

Experiential Bicycling

FREE

June 2017

CYCLING UTAH

UTAH • IDAHO • WYOMING • NEVADA • COLORADO • NEW MEXICO • ARIZONA • MONTANA • CALIFORNIA

**2017 EVENT
CALENDARS
INSIDE!**



IN THIS ISSUE

- 2017 EVENT CALENDARS!!
- GRAN FONDO KOOTENAI
- METAL COWBOY
- SPITTING IN THE SOUP
- DROPPER POST GUIDE
- NUTRITION FOR CYCLISTS

- DINOTRI PREVIEW
- ILLEGAL ROADS
- AWE IN THE JOURNEY
- WILD HORSE REPORT
- TOUR OF CALIFORNIA
- TINKER'S RACE

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



HUNTSMAN

14



PRESENTED BY



qualtrics

JUNE 17, 2017
RIDE. RAISE FUNDS.
SUPPORT CANCER RESEARCH.

[WWW.HUNTSMAN140.COM]

BENEFITING
HUNTSMAN CANCER INSTITUTE | **CHANGING THE DNA OF CANCER CARE**
UNIVERSITY OF UTAH



[RIDER PERKS]

- Fundraising webpage
- Sponsor gifts for \$500+ fundraisers
- Feed Stations
- Spring Training Rides



The Huntsman 140 is a fundraising road cycling event on Saturday, June 17, 2017 near Huntsman Cancer Institute in Salt Lake City, Utah. All funds raised through this one-day non-competitive ride go to Huntsman Cancer Foundation (HCF) to support cancer research at the Huntsman Cancer Institute (HCI). Each rider is encouraged to fundraise \$500.

DISTANCE OPTIONS FROM 30-MILES TO 140-MILES



Follow Huntsman 140



Contact us at events@huntsmancancerfoundation.org or 801.584.5815



1124 4th Ave
Salt Lake City, UT 84103

www.cyclingutah.com
www.cyclingwest.com
Phone: (801) 328-2066

Dave Iltis, Editor, Publisher, & Advertising
dave@cyclingutah.com

Assistant Editor: Lisa Hazel

David R. Ward, Consultant and Founder
dward@cyclingutah.com
Bob Truelsen, Founder

June 2017 Issue;
Volume 25 Number 4

Contributors: Ben Simonson, Michael Gonzales, Wayne Cottrell, Charles Pekow, David Ward, Dave Iltis, Ian Scharine, Russ Hymas, Ken Christensen, Chris Magerl, Phil Sarnoff, Joe Kurmaskie, Breanne Nalder, CrawlingSpider.com, Matt Ohran, Shannon Boffeli, Dave Richards, Tom Jow, Martin Neunzert, Dusty Layton, John Weyhrich, Lou Melini, Mike Pratt, Barbara Engers, Shawn Wright, Karma Ward

Distribution: McKibben Lindquist, David Montgomery, Reliable Distribution, and others
(To add your business to our free distribution list, give us a call)
Printing: Transcript Bulletin Publishing

Cycling West / Cycling Utah is published eight times a year beginning in March and continuing monthly through October.

Annual Subscription rate: \$15
(Send in a check to our address above) **No refunds on Subscriptions.**
Postage paid in Tooele, UT

Contributions: Editorial and photographic contributions are welcome. Send via email to dave@cyclingutah.com. Or, send via mail and please include a stamped, self-addressed envelope to return unused material. Submission of articles and accompanying artwork to Cycling Utah is the author's warranty that the material is in no way an infringement upon the rights of others and that the material may be published without additional approval. Permission is required to reprint any of the contents of this publication.

Cycling Utah is printed on 40% post-consumer recycled paper with soy-based ink. We are solar powered too.

Cycling Utah / Cycling West is free, limit one copy per person.
© 2017 Cycling Utah

Pick up a copy of Cycling Utah or Cycling West at your favorite bike shop in 8 states!

Cover Photo: Riders climb out of Red Fleet Reservoir during the 2016 DinoTri in Vernal, Utah. Photo by Dave Iltis

CYCLING

Awe is Found in the Journey

By Lukas Brinkerhoff

Can you drive to a place and still be awe inspired by it? The short, obvious, over simplified answer is yes. And as if that lead up wasn't enough of a foreshadow, the long answer is no, no you cannot.

In an effort for full disclosure, I hate cars. It's not that I am unable to see their utilitarian purpose, it's more that we, as a society, are so hopelessly addicted to their convenience that we bow down and worship them at every opportunity. Need to go the store right around the corner? Let's drive. Work is less than 5 miles away... "But I can't show up sweaty and in biking clothes and looking like a poor person." It's ever too easy to make excuses when your addiction gets to this level. So, yea, I hate cars, but I think there is more to this than that.

Have you ever bought something that you really, like really, really wanted only to have it sour and be stuck with buyer's remorse within a couple of hours? Of course, you have. It's a typical response to the convenience of being able to purchase just about anything you could want. While being able to buy things, just cause you want them or because you slaved away and saved your money (It's really the same regardless), doesn't mean you will be happy with that purchase. Much in the same that driving to a national park will provide you with a sense of awe, but you will be left empty wondering why it wasn't quite worth it.

On the flipside, anyone who has taken the time to make some-

thing they needed themselves understands that part of the end product is the process of making, of doing. Taking an idea, some materials and turning it into something you need or something that speaks to who you are can be an extremely painful process, but in the end, it always feels like it was worth it.

Getting places isn't any different. Take out the struggle of the journey and all you have is that you are there. You snap a couple photos with your iPad out the window, comment on how beautiful the surroundings are and move on. There's a pretty good chance that you didn't even leave your four-wheeled, pollution spewing coffin because, you know, it's too hot. You got the selfie with the sign, did some artsy photo of the special surroundings that you drove to and boom, your experience is complete. Except that if you are anything like me, you will have buyer's remorse and feel like you missed out on a



Just riding makes wherever you are going better. Photo by Lukas Brinkerhoff

piece of the equation, like you could have felt more, maybe seen something different had you got out of the car or maybe delved deeper into the landscape. And is that what we all

Continued on page 35

4 Summit Challenge

www.4summitchallenge.com

Saturday - July 29th 2017
Bike ride begins at 7:30am
Beautiful Cascade, Idaho
Celebrating its 100th Anniversary

Sponsored By:
GEORGE'S CYCLES

This event is under special use permit with the Boise and Payette National Forests.

SATURDAY, JUNE 17TH
BIG COTTONWOOD CANYON

PORCUPINE HILL CLIMB
16TH ANNUAL

14.7 MILES **3,800 FT.**

16TH ANNUAL PORCUPINE HILL CLIMB
STATE CHAMPIONSHIP
WWW.BIKEREG.COM
BENEFITING BIKEUTAH.ORG

COMMUTER COLUMN

Dr. Eileen Hwang: Itinerant Bike commuter and Unhappy Car Renter

Eileen Hwang commutes each day to the University of Utah medical complex. She notes that drivers in Utah are more respectful than drivers in New Jersey and Pennsylvania. Photo by Dusty Layton

By Lou Melini

Though we are a generation apart in age, Eileen and I share a few things. She grew up close to where I attended college in New Jersey and we both had our early medical training in Camden, N.J. We also have shared the “joys” of big city riding. Dr. Hwang came to Salt Lake City from New Jersey for her residency in ophthalmology at the Moran Eye Center. Despite her long hours, she has managed to frequently ride her bike to the University during her years of training. She has become a dedicated physician and bike commuter.

Cycling Utah: Dr. Hwang, may I call you Eileen for the column?

Dr. Hwang: Please do!

C.U.: During my years at Primary Children Medical Center I watched the demands placed on residents. I am immensely impressed with your choice of transportation given the hours you put in. Why have you chosen to commute on your bike?

Eileen Hwang: Cycling to work helps me fit exercise into my day, and exercise helps me to be happier and less stressed. I ride from 21st South and State St. uphill to the

University of Utah. If the weather's bad, I drive or take the bus.

In the summer, I bring a change of clothes and shower at the University of Utah gym. I prefer the winter since I don't have to shower when I get to work. Bar Mitts and Bluetooth earmuff headphones keep me comfortable in the cold.

People constantly mock my large backpack. It contains my lunch, dinner, clothes, towel, toiletries, books, laptop, and eye examination equipment. I once realized that I put more stuff in my backpack for work than for a weekend of backpacking

C.U.: Is your commute nice?

E.H.: The best thing is that I usually ride in around 6:30am and home around 8 pm when there aren't many cars out. I usually take 1700 S. and 1500 E.

C.U.: I can assume that your commute here in Salt Lake City is quite a bit more pleasant than it was in New Jersey.

E.H.: During medical school, I rode my bike to the train station every day. Driving was not an option due to traffic and parking issues. I had to use a folding bike because there was a rule that only folding bikes could go on the train.

I got a lot of stuff stolen off my

bike over the years. At first, my bike light was stolen about once a month, but then I put unicorn stickers on it and wrote; “please don't steal me” on it. This reduced the frequency of theft. I also had my seat stolen. Riding around without a seat is a pain!

During my third year of medical school in Camden, New Jersey I lived across the Delaware River in Philadelphia, Pennsylvania. In Philadelphia, people would yell at me to get off the road even though I was in the Bike/Bus lane. Sometimes I would try to yell back that it was a no cars lane. I've never been yelled at for biking on the street in Salt Lake. I also have never had anything stolen off of my bicycle in Salt Lake, which is amazing.

C.U.: Do you still ride the folding bicycle here in Salt Lake?

E.H.: I used my folding bike for a while but going downhill on 17th South was frightening. Currently I use a Cannondale road bike that my boyfriend gave me. He also got me a panniers, but I prefer my backpack because I have to carry my bike up 3 flights of stairs at the hospital.

C.U.: May I ask for a curbside consult about eyewear?

E.H.: While I ride, I just wear my regular glasses. I don't see that many bike-related eye injuries except when people get hit by cars. It is a good idea to wear sunglasses because we live in a sunny, high elevation place, and exposure to ultraviolet light causes pterygia, cataracts, and skin cancer of the eyelids. Pterygia are when the white part of the eye grows onto the colored part of the eye and cataracts are when the lens inside your eye gets cloudy.

C.U.: When discussing your bike commuting you mentioned to me that you rented out your car. How did that evolve?

E.H.: I lent my car to my brother for a month when he was volunteering in Yellowstone. Then I realized that not having a car was preferable because it forced me to bike commute. I tried to rent my car out through the website, Turo. I made a chunk of change but the hassle

BIKE FESTIVALS

Tour de Fat Sees Changes for 2017

By Charles Pekow

Boulder and Colorado Springs will get a new boost to promote bicycling this summer. New Belgium's Tour de Fat traveling beer and bike festival will be adding those cities to its list this year, as well as returning to Boise, ID, Fort Collins, CO and Denver. But the events, which raise money for local bike advocates and other non-profits, are taking a different shape than they traditionally have.

Fort Collins-based New Belgium Brewery is expanding its road show from 12 to 33 cities in this 18th year of the tour. To do so, it is replacing the daytime weekend events with evening activities, some on weeknights as it would run out of seasonal weekends otherwise. This means ending the traditional costumed bike parades as traffic gets heavier later in the day and it's harder to get permits. New Belgium still encourages attendees to wear costumes. And this year, the tour has booked bigger acts, and so is charging admission for the first time.

After touring the East and South earlier, the show returns to New Belgium's home region in Boise on Saturday, August 12 at Outlaw Field at Idaho Botanical Garden. Rock band Blackberry Smoke will headline. The Southwest Idaho Mountain Bike Association, Boise Bicycle Project and Treasure Valley Cycling Association will split the proceeds.

Then the show rolls down to Colorado for four performances, starting Friday, August 25 in Boulder, at Boulder Theater, where rock band Wilderado performs. Community Cycles benefits.

The following evening, you've got your choice of attending an event at the National Western Complex in Denver to listen to the pop duo Capital Cities among other entertainment to support advocacy group Bike Denver and the ride organizer Denver Cruiser Ride. Or you can get another shot at hearing Wilderado at Pikes Peak Center for the benefit of Upa Downa (that's an outdoor adventure promoter, not a musical act).

Finally, as the summer season winds down, New Belgium's touring act returns home to Fort Collins on Labor Day Weekend, with performances Saturday, Sept. 2 by rockers All American Rejects and X Ambassadors in Civic Center Park to benefit Bike Fort Collins, the Overland Mountain Bike Club, Ft. Collins Bike CO-OP and the Ciclismo Youth Foundation.

For details and tickets, see <https://www.newbelgium.com/events/tour-de-fat>.

wasn't worth it.

C.U.: What were some of the “hassles”?

E.H.: One guy I rented the car to, had agreed to meet at a certain time, but didn't show up at the house to pick up the car until after midnight. He was supposed to return the car to my friend's house, but then he just left it in the airport parking lot! When I finally got into my car, it smelled badly of smoke.

There was another guy who kept arranging to rent the car via the website, but it would get cancelled each time because he had no money in his bank account.

C.U.: Eileen, Thank you, Thank you for your time. I had a good time discussing bike commuting, especially the New Jersey stuff.

Ed. Note: Dr. Hwang will complete her residency in June. She will pursue fellowship training starting in July in Milwaukee where she will have yet another experience in the world of bike commuting. The good news is that the Wisconsin Bike Federation reports a recent 25% increase in bike commuting in the city. The bad news is that the state legislature repealed the Complete Streets Law and cut funding for bike infrastructure.

If you have a suggestion for a commuter profile, especially from Idaho, Montana, Nevada, Wyoming, W. CO, and N. AZ, have a commuter question, or other comments, please send it to lou@cyclinguatah.com.

WK
WARD & KING^{PLLC}
ATTORNEYS & COUNSELORS AT LAW

38 Years of Expert Legal Representation

- Accidental Injury Claims (Bicycle Accident Specialists)
- On the Job Injury and Workers Compensation Claims
- Divorce and Family Law

Ward & King Are Pleased to Announce the Association of Elliot K. Morris
A Leading Utah Attorney and Expert on Workers Compensation Claims and Litigation

801-268-9868
4543 South 700 East, Suite 200, Salt Lake City UT 84107

It's like going
TO THE
Electric Bike EXPO
every day.

bluemonkeybicycles.com

PUMP UP!

Big inflation in a small package. The MicroMite 2.0 is our ultralight, dual stage pump that will never leave you stuck on the open road.

planet bike **THE PRODUCT OF THE WORLD**

TRIATHLON EVENT PREVIEW

The DinoTri is One of the Most Beautiful Triathlons in the Region



The climb out of the Red Fleet Reservoir is a tough way to start the bike leg of the DinoTri. The course flattens out a bit afterwards, but the beautiful scenery continues throughout. Photo by Dave Iltis

By Dave Iltis

you'll glide downhill into town. The sprint will go 13 miles to the transition and the Olympic will take a turn in town and go up Dry Fork Canyon before coming back to the transition for a total of 24 miles. Then everyone runs around the roundabout on beautiful new Main street, the Olympic doing two circles for a 10K and the sprint doing one loop for a 5K.

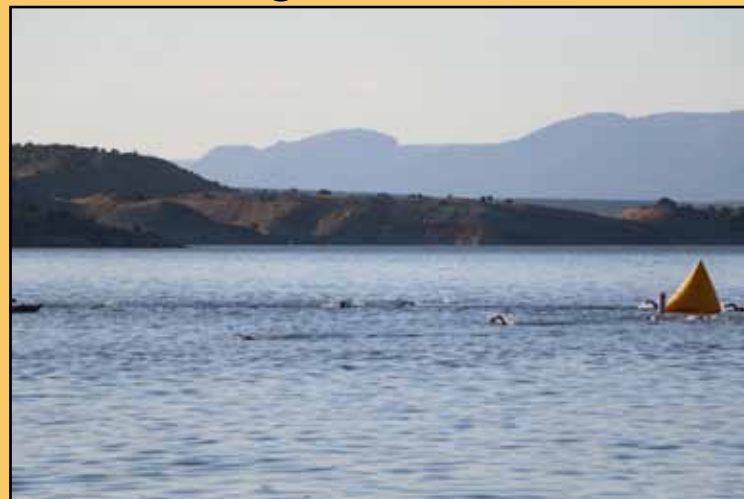
CW: What is the scenery like? What are the highlights during the event?

DT: The scenery is amazing. Triathlon magazine called it one of their top 10 destination races because you can't beat the brilliant red rocks of Red Fleet or the amazing views as you head through the canyon into town. And Aggie Ice Cream, recently voted Utah's number one ice cream, is waiting at the end.

CW: Where can people stay in Vernal? Is there camping too?

DT: The Marriott Hotels have offered a discount to anyone that mentions Vernal DinoTri when they call in for a room. There is camping at the KOA in town or at Steinaker State Park.

CW: What are some of the options for families when the race is over, or



The open water swim in Red Fleet Reservoir is one of the many highlights of the DinoTri. Photo by Dave Iltis

for the rest of the weekend? Tell us more about the region.

DT: It's a great place for a full weekend. There is a dinosaur museum in town, and Dinosaur Monument just outside of town where you can see actual fossils still in the rock. You can also hike and camp and see petroglyphs and a historic cabin. There is hiking and mountain biking throughout the area. There are also beaches at Red Fleet and Steinaker State Parks if you want more water fun. The Outlaw Trail Festival will also be going on at the Western Park. The highlight is Singing in the Rain, the live musical put on by the town every evening.

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

DT: The DinoTri is a great race where the entire community comes together and makes it happen. Live music at check in the night before sets the stage. And live local artist singing The Star-Spangled Banner with a helicopter fly over to start the race is really something to see.

Event Details:

June 24 — DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon with relay options. 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. One of the most beautiful triathlons in Utah! Emilee Johnson, 801-520-0921, vernalidinoTri@yahoo.com, dinoTri.com

The DinoTri is one of Utah's classic triathlons. Held each June in Vernal, it draws racers from around the West. No wonder. The course is incredibly beautiful, and the event is very well run. This year's event will be on June 24, 2017.

We asked organizer Emilee Johnson to tell us about the event.

Cycling West: Tell us about the DinoTri course. What are the three sections for the sprint and Olympic?

DinoTri: The race starts at the stunning Red Fleet State Park. Olympic swims the 750-meter circle twice, the Sprint swims it once. Then you bike a steep hill out of the park before hitting the canyon where

GREAT DEALS THROUGHOUT THE STORE!

<p>Millcreek 3969 Wasatch Blvd 801-278-1500</p>	<p>Draper 762 E. 12300 S. 801-576-8844</p>	<p>South Jordan 11445 S. Redwood Rd 801-790-9999</p>	<p>Provo 187 W. Center St. 801-374-9890</p>
---	--	--	---

SCOTT canyonbicycles.com TREK

GRAN FONDOS

Event Preview: Gran Fondo Kootenai Features a Fully-Supported, Multi-Day Fondo in Northwestern Montana



Nearing the top of the fearsome Yaak Divide climb in the Gran Fondo Kootenai. Photo by John Weyhrich

By Dave Ittis

Gran Fondo Kootenai is a fully-supported, multi-day cycling event held in the remote northwest corner of Montana. This year's edition occurs on July 1 and 2. The ride starts in Libby on Day 1 and travels to Eureka. The ride then returns to Libby – via a different route – on Day 2. The back-to-back, “stage” fondo is augmented with a short, unofficial, fun ride along the Kootenai River on

check-in day (June 30).

We asked organizer John Weyhrich to tell us more about the ride.

Cycling West: Tell us about the three courses. What is the scenery like? How are the climbs?

Gran Fondo Kootenai: In general, we designed our routes to take in the region's abundance of spectacular scenery along National Forest Scenic Byways, and to take advantage of its exceptionally lightly trafficked roads. Each day, riders will see snowcapped

peaks, deep green valleys, grand lake vistas, and majestic mountain views. And, due to the remoteness of these routes, cyclists will also encounter very few motorized vehicles along the way

Our Day 0 “Fun” ride, is 17 miles long, with a minimal amount of elevation change. It helps orient new riders to the area, and follows the Kootenai River for a stretch along roads which we don't otherwise ride during the actual event.

The Day 1 route is 76 miles long, with 4700' gain, and three aid stations. It features continuously rolling terrain with a few short, steep climbs and a fabulous downhill run into the town of Eureka, just a few miles from the Canadian border.

The Day 2 route is 98 miles long, with 6000' gain, and four aid stations. It boasts several stellar climbs through lush forests and long, fun descents along rushing streams. This route also includes a mile-long unpaved section, a legitimate Euro-style climb (10-miles, ave. grade 7%; max. grade 12%), and is considered by many to be one of the top routes in the nation – it's truly an epic ride!

CW: What support is available to riders each day? What are the highlights of the rest stops? Where do riders stay in Eureka?

GFK: We offer full support during the entire weekend. That includes mechanical and nutritional support along the ride routes, as well as chip timing. Our aid stations are manned by members of regional service organizations, and their additions of home-baked goods, fresh fruit, and cool treats provide a little local flavor – figuratively and literally – to a full complement of Hammer Nutrition products and other standard ride fare. We also transport luggage and gear (clothes, tents, sleeping bags/pads, etc.) to/from Eureka, where we take over the school complex on Saturday evening and Sunday morning, provide warm showers, and a fantastic catered dinner and breakfast. Most participants overnight in their tents on school grounds, though some choose to sleep inside on the gym floor. A few choose to stay at one of the limited indoor lodging options in Eureka (at their own expense); if so, we'll transport luggage to/from those locations, as well. Essentially, riders show up, hand us their gear, and simply focus on riding to their day's destination.

CW: Tell us about the natural features and geography of the area. What are some of the highlights?

GFK: The area is renowned for its abundance of natural resources, spectacular scenery, wild lands and its small, but hearty population. One of the most prominent features of the region is Lake Koocanusa, which we spend a considerable amount of time riding along (and across!). Technically, this body of water is a reservoir, but it's in a scenically spectacular setting and it provides a fantastic backdrop for the event. We'll ride for nearly 50 miles along the U.S. portion of the “lake,” but there is a whole other half of the lake in Canada! In fact, the name is a conglomeration taken from the



Crossing Lake Koocanusa on Montana's highest bridge in the Gran Fondo Kootenai. Photo by John Weyhrich



A tranquil stretch in the Yaak Valley in the Gran Fondo Kootenai. Photo by John Weyhrich

Kootenai River which flows into/out of the lake in Canada and the U.S.A., respectively. And, speaking of the Kootenai River, Kootenai Falls – made famous in the film *The River Wild* with Meryl Streep and Kevin Bacon – lies just downstream from our start point in Libby. With the heavy snows received in the Kootenai region this past winter, the falls should be raging during this year's event! The river bisects the rugged Cabinet Mountain range, still home to a modest population of grizzly bears. We'll also pedal through the legendary and wondrous Yaak Valley, made famous in writings by Rick Bass and other authors for its quiet remoteness. Glacier National Park, and all its majestic grandeur, lies only an hour and a half to the east.

CW: Tell us about the history and the local people.

GFK: The name pertains to the ancient homeland of the Kootenai Indians, which reaches from northwest Montana to northern Idaho and southwestern Canada. In more modern times, the region has been susceptible to the rises and falls of the timber industry. Additionally, the town of Libby, in particular, was beset by the revelation that a local mine produced an asbestos-laden byproduct which caused severe medical and economic hardships for hundreds of the town's residents. Libby is still recovering from that blow, and proceeds from the gran fondo go toward aiding that process.

CW: Is there anything else that

you would like to add?

GFK: Gran Fondo Kootenai welcomes all interested cyclists. This event provides opportunities to be as challenging or as leisurely as desired. Our relatively small size – typically less than 100 riders – allows us to provide personalized service and a special, intimate experience. And, our close proximity to Canada draws many of our cycling neighbors from the north; come be part of a fun, friendly international rivalry.

Event Details:

July 1-2 — Gran Fondo Kootenai, Libby, MT. A two-day, point-to-point, chip-timed fondo featuring fully supported riding through the spectacular landscapes of Montana's remote northwest corner. Located on National Forest Scenic Byways, our routes take in the stately Cabinet Mountains, serene Lake Koocanusa, and the legendary Yaak Valley. Proceeds benefit local charities, John Weyhrich, 406-241-2829, john_veyhrich@yahoo.com, gfkootenai.com

TOUR DE TAHOE
Bike Big Blue

Sunday, September 10, 2017

15th Annual Tour de Tahoe
Bike Big Blue Lake Tahoe, Nevada.
Another opportunity to enjoy the end of
the Summer and ride around
Tahoe's 72 mile shoreline.
2000 participants.

BIKETHWEST.COM
BIKE THE WEST
MONTANA'S BEST BICYCLING EVENTS

Register today at: BiketheWest.com



Loyal Cycle Company
15 E State St
Farmington, UT
Shop: 801.451.7560

"see your world by bike"



OUR FOUR WHEELS GET YOUR TWO
WHEELS WHEREVER YOU WANT TO

GO.



PROUD SPONSORS OF



Larry H. Miller
TOUR OF
UTAH

American Diabetes Association

Tour de Cure

bike

MS

Larry H. Miller
Dealerships

Driven By You™

LHMAUTO.COM

HEALTH

Nutrition for Cyclists: Achieving Your Ideal Body Weight

By Breanne Nalder, MS, RDN;
PLAN7 Endurance Coaching
Dietitian and Nutrition Coach

It's the topic that never gets old when talking about nutrition for cyclists, as a major goal for most of us is to optimize our power to weight ratio. We all want to be lean machines and go uphill like billygoats, right?! Last year I wrote an article titled "Weight Loss vs. Power Gain, The Struggle is Real" which tackled the subject by discussing methods to determining your ideal power:weight (P:W) taking into consideration male and female body types as well as personal goals. The next step is having realistic expectations of yourself and establishing healthy methods to reaching your goals.

For a quick recap of the math from the preceding article, P:W is determined by the simple formula power (watts) ÷ mass (kg). Feel free to contact me personally for help determining the realistic numbers for you, as the ideal range should be specific to your body type, fitness level and type of cyclist you are. There was a reference chart in the last article that gave P:W ranges for men and women at various fitness levels. I'd be happy to provide this information again to anyone who wants it. (See also: <http://www.cyclingutah.com/fitness/health/determining-ideal-body-weight-cycling-weight-loss-vs-power-gain/>)

So now let's talk about methods to decreasing body fat while maintaining or increasing lean muscle mass and strength. We want to do this without limiting our ability to train. What I mean by that is if we decrease caloric intake too much, we won't have the energy to ride. You may lose weight at first, but it is unsustainable and can mess up your metabolism over time. Taking all

of this into consideration, it can be helpful to think of your body as an engine that will perform best if you put the proper fuel in the tank.

The first thing you want to do is determine your body's metabolic needs. This can be done by measuring your Basal Metabolic Rate (BMR) to learn how many calories you need to survive. From there we can figure out the ratios of carbohydrates, fats, and proteins that are appropriate for you on a daily basis. Then the real fun starts: finding the exact amount of fuel you need for training and racing. It is crucial that you get the proper amount of carbs going into an effort, keep up on energy and hydration during workouts, and recovering properly with adequate carb replacement, electrolytes, and sufficient protein so that your body can be ready to do that all again tomorrow! (I can help you determine those exact numbers so use my contact info below for personal recs and meal planning, etc. And yes, I do have a BMR machine that you can come get measured on.)

For those of you who want less detail and more simple answers, here is a list of ideas and methods you can use to safely "diet" while maintaining your training load:

-Think of your body having 2 different engines, one that needs regular fuel and one that needs sport food. All of your regular daily meals should be balanced with lean proteins, healthy fats, and moderate carbohydrates, with a big emphasis on lots of raw fruits and veggies. These are the times to limit sugar, chips, candy, treats, etc. That is your "diet." The extra calories you need on top of your BMR are energy for exercise, so that is when it is ok to drink your calories and have gels or bars as your workout requires.

-Divide your meals and snacks

up into smaller portions. You will find you are less hungry and more satisfied if you eat small meals more frequently.

-Don't starve yourself! You will end up bingeing later on anyway so you're better off to eat smaller meals more often. Keep your engine going rather than letting it run out of gas then need a huge meal. Your metabolism will thank you too.

-Eat your carbs early in the day and around exercise. Remind yourself that you need energy to get through your day, not to sleep!

-Have most of your salad greens, lean proteins, and other veggies at night. They will make you feel full because they take longer to digest. You can break down all that fiber while you sleep.

-If you're a late night snacker, find light treats that satisfy a craving, have a bite or two, and then put it away! Or even better, make yourself a cup of relaxing tea (maybe with some honey for sweetness) and let yourself relax and get to sleep without empty calories right before bed.

-Give your body 12 hours of a fast every day. Instead of worrying about what time you have to stop eating, base the time that you finish food for the day to be 12 hours before when you'll be eating breakfast. For example, if you're an early bird that rides at 7am, it's best to have dinner at 6pm then breakfast at 6am the next day pre-ride. If you ride after work, you likely eat dinner later. So maybe you are done eating at 9pm so you have breakfast around 9am the next day. The more regimented you are with timing of food, the easier it is to feel satiated and develop patterns that become habits.

-Use a tracking app or food journal to hold yourself accountable. Being honest with yourself is a big part of being successful. So be proud of what you put in to your body, as it

will change and adapt to the healthy choices you make.

Time for the customary self-promotion! My job is to do all this math for you, then provide an individualized meal plan to help you reach your goals. I'd love to help you reach your optimal power:weight and feel great on your bike, all while enjoying your food and lifestyle.

Breanne Nalder, MS, RDN has a Master's degree in nutrition with an emphasis in sports dietetics at the University of Utah. She is a Registered Dietitian, the nutrition coach at PLAN7 Endurance Coaching, and races for Visit Dallas DNA Pro Cycling team. For individual custom nutrition coaching, you can reach Breanne at 801-550-0434 or breanne@plan7coaching.com.

WATCH OUT AND WATCH FOR OTHERS

Heads Up is a new program by UDOT and DPS that focuses on pedestrian, bicycle and motorcycle safety.

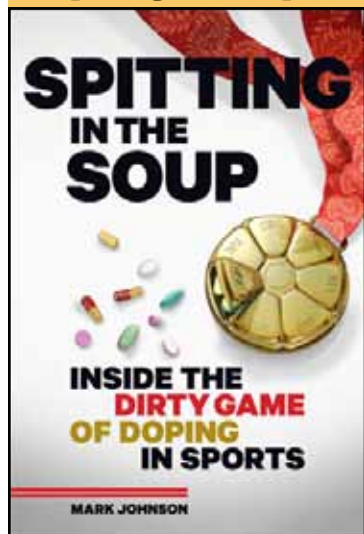
For more information visit
ZeroFatalities.com



WE'RE ALL RESPONSIBLE
ZERO Fatalities

BOOK REVIEW

Spitting in the Soup Chronicles the History of Doping in Sport



By Lou Melini

French Olympic founder Pierre de Coubertin wanted the games to be based on purity and chivalric romance. That idea was quickly squashed as the will to win took over. Whatever it took to win, even if it was poison, was soon the law of competition. Historically, it was the duty of the athlete to take drugs to perform at one's best. Over time, drug use in sports was demonized. This sequence of events is chronicled in the book, *Spitting in the Soup*.

The reviews that I read about *Spitting in the Soup* spoke of the book as a history of doping in sports. It is, in part, a book about doping history, but for most of the book it discusses the conflicting attitudes, policies, laws and knowledge about drugs as they have been used and are currently used in sports. It is, to say the least, a very thought provoking book that is remarkably well researched. Our favorite sport, cycling is frequently mentioned, along with passages from other sporting organizations such as baseball, football, track and field, weightlifting and Olympic sports in general.

I have been interested in doping in sports going back to my high school wrestling days, in particular the 1967-68 wrestling season. I wrestled at 98 pounds during the '66-'67 wrestling season, dropping 8-10 pounds to make weight. I expected to be slotted for the 106-pound position my Jr. year but a new kid moved into the school district that was a little better than I. I made the choice to go back down to 98 pounds, a requirement that meant 10-12 pounds of weight loss after finishing 7th in the county cross country championship. On my 3rd visit to physician to be certified at 98 pounds, I finally received the OK along with a prescription for what I remember being told were "vitamins". The next day after my first dose I spent the lunch hour talking to a teammate about how much we were talking. He also received a prescription for vitamins from the same physician. I had a fairly successful season beating nearly everyone I wrestled including the number one seeded wrestler at the upcoming district tournament. However I still had difficulty mak-

ing weight thus missing half of my matches. A few days prior to the districts, I ran out of "vitamins". I spent the 36 hours prior to the meet overweight, crying, and without any energy. I had one cup of tea and a half-cup of spinach to eat during this time in order to make weight. Needless to say, I got my ass kicked, losing 2 of the 3 matches.

More than twenty years later after this incident, I went back to school to be a Physician Assistant, where I had an "Ah-Ha" moment in my pharmacology class. My vitamins were a very strong dose of "Vitamin A" for Amphetamines! Though I obviously cannot prove that hypothesis, my symptoms fit well enough to support the theory. My story may not be terribly interesting, but what may be of interest is that I have never looked back and thought that I doped or cheated. Perhaps this is in part due to the elapsed time or perhaps that the amphetamines helped me make weight, not enhance my performance, a hair-splitting rationalization.

That dilemma of my (theoretical) use of amphetamines and its associated cheating, are a large part of *Spitting in the Soup*. Chapter 15, "Amphetamines for All" is where Mr. Jackson states that my prescription for amphetamine was one of "8-10 billion 10-mg amphetamine doses" (in 1969). It seems that the entire country took amphetamines for weight loss, depression and other assorted reasons, an acceptable practice at the time. As an extension of this use of amphetamines, *Spitting in the Soup* spends a lot of time defining and redefining the morality of what constitutes cheating, legal and illegal drug use, and basically the hypocrisy in our country of sports and performance enhancement.

For local Utahns, there is also a chapter entitled "Supplements: Government-Approved Dope", that is basically a history of the supplement industry within Utah. Orrin Hatch, our long-time elected senator and protector of the supplement industry, receives a lot of print in this chapter that is alone worth the price of the book.

For me as the reviewer, I found that there is one major aspect of the book to make it a must read. In this day and age what is the "truth" in the news is difficult to discern, as there seems to be a lot of "false news" and alternative facts". In *Spitting in the Soup*, Mr. Jackson does a lot of legwork chasing footnoted citations to the primary source. He skillfully traces the chronology of statements such as "EPO kills" or "doping kills" through time. There are many pages tracing the history of "EPO deaths". Though you, the reader, may believe that "18 Dutch cyclists died after the use of Epo", Mr. Jackson follows the paper trail to show that those deaths were no more than rumor and innuendo. The only documented death (autopsy and drug findings) to drugs in cycling, according to Mr. Jackson, was Tommy Simpson's collapse and subsequent death to amphetamines

and alcohol during the 1967 Tour-de-France, the same year, coincidentally, that I received my prescription. Mr. Simpson's drug combo produced dehydration and a heart attack. Mr. Jackson also chronicles the death of a Danish cyclist during the 1960 Olympic 100-km time trial. Though reputedly the cyclist died of drug use, there isn't a shred of evidence to make that claim according to the book. Heat stroke and poor medical care caused the death, but the media jumped on the "drugs kill" bandwagon.

Spitting in the Soup is a thorough and encompassing book about all things doping. There are interesting historical pieces about drug development and potential futurist doping via gene replacement. Even non-sports drug use is discussed when Mr. Jackson takes on Adderall and similar drugs for ADHD as drugs for "performance enhancement" to support what appears to be his take on the balance of what is acceptable and legal when it comes to performance enhancement. It is well done, even though it is not truly sports related.

In concluding chapter, the reader is left to ponder the question of doping. "The WADA code cites 3 justifications for it's anti-doping project: (1) performance- enhancing drugs give unfair advantage, (2) doping is unhealthy, and (3) doping violates the spirit of the sport". Following this are several pages that make recommendations to "the code" and point out the arbitrary nature of the code.

So after reading the book, have I changed how I feel about my possible amphetamine use? Not at all, but I have learned much from this thought provoking book. I highly recommend *Spitting in the Soup*.

Spitting in the Soup
By Mark Jackson
Velopress, 2016
Boulder, Colorado
www.velopress.com

**Support
Your
Local Bike
Shop!**

ADVOCACY

Bike Advocate: SLCBAC's Marcus Kaller

By Marcus Kaller

As a cyclist, I ride for two reasons. First, for the pure enjoyment, and second, it's a healthy alternative way to get around places without using public transit or carpools. It took on more meaning when, years ago, I rode on my bike as part of my job. Usually, I'm working in an office, but a project opened an opportunity to where I can bike as part of it. I rode throughout Salt Lake City, doing a survey of city-owned assets to collect GIS data for my company's database, by using the established bike routes there and I was impressed. In comparison, living in Midvale, which has no bike lanes to speak of, I wanted to see active transportation set up where I live. I grew up in both West Valley City and Taylorsville, riding in neighborhoods, to school, to work, for much of my life. It was something I wanted to share with my community.

From there, I learned about the Salt Lake County Bicycle Advisory Committee (SLCBAC) and the Bicycle Ambassadors program that the county operated. I applied for both, and a month later joined the ranks of SLCBAC. Since joining, I have talked to leaders in my community about implementing active transportation, talked to people across the county about biking, and even provide safety features for children to put on their bikes. It's been difficult at times, especially with everything else going on in life. Strides have been made, but still much work remains at hand. Working with the people at SLCBAC gave me both insight and support in improving the bicycle environment in Salt Lake County.

So if you are an active cyclist, like myself, who want to make a difference and improve the quality of life in your community, I encourage you to visit your city council meetings and address your leaders about bicycling issues. Another thing is to find people who share your concerns and passion about cycling. One great place is the SLCBAC meetings we hold every month at the County Government Center, the second Wednesday of every month. And we are looking for people to join our committee who are concerned about the state of cycling in the county, especially those the live in the south and west areas of Salt Lake County, such as Draper, Riverton, Sandy, and Herriman. You can get more information at slco.org/bicycle.

If you live in Salt Lake City, there is the Salt Lake City Bicycle Advisory Committee. You can find more at www.slco.gov/bc/boards-and-commissions-bicycle-advisory-committee. In addition, our friends from Bike Utah recently organized the Salt Lake Action Group. They are working on campaigns in advancing infrastructure, programs, and events throughout Salt Lake County. You can check them out at bikeutah.org/saltlakeactiongroup/. And finally, if you are want to encourage people to ride bikes and and teach safety practices, you can become a Bicycle Ambassador. More information can be found at slco.org/active-transportation/bicycle-ambassador-program/.

By working together, we can foster an environment that encourages people to get on their bicycles and ride for great opportunities.

Report: Bikeshare and Bad Air? How do they Interact?

A vicious or virtuous (bi)cycle syndrome: biking instead of driving cleans the air. So the more people who bike in a city, the cleaner the air they breathe. But the fact that so many people drive rather than pedal makes the air dirtier and discourages people from biking. So how to turn the vicious circle into a virtuous one?

The researchers didn't answer that, but they looked at the bikeshare program in Taiyuan, the capital of the North China province of Shanxi, a manufacturing town. The city runs one of the most successful bikeshare program in the developing world, according to the authors of Seasonal Analysis on Factors Affecting Bike Sharing Choice: With a Focus on Air Pollution's Impact (goo.gl/jCkWYc) from University College London.

The authors reported "an increase in air pollution level has the expected significant negative impact on bikesharing only when the air is polluted at relative (sic) severe levels." But opting to forgo bike-sharing on smoggy days also varied depending on users socioeconomic status and weather.

The study also notes that factors and policies in a developing country like China may not apply in wealthier nations.

-Charles Pekow

ADVOCACY

Why You Should Have a Share the Road License Plate



A Share the Road license plate billboard at the mount of Big Cottonwood Canyon. Photo courtesy of Bike Utah

By Phil Sarnoff

In 2009, the Utah State Legislature passed a bill that created a Share the Road license plate. The goal of this plate, aside from more widely spreading a message of safety among motorists and bicyclists, was to provide funding to a group whose mission included the promotion and education of safe bicycle operations, safe motor vehicle operation around bicycles, and healthy lifestyles.

Bike Utah has been the recipient

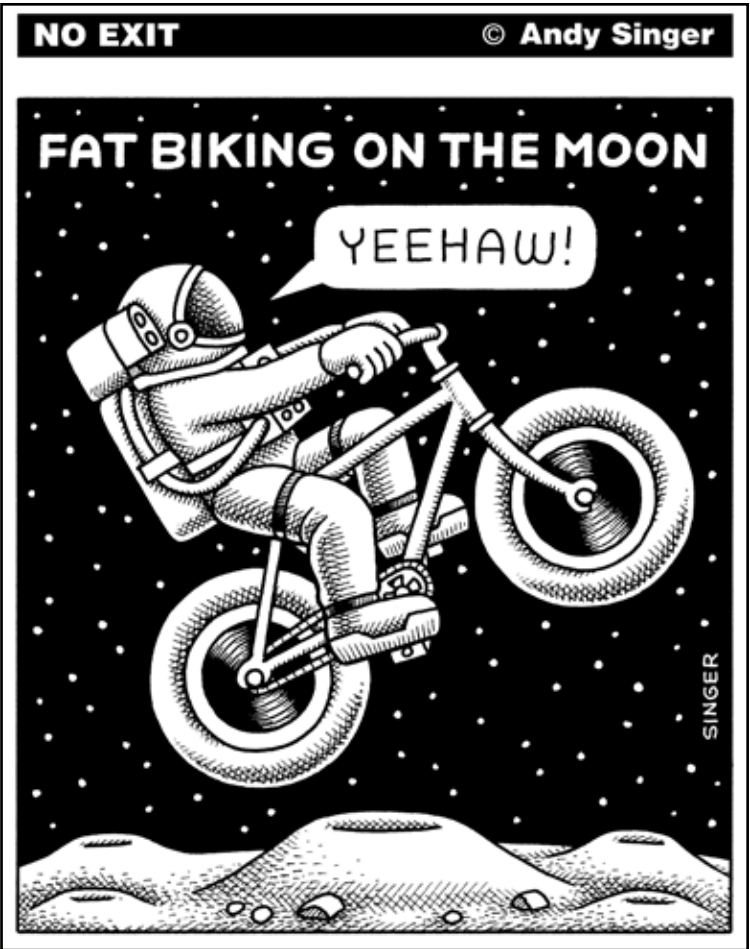
of these funds since the programs inception. We have used these funds to do some outstanding things. These include: passing numerous pieces of legislation to promote bicycling and bike safety; growing the Utah Bike Summit to an annual event with more than 250 attendees; partnering on the creation of the Road Respect Program; launching our Youth Bicycle Education Program; creating a series of Mobile Active Transportation Tours, and the list goes on and on. The funding from the Share the Road plates provides a

consistent funding stream so we can continue to plan bigger initiatives and be ready when opportunities to advance bicycling and bike safety are presented.

Bike Utah is making a big push this summer to get more plates on cars all across Utah. If you haven't seen them already, we have some billboard space all throughout Utah that was donated by Reagan Outdoor Advertising. There are banners along popular bicycle routes and we're pushing it on our social media outlets.

If you don't already have your plate, now is a great time to get one (or two). Your \$25 annual contribution gets some great things done for bicycling all across Utah and it's tax deductible. You don't have to wait until your registration is due in order to get your Share the Road plates.

Find out how you can get your plates in three easy steps at bikeutah.org/sharetheroad



NEW! DINNER SERVICE 7 DAYS A WEEK:
 SMALL PLATES, ENTREES, & SALADS
 GREAT SELECTION OF WINE AND BEER!

1026 EAST SECOND AVENUE
 SALT LAKE CITY, UTAH 84103
 M-TH 7AM-9PM • FR 8AM-10PM • SAT 8AM-10PM • SUN 8AM-9PM
 801-322-3055
www.cucinadeli.com

29th Annual Bike Ride!

A course for every cyclist!
 50 & 100 mile rides feature the Colorado National Monument

Register Today At YourCommunityHospital.com

Great Food! Local Beer! Live Music!

TOUR OF THE VALLEY
 GRAND JUNCTION COLORADO
2017

Saturday, August 12th
 Grand Junction, CO

All proceeds to benefit:

BICYCLE SHOP DIRECTORY

Southern Utah

Brian Head/Cedar City

Brian Head Resort Mountain Bike Park

329 S. Hwy 143
P.O. Box 190008
Brian Head, UT 84719
(866) 930-1010 ext. 212
brianhead.com

Cedar Cycle

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

Hurricane

Over the Edge Sports

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

Moab

Chile Pepper

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

Bike Fiend

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

Moab Cyclery

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

Poison Spider Bicycles

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

Rim Cyclery

94 W. 100 North
Moab, UT 84532
(435) 259-5333
(888) 304-8219
rimcyclery.com

Price

BicycleWerks

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

St. George

Bicycles Unlimited

90 S. 100 E.
St. George, UT 84770
(435) 673-4492
(888) 673-4492
bicyclesunlimited.com

IBB Cyclery & Multisport

185 E Center St
Ivins, UT 84738
435-319-0011
ibbcyclery.com

Rapid Cycling

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

Rapid Cycling

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

Red Rock Bicycle Co.

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

Springdale

Zion Cycles

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

Northern Utah

Logan

Joyride Bikes

553 N. Main St.
Logan, UT 84321
(435) 753-7175
joyridebikes.com

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

745 N. Main St.
Logan, UT 84321
(435) 752-2326
wimmersbikeshop.com

Park City/Heber

Cole Sport

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

Jans Mountain Outfitters

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

Mountain Velo

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

Park City Bike Demos

1500 Kearns Blvd
Park City, UT 84060
435-659-3991
parkcitybikedemos.com

Slim and Knobby's Bike Shop

468 N Main
Heber, UT 84032
(435) 654-2282
slimandknobbys.com

Stein Eriksen Sport

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

Silver Star Ski and Sport

1825 Three Kings Drive
Park City, UT 84060
435-645-7827
silverstarskiandsport.com

Storm Cycles

1764 Uinta Way, Suite C1
Park City, UT 84098
(435) 200-9120
stormcycles.net

White Pine Touring

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

Vernal

Altitude Cycle

580 E. Main Street
Vernal, UT 84078
(435) 781-2595
altitudecycle.com

Wasatch Front WEBER COUNTY

Eden/Huntsville/Mountain Green

Diamond Peak Mountain Sports

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

Ogden

Bingham Cyclery

1895 S. Washington Blvd.
Ogden, UT 84401
(801) 399-4981
binghamcyclery.com

Shiftworks

2267 Grant Ave, Suite G-12
Ogden, UT 84401
385-389-2596
shiftworks.com

Skyline Cycle

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

The Bike Shoppe

4390 Washington Blvd.
Ogden, UT 84403
(801) 476-1600
thebikeshoppe.com

DAVIS COUNTY

Biker's Edge

232 N. Main Street
Kaysville, UT 84037
(801) 544-5300
bebikes.com

Bingham Cyclery

2317 North Main Street
Sunset, UT 84015
(801) 825-8632
binghamcyclery.com

Bountiful Bicycle

2482 S. Hwy 89
Bountiful, UT 84010
(801) 295-6711
bountifulbicycle.com

Bountiful Bicycle

151 N. Main St.
Kaysville, UT 84037
(801) 444-2453
bountifulbicycle.com

Loyal Cycle Co.

15 E. State St.
Farmington, UT 84025
801-451-7560
loyalcycleco.com

Masherz

2226 N. 640 W.
West Bountiful, UT 84087
(801) 683-7556
masherz.com

SALT LAKE COUNTY

Central Valley

Blue Monkey Bicycles

4902 South State Street
Murray, UT 84107
(801) 608-5138
BlueMonkeyBicycles.com

Canyon Bicycles

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

Cottonwood Cyclery

2594 Bengal Blvd
Cottonwood Heights, UT 84121
(801) 942-1015
cottonwoodcyclery.com

Flynn Cyclery

4640 S. Holladay Village Sq., Suite 101
Holladay, UT 84117
801-432-8447
flynncyclery.com

Infinite Cycles

2315 E. Ft. Union Blvd
Cottonwood Heights, UT 84121
(801) 523-8268
infinitecycles.com

Summit Cyclery

4644 S. Holladay Blvd
Holladay, UT 84117
801-676-9136
summitcyclery.com

Salt Lake City

Bicycle Center

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

Bingham Cyclery

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

Contender Bicycles

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

Cranky's Bike Shop

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

Crank SLC

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

Fishers Cyclery

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

Gear Rush Consignment

1956 E. 2700 S.
Salt Lake City, UT 84106
385-202-7196
gearrush.com

Go-Ride.com Mountain Bikes

3232 S. 400 E., #300
Salt Lake City, UT 84115
(801) 474-0081
go-ride.com

Guthrie Bicycle

803 East 2100 South
Salt Lake City, UT 84106
(801) 484-0404
guthriebike.com

Highlander Bike

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

Hyland Cyclery

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

Jerks Bike Shop

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

L9 Sports

660 S 400 W
Salt Lake City, UT 84101
877-589-7547
levelninesports.com

Performance Bicycle

291 W. 2100 S.
Salt Lake City, UT 84115
(801) 478-0836
performancebike.com/southsaltlake

REI (Recreational Equipment Inc.)

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

Salt Lake City Bicycle Company

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

Saturday Cycles

605 N. 300 W.
Salt Lake City, UT 84103
(801) 935-4605
saturdaycycles.com

SLC Bicycle Collective

2312 S. West Temple
Salt Lake City, UT 84115
(801) 328-BIKE
slcbikecollective.org

Sports Den

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

The Bike Lady

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

Wasatch Touring

702 East 100 South
Salt Lake City, UT 84102
(801) 359-9361
wasatchtouring.com

Wild Rose Sports

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

South and West Valley

Bingham Cyclery

10510 S. 1300 East
(106th S.)
Sandy, UT 84094
(801) 571-4480
binghamcyclery.com

Canyon Bicycles

762 E. 12300 South
Draper, UT 84020
(801) 576-8844
canyonbicycles.us

Canyon Bicycles

11445 S. Redwood Rd
S. Jordan, UT 84095
(801) 790-9999
canyonbicycles.us

eSpokes

SoDa Row at Daybreak
11277 Kestrel Rise Ste. G-1
South Jordan, UT, 84095
(801) 666-7644
eSpokes.com

Go-Ride.com Mountain Bikes

12288 S. 900 E.
Draper, UT 84020
(801) 474-0082
go-ride.com

Infinite Cycles

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

Lake Town Bicycles

1520 W. 9000 S., Unit E
West Jordan, UT 84088
(801) 432-2995
laketownbicycles.com

REI (Recreational Equipment Inc.)

230 W. 10600 S.
Sandy, UT 84070
(801) 501-0850
rei.com/sandy

Salt Cycles

2073 E. 9400 S.
Sandy, UT 84093
(801) 943-8502
saltcycles.com

ThinAir Cycles

1223 E. 12300 S.
Draper UT 84020
801-553-BIKE
thinaircycles.com

UTAH COUNTY

Alpine/American Fork/Lehi/

Pleasant Grove/Lindon

Sedona

Absolute Bikes
6101 Highway 179 Suite D
Village of Oak Creek
Sedona, AZ 86351
928-284-1242
absolutebikes.net

Hoff's Bike Smith

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

George's Cycles

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

Dave's Bike Shop

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

Cycle Therapy

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

CALIFORNIA

Tour of Nevada City Bicycle Shop

457 Sacramento St.
Nevada City, CA 95959
530-265-2187
tourofnevadacity.com

Dr. J's Bicycle Shop

1693 mission Dr.
Solvang, CA 93463
805-688-6263
www.djsbikeshop.com

The Hub

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

George's Cycles

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

Idaho Mountain Trading

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

Sun Valley/Hailey/Ketchum

Durance

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

Power House

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

Summit Ski & Cycle

791 Warm Springs Rd.
Ketchum, ID 83340
208-726-0707
sunsummitskiandcycle.com

Sturtevents

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

The Elephant Perch

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

Las Vegas

Broken Spoke Bikes

11700 W. Charleston Blvd., Ste. B190
Las Vegas, NV 89135
702-823-1680
brokenspokebikeslv.com

Giant Las Vegas

9345 S. Cimarron
Las Vegas, NV 89178
702-844-2453
giantlasvegas.com

Las Vegas Cyclery

10575 Discovery Dr
Las Vegas, NV 89147
(702) 596-2953
lasvegascyclery.com

CLASSIFIED AD:

Cody, Wyoming Bike Shop For Sale

Owner Retiring. 15 Years In Business, Profitable From Day One One Of The Best Outdoor Towns In The West Trek, Giant and Many More Brands A True Frontier in Cycling With Unlimited Possibilities! Brand new state of the art mountain bike park right out the back door! Business plus Inventory Tools and Fixtures Call Rick After 6:00 MST 307-899-7425

Support Your
Local Bike Shop!

COLORADO

Fruita

Colorado Backcountry Biker

150 S Park Square
Fruita, CO 81521
970-858-3917
backcountrybiker.com

Over the Edge Sports

202 E Aspen Ave
Fruita, CO 81521
970-858-7220
otesports.com

WYOMING

Jackson Area

Fitzgeralds Bicycles

500 S. Hwy 89
Jackson, WY
fitzgeraldsbicycles.com
307-201-5453

Hoback Sports

520 W Broadway Ave # 3
Jackson, Wyoming 83001
307-733-5335
hobacksports.com

IDAHO

Boise

Performance Bicycle

8587 W. Franklin Road
Franklin Towne Plaza
Boise, ID 83709
208-375-2415
performancebike.com

Bob's Bicycles

6681 West Fairview Avenue
Boise, ID. 83704
208-322-8042
www.bobs-bicycles.com

Boise Bicycle Project

1027 S Lusk St.
Boise, ID 83796
208-429-6520
www.boisebicycleproject.org

Eastside Cycles

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

Idaho Mountain Touring

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

Joyride Cycles

1306 Alturas Street
Boise, ID 83702
208-947-0017
www.joyride-cycles.com

TriTown

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

Rolling H Cycles

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

Victor/Driggs

Fitzgeralds Bicycles

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

Habitat

18 N Main St,
Driggs, ID 83422
208-354-7669
ridethetotons.com

Peaked Sports

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

Idaho Falls

Bill's Bike and Run

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

Intergalactic Bicycle Service

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

Pocatello

Barries Ski and Sport

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

Element Outfitters

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

Element Outfitters

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

Rexburg

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

Twin Falls

Epic Elevation Sports

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

Spoke and Wheel

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



INJURED IN A BICYCLE ACCIDENT?

UTAH BICYCLE LAWYERS

Protecting the Rights of Injured Cyclists

FREE CONSULTATION: 801-214-0954

UTAHBICYCLELAWYERS.COM

CYCLING UTAH

RACE RESULTS



The Wild Horse Dirt Fondo, May, 6, 2017, Delle, UT

76-miler

Place, Name, Time

Women

1 Jeanette Petersen 5:07:55
2 Breanne Nalder 5:12:52
3 Meghan Sheridan 5:30:57
4 Ami Stuart 5:51:32
5 Robynn Masters 6:00:45
6 Laura Howat 6:20:10

Men

1 Christoph Heinrich 4:27:04
2 Christopher Stuart 4:34:15
3 Roger Arnell 4:46:27
4 Erik Harrington 4:47:38
5 Mark Fisher 4:47:39
6 James Driscoll 4:50:35
7 Jason Hendrickson 4:52:17
8 David Harward 4:56:45
9 Eric White 5:02:22
10 Paul LaStayo 5:09:27
11 John Allison 5:14:24
12 Gary Wekluk 5:14:25
13 Steve Briley 5:15:56
14 Jason Sparks 5:18:50
15 David Carter 5:23:16
16 Drew vonLintel 5:24:59
17 A.J. Turner 5:27:25
18 Bill Harris 5:27:28
19 Will Nesse 5:28:06
20 Joseph Brubaker 5:28:44

Tandem

1 Amy Andrews/Steve Wasmund 5:20:01

Little Wild Horse- 31 miler

Place, Name, Time

1 Jennifer Cherland 2:16:39
2 Marcy Allen 2:43:12
3 Kamiya Peterson 2:44:35
4 Mary Eddy 2:56:35
5 Birgit Reeves 3:00:46
6 Wendy Matis 3:07:27
7 Julia Wilde 3:12:11
8 Lara Fisher 3:19:02
9 Linda LaStayo 3:19:03
10 Nicole Bennett 3:22:09
11 Paula Guerra 3:29:32
12 Margaret Moore 3:30:21
13 Sylvie Backman 3:35:04
14 Monica Bell 3:36:07
15 Sophie Penner 3:37:02
16 Marta Heilburn 3:37:04
17 Christina Economy 4:03:39
18 Melinda Greenwood 4:09:30

Men

1 Brennon Peterson 1:48:49
2 Aaron Phillips 1:49:38
3 Mitt Stewart 1:55:28
4 Tom Noaker 1:58:39
5 Bradley Cason 2:03:30
6 Ron Peterson 2:03:52
7 Kurt Reynolds 2:06:14
8 Christian Johnson 2:07:41
9 Adam Alba 2:09:40
10 Vicente Planellas 2:09:43
11 Dillon Noaker 2:10:34
12 Louis Riel 2:10:48
13 David Wetter 2:10:56
14 Craig Williams 2:11:49
15 Bryce Knudson 2:14:17
16 Scott Goodell 2:14:35
17 Steven Weaver 2:15:26
18 Kyle Murdock 2:16:25
19 David Larson 2:18:00
20 Todd Hopkins 2:18:55

MTB Tech Dev #1 at Soldier Hollow, Pro XCT, May 12-14, 2017, Midway, UT

Place, Name, Team, Time

Cat 3 15-18 Women

1 Torrey Turner 58:05.6

Cat 3 Women

1 Abbigail Clawson 59:51.6

Cat 3 15-18 Men

1 Wyatt Maxwell 42:53.3

Cat 2 Women Miller Summit -Competitive Cyclist

51:19.3

Cat 3 Men 19-29

3 Alec Ramos 53:22.1

Cat 3 Men 19-29

1 Kody Sanchez 43:07.2

Cat 3 Men 19-29

2 Jeremy Foster 1:06:23

Cat 3 Men 19-29

1 John Healy M and M RC 46:58.7

Cat 3 Men 40-49

1 Seth Bradley Rouleur Devo p/b DNA Cycling 40:54.4

2 Rob Brasher 41:06.6

3 Robert Sorenson 44:10.9

Cat 3 Men 50+

1 Russell Hull 53:36.3

2 Joe Benson 53:55.9

3 Denny Tynan Stay Park City Cycling 54:36.8

Cat 2 15-18 Women

1 Bailey Nielson 1:13:03

2 Madison Lee 1:14:23

3 Zaydie Gray 1:18:42

4 Anna Castro Summit -Competitive Cyclist 1:29:04

6 Mikaela Echo Reno Devo (Reno Tahoe Junior Cycling) 1:30:11

7 Natalie Fink Summit -Competitive Cyclist 1:35:14

Cat 2 Women 30-39

1 Ashley Beiernt Caliber/SBR 1:15:06

Cat 2 15-18 Men

1 Gabe Noorda 0:56:59

2 Henry Larson Canyon Bicycles Racing - Utah 0:58:47

3 Collin DiMatteo M and M RC 0:58:54

4 Jackson Miers Reno Devo (Reno Tahoe Junior Cycling) 0:59:32

5 Hayden Johnson Canyon Bicycles Racing - Utah 1:00:29

6 Henry Boyd 1:00:48

7 Colton Desmond 1:01:18

8 Logan Wilson 1:01:19

9 Cooper Young 1:05:08

10 Christian Haight Summit -Competitive Cyclist 1:05:31

Cat 2 Men 19-29

1 Grant Hillam 0:59:28

2 Preston Yardley Utah Cycling Association 1:00:00

3 Nate Hansen Canyon Bicycles Racing - Utah 1:00:37

4 Jordan Bracken Rapid Cycling Racing 1:04:42

Cat 2 Men 30-39

1 Josh Henderson 1:09:33

Cat 2 Men 40-49

1 Nate Marine 1:04:40

2 Nick Markosian PLAN7 DS Cycling Team 1:05:32

3 Kyle Smith 1:06:01

4 Todd Kercher Avout Racing 1:08:37

5 Corey Spencer America First Cycling Team pb P-Town Cro 1:17:50

6 John Twitchell 1:22:53

Cat 2 Men 50+

1 Rich DeLong 1:11:04

2 William Gattis 1:22:56

Junior Women 10-12

11 John Allison 0:43:17

2 Rowan Engelling 0:49:58

3 Mackenzie Meirowitz Summit -Competitive Cyclist 0:51:19

Junior Men 10-12

1 Nicholas Konecny 0:29:27

2 Isaac Engeling Summit -Competitive Cyclist 0:31:12

3 Maddux Leonard Summit -Competitive Cyclist 0:33:42

4 Myles Perry Rouleur Devo p/b DNA Cycling 0:35:00

5 Anders Silitch Summit -Competitive Cyclist 0:37:57

6 Adam Engeling 0:39:00

7 Lukas Postnieks 0:51:17

8 Sammy Bush 0:59:56

9 James Bush 1:10:07

Junior Women 13-14

1 Tai Lee Smith 0:44:55

2 Skyler Perry Rouleur Devo p/b DNA Cycling 0:46:54

3 Tory Peters 0:48:43

4 Mya Dixon Reno Devo (Reno Tahoe Junior Cycling) 0:50:31

5 Sydney Nielson 0:52:33

6 Maggie Youngblood 0:53:36

7 Isabelle Glasgow 0:53:55

8 Jane Haight Summit -Competitive Cyclist 0:58:10

9 Abby Swall Reno Devo (Reno Tahoe Junior Cycling) 1:08:51

Junior Men 13-14

1 Brayden Johnson 0:37:03

2 James Cessna Summit -Competitive Cyclist 0:37:39

3 Lasse Konecny Bicycle Racing Association of Colorado 0:39:25

4 Court Kretzmeier Summit -Competitive Cyclist 0:41:12

5 Cooper Seliga Summit -Competitive Cyclist 0:42:29

6 Ethan Hadley 0:46:29

7 Ethan McKay 0:48:06

Cat 1 Junior Women

1 Sydney Palmerleger Cannondale 1:11:13

2 Kendyll Nelson Rouleur Devo p/b DNA Cycling 1:13:28

3 Mila Leger Redel Competitive Cyclist MTB Team 1:14:47

4 Morgan Hales 1:17:51

5 Tea Wright Boulder Junior Cycling 1:18:20

6 Giselle Slemboski Rouleur Devo p/b DNA Cycling 1:20:03

7 Jazlyn Smith 1:21:25

8 Katelyn Williams Rouleur Devo p/b DNA Cycling 1:23:23

9 Taylor Perry Rouleur Devo p/b DNA Cycling 1:27:48

10 Hadley Peay Rouleur Devo p/b DNA Cycling 1:28:18

Cat 1 30-39 Women

1 Meghan Sheridan Bingham Cyclery Peak Fasteners 1:12:03

2 Ami Stuart 1:15:16

Cat 1 50-59 Men

1 Reed Topham Bingham Cyclery Peak Fasteners 1:10:11

Cat 1 60+ Men

1 Rick Morris Canyon Bicycles Racing - Utah 1:24:30

2 Lawrence Woolson Bingham Cyclery Peak Fasteners 1:26:58

Cat 1 Junior Men

1 Nolan Jenkins Competitive Cyclist MTB Team 1:18:44

2 Brennon Peterson Canyon Bicycles 1:19:02

3 Skylar Patten Competitive Cyclist MTB Team 1:19:42

4 Ryder Jordin Canyon Bicycles Racing - Utah 1:20:30

5 Hayden Rosborough 1:21:49

6 Sam Brown 1:21:54

7 Dylan Fairchild 1:24:54

8 Harrison Klapheke Nashville Local Cycling 1:25:05

9 Bjorn Riley Boulder Junior Cycling 1:25:56

10 Bradon Hudspeth 1:27:15

Cat 1 Men 19-29

1 Jeremy Norris 1:22:19

2 Carter Anderson 1:25:46

3 Caleb Norman Summit -Competitive Cyclist 1:27:01

4 Koby Vargas 1:29:32

5 Brendan Money Bountiful Bicycle Racing 1:29:41

6 Joseph Wintergerst COS Racing 1:29:52

Cat 1 Men 30-39

1 Bryson Perry Rouleur Devo p/b DNA Cycling 1:20:20

2 Kevin Day Team Endurance 360 1:20:52

3 Jayson Jacobs Bicycle Racing Association of Colorado M 1:21:26

4 John Osguthorpe Team Endurance 360 1:22:54

5 Robbie Stout 1:25:10

6 Jonathan Lee 1:31:25

7 Tom Gosselin 1:32:26

Cat 1 Men 40-49

1 Cary Smith 1:21:03

2 Aaron Campbell Bountiful Bicycle Racing p/b Okland Cons 1:21:44

3 Aaron Phillips Bingham Cyclery Peak Fasteners 1:26:05

4 Kenny Wehn Bicycle Racing Association of Colorado 1:27:20

5 Jody Harris 1:32:49

Cat 1 UCI Junior Women 17-18

1 Ezra Smith Competitive Cyclist MTB Team 1:07:08

2 Sienna Leger Redel Competitive Cyclist MTB

Team 1:08:01

3 Savilla Blunk Bear Development Team 1:09:01

4 Katja Freeburn Bear Development Team 1:10:13

5 Heather Horton Rouleur Devo p/b DNA Cycling 1:15:25

6 Kira Crowell Rouleur Devo p/b DNA Cycling 1:17:31

7 Camryn Kercher Avout Racing 1:22:18

Cat 1 UCI Junior Men 17-18

1 Kevin Vermaerke Whole Athlete p/b DNA 1:06:57

2 Paul Fabian Arizona Bicycle Racing Association 1:06:58

3 Connor Patten Competitive Cyclist MTB Team 1:07:43

4 Cameron Larson Competitive Cyclist MTB Team 1:08:03

5 Finn Gullickson TEAM CLIF BAR Cycling 1:08:21

6 Lance packer Utah Cycling Association 1:09:18

7 Nicholas Jenkins Competitive Cyclist MTB Team 1:09:18

8 Jake Yackle Northern California/Nevada Cycling Assoc 1:34:45

9 Seth Saxton Rouleur Devo p/b DNA Cycling 1:34:00

10 Ethan Moyer Natural Grocers Cycling Team 1:10:20

Pro Men UCI Elite

1 Keegan Swenson Cannondale 3Rox 1:31:32

2 Russell Finsterwald SRAM- Troy Lee Designs Racing Team 1:32:24

3 Chris Baddick Boulder Cycle Sport 1:33:32

4 Benjamin Sonntag TEAM CLIF BAR Cycling 1:34:00

5 Alexander Grant Cannondale 1:34:22

6 Nicholas Beechan Southern California Nevada Cycling Assoc 1:34:45

7 Michael Sampson Vittoria #growMTB 1:35:14

8 Robert Squire UCI CI: Canyon Bicycles 1:35:44

9 Henry Nadell CZ Racing 1:35:56

10 Jacob Sacket Competitive Cyclist MTB Team 1:36:29

Pro Women UCI Elite

1 Alexis Skarda Bicycle Racing Association of Colorado 1:33:34

2 Evelyn Dong Bicycle Racing Association of Colorado 1:33:53

3 Sofia Gomez Villafane Pivot - Assos - #growMTB 1:34:00

4 McCutcheon Melina 1:37:36

5 Nicole Tittensor Jans Park City/Scott Bikes/ Reynolds Cyl 1:38:11

6 Hannah Finchamp MTB Pro Team: Clif Pro Team 1:38:54

7 Sarah Kaufmann Stans NoTubes Womens Elite 1:41:10

8 Emma Maaranen Rolf Prima 1:41:46

9 Rachel Anders Competitive Cyclist MTB Team 1:43:31

10 Nikki Peterson Southern California Nevada Cycling Assoc 1:43:36

Short Track Cross Country

Place, Name, Team

Pro Women

1 Melinda McCutcheon

2 Sofia Gomez Villafane

3 Hannah Finchamp

4 Evelyn Dong

5 Alexis Skarda

6 Nikki Peterson

7 Sarah Kaufmann

8 Emma Maaranen

9 Ellen Campbell

10 Suzie Livingston

Pro Men

1 Keegan Swenson Cannondale 3Rox

2 Stephan Davoust

3 Alex Wild TRAIL HEAD RACING - SPECIALIZED

4 Grant Ellwood Boulder Cycle Sport

5 Brian Matter Linear Sport MTB

6 Chris Baddick Boulder Cycle Sport

7 Nicholas Beechan Southern California Nevada Cycling Assoc

8 Michael Sampson Vittoria #growMTB

SPEAKING OF SPOKES

Just Meandering . . . On A Bike

David Ward with Mont St. Michel in the background in the Normandy region of France. Photo by Karma Ward

By David Ward

We just returned last week from a trip to the Netherlands and France. Toward the end of this sojourn, we were staying with some friends, Dominique and Annie. I had met Dominique, his mother and his sister, when I represented them in a wrongful death lawsuit involving Dominique's father who was killed in a cycling accident while on a bike tour which was passing through Utah.

Dominique, knowing of my passion for riding, offered me the use of a bike, either his old road bike or his father's old mountain bike. While I preferred the road bike, it was old enough that the threads on my pedals (which I had brought in hopes of being able to ride a few times) would not screw into the cranks on his road bike. But they would go on the mountain bike. So, that became, fortuitously for me, my chosen ride.

The evening before my first ride, Dominique pulled out a map showing some designated and separated bike paths and set about explaining how to get to them. This gesture was appreciated, but actually missed the point of why I like to ride when I travel. Well, actually, I simply love to ride. But beyond that, I have found that I love to get on a bike and go exploring. I don't like having a goal or a specified route or destination, but prefer rather to meander and see what I come across.

Take this ride for example. When I left the next morning, I headed down the road through this picturesque French village of Hirtzbach where Dominique and Annie live, located in the Alsace region of eastern France. After about a kilometer, I came to a junction where I had a choice of turning either right or left. So, for no particular reason, I chose

small forest till it emerged into a hay field where some farmers were bailing and loading hay. We exchanged waves, and I moved on. Shortly thereafter, I found paved road which led to the town of Largitzen and the D17, which took me back to Dominique's home.

The night before, it had been raining, and it drizzled off and on during my ride. But that only made it more refreshing, and enhanced the colors along my route. In each town I stopped to gaze upon and photograph the church which has served as the town's religious center and anchor, and to ever so briefly bask in the sights, sounds and people that originally kindled my love of France



Karma and David Ward meander through Amsterdam. Photo by Shawn Wright

right. I can't even say it was the road less traveled.

The road then took me to Hirsingue where a road turned off to the right from the main road. It appeared to be heading up a hill a little further ahead. That attracted me, so off I went. After a short distance, I had reached the edge of this small town, and the pastures and fields of local farmers that abutted it. Since the road continued on, so did I, meandering along fields of grain and pastures with grazing cattle.

After awhile, the pavement ended, and I was confronted with the decision whether to turn back or continue on. Fate had me on a mountain bike, so I figured I was fated to continue on, which I did. I climbed on up a grassy, rutted dirt road till I crested the hill. Not knowing the area, I decided I needed to consult my maps app, just to make certain I was not headed to a dead end in descending the other side. The app confirmed that roadways of some sort continued on till there was a junction with a major road, the D17.

From there, I descended through fields till I entered a forested area. The roadway rolled on through this

so many years ago.

I had one more opportunity to ride while staying with Dominique. This time, I turned left at the first junction, and soon found myself riding again on unpaved forest roadways through a regional nature park. I eventually emerged onto another major road, this time the D16. I could see from my app that I could make this ride into a loop by taking the D16 to the D78, then turning left onto the D17 which, like my previous ride, would take me back to "chez Dominique".

So, off I rode, pushing my pedals to propel this mountain back along smooth paved roadways through several small towns, Fulleren, Mertzen, Strueth, Hindlingen, Friesen and, once again, Largitzen. How I love riding the winding roadways of France through small, picturesque French towns. Frankly, these rides were two of the highlights of my time in France.

I only had a couple of other opportunities to ride during this trip. We had flown into Amsterdam where we stayed with my niece, Shawn, for a couple of days. One of those days, we rented a couple of those distinctly Dutch upright urban bikes, and my wife, Karma, Shawn and I took a ride out to the town of Ouderkerk aan de Amstel where we enjoyed lunch on a deck adjacent to the river before pedaling our way back into the heart of Amsterdam.

Our next opportunity to ride came at Mont St. Michel, that iconic abbey on an island. Our bed and breakfast had a couple of bikes we could rent, so we used those to ride on a greenway path along the river to where we had to park the bikes before crossing the causeway to Mont St. Michel. This is that same causeway where

BIKE FRIENDLY COMMUNITIES

Bike Friendly Status Awarded to St. George, Utah, Pueblo and Silverthorne, Colorado

By Charles Pekow

St. George City, Utah prides itself so much on its bike facilities that the first thing you might see on the city's official website is a video of mountain bikers enjoying themselves (<https://www.sgcity.org/>). The rotating video features a variety of recreational events and when I hit the link, the bikers came up first. But the southwestern Utah had to improve its road biking around town to match its recreational cycling before it could be awarded Bicycle Friendly Community (BFC) status from the League of American Bicyclists (LAB).

This spring, it did just that, earning bronze status, the first step on the BFC ladder (below silver, gold, platinum and the seemingly unreachable diamond) in the spring round of awardee announcements. Two years ago, the city applied and received an honorable mention. Back then "they were really disappointed because they thought they were really close. They had great mountain biking but just didn't have a lot of road biking going on," explains LAB Policy Director Ken McLeod.

"The big thing that happened in between applications is that (last year) they adopted the St. George Active Transportation Plan (goo.gl/jldQwf) that provides a blueprint for more on-road facilities (so) people can bike all year long, not just mountain bike," McLeod says.

"We put more emphasis on bike month with more activities than in previous years, including a ride with Mayor Jon Pike" and the city council to increase awareness around the city," says St. George Engineering Associate Monty Thurber. The city also stepped up events for Bicycle Awareness Month (May) this year, featuring events at Bike to Work Day and Bike to School Day as well as an official proclamation from Pike and other activities.

The city is working on a variety of infrastructure projects, such as

adding connectivity between neighborhoods and to parks and shopping, Thurber adds. The plan calls for trebling the city's 50 miles of trails and building a connection with the nearby city of Washington, Utah. The Parks Department is also hoping to start construction of a bike skills park next summer.

To win higher status, of course, St. George must enact the plan and make the streets safer, McLeod says. The city of 80,000 also needs to dedicate more staff to biking and add bike facilities on more high-speed roads. "Some high speed roads are barriers to biking," McLeod says.

"We'll restripe and resurface more bike lanes and add wider shoulders when possible," Thurber promises. "We aim to go for silver or gold. I don't think we'll ever be the Portland of Utah but its a goal we'd like to take on."

Bike Friendly Colorado Cities

While St. George stands alone in Utah in getting an award this spring, the march in Colorado continues. Pueblo won bronze, up from the honorable mention it got in 2012. Pueblo impressed LAB with its high level of staff dedicated to biking but "on the other side, they don't have a very good ratio of bicycle network to road network," McLeod explains. Pueblo installed "pretty good coverage on high speed roads but is missing off-street and low-speed road facilities."

Silverthorne, Colorado also moved up from honorable mention to bronze. It impressed LAB with its staffing and mileage network for a town with a population of 4,271. But it needs to provide better cycling facilities on high-speed roads. "It sounds like they're trying to make the community a mountain biking destination and are going through the process of figuring out how they can do more trail development and opening the community to people to explore by bike," in addition to its recreational facilities, McLeod explains.

our own David Zabriskie edged out Lance Armstrong to take the first yellow jersey of the 2005 Tour de France. Armstrong was piqued, to say the least.

Anyway, after visiting the island and abbey, Karma and I rode back to our B&B, and then at dusk we pedaled our way back to Mont St. Michel to see it bathed in lights at night. It was beautiful, and made more so by our refreshing ride there. The ride back, however, was a bit challenging as our bikes had no lights, and the greenway path is not lighted. So, we used our cell phone flashlights, holding them with one hand as we tentatively peddled the nearly four dark miles back to our B&B.

The next morning, I went out for one last ride in Mont St. Michel, this

time meandering through the adjacent area. I soon found myself on a short climb up to the small town of Beauvoir, coming to the beautiful small church whose spire I had been able to see from some distance away. The road then took me through some fields, past a picturesque windmill, then down through another small town, Saint Laurent, where I turned to head back to our B&B.

Well, this article just sort of meandered. It reflects the nature of my opportunities to ride during my time in France and the Netherlands, describing nothing major (except perhaps Mont St. Michel), but illustrating the many small and lovely things to be seen when on a bike. That is the beauty and excitement of meandering on a bike.

Nutrition Coaching

Breanne Nalder MS, RDN

PLAN7
ENDURANCE COACHING

Elevate your training and racing with a
customized nutrition plan that fits YOUR lifestyle

Contact email: breanne@plan7coaching.com
Website: plan7coaching.com/nutrition/

THE METAL COWBOY

Chasing Lightning



Evelyn Hamilton plots a course during record setting 1,000 miles/84 hrs in the saddle. Photo courtesy Joe Kurmaskie

By Joe Kurmaskie aka the Metal Cowboy

Like many good mysteries, this one began with a photograph. Lightning In A Saddle: the long, untamed life of Evelyn Hamilton, will come out in book form in 2019 and has been optioned by a Hollywood production team from a screenplay I completed last summer.

The photo that started it all caught my eye while doing research for another project. Clicking down to find what I needed landed me on a PhD student's thesis project page; turn of the century suffragettes. In the corner, waiting patiently, was an image of a woman leaning against a bicycle.

Something wasn't right. Instead of a long dress and parasol, this cyclist, circa 1920, was wearing a

sponsored wool jersey, bike shorts and a look that said, you might think you can handle some of this, but I do real damage on a bicycle in any setting and in the lives of those around me. She looked like a contemporary, a time traveler trapped in buttoned down pre war Britain.

I lingered over the image, finally grabbing it into a file, before moving on. I made a promise to myself I would learn the rest of her story when time and energy allowed.

Little did I know that I was only a few curves away from my own life nearly unwinding for good. Time was running out for me, and energy in short supply.

Before I could tackle the long, untamed and utterly astounding, true story of Evelyn Hamilton; British female cycling phenom who lived, loved and rode on her own terms, fought sexism, actual Nazis and her

own ambitions to become a beacon of humanity, I would have to discover what was killing me before it finished me off.

The only problem, I didn't know I was dying, I thought this was how everyone felt knocking on the door of middle age.

The medical world calls it Hereditary Hemochromatosis/Iron Overload. It's known in some circles as the Irish Curse, but this deadly genetic mutation which causes one's body to retain iron in organs and tissues is a worldwide curse, on par with type 2 diabetes in terms of its reach. And it's really a Viking victory of sorts.

The world's most common deadly treatable genetic disorder, hereditary hemochromatosis, is also the least detected, diagnosed and treated in time to prevent chronic illnesses and premature dead. Not through lack of knowledge, but willful negligence on the part of a profit driven medical system.

But my big mouth and regular check ups kept me in the race. That and exercise, drinking tea with my meals (tea blocks the absorption of 70 percent of iron) not drinking alcohol, eating badly and smoking... but even while playing all the right health cards, this disorder would have beat me in the end.

Once we knew what was causing my headaches, fatigue - a ferritin level of 2600 (normal being 50) and a liver so packed with iron I was a year or two away from needing to shop for a new one or for a cemetery plot - we could treat it.

Each week for a year, they removed a pint of blood from me to force the stored iron in my tissues to be pulled out for use oxygenating the new blood my body was being forced to make. This slow and steady leeching process detoxifies my organs and brings everything back to normal levels.

Now, 36 months later, I only get blood draws every 90 days.

Caught in time, one gets to be symptom free and live a full life. Caught later, the blood letting still helps lessen symptoms and prevents further deterioration of organs. Left untreated it leads to liver failure,

cirrhosis, heart attack, heart failure, diabetes, arthritis and eight cancers - including pancreatic, stomach, gall bladder and liver cancer.

Bloodletting to save me... so Game Of Thrones of them.

Of course I love a good fight almost as much as I love a good story and the tale of hereditary hemochromatosis turns out to be an epic tale!

Iron in the body is the food that bacteria feeds on to get strong and overwhelm its defense systems. That's why we have chelators around all the openings in our body - binding with much of the iron so bacteria can't feed and grow. It's a balancing act. But my mutation locks down iron on a permanent basis allowing it to store over time, stiffen organs and, Goodnight Detroit.

But why would evolution choose something that will time bomb in 40 years? Because it would save them in the here and now so they could procreate. Here's where it gets awesome. If you have the mutation it stores iron but it's stingy about storing it in one special place - inside the police force type white blood cells.

This cell surrounds infection, preventing it from spreading. In people with normal versions of this cell, the bacteria and infection can smuggle in as a trojan horse, growing strong on the police cell's iron, and breaking free to cause chaos as the cells give it a ride around the body. But my police cells carry no iron.

Neither did the Vikings cells - where it started.

They got about forty infection and illness free years - time enough to mate etc. and all the cultural ideals - battling and bloodletting in their daily lives - kept the disorder in check, for many, well beyond 40.

When the black death/plague came to Europe, the Viking's founder colonies had spread the gene and protected a portion of the population... which spread it further and allowed much of Europe to survive many other illnesses before antibiotics etc.

So my Viking blood has been very good to me, I was the guy who never got sick or only mildly and got over it before others... until now.

Thor's hammer had grown heavy and deadly inside me, poisoning me with each bite of food, and it had been pulled out, one pint at a time.

Hereditary Hemochromatosis and Athletes

1 in 9 are affected worldwide either as carriers or two gene holders. Having the mutations increases one's risk of storing excess iron in tissues and organs. Iron overload is the trigger for a dozen cancers, chronic and deadly illnesses including heart attacks, liver disease, liver and heart failure, arthritis, diabetes. It has one of the lowest diagnosis rates in the world with less than 8 percent discovering they have it in time to treat properly, or at all.

But are athletes at greater risk of iron overload than the general population?

A number of studies have concluded yes, they are.

But Why?
1. Iron Supplements

Although numerous science based studies have determined it generally does not improve performance, iron is often used by elite athletes. This trend has been on the rise for decades, promoted by the vitamin industry. Publicity about it's use has influenced mid-range athletes and the larger population of citizen athletes training for charity runs, spartan

Race the Rails!
Sept. 9, 2017

Go to elynevada.net for more information and registration.

White Pine County
Tourism & Recreation Board
150 Sixth Street, Ely, Nevada
800-496-9350
elynevada.net • travelnevada.com

Road Bikes vs Coal Fired Steam Engine vs Mountain Bikes

RC Willey
RIDE for the KIDS
2017
4TH ANNUAL CHARITY BIKE RIDE

SEPTEMBER 23, 2017
Starting at RC Willey Syracuse. Please pre-register online & for more information visit www.rcwilley.com
25-100 MILE ANTELOPE ISLAND RIDE

100% of all funds raised and collected will go directly to **MAKE-A-WISH** Utah

Sponsors: Chick-fil-ee, TANNER CLINIC, pepsi, TEXAS, AccuColor, BUTLER YARD CARE, ENYBROOKEN L.L.C., Sheldon Peck Orthodontics

aces, marathons, teams of all sports and cycling clubs.

The physiologic changes induced by exercise can mimic iron deficiency and decrease hemoglobin and ferritin concentrations over the short term. Determination of serum transferrin concentrations identify true iron deficiency, but too many athletes simply take iron pills or multivitamins with large doses of iron without being tested for real deficiency, overload or genetic mutations... because they heard it was good for them and might give them an edge.

Since HH has one of the lowest diagnosis rates in the world, with less than 8 percent discovering they have it in time to treat, or at all, a large segment of athletes are playing Russian roulette every time they take iron pills.

In contrast, increased iron stores in the body are a frequent finding in elite athletes who have used long-term iron supplementation. For example, elite runners have increased intestinal blood loss, but can be compensated by enhanced absorption of dietary iron i.e eating a healthy diet of food. Taking iron pills and supplements only increases the risk of iron overload (especially in athletes with undiagnosed hereditary hemochromatosis) without improving performance.

2. More than a casual relationship between elite athletes and a higher prevalence of hereditary hemochromatosis than general population has been established.

No less than four independent scientific studies in Britain, France, Spain and Australia have reached similar conclusions – athletes test for HH at higher rates than general population, not due to supplements, but at the genetic level. The Madrid study findings indicate a high prevalence of HFE (High Iron Fe gene) gene mutations in highly trained professional athletes populations (49.2%) compared with sedentary controls (33.5%). In a study of French athletes across several sports the primary conclusions were that while 27% of the French population is heterozygous (carriers) for mutations in this gene, 80% of the French athletes who won international competitions in rowing, Nordic skiing, running and judo displayed mutations in one or more allele of HFE, thus demonstrating the existence of a favorable phenotype linked to this heterozygosity. Additional conclusions from these studies included:

A. The frequency of HFE mutations in elite athletes is up to twice as high as in controls. (across all the studies)

B. In the international podium group from the French study, 80% of athletes had mutations in the HFE gene.

C. The HFE mutations are favorable to high level performance in athletes.

D. Heterozygous HFE mutations could be associated with a favorable phenotype.

3. Athletes get tested more frequently and thoroughly for their physical condition than do the general population.

A strong argument, backed by data from three medical system surveys, indicates one reason more athletes know they have HH than do in the general population – and get treatment – is because they schedule

more physicals, or are mandated to take them by sponsoring organizations, request more tests be run and are viewed by health professionals as stronger candidates for specific panels and tests outside of routine blood work. Because they present less factors such as drinking, smoking, poor diet, lack of activity, doctors look beyond presenting symptoms for a source.

The Take Away:

1. While more studies need to be done regarding the correlation between elite performance and prevalence of gene mutations, athletes of all stripes should NOT take iron supplements and vitamins with iron in them

2. Highlights the need for widespread, routine iron panel testing for all populations to catch this disorder and its damaging effects early and often. Sign our petition to make those tests routine again.

As I got treatment and recovered my strength and stamina I returned to that image of a female cyclist looking like a time traveler from 2005 tapped in 1920.

Research was slow going. I used this one image to search for others, finally employing a face recognition app. That's when I turned up a name. Evelyn Hamilton. No wikipedia page. A further search of Hamilton and cyclist hit pay dirt. Evelyn started out as Evelene Alice Bayliss. And over the course of her life had variations to her name. She was Evelene, Evelyn, Gladys, Alice, and several last names Helsen, Bayliss, Hamilton. As research continued I began unearthing articles and newsreels and connections which would take me on a literary global treasure hunt... revealing the biggest, most consequential story of my writing career. I would have the good fortune to bring a war heroine, cycling champion and equality pioneer back to life and across the finish line of history. From one picture to a life now featured at www.evelynhamilton.org to a nomination for induction into the British Cycling Hall of Fame in 2020.

Next issue - More of Evelyn Hamilton's exploits - Rides across three zipcodes at 12 years old. Told that society has rules and boundaries because it's a dangerous world out there. Her response, "And I plan to pedal every mile of it."

Joe Kurmaskie is a journalist, syndicated columnist, and contributor to numerous magazines including Bicycling Magazine, Men's Journal and Parenting. A bike advocate, activist, founder of Cadence Press, and a Random House author of 8 books including Metal Cowboy, Mud, Sweat and Gears and the latest collection, A Guide To Falling Down In Public.

Called a literary force of nature by The World Herald, and A Modern Day Mark Twain on Two Wheels by USA Today, he's a dynamic speaker who has appeared on The Moth, E-Town and A Prairie Home Companion, at Interbike in Las Vegas, Nike, Seattle Bike Expo and Amazon Presents alongside Greg Lemond and Sheryl Crow.

CYCLING AND THE LAW

On Which Utah Roads Is It Illegal to Ride my Bicycle?

By Russ Hymas and Ken Christensen

With summer now in full swing, it's impossible to ignore the influx of cyclists on Utah's roads – either preparing for road bike racing events that run almost every weekend during the summer months, or just trying to get in better shape. Some cyclists use the roads to commute to work or school, while others opt for elevation training in Utah's many canyons or longer, flatter stretches of roadway to log some long-distance mileage.

As cyclists begin planning their training routes, many ask, "Which are the safest roads for me to ride?" and, "Are there any roads that are off-limits to cyclists?"

Fortunately, cyclists are permitted on most state roads throughout Utah. Prohibited roads include certain portions of Utah's interstate highways (where cyclists can use alternative routes) as well as roads which are closed to non-motorized travel, like Bangerter Highway. However, cyclists can take I-80 up Parley's Canyon, and are even allowed on certain segments of I-15

through the state. UDOT maintains a map which details the few state roadways that prohibit bicycles, and can be found at the following address: <http://tinyurl.com/utahrestrictedbikeroads>

Still, while cyclists may be permitted on most state roads, they may want to first consider whether safer alternate routes exist. UDOT has warned: "Only skilled cyclists who are confident of their abilities to maneuver under hazardous conditions should use interstate highways that are open to cyclists. If you are not a skilled cyclist, please consider a route that does not include interstate highways due to our higher motorized traffic speeds (Interstates are posted at 65 mph to 75 mph throughout Utah) and a high volume of large truck traffic."

Some municipalities have gone a step further, providing cyclists with detailed maps of cycling routes available to them. For example, Salt Lake City and Salt Lake County joined forces with UTA and UDOT to create a "Bikeways Map" which helps cyclists decide on the safest routes available to them by highlighting the roads and

trails throughout the county available to cyclists. The Bikeways Map even designates routes by comfort level for cyclists' usage – from "high comfort" to "extremely low comfort." (See http://www.bikeslc.com/Wheretoride/PDF/SLC_SLCo_BikewaysMap_web.pdf or pick up a free map at any Salt Lake County bike shop).

We encourage all cyclists to take a few extra minutes to select their cycling routes by using the resources provided. A little extra planning and forethought can go a long way toward minimizing the risk of an accident and ensuring an enjoyable ride on one of Utah's many scenic roadways.

Ken Christensen and Russ Hymas are avid cyclists and Utah attorneys at UtahBicycleLawyers.com. Their legal practice is devoted to helping cyclists injured in collisions with motor vehicles. They are authors of the Utah Bicycle Accident Handbook and are nationally recognized legal experts on cycling laws and safety.

Support Your Local Bike Shop!

ROAD RACING

Racing at the Tour of California - Pro Road Cycling At The Highest Level



The Visit Dallas DNA Pro Cycling Team riders before the start of the Women's Stage 4 in downtown Sacramento. L-R: Mickey Drummond, Hanna Muegge, Claire Rose and Mandy Heintz. (Catherine Fegan-Kim DNA team member & team photographer in background). 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com



The California State Capitol Building forms the backdrop for the Women's Stage 4 in downtown Sacramento. 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com

By Dave Richards

Have you ever wondered what it's like to race a bicycle alongside the top riders in the sport? You've probably seen a stage or two of the Tour de France on TV watching the riders suffer up steep mountain climbs or bumping and jostling each other while sprinting 40 mph down

the Champs-d'Elysees. As a race photographer, I get the best seat in the house – flying alongside the peloton on the back of a motorcycle taking pictures. I spent May 13th-20th following the Amgen Tour of California observing top level racing, up close & personal. Here's what I found.

The men's race of the Amgen Tour of California (AToC) was ele-



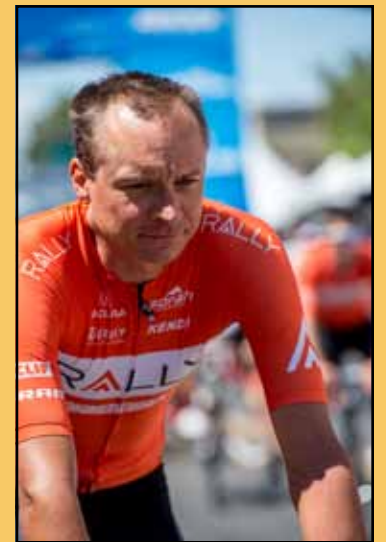
The peloton stretches out like a rubber band racing up Del Puerto Canyon Road during Men's Stage 2, 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com

vated to the World Tour Calendar this year. According to Wikipedia "The UCI World Tour is the premier annual male elite road cycling tour, sitting above the various regional UCI Continental Circuits. It refers to both the tour of 28 events and an annual ranking system based upon performances in these." The 18 UCI World Tour men's teams are the best of the best; teams like Sky, BMC, Astana, Cannondale-Drapac among others. 15 of the 18 World Tour teams competed at AToC along with several lower level Pro Continental and Continental teams such as United Healthcare and Rally Cycling.

To understand the difference between the different team levels, I spoke with Danny Pate, veteran rider for Rally Cycling. Danny raced extensively in Europe for 15 years including racing for Team Sky, one of the top World Tour teams. As such Danny has seen it all from local club racing in the US to the big events

in Europe like the Tour de France. Danny compared World Tour, Pro Continental and Continental race teams to baseball's Major League, Triple A and Double A. He said as you progress from Continental to World Tour, the teams have more support and more budget. "The only difference is some races they actually play together." Referring to AToC, "you have all three, the first three tiers all racing together."

What is it like for the smaller teams to compete against these big teams with their multi-million dollar budgets and superstar riders? I sense sort of a David vs. Goliath story here. To gain a little insight, I spoke with Phil Southerland, founder and director of Pro Continental Team Novo Nordisk. Team Novo Nordisk is unique in that all of its riders are Type 1 diabetics. The riders carry a strong positive message to their young fans who are afflicted with this disease that they too can live



Veteran ace rider Danny Pate (Rally Cycling) Men's Stage 2, 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com

normal lives and become athletes themselves. When asked about racing a World Tour event, Phil said, "when you get to the World Tour, everyone is taking it seriously. And all the teams here, there's big opportunities for points, they're all gonna try to score them. It's what drives their sustainability at the World Tour and also the riders contracts for next year is points at World Tour races. It just really elevates the level of competition."

Phil also talked about how much deeper the organization is at a World Tour race. He mentioned other lower level races that may not have breakfasts for the riders or control errant cars wandering onto the course. Referring to World Tour races "it's a much more controlled circus. That's what we are at the end of the day, a moving circus." He stated, "California has taken a slow approach to get to the World Tour. They've made mistakes along the way, but it's really a world class event now."

We talked about budgets a bit and what it's like to compete against big budget teams. "Sky's got nearly a \$40 million budget, they can spend money on everything. They get to



LOTTOJA

FOR EVENT AND VOLUNTEER INFORMATION VISIT:
LOTTOJA.COM

2017 PLATINUM SPONSORS





















ORGANIZED AND PRODUCED BY:





Evan Huffman (Rally Cycling) takes the win as his teammate Rob Britton cheers him on while Britton himself takes 2nd place. Men's Stage 4, 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com



Grupo compacto. Men's Stage 3, 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com

manage and control everything... and you got guys on Rally Cycling, they've probably got a \$2-3 million budget and Jelly Belly which is probably less than a \$1 million budget... those kids, this is their big show for the year. It's their chance to get up a level. It's really good to see the mixture of US domestic teams get a chance to race with the best in the world."

Women's Edition

I would be remiss not to mention the women's edition of the ATOC. The women's World Tour is in its 2nd year and although it doesn't yet carry the history nor the depth of the men's tour, it signals a rise in talent among

the women and makes for exciting racing. Unfortunately, my time was limited and I was only able to cover the final stage of the women's race. The race consisted of 4 stages starting in Lake Tahoe on Thursday, May 11th and finishing with a criterium race around the State Capitol grounds in Sacramento on Sat. May 13th. The crit was sandwiched between the start and the finish of men's stage 1. The crowds were dense around the Capitol grounds as they were treated to both races that Saturday.

Utah was well represented here by the locally co-owned Visit Dallas DNA Racing Team. Mandy Heintz rode a strong solo break on Stage



Focused. Individual Time Trial, Men's Stage 6, 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com

3 and although caught by the field, she won the Most Courageous Rider Jersey for her efforts.

Men's Race Overview

Back to the men's race. The race consisted of seven stages this year. I won't bother with a detailed race report here since that info has been available online and on NBC Sports broadcast for several weeks now. I'll include just a quick summary of the race.

Stage 1 featuring an out and back 104 mile road course starting and finishing alongside the California State Capitol grounds. Marcel Kittel (Quickstep-Floors) beat out other top sprinters Peter Sagan (Bora-Hansgrohe), Elia Viviani (Team Sky) and John Degenkolb (Trek-Segafredo) for the win taking the first yellow jersey.

From there the race headed south. The 90 mile long Stage 2 began in Modesto heading west up and over the steep Mt. Hamilton climb finishing in San Jose. The finish consisted of a long uphill drag where Rafal Majka (Bora-Hansgrohe) beat out George Bennett (Team Lotto NL-Jumbo) for the win, taking over the race leader's yellow jersey.

Stage 3 left Pismo Beach heading inland through farm country finishing in Morro Bay for a total of 120 miles. Again, the finish consisted of a long uphill drag overlooking the beautiful coastline of Morro Bay and paid off big-time for Peter Sagan (Bora-Hansgrohe) as he beat top



Robot towers overlook the peloton on Mt. Emma Road. Men's Stage 7, 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com

sprinters Rick Zabel and Alexander Kristoff, both of Team Katusha Alpecin, to the line.

Stage 4 featured a beautiful sea-side start in Santa Barbara finishing 99 miles later next to Six Flags Resort in Santa Clarita. Evan Huffman of the US based Continental team Rally Cycling held out with a long breakaway effort to beat the big teams for the win. It's pretty rare to see a small breakaway ride out front all alone for so long and not be caught by the peloton, swallowed and spit out the back. Especially when you're a rider on a Continental team. Doubly exciting was that Evan's teammate Rob Britton took 2nd place that day.

Stage 5 was the 78 mile long Queen Stage starting in Ontario. It included the hair-raising descent down the Glendorra Ridge road looping back to finish at the top of the steep Mt. Baldy climb. Andrew Talansky ended a long drought for Cannondale-Drpac Pro Cycling by winning this stage.

We moved to Big Bear Lake on

Stage 6 for an out and back 15 mile individual time trial around the lake with a unique finish on the pier overlooking beautiful Big Bear Lake. Jonathan Dibben (Team Sky) took the stage win, but George Bennett (Team Lotto NL-Jumbo) took over the yellow jersey from Rafal Majka (Bora-Hansgrohe).

Stage 7 closed out the race with a mostly downhill rip starting at Mountain High Ski Resort and finishing 78 miles later in beautiful, historic downtown Pasadena. Once again, Evan Huffman of the Continental team Rally Cycling rode in a long breakaway with several other riders outsprinting them to win the stage. George Bennett (Team Lotto NL-Jumbo) held on to the yellow jersey to win the overall race.

This really did turn into a David vs. Goliath story. Two stages out of the seven were won by Huffman. Amazingly, a smaller lower level Continental team managed to upstage the top World Tour teams twice in one race. Impressive.



Rafal Majka (Bora-Hansgrohe) nails the final turn to finish the Individual Time Trial, Men's Stage 6, 2017 Amgen Tour of California. Photo by Dave Richards, daverphoto.com

MOUNTAIN BIKE RACING

Tinker and Perry Win Nevada's Tinker Classic

Riders climb through beautiful Southern Nevada in the 2017 Tinker Classic. Photo by [CrawlingSpider.com](#)



A rider comes in to the finish at Spicer Ranch in the 2017 Tinker Classic. Photo by Matt Ohran

By Shannon Boffeli

Beatty, Nevada - On May 6, 2017 riders lined up to take on the Tinker Classic. The first-year event located two hours north of Las Vegas, in Beatty, Nevada, welcomed the first 100 racers brave enough to tackle the 60 or 100 kilometer distances.

Riders would be taking on the challenge of conquering the desert conditions while being treated to a tour of western history including the ghost town of Rhyolite, abandoned

mines, narrow-gauge railroad tracts, and more wild burros than they could count.

The Tinker Classic is a point-to-point style event that starts in Beatty and ends at the desert oasis of Spicer Ranch where finishers would be treated to free music, beer, and tacos while reliving the challenges of the day.

Temperatures were already warm when the race started at 7:00 AM. As the leaders sprinted out of town on the day's opening climb a herd of burros immediately buzzed the front

group just as the sun broke over the hills.

Riders started on a long, 6-mile climb to the day's highpoint of 4,600 feet.

The race's namesake, Tinker Juarez (Cannondale), took up the lead charging through a 20-30 mph headwind. Juarez was joined by Evan Plews (Ridge Cyclesport) and singlespeeder Steven Mills (New West Medical).

As the opening road kicked up, Mills dropped off as his single gear became harder to turn over.

Juarez and Plews carried on, cresting the next steepest climb of the day and descending the rubble-strew Silica Mine road. A steep, boulder-filled, mining road, Silica Mine road is the most difficult section of the Tinker Classic and the one that prevents riders from choosing a cyclocross bike for the otherwise gravel-grinder-type course. Even with fat tires Silica Mine produced many flats and even more crashes as riders navigated through the jumble of loose rock.

The women's race changed briefly on this descent as Jen Hanks (Pivot/DNA Cycling) worked her way into the lead past Anne Perry (Binghams Cyclery). Perry, a former road racing national and masters world champion, had opened a lead on the early climbs with Hanks closing it down on the rough descents but once the descending was over Perry wound it up again and surged back into the lead.

Riders rolled back through Beatty and on to the turn-of-the-century ghost town of Rhyolite with its crumbling stone buildings and open-air museum before crossing the border into California and Death Valley National Park. Despite the intimidating locale, temperatures remained in the mid-eighties with a cooling breeze keeping the racers comfortable.

A long grind on the old Tonopah narrow-gauge railroad grade was fol-



There were many wild burros to be seen during the 2017 Tinker Classic. Photo by [CrawlingSpider.com](#)

lowed by 10-miles of steep rollers heading to the finish at Spicer Ranch.

At the front of the pack Evan Plews overtook race leader Tinker Juarez just miles from the finish line and appeared poised to take the win before missing a late-race turn and getting off course. Plews was well off course before realizing his mistake virtually ending his race.

Juarez moved back into the lead and rode uncontested over the final miles to the green oasis of Spicer Ranch and the win of his inaugural namesake race.

Second place went to Justin Thomas (Boulder Cyclesport) with singlespeeder Steven Mills finishing off an impressive day as the third person to cross the line.

William Pease was the fourth rider to cross the line for third in the open men's event. He was followed by another one-speeder Shannon Boffeli (Pivot/DNA Cycling) placing two singlespeeders in the top-5 overall.

Anne Perry showed off her road legs tearing through the railroad grade and dirt roads opening up a hefty lead taking the win in 4 hours 53 minutes.

Amanda Felder (Bear Valley Bikes) overtook Hanks for the second spot and held on all the way to the line. Hanks rolled in for third.

At the finish riders enjoyed free

tacos and beer while luxuriating in the cool green grass at Spicer Ranch sharing stories and collecting their awards that included a generous cash payout for the men's and women's open classes.

The 60 kilometer race was won by 50-plus rider Tim Zandbergen (Velosport/RideBiker Alliance) with a time of 2 hours 41 minutes. Gina Rau was the fastest female finisher with a time of 3 hours 32 minutes. The 60k course followed much the same route as the 100k without crossing into Death Valley.

The overall Tinker Classic experience was overwhelmingly positive; a well-organized event, especially for a first-year race, highlighted by some of the friendliest race volunteers I've ever encountered and a local community truly excited to play host for this event. I can only imagine year two will be even better.

See results on page 14. The 2018 Tinker Classic will be held on March 31, 2018.

CLASSIFIED AD:
Lizard Head Cycling Guides
Ride with the local area experts!
GLACIER NATIONAL PARK
YELLOWSTONE

The Cascades
Utah's National Parks
Natchez Trace
Shenandoah
Nova Scotia
California
TRANS-UTAH MTB

Register using promo code
CYCLINGWEST and receive a free
bike rental or \$150 off all 6-14 day
tours. Not sure which trip to do yet?
No worries! You can still get in on
this offer. Place your deposit now,
and pick your trip later.
info@lizardheadcyclingguides.com
970-728-5891

BREAK THROUGH

2017 INTERMOUNTAIN CUP

JUL 1: SNOWBIRD

JUL 15*: OLYMPIC PARK

JUL 29: SOLITUDE

AUG 12: SNOWBASIN

AUG 26: POWDER MTN.

REGISTER AT INTERMOUNTAINCUP.COM

*NEW DATE

**Subscribe for
only \$15/year!
See page 3 for
details.**

ROAD RACING

Canyon's Mancebo Wins Final Stage at Redlands, Eisenhart Takes Overall Win



Utah's Tj Eisenhart won the overall at the Redlands Classic and Canyon's Paco Mancebo won stage 7 in an epic solo breakaway. Photo by Mike Pratt

Mancebo wins epic finale at Redlands, Eisenhart seals GC

May 7, 2017 (Redlands, CA) - Canyon Bicycle Pro Cycling's Francisco "Paco" Mancebo crossed the line seconds ahead of a chasing bunch that included Holowesko Citadel's TJ Eisenhart to win the final stage in downtown Redlands.

ly hard for it. I'm extremely stoked by this."

Many attempts at a breakaway began right from the start of the day, under looming clouds that soon dropped spurts of rain and hail as temperatures pummeled. About mid-way through the stage, a break of nine finally escaped. Mancebo, Alex Cataford (UHC), Kyle Murphy (Cylance), Kaler Marshall (Canyon), Tom Soladay (Rally), and Taylor Sheldon (Jelly Belly) were among them.

Not long before the final KOM, Mancebo and Sheldon attacked the break, gaining a gap. Sheldon held onto Mancebo's wheel until the final 3 laps heading up Sunset when Mancebo picked up the pace and Sheldon was unable to follow.

"My goal was to get to the circuit solo, after working so hard all day," Mancebo said. "I didn't know how many laps I had to go before the final because my Garmin was dead. I didn't know if I was at the finish or not. When it started raining, that was the moment to try and get the GC. It didn't work, almost but we won the stage."

Mancebo soon had a two-minute lead ahead of the main field with Eisenhart, which made him the virtual leader up until two laps to go when Holowesko picked up the chase. Holowesko set pace throughout the grueling day, delivering Eisenhart in the chasing bunch to seal his overall victory.

"We didn't get any leeway from any team at all," Eisenhart added. "Paco was aggressive all day, attacking, attacking, attacking. We finally let him go, thinking we'll control it. We weren't expecting him to attack the breakaway! That was very, very impressive, extremely hard but typical Paco. He made us work really hard."

In the women's race, Ruth Winder won the Sunset Loop Road Race Sunday after bridging across to a three-rider break in the latter portion of the 68-mile Redlands Classic finale, which looped around downtown area. The move launched the UnitedHealthcare Pro Cycling rider to overall victory after starting the day in third place, 1:43 down on Amber Neben (Dare To Be Project).

Neben dropped to second and Katie Hall (UnitedHealthcare Pro Cycling) finished third overall. Claire Rose of Utah-based Visit Dallas DNA Cycling took home the sprinter.

Steve Fisher (Canyon) finished second, 14-seconds behind Mancebo, with Axeon Hagens Berman Jhonnatan Narvaez in third. Eisenhart held on to secure the over GC victory. "It was every team attack, attack, attack," Eisenhart said at the finish. "If they had teammates up there, they would still attack. It just makes it more special when you really, really deserved it and the team worked real-

14th Annual
MOUNTAINS TO DESERT RIDE
Telluride to Gateway, Colorado
September 23, 2017

Mileage Options 70 and 100 Miles
m2dbikeride.com
Fundraising Benefits
JUST FOR KIDS

GRAN FONDO KOOTENAI
July 1-2, 2017
Kruise the Kooconusa!
Climb the Cabinets!!
Attack the Yaak!!!

A fully supported, 2-day cycling event between Libby & Eureka, Montana.
Stellar climbs, thrilling descents, fantastic scenery... and no cars!
Proceeds benefit the Koats-4-kids and Lion's Den charities.

FOR MORE INFO GFKOOTENAI.COM OR 406.241.2829

Report: Transporting Kids on E-Bikes

gl/sCOzZD). The authors state that parents are increasingly driving their kids to school, which not only contributes to congestion and dirty air but to the number of overweight children.

Ever tried taking your kids to school on the back of an electric bicycle? It works in China - but generally isn't used as much in a dual-working parent family where the mother works longer hours than the father. In those families, the parents would rather drop off and pick up the kids by car. Or so says a report based on a study in the city of Kunming, the capital of the southern province of Yunnan, a city of 4.3 million people.

Much previous research has focused on walking and biking as means to escort children to school, but not on e-bikes, a more common mode of transport in China than in the United States. So five Chinese researchers attempted to fill the gap with Investigating Electric Bicycles as a Travel Mode Choice for Escorting Children to School: A Case Study in Kunming, China, published in the latest issue of Transportation Research Record, the journal of the Transportation Research Board (go.gil/sCOzZD).

As you would expect, parents are less likely to use bicycle or e-bike to take kids to school if they lived further from campus. And mothers assumed most of the child care responsibilities, so they were more likely than fathers to drop the kids off by e-bike. And if older people, such as grandparents, lived in the household too, they were more likely to accompany the kid by foot or e-bike than to have the kid taken by auto. Flexible hours for the mother didn't seem to affect mode choice significantly.

The researchers relied on records kept by families in 2011. The results suggest, that since it is usually mothers who take the kids to school, "policies should guide female employees to balance work and family, for instance, by decreasing the working hours of females," the study concludes. It also suggests governments establish good schools closer to where people live.

-Charles Pekow

MACH 5.5 CARBON
The Quintessential Trail Bike

Now Available at These Pivot Dealers

Go-Ride Mountain Bikes 3232 S. 400 E., #300 SLC, UT 84115 (801) 474-0081 go-ride.com	Go-Ride Mountain Bikes 12288 S. 900 E. Draper, UT 84020 (801) 474-0082 go-ride.com	Over the Edge Sports 76 E. 100 S. Hurricane, UT 84737 (435) 635-5455 otesports.com
Poison Spider Bicycles 497 North Main Moab, UT 84532 (435) 259-BIKE poisonspiderbicycles.com	Salt Cycles 2073 E. 9400 S. Sandy, UT 84098 (801) 943-8502 saltcycles.com	Speed Mountain 437 N 100 West Logan UT, 84321 (435) 535-1113 speedmountain.com
Sports Den 1350 South Foothill Dr (Foothill Village) Salt Lake City, UT 84108 (801) 582-5611 SportsDen.com	Storm Cycles 1680 W. Ute Blvd. #D3 Park City, UT 84098 (435) 200-9120 stormcycles.net	Timpanogos Cyclery 665 West State Pleasant Grove, UT 84062 (801) 796-7500 timpanogoscyclery.com

PIVOT CYCLES
WWW.PIVOTCYCLES.COM

WESTERN STATES

CALENDAR OF EVENTS

Utah BMX

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

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

June 9-11, 2017 — USA BMX Great Salt Lake Nationals, USA BMX National Series, South Jordan, UT, Location: 5200 W. 9800 South. , Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyonbmx.com, radcanyonbmx.com, facebook.com/radcanyonbmx

Advocacy

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

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

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT., Megan Hillyard, 801-468-3351, MHillyard@slco.gov, bicycle.slco.gov

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, weber-pathways.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 Brinkerhoff, 435-632-8215, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org

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

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

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

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

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

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

WOBAC - Weber Ogdan Bicycle Advisory Committee — Ogden, UT, Josh Jones, 801-629-8757, joshjones@ogdacity.com

Idaho Bike Walk Alliance — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, cynthia@idahowalkbike.org, idahowalkbike.org

Greater Arizona Bicycling Association — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, president@bikegaba.org, bikegaba.org

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

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

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

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, 406-449-2787, bnbybike@gmail.com, bikewalkmontana.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@cyclingu-tah.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, heatpolo.com@gmail.com

facebook.com/groups/189631497724953/, beehivebikepolo.wordpress.com

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

Moab Bike Party — Moab, UT, 4th Wednesday of every month. 6:30 or 7:30 pm., Jeff Gutierrez, facebook.com/moabbikeparty

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

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

June 3, 2017 — National Trails Day, Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

June 3, 2017 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei.com/saltlakecity

June 3, 2017 — National Trails Day, Weber County, UT, Weber Pathways Trail Day. Come out an build trails! Check website for details., Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

June 3, 2017 — Road Respect Ride, Logan, UT, Celebrate Logan's Active Transportation by joining us for the Road Respect Ride. Event begins at 12 pm and ends at 2 pm., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, logandowntown.org

June 10, 2017 — Bike Prom, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy bike party. Gallivan Center, 293 Main St. Wear your prom outfits. Pre-prom ride: 6:00pm starting at Pioneer Park., Clint Watson, 801-328-2453, 801-400-3072, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

June 19-23, 2017 — Cycleability Special Needs Bike Camp, Bluffdale, UT, Cycling camp for kids with autism and special needs. Held at Summit Academy High School (14942 South 560 West, Bluffdale), Dorene Sambado, 801-541-3792, dorene@cycleability.org, cycleability.org

June 23-24, 2017 — Adventure + Gear Fest, Snowbird, UT, Adventure + Gear (A+G) is the largest public expo for Outdoor Action Sports in the state of Utah. Over 125,000 sq/ft of outdoor gear, adventure resources and other things that really matter. Most exhibiting retailers and manufacturers are headquartered or provide jobs in Utah. Attendees can also learn about ways of assisting the incredible non-profits that fight to preserve the wilderness that we love and keep our trails maintained. Part of Adventure Gear Week in Sandy., Scott Kerr, 801-758-5009, 801-558-2073, skerr.su@gmail.com, Josh Christensen, 801-758-5009, [Calendar Guidelines:](mailto:josh@</p>
</div>
<div data-bbox=)

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

Submit your event to:

calendar@cyclingu-tah.com

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

Let us know about any corrections to existing listings!

adventuregearfest.com, adventuregear-expo.com, adventuregearfest.com

June 24, 2017 — Weber Pathways Trailfest, Ogden, UT, ride a section of the Centennial Trail, 8 am-12 pm, Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

July 8, 2017 — Goathead Weevil Release, Salt Lake City, UT, 4th Annual. Volunteers are invited to join the Jordan River Commission as we release puncturevine weevils along the Jordan River Trail. 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, gefintothriver@gmail.com, jordanrivercommission.org

July 11, 2017 — Tour de Fat, New Belgium Brewing's Tour de Fat, Sacramento, CA, Rolling Revival of Sustainable Folly! Various Western Locations. Proceeds from the Sacramento Tour de Fat benefit Sacramento Area Bicycle Advocates, held at Ace of Spades., Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com, tour-de-fat.com

August 12, 2017 — Tour de Fat, New Belgium Brewing's Tour de Fat, Boise, ID, Rolling Revival of Sustainable Folly! Various Western Locations. Proceeds from the Boise Tour de Fat benefit Southwest Idaho Mountain Bike Association, Boise Bicycle Project, and Treasure Valley Cycling Association. Held at Outlaw Field at Idaho Botanical Garden, Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com, tour-de-fat.com

September 22, 2017 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclingu-tah.com, worldcarfree.net

November 18, 2017 — Henderson Stroll 'n Roll, Henderson, NV, Henderson Stroll 'n Roll is modeled after the Ciclovía founded Bogota, Columbia. During the event roads are closed to motorized traffic, allowing the community to come together and enjoy the streets on bicycles, skates, skateboards or simply on foot. The car-free street festival is packed with activities for all ages. Along the route, enjoy children's activities, interactive demonstrations, free fitness classes and games., Charlene Ham, 702-267-5707, bikehenderson@cityofhenderson.com, Annette Mullins, 877-775-5252, bikehenderson@cityofhenderson.com, cityofhenderson.com, bikehenderson.org

Mountain Bike

Tours and Festivals

June 3-4, 2017 — Eagle Outside Festival, Eagle, CO, Massive free bike and product demo. Firebird 40 MTB Race, Clinics, the Mother of

a Half 1/2 Marathon, 10K trail run, 5K road event, 1K kids race. State championship mtb race, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com

June 3, 2017 — VIDA MTB Series: Betsi Bike Bash, VIDA MTB Series, Lakewood, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

June 16-18, 2017 — Black Hills Fat Tire Festival, Rapid City, SD, Celebration of single track mountain biking in the Black Hills of South Dakota, Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhfattirefestival.com, rcparksandrec.org

June 17, 2017 — 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 churning 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 we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options. Dawn Andone, 775-728-4460, cathedralgorge_vc@lcturbonet.com, beaverdamgravelgrinder.com

June 18-21, 2017 — Knobby Tire Bike Tour of Idaho City, Boise, ID, We will ride round trip from Boise to beautiful downtown Idaho City - a total of 88 miles over 2 days. 19th Annual, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Harley Parson, 208-861-2182, admin@cycleidaho.com, knobbytirebiketour.com

June 17, 2017 — Gourmet Gravel Grinder, Nevada City, CA, Gravel Grinder. 29 or 49 miles, fully supported with post ride party, Kurt Stockton, 406-381-7962, 530-264-6364, info@GourmetGravel.com, tourofmontana.org

June 18-September 29, 2017 — Grand Staircase Escalante Singletrack (MTB), Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountry mountain biking. Secluded trails, private vistas, high mountain lakes & an abundance of wildlife. June 18-23, July 2-7, July 30-Aug 4, Aug 27-Sep 1, Sep 24-29., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 22-25, 2017 — Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival celebrates 37 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Towne tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails, Crested Butte Chamber, 970-349-6438, cbinfo@cbchamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbchamber.com, cbchamber.com

June 28-August 4, 2017 — Colorado Trail MTB Tour, Monroe, CO, June 28 - Jul 3; July 16 - 21; July 23 - 28; July 30 - Aug 4 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@lizardhead-cyclingguides.com, lizardheadcyclingguides.com

June 29-July 2, 2017 — Ride Sun Valley Mountain Bike Festival, SCOTT Enduro Cup presented by Vittoria, Sun Valley, ID, The seventh annual Ride Sun Valley Bike Festival is the ultimate, four-day celebration of life on two wheels. Live music, bike clinics, demos, shuttle rides and the SCOTT Enduro Cup presented by Vittoria are waiting for you at this year's eventful weekend, happening June 29 to July 2, 2017., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, Ray



**BEAVER DAM
GRAVEL GRINDER
SATURDAY, JUNE 17, 2017
BEAVERDAMGRAVELGRINDER.COM**

Catch the fever! Ride at Beaver!

Just \$40! Register Today!

NEVADA
A WORLD WITHIN.
A STATE APART.
TravelNevada.com

get primitive



LincolnCountyNevada.com

For more information contact us at
cathedralgorge_vc@lcturbonet.com
775.728.4660 || 1.877.870.3003

Discover Lincoln County Nevada's hidden gem: Beaver Dam State Park. From its deep canyons to its highest peaks, the Park's unique volcanic rock formations and juniper and pine forests offer visitors a place to unplug and unwind from the daily routine.

Gadd, ray@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

July 1-2, 2017 — VIDA MTB Series: Winter Park. VIDA MTB Series Flagship Clinics, Winter Park, CO. Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

July 2-August 18, 2017 — Crested Butte Singletrack MTB Tour. Crested Butte, CO, July 2 - 7; July 16 - 21; July 25 - 27; July 30 - Aug 4; Aug 14 - 18. Covers the immensely beautiful, challenging and remote terrain in the Elk Mountains of south-central Colorado. This 3 to 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@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 14, 2017 — Wildflower Trailfest. Snowbasin, UT, Utah's only all women mountain bike event. 2 course options (expert: 16 miles and sport: 8 miles). For beginner and intermediate cyclists, clinics are also provided. Stay after for yoga and a women in the mountains movie. Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowertrailfest.com

July 16-August 18, 2017 — Glacier National Park Bike Tour. Whitefish, MT, July 16-21; July 23-28; July 31-05; Aug 06-11; Aug13-18 Options for cyclists of all abilities. Ride the Going to the Sun Road! 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 22-23, 2017 — Trek Dirt Series Mountain Bike Camp. Park City, UT, 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. Penny Deck, 604-484-6238 (Canada), register@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, dirseries.com

July 22, 2017 — South Boundary Big Ride. Angel Fire, NM, 40 mile singletrack race and ride. Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ZiaRides.com

August 5, 2017 — Monte Cristo Dirt Randonnée. Salt Lake Randonneurs Brevet Series, Huntsville, UT, Self-supported loop ride on dirt and paved roads from Huntsville to Bear Lake and back. 64 or 125-mile (100 or 200 km) options. A timed ultra distance event. Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 5-6, 2017 — VIDA MTB Series: Snowmass Bike Park. VIDA MTB Series Flagship Clinics, Snowmass Village, CO. Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

August 18-20, 2017 — Outerbike Summer in Crested Butte. Crested Butte, CO. An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 19, 2017 — Helper Arts Dirt Fondo. Helper, UT, 55 miles of dirt and road. Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, carbonrec.com

August 25-27, 2017 — Jurassic Classic Mountain Bike Festival. Lander, WY. Mountain bike Festival in Lander, WY. Demos, shuttles, clinics, group rides, parties, live music, film fest,

beer, food trucks, and raffles! All skill levels welcome., Nyssa, fart@landercycling.org, Tony Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclassicfest@gmail.com, jurassicclassicfest.com, landercycling.org

September 1-4, 2017 — Wydaho Rendezvous Teton Mountain Bike Festival. Teton Valley, WY, 8th Annual, held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2018 bikes and gear in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, shenanigans. A fundraiser for Teton Valley Trails and Pathways. tvtap.org, info@tetonbikefest.org, Celeste Young, 208-709-8564, celestef@tetonbikefest.org, tetonbikefest.org, grandtarghee.com

September 9-9, 2017 — VIDA MTB Series: Golden Giddyup. VIDA MTB Series, Golden, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

September 9, 2017 — Ovando Gran Fondo. Ovando, MT. An epic off-road ride for the Missoula Symphony. Bring your 'cross or mountain bike for this fully supported 55-mile ride. Ride through some of Western Montana's most scenic landscapes on dirt roads, including numerous miles through private land not otherwise open to the public. Lucy Belghie, 406-239-3193, lucybelghie@yahoo.com, missoulasympphony.org/ride

September 16-17, 2017 — Trek Dirt Series Mountain Bike Camp. Fruita, 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. Penny Deck, 604-484-6238 (Canada), register@dirseries.com, dirseries.com

September 22-24, 2017 — MECCA Fall MTB Festival. Wedge Overlook (Near Castle Dale), UT, Registration begins Friday at 1pm followed by a warm up ride at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. End the day with a provided dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available). Kim Player, 435-653-2440, meccabikeclub@etv.net, biketheswell.org

September 22-24, 2017 — Revival at 3 Peaks. Cedar City, UT, Mountain Bike Race and Festival. Friday evening slow races, a fat tire criterium and beer garden. Saturday will be the main event with a 8:17 race, solo or duo. Dinner and awards, and more socializing and games will give way to a final night. The adjourning meeting will be Sunday's group ride on a some inspiring local trails. Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, ride-southernutah.com

September 24-30, 2017 — California Wine Country with Jan Ullrich. San Francisco, CA, September 24-30 Join Tour de France Champion Jan Ullrich in Northern California on sublime roads with grand views paired with some of the world's finest wines and California's most delectable restaurants. John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 29-October 1, 2017 — Albuquerque MTB Festival. Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ZiaRides.com

October 6-8, 2017 — Outerbike Fall. Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 26-29, 2017 — Moab Ho-Down Mountain Bike Festival & Film Fest. Moab, UT, 12th Annual - Mountain bike festival with dual stage endurance race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park! Tracy Reed, 435-259-4688, info@chlebikes.com, moabhodown.com, chlebikes.com

Utah Weekly MTB Race Series

Utah County Mountain Bike Fat Bike Run Hike Series — Utah County, UT, Fat bike races: Dec 10 Christmas Race, Dec 31 New Years Race, Feb 11 Valentine's Race Mountain Bike races: 3/11 St Patrick's Race, 4/15 Easter Race, 5/29 Memorial Race, June 10, 2017: Country Race, (Part of Orem Days Celebration, July 4, 2017: Freedom Race, August 5, 2017: Landon Days Race, September 9, 2017: 9-11 Patriot Day Race, October 28, 2017: Halloween Night Race, November 18, 2016: Thanksgiving Race., Mary Ann Nielsen, 801-231-2000, utabicyclingclub@gmail.com, utahcountymountainbikeseries.blogspot.com

April 25-August 31, 2017 — Mid-Week Mountain Bike Race Series. Park City, Heber, Deer Valley, Snowbird, Solitude, Draper, UT, Races are on Tuesday evenings. Registration begins at 4:30, free kids races at 6:00 and main event at 6:30, April to August. Please check website for dates and venues., Brooke Howard, 385-227-5741, brooke@midweekmtb.com, midweekmtb.com

May 3-August 2, 2017 — Weekly Race Series. WRS, Sundance, Wasatch County, UT, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins. 2017 Dates:Wasatch County: May 3, 17, 31; June 14, 28; July 12, 26; Aug 2; Sundance: May 10, 24; June 7, 21; July 5, 19; August 2, Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, weeklyraceseries.com

Regional Weekly MTB Race Series

June 20-August 15, 2017 — Laramie Mountain Bike Series. Laramie, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack Trailhead., Evan O'Toole, evan@laramieracing.com, laramiemtbseries.com, laramiebikenet.org

Utah Mountain Bike Racing

June 3-4, 2017 — Sundance Showdown Downhill and Super-D. Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 3, 2017 — Wasatch 50. Intermountain Cup, Heber, UT, Endurance XC Beginning at Utah Valley University Wasatch, 1-2 21 mile laps. Half distance available, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

June 10, 2017 — Volcano Fire Road 120k. Veyo, UT, New gravel race! 75 miles with 6200' climbing in the beautiful Pine Valley area north of St George. 56% dirt, 44% pavement. Famous Veyo Pie at the finish line!, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

July 1, 2017 — The Rage at Snowbird. Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flow single track, service roads, and a few short technical sections to keep you on your toes., Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

July 8, 2017 — The Crusher in the Tushar. Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface classic!, Burke Swindlehurst, roadrtr@msn.com, tusharcruiser.com

July 8-9, 2017 — Canyonball Downhill and Super D. Go-Ride Gravity Series, Nordic Valley, 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 14, 2017 — Wildflower Trailfest. Snowbasin, UT, Utah's only all women mountain bike event. 2 course options (expert: 16 miles and sport: 8 miles). For beginner and intermediate cyclists, clinics are also provided. Stay after for yoga and a women in the mountains movie., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowertrailfest.com

July 15, 2017 — Olympic Park. Intermountain Cup, Park City, UT, XC Race, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

July 29, 2017 — The Chris Allaire Solitude Cup. Intermountain Cup, Solitude Resort, UT, XC race #5 in the 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. Utah State Championships., Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

August 12-13, 2017 — Flyin' Brian Downhill and Dark Hollow Super D. Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14. Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 12, 2017 — Snowbasin ICup. Intermountain Cup, Snowbasin, UT, XC race, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

August 19, 2017 — Cedar City Fire Road 100. Cedar City, UT, The Fire Road 100 is back under new management! 100K or 60K options - 85% (or more) dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

August 26-27, 2017 — Scott Enduro Cup presented by Vittoria at Deer Valley Resort. Scott Enduro Cup Series, Park City, UT, The season finale of the 2017 SCOTT Enduro Cup presented by Vittoria will take place at Deer Valley Resort. Expanding into a two day

event, the final round of the season offers a diverse selection of lift-served downhill mountain biking on top-to-bottom unkempt, technical descents to fast-rolling, speed driven trails., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

August 26, 2017 — Powder Mountain ICup. Intermountain Cup, Snowbasin, UT, XC race, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

September 2, 2017 — 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, jay@thepcpp.com, thepcpp.com

September 2, 2017 — Kokopelli 100. Moab, UT, 103.6 mile, point to point mountain bike race from the Colorado border to Moab with \$100,000 purse. Solo riders, or 8 person teams., Mark Jensen, 503-970-1215, mark@kokopelli100.com, kokopelli100.com

September 9, 2017 — 8 Hours of Sundance. Sundance Resort, UT, The 8 Hours of Sundance is going on its 9th year. This has turned into a great local endurance mtn bike event where riders of all ages and skill levels can come test their skills on some of the best single track around. Come join us for a great day of racing and scenery right in your backyard., Czar Johnson, 801-223-4121, 801.223.4849, czar@8hoursofsundance-utah.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, sundanceeresort.com/summer

September 9, 2017 — Dixie 200. tentative date, Parowan, UT, Self-supported, 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

September 9, 2017 — Utah High School Cycling League North Region Race #1. Utah High School Cycling League Race Series, Powder Mountain, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 9, 2017 — Eden Epic. Eden, UT, On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves., Clay Christensen, 801-234-0399, info@edenepic.com, edenepic.com

September 10, 2017 — Tour des Suds. Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 16, 2017 — Widomaker Hill Climb. 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, sports-am.com

September 16, 2017 — Utah High School Cycling League South Region Race #1. Utah High School Cycling League Race Series,

DID YOU KNOW?

“NEXT YEAR” . . . IS NOW



JULY 28TH & 29TH, 2017

WWW.SAINTSTOSINNERS.COM

Powder Mountain, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

September 17, 2017 — Whole Enchilada Enduro. Rocky Mountain Enduro Series, Moab, UT, Enduro racing on the Whole Enchilada Trail. Three options, including a two stage, one stage, and three stage option with 37 miles and 12, 920 feet of descending. , Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com, rockymountainenduroseries.com

September 22-24, 2017 — Revival at 3 Peaks. Cedar City, UT, Mountain Bike Race and Festival, Friday evening slow races, a fat tire criterium and beer garden. Saturday will be the main event with a 8:17 race, solo or duo. Dinner and awards, and more socializing and games will give way to a final night. The adjoining meeting will be Sunday's group ride on a some inspiring local trails. , Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, ride-southernutah.com

September 23, 2017 — Utah High School Cycling League North Region Race #2. Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

September 30, 2017 — Utah High School Cycling League South Region Race #2. Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

October 7, 2017 — Utah High School Cycling League North Region Race #3. Utah High School Cycling League Race Series, Beaver Mountain Resort, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

October 7, 2017 — Antelope Island MTB Race. Antelope Island, UT, 3rd edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be three race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances. , Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@endurevents.com, endurevents.com

October 14, 2017 — Utah High School Cycling League South Region Race #3. Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

October 15-17, 2017 — 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, hws@seniorgames.net, seniorgames.net

October 20, 2017 — Utah High School Cycling League North Region Race #4. Utah High School Cycling League Race Series, Moab, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

October 21, 2017 — Utah High School Cycling League South Region Race #4. Utah High School Cycling League Race Series, Moab, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

November 4-5, 2017 — 25 Hours of Frog Hollow. Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus double midnight lap due to the 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, info@goraces.com, GRO@promotions.com, 25hoursof FrogHollow.com

November 4, 2017 — Utah High School Cycling League State Championships. Utah High School Cycling League Race Series, TBD, UT, This race will combine both North and South regions for the State Championships and is open to all students. , Lori Harward, 801-502-8516, 801-885-6884, lorig@utahmtb.org, utahmtb.org

November 10-12, 2017 — Zion Benduro. Benduro Series, Virgin, UT, 3 days of Enduro, 6 stages. Family friendly Enduro with a festival atmosphere. , Josh Bender, 970-764-7845, joshbenduro@gmail.com, Lindsay Currier, 702-453-2453, lindsaycurrier@gmail.com, benduro.com

Regional Mountain Bike Racing

June 3, 2017 — Grand Enduro. Grand Junction, CO, 3 stage enduro - the Ribbon, Gunny, Free Lunch, John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

June 3-4, 2017 — Firebird XC Race. Eagle, CO, XC race, USAC state championship mtb race, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com

June 3, 2017 — EROCK Sunrise to Sunset. Castle Rock, CO, 4th Annual of 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. For teams and solos. , Mike Heaston, 303-635-2815, emg@emgcolorado.com, Scott Olmsted, 303-282-9015, info@elephantrockride.com, erockrace.com, emgcolorado.com/events.php

June 3-4, 2017 — Missoula Enduro. Montana Enduro Series, Missoula, MT, Montana Enduro Series. , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

June 3, 2017 — Flagstaff Team Relay. Flagstaff, AZ, MBAA. , 480-442-4229, racing@mbaa.net, mbaa.net

June 3, 2017 — Lost and Found Gravel Grinder. Lost Sierra Triple Crown, Lake Davis, CA, 100, 60, 30 mile gravel rides, Greg Williams, willie@sierratrails.org, lostandfoundbiketide.com

June 3, 2017 — The Dead Swede Gravel Grinder. Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Adam Leiferman, 307-333-5880, leiferman.adam@gmail.com, wyominggravel.com, thedeadswede.com

June 4, 2017 — Yeti Beti Bike Bash p/b Stan's No Tubes. Yeti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome. , Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rowley, 503-805-0043, sarah@mountaingrownmarketing.com, betibikebash.com

June 9-10, 2017 — City Creek Pedalfest. Pocatello, ID, Mountain Bike Race. Kids 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, lindijo@mac.com, pocatellopedalfest.com

June 9, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Vail, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison)

stages. , Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

June 9-11, 2017 — El Dorado Benduro. Benduro Series, Georgetown, CA, Enduro racing at Mace Mill Staging Area, 2 days of racing! , Josh Bender, 970-764-7845, joshbenduro@gmail.com, Lindsay Currier, 702-453-2453, lindsaycurrier@gmail.com, benduro.com

June 10, 2017 — Fears, Tears and Beers Enduro. Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes. , Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, elynevada.net/events/fearstearsbeers.html

June 10, 2017 — Knobby 9 to 5. Knobby Tire Series, McCall, 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, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

June 10-11, 2017 — Missoula XC at Marshall Mountain. US Pro XCT, Western Montana Trail Series, Montana Off-Road Series (MORS), 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. Pro XCT plus UCI Juniors 17-18, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org, usacycling.org

June 10-11, 2017 — Scott Enduro Cup at Angel Fire. Scott Enduro Cup Series, Angel Fire, NM, The second stop of the 2017 SCOTT Enduro Cup presented by Vittoria will take place in Angel Fire, NM. Don't miss the grueling backcountry, fast trails, flowy lines, sweet beams and big jumps at Angel Fire Bike Park - the largest bike park in the Rocky Mountains. , Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

June 16-18, 2017 — NW Cup #4. Northwest Cup Downhill Series, Donnelly, ID, Downhill race. Held at Tamarack Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Scott Tucker, 360-797-4288, scott@nwcup.com, www.nwcup.com

June 16-18, 2017 — Carson City Off-Road. Epic Rides Off-Road Series, Carson City, NV, At the Carson City Off-Road, riders of all skill levels will enjoy big climbs, long singletrack descents and expansive views of Lake Tahoe, the Eastern Sierra Nevada, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accentuated by free live music. , Zoe Loffredo, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

June 17, 2017 — Black Hills Fat Tire Festival MTB Races. Rapid City, SD, This "All Mountain" race will test your strength with a Hill Climb, technical ability with a Super D, all while competing in a 20 mile sprint cross country race. , Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcg.org, bhfatirefestival.com, rcparksandrec.org

June 17, 2017 — Lolo 12 Hour. MBRA Series, Western Montana Trail Series, Lolo, MT, 12 hour race, Jesse Doll, widdoll@gmail.com, Chris Larson, missoulabikesource@gmail.com, northernpeaksalliance.com, missoulabikesource.com

June 17, 2017 — SRMBC Super D. Idaho Falls, ID, The Snake River Mountain Bike Club's 4th annual Super D is a fun race or ride. Located above the scenic Snake River north of Idaho Falls. 1 mile up 8 miles down! Garret Christofferson, 208-589-6048, garretslumb@yahoocom, snakerivermountainbikeclub.com

June 22-25, 2017 — Crested Butte Bike Week. Crested Butte, CO, World's Oldest Mountain Bike Festival celebrates 37 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie four, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails, Crested Butte Chamber. 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbchamber.com, cbbikeweek.com

June 24, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Keystone, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages. , Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

June 24, 2017 — Casper Mountain Challenge. Casper, WY, 8-hour and 4-hour endurance race on a 7.1 mile course with more than 600 feet of elevation gain and loss per lap. John Giantonio, 307-234-5362, john@visits-casper.com, bikecasper.com

June 24-25, 2017 — Silver Mountain Enduro - North American Enduro Cup. Montana Enduro Series, Idaho Enduro Series, Kellogg, ID, Held at Silver Mountain Ski Resort, James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, Montana Enduro Series. , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, idahoenduroseries.com

June 24, 2017 — 24 Hours in the Enchanted Forest. N24, McGaffey, NM, 24 hour race held in the Zuni Mountains, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ZiaRides.com

June 24, 2017 — Bogus Basin Marathon and Cross Country. Knobby Tire Series, Bogus Basin, ID, Cross country and marathon mtb race, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

June 29-July 1, 2017 — Camp of Champions. Leadville Race Series, Leadville, CO, Ride 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, unforgettable experience. , Josh Colley, 719-219-9357, yuphoriacontact@gmail.com, Kerrie Bruxvoort, 719-219-9357, kbruxvoort@lifefitness.com, leadvillereseries.com

June 29-July 2, 2017 — Ride Sun Valley Mountain Bike Festival. SCOTT Enduro Cup presented by Vittoria, 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 29: Sheeptoyn Drag Races (Downtown Hailey, ID) June 30: Opening Party & Prologue Time Trial, Opening Night Concert & Raffles July 1: Day 1 Enduro, Expo & Bike Demos, Kid's MTB Race July 2: Day 2 Enduro, Boulder Mountain Fox Trot XC race, Awards Ceremony, Expo & Bike Demos, Pumptrack State Championships, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, Ray Gadd, ray@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

July 1, 2017 — Big Hole Challenge MTB Race and Duathlon. Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. 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

July 1-2, 2017 — Scott Enduro Cup at Sun Valley. Scott Enduro Cup Series, Sun Valley, ID, The third stop of the 2017 SCOTT Enduro Cup presented by Vittoria will take place at Sun Valley. As part of the Ride Sun Valley Bike Festival, this two-day enduro race will be the highlight of the four day festival filled with live music, races, clinics, demos and beer. , Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, ridesunvalley.com, endurocupmtb.com

July 1, 2017 — Philipsburg 46. Western Montana Trail Series, Philipsburg, MT, Cross country race. , Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

July 8, 2017 — 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, yuphoriacontact@gmail.com, leadvillereseries.com

July 8, 2017 — Spirit Bear Classic. Montana Off-Road Series (MORS), Kalspell, MT, XC race held at Herron Park, start 10 am, Shell Thomas, thomashell@gmail.com, montanacycling.net, xayimg.com/kg/groups/4129341/605620502/name/Spirit%20Bear%20Classic%20Poster%20Final%20v4%2Epdf

July 14-16, 2017 — NW Cup #5. Northwest Cup Downhill Series, Kellogg, ID, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Scott Tucker, 360-797-4288, scott@nwcup.com, www.nwcup.com

July 15, 2017 — 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, yuphoriacontact@gmail.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, leadvillereseries.com

July 15, 2017 — Seeley Lake 55/35/22. Western Montana Trail Series, Seeley Lake, MT, Cross country race. 3 different courses. Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

July 15-16, 2017 — Angle Fire Bike Park Enduro. Rocky Mountain Enduro Series, Angel Fire, NM, Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com, rockymountainenduroseries.com

July 19-23, 2017 — USA Cycling Mountain Bike National Championships. Snowshoe, WV, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 20, 2017 — 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, south-eastidahoseniorgames@gmail.com, seidahoseniorgames.org

July 22, 2017 — Jug Mountain Ranch XC and State Championship Enduro. Idaho 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, lang83702@yahoo.com, idahoenduroseries.com, jugmountainranch.com

July 22-23, 2017 — 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-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series. , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, grandtarghee.com, montanaenduro.com

July 22, 2017 — Tamarack Twister. Knobby Tire Series, Tamarack, ID, Cross country race, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

July 22, 2017 — South Boundary Big Ride. Angel Fire, NM, 40 mile singletrack race and ride, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ZiaRides.com

July 28-30, 2017 — Leadville Stage Race. Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music. , Josh Colley, 719-219-9357, yuphoriacontact@gmail.com, leadvillereseries.com

July 29, 2017 — Laramie Enduro. Laramie, WY, New Course! ~32 mile loop of about 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or the Enduro Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash payouts, raffle, free refreshments and warm food! Limited on-course camping and room spaces. Nat Dyck, 307-755-1410, race@laramieenduro.com, Onies Heckart-Eads, 307-761-1741, checkart.eads@gmail.com, laramieenduro.org

July 29, 2017 — Butte 100 Races. Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. , Gina Evans, 406-498-9653, eatdriftippen@gmail.com, butte100.com

3019, info@brokenspokecycling.org, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knoobbytireseries.com, brokenspoke-cycling.com

August 12, 2017 — 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, youghoriaccontact@gmail.com, leadville-raceseries.com

August 12, 2017 — Steamboat Stinger. Mountain Town Challenge Series, 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 roughly 3,500ft 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@honestyngster.com, Jon Winkelblech, 970-367-4394, winkelblech@honestyngster.com, honestyngster.com/steamboatstinger.html

August 13, 2017 — Big Sky Enduro. Montana Enduro Series, Big Sky, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleclub.org, montanaenduro.com, montanabicycleclub.org

August 19-20, 2017 — 12 and 24 Hours of Flathead. Kallispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, [facebook.com/24HoursOfFlathead](https://www.facebook.com/24HoursOfFlathead)

August 19-20, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Crested Butte, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages. Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

August 19, 2017 — Centennial Gravel Races. Wyoming Gravel Grinder Series, Centennial, WY, 51 or 106 miles, gravel grinders around and through the Snowy Range Mountains in southeast Wyoming. Adam Leiferman, 307-333-5880, leiferman.adam@gmail.com, wyominggravel.com, laramieracing.com, centennial.com

August 26, 2017 — Idaho High School Cycling League Race. McColl, ID, Jug Mountain Ranch, Dylan Gradhandt, 208-340-5200, dylan@idahombt.com, idahombt.org

August 26, 2017 — Dawn to Dusk. Gallup, NM, 6 hour and 12 hour race, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com/event-register/dawn-til-dusk

August 27, 2017 — Missouri River Rampage Mountain Bike Race. Montana Off-Road Series (MORS), Great Falls, MT, XC MTB Race and expo, 8.7, 15.4, and 18.6 mile options, Ron Ray, info@racemf.com, racemf.com/event/missouri-river-rampage/

September 1-3, 2017 — Rebecca's Private Idaho. Ketchum, ID, 50mi or 100mi gravel grinder put on by professional racer Rebecca Rusch in her hometown of Ketchum, Idaho. The route can be done as a challenging ride or a lung busting, thigh screaming race up into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivities, music, and libations. Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateidaho.com

September 9, 2017 — 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. Jeff Frost, canisbleu@gmail.com, barnburnermtb.com, leadvilleraceseries.com

September 9, 2017 — Idaho High School Cycling League Race. Targhee, ID, Dylan Gradhandt, 208-340-5200, dylan@idahombt.com, idahombt.org

September 9, 2017 — Bohart Bash. Montana Off-Road Series (MORS), Bozeman, MT, This cross-country mountain bike race is on a mostly singletrack loop in the beautiful Bridger Mountains near Bozeman. Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, gallatinvalleybicycleclub.org, gascyclingteam.com

September 9-10, 2017 — Vapor Trail 125. Salida, CO, 125 miles, 20,000 feet of climbing, 10 pm start, singletrack, Earl Walker, 719-539-9295, earl@absolutebikes.com, Tom, 719-539-9295, tom@absolutebikes.com, vaportrail125.com

September 9, 2017 — Thompson Ridge Trail Gran Fondo. Thompson Falls, MT, Dirt fondo, gravel grinder, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

September 9-10, 2017 — Enduro X Race. Rocky Mountain Enduro Series, Steamboat Springs, CO, Keith Darnier, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com

kymountainenduroseries.com, rockymountainenduroseries.com

September 9, 2017 — Why 131 Gravel Grinder. Wyoming Gravel Grinder Series, Lander, WY, 51 or 106 miles, gravel grinders around and through the Snowy Range Mountains in southeast Wyoming. landercycling.org, Tony Ferlisi, landercycling@gmail.com, Adam Leiferman, 307-333-5880, leiferman.adam@gmail.com, wyominggravel.com, wyo131.com

September 16, 2017 — Stone Temple 8. Curt Gowdy State Park, WY, fundraiser for high school MTB racing teams and junior programs, will take place on the IMBA Epic designed single track trails at Wyoming's Curt Gowdy State Park. Starting at 9am at the Aspen Grove Trailhead parking area, racers will compete for eight hours on an approximately 15.1 mile loop, in teams and as individuals, with classes for Men, Women and Juniors, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, Peter Skram, 307-316-2532, info@stoneTemple8.org, stone-temple8.org, ovetlandmtb.org

September 16, 2017 — Fire on the Rim Mountain Bike Race. Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 16, 2017 — Idaho High School Cycling League Race. Galena Lodge, ID, Dylan Gradhandt, 208-340-5200, dylan@idahombt.com, idahombt.org

September 23, 2017 — Bogus Basin Enduro. Idaho Enduro Series, Boise, ID, James Lang, 208-671-1853, 208-344-9182, jlang83702@yahoo.com, idahoenduroseries.com

September 23, 2017 — Mount Lemmon Gravel Grinder. Oracle, AZ, 15, 40, 50 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 4,000 to 6,000ft. Begins at 7 a.m. at Arizona Zipline Adventures just north of Tucson on the "backside" of the Santa Catalina Mountains. John McCarrell, john@americanbunnyhop.com, americanbunnyhop.com/ml-mlemmon-gravel-grinder.html, peppeisaucer@undup.com

September 23-24, 2017 — Two Moon 24. Glendo, WY, 24 hour race on the trails of Glendo State Park in eastern Wyoming. 9.5 mile loop. Fun time all night! Evan O'Toole, evan@laramieracing.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, twomoon24.com

September 29-October 1, 2017 — Monarch Crest Enduro. Rocky Mountain Enduro Series, Salida, CO, 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests., Keith Darnier, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com, rockymountainenduroseries.com

September 30, 2017 — Idaho High School Cycling League Race. Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, [dylan@idahombt.org](mailto:dylan@idahombt.com)

September 30, 2017 — JayP's Backyard Gravel Pursuit. JayP's Backyard Series, Island Park/West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNP! Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravelpursuit.com

September 30, 2017 — 12 Hour of Albuquerque Race and MTB Festival. Albuquerque, NM, 12 hr race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

October 7, 2017 — Tour of the White Mountains. Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals. Zoe Loffreda, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

October 7, 2017 — Grinduro. Lost Sierra Triple Crown, Quincy, CA, Gravel enduro racing, Greg Williams, wllie@sierratrails.org, grinduro.com

October 8, 2017 — Great Trail Race. Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

October 14, 2017 — Prescott 6er. Prescott, AZ, Six hours...not enough to bore you, just enough for you to fall asleep, just enough to keep you honest and bring along a friend (if need be) to tip some laps on some stellar single track! Complete the most laps in the least time after 6 hours of racing and win. 9.4 mile loop with single track, hills and switchbacks. Solo-male/female, Singlespeed-male/female, Duo-male/female/coed, Duo Singlespeed-male/female/coed., Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com

October 14, 2017 — Idaho High School Cycling League Race. Boise, ID, Bogus Basin, Dylan Gradhandt, 208-340-5200, [dylan@idahombt.org](mailto:dylan@idahombt.com)

October 20-22, 2017 — USA Cycling Collegiate Mountain Bike National Championships. Missoula, MT, Collegiate National Championships and Montana High School Championships, Micah Rice, 719-434-4200, mrice@usacycling.org, Chad Sperry, chad@gorge.net, Ben Horan, 312-502-5997, ben@wmtrail.org, usacycling.org

November 10-12, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Mascota, MX, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages. Mascota, Mexico, Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

November 18, 2017 — 12 Hours of Fury. Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

December 9, 2017 — Dawn to Dusk. Fountain Hills, AZ, 10 hours on the Pemberton trail at McDowell Mountain Regional Park. Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries. 15.5 mile loop will be traveled in a counter clockwise direction and each lap will snake you through the venue where you may refuse, rest, or exchange your lap care with your teammate so they can take a turn out on the course. 602-312-4499, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com/event-register/dawn-dusk-arizona

Utah Weekly Road Race Series

Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, 6555 W. 2100 S., Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, March 4, 11, 18, 25, Saturday April 1, Tuesdays April 11-Sept 5, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com, utahbikeracing.com

Salt Air Time Trial Series — Utah Crit Series, Salt Lake City, UT, Every other Thursday April - September, I-80 Frontage Road West of the International Center, every other Thursday April 6-Aug 24, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

DLD (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite, Wednesdays April 5- Aug 30, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com, skitahcycling.com

Emigration Canyon Hillclimb Series — Utah Crit Series, Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April 13 through August 31, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Utah Road Racing

June 9-10, 2017 — Vision 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 at Bluff Street Park in St. George. Benefits Charity Vision, Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, visionrelay.com

June 15-17, 2017 — Utah Summer Games. Utah Summer Games Cycling, Cedar City, UT, Hill Climb (4 miles with average grade of 7%, Time Trial (10 miles out and back course), Criterium (.95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium., Casey McClellan, 435-865-8421, 435-865-8422, mcclellan@suu.edu, Steve Ahlgreen, 435-865-8421, 435-865-8423, ahlgreen@suu.edu, utahsummergames.org

June 17, 2017 — Porcupine Hill Climb. UCA Series, Salt Lake City, UT, 16th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing!, Mike Meldrum, 801-424-9216, mikeside@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, porcupinecyclingteam.com, racedayeventmanagement.com

June 17, 2017 — Adventure Gear Criterium. UCA Series, Sandy, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

June 23-24, 2017 — Sa-Lo Stage Race. Salem, UT, 2 days, 3 stages: time trial, mountain stage (3 climbs!), road race, HQ and the starting location of each stage will be at the Salem Rec Center located at 100 North and 100 East, Ken Meads, ken@kenmeads.com, sa-lo.com

June 24, 2017 — Utah State Time Trial Championship. UCA Series, Skull Valley, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

June 24, 2017 — Snowbird Hill Climb. Snowbird, UT, Join us for the 39th Annual Snowbird Bicycle Hill Climb! Climb 10 miles and 3,500 feet! 8 am start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. The grueling road bike race up the canyon brings competitors to the base of Snowbird., Misty, 801-933-2115, misty@snowbird.com, snowbird.com/events/bicyclic-hill-climb

July 1, 2017 — Pairs Time Trial. TBD, UT, two person team time trial, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 4, 2017 — Bountiful Mazda's Criterium. Bountiful, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 8, 2017 — Cache Gran Fondo. Logan, UT, 6th annual Cache Gran Fondo, riders of all abilities invited. Pre-ride light breakfast will be provided from 6:45 or 7:00 a.m. with well stocked food stations and support. 100 miles and 50 mile course follows a fun, flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish will be closed-off in downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com

July 22, 2017 — Heber Valley Circuit Race. UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racedayeventmanagement.com

July 22, 2017 — The Butterfield BURN Bicycle Hill Climb. Copperton, UT, Climb Butterfield Canyon. 10K Hillclimb with 2,000+ vertical. TT start format, riders off every 30 seconds, electronic chip timing., Jared Eborn, 801-599-9268, jared@extramileracing.com, burnrace.com, extramileracing.com

July 22, 2017 — Ophir Road Race. UCA Series, Ophir, UT, road race, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

July 22, 2017 — Iron Lung Race. Salt Lake City, UT, 120 mile timed road race starting at This Is The Place Heritage Park and turning around near Snowbasin Resort., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 28-29, 2017 — Saints to Sinners Bike Relay. Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com

July 31-August 6, 2017 — Larry H. Miller Tour of Utah. Various, UT, The Tour of Utah is a UCI 2.HC sanctioned stage race for the top men's teams in the world. As America's Toughest Stage Race, the race covers more than 500 miles across Utah, and 52,000 feet of climbing. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 5, 2017 — The Ultimate Challenge Presented by University of Utah Health Care. Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 12, 2017 — Wildflower Hill Climb. Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this women-only cycling event. Age-group cash prizes. Gift for all who complete the climb., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 12, 2017 — Woodland Circuit Race. UCA Series, Woodland, UT, Road race, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racedayeventmanagement.com

August 19, 2017 — Tour of Park City. UCA Series, Park City, UT, 157 Classic Road Race returns for 2016! 7,500 feet of climbing, 10,750 foot summit. Fully Supported. Start and finish in the same spot., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 25-28, 2017 — Hoodoo 500. Utah Triple Crown, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 2, 2017 — West Mountain Road Race. UCA Series, West Mountain, UT, road race, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

September 9, 2017 — LOTOJA Classic Road Race. Logan, UT, 35th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, brent@lotojaclassic.com, lotojaclassic.com

September 16, 2017 — Utah Tour de Donut. American Fork, UT, 10th Annual event - Most fun you'll have on a bike. Three 7-mile laps eat donuts to reduce your time. Starts at 8:00 am. Rodney Martin, 801-427-6400, rotaryrod@live.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, Utah Tour de Donut, info@utahtourdedonut.com, utahtourdedonut.org

September 23, 2017 — Harvest Moon Criterium. UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets, Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, teamexceleator.com

October 10-13, 2017 — 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, hwsg@seniorgames.net, seniorgames.net

October 14, 2017 — City Creek Bike Sprint. Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

July 14, 2017 — Chrono Kristin Armstrong Time Trial. Pro Road Tour, Boise, ID. UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcorsaevents.com

July 15, 2017 — ASWB Twilight Criterion. Pro Road Tour, Boise, ID. 29th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisewillightcriterium.com, gcorsaevents.com

July 15, 2017 — Bob Cook Memorial Mount Evans Hill Climb. Idaho Springs, CO. This is an arduous 27 mile bicycle race and gran fondo that ends on the highest paved road in the United States to the summit of Mount Evans at 14,130'. Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

July 29, 2017 — Targhee Hill Climb. Driggs, ID. Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one of both. To be scored for the State Champs you must race both days. Winners based on combined times. Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways. Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, peakedsports.com, hycycling.org

July 29-30, 2017 — Salida Cycling Classic. Salida, CO. TT, circuit race, road race. Part of the Rocky Mountain State Games. Colorado Senior Road Championships, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitasycling.com, sanitasycling.com

July 30, 2017 — Teton Pass Hill Climb. Wilson, WY. Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. 9:15 AM road race (4.7 miles, 2284 ft. vertical), 20th Anniversary, this year held on Old Pass Road instead of the highway! No cars, no brake dust, just peace and quiet for you to enjoy your suffering! Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, hycycling.org

July 30, 2017 — Kitt Peak Time Trial. Tucson, AZ. 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical., Donald Melhado, dmelhadocox.net, azcycling.org

August 5-6, 2017 — Idaho Senior Games. Boise, ID. 5k and 10K Time Trials, 20 K and 40 K Road Races. Qualifying year for 2017 National Senior Games, Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org

August 12, 2017 — Lamaille Canyon Hill Climb. Lamaille, NV. 12th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamaille Grove, 11:30am., Rendy Keaton, 775-385-3285, raceorganizer.elkvelo@yahoo.com, elkvelo.com

August 12, 2017 — USA Cycling Hill Climb National Championships and Pikes Peak Hill Climb. Colorado Springs, CO. The USA Cycling Hill Climb National Championship is in its second year and is truly a unique experience on Pikes Peak. The start line is located at 9,390 ft./2,862 m and the finish line is 156

turns, 12.42 mi./20 km, later, with an average grade of 7%, and a gain in altitude of 4,725 ft./1,440 m, to conclude at 14,115 ft./4,302m. It will be held in conjunction with The Broadmoor Pikes Peak Cycling Hill Climb gran fondo fun ride, Saturday, August 12, 2017., Micah Rice, 719-434-4200, mrice@usacycling.org, The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, usacycling.org, coloradospringssports.org/index.php?option=com_content&view=article&id=416&Itemid=315

August 19, 2017 — Bogus Basin Hill Climb. Boise, ID. 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcorsaevents.com

September 9, 2017 — Race to the Angel. Wells, NV. Hill climb. 32nd 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, Robert Johnson, 775-340-5943, 801-718-0557, rubymountainrelay@gmail.com, wellsnevada.com/race-to-the-angel, rubymountainrelay.com

September 11-16, 2017 — World Human Powered Speed Challenge (WHFSC). Battle Mountain, NV. International cyclists compete on SR305, 5 miles to a 200 meter time trap. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, and Arm Power. Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the fastest cyclist in the world., Al or Alice Krause, 707-443-8261, a.krause@sbcglobal.net, ihpva.org, whfsc.org

September 15-17, 2017 — Silver State 508. Reno, NV. 34th Annual. Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport." This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person relay, and four-person relay divisions, including a Self-supported Solo Randonneur Division (no support crew allowed)! Formerly known as Furnace Creek 508, Silver State 508 is a Race Across America (RAAM) Qualifier. Runs on Highway 50, the Loneliest Road in America, Chris Kostman, adventurerecords@gmail.com, the508.com

September 16, 2017 — Little Park Road Hillclimb. Grand Junction, CO. Hillclimb up Little Park Road - 1st half., John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

September 20, 2017 — Man vs Machine. Williams, AZ. The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 - a 310-ton behemoth built in 1923 - to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com

September 23, 2017 — Telluride 200 Gran Fondo. Telluride, CO. 14th annual. From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead.

Benefits the Just for Kids Foundation., Todd Hageman, 435-414-1942, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vlovely@yahoo.com, m2dbikeride.com

September 24, 2017 — Mt. Graham Hill Climb. Safford, AZ. 8 am, mass start, Nippy Feldhake III, 520-747-2544, nippy-mr-smarty-pants@luno.com, prestige.com/MtGrahamIndex.html, azcycling.org

October 1, 2017 — Western Montana Hill Climb Championships. Missoula, MT. Held at Pattee Canyon., Tim Marchant, bike@tosrwest.org, missoulabike.org/hillclimb

October 7-8, 2017 — Nevada Senior Games. Las Vegas, NV. Cycling competition for age groups: 50-94. 5 and 10k time trials, 20 and 40k road races, start: Intersection of Interstate 15 and Highway 93 Approx. 10 miles North of Las Vegas., Tim Jones, 702-994-6205, tjones@cox.net, nevada.fus-sport.com

Utah Road Touring

June 3, 2017 — Little Red Riding Hood. Lewiston, UT. Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. will be available January 2, 2017 - January 15, 2017. This event sells out quickly., Penny Perkins, penperk@centurylink.net, Curt Griffin, lrh@bbfc.net, bccutah.org

June 3, 2017 — 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. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, Ryan Gurr, info@spingeeeks.com, ridesouthernutah.com

June 10, 2017 — American Diabetes Association's Tour de Cure. Brigham City, UT. Tour de Cure is an incredible experience for cyclists, runners, walkers, and diabetes supporters. Join riders, volunteers, spectators, and sponsors for a finish line celebration on Brigham City Main Street. If you have diabetes you are a Red Rider, the VIP of the day. Route options of 5k, 12m, 33m, 55m, 75m, and 100 miles., Geoffrey Linville, 801-363-3024 x7076, glinville@diabetes.org, diabetes.org/cyclingutah

June 10-11, 2017 — Utah Bicycle Touring Society's Overnight Bike Tour. Salt Lake City, UT. 11th annual overnighter. This event is for new and experienced bicycle travelers. We will bicycle in a self-sufficient manner to Rock Cliff Recreation Area to camp overnight and then return Sunday., Lou Melini, 801-487-6318, lmelini@comcast.net, Cheryl Soshnik, 435-462-2266, csoshnik@yahoo.com

June 10, 2017 — Wasatch Front Series. Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT. Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 100, 200 or 300 km (65 to 190 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

June 11, 2017 — 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

June 15-23, 2017 — Rocky Mountain Tour. Cross Country Challenge, Salt Lake City, UT. The Rocky Mountain Tour travels 593 miles in 8 cycling days (9 total). Ride through the Wasatch Range and over the Rocky Mountains from Salt Lake City UT to Pueblo CO., Bill Lannon, 888-797-7057, 603-382-1662, rideamericabybicycle.com, abbike.com, americabybicycle.com

June 17, 2017 — Huntsman 140. Delta, UT. A road cycling, non-competitive ride that raises funds for cancer research at Huntsman Cancer Institute. Participate in the 140-Mile Founder's Ride from Delta, Utah (with a new relay option) or 30, 55, 75, and 140-mile out-and-back from Salt Lake City, Utah, Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, Porter Sprout, 801-584-5882, psprout@huntsmanfoundation.org, huntsman140.com

June 24-25, 2017 — Bike MS: Harmons Best Dam Bike Ride. Bike MS, Logan, UT. Join thousands of cyclists from around the region and celebrate 31 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Melissa Mathews, 801-424-0112, melissa.mathews@nmss.org, bikemsutah.org

June 24, 2017 — Great Basin Series. Saratoga Springs, UT. Self-supported loop rides around Oquirrh Mountain, up Hobbie Creek Canyon and around Utah Lake. 130km, 200km or 400km (81 through 250-miles) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

June 24-July 1, 2017 — 109° West. Moab, UT. The ride you've been waiting for! Beginning in Moab, loop around the La Sal Mountains, to Monticello and finally Durango, CO for a day off. After the day off, it's off to Ouray followed by Telluride. Join for the whole week or choose between three and one day options. Fully supported with well stocked stations, SAG support, and great lodging, 1-7 day options., Cathy Harper, 970-787-5483, info@109west.com, 109west.com

July 1, 2017 — Giro Donna. North Salt Lake City, UT. A women only ride, 100 km course commencing and ending at Legacy Park. A few miles on city streets, enter Legacy Parkway Trail and Denver & Rio Grand Trail systems prior to circling through west Davis and Weber Counties. 50 km option. Flat with a few rollers, supplied aid stations, and SAG vehicles., Jared Eborn, 801-599-9268, jared@extramileracing.com, girodonna.com, extramileracing.com

July 7, 2017 — Antelope by Moonlight Bike Ride. Antelope Island, UT. 24th Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Gar Ranch where refreshments are served. The entire route is 24 miles on an asphalt road., Neka Roundy, 801-451-3286, 801-451-3282, neka@co.davis.ut.us, daviscounty-utah.gov, antelopebymoonlight@gmail.com

July 8, 2017 — Cache Gran Fondo. Logan, UT. 6th annual Cache Gran Fondo, riders of all abilities invited. Pre-ride light breakfast will be provided from 6:45 or 7:00 a.m with well stocked food stations and support. 100 miles and 50 mile course follows a fun, flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish will be closed-off in downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, loganhospital-foundation.org

July 10, 2017 — Antelope Island Series. Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT. Self-supported rides. The 300k has considerable climbing up Little Mountain, Big Mountain, Trappers Loop & Ogden Divide before making a loop on Antelope Island. 200 or 300 km (125 or 190 mile) options available. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

July 15, 2017 — Mt. Nebo Climb. BCC SuperSeries, Nephi, UT. Meet at Payson City Park. Climb up and back to Payson Lakes or do a full 70 mile loop. Self-supported free event - bring extra water; short supply on the mountain., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, slccycler@gmail.com, bccutah.org

July 15, 2017 — Desperado Duel. Panguitch, UT. Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, ridesouthernutah.com

July 22, 2017 — Iron Lung Ride. Salt Lake City, UT. 32, 80, or 120 mile options out and back starting at This Is the Place Heritage Park and turning around near Snowbasin Resort(3 person relay available on the 120). Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 24, 2017 — North South Century - Pioneer Day Ride. BCC SuperSeries, Salt Lake City, UT. Location: Tanner Park. Finish the holiday weekend with 100 miles all in SL county. Stops for water and food. Free event, self-supported., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, tech2zuis@msn.com, bccutah.org

July 24, 2017 — South Sevier Ram Ride. Monroe, UT. 15 miles, 25 miles, and a 50 miler. Start time is 6:00 a.m. Start & Finish location is Monroe Fire Station., Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com

July 28-29, 2017 — Saints to Sinners Bike Relay. Salt Lake City, UT. Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com

July 29, 2017 — Utah County Gran Fondo. Orem, UT. 33rd year of a Century Tour typically around Utah Lake, 100, 62.5, and 30 mile options, starting and ending in Orem., Allan Sumnall, (801) 225-0076, allan@strutah.com, utahcountygrantfondo.com

July 29, 2017 — Fiesta Days 50 - Blue Haven Half Century. Spanish Fork, UT. Provides support for fallen police officers families. For the second year, in conjunction with Spanish Fork Fiesta Days, Blue Haven has organized a 50 mile bike ride and a 10 mile family fun ride with proceeds going to the Spanish Fork Police Department and to the Blue Haven Foundation. The 50 mile timed event will be routed from the South parking lot of Spanish

Fork High School around West Mountain and back., Blue Haven Foundation., 801-380-7400, info@bluehaven.foundation, racecenter.org/race-reviews/fiesta-days-50blue-haven-half-century

July 30, 2017 — Park City Chalk Creek 100 SuperSeries. BCC SuperSeries, Park City, UT. Free self-supported event. Start Treasure Mtn Middle School. Legs to Coalville, Chalk Creek and back., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

August 5, 2017 — The Ultimate Challenge Presented by University of Utah Health Care. Salt Lake City, UT. A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon. Larry H. Miller Tour of Utah., 801-325-7000, info@tourofutah.com, tourofutah.com

August 12, 2017 — Wildflower Pedalfest. Morgan, UT. Fully-supported, women-only cycling event. 4 course options (20, 30, 50, 70 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo and more., Stacie Palmer, 801-544-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 12, 2017 — Randy Wirth Half Century Ride. Logan, UT. Join us for a favorite scenic tour of Cache Valley's long-time Logan businessman, roast master and conservationist, Randy Wirth. Proceeds from the RWCHR will be used to enhance bird habitat through out Cache Valley area and promote Be Safe Be Seen cycling practices. Greg Parry, 435-750-0193, 435-753-4777, gpdg@gnail.com, Debbie Simpson, 435-750-0193, 435-753-4777, debbie@cafeibis.com, Dee Cudney, 435-363-6183, 435-753-4777, dee@cafeibis.com, randywirthhcr.org, randywirth50miles.org

August 18-19, 2017 — Raspberry Rumble Series. Salt Lake Randonneurs Brevet Series, Logan, UT. Self-supported. Starts in Logan and climbs up Strawberry Canyon (LoToJa route) and around Bear Lake before heading north to Soda Springs and finally out to Golden Spike Natl Monument. 400 & 600 km (250 and 375 mile) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

August 19, 2017 — Tour of Park City. Park City, UT. Fully supported Tour starting and finishing in Park City. 157 miles through Northern Utah's beautiful mountain valleys. A rolling picnic!, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 19-19, 2017 — Raspberry Rumble 300k. Salt Lake Randonneurs Brevet Series, Logan, UT. Self-supported loop ride which starts in Logan and climbs up Strawberry Canyon (LoToJa route) and north to Soda Springs. 300km km (190 miles). A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

August 26, 2017 — 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, Sammie@cadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com

August 26, 2017 — Summit Challenge. Park City, UT. Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for free! The 102 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music. Also, watch for new distance options in 2017 - to be announced this summer!, Julia Rametta, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org, summitchallenge100.org, discovernac.org

August 26, 2017 — 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 autumn 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, jsunsky@gmail.com, ManofSTIHL.org

August 26, 2017 — Castle Country Century. Scofield, UT. Train for LoToJa or just have fun with this fully supported ride as you travel around Scofield Reservoir, up and over Huntington Canyon, through Huntington hugging the edge of the San Rafael swell. Pass through the towns of Cleveland, Elmo, Wellington, finishing in Price. All the while conquering 5,300ft of ascent and 7,200ft of



Race To Angel

The Hillclimb, Triathlon & Half Marathon

Mountain Bikes * Road Bikes * Walkers * Runners

Saturday, September 9, 2017

rubymountainrelay.com

Course climbs 3,000 feet from Wells, Nevada to Angel Lake

Held in the Humboldt-Toiyabe National Forest, Ruby Mountain Ranger District

Distance from:
Salt Lake = 2.5 hrs
Twin Falls = 3 hrs
Boise = 5 hrs
Reno = 4.5 hrs
Sacramento = 8.3 hrs



Ruby Mountain Bike Relay

August 4-5, 2017

DON'T FENCE ME IN

184-miles * 1-6 person team

*Terrian: pavement, dirt, oil pack, trail

rubymountainrelay.com

SHARE THE ROAD LICENSE PLATE



AVAILABLE AT YOUR LOCAL DMV

BIKE UTAH
UTAH'S BICYCLE ADVOCACY GROUP

WWW.BIKEUTAH.ORG

July 22, 2017

www.ironlungride.com



descend on this ride. Ride departs at 8 am. Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, carbonrec.com

September 2, 2017 — Hobbie Creek Series. Tentative date, Salt Lake Randonneurs Brevet Series, Springville, UT, 62 or 125 mile self-supported loop ride up Hobbie Creek Canyon and on the rural roads south of Utah Lake. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

September 3-9, 2017 — Tour of Southern Utah. St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 3-16, 2017 — Trans Utah Spring Tour. UT, Tour is separated into dates as follows: Week One (7 days): Kanab to the Henry Mountains, Sunday Sept 3 to Saturday Sept 9, 2017. Week Two (7 days): Henry Mountains to Moab, Sunday September 10 to Saturday September 16, 2017., Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 9, 2017 — Goldilocks Utah. Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Utah State Park and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone!, Dani Lassiter, 801-635-9422, info@goldilockside.com, goldilockside.com/gsl

September 9, 2017 — Coldwell Banker Parkway Pedal. Farmington, UT, A casual ride along the Legacy and Jordan River Parkway to benefit The Autism Council of Utah. Start in Farmington at Legacy Events Center, 151 S. 100 W, Reg. at 8 am, Ride at 9 am, 70, 55, 40, 30, 25, and 10, 5 mile options. After ride Sahara Cares Foundation festival., Chris Jensen, 801-563-7670, 801-940-1447, chris.jensen@utahhomes.com, parkwaypedal.com

September 9, 2017 — To the Moon and Back Century Ride. Tabiona, UT, Come and enjoy the High Uintahs. There are four ride options: Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Free overnight camping is available. The ride will be based out of Tabiona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported by providing lunch and dinner. All proceeds will go to the Rapha House & Operation Underground Railroad, non-profit organizations that help rescue children from trafficking and sexual exploitation., Karen Redden, 435-828-0467, roxredden@gmail.com, tothemoonandback-events.com

September 16, 2017 — Wonder Woman Ride. Payson, UT, Join us for the 8th annual fully supported, all women's bike ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com

September 16, 2017 — CF Cycle For Life. Coalville/Morgan, UT, Fully supported, beautiful autumn ride with five route options - 20,40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, hadley@cff.org, Amanda Livnat, 801-532-2335, alivnat@cff.org, Jessica Rose, 801-532-2335, jrose@cff.org, cycle.cff.org

September 22-23, 2017 — Bike the Bear Century. Garden City, UT, 100 and 50 miles. Begins at Raspberry Square in Garden City, UT. Ride around the scenic Bear Lake loop on the Utah/Idaho border!, Nelson Palmer, 435-760-6901, nrpalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trapperrails.org/bike

September 22-23, 2017 — Salt to Saint Relay. Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 23, 2017 — Moab Century Tour. Moab, UT, Landscape Worth Training for! 40.60, 100 mile route options. Ride in the wild west through Dead Horse Point State Park and the Colorado River Corridor. Ride alongside towering redrock walls outlining the Colorado River; enjoy lunch at the earth's edge overlooking Canyonlands National Park and the Colorado River, two thousand feet below. Live music, beer, cycling icons and great food await you at the Post-ride party., Beth Logan, 435-260-8889, 435-260-2334, info@skinnytreeevents.com, skinnytreeevents.com

September 23, 2017 — Ride for the Kids. Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at www.rcwille.com/ride Ride begins at Syracuse RC Willey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle., Devin Kingsbury, 801-663-3267, syracusetag@gmail.com, Brent Jones,

801-774-2801, 801-645-0247, brent.jones@rcwille.com, rcwille.com/ride

October 21, 2017 — Fall Tour de St. George. St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, Ryan Gurr, info@spingeeeks.com, ride-southernutah.com

October 21, 2017 — SoJo Marathon Bike Tour. SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirrh Mountains before winding through Herriman and South Jordan. Bo Earls, 801-253-5203, beearls@sjc.utah.gov, SoJoMarathon.com

November 11-12, 2017 — Free Fee days in Arches, Zion, and Canyonlands National Parks. Moab, UT, The perfect time to ride your road bike in the parks., Patrick Baril, 435-259-8826, pbaril@moabcity.org, nps.gov/findapark/feefreeparks.htm

Regional Road Touring

June 3, 2017 — Buena Vista Bicycle Festival. Buena Vista, CO, Scenic and easy to challenging routes 35, 50, 62 and 97 mile ride options in Beautiful Arkansas River Valley of the Feet of 14,000 Ft Mounts Pinconet, Harvard and Yale. Exceptionally well supported with afternoon party and band., Tim Lopez, 719-594-5655, 719-622-0439, bikefest-info@bvf.org, Aaron Rosenthal, 719-594-5655, bikefest-info@bvf.org, Chris Quoyesser, 719-398-9257, chris@emakersoc.com, bvf.org

June 3, 2017 — Palsade Gran Fondo. Palsade, CO, Fully supported Gran Fondo through the famous orchards and vineyards of western Colorado and the rugged Reeder and Purdy Mesas. 40 and 68 mile options., Jennifer Sliney, 970-819-1101, 510-910-1608, palsadevelo@gmail.com, palsadegrantfondo.com, palsadecoc.com/co/palsadegrantfondo

June 3-4, 2017 — Tour of the Swan River Valley West. Missoula, MT, TOSRV - a two-day, 226 mile, challenging bicycle tour through western Montana's most scenic areas. It was established in 1970 as a recreational and social event rather than a race. Missoula-Seeley Lake-Big Fork-Flathead Lake-Missoula, Tim Marchant, bike@tosrvwest.org, missoulabike.org/hillclimb

June 4, 2017 — America's Most Beautiful Bike Ride - Lake Tahoe. Stateline, NV, 26th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikeahwest.com, bikeahwest.com, bikeand-skitahoe.com

June 4, 2017 — 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 30th 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 dirt, 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., Mike Heaston, 303-635-2815, emgmn@emacolorado.com, Scott Olmsted, 303-282-9015, info@elephantrockride.com, elephantrockride.com, emcolorado.com/wordpress/?page_id=10

June 10, 2017 — 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 , fart@landercycling.org, Tony Fertili, landercycling@gmail.com, landercycling.org

June 10, 2017 — Lemhi Valley Century Ride. Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Marla Huntman, 208-303-0106, mhuntman@hotmail.com, lemhivalleycenturyride.weebly.com/

June 12-July 6, 2017 — 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 camping and cycling adventure, with a few motel nights., Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/alaska-bicycle-tours-great-alaska-highway-bike-tour

June 16-20, 2017 — Cycle The Sierra. Grass Valley, CA, This fully supported, five-day journey takes riders on a 300-mile loop through the Lake Tahoe area. The ride features beautiful mountain scenery, live music each night, delicious catered food, a beer and wine garden, massage and much more., Mark Reiner, 530-320-1625, mark@cyclethesierra.com, cyclethesierra.com

June 17, 2017 — Spinderella. Pocatello, ID, Ladies-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, spinderellairide.com

June 17, 2017 — The Great Owyhee Ride Against Hunger. Ontario, OR, 50 mile, 62.5 miles, or 100 miles, 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@hotmail.com, Kevin Goade, 208-739-1545, tar-macdog@gmail.com, greatowyheeride.com

June 17, 2017 — Mountain Top Experience Ride Century and Half-Century. Florissant, CO, Over 10,000 feet of elevation gain starting at 8,000 feet in elevation. The century ride that's you through Cripple Creek and Victor Colorado, the 75 mile route still has 6,000 feet of climbing and is more laid back with rolling hills. The 50 mile route is still a lot of climbing and the 30 mile and 18 mile out and backs are for the less challenging routes. Free Lunch, Free massages, Free Commemorative patch, and the best ice cream cones you can imagine at the finish line. All well supported, on paved county roads. Packets will be mailed 10 days before the event to all preregistered riders. Florissant Grange Hall, 2009 County Rd 30 Florissant, CO 80816, Deborah Maresca, 719-689-3435, redhorse80552003@yahoo.com, mountaintopcyclingclub.com

June 18-24, 2017 — Bicycle Tour of Colorado. Various, CO, 23rd annual 7 day fully supported bicycle tour in the Colorado Rocky Mountains. Registration includes camping areas, baggage transportation, route maps, road markings, fruit and water stations with restrooms every 20-30 miles, Colorado State Patrol, bicycle repair services, SAG vehicles, and medical support along the route. Premium upgrades such as parking, bike box storage, catered meals, and hotels are also available for additional fees., Alisha Powell, 303-985-1180, answer@bicycletour-colorado.com, bicycletourcolorado.com

June 24, 2017 — 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., Courtney Imhoff, 406-549-5987, info@ratpod.org, ratpod.org/campdream.org

June 24, 2017 — Bike for Kids Idaho Falls. Idaho Falls, ID, Kids Crit Series, family ride, and 5K run., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@bikeforkidsidaho.com, bikeforkidsidaho.com

June 24, 2017 — 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 I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lions Park, road course only., Jim Wollenburg, 307-637-6423, jwollenburg@cheyennecity.org, cheyennecity.org

June 24, 2017 — Bingham County Idaho Relay for Life. Kellogg, ID, Ride on the trail of the Coeur d'Alenes from the Walmart parking lot in Smelterville to the trailhead in Plummer and back. Distance is 101 miles. Food will be provided along the way. Limited sag will be available. Cars are not permitted on the trail. Support can only go the trailheads. Course is flat, the only real climb is the 5 miles before Plummer, this is about a 3% grade. Shorter routes will be available, if desired. Each rider is asked to donate \$50 to the American Cancer Society., Sharon and Steve O'Brien, 208-317-8375, 208-681-3602, sharonelizabethobrien@hotmail.com, friendsofcdatrails.org

June 24, 2017 — Ride for Hope. Kuna, ID, 3rd annual Ride for Hope put on to help give HIV/poverty-stricken kids in India hope for a better life. Fully supported with a catered, freshly cooked meal provided by Deli George. Ride through the scenic Snake River Valley and West Heritage Byway to help give poverty-stricken kids in India hope for a better life. 18.6, 31.2, 66.2 mile options with an inaugural century being considered., Margo Riggs, 208-608-2527, rideforhope.ccb@gmail.com, rideforhope.net

June 24-30, 2017 — Mavic Haute Route Rockies - Colorado Spring Stage. Colorado Springs, CO, The inaugural Mavic Haute Route Rockies will become the fourth leg in amateur cycling's first global series of multi-day events. In the spirit of tackling the highest, steepest, most renowned terrain, Colorado's unique mountain scenery and rich cycling culture will be showcased to spectacular effect by these inaugural Rockies venues. The event will conclude its final stage in Colorado Springs with riders taking in the scenic Garden of the Gods., The Sports Corp., 719-634-7333, info@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, hauteoute.org/events/stages/mavic-rockies-2017

July 1-2, 2017 — Gran Fondo Kootenai. Libby, MT, A two-day, point-to-point, chip-timed fondo featuring fully-supported riding through the spectacular landscapes

of Montana's remote northwest corner. Located on National Forest Scenic Byways, our routes take in the stately Cabinet Mountains, serene Lake Koocanusa, and the legendary Yaak Valley. Proceeds benefit charities in Libby, Eureka, and Troy, Montana., John Weyhrich, 406-241-2829, johnweyhrich@yahoo.com, gfkootenai.com

July 8, 2017 — Goldilocks Boise. Goldilocks Bike Ride, Eagle, 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, info@goldilockside.com, goldilocks-events/gid/info

July 8-9, 2017 — The Triple Bypass. Evergreen, CO, This challenging ride is over 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO., Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Nat Ross, 970-390-9730, tripletriplebypass.org, triplebypass.org

July 9-21, 2017 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads. Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and great food., Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/alaska-bicycle-tours-bears-cycling-tour

July 13-15, 2017 — Yellowstone/Grand Teton Series. Salt Lake Randonneurs Brevet Series, Ashton, ID, Self Supported 600km or 1000km ride (375- or 620-mile) with overnight gear drops. Goes into Yellowstone and Grand Teton National Parks. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

July 15, 2017 — Pepsi Cola Taylor House Benefit Century Ride. Flagstaff, AZ, Benefit ride in the high-altitude cool pines of

Northern Arizona. There are 32, 50, 63, and 100 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolute-bikes.net/taylor

July 16-21, 2017 — Tour de Wyoming. Cheyenne, WY, 21th Annual. Start and end in Cheyenne, Wyoming with overnight stays in Wheatland, Rock River, Saratoga (two nights), and Laramie. The route goes over four mountain passes and covers more than 400 miles., Amber Travky, 307-742-5840, atravsky@wyoming.org, cycleywoming.org, tourdewyoming.org

July 22-29, 2017 — Oregon Bicycle Ride. Sisters, OR, Tour of northwest Oregon. Crosses the mouth of the Columbia River, visits sites famed by Lewis and Clark, includes ferry back into Oregon, and rides through northwest forests and countryside. Cyclists will have time to four wineries, play at Ride Oregon's oldest week-long tour! Join 300 riders as we explore the classic Oregon Cascades routes: McKenzie Pass, the Auferheide, Cascade Lakes Hwy, you'll even have a chance to ride the Crater Lake Rim Road! Fully supported, with legendary food and amenities., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

July 22, 2017 — Cycle Magic Valley. Yes, Twin Falls, ID, A 12, 30, 62, 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 Filer. The metric century route takes you down into Melon Valley and the challenging century route takes you down into Melon Valley, Hagerman, out to the windmills and back! The ride is fully supported with a barbecue at the finish line. Tech t-shirts for all participants., Denise Alexander, dalexander@fletel.com, mavtec.org/race/cruisin-magic-valley/

Riding the Goose is not a Euphemism.

www.mooseknuckleralliance.org

CASTLE COUNTRY CENTURY RIDE
Saturday August 26, 2017
SCOFIELD, UT

CARBON COUNTY-UTAH
 DEPARTMENT OF RECREATION
WWW.CARBONREC.COM (435)636-3702

Check out our website at cyclingutah.com!

Subscribe to our email newsletter to stay current on the latest cycling news.

Making Utah a better place to ride.

BIKEUTAH.ORG

July 26-August 6, 2017 — Klondike Gold. Fairbanks, AK, Travel from Fairbanks back in time to 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. Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com, yukon-bike-tour-klondike-highway-cycling.com

July 29, 2017 — Cascade 4-Summit Challenge. 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, mcooley@georgescycles.com, 4summitchallenge.com, gcorsevents.com

August 5-12, 2017 — Ride Idaho. Ketchum, Sun Valley, ID, 7-Day fully supported, non-competitive roadbike tour with SAG support, mechanics, showers, beer garden, entertainment, 400 miles of spectacular scenery. Tent and Porter Service available. Ketchum/Sun Valley to Salmon, Arco, Stanley., Earl Grief, 208-890-4434, 208-830-9564, egrief@cablone.net, rideidaho.org

August 5, 2017 — 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, wrbcbrett@gmail.com, woodriverbike.org

August 5, 2017 — 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 bringing more sporting opportunities to Taos County youth. Start/finish for all three distances is at the Taos Youth and Family Center, 400 Paseo del Canon East, Taos, NM, 87571., Jennifer Buntz, 505-306-1443, granfondotaos@gmail.com, taosportsalliance.com, dukecitywheremmen.org

August 5, 2017 — Copper Triangle Alpine Classic. Copper Mountain, CO, 12th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes., Mike Heaston, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, info@coppertriangle.com, coppertriangle.com, wordpress/?page_id=10

August 5-12, 2017 — Idaho Bicycle Ride. Hailey, ID, Enjoy a week of sublime scenery, full support and legendary food, exploring some of Idaho's wildest territory. Join 300 riders in Challis, Salmon, Stanley and other small towns in beautiful places, following the Wild & Scenic Salmon River for days., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

August 12, 2017 — 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, theartmuseum.org/Century.htm

August 12, 2017 — Le Tour de Kooocanusa. Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Kooocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonraines@hotmail.com, Pam Boyce, 406-293-3556, info@letourdekooocanusa.com, letourdekooocanusa.com

August 12-13, 2017 — Bike MS - Wyoming's Bighorn Country Classic. Bike MS, Sheridan, WY, Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664, wyoingbikems@nmss.org, bikem-wyoming.org

August 12, 2017 — 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. Options include a 100 or 50 mile ride over the Colorado National Monument, a 75 mile route or a family friendly 30 mile route all followed by live music, local beer, and delicious food! Start and finish at the Community Hospital located at 2351 G Road (just west of Canyon View Park), Morgan Taylor, 970-644-3491, webquest@ghosp.org, secure.yourcommunityhospital.com/Community_Hospital_Foundation_Tour_of_the_Valley.cfm

August 12, 2017 — 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@trinity-health.org, pedalforpatients.com

August 12, 2017 — The Broadmoor Pikes Peak Cycling Hill Climb. Colorado Springs, CO, The Broadmoor Pikes Peak Cycling Hill Climb Gran Fondo features a non-competitive fun ride that gives cyclists of all abilities a truly unique experience on Pikes Peak. It will be held in conjunction with the inaugural USA Cycling Hill Climb National Championships. Saturday, August 12, 2017. Created in 2010, this year marks the 8th consecutive year of The Broadmoor Pikes Peak Cycling Hill Climb, an annual event of the Colorado Springs Sports Corporation. This event attracts the top cyclists and recreational cyclists from across the nation and around the world., The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, colorado-springssports.org/index.php?option=com_content&view=article&id=329&Itemid=292

August 19, 2017 — Four Peaks Gran Fondo. Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank., Katie Loveday, 208-232-8996, barries-events@gmail.com, 4PGF.com

August 20-September 8, 2017 — Yellowstone National Park Bike Tour. Belgrade, MT, Aug 20-25; Aug 27-Sep1; Aug 27-Sep1; Sep 3-08 Experience the world's first national park! Tour includes 5 nights of lodging, 6 days of meals, guide service, entrance fees, daily lunch en route, energy food, liquid refreshments, shuttles, and mechanical support., John Humphries, 970-728-5891, info@lizard-headcyclingguides.com, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 9, 2017 — Race the Rails. Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Meg Rhoades, 775-289-3720, 800-496-9350, ccassist@mwpower.net, www.elynevada.net

September 9, 2017 — American Diabetes Association's Tour de Cure. Parker, CO, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 5K Walk/Run, 20K Ride, 50K Ride, 100K Ride, 100 Mile Century Ride, and Xtreme Obstacle Course, Brandt Miller, 720-855-1102 x7023, bmiller@diabetes.org, diabetes.org/coloradotourdecure

September 10, 2017 — Tour de Tahoe - Bike Big Blue. Lake Tahoe, NV, 15th Annual ride around Lake Tahoe's 72 mile Shoreline with the Juvenile Diabetes Research Foundation International. This ride is also a Memorial Nine-Eleven ride. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. Boat cruise and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethest.com, bikethest.com

September 10-29, 2017 — Santa Fe Trail Bicycle Trek. Santa Fe, NM, 21st Year. Camping Trip. 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 15-16, 2017 — Grind de Galena. Pocatello, ID, 110 miles, 2 day group ride, Katie Loveday, 208-232-8996, barries-events@gmail.com, barriessports.com/2017-grind-de-galena.html

September 16, 2017 — Tour de Vineyards. Pailsade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Scott, scott@clippedinproductions.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, tourdevineyards.com

September 16, 2017 — Idaho Poker Ride Pedal for Paws and Claws. Boise, ID, A Benefit Ride for: Idaho Horse Rescue, SNIP, Audrey Pet Foundation, Helping Hand Fund, Lactic Acid Cycling, The BYRDS Youth cycling, Starts and ends at MWI Animal Health 3041 W. Pasadena Dr. in Boise. 4 route choices, 15, 30, 63, 100 miles. Lots of prizes! Fabulous swag bag! Fully Supported! All routes take off at 8:00 AM, Robyn Knoelk, 208-871-0951, rknoelk@mwianimalhealth.com, pedalfor-pawsandclaws.org

September 17, 2017 — Edible Pedal 100. Carson City, 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., Don Iddings, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.org

September 23, 2017 — Mountains to the Desert Bike Ride. Telluride, CO, 14th Annual Mountains to the Desert Bike Ride. From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of stratified sandstone cliffs reaching up to 1,000 feet overhead and onwards to the beautiful desert landscape of Gateway. Mileage options: 70, 100 & 130. This ride benefits the Just For Kids Foundation, Todd Hageman, 435-414-1942, m2dbikeride@gmail.com, Lara Young, 970-708-1105, m2dbikeride.com

September 23, 2017 — Royal Gorge Century. Canon City, CO, 100 mile, 62.5 mile, and 50 K Bike rides and community beer festival, Gordon Eckstrom, director@bikesandbrews.org, bikesandbrews.org

September 24-30, 2017 — OATBRAN. Lake Tahoe, NV, 26th annual One Awesome Tour Bike Ride Across Nevada! Silver celebration of Riding Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethest.com, bikethest.com

September 30, 2017 — ICON Eyecare Tour of the Moon. Grand Junction, CO, 6th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie., Mike Heaston, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, 303-282-9015, info@tourofthemoon.com, tourofthemoon.com, wordpress/?page_id=10

October 2-7, 2017 — Ride with Jan Ullrich. San Francisco, CA, 6-Days of Cycling up Mt. Tamalpais, Meyers Grand Road, down through Dry Creek Valley, and Napa Valley with cycling legend Jan Ullrich. Tour includes riding the Jens Voigt Gran Fondo with Jan and Jens and superb lodging throughout., John Humphries, 970-728-5891, info@lizard-headcyclingguides.com, lizardheadcyclingguides.com

October 7, 2017 — Goldlocks Vegas. Goldlocks Bike Ride, Las Vegas, NV, The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling terrain in Red Rock Canyon., Dani Lassiter, 801-635-9422, info@goldlockslide.com, goldlockslide.com/events/glv

October 7, 2017 — No Hill Hundred Century Bike Tour. Fallon, NV, 30 mile, 60 mile, and 100 mile tour, fully supported. Event swag, gift bags, lunch (for metric and century riders), post event BBQ at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Fairgrounds, Danny Gleich, 775-423-7733, dgleich@churchillcounty.org, churchill-county.org/parksnec/index.php?c=152, churchillcountycyclists.com

October 7, 2017 — Santa Fe Gourmet Classic. Santa Fe, NM, Join us on a 62 mile ride from Santa Fe, NM through surrounding hills while enjoying the fall colors of the beautiful Sangre de Cristo mountains. Begin in Santa Fe with a hot breakfast then gourmet lunch at the Allan Houser Sculpture Gardens. Admire the art of the renowned Apache artist while savoring a catered lunch. This is a high altitude ride at 7000 feet with several climbs. A fun ride all about food and friends., Kathleen Davis, 505-795-3286, 408-499-0775, lavmz@gmail.com, santafegourmetclassic.com

October 8, 2017 — West Yellowstone Old Faithful Cycling Tour. Tentative, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, supported ride., Moira Dow, 406-646-7701, tou@cycleyellowstone.com, cycleyellowstone.com

October 14, 2017 — Park to Park Pedal Extreme Nevada 100. Caliente, NV, Road bike starting at Kershaw-Tyan and takes peddlers through the towns of Caliente and Pioche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershaw-Ryan State Park. 3 rides available: 100, 60 and 40 mile options. A Dutch oven dinner will be provided afterwards., Dawn Andone, 775-728-4460, cathedralgorge_vc@cturbonet.com, Jonathan Brunes, 775-726-3564, kershaw@cturbonet.com, linkcountynevada.com/exploring/biking/park-to-park-pedal/

October 14, 2017 — 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., Jack Brennan, 575-590-2612, brennan5231@comcast.net, tourofthehigh.com

October 14, 2017 — Death Valley Century. Death Valley, CA, 50 and 100 mile options. Entry includes chip timing; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at the Ranch at Furnace Creek Resort., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

October 28, 2017 — Bike MS Las Vegas. Bike MS, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported. Start/Finish Location: Lou Ruvu Center for Brain Health - Cleveland Clinic, 30, 50, or 100 miles. Rest Stops approximately every 15 miles. Joe Grubbs, 310-481-1134, Joseph.Grubbs@nmss.org, Angela Van Brackle, 702-736-7272, 855-372-1331, fundraising@nmss.org, bikems.org, bikemsvegas.org

Multisport Races

June 3-4, 2017 — XTERRA Deuces Wild Triathlon Festival. XTERRA America Tour, Show Low, AZ, Off road triathlon, 800m open water lake in Fool Hollow Lake, 24km mountain bike leg, 8km trail run. Begins at 7:45 a.m. Depending on water level, athletes will begin the race in the water or on the boat ramp. Plus long course, Olympic, and Youth Triathlons, Raena Cassidy, 877-751-8880, info@xterra-planet.com, TriSports Racing, 520-884-8745, info@trisportsracing.com, deuceswildtriathlon.com/events/xterra-deuces-wild

June 9, 2017 — 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 10, 2017 — East Canyon Triathlon. TriUtah Points Series, Morgan City, UT, Welcome to the 4th annual East Canyon Triathlon! This race boasts stunning scenery with a fast, technical bike course, and hometown hospitality like no other, with both sprint and intermediate/Olympic distance races to choose from. This event is a two transition point to point race beginning at beautiful East Canyon Reservoir. The sprint bike is downhill and fast. The Olympic bike course has two short challenging hills followed by a downhill fast decent to Morgan City. Both distances offer a scenic run along the Weber River and local neighborhoods., Dan Aamodi, 385-228-3454, info@tr Utah.com, tr Utah.com

June 10, 2017 — Tiny Tri. Park City, UT, Kid friendly Tiny Triathlon for youth ages 7-14. 9:30am. 100 meter pool swim, 3 mile bike and 1 mile run., Ken Fisher, 435-615-5411, ken@parkcity.org, parkcityrecreation.org

June 10, 2017 — Paddle, Pedal, Paddle. Jordanelle, UT, Our version of a Triathlon. It is 5 miles of standup paddleboarding, followed by 10 miles of mountain biking, finished with 5 miles of standup paddleboarding. By using the mountain bike to exhaust the legs and then ask them to support you on the final stage of the event, we feel that last stage is almost nothing like the first. The typical weather pattern over the last 4 years of running this event has been calm glassy water for stage one and windy choppy water for stage three. Race can be divided into 2 or 3 person teams. Registration begins at 7:30 a.m., race begins at 9:00 a.m., Trent Hickman, 801-558-9878, parkcitysup@gmail.com, www.parkcitysup.com

June 12-15, 2017 — USA Youth Tri Clinic. Murray, UT, Ages 7-12. Clinic will cover all three triathlon disciplines of swim, bike, run plus transition, nutrition, and hydration. Primary focus is skill in each area. Clinic will run four mornings from 9:00am-noon. USA Triathlon sanction pending. USA certified head coach., Jo Garuccio, 801-566-9727, 801-557-6844, jo@gagaroupsports.com, greatbasincoaching.com

June 17, 2017 — Rock Cliff Tri at Jordanelle. RACE TRI, Heber, UT, Held at Jordanelle Reservoir. Race shirts and finisher medals. Olympic and sprint distances., Aaron Shamy, 801-358-1411, info@racertri.com, racertri.com

June 17, 2017 — I Can Triathlon. Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland

Drive, sprint triathlon, 400m swim, 9 mile bike and 5K run., Alta Canyon Sports Center, 801-568-4600, parksandrec@sandy.utah.gov, sandy.utah.gov/departments/parks-and-recreation/alta-canyon-sports-center/special-events

June 17, 2017 — XTERRA Lory. XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eltuk 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 challenging 4.8 mile (8k) run through the clouds on single-track trails., Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co/#!_xterra-lory

June 17, 2017 — Lookout Mountain Triathlon. XTERRA America Tour, Golden, CO, 255 Yard Swim, 10 Mile Bike, 5K Run, Paul Karlsen, 303-960-8129, info@digdeepsports.com, digdeepsports.com

June 24, 2017 — 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. One of the most beautiful triathlons in Utah!, Emilee Johnson, 801-520-0921, vernaidino@triahoo.com, dinoTri.com

June 24, 2017 — 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.com

June 24, 2017 — XTERRA Tahoe City. XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship, triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanel.com

June 24, 2017 — Mountain Man Triathlon. Alpine, WY, 600 m swim across the Snake River!, 17km Gravel/Road bike leg through the East Alpine Foothills, and 7km trail run along the Greys River. Benefits Alpine Fire & EMS, Star Valley Search & Rescue and Star Valley Medical Center Charitable Foundation, held in conjunction with Alpine Mountain Days, Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantriathlon.org

June 25, 2017 — Boulder Sunrise Triathlon. Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

June 25, 2017 — Ironman 70.3 Coeur D'Alene. Coeur D'Alene, ID, Begins with a 1.2 mile swim in Lake Coeur d'Alene. A 56-mile winding bike course follows with the run loop along the shores of the lake to finish., 303-444-4316, cd0703@ironman.com, ironman.com/triathlon/events/americas/ironman70.3/coeur-d-alene.aspx#axz3qCbV0c4p

July 1, 2017 — Big Hole Challenge MTB Race and Duathlon. Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. 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

July 8, 2017 — Echo Triathlon. TriUtah Points Series, Coalville, UT, Join us for one of Utah's most popular triathlons! Combine the competition with warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail and you have the perfect event for both seasoned athletes and beginners. Following the event enjoy hometown cooking and hospitality as the annual antique car cruise-in takes place in downtown Coalville, UT., Dan Aamodi, 385-228-3454, info@tr Utah.com, tr Utah.com



Mountain Man Triathlon
Swim Bike Run
Alpine, WY

June 24, 2017

- 600 Meter Swim in the Mighty Snake River
- 17K Bike through the picturesque foothills of Alpine
- 6K Run along the Greys River

REGISTRATION \$60 per person \$160 per team	LATE REGISTRATION (June 1 - 23) \$70 per person \$190 per team	RACE START TIME: 8:00 am, June 24th East Alpine Boat Ramp
--	--	--

For more information or to register online go to: www.mountainmantriathlon.org

SAN RAFAEL CLASSIC TRIATHLON



JULY 14-15, 2017

HUNTINGTON STATE PARK
HUNTINGTON, UTAH

CLOSED COURSE COMPETITION
SPRINT, OLYMPIC, DUATHLON, AQUATHON,
JUNIOR, KIDS RACE

EMERY COUNTY SEARCH AND RESCUE

435-609-3126

WWW.SANRAFAELCLASSIC.COM

July 8, 2017 — West Yellowstone Mountain Bike Biatlon. West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Moira Dow, 406-646-7701, info@skirnbikemt.com, skirnbikemt.com, rendezvouskitrails.com/events

July 8, 2017 — Rigby Triathlon. Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 9, 2017 — Valley Girl Triathlon. Liberty Lake, WA, Sprint distance., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

July 14-15, 2017 — San Rafael Classic Triathlon. Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course., Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com

July 15, 2017 — XTERRA Mountain Championship. XTERRA America Tour, Avon, CO, The last of four regional in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterra-planet.com, xterra-beavercreek.com

July 15, 2017 — The Toughman Utah Half Long Course Triathlon 70.3. RACE TRI, Herriman, UT, Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com, toughmantri.com

July 15, 2017 — The Cranky Lady. Idaho Falls, ID, Fully supported, non-competitive, women only cycling event. Our event offers 12 mile, 40K, 100K, and 100 mile distances, providing a safe and enjoyable ride for everyone., Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 22-23, 2017 — Donner Lake Triathlon. Truckee, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, donnerlaketri.com

July 23, 2017 — Tri Boulder. BBSC Twin Tri Series, Boulder, CO, Challenge yourself at mile high elevation, Sprint and Olympic distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

July 28-29, 2017 — Doxa by Iron Cowboy. Duchesne, UT, The only overnight team triathlon relay put on by the Iron Cowboy. Teams of 1-12 travel 285 miles doing 36 legs in a non-stop triathlon relay., Alan Sheffer, 801-669-7504, 801-836-9610, info@doxaraces.com, doxaraces.com

July 29, 2017 — Cache Valley Super Sprint Triathlon. Tentative, Logan, UT, Come out and compete on an established and fast course in either the Sprint or Olympic distance categories., Joe Coles, 801-335-4940, joec@onhillevents.com, cvss.com, onhillevents.com

July 29, 2017 — 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 30, 2017 — Tri and Du It For Your Bones. Medical Lake, WA, triathlon and duathlon, Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

August 5, 2017 — XTERRA Indian Peaks. XTERRA America Tour, Eldora, CO, Time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center., Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

August 5, 2017 — XTERRA Flathead Off Road. XTERRA America Tour, Kallispell, MT, Takes place at Foys Lake and Herron Park. Includes a 1.5 km (.93 mile) swim, 40 km (24.8 mile) bike race, and 10 km (6.2 mile) run., Raena Cassidy, 877-751-8880, info@xterra-planet.com, K Schaefer, 406-751-4100, kschaefer@krmc.org, kallispellregional.org/summit/recreation-events/events/xterra-flathead

August 5, 2017 — Great Snake River Triathlon. Idaho Falls, ID, Sprint and Olympic Triathlon, and Duathlon, and team triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

August 11-12, 2017 — Emmett's Most Excellent Triathlons. Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday.,

Kristen Seitz, (208) 365-5748, gcrd@gem-countyrec.com, Lora Loveall, 208-867-6763, emmetttri@live.com, emmetttri.com

August 12, 2017 — Jordanelle Triathlon. TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Dan Aamodt, 385-228-3454, info@triatlah.com, triatlah.com

August 12, 2017 — Layton Tri. Layton, UT, Rinse Ride Run Repeat is the theme to this event. This course is a mini sprint but for the full sprint repeat the course. It also has a youth triathlon and full course relay triathlon., Joe Coles, 801-335-4940, joec@onhillevents.com, laytontriathlon.com, onhillevents.com

August 12, 2017 — Herriman Black Ridge Triathlon. RACE TRI, Herriman, UT, Sprint Triathlon: there are two transition areas, with T1 at the reservoir and T2 at nearby Butterfield Park. Athletes will swim 500 yards in the reservoir then ride a 14 mile clockwise loop down around Herriman City and into Butterfield Park to begin their 5K run loop along the footpaths and return to Butterfield Park for the finish. The race is capped at 400 athletes., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

August 12, 2017 — 9th Annual Reverse Order Triathlon. South Davis Racing Series, Bountiful, UT, Start at 7:30 am, Run 5k, Bike 11 mi; Swim 350yds; Novice is approximately half of all sprint distances starting at 8:00 a.m. Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavis-recreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com

August 12, 2017 — Kids Tri Harder. Idaho Falls, ID, 13 and under kids triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com, idahofallsidaho.gov/638/Kids-Triathlon

August 19, 2017 — TriathaMom. Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotriathamom.com

August 19, 2017 — XTERRA Lake Tahoe. XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, event/xterra-lake-tahoe/, xterraplanet.com

August 19, 2017 — XTERRA Aspen Valley. XTERRA America, Kodlak Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 19, 2017 — Polson Triathlon. Polson, MT, Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail.com, polsontriathlon.com

August 19, 2017 — Race on the Rock. Rock Springs, WY, In it's fourth year the Race on the Rock hosts Olympic and Sprint Triathlons, a Duathlon, an Aquabike, teams and youth divisions. We have a closed lane on the roadway, law enforcement help at signals, and a pool swim. The altitude averages about 6300 ft. We have music, food, and we will be broadcasting live this year on KREO radio online. Come for the race, stay and catch the eclipse on the 21st throughout the state., Traci Ciepiela, 307-922-1840, tciepiela723@yahoo.com, raceontherock.weebly.com

August 19, 2017 — Stansbury Days Triathlon. Stansbury Park, UT, Sprint triathlon, unofficial distances: Swim 500m, Bike 20k, Run 5k. Start 7 AM. Swim is open water in Stansbury Lake, Elliot Morris, 801-647-8383, emorris53@hotmail.com, stansburydaystri.com

August 20, 2017 — XTERRA Wild Ride Mountain Triathlon (American Tour Points). XTERRA America / Wild Rockies Series, McCall, ID, New course for 2017! Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon to follow--2 different lengths, 13 and under., Darren Lightfield,

208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplanet.com

August 20, 2017 — XTERRA Santa Fe. XTERRA America Tour, Glorieta, NM, off-road triathlon, Raena Cassidy, 877-751-8880, info@xterra-planet.com, xterra-planet.com, core-crew.com/xterra

August 26, 2017 — Varsity Tri. Ogden, UT, Great First Triathlon! 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, info@varsitytri.com, varsitytri.com

August 26, 2017 — Boulder Sunset Triathlon. Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, yourcausesports.org, bbsctri.com/

August 26-27, 2017 — Lake Tahoe Triathlon. Tahoma, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

August 26, 2017 — Bear Lake MTB Triathlon & Half Marathon. Montpelier, UT/ID, Jared Eborn, 801-599-9268, jared@extramileracing.com, bearlakeendurance.com, extramileracing.com

August 27, 2017 — Ironman Coeur D'Alene. Coeur D'Alene, ID, 2.4-mile swim in Lake Coeur d'Alene, 112-mile bike course, run on the lake shore, 303-444-4316, cda@ironman.com, ironman.com, ironman.com/triathlon/events/americas/ironman/coeur-d-alene.aspx#axzz3qCbV0c4p

September 4, 2017 — Murray Youth and Family Triathlon. Murray, UT, A youth and novice triathlon for ages 5-85. Distances follow USAAT recommendations for each age group. Novice adults compete at the same distance as 11+ age groups. Please see Murray City Recreation, call 801-264-2614, or jo@agegroupsports.com for details., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com, murray.utah.gov

September 4, 2017 — South Davis Labor Day Triathlon. South Davis Racing Series, Bountiful,

UT, Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi. Novices start at: 8:45am. Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavis-recreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, labordaytri.com

September 8-10, 2017 — XTERRA Fruita Triathlon and Desert's Edge Triathlon Festival. XTERRA America Tour, Fruita, CO, XTERRA Tri on Saturday, your choice of Sprint or Olympic distance road tri's on Sunday, John Klish, 970-744-4450, madracingcolorado@gmail.com, Raena Cassidy, 877-751-8880, info@xterra-planet.com, Darrin or Jill, 303-642-7917, darrin@racingunderground.com, racingunderground.com, desertsedgetri/XTERRA_index.html

September 9, 2017 — Bear Lake Brawl Triathlon. Laketown, UT, Sprint and Olympic event, Joe Coles, 801-335-4940, joec@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 9, 2017 — Kokopelli Triathlon. BBSC Red Rock Triathlon Series, Hurricane, UT, Sand Hollow State Park, with Sprint, Olympic, Duathlon, 10k and 5k distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

September 16, 2017 — Camp Yuba Sprint Triathlon. RACE TRI, Yuba State Park, UT, These Sprint and olympic triathlons are all about indian summers, camping, and good ol' fashion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

September 16, 2017 — XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race. XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19k mountain bike / 5K trail and 1.5k swim / 30k mountain bike / 10k trail run; XTERRA USA/Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@xterra-planet.com, xterra-planet.com, xterrautah.com

September 16, 2017 — Brine Man Triathlon. TriUtah Points Series, Syracuse, UT, This is the culmination of all your hard work for the

2016 season! serious awards and prizes, festival, and the crowning of the Utah State age group champions. Kids, Sprint, Olympic and Long distances., Dan Aamodt, 385-228-3454, info@triatlah.com, triatlah.com

September 16, 2017 — Bear Lake Brawl Triathlon. Laketown, UT, Full and half distances, Joe Coles, 801-335-4940, joec@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 30, 2017 — Las Vegas Triathlon. BBSC Double Down Series, Boulder City, NV, 20th 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

October 14, 2017 — Huntsman World Senior Games Triathlon. St. George, UT, Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, hwsj@seniorgames.net, senior-games.net

October 21, 2017 — 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, 10k, and 5k; costumes welcome!, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, pumpkinman.com

October 21, 2017 — Trick or Tri. St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 9 am and 2 pm. Indoor swim, outdoor run and bike legs., Aaron Metler, 435-627-4054, aaron.metler@sgcity.org, sgcityrec.org

October 28, 2017 — Southern Utah Triathlon. St. George, UT, Sprint and Olympic. Held at Quail Creek Reservoir, Joe Coles, 801-335-4940, joec@onhillevents.com, southernutah-triathlon.com, onhillevents.com

November 4, 2017 — Telos Turkey Triathlon & 5K. T3TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center, 665 W Center Street, Shaun Christian, 801-769-3576, 801-678-4032, shaun@t3triathlon.com, Nicholle Deniro, 801-769-3576, nicholle@t3triathlon.com, t3triathlon.com

CHECK OUT THE TOP 10 WAYS
HOW NOT TO GET HIT BY A CAR @
UTAHBIKINGLAW.COM

Free consultation with
top-rated attorneys
and cycling enthusiasts
801.599.9058

HK
HOOLE & KING L.C.
LAW OFFICES

Alabama Shakes • Modest Mouse • Courtney Barnett • R.E.M.
The Beatles • Death Cab For Cutie • Leon Bridges • Neil Young
The Cure • Wilco • The National • Ryan Adams • Van Morrison • Beck
Elvis Costello • Edward Sharpe & The Magnetic Zeros • The Shins
Paul Simon • David Bowie • Wilco • Tom Waits • The Black Keys
The Pretenders • Talking Heads • The Rolling Stones • Iron & Wine
The Kinks • The Clash • Radiohead • Lord Huron • The War on Drugs
Bob Dylan • Nathaniel Rateliff And The Night Sweats • Bob Marley
Led Zeppelin • My Morning Jacket • The Flaming Lips • Kurt Vile
The Decemberists • Arcade Fire • The Grateful Dead • Bon Iver

90.9 FM **krcl**
COMMUNITY CONNECTION • MUSIC DISCOVERY • KRCL.ORG

BICYCLE COLLECTIVE
HELP US GET EVERYONE RIDING

Donate, repair, or pick up a used bike. Volunteer with us to learn mechanics.

OGDEN - SALT LAKE CITY - PROVO - WESTMINSTER bicyclecollective.org

MECHANIC'S CORNER

A Guide to Dropper Posts



A well sized dropper seatpost. Photo by Tom Jow



The air valve is located under the seat clamp. Photo by Tom Jow



labeled near the bottom of the shaft. The most common sizes for mountain bike are 30.9 and 31.6 millimeters. Common lengths are 350 and 400 millimeters, measured from the bottom of the shaft to the seat clamp. The dropper seatpost has a third measurement, the drop or travel. Travel length varies from 100 to 150 millimeters or more. The longer the travel, the longer the seatpost. The ideal seatpost length has very little of the main seatpost extending out of the frame at the maximum extension when the seat height is at the proper level for climbing.

Finding the right length seatpost can be tricky. Small and medium size frames may not have enough seat tube to accommodate every seatpost. If the frame has a curve in the seat tube or a suspension pivot attached it could interfere with inserting the seatpost far enough to obtain the proper seat height. A good tool to measure this is the old seatpost. Gently slide the seatpost in the frame as far as it will go. Measure up from the seat tube collar 30mm and place a piece of tape there. Remove the post and measure the distance from the bottom of the post. Now let's pick a seatpost. For example a 335mm dropper seatpost has 100mm of travel. There is a 30mm collar at the top of the main shaft. Therefore, there is 130mm outside the frame and approximately 205mm inside. The result? At full extension there must be less than 205mm required to be inside the frame. A 400mm post with 125mm travel needs approximately 250mm of space in the seat tube.

In addition to size, dropper seatposts come with the option of external or internal (stealth) cable routing. The first dropper posts had external routing because there were no frames with internal routing. Now, nearly every mountain bike frame has internal routing for the seatpost. The only reason to purchase a post with external routing is if the frame does not have internal routing, which is probably more than 4 years old.

The seatpost is operated with a handlebar mounted remote lever. This remote opens and closes a valve

which allows the rider to compress and extend the seatpost. Most dropper posts only have one option for placement of the remote. This could be right side, left side, under bar or over bar. If possible, it would be a good idea to test out a variety of remote styles to see what feels best. When making this decision, keep in mind how many shifters are on the bike. If it's a 1x system, remote location is a no brainer. It's on the left. On a 2x system, no matter if it's right or left it must be over bar.

Installation and Maintenance

Once a seatpost is purchased please follow this advice: read the instructions. Every brand has a detailed method for measuring and installing the cable housing or line. Also, each brand has specific way that the cable is required to be adjusted in order for the post to work properly. In most cases, a cable operated dropper requires 1-2mm of movement in the remote lever. The RockShox Reverb is unique because it is hydraulically actuated. This allows the benefit of an adjustment on the remote for the speed at which the post drops and extends. It is, however, not uncommon for this adjustment to be set to full slow, effectively locking the post in position.

There are a couple things to remember to keep your dropper seatpost working properly. One thing is do not lift the bike by the compressed seatpost. This will risk dislocating the upper shaft seal inside the chamber. The seatpost will then no longer extend fully. Also, as a moving part, the dropper seatpost requires maintenance. Keep the upper shaft clean.

Like a suspension fork, there is a seal that can be damaged by dirt. Air pressure is what makes the post extend back to full height. Check it once in awhile and follow the manufacturer's recommendation for air pressure. In addition to this simple maintenance, most manufacturers recommend a major servicing every 50-60 hours or so. Also remember that because it is a moving part, there will be movement between the two parts. It is not uncommon for there to be 1-2mm of up and down movement of the post. Likewise the upper shaft may wiggle a little bit side to side. If the movement is outside this range, contact the place of purchase or the manufacturer to file a warranty claim. Be aware that a post that has not been serviced according to recommended time tables, the claim for warranty may be denied.



A collection of remotes. Photo by Tom Jow



An underbar mounted remote. Photo by Tom Jow

It really seemed unnecessary at first, but having a seatpost that can be adjusted to the for the terrain while riding has been a great idea. It may also seem like a complicated purchase and installation, at least for the do-it-yourselfer. The benefit however is huge. Every rider wants to have fun. For beginner, intermediate and expert, this one component will allow each rider to attack difficult terrain with confidence. Being able to ride with more confidence means more fun. This is why you need one.

Got a bike question? Email Tom at runnerrunner.rider@gmail.com

By Tom Jow

Every few years or so there is a bicycle component that changes the way people ride. Take front suspension for example. Before that mountain biking on rough pretty much rattled your fillings out. Then came rear suspension. Then disc brakes. Do you see what I'm get-



A universal remote, right or left. Photo by Tom Jow

ting at? Technology can make our riding experience much more enjoy-

able. The most recent "gotta have it" component is the remotely adjustable, or dropper, seatpost (I know, it's been more than a few years). If you haven't seen one, it's a seatpost that, with the press of a button, can be adjusted to allow a rider to adjust their seat height for the terrain. It allows for using full height for climbing and flat ground or low and out of the way for downhill and technical terrain. Sound too good to be true? Yes. Do you need one? Very likely. Why do I need one and how do I purchase the correct one?

Believe it or not, the idea of lowering the seatpost for going downhill is not a new idea. This is one reason mountain bikes were always equipped with a quick release seatpost clamp. It allowed the rider to be able to lower the seat for downhill and technical terrain without fishing around for a tool. By lowering the seat, the rider is able to lower their center of gravity for maximum traction and stability at downhill speeds. Having the seat lower also provides room for the rider to adjust their position in technical terrain. When jumping and riding steep drops the seat is of the way and the rider can move around as much as is necessary. This added stability and room to move provides additional control and confidence for all riders in all terrain.

Choosing the Right Post

The first step in purchasing the correct seatpost is determining the diameter and length. Almost every seatpost has the diameter and length

GEAR RUSH
ONLINE GEAR
CONSIGNMENT
GEARRUSH.COM

coffee garden
We're in Cahoots!
9th & 9th

and SamWeller's too!
254 So. Main

DIRT FONDO

Windy day, Record Field, and Record-Breaking Time at The Wild Horse



Riders head out for the 31 mile Little Wild Horse. There were 71 finishers in the Little Wild Horse and 102 finishers in the 76 mile Wild Horse. Photo by Barbara Engers

By Chris Magerl

Breanne Nalder is a road racer. She was part of the Team Time Trial at the 2015 UCI Road Worlds. A few weeks before The Wild Horse she was completing the Tour of the Gila road stage race, and a few weeks after The Wild Horse she completed the Tour of California road stage race. But she was on the start line of The Wild Horse on May 6, ready to churn out 76 miles of dirt and gravel around the Cedar Mountain Wilderness in Tooele County.

"I had blast getting off road!" said Nalder. "It's such a fun change to get out of a high-speed peloton and roll around in the dirt with other amazing cyclists."

The day was going pretty well

for Nalder, who turned the fastest women's time up Hastings Pass and Rydalch Pass, the two climbs that determine the KOM/QOM at The Wild Horse. By the time she rolled into the third aid station, at mile 56, she had been told by other riders that she had a significant gap to the second place woman.

"This was my fatal mistake," said Nalder "I'll admit I got a bit confident and decided to stop at the last feed station and have a soda. I never get to stop in races so thought if others do it must be normal, right? I had plenty of time, right?"

Nalder drank a Coke. She filled her bottles. She snacked and chatted with the aid station volunteers. Then she saw Jeanette Petersen pedaling up the road, past the aid station and past Nalder.



Jeanette Petersen was the fastest woman in The Wild Horse, crossing the line in 5:07. Photo by Barbara Engers

"So I jumped on my bike and started motoring. Five minutes later I looked down and I had left both of my bottles at the feed station. Let's just say the next 20 miles we're not pleasant!" said Nalder. "I never caught Jeanette, and give her all the credit for riding a great steady race."

Petersen went on to win The Wild Horse in a time of 5:07, which placed her 10th amongst the 102 finishers of The Wild Horse. Nalder rolled in about five minutes later.

"This was only my second endurance race I've ever entered," said winner Petersen. "I just ride and race for fun while trying to set personal goals."

Petersen was on her full suspension Cannondale Scalpel MTB. "Not the lightest set up but I was definitely having more fun on the descents and could go a lot faster than my competition."

Meghan Sheridan, last year's winner and the only woman to go under five hours in three years of The Wild Horse, said her early season fitness couldn't match 2016. "Due to the high winds, the Wild Horse was extremely tough this year and a big early season accomplishment!" said Sheridan.

The men's race saw a fast guy miss the start, a strong group go off the front, several brave solo chases and more than a few flat tires at crucial moments.

Jamey Driscoll, an elite level CX racer living in Park City, arrived in Delle 12 minutes before the start. "I could have scrambled, but knew that I wanted to be prepared for that kind of adventure," said Driscoll. The ride started, and Driscoll was not there, heading out about ten minutes behind. This led to multiple riders commenting on being passed by Driscoll looking like he was riding a rocket. Driscoll turned the screws on Hastings Pass, the first long climb, and thought that he might be able to work his way up to the leaders as he let it rip down the back side of Hastings.

Then he flatted. Chase over. He did go on to win the KOM, completing each of the two timed climbs more than one minute faster than the second-place man.

"After the flat, I rode it differently, since I was alone. I was saving something for the KOM. The other riders didn't have my effort to gauge off of," said Driscoll.

On the front, Roger Arnell, the winner of the first two editions of The Wild Horse, was in a small group motoring away on Hastings, along with Christoph Heinrich, Chris Stuart and Erik Harrington. As they neared the top, Heinrich eased off, a small gap opened, and Heinrich was left to chase hard on the descent, at one point hitting 45 mph. On gravel. On a CX bike. He passed Harrington early in the descent and caught the two leaders at the bottom, just after they turned south, into the teeth of a hard headwind.

"Now there were the three of us, working well together into the headwind," said Heinrich. "Surprisingly, Erik made it back into the group as well, after he soloed into the head-



Riders in the Little Wild Horse make their way along the dirt roads that circle the Cedar Mountain Wilderness in Tooele County, about one hour west of SLC. Photo by Barbara Engers



Breanne Nalder nears the finish line in The Wild Horse. Photo by Barbara Engers

wind for probably 30 minutes, a very impressive effort."

Then Harrington flatted. He would not see the lead trio the rest of the day, and would go on to finish fourth.

On Rydalch, the second long climb at the southern end of the course, Stuart took off and was off the front alone, a strong tailwind pushing him toward the finish, about 30 miles north. Heinrich chased solo, frequently seeing Stuart in the distance, and eventually catching and passing Stuart with about 20 miles to go. Then Stuart flatted, but Heinrich didn't know it, and spent that final 20 miles expecting to see Stuart come back up to him at any moment. Heinrich pushed hard, finishing in 4:27, shattering Arnell's course record by about nine minutes. Stuart pedaled in seven minutes later, and Arnell finished third. "Overall another great day and race!" said Arnell.

In the 31-mile Little Wild Horse, Brennon Petersen dropped Aaron Phillips a few miles from the finish and cruised in at 1:48:49, a course record. "After the sand pits me and Aaron actually saw a bunch of wild horses," said Petersen. "It was super cool but sadly I couldn't stop and take a picture." Brennon Petersen, a rider on the Canyon Bicycles Elite Jr. Devo Team, is the son of Jeanette Petersen, the women's winner of The Wild Horse.

In the women's Little Wild Horse, Jennifer Cherland crossed the line first, ahead of 17 other women in the shorter distance.

The Wild Horse benefits the Utah League High School MTB Scholarship Fund. In addition to a



Christoph Heinrich smashed the previous fastest time at The Wild Horse, becoming the first rider to ever go under 4:30. Heinrich took home a \$100 bill and earned an extra \$250 for the Utah League High School MTB Scholarship Fund, courtesy of TrueNorth Wealth Financial. Photo by Chris Magerl

contribution to the Scholarship Fund, all of the aid station volunteers and most of the finish line crew were Utah League folks, who received a contribution directly to their respective programs.

Second place finisher Stuart referred to his day as "a lot of type-2 fun."

"It will be an event I'll want to do in 2018," said Stuart.

And for CX stand-out Driscoll, making the start with time to spare will be on the to-do list for the future. "The course is definitely for real. I will be trying to get a different bike for future editions," said Driscoll. "I wanted to balance the position that I would be semi-comfortable in, but real MTB tires would be helpful. And maybe some suspension."

MOUNTAIN BIKING

The White Rim - Around Again



The author's glove-covered feet and equipment, near Hardscrabble Bottom (December 1989). Photo by Martin Neunzert

By Martin Neunzert

we try to re-center from the little detours chance puts in our path. Here's a little story that encircles medicine, perseverance and evolving

They say life's what happens as

Saturday Cycles
 605 N. 300 W. SLC, UT

Get outside and get rolling.
 Adventures await.

www.SaturdayCycles.com
 801. 935. 4605

COMMUTE * TOUR * ADVENTURE * TRAILS



Martin Neunzert near the top of the Shafer Trail with the support vehicle (November 2016. Photo by Travis Laker

bicycle technology and chronicles three trips on the White Rim Trail in Southern Utah taken over the last 29 years.

December 1989:

CRAAAARACK-ACK! The sound yerked me from half-sleep and echoed around the Wingate Sandstone cliffs, unseen above me in the darkness. What the...? It sounded like a rifle shot! In the middle of the night? At Hardscrabble Bottom, deep in the heart of Canyonlands National Park? When I had gotten my permit to camp on the White Rim, the ranger had chuckled and said, "You're on your own!" to my query about there being anyone else in the area. I shivered the rest of the night away, and at first light threw everything into the panniers and rode as fast as I could to the sun. Once I got a good look at the Green River, I could see what had made the noise: Long shelves of ice had formed along the banks. When the water level dropped during the night, the shelves snapped off violently.

I had never been so cold. I had stripped my equipment well past the

point of comfort—just a summer-weight synthetic sleeping bag and a bivy sack—in order to carry enough water. That night it was 14 degrees in Moab. The photo is of my feet wearing my heavy gloves in an attempt to get some feeling back into them.

September 2015:

A modern treatment for leukemia is to kill off the patient's bone marrow, chemically, then rebuild it using stem cells from a suitable donor, my brother in my case. Although a miraculous procedure, the recipient's body feverishly, literally, tries to reject the transplant. I ran a 104 degree fever for four days yet I felt intensely cold. Even under heated blankets, my uncontrollable shivering was so bad at times they gave me Demerol just so I could sleep for short periods.

November 2016:

PD and I stopped next to a woman standing at the edge of one of the uppermost switchbacks on the Shafer Trail. East of our toes, the road dropped 1,300 feet to the White Rim. A whooshing sound behind us

caused us all to whip around. A guy on a mountain bike flew by. Nobody spoke for a few seconds, watching. "Can you believe he's doing it in flats and tennis shoes?" the woman asked the sky. "He forgot his cleats this morning." I turned slightly and half-stepped toward my bike so she couldn't see my platform pedals and light hiking shoes. Then she was gone, too, and silence returned, in its enormity. I muttered "Try that with partial vision loss, anemia (only two-thirds the amount of red blood cells of normal), osteopenia, chemo-brain, persistent left-side weakness, and, depending on who you talk to, sleep apnea, elevated creatinine level and residual PTSD."

"I know who the real hero is," PD said quietly.

Two switchbacks lower, we stopped again as some vehicles were bunched up. Young Dude asked "What kind of bike is that!?" His tone of voice hovered between complete incomprehension and incredulosity, as if he had only seen a lugged-and-brazed frame used as a rusty bike rack, bolted to a sidewalk outside a bike shop.

CACHE VALLEY CENTURY
 COMMON GROUND OUTDOOR ADVENTURES

A BENEFIT RIDE FOR PEOPLE WITH DISABILITIES

MILE OPTIONS Saturday, August 26th, 2017
 35 • 60 • 100 Richmond, UT

www.cachevalleycentury.com



Candlestick Butte, from Murphy Hogback, December 1989). Photo by Martin Neunzert

“It’s an antique...” I said, politely leaving unsaid the part that it was state-of-the-art before he was born. It was bikes like these that blew open the whole mountain biking industry. Want to see it? Go to the parking area at the Slickrock Bike Trail above Moab and find the little interpretive sign at the south end that provides the history of the Trail. Mine’s a twin to the one in the photo, except silver.

We weren’t out to be the first or to break records. After all, websites for bragging about your accomplishments wouldn’t go on-line for another twenty years. I wasn’t even sure mountain biking in the desert would be practical: Too hot, too big, too sandy. But with each experience, we gained confidence and efficiency, always dreaming of future adventures.

December 1989:

Somewhere near Candlestick Butte, a movement and clattering of rocks caused me to skid to a halt. A mature desert bighorn ram had come partway down a shaly slope, our paths crossing by incomprehensible randomness. He intently studied me, perhaps confused by my bull moose handlebars. I was in awe, and a little jealous. Until then, I had felt smugly autonomous, carrying all my water for four days, yet he thrived in this

environment, sculpted by evolution, sustained by the instinctive drive to survive.

November 2016:

“Thank God for disc brakes!” another woman said, grinning and letting gravity take her easily down the fun descent off Murphy Hogback. I wondered if she knew what center-pull brakes were. I was confident they were capable of locking up the wheels even when loaded with all my camping gear and nine quarts of water. Then as now, logistics are the real challenge of cycling the White Rim. My first time around, I chose to do it solo and self-contained. I had managed to cache a gallon at Potato Bottom, but failed to place another near Monument Basin. But when the opportunity came, I adapted by figuring out how to carry enough and going when it wasn’t hot. Not once did it occur to me to mooch water the way modern bikepackers sometimes do, mostly because I truly value self-sufficiency, but partly because there was no one else.

Out by the Black Crack, I stopped to take in the expansive panorama, from Ekker Butte to the Buttes of the Cross. “You’re riding a non-suspended bike?” Mister More-Brand-Logos-Than-Spokes asked, pulling alongside. I laughed because I could

see he was in too much of a hurry to listen to me explain why I wasn’t on my full-suspension off-road recumbent, so I just answered, perhaps a little too flippantly, “Oh, I’ve been doing this for 30 years, I don’t know what the big deal is.”

“Well,” he replied, “It makes a big difference to your forearms!” and he flapped his hands as if he was shaking water from them. I flashed back to my initial days in rehab. After six weeks of immobilization from pneumonia and a stroke, my muscles were so weakened that my joints, particularly my knees and hips, would separate when I tried to relax or sleep. I don’t mind telling you I had never felt such exquisite pain. It got so bad I asked for Oxycodone several times. That was kind of scary in itself. My physical therapists thought I was working extra hard in the gym to get back on my bike, I just wanted to build up my strength to stop the pain.

But in the present, I watched him sprint away, no doubt a drum-machine-and-synthesizer soundtrack playing in his mind like in the bike porn videos. I sincerely hoped he would someday learn the value of developing skills, tenacity and patience...

When PD had invited me to ride the Rim again, I was terrified. It had been six months since I had tried to ride a diamond-frame bike, and that attempt had ended in a crash. But he refused to accede. I think my physical therapists had secretly gotten to him and persuaded him to find ways to get me back on the horse. I seriously considered moving him to the “ex-friends” category. Nevertheless, I was deeply curious to see if anything had changed in two-and-a-half decades. Fundamentally, no, nothing has. One still feels very insignificant



Martin Neunzert somewhere near the White Crack (December 1989). Photo by Martin Neunzert

out there in the vastness. But when I dragged into camp that evening at dusk, I sensed something was different.

Not just the breeze rustling the yellow cottonwood leaves, not the position of a cactus spine, definitely not the enduring sandstone that changes only imperceptibly during a human’s lifespan. No, it was I who had changed.

Cancer (and its treatment and complications) had, for a time, taken away my freedom, my sanity, my dignity, my hair, my balance, my mobility, strength, even my appetite, leaving me only with my determination. Now everything I do is, in some way, therapy in the long fight to return to some level of normalcy.

Just last week one of my docs mentioned she was amazed at how well I handled 22 days in the ICU, horribly uncomfortably proned, with what felt like a garden-hose-sized ventilator tube jammed down my throat. Inspirational tenacity? I’m not sure. I just did what it took to get through it. Perhaps there was an element of luck. One of the nurses in the ICU where they took me to after my stroke told me “In the six years

I’ve worked here, you’re the only one who has survived the combination of acute myeloid leukemia, a bone marrow transplant, pneumonia and stroke.”

And I learned so much. Like genetics, the insane complexities of medicine or about being a professional patient. Stuff I never wanted to know that will now haunt me forever. Never again would I take for granted the profound compassion and intrinsic nonjudgmental nature of the myriad of people who helped me along the way. Or to be able to just jump on a bike and ride. Or to sleep under the rotating stars.

The White Rim Trail is a classic and deservedly popular 100-mile loop, mostly in Canyonlands National Park, mostly off-pavement.

Martin Neunzert is a long-time cyclist and tourer. He cycled the White Rim in 1989, 1990 and 2016 and has completed many other on- and off-road adventures along the way. He is now likely seen around Ogden, Utah, on his recumbent trike.

August 19, 2017
Cedar City, Utah
 Utah's Premier Dirt & Asphalt Races

GRAVEL GRINDER
 CYCLING

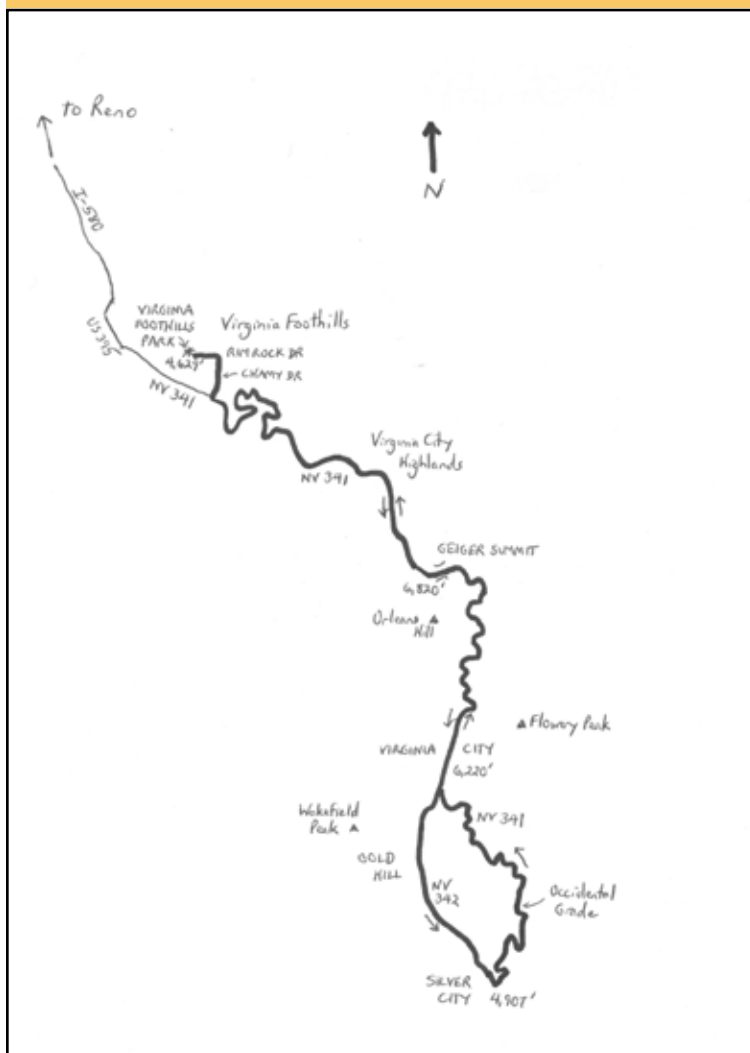
GEDAR CITY
FIRE ROAD
100K UTAH
 EST. 2017

Climb over 7500' to vistas overlooking Zion National Park with giant aspen groves and Kolob Reservoir. About 85% dirt and 15% pavement. 100K and 60K options.

GravelGrinder.com **PLANET ULTRA**

RIDE OF THE MONTH

Reno Area's Geiger Grade to Gold Challenge is Full of History and Climbing!



south of Reno. When travelers think of Nevada, most of them are drawn to Las Vegas. But, Reno was the "original" Vegas, until the latter's aggressive growth overtook the former. Actually, both cities were predated by Virginia City, which was a center of activity during the decades following the discovery of gold in the California Sierras. Gold rushers bypassed the Virginia City area at first, on their way to California's golden foothills. California's gold rush began in 1849, and by 1851 prospectors were already looking eastward for more lodes. The story is too long for this article, but, by 1860 – following the discovery of the Comstock Lode, as well as silver amongst the gold – some 10,000 persons were flooding into Virginia City. The town was lawless at best, with shortages of water and other staples, and substandard living conditions – but plenty of booze and bullets.

By 1876, Virginia City's population hit its peak, at 23,000 – which was half of Nevada's population at the time (Nevada became a state in 1864; prior to that, the area was concurrently considered to be part of western Utah and eastern California). By the turn of the century, as the excitement of mining waned, folks were packing up and moving on to other adventures. Mining of the Comstock Lode continued through the mid-20th century, however, keeping the town alive. Then, thanks to a television series – "Bonanza" -- the Cartwrights managed to pique plenty of folks' interest in Virginia City's history. Fast forward to today, and Virginia City entertains several million tourists per year. The town is chock full of museums, histori-

cal buildings, recreations, and other great attractions. As for cycling to Virginia City, please be prepared for the occasional lumbering tour bus making its way up the winding climb to the mother lode, from Reno.

As noted above, the ride starts south of Reno, in the community of Virginia Foothills. Although, as Reno grows, this community is more a part of than "south of" the city. To get there, head south from central Reno on I-580. At Tahoe Junction, exit southward onto U.S. 395 (South Virginia Street), followed by a left turn onto Nevada State Highway 341 (NV 341), also known as Comstock Highway. Turn left onto Western Skies Drive, followed by a right turn onto Reading Street, and then a right turn onto Spelling Court, which leads to the park. Begin the ride on the south side of the park (starting elevation: 4,629 ft); head east on Rim Rock Drive, followed by a right turn onto Chamy Drive. Head south on Chamy to NV 341; turn left, and start the climb up Geiger Grade! My memory may be incorrect, but this or a nearby climb may have been ridden in an edition of the long-defunct Coors Classic, some 30 years ago. Three-time Tour de France winner Greg LeMond was from Reno, perhaps cutting his teeth on this road, so you may be visiting some of cycling's hallowed ground!

The climb up NV 341 is relentless, at an average grade of just under 5%, eventually reaching Geiger Summit (elevation 6,820 ft). From here, it is a gradual descent, and then short climb into Virginia City (elevation 6,220 feet). The route continues straight through town – the ride along Main Street may be slow, with plenty of parking maneuvers and crossing pedestrians. Ease your pace through here, and take some time to look around. Some of the tourists may even be pointing at you (!). The ride returns to town, heading the other way, so you can stop either now or then. Heading south of Virginia City on NV 341, the highway descends precipitously. In fact, watch your speed, as it is a very fast downhill. There is a rest stop on the right, about one mile south of town – time to refresh, particularly if it is hot. Keep right at the junction with NV 342 – you are now on NV 342. The next point of interest is the town of Gold Hill (elevation 5,820 ft). During its heyday, around 1870, 8,000 persons lived here. Most were sharing in the spoils of the Comstock Lode, similarly to Virginia City. Gold Hill has not been preserved as well as Virginia City, but a few historical buildings still stand, including a Bank of California, dating from 1862, and the Gold Hill Hotel, dating from 1859 (well, the façade; the rear section was rebuilt in the 1980s).

The next town is Silver City (elevation 5,060 feet), which sprouted adjacent Devil's Gate in the late 1850s. The Gate is actually a pair of lava rock formations having a narrow passage; the highway just barely ekes through. In fact, make sure that you have lateral clearance, in case a motorist attempts to put "the squeeze" on you. Back in the

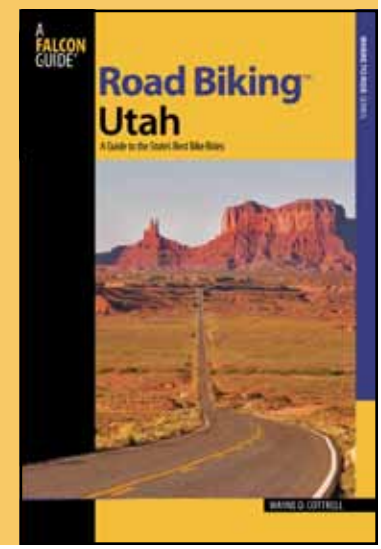
day, tolls were collected at the Gate. Certain desperadoes would effectively take all of one's possessions as a toll! Silver City, like Gold Hill, has not been fully preserved, but there is an old post office, and a cemetery. Just south of Silver City, carefully turn left onto NV 341, also known as Occidental Grade. Note that you have descended to 4,907 feet, 1,313 feet lower than Virginia City – it is now time to reclaim that elevation! NV 341 is not quite as steep as NV 342 through here, and is actually the preferred truck route. So, again, be prepared for the occasional large truck lumbering up the winding highway. Mt. Grosh will be on your right as you climb, named after a pair of brothers who were the original founders of the Comstock Lode.

At the end of the Occidental Grade, bear right to continue heading into Virginia City on NV 341. Now may be a great time to stop, before starting the fast descent back to Virginia Foothills. No lock? Then, keep riding; but, make sure to return, with your motor vehicle, to spend some time exploring. The highway descends for about 80 ft or so, before starting the final climb back up to Geiger Summit. From there, the elevation drop to Virginia Foothills Park is just under 2,200 ft.

GPS coordinates (Virginia Foothills Park): 39.401600oN 119.726000oW

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

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



By Wayne Cottrell

The Geiger Grade to Gold Challenge is a history-laden and hilly(!) road bike ride near Reno, Nevada. The 37-mile ride features a climb up to and then through Virginia

City, followed by a loop (descent and climb) on Virginia City's south side, and then a rapid descent to the starting point. The cumulative amount of climbing is a fitness-testing 4,260 ft. The ride starts in the community of Virginia Foothills, located just east of Tahoe Junction, about 11 miles

**The Journey -
Continued from page 3**

want anyway? A deeper experience.
Now allow me to tell you about the last time I rode to my favorite restaurant. My commuter bike is my comf, it was parked in its usual

location in my backyard leaned up against the wall. I had little thought as to what to wear, or how I was going to get there. It's 3.5 blocks away. Not much of a journey by anyone's calculations, but I grabbed my bike, walked out the front gate and began pedaling like I have so many times. The breeze was pleasant on



It's not always about the gnar, sometimes it's the small things you find along the way. Photo by Lukas Brinkerhoff



In a car, it's just a bumpy, dirt road. On a bike, it's an adventure. Photo by Lukas Brinkerhoff

my face, I nodded hello to the family that lives on the corner who are always outside enjoying the evening. We rolled up to what I assume is reserved parking because it's always open for me, locked up my bike and walked the last few feet into Benja's Thai. It was not an epic feat by any measure, but it felt like an adventure. It was satisfying to ride past all the parked cars, see the couple coming out and the look of wonder on their faces as we pulled up. I can't help but believe that the wife was jealous, wanting that for them, riding bikes just to ride or taking a walk. I smiled to myself as I watched them load up and drive away. It was probably just my imagination, but I swear I could see a look of regret, as if they had missed some opportunity but they weren't sure what it was.

Was my food any different than theirs? No, probably not. I can't say that I enjoyed it more, because I have no idea how much they savored what they ate. I can only go off my own experiences and those have taught

me that driving to the restaurant takes something away. Instead of being a micro-adventure, it's just another outing in the car. Just another convenience that I bought with hours of toil and that didn't fill my soul, but only my belly.

Taking an adventure, one that requires you to transport yourself in the way we have evolved, under your own power, hurts. There is effort required. You will sweat, your legs will burn and you will most likely want to stop at some point. You can't skip that part. It isn't the goal, but is what makes the end worth it. If we always jump to the finish, the race won't ever be ran and the finish is pointless, empty, just one more instance of feeling buyer's remorse.

Can you be awe inspired by the sight of a beautiful landscape when getting there was easy? Sure. I never said you couldn't. However, the end destination should never be your goal, experiencing the entirety of the journey and the reward of arriving, that is worth the pain and will inspire

a much deeper respect and awe for where you are.

**Support Your
Community
Bike
Magazine!**

**What's on your
mind?
Send your feedback
and letters to the
editor to: [dave@
cyclingutah.com](mailto:dave@cyclingutah.com)**

Thanks for 32 Years!



Retirement Sale!
Bikes, Skis
Clothing!
Huge Discounts!

Wild Rose Sports
702 E 3rd Ave, Salt Lake City, UT
wildrosesports.com
801-533-8671