work. When he got to me, I would get into the truck and not

too, not just mine! If I was feeling good, I would get moving a little earlier and get more miles in.

Day 2: Seaside to Tillamook https://www.strava.com/activities/9565354016

The original plan was to ride all the way from Seaside to Lincoln City, but I was limiting myself to 50 miles and so ended in Tillamook at the Tillamook cheese factory. This was an amazing ride. The views were fantastic, and I loved every bit of it. I had a significant tailwind and so I made really good time. I even stopped at one of my childhood family haunts in Barview. There is a little convenience store there that we used to buy bait at and then go fishing on the jetty. There is also a big "G" on the hillside in Garibaldi that my dad would ask us kids to make up stories about. So. many. Memories! Every year, my husband and I have taken my kids to the Oregon coast in the summer to visit my family and every year we go to the Tillamook Cheese factory for squeaky cheese samples and yummy ice cream. I couldn't go past this spot without waiting for my husband and having ice cream together. After we ate, I got into the truck and my husband drove us to our camping spot in Lincoln City.

Note: If you are using a Starlink for internet, do not stay at Devil's Lake State Park. There are too many trees to get a satellite connection.

Day 3: Lincoln City to Waldport https://www.strava.com/ activities/9571402606

Due to the satellite connection issues, we got up early in the morning to move our trailer to the D River Park so my husband could get internet to work. I got ready for my ride that day while my husband started his meetings. I could really get used to having my breakfast at a picnic table next to the ocean. Amazing!

This day's ride was so wonderful

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Sunset Bay Beach. Photo by Kelly McPherson

ily frequented the most. I stopped at Boiler Bay to take pictures as it has always been one of my favorite spots. My cousin owns a museum and a fishing tour boat in Depot Bay. I stopped at her museum to see her, but she was out on the boat. I rode out to the lighthouse in Newport and ate a peanut butter sandwich while watching the tourists and the waves.

My mom did not want me riding south of Waldport due to the lack of a shoulder and steep cliffs into the ocean. I was confident that I could do it. My mom was not wrong, however. The road for quite a few miles south of Waldport is windy, narrow, and with some really sheer drop offs. I think I could have ridden it, but if there was much traffic, it would have really frustrated drivers making the situation fairly dangerous.

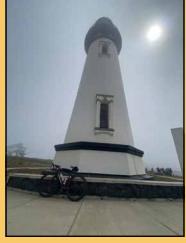
My brother met me on the other side of the Waldport bridge and so I hopped in his car, and I spent the rest of the day with him. That was one of my favorite days of the whole ride. It had been many years since I had spent much time with him. We drove to Florence, which is where our campground was for the night. My grandmother used to live in Florence, so we had burgers at the old A&W drive-in, took pictures of

us in front of her little old red house, found Grandpa's shop, went to the north jetty where we used to have sandy cheddar cheese sandwiches and set up camp at Honeyman State Park. My grandma and grandpa took us to Honeyman State Park every year to slide down the dunes, play in the lake and hike the trail around the lake. This was a day of wonderful memories.

Day 4: Florence to North Bend https://www.strava.com/activities/9578328726

Honeyman State Park had too many trees for my husband to get a connection to work, so we moved the trailer to an Albertson's parking lot in town. I spent the morning honoring my shopaholic grandmother, by cruising her favorite shopping area in Florence, Bay Street. There are tons of fun shops, restaurants and even sidewalk artists. It was great and I got souvenirs for all my kids and grandkids for when we got back.

Then I headed out towards North Bend. Highway 101 veers away from the ocean in this section and has quite a bit of climbing. My family rarely went this direction, so it was an area unfamiliar to me. I was so far from the beach that I did stop a



Newport Oregon Lighthouse. Photo by Kelly McPherson

couple of times to check my map to make sure that I was still on the right road. There were some long climbs on this route. There is a lighthouse near the top of one of them. Having looked at the maps afterwards, I wish I had taken the side trip to go see it. Though, I was tired, and the miles of the week were really starting to wear on me, and I wasn't sure that a side trip that I didn't know how long or steep it would be was wise.

Day 5: North Bend to Sunset Bay Beach https://www.strava. com/activities/9583250884

This was a short day. I was tired. My lungs were really feeling it. Also, there was a forest fire somewhere between where we were and the camp spot inland on the way to Crater Lake. Forest fires in Oregon can be really scary and they change direction quickly and suddenly. I didn't want to be caught near one on a bike, miles from my husband and the support of our truck and trailer. I decided that today would be a chill day. My husband had gone ahead and was parked at Sunset Bay Beach. When I got to him, I changed and then spent the rest of the day with my feet in the sand and my hand in a big bag of saltwater taffy.

Heaven!

We did end up going to Crater

Lake. I didn't ride around it as I had planned. The road around it was closed for construction. The parts that were open were bumper to bumper traffic with no shoulders and sheer drop offs on either side. Yeah ... I like to live.

If you go:

• August usually has the best weather and the least likelihood for rain.

• Plan for rain. The Oregon coast can get up to 200 inches of rain a year, so be prepared for some of it to be on you.

• Make sure to have lights on your bike even while riding in the daytime. Fog can make visibility tough. • Avoid riding on the weekends or

holidays. The traffic is horrendous. • I would recommend riding from

north to south as you are more likely to have a tailwind. It is also really fun to be on the ocean side of the road. It is so pretty!

• There are lots of camping and hotels on this route, but you will want to reserve early. The Oregon coast is a tourist hotspot, and the best accommodations fill quickly.

• Don't rush this trip. There is so much to do and see to focus on mileage goals. Just slow down and eniov it!

Make sure not to miss the following:

· Mo's in Seaside and south of Lincoln City as well as Newport. The one in Newport on Bay Blvd is the original one and well worth the trip, but I like the view from the one south of Lincoln City the best.

• Ride the old train in Rockaway Beach.

• Get ice cream and squeaky cheese at Tillamook Cheese Factory in Tillamook.

• Pacific City has a beach you can drive on and a fabulous dune to climb. My sister likes the Meridian Restaurant and Bar.

• Put your feet in the D river in Lincoln City and get lunch at Kyllos.

• Browse the shops in Depot Bay. Ainslees's Taffy in Depot Bay is the best. My cousin owns Tradewind Charters if you want to go fish or whale watch.

• Look for agates on Fogarty Beach.

• Take pictures at Yaquina Head lighthouse in Newport. Definitely make the trek down the long stairs to see the critters in the tidepools near the lighthouse.

• Hatfield Marine Science Center in Newport is free and fun. The Oregon Coast Aquarium is nearby but is expensive.

• Sea Lion Caves are fun, but expensive. My family only went once.

• Shopping on Bay Street in Florence.

• Slide down the dunes on a saucer, play in the lake and walk the trail at Jesse M Honeyman state park south of Florence.

Update on my health:

I am happy to be alive. So many people, who have gone through what I did, aren't. I credit that to my consistent healthy exercise over so many years. I am not back to where I was, physically, before my ablation and embolism, but I am back on my bike with a new outlook on cycling. Cycling should be fun. If it isn't, you aren't doing it right. Sometimes that means slowing down and changing goals a bit. It may be time to seriously start planning my trip from Salem, Massachusetts to Lincoln City, Oregon.

Kelly McPherson is a cyclist who lives in South Jordan, Utah with her husband of many, many 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.

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BIKEPACKING The Art of the Midweek Overnighter

By Lukas Brinkerhoff

5:30 PM is approaching fast. I'm still at work and as these things tend to go, the boss pops in last minute and wants to talk. 4:30 turns to 4:37 and slowly churns to 4:48. He can tell I'm fidgety, but I'm not sure he fully recognizes why. I typically don't leave until 6 except on Wednesdays when I'm sneaking off to sleep in the desert. As the clock approaches 5, I begin to gather my things. I close everything on my screen and shut the laptop. This cue is obvious, and he wraps up.

I pack up my bag, grab some water, shoving the reservoir into the frame bag on my AWOL and jump in the truck. I've now got 30 minutes to get to our starting point.

Several years ago, motivated by



The Planner and The Art of the Overnighter. Photo by Lukas Brinkerhoff social media posts of people bragging about how many nights they had slept outside, I decided that skipping out of society a couple of





The Planner cooking dinner. The Art of the Overnighter. Photo by Lukas Brinkerhoff

few Mooseknuckler Alliance members and the following Wednesday, we went bikepacking. Leaving after work, we pedaled 15ish miles to a predetermined campsite, slept in the desert and then were back in time for work Thursday morning. It was amazing and when the weather permits, we try to keep the tradition going.

Rolling up a few minutes late, I park in front of the Planner's house. He's ready, outside with his bike packed. There's some a conversation that ends with me jamming more water into my frame pack and finding ways to stash things that I probably don't need. It's easy to justify some luxuries when you are only gone for 15 hours. The one cup French press I had brought is suddenly a burden, but I rearrange, ending with bags bulging and we head south into NoZona.

The sun is settling into the evening casting long shadows and lighting the desert the way that only sunsets can. We pedal out of the neighborhood catching a dirt road, but soon we are rallying singletrack. It's fast, moto-built singletrack. The woops catch me off guard a few times bouncing my rigid bike through the air. The Planner is on an MTB with a suspension fork and pulls away as we continue to head south into Arizona.

The dust, the lighting, the creosote, and the singletrack all are perfect. I feel sneaky like I'm getting away with something. I can imagine "responsible" adults lecturing me on how I should not be engaging in such frivolous activities like riding my bike out into the desert to sleep on the ground under the stars for one night when one could just stay home, watch some TV and sleep in a luxurious bed. You know, do "responsible" things. Things 40-year-olds do.

The golden light from the setting sun is catching the dust kicked up by



the Planner's tires. The singletrack winds its way through the creosote. The dust creates a snake through the gloaming. I want to stop and take a picture, but there's no point. The Planner is already dropping me and if I stop, he'll be gone, the moment lost, and I'll just be that much farther behind. Instead, I smile enjoying the moment of guilty pleasure that my contemporaries may not understand and continue pedaling.

We take the long way to our campsite pedaling about ten miles. The last rays of sun are fading in the distance as we roll up on our spot. The Planner had planned and dropped some water and firewood that morning. Our ten-mile loop had landed us about 3 miles from where we started. With that luxurious bed not too far away, we do the sensible thing and start a fire, pop a couple of beers and ready our beds for a night sleeping under the stars.

With our bed rolls set, food in our bellies and beers in hand, we begin the dance that is sitting/standing around a campfire. There is a light breeze that keeps us guessing which way chaos is going to push the smoke. The conversation is what you would expect. Light at times, followed by deep thoughts, grunts of approval, all sprinkled with spaces of silence that let us enjoy the flames bouncing in front of us and the quiet that is nature.

The silence lingers longer and longer as 9 o'clock approaches. We are after all a group of aging men and as soon as the time clicks past, we are all in bed in a matter of minutes each tucked away in their chosen corner wrapped in down with nothing but clouds and light pollution to obscure the beauty of the desert's night sky.

I for one fight back at the heavy eyelids trying to put me to sleep as I attempt to enjoy the stars, but within minutes I'm sawing logs.

Somewhere after 5, the Planner and I are both morning larks, he gets up and gets the fire going. I roll over and spark up the camp stove, boiling water before pouring it into my French press for my coffee. With my coffee prepped, I roll out of bed and join him by the fire.



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The conversation is slow to start,

introducing more. One cup turns to two, some breakfast is consumed before the third cup is brewed as we begin to reverse the process.

With our bikes packed back up, we pedal back into the desert taking the long way back to our starting point. It's a few minutes before 8 am when I roll up in front of my house. My wife is just getting ready to leave for work and it's time for me to begin to do the same. I pull my gear off the bike, quickly cleaning and stashing it for the next ride. I shower before hopping on my bike to pedal the short distance back to work. Reentry complete.

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



Oregon Mountain Biking -Continued from page 3



Appetizers - This is camping? Photo by Tom Jow

hills of sage green for as far as the eye can see. It is both desolate and beautiful at the same time. Heading west across southern Oregon is a mix of high plains, a river canyon, ranch land, and finally forest. It is early afternoon when we arrive at Spence Mountain. Just beyond the Shoalwater Bay trailhead our friends have set up camp at Eagle Ridge County Park. After a snack, it was time to hit the trails. Across the road from camp, we started up the Shoalwater trail. This trail is an easy climb to its highest point where it joins three other trails. Because it was late in the day, we chose to ride up the two-way trail, Captain Jack (it is shown as downhill primary on Trailforks.com so use caution). Slightly steeper than Shoalwater, it was much nicer to ride up winding singletrack than a dusty old road. There are a couple of steep pitches and short rock gardens to keep it interesting for traveling both the upor downhill. Two and a half miles later we reached another high point



Smiles for miles on the Alpine Trail in Oregon's Oakridge Trail System. Photo by Tom Jow

intersecting two downhill trails, the intermediate level Chinquapin, and the advanced level Nighthawk. Some of the group chose Chinquapin, with its fast, flowy turns, some intricate rock work, and small jumps. Two of us chose Nighthawk, what I would call a "tech" flow trail. It is steep and fast with jumps and berms like any flow trail. But it also has rock gardens and small rock drops built into the mix. In addition, the rough stuff starts out right away, as if to say,

intersecting two downhill trails, the "if you don't like this, you might not like the rest."

Day 2

In the summer, morning comes early in Oregon. Not only because it is farther north than Utah, but being camped next to a wetland bay, the amount of birdsong was crazy. It was like the soundtrack of a nature show. After a hearty breakfast, we headed out for our first ride of the day. Heading up to





Epic view from the Alpine Trail. Photo by Tom Jow

the top of Shoalwater again, this time we cut left on the Modoc trail, traversing south through a forest of Douglas Fir and Ponderosa Pine. At the next junction, we head down the flowy Winema trail to the south shore of Spence Mountain. With a wide grassy beach and a bench looking out over the lake, this is a beautiful place for a snack. From there we ride the Queen of the Lake trail along the shore and then head up and inland on the brand-new Badger trail. For three miles and a little over four hundred vertical feet, Badger goes up and across this eastern part of the mountain to the Northstar trail where we rejoin the Shoalwater trail. With part of our group departing for home, we descend back to camp. After a leisurely, scenic three-hour tour of the east side we are all ready for a little lunch.

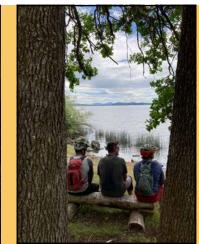
One of the best things about camping on a bike vacation is the lack of things to do besides eating, sleeping, and riding. So, after lunch and a nap, we head to the Shoalwater Bay trailhead. Just around the corner, we start up the Spence Peak trail. With a moderate climbing grade, the four miles to the North Ridge trail goes by quickly. The second of two advanced level downhill trails on the Shoalwater side, the North Ridge descends exactly that, the ridge. Similarly to the Nighthawk trail, North Ridge also has a tricky feature at the start. Beginning with a steep ten-foot rocky roll into a left turn, the trail just continues to get rougher from there. Winding back and forth across the ridge, and often straight down, the trail is littered with embedded wheel stopping rocks, rock gardens, jumps and small drops. One of the closing features of the trail is a field of large rocks with no apparent way through. There is one though, and as with much of this trail, being able to pick a line quickly is imperative to prevent oneself from being launched over the handlebars.

Day 3

This morning the birds are a little quiet. The wind was howling overnight and now it is trying to rain. We welcome the cooler temperatures, and some rain would tamp the dust down a bit. For better or worse the Klamath Falls area is more high desert than Oregon Cascades rainforest.

Today we rode straight to the top of Spence Peak. The upper section of the Spence Peak trail is a little steep, with short traverses and tight switchbacks. Once at the top there is a viewpoint from which we can see nearly all of Klamath Lake and the Klamath Valley. After a quick snack we head down the Upper Hooligan trail. Wrapping around the upper peak, Hooligan is a fast trail with small, loose rocks and dust intermixed with some small jumps on





Taking in the view from Queen of the Lake. Photo by Tom Jow

the side. At the next junction we cut right, and down a dusty looking Mazama trail. I commented to one of my friends about how I thought we would be on a climb. Wouldn't you know it just then, we meet the Peak Tie trail, taking us up and into the woods. In just a couple minutes we rejoin the Spence Peak trail and climb back up for another lap on Nighthawk. This time, however, someone gets hung up on a rock and takes a tumble down a steep hillside. Fortunately, it's just bumps and scratches and we have a long afternoon of eating, napping and reading for them to recover.

Day 4

With our next destination, Oakridge, Oregon, just a couple of hours away, we have time for one more ride at Spence. Conveniently on route is the Spence Mountain trailhead, the access to the South Ridge and Speed King trails. The South Ridge trail rises approximately 1,400 feet in four and a half miles from start to Spence Peak*. After climbing about three miles, we cut off onto the Speed King trail. The descent starts off steep onto a wide, fast flow trail with high berms and big jumps. The jumps are an interesting mix of table tops, rollable gaps, and not so rollable gaps.

There were some open sections I could really let it fly, and there were more than a couple jumps that caught me off guard and almost threw me for a loop, quite literally. A good reminder that it is always a good idea to ride with caution the first time on a trail. The second sector of Speed King continues the fast flow with slightly smaller, more predictable jumps. Sector three was even more tame, with features built just right for beginners. It was after entering this last section that I recognized the genius of this trail; a high entry for experts, a middle entry for intermediates, and an early entry for beginners. Brilliant!

It's a two-and-a-half-hour drive to Oakridge from Klamath Falls. Before departing we stop at Rodeos Pizza and Saladeria to refuel. Oh! Pizza is so good!

Oakridge

Day 5

Our second destination for the week lies just inside the eastern edge of the Cascade Range, the little town of Oakridge. Designated an IMBA Gold level ride center in 2015, Oakridge has trails covering nearly four hundred miles.* What Oakridge is really known for are some really epic downhill rides serviced by local shuttle companies. Today we have reservations with Cog Wild Mountain Bike Tours to shuttle us for the Hardesty-Lawlor



Entry feature. Photo by Tom Jow double (they conveniently pickup in the same place).

This being my second time here, I wait with anticipation for the trail ahead. During the approximately forty-minute drive up to Hardesty, our shuttle driver fills us in on the trail conditions. While we were in Klamath Falls, Oakridge received a pretty good dunking over the weekend. As a result, it will be "real Pacific Northwest" conditions with a mix of wet, grippy loam, slick rocks and roots, and some greasy mud thrown in for good measure.

Despite clear blue skies at the pickup, we get dropped off in the clouds. As we continue up the dirt road, and then onto singletrack, we begin to leave the clouds behind. The trail flattens out and around the next corner we are treated to a clear view of the western Cascades. We begin descending and just as quickly we are back in the clouds, a dark, damp foggy mist. For the next five miles we descend into dense forest. Traversing back and forth down a ridgeline the trail is fast, with some long sightlines. Technically the trail is not too difficult with no cliff exposure (steep hillsides though) and only a few sections of loose rock. What I found a little unnerving though are the large trees on the downhill side of a narrow trail while traveling at a fast pace.

After another forty-minute shuttle up, our second run of the day was the Lawlor trail. After the drop off, we pedal up for about a mile. The descent starts off fun and fast. Keep an eye out for the junction for the Patterson Mountain Lookout trail. Stop here. It's easy to fly past the turn for Lawlor, and then lose your friends behind you.

As we get further into the trail, it's different from our earlier ride. While the Hardesty trail feels like it's all about speed, Lawlor has more variety. The trail twists and turns more, today, the muddy puddles slick and slippery. More than one time somebody gets loose and goes off into the trees. About halfway down there is a short, steep climb with one impossible switchback. Behind it are three more very difficult ones. Just beyond this lung buster we are rewarded by a lookout to Patterson Mountain.

As we continue down, the trees seem to get thicker, the trail a little twistier. Soon we come to a series of tight, nearly impossible downhill switchbacks. They are so tight! Between these turns are traverses with steep hillsides below. Not a place to fall off the side. As we get to the bottom, the trail finishes off with some new school berms and jumps. Just ten more minutes pedaling on a dirt road, and we are back at the car for some well-deserved cold beverages.

Day 6

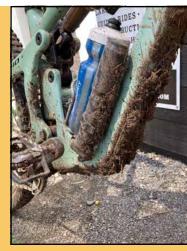
For our last day in Oakridge, we chose the Alpine trail. If there was only time for one trail, this might be the one. With over four-thousand feet of descending and one-thousand feet of pedaling across thirteen miles* this trail has it all. There is up, there is down, there are amazing views... and then there is the trail. Tacky soil, fast straights and fast turns; a downhill mountain bikers dream.

After a forty-five-minute shuttle, we enter the trail at Kate's Cut In. The trail gently ascends through tall trees. Shortly, after crossing a mountain meadow, the downhill begins. Lively, twisting and turning trail that requires us to be always looking ahead. Being one more day after the rain, the trail surface is perfect with lots of traction and only a little mud. We travel down, a little up, and then more down; crossing a road here, crossing a road there. Down again, up again, down again.

About halfway down the Lower Alpine section we cross over to the west side of the ridge. Here, the trail surface is rough with long stretches of small rocks. The sight lines are long. I dare myself to see how far I can ride without the brakes. It's not



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Dirty Fun! Need I say more? Photo by Tom Jow

far because the trail is so fast. Also, the trail cut is a wall on one side and a steep drop on the other. Best not to fall here. Luckily soon, it's back to the relative safety of fast, twisting, turning, loamy trail around large trees. And then just like that, we are back to the parking lot. Now to find a cold drink and a swimming hole.

The next day, we begin the elev-

Pelicans: Good neighbors at Spence Mountain. Photo by Tom Jow

en-hour drive back to Salt Lake. It is a long way, but it was worth it. The trails at Spence Mountain were spectacular. It was particularly nice that there are trails for riders of every level. The trails are also well organized with loops that make sense. I really liked the fork of Nighthawk and Chinquapin, where some riders can use the fast, flow trail and others can use the steeper, rockier one. Being camped at the lakeshore of Eagle Ridge County Park (albeit a little buggy) was beautiful. The bird watching and bird song was otherworldly. Riding from and back to camp is so luxurious.

Our experience in Oakridge was also incredible. Three epic downhill trail rides. The Blue Pool campground, with its large, ice-cold swimming hole was luxurious in its own way. Dunking in ice-cold water after a long day on the bike is so refreshing. If traveling, camping, and riding mountain bikes is your idea of a good time, I highly recommend these two areas.

(* Sources: Klamath Falls Trail Alliance; <u>Trailforks.com</u>; <u>IMBA</u>. <u>com</u>; Greater Oakridge Trail Stewards)

For more information: Trails:

- <u>klamathtrails.org</u>
- <u>oakridgetrailsalliance.org</u>
- trailforks.com
- Shuttles:
- cogwild.com
- <u>transcascadiaexcursions.com</u> Camping:
- recreation.gov

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CYCLING IN AFRICA Bicycles can change lives, especially in rural Africa



Recipients of bicycles in Ghana from the Village Bicycle Project. Photo Jason Finch, Village Bicycle Project

By Daniel Frey, Professor of Engineering, Mechanical Massachusetts Institute of Technology (MIT)

New Report Looks at Their Use in Ghana and Malawi

To many people around the world bicycles are a crucial means of transport, especially for carrying loads in rural areas. While their benefits are huge and many organisations are working on making access to bicycles a reality, a range of barriers still prevent them from being more widely available in low-income communities - not least of these being their cost. A team of researchers has produced a new report called Access to Affordable Bicycles in Africa. We asked team leader Daniel Frey about their study and its findings.

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What did you set out to study? Low-income households in lowincome countries face transportation service gaps, especially in rural areas. Public transport does not always exist and motorised transport is often unaffordable, forcing people to walk long distances to reach schools, markets, healthcare and other basic services. Bicycles have the potential to fill that gap as a more affordable means of transport.

Studies have shown that bicycle use can result in health, economic and social benefits such as improved gender dynamics. For example, women in a household can be more independent if they can afford their own conveyance, so the low cost of bike ownership can be critical to women's education and employment. But challenges related to bicycle access and adoption persist, calling for continued research and development.

Our study, funded by USAID,

THE SENIOR WOR CHAMPIONSHI

COMPETE IN

sought to understand the background, current state and opportunities for bicycles to benefit underserved communities in sub-Saharan Africa.

How did you go about the research?

The choice of Ghana and Malawi for our study was based on a set of criteria including, but not limited to, bicycle ownership rates, geography, and capacity of local research partners. It is fair to say that the decision was at least partly determined by the fact that the Village Bicycle Project was already active in Ghana. We relied strongly on the efforts of partners at the University of Malawi and the University of Cape Coast in Ghana. Ghana and Malawi provide some insight into differences in a number of dimensions - between west and east Africa, between nations with a coastline and landlocked nations, between relatively flat terrain and hilly areas.

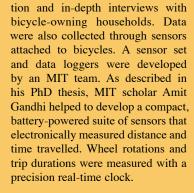
Two overarching research questions guided the study:

1. What factors enable or inhibit adoption of bicycles among lowincome and other disadvantaged or underserved populations?

2. To what extent do existing bicycle solutions perform as expected and meet users' needs?

The study consisted of three phases over a two-year period from 2020 to 2022. An initial scoping phase included a literature review and key informant interviews. Phase one consisted of 182 interviews with bicycle users, non-users and other stakeholders – 95 in Ghana and 87 in Malawi.

Phase two included data collection through surveys, observa-



What did you find? These are the key findings:

· Household dynamics, especially gender dynamics, influence who

gets to own and use the bicycle which is, in most cases, male heads of households.

• Over the course of a day, a single bicycle is often used by different members of the family for different purposes.

• Sensor data revealed that frequency, duration and distance of bicycle trips varied widely across the sample groups. Longer and more frequent trips were taken by rural and older riders with load-carrying bicycles.

• The transport needs of a household can't always be met by one bicycle. This leaves other members of the family, especially women, with no option but to walk long distances.

• Prohibitive cost, frequent parts failure, and a desire to own a motorised vehicle were often cited as the top barriers to bicycle use. The aspiration to own a motorcycle was an unexpected challenge. It was surprising to us how often a hope for something more expensive could inhibit a person from investing in a more practical, affordable solution.

• Load carrying was reported to be the most desired bicycle feature. For example, many workers need to bring their own tools to work sites.

• A majority of non-users were women who did not know how to ride a bicycle.

• The study did not reveal genderspecific bicycle design preferences. This trend might not persist when a community becomes more familiar with bicycle design options. In locations where bicycle use is common, manufacturers often find that configurations that better accommodate skirts are preferred by female bicycle customers with an intent to

in a longer-term effort to improve mobility and equity. Bicycles have, for over a century, provided remarkable advantages over walking increasing the range and efficiency of travel.

But there is an extremely wide range in level of bicycle adoption by different countries. There must be some barriers particular to specific regions and/or cultures that at least partly account for observed differences.

This study adds to our emerging understanding of the ways that appropriate technologies are developed and adopted, or else how they may fail to be widely used.

If we discover that some places have terrain that causes certain mechanical failures, we can redesign bicycle components to be more resilient. If learning to ride is a barrier, then training programmes may help.

This study revealed that a desire to own a motorised vehicle is a barrier to wider use of bicycles. That might deserve some focused attention. Electric power assisted conveyances (such as e-bikes and scooters) have improved a great deal recently. Nevertheless, electric bikes are currently much more expensive than traditional, human-powered bikes, so this continues to present a challenge.

This study has provided several avenues that appear to me as highly promising for work on engineering paired with social science in the interest of environmentally responsible economic development.

The report is available here: https://d-lab.mit.edu/resources/ publications/access-affordablebicycles-africa-final-report

The full team of researchers who produced the report is Dan Frey, Megha Hegde, Maggie Hsu, Gwyn Jones, Kendra Leith, Robyn Richmond, Jonars Spielberg and Dan Sweeney

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Vilmore on the For lage Bicycle Project, see villagebicycleproject.org

5



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14

sized road bike will almost always

come standard with 170mm cranks

while a large (56-58) might deliver

with 172.5 or 175mm cranks. Many

shops will work with you and trade

out the crank for a specified length.

Alternatively, one might decide to

build their bike from a frameset and

thus crank length is an important

Optimal crank length allows the

consideration.

shorter crank.

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the center of the pedal spindle with the crank at 3 o'clock. Which part of the knee? This method measures from the tibial tuberosity, the bump on the front of the tibia just below the knee cap. A related method would be to position the front of the kneecap vertically over the end of the crank at 3 o'clock.

Saddle setback is mostly influenced by the length of the rider's femur. Not everyone who is 5'10" has the same femur length so the ideal position in space is unique to their body proportions. When combined with an optimized saddle height, this method of positioning the knee relative to the pedal spindle/ end of the crank at 3 o'clock is done to help reduce forces compressing the patella.

Crank Length

Crank length is a frequently debated consideration in the bike fit world. There are many questions about crank length; most of which revolve around shorter cranks. The crank is the lever we use to transfer power to the drivetrain. A longer crank provides more leverage per pedal stroke. Crank length impacts leg extension and is a factor in determining saddle height and setback. Long cranks will increase overall leg extension and change the positioning of the knee in relationship to the cleat/pedal interface throughout the pedal stroke. Alternatively, a short crank will decrease leg extension.

Crank length selection can be a challenge. When you buy a new bike, manufacturers generally don't provide options of crank length per size. For example, a small (50-52cm)

ension and is a factor in deterg saddle height and setback. rranks will increase overall leg ion and change the positionthe knee in relationship to the odal interface throughout the strake. Alternetively, a short

Improved aerodynamics – time trial and triathlon set up can be positively impacted when a rider has a very aggressive seat to bar position. If the rider's torso gets in the way of the knee at the top of the pedal stroke it may be time to consider a

• Improved turnover and reducing overall torque – when a rider is struggling with turnover in pedaling or needs a reduction in overall torque to initially start pedaling or maintain consistent cadence, a shorter crank can make it easier. Improving turnover is important since torque for a given power increases as cadence drops. When the crank is shorter you lose leverage.

As mentioned, these are just a few of the many considerations in optimizing bike fit. They address the "engine room" of the cyclist's position. Adjustment of one factor will impact the others since we are working in the triangle of saddle height and saddle fore-aft in relationship to the crank-pedal position. A trained and experienced bike fitter will account for the impact of each adjustment.

Bike fitting is an individualized process. Formulas can provide good starting points to ensure the rider is looking at the proper size of bike or potentially determining a start point of saddle height, crank length, or reach to the handlebars. An opti-

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Always the last weekend in August

mized position relies on individualizing the rider's position in space and then adjusting the bike to make it a reflection of the rider. Future installments will include detailed discussion on each consideration.

Find a bike fitter with training and background to ensure they interpret your experiences and sensations on the bike into a comfortable and high-performing fit.

Dave Harward started PLAN7 Endurance Coaching in 2006 to focus on individualized training plans and professional bike fitting. He is a USA Cycling Certified Level 1/Elite Coach (2010) and has bike fit training certifications from Bike Fit Systems and Specialized BG Fit Masters. Focusing on individual needs are a top priority in the PLAN7 coaching and bike fitting philosophy and methodology. Contact Dave or set up a bike fit appointment at plan7coaching.com.

Researchers Call for More Focus on Connectivity in Urban Bikeability Studies

Studies on urban bikeability often emphasize safety and comfort, but researchers should place greater emphasis on connectivity. This is the conclusion of a meta-analysis of 1,649 studies, which found that only 15 developed "urban bikeability indices" to measure bike friendliness across a city or part of it.

"The review findings suggest a lack of consideration of all five bicycle infrastructure design principles, as only three studies considered them all, while others only included a subset," concludes the study "Bicycle Infrastructure Design Principles in Urban Bikeability Indices: A Systematic Review" from Hasselt University in Belgium.

Most reports prioritized "safety" and "comfort," while paying relatively little attention to "coherence." The studies also focused on "attractiveness" and "directness" to varying degrees.

Attempts to gauge bikeability varied in their focus and weighting of factors. Some studies emphasized the presence of bike lanes, while others prioritized intersections. The most commonly considered indicators included bicycle infrastructure, greenery along bike paths, slopes, vehicular traffic flow/volume, street lights, bicycle path connectivity, and traffic speed.

However, the authors criticize past research for not adequately considering factors such as pavement conditions, road markings, traffic control devices, and crosswalks.

Read more at https://www.researchgate.net/publication/379112913_ Bicycle_Infrastructure_Design_Principles_in_Urban_Bikeability_ Indices A Systematic Review -Charles Pekow

Safe Routes Partnership Issues Advocacy Guide to Repealing Traffic Laws

The Safe Routes Partnership has released a guide on repealing local "harmful traffic laws" that discriminate against cyclists and pedestrians at state and local levels. While not very detailed, it recommends opposing ordinances that disproportionately affect minorities and advocating for bills that fund cycling infrastructure.

The guide suggests shifting traffic responsibilities from police to transportation departments. It also emphasizes the importance of forming partnerships, as those affected by discriminatory traffic laws often face additional challenges such as inadequate housing, food, and healthcare. Collect data, and if you need assistance, contact a local institute of higher education, which may have the data or know how to obtain it.

Find the guide at Safe Routes Partnership Advocacy Guide: <u>https://saferoutespartnership.org/sites/default/files/resource_files/An%20</u> Advocacy%20Guide%20to%20Repealing%20Traffic%20Laws%20v4_0. pdf

-Charles Pekow

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REI 974 West Broadway Jackson, WY 83001-9475 307-284-1938 REI.com/stores/Jackson-Hole

Teton Village Sports 3285 W Village Drive Teton Village, WY 83025

Wilson Backcountry Sports 1230 Ida Lane Wilson, WY 83014 307-733-5228 wilsonbackcou

801.506.0800

Rolling H Cycles Victor/Driggs

Peaked Sports 70 E Little Ave, Driggs, ID 83422 208-354-2354 peaked

Idaho Falls 208-522-3341 billsbikeandrun.com

facebook.com/DavesBikeShopIdahoFalls

WESTERN STATES

CALENDAR OF EVENTS

Calendar Guidelines:

- Listings are free on a space available basis and at our discretion. Submit your event to:
- <u>calendar@cyclingutah.com</u> with date, name of event, website, phone number and contact person and other appropriate information.
- Let us know about any corrections to existing listings!

For the full year calendar, visit CyclingWest.com!

BMX

- W. South Jordan, UT, Indoor and outdoor BMX racing. Location: 5200 W, 9800 South, Practice Tuesday 6:30-8:30, Race Thursday, Registration, 6:00-7:00, Race at 7, May through September (practices starting in April with additional practices on Tuesdays through May), Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyon-bmx.com, radcanyonbmx@radcanyon-RAD Canyon BMX — South Jordan, UT, Indoor and outdoor BMX racina, Location: 5200
- Deseret Peak BMX Grantsville, UT, Outdoor Racing located on the SW corner of the Deseret Peak Complex. Racing every Monday and every other Wednesday, June through October. Registration 5-7pm, Danie Radford, 385-315-0349, <u>Strider2rider@gmail.</u> com, deseretpeakcomplex.com, <u>usabmx</u>. com/tracks/1518

Advocacy

- Bike Utah – UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy., Bike Utah , 406-498-9995, info@bikeutah.org, bikeutah.org
- Salt Lake City Bicycle Advisory Committee Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room, Salt Lake City Transportation, 801-635 (40) billed by Develope billed as a 535-6630, bikeslc@slcgov.com, bikeslc.com
- Salt Lake County Bicycle Advisory Committee Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT, Helen Peters, 385-468-4860, HPeters/Slco.org, blockle sco.org ora. bicycle.slco.org
- Trails Foundation of Northen Utah Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life. Aric Manning, 801-393-2304, <u>thru@tfnu.org</u>, <u>thru.org</u>
- Mountain Trails Foundation Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, <u>charlie@mountaintrails.org</u>, <u>moun-</u> taipted
- Bonneville Shoreline Trail Committee Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (80) 485-6974 or visit our web page., Dave Roth, 801-824linetrail@gmail.com bonnevilleshorelinetrail.org
- Parley's Rails, Trails and Tunnels (PRATT) Salt Lake City, UT, PRATT is a 501 (c)(3) nonprofit organization, run by volunteers. The mis-sion of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other pub-

- lic and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Boneville Shoreline Trail with the Provo/Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, parleystrail@ amail.com, parleystrail@ gmail.com, parleystrail.org
- Bike Provo Provo, UT, Please join us every first Thursday of the month at 6 pm in the Provo Public Library (550 N University Ave) to help make Provo a more active transporta-tion and transit friendly community., Bike Walk Provo , <u>bikewalkprovo@gmail.com</u>, <u>bikewalkprovo.org</u>
- Trails Alliance of Southern Utah St. George, org, <u>tasut</u>
- Southern Utah Bicycle Alliance St. George, UT, Southern Utah's road advocacy group... Craig Shanklin, 435-674-1742, southernutah-bicycle@gmail.com, southernutahbicycleal-liance.com <u>picycle@u</u> li<u>ance.org</u>
- Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, cynthia@idahowalkbike.org, idahowalkbike.org
- Greater Arizona Bicycling Association Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Fric Post, presi-dent@bikegaba.org, bikegaba.org
- Coalition of Arizona Bicyclists Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, <u>cazbike@cazbike.</u> org, <u>cazbike.org</u>
- Wyoming Pathways Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, , <u>wyopath.org</u>
- Bicycle Colorado Denver, CO, Statewide bicycle advocacy organization, Dan Grunig, 303-417-1544, info@bicyclecolorado.org, bicyclecolorado.org
- Bike Walk Montana Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, <u>bznbybike@gmail.com</u>, Doug Lonsdale, bznbybike@gmail.com, Doug n, 406-449-2787, info@bikewalk Haberman, montana.org, bikewalkmontana.org
- Teton Valley Trails and Pathways (TVTAP) Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho.. Dan Verbeten, 208-201-1622, dan@tvtap. org, tvtap.org, tetonbikefest.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
- 0 Music Discovery • Community Amplified 90.9 FM • Mobile App • KRCL.org

- Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, randy@maddogcycles.com, facebook.com/BikeOr Sweet Streets - Salt Lake City, UT, SLC based
- advocacy group that works for safer streets, Taylor Anderson, <u>taylor@buildingsattake.</u> <u>com</u>, <u>sweetstreetsslc.org</u>
- Cycling Salt Lake Salt Lake City, UT, Advocates for better cycling of all types in Salt Lake City, County, and on the Wasatch Front. Reach out to join our email list serve., Dave Ittis, 801-574-3413, dave@cyclingutah. com, cyclingutah.com
- Southern Nevada Mountain Bike Association (SNMBA) NV, The SNMBA advocates for mountain biking across all of Southern Nevada, Alison Cormier, Info@snmba.org, <u>snmba.org</u>
- California Bicycle Coalition CA, CalBike advocates for equitable, inclusive, and pros-perous communities where bicycling helps to enable all Californians to lead healthy and joyful lives. Kevin Claxton, info@calbike. org.calbike.org <u>bike.org</u>
- Bike East Bay Oakland, CA, The East Bay's Bicycle Advocacy organization. They strive for Education, Advocacy, and Community Engagement, Bike East Bay, 5108457433, events@bikeeastbay.org, bikeeastbay.org Walk Bike Berkeley - Berkeley, CA, Walk Bike walkbik<u>eberkeley.org</u>, walk Berkeley Berkeley , info@y bikeberkeley.org
- Mountain Bike the Tetons Driggs, ID, Mountain Bike Trails Advocacy in the Tetons, Chris Brule, 307-413-1998, info@mountainbik-
- Events, Swaps,Lectures
- 999 Ride Salt Lake City, UT, Casual fun ride through the streets of Salt Lake City. Meet at 9 pm at 900 E and 900 S (999). The ride leaves about 10 pm. Every Thursday night.
- September 22, 2024 World Car Free Day, Everywhere, UT, Ride your bike and leave the car at home!, Cycling West, noemail@ available.com worldgefree act

Gravel Races

and Rides

- July 13, 2024 Crusher in the Tushar, Life Time Grand Prix, 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 origi-nal mixed-surface gravel and road classic! Treva Worrel, <u>crus</u> @Itevents.zendesk.com, tusharcrusher.com
- July 13, 2024 Crooked Gravel, Winter Park CO, Want to ride the high alpine gravel of Grand County? Check out Crooked Gravel in Winter Park. Choose between two sepa rate courses, a 30 mile or a 67 mile ride, that tackle over 5,000 vertical feet on long and winding climbs, earning wide-open descents under the Colorado sky. New in 2022: The 67-mile long course will be timed segment with a \$5,000 cash purse up for grabs, Scott Olmsted, 720-819-7306, eridecollective.com, theride
- July 13, 2024 Lyons-Heart Gravel Classic, Mandan, ND, For those seeking a chal-lenging and scenic cycling adventure, the Lyons-Heart Gravel Classic is the ultimate tést. Choose from different distance options including a challenging century (100 miles) for the experienced riders. This event takes for the experienced riders. This event takes you through the stunning landscapes of the Lyon's Den, conquering hills that will have you questioning why they say North Dakota is flat and pushing your limits. It's an excellent opportunity to set ambitious goals, challenge yourself, and experience the satisfaction of overcoming obstacles. Competing for a \$7000 prize purse might help keep the off-season motivation going as well, Melissa Marquardt, 701-221-9833, melissa@D1cycleadsport.com, 701.cycle-701cycle ort.com

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- July 13, 2024 Cowboy Crusher Gravel Grinder, Glenrock, WY, Cowboy Crusher Gravel Grinder, Glenrock, WY, 121 -75 40 mile options and 9,500 6,500 3,200 eleva-tion gain, Gear Up and Get Out There, Tia Leschin, 307-235-6353, 406-930-2311, cow-boycrusher@yahoo.com, cowboycrusher. com
- July 18-20, 2024 Dirt de Utah, Soldier Hollow, UT, 2 courses: 1. approximately 30 miles with around 4000 feet of climbing and 2. a 70-mile loop with around 8000 feet of climb-

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- ing. The event will take place at the stun-ning Soldier Hollow in Midway, Utah, which was the host of the 2002 Winter Olympics and features a beautiful backdrop of Mt Timpanogos. Fat Tire Crit Thursday, MTB Race Friday, Gravel Race Saturday, Kari Preston, 801-209-3337, info@dirt.deutah.com, Kadence Preston, 435-395-8757, info@dirt. deutah.com, dirtdeutah.com <u>deutah.com</u>, <u>dirtdeutah.com</u>
- July 19-21, 2024 FoCo Fondo, Fort Collins CO, Whether you're into racing bikes or all day bike parties in the open range of Colorado FoCo Fondo is your adventure. 12-mile to 118-mile options, Whitney Allison, hitney@bikesportsco.com, focofondo. com
- July 20, 2024 Joe Cosley Pancake Ride Gravel Grinder, Whitefish, MT, Back to the Salish Mountain Range, sticking to the north end, featuring some hidden gems that are sure to turn your crank. The ride is limited to 50 individuals. Once the participant cap is reached, that's it. There will be no wait list, or substitutions., Brad Lamson, joe@pancake ride.com. pancaketide.com eride.com, pancakeride.com
- July 20, 2024 The Rift Gravel Race Iceland Hvolsvöllur, Iceland, The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It fraverses the continental rift between North traverses the continental iff 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, rug-ged and unpredictable!, The Rift, 011-354-626-3332, info@therift.bike, therift.bike
- July 20, 2024 MCBC Dirt Fondo, Sausalito, uly 20, 2024 — MCBC Dirt Fondo, Sausalito, CA, 45-mile journey from the Golden Gate to Mt. Tam and back. There is amazing scenery along the whole route and a good mix of trails, fire roads, and tamacl Friendly faces will greet you at 4 rest stops on the way out as well as on the return and wold-class support on course, including marshals, mechanics and SAG, Tom Boss, 415-456 3469, info@marinbike.org, marinbike.org
- July 28, 2024 The Last Best Ride Gravel, Whitefish, MT, Big Horn Sheep Long Course 92 miles, 8,000 feet climbing. Mountain Goat Short Course 48 miles, 4,800 feet climbing. Both courses offer stunning views, pristine Montana gravel, and an awesome finish line party in downtown Whitefish., Jessica Cerra, 619-573-5176, ridewhitefish@gmail. com, thelastbestridemt.com
- August 3, 2024 Dirty Bear Gravel, Big Bear Lake, CA, 50 mile gravel ride, part of the Tour de Big Bear, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, bigbearcycling@gma ing.com/tour-de-big lg-bear cyclingest/, bigbearcycling.com
- August 3, 2024 Bear Howard Gravel Race, Flagstaff, AZ, 100 mile, 60 mile, and 30 mile Gravel Ride, prime gravel riding in the shad-ow of the "Peaks" of N. Arizona. Consider it a tour of Flagstaff, taking in views of Kendrick, Sitgreaves and of course the San Francisco Peaks. With 6,000 ft of elevation gain, this is no walk in the park., Dustin Phillips, sablemind logmail com sableevents com ablemind1@gmail.com, sableevents.com
- sablemind1@gmail.com, sableevents.com August 3, 2024 The Great Gravel Grind -Lake Tahoe, Tahoe City, CA, Starts and finishes at Tahoe Cross-Country Ski Area (Tahoe XC). 15, 30, or 41 mile course options. Stunning views of Lake Tahoe and pedal roll-ing terrain with an enjoyable mix of gravel particle for the same same same same same same file roads, asphalt and single track. While all bikes (no e-bikes) are welcome, a gravel bike with 40mm+ tries or a hardtail mountain bike is recommended. With one aid station on the course, a fantastic after party, and a raffle with great prizes, you will be well taken care of. This is a fun ride, not a race and while it will be timed, it is not result based. 3 sections to test yourself against your peers: an Uphill, a Downhill, and a Rolling section. Your registration donation includes: the ride, cheerleaders and an aid station on course, raffle tickets for anazing prizes, great food cheerleaders and an aid station on course, raffle tickets for amazing pizes, great food from MogRog Catering, and refreshing beverages at the end. All proceeds ben-efit our Tahoe Cross-Country Ski Education Association's (TCCSEA) Junior Cross-Country Ski Teams, Tahoe XC, 530-583-5475, con-tact@tahoexc.org, tahoexc.org
- tact@tahoexc.org, tahoexc.org August 3, 2024 FLAC2GC, Flagstaff, AZ, An incredible 65-mile off-road journey through the tall pines and grasslands of Northern Arizona. The ride takes participants from the Nordic Village of Arizona, just north of Flagstaff, to (almost) the South Rim of the Grand Canyon. The event is open to rid-ers of all skill levels and is designed to be a challenging but rewarding experience. Combine the joys of cycling AND do good. For over 25 years, the event has benefitted Marine League Charities of Northern Arizona with every pedal stroke., Shannon Lindner, 602-363-7725, <u>shannon@aztralirace.com</u>, Jake Hernandez, 602-363-7725, <u>jake@aztrali-</u> race.com, shendocatracing.com
- August 4, 2024 Stagecoach Gravel Tri, Steamboat Springs, CO, 0.5 mile swim, 16 mile gravel ride, 4 mile gravel run. Can substitute a SUP leg instead of the swim Also Gravel Aquabike, Lance Panigutti, 303-408-1195, <u>lance@withoutlimits.com</u>, withoutlimits.
- August 10, 2024 JayP's Backyard Fun Pursuit Gravel Ride, JayP's Backyard Series, Island Park/West Yellowstone, ID, Gravel ride near Yellowstone National Park on Forest Service reade. U's an incredible time of wort be ha roads. It's an incredible time of year to be in this area and visit YNP! 30, 60, 120 mile routes, Jay Petervary, 307-413-2248, jaypetervary@ gmail.com, gravelpursuit.com

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- 4. August 19-30, 2024 Big Sky Spectaculare Gravel Race, Bozeman, MT, A 900+/- mile single-stage, mixed surface, self-supported competitive adventure bike ride around Southwest and Central Montana. Start and finish in Bozeman, MT. 450 miles of gravel and 2-track in 22 segments. Plenty of ser-vices along the route. Over 25 hours of time bonuses available., Big Sky Spectaculaire bosteadquarters@amail.com, bigksyspecarters@gmail.com, bigskyspec
- August 21-25, 2024 Garmin Gravel Worlds ugust 21-25, 2024 — Garmin Gravel worlds, Lincoln, NE, Self-Supported, Grassroots Style Gravel Race, 50K, 75 mile, 150 mile, 300-mile options. New Run Options of 50k, 25k, or 10k. Options for Double doing run and bike events, Gravel Worlds Info, info@grave-el-worlds.com, gravel-worlds.com
- August 24, 2024 Safty Lizard Gravel Race, Wendover, UT, This race showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Satt Flats. Choose from 42, 75 or 104 mile courses. It will be hot, it will be safty, Breanne Nalder-Harward, 801-550-0434, breanne@

utahgravelseries.com, utahgravelseries.com August 29-September 1, 2024 — Rebecco'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., Rebecca Rusch, 254-541-9661, rebeccaspriva-teldaho.com

September 1, 2024 — 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 Friday for participants during packet pick-up. The race is Saturday followed by a dang good after-party featuring food trucks and live music., Janie Curtis, 307-213-0756, howdy@ fistfulofdirt.com fistfulofdirt.com, fistfulofdirt.com

- September 6-8, 2024 Wild West Gravel eptember 6-8, 2024 — Wild West Gravel, Livermore, CO, Get ready to saddle up for the gravel adventure of a lifetime at Wild West Gravel. This epic 3-day, 2-night bikepacking journey will take you through the jaw-dropping landscapes of northern Colorado and southern Wyoming. Remote gravel roads, challenging climbs, incred-ible scenery and a split of camaraderie you won't find anywhere else., Thad Eby, 415-845-1450, RIDE@WILDWESTGRAVEL.COM, www.wildwestgravel.com www.wildwestgravel.cor
- September 7, 2024 WYO 131 Gravel Grinder eptember 7, 2024 — WTO 151 Grave minutes, Wyoming Gravel Grinder Series, Lander, WY, Step back into the Wild West and immerse yourself in the high desert, historic mining towns, and breath-taking views at Wyoming's premier gravel ride. This is the Wyoming's premier gravel ride. This is the ultimate bucket-list gravel ride. This rugged ride is well known for its 5 STAR gravel in the most remote and least densely populated regions of the West. The 131 mile distance is one of the loughest gravel races in the U.S. with over 10,000 feet of climbing, minimal support and podium prize money! Two other distances, a 40-mile and 80-mile course, offer rides a shorter and equally gorgeous gravel experience., Gwen Robson, 307-330-3002, wyo131gravel@gmail.com, wyo131.
- com September 7, 2024 Morganzo 55 Gravel Grinder, Belgrade, MT, Gravel grinder, 55 miles, unsupported, Start time: 8am, Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT, Sheli Thomas, thomashellt@gmail.com, Kirk Ahlberg, info@morganzo55.com, montanacycling. <u>com</u>, κιικ om, montanc
- met, morganzoss.com
 September 7, 2024 Gunni Grinder, Gunnison, CO, An epic 118 mile race/ride starting in and finishing near downtown Gunnison, CO and follows some of Gunnison County's most challenging, remote and scenic gravel and dirt roads. If you don't have the miles but still want a challenge, The Gunni 60 (ish) and Gunni 30 will give riders a taste of what gravel riding in Gunnison County is all about. 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 Grimmett, 512-751-8940, Joel@racerevolu-tions.com, thegunnigrinder.com
- tions.com, thegunnigrin September 7, 2024 — Boise Gravel Gala, Boise, ID, 61, 80, and 105 mile gravel options, Chris ID, 61, 80, and 100 mile graves options, ____ Stuart, <u>Boisegravelgala@gmail.com</u> , <u>boise-</u> gravelgala.com



WOBAC - Weber Ogden Bicycle Advisory Committee — Ogden, UT, Josh Jones, 801-629-8757, joshjones@ogdencity.com, Idaho Bike Walk Alliance — Boise, ID, Idaho's

September 7, 2024 — Ride the Cog, Hayden, CO, fundraiser for the Hayden Museum, Hayden Museum 970-276-4380, <u>haydenmu-</u> seum@zirkel.us, ridethecog.com

seurnazirkei.us, rideinecog.com
September 8, 2024 — 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., 45, 65, 90 mile options, Michael Austin, 509-386-1149, 509-525-4949, mike@allegrocyclery.com, Kathryn Austin, 509-964-8951, kathryna clery.com/ egrocyciery.com, <u>allegrocyc</u> ents/walla-walla-grit-pg117.htm

September 8, 2024 — Dirty Buff Buffalo Bicycle Classic, Boulder, CO, The Elevations Credit Union Buffalo Bicycle Classic is a scholarship fundraiser for CU Boulder. We have 5 road Courses, 2 gravel courses and a family ride Our Epic routes head up Boulder Canyon which is closed to traffic. Ride Bikes. Change Lives, Jenny Anderson, 303-898-8900, bbc@ pr<u>ado.edu</u>, <u>buffalobicycleclassic.</u>

September 8, 2024 — USA Cycling GravelNational Championships, Gering, NE, Shawn Brett, 719-434-4200, sbrett@usacy-cling.org, usacycling.org

September 14, 2024 — Mammoth Tuff (Gravel) Mammoth Lakes, CA. The short course is eptember 14, 2024 — Mammoth Tuff (Grave)) Mammoth Lakes, CA, The short course is around 45 miles with 2,000 feet of climbing and will circle the famous caldera. The long course is around 100 miles with 8,000 feet of elevation gain and travels through the Volcanic Tableland formed by the Long Valley Caldera., Amanda Naumann, man-mothtuff@gmail.com, mammothtuff.com

- mothfuff@gmail.com, mammothfuff.com September 14, 2024 West End Gravel Rush, Nucla, CO, Colorado's West End is an unspoiled and unknown corner of Colorado. Once bustling with mining activity, the area is now a riders dream with a vast network of quiet and minimally travelled gravel roads. It's high desert canyon country, surrounded by big mountain views and dark skles at night. This is a first year, grassroots event where the entire community chips in- no UCI points, no worlds ambitions, or big podiums, but there will be a great post-ride party and some good of fashion desert weirdness. Come make a weekend of it and see what the West End has to offer! 45miles, 4000' climbing, 75 miles, 7000' climbing, Tim Tait, westendgravelrush@gmail.com, thewest-@gmail.com thewest
- enagravelrush.com
 September 14, 2024 Salida 76, Salida, CO, 2 options: Race it like you stole it. Timing and prizes for age and pro categories, Party Pace No timing, no pressure. Cut-offs still apply, but go on, enjoy yourself, 76 miles of spectacular gravel, views, and friendly competition, 3 stocked aid stations, Full SAG and support, Finlsh food, beer and party at Riverside Park, Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim party at Riverside Park, Jennife 303-503-4616, jen@teamevergreet Nordquist, 303-249-6168, kimnord com, Caprice Bass, 303-720-4509, rgreen.org, Kim

September 14, 2024 — Pinewood Showdown Show Low, AZ, Held at scenic Wilderness Ranch, 25, 50, or 100 mile routes, Seth Bush, 505-554-0059, <u>ElCapitan@ZlaRides.com</u>, zia-

rides.com

green.org, salida76.com

teamev.

September 20-22, 2024 — Mountains to Meadows, Lost Sierra Triple Crown, Mt. Shasta, CA, The perfect blend of pavement, dirt, and gravel roads over 35, 60, or 100 miles of epically beautiful gravel riding in the Lost Sierra. Followed by live music, expo, beer, and awesome food with lots of good people. More than a ride, L&F is a whole weekend of Lost Sierra fun dedicated to raising funds for the Lost Sierra Route., Greg Williams, willie@sierratails.org, Sierra Trails, info@sierratails.org. com ratrails.org, Sierra Trails

September 20-22, 2024 — Last Grizzley Gravel eptember 20-22, 2024 — Last Grizzley Gravel, Ogden, UT. The adventure starts in Northern Utah before heading across the border into Idaho traversing the the Bear Mountain Range in Wasatch/Cache National Forest. Come withess the armazing brilliance of golds of the high aspens to the cobalt colors of Northern Utah's famous Bear Lake...Chad Sperty...arinderinfo@breakwayoro.com.

September 21-22, 2024 — The Crippler, Cañon City, CO, 65 Miles, 5000 Feet of Climbing, a Colorado-style gravel road race that will provide AMAZING scenery with pan-oramic views while simultaneously pushing your limits for climbing and descent., Adam Spahr, 619-780-1138, Info@omnigravel.com, thecrippler.bike

September 21-22, 2024 — Belgian Waffle Ride - British Columbia, TRIPEL CROWN OF

GRAVEL, Duncan, BC, The Hell of the Great White North, Held at Providence Farm on Vancouver Island with accompanying BWR Unroad Cycling Festival will feature music, a massive beer garden, a variety of food options, and all sorts of family fun, Michael Marckx, 760-815-0927, <u>mmx@</u> <u>MonumentsofCycling.com</u>, belglanwaffle-ride.bike

September 28, 2024 — Chino Grinder, Chino Valley, AZ, Endurance Cycling Event- Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options, Shannon Lindner, 602-363-7725, shannon@aztrailrace.com, Jake 363-7725, <u>shannon@aztrailrace.com</u>, Jake Hernandez, 602-363-7725, j<u>ake@aztrailrace.</u>

com, shendocatracing.com September 28, 2024 — Dirty Roads 101, Steamboat Springs, CO, Dirty Roads 101 is a virtual gravel riding challenge paying hom-age to the public lands we ride on! Formerly Gravel Fest, we have now opened this Gravel Fest, we have now opened mise event to the entire gravel community and have shifted the focus to doing a big one-day "classic-style" ride. The challenge is to ride 101 miles or 101 kilometers using a dirt/ gravel road theme on your route., JR, ride@ com. dirtyroads101.com

Mountain Bike

Tours and Festivals

Lizard Head Bike Tours — Various, UT, CO, and More, Multiple dates - Texas, Utah, Canada, Colorado, Oregon, New Mexico, Montana, and tons of other locations! Road, MTB, Gravel Tours, John Humphries, 970-728-5891 Lauren info@lizardheadcyclingguid Lasky, 508-561-7580, laurer

July 12-14, 2024 — BetterRide MTB Camp, Durango, CO, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and afills to master those skills. Increase your confidence, skill and efficiently with the most experi-enced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, better-ride.net

July 13, 2024 — Watermelon Beat Down, New Mexico Endurance Series, Cedar Crest, NM, Unsupported epic mtb ride, <u>nm-es.weebly.</u>

- August 16-18, 2024 Jurassic Classic Mountain Bike Festival, Lander, WY, Mountain bike Festival in Lander, WY. Mountain bike clinics, group rides, parties, live music, film fest, beer, food trucks, and rafflesi Ali skill levels welcome. Gwen Robson, 307-330-3002 3002, fremontarearoadtour@gmail.cc Ami McAlpin, 970-394-4423, landercycling gmail.com, Mike Dicken, 307-332-2926, jui nail.com, juras
- August 16-18, 2024 Outerbike Crested Butte, TENTATVIVE, Crested Butte, CO, An oppor-Ugust 16-18, 2024 — Outerbike Crested Butte, TENTATIVIE, Crested Butte, CO, An oppor-tunity to ride next year's bikes and gears on world class traitis. Participants get bike demos,shuttles, lunch, beer, and admis-sion to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit. com, outerbike.com com, outerbike.com
- August 30-September 1, 2024 Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY/ID, Ride epic cross country and lift-access downhill trails, improve your and lift-access downhill trails, improve your mountain biking skills with clinics hosted by professional caches at a great price, join group rides, enjoy discounted lift pass access and meet people who love bikes just like you. Don't forget that Wydaho also hosts the largest adaptive bike festival component in North America, with support of two great local adaptive organizations! Wydaho is celebrating 12 years as a family-friendly, grassroots gathering right here in the Tetons, TVTAP, 208-201-1622, info@ tetonbikefest.org, tetonbikefest.org, teton

September 6-8, 2024 — Caliente MTB Festival, Caliente, NV, Friday: trail work, BYOBBQ, and bike movie at the park, Saturday: shuttles, vendors, dinner, raffle, live music, and bike games, Sunday: group rides and swap meet, CAMBA, 775-549-5992, calientemtb@gmail. com calientemtb arg <u>com</u>, <u>calie</u>

September 6-8, 2024 — 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 mas-tector and the larger way a considerance child ter those skills. Increase your confidence, skill and efficiently with the most experienced

dammederteride.net, berteride.net
September 13-15, 2024 — BetterRide MTB Camp, San Mateo/San Jose, CA, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your iding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamiltoni, Gene and Ilse Hamilton, 970-261-1869, 435 260 7696, admin@betterride.net, betterride.net betterride.net

September 23-27, 2024 — Women's White Rim Mountain Bike Clinic 1, Moab, UT, Join us for 3 days of intermediate riding with professional coaches, beautiful hikes, and gourmet meals made by Holiday's guides. Karen Johnson, 800-624-6323, 801-266-2087, .holidayriver@gmail.com, Natalie n, natalie.holidayriver@gmail.com Osborn bikeraft.com

September 27-29, 2024 — BetterRide Women's MTB Camp, Fruita, 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 efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, <u>admin@betterride.net</u>,

betterride.net September 28-29, 2024 — Chuska Challenge Mountain Tour, Tour de Rez Cup, Red Valley, AZ, The Navajo Nation's premier moun-tain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncom-petitive options, offer iders some awesome riding in some of the most beautiful country in Dine' Bikeyah. The competitive Mountain Bike Race includes awards for top rid-ers. There will be a Skills Course set up for riders to play on throughout the week-end, and there will be a Youth Race on Saturday. On the Sunday of Chuska week-end, there will be a 55-mile and 35-mile Alizona Endurance Series event on the Cove Classic route, Tom Riggenbach, 928-429route, Tom Riggenbach, 928-429 0345. org,

Utah Weekly MTB Race Series

April 10-July 31, 2024 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, April-August. Venue alter-nates between Wasatch County sites and Sundance, 5:30 pm Racer check-in and 6:30 pm prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins, WRS Races, 435.565.4602(Wasatch), 801-223-4849 (Sundance), races@weeklyrace-series.com, weeklyraceseries.com <u>ries.com, weeklyrac</u>

Series.com, weeknyidceseries.com fay 14-August 14, 2024 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday, Wednesday, and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abili-ties. XC races and Mini Enduro races, Bike Utah , 406-498-9995, info@bikeutah.org, mid-weekmtb.com May

Regional Weekly MTB Race Series

May 29-July 17, 2024 — Sturgis Music On Main

Mountain Bike Series, Sturgis, SD, Exp the warm summer evenings out on the local bike trails by participating in the 7th Annual Music on Main Mountain Bike Race Series each Wednesday evening starting at 6:00 PM at Harley Davidson Rally Point, no entry fee, Joe Etzkorn, 605-720-4046, <u>xtremeda</u>

Utah Mountain

Bike Racing

July 13-14, 2024 — Big Mountain Enduro, Big Mountain Enduro Series, Brian Head, UT, BME Stop #5: 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, Robert Herber, robert@bigmountainenduro. com, bigmountaine

uly 13, 2024 — Battle at SoHo ICUP, Internountain Cup, Midway, UT, Margaret Gibson, 435-299-651, margaret@redrockbi-cycle.com, intermountaincup.com July

July 20, 2024 — Odyssey at Brian Head Endurance, Intermountain Cup Endurance Series, Brian Head, UT, The Odyssey takes what was the idea of the Brian Head Epic and twists it into a crazy hard day that will have you giggling on the flowy descents and cursing on the climbs. It will challenge you both technically, physically and men-tally. It's 47 miles with 6900 feet of elevation gain incorporating the ripper descents of Dark Hollow and Bunker Creek, the rugged Lowder Ponds trail and plenty of climbing in between all above 8500 feet. It will most likely be one of the most challenging and most fun days you've ever had., Margaret Gibson, 435-229-6251, margaret@redrockblcycle.com, intermountaincup.com

July 27, 2024 - 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 look-ing to push themselves. Clay Christensen, 801-234-0399, info@enduranceutah.com,

August 10, 2024 — 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 MIB racing with a great mix of fast flowy single track, service roads, and a few short techni-cal 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, intermoun-table.up.com

- om, utahdh.ora
- August 31, 2024 Park City Point 2 Point, Park

UT, Presented by Level Crossing Brewery, this is a 7-mile mountain bike climb starting at City Park. Go hard and treat it like a legit

Salt Lake City

9th & 9th

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

July 13-14, 2024 — Downieville Classic, Lost Sierra Triple Crown, Downieville, CA, Race or ride the epic 26.5 mile point-to-point cross country to the Sierra Crest and back to town, country to the sterial Clear and bdck to town, or take in a double dose with 15 miles of the Downieville Downhill in the All Mountain World Championships, followed by an epic party. Named one of the top 10 mountain bike festivals by Outside magazine., Greg Williams, willie@sterratrails.org, Sterra Trails. Williams, willie@sierratrails.org, Sie

July 17-21, 2024 — USA Cycling Cross-Country Mountain Bike National Championships, Macungie, PA, Mountain bike national championships and high school cycling fes-tival, USAC Events , 719-434-4200, nationa-levents@usacycling.org, usacycling.org

uly 20, 2024 — **Butte 100**, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 14th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@ butte100.com, butte100.com July

July 20-21, 2024 — Pomerelle Pounder Downhill, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days. Ron Lindley, 801-375-3231, info@utahdh.org, go-tide oew utab dwa <u>ride.com, utahdh.org</u>

ride.com, uranan.org
July 20, 2024 — Tahoe Trail 100, Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K rid-ers can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, youpho-riacontact@gmail.com, Todd Jackson, 530-546-1019, fodd@bigblueadventure.com, tahoetrailmib.com, youphoriaproductions, com

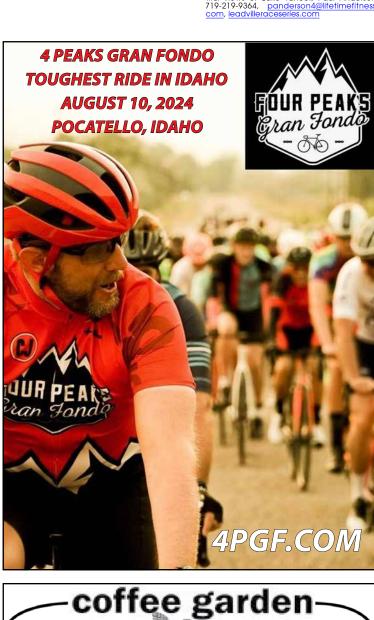
July 20-21, 2024 — 24 Hours in the Enchanted Forest, 1224, Albuquerque, NM, Everything that you want from a 24 Hour Race. We have an amazing course with epic sin-gletrack winding through meadows, pines and aspens. The Zuni Mountains outside of Gallup, NM are a great place to ride. We have an awesome venue in the ponderosa have an awesome venue in the ponderosa pines with plenty of space to hang out with friends and family and hang your hammock, great party atmosphere with vendors, mov-les, food, kids activities, and fun for every-one. Seth Bush, 505-554-0059, <u>ElCapitan@</u> VaPides com ZiaRides.com, ziarides.com

July 20, 2024 — Tahoe Trail, Leadville Race Series, Northstar Village, CA, Leadville Qualitier. The Tahoe Trail 100 Offers athletes a 2-loop, 50 kilometer course filled with beau-tiful views of Lake Tahoe., Paul Anderson, 719-219-9364, panderson4@ilfetImetIness.

August 11, 2024 — Flyin' Brian Downhill, Go-Ride Gravity Series, Brian Head, UT, Ron Lindley, 801-375-3231, info@utahdh.org, go-ida com utable org

City, UI, 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 & 12,000t of climbing. Jay Burke, 801-330-3214, race-point2point@gmail.com, thepcpp.com

September 8, 2024 — Tour des Suds, Park City, City Park. So hald a dired in fled in fled a legin mb race (yes, there are awards) or a crazy costume party on bikes. Either way, it's 2,700 of vert straight up to the finish line at the op of Guardsman Pass. No e-bikes please., Ginger Wicks, 435-640-1168, ginger@moun-taintraile are groundativalle or good the state of the state in the state of the state



801-355-3425

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de.net, betterride.net

(20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms,

Rider categories are offered, Darrin or Jill , 303-642-7917, <u>darrin@racingunderground</u>

August 18, 2024 — Idaho Senior Games, Eagle,

Held at Eagle Cycle Park, Cross Country I Hill Climb events, Mike Thornton, 208-

and Hill Climb events, Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail. com, Katie Hedrich, 951-733-5198, katie@ omnigoevents.com, Stewart Hindman, 208-461-8877, idahosg.cycling@gmail.com, ida-

August 24, 2024 — Lake City Alpine 50, Lake

ugust 24, 2024 — Lake City Alpine 50, Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy, Michael Fleishman, <u>mike@lakecityalpine50.com</u>,

August 24-25, 2024 — Downhill Rockies, Trail Party, Keystone, CO, Downhill race, Trail Party , <u>trailparty.com</u>

August 30-September 1, 2024 — Trestle Gravity Series: Downhill Race 3, 4, and 5, Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, imilier@winterparkresort.com,

August 30-September 1, 2024 — GloriDays
 MTB Camp Weekend, Glorietta, NM, Bike Campl bike races, live music, food trucks, games and activities for the kids hosted by our NICA NM friends, Revolution Enduro races too, Seth Bush, 505-554-0059, ElConptan@2108/des com zirides com

<u>:ICapitan@ZiaRides.com</u>, <u>ziarides.com</u>

August 31, 2024 — Rendezvous Enduro, Montana Enduro Series, Teton Village, WY, Montana Enduro Series, <u>contact@mon-tanaenduro.com</u>, Eric Sivers, eric@mon-tanablcycleguild.org, montanaenduro.com, montanablcycleguild.org

tionenduro.com, revolutionenduro.com

epiember 1, 2024 — Dakota Five-0, Specifish, South Dakota, 50 miles, A Iollie-pop loop, begins in Spearfish City Park with a mass, neutral roll out, and leaves town to the west up Tinton Road, Perry Jewett, 605-641-4963, ridgeriders@blackhills.com, dakotafi-

September 1, 2024 — Durango Derby, Finals of

eyremper 1, 2024 — Durango Derby, Finals of the 2024 Singletrack Series, singletrackseries, com, Durango, CO, 36 miles of Durango's premium in-town single track with 12 miles of untimed transfers, racers will compete in four unique stages, Dave Hagen, 970-403-4842, info@durangoderby.com, duran-goderby.com

September 1, 2024 — Grand Traverse MTB, Aspen, CO, point-to-point from Aspen to Crested Butte, Colorado. Bikers travel 40 miles across the Elk Mountains with over 7,800 of elevation gain. The course starts with a 3000 ascent up Aspen Mountain before continuing deep into the Elk Mountains. This mountain bike race is not for the faint of heart. Crested Butte Nordic , 970-349-1707, info@cbnordic.org, the-grandtraverse.org/bike

Grandinardesectory/Directory of the sectory of t

September 7, 2024 - Race the Rails, Ely, NV,

family! Race a coal fired steam engine that is over 100 years old. The event will accom-modate both road and mountain bike riders of all ages, kyle Horvath, 775-289-3720, kyle.

September 14, 2024 — Gowdy Grinder Chevenne WY Cross country mountain bike

elynevada.net, elynevada.net

train in Ely! Fun for the whole

nwcup.com, nwcup.com

horva

gmail.com. p

@lakecityalpine50.com

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hoseniorgames.org

Fleishman,

Fleishman, <u>mike@l</u>a lakecityalpine50.com

Kehl, 480-868-6381, events@psfuelreduction.

look

Utah Road Racing

SUMMER 2024

July 13. 2024 — Cache Gran Fondo, UCI Gran Jay 13, 2024 — Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, Qualifying event in the Western US for the GFNS (USA Cycling Gran Fondo National Championship), and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-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, Troy Oldham, 435-764-2979. oldhamtroy@gmail.com

July 13, 2024 — AP Criterium - Utah State Championship Masters, POSTPONED TO OCTOBER, UCA Series, Sandy, UT, Dirk Cowley, 801-699-5126, <u>dcowley@corn-</u> ents.cc

events=ap-cittefium July 27, 2024 — Mirror Lake Highway Road Race, UCA Series, Kamas, UT, 150 miles across some amazing country roads and up Mirror Lake Hwy thru beautiful pine and aspen forest, across the highest paved pass in Utah at 10,700 feet, and back on country roads in wide open country. It is a road race, a gran fondo (for those who only want to ride) and can be done as 2 or 3 person relay. Fully supported. Start and finish in Kamas, Troy Huebner, 801-427-0852, troy, huebner@ tealdrones.com, cyclingpointseries.com

tealdrones.com, cyclingpointseries.com August 3, 2024 — Utah State Championship Criterium, UCA Series, Sandy, UT, Utah State Championship Criterium, 10000 South, Centennial Pkwy, Sandy, UT 84070, the course is ~ 0.6 mile per lap, counterclock-wise on a 4-corner crit course where the top and bottom corners (turn 1 & 2, turn 3 & 4) are close and wide road to be ridden more as a single sweeping curve. The straight sections are long enough for attacks and strategic moves with enough ramp time and run out for the final spirit, JJ Stone, 801-916-5769, utahcx@gmail.com, Troy Huebner, 801-427-0852, Troy.huebner@tealdrones. com, bikereg.com/62094 com, bikereg.com/

August 23-26, 2024 — Hoodoo 500, Planet Ultra

Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well, Deborah Bowling, 818-889-2453, embassy@ planetultra.com, Hoodoo500.com

September 7. 2024 — LOTOJA Classic Road Race, Utah Triple Crank, Logan, UT, 42nd Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, <u>Info@lotoja</u> lotoia.com

September 21, 2024 — Utah Hill Climb - Big Cottonwood, UCA Series, Cottonwood Heights, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcxclingevents.

Regional Weekly

Road Race Series

May 14-July 16, 2024 — 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, John Rogers, 208-284-9671, obccwebdesign@ <u>.com, idahok</u>

Regional Road Racing ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

July 20, 2024 — Bob Cook Memorial Mount Blue Sky Hill Climb, Colorado Summit Cycling Series, Idaho Springs, CO, 56th annual, CO State Championship Hill Climb, 27.4 mile bicycle race and Gran Fondo, that ends on the highest paved road in the United States, Mount Blue Sky, at 14,130', 6000 feet elevation gain., Jennifer Barbour, 303-503-4616, Jenéteamevergreen.org, kim Nordquist, 303-249-6168, kimnordquist@msn. com, Caprice Bass, 303-720-4509, caprice@

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July 20, 2024 — Race Rendezvous, XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers even first time racers. Jen Miller, 970-726-1570. Imiller@winterpart.exert.com. whater

grams/winter-park-clas-

July 20-21, 2024 — Downhill Rockies, Trail Party, Winter Park, CO, Downhill race, Trail Party, , trailparty.com

July 24, 2024 — Mid Week Melee, Morrison, 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). Dave Muscianisi, 303-817-6523, <u>events@rat</u> erracing.com, rattlerracing.com

July 24. 2024 — Mid Week Melee, Morrison, 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). Dave Muscianisi, 303-817-6523, <u>events@rat</u> tlerracing.com, rattlerracing.com/event/

July 26-28, 2024 — Leadville Stage Race uly 26-28, 2024 — Leadville Stage Race, Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Paul Anderson, 719-219-9364, panderson4@lifetimefitness. com, leadvilleraceseries.com

com, leadVilleraceseries.com July 27, 2024 — 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 perfor-mance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refeshments and warm, fresh food! Limited on-course camping and room spe-clats, Dewey Gallegos, 307-742-5533, liera-cedirector@gmail.com, laramierangeepic. ector@gmail.com, laramierangeepic

July 27, 2024 — Purgatory Enduro, Revolution Enduro Series, Purgatory, CO, David Scully, 970-846-5012, <u>david@revolutionenduro.com</u>,

July 27, 2024 — East Idaho XC, Knobby Tire Series, Eastern, ID, XC/Endurance (NICA Fundraiser), Alex Phipps, 208-841-4120, alexgmail.com twistedturtleracing l phipps

July 31-August 4, 2024 — USA Cycling Gravity MTB National Championships, Henderson County, NC, USAC Events, 719-434-4200, nationalevents@usacycling.org, usacycling.

August 2-4, 2024 — Brundage MTB Races, Knobby Tire Series, McCall, ID, STXC, XC, Endurace, NICA, Downhill races, Alex Phipps, 208-841-4120, alex01phipps@gmail.

August 2-3, 2024 — Trestle Gravity Series: Races 1 and 2, Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, millered

r/sum

August 2-4, 2024 -- NW Cup Downhill Series (Silver Mountain), Northwest Cup Downhill Series, Kellogg, ID, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday vaping Sunday racing all categories. Satt evening. . Sunday racing all categories, Scott 360-797-4288, <u>scott@nwcup.com</u>, Tucker,

August 3, 2024 - Pierre's Hole MTB Race Lugust 3, 2024 — Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, The 100 K category will be capped at 250 racers and the 50 K category at 300 rac-ers. There will not be a 100-mile race this year. The racecourse is on an IMBA Epic trails at Grand Targhee. The 100 k is a part of the NUE marathon series race. Tony Ferlisi, 307-690-3952, Iterlisi 1@gmail.com, nuemtb. com/pierres-hole-21 om/pierres-hole-2

August 3-4, 2024 — Emerald Mountain Epic. Mountain Town Challenge Series, Steamboat Springs, CO, A mountain bike race/trail running race over 26 miles of beautiful Routh County singletrack with a total of roughly 3,500ft elevation gain. Solo (two laps) and duo team (one lap per rider) options available...Sarah Glassmeyer, 712-898-6571, racedirector@emeraldmtnepic. org.emeraldmthepic.org

August 3, 2024 — Snowmass 50, Snowmass, CO, This race will highlight a 25 mile sin-

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gletrack 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, <u>contact@</u> e/events/audi-pow

et-Ot-Iour-mountain-bike
August 3-4, 2024 — Maah Daah Hey 100, Medora, ND, The Maah Daah Hey 100 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. Make no mistake, this event will push com-petitive riders to their limits while giving every participant an experience they will remember for the rest of their lives., Nick Ybarra, 701.570.9138, nick@experienceland. org, experienceland.org org, experienceland.org

August 3-4, 2024 — Downhill Rockies, Trail Party, Crested Butte, CO, Downhill race, Trail Party,, trailparty.com

August 9-11, 2024 — NW Cup Downhill Series (TBA), Northwest Cup Downhill Series, TBA, TBA, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/ JuniorX seeding Saturday evening. Sunday vacing all categories, Scott Tucker, 300-797-4288, scott@nwcup.com, nwcup.com

August 10, 2024 — Enduro Pescado Whitefish

August 10-11, 2024 — Big Mountain Enduro, Big Mountain Enduro Series, Tamarack Resort, ID, BME Stop #6:, Robert Herber, robert@ bigmountainenduro.com, bigmountainenduro.

Durango, CO, Group Start 4 AM, Jefe Branham, <u>JWOOKIEONE@HOTMAIL.COM</u>,

ugust 16-18, 2024 — Oak Flats MTB Race, New Mexico Off Road Series, Albequerque, NM, Well marked course with a separate kids course and equal pay. Family oriented, spectator friendly, with unique hand made trophies, a positive atmosphere and more. Fast, flowy course with a little bit of every-thing for everybody. Event Saturday: Cat 3, Cat 2 & Short track for Pro and Cat 1; Sunday: Juniors, Kids, Pro & Cat 1, Jan Bear, 505-670-4665, janbea@gmail.com, Par, 505-730-2615, parmenides.orpinel@gmail.com, 730-2615

August 17, 2024 — Big Sky Biggie, Big Sky, MT, 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 occa-sional paved segment, Natalle Osborne, 907-223-0858, natale@bigskybiggie.com, bigskybiggie.com

There is a category for everyone from junior There is a category for everyone non-jease riders to professional racers - even first time racers. Jen Miller, 970-726-1570, imiller@win therear winternarkresoft.com/

rograms/winter-park-classics-bik

Valley, ID, 1 day, 3-4 stage, blind-format, backcountry enduro race through the mountain wild of the Caribou-Targhee National Forest that will leave you with a good story., Chris Brule, 307-413-1998, into@ mountainbiketetons.org, mountainbikete-tops.org.

CUCINA

BikeUtah

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September 21, 2024 — Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Scott



301 E 1700 S Salt Lake City, UT 84115 801-703-3019

peakstatefit.com

September 21, 2024 — 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, bootleg-

September 21, 2024 — Leadville Big Friggin

Loop, Colorado Endurance Series, Leadville, CO, Figure 8 loop starting and finishing in downtown Leadville with around 115 miles and 15,000-ft of climbing. This course goes above tree line 3 different times in the first 20 miles... and the last third leg of

it incorporates the entire segment 8 of the Colorado trail from Copper to Tennessee

Not recommended for riders

ing to try out these type of events for the first time, coloradoes.wordpress.com/swesfirst time, coloradoes.wordpress.com/swes-event-list/sbfl

September 28-29, 2024 — Grand Enduro, Grand Junction, CO, Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the back-ground. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of racing over 6.2 miles of trail. 2.5-4 hours of total ride time covering -22 miles. John Kilsh 270-744.

time covering ~22 miles., John Klish, 970-744-4450, 573-366-3681, madness@madracing-

ingcolorado.com September 28, 2024 — Great Irail Race, Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Irail Race fol-lows 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@blg-blueadventure.com, kliey McInroy, kliey@ blgblueadventure.com, blgblueadventure. com, greattrallrace.com

September 28-29, 2024 — Chuska Challenge Mountain Bike Race, Tour de Rez Cup, Red Valley, AZ, The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncompetitive options, offer riders some awesome riding in some of the most beauti-ful country in Dine' Bikeyah. The competitive Mountain Bike Race includes avariety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday. On the Sunday of Chuska weekend, there will be a 55-mile and 35-mile Arizona Endurance Series event on the Cove Classic route, Tom Riggenbach, 928-429-0345, chuskaman@yahoo.com, navajoyes. org, runsignup.com/Race/AZ/RedValley/ Chuske/chalenaceMuntchilkaPide

org, fired

canyonro

Pass.

org,

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even 1570,

August 10, 2024 — Leadville Trail 100, Leadville Igust 10, 2024 — Leadville, CO, One of the most notorious and challenging bike race in the world. 100 mile out-and-back., Pa Anderson, 719-219-9364, panderson4@lit timefitness com, leadvilleraceseries.com

Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series, <u>contact@mon-</u> tanaenduro.com, Eric Sivers, eric@mon-tanabicycleguild.org, montanaenduro.com

 Tandadicycleguid.org, Instruct

 August
 10-11, 2024
 Keystone
 Enduro,

 Revolution
 Enduro, Series, Keystone, CO,
 David Scully, 970-846-5012, david@revolu-tionenduro.com, revolutionenduro.com

September 1, 2024 — Glorietta Enduro, Revolution Enduro Series, Glorietta, NM, David Scully, 970-846-5012, <u>david@revolu-</u> August 11. 2024 — Colorado Trail Race September 1, 2024 — Dakota Five-0, Spearfish,

August 16-18, 2024 — Oak Flats MTB Race

August 17, 2024 — York 38 Special, York, MT, Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtak-ing scenery in the Helena National Forest gaining 3000 vertical feet! Benefit for York Fire Rescue, York Fire Rescue, york38spe-cialmt@gmail.com, york38special.org

August 17, 2024 — Tipperary, XC Mountain Bike Race Series, Winter Park, CO, XC race <u>m, winterparkr</u> mpetition-cent

August 17. 2024 - The Carriboo Jack, Teton

August 17, 2024 — Rumble at the Ranch, Highlands Ranch, CO, Get your crew together and play in the dirt with usl 7.6 miles of beautiful singletrack with double-track segments thrown in to allow for easy passing. How many laps can you ride in 6 hours? Duo Teams, Trio Teams, and Solo



eptember 14, 2024 — Gowdy Grinder, Cheyenne, WY, Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of challenging riding typical of Curt Gowdy., Jodee Pring, 307-631-2980, WyoXMT8/ggmail.com, wyox-mtb.org/gowdygrinder oaanraceclub.org September 14-15, 2024 — Downhill Rockies: Purgatory, Irail Party, Durango, CO, Downhill race, Trail Party , , <u>trailparty.com</u> com

eptember 28, 2024 — Rad Dirt Fest, Trinidad, CO, 38, 99, 165 mile options, Deep in the Southern Colorado plateau lies an untouched plethora of gravel unlike any other. The towering Spanish Peaks and expansive mesas serve as the backdrop for the 3 unique courses of the 'Rad Dirt Fest. The courses are all more than 90% maintained, gravel roads and mostly rolling routes, Paul Anderson, 719-219-9364, pan-derson/@lifetimefilmes.com. [retime Events.] 4@lifetimefitness.com, Lifetime Events ddirt@ltevents.zendesk.com, theradd September 29, 2024 - Sunrise Ski Resort

September 28, 2024 — Rad Dirt Fest, Trinidad,

Énduro, Sunrise Ski Resort, AZ, Tim Racette, 480-442-4229, info@mbaa.net, mbaa.net

Utah Weekly Road Race Series

Salt Air Time Trial Series - Utah Crit Series, Salt Lake City, UT, Every other Thursday April - September, I-80 Frontage Road West of the International Center, Marek Shon,

DLD (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 47005. 2780W, A filte - 6 pm, B filte between 6:45 and 7:05, Call for information regarding C filte, Wednesdays April - August, Marek Shon, 801-209-2479, utcritseries@gmail.com, utah-critseries.com

Emigration Canyon Hillelimb Series — Utah Crit Series, Sait 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, utartisedesegand com utahoritseries com mail.com, utah

Series – Logan, UT, Thursdays, TI series con-sisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course, Stephen Clyde, 435-750-8785, swc@ mdsc.com, Ben Kofeod, benkko@hotmail. com, Travis Dunn, travis.dunn@usu.edu,

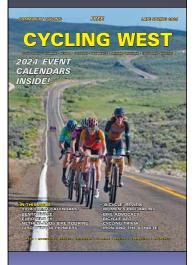
CA and Beyond

es@gmail.com, utah 801-209-2479, utcrite

September 7, 2024 — Pocatello Fall Ultra, Pocatello, ID, Join us for the premier ultra mountain bike race in Southeast Idaho. Participate in a 100K or 50K ride in one of America's best mountain biking areas. 100K RACE:- Over 9,000 ft. of elevation gain-Over 45 miles of singletrack on the 100K course.- Looped course, 80% Singletrack50K RACE:- Over 6,500 ft. of elevation gain-Looped course, all singletrack., Scott Peterson, 208-681-6910, Scottpetemail@ mail.com pocatalledii.itta.com

Logan Race Club Thursday Night Time Trial

Utah Road Race Series — Utah Crit Series, Salt Lake City, UT, Fridays, Marek Shon, 801-209-2479, <u>utcitseries@gmail.com</u>, <u>race2wheels</u>.



CYCLINGWEST.COM

teamevergreen.org, <u>bicyclerace.com</u>,

July 27, 2024 — Asaayi Bike Race, Tour de Rez Cup, Asaayi Lake Tribal Park, NM, 20.6 mile Cup, Asaayi Lake Tribal Park, NM, 20.6 mile paved course from the Asaayi Jct to Hwy 12 just north of Navajo, on to Crystal Jct and finally on NM Hwy 134 to Narbona Pass. The first portion of the route is scenic, among the red rock buttes and towers of the area, and the final climb to the top finishes at one of the iconic spots on the Narbion! 5K bike road race for youth ages 12 and under, Tom Riggenbach, 928-429-0345, chuskaman@ vahoo.com, ngvaloyee, org, bikesjanup. oo.com, <u>navajoyes.org, bikesignup</u> /Race/NM/Navajo/AsaayiBikeRace

August 3, 2024 — Warnerville Time Trial, Knights Robert Leibold, 209-604-1354, vel-

oprol@gmail.com, velopromo.com August 3, 2024 — Audi Denver Littleton Twilight Criterium, American Criterium Cup, Littleton, CO, A full day of racing and includes profes-sional men's and women's races. The Audi Denver Littleton Twilight Criterium is part of the national criterium series formed in col-laboration with USA Cycling and America's best criterium races. This series will feature the very best professional teams in the country including L39ION of Los Angeles. We throw in a beer garden, live music and a cruiser ride for the family to make it a wicked day., Ann Albergotti, aalbergotti@ littletongov.org, littletoncrit.com ov.ora. littleton

August 4, 2024 — Patterson Road Race, Tracy, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 4, 2024 — Santa Fe Hill Climb, Santa Fe, NM, 7:30 am, Start: Fort Marcy Park Mager's Field, Finish: Ski Santa Fe parking lot, Return: Take it easy, only the climb matters here, Route: Road – NM 475 from Mager's Field to Ski Santa Fe parking lot, Tim Fowler, 505-209-5760, timothyjfowler@gmail

August 4, 2024 — Flation Park Criterium, Boulder, CO, A 0.71 mile / 1.13 kilometer flat & fast 4-corner crit, 1 day after the Littleton Iwilight Criterium, huge bike and outdoor expo, \$3k Pro Men / \$3k Pro Women Prize List, Chris Grealish, 303-619-9419, chis@dbcev-ents.com, dbcevents.com om, dbcevents.com

August 10, 2024 — The Broadmoor Cycle to the Summit Race and Gran Fondo, 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. Cycling, 719-634 7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp. org, PikesPeakCyclingHillClimb.org, colora-dospringssports.org ringssports.org

August 10, 2024 — Dunnigan Hills Road Race, Dunnigan, CA, Robert Leibold, 209-604-1354, elopro1@gmail.com, velopromo.com

August 11, 2024 — Suisun Harbor Criterium, Suisun City, CA, 2021 Northern California/ Nevada District Criterium Championships. A fast paced four cornered downtown crite-rium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopron.com

August 17, 2024 – Idaho Senior Games, Kuna, ID, 5k and 10K Time Tridis both at 9 a.m. date cooresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, Idahosenlorgamesinfo@gmail.com, Stewart Hindman, 208-461-8877, Idahosg.cycling@ amail.com Idahosenlorgames.org gmail.com, idahos eniorgames.org

August 17, 2024 — San Ardo Road Race, San Ardo, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 18, 2024 — University Road Race, Santa Cruz, CA, Robert Leibold, 209-604-1354, <u>velo-</u> ail.com, velo

August 25, 2024 — Winters Road Race, Winters, CA, Robert Leibold, 209-604-1354, <u>velo-pro1@gmail.com</u>, <u>velopromo.com</u> 1354, <u>velo-</u>

August 31, 2024 — Athlone Time Trial, Merced, CA, Robert Leibold, 209-604-1354, <u>velo-</u> <u>pro1@gmail.com</u>, <u>velopromo.com</u>

September 2, 2024 — Il Giro di San Francisco, San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, velopro1@ amail.com. velopromo.com

September 6-8, 2024 — Merckx Montana Stage Race, Missoula, MT, Montana Stage Race Championships, TL, Critt, Road Race, Shaun Radley, 406-219-1318, montanacy

com/events/
September 13-15, 2024 — Silver State 508, Mountain West Ultra Cup, Reno, NV, Founded by John Marino in 1983 and rec-ognized as "The Toughest 48 hours in Sport," This 508-mille bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most grafifying endurance challenges available, bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recum-bents, 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 Loneilest Road in America". Rick, rick@raceacrossamerica. org, the508.com

September 15, 2024 — Oakland Grand Prix, Oakland, CA, Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo. com

September 15, 2024 — USA Cycling Gran Frade National Championships, Frederick, Fondo National Championships, Frederick MD, Shawn Brett, 719-434-4200, sbrett@

September 15, 2024 — 3 Bears TT #2 / Arizona State Championship, Picacho, AZ, State TT championship and tandem, Terry Jenner, 402-983-6195, escapefrommexica@vahoo.

September 21, 2024 — Henleyville Road Race, Corning, CA, Robert Leibold, 209-604-1354, <u>velopro1@gmail.com</u>, <u>velopromo.com</u>

September 22, 2024 — Mt. Graham Hill Climb, Safford, AZ, State Hill Climb Championship,

am, mass start, Nippy Feldhake III, 520-17-2544 , nippy-mr-smarty-pante@lupp.com Utah Road Touring and

Gran Fondos

July 13, 2024 — Cache Gran Fondo, UCI Gran Fondo World Series, USA and Gran Fondo National Series, Logan, UT, Qualifying event in the Western US for the GFNS (USACycling Gran Fondo National Championship), and Gran Fondo National Championship), and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-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, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cache aranfond

July 19, 2024 — Antelope by Moonlight Bike Ride, Antelope Island, UT, 10:00 pm. Open to participants of all ages, Antelope Island Marina to Fielding Garr Ranch and back. Experience Antelope Island after-hours under the full moon, Antelope by Moonlight , 801-451-3237, anteloperide@daviscountyutab.

<u>unrecoperprintorningini.com</u>
July 20, 2024 — Iron Lung Ride, Utah Triple Crank, 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 flas to recover. Utah Triple Crank qualifier, along with LOTOJA and Huntsman 140., Michelle Lyman, 801-941-5526, info@ironlungride. com, ironlungride.com

July 27, 2024 — Mirror Lake Highway Gran Fondo, UCA Series, Kamas, UT, 150 miles across some amazing country roads and up Mirror Lake Hwy thru beautiful pine and aspen forest, across the highest paved pass in Utah at 10,700 feet, and back on country roads in wide open country. It is a road race, a gran fondo (for those who only want to ride) and can be done as 2 or 3 person relay. Fully supported. Start and finish in Kamas, Troy Huebner, 801-427-0852, troy, huebner@ tealdrones.com, cyclingpointseries.com ones.com, cyclingpoint

August 10, 2024 — To the Moon and Back Century Ride, Tabiona, UT, Located in the High Unitas, 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 International., Kandice Einerson, 208-206-4953, <u>moon.andback.</u> Einerson <u>@gmail.com</u>, tothemoonandback

August 17, 2024 — CF Cycle For Life, Henefer, UT, One of Utah's best supported char-ity rides. A healthy multi-length challenge, not race, for all level of riders, beautiful nor race, for all level of index, beduinful ride with five route options - 24, 36, 55, 80, 100 Miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF., Laura Hadley, 801-532-2335, 801-558-8310, <u>Inadley@cff.org</u>, fightct.cff.org/site/ 8310. g, <u>fightcf</u>

Richfield, UT, Sevier Valley Rooster Ride, Richfield, UT, Sevier County's Rooster Ride fours scenic central Utah. The chipped event includes fully stocked rest stops, med-als, tee shirts, and custom DNA cycling socks. Riders of all skill levels can find something to enjoy between the 37 mile, 62 mile, or 100 mile rides. Elevation gains vary from 1,015 - 4,287 feet, Amy Myers, 435-893-0457, 844-469-8724, amymyers@sevier.utah.gov, roosterride.net August 17, 2024 — Sevier Valley Rooster Ride,

roosterride.net
August 17, 2024 — Mi Duole Canyons Challenge, Sandy, UT, One of the most daunting and beautiful cycling challeng-es in the country, ascending more than 14,000 feet over 116 miles through all five of Salt Lake City's picturesque riding can-yons before finishing at the Utah Capitol building. Comprising three HC climbs and two Category 2 climbs, the ride has more vert than almost any other ride in America and certainly the steepest average gradi-ent. Participants may elect to ride one, two, three, four or all five of the canyons, Spencer Chipping, 801-597-1111, spencer-chipping@amail.com, Stuart Anderson, mid-uole@gmail.com, miduole.com/canyons-buildence.com/canyons-

August 24, 2024 — Cache Valley Century, Richmond, UT, 35, 60, or 100 mile options. The ide contributes to Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic ter-rain. Great last century before LoToJal, Troy Oldham, 435-764-2979, oldhamtroy@gmail. com. CacheValleyCentury.com

August 24, 2024 — Summit Challenge, Park Lugust 24, 2024 — 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 routes are fully supported and 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 free1 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., Madison Lambdin, 435-649-3991, 435-200-0990, madi-sonl@discovernac.org, summitchallenge100. org, disco

September 8-14, 2024 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capital Reef and More. 60-100 miles per day. Opportunities to work part/ ride part., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.co

September 14, 2024 — Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Microfocus and beautiful rall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone!, Jackie Karlberg, 520-227-7720, <u>karlbergracing@gmail.com</u>, goldilocks.events/provo

goldilocks.events/provo September 14-15, 2024 — SLC Vintage Ride p/b Festa Italiana, Salt Lake City, UT, Approximately 3-mile flat fun ride starting and finishing at the Gateway in downtown Salt Lake City, marking the official open of the Annual Festa Italiana. Old bikes with single-speed drivetrains, flip-flop hubs, rod derailleurs, etc are encouraged. Wool jer-seys and shorts as well as other vintage bike attile are also encouraged. Unlike cyclists from decades ago, we highly encourage helmets, Festa Italiana, info@utchitalians. com, bikereg.com/slc-vintage-ride

September 20-21, 2024 — Bike the Bear Century, Laketown, UT, Bike the Bear, Bear Lake Aquatics Base near Laketown, UT, Sponsored by Scouts BSA. Crossroads of the West Council, Bring your youth group, family or cycling friends and participate in a 50 or 100-mile ride around Bear Lake! This is a great, early fall fun ride for riders of all abilities, Jason Eborn, 801-479-5460, jeborn@bsamail.org, Nelson Palmer, 435-760-6901, 801-479-5460, nrpalmer@corncast. net, utahscouts.org/bike net, uto

September 21-21, 2024 — Salt to Saint Relay Salt Lake City, UT, 420 mile relay race from Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories, Clay Christensen, 801-234/0399, Into@enduranceutah.com, salttosaint.com

tosalnt.com September 21-22, 2024 — Moab Century Tour, Moab, UT, The Moab Century Tour sends idders 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 Nastyl"), 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 foli-age comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiling landscapes. An annual fundraiser to benefit cancer survivor-ship programs, your registration includes a donation to Moab Heatthcare Foundation. Groups use the event to inspire fundrais-ing for large and small foundations. Ask how your beneficiary can participate., Beth Logan, 435-260-2334, into@ skinnytireevents.com, skinnytireevents.com



Lizard Head Bike Tours — Various, UT, CO, and More, Multiple dates - Texas, Utah, Canada, Colorado, Oregon, New Mexico, Montana, and tons of other locations! Road, MTB, Gravel Tours, John Humphries, 970-728-5891, Interfeatured the colored and the som Lasky, 508-561-7580, lauren@lizardheadov

July 13, 2024 — The Triple Bypass, Evergreen CO, The legendary Triple Bypass is 118 miles with 10,800' of climbing and travels over 3 beautiful mountain passes(Juniper Loveland, Vail) from Evergreen to Avon, CO., Jennifer Barbour, 303-503-4616, jen@ teamevergreen.org, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, Caprice Bass, 303-720-4509, caprice@teamevergreen.org, tidalobyrea.org

triplebypass.org

July 13, 2024 — Tour de Steamboat, Steamboat Jly 13, 2024 — Tour de Steamboat, Steamboat Springs, CO, Annual bicxycle 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., Katle Lindquist, 970-846-9206, info@ burdesteamboat com, tourdesteamboat. teamboat.com, tourdest

July 13, 2024 — Death Ride - Tour of the California Alps, Markleeville, CA, Challenge yourself to the premier cycling event in California. With 103 miles, over 14,000' of climbing, and up to six (6) HC climbs through the stunning Sierra Nevada mountains, this ride is sure to challenge and inspire you!,



bicyclecollective.org Salt Lake | Provo | Ogden | St. George

Tour de France Trivia Answers (see page 6 for questions)

A1. None other than five-time winner Bernard Hinault of France! Hinault won 1978/79 and 1981/82 before being a non-starter in 1983 due to injury and then finishing second in 1984. He returned triumphantly in 1985. Can Pogi do the same?

A2. Unfortunately, no American women has yet raised her arms in victory at the modern Tour but back in 1989, Idaho rider Katrin Tobin won Stage Four into Gap. 1989 was a big Tour for the Americans with two stage wins (the late Bunki Bankaitis-Davis won stage 3), the Points Jersey (Susan Elias), the

Team Classification, and Inga Thompson making the podium in third.

A3. Sepp Kuss who won the mountainous Stage 15, back in 2021. He is one of only eleven American men who have won a Tour stage!

A4. Belgian Lotte Kopecky with six.

A5. Swiss Classics and time trial specialist Fabian Cancellara who wore yellow for 29 days in his storied career! -Dave Campbell

Three New Routes Added to the US Bicycle **Route System**

MISSOULA, Montana (June 27, 2024) - Adventure Cycling Association announced major expansions to the United States Bicycle Route System, including three completely new routes and bringing the total to over a major benchmark of 20,000 miles.

The U.S. Bicycle Route System is a developing national network of officially designated, numbered, and signed routes that use existing roads, trails, and other facilities appropriate for bike travel. It will eventually encompass 50,000 miles of routes and open new opportunities for crosscountry travel, regional touring, and commuting by bike. It also benefits communities by providing new bicycle routes, enhancing safety, and increasing tourism and economic activity.

The three new routes are USBR 51 in Arkansas, USBR 76 in Wyoming, and USBR 85 California. USBR 76 will be Wyoming's first U.S. Bicycle Route. Additionally, Florida extended USBR 15 to go north-south through most of the state and California extended USBR 95 to finish the coastline.

"State departments of transportation are focused on delivering a safe, multimodal transportation system that offers mobility for all," said Jim Tymon, executive director of the American Association of State Highway and Transportation Officials. He noted that AASHTO is a nonprofit, nonpartisan organization representing state DOTs in all 50 states, the District of Columbia, and Puerto Rico. AASHTO and Adventure Cycling formalized their nearly two-decade partnership of designating new bike routes by signing a memorandum of understanding in February 2021. "The recent additions to and expansion of the USBRS network by Arkansas, California, Florida, and Wyoming further highlight the active transportation benefits that flow from partnership between AASHTO, state DOTs, and the Adventure Cycling Association," Tymon said.

Digital maps for all designated U.S. Bicycle Routes are available to the public for free on the Adventure Cycling Association website.

With the new designation and realignments, the U.S. Bicycle Route System now boasts over 22,000 miles of routes in 35 states and Washington, D.C. At least 25 states are currently developing additional U.S. Bicycle Routes.

"It's satisfying to see the USBRS network grow and know that we are playing a part in making long distance bicycle travel more accessible to more people through these routes," said Jenn Hamelman, Director of Routes. "None of this would be possible without new and long-standing partnerships with state departments of transportation and local advocates.'

The nonprofit Adventure Cycling Association promotes bike travel and is the only organization that coordinates national development of the U.S Bicycle Route System. Adventure Cycling staff offer technical assistance, volunteer coordination, and outreach to help states achieve official designation of routes.



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SINCE 1894

SUMMER 2024

August 10, 2024 — Enchanted Circle, Red River, NM, The Enchanted Circle Bicycle Tour is a scenic, southwest cycling experi-ence with rolling hills, fast descents and rewarding climbs. Choose between an 85-mile ride or the iconic 100-mile century along the Enchanted Circle Scenic Byway, this New Mexico course travels through some of the most spectacular peaks in New Mexico, Scott Olmsted, 720-819-7306, support@theridecollectlve.com, theridecol-lective.com August 3, 2024 — Copper Triangle Alpine Cycling Classic, Copper Mountain, CO ing the lives of all people affected by diabetes., Lindsay, Mark, Megan, Sasha , 720-855-1102 x7010, LPhelan@diabetes. org, MTaylor@diabetes.org, MTaub@dia-betes.org, Steeves@diabetes.org, Brittany Burcham, bburcham@diabetes.org, diabe-tes.org/coloradotourdecure Multisport Races dgust 3, 2024 — Copper Intengre April Cycling Classic, Copper Mountain, CO, There's never a bad time to train for a true alpine cycling classic like Copper Triangle. Start high in the Rocky Mountains and only go up from there on the 79-mile loop cresting three Colorado mountain passes – totaling 6,500 feet in elevation gain. New in 2022: A friendly QOM & KOM of Vail Pass, with podlum presentations for the top 3 men & women, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com Calendar from page 21 July 13, 2024 — Echo Triathlon, TriUtah Points Melissa Edwards, 530-694-2475, info@death-Series, Coalville, UT, 20th Annual. Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Irail makes for the perfect event <u>ride.com, deathride.com</u> ride.com, deathride.com
July 13-14, 2024 — Seattle to Portland (STP), Seattle, WA, The Kaiser Permanente Seattle to Portland (STP) Bicycle Classic present-ed by Alaska Airlines is in its 45th year. Heading south from Seattle and ending in Portland, Oregon, STP is a thrilling back-to-back double-century ride through Western Washington that brings 6,000 people together to experience the joy of cycling. Bicycling Magazine calls STP "one of the best cycling events in the nation.", Sarah Mantey, 206-620-0465, sarahm@cascade. org, cascade.org/stp tes.org/coloradofourdecure September 7-14, 2024 — Ride the Rim, Crater Lake, OR, Ride the Rim Crater Lake offers a vehicle-free way to experience Crater Lake National Park with 25 miles and 3,500 feet of climbing. Events will be held on the 7th and the 14th 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. Tonia Ulbricht, 800-445-6728, visit@discoverklamath.com, ride-therimoregon.com for both seasoned athletes and beginners 600 rider cap., Dan Aamodt, 385-228-3454 , <u>race@triutah.com</u>, <u>triutah.com</u> o, <u>support@</u> collective.cor July 13, 2024 — Logan Tri, Logan, UT, Sprint and Olympic, Joe Coles, 801-335-4940, August 19-23, 2024 — Colorado's Ride, Durango, CO, Colorado's Ride showcases one of the most scenic areas of Colorado through the lens of two amazing over-night towns, Durango and Pagosa Springs, Colorado's Ride, Info@coloradostide.com, www.coloradostide.com and Olympic, Joe Coles, 801-335-49 joe@onhillevents.com, onhillevents.com August 3, 2024 — Marin Century, Novato, CA Take on the west coast's most scenic and challenging rides, the Marin Century. The ride starts in the beautiful Stafford Lake State Park in Novato, California, Riders navigate to the summits or through the foothills of Mount Tamalpais and the near-by coast of beautiful Tomales Bay, Marin Cyclists , 415-823-5047, info@marincyclists. com, marincyclists.com July 14, 2024 — Boulder Peak Triathlon Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co www.coloradosride.com August 24, 2024 — Venus de Miles, Lyons, CO, Venus de Miles is Colorado's original and largest all-women's road ride and fin-ish festival. In its 17th year, Venus de Miles welcomes all skill levels and is a strong sup-porter of sisterhood and women's cycling. Choose from a 30-mile, 64-mile, or 100 mile course throughout beautiful nothern Colorado. The event is a fundraiser for Greenhouse Scholars., Mariel McCown, 720-769-9998. info@venusdemiles.com, venusdemiles.com org, cascade.org/stp September 7-8, 2024 — Bike MS: Deception Pass Classic, Bike MS, Mount Vernon, WA. Enjoy breathtaking views as you cross the Deception Pass Bridge providing a one-of-akind enverience as we come to ather to July 14-19, 2024 — Tour de Wyoming, Buffalo, WY, Bike tour through Wyoming with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840 , <u>atravsky@wyoming.com</u>, July 20, 2024 — Tri Boulder, BBSC Twin Tri Series, Boulder, CO, One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/ triboulder 307-742-5840 , <u>atravsky@wyoming.com</u> cyclewyoming.org, tourdewyoming.org August 10, 2024 — Stonewall Century Bicycle Ride, La Veta, CO, 21st 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, Inito@spcycling.org, Kertie Meyler, ker-nie@meyler.net, spcycling.org Deception Pass Bridge providing a one-of-a-kind experience as we come together to reach out goal – a world free of MS. The Bike MS experience offers route options ranging from 22 to 100 miles and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Skagit County Fairgrounds (501 Taylor ST) in Mt Vernon, WA, Sara Alisuag, 774-254-2668, sara.alisuag@nmss.org, Brittany Rondello, 425-647-6846, brittany.rondello@ nmss.org, Katle Gambill, 206-515-4569, kath-erine.gambil@nmss.org, bikems.org entember 8, 2024 — Butfale Bioxcle Clossic July 20. 2024 — 719 Ride, Gran Fondo National uly 20, 2024 — 719 Ride, Gran Fondo National Series, Colorado Springs, CO, 5 laps of The Course That Cannot Be Defeated is the signature ride (71.9 miles and 9,190' of elevation gain), but you can ride as many or as few laps as your mind can handle and your legs will allow, Offering several course options, all on neighborhood roads, and donating a portion of each registra-tion to Chipeta Elementary School and Kids on Bikes, 719ers, <u>719@719ride.com</u>, 719ride.com July 21, 2024 — Ironman 70.3 Salem, Salem OR, 70.3 mile course, Ironman , <u>boul</u> der70.3@ironman.com, ironman.com September 7, 2024 — Race the Rails, Ely, NV, Race the train in Ely! Fun for the whole fam-ily! Race a coal fired steam engine that is over 100 years old. The event will accom-modate both road and mountain bike rid-ers of all ages, Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada. net/race-the-rails July 27, 2024 — Burley Idaho Lions Spudman August 10, 2024 — 4 Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneut Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin, The hill climb portions are timed with tim-ing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you Triathion, Burley, ID, Starts at 7 am with the world's fastest 1.5K swim (current-aid ed) then a 40K Bike and 10K run., Cade September 8, 2024 — Buffalo Bicycle Classic, Boulder, CO, The Elevations Credit Union Buffalo Bicycle Classic is a scholarship fund-raiser for CU Boulder. We have 5 load cours-719ride.0 om 719ride.com August 3, 2024 — Tour de Big Bear, Big Bear Lake, CA, Southern California's favorite ride! Features legendary aid stations, beau-tiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiastl, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail. com, bigbearcycling.com/tour-de-big-bearcourling.weatl, bibbearcycling.com Richman, info@spudman.org, spudman org July 27-28, 2024 — Donner Lake Triathlon, Truckee, CA, Half Triathlon 70.3, Olympic Triathlon, Sprint Triathlon, Kids Triathlon, Aquabike, Aquathlon Duathlon, Todd Jackson, 530-546-1019, todd@blgbluead-venture.com, Kiley McInroy, kiley@blg-blueadventure.com, bigblueadventure. com, donnerlaketri.com es, 2 gravel courses and a family ride. Our Epic routes head up Boulder Canyon which is closed to traffic. Ride Bikes. Change Lives, Jenny Anderson, 303-898-8900, <u>bbc@colo-</u> rado.edu, buffalobicycleclassic.com September 7, 2024 — American Diabetes Association's Tour de Cure Colorado, Lone ex.13@gmail.com, Katie Cox, 208-851-0009, Tree, CO, Join TDC as one of the most suc cessful and beautiful fundraising rides in Colorado this September 10th. The mission ey.13@gmail.com, Katie Cc info@4pgf.com, 4<u>PGF.com</u> September 14, 2024 — Tour of the Moon, Grand Junction, CO, Want to take an epic trek through the Colorado National Monument? Check out Tour of the Moon of the American Diabetes Association is to prevent and cure diabetes while improv July 28, 2024 — Steamboat Lake Triathlon

Researchers Propose Converting Sidewalks into Bike Lanes to Solve Space Issues

One ongoing challenge with retrofitting roadways to add bike lanes is finding the necessary space. Researchers in Singapore have devised a method that doesn't require removing parking or auto lanes, or even narrowing them: converting sidewalks into bike lanes. They claim this can be done inexpensively.

This approach can help bridge

gaps in bike trails, according to the study "Sidewalk-Based Bicycle Path Network Design Incorporating Equity in Cycling Time" from the National University of Singapore. The researchers developed an algorithm to identify suitable locations for sidewalk conversions, successfully tested on a university campus and in a town in Singapore.

The authors note that further research is needed to understand the

potential number of cyclists using these paths and to address possible conflicts with pedestrians.

Read more at: https://www. researchgate.net/publication/380936935 Sidewalk-based bicycle path network design incorporating equity in cycling

-Charles Pekow

US Forest Service Plans for Colorado's Grand Mesa, Uncompany and Gunnison National Forests will Affect Mountain Biking

New biking opportunities will be limited under the finalized plan for the future of the Grand Mesa, Uncompany and Gunnison National Forests in southwestern Colorado. The U.S. Forest Service (USFS) has completed a land management plan and decided against a proposed mountain bike/e-bike trail connecting Crested Butte with Carbondale, citing potential

harm to wilderness management. Additionally, the plan may restrict mountain biking in the Lamborn area.

Approximately a quarter of the area, or 823,000 acres, will be designated as wilderness, where biking will be restricted. However, the USFS indicates that existing trails in the area can be improved and possibly expanded. New trails are not planned for this region, but there

may be opportunities for trail development in other parts of the forests.

For more details, see the final plan at USFS Grand Mesa, Uncompangre, and Gunnison National Forests Land Management Planning (https://www.fs.usda.gov/ main/gmug/landmanagement/planning).

-Charles Pekow

Sen. Mike Lee Reintroduces Bill to Allow Mountain Bikes in Wilderness sored the bill. tion in every Congress since at least

Sen. Mike Lee (R-UT) has once again proposed legislation to allow mountain biking in wilderness areas, shifting the current national prohibition to the discretion of local federal land managers. The Human Powered Travel in Wilderness Areas Act (S. 4561) has been referred to the Committee on Energy and Natural Resources, but as of early July, no other senator has co-spon-

The bill aims to repeal an Interior Department regulation that bans bicycles in wilderness areas, which Lee argues are often difficult for people to access and enjoy without vehicles. The proposed legislation would enable local officials to establish rules regarding party sizes, speed limits, and seasonal restrictions. Lee has introduced this legisla2016 as part of a bid to strip protections of wilderness areas and open public lands to development. More details can be found at Sen. Mike Lee's Official Website (https://www. lee.senate.gov/2024/6/lee-introduces-trio-of-bills-defending-access-topublic-lands).

-Charles Pekow

New Bike Trail in Box Elder County? It's Up to Congress county.

The 249,572-acre Lower Bear River Watershed in Box Elder County, UT, may eventually feature a new bike trail. The Natural Resources Conservation Service (NRCS) has announced plans to prepare an environmental impact statement aimed at managing the watershed while enhancing recreational opportunities in Tremonton, Elwood, Bear River City, Garland, and unincorporated parts of the

However, the NRCS estimates that implementing the plan could cost over \$25 million, requiring Congress to allocate funds in next year's Agriculture spending bill. Although a measure approved by the House Appropriations Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies in June doesn't mention

this project, the bill is not yet final.

The plan includes three alternatives, one of which is a no-action option. The other two propose building a new recreational trail along a railway and a canal through Tremonton. These plans are still subject to change.

For more details, see https:// www.govinfo.gov/content/pkg/ FR-2024-06-14/html/2024-13062. htm

-Charles Pekow

Monument? Check our lour of the Moon and tackle a metric century ride or opt for a 41-mile loop back into Grand Junction. This ride is one of the most important fundraising events benefitting Bicycle Colorado. The event sells out every year so don't miss it, Scott Olmsted, 720-819-7306, support@theri-decollective.com, theridecollective.com

decollective.com, theradecollective.com
 September 14-15, 2024 — Bike MS: Waves
 to Wine, Bike MS, San Francisco, CA, Join us as we venture from the heart of San Francisco riding across the famous Golden Gate Bridge and overnight in the middle of beautiful wine country. Take your pick from numerous one-day routes with fully supported rest stops along with a community of riders dedicated to changing the world for people with MS one pedal stroke at a time, sara Alisuag, 774-254-2668, sara.alisuag@mmss.org, John Schilder, 415-439-0402, john.schilder@mmss.org
 September 21, 2024 — Mountains to the

schilder(anmss.org, wavestowine.org
September 21, 2024 — Mountains to the Desert Classic, Telluride, CO, 21st M2D Ride benefitting Just For Kids Foundation. 3 routes and starting points to choose from: Telluride to Gateway: 103 MilesNorwood to Gateway: 73 Miles; Ridgway to Gateway: 110 Miles (new for 2024)), BBQ party too. Finishes at Gateway Canyon Resort, Courtney McEleney, 949-412-4068, director@justforkidstoundation.org, justforkidsfoundation.org undation.org

September 21, 2024 — Tour de Vineyards, Palisade, CO, Head to Palisade this fall and enjoy the vineyards, orchards and mesas of Colorado's Western Slope at the 26th annual Tour de Vineyards. Take the leisurely 23-mile route along the Palisade Fruit & Wine Byway, or opt for the 58-mile loop up and over Reeder Mesa, Scott Olmsted, 720-519-7306, support@theridecollective.com, theridecollective.com

September 21-28, 2024 — California Coast Classic, San Francisco, CA, The Arthritis Foundation's California Coast Classic Bike Tour, presented by Amgen, covers 525 miles from San Francisco to Los Angeles over eight days along Highway 1., Shannon Marang Cox, 213-634-3772, 909-489-2217, smarangcox@arthritis.org, arthritis.org/ events/bike-event

September 21-22, 2024 — Bike MS: Willamette eptember 21-22, 2024 — Une more more war Valley. Bike MS, McMinnville, OR, All new in 2023 with routes taking you past vine-yards, while enjoying relaxing, pastoral farmland views. Rider village located at Evergreen Aviation & Space Museum, Sara Alisuag, 774-254-2668, sara.alisuag@nmss. org, Brittany Rondello, 425-647-6846, brit-tany.rondello@nmss.org, Emily Rios, Emily. rios@nmss.org, bikems.org

September 21, 2024 — Loop de Loop, Tucson, AZ, Chuck Huckleberry Loop, El Tour de Tucson, 520-745-2033, info@eltourdetucson. org, eltourdetucson.org

org, elfourdertucson.org September 28, 2024 — Coldwell Banker Denver Century Ride, Denver, CO, Cycle the City - Discover urban cycling in Denver within a safe, fun & enjoyable experience. 100, 85, 50 and 25 mile courses for every ability. Roll through Downtown Denver, through the burbs, up Lookout Mountain and down the Hogback. Supporting cycling advocacy through ride beneficiary Bicycle Colorado, Start: Shops at Northfield, Bruce Erley, 303-469-7500, info@denvercen-turyride.com Seatember 28, 2024 — Socramento Century

September 28, 2024 — Sacramento Century Challenge, Sacramento, CA, sacramentocentury.com

century.com September 29, 2024 — Tour of the Rio Grande Bicycle Century, Albequerque, NM, The flattest tour in New Mexico taking riders from near the Albuquerque International Sunport south to Bernardo and back! Route distances are 39, 62, 78 and 100 miles. This ride is great for first time or beginning season riders. For experienced riders it's an opportunity to crush existing personal best century times! The tour runs parallel with the Rio Grande exposing riders to the more relaxed side of New Mexican life and the beautiful landscape. Michael Wieclaw, 30-518-4708, metal@metalthebrand.com, touroftheriogrande.com

September 29-October 4, 2024 — Pablove Across America, San Francisco, CA, Ride from San Francisco to Los Angeles over 6 days. The ride raises money for pediatric cancer research as well as an art program for kids going through treatment, Chelsea Alexander, 480-612-3634, chelseaalexanchelseaalexan der@pablove.org, pablove.org

Steamboat Lake, CO, Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, <u>lance@withoutlim-</u> the page withoutlimits op its.com, withoutlimits.co

August 3, 2024 — TriathaMom, Riverton, UT, Women only triathion 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, 801-613-2116, contact@ustris-ports.com, gotriathanom.com

ports.com, gotriathamom.com August 10, 2024 — East Canyon Triathlon, TriUtah Points Series, Morgan City, UT, 10th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other; with both Sprint and Olympic distance races to choose from.2-rtansition point-to-point race. Begins at the beautiful East Canyon Reservoir. The Sprint bike is downhill and fast (please stay safe and in courtol at all times.) The Olympic bike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods., Dan Aamodt, 385-228-3454, race@triutah.com, triutah.com

228-3494, <u>Iace@tiluTan.com</u>, <u>finutan.com</u> August 10, 2024 — Great Snake River Triathlon, TRI Peaks Events, Idaho Falls, ID, Held at Snake River Landing in downtown Idaho Falls. This triathlon will include BOTH Sprint & Olympic distances. This race will be the final race in Eastern Idaho...the third in the TRIFECTA SERIES produced by Tri Peaks Epic Events., Mike Taylor, 208-201-269, <u>TifPeaksEpicEvents@ gmail.com</u>, Brian Magleby, 208-520-9400, <u>TifPeaksEpicEvents@gmail.com</u>, <u>tipeaksev-ents.com</u>

Hiscorri August 17, 2024 — Daybreak Triathlon, Salt Lake Triathlon Series, South Jordan, UT, The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Oquirth Mountains and a run around the lake that is unparalleled., Perry Hacker, 801-613-2116, contact@ustrisports. com, ustrisports.com com, ustrisports.com

August 17, 2024 — Tahoe Adventure Challenge, Truckee, CA, A multi-sport event in which teams and individuals participate and compete in kayaking or stand up pad-dling, mountain biking, trail running, and navigation. Designed such that participat-ing teams will complete in an 8 hour maxi-mum time format. Teams travel on land and lake to aother as many checkpoints as pos-

num infine format. Teams travel on land and lake to gother as many checkpoints as pos sible and finish within the 8 hour time limit. Todd Jackson, 530-546-1019, todd@big blueadventure.com, Kiley McInroy, kiley@ bigblueadventure.com, bigblueadventure com, greattrailrace.com

August 18, 2024 — COEUR Outdoor Divas Triathlon, Longmont, CO, Union Reservoir Sprint, worren only triathlon, Lance Panigutti, 303-408-1195, <u>lance@withoutlim</u> its.com, withoutlimits.co

August 21, 2024 — Range-to-River Relay, Salt Lake City, UT, 7.2 mile bike, 3.3 mile paddle, 3.4 mile run. Explore the condition of the Salt Lake Valley's waterways and learn about recreation in your backyard., Julie Williams, julie@sevencanyonstrust. org, https://sevencanyonstrust.org/events/ range-river-relay

August 24, 2024 — Boulder Sunset Triathlon Boulder, CO, Summer may be coming to an end, but our tri season is still heating up! Join us at the Boulder Reservoir for the Annual Boulder Sunset Triathlon, a local favorite. Includes olympic, sprint, duath lon, Aquabike, 10k, and 5k., Craig Towler 318-518-7303, info@bbsctri.com, Michelle 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/ bouldersunset

August 24-25, 2024 — Lake Tahoe Triathlon challenging experience. Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike, Todd Jackson, 530-546-1019, todd@bigblueadventure.com 546-1019, todd@bigblueadventure.com Kiley McInroy, kiley@bigblueadventure com, bigblueadventure.com

September 2, 2024 — South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Now a virtual race! 2.5 mi; Run 1.5 mi, Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220. 298-6220, john@southdavisrecreation Cindy Hunt, 801-298-6220, cindy@sou visrecreation.com, southdavisre com, southdavisraces.com

BICYCLE ART

Bicycling in Nature — The Bicycle Art of Savannah Cottam



Name of artist: Savannah Cottam

About the artist: I'm a student studying film, art, and journalism at the University of Utah. I am very

passionate about the environment and people's well being. My goal is to do something that can make a difference in people's lives and help promote positive change.

Title of piece: Bicycling in world. Biking is beautiful because

Nature

About the piece: The ability to get outside and fully immerse yourself in your surroundings can feel hard to accomplish in this modern it enables us to deepen our rela- meant to show people the beauty tionships with ourselves, community, and nature.

Medium: Digital art

Artist's statement: My art is

of biking and the nature that it can immerse you in.

Where can people find your art? People can find and buy my art on my Instagram @a.rc._



ACTIVE, HEALTHY, CONNECTED COMMUNITIES

When you walk or bike, you are benefiting not only yourself, but the entire community. Traffic, parking and air quality improve while you save money and live healthier.

UDOT's Move Utah program coordinates with partners to facilitate planning and implementation. We work with stakeholders, government organizations and community leaders to address your needs and those of all who make our community better by walking and biking to work. **Move.Utah.gov** A UDOT Program

