

SPEAKING OF SPOKES

Dinner Table Discussions



Stephanie (in the Jazz shirt) and friends at the 2014 Spinderella Ride in Pocatello. Photo by Nick Ward.

By David Ward

Tonight, the dinner conversation turned to cycling. Nothing unusual about that at my house, right? Well, yes and no. When my children were being raised, we would often discuss the races I was doing, how things were developing in the Tour de France, events we would be participating in, etc. But that was because in my family, we all cycled to some extent. We even had an article written about us, and a large picture of the family on bikes, in the Deseret News one year.

But in the extended family, we were a novelty, and the dinner conversation was never about cycling, except perhaps for someone to inquire if I was still riding my bike (as though that was rather incredible), and to then ask if my butt ever got sore. Bicycling for an adult was an

oddity, and by extension so was I. My father-in-law always maintained that I was just crazy.

Tonight, though, we had two of my brothers, their spouses and my niece over for dinner. Like most conversations, this one covered many topics as the stream of consciousness was allowed to flow. Inevitably, though, it eventually turned to skiing. My parents raised us as skiers and, frankly, we love to talk about skiing. But tonight, which is no longer so unusual, our discourse also shifted to cycling.

Many years ago, my nephew, Russell, became enamored with cycling, and I finally had someone in the family with whom I could share and discuss this common passion during dinner. But then, he lived among those liberal granola folks in Portland, Oregon, so what would you expect?

In a more unusual development,

though, my niece, Jyl, became passionate about biking, Why unusual? Because she lives in Pocatello, my own hometown, right in the middle of conservative southeastern Idaho. She is the product of my farmer brother and was raised with correct conservative principles. Nevertheless, she, and then her husband, Ace, became avid cyclists, and they began raising cycling during dinner conversation.

Then in another twist, my brother, Nick, took up our special sport. That has been nice for me since he lives just down the road from me. This was an especially unique twist as his real passion for years has been that leisure activity called golf. Go figure.

So, when Nick is at the dinner table, as he was tonight, not only do we talk about skiing, we also discuss cycling. Tonight, we spoke first of our plan to participate in the Cache Gran Fondo in July. Then,

we discussed riding routes around Pocatello, which led to a discussion about the route of the upcoming Spinderella event, an all ladies century ride in Pocatello.

Nick's told of how his wife, his daughter, the above-named Jyl, and her sister have even formed a team, Fourward (for four women who all have the maiden or current surname Ward) to participate in the Spinderella. And now, the team has expanded beyond four and beyond the name Ward.

So what is the point of all this? Well, if it has a point beyond our casual dinner conversation tonight, it is about the growth of cycling, I am no longer an oddity, at least not because of my cycling. Our sport has grown, to the extent that, like skiing, it is a sport many an extended family share. And as such, it has become a not uncommon topic at the dinner table.

At our dinner table tonight, Nick related that the Fourward team will once again be joined for the last half mile of the ride by our niece, Stephanie. Stephanie, developmentally disabled from birth, is beloved by the whole extended family. Stephanie, awaiting this year's Spinderella, asked Nancy if she was "ready for this".

Well, Stephanie will be ready, and after the event is over, you can be certain it will be the main topic of the dinner conversation.

Writers, Reporters, and Photographers needed on occasion.

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Cover Photo: Kim Osborn and Matt Wilson, on a wet spring ride, near the mouth of Little Cottonwood Canyon in Cottonwood Heights, Utah. Photo credit: John Shafer. See more of his work at Photo-John.net



ROAD RACING

McCutcheon and Booth Tops at Sugarhouse Criterium



Above: Mindy McCutcheon beat Breanne Nalder in a two-up sprint to take the women's Pro/1/2/3 win in the 2015 Sugarhouse Criterium.

Right: Mike Booth celebrates after winning the Pro/1/2 Men's race. The field sprint was contested by 41 riders. Photos by Dave Iltis.

See all photos at gallery.cyclingutah.com

By Dave Iltis

Bike races have been held in Sugarhouse Park since the 1950's or earlier. The course is a classic circuit/criterium course that challenges cyclists with 2 hills high speeds, and usually a bit of wind. This year's Sugarhouse Criterium presented by

Team Tosh Cycling had a solid turnout despite the rain throughout May and that it coincided with Memorial Day weekend.

In the Women's Pro/1/2/3 race, DNA Cycling p/b K4 Racing had six of the fifteen riders in the field and looked to control the race. The field rode hard throughout the race, and

there were plenty of attacks early on. DNA launched Kirsten Kotval early, and when she was reeled in, off went Junior National Champion Katie Clouse. The field reeled each of these early attacks back until DNA's Breanne Nalder went taking Mindy McCutcheon (Canyon Bicycles/Shimano) with her. McCutcheon had kept a watchful eye, and, "when I saw Bree go, I kind of thought this is the one that will stick because I know that if Bree and I get in a break together we're super strong and we can work together and make it work."

On the last lap, McCutcheon said, "I knew that going into the last lap that Bree would try to not work as hard. She's a really good climber and so I knew she'd attack me on the two little climbs." McCutcheon has a better sprint than Nalder, and so when the two were still together at the end it was all McCutcheon. She described the finish, "Coming up the final climb, I was trying to suck her wheel a little bit then about half way up the last climb I punched it."

Gabrielle Pilote Fortin, the Current Canadian U23 National Road Champion, (DNA) rounded out the podium for third.

In the Pro/1/2 Men's race, a field of 40 plus riders started with attacks from the gun. Here and there breaks of 4 or 5 would get away for a short

spell, but everything was reeled back by the strong field. Later in the race, World Cup Nordic Combined skier and bike racer Taylor Fletcher (Cole Sport) took a turn animating the field as did 35-39 Masters Criterium Champion Darren Goff (Intermountain LiveWell).

On the last lap, however, it was all Ski Utah/Plan 7. Dave Harward and Eric Gardiner took over at the bottom of the first hill with Mike Booth around 10-15 riders back. Harward

said, "I just decided it was time to get it rolling," coming through the S-Turns. "We went up around the corner just full gas and I went full gas along the top. My head was spinning but they kept saying they were behind me." Booth said "We were going across single file, just blazing speed. Dave Harward was leading out. There was a crash that happened

Continued on page 15

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COMMUTER COLUMN

For Erika Longino, Cycling is Her Foundation



Erika at work at the Salt Lake Bicycle Collective where she manages the shop on Saturdays. Photo by Kenneth Evans

By Kenneth Evans

For just a moment, Erika Longino wished she was driving a car rather than riding a bike up the steep 1300 South incline between 1100 and 1300 East. As rain pounded the pavement, thunder rolled overhead, and cars swooshed by, she felt vulnerable, wet, and miserable. She envied passing motorists sitting snug in warm comfortable automobiles who probably thought she was crazy to ride a bike up a steep hill in stormy weather.

But the gloomy moment passed after she crested the hill and turned north toward the University of Utah. Cruising along 1300 East the rain abated, rays of sunshine glistened off spring foliage, easy breathing returned, and she settled into the rolling ambiance of the Salt Lake City foothills.

Immersing herself to the wrath and delights of nature and experiencing the exhilaration of self-propulsion are the primary reasons Erika rarely harbors doubt about her choice to ride a bike rather than drive a car.

"When I cycle, I feel like I'm winning the transportation game. I feel connected rather than isolated, active rather than sedentary, and environmentally stimulated rather than dulled. Riding up hills in all

types of weather is challenging but difficult moments form how you are. Cycling blurs the line between being a pedestrian and driver, and offers freedom to explore. And, if I listen to my favorite soundtrack behind the rain and steep hills, I'm easily convinced that it's a great adventure instead of a miserable endeavor.

As a native of Olympia Washington, Erika is no stranger to rain, hills or adventure the lush environs of the Pacific Northwest affords. Although she didn't start riding till the age of thirteen, she instantly fell in love with the bike and by high school she was riding every day, including a 26 mile round trip commute to school and back.

"I spent many misty mornings riding alone down winding country roads, green coastlines, and cozy (and not so cozy) neighborhoods through the outskirts of Olympia. 15 miles one way takes you through a lot of interesting territory! Biking was my foundation when other things couldn't offer solid inspiration, education, or nourishment."

After graduating from high school, Erika enjoyed a backpacking excursion in South America and later pursued Environmental Studies in Washington State. Serendipity then intervened after her parents moved to Salt Lake City. When visiting

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one summer she became intrigued by the close proximity to wilderness and surprised by the discovery of a thriving counterculture existing in the middle of a state well known for social conservatism. She was also welcomed by new acquaintances involved in developing community gardens throughout the city and in August 2014 decided to relocate to Salt Lake. She enrolled in Urban Conservation at the University of Utah and now resides in the Glendale area of Salt Lake and true to her love of cycling; she rides almost every day to class. From Glendale she rides California Avenue and 800 South including cycling across the Amtrak line and through the I-15 interchange before cranking up the monstrous hill on 1300 South.

"My route now is much more urban than the one I rode in high school. Now I commute more with the Metropolitan ecosystem rather than the biological one, but that's not a bad thing. The streets in Salt Lake are so wide that I rarely feel unsafe riding on the shoulder. People are friendly; I can stop and drop off library books or grab a cup of tea. Random meetings with friends and acquaintances are not unusual on my route, which I have never experienced in any other city."

Although commuting to the U accounts for most of her mileage, Erika also cycles to the Bicycle



Collective twice a week where she manages the shop on Saturdays and shares her knowledge of bike mechanics by hosting a workshop for women on Wednesday evenings. Working for the Collective has provided Erika with a comprehensive perspective on the importance and validity of alternative transportation needs along the Wasatch Front and introduced her to a subset of citizens who rely on the bike as their sole means of transportation.

"The Salt Lake Bicycle Collective is an incredible resource; chaotic, multifaceted, and certainly unlike any other bike shop. We strive to make the bike culture as non-exclusionary, empowering, and accessible as possible. It's an enriching experience to introduce low income kids to the bicycle and assist people who don't want to be a slave to car payments."

Part of the mission of the Bicycle Collective is building sustainable communities, a concept Erika embraces in all aspects of her life. Since moving to Salt Lake she solidified relationships initiated during her initial Salt Lake visit with members of the community gardening network. Helping to transform vacant lots into flourishing plots of nutritious vegetables for residents' wary traditional grocery store produce satisfies her ambition to contribute in a meaningful way.

"There is something so incredibly disheartening about going into a warehouse store to buy goods shipped from hundreds of miles away when you can grow such abundance in your own backyard-appropriate to your bioregion no less! I love watching seeds germinate, grow, and leaf into beautiful fresh food. My hands are never clean because they are either embedded with bike grease or soil from a garden."

Whether embedded in soil or smeared with bike grease, Erika is part of a generation cultivating fresh ideas leaning away from a car culture and into more livable communities, and bike commuters have reason to be optimistic. It has been said that demographics are destiny, and if current millennial ideals are carried forward, maybe pedestrians, cyclists, and motorists will one day share the road in true parity. And sometime in the near future when Erika is laboring up a steep hill in the pouring rain, instead of passing her in a car others will be riding alongside her instead of thinking she's crazy to be cycling in such condition.

If you have a suggestion for a commuter profile, have a commuter question, or other comments, please send it to lou@cy-clingutah.com.





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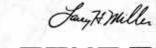






As stage winner Michael Schär (above) discovered last year, victory isn't always fun. As a 2.HC, seven-stage event with nearly 700 punishing miles and almost 51,000 vertical feet of climbing, it's easy to see why the Tour of Utah is America's Toughest Stage Race™





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RIDER PROFILE

Gary Hecox: Pedaling Past Cancer



Gary Hecox has returned to cycling after a year spent recovering from cancer. Photo by Gail Hecox.

Bv Jackie Baker

What began as an annoying back

injury for Park City resident Gary Hecox turned out to be a critical clue to saving his life. In January 2014, Gary was working at a ski race at

PCMR. He was skiing while carrying timing equipment and hit a rut. At the time, Gary thought he sprained his back due to the impact and weight of the timing equipment. He waited 3 weeks before getting x-rays that proved that he had in fact broken his back.

"I was treated with an external back brace, no surgery," recalls Gary, "Coincidentally, I also had my annual physical in January. My blood tests came back abnormal. That began a whole series of doctor referrals and other tests that proved to be inconclusive. Finally in April, due to my back injury that still didn't seem to be healing and the abnormal blood tests combined, I was given a diagnosis."

Gary was diagnosed with multiple myeloma, a blood cancer that begins in bone marrow. When he was diagnosed, 70% of his marrow was cancer cells, which was a reason his back broke so easily. His treatment at Huntsman Cancer Institute included multiple rounds of chemotherapy and a stem cell transplant. For two months, he was unable to eat solid food. He lost 60lbs.

"2014 was a long year. And, I didn't get to ride my bike at all," says Gary, who has been an avid cyclist since 2000 when he and his son began riding mountain bikes. Several years later, he picked up a road bike, and that became his main passion. "I've ridden the Ultimate

Challenge at the Tour of Utah. I usually ride four centuries every year. My first ride back, after everything last year, was like I'd met up with an old friend. I felt so good getting back on my bike even though the first ride was only five miles."

"It was important for me to get back on the bike because when I am on my bike, other life challenges and pressures go away." That's the encouragement that Gary likes to offer others who are affected by cancer, "As you go through cancer treatment and recovery, remember the joy that cycling brought you before diagnosis. Getting back on the bike will bring back those feelings."

In order to regain the strength and endurance to get back in the saddle, Gary spends hours at the Linda B. and Robert B. Wiggins Wellness and Integrated Health Center at Huntsman Cancer Institute. "Without the Wellness Center, I certainly wouldn't be where I am now-I definitely wouldn't be back on my bike. I had to regain the muscle I lost while I was so sick during chemo and the stem cell transplant. I ended up with numb feet as part of the chemo, so we worked on balance and agility. We strengthened the muscles where I broke my back. It's accelerated my recovery, and it's a place I can go and not relive the past. I can move forward, sweat, and work out."

While utilizing the Wellness

Center, Gary learned about the Huntsman 140, a fundraising bike ride on June 20 for cancer research at Huntsman Cancer Institute. "I signed up for the 50-mile distance. Because of the work we've done at the Wellness Center, my legs are strong and my endurance is getting better."

JUNE 2015

Now Gary is able to ride about 15-25 miles at a time, depending on the amount of climbing. "I have been riding my 'flat route' around Snyderville Basin. It's a nice 15-mile loop. I recently did the Sun Peak climb, and only had to stop and catch my breath once. I have to be really careful about weather and exertion, because my immune system is still weak and pneumonia is a serious

Gary plans to gradually increase his mileage as the Huntsman 140 approaches, but he keeps his expectations realistic. "After you've put in some big rides on the bike, you learn what's good for you, and what's best left for someone else. I think I can ride those 50 miles slowly and enjoy myself. Riding is a whole lot better than not riding."

To learn more about the Huntsman 140, visit www.huntsman140.com

To learn more about the Linda B. and Robert B. Wiggins Wellness and Integrated Health Center at Huntsman Cancer Institute, visit www.huntsmancancer.org



DRIVE WITH RESPECT

- Give cyclists at least 3 feet of space
- Always watch for cyclists
- Don't underestimate cyclists' speed
- When driving near a child on a bike, be prepared for the unexpected
- When turning left, yield to cyclists approaching from the opposite direction



Learn the Rules at: RoadRespect.Utah.gov



RIDE WITH RESPECT

- Ride single file when impeding traffic
- Ride the same direction as traffic
- Always use hand signals
- Be visible
- Remember, the same laws that apply to motorists apply to cyclists



ADVOCACY

Utah Rises to 5th Most Bike Friendly State; Idaho is in 21st Place



Utah has made great strides in becoming more Bike Friendly including Bike Month activities, and GreenBike bike sharing. Additionally, UDOT has made great strides in becoming more bike friendly. Photo by Dave Iltis

By Dave Iltis

May 11, 2015 - The League of American Bicyclists (LAB) today released their annual Bike Friendly States rankings. Utah moved up three places to number 5. Idaho dropped a spot to number 21. Utah trails Washington, Minnesota, Delaware, and Massachusetts.

LAB uses a scorecard system to rank the states, and Utah received 54 out of 100. One of the new areas in which Utah scored points was the development of an initial Statewide Bicycle Plan. The plan was released in 2014. The plan is a beginning to a more comprehensive plan, and "will eventually comprise many different types of UDOT facilities in both urban and rural settings across the

Utah improved its scores in Policies and Programs, Infrastructure and Funding, and Education and Encouragement.

Governor Gary Herbert responded to the ranking, "We are very proud

of the high quality of life enjoyed by Utahns. We have worked to support and provide world-class bicycling opportunities across our state, both for commuting to work and enjoying the natural beauty around us. As we meet the evolving demands of our state and plan for the future, amenities like this will help Utah continue to be one of the greatest places to live, work and play."

Cyclists in Utah were pleased with the ranking too. "I'm very happy with this year's ranking. Last year, only two points separated our eighth place ranking from fourth place, so there was enthusiasm about breaking into the top five. This is a huge step forward for bicycling in Utah and a testament to the hard work of many individuals and entities across the state," said Phil Sarnoff, Executive Director for Bike Utah, the statewide advocacy group.

Angelo Papastamos, UDOT TravelWise Program Engineer, was similarly happy, "The Utah Department Of Transportation

(UDOT) is extremely excited to be recognized by The League of American Bicyclists as the #5 bicycle friendly state in the country. UDOT is proud of the progress it has made in active transportation in the State and would like to recognize Evelyn Tuddenham, UDOT's Active Transportation Coordinator, for the amazing work she has done to lead UDOT's Active Transportation Program to this #5 Ranking."

What lead to Utah's jump in the rankings?

According to Elizabeth Murphy, LAB's Communications Director, there were a number of reasons:

"The big story is probably the bicycle master plan adoption and the many agency-led and interagency initiatives to create broad understanding and support for the inclusion of biking and walking infrastructure in transportation projects. Staff are working collaboratively with diverse agencies and levels of government in order to normalize and speed up implementation of active transportation (biking and walking) concepts and infrastructure.

Also: UDOT's annual conference hostedtraining sessions on "Innovative Bike Infrastructure Design" and "UDOT's Comprehensive Active Transportation Program" with over 150 attendees for those sessions.

·UDOT sponsored a cross-agency hands-on workshop with Utah Transit Authority to look at ways of adding active transportation infrastructure to projects.

·UDOT's Bike Signal Project has successfully worked with bicyclists across to state to identify unresponsive traffic signals on important bicycle routes. The signals were then replaces with new bicycle detection signals at more than 500 intersections statewide.

·The Utah Transit Authority, Wasatch Front Regional Council,

Mountainland Association of Governments, UDOT and the Utah Department of Health joined forces, for the second year, to produce and conduct a Statewide Active Transportation Health Summit.

Utah adopted a state bicycle master plan in 2014.

State set Goals:

·No fatalities for bike/ped

·5% modeshare."

Phil Sarnoff noted that UDOT has become much more involved in biking, "According to the feedback we have received, our biggest improvements were Infrastructure and Funding. Responsible entities across Utah have been much more willing to incorporate the needs of all roadway users as part of their planning, engineering, and construction.

The biggest change over the past few years has been the enthusiastic involvement of UDOT. UDOT is responsible for many roads across the entire state and they are taking a more comprehensive approach to transportation. They are on a very positive trajectory when it comes to incorporating the needs of people on bicvcles."

Angelo Papastamos offered this insider view of the changes in UDOT, "The UDOT continues to be guided by our Vision, "Keeping Utah Moving", and our Mission "Innovating transportation solutions that strengthen Utah's economy and enhance quality of life." As UDOT continues considerable focus on Optimizing Mobility and Integrated Transportation Solutions, we will constantly and actively work toward improving all bicycling and walking movements throughout our state transportation system. A few specific bicycling improvements over the last vear include:

•Additional Road Respect community planning and safety efforts

•Moving toward seamless, collaborative efforts with all transportation agencies, advocacy groups and local governments

•Continued collaboration with the Department of Public Safety (DPS), and state law enforcement on bicycle

•Increased number of bicycle commuters (through our TravelWise Program)

•Developed and Improved our Statewide/Regional Bicycle Plans

What can Utah do in the future to improve? Despite the great ranking this year, with 54 out of 100 points, there is certainly room for improvement. The League noted numerous places where improvements could be made in their Report Card. (See the attached file for details).

The League noted the following areas that are in need of improve-

"Consider ways to include bicycling in short and long-range planning processes and provide a clear vision for bicycling in the state of

as they are being developed rather than minor adjustments after they are planned and budgeted.

- Conduct a bicycle economic benefit study to showcase the positive impacts of bicycling for tourism, health costs, economic development, job creation, and transportation return on investment.
- Disburse SRTS (Safe Routes to School) funds. These have not been distributed for projects over the past two years and, to date, no RFP (Request for Proposal) has been issued for 2015. Create and fund a school-based bicycle education pro-
- As the success, number and size of Utah's biking and walking programs grows ensure that staff size and resource are increased so that the success and growth is sustainable.
- Adopt a statewide Complete Streets policy. The National Complete Streets Coalition has a model state policy and a variety of other resources to ensure adoption and implementation.
- · Adopt performance measures. such as mode shift or a low percentage of exempted projects, to better track and support Bike and Walk Accommodation Policy compliance.
- Ensure that no funds from the Transportation Alternatives program are transferred for purposes other than bicycling and walking projects.'

Sarnoff noted an area mentioned in the report card, "One area we see as critical in making Utah more bicycle friendly, is a formal education program for Utah's youth. Many of us grew up in a time when getting around by bicycle was the only option. There have been notable drops in the number of youth participating in bicycling and other types of physical activity. In addition to more bicycle lanes, trails, and paths, we need to provide people with the knowledge and skills necessary to get around by bicycle."

UDOT's Papastamos noted areas where Utah will see improvement in the coming years, "UDOT will continue to emphasize "Integrated Transportation" and how to best meet the needs of all traveling publics, as defined below:

Integrated Transportation is an Emphasis Area in UDOT's Vision Document which states that "UDOT will actively consider how to best meet the needs of cars, bikes, pedestrians, mass transit, and freight when studying transportation solutions and ensure those solutions are applied to the most appropriate facilities. UDOT will strive to provide Utahns with balanced transportation options while planning for future travel



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• Update the State Bicycle Master Plan with input from communities, advocates, and other stakeholders. Create a structure where stakeholders can provide input on UDOT projects



demand."

•Emphasizing Integrated Transportation in 2015/2016 by:

- o Working together with our partners, to continue to improve, bolster and add to bicycling, walking, and transit movement throughout the State of Utah.
- o Continuing to support and lead Integrated Transportation studies and efforts that focus on benefits, solutions and planning of our state transportation system.
- o Identifying and establishing a Utah Route for the USBR (US Bicycle Route) system (in conjunction with the State/Region Bike Plan).
- o Striving to increase the number of bicycle commuters (through our TravelWise Program)

Bike Utah's Phil Sarnoff closed with, "It is great to be recognized nationally for all of the efforts underway in Utah. However, we are shooting to be #1. This pursuit is not just for the ranking, but so bicycling can be a realistic transportation and recreation choice for all Utahns. We want Utah to realize the economic, personal health, air quality, and livability benefits that come from creating a state that is bicycle friendly."

Idaho's Ranking

Elizabeth Murphy, the League's communication director, offered this assessment of Idaho's main strengths and weaknesses, "Idaho's main strengths are the number of people regularly riding (it is one of 9 states where at least 1% of workers use a bicycle as their primary mode of transportation to work) and great local support for bicycling, such as community rides, bicycle tourism, and official support of Bike Month." See their report card for more details.

While Idaho's ranking dropped one place to 21st, their overall score improved from 41 to 42/100. Their report card makes recommendations for adopting both a statewide bicycle plan, and a statewide complete streets policy.

We also asked the League about how states are using the Bike Friendly States (BFS) program to improve cycling conditions and how competitive the states are with each other. Murphy responded, "Some state absolutely compete with each other. The poster child for using the BFS program to improve cycling conditions is Delaware. Bike Delaware is an amazing statewide advocacy group which has been an essential partner in making sure that recommendations of the BFS program become priorities for the Delaware



DOT (DelDOT). Each year we are in contact with many state DOT officials and advocacy groups about the steps they can take to move up in the rankings. Sometimes their goal is realistic (move up a few spots), sometimes their goal is rivalry-based (move past a peer state), and sometimes their goal is aspirational, but we strive to give them the tools to improve cycling conditions in their state – which has the side benefit of moving them up the BFS rankings."

Other Western State Rankings:

- 19. Arizona
- 31. Nevada
- 35. Wyoming
- 40. New Mexico
- 46. Montana

For more information on the rankings and the League's Bicycle Friendly America program, see http://bikeleague.org/bfa

Tour of Utah Seeks Volunteers for 2015

SALT LAKE CITY (May 12, 2015) – Volunteer applications are being accepted by Local Organizing Committees (LOC) that are hosting stage starts and finishes at this year's Larry H. Miller Tour of Utah. As many as 1,200 volunteer positions will be needed for the annual, professional cycling event in August. The volunteer application is available online at the official web site, www.tourofutah.com/experience/volunteer.

Volunteers play a key role in the success of this world-class sporting event, providing their time and expertise throughout the seven days of racing in Utah and Idaho. Taking place Aug. 3-9, the Tour of Utah will begin in Logan for the first time.

Other host venues for 2015 include Tremonton, Ogden, Antelope Island State Park, Bountiful, Soldier Hollow/Heber Valley, Salt Lake City, Snowbird Ski and Summer Resort, and Park City.

Each volunteer receives a green, commemorative Tour of Utah T-shirt, and a drawstring cinch sack filled with additional Tour of Utah merchandise: adjustable hat, water bottle, souvenir sunglasses, key chain and sun screen. Each day volunteers will also be provided a box lunch, courtesy of Subway, and Dasani water.

The greatest need is for individuals to fill course marshal positions along the race route. Volunteers in these positions find themselves close to the action. In Logan and Ogden, marshals along the downtown courses will be able to see both the men's teams in the Tour

of Utah and the women's teams in the Women's Edition: Criterium Classic. On the volunteer application, individuals can request a specific assignment for one or multiple shifts. Applicants must be at least 16 years old, and are required to sign

The volunteer registration application is housed on the Tour of Utah website (tourofutah.com). Registration will remain open through the end of July, but may close as positions are filled at the various stages for race week. Each LOC will recruit, train and schedule the local volunteers as needed for its specific stage start and/or finish. The Volunteer FAQs section of the website provides details on the application process, descriptions of specific positions and opportunities for youth groups.



MOUNTAIN BIKING

Mountain Bikers and the Golden Rule



It's best to stay off the trails when they are muddy to avoid permenant damage. Photo by Rick Fournier.

By Lora Smith

How do I promote bike etiquette? The brainstorming commenced a few days earlier, but an article with a positive spin, encouraging cyclists to exercise good behavior, was elusive. As a cyclist and as a trail-runner, I've been on both sides of the bad behavior fence. I know the terror of being pummeled off my mountain

bike by a 200 lb., human projectile (earning himself a busted up face and a broken bike, he got the worst of it). Admittedly, I also know how embarrassing it is to be startled from a state of semi-conscious mind-wandering, by an oncoming trail user, whether it be of the two-legged or four-legged sort. Still, the ideas tumbling around in my brain were not of the ilk that inspires good behavior.

So, in an effort to secure a positive message that might resonate with the

mountain biking community, I put in a call to the Executive Director of the Mountain Trails Foundation, Charlie Sturgis, who, it just so happens, is my boss. After all, as head honcho of one of the largest non-motorized trail advocacy groups in the west, the topic of this article was his idea in the first place. "Charlie, in light of what we see as an organization, how do I write an article promoting bike etiquette without appearing to be

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shaking an overly-righteous finger at the audience?"

Before I get to his answer, it should first be disclosed that, in the course of mothering 4 teenage boys, I have dutifully performed my fair share of screechy finger-wagging. More often than not, the result is that I begin to hear, telepathically, what my kids are hearing: wahhwahh-wahh. I sound like the adults in a Charlie Brown cartoon. Advice on how to avoid having this effect on my fellow mountain bikers was served up with a simple reply, "just tell a story and keep pointing to the positive." As I pondered this advice, it was soon apparent that the benefits of good trail behavior are plentiful and that they all stem from the same

The Golden Rule

The very fabric of our society is woven with one simple but absolute ethic. It is the ethic of all ethics. It is the Golden Rule: do unto others as you would have done unto you. When trail users, especially mountain bikers, remain in harmony with the Golden Rule, the consequences are predictable and positive. What is true on the streets, in the schools, work places and in the homes of our communities is many times amplified in the wilderness.

Think of the pedestrian who yields a crosswalk to a car. Hmm, great. Now play out this scenario in your head: a hiker yields to a mountain biker. Both have an equal right to the peaceful use of a trail, but technically, the hiker always holds the right-of-way. When a hiker graciously surrenders the right - and they usually do - the message is undeniable, "hey friend, have a great ride!" And, as the wise cyclist carefully passes the hiker with a smile of gratitude, the message, whether it is spoken or just a breathless nod, is equally positive. Happy is as happy does.

Good Manners

The effect of good manners out on the trails is significantly more poignant than it is on the city streets. Maybe that is because, when we scrawny human beings venture out of the relative safety of an urbanized environment, we suddenly become part of the food chain - and we're not at the apex. Perhaps some primal part of our brain causes us to seek camaraderie with others of our species to lessen our vulnerability. Or could it just be that the effect of good manners is amplified in the wilderness because the interactions with strangers tend to be more personal. Really, how many times in a city day do you greet and wish well a total stranger?

Yes, I know, there are a few of you out there thinking, "yeah, but what about that jerk who won't get out of my way?" or "what about that knucklehead screaming down the trail, claiming a 'Strava right-of-way' to the horror of all other trail users?" Sadly, we all have at least one of those stories to tell. But, to you I say, "patience Grasshopper." Be patient and be wise.

Be an Outdoor Ambassador

Remember this happy fact: when making a conscious effort to take the high road, we simultaneously reject the notion that a jerk can ruin our ride and we set an example of true outdoorsmanship. An example that is guaranteed not to completely escape the ominous offender forever. Sooner or later an offender will have an experience that brings him/her in line with the Laws of the Universe and the lesson will be driven home. In the meantime, living with the knowledge that you did the right thing in the face of adversity, by honoring the highest of outdoor ethics, is much more soul-satisfying than the instant, but fleeting, gratification of hurling obscenities - or worse.

This is not to say that we, as Outdoor Ambassadors (and we are all Outdoor Ambassadors), should turn the other cheek. Sometimes standing tall for what is fair and safe is required of us, even though it puts us in the line of fire. I recall a time when I was tempted to shove clean off his bike, a surly 20-something year old, donning dual ear-buds and recklessly barreling down a very popular Park City trail. But I didn't. As fate would have it, even before my higher sensibility awakened, the laws of physics spared me the consequences of committing that ugly deed. When he took his eyes off the trail, calculating how he was going to navigate the singletrack, at 25 mph, around me and my then 10 year old twins, he ended up pitching off the side of the trail all on his own. Instead of laughing, or snarling in fury Mama-bear style, I helped him out of the weeds. Once he was standing on his own two feet, though dazed and bloodied, I took what we mothers call a "teaching moment." It didn't take much in his weakened state, before this offender was apologizing, swearing an oath never to be so self-centered again. And, in keeping with the code of outdoor ethics, I took him on his word. We looked one another square in the eyes and he gimped away.

Selflessness

Selflessness. Yes, it does happen. After dutifully checking trail reports, or checking in with the local shop, you show up to a trailhead and it's just a little muddier than you expected. Or, as has been the case in Round Valley on numerous days this winter, even for the fat bikes, the snow is just a little softer than is appropriate for riding. What do you do? Deep down, you know the answer: #RutsSuck - turn around, get back in your car and implement Plan B (because you do have a Plan B). But, "ahhhh, my workout!" the self-centered-brain screams, "I drove all the way over here!" Like the devil and an angel alighting upon each shoulder, the outdoor-ethic-brain and the self-centered-brain clamor for position. There are two possible scenarios here.

The first, and happy, scenario is that you dug deep and heeded your conscience. As the trailhead disappears in the rear-view mirror, there's a twinge of disappointment, but it is overridden,10-fold, by the undeniably positive feeling of having sacrificed for the greater good. You are savvy enough to understand that your short-sighted goals don't outweigh the delicate balance between high-quality trails and Mother Nature. In fact, the feeling is so positive and compelling that you are moved to share the story with friends. They, in turn, are equally inspired by your stroke of genius and will follow your lead if/when this ever happens to them

The second scenario isn't so glossy. Imagine being the one rider everyone hates. You were so convinced that your workout was more important than, say, trail erosion, that you just went for it. Did you really have a good time? Admit it, riding in mud or soft snow isn't really that much fun. Your entire ride is haunted by the thought that you've broken the Code and that you are the bane of the outdoor community. Plus, look at that muddy bike, the rutted trails and the volumes of negative energy that will be spewed your direction when other riders get on those dried up or frozen ruts you've created. Clearly, the negative energy created in this scenario far outweighs the benefit.

When all is said and done, in society and in the backcountry, we can always count on the fact that when one makes good decisions the outcome is predictably good. And when one makes bad choices, bad consequences prevail. It is a law of the Universe and it is inescapable.

The Cyclist's Pact and The Golden Rule

As we head into that time of year when on-trail behavior has the highest influence for good or for bad, perhaps this is an appropriate time to propose a pact. This pact can serve as the very center of gravity for good choices in the mountain biking community. It is a commitment that goes something like this:

"As a Cyclist I...

•Commit to following the Golden Rule - do unto others as you would have done unto you;

•Recognize that my behavior as an individual has a profound effect on the reputation of the entire cycling community;

•Recognize that my behavior as an individual has an effect on the continued access to and high-quality of the trails I ride;

•Commit to taking the high road in the face of adversity;

•Will act as an Ambassador for the trails and the outdoor community as a whole;

•Commit to making this world a better place to ride.

See you out there!

Lora Smith is the Resource Manager for the Mountain Trails Foundation. Find out more at mountaintrails.org.

MOUNTAIN BIKING

DMBTA is on Roll With New Trails in Southern Utah



The ribbon cutting to celebrate the construction of Dead Ringer and More Cowbell. Dave Kiel from the BLM and Kevin Christopherson, both whom put in countless hours to see complete this project, hold the ribbon while its cut. By Kathleen Berglund.

By Lukas Brinkerhoff

The Dixie Mountain Bike Trails Association was formed in 2009 as a direct reaction to the travel management plan the St. George Field Office for the BLM had begun to undertake. Several meetings were held to get public input which was then formed into GSI documents and given to the BLM. As the process continued, regular meetings were held to give mountain biker input on the documents as well as other trails they were analyzing.

The DMBTA became an IMBA chapter in 2010 giving it official non-profit status and affording it the backing of the international organization. As these things go, the relationship between land managers and local advocates continued to grow as the association worked to help maintain the trails in Washington County and slowly work toward constructing new purpose built singletrack.

The latter of which came in the winter of 2013-14 as the collaboration between the DMBTA and the BLM flourished into two new trails in the Hurricane Rim Trail Network. Goosebumps and Cryptobionic offered additional loop options for the already established trail system. The new construction catapulted the organization as it began to gain traction with local riders and grow in its territory.

In 2014, the City of Kanab through a recently formed bicycle coalition contacted IMBA hoping for help planning a trail system to keep the thousands of mountain bikers who travel through the area in Kanab and thus fostering the local economy. The DMBTA, being the local chapter was asked for input. The coalition split its efforts into road and mountain, with the off road riders joining the association. Ever since they have been working hand in hand with the city, county and IMBA to create a comprehensive trail plan that could result in an all-together new trail destination in Southern Utah.

As I type this, legendary trail designer, Joey Klein, is in Kanab working on this plan. The assessment should take about three weeks and hopefully will result in a design that the county, in conjunction with DMBTA, can implement to provide them the network they desire. The

city of Kanab also recently finished a rehab of the Cottonwood trail making it much more mountain bike friendly with the help of the American Conservation Experience crews. ACE is a non-profit dedicated to constructing and rehabbing trails through volunteer experiences.

As Kanab was beginning to take off, Escalante wanted in on the action. The area has hundreds of backcountry trails that are open to mountain bikers but can be hard to navigate due to the lack of maps and maintenance. A DMBTA sub-committee consisting of locals is working to change that by mapping some of the more popular routes, getting them marked and properly maintained to allow tourists to enjoy the beauty the area has to offer by bicycle.

About this same time, the BLM in Cedar City was finishing a trail plan that would call for 100+ miles of mountain bike accessible trails. The first of which have begun to be constructed by IMBA trained builders. The BLM is shooting for 10-15 miles of trail to be built every summer through paid construction and organized volunteers.

And of course, Washington County got two more trails to help round out the Hurricane Rim Network this past spring. Dead Ringer and More Cowbell were constructed to offer alternative loops, an easier climb and some beginner level trail. Despite their easy nature, they have quickly become favorites.

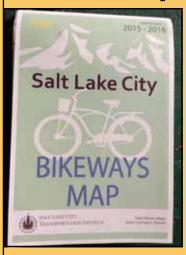
The DMBTA is continuing to advocate for more construction and better maintained trails. Currently, there are three trail projects under review in Washington County that could see construction in the next 6-12 months. In addition, we are actively working with the City of St. George for the creation of a bike skills park to help new riders enter the sport and provide a practicing ground for the local NICA team, the Flying Monkeys.

If you would like to help out by joining or donating to the trail fund, go to www.dmbta.org. Monthly trail maintenance days are scheduled for the second Sunday of every month through the summer. Subscribe to our newsletter, http://dmbta.org/news/subscribe-to-our-newsletter/ or watch our Facebook page for updates, www.facebook.com/dmbta.

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BIKE ROUTES

Salt Lake City Releases New Bikeways Map



By Dave Iltis

The Salt Lake City Bikeways Map has been updated and rereleased for 2015-2016. The 24x36 inch map shows routes for cyclists throughout the city along with bike shop locations, bmx/skateparks, parks, and other locations relevant to cyclists.

The map has many new features

including smaller maps of four recreational bike routes, new safety information and graphics, and new bike infrastructure added since 2013. But, the biggest change is that the new version of the map designates bike routes in terms of comfort levels for cyclists rather than whether or not there are bike lanes on a particular street.

Becka Roolf, Salt Lake City's Bicycle and Pedestrian Coordinator, explained the new High-Medium-Low-Extra Low comfort rating system, "The comfort rating seeks to give people information about the type of experience to expect. Salt Lake City adapted the comfort rating from the Austin, Texas bike map and applied their descriptions to Salt Lake City streets. Several regular bicyclists on staff worked on the initial ratings, and the ratings were also critiqued by the City's Bicycle Advisory Committee. High comfort routes include trails, very low traffic roads, or bikeways with separation from traffic. Most regular bike lanes on streets with typical city traffic are rated as medium comfort.

Higher-speed and higher traffic streets, even with a bike lane, may be rated low comfort. A few critical connections are rated as extremely low comfort, such as a hairy section around a freeway interchange. The map legend explains these in further detail."

The recreational routes included are Emigration Canyon, City Creek, Salt Lake Marina, and the Cycle the City Route, a site seeing route in the core of the city that highlights historic sites and urban trails.

The map is free and copies can be obtained at Salt Lake City bike shops, the information desk at the Salt Lake City and County Building at 451 S. State, and from Salt Lake City sponsored booths at various festivals throughout the summer. It is also online as a pdf at bikesle.com. The pdf is geotagged so that it can used on a smartphone to show location and other relevant information. The map was produced by Salt Lake City and with, "Thanks to our advertising partners who make printing of the map possible!" added Roolf.





COMMUTING

Salt Lake City and Boise Scored as Bikeable on BikeScore Ranking

By Charles Pekow

Dozens of cities are more friendly to cyclists than the biggest ones in Utah and Idaho – at least by one count. The League of American Bicyclists (LAB) ranks states and cities on their bicycle

friendliness and tells us how many businesses go out of their way to promote cycling. But another group that doesn't specialize in cycling per se has done a city ranking. Walk Score, a division of Redfin, a national real estate firm, rated 154 largest American cities by their bikeability on a 100 point scale.

Salt Lake City ranked #32, with a score of 68.5. - putting it just below the top 20 percent; not too shabby, really. And despite containing the second-most-LAB-approved bicycle friendly businesses of any city in the nation, Boise ranked #46 with a score of 62.9 in Redfin's list. The cities fell way behind #1 snowy Cambridge, MA (92.8), #13 hilly San Francisco 75.1) and #14 rainy Eugene, OR (74.3). Since Walk Score ranked only the cities that provided it with adequate information about their bike routes, so it couldn't rate Provo, Ogden or any other city in Utah or Idaho, explains the study's author, Rachel Musiker, Redfin senior communications specialist.

Walk Score sees its mission as promoting walkability and related lifestyle features such as bikeablity and public transit access so it can show how livable real estate listings are. It provides data to governments, planners, bankers and others on neighborhood data. It can let you know, for instance, about the number of bike share stations in the neighborhood you're thinking of moving into. Redfin bought Walk Score last October and uses the research to help home seekers know how easy it is to get around their neighborhoods by foot, pedal, bus or train.

"We've been hearing from Redfin agents across the country that a lot of potential clients want to look at homes in close proximity to bike lanes and if they're looking for condominiums, they're looking for a place with a room where they can safely lock their bike," Musiker said in an interview.

Walk Score adopted its Bike Score methodology from its walking one. It uses criteria that consider infrastructure but not bike culture. It equally ranks four factors: bike lanes, topography (specifically the hilliness of a neighborhood or city, something hardly in the control of occupants or governance), connectivity of bike

paths, and the percentage of people who commute to work by bike.

Only Cambridge (92.8) got ranked a Biker's Paradise where "daily errands can be accomplished on a bike," which requires a score of 90. Twenty-four other cities got ranked Very Bikeable where "biking is convenient for most trips, which requires a score of 70." Salt Lake City just missed and was ranked Bikeable, since it contains "some bike infrastructure." Boise got the same grade, which requires a score of 50. But if it's any consolation, 58 cities didn't even get that rank and were deemed Somewhat Bikeable, with "minimal bike infrastructure."

Walk Score ranked 23 Salt Lake City neighborhoods by bikeability. Only Central City was labeled a "Biker's Paradise" with a 91 score, with second place Central City-Liberty Wells scoring "Very Bikeable" at 88. The further away from downtown you go, the less bikeable the city becomes. Arcadia Heights (East of Foothill Blvd. by I-80) finished last, scoring only 29 as it "does not have many bike lanes."

Walk Score does not consider bike share data or parking. It considers mileage and gives different weight to the type of bike facility. But it acknowledges that its method lacks precision because cities can define facilities differently (separate bike lanes, cycletracks, off-road trials or shared lanes with bike route signs) and conditions and safety vary. While Bike Score considers the percentage of bicycle commuters, it does not count the number of recreational or other rides or riders. Nor does it consider what governments, the business community, advocates or anyone else is doing. "We don't have a way of taking advocacy into account," Musiker says.

The top five cities nationally all included major university campuses: (Cambridge; Santa Cruz, Davis and Berkeley in California; Boulder, CO).

LAB ranked Salt Lake City as a Silver level Bicycle Friendly Community. Boise does not appear on LAB's list, though Ada County, in which it lies, also earned Silver rank. A big difference in the approaches is that in its various rankings, LAB looks at local culture and the business community and Walk Score looks only at how well residential areas feature bike facilities.

For the full rankings, see https://www.redfin.com/research/uncategorized/2015/bike-score-2015-supplemental-data-full-ranking-and-new-cities.html

BIKE RETAIL Bike Shops and Women

By Charles Pekow

Advocacy groups across the nation have been vigorously encouraging women to ride bicycles over the last few years. From the League of American Bicyclists (LAB) with its Women Bike campaign on down to the local level, groups are doing everything from sponsoring rides for women to encouraging them to commute and repair a flat.

We all know that. But now a LAB report is calling on bike shops, and not just advocacy or women's groups, to carry the torch for the female cyclist. It not only will encourage the cause of bicycling - it's good business to attract half the potential clientele who don't as frequently patronize bike shops, says Bike Shops for Everyone: Strategies for Making Bike Retail More Welcoming to Women. Liz Cornish, who until recently served as LAB's Women Bike manager, wrote the report. "We want to connect the consumer with the local bike shops," Cornish said in an

So how does/should a bike shop attract female customers? Surprisingly, the gender of the owner plays no significant role in that success, LAB's research found. Neither does staff training from outside consultants. But the report says that "shops must proactively work to make people of all backgrounds feel that bicycling is for them. That's contingent on creating a shop in which many different people can feel comfortable."

Even balancing the gender of mannequins modeling cycling fashions can help. "Women, in general, are much less tolerant of a messy shop," the report warns. "One of the hallmarks of a shop that successfully appealed to women was an intentional interior design that made

the space feel more like a higherend boutique and less like a bike shop."

LAB got 156 responses from retailers around the nation to a survey it based the study on. LAB acknowledges that while dealers from all over the country responded, the sample is not scientific. LAB found some successful strategies, ranging from the layout and design of the store to sponsoring events specifically for women, from rides and races to workshops. Managers need to recognize differences between attitudes of the genders. Welcoming people into a store can only help in an era when shops are losing business to online retailers that can offer lower prices. It would also help if stores learned more who their audiences are by recording information when they sell. All it takes is software that records info, such as Square or Lightspeed, which takes info from credit cards; or stores can train staff to collect data.

"Men may engage in the sport for individual pursuits, but Women Bike's research is discovering that more and more women are being drawn to bicycling because of the sense of identity to the community it creates," LAB's research found. Bloomington Cycle & Fitness in Bloomington, IL started a Friday evening women-only ride that brings people to the shop, for instance. LAB also suggests that offering anything from a free yoga class to a potluck can draw women to a store. So does sponsoring any kind of racing team, from cyclocross to mountain biking to triathlon to road biking; from beginner to advanced.

And it helps if stores hire women as sales agents. "There's no way around our cultural norm that people are more comfortable talking to someone of their own gender about things like saddles and chafing," Cornish says. "If they're uncomfortable riding, they're not going to be riding very long."

She suggests that to cater to busy shoppers, retailers offer a wide variety of products but not a wide

selection of brands. "Time is limited. (Shoppers) don't have a lot of time to compare one product to another," Cornish says. Bike retailers can take lessons from other industries. "That's why companies like Trader Joe's are so popular; they did the research to determine the best brand of peanut butter...Bike retailers should know that people are relying on them to be the experts when it comes to the quality of the products."

Some bike shops have already spotted the trend and adjusted. "I've been here five years and I've definitely seen an increase in the number of women riders from beginner to expert level," says Sales Associate Jen Droke at Canyon Bicycles in Draper. Women comprise about half the store's sales staff and female customers often "want a woman's point of view."

They also buy differently, Droke found. "Women are definitely not willing to spend as much money upfront. Women are about five years behind men in riding. When we saw men's carbon bikes come out, men were buying them in droves. It's taking women five years to catch on and start buying carbon bikes," she says.

"It also seems to take them a little longer to buy. Men will come and plunk down the money for a bike. Women will talk to you, then go to another store and come back. They tend to think a bit more, maybe because they don't know as much; I'm not sure," Droke explains. 'Women are shoppers but it seems they are more into clothes in general; this is new territory for them and it's a pretty significant chunk of money to buy a bike and they want to make sure they are buying the right bike for them," whereas guys come in with a better idea.

Find the report at http://www.bikeleague.org/sites/default/files/Bike_Shops_For_Everyone.pdf.

Equity in Bicycle Planning

Equity: the issue of our day. Public debate focuses on equity in income, equity among genders, equality under the law, in access to higher education, you name it.

And now, we have a tome on equity in bicycling facilities. Advocacy Advance (AA), a partnership (equal, no doubt) between the League of American Bicyclists and the Alliance for Biking & Walking examined 38 bicycle and pedestrian master plans around the country to see what they had to say about equity in bicycle facilities among subsets of the populations and areas of the real estate covered.

AA didn't include any Utah or Idaho communities in the study. But it found that when planners addressed equity in bicycling, they defined it differently. Austin, TX, for instance, looked for equal access for participating in planning as a

criterion, while Minneapolis made a point of treating people equally by race, gender and age. Phoenix, AZ made a point to include people from all socioeconomic backgrounds. Portland, OR focused on a balance of transportation choices.

But the report states that in general, bicycle advocates who think of equity have focused on the lack of representation among women, people of color and the low-income when setting transportation policy.

And it suggests that policies should consider reducing the harms of pollution among poor and minority communities, equality in facilities among neighborhoods, etc.

So how do you measure equity? Denver counts the miles of facilities per council district. Seattle set a goal to ensure that no area of the city lacks bicycle facilities by 2030. Minneapolis tries to ensure that its transportation materials are produced in multiple languages and formats. Eugene, OR is trying to compare the level of bike facilities

in minority and low-income areas with other parts of the city. Fort Collins, CO is trying to increase the percentage of female bicycle commuters from 35 percent to 50 percent. (The city hasn't figured out yet how it's going to reach that goal or how to measure it.) And Portland, OR plans to count the percent of its entire bicycling population by age from juveniles to seniors as well as the percent who are female, low-income or minority.

AA found that planners were more eager to achieve bicycle equity than to define it and found "a number of plans that did not include data performance measures as data limitations were a barrier."

Note: the report looks at plans, not necessarily what has been or is being carried out in the physical world. View it at http://www.advocacyadvance.org/docs/ActiveTransportationEquityScan.pdf. AA says it plans to follow up and report on planning processes.

-Charles Pekow

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Salt Lake City

Beehive Bicycles 1510 South 1500 East Salt Lake City, UT 84105 (801) 839-5233

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

Bingham Cyclery 336 W. Broadway (300 S) Salt Lake City, UT 84101

(801) 583-1940

Blue Monkey Bicycles Murray, UT 84107 (801) 608-5138

Contender Bicycles

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

Cranky's Bike Shop 250 S. 1300 E. Salt Lake City, UT 84102 (801) 582-9870

Crank SLC

749 S. State Street Salt Lake City, UT 84111 385-528-1158

Fishers Cyclery 2175 South 900 East Salt Lake City, UT 84106

(801) 466-3971

Gear Rush Consignment 1956 E. 2700 S. Salt Lake City, UT 84106 385-202-7196

Go-Ride.com Mountain Bikes 3232 S. 400 E., #300 Salt Lake City, UT 84115 (801) 474-0081

Guthrie Bicycle

803 East 2100 S Salt Lake City, UT 84106 (801) 484-0404

Highlander Bike

3333 Highland Drive Salt Lake City, UT 84106 (801) 487-3508

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

Jerks Bike Shop (Missionary Depot)

4967 S. State St. Murray, UT 84107

Performance Bicycle 291 W. 2100 S. Salt Lake City, UT 84115 (801) 478-0836

REI (Recreational Equipment Inc.) 3285 E. 3300 S. Salt Lake City, UT 84109 (801) 486-2100

Salt Lake City Bicycle Company 247 S. 500 E. Salt Lake City, UT 84111 (801) 746-8366

Saturday Cycles 605 N. 300 W Salt Lake City, UT 84103

(801) 935-4605 **SLC Bicycle Collective** 2312 S. West Temple Salt Lake City, UT 84115 (801) 328-BIKE

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

The Bike Guy

1555 So. 900 E. Salt Lake City, UT 84105 (801) 831-8391

Wasatch Touring

Salt Lake City, UT 84102 (801) 359-9361

Wild Rose Sports

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

South and West Valley

Bingham Cyclery 1300 E. 10510 S. (106th S.) Sandy, UT 84094 (801) 571-4480

Canyon Bicycles 762 E. 12300 South Draper, UT 84020 (801) 576-8844

Canyon Bicycles 11445 S. Redwood Rd S. Jordan, UT 84095 (801) 790-9999

eSpokes SoDa Row at Daybreak 11250 Kestrel Rise Ste. 300 South Jordan, UT, 84095 (801) 666-7644

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

Lake Town Bicycles

West Jordan LIT 84088 (801) 432-2995

REI (Recreational Equipment Inc.)

Sandy, UT 84070 (801) 501-0850

Revolution Bicycles 8801 S. 700 E. Sandy, UT 84070 (801) 233-1400

Salt Cycles 2073 E. 9400 S. Sandy, UT 84093 (801) 943-8502

Taylor's Bike Shop 3269 W. 5400 S. Taylorsville, UT 84118

ThinAir Cycles 1223 E. 12300 S. Draper UT 84020 801-553-BIKE

(801) 969-4995

UTAH COUNTY

Alpine/American Fork/Lehi/Pleasant

Grove/Lindon **Bike Peddler**

24 East Main American Fork, UT 84003 (801)-756-5014

Bicycle Motion 179 E. 100 S. Alpine, UT 84004 385-444-6666

Fezzari Bicvcles 850 W. 200 S. Lindon, UT 84042 801-471-0440

Infinite Cycles 1678 East SR-92 Highland/Lehi, UT 84043 (801) 523-8268 **Timpanogos Cyclery**

Pleasant Grove, UT 84062

(801)-796-7500

Trek Bicycle Store of American Fork Meadows Shopping Center 356 N 750 W, #D-11 American Fork, UT 84003 (801) 763-1222

Utah Mountain Biking

169 W. Main St Lehi, UT 84043 801-653-2689 <u>Payson</u>

Wild Child Cycles 36 W. Utah Ave Payson, UT 84651 (801) 465-8881

Provo/Orem/Springville **Canyon Bicycles** 187 West Center Provo, UT 84601 (801) 374-9890

Mad Dog Cycles 360 E. 800 S. Orem, UT 84097 (801) 222-9577

Mad Dog Cycles 936 E. 450 N. Provo, UT 84606

(801) 356-7025

Noble Sports 1851 West 500 South Springville, UT 84663 (801) 491-0484

Racer's Cycle Service 159 W. 500 N. Provo, UT 84601

SBR Cycles 858 S. State St. Orem, UT 84097

(801) 375-5873

racerscycle.ne

(801) 225-0076 sbrutah.com

cycling utah

RACE RESULTS



May 2 Soldier Hollow, Intermountain Cup, Midway, UT 4. Frank Biggs 15:06.2 5. Michael Gates 17:50.2 Jr. Sport Men 13-15

2. Christian Haight 18:15.5

4. Ethan Kendrick 18:40.6

5. Graham Northrup 18:59.7

3 James Mott 18:17 0

Jr. Sport Men 16-18

1. Devry Grovum 12:14.7

2. Seth Saxton 13:27.7

4. Brenen Halliday 15:51.7

5. Brock Nielson 16:01.2

Jr. Sport Women 13-15

I. Taylor Perry 34:39.2

3. Chloe Jimenez 44:28.0

1. Brian Dunton 41:13 1

2. Jason Cowley 44:43.8

3. Bogdan Balasa 45:22.1

4. Ryan Mellott 49:19.3

5. Paul Bradshaw 53:08.6

Jr. Beginner Men 13-15

1. Jakob Goldberg 42:41.8

4. Brennon Peterson 48:34.6

Jr. Beginner Men 16-18

Women 40+

Women 19-39

1. Connor Montalvo 00:45.3

1. Angela Johnson 51:30.6

2. Sally Reynders 59:42.1

. Mary Ann Nielsen 59:37.5

Jr. Beginner Women 16-18

1. Meghan Johnson 03:19.0

Jr. Sport Women 16-18

1. Marin Kammer 27:20.2

2. Ingrid Sunderlage 40:58.8

Jr. Expert Women 18 & Under

Sydney Palmer-Leger 15:40.7

May 23-25 Sundance Showdown Downhill

and Super-D, Go-Ride Gravity Series,

1. Joey Foresta, Factory GT/ENVE/Laketown

Bicycles/DVO/Spy/Kenda/Shimano 03:35.1

3. Sam Morris, Lake Town Bicycles 03:50.0

4. Tyler Shelley, Bear Valley Bikes Gravity/

TruckerCo/Salt Cycles/Monster Army/Deity/One

Industries/Teton Graphics/Hammer Nutrition

5. Brad Stover, Norco Grass Roots/Black Hills

. Christopher Ridder, Laketown Bicycles/

4. Quinn Depperschmidt, East Fork Bikes 03:44.8 5. Jack Drain, Atlas/Spy/Ogio/661 03:44.9

3. Daniel Grolley, Lake Town Bicycles 03:47.8

4. Michael Clark, Bohemian Brewery 03:54.6

1. Mark Kugel, Bohemian Brewery 03:51.1

Cole Chipman, Laketown Bicycles/Spy/Atlas
 Braces/GoPro/Scorpion Bike Stands 03:48.4

e Resort, UT

3. Maryn Hansen 43:35.0

2. Lia Westermann 22:51.7

3. Heather Horton 24:18.2

4 Trini Olds 32:27 8

Cat 1 Men 13-18

Bicycles 03:59.9

Cat 1 Men 19-29

Cat 1 Men 30-39

Bohemian Brewery 03:37.1

2. Jake Troy, 03:43.9 3. James Perry, SLCMTB 03:43.9

1. Mike Gunn, <u>Go-Ride.com</u> 03:44.4

2. Chris Kading, Salt Cycles 03:47.4

5. Jason Hawkins, Salt Cycles 03:57.3

2. George Rogers, Go-Ride 04:15.3

3. Noah Brandon, Go-Ride.com 04:19.9

4. Craig Skinner, <u>Go-Ride.com</u> 04:22.0

2. Jarret Ferrer 45:19.1

2. Anna Garcia 41:23.1

Men 35+

3. AJ Heaton 14:39.7

Shredder Boys 10-12

- 1. Bentley Vanderwel 19:03.1
- 2. Cade Galbraith 19:25.5
- 3. Mitt Niederhauser 19:27.4 4. Luke Mueller 19:29.1
- 5. Sam Allen 19:31.5
- Shredder Girls 10-12
- 1. Rileigh Whitemyer 23:14.0 2. Sydney Gilliland 26:34.6
- 3. Audrey Johnson 30:37.5 4 Reese Kendrick 31:57.8

Clydesdale

- 1. Christian Walton 17:34.8 2. John Twitchell 36:48.2
- Lil' Shredders 9 & Under 1. Gabe Nelson 12:45.0
- 2. CJ Peterson 12:46.4
- 3. Jace Williams 12:50.0 4. Katie Kendrick 12:57.5
- 5. Myles Perry 13:25.9 Pro Men
- 1. Alex Grant 27:25.7 2. Anders Johnson 29:48.1
- 3. Jeff Bender 30:02.8 4. Drew Free 30:06.2
- 5. Josh Whitney 31:09.5
- Semi Pro Men
- 1. Jon Rose 33:50.8 2. Dennis Barrett 35:14.7
- 3. Matthew Behrens 1:35:58.3
- 4. Ty Hopkins 1:36:54.8 5. Danny Fendler 37:14.8
- Pro Women
 1. Emma Garrard 42:04.2
- 2. Joey Lythgoe 45:13.5
- 3. Meghan Sheridan 51:18.2 4. Nicole Tittensor 55:43.7
- 5 Jennifer Trihe 56:58 5
- Semi Pro Women 1. Fllen Guthrie 20:55.2
- Expert Men 19-34
- 1. Brett Navlor 45:20.5 2. Wesley Wright 46:00.3
- 3. Zach Crane 46:46.7
- 4. Dallin Hatch 50:21.7 5. Bob Johnson 51:38.7
- Expert Men 35+
- 2. Art O'Connor 41:01.2 3. Jason Sparks 42:54.6
- 4. Rob Brasher 43:07.7 5. Matt Brown 44:53.0
- Expert Men 50+
- 1. Garv Gardiner 44:12.5
- 3. Darren Tomlinson 47:32.8
- 4. Paul LaStayo 50:01.3 5. Joseph Brubaker 53:41.2
- Jr. Expert Men 18 & Under
- 1. Cameron Larson 35:51.5
- 2. Drew Palmer-Leger 39:52.3 3. Nick Loyola 41:36.8
- 4. Tom Fendler 46:01.6 5. Spencer Ferrer 47:19.3
- **Expert Women** 1. Ami Stuart 31:16.6
- 2. Jessica Robinson 31:41.7
- Sport Women
- 2. Molly Behunh 23:02.7
- 3. Mia James 32:58.2 4. Karen Self 33:44.1
- Men 60+ 1. Rick Morris 21:18.7
- 2. Craig Williams 21:31.5
- 3. Joel Quinn 23:10.0 4. Lewis Rollins 27:05.2
- 5. Joe Benson 30:17.7 Men 50+
- 1. Phil Blair 16:18.0 3. Gabe Garcia 21:58.2
- Singlespeed Men
- 1. Jason Hendrickson 07:15.1
- 2. Zach Harvey 07:23.6 3. Trace Williams 11:26.3
- 4. Ben Machlis 23:21.8
- Sport Men 19-34
- 1. Waid Blanton 20:07.0 2. Brandon Dubovik 21:56.7
- Sport Men 35+
- 1. Paul Burghardt 10:33.2
- 2. Jared Allen 10:37.6
- 3. Steve Saxton 12:39.3

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FLYNNCYCLERY.COM

Cat 1 Men 50+ Brent Astrope, 03:57.2
 Kent Woodfield, Bohemian/Laketown 04:24.2 3. Bobby Bondurant, Bear Valley Bikes Gravity Cat 2 Men 13-18 Bryn Bingham, Laketown Bicycles 03:54.4
 Logan McPhie, Laketown Bicycles/Bohemian 03:58.7 3. Ian Bird, Cannonball Racing 04:07.2 4. Connor Hood, Mad Dog Cycles 04:07.3 5. Jared Garfield, Victoria's Secret 04:08.4 Cat 2 Men 19-29

1. Adam Smith. Bohemian Brewery 03:45.3

3. Clint Philbrick, Downers Cycles 03:51.3

2. Trevor Humphries, 03:50.3

4. Brock Twitchell, Red Rock Bicycles/Rugged Material: 03:58.6 5. David Dickerson, 03:59.4 Cat 2 Men 30-39

1. Dylan Cirulis, Roosters/Biker's Edge 03:53.3

3. Ben Maynard, 04:03.4

Local Bike

3. Chris Slaugh, 07:26.2

. Jason Walker, 07:38.2

Cat 2 Men 40-49

Cat 2 Men 50+

4. Andrew Carter, Skullcandy 07:30.0

2. Kerry Black, Laketown Bicycles 07:45.9

3. Darren Coles, 07:46.2 4. Beau Brinkerhoff, <u>Go-Ride.com</u> 07:48.9

1. Chris Bingham, DNA Cycling 07:30.9

Cat 2 Women 19+ 1. Jen Hudak, Yeti/Under Armour 08:06.9

1. Jonah Brinkerhoff, Go-Ride Gromlins 08:02.0

2. Julien Markewitz, Laketown/Trov Lee/Oakley

Brennan Torres, MJ's Cannonball Racing 07:51.7
 Jonathan Villareal, Cannonball Racing 08:08.3

2. Parker Swainston, Team Button Up 07:42.3

4. Steve Fitzwater, Laketown Bicycles 07:53.6

1. Scott Markewitz, Lake Town Bicycles 07:45.7

. Lauren Bingham, Plan 7 Endurance Coaching

3. Sandy Marguelis, Laketown Bicycles 09:25.1

1. Parker DeGray, Go-Ride/Chromag/Fox Shox

2. Naish Ulmer, KJ Sports/Crossfit Hood River

3. Nic Hadley, Go-Ride.com 06:58.4

Enduro Cats 07:04.2

1. Sara Kaufman, 07:30.7

Brewery/POC Sports 07:39.0

3. Joni Wirts, Go-Ride.com 07:42.9

4. Joy Brinkerhoff, Dirty Harlots 07:50.9

Antelope Island Classic, UCA Series,

Antelope Island, UT, May 2, 2015 Junior State Championship

Male Masters 35-99 CAT 4/5

1. Kenneth Mayes 2:16:08

2. Mark Otterson 2:16:13

3. Jed Christensen 2:16:15

4. Preston Edwards 2:16:17 5. Scott Bergen 2:16:20 Male CAT 3/4

1. Joseph Stewart 2:04:42 2. Elias Green 2:04:42

3. Shaun Johnson 2:04:42

4. Evan Clouse 2:04:43

5. Tyler Southard 2:04:43 Male CAT 4/5

1. David Garrett 1:50:43

2. Michael Kidby 1:50:45

3. Shawn Hall 1:50:48

4. Bruce Deppe 1:50:51

5. Andrew Dorais 1:50:52

1. Tyler Higley 3:10:12

4. Gavin Storie 3:10:25

2. Mark Zimbelman 3:10:24

5. Scott Mathewson 3:10:37

1. Gary L. Porter 2:17:15

2. Trersure Zan 2:17:16

3. Dirk Cowley 2:17:25

4. Norman Frye 2:17:26

5. Thomas Barron 2:17:30

1. Cameron Hoffman 2:49:20

2. BRANSON YANTES 2:49:22

3. Cortlan Brown 2:49:22 4. Trevor Jackson 2:49:23 5. Tim Mulvihill 2:49:27

1. James Derrick 1:51:48

2. Brad Perry 1:51:53 3. Alan Madsen 1:51:53

4. Mark Spalding 1:51:54

Male CAT 5

Female CAT 4

Male Masters 55-99 CAT 1/2/3/4

Male Masters 35-44 CAT 1/2/3

5. Amanda Cordell, Laketown Bicycles/Scott

Road

Racing

Voke Privateer Moto Works/Team Finger 06:45.2

4. Ali Goulet, Go-Ride.com/Wasatch Ruff Ryders/

5. Kris Baughman, Go-Ride.com/SRAM 07:07.4

2. Ana Rodriguez, Laketown Bicycles/Bohemian

3. Tanner Baughman, Go-Ride.com 10:01.7

. Jesse Hoopes, Team Descent 10:03.1

5. Seamus Martin, 10:34.5

1. Isaac Maughn, 07:50.3

4. Levi Titus, Weber High 08:10.8

Cat 3 Men 13-18

Cat 3 Men 19-39

Cat 3 Men 40+

Cat 3 Women 13-18

Cat 3 Women 19+

1. Lindie DeMill, 08:33.8

2. Wendy Stein, 09:14.9

4. Madison Myers, 09:44.5

08:01.1

. Spenser Kearl, 07:35.6

3. Darren Jensen, 07:47.1

5. Jonathan Lawley, 07:57.2

2. Tony Lemon, Salt Cycles 08:03.7

3. Jesse Wolfe, Salt Cycles 08:36.4

3. Brete Thomas, Go-Ride 08:22.5

2. Angella Lucisano, 08:21.8

Cat 3 Men 12 under

3. Christin Van Dine, Go-Ride 08:39.0

2. George Triantifillou, Laketown Bicycles/Izm

5. Frederico Gonzales, Team Finger (Dirty Fingers)

Cat 2 Men 40-49

- 1. Jason Walker, 04:07.0 2. Steve Spencer, Laketown Bicycles 04:43.3
- 3. Darren Coles, 04:44.8
- 4. Vaughn Martinez, Bohemian Racing/Laketown Bicycles 05:03.2
- 1. George Triantifillou, Laketown Bicycles/Izm
- Apparel 04:57.5

 Cat 2 Women 19+
- 1. Laura Vincent, 05:21.6 2. Alexandra Gren, 06:01.0
- 3. McKenzie Silberman, Get Air/Ogden Bike
- Cat 3 Men 12 under 1 Julien Markewitz. Laketown/Troy Lee/Oakley/
- ENVE/GU 04:37.1 2. Jonah Brinkerhoff, Go-Ride Gromlins 05:07.9 3. Carson Spencer, Laketown Bicycles 05:21.5 4. Jesse Hoopes, Team Descent 07:26.6
- Cat 3 Men 13-18
- Daniel Fendler, Summit/Competetive Cyclist 04:18.5 2. Andrew Bird, Cannonball Racing/Washburn
- Cycling 04:19.5
 3. Brennan Torres, MJ's Cannonball Racing 04:19.6
- 4. Devin Jones, 04:21.1
- 5. Max Shepherd, Laketown/Bohemian 04:29.2 Cat 3 Men 19-39
- 1. Parker Swainston, Team Button Up 04:00.8 2. Spenser Kearl, 04:15.7 3 Curt Wilde Novik Gloves 04:21.2
- 4. Sean Winkel, 04:26.0
- 5. Nathan McCoy, 04:27.5
- 1. Joe Washburn, Go-Ride.com 04:28.7
- 2. Sean Mann, Get Air/OBP 05:27.5 3. Travis Hudak, 06:56.6 4. Chris Felt. 11:09.7
- 1. Jen Sheridan, 06:00.5
- Galen Carter, Transition Racing/Laketown/ SRAM/ANVIL/ENVE/Washburn Cycling 03:35.0 2. Naish Ulmer, Dakine/KJ Sports/Crossfit Hood River/Voke Privateer Moto Works/Team Finger
- 3. Nic Hadley, Go-Ride.com 03:37.1 Regree Helbling, Lake Town Bicycles/Knolly Bikes/Royal Racing/Washburn Cycling/Mtn.
- Ranks 03:37.5 5. Spencer Green, SLC/LakeTown Bicycles/ Bohemian Brewery/IZM/Washburn 03:39.8
- 1. Joni Wirts, Go-Ride.com 04:18.6 2. Amanda Cordell, Laketown Bicycles/Scott
- 3. Ana Rodriguez, Laketown Bicycles/Bohemian Brewery/POC Sports 04:31.2 4. Joy Brinkerhoff, Dirty Harlots 04:43.5

- **Cat 1 Men 13-18**1. TJ Christiansen, 07:02.9 2. Tyler Shelley, Bear Valley Bikes Gravity/ TruckerCo/Salt Cycles/Monster Army/Deity/One Industries/Teton Graphics/Hammer Nutrition
- 3. Brad Stover, Norco Grass Roots/Black Hills Bicycles 07:56.7
- Cat 1 Men 19-29 1. Ryan Kiel, Bohemian Brewery 07:02.7
- 2. Evan DeGray, Go-Ride.com 07:03.8 3. Kyle Jackson, 07:11.4
- 4. Quinn Depperschmidt, East Fork Bikes 07:29.9 5. Bodhi Barney, 07:40.2
- Cat 1 Men 30-39 1. Daniel Grolley, Lake Town Bicycles 07:09.7 2. Jason Hawkins, Salt Cycles 07:12.3
- . Marshal Olson, DPS Skis 07:20.7 4. Aaron Crowder, Go-Ride 07:31.2
- 5. Chris Kading, Salt Cycles 07:32.9 1. Mark Lugel, Bohemian Brewery 07:23.4
- 2. Josh Rhea, Go-Ride.com 07:25.6 3. George Rogers, Go-Ride 07:29.9 4. Craig Skinner, Go-Ride.com 07:48.5
- Cat 1 Men 50+ 1. Brent Astrope, 07:42.3 2. Tim Morris, 07:49.2 3. Bobby Bondurant, Bear Valley Bikes Gravity
- Team 08:19.6
- 1. Bryn Bingham, Laketown Bicycles 07:13.3 lan Bird, Cannonball Racing 07:20.1 3. Dillon Flinders, 07:28.4
- 4. Ben Reeder, Go-Ride/Pit Viper 07:39.8 5. Owen Balogh, Cannonball Racing/Go-Ride. com 07:47.5
- Cat 2 Men 19-29 Adam Smith, Bohemian Brewery 06:59.4
- 2. Andrew Putt, Go-Ride.com 07:05.3 3. Shane Finch. 07:06.3 4. Tom Lilly, SoUtah 07:22.9
- 5. Steven Sadler, 07:33.9 Cat 2 Men 30-39 1. Tyler Anderson, 07:01.6 2. Chris Moore, 07:24.6

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Cyclist Killed in Salt crash. It's not clear if they were **Lake County**

A cyclist was killed in a crash in Millcreek on early Sunday morning on May 24, 2015. According to Detective Ken Hansen of the Salt Lake County Unified Police Department, Kevin Bushman, age 51, of Cottonwood Heights died after being struck from behind by a BMW on 3300 South and around 1600 East. Both the driver and the cyclist were traveling eastbound at around 1 am when the crash

The cyclist had lights on his bike, but they were not on after the

4. Dave Sellers 0:56:19

5. Jared Kirby 0:57:49

6. James Howton 0:58:57 Male 45-49 CAT 1/2/3/4

1. Richard Feldman 0:46:51

2. Dan Kadrmas 0:55:45

4. Mark Miller 1:01:13

1 Jan Skurnik 0-52-29

5. Stephen Rogers 1:16:24 Male 50-54 CAT 1/2/3/4

2. Randall Steinfeldt 0:53:25

3. Shane Dunleavy 0:54:45

5. Randy Anderson 0:55:55

6. Guy Roundy 1:01:03 Male 55-59 CAT 1/2/3/4

1. Norman Frye 0:53:15 2. Jeff Clawson 0:53:32

3. Steve Schoonover 0:55:40

4. Andres Maricq 0:56:03

5. Bubba Gleason 1:01:29

Male CAT 4

6. Richard Slabinski 1:05:23

I. James Lavelle 0:50:23

3. Scott Bergen 0:53:19 4. Samuel Dearden 0:53:29

5 Todd Anderson 0:55:13

6. Scott Lucas 0:55:49

7. Bryan Hull 0:56:50

8. TJ Stone 0:57:12

9. Kyle Wilhelm 0:59:06

10. Joe Luna 0:59:17

11. Shawn Hall 1:00:25

12. Chris Eppley 1:02:25 Male CAT 3

1. Shaun Johnson 0:49:27

3. Joseph Stewart 0:50:41

5. Dustin Nielsen 0:51:06

6. Zack Butterfield 0:54:37

2. Ben Cook 0:50:12

4. Nate Pack 0:50:55

7. Ben Towery 1:00:49

1. Tim Mulvihill 0:47:32

2. Cody Haroldsen 0:47:41

3. Trevor Jackson 0:47:49

4. Michael Hawley 0:49:03

5. Clinton Mortley 0:49:56

6. Ben Schmalz 0:50:09

7. Nathan Steele 0:50:34

1. John Lauck 0:50:14

Mens 35+ Cat 4/5

1. Kenneth Mayes 2:12:30

2. Mark Otterson 2:12:30 3. Rick Finlayson 2:13:21

4. Daniel Thunell 2:13:22

5. Trent Wignall 2:13:22

1. Jared Prince 2:07:21 2. Casey Nielsen 2:07:22

3. James Ji 2:07:48 4. Trent Olsen 2:07:48

Mens Cat 4/5

5. Dustin Nielsen 2:07:48

1. Shawn Hall 2:08:03

2. David Garrett 2:08:03

3. Derrick Warlaumont 2:08:08

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

4. Andrew Judkins 2:08:30

5. Quincy Thomas 2:08:51

2. Eric Thompson 4:48:21

3. Guy Roundy 5:04:37

4. Jason Dunlap 5:04:37

5. Dave Benson 5:05:32

I. Norman Frye 2:27:16

3. Jerald Hunsaker 2:27:18

4. Andres Maricq 2:27:19

1. Clinton Mortley 4:09:46

Mens Masters 55+

2. Dirk Cowley 2:27:16

5. John Lauck 2:28:34

2. Joe Waters 4:10:39

3. Eric Gardiner 4:14:10

4. Bryce Olsen 4:14:10

5. Ira Sorensen 4:14:11 Womens Cat 3/4
1. Joan Meiners 2:28:15

2. Jillian Gardner 2:28:16

3. Rachelle Lyle 2:28:16

5. Summer Dunn 2:28:16

4. Whitney Mentaberry 2:28:16

Mens Pro 1/2/3

1. Todd Taft 4:43:24

Mens Cat 3/4.

Male Masters CAT 1/2/3/4/5

Garden City, UT, May 16, 2015

Bear Lake Classic Road Race, UCA Series,

Male CAT 1/2

2. Tim Jaggi 0:52:59

3. Jennifer Richins 1:51:26

4. LaNett Draper 1:51:26

1. Kelly Hunsaker 2:05:57

Margaret Douglass 2:06:01
 Karen Christoffersen 2:06:03

1. Mindy McCutcheon 1:57:32

3. Shirley Leydsman 1:57:40 4. Kelly Crawford 1:58:01

5. Megan Lowe 2:00:13

1. Chelsea Wood 2:05:49

2. Joan Meiners 2:05:54

3. Marci Kimball 2:05:54

5. Dixie Robinson 2:06:01

2. Kylie Frederick 1:39:14

1. Kelsie Malonev 1:05:17

1. Kate Madorin 1:05:24

1. Viggo Moore 1:02:43

2. Luke Heinrich 1:04:21

1. Moses Maloney 1:00:36

2. Ian Frederick 1:01:20

3. Jack Shuckra 1:01:20

4. Ryder Jordin 1:10:00

1. Skylar Patten 1:35:27

2. Van Higley 1:45:31

1. Nate Hansen 1:35:28

1. Jack Shuckra 0:22:14

2. Luke Heinrich 0:22:35

Male 35-99 CAT 4/5

2. Mike Oblad 0:34:00

Male CAT 5

1. Kenneth Mayes 0:31:14

1. Jameson King 0:28:59

2. Spencer Hadlock 0:33:45

1. Lorri Zenoni 0:31:17 2. Caroline Sauma 0:32:45

3. Annette Bowman 0:34:49

6. Maria Oblad 0:37:40 Female 55-99 CAT 1/2/3/4

1. Bev Ronnow 0:30:27 2. Karen Christoffersen 0:30:49

3. Debora Adam 0:33:19

1. Kelly Hunsaker 0:30:18

2. Shanin Miller 0:32:10

3. Heidi Roundy 0:33:02

Female 45-99 CAT 1/2/3/4

Male 60-64 CAT 1/2/3/4/5

1. Jerald Hunsaker 0:27:41

2 Dirk Cowley 0:28:11

3. Ravell Call 0:30:33

4 Steve Moss 0-35-48

5. Lorin Ronnow 0:35:53

6 Michael MacDonald 0:36:53

Male 65-70 CAT 1/2/3/4/5

1. Gary Simmons 0:40:37

3. Henry Ebell 0:51:23

Female CAT 1/2/3

2. Alan Hammond 0:46:14

Female 35-99 CAT 1/2/3/4

1. Mindy McCutcheon 0:54:26

2. Jannalyn Luttrell 0:56:15

3. Amy Thornquist 0:56:38

4. Breanne Nalder 0:58:06

5. Tiffany Pezzulo 0:58:07

6. Catherine Kim 0:59:22

Male 35-39 CAT 1/2/3/4

1. Jared Prince 0:50:53

2. Will Hanson 0:53:02

3. Danniel Medoza 0:59:19

Male 40-44 CAT 1/2/3/4

7. Megan Hill 0:59:49

1. Alison Knutson 1:03:02

4. Karissa Lamb 0:34:59

5. Ericka Diem 0:35:21

3. Jackie Muterspaugh 0:33:45
Female CAT 3/4

Male 15-18 CAT 1/2/3/4/5

1. Daxton Kennington 0:29:36

3. Benjamin Derieg 1:54:18

3. Wangsgard Dawson 1:14:01

Male Junior 13-14 CAT 1/2/3/4/5

Male Junior 15-16 CAT 1/2/3/4/5

4. Jasper Sumnall 2:33:44

Male Junior 17-18 CAT 1/2/3/4/5

Utah State Time Trial Championship, UCA

Series, Skull Valley, UT, May 9, 2015 Male 10-14 CAT 1/2/3/4/5

1. Kayleigh Maloney 1:05:13

Female Junior 10-12 CAT 1/2/3/4/5

Female Junior 15-16 CAT 1/2/3/4/5

Female Junior 17-18 CAT 1/2/3/4/5

2. Allison Criag 1:05:40

Male Junior 10-12 CAT 1/2/3/4/5

4. Kellie Oliver 2:06:01

Female CAT 3/4

4. Robynn Masters 2:06:08

Female CAT Pro 1/2/3

2. Alison Frye 1:57:39

Female Masters 35-99 CAT 1/2/3/4

5. Kelsey Redd 1:52:09

on before the crash. He was not wearing a helmet, but it's not clear whether or not this would have helped him. The vehicle was traveling at normal speeds and didn't see the cyclist, and there was no indication that the driver was impaired. The section of the 3300 S is not well light, and has a slight incline which would indicate that the cyclist was probably not traveling very fast.

Detective Hansen said that Bushman, "rode his bike all the time. It was his main form of transportation. That's what he did was to ride his bike."

-Dave Iltis

Womens Masters 35+

- 1. Kelly Hunsaker 2:28:16 2. Margaret Douglas 2:28:16
- 3. Lanett Draper 2:48:28 Womens Pro 1/2/3
- 1. Mary Emerson 2:28:15 2. Alison Frye 2:28:15
 3. Alison Knutson 2:28:16
- 4. Colleen Neider 2:41:28
- City, UT, May 23, 2015 Junior and Masters State Cha Male Masters 35-99 CAT 4/5
- 2. Jon Larsen 0:50:29 3. Evan Clouse 0:50:29
- Male CAT 4/5
- 2. Brendan Williams 0:32:54
- 1. Joseph Brubaker 0:44:13 2. Bob Walker 0:44:13
- 3. John Lauck 0:44:13 4. Darrell Davis 0:44:13 5. Jeff Clawson 0:44:13
- Male CAT Pro 1/2/3 1 Booth Mike 1:00:25 2. Justin Griffin 1:00:25
- 4. Bryce Olsen 1:00:25 5. Trevor Jackson 1:00:25
- Female CAT 3/4 2. Karissa Lamb 0:36:25
- 3. Joan Meiners 0:36:25 4. Jeni Otterson 0:36:25
- Female Masters 35-44
- 2. Marci Kimball 0:36:25
- 4. Colleen Neider 0:36:25 Female CAT Pro 1/2/3
- 2. Breanne Nalder 0:43:09 3. Gabrielle Pilote Fortin 0:43:09
- 1. Mike Underhill 0:37:37 2. Will Hanson 0:37:37
- 3. Heidi Roundy 0:36:27
- Male Masters 45-54 1. Christoph Heinrich 0:43:51
- Master 60-64
- 4. Elton Reid 0:42:13
- 2. Dwight Hibdon 0:42:13 3. gary simmons 0:42:13
- 1. Jase Hoover 0:30:12 2. Nate Hansen 0:30:12
- 2. Ian Frederick 0:30:12 3. Luke Heinrich 0:30:12
- 5. Jack Shuckra 0:30:12
- Female Junior 10-14 CAT 1/2/3/4/5 1. Kira Crowell 0:30:12

- 2. Adam Meirowitz 0:54:39 3. Luke Rothey 0:55:46
 - - Sugarhouse Criterium, UCA Series, Salt Lake
 - 1. Nolan Finlayson 0:31:30 2. Matthew Nelson 0:31:30
 - Male CAT 3/4 1. Jace Heger 0:50:29
 - 4. Nathan Curtis 0:50:29 5. Andre Szlendak 0:50:29
 - 3. Nathan Manwaring 0:32:54

 - 3. Michael Hawley 1:00:25
 - 1. Jamie Bangerter 0:36:25

 - 1. Alison Knutson 0:36:25
 - 1. Mindy McCutcheon 0:43:09
 - 4. Kat Carr 0:43:09 5. Catherine Kim 0:43:09
 - 3. Darren Goff 0:37:37
 - 1. Mary Emerson 0:36:27 2. Shanin Miller 0:36:27
 - 5. Alison Frye 0:36:27
 - 3. Kyle Brown 0:43:51 4. Dennis Porter 0:43:51 5. Scott Allen 0:43:51
 - 1. Dirk Cowley 0:42:13 2. Jerald Hunsaker 0:42:13 3. Ravell Call 0:42:13
 - 5 Grea Wolfer 0:42:13 Master 64-99 CAT 1/2/3/4 1 Ken Louder 0:42:13
 - 4. Henry Ebell 0:42:13 Male Junior 15-17 CAT 1/2/3/4/5
 - 3. Van Higley 0:30:12 Male Junior 10-14 CAT 1/2/3/4/5 1. Ryder Jordin 0:30:12
 - 4. Viggo Moore 0:30:12
 - 2. Skylar Sheppard 0:30:12

- 3. Daniel Thunell 0:31:30 4. Stephen Rogers 0:31:30 5. Micheal Ward 0:31:30
- 1. Taylor Edwarda 0:32:54
- 4. Saiden Maestas 0:32:54 5. Ernesto Jimenez 0:32:54

 Male Masters 55-59 CAT 1/2/3/4

- 5. Chandra Unsworth 0:36:25
- 3. Rachel Cieslewicz 0:36:25
- Male Masters 35-44
- 4. Manny Cypers 0:37:37 5. Ben Rabner 0:37:37 Female Master 45-99
- 4. Karen Christoffersen 0:36:27
- 2. Michael Raemisch 0:43:51

MOUNTAIN BIKING

Ride Sun Valley Bike Festival to Feature Cross Country MTB Race, Enduro Races and Guided Rides



The Ride Sun Valley Festival, to be held June 25-28, 2015, will feature stunning scenery, a new cross country mountain bike race, enduro races, guided rides, and more. Photo by Mike Schirf / MSI.

Salt Lake City, UTAH (May 13, 2015) - The fifth annual Ride Sun Valley Bike Festival returns to the stunning scenery and world-class singletrack of Sun Valley, ID, June 25-28, 2015. Event organizers are excited to announce the addition of the Shimano Boulder Mountain Fox

Trot 50K, an entirely new crosscountry mountain bike race and course, to the schedule of events on June 28. Registration is now open for men and women of all ability levels on RideSunValley.com.

We're excited to announce the addition of a cross-country race to the Ride Sun Valley Bike Festival lineup," said Event Director Seth Delorey. "This rugged race will really help showcase a larger selection of the local trails and show why Sun Valley is a world-class mountain bike destination."

Pending final U.S. Forest Service approval, this unique race is planned to be held on a 32-mile point-to-point course with 4,200 feet of total climbing including some of the area's best trails in the Sawtooth National Recreational Area and the U.S. Forest Service Ketchum Ranger District. Dramatic vistas accompany burning legs and lungs as racers pedal some of Sun Valley's top mountain bike trails adjacent to downtown Ketchum.

Organizers are also pleased to announce Cox Communications as the official media and timing sponsor of the Ride Sun Valley Bike Festival. During the race, athletes and spectators may view live timing on <u>ItsYourRace.com</u> or the ItsYourRace

The race is followed by the Finish Party at the Ride Sun Valley Expo Area in downtown Ketchum. The party will include live music, catering, a great raffle and awards.

Ride Sun Valley is a true homegrown bike festival geared for any-

Sugarhouse Crit -Continued from page 3

right behind me. Someone spilled a water bottle. I heard guys hit the curb but I didn't even look. It was just

chaos. We came down the hill and somebody ran over a duck or something. It was just chaos into the sprint. The group just bunched up at the bottom of the hill and I just had a perfect line on the inside." Booth took that perfect line and accelerated, passing the last rider at the top of the hill and held it to the line for the win. Young speedster Justin Griffin (FFKR/Contender) stayed on Booth's wheel to finish second. LiVe Well p/b Bountiful Bicycle had their own leadout train on the right side of the final hill. Michael Hawley and Bryce Olsen finished 3rd and 4th respectively, with Trevor Jackson of SBR Cycles rounding out the podium in 5th.

In the Men's 3-4 field, Jace Heger (Rapid Cycling Racing, St. George) won the field sprint to take to the win. "You're nubbing everyone's elbows and handlebars trying to get yourself in position for the sprint." He described his last lap, "There started to be a little leadout from the SBR team. I'm up here by myself. I don't have any teammates and I just went with them and once we rounded the last corner it was a free for all." Heger took the win, followed by Jon Larsen (Millcreek), and Evan Clouse.

The Sugarhouse Criterium was also the Utah State Championship for Juniors and Masters. State Championships were awarded to Jase Hoover (Canyon Bicycles/Shimano) in the Junior Men's 15-17 field, Ryder Jordin (Canyon Bicycles/Shimano) in the Junior Men's 10-14, and Kira Crowell in the Junior Women's 10-14 field.

In the Masters, championships were awarded to Mike Underhill (Millcreek Bicycles) in the Men's 35-44, Christoph Heinrich (Cicada Racing Inc. p/b Mark Miller Subaru) in the Men's 45-54, Joseph Brubaker (Ski Utah/Plan 7) in the Men's 55-59, Dirk Cowley (FFKR/Contender) in the Men's 60-64, and Ken Louder (FFKR/Contender) in the Men's 64-99. In the Masters women, titles were awarded to Alison Knutson (Harristone/ Sun Valley Mortgage Cycling Team) in the 35-44 field and Mary Emerson (Team Tosh p/b Hyperthreads) in the 45-99 field.

See results on page 14.

one who loves life on two wheels. Guests can enjoy a wide array of entertainment and participate in races and other fun activities including the second stop of the SCOTT Enduro Cup presented by Vittoria, the SheepTown Drag Races, a down-

town bike expo, guided rides for all abilities, Bike Prom, and a number of other fun events where having a good time is what makes everyone a winner. To view the full schedule of events, visit RideSunValley.com.



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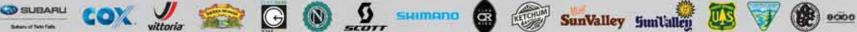












to the 36-36, and move on down

one by one to the 36-11. With a

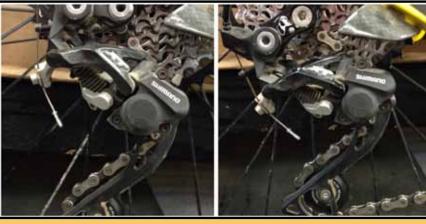
single chainring, however, there is no

overlap. Shifting would begin in the

30-42 and complete at the 30-11(see

MECHANIC'S CORNER

Do-It-Yourself 1 x 10 Drivetrain: A Review







Top Left: Rear derailleur without the Goat Link (left). Rear derailleur with the Goat Link (right). Top Right: The Goat Link works to convert a rear derailleur into one that will work with a larger cog, and a single front chainring. Below Left: The c-clip must be removed in order to install the Goat Link.

By Tom Jow

One of the hottest trends in mountain biking right now is SRAM's 1 x 11 single ring drivetrain. It is so hot that since it's release it has spawned 3 mountain bike group sets, a cyclocross group and rumours of a road group. Also grown from the popularity of the 1x drivetrain is a number

of conversion parts to upgrade a multi-ring 10 speed drivetrain to a 1 x 10 setup. In this article I review the eThirteen 42t rear cog and a RaceFace 30t narrow-wide chainring I installed on my bike last month.

The Installation:

The installation process is simple and straightforward. Remove the

cassette. Install the new cog behind the old cassette and remove either the 17 or 15 tooth cog. Remove the chainrings and install the new one. Then remove the front shifter, cable and derail-leur. *For more detailed instruction on the installation process see Cycling Utah, May 2015.

The First Test:

Due to time and weather constraints, my testing was limited to about 10 rides; the Shoreline Trail, the hills at Liberty Park, and around the neighborhood. Despite having only a small amount of test rides, I was able to judge immediately how the drivetrain was working.

In my experience with two other 1x conversions at work, the system seemed to work pretty well. Both in the stand and test rides on flat ground

the shifting could be rated (on a scale of 1-5) as 3.5-4. The performance of my bicycle, on the other hand, was more like 1.5. Let me say that I can adapt to about anything on a bicycle and the shifting performance of my new 1x drivetrain was totally inadequate. There would no adapting to this. Shifting from the 13 to the 17 was nearly impossible. Once in the 17, moving up the cassette to the 42 was very slow and of below average performance. Holding the shift lever or double clicking up and then shifting one back was required. Getting

into the 42 from the 36 was about the only shift that worked well. Even moving down the cassette into the high gears was slow.

Back to the Drawing Board:

"What is my next step?" I asked

0	74	62	50	43	39	34	29	25	22	19
	11	13	16	19	21	24	28	32	36	42

table 2).

Table 2

myself. During my research I found there is a large array of components available in order to perform the perfect 1x conversion. I an attempt to improve the shifting, I decided to purchase the Wolftooth Components "Goat Link". This component replaces the standard derailleur tab on a Shimano rear derailleur. The Goat link is a little longer and flatter (see photo 1), which brings the upper rear derailleur pulley closer to the cogs. Notice how much more the rear derailleur is under the cogs on the right of photo 2.

Replacing the link is an easy task. First, remove the rear derailleur. Remove the "c" clip

(photo 3) behind the bolt holding the link to the deraillleur body, and then remove the bolt. Install the Goat Link, replace the bolt and clip. Reinstall the derailleur and make any necessary adjustments to the cable tension. The "b" tension screw will also need to be adjusted, adjust it so the chain shifts smoothly onto the 42 cog without banging into it (you'll see what I mean).

The Second Test:

It is amazing what a difference one component can make. From the first shift it was apparent that the shifting performance was greatly improved. Moving to the larger cogs was now much smoother, with only a hint of hesitation. I found that it did require a slightly more forceful shifting action, in other words, shift like you mean it. Coming back down to the high gears was nearly perfect.

Unfortunately, shifting from the 13 to the 17 was still next to impossible. During my research I found that Wolftooth Components manufactures a 16 tooth cog and highly recommends removing both the 17 and 15 and installing the 16. After digging around in my parts boxes, I found an old 16 tooth cog. So I replaced the 17 cog with the 16. An enormous improvement. Finally, a setup I could live with.

The Gearing:

Obviously there is a big change in the gearing. The biggest difference is the lack of overlap. A 2 x 10 drivetrain has only 14 gears that do not overlap. The gears I used most and their gear inch size (bold) are shown in table 1.

One of the other differences with my new gearing is a taller low gear and a shorter high gear. Referring back to table 2, the combination 30-42 is a 19 inch gear. This is equivalent to the 22-32, or one gear higher than the lowest of my old gearing. On the high end, at 74 inches, the 30-11 is 14 inches shorter than the 36-11. What does this mean? I need to work harder to get up the steep hills and spin faster to keep up on the downhills.

The Parts:

The first stage of the conversion consisted of the following three parts: eThirteen EX cog - \$69.95

Wolftooth Components Goat Link

RaceFace 30t Narrow-Wide chainring - \$59.95

The second stage of the conversion required the following:

Wolftooth Components 16t cog - \$14.95

Be sure to cross check the compatbility of the new components to the old ones. For example, for use with Shimano cassettes, the add-on cogs are only compatible with XT and XTR. And the Goat link, is not compatible with SRAM derailleurs. So, check compatibility and read the instructions.

Conclusion:

It took a little experimentation, but I have a good working system now. The shifting seems simpler, but I miss the 36-36. That was my go to gear upon cresting a steep up that transitions to downhill. I'm not so concerned about the loss of my high gear, but I do miss the low gear of my old 22-36. Three inches in a gear size does not sound like a lot, but it was enough to have me walking on the steepest hill in my test rides. If necessary, it is possible to obtain a lower gear by purchasing a 26 or 28 tooth chainring for the smaller, 64mm bolt circle of my double crankset.

The total cost of the parts for this conversion is approximately \$165. The total time I spent on labor was approximately 3-4 hours. In addition, removing the front shifter parts reduced my bike weight by almost 1 pound. So, for less than half the cost of a SRAM 1 x 11 cassette, anyone can purchase a very adequate 1 x 10 conversion kit.

	11	13	15	17	19	21	24	28	32	36
36	88	75	65	57	51	46	40	35	30	27
22						28	25	21	19	16
table 1										

What this table shows is that in a perfect world, shifting would start, from low to high, in the 22-36, move through the 32, 28, 24, then shift





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ROAD RACING

A Trip to the 2015 Tour of California



Peter Sagan, Tinkoff Saxo, on his way to winning the Stage 6 Time Trial, 2015 Amgen Tour of California. Photo by Dave Richards.

By Dave Richards

Think about it - 8 days of racing, over 700 hundred miles ridden and the race is won by the width of a tire! That's how it came down at the 2015 Amgen Tour of California.

The Amgen Tour of California (AToC) is the biggest stage race in the US. More World Tour teams and riders race the AToC than any other race in the US. This year, for the 10th anniversary of the race, it featured a three stage Women's race plus an invitational Women's time trial. Unfortunately, my schedule conflicted and I wasn't able to attend the Women's race. It's a beautiful course covering the length of California from majestic Redwood trees and pine forests to the beautiful beaches of Southern California. The race is a showcase for the beauty of the "golden" state. Media coverage was extensive, numerous photographers stacked the finish lines and the daily post race press conferences were packed. NBC Sports broadcast a daily show featuring each stage as well as streaming online coverage.

So what's it like to race an event of this caliber? Eighteen teams with up to eight riders each were invited to the AToC this year. This included eight World Tour teams, four Pro Continental teams and six Continental teams. That's quite a mix of varying skill levels, experience and team budgets all competing for the same prizes. The Continental teams found it difficult to make a showing against the World Tour teams. As one team director told me it was very hard to make a successful breakaway or win a stage because the World Tour teams were so dominant. I guess that's why they're World Tour teams, he said. But that didn't stop them from trying. Riders from Hincapie, Axeon, Optum and others were constantly forming breaks and attacks trying to get out front of the

On the other hand, the World Tour teams didn't take the race for granted. Jim Ochowicz, General Manager for BMC, had this to say:

"Being an American team, headquartered in California makes the Amgen Tour of California one of the more important races on our calendar. We want to do well there because we know this race receives a lot of media attention, a lot of our partners and sponsors invest a lot into it and we have won the race before - in 2013, with Tejay van Garderen. So we always want to do well and give people something they can cheer about."

The race organizers were proud of their efforts to make the Amgen Tour of California a major race on the UCI calendar. Chris Aronholt, Managing Partner, Medalist Sports made these comments:

"Since its inception, Medalist Sports is proud to partner with AEG and the Amgen Tour of California. Similar to the experience in Utah, the Amgen Tour of California is an annual showcase of world-class competition combined with picturesque beauty. All of these events keep getting better and better, making the U.S. a top destination for professional cycling, both men and women".

I think it's safe to say that races such as the Amgen Tour of California along with the Tour of Utah and the USA Pro Challenge are shaping up to make the United States an important venue for world class stage racing.

Back to the race. Sunday May 10th, **Stage 1** was fast and flat, 127 miles long around Sacramento. It all came down to a bunch sprint with Mark Cavendish's amazing speed capturing the stage and donning the leader's yellow jersey.

Stage 2 ran from Nevada City (a town where Greg LeMond made his racing debut I believe) to Lodi. 120 miles in length, the stage came down to another sprint won by Cavendish (Etixx Quick-Step).

Stage 3 featured 105 miles of steep climbs and twisty descents around San Jose. Young rider Tom Skujins of Hincapie Racing won the stage and captured the yellow jersey.

Stage 4 showcased the California coast with riders starting at the Pismo Beach Pier, riding 107 miles to finish at Avila Beach. Peter Sagan (Tinkoff Saxo) dominated to win this stage on a slightly uphill sprint finish and Skujins retained the leader's jersey.

Stage 5 started in Santa Barbara saying goodbye to the beaches and headed inland to finish in Santa Clarita after 98 miles of steep climbs and "white knuckle" descents. In spite of the climbing, the group came together for Mark Cavendish to take another win and Skujins stayed in yellow.

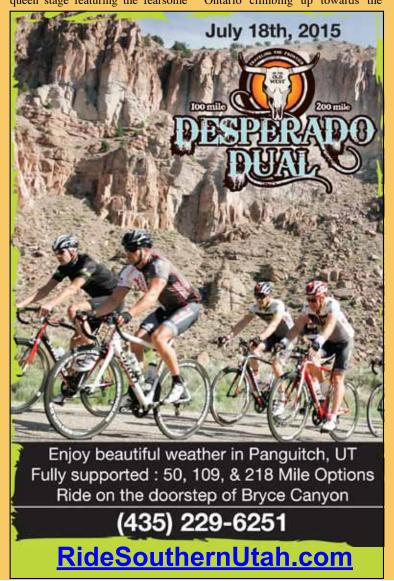
Stage 6 was scheduled to be a 15 mile time trial at altitude around Big Bear Lake. However, Mother Nature intervened dumping heavy snow and the TT was relocated to Six Flags Resort outside of Santa Clarita at the last moment. The race organizers pulled off a monumental feat relocating hundreds of riders, staff and course setup overnight. The new course was shortened to 6.6 miles which I'm sure the TT specialists didn't appreciate, but hey, that's bike racing. Peter Sagan again proved the critics wrong by winning the TT and taking over the yellow jersey. Evelyn Stevens (Boels Domans) won the women's TT held on the same course prior to the men's event.



Young rising star Julian Alaphillippe breaks away from Henao and Boswell to win Stage 7 of the 2015 Amgen Tour of California. Photo by Dave Richards.

Stage 7 was the 80 mile long climb up Mt. Baldy. The race left queen stage featuring the fearsome Ontario climbing up towards the







Mark Cavendish (Etixx Quick-Step) sprints and takes the intermediate sprint time bonus with Sagan (Tinkoff Saxo) finishing second 2nd during Stage 8, 2015 Amgen Tour of California. Alaphillipe (between Cavandish and Sagan) finished third in the sprint to retain the lead on the road until the fateful finish. Photo by Dave Richards.

Mt. Baldy Road, then turned left for a large loop on the Glendorra Mountain Road with major climbs, KOMs and descents before returning to make the final climb to Mt. Baldy. This last section contains numerous steep switchbacks that were shrouded in fog and rain from the morning's storm. This was the stage that everyone believed would determine the overall winner for the race. As we waited at the finish line, the fog began to lift a bit. Radio and TV signals kept dropping out so we were unsure who was leading the race. Word came that Julian Alaphillippe (Etixx Quick-Step), the rising young French rider, was battling it out on the climb with Columbian Sergio Henao (Sky). Then suddenly, a rider burst through the fog at the finish line. It was Alaphillippe who had managed to drop Henao and his teammate Ian Boswell for the big win taking over the yellow jersey. A few more riders straggled in then, surprise, Sagan rode out of the fog to collapse at the finish line. Sagan had been taking heat all week in the press conferences about his lack of

wins this spring. His team owner, Oleg Tinkoff has grumbled publicly about it. I guess Sagan decided he had something to prove. For a big, stocky guy who you wouldn't expect to climb well, he turned himself completely inside out that day leaving everything he had on the mountain. Sagan finished 46 seconds out putting him in 2nd place overall, 2 seconds behind Alaphillipe, the new yellow jersey wearer.

Stage 8 began on a beautiful morning in downtown LA. The final stage today would feature circuits around the Staples Center then head out to Pasadena for 9 finishing circuits around the famed Rose Bowl Stadium for a total of 60 miles. The first Rose Bowl circuit intermediate sprint would offer time bonuses of 3, 2 & 1 seconds for the first three riders. Sagan was 2 seconds behind. Cavendish is Alaphillipe's teammate. Could Cav block Sagan's attempt at the time bonuses and assure Alaphillippe's victory? The

Alaphillipe (between Cavandish and eful finish. Photo by Dave Richards. intermediate sprint began, Cav was doing about 45 mph to win the sprint. Sagan took 2nd garnering 2 seconds, but Alaphillipe was third

to claim 1 second and keep his lead on the road. Eight more laps to go and Sagan is now only 1 second out of overall victory. The fans were going crazy! Who could have predicted that a week long race victory would come down to 1 second in the final moments of racing? The riders kept lapping the stadium, attempting breaks, but nothing would stick. Etixx Quick-Step was determined to bring Cavendish another stage win and Alaphillipe the overall. Tinkoff Saxo was drilling it, committed to bringing Sagan to the line netting a time bonus to take the yellow jersey. Everyone else was fighting for a win to spoil those plans or just hanging on due to the furious pace of the peloton. The bonuses on offer were 10, 6 & 4 seconds for the top three.

Here they come, the final lap and the sprint begins. Cavendish jumps out in front, assured to take the stage. Wippert (Drapac) clearly takes second. What happens next is astounding. It appears that Farrah (MTN Qhubeka) and Sagan (Tinkoff Saxo) have tied for 3rd. Who won? Who gets the time bonus? Only the photo finish will tell. The crowd awaits nervously. Alaphillipe thinks he may have got it, Sagan isn't sure. Then the announcement comes. Sagan beat Farrah by the width of a tire to

secure the time bonus of 4 seconds, thus moving ahead of Alaphillippe to win the overall race by a total of 3 seconds!

Final Results:

Peter Sagan (Tinkoff Saxo) overall race winner

Mark Cavendish (Etixx Quick-Step) – sprint points winner

Daniel Oss (BMC) – king of the mountains

Julian Alaphillipe (Etixx Quick-Step) – best young rider

Team Sky – best overall team Tanner Putt (Utah, UHC) finished in 107th place with a time of 29:06.

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

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EVENT PREVIEW

Bike MS Ride Preview



By Dave Iltis

The Bike MS: Harmon's Best Dam Bike Ride is a two day cycling tour that will held on the beautiful roads of Cache Valley, Utah on June 27-28, 2015. The ride raises funds for multiple sclerosis research and Multiple Sclerosis Society programs. The ride is in its 29th year in Utah. It was originally called the MS 150 and the 'Dam' in the title refers to the Hyrum Dam.

We asked Bike MS ride coordinator Amanda Savage about this year's event.

Cycling Utah: Tell us about the purpose of Bike MS. How are the funds that are raised allocated?

Bike MS: The funds that are raised go towards National Research Projects that are supported by the

National MS Society to find new treatments and develop a cure for Multiple Sclerosis. As well as funding national research the funds raised through Bike MS also provide programs and support for individuals and their families who are impacted by MS living in Utah and Southern Idaho.

Cycling Utah: Tell us about the rides on Saturday and Sunday. What are the highlights of the course?

Bike MS: The course goes through the beautiful scenic Cache Valley riding through rural towns and farm country. The Sunday course includes a wonderful climb up Blacksmith Fork Canyon to Hardware Ranch and beyond.

CU: What sorts of activities will be happening before and after the rides?

Bike MS: Bike MS is a full weekend event, we provide wonderful meals beginning with a hot breakfast on Saturday at the Cache Valley Fairgrounds, a catered lunch on the course, a festive Mexican dinner on Saturday night and again breakfast and lunch on Sunday. We have a sponsor village with vendors providing free items and information to our riders ranging from Verizon Wireless to clothing vendors. There is a program for all participants on Saturday including live music and a pool party.

CU: What does Bike MS do to connect with the people and businesses of Cache County? How do you involve the local community?

Bike MS: We work closely with the local community and seek to find vendors and business to help support the ride in Cache County. We attend meetings with the Chamber



Left: The Blackbottoms & Bikes for Kids: Bad Ass Cycling will be participating again this year in Bike MS.

Above: Harmon's is both a major sponsor and participant in the Bike MS Ride. Photos by XOTIO.com

of Commerce and the Cache Valley Lodging Association to provide information about the Ride so that the community is well aware of our event. We also send out a postcard to all residences and businesses that are on our route to inform them that we will be using their roads and thanking them in advance for their hospitality. The entire ride from a logistical point of view is supported by area businesses. The meals served to riders are provided by local restaurants, the coffee each morning is provided by Café Ibis a local coffee shop. We work with the Cache County Visitors Bureau each year to find ways to utilize local resources for the Ride. We are fortunate to receive cash sponsorships from several Logan based businesses as well. This year we are excited to have support from the Cache County Arts Center, the Zoo, and the American Heritage Museum who will be provided activities at the fairgrounds for children.

CU: How many riders do you expect this year? How many fundraising teams? Who are some of the top teams?

Bike MS: We are expecting about 2,200 riders on 140 teams. Our top fundraising teams include Team Harmons, Blackbottoms Cycles for Kids, Goldman Sachs, Veritas Funding and Morgan Stanley.

CU: How do you sign up? How much do you need to raise to participate? Who can participate?

Bike MS: You can register at bikemsutah.org, every participant needs to raise \$250 to participate and the ride is open to cyclist of all ability levels who are 12 years old or older! Use the discount code:

CYCLINGUTAH for \$20 off of registration!

JUNE 2015

CU: With over 2000 riders on the road, what does Bike MS do to encourage safe and respectful riding?

Bike MS: We provide safety training and guidelines to our riders. We are fortunate to have the support of the Bonneville Cycling Club who sponsors training rides for Bike MS participants where safety best practices are demonstrated and they also serve as Ride Marshalls to ensure that all safety guidelines are followed during the ride.

CU: Is there anything else you'd like to add?

Bike MS: Bike MS is truly the premier cycling event in Utah- not only the ride incredibly well supported and a wonderful experience for cyclists of all ages it allows participants to be a Hero for someone living with MS by raising critical dollars to fund research.

Event Details:

June 27-28 — Bike MS: Harmon's Best Dam Bike Ride, Bike MS, Logan, UT, For cyclists and all those seeking a personal challenge and a world free of MS, Bike MS is the premier fundraising cycling series in the nation. The Bike MS experience is the ride of your life with options to ride 45-175 miles. Friendly to all abilities with rest stops every 8-12 miles. One of the most scenic routes in Utah! Camping, meals and entertainment based out of Cache Valley Fairgrounds (400 South 500 West), Amanda Savage, 801-523-4267, 801-424-0112, amanda.savage@nmss. org, bikemsutah.org



Support Your Local Bike Shop!

COACH'S CORNER

Get Ready Your Next Century Ride

By Cameron Hoffman

Century rides and events are just around the corner! This time of year is exciting with warm weather, more daylight hours and enthusiasm among clubs and teams. It's also time to get ready for your century specifically your equipment, nutrition and training.

Dial in your Equipment

I recently had a teammate who rode a very long ride/race from Logan, Utah to Jackson Hole, Wyoming (LOTOJA). He was very meticulous in his preparation. He wore a heart rate monitor, did necessary training, competed in local races and ensured his equipment was ready. He also purchased and mounted new tubular tires, updated a few components, tried out different food and gel options and purchased new cycling shoes. It appeared like he was dialed in and ready to roll. But, properly adjusting new shoes (which were also a different brand) required more trial and error than just a few days of riding. In the end, he had everything set, except for his shoe and cleat position. My teammate ended up riding LOTOJA entirely with knee pain, where a simple cleat adjustment would have made all the difference and eliminated the pain.

The point of this story is that finetuning equipment, training and nutrition is required, but avoid any drastic changes within a month before your event. Ensure your equipment is ready, with any adjustments made well in advance. Don't wait until the last minute.

Here are a few equipment recommendations:

1.Be sure to have newer tires to hedge against flats. You can also inject tire sealant to protect against common thorns and some sharp road debris.

2.Get a proper bike fit. A bike fit can ensure that you are comfortable and maximizing power output.

3.Tune up your bike with a new chain and install new shoe cleats

Nutrition is Key

Proper nutrition is pivotal for every endurance athlete. It's said that we only have enough carbohydrates in our system to last us about 90 minutes. That means that

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RMR Criteriums
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Fat Bike Nationals
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we have to replenish our carbohydrate stores during our ride. If you haven't already found gels and bars that work for you, now is a good time to start. I've always been a proponent of real food. Check out The FeedZone Cookbook for some great on the road pocket food ideas. These days, I only ride with rice cakes in my back pocket and a couple of caffeinated gels during long rides. Here are my nutritional recommendations:

1.Practice in advance with different food and gels to dial in your

2.During your century ride eat something every 20-30 minutes such as a gel or a couple bites of food.

3.Drink every 15-20 minutes.

4.Keep a well-rounded diet focus your daily meals with real food.
Continue with your chosen vitamin
and supplements.

Training Your Way to 100

While 100 miles is a long way, most riders, even weekend warriors can adequately prepare and accomplish a century with enough training. The number one rule to training and getting into shape is consistency. That's the secret! Consistency! Sometimes life gets in the way and consistency is not always going to happen. When preparing for a century, I would recommend training 3-4 days a week for 4 weeks straight. Here is a training outline you can follow:

Week 1

During week one you are building on the fitness you've gained during later winter and early spring training rides. You may be feeling behind on your training, however there's plenty of hope with consistent training for the next 4 weeks.

1.Train on mostly flat and rolling terrain for 20-30 miles per ride. Try to bump it up to 40 miles on your longer weekend ride.

2.The goal is to keep the legs

moving at a tempo pace you are comfortable with. There's no need to push yourself very hard, but hard enough you can complete 20-30 miles. Then shoot for a 40-mile day on the weekend.

3.Remember to focus on recovery after each workout. Eat something within 30 minutes after completing your ride. Drink fluids to rehydrate

Week 2

During week two, we are going to build on week one. By now you should be feeling better when you ride and adapting to the extra miles.

1.Train on rolling terrain with a few 5-10 minute climbs per ride. Shoot for 20-35 miles per ride, with a 50 miles ride on the weekend.

2.The goal is to build strength and increase your endurance. Pushing yourself to accomplishing 50 miles will feel incredible. You are well on your way to 100!

3.Stay consistent with a great diet hydration and quality sleep.

Week 3

Week three you may feel a bit tired from the previous two weeks. That's okay, it means your body is adapting and will take you to the next fitness level.

1.Train on rolling terrain with a few 5-10 minute climbs per ride. It's okay to push yourself up these climbs. Intensity, believe it or not, is an important part of building endurance. Increase daily mileage to 25-35 miles with a 60-mile ride on the weekend. If you can comfortably accomplish 60 miles, you can definitely make it to 100! Constant nutrition will be the key to going the distance.

2.On your longer rides (anything more than 90 minutes), eat something every 20-30 minutes. This will ensure you have food burning in your stomach the entire duration and adequate calories for your training ride.

3.The goal is to continue the momentum with added hill climbing



4.Make sure your diet is complete with real food which will only help you feel vibrant and strong.

Week 4

The week of your Century! This is the toughest week. Do you rest or train? The truth is that you must do both. If you rest too much you'll feel stale and lack energy. If you train too much, you risk lacking enough recovery to accomplish your goal of 100 miles.

1.Train on flat to rolling terrain. It's okay to throw in a few minutes of intensity if you'd like. We'll scale back your daily mileage to 15-25 miles

2.The day before your century ride, be sure to do about 15 miles at a tempo pace.

3.Ride your century! Remember to eat something every 20-30 minutes, even if it's only a few bites of a sports bar or half a banana. Drink something in the same interval of every 20-30 minutes.

Here are a few training tips:

1.Be consistent with your training 2.If you can ride 60+ miles during one ride, you can absolutely accomplish 100 miles.

3.Mixing your rides with mileage and intensity will enhance your preparation

4.Try to become proficient with drafting. Drafting offers approximately 30% energy savings, which is a HUGE amount of energy savings over a 100-mile span.

<u>5.Try</u> different foods and sports drinks. Everyone has slightly different preferences.

6.If you tend to sweat a lot, be sure to include salty types of sports drinks and food.

Cycling is a beautiful sport that can take you along beautiful roads and gorgeous scenery. We can meet life long friends and gain incredible fitness. Take it all in while you are training for your next century. Be sure to hone in your equipment to ensure a smooth and comfortable ride. Dial in your nutrition to keep your energy stores up and build up to tackle that 100-mile ride. Like most things in life, consistency is the key to success. Ride consistently and make this year's century ride your best yet.

Cameron Hoffman is a Cat 1 racer who grew up racing in Northern California before moving to Utah in 2001. A former US National Team member, he's well known as an all arounder, currently racing for Team Endurance360 (www.endurance360.com). He can be contacted at cameron@902sports.com.



JULY 11 2015 **50 & 100 MILES OF FUN** SPECIAL CYCLING UTAH DISCOUNT 25% off if registered BY JUNE 30th. MUST USE PROMOCODE: CyclingUtah2015 "I ride it every year and it keeps getting better! Awesome job folks, thank you." - 2014 rider 100 & 50 FUN AND CHALLENGING MILES Register at: THROUGH BEAUTIFUL CACHE VALLEY " Loved it. You organized an excellent event. See you next year for sure. - '12, '13, '14 rider ALBIERWEST Intern

cycling utah

CALENDAR OF EVENTS

Utah BMX

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

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT, Practice Wednesday 6:00 - 9:00; Race Saturday, May through September, Kevin , 801-698-1490, kevin@klikphoto.net, Irbmx.com, radcanyonbmx.com/Rad Canyon Legacy Outdoor Schedule 2014.pdf

June 12-14, 2015 — USA BMX Great Salt Lake Nationals, South Jordan, UT, Location: 5200 W, 9800 South. Weekly practices on Tuesdays from May 1 through the end of September. Weekly racing on Thursdays from May 1 through the end of September. Dallas Edwards, 801-803-1900, radcanyonbmx.com, radcanyonbmx.com, radcanyonbmx.com, radcanyonbmx.com

Utah Advocacy

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

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

Salt Lake County Bicycle Advisory Committee
— Salt Lake City, UT, Bicycle Facilities Planning
Meetings are third Wednesday each
month from 4-6 p.m., with the exception
of the month when the Quarterly County
Advisory Committee is meeting on the third
Wednesday from 6-8 p.m. (see website for
meeting details). Meetings are held in Suite
N-3001 of the Salt Lake County Government
Center, 2001 S. State St., Salt Lake City, UT.
801-468-3351, Megan Hillyard, 801-468-3351,
MHilliyard@slco.org, bicycle.slco.org

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

Mooseknuckler Alliance — St. George, UT, We accept all types and styles of riders, most

important we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes, Lukas Binkerhoff, 435-632-8215, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org

Mountain Trails Foundation — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

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

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

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

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

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

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

Events, Swaps,Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 6:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None, noemail@cyclingutah.com, facebook.com/groups/SLCCM/

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

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

Moab Bike Party — Moab, Utah, 4th Wednesday of every month. 6:30 or 7:30 pm., Jeff Gutlerrez, , facebook.com/moabblkeparty

May 30, 2015 — Pedal Palooza, Herriman, UT, An event for the whole family, kids bike parade, kids bike races, bike safety rodeo, helmet safety inspection, helmet decorating station, adult/kid mountain bike event. 10 am (pre-event helmet checks at 9), Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com, pp.infinitecycles.com

May 30, 2015 — Bike Prom, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy shindig. Pierpont Place, 163 W. Pierpont Ave. Wear your prom outfits. Pre-prom ride: Liberty Park (Northeast corner) 6:00pm, Syhalla Bales, 801-815-558 syhalla@gmail.com, Jace Burbidge, 801-328-2453, jace burbidge@gmail.com, David Davis, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

May 30, 2015 — Get Into the River, Utah Bike Month, Salt Lake City, UT, Come learn about the animals and habitats supported by the river and how communities and individuals are enjoying it each and every day. There will be educational and recreational demonstrations during the festivities. Bring your bikes, your strollers, and your walking shoes and experience the Jordan River Parkway!, Laura Hanson, 801-536-4158, lahanson@utah. gov. Jen Parsons-Soran, 801-502-6794, getintotheriver@gmail.com, getintotheriver.org

mrornerver(egmail.com, getinfotheriver.org
May 31, 2015 — OpenStreets Salt Lake City,
Utah Bike Month, Salt Lake City, UT, Designed
to engage new people in bicycling and
physical activity. The event will temporar
ily open a route of city streets exclusively to
walking, biking, and other forms of active
transportation. Includes activities such as
exercise classes, dance classes, music,
food, games and other attractions along
900 South between 600 East and 200 West.
Coincides with the Tour De Brewtah., Melissa
Carroll, 801-535-6142, melissa.carroll@slcgov.
com, bikeslc.com, slcgov.com/openstreets

June 6, 2015 — National Trails Day, Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org,

June 6, 2015 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Kristen Calendar Guidelines:
Listings are free on a
space available basis and
at our discretion.
Submit your event to:
calendar@cyclingutah.com
with date, name of event,
website, phone number
and contact person and
other appropiate informa-

Let us know about any corrections to existing listings!

Kenley, (801) 501-0850, <u>kkenley@rei.com</u>, <u>rei.com/saltlakecity</u>

June 6, 2015 — National Trails Day, Weber County, UT, Partnership with USFS, focused on eradicating invasive weeds. Weber Pathways Trail Day. Come out an build trails! Check website for details., Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

June 12-13, 2015 — Velo Weekend, Tentative for 2015, Salt Lake City, UT, A whole weekend of urban cycling events beginning with a large group ride on Friday and continuing into Saturday with an Alleycat, Freestyle Tick Comp., Salt City Sprints and a Raffle. Lots of fun and prizes., Nathan Larsen, 385-202-4181, 801-916-0884, contact@velocitybags.com, veloweekendslc.com, velocitybags.com

June 20-21, 2015 — Ananconda Bike Festival,
Anaconda, MT, Pedal the Pintlers, 25 mile, 50
mile, or the most challenging Century ride:
100 mile rides through arguably the most
beautiful landscapes of Southwest Montana,
Chad Lanes, 406-563-7988, 406-563-2034,
chadlanes@msn.com, Anaconda Bike Fest
, 406-563-7988, letsride@anacondabikefest.
org, anacondabikefest.org

July 18, 2015 — Goathead Weevil Release, Salt Lake City, UT, Volunteers are needed to join the Jordan River Commission as we release puncturevine weevils along the Jordan River Parkway. These insects play an important role in managing goatheads on the trail, Laura Hanson, 801-536-4158, lahanson@ utah.gov, Jen Parsons-Soran, 801-502-6794, getlintotheriver@gmail.com, jordanrivercommission.org

mission.org

August 15, 2015 — Tour de Fat, New Belgium
Brewing's Tour de Fat, Boise, ID, Rolling
Revival of Sustainable Folly! Various Western
Locations., Paul Gruber, 888-622-4044, nbb@
newbelgium.com,
newbelgium.com/tourde-fat

September 22, 2015 — World Car Free Day, UT, Ride your bike and leave the car at home!, None , noemail@cyclingutah.com, world-carfree.net

November 14, 2015 — Henderson Stroll 'n Roll, Henderson , NV, Our spin on the Ciclovia phenomenon that is sweeping the globe. Founded in Bogota, Columbia, it's where roads are closed to motorized traffic, allowing the community to come together and enjoy the streets on bicycles, skates, skate-boards or simply on foot. The car-free street fair is packed with activities for all ages. Along the route, enjoy children's activities, interactive demonstrations, free fitness classes and games., Charlene Ham, 877-775-5252, bikehenderson@cityothenderson.com, Annetfe Mullins, 877-775-5252, bikehenderson.com, bikehenderson.com

Mountain Bike

Tours and Festivals

May 31-September 25, 2015 — Bryce and Zion National Parks (MTB), St. George, UT, 6-day, 140-mile guided Min Biking Tour thru Brian Head, Red Canyon, Navojo Lake Trail, Virgin River Rim and Hiking the Zion Narrows. Tour includes 5-night camping and 1 inn or 5-night all inns, transportation and food. Also available throughout the summer. May 31-June 5 (inns), June 14-19 (camp), June 28-July 3 (camp), July 12-17 (camp), August 2-7 (camp), August 16-21 (camp), September 6-11 (camp), September 20-26 (inns), Sally M., 800-596-2953 x1, 702-596-2953, Info@escapeadventures.com, escapeadventures.com

June 5-7, 2015 — BetterRide MTB Camp, Park City, UT, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, info@BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net

June 5-7, 2015 — BetterRide MTB Camp - Womens's , Evergreen, CO, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, into@BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net

June 11-18, 2015 — Granite Ridge Girls and Stone Temple Mountain Bike Camp, Cheyenne, WY, Curt Gowdy State Park. 2 1/2 day girls camp June 11-13, 4 12 day coed camp June 14-18, grades 7-12, ages 13-18. Riding skills and education sessions., Richard Vincent, 307-760-1917, 307-777-6478, enduro. rv@gmail.com, laramileenduro.org

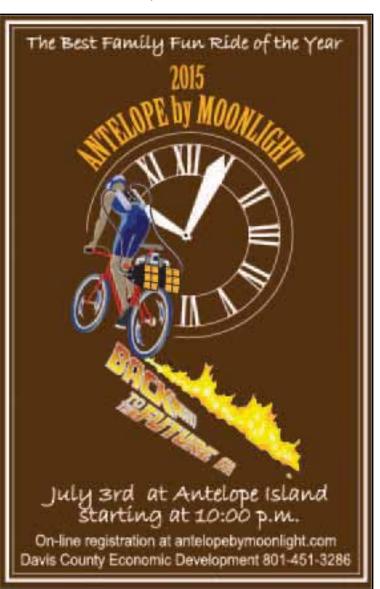
June 12-14, 2015 — BetterRide MTB Camp, Evergreen, CO, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, info@ BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net

June 13, 2015 — VIDA MTB Series: Beti Bike Bash, VIDA MTB Series, Lakewood, CO, Women's mountain bike skills clinics, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

June 19-21, 2015 — Black Hills Fat Tire Festival.
Rapid City, SD, Promoting Mountain Biking in
the Black Hills of South Dakota through bikes
brews and BBQ. Socials with a feature film
races, poker run and more., Kristy Lintz, 605394-4168, 605-484-1724, kristy Lintz@rcgov.org,
bhfattirefestival.com, reparksandrec.org

June 19-21, 2015 — BetterRide MTB Camp, Flagstaff, AZ, BetterRide's team of profession- al coaches is dealicated to teaching idders of all levels the skills to ride in balance, in control & have more fun on their bikest, Gene Hamilton, 970-335-8226, info@BetterRide.net,





Patrick Gilbery, <u>patrick@betterride.net</u>, <u>betterride.net</u>

June 19-21, 2015 — Grand Canyon Fat Tire Festival, Kalbab Lodge, AZ, 2nd Annual 100 & 58 mile GC Alpine 100 MTB race, 50 mile 5 Fingers Rainbow Rim Non-Competitive MTB ride, Festival with food, family events, and live music. 12 & 25 mile East Rim and Saddle Mountain MTB tour with Escape Adventures. Saturday's race is unlike any mountain bike race you've ever done, as you swoop through aspen and ponderosa pine on double track to the breathtaking North Rim of the Grand Canyon, ride in and out of forests on incredible rim skirting single-track. Sunday's tour is fun for the whole family overlooking Saddle Mountain Wilderness and East Rim of the Grand Canyon, Sally M., 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, Marcy Wilson, 800-596-2953 x1, 702-596-2953, marcy@escapeadventures.com, gcfattirefestival.com

June 20-21, 2015 — VIDA MTB Series: Keystone BIKe Park, VIDA MTB Series, Keystone, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com,

June 20, 2015 — Beaver Dam 49er Gravel Grinder. Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through pinyon and juniper trees. The course then swings around back to the main park road and down into Campground B where barbequed hamburgers await to be devoured., Dawn Andone, 775-728-4460, cathedralgorge vc@lcturbonet.com, beaverdamgravelarinder.com

June 25-28, 2015 — Ride Sun Valley Mountain Bike Festival, Sun Valley, ID, 4 days of Sun Valley's best singletrack and mountain bike fun for riders of all ages and abilities. The festival features free guided rides, clinics, races, a bike expo, beer garden, entertainment and more. June 26 Sheeptown Drag RacesJune 26-28 Enduro Cup "Sun Valley Super Enduro 24-10 Dewntown Prologue IT, criterium/team relay and opening night partyJune 27- Sun Valley Super Enduro Day Two and awards partyJune 28 Idaho Pumptrack State Championships, Greg Randolph, 800-634-3347, greg@visitsunvalley.com, Jessica Kunzer, 801-349-4612, ikunzer@mtsports.com, ridesunvalley.com, visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

June 25-28, 2015 — Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour on June 28 – 29. KEEN Rippin Chix camps for women, and guided mountain bike rides and free shuttles to premiere trails also are highlights, Crested Butte Chamber, 970-703-3366, 970-349-6438, cbinfo@chamber.com, Shaun Matusewicz, 970-703-3366, Shaun@ironorchidevents.com, cbbikeweek.com

June 29-October 9, 2015 — Canyonlands, Arches & Moab Multi-Sport Adventure (MTB), Moab, UT, 6-days, 5 nights Hiking, Raftling, Mountain Biking, Intro to Rock Climbing & Canyoneering in the amazing National Parks. Camping and Inns options: March 29-April 3 (camp), March 22-27 (inns), April 26-May 1 (inns), May 3-8 (camp), May 10-15 (camp), September 6-11 (camp), September 20-25 (camp), October 4-9 (inns), Sally M., 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

July 3-5, 2015 — BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikest, Gene Hamilton, 970-335-8226, info@BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net

July 5-September 4, 2015 — Grand Staircase Escalante Singletrack (MTB), Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountrymountain biking. Secluded Tralls, private visitas, high mountain lakes & an abundance of wildlife. Cabins: July 5-10, August 2-7, August 30-September 4, Sally M., 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

July 5-August 7, 2015 — Colorado Trail MTB Tour, Monroe, CO, July 5-10, 13-18, 19-24, Aug 2-7. You'll explore unspoiled landscapes, rush through cool mountain air, drink in 360 degree mountain views and pedal past carpeted fields of wildflowers (which can be handle-bar high). High altitude campsites offer a canopy of bright stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyllorauthes.

July 5-August 7, 2015 — Crested Butte Singletrack MTB Tour, Crested Butte, CO, July 5-10, Aug 2-7. Covers the immensely beautiful, challenging and remote terrain in the Elk Mountains of south-central Colorado. This 6-day tour covers the singletrack CB's locals love best. This tour does not fool around; it delivers prime singletrack, stellar campsites and the best swimming holes the Elk Mountains can serve up., John Humphries, 970-728-5891, info@lizardheadcyclingauldes.com, lizardheadcyclingauldes.com

July 10-12, 2015 — BetterRide MTB Camp, Winter Park, CO, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in bal-



ance, in control & have more fun on their bikest, Gene Hamilton, 970-335-8226, info@ BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net

July 18-19, 2015 — Trek Dirt Series Mountain Bike Camp, Winter Park, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), register@dirtseries.com, Emily Neuman, 604-484-6238, info@dirtseries.com, dirtseries.com

484-6238, info@dirtseries.com, dirtseries.com
July 24-26, 2015 — Bryce Canyon Fat Tire
Festival, Tentative, Ruby's Inn, UT, MTB race,
family tour, Sunday ride options, 36k and 66k
race options. Family Tour is great for all ages,
9 mile ride consisting of 6 miles of paved
bike path and 3 miles of dirt road. Sunday
Tour is fun for the whole family and includes
a pancake breakfast, a gourmet lunch, and
spectacular views. You can choose from
a family and kid friendly 9 mile ride, a
moderate 14 mile ride or an intermediate/
advanced 17 mile ride, Sally M., 800-5962953 x1, 702-596-2953, info@escapeadventures.com, Marcy Wilson, 800-596-2953 x1,
702-596-2953, marcy@escapeadventures.

July 25-26, 2015 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the blike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), register@dirtseries.com, Emily Neuman, 604-484-6238, info@dirtseries.com, dirtseries.com

July 26-August 14, 2015 — Glacier National Park Bike Tour, Whitefish, MT, July 26-31, August 2-7, 9-14. Options for cyclists of all abilities. Ride as much as or as little as desired. There are BIG climbs and bonus mileage options available each day. Both parks provide not to be missed hiking options to waterfalls, verdant meadows filled with wildflowers and mountain summits. John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 30, 2015 — Wildflower Trailfest, Snowbasin, UT, Utah's first and only Mountain Bike Challenge for women. Group Clinic or Race Option (beginner, sport, expert, or relay categories). Age-group cash prizes. Finish line celebration. Stacie Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowertrailfest.com

July 31-August 1, 2015 — White Rim in One Night, Moab, UT, Ride the entire White Rim Trail in a single night during a full moon. Fully supported. Everything included for only \$30., Dan Burton, 801-653-2039, epicbiking@gmail.com, Jake Weber, 801-592-1348, sierrabravoone@gmail.com, epicbiking.com

August 1-2, 2015 — Knobby Tire Bike Tour of Idaho City, Idaho City, ID, We will ride round trip from Boise to beautiful downtown Idaho City - a total of 88 miles., <u>Idahowalkbike.org</u>

August 7-9, 2015 — BetterRide MTB Camp, Park City, UT, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikest, Gene

August 8-16, 2015 — BlomFest, Salmon, ID, Come Join the most unorganized mountain bilke gathering in Idaho. Blomfest is 9 days of high alpine, primative trail riding all over Lemhi County. Ride at your own riskl, Max Lohmeyer, 208 756 7613, blom@idesalmon.com, Marc Landblom, 435 260 0991, marclandblom@gmail.com, ridesalmon.com

August 14-16, 2015 — BetterRide MTB Camp, Evergreen, CO, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, info@ BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net

August 15-16, 2015 — VIDA MTB Series: Crested Butte Mountain Resort, VIDA MTB Series, Crested Butte, CO, Women's mountain blike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

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August 21-23, 2015 — BetterRide MTB Camp, Flagstaff, AZ, BetterRide's feam of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their blikes, Gene Hamilton, 970-335-8226, info@BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net

August 28-30, 2015 — BetterRide MTB Camp, Durango, CO, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, info@BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net

August 29-30, 2015 — VIDA MTB Series: Spirit Mountain, VIDA MTB Series, Duluth, MN, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

September 4-7, 2015 — TVTAP WYDAHO Rendezvous Mountain Bike Festival, Teton Valley, ID. 6th Annual, held at Grand Targhee Resort. Races: Super D with 4,300th decent, XC race, and shenanigans. Tim Adams, 208-201-1622, tim@IVTAP.org, TVTAP, 208-201-1622, BikeFest@IVTAP.org, teton-bikefest arg. tytap.org.

bikefest.org, tytap.org

September 25-27, 2015 — MECCA Fall MTB
Festival, Wedge Overlook (Near Castle
Dale), UT, Registration begins Friday at
1 pm followed by a "warm up ride" at 3 pm.
Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging
from beginner to advanced. End the day
with a provided BBQ dinner. Finish up on
Sunday morning with a provided breakfast
and a guided (or on-your-own) scenic ride.
Family-friendly (meal tickets only available),
Kim Player, 435-653-2440, meccabikeclub@
etv.net, biketheswell.org

September 26-27, 2015 — Trek Dirt Series Mountain Bike Camp, Durango, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), register@dirtseries.com, Emily Neuman, 604-484-6238, info@dirtseries.com, dirtseries.com

October 1-4, 2015 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos.shuttles, lunch, beer, and admission to parties and films., Don Wiseman, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 22-25, 2015 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 10th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike film festival, townie tour, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy, Reed. 435-259-4688, info@chilebikes.com, moabhodown.com, chilebikes.com

December 5, 2015 — Global Fat Bike Day Utah, Ogden, UT, 10 am, location TBD. We are planning to have a tailgate style BBQ / Party. This is a gathering of Fat Bike enthusiasts to celebrate Fat Fun and Friends with a ride and party. Mark Peterson, 801-782-3663, marking-tersong-adjagnal (and party).

Utah Weekly MTB

Race Series

April 14-August 21, 2015 — Mid-Week Mountain Bike Race Series, Mid-Week MTB Race Series Park City, Draper, and Solltude, UT, Races are on Tuesday evenings. Registration begins at 5:00, kids race at 6:00 and main event at 6:30. April to August.Corner Canyon Apr. 28, Corner Canyon May 5, Heber (Coyote Trail) May 12, Round Valley May 19, Night race Herriman (Party Rock) May 29, Round Valley June 2, Round Valley June 9, Deer Valley (Snow Park) June 23, Solltude July 7, Solitude July 21, Deer Valley (Silver Lake) July 28, Snowbird Aug. 4, Solltude Aug. 11, Night race Corner Canyon Aug. 21, Brooke Howard, 385-227-5741, brooke@midweekmtb.com, midweekmtb.com, facebook.com/midweekmtb

May 6-August 5, 2015 — Sundance/Soldier Hollow Weekly Race Series. WWRS, Sundance, Soldier Hollow, UT, Wednesday nights, May - Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins. 2015 Dates: Wasatch County: May 6, 20th; June 3, 17; July 1, 15, 29; Sundance: May 13, 27; June 10, 24; July 8, 22; Aug 5, Tyson Apostol, 435-200-3239, 801-223-4849, races@euclldoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, weeklyrace-series.com

June 3-August 26, 2015 — Mt. Ogden Midweek XC Race Series, Snowbasin Resort, UT, June - August, Check for dates, Registration-5pm 6:30pm at Grizzly Center, Race Start: 6:30, Tim Eastly, 801-620-1000, 801-620-1045, teastley@snowbasin.com, mtogdenraceseries.com, bebildes.com

Regional Weekly

MTB Race Series

June 23-August 18, 2015 — Laramie Mountain Bike Series, Laramie, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability., Evan O'Toole, info@laramienthseries.com laramienthseries.com

Utah Mountain

Bike Racing

May 30, 2015 — Wild Horse Dirt Fondo, Delle, UT, New Date! 76 miles, 5,000 vertical, zero miles of pavement, county-maintained 2WD dirt and gravel roads around and across the Cedar Mountain Wilderness Area. Little Wild Horse option of 31 miles, 1,800 vertical. Covers many of the same segments as The Wild Horse. Separate start at 10 A.M. Start/Finksh in Delle, Utdn. The start line is less than one hour west of SLC on I-80. The Wild Horse is a supported Dirt Fondo. This is not a race, but there will be a mass start, Chris Magerl, 801-595-8293, daymag@hotmail.com, RideWildHorse.com

June 6, 2015 — Deer Valley Pedal Fest, Intermountain Cup, Deer Valley, UT, XC #5, this will be a fun course comprised of great alpine single track., Bryson Perry, 801-233-1400, 949-973-0330, Brysoniperry@gmail.com, intermountaincue.com

June 13, 2015 — Wasatch Back 50, Intermountain Cup. Heber, UT, EXC #3. This 50 mile course will run counter-clockwise. There will be a short course option as well., Bryson Perry, 801-233-1400, 949-973-0300, Brysonlperry@gmail.com, Intermountaincup.com

June 20, 2015 — Dixie 200, Parowan, UT, Selfsupported, 200 miles of trail and remote terrain between Bryce Canyon and Brian Head in southern UT. Virgin River Rim, Thunder Mountain, Grandview and several other trails. Start: 7am, intersection of 2nd Left Hand Canyon and Hwy 143., Dave Harris, hairball.dh@gmail.com, 2-epic.com/events/ dixie200.html

June 20, 2015 — Battle at Three Peaks, Intermountain Cup, Cedar City, UT, Rescheduled. XC race #4 A new course back at Three Peaks. A fun 6 mille loop. Make this your camping trip too as it will be a blast out there., Bryson Perry, 801-233-1400, 949-973-0300, Brysonlperry@gmail.com, intermountaincup.com, spingeeks.com

June 27, 2015 — Sundance Spin, Intermountain Cup, Sundance Resort, UT, Utah State Championships., The Sundance venue is back again this year with some of the best single track Utah has to offer, Bryson Perry, 801-233-1400, 949-973-0300, Brysonlperry@gmail.com, Intermountaincup.com

June 27, 2015 — Fire Road Cedar City, Cedar City, UT, 25k, 60k, 100k distances, starts at Main StreetPark at 8am, 7000 ft. total elevation gained for 100km; 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km .25-qualifying slots for the Leadville 100 up for grabs for 100km event, Cameron Christensen, 435-586-2770, 801-884-2332, cameronc@cedarcity.org, fireroadcycling.com

June 27-28, 2015 — Canyonball Downhill and Super D. Go-Ride Gravity Series, Park City, UT, Held at The Canyons Resort, Super D on Saturday, Downhill on Sunday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

July 4, 2015 — The Rage at Snowbird, Intermountain Cup, Snowbird, UT, Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes. Bryson Perry, 801-233-1400, 949-973-0300, Bryson|perry@gmail.com, intermountaincup.com

July 11, 2015 — The Crusher in the Tushar, American Ultra Cross Series, Beaver, UT, 70 miles of mixed-surface blke racing exploring Southern Utah's Tushar Mt. range on dirt and asphalt. Features 10,500+ of climbing traversing Utah's highest and most scenic roads. You choose the blke, the Tushars choose the winner., Burke Swindlehurst, roadirl@msn.com, tusharcrusher.com

July 24-26, 2015 — Bryce Canyon Fet Tire Festival, Tentative, Ruby's Inn, UT, MTB race, family tour, Sunday ride options. 36k and 66k race options. Family Tour is great for all ages, 9 mile ride consisting of 6 miles of paved bike path and 3 miles of dirt road. Sunday Tour is fun for the whole family and includes a pancake breakfast, a gournet lunch, and spectacular views. You can choose from a family and kid friendly 9 mile ride, a moderate 14 mile ride or an intermediate, advanced 17 mile ride, Sally M., 800-596-2953 x1, 702-596-2953, into@escapeadventures.com, Marcy Wilson, 800-596-2953, con, befattirefestival.com

July 25, 2015 — Brianhead, Intermountain Cup, Brianhead, UT, EXC #4- Finals. The Icup is back in Brianhead after a long hiatus. The race will consist of classic high mountain single track and dirt roads. With the high attitude, amazing scenery and awesome trails, this will be one great day of racing.. Bryson Perry, 801-233-1400, 949-973-0300, Brysoniperry@gmail.com, intermountaincup.com

July 30, 2015 — Wildflower Trailfest, Snowbasin, UT, Utah's First and only Mountain Bike Challenge for women. Held at Snowbasin Ski Resort. 3 timed courses. Awards for age group winners. , Stacle Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerfrailfest.com

August 1, 2015 — The Chris Allaire Solitude Cup, Intermountain Cup, Solitude Resort, UT The second to last stop in the XC series, this race is a long time favorite for many and this year will be no different. Look for some fun exciting racing to happen here on some of the best trails Northern Utah has to offer. Also a great place to tune up before the High School racing starts., Bryson Perry, 801-233. 1400, 949-973-0300, Brysonlperry@gmail.com

August 14-16, 2015 — Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 14 at noon. The downhill is on Saturday, August 15. Dark Hollow Super D is on Sunday, August 16. , Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 15, 2015 — Scott Enduro Cup at Canyons Resort, Scott Enduro Cup Series, Park City, UT, Last year's race featured a stacked pro field and enthusiastic crowd. Racers at Canyons Resort can expect a course covering 17+ miles of trails within Canyons' network covering approximately 3,400 vertical feet ascending and descending. Premier racing for pros, amateurs, and juniors including challenging courses, professional timing, and a lively festival with lunch for competitiors, Jessica Kunzer, 801-349-4612, kunzer@misporis.com, Courtney Leonard, 801-349-4616, com, endurocupmtb.com

August 15, 2015 — Utah High School Cycling Junior League Race Clinic and Prologue, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, utahmtb.

August 22, 2015 — Brian Head Enduro, Brian Head, UT, Multi-stage enduro race where





Sunday - June 7, 2015

Stateline, South Shore Lake Tahoe, NV - 24th Annual. A great Century Ride around Beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program. 3000 participants.

Saturday - June 20, 2015
Genoa NV - 8th Appual Tour of the Carson Valle

Genoa NV - 8th Annual Tour of the Carson Valley - BBQ & Ice Cream Social. 6 Mile beginner Mtn Bike Ride, 11 Mile Family Fun Ride, 20 Mile Bike & Hike, 44 Mile and challenging 60 Mile ride. Live Music, BBQ & Ice Cream Social at rides end



Sunday - Sept 13, 2015

Lake Tahoe, NV - 13th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72 Mile Shoreline. 2000 participants.

Sept 27 - Oct 3, 2015

24th Annual "One Awesome Tour Bike Ride Across Nevada." Fully Supported multi-day tour across the Silver State on US Hwy 50- America's Loneliest Road from Lake Tahoe to the Great Basin National Park. Limited to 50 participants.



For more info and to register go to BiketheWest.com

- racers compete to score the fastest time down the mountain., Jordan Bracken, 435-229-5397, 435-703-9880, jordan@rapidcyclin-
- August 22, 2015 Corner Canyon Classic, Intermountain Cup, Draper, UT, The final race of the I-Cup racing season as well as the series award party/BBQ for both the EXC and XC series. The course will be ripping fast and fun trails with a party to match. Don't miss this one!, Bryson Perry, 801-233-1400, 949-973-0300, Bryson|perry@gmail.com, intermountains un company. mountaincup.com
- August 28, 2015 Utah High School Cycling Junior League Race #1, Utah High School Cycling League Race Series, Soldier Hollow, UT, Lori Harward, 801-502-8516, 801-661-7988,
- August 29, 2015 Utah High School Cycling League Race #1, Utah High School Cycling League Race Series, Soldier Hollow, UT, A new and different race course than last year. In addition, we have added 1 new division and wave, so start times have changed to:

 Waye 1.5 Freshmen Roys starting at 9:30AM Wave 1- Freshmen Boys - starting at 9:30AM High school race is for 9th -12th graders There will be a race on Friday, September 5th for the new junior development (7th & 8th grade) teams. Please visit our website for more information., Lori Harward, 801-502-8516, 801-661-7988, <u>lori@utahmtb.org</u>
- September 5, 2015 Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, info@thepcpp.com, thepcpp.com
- September 11, 2015 Utah High School Cycling Junior League Race #1, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-661-7988,
- September 12, 2015 12 Hours of Sundance, Sundance Resort, UT, With Solo, 2-Man, 4-Man and Coed options this event has something for everyone. Race goes from 7am 7pm., Czar Johnson, 801-223-4121, 801.223-4849, czarj@sundance-utah.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, sundancere. johnw@sundance-utah.com , sundancere-sort.com/explore/sum biking races.html
- September 12, 2015 Utah High School eptember 12, 2015 — Utah High School Cycling League Race #2, Utah High School Cycling League Race Series, TBD, UT, Races are for 9th through 12th grades only. Categories for individual scoring are Freshman, Sophomore, JV, and Varsity for boys and girls separately. Team scoring for division I, II, and III teams. Race starts Saturday at 9:30am. Bring your family and cowbells for a great day of fun cheering your local high school team at our spectator-friendly 4-6 mile lap courses., Lori Harward, 801-502-8516, 801-661-7988, lori@ utahmtb.org, utahmtb.org, utahmtb.org. <u>utahmtb.org</u>, <u>utahmtb.org</u>
- September 19, 2015 Widowmaker Hill Climb, tentative, Snowbird, UT, Starts in Gad Valley 10 AM, 3000ft vertical race to the top of the Tram for awards, food and fun., James Zwick, 801-583-6281, sports@sports-am.com
- Gunlock, UT, A Gravel Grinder is coming to Southern Utah! Race any style of bike on 49 miles of dift road, with over 6,000 feet of climbing. Jordan Bracken, 435-229-5397, 435-703-9880, Jordan@rapidovclinaraelacom. rapido September 19, 2015 — Goldstrike Gravel Race 435-703-9880, jordan@rapidcyclingracing.com, rapidcyclingracing.com
- September 19, 2015 Boulder Basin Challenge Enduro, Midway, UT, David McCluskey, 435 714-0401, mc
- September 20, 2015 Tour de Suds, Park City UT, 7-mile mountain blike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435 49-6839, ginger@mountaintrails.org, moun taintrails.org
- September 26, 2015 Snowbird Ultra Hill Climb, Snowbird, UT, 8 am start on 9400 S near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing)., Misty , 801-933-2115, misty@ snowbird.com, snowbird.com/events/bicy-cle-hill-climb/
- September 26, 2015 Utah High School Cycling League Race #3, Utah High School Cycling League, Moab, UT, Race for 9th through 12 graders only. Flist wave going off at 9:30 am, with 3 waves during the day. Spectator friendly 4-6 mile laps, total length depends on category. Both individual scor-

- ing and team scoring., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org,
- September 26, 2015 12 Hours of Zion, Zion eptember 26, 2015 — 12 Hours of Zion, Zion National Park, UT, New Date! Come race on Zion Ponderosa Ranch, on the east side of Zion National Park, for an all-new 12 hour cross country mountain blke race. Bring family and friends to enjoy the scenery and cheer racers on., Jordan Bracken, 435-229-5397, 435-703-9880, jordan@rapidcyclingrac-ling.com ing.com, rapidcyclingracing.com
- September 27, 2015 Red Bull Rampage, tentative 2015, Virgin, UT, Slopestyle jump contest in Utah's desert, Red Bull, 310-393-4647, noemail@cyclingutah.com, redbull.com/us/
- October 3, 2015 Wasatch 360 6 Hour Rac Vitable 13, 2015 — Wasatch 360 6 Hour Race, Utah Cup, Heber, UT, 6 hr MTB race with Solo, Duo, or Triple categories for men, women, & coed plus a Junior's category, Held in Heber City above the UVU Wasatch Campus. Proceed support Summit Bike Club and junior mountain biking in Litah. Michael John Turner, 801.464.4351 in Utah., Michael John Turner, 801-664-6351, mj@webecycling.com, Karl Redel, karl@webecycling.com, webecycling.com
- October 9-10, 2015 Fall Fury, Utah Offroad Series, St. George, UT, Short track, cross Detober 9-10, 2015 — Fall Fury, Utah Offroad Series, St. George, UT, Short track, cross country and downhill riding through St. George's Zen trail. Participants can choose which races within the Fall Fury they want to do. Want to do short track and cross country but skip downhill? No problem! You choose what you want to do!, Jordan Bracken, 435-229-5397, jordanbracken@gmail.com, Jordan Bracken, 435-229-5397, dordanbracken@gmail.com, jordan@rapidcyclingracing.com, rapidcy-
- October 10-12, 2015 Moab Rocks, Moab UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format. cher, 866-373-3376, info@transrockles. Kevin McDonald, 866-373-3376, info@ rockles.com, Kevin McDonald , 866-373-kevin@transrockles.com, <u>TransRockles.</u>
- October 10, 2015 Utah High School Cycling League Race #4, Utah High School Cycling League Race Series, Eagle Mountain, UT, A new course is in the works for this race, A flew course is fit file works for his face, willizing the lower trails. First wave (Freshmen Boys) starts Saturday at 9:30 am. Bring your family and cowbells for a great day of fun, cheering your local high school team at our spectator-friendly 4-6 mile lap courses., Lori Harward, 801-502-8516, 801-661-7988, lori@
- October 16-17, 2015 Huntsman World Senior Games Mountain Biking, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case 800-562-1268, hwsg@infowest.com, Merrill Barney, , seniorgames.net
- October 24, 2015 Moab Epic, AXS Series, Moab, UT, An MTB Safari a 50+ mile cross country mountain bike adventure. Riders will race over 50+ miles on Moab's best single track and jeep roads, in a true Safari style adventure. Will Newcomer, 70-403-5320, 2015@crostytolgy.com.gray.typlgy.com. 2015@gravityplay.com, gravityplay.com
- 2015@gravityplay.com, gravityplay.com
 October 24, 2015 Utah High School Cycling
 League Race #5, Utah High School Cycling
 League, St. George, UT, Races are for 9th
 through 12th grades only. Categories for
 individual scoring are Freshman, Sophomore,
 JV, and Varsity for boys and girls separately.
 Team scoring for division I, II, and III teams.
 Race starts Saturday at 9:30am. Bring your
 family and cowbells for a great day of fun
 cheering your local high school team at our
 spectator-friendly 4-6 mile lap courses., Lori
 Harward, 801-502-8516, 801-661-7988, lori@
 utahmtb.org, utahmtb.org
- November 7-8, 2015 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane UT, Held Sat 10 am to Sun 10 am with the bonusdouble midnight lap due to the fall-back time change. 13 mile long course in the UT desert combines sweet single track , with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048,

Regional Mountain

Bike Racing

May 30, 2015 - PV Cycle Derby, RME, Elbert, CO, Distances for all levels, free junior and kids races. Distances: Endurance-50 miles, XC-30 miles, Appetizer-20 miles, Jr 15-80 20 miles, Jr 13-14 10 miles, Jr 11-12 miles., Lauren Swigart, 970-401-1422, <a href="mailto

- tainendurance.com, rockymountainendur-
- May 31, 2015 Gowdy Grinder, Laramie, WY, May 31, 2015 — Gowdy Grinder, Laramie, 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 the challenging riding typical of Curt Gowdy, Evan O'Toole, info@laramiemtbseries.com, aowdvarinder com <u>ies.com, gowdygrinder.</u>
- June 1-22, 2015 Monday Night Lights Crit Series, MBRA Series, Billings, MT, Weekly Monday night Crit Series,
- June 3, 2015 Wood River Cup Race #2, Wood River Cup, Halley, ID, Halley Community Bike Park, short track cross country., Billy Olson 208-788-9184, billy@powerhouseidaho.com powerhouseidaho.com
- June 6, 2015 Knobby 9 to 5, Knobby Tire Series, Avimor, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knob-
- June 6, 2015 Gunny Enduro, Grand Junction, CO, 4 mile race down the Gunny Loop of the famous Lunch Loop Trail system. 800ft of descending and 200 feet of climbing., John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com
- June 6, 2015 EROCK Sunrise to Sunset, Castle Rock, CO, This year the race will move to our new venue at the freshly cut trails of the Philip S Miller Park in Castle Rock, Colorado The 6.5 mile course wanders through the hills and drainages surrounding the park and offers ample viewing from the staging area for team members and spectators. Mike Heaston, 303-282-9015, 303-635-2815 emgmh@emgcolorado.com, Elephant Rock info@elephantrockride.com, erockrace.
- June 10, 2015 Wood River Cup Race #3, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross coun-try., Billy Olson, 208-788-9184, billy@power-houseidaho.com, powerhouseidaho.com
- June 12-13, 2015 City Creek Pedalfest, Pocatello, ID, Mountain Blke Race. Klds Race and Spaghetti Dinner Friday night. Saturday, Race Day! Beginner, Sport and Expert Classes (12, 17, 27 miles) Awards, Prizes, Raffle, music, food & fun., Lindi Smedley 208-251-5915, <u>lindijo@mac.com</u>, <u>pocatel</u>
- June 12, 2015 Lolo 12 Hour, MBRA Series, Lolo, MT, Jesse Doll, wjdoll@gmail.com, northern-
- June 13-14, 2015 Beti Bike Bash, Lakewood CO, Women's only mountain bike race, MTB expo demo, VIDA MTB series clinic, and Little Bellas Girls Camp., Amy Thomas, 720-878-7363. 878-7363, <u>betibikebash@gmail.com,</u> Sarah Rawley, 503-805-0043, <u>info@vidamtb.com</u>
- June 13. 2015 Fear, Tears & Beers Enduro, Ely Intel 13, 2015 — rear, lears & Beers Enauto, Ely, NY, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes, Kent Robertson, 775-289-6042, 775-296-2162. krobeg@mwpower.net, greatbasintrails.org
- June 14, 2015 Beti Bike Bash, VIDA MTB Series, Lakewood, CO, Women's only mountain bike race and festival, Amy Thomas, /20-878-7363, betibikebash@gmail.com Sarah Rawley, 503-805-0043, info@vidamtb
- com, betibikebasn.com

 June 17, 2015 Wood River Cup Race
 #4, Wood River Cup, Hailey, ID, Hailey
 Community Bike Park, Short Track Cross
 Country., Billy Olson, 208-788-9184, billy@
- June 18-21, 2015 Missoula XC at Marshall **Mountain**, US Pro XCT, Missoula, MT, Steep technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long steep climbs per lap will test racers' fitness limits., Ben Horan, bfhoran@gmail.com, mis ran@gmail.com, mis-
- June 19-21, 2015 Black Hills Fat Tire Festival, Rapid City, SD, Promoting Mountain Biking in the Black Hills of South Dakota through bikes, brews and BBQ. Races: Hill Climb. Super D, XC and Youth XC., Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhfat
- June 19-21, 2015 Jackson Hole Mountain une 1y-21, 2015 — Jackson Hole Mountain Games, Jackson, WY, 3 day festival including mountain bike racing on Sunday, bouldering, mountain running, paragliding, and stand up paddle boarding competitions. In addition music, food, drink, and outdoor industry representation., Rebecca Katz, 360-441-5620, Rebecca Katz@ihmountaingames.



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- pine on double track to the breathtaking North Rim of the Grand Canyon, ride in and out of forests on incredible rim skirting singletrack. Sunday's tour is fun for the whole family overlooking Saddle Mountain Wilderness and East Rim of the Grand Canyon., Sally M. 800-596-2953 x1, 702-596-2953, info@esca peadventures.com, Marcy Wilson, 800-596-2953 x1, 702-596-2953, marcy@escapead-ventures.com, gcfattirefestival.com
- June 20-21, 2015 Jug Mountain Ranch XC and State Championship Enduro, Idoho Enduro Series, McCall, ID, XC Saturday, Enduro Sunday, Courses divided by ability No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby., James Lang, 208-571-1853, 208-344-9182, <u>llang83702@yahoo.com</u>, <u>idahoen-</u>
- June 21, 2015 Discovery XC, MORS State Championship Series, Anaconaa, MI, Inecurse is a 7.3 mile loop comprised of 60% double-track and 40% single-track. Part of the Anaconad Bike Festival, Chad Lanes, 406-563-7988, 406-563-2034, <u>Chadlanes@msn.com</u>, Anaconad Bike Fest , 406-563-7988, <u>Chadla</u> cycling.net, anacondabikefest.org
- June 21, 2015 Missoula Enduro, Montana Enduro Series, Missoula, MT, Montana Enduro Series , contact@montanaenduro.com, Series , <u>contact@montanaenduro.com</u> Christine Wike, <u>christine@montanabicycle-</u> guild.org, montanaenduro.con
- **June 24, 2015 Wood River Cup Finals**, Wood River Cup, Hailey, ID, Hailey Community Bike River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@powerho
- June 25-28, 2015 Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour on June 28 29. KEEN Rippin Chix camps for women, and guided mountain bike rides and free shuttles to premiere trails also are highlights., Crested Butte Chamber, 970-703-3366, 790-349-6438, cbinfo@chamber.com. Shaun Matusewicz. cbinfo@chamber.com, Shaun Matusewicz, 970-703-3366, Shaun@ironorchidevents.com, cbbikeweek.com
- June 25-28, 2015 Ride Sun Valley Mountain une 25-28, 2015 — Ride Sun Valley Mountain Bike Festival, Sun Valley, ID, 4 days of Sun Valley's best singletrack and mountain bike fun for riders of all ages and abilities. The festival features free guided rides, clinics, races, a bike expo, beer garden, entertainment and more. June 26 Sheeptown Drag RacesJune 26-28 Enduro Cup "Sun Valley Super Enduro"June 25- Downtown Prologue TIT, criterium/team relay and opening night partyJune 27- Sun Valley Super Enduro Day OneJune 28- Sun Valley Super Enduro Day Two and awards partyJune 28 Idaho Day Two and awards partyJune 28 Idaho Pumptrack State Championships, Greg Randolph, 800-634-3347, greg@visitsunvalley.com, Jessica Kunzer, 801-349-4612, [kunzer@msports.com, Courtney Leonard, 801-349-4616, cleonard@mtsports.com, ridesunvalley. com, visitsunvalley.com
- June 27, 2015 Soldier Mountain, Knobby Tire une 27, 2015 — Solaier Mountain, Knobby Ilie Series, Fairfield, ID, Soldier Mountain Resor XC course, known for the big climbs and big descents. Racers will climb over 800°C to see views that others dream about., Ha Miller, 208-869-4055, 208-720-3019, info@brc kenspokecycling.org, knobbytireseries.com
- June 27-28, 2015 Scott Enduro Cup at Sun Valley, Scott Enduro Cup Series, Sun Valley, ID, Competitors will be challenged to different hair-on-fire race stages. Gravity-hungry athletes will take on one of the longest endu-ros in the U.S. Racers will us a combination of lifts and good old pedal power to reach the start of each course., Greg Randolph, 800-634-3347, greg@visitsunvalley.com, Ellen Gillespie, 208-726-2777, ellen@sunvalleyevents.com, Jessica Kunzer, 801-349-4612, kunzer@mtsports.com, Courtney Leonard, 801-349-4616, cleonard@mtsports.com, ride-
- June 27-28, 2015 Big Mountain Enduro Aspen/Snowmass, Big Mountain Enduro Series, Snowmass, CO, Epic, backcountry and lift-accessed enduro racing., Brandon Ontiveros, 303-551-4813, info@bigmoun-Untiveros, 3U3-551-4813, info@bigmoutainenduro.com, bigmountainenduro.com
- July 1-8, 2015 Camp of Champions Race Series, Leadville, Co with past champions and experience every inch of the LT 100 MTB course in Leadville A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforget-table experience., Josh Colley, 719-219-9357,

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· Basketball

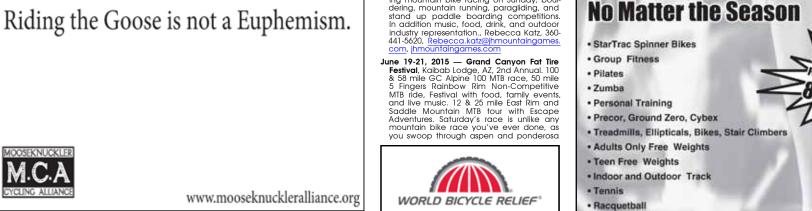
• Massage

· Swimming (All Year)

Nursery Facilities

· Whirlpool, Sauna, Steam

- JColley@lifetimefitness.com, Kerrie Bruxvoort, 719-219-9357, kbruxvoort@lifetimefitness.
- July 11-12, 2015 Keystone Big Mountain Enduro, Big Mountain Enduro Series, Keystone, CO, Epic, backcountry and lift-accessed enduro racing., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com ainenduro.com
- July 11, 2015 Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@lifetime-
- July 16, 2015 Southeast Idaho Senior Games , Pocatello, ID, City Creek Trails; Staging at Centennial Park 6:00pm. Categories: Short Medium, Long and Single Speed., Dana Olson, 208-233-2034, 208-317-3918, southeas idahoseniorgames@gmail.com, seidahose niorgames.org
- July 17, 2015 Southeast Idaho Senior Games 10K Time Trial, Pocatello, ID, Staging Marsh Valley High School near Arimo 9:00an, Dana Olson, 208-233-2034, 208-317-3918, oseniorgames@gmail.com
- July 17, 2015 Southeast Idaho Senior Games 20K Road Race, Pocatello, ID, Staging Marsh Valley High School near Arimo 10:30am., Dana Olson, 208-233-2034, 208-317-3918, southeastidahosenjorgames@amail.com.
- July 18, 2015 Tahoe Trail 100, Leadville Race Series, Northstar, CA, 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. Solo 50k or 100k. 2-person relay 100k. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@lifetimefitness.com, lead-villetaceseries.com
- July 18, 2015 Southeast Idaho Senior Games **5K Time Trial**, Pocatello, ID, Staging Marsh Valley High School near Arimo 9:00am., Dana Olson, 208-233-2034, 208-317-3918,
- July 18, 2015 Bozeman Enduro, Montana Enduro Series, Bozeman, MT, Montana Enduro Series , contact@montanaenduro. com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com
- July 18, 2015 Breckenridge 100, RME, Breckenridge, CO, 100, 68, and 32 mile races. Series Finale., Lauren Swigart, 970-401-1422, thanew@rockymountainendurance. com, rockymountainendurance.com
- July 25. 2015 Butte 100, Butte, MT Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, with pending approval of a 25 mile option. Gina Evans, 406-498-9653, eatdirtpigpen@gmail.
- July 25-26, 2015 Tamarack Resort Super Enduro, Wild Rockles Regional Championship, Tamarack, ID, Saturday is open race practive only in the morning and general riding in the afternoon Sunday in 3 trace Enduro in the afternoon. Sunday is a 3 stage Enduro for 8 hours (rotating stages until time expires). Lift served on both days! This is the only time the lift will spin this summer as far as we know Hotel and other amenities on-site, plenty of camping nearby., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, tamarackidaho.com
- July 31-August 2, 2015 Big Mountain Enduro/ Enduro World Series Crested Butte, Big Mountain Enduro Series, Crested Butte, CO, Epic, backcountry and lift-accessed enduro stage racing., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, <u>info@bigmountainenduro.com</u>, <u>bigmountainenduro.com</u>
- August 1, 2015 Laramie Enduro, Laramie, WY 111K (70+/- miles), No repeat course, 8,600ft elevation gain, 7am start at Happy Jack Recreation Area-Hidden Valley Picnic Area, Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, laramieenduro.org
- August 1-2, 2015 Pomerelle Pounder DH Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days. A one-run downhill on Saturday afternoon, and a two-run downhill on Sunday, Ron Lindley, 801-375-3231, info@uta Darren Lightfield, 208-608-6444, wild mail@yahoo.com, go-ride.com, utal



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- August 2, 2015 Grand Targhee Enduro, Montana Enduro Series, Grand Targhee, WY, There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em for the fourth stop on the series. It's going to be a weekend long celebration of the Tetons., Andy Williams, 800-TARCHEE ext. 1309, awilliams@grand-targhee.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanablcycleguild.org, grand-targhee.com, montanaenduro.com
- August 8, 2015 Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles bike mass start first, at 10 am, 9./3 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Roffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, .5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com.peakedsports.com
- star.com, peakedsports.com

 August 14-16, 2015 Brundage Mountain Bike Fest XC, Enduro, and Festival, Idaho Enduro Series, Brundage Resort, ID, 3 day, family friendly cycling experience with something for everyone. A good placing in the Chainless race Friday will take seconds off your time at Sunday's Enduro. The XC race will challenge your fitness while riding buff single track through stunning scenery. Kid's races, demos and live music will round out the weekend. On site camping is availble. No license required., James Lang, 208-571-1853, 208-344-9182, ||ang83702@yahoo.com, ||dahoenduroseries.com
- August 15, 2015 Pierre's Hole MTB Race. NUF Series, Alta, WY, 6th Annual Pierre's Hole Staging begins at the Grand Targhee Resort, ample lodging and amenitles available. 100 consists of 33-mile loop, each lap features approx. 3,000ft climbing on single and double-track trails. Total elevation for the 100 mile race is approx. 9,000ft. 100mile (3 laps), 100km (2 laps), 50km (1 lap) events. Only the 100 mile race is part of the NUE Series., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com/ grandfargnee.com, grandfargnee.com, he-resort/news-events/1863/<u>2014PierresHo</u> 00.php, ph100.org
- August 15, 2015 Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back. , Josh Colley, 719-219-9357, Colley@lifetimefitness.com, leadvillerace
- August 15, 2015 Steamboat Stinger, Steamboat Springs, CO, Beginning at 8:00am at the Howelson Hill Ski Area right in the heart of Steamboat Springs. The course takes an extended 50 mile detour deep into the beautiful backcountry of Routt County and a total of 3.327ft elevation gain before returning to the transition/finish area. Teams of two are also welcome to race the 1st and 2nd half of the course, Nate Bird, 866-464-6639, nate@honeystinger.com, Jon Winkelblech, 970-367-4394, jwinkelblech@honeystinger.com, honeystinger.
- August 16, 2015 Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series , contact@montanaenduro. com, Christine Wike, christine@montanabi-cycleguild.org, montanaenduro.com
- August 29, 2015 Whit Henry Memorial Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecy-cling.org, knobbytip isseries.com
- August 29, 2015 Barn Burner 104, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Casey Brown, 480-299-1203 etimefitness.com, Ryan Sumers, rsumers@lifetimefitness.com, 949-929-7476, rsumers(
- September 4-7, 2015 TVTAP WYDAHO Rendezvous Mountain Bike Festival, Teton

- Valley, ID, 6th Annual held at Grand Targhee Resort. Races: Super D with 4,300ft decent. XC Race, and shenanigans., Tim Adams, 208-201-1622, time to 1,1622, <a href="mailto
- September 4-5, 2015 Big Mountain Enduro Winter Park, Big Mountain Enduro Series, Winter Park, CO, Epic, backcountry and lift-accessed enduro racing., Sarah Rawley, 07-6142, <u>sarah@bigmountainenduro.</u> Brandon Ontiveros, 303-551-4813, gmountainenduro.com, bigmoun-
- September 5, 2015 24 Hours of Flathead, Kallspell, MT, Tia Celentano, info@24hoursofflathead.org, cycling.net/schedule?discipline=all&year=2014
- September 6, 2015 Rebecca's Private Idaho, Ketchum, ID, 50mi or 100mi gravel grinder put on by professional racer Rebecca Rusch in her hometown of Ketchum, Idaho. The route can be done as a challenging ride or a lung busting, thigh screaming race up into the mountains surrounding Ketchum into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivitles, music, and libations, Colleen Quindlen, 254-541-961, colleen@ rebeccarusch.com, rebeccasprivateidaho
- September 12, 2015 Jurassic Classic, Lander, WY, Mountain bike race at Johnny Behind the Rocks. Start time 9:00 am, Beginner, Intermediate, Advanced/Pro categories. BBQ, t-shirt and swag bag for registered participants., Tony Ferlisi, lander-cycling@gmail.com, landercycling.org
- September 12, 2015 Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mbt races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.
- September 12, 2015 Idaho High School Cycling League Race #1, ID, D Gradhandt, 208-340-5200, dylan@idaha com, idahomtb.org
- September 12, 2015 Bohart Bash, tentative MBRA series, Bozeman, MT, Alex Lussier, siera@hotmail.com, gallatinvalleybicy
- September 19, 2015 Stone Temple 8, Curt Gowdy State Park, WY, 8 hour, 15.1 mile loop, Curt Gowdy State Park, Aspen Grove Parking Area, Tentative start 9AM, IMBA Epic singletrack, additional High School Race, Richard Vincent, 307-760-1917, 307-777-478, end livry regardil comp. Intromisers Race., Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, laramieen-
- September 19, 2015 Idaho High School Cycling League Race #2, Galena Loc ID, Dylan Gradhandt, 208-340-5200, dyla
- September 20, 2015 Red Lodge Enduro Montana Enduro Series, Red Lodge, MT, Montana Enduro Series , contact@mon-tanaenduro.com, Christine Wike, christine@ montanabicycleguild.org, montanaenduro.
- October 3, 2015 Tour of the White Mountains, Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Karen Warsh, 520-623-1584, info@epicrides.com, epicrides.com
- October 3, 2015 Idaho High School Cycling League Race #3, Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, <u>dylan@idahomtb.com</u>, <u>Idahomtb.org</u>
- October 17, 2015 Idaho High School Cycling League Race #4 (State Champs), Avimor or Targhee, ID, Dylan Gradhant, 208-340-5200, dylan@idahomtb.com, ida-
- October 23-25, 2015 USA Cycling Collegiate Mountain Bike National Championships, Beach Mountain, NC, Chad Sperry, chad@





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Utah Weekly

Road Race Series

- Cyclesmith Rocky Mountain Raceways Criterium Series Utah Crit Series, West Valley City, UT, 655 W. 2100 S., Saturdays at 11 am in March 7, 14, 21, 28 Tuesdays at 6pm April 7 - through September 29, A and B at 6, C and D at 7 pm, Marek Shon, 801-209-2479, utcritseries@amail.com_utaboritesries
- Salt Air Time Trial Series Salt Lake City, UT, Every other Thursday April September, I-80 Frontage Road West of the International Center; Starts 4-3-2015, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcrit-
- 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. April 8- September 2., Marek Shon, 801-209-2479, Utaritises@compil.com, utaritises.com. utcritseries@gmail.com, utahcritseries.com, skiutahcycling.com
- Emigration Canyon Hillclimb Series Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April through August, April 10, 2015, start date, Marek Shon, 801-209-2479,
- April 23-August 13, 2015 Logan Race Club Thursday Night Time Trial Series, Logan, UT Thursdays. IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benhkof@hotmail.com, loganrace

Utah Road Racing

- June 6, 2015 Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 13th Annual Jine 6, 2015 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 13th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, mikesride@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, porcupinecycling.com, racedayeventmanagement.com ment.com
- June 12-13, 2015 Rockwell Relay: Moab to St. George, Moab, UT, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing in St. George, Cortney Stewart, 801-643-4673, cortigorockwellirelay.com, Tyler Servoss, 801-888-3233, Tyler@stationparkcrit.com, rockwellirelay.com
- June 18-20, 2015 Utah Summer Games Utah Summer Games Cycling, Cedar City, UT, Time Trial, Hill Climb, Criterium Road Race with overall Omnium., Casey McClellan, 435-865-8421, 435-559-2925 mcclellan@suu.edu, Steve Ahlgreen, 435 mcclellan@suu.edu, Steve Ah 865-8421, 435-865-8423, ahlgre
- June 20, 2015 Three Kings Cycling Event, North Salt Lake, UT, Winding through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings, Matt Jensen, 801-550-0778, mattljensennsl@ amall.com, threekings, skicity org. gmail.com, threekings.nslcity.
- June 27, 2015 High Uintas 10,000 Road Race UCA Series, Kamas/Evanston, UT/WY, 80 mile, point to point road race from Kamas, UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citzen riders and touring riders., Marek Shon, 801-209-2479, utcritseries@
- July 4, 2015 Bountiful Mazda's Criterium UCA Series, Bountiful, UT, Criterium and circuit race, Dirk Cowley, 801-699-5126, dcow
- ily 9, 2015 Station Park Criterium, Farmington, UT, Fast and technical Criterium. UCA Non-points race and USAC sanc-tioned., Tyler Servoss, 801-888-3233, tylerio stationparkcrit.com, Tyler Servoss, velo11@ om, stationparkerit.com
- July 11, 2015 Cache Valley Gran Fondo and Road Race, UCA Series, Logan, UT, Starting at the Intermountain Hospital in Logan, the at the Intermountain Hospital in Logan, the route is scenic and fun, through Northern Utah, up and over Weston Canyon (Idaho) to Soda Springs, Idaho, then back down into Utah, over Riverside Utah, ending up with a closed finish in downtown Logan with a party and festivities awaiting. 100 miles for all Cat 1, II, Ills and Masters A; 50 mile course for all others, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com
- July 17-18, 2015 Capitol Reef Classic , UCA Series, Torrey, UT, Two days, three stages. Friday circuit race and ITT, Saturday road race. Must complete the first stage to continue on to the next. Distances determined by racer's category. Tina Anderson, 435-425-3491, 435-691-1696, tricrazy@live.com, Scott Anderson, sr3club@live.com, capitol-
- July 25, 2015 Heber Valley Circuit Race, UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah, Mike Meldrum, 801-424-9216, mikestide@gmall.

- com, Dirk Cowley, 801-699-5126, dcowley@
- July 31-August 1, 2015 Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fun-draiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@ SaintstoSinners.com. SaintstoSinners.com Steven Tew, 801-822-4870, Steve SaintstoSinners.com, SaintstoSinners.com
- August 1, 2015 Utah Masters Road Race **Championship**, UCA Series, Odgen Valley UT, Utah State Road Race Championships for Masters. Tentatively on the Masters Nationals Course., Marek Shon, 801-209 Nationals Course., Marex 311011, CC. 2479, utcritseries@gmail.com, James Ferguson, 801-476-9476, ferguson8118@
- August 3-9, 2015 Larry H. Miller Tour of Utah, UT, The Tour of Utah is one of only 3 UCI 2.HC sanctioned stage races in North America. More than 17 international and national pro teams will compete over 500+ miles in seven days. Free for spectators, Larry H. Miller com, tourofutah.com
- August 3-4, 2015 Larry H. Miller Tour of Utah Women's Edition, Tooele, UT, The Tour of Utah Women's edition will be a 15 lap circuit race on a 2.2 mile course at Miller Clifcuit race on a 2.2 mille course at million Motorsports Park. The pro women's race will run from 12:30 pm - 2 pm in advance of the finish of Stage 3 of the Tour of Utlah. Lary H. Miller Tour of Utlah , 801-325-2500, Into@
- Series, Park City, UT, 157 Classic Road Race returns for 2015! 7,500 feet of climbing, 10,750 foot summit. Fully Supported. Start and finish in the same spot., Ben Towery, 801-389-7247, teamexcelerator@amail.com August 15, 2015 — Tour de Park City,
- August 15, 2015 Wildflower Hill Climb. Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this women-only cycling event. Age-group cash prizes. Gift for all who complete the climb., Stacie Palmer, 801-644-9940, 801-391-2819,
- August 22, 2015 Powder Mountain Hill Climb ugust 22, 2015. — Powder Mountain Hill Climb UCA Series, Eden, UT. Utah State Hill Climb Championships. 6 miles and 3000 feet up. Powder Mountain Road, start at Wolf Creel Balloon Festival Park, finish in Timberline parking lot., Ben Towery, 801-389-7247, tec erator@gmail.com, teamexcel
- August 28-31, 2015 Hoodoo 500, Utah Tiple Crown, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com
- September 9-13, 2015 USA Cycling Masters Road National Championships, Ogden, UT, Micah Rice, 719-434-4200, mrice@usacy-cling.org, usacycling.org
- September 12, 2015 LOTOJA Classic Road Race, Utah Triple Crown, Logan, UT, 33rd Annual, 1 day, 3 states, 200-pius mile road race from Logan, UT to Jackson Hole, WY. Brent Chambers, 801-546-0090, brent@lotologloglogo.
- September 19, 2015 Harvest Moon Criterium, eptember 19, 2015 — Harvest Muon STIRINGH, UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets. State Criterium Championships. Ben Towery, 801-389-7247, teamexcelerator@gmail.com, 801-389-7247, teamexcele teamexcelerator.com
- September 19, 2015 Utah Tour de Donut, American Fork, UT, 8th Annual event Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:30 am., Rodney Martin, 801-427-6400, rotaryroda Tour de Donut, info@utahtourdedonut.com, utahtourdedonut.org
- September 25-26, 2015 Salt to Saint Relay eptember 29-26, 2015 — Salt to Saint Relay, Salt Lake City, UT, 420'ish mille relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salttosaint.com, saltto-
- September 26, 2015 Snowbird Hill Climb Snowbird, UT, 37th Annual, 9 am start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500° of climbing), Misty, 801-933-2115. mistv@snowbird.com. snowbird 933-2115, <u>misty@snowbird.com</u>, <u>snowbird.</u> <u>com/events/bicycle</u>-hill-climb
- October 6-9, 2015 Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, <u>hwsg@</u>
- October 10, 2015 City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth

music and fun., James Zwick, 801-583-6281,

25

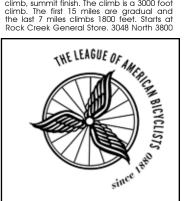
Regional Weekly

Road Race Series

- Las Vegas Tuesday Night World's Henderson, NV, Tuesday Night Criterium series starting March 11B Race 4:30 PM (25 min) Beginners or those not comfortable with experienced racers, A Race 5:00 PM (25 min) Those who have raced and ready to hammer, Location: 1021 East Paradise Hills Drive, Henderson, NV 89002, Mike Olsen, 702-927-4069, mike@vegasbikeracing.com, vegasbikeracing.com
- May 6-August 5, 2015 ICE BAR Time Trial/
 Hillclimb Series, ICE BAR Series, Pocatello,
 ID, Flat time trials: Start at Rainbow Road,
 6.2m(10k), Scoring is best 2 of 4 times., May 6
 at 6:30 pm7:00 pm, June 3, July 1 and 29Hill
 Climbs:Park at Cherry Springs. Crystal start
 at Cherry Springs and Scout start at bottom
 of Scout MIn Rd. Scoring is best Crystal plus
 best Scout time. Approximately 5 mile climbs.
 mass start., May 20-Crystal Summit, 6:30
 pm.7:00 pm: June 10-Scout, July 15-Crystal
 Summit, August 5-ScoutCategories: End of
 season awards for men and women's overall winners of these categories: A's , B's ,
 Master's 50+, Triathlete, Recreational (Non
 IT bike, Eddie Merckx style), Single Speed,
 and Clydesdale (210 lbs+) and Athena
 (150 lbs+), Kris Walker, bobandkrisw@yahoo.
 com, Peter Joyce, 208-282-3912, joycpete@
 isu.edu, idahocycling.com May 6-August 5, 2015 - ICE BAR Time Trial isu.edu, idahocycling.com
- May 12-July 8, 2015 Expo Idaho SWICA Criterium Series, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Tuesdays, May 12-July 2015, Kurt Holzer, 208-890-3118, idahob
- July 14-August 11, 2015 Half-Bogus Training Ride, Hammer Series, Boise, ID, Weekly Training Ride starts at 6:20pm, goorsaevents.

Regional Road Racing

- May 30, 2015 Lyle Pearson 200-mile Team Challenge, Boise to Sun Valley, ID, 8th Annual Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, mcooley@georgescycles.com. 343-3782, <u>mcooley@georgescycles.com</u>, georgescycles.com, gcorsaevents.com
- May 31, 2015 Cow County Bike Race, MBRA Series, Wolf Creek, MT, 50-76 mile road race over hilly terrain. Starts at the Wolf Creek Fishing Access site on the Missouri River., Mark Brooke, mbrooke@m-m.net, Robert Ray, 406-475-1562, 406-457-8645, ray@hot-mail.com, Byron DeFord, bdef123@yahoo.com, teamgreatdivide.wordpress.com
- June 6-7, 2015 Nampa Race Weekend, Great Western Cycling Series, Nampa, ID, Saturday: Located in Belle District at the heart of historical Nampa, this spectator orientated 1.1 km Criterium course has long straightaways with fast left- and right-hand turns. Sunday: Birds of Prey circuit race, 4,91 mille loop with 191 feet of climbing per lap., Vernon Padaca, 208-571-1730, vpodaca@powereng.com, Ditk Cowley, 801-699-5126, dcowley@comcast.net, teamdobblaco.
- June 6, 2015 Just for the Hill of It, White Bird, ID, Benefit for Syringa Hospital & Clinics Hospice, face the challenging switchbacks of the Old White Bird Grade. Experience 13 miles with a gentle climb starting at Hammer Creek at 1600' and continuing to the summit at 3800'. All ages are welcome to come & join in the funl, Clarence Chapman, 208-921-1963, echapman@syringahospital.org, syringahospital.org
- June 7, 2015 Little Park Road Hillclimb, Grand Junction, CO, John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com
- June 13, 2015 Dirt Bag Dash, Glenns Ferry, ID, Sign in 10am. Race start 11am, 95% dirt road course, post-race party., James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.
- June 13-14, 2015 Snake River Landing's Cycle Fest, UCA Series, Idaho Falls, ID, Criferium and circuit race, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com
- June 24-28, 2015 USA Cycling Amateur & Para-cycling Road National Championships, North Lake Tahoe, CA, Elite, U23 and Junior Road National Championships., Micah Rice, 719-434-4200, mrice@usacycling.org, usacy cling.org
- June 26-28, 2015 Baker City Cycling Classic une 26-28, 2015 — Baker City Cycling Classic, Oregon Women's Prestige Series, Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 10,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dogbri@a.com, bakercitycycling.org
- June 27, 2015 Sick Hill Climb, Hansen, This is a timed event, a 22 mile cycling hill climb, summit finish. The climb is a 3000 foot climb. The first 15 miles are gradual and the last 7 miles climbs 1800 feet. Starts at Rock Creek General Store. 3048 North 3800



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East. This is a USA Cycling non-competitive event., Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

- July 4, 2015 4th of July Hailey Criterium, Hailey, ID, Downtown Hailey Criterium, Exciling four corner course., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, Janelle Conners, 208-578-5453, 208-720-7427, conners@bcrd.org, bcrd.org, ridesunvalley
- July 4, 2015 Celebrate Freedom Crit/State
 Criterium Championship, MBRA series,
 Billings, MT, Coul Hill, coulhill@gmail.com,
- July 5, 2015 Twin Falls Criterium, SWICA, Twin Falls, ID, Criterium, races starting at 2:00 pm, fields TBD, Tentatively scheduled on a course approximately 0.8 miles, excellent pavement and wide roads, Rick Greenawald, 208-316-6176, greenawald@cableone.net, idahobikeracing.org, intermountaincycling.org
- July 11, 2015 Andersen Banducci Twilight Criterium, National Criterium Calendar, Boise, ID, 27th Annual, NCC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, boisetwillight-criterium.com, gcorsaevents.com
- July 12, 2015 Idaho State Criterium Championship, Hidden Springs, ID, Start/ Finish at Hidden Springs Community-Village Green at 9 am., Kurt Holzer, 208-890-3118,
- July 14-19, 2015 USA Cycling Mountain Bike National Championships, Mammoth Mountain, CA, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org
- July 15, 2015 Southeast Idaho Senior Games Hill Climb, Pocatello, ID, Hill Climb Cherry Springs to Crystal Summit 6:30pm 5 miles in a 6 % grade with a total of 1000 foot eleva-tion gain., Dana Olson, 208-233-2034, 208-317-3918, southeasticahoseniorgames@
- July 16, 2015 Southeast Idaho Senior Games Criterium, Pocatello, ID. Criterium Holt Arena Parking Iot 6:00pm-ISU Campus. 1km, technical course with 7 turns. 35 min-utes., Dana Olson, 208-233-2034, 208-317. 3918. southeastidabaseniarames@cmail
- July 16-19, 2015 Tour of Montana, MBRA Series, Missoula, MT, Races, festival, gran fondo, Tour of Montana , 406-381-7962, irofmontana.org, tourofmontana
- July 18, 2015 Idaho State Time Trial Championships, Nampa, ID, Gary Casella, 208-340-7224, geasella1@aol.com, Rudy Estrada, 208-713-3705, elitecycling@msn. com, Idahobikeracing.org
- July 18, 2015 Southeast Idaho Senior Games 10K Time Trial, Pocatello, ID, Staging Marsh Valley High School near Arimo 10:00am. Dana Olson, 208-233-2034, 208-317-3918, <u>astidahoseniorgames@gmail.com</u> orgames.org
- July 25, 2015 Targhee Hill Climb, Driggs, ID. Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs climbs Ski Hill Road and ends half a mile climbs Ski Hill Roda and ends nail a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peaked-
- July 26 Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. verti-cal), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers, Raffle and party following. Disk Wolphagadt 208, 384, 2384 following., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jack-sonholecycling@gmail.com, jhcycling.org
- July 25, 2015 Bob Cook Memorial Mount Evans Hill Climb , Evergreen, CO, This is an arduous 28 mile bicycle race that ends on the highest paved road in the united orders. Bob Cook holds the record for the race:

 1 hour, 54 minutes, 27 seconds. Jennifer Barbour, 303-503-4616, <u>execdir(</u> green.org, bicyclerace.com
- August 1, 2015 Sick 55 Road Race, Albion ugust 1, 2015 — Sick 55 Road Race, Albion, 1D, This is a sanctioned mountain course road race. It starts and finishes in Albion, Idaho. There are two category climbs and two fast downhills. It is 53.7 miles chal-lenging race., Ken Stephens, 208-430-4514, sold 100 mountains skilders com internation. <u>nt.org</u>, <u>sick-riders.com</u>, <u>intermoun</u>
- August 8, 2015 Lamoille Canyon Hill Climb, Lamoille, NV, 10th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille 11:30am., Annette White, 775-8

August 8, 2015 — State Championship Road Race/Hogback Classic, MBRA Series, MT

- Coul Hill, coulhill@gmail.com, montanacy-
- August 8-9, 2015 Billings Omnium Weekend/ State Championship Omnium, MBRA Series, Billings, MT, Coul Hill, coulhill@gmail.com, montanacycling.net
- August 15, 2015 Bogus Basin Hill Climb, Boise, ID, 41st Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcorsaevents.com
- August 16-23, 2015 USA Pro Cycling Challenge, Steamboat Springs, CO, Colorado's 7-day UCI stage race from Steamboat Springs to Denver featuring world class professional blike racing in Colorado's mountains, USA Pro Cycling Challenge, 888-223-3351, Info@usaprocyclingchallenge.com, usaprocyclingchallenge.com, usaprocyclingchallenge.com nge.com, usaprocy
- August 22, 2015 Hagerman Buhl Hagerman, Hagerman, ID, Great Tune up road race for Master Nationals. This is the renewal of an event that use to occur annually in the 90's. The course will be approximately 45 miles in length, leaving Hagerman on Highway 30 in a southerly direction taking a left turn onto Vader Grade, up the Grade to West Point Road (\$ 1500 E) to E 3600 S to the grade Road (\$ 1500 b) to E 3600 s to the groupe morth of Buhl, down across the Snake River, right on River Road along Kanaka Rapids, up the 1280 East climb and then up Melon Valley Road to just north west of Buhl, and then west and north on Highway 30 all the way back to Hagerman, Rudy Estrada, 208-113-3705, elitecycliprograms com. Howard /13-3705, <u>elitecycling@msn.com</u>, Howard Roose, 208 484 8342, <u>hkroose@gmail.com</u>, intermountaincycling.org
- **August 30, 2015 WERKS**, Helena, MT, Byron DeFord, <u>bdef123@yahoo.com</u>,
- September 12, 2015 Race to the Angel Wells, NV, Hill climb. 30th Annual. The race is open to riders on mountain and road bikes runners, walkers and triathletes: individual or team (Sprint Triathlon - 750m swim, 5K run, 20K bike). The half marathon course begins at the Wells City pool and climbs approximately 2,784 feet to Angel Lake in the East Humboldt range of the Ruby Mountains. The half marathon course is entirely on pavement., Wells Chamber, 775-752-3540, wellschamber@wellsnevada.com, 752-3540, wellschamber@wellsne Robert Johnson, 775-340-5943,
- September 14-19, 2015 World Human Powered Speed Challenge, Battle Mountain, NY, Cyclists from around the world will gather on SR305, perhaps the fastest strectch of road in the world to see who is the fastest cyclist in the world. The 2013 record was 83.13 mphl, Al Krause, 707-443-8261, a krause@sbcalopla.net. Inbya.org. whose a.krause@sbcglobal.net, ihpva.org, whpsc
- September 26, 2015 Mt. Charleston Hill Climb, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156. 8 am., David McDonough, 702-823-1680, brokenspokebikeslv@gmail.com, brokenspokebikeslv.com
- September 26, 2015 Telluride 200 Gran Fondo, Telluride, CO, 12th annual, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead. Benefits the Just for Kids Foundation. Cindy Fusting, 970.729.1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@ydnoc.com, m2dbikeride.com, telluride200.com

Utah Road Touring

- May 30, 2015 Tour de Brewtah, Utah Bike Salt Lake City, UT, A tour highlight ing Salt Lake's great bicycle infrastructure, engaged community, and craft beers, Tim Stempel, 602-463-1547, tourdebrewtah@ 002-403-104/, <u>tourdebrewtah@</u> Cynthia Stringham, 801-535 com, Cynthia Stringharn, our cynthia.stringham@slcgov.com, tour-6167.
- May 30, 2015 RACER Century, Roy, UT, A comfortable ride through Weber and Davis County in the prime of Utah's diverse summer weather. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported with lunch provided for the 103 and 73 mile routes. Finish Line bbq included with all paid registration., Tim Bell, 801-430-5968, royalriders.rhs@gmail.com, TheRaccer.org TheRacer.org
- May 30, 2015 Ride for the Angels, Copperton, 6th Annual. Start: 8:30am; 8655 West 10390 South Copperton Park; Routes: 25, 50 miles and Metric Century 62.5 miles; \$50.00 includes swag bag and ride shirt. With each registration you will be entered to win a new bike. Drawing to be held Saturday at 8:00 am, right before the start of the event. Rest stops and road support, Great cause! Post Ride Picnic too!, Steve McIntyre, 801-

560-6954, <u>stevemcintyre44@yahoo.com</u>, <u>angelshands.org</u>

- angelshands.org

 May 31-September 25, 2015 Cycling Bryce,
 Zion, and Grand Canyon National Parks, St.
 George, UT, 7-day, 400-mile guided road
 biking tour of the Bryce, Zion and Grand
 Canyon National Parks, including Brian
 Head, Panguich Lake, Red Canyon and
 Kanab. Tour includes 6 nights camping with
 last night at Inn or 6 nights innstay, transportation and food. Camping/Inns: May
 17-23 (camp), May 31-June 6 (inns), June
 14-20 (camp), June 28-July 4 (camp), July
 12-18 (camp), August 2-8 (camp), August
 16-22 (camp), August 16-22 (inns), August
 30-September 5 (inns), September 6-12
 (camp), September 20-26 (inns), Sally M.,
 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.
- June 4-6, 2015 MOABA (Most Outstanding Annual Bicycle Adventure), Moab, UT, A 3 day Road Bike Ride with options for River Rides and Mountain Biking. Spend some time in Nature, Satisfy Your Inner Explorer, Finish Strong., Les Titus, 801-654-1144, 877-636-1994, lestitus@lagbrau.com, moabmoaba.com
- June 6, 2015 Little Red Riding Hood, Lewiston UT, Women only century ride, 15, 35, 62, 80 and 100 mile distances in Cache Valley fundraiser for Women's Cancer Research at the Huntman Cancer Institute. Reg. opens in February. This event sells out quickly., Penny Perkins, penperk@centurylink.net, Griffin, Irrh@bbtc.net, bccutah.org
- June 6, 2015 Pony Express Century, Saratoga Springs, UT, Starting in Saratoga Springs and essentially following the Pony Express route to Faust, then headling north to Rush Valley and back. 100 miles, Dan Burton, 801-653-2039, epicbiking@gmail.com.epicbiking.com com, epicbiking.com
- June 6, 2015 Ride the Gap Century, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider., Ryan Gurr, 435-674-3185, into@spin-geeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com
- June 6, 2015 Hero Ride, Heber, UT, Start/ Finish: Artisan Cheese Factory 100, 60, 30 mile options available. Team Race Category for 100 mile route (or take it at your own pace with friends). Registration opens January 1, 2015. A fully supported charity ride which seeks to challenge partic-ipants while raising money and awareness for special needs children in Utah. , Mark Staffieri, 858-442-5070, herorideutah@gmail. com, herorideutah.com
- June 8-10, 2015 Red Rock Randonnee, Sal Lake Randonneurs Brevet Series, Kanab, UT, Self-supported with overnight gear drops. Starts in Kanab, UT, through Zlon, Bryce, & Grand Canyon. 400, 600 or 1000 km (250 to 620 mile) options. A brevet is a timed ultra distance event,, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org
- June 11-19, 2015 Rocky Mountain Tour, Cross Country Challenge, Salt Lake City, UT, In 9 ricling days, 596 miles, tackle Wasatch Mountains, Soldier Summit, pass Book Cliffs and more in this challenging ride., Bill Lannon, 888-797-7057, abbike@aol.com,
- une 13, 2015 American Diabetes
 Association Tour de Cure, Brigham City, UT,
 Tour de Cure is an incredible experience
 riding through the World's Greatest Bird
 Refuge. Join 1500 riders, 250 volunteers and many spectators and sponsors for a finish line celebration at Heritage Arts Festival on Brigham City's Main Street. If you have cliabetes you are a Red Rider. Route options of 9, 30, 55, 75 and 100 miles, Jeff Bird, 801-363-3024 x7070, ibird@diabetes.org, Melissa Baucom, 801-363-3024 x7076, MBaucom@diabetes.org.diabetes.di
- June 13, 2015 Provo A Go-Go, BCC SuperSeries, Draper, UT, Start Draper Park, ride past point of the mountain, thru Provo to Spanish Fork and back on a loop route. Free event, self supported with shorter 30 and 60 mile options. Store stops enroute., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org bccutah.org, bccutah.org
- June 13-14, 2015 Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City UT, 9th Annual. This event is for new and experienced bicycle travelers. It involves traveling by bicycle in a self-suffienct man-ner to an overnight destination. We will camp overnight and then return the next day., Lou Melini, 801-487-6318, <a href="https://www.lovenight.com/livenig
- June 18-20, 2015 Road Respect Northern Utah Tour. Road Respect Bike Tour, Wasatch une 18-20, 2015 — Road Respect Northern Utah Tour, Road Respect Bike Tour, Wasatch Front, UT., The Road Respect Bike Tour is a series of organized rides (free to public) focused on roadway safety and respect between cars and bikes. Ride details with routes on the website provided. 6/18/15: Davis County- Syracuse, 6/19/15: Box Elder County-Riverdale City, 6/20/15: Box Elder County-Brigham City, Keri Gibson, 801-243-7571, kgibson@utah.gov, roadrespectulah.org spectutah.ora
- June 20, 2015 Three Kings Cycling Event North Salt Lake, UT, Can you conquer the Kings? Held In North Salt Lake, the Three Kings challenge riders up three awesome climbs; over \$1,000 in prize money!, Matt Jensen, 801-550-0778, mattjensennsl@gmail.

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- June 20, 2015 Huntsman 140, Delta, UT, A road cycling, non-competitive ride with 25, 50, 75, and 140 mile distances that raises funds for cancer research at Huntsman Cancer Institute, Jen Murano, 801-584-5815, impress
- June 20, 2015 High Uintas 10,000 Gran Fondo, Kamas/Evanston, UT/WY, 1 Day, 80 mile, point to point road race from Kamas UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citzen riders and touring riders., Marek Shon, 801-209-2479, utcritseries@ gmail.com, utahbikeracing.com
- gmail.com, utahbikeracing.com

 June 27-28, 2015 Bike MS: Harmon's Best
 Dam Bike Ride, Bike MS, Logan, UT, For
 cyclists and all those seeking a personal
 challenge and a world free of MS, Bike MS is
 the premier fundraising cycling series in the
 nation. The Bike MS experience is the ride
 of your life with options to ride 45-175 miles.
 Friendly to all abilities with rest stops every
 8-12 miles. One of the most scenic routes in
 Utah! Camping, meals and entertainment
 based out of Cache Valley Faligrounds (400
 South 500 West). Becky Lyttle, 801-424-0112,
 becky.lyttle@nmss.org, Amanda Savage,
 801-523-4267, 801-424-0112, amanda.savage@nmss.org, blkemsutah.org <u>@nmss.org</u>, <u>bikemsutah.org</u>
- July 3, 2015 Tour de Riverton, Riverton, UT, Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268,
- July 3, 2015 22nd Annual Antelope by Moonlight Bike Ride, Antelope Island, UT, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road. , Neka Roundy, 801-451-3286, four@co.davis.ut.y, daviscountyutah.gov. <u>o.davis.ut.us, daviscountyutah.gov,</u> pebymoonlight.com
- July 5, 2015 In Town Century Freedom Ride, BCC SuperSeries, Salt Lake City, UT, Location TBA. End the holiday weekend with 100 miles. Stops for water and food. FREE, Don Williams, 801-641-4020, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech-22us@man.com becutah.org. n.com, becutah.org
- July 10-11, 2015 Raspberry Ramble Series, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported. Starts in Logan and climbs up Strawberry Canyon (LoToJaroute). Longer routes then go around Bear Lake before heading north to Soda Springs and finally out to Golden Spike Natl Monument. 300, 400 & 600 km (125 to 375 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org
- July 11, 2015 Cache Gran Fondo, Logan, UT, 100 and 50 mile gran fondo style ride & tour. This UCA event features canyons, hills, long flats & beautiful Cache Valley vistas. Benefit for Logan Regional Hospital, run by Headspin Events. Grand Prize: FreeMotion Tour da France bike + \$1000s dollars in rider prizes, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com loganbespitalficundiation dr.
- July 11, 2015 Good News Jail and Prison Ministry Fundraiser Bicycle Ride, Park City, UT, Start 9:30am at the Shepherd of the Mountains Church. Funds donated go to keep Chaplains in the Salt Lake County Jail. A wesome Park City Ride on paved parkway trails, around a farm, meadows, woods, over bridges, under a tunnel and circling a park. Everyone is invited, all skill levels are welcome. Lunch is provided with \$35 entry donation., Mary Challier@goodnewsjail.org, 801-518-2840, mary.challier@goodnewsjail.org. 518-2840, mary.challier@goodnewsjail.org.
- July 12, 2015 Upland Roller 100, BCC SuperSeries, Wanship, UT, Wanship Trailhead thru Coalville Echo over Hogsback to East Canyon, Morgan and back self-supported 30-50 mile options also. FREE, Don Williams, 801-641-4020, roadcaptain@bccutah.org, becutah.org
- July 18, 2015 Pedal Away Parkinson's, Kaysville, UT, The 9th Annual 10 mile family fun ride begins at 8 am at Galley Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease

Association., Meredith Smith, 801-451-6566, 801-336-6579, meredith@pedalawavparkin-

JUNE 2015

- July 18, 2015 Desperado Dual, Utah Triple Crown, Panguitch, UT, 200 mile double century in Southern Utah, flattest and best 100 mille course and 50 mile option, Utah's only fully supported, 200 mile, one-day cycling adventure. We also have 200 mile relay option., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com spingeeks.com, spingeeks.com
- July 18, 2015 RAW (Ride Around the wellsvilles), Logan, UT, The Logan Rotary
 Club's Ride Around the Wellsvilles will begin
 at the Rotary Pavillon at Willow Park, with
 a choice of a 23, 66 or 96 mile ride, Ben
 Jarvis, 435-757-0376, LoganRotaryRAW@
 gmail.com, rotaryraw.com
- July 18, 2015 The GLMR Century, Spanish Fork, UT, Utah's Premier Cycling Event to raise awareness for, honor those taken by, and help those afflicted with mental lilness, Zach Ludlow, 801-808-2569, glmrinfo@gmail.com, Stan Sadowski, 801-830-6655, glmrinfo@gmail.com, bealthy compared to compare the compared to compared the compared to compare the compared to compared the compared to compare the compared to compared the compared the compared to compared the compared the compared the compared to compared the compare fo@gmail.com, theglmr.com
- July 23, 2015 South Sevier Ram Ride, Monroe, UT, 25 miles starts in Monroe at the west side of City Park, goes through Central, Annabella, Elsinore, Joseph and ends at the city park in Monroe. 15 miles starts in Monroe at the west side of City Park, goes to Washburnville, through Austin to Brooklyn Road in Elsinore, follow Brooklyn Road in Elsinore, follow Brooklyn Road in Lense Bead and the and TO Brooklyn Road in Elsinore, follow Brooklyn Road turn on to Jones Road, and then end at the city park. 6 miles - starts at the west side of City Park, and is a casual ride around the country farms of Monroe. Perfect for the younger kids., Heather Newby, 435-201-0138, Heather. N@ionesanddemille.com
- July 31-August 1, 2015 Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease. Tew, 801-822-4870, SaintstoSinners.com, SaintstoSinners.com
- August 1, 2015 Hotter than Heck Utah Valley Century, Lehi, UT, 31st year of a Gran Fondo style timed Century Tour around Utah Lake, 100, 60, and 30 mile options, start and ending at Thanksgiving Point in Lehi, Harvey Scott, 801-803-9708, <u>harvey@utahendur</u> ance.com, <u>utahendurance.com</u>
- August 1, 2015 Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 60-100, and 120 miles. Self-supported, with shorter loop options available. Free event., Don Williams, 801-641-4020, roadcaptain@becutah.org. Jen 641-4020, <u>roadcaptain@bccutah.org,</u> Jen Green, 435-563-1212, <u>pecan314@xmission.</u> com, bccutah.org
- August 7-14, 2015—LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Blanding, UT, World's most scenic bicycle ride includes 3 national parks, 5 armazing state parks, 2 national monuments, and various national forests. Blanding to Springdale., Le 801-654-1144, 877-636-1994, <u>lestitu</u>
- August 8, 2015 The Ultimate Challenge Presented by University of Ultah Health Care, Salt Lake City, UT, Ride like the prost Challenge yourself to ride the Tour of Utah's Queen Stage, finishing at Snowbird Ski and Summer Resort. Three rides 109 miles, 60 miles, 25 miles, Dirk Cowley, 801-699-5126, doowley@comeast net. tourofutah.com. <u>comcast.net</u>, <u>tourofutah.com</u>,
- August 15, 2015 Tour de Park City, Park City, UT, Fully supported Tour starting and finish-ing in Park City. 157 miles through Northern Utah's beautiful mountain valleys. A rolling picnic!, Ben Towery, 801-389-7247, celerator@amail.com, tourdeparke
- August 15, 2015 Wildflower Pedalfest, Mountain Green, UT, Fully-supported, women-only cycling event. 4 course options (20, 35, 50, 75 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo., Stacle Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com





DAVID R. WARD ATTORNEY AT LAW (801)268-9868

Personal Injury Practice Specializing in Bicycling Related Accidents

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Business Entities

· Adoption

- August 15, 2015 Infinity Bike Ride, Utah Triple Crown, Saratoga Springs, UT, 40, 66, 100, 200 mile options, Colleen Ominson, 801-487-7229, Infinitybikeride@gmail.com, Infinitybikeride.weebly.com, utahtriplecrown.weebly.com
- August 15, 2015 Ride for the Kids, Syracuse, UT. Partnered with Make-A-Wish Foundation, ride out to Antelope Island. Ride options from 25-50-100 miles, depending on the skill level of the rider. Ride begins at the Syracuse RC Willey, 1693 W 2700 S at 8:00am. Breakfast and lunch will be provided, as well as tons of prizes for our raffle., Devin Kingsbury, 801-663-3267, syracusetag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/dp/2015-Ride-for-the-Kids.jsp
- August 15, 2015 Castle Country Century, Scoffield, UT, Train for LoToJa or just have fun with this fully suported ride as you travel up and over Huntington Canyon, through Huntington hugging the edge of the San Rafael swell. Pass through the towns of Cleveland, Elmo, Wellington and Price to finish in Helper. All the while conquering 5,300ft of accent and 7,200ft of descent on this ride, Cory Jensen, 801-824-8455, coryvagnlensen@armall.com, carbonrec.com
- August 16, 2015 The Big Ride 150-Wasatch Back Route, BCC SuperSeries, Richmond, UT, Start Draper Park over Emigration, Parleys, Park City, Karnas, Provo Canyon, loop back to start, free, Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-562-1212, bccutah.org
- August 22, 2015 Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 102, 52, or 18-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget all Summit Challenge riders who have a disability can register and ride for freel, Julia Ramerta, 435-649-3991, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org
- August 22, 2015 Interlaken 100, Pineview, UT, Interlaken 100 is a fully supported ride from Pineview to Bear Lake (via Monte Cristo). With over 5,600 vertical feet of elevation gain Interlaken 100 is not your typical century ride. Whether you are looking for a challenging ride or preparing for something even bigger this is the ride for you., Jon Bingham, 801-613-7520, bike.interlaken@gmail.com, interlaken100.com
- August 22, 2015 Man of STIHL, North Salt Lake, UT, 62-mile (100km) fully supported metric century bike ride. Release the hero within you as you support the Davis Education Foundation. Enjoy beautiful auturms scenery as you ride on the East and West sides of Davis County from North Salt Lake to Clearfield and back., Marc Croft, 801-295-4141, marc@croftnow.com, Skye Whitlock, isunsky@gmail.com, ManofSTIHL.org
- August 22, 2015 The Live Big Challenge, Orem, UT, 41, 20, and 1 mile options. A ride to honor Bryan Byrge who was killed in a bike crash earlier this year. Raffle, prizes, and more. Fundraiser for the Byrge family. Start-Finish at the Orem Cemetary Field, 1200 N. 800 E., Dave Bauerle, 801-995-8777, dave.bauerle@gmail.com, thelivebigchallenge.com
- August 23, 2015 Twin Creeks 100, BCC SuperSeries, Coalville, UT, Start Coalville to Lost Creek Dam, with rolling course back to Coalville, then climb Chalk Creek. Self-supported. 50 mile option first leg. Free event., Don Williams, 801-641-4020, road-captain@bccutah.org, bccutah.org
- August 29, 2015 Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds supprt their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain., Bob Jardine, 435-713-0288, 435-757-2889, Info@CacheValleyCentury.com, Chris Larsen, 435-755-5132, bris.cgadventures@gmail.com, CacheValleyCentury.com, facebook.com/pages/cache-valley-century.com,
- August 29, 2015 Hooper Horizontal 100, BCC SuperSeries, Salt Lake City, UT, West Point Park (SLC) to West Weber and Hooper, self-supported century, 30 and 65 mille options. Free flattest 100 on the schedule., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg. allen@mhtn.com, bccutah.org
- August 29, 2015 I Think I CANyons (ITIC), Salt Lake City, UT, Fourth Street Clinic benefft ride goes over four Wasarch Front canyons: 112 miles, 12,000 vertical feet. Starlf, Finish: Olympus Hills Mall. Check-In: 5:15am. Staggered start: 6:00am., Kim Belliston, 385-234-5702, kimb@fourthstreetclinic.org, Spencer Chipping, 385-234-5702, 801-597-

- 1111, spencerchipping@diamond-wireless.com, fourthstreetclinic.org/events
- August 29, 2015 The Ghost Ride, Tocele, UT, 100 or 62 mile cycling tour of Utah's Tocele Valley. Honoring the cyclists who are no longer with us, we begin with a short ride of silence and then enjoy a ride of celebration as we visit small towns, scenic vistas and rolling hills in Utah's west desert terrain., Jared Eborn, 801-599-9268, <u>[ared@extramileracing.com</u>, theghostride.com
- August 29, 2015 Flat 200 Miller, BCC SuperSeries, Salt Lake, UT, A flat 200 miler out to the Great Salt Lake, Antelope Island, Willard Bay and back, Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-562-1212, bccutah.org
- September 6-12, 2015 Tour of Southern Utah, St. George, UT. 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 milles per day., Deborah Bowling, 818-889-2453, embassy@planefultra.com, planefultra.com
- September 6-12, 2015 Ride with Jan Ullrich, St. George, UT, This tour rides an audacious point-to-point route across Utah the show-cases the rugged backbone of the state. Visit Capitol Reef, Bryce and Zion National Parks. Climb up to 10,500 feet in elevation to view Cedar Breaks National Monument and for the finale descend nearly 10,000 feet to Zion National Park. This tour delivers Utah's hidden waterfalls, slot canyons and secluded roads., John Humphries, 970-728-5891, info@lizardheadeyclingguides.com, lizardheadeyclingguides.com
- September 19, 2015 Moab Century Tour, Moab, UT, Road cycling in scenic Moab, Utah with 40, 60, and 100 mile route options. Ride benefits cancer survivorship programs, Beth Logan, 435-260-8889, 435-260-2334, info@skinnytireevents.com, skinnytireevents.com
- September 19, 2015 Wonder Woman Century, Payson, UT, Join us in our fully supported all women's ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonderful woman!, Mahogani Thurston, 801-318-1420, wonderwomantide@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomantide.com
- September 19, 2015 Million Miles at Miller, South Jordan, UT, Century, Metric Century, and 25-mile ride starting and finishing at the Megaplex Theatres at The District in South Jordan, UT., Anne Marie Gunther, 801-563-4140, amgunther@lhm.com, millionmilesat-miller.com
- September 19, 2015 Aptalis Cystic Fibrosis Cycle For Life, Coalville/Morgan, UT, Fully supported, beautiful autumn ride with four route options 20,40, 60 and 100 miles. Benefit for the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, Inadley@cff.org, Mary Fresques, 801-532-2335, mfresques@cff.org, cycle.cff.org
- September 19, 2015 Coldwell Banker Parkway Pedal, Salt Lake City, UT, A casual ride along the Legacy and Jordan River Parkway to benefit The Autism Council of Utah. Various starting locations along the route. Finish at the Cultural Center in WVC., Chris Jensen, 801-563-7670, 801-940-1447, chris Jensen (8015-603-7670, 801-940-1447, chris Jensen (8015-603-7670, 801-940-1447, chris Jensen (8015-603-7670, 801-940-1447, chris Jensen (8015-803-7670, 801-940-1447).
- September 25-26, 2015 Bike the Bear Century, Garden City, UT, 100 and 50 miles. Begins at Parking Lot behind church in Garden City, UT. Support the Trapper Trails Council, BSA with a ride around the scenic Bear Lake on the Utah/Idaho border., Jason Eborn, 801-479-5460, jeborn@bsamail.org, Nelson Palmer, ripadimer@comcast.net, Marte Green, 801-479-5460, johnm.green@scouting.org, trappertrails.org
- October 10, 2015 Legacy Fall Flat 100
 SuperSeries , BCC SuperSeries, Centerville,
 UT, Free self-supported event. Start FoxboroPark NSL, flattest 100 ever 4 trips up and
 back on the Legacy Parkway blke path.
 Food at Farmington Station. Shorter leg
 options of 25 and 30 miles for one or two
 trips up and back., Don Williams, 801-6414020. roadcaptain@bccutah.org, Greg
 Allen, 801-450-1861, greg.ailen@mhtn.com,
 bccutah.org
- October 17, 2015 SoJo Marathon Bike Tour, South Jordan, UT, Lead out hundreds of runners at the SoJo Marathon and ride from through the west side of the Salt Lake Valley to South Jordan. Medals/shirts and post-ride festivities for finishers! Start 7:15 a.m., W Thomas. wthomas.wthomas@sjc.utah.gov, Matt Dodge, 801-253-5236, mdodge@sjc.utah.gov, SoJoMarathon.com
- October 24, 2015 Fall Tour de St. George, St. George, UT, Ride around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 70, or 100 mille ride., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com

- November 28, 2015 Saturday Fatter-day Ride, Saratoga Springs, UT, 7th annual ride to benefit the Utah Food Bank. Burn off a bit of turkey and pie calories. Bring a donation for the Food Bank as your entrance fee., Dan Burton, 801-653-2039, epicbiking@gmall.com, epicbiking.com
- April 23, 2016 Front Runner Metric Century Ride, Salt Lake City, UT, Point to point metric century bicycle ride from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Your bicycle will be transported via private truck to SLC., Matt Storms, 801-448-6061, matt@forthewinracing.com, frontrunnercentury.com

Regional Road Touring

- May 31-September 4, 2015 Yellowstone National Park Bike Tour, Belgrade, MT, May 31-June 5, 7-12, Aug 16-21, 23-28, 30-Sep 4, Tour includes 5 nights of lodging, 6 days of meals, guide service, entrance fees, dally lunch en route, energy food, liquid refreshments, shuttles, and mechanical support, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com,
- June 6, 2015 Buena Vista Bicycle Festival,
 Buena Vista, CO, Scenic and easy to challenging routes 40, 50, 62 and 100 miler ride
 options in Beautiful Arkansas River Valley
 at the Feet of 14,000 Ft Mounts Princeton,
 Harvard and Yale. Exceptionally well supported with afternoon party and band., Tim
 Lopez, 719-594-5655, 719-622-0439, bikefestinfo@bybf.org, Aaron Rosenthal, 719-5945655, bikefest-info@bybf.org, bybf.org
- June 7, 2015 America's Most Beautiful Bike Ride Lake Tahoe, Stateline, NV, 24th annual, in conjunction with the Leukemia & Lymphorma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride. Curtis Fong, 800-565-2704, 775-771-3246, tathewest.com, bikethewest.com, bikeand-skitahoe.com
- June 7, 2015 Subaru Elephant Rock Cycling Festival, Castle Rock, CO, The unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 28th annual pilgrimage to Castle Rock for the Rocky Mountain region's premier cycling festival. Whether you are 6 or 60, prefer to ride on the road or dirf, there is a course for cyclists of all abilities. All of the rides start and finish at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Milke Heaston, 303-282-9015, 303-435-2815, emgmh@emgcolorado.com, Elephant Rock , info@elephantrockide.com, elephantrockide.com, emgcolorado.com/wordpress/?page_id=10
- June 13, 2015 Bike for Kids Idaho Falls, Idaho Falls, ID, Kids Crit Series and 5K run., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@bikeforkidsidaho.com, bikeforkidsidaho.com
- June 13, 2015 Fremont Area Road Tour (FART), Lander, WY, 13 to 100 mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Nyssa, farti@landercycling.org, Tony Ferlisl, landercycling@mail.com, landercycling.org
- June 13, 2015 Lemhi Valley Century Ride Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley, Maria Hunteman, 208-303-0106, mhunteman@ hotmail.com, lemhivalleycenturyride.weebly.com/
- June 15-July 9, 2015 Great Alaska Highway Ride, Dawson Creek, BC, AK, Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported calming and cycling adventure, with a few motel nights., Pedalers Pub & Grille, 877-998-0008, 325-353-8712, tours@pedalerspubandgrille.com/pedalerspubandgrille.com/pike tours/alaska/Great Alaska Highway Ride.htm
- June 20, 2015 Tour of the Carson Valley
 Barbecue & Ice Cream Social, Genoa
 NV, Mormon Station Historic State Park, 8th
 Annual. Fully supported with rest stops, tech
 support and SAG. 11 mile Family Fun Ride
 20-mile Bike & Hike & 44 / 60 miles. Curtis
 Fong, 800-565-2704, 775-771-3246, taffi@bik
 ethewest.com, bikethewest.com, bikeand
- June 20, 2015 Spinderella, Pocatello, ID Ladles-only ride featuring five scenic routes from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail. com, spinderella1de.com
- June 20, 2015 The Great Owyhee Ride Against Hunger, Ontario, OR, 50 mille, 62.5 milles, or 100 milles, experience all that Scenic Rural Oregon has to offer! Start:Historic Train Depot in Downtown Ontario, tour through the rustic country side, experience the majesty of the High Desert landscape, and

- make your way towards the stately Owyhee Dam before circling back towards town. Kurt Holzer, 208-890-3118, kurtholzer@hot mail.com, Kevin Goade, 208-739-1545, tar macdog@gmail.com, greatowyheeride.com
- June 20-21, 2015 Anaconda Bike Festival, Anaconda, MT, Pedal the Pintlers, 25 mile, 50 mile, or the most challenging Century ride: 100 mile rides through arguably the most beautiful landscapes of Southwest Montana, Chad Lanes, 406-563-7988, 406-563-2034, chadlanes@msn.com, Anaconda Bike Fest , 406-563-7988, letsride@anacondablkefest.org, anacondablkefest.org
- June 21, 2015 Ronde Van Ketchum, Ketchum, I.D. A fun ride/tour around almost every hill within Ketchum, North of Ketchum, Sun Valley, and Elkhorn. The full course is just under 124km, and includes 1450m of climbing. Preregistration is required. \$20 cash only at durance or the Perch, by Friday of 6:00pm, Richard Feldman, 208-726-7693, rfeldman@durance.com, usacycling.org, durance comman, prode hill.
- June 27, 2015 Bob LeBow Blue Cruise, Nampa, ID, Routes from 3-100 miles, ride benefits the Terry Reilly Zero Pay Fund, helping support primary health care for our needlest patients., Matt Oakes, 2084, 467-4431, bikedour@ths.org, trhs.org/en-us/eventsmedia/boblebowbiketour.aspx
- June 27, 2015 RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana., Jennifer Benton, 406-549-5987, info@atpod.org, ratpod.org, campdream.org
- June 27, 2015 Holly Frontier Tour de Prairie,
 Cheyenne, WY, Course heads west out
 of Cheyenne along Happy Jack Road
 WYO 210, past Curt Gowdy State Park and
 through Medicine Bow National Forest, to
 the Lincoln Memorial at the 1-80 Rest Area.
 3.000ft of elevation gain. Courses ranging
 from 10-100 miles, start at Llons Park, road
 course only., Scott Phillips, 307-637-6456, 307637-6423, sphillips@cheyennecity.org, cheyennecity.org
- June 27-28, 2015 Gran Fondo Kootenai, Libby, MT, A two-day, point-to-point, "stage" gran fondo featuring fully supported rides through the spectacular landscapes of Montana's remote northwest corner. Located on National Forest Scenic Byways, routes take in the stately Cabinet Mountains, serene Lake Koocanusa, and the legendary Yaak Valley. Proceeds benefit charities in Libby and Eureka, Montana., John Weyhrich, 406-241-2829, john weyhrich@yahoo.com afkootenai.com
- June 27, 2015 Bingham County Idaho Relay for Life, Tentative for 2015, Kellogg, ID, 50 and 100 mile options. Limited Sag, rest/ food station. Starting in Kellogg we will ride 50 or 25 miles west and return. Sharon and Steve O'Brien, 208-317-8375, 208-681-3602, sharonelizabethobrien@hotmail.com, ezcenturvide.org
- July 8, 2015 Ruby Mountain Bike Tour, Spring Creek, NV, 80 mile bike tour from Deeth to Spring Creek and mini tour from Lamoille to Spring Creek. Relay or Solo cyclist. Leg one-Deeth to Angel Lake is all powed roads and ideal for road bikes. The remainder of the course is oil packed, gravel and paved, and may be better suited to mountain bikes. Cyclists are welcome to use all kinds of bikes by switching out at exchange locations. Wells Chamber, 775-752-3540. wellschamber(wellsnevada.com, Robert Johnson, 775-340-5943, rubymountainrelay@gmail.com, rubymountainrelay.com
- July 11, 2015 Goldilocks Boise, Goldilocks Bike Ride, Meridian, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears. , Dani Lassiter, 801-635-9422, linfo@goldilocksride.com, goldilocks.events/gid/info
- July 11-12, 2015 Triple Bypass, Evergreen, CO, The route is 120 miles, traversing Juniper Pass (11,140 ft), Loveland Pass (11,990 ft), Swan Mountain and Vail Pass (10,560 ft), Jennifer Barbour, 303-503-4616, execuling teamevergreen.org, triplebypass.org
- July 12-24, 2015 B.E.A.R.S. Bicycling the Extraordinary Alaskan Roads. Anchorage, AK, Explore a variety of Alaskan landscapes, from Denall to Prince William Sound. Fully supported trip with both camping and great food. Pedalers Pub & Grille , 877-998-0008, 325-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/blke fours/alaska/Bears.htm
- July 12-17, 2015 Tour de Wyoming, Sundance, WY, Hilly route that loops through Black Hills of Wyoming and South Dakota. While covering 366 miles, the route passes by two national monuments and goes through two national parks, one national forest and one South Dakota state park. With all that, the route is being dubbed "The Monumental Tour". Overnight locations are: Newcastle, Custer, Rapid City, Spearfish, and Devil's Tower., Amber Travky, 307-742-5840, atravsky@wyoming.com, cyclewyoming.org, tourdewyoming.org
- July 18, 2015 Absolute Bikes Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of

- Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolute-bikes.net/taylor
- July 18, 2015 Bear Lake Monster Century Ride, Montpeller, UT/ID, 100, 75, 50 or 25 mile fully supported ride from Montpeller, ID. A climb to Minnetonka Cave and prize awaits each 100-mile rider and a backyard barbeque welcomes every finisher. Utah's best century ride ... is in Idahol, Jared Eborn, 801-599-9268, jared@extramileracing.com, Bealdekeendurance.com
- July 25, 2015 Jedemann Gran Fondo, Cheney, WA, A timed 100 mille, 66, or 30 mille cycling ride and cycling festival, Maria Emde, 509-953-9924, 509-939-0552, marla@ emdesports.com, emdesports.com
- July 25-August 1, 2015 Oregon Bicycle Ride, Roseburg, OR, Participate in our weeklong fully-supported tour exploring some back roads through the Coast Range to the Oregon Coast and back to the wild and scenic Rogue River., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org
- July 25, 2015 Four-Summit Gran Fondo Challenge Event, Cascade, ID, Options include 75, 60, 50, 30 or 8.2 Mile Options. Course covers two mountain passes along Warm Lake Road. The ride starts at the American Legion Hall in downtown Cascade and proceeds down Main Street to Warm Lake Road. Money raised by the Cascade to Warm Lake Four Summit Challenge will support various charitable and community projects within the area of Cascade. Ride support will be handled by George's Cycles of Boise, and post ride barbeque, beer garden and music will be hosted by the Community of Cascade., Mike Cooley, 208-343-3782, mccooley@georgescycles.com, gaorsaevents.com,
- July 26-September 6, 2015 Klondike Gold, Fairbanks, AK, Cycle the route of the Klondike Gold Rush, in reverse from historic Dawson City, Yukon to Skagway, Alaska. Fully supported camping tour with a few nights in motels., Pedalers Pub & Grille 7, 877-998-0008, 325-353-8712, tours@pedalerspubandgrille.com/bike tours/alaska/Klondike Gold Rush.htm
- August 1, 2015 Sawtooth Century Tour, Sun Valley, ID, Benefit for the Wood River Bicycle Coalition. Road bike tour from Ketchum to Alturas Lake and back. 50 or 100 mile tour options. Aid stations along the way. Brett Stevenson, 208-720-8336, wrbc.brett@gmail.com, woodfiverbike.org
- August 1, 2015 Gran Fondo Taos-Mora-Angel Fire, Taos, NM, 7:00 am start. 105, 84, or 46 miles. Five aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to the Taos Sports Alliance, whose goal is to bring more sporting events to Taos County for area youth. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571. Jennifer Buntz, 505-306-1443, bikefunsafe@gmail.com, taossportsalliance.com, tourofthegila.com
- August 1, 2015 Colorado Cyclist Copper Triangle Alpine Classic, Copper Mountain, CO, 10th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com/wordpress/?page_id=10
- August 1, 2015 Ride 2 Recovery Honor Ride Orange County, Honor Ride, Orange County, CA, Presented by A Road Bike 4U, Honor Ride OC offers two amazing routes with the longer heading out to the ocean with scenic views and great climbing! All routes will be fully supported with SAG and fun rest stops along the way., Linda Glassel, 609-792-0709, 818-888-7091, lindag@ride2recovery.com, Honor Ride, 818-888-7091 Ext. 106, honorrideinfo@ride2recovery.com, ride2recovery.com
- August 2, 2015 NAMI Billings Annual Bike Ride, Billings, MT, Our 12th annual NAMI Billings Bike Ride will start and end at ZooMontana. The ride raises money and awareness for those affected by mental lilness. Five routes are available, ranging from a 62.1 mile loop for the cycling enthusiast to a 1 mile loop for children. The event is great for all skill levels, however just keep in mind there is no official timing. , Kaitlyn Cochran, 406-256-2001, kaitlyn@namibillings.org, namibillings.org/bikeride2014/
- August 8, 2015 HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, Century.htm



Logan Rotary RAW

Ride Around the Wellsvilles

Saturday, July 18, 2015

26, 66 and 96 Mile Bike Ride

Ride begins and ends in Logan, Utah.

Proceeds will help communities world wide by providing clean water, sanitation, and locally by providing bikes for local youth.





Bicycle Collective **News for June 2015**

It's springtime at the Bicycle Collective, and we're happy to report that all shops are humming along!

Salt Lake

Our new apprenticeship program has kicked off nicely since January, run by Mike Holden during the day and Alex Parvaz and Erika Longino at night. They've had 49 people start the program so far, with ten graduating from the beginner segment and three apprentices finishing the intermediate segment. That means an extra 231 bikes tuned by volunteers, counting the completed apprentices alone! This course is a great way to enter the bicycle industry, or good for people looking to hone their skills in a structured fashion. At this time we are most able to schedule apprentices during daytime hours, contact us through bicyclecollective.org for more information.

We're also glad to report that having a mechanic and open shop manager on every open shop shift has been a net benefit for the shop. This means you're more likely to get mechanical expertise as you work on your projects, regardless of

August 8, 2015 — Le Tour de Koocanusa, Libby, MT. Fully supported 83 mile bike ride which MT, Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Dejon Raines, 406-291-3635, dejonraines@ hotmail.com, letourdekoocanusa.com

August 8-15, 2015 — Idaho Bicvcle Ride ugust 8-15, 2015 — Idaho Bicycle Ride, Blackfoot, ID, Weeklong fully-supported tour exploring the beauty of the Snake River, Swan Valley, Jackson, WY and Lava Hot Springs, ID on two wheels., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicy-cleridesm.org, bicycleridesmv.org

August 15-22, 2015 — Ride Idaho, Couer d'Alene, ID, 7-Day fully supported with showers, beer garden, entertainment, Tent and Porter Service available.Coeur d'Alene, Kellogg, Wallace, Noxon & Troy Montana, Sandpoint. Trail of the Coeur d'Alene, and Hilawatha Trail option., Earl Grief, 208-890-4434, 208-830-9564, ridaho@rideidaho.org, ideldiaho.org

August 15-16, 2015 — Bike MS Wyoming, Bike MS, Sundance, WY, Ride through the rolling hills surrounding grasslands and ponderosa forest at the loot of the Black Hills., Alexis Johnson, 303-698-5403, alexis.b

August 15, 2015 — Four 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, Buckskin, and Pebble. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank., Kaylee Pooley, 208-232-8996, barriesskiandsports@gmail.com, 4PGF.com

August 22, 2015 — Pedal For Patients, Fruitland, ID, The ride starts and ends at Saint Alphonsus Fruitland Health Plaza in Fruitland Idaho. 910 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food. 100, 68, 40, or 20 mile ride options. Avid racers and family friendly., Ken Hart, 541-881-7295, hartkr@<u>trinity-healtt</u>

August 22, 2015 — Pedal for Patients, Fruitland, ID, Choose the distance: 100, 68, 40, or 20 miles. The ride starts and ends at Saint Alphonsus Fruitland Health Plaza in Fruitland, Idaho 910 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food., Ken Hart, 541-881-7295, hart-kr@tripity-health.org. pedalforpatients.org kr@trinity-health.org, pedalforpatients.org

August 23, 2015 — MS Wine Ride, Kuna, ID, Ride 35-50 miles through the beautiful scen-ery of the Indian Creek Winery in Kuna,

how busy it is, and our volunteers and shop managers aren't as habitually stretched thin by the many tasks of an average night shop.

In June Ogden's aiming to give away 100 kids bikes, help them by volunteering Thursday 6-8pm or by dropping off bike-related donations at that time or Tuesday/Wednesday 5-9 pm and Saturday 12-5. Those are also the times to fix up your own bike or buy a refurbished one!

Elsewhere

We've had more and more volunteer involvement in Provo, stop by on Saturdays! We're hoping to teach a volunteer-run Earn-A-Bike program in Provo this summer or fall, get in touch if you're interested in teaching or participating. Our U of U and Westminster locations are quieter in the summer, getting ready to get all those students pedaling in the fall. We've got some great plans in the works in St. George, Glendale, and Moab, let us know if you want to get involved in any of those places!

Any and all info about the Bicycle Collective can be found at bicyclecollective.org

-Davey Davis

Idaho and raise money for multiple sclerosis through the National MS Society Utah-Southern Idaho Chapter. Enjoy a catered lunch afterwards at the winery., Megan lunch afterwards at the winery., M Nettleton, 208-336-0555, Megan.Nettle

August 29, 2015 — Tour of the Valley, Grand Junction, CO, The Tour is not a race; we encourage you to set your own pace and enjoy beautiful Western Colorado. Several route options available including the 100 mille route that takes riders over the Colorado National Monument. Start and finish at Canyon View Medical Plaza., Morgan Taylor, 800-621-0926, 970-256-6222, webguest@gjhosp.org, yourcommunityhospital.com/Tour of the Valley.cfm

August 29, 2015 — Cruisin Magic Valley, Twin Falls, ID, A 12, 30, 50, or 100 mile bicycle ride for all levels. There is a family friendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of The 30 mile route heads out west, north of Filer, through farm country. All of the routes are on rural paved roads in Southern Idaho. The ride is fully supported with a bbq and ice cream at the finish line. Goody bags & finisher medals for the 30, 50 & 100 mile routes. Finisher ribbon for the 12 mile route, Denise Alexander, dalexander@filertel.com, maytec.org/race/cruisin-magic-valley/

September 6-25, 2015 — Santa Fe Trail Bicycle Trek, Santa Fe, NM, 20th Year. Camping Tip. Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only. All gear carried by truck. After the first four days, riders can leave the group at any place along the route, Willard Chilcott, 505-982-1282, willard@cybermesa.com, SantaFeTrailBicycleTrek.com

September 12, 2015 — Cascade Lake Gravel Grinder, Cascade, ID, This event is a long-dis-tance bike ride starting in Cascade, Idaho and continuing over U.S. Forest Service roads through the Boise and Payette National Through The Boise and Payette Indinonal Forests. The route traverses through the beautiful mountain range just west of Lake Cascade. 35, 57, or 76 mile options. Sag wagon will plak up any riders still on the course at 5:00pm., Mike Cooley, 208-343. 3782 moroley/@apargescycles.com. 4sim.

September 12, 2015 — Tahoe Sierra Century, Squaw Valley, CA, 30-60-100 mile routes with 3000-7200 vertical gain. Great support and spectacular views from Squaw Valley Ski Resort, to Lake Tahoe, Donner Lake, and also Donner Suemit Natural Legentra, and over Donner Summit., Nancy Lancaster tahoesierracentury.com, Sue Rae

Salt Lake County Bicycle Advisory Committee **News for June 2015**

Despite May's wet weather, the many Bike Month activities have kept the committee busy in virtually every corner of the County! Beginning with the SLCBAC group ride on May 2nd in the southwest region (Draper, Mountainview), members also participated in the Mayor's Bike to Work Day on the 12th followed by the Bike Bonanza on the 15th. Past Chair, John Herbert tabled an event at Emigration Canyon's Firehouse Day the following Saturday, May 16th. If you have an event that you think the committee could serve the public through its attendance, please contact us through our email or attend one of our regular meetings on the first of each month to discuss your community events.

The Salt Lake County Bicycle Advisory Committee partners with the Bicycle Ambassadors and Mayor Ben McAdams' office to address bicycle and Active Transportation related matters throughout the county. If you have concerns, questions or would like to see your city or township more involved in planning and execution of progressive infrastructure we invite you to make your voice heard. Visit the SLCBAC website (address below) for more information on contacting us as well as meeting times, location and dates. We have added new links to the website that you should follow to stay involved with the cycling scene.

Utah recently moved to 5th in rank as the country's most bicycle friendly state and we're not finished! Great cities depend on visionary planning to address growth and support of vibrant economies. We are pleased to be able to say that Salt Lake County has a model of progressive leadership steering us in the right direction to benefit all modes of transportation.

For more information on SLCBAC, visit: www.slco.org/bicycle/ Ian Scharine

September 12, 2015 — Idaho Poker Ride, Boise, ID, A Benefit Ride for: Simply Cats Adoption Center Canyon County Animal Shelter. Start at MWI Veterinary Supply 3041 W Pasadena Dr. in Boise, Robyn Fartber-Knoelk, 208-871-0951, Rknoelk@mwivet.com, idahopoker-ridedpawsandclaws.org, pedalforpawsandclaws.org

September 13, 2015 — Tour de Tahoe - Bike Blue , Lake Tahoe, NV, 13th Annual around Lake Tahoe's Shoreline with trade around Lake Tance's Shoreine with the Juvenile Diabetes Research Foundation, fully supported with rest stops, tech support and SAG. 72 miles, 4300ft vertical gain. Boat cruise and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com. bikethewest.com.

September 18-20, 2015 — Oregon Gravel Adventure, Philomath, OR, Participate in our 3-day fully supported tour exploring minimally traveled roads where the surface may differ from various shades of asphalt to hard packed gravel in the Oregon Coast Range., Sanna Phinney, 541-382-2633, 541-410-1031, bicycleridesnw.org, bicycleridesnw

September 19, 2015 — West Yellowstone Old eptember 19, 2015 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, supported idea, Moira Dow, 406-646-7701, director@rendezvousskl-trails.com, Moira Dow, 406-646-7701, tour@ cvclevellowstone.com. cvclevellowstone.

September 19, 2015 — Tour de Vineyards, Palisade, CO, Come Join Bacchus and the rest of his merry revelers by joining this 25-mile ride through Colorado's Wine Country Just prior to the Colorado Mountain Winefest, Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, tourdevine-yards.com

September 20, 2015 — Edible Pedal 100, Carson 10 mile, 50 mile and Nevada 150K ride NV, 10 mile, 50 mile and Nevada 150k ride options, Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course, fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accomplishment., Kerry Crawford, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.

Bike Ride, Telluride, CO, 12th annual, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of along a foure mar passes inlough millions of years of geologic record, ultimately finding themselves at the base of striated sand-stone clifts reaching up to 1,000 feet overhead. Benefits the Just for Klds Foundation., Cindy Fusting, 970.729.1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com, telluride200.com

September 27-October 3, 2015 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevadal 24th Annual, follow-ing the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park.

est.com, bikethewest.com

October 3, 2015 - No Hill Hundred Century a 100 mile tour, fully supported. Event shirts, gift bags, lunch (for metric and century girt bags, lunch (for metric and centrury riders), post event BBQ at noon for all riders, 8:30 am, Churchill County Fairgrounds, Danny Gleich, 775-423-7733, dgleicha churchillcounty.org, churchillcounty.org, parksnrec/index.php?ctr=152, churchill-county.org/lists.org

October 3, 2015 — Santa Fe Gourmet Classic, Santa Fe, NM, Fun, challenging 60 mile bike tour with delicious, creative Southwest style foods at 5 gourmet refuelling stops. The noncompetitive ride winds through Santa Fe and into the surrounding areas. Elevation gain is about 1,800 feet. Ride is limited to 150 riders., Kathleen Davis, 505-795-3286, 408-499-0775, lavimz@gmail.com, santafegourmetclassic.com

October 3, 2015 — ICON Tour of the Moon, Grand Junction, CO, The Tour of the Moon Grand Junction, CO, The Tour of the Moon was made famous in the 1980s Coors Classic and later in the cycling movie American Flyers. Today it continues to be considered one of the premier recreational road rides in the western United States. The breath-taking high desert scenery and beaufful roads make this an epic day of cycling, Mike Heaston, 303-282-9015, 303-635-2815, emamh@emagcolorado.com, Scott 2815, <u>emgmh@</u> Olmsted, tou tourofthemoon.com, ewordpress/?page_id=10

October 3, 2015 — Gila Monster Gran Fondo, Silver City, NM, With four distances to choose from, everyone can find their challenge. Gran Fondo 103 miles, Gough Park, Silver City 8:00am. Medio Fondo 70 miles, Gough Park, Silver City 8:00am. Micro Fondo 50 miles, Hi-Spot, HWY 152 8:30am. Nano Fondo 32 miles, Camp Thunderbird, HWY 35 8:30am., Jennifer Buntz , 505-306-1443 , bikefunsafe@

October 3, 2015 — Las Vegas Century's Pedal to the Medal, Las Vegas, NV, Benefits Special Olympics of Nevada, Pancreatic Cancer Action Network and the Southern Nevada Bicycle Coalition. The ride is fully supported and the route is designed to take you around the fabulous Las Vegas valley. Distance options: Century, Metric Century, and 25 mile., Renae Egan-Williams, 702-932-1560, renae@lvvbc.org, northlasvegascentury.org

October 10, 2015 — Tri-States Gran Fondo, Mesquite, NV, 112 miles, 7,500ft of climb-ing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling,

818-889-2453, embassy@planetultra.com

Detober 10, 2015 — Park to Park Pedal Extreme Nevada 100, Kershaw-Ryan State Park, NY, Road bike starting at Kershaw-Tyan and takes peddlers through the towns of Callente and Ploche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershaw-Ryan State Park. 3 iddes available: 100, 60 and 40 mille options. Dawn Andone, 775-728-4460, cathedralgorge vc@lcturbonet.com. October 10, 2015 — Park to Park Pedal Extreme Jonathan Brunes, 775-726-3564, <u>ke</u> lcturbonet.com, iincoincountynevac exploring/biking/park-to-park-pedal/

October 17, 2015 — Goldilocks Vegas, Goldilocks Bike Ride, Las Vegas, NV, The only women exclusive ride event in Nevada. Cyclists can choose from a 30, 60, or 100 mile ride all featuring downhill, flat, and rolling terrain. Hand-crafted necklaces are awarded to finishers, as well as a high-quality custom technical shirt, absolutely free race photos, exceptional 'Papa an Mama' bear course support, and deliclous food. Dani Lassiter, 801-635-9422, info@goldliocksride.

November 7, 2015 — Ride 2 Recovery Honor ovember 7, 2015 — Ride 2 Recovery Honor Ride Las Vegas, Honor Ride, Las Vegas, Roy. Starts and rides down Las Vegas Boulevard with a full escort down the strip! 2 routes will be available with the longer heading out towards Henderson. , Linda Glassel, 609-792-0709, 818-888-7091, lindag@ride2recovery.com, Honor Ride , 818-888-7091 Ext. 106, honor/diethfo@ide2recovery.com, de2e.

Multisport Races

May 30, 2015 - Sand Hollow Triathlon, BBSC Red Rock Triathlon Series, Hurricane, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake., Craig Towler, 318-518-7303, info@bbsctri. Michelle Lund, michelle

May 30, 2015 — Salem Spring Triathlon, RACE TRI, Salem, UT, 800 meter swim, 12.5 mile bike, and 3.1 mile run triathlon course, spectator friendly park and race venue, Race shirts and finisher medals., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.

May 30, 2015 — Adventure Xstream Buena Vista, AXS Series, Buena Vista, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, 2015@gravityplay.com, gravityplay.com

May 30, 2015 — Tri the Heights Sprint Triathlon, lay 30, 2015 — In the Heights Sprint Irlamton, Cottonwood Heights, UT, 400m swim, 10.9mile bike, 5K run. Awards will be given 1st-3rd in all male/female overall, age divisions, and weight divisions. Relay teams too., Heidi Summers, 801-943-3190, heidi@cottonwoodheights.com, cottonwoodheights.com

May 30, 2015 — XTERRA Lory, XTERRA America Tour, Bellove, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Ettuk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and absolute 1/2 mile. things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails! , Lance Panigutti, <u>lance@withoutlimits.co</u>, <u>withoutlimits.co</u>/#!__xterra-lory

May 30, 2015 — Tri The Heights, Cottonwood Heights, UT, 400m swim, 10.9mile bike, 5K run. Awards will be given 1st-3rd in all male/female overall, age divisions, and weight divisions. Heidi Summers, 801-943-3190, heidi@cottonwoodheights.com, cottonwoodheights.com

June 6, 2015 — Daybreak Triathlon, Salt Lake Triathlon Series, Salt Lake City, 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 Oquirrh Mountains and a run around the lake that is unparalleled., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.

June 13, 2015 — Ironman Boise 70.3, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., Mike Cooley, 208-343-3782, mcooley@

June 13, 2015 — Rock Cliff Sprint Tri at Jordanelle, RACE TRI, Heber, UT, Held at Jordanelle Reservoir. Race shirts and finisher medals., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com

June 13, 2015 — Aspen Gran Fondo, Aspen, CO, The USA Pro Challenge, in partnership with Aspen Silver Cycling will be hosting the second annual Aspen Gran Fondo, a 50 mile group ide. The route will have something for everyone with its steep climbs and rolling hills. (fat sections and gorgeous scenery. Wes Graham, 970-429-2098, wes.





- 970-429-2093, sandra.doebler@cityofaspen.
- June 13, 2015 Rock Cliff Olympic Tri at Jordanelle, RACE TRI, Heber, UT, The race starts with a swim in the freshest mountain water you can't even buy in a bottle. The Jordanelle reservoir is surround by beauti ful mountains and is fed mostly by "The Greatest Snowmelt on Earth". Jordanelle reservoir offers triathletes one of the premier racing locations in the nation. Race shirts and finisher medals., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri
- June 13, 2015 Tiny Tri, Park City, UT, Kid une 13, 2015 — Tiny Tri, Park City, UI, Kiu friendly Tiny Triathlon for youth ages 7-15, 9:30am. 100 meter pool swim, 3 mile bike and 1 mile run. \$25 entry. Pre-race preview Wednesday June 10th. Registration opens. April 1, 2015., Holly Erickson, 001-612-703-3320, https://doi.org/10.001/612-703-3320, https kson12@gmail.com, parkcityrecre
- June 14. 2015 XTERRA Pagosa Springs XTERRA America Tour, Pagosa Springs, CO 750 m swim/14.6 mile bike/3 mile trail run. Set at the base of the San Juan mountains, with a wetsuit swim in the crystal clear mountain. water of Lake Pagosa, from there you'll traverse the best local trails for the bike and run legs through Martinez Canyon, Fast single track with a couple of technical sections, Raena Cassidy, 877-751-8880, info@xterraplanet.com, Mike Le Roux, 970-398-0612, mike@joingecko.org/ joingecko.org/ info.asp?uid=339
- June 15-18, 2015 Great Basin Tri Clinic, tentative for 2015, Murray, UT, Geared towards kids who have never participated in a triathlon or children who have done one or two, but without formal instruction. Learn basic triathlon skills for a safe and successful summer of racing., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com
- June 20, 2015 XTERRA Curt Gowdy Triathlon, XTERRA America, Curt Gowdy State Park WY, 1200m swim, 1-Lap 14.1 mile mountain bike, and finishes with a 5.4 mile run, Lance Panigutti, <u>lance@withoutlimits.co</u>, <u>without</u>
- June 26, 2015 Tri Boulder, BBSC Twin Tri Series Boulder, CO, Challenge youself at mile high elevation, Sprint, Olympic distances, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com,
- June 26, 2015 The Lunatic Triathlon, Price, UT, Held under the Full Moon! Choose between a Kids Triathlon, 5k run, Run-Bike Duathlon, Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off road Singletrack Triathlon. Scott Merrell. 435-650-0345, scott@lunatictriathlon.com, lunatictriathlon.com
- June 27, 2015 DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension., Emilee Johnson, 801-520-0921, vernaldinotri@yahoo. com, dinotri.com
- June 27, 2015 East Canvon Triathlon, TriUtah une 21, 2013 — East Canyon Irraminon, Irrutan Points Series, Morgan City, UT, Swim in the beautiful East Canyon Reservoir, bike downhill to Morgan City and run along the beautiful Weber River. This is a fun, fast race and is part of the Utah State Triathlon Championship Points Series!, Dan Aamodt, 801-635-8966, 385-228-3454, <u>info@triutah.</u>
- June 28, 2015 Boulder Sunrise Triathlon Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic duathlon, and 5k., Craig Towler, 318-303, info@bbsctri.com, Michelle Lund, elle@bbsctri.com, yourcausesports.org
- June 28, 2015 Bozeman Tritons Triathlon, XTERRA America Tour, Bozeman, MT, Race
- July 11, 2015 Echo Triathlon, TriUtah Points Series, Coalville, UT, Join us for one of Utah's most popular triathlons! Fast Spring and Olympic Course in beautiful Coalville, UT & Echo Reservoir. Awards 5 deep in each age group, breakfast served., Dan Aamodt, 801-635-8966, 385-228-3454, info@triutah.com,
- July 11, 2015 Cache Valley Super Sprint Triathlon, Logan, UT, Flat, straight, short dis-tance course in Logan City. 500 meter swim at Logan Aquatic Center, bike is out and back on farm roads. Run is out and back in a park. . Joe Coles. 801-335-4940. jo
- **July 11, 2015 Blanding Hillman Triathlon** Blanding, UT, Swim .50 mile, Bike 15 miles, Run Bidnaing, UI, Swirm 30 mile, Bike I a miles, Kun 3.2 miles, (Kids' triathlon July 20), Recapture Reservoir.Race starts at 7AM. There will also be a kids' Hillman on July 10 at 6pm at the Health and Wellness Building., Stephen Olsen, 801-243-3559, 208-258-3145, stephen-
- Rike Rigthlon West Yellowstone MT Match

Ages 6 and Up; Novice Adults Welcome!

Visit www.greatbasincoaching.com or call for information.

- a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain blike and wear a helmet., Moira Dow, 406-646-7701, direc-tor@endezvousskitrails.com, rendezvousskit trails.com/events, skiwestyellowstone.com/
- July 11, 2015 Rigby Triathlon, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pbperformance.com, pb-performance.com
- July 11, 2015 XTERRA Boise, XTERRA America
- July 18-19, 2015 San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Syint Ti. Sprint team relay, spring swim/blke duathlon, sprint blke/run duathlon, youth ti. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Campina available. Reservations necessary to ensure campsite. Held on a closed course, Wade sic.com/
- uly 18, 2015 XTERRA Mountain Championship, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterrabea-
- July 25, 2015 Burley Idaho Lions Spudman Triathlon, Burley, ID, The race starts at 7 am with the world's fastest 1.5K swim (current aided) Then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org
- **July 25, 2015 Layton Triathlon**, Layton, UT, Sprint, Mini Sprint, Relay Sprint, and Kids Triathlon options in the Layton Surf N Swim and Layton City Parks. Great event that repeats the entire course on the Sprint., Joe Coles, 801-335-4940, joe@onhillevents.com, laytontriathlon.com, onhillevents.com
- July 25, 2015 Adventure Xstream Summit County, AXS Series, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, 2015@gravityplay.com, gravitvplav.com
- July 25, 2015 XTERRA Aspen Valley, XTERRA America, Kodiak Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, lance@with-
- July 26, 2015 XTERRA Bozeman, XTERRA America Tour, Bozeman, MT, Short course and long course, Raena Cassidy, 877-751-8880, info@xterraplanet.com, Race Director, acedirector@bozemantritons.org, bozemantritions.org/thitonstrit/xterra-bozemant/. xterraplanet.com
- July 31-August 1, 2015 Doxa Threelay, Duchesne, UT, 12-person team relay triathlon. It is a 2 day, 1 night, 285 mile, non-stop triathlon relay. Starts at Starvation Reservoir and travels to Price., Alan Sheffer, 801-669-7504, 801-836-9610, info@doxaraces.com,
- August 1, 2015 Zoot Aspen Triathlon and **Duathlon**, Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. USAT sanc-tioned event., Wes Graham, 970-429-2098, wes.graham@cityofaspen.com, Sandra Doebler, 970-429-2093, sandra.doebler@ cityofaspen.com, aspenre
- August 7-8, 2015 Emmett's Most Excellent ugusi 7-6, 2015 — Eilmeirs Mosi Excelleni Triathlon, Emmett, ID, Klat's Tri on Friday, Olympic/Aquabike, Sprint on Saturday, Kristen Seitz, (208) 365-5748, gcrd@gemon.com, emmetttri.com
- August 8, 2015 Rush Triathlon, Rexburg, ID, ugusi o, 2013 — Kusn Iriatnion, Rexburg, ID, Olympic and Sprint Distances. Come to our first family triathlon vacation! The Youth Tri will be held August 7, Friday evening, and the Adult Rush Tri will be held on Saturday the 8th. An affer party will be held Saturday affer the Rush at Wakeside Lake. , Bob Yeatman, 208-359-3020, 208-716-1349, boby@rexburg. org, rushtriathlon.com, rexburg.org
- August 8, 2015 Jordanelle Triathlon, TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Dan Aamodt, 801-635-8966, 385-228-3454, info@
- August 8, 2015 Escape from Black Ridge Sprint Triathlon, RACE TRI, Herriman, UT, Fast and fun! There are two transition areas, with T1 at the reservoir and T2 at nearby along the footpaths and return to Butterfield

- August 8, 2015 XTERRA Snow Mountain Ranch, XTERRA America Tour, Columbine, CO, A cold and grassy adventure swim of 1000m, followed by a classic 1.3.5 mile mountain bike, and finally a challenging 4 mile run that follows the first 4 miles of the bike course. The finish is grauphly the most bike course. The finish is arguably the most scenic in all of XTERRA at the beautiful Columbine Point, Bike and run courses will be on the single track, double track and no track trails of the southwest side of Snow Mountain Ranch. A big ole' party at the fin-built ish with food, drinks, and great prizes., Paul Karlsson, 303-960-8129, info@diadeepsports
- August 8, 2015 Varsity Tri, Ogden, UT, Super Sprint Triathlon at Weber State University Aimed at Varsity Boy Scouts to finish their triathlon pin, but open to anyone., Jon Hansen, 801-657-1845, <u>info@varsitytri.com</u>
- August 8, 2015 Escape from Black Ridge Olympic Triathlon, RACE TRI , Herriman, UT, Olympic distance course. There are 2 transition areas, with T1 at the reservoir and T2 at nearby Butterfield Park. The race is capped at 400 athletes., Aaron Shamy, 801-518-4541 801-358-1411, <u>info@racetri.com</u>, <u>racetri.com</u>
- August 15, 2015 Saratoga Springs Tri, Saratoga Springs, UT, USAT sactioned Sprint Tri, 600 meter swim, 12 mile bike, 3.1 mile run, held at the Saratoga Springs Marina at Pelican Bay, 200 E Harbor Parkway., Jared Mason, 801-471-0464, splash@saratogaspringstri.com, Jared Mason, 801-310-0609, splash@masonfam.net, saratogaspringstri.com
- August 15, 2015 Snowbird Adventure Race Snowbird, UT, Multi-sport endurance event - Snowbird Adventure Race, featuring mountain biking, running/trek-king, a Tyrolean traverse, and navigation. Snowbird AR will cover approximately 10-15 miles for the short course and 30 miles for the Sprint course. Scott Browning, 801-867-5039, graffitiracing@gmail.com, graffitiracing.com
- August 15. 2015 TriathaMom, Riverton. UT, Women only triathlon at the Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants. Cody Ford, 801-558-2503, cody@ustrisports. Dani Lassiter, 801-635-9422, info@goldi
- August 15, 2015 XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile laps with a su meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic, Todd Jackson, 530-546-1019, info gblueadventure.com, bigblueadventure. pm/event/xterra-<mark>lake-tahoe/, xterrapl</mark>anet.
- August 15, 2015 Polson Triathlon, Polson, MT, Olympic Distance Triathion. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike loop course through the valley southwest Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail.
- August 15, 2015 2014 DCC Sprint Triathlon, tentative for 2015, Draper, UT, Draper Coordinating Council Sprint Triathlon. Jennifer Koplin, <u>jenniferkoplin2013@gmail</u>
- August 22, 2015 Vikingman, Heyburn, ID, Downstream Snake River Swim, Loop Bike Course, flat and fast run lots of opportunities for your fans to cheer you on! 1/2, Olympic, and Sprint distance triathlons, Duathlon, Aquabike and a Half Marathon., Alan Fluckiger, 208-431-2232, info@viking-
- August 22, 2015 Utah Half Triathlon, RACE ugus 22, 2019 — Utah mai maminah, RACE TRI , Provo, UT, Longest multisport race on the Wasatch Front 70.3 miles: 1.2 mile swim, 56 mile bike, and 13.1 mile run triathlon. Part of the Toughman series., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com, toughmantri.com
- August 22-23, 2015 XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trall run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Darren Lightfield, 208-608-6444, wildrockiesemali@ oo.com, wildrockiesracing.com, xterra-
- August 22, 2015 XTERRA Buffalo Creek, XTERRA America Tour Bailey CO. The XTERRA America Tour, Bailey, CO, The XTERRA Buffalo Creek Triathlon features a 1500m Swim, 22 mile mountain bike, and 5m

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- Reservoir with Olympic and Sprint distances. Joe Coles, 801-335-4940, id com, tigertrouttri, onhillevents.c
- August 29, 2015 Boulder Sunset Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic sprint, duathlon, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, yourcausesports.org
- August 29, 2015 Race on the Rock, Rock Springs, WY, Race along the base of White Mountain and through portions of this mining town. Super Sprint, Sprint, and Olympic Distance options. Traci Clepiela, 307-922-1840, tclepiela723@yahoo.com, raceontherock.weebly.com
- September 7, 2015 Youth and Family Triathlon, tentative for 2015, Murray, UT, Super Sprint Triathlon for all ages. Distances vary by age. Please go to the event website for more information., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com,
- September 7, 2015 South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Swirm 350 yds; Bike 12 m; Run 3.35 mi, relay; Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 miBeginner Tri Clinic/ Group Ride (optional): Saturday, August 29 @ 8:00am (free to registered participants), Start: 8:00am, August 10:30 Awards: 10:30 amLocation: South Davis Awdras: 10:30 amtocation: south Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, labordaytri.com
- September 11-12, 2015 Ogden Valle Triathlon/Utah State Championships, TriUtah Points Series, Huntsville, UT, This is the culmination of all your hard work for the 2015 season! Huntsville BBQ Company, serious awards and prizes, festival, and the crowning of the Utah State age group champions. Kids, Sprint, Olympic and Long distances. Dan Aamodt, 801-635-8966, 385-228-3454, info@ triutah.com, triutah.com
- September 12-19, 2015 Bear Lake Brawl Triathlon, Gold Medal Racing Championship, Laketown, UT, Event is on two dates. 9/12 is the Half/Long 70+ and 9/13 is the Sprint and Olympic event. Joe Coles. 801-335-4940. onhillevents.com, bearlakebrawl.com
- September 12, 2015 Camp Yuba Sprint Triathlon, RACE TRI, Yuba State Park, UT, These Sprint and olympic triathlons are all Inese sprint and olympic triatnilons are all about indian summers, camping, and good of fashion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families, Aaron Shamy, 801-518-4541, 801-358-1411,
- September 12, 2015 I Can Triathlon, Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive 400m swim, 9 mile bike and 5K run., Lois Spillion, 801-568-4602, Ispillion@
- September 12, 2015 Adventure Xstream Glenwood Springs, AXS Series, Glenwood Springs, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, 2015@ gravityplay.com, gravityplay.com
- September 12, 2015 MRAC Attack Mini Triathlon, tentative for 2015, Moab, UT, This community event is open to all and has Elite, Open, and Youth under 12 levels, Male and Female divisions., Patrick Baril, 435-259-8826, pbaril@moabcity.org, moabcity.org/mrac
- September 12, 2015 Kokopelli Triathlon, BBSC Red Rock Triathlon Series, Hurricane, UT, Sand Hollow State Park, with Spint, Olympic, and Kids' distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- September 19-20, 2015 XTERRA USA National Championship- XTERRA Utah, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike

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/ 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA Championships (invite-only): 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, Jason Dyer, 801-620-1013, jdyer@snowbasin.com, xterraplanet.

29

- September 19, 2015 Las Vegas Triathlon, aptember 19, 2015 — Las regus infantocity, BBSC Double Down Series, Boulder City, NV, 18th Annual, now produced by BBSC Endurance Sports at the largest reservoir in the United States, Lake Mead., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, Lund, michelle@bbsctri.com, bbsctri.bbsctri.com/#!las-vegas-triathlon/c5j6
- September 19, 2015 Bear It All Off Road Triathlon, Bear Creek Lake Park, CO, Beginner friendly off-road triathlon, capped 250 athletes. Veteran and beginner tri athletes will enjoy an off-road delight inside Bear Creek Lake Park. After swimming with Red Rocks Ampitheater in the background enjoy biking and running on non-technical single and double track trails., Lance Panigutti, lance@withoutlimits.co, withoutlimits.co
- September 20, 2015 Bobcat Triathlon eprember 20, 2015 — Bobcar Irlamion, Bozeman, MT, Sprint distance with a 1000 yard pool swim at the Montana State University, 20 k bike, 5 k run., Julie Zickovich, 406-581-2191, zickovich@hotmail.com, bobcatticitybe.com
- October 4, 2015 Nevada Silverman 70.3 Ironman, Henderson, NV, 70.3 distance, Frank Lowery, 702-914-7852, 303-444-4316, ironman.com, ironman.co verman.aspx
- October 10, 2015 Huntsman World Senior Games Triathlon, St. George, UT, Triathlon Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little tri athlon in the world., Kyle Case, 800-562-1268. hwsg@infowest.com, seniorgames.net
- October 10-11, 2015 Adventure Xstream Moab Finale 30 hr, AXS Series, Moab, UT, Solo racers and teams will kayak, trek, rap pel, and mountain bike through the Moab Canyon Country, 30 hours of multisport rac-ing., Will Newcomer, 970-403-5320, 2015@ gravityplay.com, gravityplay.com
- October 24, 2015 Powell 3 Triathlon Challenge, Page, AZ, USAT Sprint and Olympic Distance at Wahweep Marina, Lake Powell. Starts at 9:00am Utah time, or 8:00am Arizona time. , Joe Coles, 801-335-4940, joe@onhillevents.com, powell3.com onhillevents.com
- October 24, 2015 Pumpkinman Triathlon BBSC Double Down Series, Boulder City, NV, Point-to-point race begins in Lake Mead National Recreation Area and ends in Boulder City, with Sprint, Olympic, and Half Courses; costumes welcome!, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/ pumpkinman
- November 7, 2015 Telos Turkey Triathlon & 5K, T3TRI EVENTS, Orem, UT, Splash dis-tance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center, Shaun Christian, 801-769-3576, 801-678-4032, shaun@3triathlon.com, Nicholle , nicholle@ 13triathlon.com, 13triathlon.com

Cyclocross

June 20, 2015 — Operation Smile Cyclocross Race, Draper, UT, Benefits Operation Smile. There will be an A,B,C flight male and female. There will also be a two lap fun ide for those wanting to try without competing. 100% of all money collected goes to charity. \$250.00 helmets donated by Bikers Edge will be for the winners of each category (8 helmets). Tons of raffle prizes also. Held at the Draper Cycle Park., Jon Argyle, facebook.com <u>lonargyle@gmail.com</u>, <u>events</u>/252386018269723/



RACING

Why Race? A Guide for Those Interested in Racing



Keith Payne has been racing for 25 years and hopes that you too will try it this season. He's shown here at the 2015 Soldier Hollow Intermountain Cup. Photo by Dave Iltis. See more at gallery.cyclingutah.com

By Keith Payne

For all would be racers out there who haven't yet embraced competition.

Yes, head to head, a hare is certainly going to out sprint a turtle, but not all races are sprints.

I've been racing bikes since 1990. 25 years of riding and racing mountain bikes, road bikes, single speeds, cyclocross bikes and now fat bikes. I've met many people over the years

while riding and racing, we have different backgrounds, interests, goals, motivations, beliefs, but what makes us alike is our love of biking. Riding a bike elicits various emotions and sensory experiences in each individual, but for most the freedom, adventure, adrenaline, euphoria, and clarity that come through riding make it a lifestyle that takes hold and molds your perspective on everything else.

While many of us have participated in other sports or hobbies in the past, cycling is our home. We love to ride, we live to ride, we think about when we can ride next, we eat in order to be fitter or maybe we ride in order to able to eat those things we perhaps know we shouldn't. Riding is all encompassing for us because it is our touchstone, our center, our therapy.

Racing bikes is the natural progression for many cyclists. Once we become proficient cyclists we will likely, at some point, be invited or encouraged to try racing. Racing bikes is the same as just riding them, only there's no waiting. Yet there's something about the additional ele-

ment of competition engenders real fear and doubt in your average cyclist. After a casual invitation, of which I've proffered many, the excuses start to dribble from the mouths of the uninitiated. "Well, I don't know.", "I'm not really into racing." "I'm not fast enough." "I can't spend the money/time." Somehow they all seem turn into the loveable hypochondriac Bob Wiley from "What about Bob?" In the film he responds to an invitation to go sailing by saying "It just makes my lips numb to think about it." That's the sort of response I get almost every time.

I try to hide my incredulity and smile supportively but in my mind I'm thinking, your excuses really don't make sense to me. My perspective has changed after so many years of being involved in the amazing race community.

I understand family commitments and financial constraints might limit one's ability to participate in a full season of racing. I also understand personal doubt and concerns about the aggressiveness of other racers, the speed of the field, or the distance to be completed. Being the new kid on the block certainly makes one a little gun shy. However I'm here to tell you that racing your bike will make you a better cyclist, period! But there are many other reasons to consider racing.

Here are my five reasons why you should start racing.

You will learn. Cycling is progression. It is driven by momentum and in order to improve you must embrace that momentum. Enhancing your cycling skills is a natural product of racing. You will be forced to ride trails that you have never ridden, with obstacles you don't normally experience and all at a speed that is faster than you are used to. This will demand that you learn how to be a better bike handler, how to corner at speed, how to climb efficiently and much more. Stopping on your personal plateau that you've reached as a cyclist to enjoy the view is fine, but there are more mountains to climb. Racing will help you improve and go further than you though possible.

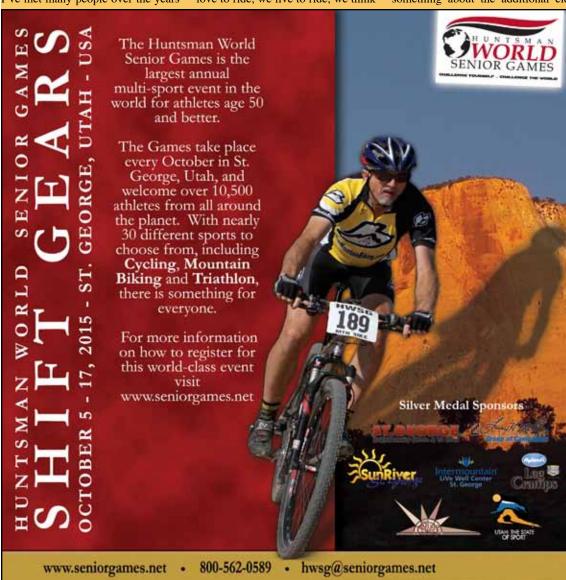
2. You will get fit. Sure you might not go out and crush the field your first race but racing requires you push your limits and by doing so you make your body do things it hasn't before simply because there's someone in front of you trying to ride away, and for some reason you want to catch them. As you continue to race and push your pace you will become fitter AND faster and that will only serve to make cycling more fun.

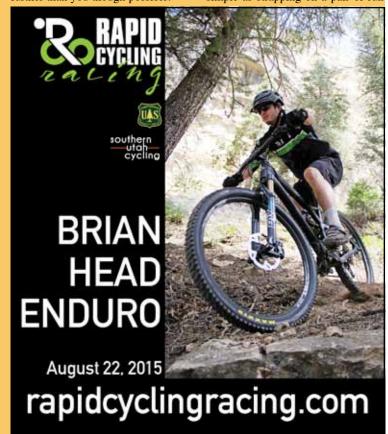
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3. You will make friends. Shared experiences create bonds of friendship. You will meet people with whom you might never have typically engaged. Over time you will get to know them. They will challenge you and you may challenge them. It's a great opportunity to expand your circle of friends and learn from others. Your fellow competitors will push you, encourage you, taunt you, tease you, congratulate you, and if that's not the definition of a best friend I don't know what is!

4. There's a race for you. In today's cycling community the variety of race opportunities are numerous. There are weekly races that are relatively inexpensive and close to home. The distances are short and time constraints brief. There are typical cross country or criterium or road races on Saturdays that are a bit longer, a bit more money and perhaps more competitive. There are endurance style races where distance is the challenge and just completing the course can be a major accomplishment for you, regardless of who actually wins the race. In short there are race venues, distances and prices that will accommodate your sense of adventure, experience, and budget. There really are no excuses. Start small and work your way up. Be forewarned, it's more addictive than chocolate...ok, maybe AS addictive as chocolate.

5. It's hard, but oh so worth it. Yes riding your bike fast and making yourself uncomfortable in the process is not what most would consider "fun." It is physically taxing and requires some preparation and skills development. It's certainly not as simple as strapping on a pair of run-





ning shoes and run/walking 13 miles down the pavement (which I don't do anymore). Hence the reason fields of cyclists are significantly smaller than your typical running race in the city. But the sense of accomplishment, the improvement of skills and fitness, the beautiful venues, make cycling a more rewarding and hence more engaging experience for the long term.

How to prepare for your first race:

Are you convinced yet? There's no better teacher than experience so here's what you do:

1.Get your bike prepared. Make sure it's functioning properly, tires inflated adequately, brakes working, shock functional. Your local bike shop should be able to run through it and ensure it's ready to race.

2.Ride your bike, perhaps with someone more experienced who can coach you a bit. Do this more than 1x/week.

3.Pre-ride the course of your first race. Find the map or find a friend and have them show you the course. Then ride it, more than once if possible. Re-ride technical sections a couple of times until you feel confident about your line.

4.Register for the race. Plunking down your money commits you mentally and helps you anticipate and prepare.

5.Eat and Sleep. Eat properly, downing a Double Double from In and Out the night before your race is not typically a wise strategy. Get plenty of sleep the night before and remember to hydrate.

6.Go have fun. Who cares if you are first, last, or middle of the pack. Just ride your best, measure your effort and challenge yourself. In time you will improve and will need to move up to a harder category with a longer distance and stronger competition, but for now just do your best and finish.

7.Don't quit. Unlike most sports, there are no time outs, no medic to spray your cramping legs, no water boy, no mechanics, no pit crew, few spectators, and no coach yelling from the sidelines. It's just you and your ability to pedal. So just keep spin-

ning!

8.Finally, repeat the process, next race, next year, wherever and whenever you can. Over time you will be able to measure improvement and that will build your confidence.

For many years I taught snowboarding and the three rules we had for our students were these: 1. Learn something, 2. Be Safe, 3. Have fun. If you aren't learning you aren't progressing, there are always ways to improve your cycling so never stop learning and improving. Safety is critical, no one wants to be injured so improving your skills and your fitness helps prevent injury, assuming you ride within your limits and don't take silly risks. Finally having fun is what cycling is all about. Despite the exhaustion, the hunger pains, the cramping, the feeling of being utterly spent, I get to the end of every race and think wow, that was hard, but so worth the effort.

Yes I know some of you consider yourself purists and just ride for the sheer enjoyment and don't want to be bothered with race plates, fees, timing chips, arrogant racers who won't yield, and race directors who aren't well organized or bark out instructions like a marine sergeant. But if you can look past all these minor issues you will see an opportunity to improve your cycling ability and thus enhance your riding in a way that just can't be done by going out on your average Saturday group ride. I invite you to try a race, or two, or ten this summer and see what happens. You may feel like the turtle, but just finishing one of these races makes you a hare compared to most of the world.

"When man invented the bicycle he reached the peak of his attainments. Here was a machine of precision and balance for the convenience of man. And (unlike subsequent inventions for man's convenience) the more he used it, the fitter his body became. Here, for once, was a product of man's brain that was entirely beneficial to those who used it, and of no harm or irritation to others. Progress should have stopped when man invented the bicycle." ~Elizabeth West, Hovel in the Hills

Hoffman, McCutcheon Win at Antelope Island



Skylar Patten (Ski Utah) leads the junior men's field. Patten went on to win the Junior 15-16 state championship. Photo by Ravell Call.

Held in near perfect conditions on May 2, 2015, the Antelope Island Road Race drew a record 360 participants across all categories. In the 73 mile, Men's Pro 1-2 Category a large breakaway went on the first of two laps as the group began going out the ranch road. The field maintained a steady pace, but was unable to close on the break. As the breakaway neared the finish, several attacks were launched, notably by Mitchell Peterson (Canyon Bicycles-Shimano). Hoffman bided his time, however, and convincingly won the sprint atop the final climb in front of Branson Yates (LiVe Well p/b Bountiful Bicycle) and Cortlan Brown (Astellas Pro Cycling).

In the 43 mile Women's Pro 1-3 event, a mishap towards the back of the peloton allowed a four rider group to go clear on the first lap of the island. This group worked well together through the out and back on the ranch road. As they approached the final climb, Mindy McCutcheon (Canyon Bicycles-Shimano) went to the front and pounded out a hard tempo, ultimately taking the win in front of Alison Frye (Ski Utah- Plan 7) and Shirley Leydsman (Red Rock Bicycles).

The event was also the Junior State Championship. Titles were won by Skylar Patten (Men's 15-16), Nate Hansen (Men's 17-18), Ian Frederick (Men's 13-14 as the top Utah finisher in 2nd place), and Kate Madorin (Women's 17-18), Viggo Moore (Men's 10-12), and Kylie Frederick (Women's 10-12 as top Utah finisher). See results on page 14 of this issue.

-Ryan Barrett

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BICYCLE TOURING

Rob Paull: A Model Cycling Companion



By Lou Melini

Depending on where one looks for advice, a good cycling companion has the following traits; a good cyclist, a positive attitude, helpful in a number of ways, sociable yet capable of being alone, entertaining, able to repair a bike, comfortable with camping, humorous and resourceful. I had the pleasure of riding from Yellowstone NP with Rob Paull over 5 days in 2014. He has all of the listed traits plus as an added bonus he is a senior citizen like myself.

Cycling Utah: Rob, You caught the bicycle travel bug shortly before

I did. Tell me about your experience as a bike traveller.

Rob Paull: I did my first tour in 1974 in Michigan, it was a supported 4 day tour from Lansing to Mackinaw City, called DALMAC put on by the Tri-County Bicycle Association. I guess I got hooked as I did 27 more of those tours over the years, 10 of them with my son. Got so I knew every good restaurant and bar between Lansing and Mackinaw. It was always a fun ride. On a number of those trips through Michigan I returned home on my bike as well. I've also had the opportunity to do some longer tours as well including a couple of cross country's as well



Left: Rob Paull bikepacking in Cathedral Valley.

Above: Near top of climb out of Calf Creek in Souther Utah. Photo by Rob Jones.

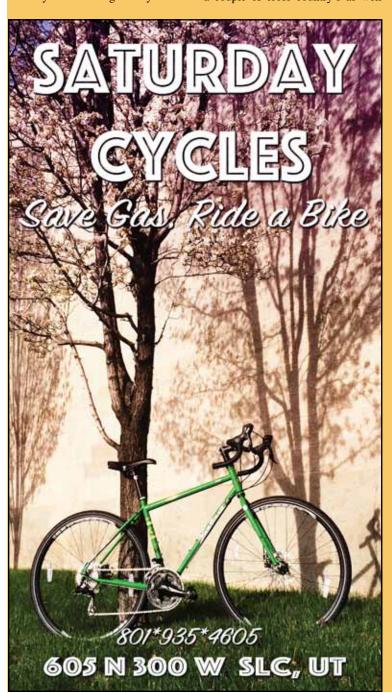
as a trip up to Alaska and a West Coast trip.

Since moving to Utah I've done several Southern Utah Parks tours and a number of self supported tours organized by the Wasatch Mountain Club most of which were a week or so long. I've also ridden a number of solo trips around the Southwest of varying time and length during my time in Utah.

C.U.: If a young couple, (anyone under 55 in your case), wanted to do a 2-3 week bike tour say to Yellowstone National Park and back, how would you counsel them?

R.P.: I would say to someone considering this trip or any trip is to just do it. You might want to talk to someone who has done it before

or read some trip reports by others who have done this trip, go to one of your (Lou Melini's) touring talks at REI, etc. Give yourself plenty of time so you're not going to be pressured to be back at an unrealistic date. Another good thing to try is to load up your bike with everything you think you'll take on the trip and do an overnight to a campground near your home of 30- 40 miles. That way







Top of Targhee Pass in the rain during a tour of Yellowstone in 2014. Photo by Rob Jones.

if you find you've forgotten anything it's no big deal and you will not forget on the longer trip. Also more importantly you might find things you took that you really don't need and can leave at home. But still the most important thing to do is JUST GO!!! You will quickly learn.

C.U.: When we traveled home from Yellowstone, I was impressed by your simplicity, yet completeness of gear. What do you look for in tents, stoves, sleeping bags, tools, spare parts, etc.?

R.P.: Over the years, as I've gotten older and the miles have gone by, I've looked at my gear and have learned what, for me, is important to carry along on a trip. I've tried to lighten my load as much as possible and now carry about 20lbs. or less, not counting food or water. I use the lightweight backpacking ideas as much as possible. The tent I use most of the time is a one-person single wall self-standing model that I've found works well for me in the Southwest climate. Most of the time I use a small canister stove or a homemade alcohol one. As for sleeping I use one of the inflatable insulated mattress that are available and in the summer a 40 degree down bag. To me getting a good night sleep is one of the most important things to achieve in order to have a successful tour. For tools and spares, I only carry on the bike those tools that I need to work on the bike I'm touring on; I only take the Allen wrenches that fit the bolts on the bike. Four Allen's are lighter that a whole tool set of Allen's most of which don't fit anything on the bike. Also I carry a small chain tool and lightweight wrenches to fit bike. I carry a small container with a few various size bolts and nuts, a master link for the chain also spare brake and shift cable

I guess I would advise looking at all your gear, and seeing where you

Wanted!

Bicycle Pins, Bicycle Jewelry, Medallions, etc. for a display board. Call Ray at 503-884-6574 can eliminate stuff and still be safe and comfortable, it's sometimes hard to do, as there always seems to be a new gadget available that seems indispensable, and probably is.

C.U.: What are your clothing choices for either on or off the bike?

R.P.: Ah, clothing choices. This is one area where a lot of bulk can be eliminated from your bags. Of course what you carry will depend on when you tour and where you go. This is what I find comfortable to wear on the bike while touring. I use padded bike underwear with light nylon zip off leg pants with leg clips, a long sleeve light colored seersucker cotton shirt, wool socks and light hiking shoes or sandals, (I use flat BMX type peddles on my touring bike), helmet and cycling gloves. In my bags I carry an extra pair of bike underwear, wool socks, cotton underwear, nylon running shorts and shirt, light pile shirt, light rain pants and bike jacket, and a down vest in

C.U.: One can find a number of opinions regarding bike choices for traveling. What are your suggestions?

R.P.: Bike choices are another personal thing. Everybody has ideas on what one needs for touring. My advice is don't let not having a "touring bike" prevent you from touring if you want to!! You can tour on any bike as long as it fits you and is mechanically sound. I've toured on a number of different bikes over the years from a '72 Viscount 10 speed with a flimsy rack to modified mountain bikes to true touring bikes. I currently have several mid 1980's steel touring bikes that I have purchased and restored to make very nice touring bikes once again. These bikes are out there and if you have the skills to bring them back to good condition they make wonderful touring machines. A number of bicycle manufacturing companies made very nice touring bikes in the mid 1980's just before the introduction of mountain bikes. My current favorite ride is a 1985 Trek 620 which is a true touring bike with long chain stays and relaxed frame geometry. It has a 6 speed rear cluster which some don't think is enough gears, but I have found that it's not how many gears a bike has but how the ratios are set up, and how low a gear ratio you can get on your bike. I like steel and I like simple.

C.U.: What are some key mechanical skills one should have for bike travel? What problem solving tricks have you had to employ on the road?

R.P.: You have to know how to repair a flat first and foremost. It's also good to know how to adjust your brakes and shifting mechanism. Learn how to break a chain and what you need to splice it together again. Field replacement of a spoke and truing a wheel are also good skills to have. If you do rebuild a bike yourself you will learn most of these skills plus you will know how all the parts of your bike go together. REI offers bike repair classes or volunteering at the Salt Lake Bicycle Collective will give one a wealth of skills. I've broken a couple of rear shift cables over the years without having a spare. One time I jammed a tapered stick I

made into the parallelogram of the derailleur to hold the chain in a comfortable gear to get to the next town with a bike shop, another time I just tied a knot in the cable by the rear cable hanger to keep in a chosen gear. I've also broken chains and spokes and had to repair them in the field.

C.U.: One issue bike travellers face is the decision to travel solo, with one other person or with a group. Do you have a preference?

R.P.: I have done most of my tours solo and I do enjoy going that route. I like the total freedom solo touring provides. I can go as far as I feel like, stop whenever it suits me, eat when it seems right, and stay in or out as I choose. If I decide to change my route plans I can just do it, no problem. I find I interact with the people I meet along the way more when I tour by myself and I enjoy that, as most everyone I've met has been pleasant and interesting. Of course the down side of solo touring is you have no one to share the joys and hardships of the trip with, no one to help if you have a break down, no one to go for help if you need it.

The things that I brought up as a negative point in solo touring is a plus when touring with a partner. And the positive points of solo touring become negative when touring with another. You have to always work out how far to go, when to eat, and so on. Choosing ones partner for touring then becomes quite important as you must be able to get along and be compatible which each other or it could make for a very unpleasant trip for both of you. Of course one of the big plusses with a partner is a reduction in camping fees, food costs, and the equipment load can be shared. When I went to Alaska it was with a partner and a good trip.

Group touring is like touring with a partner only requires much more planning as places to stay have to be planned to accommodate a group, no camping in the ditch. Compatibility issues will be more pronounced, and the probability of mechanical problems will increase. But if all the problems are handled well, group touring is a whole lot of fun, and a great way to go.

You asked what type of touring I like and I guess my answer is I like them all. The main point is to just GO!!!! Last year when we did the tour up to Yellowstone and back, I had the opportunity to do all three types of touring. The first five days I went solo from SLC area to Coulter Bay in Teton Nat. Park where I hooked up with the rest of the group and toured the next five days with them, and had a great time. And of course the last five days I had a very pleasant trip back to SLC with you, Lou. On that trip I enjoyed every phase as I enjoyed my road time alone, then road with a great group of people on a well organized tour through the parks, then had a great trip home with you, as we had a lot of fun and I thought were very compatible partners. All in all a great trip!

C.U.: Do you have any favorite 1-3 week tours one could do in Utah?

R.P.: One of the tours I enjoy is of course the Teton - Yellowstone trip we did last year. That was the third time I've done it. Also I like the loop trip starting and ending in Cedar City, going down to Zion N.P. to Bryce Canyon up to Cedar Brakes and back to Cedar City. A nice weekend mountain bike overnight bikepacking trip, I've done twice, is the Cathedral Valley Loop in Capitol Reef N.P. A couple of nice road overnighters I've done are to ride from Salt Lake or take FrontRunner to somewhere convenient and ride to Antelope Island. Also take Front Runner to Provo ride to and up Hobble Creek Canyon to the campground at the end of the paved road. A few years ago I went on a Wasatch Mountain Club trip to do a loop from Green River to Hanksville to Natural Bridges to Blanding, Moab, and back to Green River. I had to drop out due to a medical condition and want to finish that trip. I'm planning on going in early May, so that should be fun. Utah has some of the best biking country in the U.S. just open a map and pick a route and just GO!!!!



MOUNTAIN BIKING

A Weekend in Sedona



Heather Gilbert pedaling on the Hangover Trail in Sedona, Arizona.

Right: Heather Gilbert and Kathleen Berglund negotiate one of the many wash crossings on the Girdner Trail.

Photos by Lukas Brinkerhoff

By Lukas Brinkerhoff

There were a few riders attempting to get a look at the line without sliding down it inadvertently whilst wearing their tap shoes.

One of them, who appeared to be a local or was trying to make himself out to be, explained it to us as such, Down to a hard left followed immediately by a hard right." I'm not one to question local trail beta, but that didn't make any sense to my brain. It looked much better to go high and hit it straight all the way through. I didn't offer my opinion as they didn't seem too interested in it.

I rolled up, staying right of the line and higher to be able to hit the roller and avoid trying to turn at high speed. It worked quite beautifully and I found myself hurling down the backside of a mesa with no idea of what was coming around the corner. As soon as my tire rolled out of the first drop, there was another to take its place. I held on using brakes and slight nuances of my pedals to avoid being thrown off my bike all the while maintaining the momentum necessary to keep the wheels rolling. The obstacles were big enough and

close enough together that my brain kind of shut off and my body just did its thing entering a hyper-focused state of riding. Which is a nice way to say I was in survival mode.

The drops continued for a few hundred feet and then the trail returned to normal singletrack as it made a couple of switchbacks before dropping down a waterfall. Finally, I was able to regain some sense of what I was riding and come to a stop.

You could say that I am in a committed relationship with the trails in St. George. This month marks the 20th year since I was first handed a 10mm box end wrench and told to adjust a set of cantis. My tires have been roaming this side of the state ever since with only brief intermissions to sojourn in the Southern Hemisphere. I live here because of the trails, but there is something exciting about the unknown. Something that regardless of how you feel afterward, titillates your senses and makes you want to sneak away for some more.

Sometimes you just need to get some strange.

This past weekend found the Mooseknuckler Alliance in Sedona, Arizona. It had been six years since I last rolled some fatties on that sandy

soil. And this time around I was fully prepared for the weird forces of the vortices

We had a list of three, three trails that were said to be the hardest in Sedona. I don't recall where this list came from or on what authority it was given, but there it was nonetheless. It went like this, Hangover, the Hog stuff and Hiline. We were supposed to be taking it easy seeing that one of us had a broken rib and a torn ligament in his shoulder, but we figured we could knock 'em out anyway.

We started with the hardest, Hangover. One thing about Sedona, every of a mile the trail changes name, or so it seems. We did Hangover using a dirt road and a couple of trails for access and exit. The dirt road we were told is usually shuttled. We pedaled it up to Cow Pies Trail which connected us to the entrée.

If I had to describe Hangover with one word, it wouldn't be exposed, it would be off-camber which I guess might be two words. Anyway, a decent amount of the trail is on slickrock. Off-camber slickrock that is then exposed. It took about half the ride to start to get the feel for what the sandstone had to offer in



terms of traction, but once figured out, the trail began to roll a bit more smoothly. With that said, this trail takes the pucker factor all the way to 11. The section that I assume gives it its name, is an exposed ledge that is bordered by a wall that tends to hang out over the trail pushing you toward the drop. Plus the trees that clearly were placed before wide handlebars became a thing.

Using Munds Wagon Trail, we made it back to our vehicle for lunch and recovery.

Seeing that we were taking it easy, we went ahead and did another ride that afternoon. We were shooting for a bout ten miles. Starting at the Bike and Bean, we used Slim Shady to access HT and go under Highway 179. From there, we picked up Little Horse and made our way to Chicken Point. This is where things got interesting as we jumped on High on the Hog which took us up to the ridge, gave us a little exposure and a couple of moves before dumping us on Hog Heaven. With more of the same and big smiles we made our way out using Mystic, Cathedral and the Bell Rock Pathway eventually finding our way back to the Bike and Bean.

At this point we were ready for some sustenance. The Alliance headed to the Oak Creek Brewery where we found ourselves in a long line of hungry people. Somehow we made our way to the bar and found some seats which meant that we quickly had beer and food completing a big day of riding.

We were committed to taking it easy the next day and found an "easier" 23 mile loop in the Upper Dry Creek Area Trails. I won't bore you with all the details, but be sure to hit Dead Man's Pass, Chuckwagon and Aeries while avoiding Girdner. This ride is paired well with some Vegetable Tempura rolls from Takashi Japanese Restaurant. Just don't order two because they're kinda big.

And finishing out the trifecta on what was my favorite ride, Hiline. It gives you the views and some exposure but packs most of its technical moves into the drop off the back making it a bit easier. I highly recommend snubbing your nose at Sedona's "anti-vagrancy" laws and taking a bath in the creek as you ride Baldwin back to Slim Shady. This is best done with a mid-ride beer in one hand.

The nice thing about cheating on your local trails is that when you get back, they don't care and you get to continue enjoying them with a smile on your face knowing that you can stray whenever you want.





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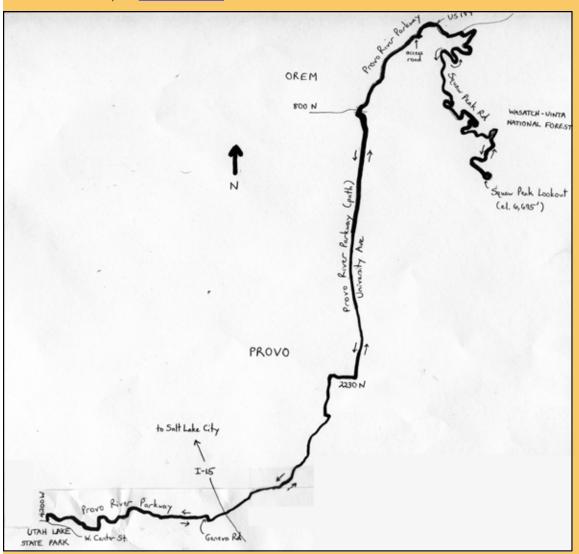


RIDE OF THE MONTH

Utah Lake to Squaw Peak Challenge



Taylor Hoj on the climb to Squaw Peak in Utah County. Photo still from video by Dane Christensen. Check out the video entitled Cycling Squaw of the climb shot from a drone at https://www.youtube.com/watch?v=qEf3_Nq6WoE For more information, see danesdrone.com



By Wayne Cottrell

The Utah Lake to Squaw Peak Challenge is a 31.3-mile, out-and-back ride that starts and finishes at Utah Lake State Park in Provo. The ride makes liberal use of the Provo River Parkway for the opening 10.7 miles, and then veers onto U.S.

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Highway 189, and then Squaw Peak Road for the climb to the Squaw Peak Overlook. The ride's elevation ranges from 4,500 feet at the start to 6,695 feet at the turnaround, for just under 2,200 feet of climbing. The gradient is a barely perceptible average of 1% for the first 11.3 miles, followed by a very perceptible 8 to 11% for the final 4.3 miles, to the

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dave@cyclingutah.com

turnaround.

Start the ride at Utah Lake State Park, located in far western Provo, at 4400 West Center Street. Entrance fees as of this writing were \$9 for a motor vehicle (\$5 for age 62 and over), and \$2 for a bicycle. Utah Lake is a freshwater lake, unlike the Great Salt Lake; and, despite its size, Utah Lake's maximum depth

LOST:

May 13 riding on East Canyon road midway between the gate and the top of Big Mountain,an ultra compact white Panasonic digital camera in a light grey cloth pouch.

Email Richard: bozart@wyoming.com

is only about nine feet. Leave the park by heading east on West Center Street; the ride officially begins at the left turn onto 4200 West. Look for the entrance to the Provo River Parkway (paved path) on your right. Turn right here, and ride parallel to the Provo River, meandering along its north side. This is a lower branch of the river, draining into Utah Lake from the Uinta Mountains. The upper and middle branches of the river are impounded at the Jordanelle and Deer Creek Reservoirs, both located well east of here. The opening 5.6 miles of the ride, and the path, are grade-separated. The path generally heads northeasterly, with a few twists and turns along the way. At mile 2.7, the path loops and then crosses over the river aside Geneva Road, before resuming along the river's south bank. From here, it is a pleasant, tree-lined ride through park settings, adjacent Provo neighborhoods. The city of Provo, with a growing population of just over 116,000 as of 2013, is Utah's third-largest city. The city's largest employer is Brigham Young University, which is perhaps its greatest claim to fame. The city's notables include a strong musical presence in the Osmonds' family group, rock groups Imagine Dragons and Neon Trees, and actress-songstress Julianne Hough, and an equally strong athletic presence in NFL quarterback Steve Young and NCAA cross-country champion Josh Rohatinsky, among other famous personalities in these and other fields. Cross back over the river at mile

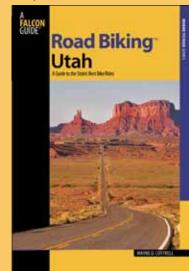
5.1, and continue along the Provo River's west bank. The pleasure of grade separation ends at 2230 North, where the path darts across the river one more time, and empties out onto the walkway on the north side of the road. Continue eastward along the walkway, and then turn left (remaining in the walkway) to head north on University Avenue. The path resumes along here, although it is little more than a paved path that parallels University, on the road's west side. Be especially cautious at the at-grade crossings along here, particularly at the busier ones at 3700 North and 4800 North. The Shops at Riverwoods appear on your left north of 4800 North; this upscale, mostly outdoor mall was the setting for the end of a Tour of Utah stage in 2011. The at-grade crossings finally end at mile 9.0, at 5600 North, just past the mall and adjacent businesses. From here, the Provo River Parkway swoops under 800 North, as you enter the northeastern corner of the city of Orem. As you emerge from the underpass, a popular parking area for Provo Canyon access is on your left. Keep riding into the canyon; cross over Provo River - oh, there it is! - at mile 9.6. With its steep bluffs, the river, Bridal Veil Falls, the Heber Creeper (historic railroad), the nearby Sundance Resort, and other attractions, Provo Canyon is very scenic and popular. The path on which you are riding is also popular, although you are destined to leave the path at mile 10.6. Turn right here,

onto the access road, followed by a cautious left turn onto U.S. 189. The highway features a bike lane. After just 0.6 miles along the highway, bear right onto Squaw Peak Road. The elevation here is 4,953 feet; you have climbed just over 450 feet since the start, at an average grade of just under 1%.

The topography changes dramatically as you begin the climb up Squaw Peak Road. The gradient averages 8%, as you head toward Squaw Peak Overlook. Stay to the right at mile 11.75; the road to the left leads to an archery range. One mile later, at an elevation of 5,526 feet, the Bonneville Shoreline Trail crosses the road. Continue climbing through the numerous bends and switchbacks, enjoying the spectacular view of the mountains, the urbanized Utah Valley front below, and Utah Lake. Enter the Wasatch-Uinta National Forest about halfway up the climb. Along the way, you will see a variety of trees, including maple and oak, and, depending on the season, some wildflowers in bloom. At mile 15.3, bear right onto the road that takes you to Squaw Peak Overlook (the paved road to your left eventually transitions to dirt). Continue climbing along this final, steep section (11% grade) to the road's end. Turn around here, after taking in the view. Return the way that you came by following the reverse route.

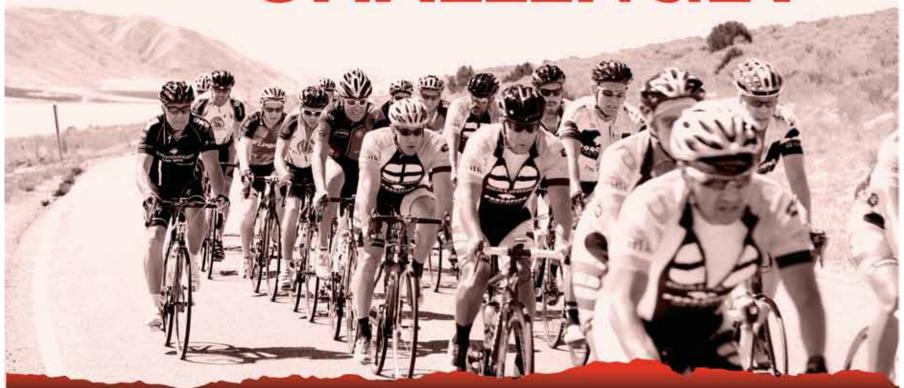
For more rides, see Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested startfinish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

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



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