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## HEALTH

**Once You Lose Weight, Can You Keep It Off?**By **Nancy Clark, MS RD CSSD**

*"I lost 10 pounds and vowed to keep them off, but no such luck. I'm so discouraged."*

*"I reached my goal weight, then BOOM, I regained it once I stopped dieting."*

*"This is my 3rd time losing 40 pounds..."*

If any of those stories sound familiar, you are not alone. Research suggests dieters tend to regain lost weight within five years, if not sooner. This includes many fitness exercisers and athletes who struggle to stay at a goal weight.

If you are fearful of regaining your hard-lost weight, this article will help you understand why maintaining lost weight takes effort. Paul MacLean PhD, Professor of Medicine & Pathology at the University of Colorado School of Medicine, has carefully studied weight regain. He notes three reasons why dieters regain weight: biology, behavior, and environment:

1. **Biology:** The body has a strong biological drive to regain lost weight, as noted with increased appetite and a slowed metabolic rate. As backlash from dieting, the body learns to store fuel very efficiently as fat.

2. **Behavior:** After three to nine months, dieters tend to be less strict with their low-calorie diets; they often report they have hit a weight plateau. Despite self-reported claims they are diligently dieting (yet only maintaining weight), these dieters

can become discouraged and less adherent. (Note: Diligently dieting anecdotes are hard to verify.)

3. **Environment:** We live in an obesogenic environment with easy access to ultra-processed foods, a sedentary lifestyle, and chemicals that contribute to weight gain including those found in upholstered furniture, pesticides, cosmetics, and who knows where else. Weight is far more complex than self-induced over-eating and under-exercising!

- When adding on exercise, some people lose weight and some gain weight. Exercise alone does not guarantee fat loss. Exercisers who lose weight tend to keep the weight off if they stick with their exercise program. High levels of exercise are linked with greater success. That's good news for athletes who train regularly! That said, a fine line exists between compulsive exercisers (who exercise to burn off calories) and athletes (who train to improve their performance). Fear of weight gain can impact both groups.

- Questions arise:

1) Is weight maintenance more about being compliant to a restrictive eating plan than to exercise?

2) Do those who comply with a strict diet escape weight-regain?

3) Are exercisers more likely to stay on their diet?

4) Does exercise create metabolic adaptations that favor maintaining lost weight?

**Research with rodents**

Finding answers to these questions is hard to do in humans because of biology, behaviors, and

environment. So MacLean turned to studying formerly obese rodents who had lost weight by being put "on a diet" and then were allowed to eat as desired for 8 weeks. Some weight-reduced rodents stayed sedentary while others got exercised.

- Fancy cages accurately measured the rodents' energy intake and energy expenditure. MacLean was able to see how many calories the rodents burned and if they preferentially burned carbohydrate, protein, or fat for fuel.

- The exercised reduced-obese rodents ate less than the sedentary rodents and they regained less weight. Exercise seemed to curb their drive to overeat, meaning they felt less biological pressure to go off the diet. With exercise, their appetites more closely matched their energy needs.

- Exercise promoted the burning of dietary fat for fuel. Hence, the exercised rodents converted less dietary fat into body fat. They used carbohydrate to replenish depleted glycogen stores. Note: Carbohydrate inefficiently converts into body fat. That is, converting carb (and also protein) into body fat uses ~25% of ingested calories to pay for that energy deposition. To convert dietary fat into body fat requires only ~2% of ingested calories. Given the calorie-burn of exercise plus the metabolic cost of converting carbs into body fat, the exercised rodents regained less weight.

- The sedentary rodents ate heartily and were content to be inactive. Their bodies efficiently converted dietary fat into body fat; they

used carb & protein to support their limited energy needs. They easily regained weight.

**The Depressing News**

When followed over time, the longer the rodents were weight-reduced, the stronger their appetites and drive to eat got. When allowed to eat as desired, they quickly regained the weight. "At least people, as compared to rodents, can be taught to change their eating behaviors to help counter those biological pressures" noted MacLean. For example, people who have lost weight can stop buying fried foods, store snacks out of sight, limit restaurant eating, etc..

More depressing news. Most of MacLean's data is from reduced-obese male rodents. Exercised males showed less weight regain than did exercised females. The female rodents seemed to know they needed extra energy to exercise, so they ate more and regained weight. MacLean states we need more research to understand the clear differences in the biological drive to regain weight.

**A glimmer of hope**

The best way to maintain weight is to not gain it in the first place. Yes, easier said than done (as stated upfront), but at least athletic people who maintain a consistent exercise program can curb weight regain. We can also change our behaviors to minimize weight regain by prioritizing sleep, curbing mindless eating, and choosing minimally processed foods.

Ideally, the sports culture will change so that athletes can focus

less on weight and more on performance. It's time to acknowledge that athletes, like dogs, come in many sizes and shapes. Some athletes are like St. Bernards, others are like Greyhounds. A starved St. Bernard does not become a Greyhound, but rather a miserable St. Bernard.

By fueling your genetic body type and focusing on how well you can perform, you can enjoy being stronger, more powerful—and likely can still meet your sports goals. When being leaner comes with a life-long sentence to Food & Exercise Jail, you might want to think again?

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (Newton; 617-795-1875). Her best-selling Sports Nutrition Guidebook is a popular resource, as is her online workshop. Visit [NancyClarkRD.com](http://NancyClarkRD.com) for info.



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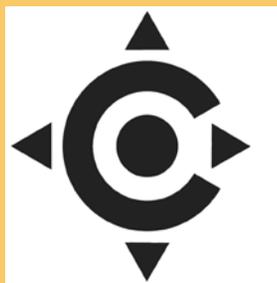
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**GRAVEL BIKING**

**Biking the Bosque: Gravel Grinding Along the Rio Grande in Albuquerque**

By Don Scheese

"Bosque is Spanish for forest and in the Southwest, the term refers to a riparian forest situated along a river." — Pattiann Rogers, Home Ground: Language for an American Landscape, ed. Barry Lopez

"From the forbidding obscurities of the mountains the Rio Grande emerges again and again into pastoral valleys of bounty and grace. These are narrow, at the most only a few miles wide; and at the least, a bare few hundred yards. In such fertile passages all is green, and the shade of cottonwoods and willows is blue and cool, and there is reward for life in water and field. But always visible on either side are reaches of desert, and beyond stand mountains that limit the river's world." — Paul Horgan, Great River: The Rio Grande in North American History



Continued on page 10

Riding thru gallery forest. Biking the Bosque. Photo by Don Scheese

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**SPEAKING OF SPOKES**

**My Friend Paul**



Paul loaded down. Photo by David Ward

By David Ward

On March 14, 2022, on a beach in Santa Monica, California, Paul Spilker dipped his rear wheel into the Pacific Ocean and commenced pedaling east, his ultimate goal being to dip his front wheel in the Atlantic Ocean several weeks hence. Paul is not alone in deciding to ride across this beautiful country of ours. But he is certainly one of the oldest to do so.

In August, Paul will turn 80 years old. So right now, he is a spry 79. He must have decided to do this before turning 80 as he might then be too old. Kidding, of course! For most, 79 is indeed too old for such an effort and adventure. And that he could do this at all is especially remarkable given that just a year and a half before (October 2020), Paul was involved in a cycling acci-

dent which broke his pelvis and two pubic bones, and which caused an inguinal hernia that was repaired the following January (2021). For six months, Paul was unable to ride either his bike or a trainer. Now, just a year later, here he is doing a cross-country bike tour.

I met Paul in 2017. We have a small group that rides together frequently, and we train yearly for the LOTOJA, some to ride it solo and others as relay teams. Paul joined our group that year to train and ride with people who would work with him during the LOTOJA to help him become the oldest rider to finish it.

As we hadn't ridden together this past winter, I hadn't seen Paul since last fall. I only learned of Paul's plan just days before he started. I discovered he would be riding across northern Arizona about the time my wife, Karma, and I would be driv-

ing down to Fort Worth. I thought it would be nice to ride a day or two with Paul, so I contacted him, and things worked out for us to meet up in Winslow, AZ on Monday evening, March 21. Karma graciously agreed to provide sag support for us.

The next morning, after off-loading Paul's bike packs into the car, we set out from Winslow under a bright blue sky but in a cool 40° F. We first rode through Holbrook which reminded me of Radiator Springs in the movie, "Cars". As we entered, we stopped for photos of the Wigwam Motel, the inspiration for the Cozy Cone Motel in the movie. From there, we rode to a parking lot just outside of the Petrified National Forest where Karma met us for lunch.

It was nice to finally arrive there. After leaving Holbrook, we caught a northerly cross wind that we fought for the next 30 miles, thankful for the shelter and draft we provided each other. At this point, we had covered 60 miles, and we were equally grateful for the excellent lunch Karma prepared and provided us.

After another 22 miles, for a total of 82 miles, we arrived at our motel in Chambers. Given this was my first ride over 30 miles since last October, I was especially glad to be here. Later that evening, my legs were cramping and I felt a bit nauseous. I was really cooked. But I finally fell into a good sleep about 1 a.m., and awakened refreshed and ready to ride.

Paul was also ready to ride. Being over a week into his adventure now, he was used to these long



David Ward and Paul Spilker arriving for lunch at Petrified Forest National Park. Photo by Karma Ward



Julie was also doing a loaded cross-country tour. Photo by David Ward



Karma and Paul. Lunch at Thoreau. Photo by David Ward

mileage days. Before setting off, Paul, Karma and I met for breakfast at which time we ran into another cyclist, Julie, who was also doing a loaded cross-country tour. She had set off a week before Paul and was taking a more leisurely time to cross the country (if you can ever describe pedaling a loaded bike on a cross-country tour as "riding leisurely").

Paul and I set off from Chambers and headed to our next destination, Gallup. I had learned during the night that there was a weather pattern that was pushing strong winds from north to south. That explained the wind we fought the day before and, sure enough, we fought again and were glad both days for the shelter and draft we could provide each other.

We were also glad for the wonderful lunch spread Karma again

provided us, this time in Lupton. We arrived at a rest stop to find a fully laid out picnic table with delicious wraps, Karma's "power balls", chips, candy and, for me, a Coke.

By the end of the day, we were in Gallup, NM, having ridden a "meager" 55 miles. It seemed meager, especially to Paul, as he was putting in 80 - 100 miles a day. But I was glad for the shorter day and felt much better than I had after yesterday's 82-mile ride.

As I was feeling better, and as we had the time, Karma and I decided to stick with Paul for one more day. This day, we rode 62 miles to Grants, NM, crossing the continental divide in the process. But we now had a mild tailwind and a fairly gentle climb up to the divide, so it was a fairly easy day. Karma again provided us a marvelous lunch spread,

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**Paul Spilker at the Atlantic Ocean. Photo by Jeff Favero**

this time at a picnic table in front of, appropriately, the Senior Citizens Center in the small town of Thoreau.

At the “Continental Divide” marker, we met and had a friendly chat with Steve, a motorcyclist from England, who had purchased, five years before, a BMW motorcycle in Boston and was coming over every year to tour the U. S. for several weeks. In between, he would find someplace to store his motorcycle till his return the following year. However, he had missed the previous two years, due to Covid, but was now back on track.

Seeing new and amazing sights and meeting interesting people such as Julie and Steve are the highlights of a bike tour. Paul has continued to meet up with many interesting and helpful people, and see many unique and interesting sights, in the weeks he has journeyed across our great country.

Sadly, we now had to leave Paul. So, we took him to dinner and then sent him off the next morning, his

grateful for Karma’s sag support and lunches. She did send him off with a bag of her “power balls” which he loved.

Along the way, Paul has also had great support from family and friends. Shortly after we left him, and in a surprise move, Paul’s son Sam, who lives near Houston, Texas, and Sam’s family surprised Paul in Amarillo, TX, sporting t-shirts that said, “Go Grandpa! From Sea to Shining Sea”. Sam rode two days with his dad while Sam’s wife and family provided support and transported Paul’s bike packs. Paul was also able to spend Easter weekend with another son, Ben, and his family in Shelbyville, TN as well as his wife, Anne, who flew in from Salt Lake so she and Paul could spend the Easter weekend together.

On April 30, Paul dipped his front wheel into the Atlantic Ocean at Virginia Beach, VA. My broth-

er, Nick, also a part of our riding group, met up with Paul to ride the last couple of days with him, with Nick’s wife, Nancy, driving sag. At the beach, Paul was greeted by his nephew and his wife, Randall and Angie Wood, who live in Virginia Beach, and by Paul’s daughter and her husband, Teresa and Jeff Favero, who flew in from Ogden, UT, to cheer Paul at the finish and celebrate his remarkable accomplishment.

It is an amazing feat for a man of 79 years. It takes a combination of an active lifestyle, good health habits and, perhaps as much as anything, good fortune and good genes to reach Paul’s age with that kind of strength and ability. I am “only” 71, also live an active lifestyle and have fairly good health habits. But I have had two hip replacements and enough surgeries, major and minor, to need both hands to count them. And as I feel my body slowly but

certainly losing the battle with time, I am uncertain if I would be able to duplicate Paul’s feat when I reach his age.

But Paul has also faced health issues and challenges, and yet here he is. He is an amazing man.

Oh, and that LOTOJA we helped him ride? He did finish it, only to discover that a man about three months older had also finished. But he is going to give it another go this year. And with all these cross-country miles in his legs, he just might do it.

*For those wishing to read it, a day-by-day account of Paul’s journey was maintained by his daughter, Becky on Facebook. (<https://www.facebook.com/paul.spilker.7>)*

*Paul is raising funds for Huntsman Cancer Institute. On his Facebook page you can donate to his cause, if you desire.*

**Adding Bike Lanes Can Reduce Car Speeds**

Adding a bike lane not only can increase cycling, it can also lower auto speeds. That’s what the Waterloo Region of Canada outside Toronto found when it compared before and after data provided by Streetlight Data, a traffic monitoring firm. Streetlight collects information on traffic via monitoring movements of trackable devices such as GPS and cell-phones. During the COVID pandemic, biking became popular, so Waterloo placed barrels to create temporary bike lanes in town.

Both a study based on the data and a traditional camera count found that bike riding along one road studied for a test increased about 40 percent after the bike lane was installed, while auto speed fell 12-13 percent.

In another recent report, the City of Pittsburgh was able to overlay Streetlight data on auto, bike and pedestrian traffic with its own data on where crashes occur. It found, surprisingly, that the most heavily trafficked areas weren’t the ones where the most bike accidents were found. Rather, the danger zones were places with a specific problem, such as a blind curve, lack of stop sign or no sidewalk.

See [streetlightdata.com](http://streetlightdata.com)  
-Charles Pekow

bike loaded down once again. I felt sad leaving Paul. I felt I had been a help to him, and I think he was glad to have me along for a couple of days. But I know he was especially



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## BIKE RACING

## American Bike Racing is Broken. Can it be Fixed?



The pro women's field lines up to start the Sunset Loop stage at the Redlands Classic. Photo by Peter Abraham

By Peter Abraham

Recently, I drove out to the City of Redlands to watch a stage of the venerable Redlands Classic stage race. It's one of the longest-running bike races in the country. Started by the former mayor and some volunteers after the 1984 Los Angeles Olympics, it was a tool to revitalize the city's downtown area. It grew and grew and along the way has hosted many top international riders and teams and become a staple of the domestic bike racing calendar. But since its peak about 10 years ago, road racing in the US has been on a steady decline. I decided to get out to the races and take the temperature of the sport.

First, let's define "bike racing." I'm talking about road racing, separate from gravel, cyclocross, track, bmx and mountain bikes. This is what the public mostly perceives the sport to be: The Tour de France, lycra, European roots. And I have to ask: Is this sport relevant in the US anymore? To what extent does it exist? Who participates? Can it even be brought back? And does it matter — do we need traditional bike racing here as a sport?

The sport of cycling reached its zenith in the American public consciousness in the early Lance Armstrong era, circa 2001. For many, many reasons the sport has been on a gradual downward slide since then. There are currently only three US races aligned with cycling's global governing body, the UCI: Tour of the Gila, the Walmart Joe Martin Stage Race and the new Maryland Cycling Classic. All of the World Tour cycling teams are based in Europe, and increasingly so are the smaller American teams. Why would the Human Powered Health team (with a World Tour women's team and lower level Pro Team men's program) schlep all the way back to the States for two small stage races in May when they have much, much bigger events in Europe?

I would argue that road bike racing is important, but it badly needs to evolve in the US. The sport is currently stuck in a 1970s model that is dated and unappealing to younger generations that we need. The top end of the sport is the one that's seen around the world, the Tour de France, the Olympics, the World Championships. I love all forms of bike riding, including the non-competitive ones, but it's uniquely

inspiring to have American athletes racing in the world's biggest races. There are lots of ways to play basketball as well, but one cannot deny the excitement of watching NBA players go head to head in the playoffs. Or watching World Cup soccer. The pinnacle of any sport is empowering and exciting.

Here's my 10-point prescription to improve bike racing's chances of survival in the US:

### 1. Understand current tradewinds in sport participation

For the past 16 years Google Trends has shown a steady decline in all keywords related to bicycle racing, except the term "gravel cycling." Endurance sports popular with baby boomers have been on a downward slide for a long time. Not pictured here but suffering from the same decreasing participation (at least until the pandemic): golf, tennis and marathons. Let's be honest about what's appealing to bike riders and what's not. The younger generation wants social first and competition second. Traditional bike races and triathlons are prioritized for the opposite. Gravel races, however, have nailed the social/community/fun/inclusion angle and are therefore booming. So what can road racing learn from gravel?

### 2. Beware the Boomer Bubble

I was born in 1963, so I'm right on the cusp of the baby boomers and Gen X. I started racing my bike in high school, had a chance meeting with Greg Lemond while he was training in my little town North of San Diego, and I've been on my bike ever since. I followed his meteoric European career, then watched the American rebirth of bike racing in the late 90s/early 2000s. I participated in masters road racing in my 40s and now I love gravel events.

I'm part of the "boomer bubble" that's moved through the sport. When I raced as a junior, fields were regularly over 100 in my races. That's unheard of now. When I raced as a 43 year old masters rider, fields were really big as well. Race fields



My one and only international stage race, as a high school senior in Tijuana, 1981. The President of Mexico, José Lopez Portillo, fired the starting pistol and my teammate John Brown won the race. Photos courtesy Peter Abraham



Arielle Miller in Los Angeles. Photo courtesy Arielle Miller

for riders younger and older than me were smaller. But I was in the bubble. And now that I ride in gravel events, my 50-59 age group is often the biggest field in the race. I recently participated in the excellent Huffmaster mixed gravel/road event in Northern California, and my 50+ field was much bigger than any others. My "old guy" bubble is not going to be racing bikes much longer. So what fills the void when we're out of the sport?

### 3. Help create events with newer, younger & more diverse leadership

The same boomer bubble also describes many of those who organize bike races, run sanctioning bodies, own the media channels and bicycle brands: It's mostly a bunch of old, white men. Not entirely, but this describes the majority. Is it any wonder that the participants at bike races look like everyone else in leadership positions in the sport? Should we be surprised that while the country has gotten more diverse, more digital, younger and into different sports that bike racing has been stuck in a 1985 time warp? No, we should not. (Full disclosure: I'm part of this problem, as a middle aged white dude in the sport.)

### 4. Experiment with different race formats

I look at the tried-and-true stage race template of time trial/road race/criterium and I ask, "Why?" I think if you asked most race directors why they stick with this format they'd say, "Because it's the way it's always been done." But is this the best way forward? Road races are logistically complex and expensive to put on and time trials are exciting neither for participants nor spectators.

Criteriums work on the other hand, because they're spectator friendly, easier to broadcast and operationally simpler than longer events. Here in LA we have the CicLAvia open streets event, which has seen over 1.6 million participants in 12 years. Could one of their events be combined with a bike race? What about a road+gravel stage race? Could we start an eBike Zwift league in high schools? This is part of a longer discussion, but the point is this: why are we not creatively exploring other avenues for the sport?

### 5. Collaborate closely with NICA to build pathways into other areas of cycling

NICA (the booming high school mountain bike racing league) is great, and it's onboarding many teenagers onto bikes and competitive endurance sports. I'm a huge fan of this initiative. And if you look at Americans racing professionally in Europe — Kate Courtney, Megan Jastrab, Sepp Kuss, Kevin Vermaerke — most of them started in this league. But that is somewhat accidental, as there is no formal connection between NICA and other forms of cycling. Why can't we build a pathway to road racing, criteriums, gravel, and college cycling? If you compare cycling with track & field, you can quickly see how broken the cycling development path is: Almost every high school in America has a track (and probably cross country) team. If a student wants to keep running at the next level, there are approximately 1,000 college track programs in the US. While NICA is growing fast and creating opportunities for high school kids to race bikes in over 30 states, the next level is almost non-existent. That development pathway needs to



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Cycling announcer and story teller Brad Sohner. Photo by Peter Abraham

be built from scratch.

### 6. Rebuild College Cycling

College cycling as currently organized is broken and set up to fail. It doesn't look much different now than it did when I raced for the UC Davis Aggies cycling team in the early 80s. I recently was speaking with some members of the UCLA cycling team over coffee. They were sharing with me how challenging the college cycling landscape is: most teams are all-volunteer club sports with students who may not be able to afford equipment and have to organize and promote their team's bike races. The UCLA team explained that a recent race at another school had been canceled because the team just could not pull off the logistics. It's too much to ask. As a college student, it's hard enough to get out and train let alone manage and build a team and organize logistically complex events. While there are a few well-funded varsity programs (Lees-McRae, Marion University, Fort Lewis College are examples), these are few and far between. As long as college cycling is a DIY club sport model, it is destined to limp along with no coaching continuity and a lack of centralized leadership at either the school or national levels.

### 7. Welcome beginners into the sport

While at the Redlands Classic race, I spoke to my new friend Arielle Miller of Velo Club LaGrange here in Los Angeles. I've ridden with that club on and off for years. It's a local institution. Arielle just got into cycling during the pandemic. She's incredibly passionate about it, and has already done a bunch of racing. But she and I spoke a lot about how cycling clubs generally do not welcome inexperienced riders. I've seen this first hand all over the country. Group rides are fast and intimidating. There should be group rides like that. As an experienced rider, I love them. But there should also be no-drop, slower paced rides with leaders and an emphasis on fun and learning. And many cycling clubs completely fail here. Imagine a ski resort with only black diamond runs that wonders why more skiers don't show up. That's what lots of club cycling looks like. Clubs should be much more focused on bringing in new riders, women, people of color and young riders.

### 8. USA Cycling needs to prioritize what it can realistically focus on

USA Cycling, the governing body of the sport domestically, has recently undergone a leadership change. Cycling business veteran and lifelong bike enthusiast

Brendan Quirk has taken the reins as President and CEO of the organization. I got to meet with him in person in Bentonville earlier this year during the World CX Championships, and I subsequently participated in a call he led for USAC coaches. I think the strategy he outlined then for the organization moving forward is smart:

- Re-energize American bike racing
- Expand and retain audience
- Deliver performance success
- Develop sustainable revenue streams
- Spearhead growth and diversity

The challenge is, how does he execute on all of these given the current trends in the sport? With limited resources, USAC can't fix every problem. So what do they focus on? And how do they balance the need to win medals now with the need to fill the pipeline and grow the sport at the grassroots level. I don't have the answer, but he'll only be able to succeed if he lines up enthusiastic support from all of his stakeholders. I'm rooting for him.

### 9. Help cycling events get better at media

Younger riders, whether from high school, college or in their 20s are media savvy and highly attuned to social media and sophisticated storytelling. How many cycling events are aligned with this? I spoke with bike racing announcer and broadcast producer Brad Sohner when I was at Redlands. He asked me, "How many cycling events are on TikTok?" The answer is almost none of them. As a media and marketing professional, I'm always looking at how brands, athletes and events execute on digital channels. And with bikes I'm usually shocked at how poorly the events communicate. I can sympathize with overworked volunteers who are just trying to get racers to the starting line, let alone put together a marketing campaign or communications strategy. I once had my own 5K/10K run as a sidehack, so I know how challenging this is. But if we want to invite new riders into the tent, we need to speak to them in their native language. Professional media and storytelling execution are both mission critical. A couple recent examples of bike race websites I've seen, the Joe Martin Stage Race and the Speedweek criterium series, had no news posted for months even though it was only weeks before the event or are missing the results.

### 10. Continue to make diversity and inclusion essential priorities in cycling

If there's one thing I've learned in decades of work with diversity programs, it's that no new communities will join a sport unless intentional onramps are built. The reason 30,000 kids are racing bikes with NICA is that the founders had the foresight and energy to do fundraising, train coaches, add new regions, build brand partnerships and more. It's taken a huge amount of work to get that program to where it is today. It will take even more work to create sustainable populations of women, people of color and LGBTQ communities in cycling. I love what Justin Williams is doing with his L39ion of Los Angeles team. I love that St Augustine's University (I worked with them) has created an HBCU cycling program. I love that Rebecca Rusch added a non-binary/trans division at her RPI

gravel race (I worked on this, too). I love what Triangle Bikeworks is doing with kids in North Carolina and how Silver Stallion is bringing bikes to Navajo Nation. I love what Grow Cycling is doing with pump tracks in cities. But combined, these initiatives and many others are less than 1% of the way to making bike culture fully diverse. And I still

see huge mistakes being made, like the new Maryland Cycling Classic launching a men's only pro race. I'm sure they eventually want to include women's teams, but why not now? Can you imagine a professional marathon kicking off with a men's only race? There's much, much more work to be done.

Peter started racing bikes in high school and has continued to ride his entire life. He also runs the Abraham Studio ([ABRHM.com](http://ABRHM.com)), which works with purpose-driven brands in sports, technology and health-care to find their voices and tell their stories. He lives in Los Angeles, California.

**COACHING**

**30 Minutes to Peak State: Upper Body Conditioning for Cycling**

By Pat Casey

Despite cyclists' immense focus on their lower body strength, stability, mobility, and endurance, they commonly neglect their upper bodies. However, postural alignment issues from complacent adaptations are the source for many common aches and pains while training and racing, and even in everyday life. This can be due to a perception that cyclist's don't "use" their upper bodies for pedaling, and therefore don't need to strengthen areas that don't directly push the pedals. Riders also express a reluctance to perform strengthening of the back, chest and arms out of fear of bulking up - gaining hypertrophy in muscles that will add weight to their lean physique. Cyclists are riddled with fear that they might do something to hurt their power to weight ratio. In other words, upper body strength for cyclists is a taboo.

Since the bike is not the most anatomically "accurate" position for the human body, it can exacerbate pre-existing issues in our posture. The impact of our jobs and lifestyle on our bodies do not fix themselves on the bike. Often, they get worse and they feed the cycle in other areas of everyday life. Modern technologies and work demands that plop us in front of a computer, phone, or other device for 40+ hours a week perpetuate forward head carry, which is a pervasive issue for neck pain and shoulder/chest tension. Not to mention the detrimental effects that being seated 40+ hours per week can have on the glutes and hamstrings, and on the compressed nature of the spine, hips and abdomen. Riders don't usually address these areas until there's an issue that's affecting



**Head Position and Strengthening the Neck.** Photo courtesy Peak State Fit

their riding experience. Regardless of an existence of issue, the complacencies in our posture and habitual movement patterns have an effect on our physiology and might be hindering basic neurological and biological functions.

Strength in the lats, shoulders, arms, and back body can dramatically improve our stability on the bike. Gaining strength can also improve recruitment from large core stabilizers which can also improve our power output. And finally, mak-



**Scapular Retractions.** Photo courtesy Peak State Fit

ing improvements in upper body strength and stability can also improve our ability to decompress the spine, ribs, and shoulders to breathe more fully and efficiently. Below are a few helpful upper body strength and mobility techniques you can begin working on to improve your posture, reduce pain, and add to your performance on the bike! We will start at the top of the axial skeleton: the head and neck. We will then work our way down to provide a few ideas for you to add into your training routine and hopefully help you address some of the nagging issues you might be dealing with on or off the bike.

Exercises to try out - if you have experienced a traumatic injury in the spine, or are currently in chronic pain, consult with a medical professional before trying any of these movements.



**Decompression of the Thoracic Spine.** Photo courtesy Peak State Fit



**Rowing.** Photo courtesy Peak State Fit

**Head Position and Strengthening the Neck:**

Stand up straight with your feet hip width apart. Get as tall as you can. Now, Pull your chin IN making a double chin. At the same time, lengthen through the back neck. Hold this position for 15 seconds. Relax and repeat.

**Scapular Retractions:**

Position your hands shoulder width apart on a resistance band. With your hands outstretched in front of you, clasp the band and pull it laterally away from the body. You will squeeze the mid back, right between the shoulder blades. Each rep, complete a count of 2 at the end range of the movement. Then slowly bring the band back to center.



**Push Up with T-Stabilization.** Photo courtesy Peak State Fit

**Decompression of the Thoracic Spine:**

Lying on your belly, extend your arms in a Y position overhead. Place your fingertips in a half sphere into the floor. Pull your chin back, create length through your back neck. Then on an exhale, press into your hands, elevating the elbows and pull from the fingertips as if you're trying to drag your body forward on the ground. You will feel your lats engage. Now repeat long, full breaths, each time deepening the pull of the hands overhead and try to breathe into the upper back between your shoulder blades.

**Rowing:**

Rows can be performed in a variety of ways. Maintain good spinal alignment and pull with your lats and upper back. Start out light to promote good form, or use resistance cords/bands to begin. Consider trying different hand positions more specific to your cycling discipline.

**Push Up with T-Stabilization:**

Perform a fairly standard push up: Position your hands about shoulder width apart, create pressure throughout your fingers. Lower down, engage, and press yourself back up with good spinal alignment. At the top of the movement, allow the feet to stack and open one arm towards the sky. Stabilize on this arm and control the movement going back down to a pushup position. Alternate for 10-20 repetitions or until you fatigue or cannot perform with good form.

Pat Casey is a USA Triathlon Level 2 Coach, CSCS, Team USA Age Group Coach, an author for Cycling West, and is co-owner of Peak State Fit in Salt Lake City, Utah. Pat's background as a Cat 1 cyclist sparked his consulting and coaching career. He uses his skills and knowledge to improve people's quality of life and realize their athletic potential through endurance sports.

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**MOUNTAIN BIKING**

**Trail Etiquette is About Respect**



Erica Tingey cornering. Photo by Alex Knight

By Erica Tingey

One side effect of a global pandemic is that trails everywhere have attracted record numbers of mountain enthusiasts during the past several months. The surge in trail users – including many novices – has led to increased injuries, collisions, and environmental damage. Because of this, now is a suitable time for a refresher on trail etiquette. Keep in mind that mountain bike access to trail systems is largely contingent on safe and respectful behavior, as well as cooperative relationships with other dirt surfers.

**Respect the yield triangle**

Mountain bikers often share trails with hikers, joggers, and animals on multi-use trails. Riders must yield to pedestrians and horses, and downhill riders should yield to uphill riders. Follow local rules where available, and always adhere to instructions for directional trail segments. Ride only trails that are open and legal.

**Respect other trail users**

If you want to pass somebody, communicate politely and well in advance. Call out “Rider up” or “on your left,” and wait until it is safe to pass – don’t be so focused on your Strava stats that you endanger others. Using a bell can also come in handy, as sometimes it can be hard to hear a bike approaching. When crossing paths, let others know how many are in your group. Move completely off the trail if somebody faster than you wants to pass, even if it stings a little that they are faster than you!

**Respect the landscape**

Ride only trails that are dry, as riding in mud can cause extensive trail damage. If mud is sticking to your tires, turn around and try to find another trail. Ride or walk through the center of puddles to avoid widening single-track trails and follow Leave No Trace principles – pack it in; pack it out.

**Respect your limits**

We all have an inner Danny Macaskill, but it’s important to

develop awesome bike techniques the old-fashioned way instead of sending it off five-foot drops the week after you start mountain biking. Always ride in control, and never take a corner blindly. Riding too fast or tackling features far above your skill level not only puts you at risk, but also other trail users and potentially Search and Rescue workers. A fantastic way to build your skill repertoire quickly is to take a class from a certified mountain biking coach! Always carry a first-aid kit and basic bike tools and know how to fix a flat.

**Respect the weather**

Be a self-sufficient mountain biker and come to the trail prepared. If you’re not familiar with the route, research the trail beforehand and carry a map (or download an app like Trailforks, Alltrails, or MTB Project). Check the weather in advance and avoid riding in dangerous conditions. Bring enough food and water for the journey, as well as proper layers for the weather. Showing up unprepared puts yourself and others at risk.

**Respect the trails**

Since it is spring in the West, the trails may LOOK like they are rideable, but you may actually ruin them by riding them. Be sure you check out your local trail associations that have up to date conditions for each area. In Park City, you can check with Mountain Trails Foundation and Basin Recreation. In Kamas, check with the South Summit Foundation. In Heber, check with the Wasatch Trails Foundation, and in Draper, the Corner Canyon Trails Foundation. On Facebook there is a page dedicated to trail conditions

around Utah, it is called “Utah Mt. Bike Trail Condition Network”.

Have fun and be an ambassador for mountain biking. Simple principles of courtesy and respect go a long way toward building a harmonious, healthy, and happy mountain community!

Stay safe out there and see you on the trail!

Erica Tingey is the head coach of Women in the Mountains, a mountain bike skills coaching company for adult women. She and her coaches hold clinics in Park City and St. George, Utah. For more riding tips and clinic information, follow @womeninthemountains on Instagram and check out our website, [womeninthemountains.com](http://womeninthemountains.com).

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**Biking the Bosque -  
Continued from page 3**

When cyclists think of the term “gravel grinding,” what probably comes to mind is an unpaved road or singletrack in some remote national forest or rural landscape. But cities offer opportunities for gravel exploration too. In Albuquerque, a metro area of some one million people, it is possible to find solitude and quiet in the forested oasis of the bosque along the Rio Grande, which divides the city into east and west sectors.

I’m told that this cottonwood forest is the largest of its kind in the world, with trees ranging from saplings to towering gnarly giants well past 100 years old. I bike the bosque in all seasons, at least once a week, and throughout the year the woods takes on different personalities, from jungle-like tangles in the height of summer to open gallery forest come winter.

There is a popular paved trail running north-south for fifteen miles on the east side (free of stop signs as it passes under seven bridges). But less well-known are the gravel and dirt trails closer to, and on both sides of, the river. The trails are twisty and, in a region where Big Climbs are the rule not the exception, mercifully flat. These paths less traveled by offer the unique opportunity, in a bioregion dominated by the brown Chihuahuan desert down low or by dark green coniferous forest at the higher elevations, of cycling for hours through a luminous green shelterbelt of deciduous trees in summer and a kaleidoscope of fall color come autumn. I discovered these trails by accident a few years ago, and they have become my preferred route when I venture to the Big City for a relatively mellow 20–40-mile ride.

I usually ride the trails on weekdays in the cooler hours of early morning in the summer, and the warmer hours of afternoon in other seasons. Occasionally, I meet a fellow recreationist—walker, runner,

equestrian, or fellow cyclist—for the most part, the trails are deliciously free of people, especially on the southern sections on both sides of the Rio. In a maze of trails, I’ve managed to find, by trial and error, the best through routes, avoiding the dead ends and sandy stretches where my machine and I bog down, forcing me to hike-a-bike. Originally carved out and ridden by mountain bikers, these unpaved paths are now frequented by cyclists riding gravel bikes.

I begin the ride at the north end of the bosque path just off Alameda Boulevard, warming up the first mile or so on the paved trail. After passing under Paseo del Norte Boulevard, a busy east-west freeway, I angle off onto dirt fire roads. Here I have a choice: take the singletrack south on the east side of the river all the way to the southernmost bridge at Rio Bravo Boulevard or cross the Rio on the cyclist/pedestrian bridge on Paseo to the west side singletrack trails. Usually I stay to the east, preferring to do a clockwise loop by returning on the west side

Almost immediately, I plunge into a cool green oasis under the towering cottonwoods. But this section, with its understory of tumbleweeds and puncture vine (known locally as goatheads), is notorious for causing flats. One more reason to go tubeless, I think to myself, even though that’s no guarantee of avoiding a softening tire.

It’s in this section that one encounters strange iron barriers, strung together with thick cable, which are a remnant from the pre-dam era of the Rio Grande. Before a series of dams were built upstream, spring floods were a regular occurrence, and I’ve been told these metal barriers (which look like anti-tank relics from WWII) functioned as debris-gathering devices which then served to hold more soil in place after the floodwaters receded. Nowadays, in the current 20-year Mega-Drought, with diminishing snowpack in the southern San Juan



**Metal barriers on the trail. Biking the Bosque. Photo by Don Scheese**

and Sangre de Cristo ranges, the river seldom floods anymore. It’s too nice a day to worry about Climate Change. So, for the next three miles I focus on the winding trail, through metal barriers and clumps of saltbush, before plunging into tamarisk thickets, an invasive species relentlessly trying to take over the bosque. Eventually the singletrack peters out and I have to emerge from the green canopy back onto the paved trail. I proceed for another mile or so until I pass under Montano Boulevard, the next east-



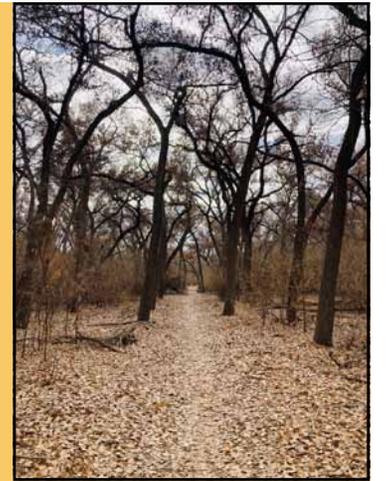
**A view of the Rio Grande and the Sandia Mountains from the I-40 bridge. Biking the Bosque. Photo by Don Scheese**

west crossing in the city.

Here the off-pavement sector takes on a different character. For the next 6 miles, as it passes through part of Rio Grande Valley State Park, the trail consists of relatively smooth, hard-packed gravel. It’s

wider too, and as my speed picks up I sometimes pass by walkers, runners, and fellow cyclists, who often access the trail from Rio Grande Nature Center—a gem of a resource in the heart of the bosque, with interpretive exhibits, friendly staff, and great big glass windows through which one can take in aquatic avian species as well as sunning turtles in the adjacent wetland.

There’s even a mile-long paved section here, called the Aldo Leopold trail, in honor of the patron saint of ecology who once lived in Albuquerque and the greater Southwest. Now come more walkers (often with dogs) and cyclists. Soon though I’m back on the “champagne gravel” (as we gravel grinders like to call such smooth hard-packed surfaces) on another winding section through a particularly fetching part of the bosque. The cottonwoods are of uniform medium age, there’s little understory, and the forest takes on a



**Gallery forest in winter. Biking the Bosque. Photo by Don Scheese**

classic ‘gallery’ look. apart lean heavily over the trail along some sinuous curves. It’s not a spot where one wants to encounter an oncoming cyclist, but it’s fun to take the corners at high speed while ducking under the tree trunks. Fortunately, I’ve rarely met another rider here. (Alas, the Cross Timbers are no more, as a recent windstorm toppled one of the cottonwoods, and a trail crew bucked up the massive trunk.)

After passing under the next bridge of Central Avenue (which divides the city north-south), the champagne gravel soon ends, replaced by more singletrack where roots of the dominant hardwood trees form the biggest obstacles (There are virtually no rocky sections in the bosque to traverse.) The alternative is to head closer to the river, but deep sandy stretches there prove to be un-negotiable for my 40mm tires. So, I bounce over the roots before soon coming to a wider gravel fire road. More gallery forest ensues, some of it unfortunately singed by recent wildfires started by homeless folk—a year-round danger in ABQ. Just the other day a woman with earlier arrests for pyromania, out on an outstanding warrant, ignited numerous fires again. Fortunately, the flames were quickly extinguished and the perpetrator re-arrested.

Another choice comes: continue straight on a narrowing singletrack, or turn right (west) for a slower, narrower, more challenging route through willow and tamarisk thickets very close to the Rio. I prefer this alternative because it is more solitary and fun to take on. Eventually the two routes merge once again just north of the next bridge, at (appropriately named) Bridge Boulevard.

If I had to identify one section as my favorite, this next one—from Bridge to Rio Bravo—is hands-down the one I most love to ride. Why? Because it’s wilder, more solitary, and offers the best chances of encountering wildlife of various

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**Cross Timbers on the trail before they blew over in a windstorm. Biking the Bosque. Photo by Don Scheese**

kinds. Plus, it's smooth singletrack all the way through diverse terrain: from mature cottonwood forest to scrubby brushland to jungle-like tangles of tall trees and low vegetation. The diversity of trees results in a diversity of fall color, from the golden leaves of the tamarisk and mesquite, to deep reds and oranges of vines and maples to, at last, the mellow yellow of the heart-shaped Rio Grande cottonwood leaves.

It's along this section that I've encountered the most wildlife. Porcupines in the trees, coyotes loping through the understory, and come spring and fall thousands of migrating sandhill cranes, ducks, and geese. Oh, how I love to hear the trumpeting calls of cranes and the clangorous honks of geese! That alone makes excursions through the bosque worth the effort.

So thick is the foliage at times that the best birding is by ear. I hear the plaintive drawn-out trill of the spotted towhee, the joyous cackle of robins, the alarm cry of a flicker, the spirited 'eh eh eh' of a nuthatch. The sounds of the city seem far away, interrupted only now and then by a passing plane as it descends towards the airport.

Someday I will go on a nocturnal cruise to listen for the hooting of owls.



**Trail bridge/Acequia. Biking the Bosque. Photo by Don Scheese**

Before leaving Rio Grande Valley State Park at Rio Bravo Boulevard, I pass by a Descanso—a funeral shrine to a deceased loved one, with white cross and colorful artificial flowers, erected by the family. I do not know the details of the death, but it is a solemn reminder of city troubles and the World at Large.

Crossing Rio Bravo bridge, I pass by another morbid reminder: a ghost bike erected by a local cycling club to mark the spot where a passing motorist struck and killed a cyclist. As if I needed reminding, the traffic on this four-lane highway moves fast and impatiently, and even though I'm riding on a wide shoulder I'm relieved to leave it behind after crossing the Rio.

My route is half-over as I now turn north onto more singletrack on the west side. This part of the route is wilder, more unkempt, as it passes under mature, gnarly cottonwoods and through numerous metal barriers. There are fewer recreationists along this stretch, so the solitude is

comforting, and magnificent views of the Sandias to the east emerge through gaps in the forest canopy.

There is a large homeless population in Albuquerque, and some of it spills into the bosque. On this stretch northward to Rio Bravo and Central Avenue I occasionally encounter homeless encampments, and I've run into police patrols whose job it is to break up the gatherings. Graffiti is thickly crowded onto the bridge abutments, more reminders that I'm traversing a natural corridor through an urban setting. Though I've seen some sketchy characters at times, no one has ever threatened me while riding through the bosque. I do carry pepper spray with me...just in case.

At Central I'm faced with another choice, since to my knowledge there is no direct west-side singletrack that will take me all the way back to and beyond I-40. So, I either have to cross on Central back to the east side and retrace my route or take the bike lane on Atrisco Boulevard which climbs some 300-foot to the I-40 bicycle/pedestrian bridge. I prefer this latter section, for both the climb and the views.

More evidence of homeless encampments at the I-40 bridge—abandoned shopping carts, blankets, trash, and other detritus of the transient and impoverished. "There but for the grace of God go I," remarked a cycling partner one time as we passed by this scene. Perhaps...I muse over Fate versus Free Will, Choice versus Determinism. As usual, there are no easy answers to



**Big Brown God of a River. Biking the Bosque. Photo by Don Scheese**

this vexing social problem.

Then follows a great descent down the I-40 pedestrian/cyclist bridge, with sublime vistas of the river and mountains. Always I stop at an overlook to take in the views of the ever-changing bosque, the Rio, and the Sandias.

Now I'm retracing my route back on the east side on the champagne gravel again, until I reach Montano, where I regain the paved trail, along a gushing acequia—one of countless irrigation ditches that run from the river to plots of farmland in the heart of Albuquerque. This is part of what gives the city a lovely pastoral quality amidst its brown desert and towering green mountains. The acequia is actually a cultural practice the Spanish adopted from the Moors as early as the 9th century and brought to the Americas in the 1600s. Of course, irrigation was a tradition long practiced by the Puebloans who have lived in the Southwest for thousands of years; the Spanish then went on to refine and institutionalize the tradition. Often times I will see anglers casting their lines in the acequia, and I'm told that the New Mexico Department of Game & Fish occasionally stocks the waterways with trout and other species.

Depending on my mood, I may cross back over on Montano to the west side and ride the singletrack all the way back to Alameda. This section is sandier though and depending on the amount of moisture recently fallen it can be tough to negotiate.

This past winter a rare snowfall (rare for the Mega-Drought we're in) descended on the city, and as a former Minnesotan who used to ride year-round on snowy paths, I couldn't resist putting on studded tires and layers of clothing to experience snow-cycling in New Mexico. What a treat it was to enjoy a white winter landscape on two wheels, if only for a day or two, in the bosque!

If I do ride this west-side stretch to Alameda, I'm likely to meet with equestrians, as there seems to be more horse-owners in this part of the city. Usually, they are women towering high on gorgeous steeds, and sometimes we stop to chat about the day. I'm always careful not to spook the horse, pulling off the trail well in advance. As the Navajo say, Go in Beauty.

At last, I reach the final bridge, recrossing the Rio at Alameda. When I return to the car, my Garmin informs me I've totaled thirty-four miles of delightful cruising. In ABQ, the only major Southwestern city to have an epic, year-round watercourse running through it, I'm grateful to have experienced this Geography of Solitude and Society in the urban bosque.

Oh, how we Burquenos love this Big Brown God of a River.

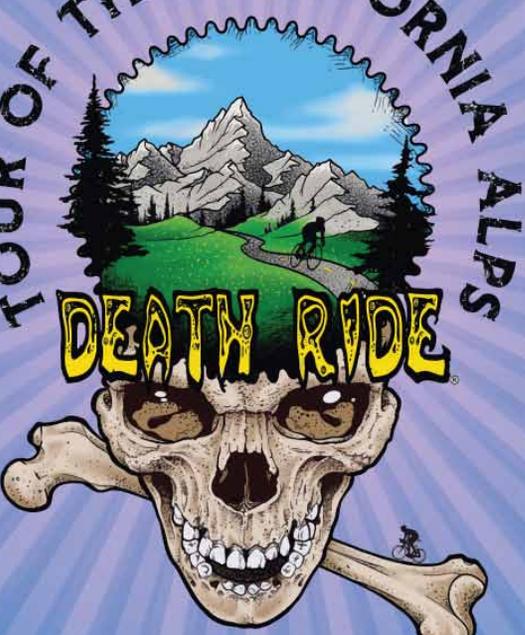
Don Scheese is an avid cyclist and retired professor of American Studies who once taught, among other things, courses on Lance Armstrong and Sport in American Culture.



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**RIDE OF THE MONTH****Chasing the Ghost of Jim Bridger: Three Great Wyoming Century Rides**

From the Alpine Junction to Flagg Ranch Resort ride. Photo by David Collins

By David Collins

Candidates for the most legendary mountain man of the 19th century surely include Jedidiah Smith, John C. Fremont, and Kit Carson. But scholars of the American West often top the list with Jim Bridger and although he died nearly 150 years ago, his ghost still roams the mountains, valleys, and endless canyons of Wyoming.

These three century rides criss-cross some of Jim's favorite stomping grounds. So don't be surprised if you find yourself thirsty, a little calorie deprived and looking twice over your shoulder because the first time you looked, you could have sworn you saw the old mountain man galloping by your side with a bunch of prime beaver pelts lashed to his saddlebags.

Excursions and explorations are part of the fun of unsupported bicycle touring at your own pace.

Mileage estimates are approximate and may vary depending on your tracking system and whims of the ride. Be sure to tell someone your plans and allow them to track your location using a smartphone or other device.

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

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



Cyclist on Alpine Junction to Flagg Ranch Resort ride. Photo by David Collins

Ready to ride? Not quite yet. First, learn more about Bridger by reading one of his biographies; I recommend J. Cecil Alter's Jim Bridger or Jerry Enzler's Jim Bridger: Trailblazer of the American West.

Now, it's finally time to fill water bottles, stuff gear bags, click in and start pedaling through some of Jim Bridger's Wyoming.

#### Riverton to Basin Route

North on Hwy 26 to Shoshoni, east on Hwy 20 through Thermopolis, then north on Hwy 433 in Worland. At the dead-end of Hwy 433, turn west on Hwy 789 to Basin. 115 Miles.

#### Terrain:

All paved. Bighorn River pathway, Wind River Canyon, steady rolling climbs and dips and extended flats.

#### What to See:

Historic Riverton, site of 1830s trapper rendezvous. Ghosts of Jim Bridger, Kit Carson and Moses "Black" Harris still ride the town breezeways (every summer Riverton hosts a re-enactment the annual gathering); Wind River Indian Reservation lands; Boysen Reservoir; Wind River Scenic Byway with the striking red and yellow rock of the Owl Creek Mountains, often speckled with mountain sheep; layers of rock marked with interpretive geological era signage; the world's largest mineral hot spring (according to Thermopolis signs); Wyoming

Dinosaur Center; remote rural farms and ranches, small townships and historic markers related to other Jim Bridger rendezvous points.

#### Selfies and Photo Ops:

Scenic Wind River Canyon is loaded with dramatic backdrops of cliffs, riversides and winding road shots; signs of geological interest throughout the Wind River Canyon; Thermopolis sites including: Smoking Waters buffalo sign, hot springs banks and river sites, Teepee Fountains, distinctive hill/plateau thumb sticking out of the valley (turn around to see it as you exit Thermopolis and climb the first ridgeline). Trail of the Whispering Giants Indian Brave statue near the turn in Worland; Welcome to Basin rock and timber sign; Big Horn County courthouse.

#### Wildlife:

Big horn sheep, elk, deer, mountain lions, bobcats, black bears, golden eagles, osprey and other raptures, lizards, snakes, foxes, coyotes, porcupines, and possums.

#### Best Post-Ride Eats:

Copper Corner Cafe. Good home cooking served on a flashy copper bar. A bowl of Copper Chili is hard to beat on a cold day, but if it's warm outside and you are sundrenched from the day's ride, tuck into a Rebel Burger and some Cloud Peak Nachos chased by a butterscotch or huckleberry milkshake and finished off with a homemade slice of pie. When there are few eateries to choose from in town, it can turn out to be a bad day. That's not the case in Basin thanks to The Copper Corner Cafe.

#### Still Have Legs, Lungs, and Sunlight?

Pull your sandals out of your saddlebag and hike Quarry Trail in Thermopolis. The one-mile loop begins and ends at Smoky Row Cemetery\*, located in the Buffalo Pasture. It's a short but challenging hike (beware of buffalo).

\*According to the town's visitor guide, Smoky Row Cemetery dates "back to the 1890s. Seated in a gulch east of Star Plunge, Smoky Row was living quarters for the hot springs' earliest western visitors. Among those buried there are: Mollie Koshear, who slipped over the falls into

the river; Augernose Jane; Jack Berry, an old soldier who dove into the first swimming pool and was killed; and a nameless woman, described as very large."

#### Two Park Centuries Back-to-Back

Yellowstone National Park officially turns 150 years old this year. Decades before that, the region hosted Jim Bridger and other mountain men who spread stories of its abundant wildlife, amazing mud pots, geysers, falls and other wonders. In 1929, Grand Teton National Park was created to protect the Teton Range and the lakes on the east side of the mountains. Bridger first visited Jackson Hole and the broader region of the Tetons more than 100 years earlier. These two rides flow through the area with grace and a little vigor at times, treating cyclists to some of the same sights and smells of JB's yesteryear.



Cyclist on Flagg Ranch Resort to Old Faithful Inn ride. Photo by David Collins

#### 1. Alpine Junction to Flagg Ranch Resort Route

Ride east out of Alpine Junction, on Hwy 26 to Jackson Hole, stay on Hwy 26 headed north out of Jackson, then turn north on Hwy 89 at Moran to Flagg Ranch Resort. 97 Miles.

#### Terrain:

All paved. Skirts the Snake River up the canyon on winding roads through Jackson Hole traffic over many climbs (total day's elevation gain of 3,913 ft.) and through flats and forests.

#### What to See:

Snake River with seasonal anglers, rafters, kayakers and wildlife cavorting in its chilly waters; banks of evergreen trees on sunlit slopes; stark cliff sides (cutaways to make room for the road); Jackson Square; National Elk Refuge just north of Jackson Hole; National Museum of Wildlife Art (even if you don't stop to go inside, briefly detour up the short access road to the building - it's worth the view of the elk refuge across the street below); stunning views of the Grand Tetons from more angles than you can imagine including distant majestic panoramas and close-ups from the shoreline of Jackson Lake.

#### Selfies and Photo Ops:

As you slip up the canyon from Alpine Junction, turn around and see the Snake River flowing down the canyon; dozens of other river backdrops from high above or down in the river bottoms next to the banks; Welcome to Jackson signs; the famous four corners of Jackson square adorned with huge walk-through arches made out of elk horns; Million Dollar Cowboy Bar on the square; National Museum of Wildlife Art statues and signs; giant lodge pole sign marking the entrance to Grand Teton National Park; Be Bear Aware signs and of course the Grand Tetons. There are so many Teton related photo ops it's a little ridiculous but don't get so spoiled with them along the way that you forget to snap a few.

#### Wildlife:

Grizzly bears, black bear, moose, elk, deer, mountain lions, otters, beaver, mink, bobcats, golden eagles, osprey and other raptures, trophy fish, lizards, snakes, wolves, foxes, coyotes, porcupines, and possums.

#### Best Post-Ride Eats:

Sheffield's Restaurant at Headwaters Lodge. It's a great breakfast joint to get you on your way for tomorrow morning's ride to Old Faithful. More about that ride later, but for now, let Elk medallions with huckleberry sauce or grilled

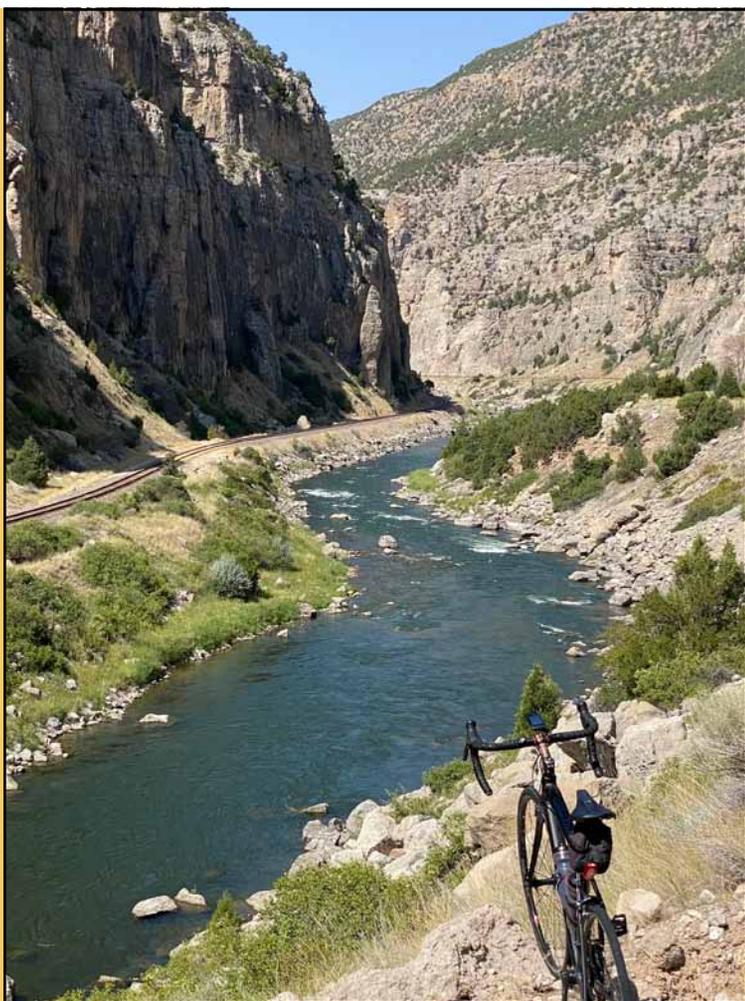
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Riverton to Basin ride. Photo by David Collins

salmon with miso ginger glaze and mango pico de gallo decorate your supper table. Foodie's food served in a casual lodge atmosphere without the snootiness you may expect when you see items like that on the menu. Needless to say, they serve quality proteins in suitable quantities for your recovery efforts from the long day in the saddle. Earlier in the day, you'll also get to choose from dozens of tasty nosh options in Jackson Hole to help fuel the rest of the ride.

**Still Have Legs, Lungs, and Sunlight?**

Pedal over to Teton Village just 13 miles east of Jackson; the views along the way are worth the detour and the resort area features a few easy stops for snacks, goodies, and keepsakes. Make a note to ride the tram up the mountain when you have some extra time (where you can eat tasty homemade waffles at the little alpine hut on the mountain top).

**Notes:**

1. There are multiple bike paths over several miles of the ride. They may be helpful but sometimes the grade makes them less desirable than staying on the highway.

2. Use extra care for a few miles just north of Hoback Junction due to narrow road conditions with little or no shoulders.

**2. Flagg Ranch Resort to Old Faithful Inn (around the big loop)**

**Route**

Ride north on Hwy 89 to West Thumb, turn east on Grand Loop Road and ride up and around the fat part of the loop until you reach Old Faithful Inn (with a required short detour to see the Grand Canyon of the Yellowstone). 109 miles. 4,991 ft total elevation gain.

**Terrain:**

All paved. Several notewor-

thy climbs and crossings of the Continental Divide, lakeshore flats and broad meadow crossings.

**What to See:**

West Thumb Geyser Basin; Otter Creek; Potts Hot Spring Basin; Yellowstone Lake shoreline; Bridge Bay; Lake Village; Lake Junction; Fishing Bridge; Hayden Valley; Lower Falls of the Yellowstone River; Artist Point; Grand Canyon of the Yellowstone; Canyon Village; Virginia Meadows; Norris Museum; Gibbon River Rapids; Chocolate Pots; Gibbon Geyser Basin; Beryl Spring; Iron Spring; Madison Junction; Cascades of the Firehole; Firehole Canyon; Fountain Paint Pot; Excelsior; Grand Prismatic Spring; Upper Geyser Basin; Old Faithful Geyser; Morning Glory - found at the end of a short walk on the boardwalks at Old Faithful.

**Selfies and Photo Ops:**

Welcome to Yellowstone signs; Continental Divide signs throughout the ride and every point mentioned in the What to See section above feature great photo backgrounds; in addition, pay close attention, because traveling at bicycle speed, you will find little gem photo ops missed by fellow park visitors traveling in cars and RVs. Perhaps you'll see otters in the creek (maybe even in Otter Creek), wildlife peeking out from the edge of the forest line of trees or fish swimming right up to the shoreline in the clear waters. And if you stop for a minute at Hayden Valley from your gear bag, you might spot a wolf or a bear or two across the valley. In any event, the valley offers unbeatable photo backdrops. There are so many other photo ops in the park, you might have to ration yourself so you can enjoy the ride in real time too.

**Wildlife:**

Grizzly bears, black bear, moose, elk, deer, mountain lions, otters, beaver, mink, bobcats, golden eagles, osprey and other raptors, trophy fish, lizards, snakes, wolves, foxes, coyotes, porcupines, and possums.

**Best Post-Ride Eats:**

The Old Faithful Inn Dining Room. Yes, the food is good but look up! The inside timber is impressive and the whole place gives off unforgettable vibes. Back to the restaurant; be sure to get reservations (they are only available to overnight in-park lodging and campground guests and can be made up to 60 days prior to arrival). The menu changes often and you usually have to visit the restaurant to see it. Their claim to provide good eats for "most any taste and budget" is true. They put out quality meats, sweet desserts, and other broad selections of delicious food. It's a casual meal in an unforgettable lodge with the world's most iconic geyser right outside.

**Still Have Legs, Lungs, and**

**Sunlight?**

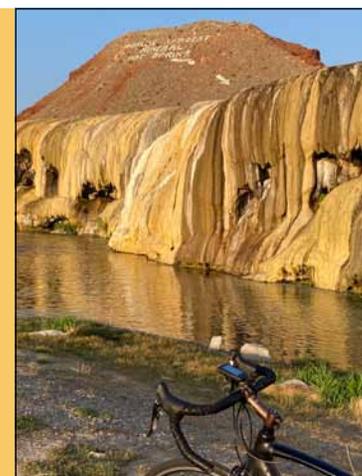
Turn north at Norris Junction and ride about six miles to Roaring Mountain. It's a large thermal area that has many fumaroles on the western slope that hiss and pop. It can be seen and sometimes heard from the road.

**Notes:**

1. Be bear aware throughout the ride.
2. Check road status before you go since some sections of the ride are closed in shoulder seasons and winter.

**Bridger Bonus**

Hungry for more saddle miles in Jim Bridger country? Check out the Bridger Valley Historic Byway in SW Wyoming. It's a 20-mile loop that includes Fort Bridger, Urie, Mountain View and Lyman. Plan to spend extra time at Fort Bridger. They have museums, markers and buildings that tell important stories about Bridger's life and influence related



From Riverton to Basin ride. Photo by David Collins

to historic trails that converge nearby including the California/Oregon Trail, the Mormon Trail, the Pony Express Route, the Transcontinental Railroad, and the Lincoln Highway.

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

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**MECHANIC'S CORNER**

**Tubeless Tire Puncture? Repair it with Bacon**

By Tom Jow

The current state of tubeless tires and wheels for mountain bike is so good that most riders rarely experience a flat anymore. That is, however, contingent on having the tires properly inflated, the proper amount of sealant in the tires, and avoiding sharp rocks that will cut the tread or sidewall. While tubeless tire sealant does a pretty good job of sealing small thorn and glass punctures, larger holes and ragged cuts do not seal well with sealant alone.

What does bacon have to do with it? Tubeless tire plugs, affectionately known as bacon, are small brown strips of rubber can be inserted into the puncture to reduce the hole size and encourage clotting of the tire sealant. It is a method that has been highly effective for repairing automotive tires for quite some time.

The tools required are inexpensive and the process is easy. A tubeless repair kit consists of an

insertion tool and plugs. Depending on the brand, a starter kit will cost approximately \$10 - \$30. A refill pack of 10 plugs will run from \$10 - \$20.

To repair the tire, install a plug onto the insertion tool. Insert the plug into the puncture, leaving slightly more than the tire tread height exposed. Remove the tool. Inflate the tire. Flip the wheel over so the plug is at the bottom. Shake back and forth to encourage sealant to seal around the plug.

Trail repairs, including tire punctures, often follow Murphy's law. They will occur when you are cold, tired, and hungry. If possible, practice in the comfort of your own home. Then you can have some edible bacon ready when the job is done.

Got a bike question? Email Tom at [1tomjow@gmail.com](mailto:1tomjow@gmail.com)



Tubeless tire repair kit with plug ready for insertion. Photo by Tom Jow



Insert plug into puncture, then remove tool. Photo by Tom Jow



A perfect candidate for a tire plug. Photo by Tom Jow



Flip wheel over to allow sealant to flow into the plug seal. Photo by Tom Jow

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**2022 Cycling Related Bills Pass and Fail in the Senate**

Eventually, it will become easier to go online and find where you can bike on federal land. In May, President Joe Biden signed the MAPLand Act, which requires the Interior Department, Forest Service and Army Corps of Engineers to compile a public database of recreational opportunities on their lands. The database will list trails, what vehicles are allowed on them (including specifying ebikes or non-motorized bikes), and what times of year each trail is open. The agencies get five years to put the data online. See <https://www.congress.gov/bill/117th-congress/senate-bill/904>.

In other legislative news, the Senate Committee on Energy and Natural Resources approved the

Outdoor Recreation Act (S. 3266), which would require federal agencies to conduct an inventory of recreational opportunities on their lands and consider future needs. They would have to examine where recreational opportunities may be increased. The efforts could include expanding biking. As of early June, however, the bill had not been readied for a Senate vote and no companion is pending in the House. See <https://www.congress.gov/bill/117th-congress/senate-bill/3266>.

But since the committee is split 50-50 among Democrats and Republicans, it failed on a tie vote to recommend the Colorado Outdoor Recreation and Economy Act (S. 173). The bill calls for creating

mountain biking and other recreational opportunities in the Tenmile Recreation Management Area. It would also allow bicycles only on designated trails in the Williams Fork Mountains Conservation Area and allow bicycles in parts of the Sheep Mountain Special Management Area.

The Senate can vote on the bill only if Majority Leader Chuck Schumer (D-NY) discharges the committee from the bill. A companion bill (H.R. 577) is pending before the House Natural Resources Subcommittee on Energy and Mineral Resources. Details: <https://www.congress.gov/bill/117th-congress/house-bill/577/related-bills>.

-Charles Pekow



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**ROAD RIDING**

**The Four Basic Rules of Group Road Riding**



The author and her husband at the start of Bike MS: Harmon's Best Dam Bike Ride. Those mass starts can be hairy! The author and her husband at the start of Bike MS: Harmon's Best Dam Bike Ride. Those mass starts can be hairy! Photo by Gregg Chapman

By **Jamie Morningstar**

It's riding season! The events are ramping up, the cycling groups (organized and disorganized) are planning their weekend rides, and everybody's stoked to get out on the road.

If you're relatively new to road riding, you may be feeling nervous about riding with a group or signing up for a big event. You want to be polite, you want to be able to hang, you don't want to break some taboo that you didn't even know existed. So, whether you've signed up for an event or you're meeting up with friends of a friend for a Saturday morning ride, here's the 101 of group riding.

**Rule #1: Signal.**

There are really only four hand signals you need to know: Left, right, stop, and pointing at obstacles. Signals are essential in group rides because it turns out other riders are terrible at reading your mind, you're not so great at reading their minds, and you're riding close enough together that you have limited time to figure out what other people are doing and respond. So, make it easy on everybody and signal.

Remembering signals is easy:

- Right or Left Turn: Point the direction you're turning. If you must, you can also signal right by putting your left arm up at a 90-degree angle, but, honestly, it's easier to just remember to point the way you're



Left turn signal. Photo by Jamie Morningstar

turning.

- Stop: Point down with your palm facing backwards. You can think of this like you're pushing the rider/driver/whatever behind you back.

- Pointing at obstacles: Just point at the weirdly divoted manhole cover, the pothole, the gravel, or whatever else might trip up a rider behind you. This is important because when riding with a group the riders behind you have a lot to pay attention to and may not be able to see around you to see the obstacle that's coming. So do them a favor and point it out.

There are a million other signals you can pick up along the way and look super spiffy (gravel, tuck in, come pass me and pull for a while, railroad tracks, etc), but if you remember these four you'll do just fine.

**Rule #2: Talk.**

This is basically an extension of Rule #1. Verbally communicate everything! You're riding in close proximity to somewhere between 2 and 2,000 people and you owe it to their safety and your own to communicate what's going on. This is especially true for the people right behind you - they can't see around you to know what's going on and they're depending on your signals and verbal cues to stay safe. And if it comes down to the question - should you use a hand signal or should you verbally call out what's going on? The answer is, why not both?

What should you call out? Basically everything. "Stopping" "Slowing" "Weird intersection ahead" "Right turn" "On your left" "Clear right" "Car back" "Car Up" - just say it.

Let's talk about communicating while passing. For the love of God, communicate when you're passing. I've had numerous close calls when I had no idea somebody was passing me on my left and didn't ring a bell, call out, or otherwise indicate their presence. That's just dumb. Be a good neighbor and call out "on your left" as you, safely, pass a slower rider on their left. If you're at the front of a draft line, call out your pass and let folks know there's a group behind you. Even if you're in the middle of a passing draft line, call out your pass. If you're at the



Right turn signal. Photo by Jamie Morningstar

end of the draft line, let folks know you're the caboose.

Occasionally you'll get somebody at an event who gets real touchy about you calling out that you're passing. I think it's something between them being mad that they're going slower (which is silly - ride your own ride and love it!) and because they think you're showing off. Their frustration does not give you the liberty or duty to endanger both of you - call out your pass every time. And, even better, call out your pass and couple it with a friendly, "good morning!" and a healthy dose of Rule #4.

**Rule #3: Draft. With care.**

You can save 15-40% of your effort on a ride by drafting, so drafting is awesome. You can also get yourself into a world of hurt as an experienced drafter or by riding behind somebody inexperienced.

Drafting is a great group-riding skill. If you want to learn to draft, watch a few of the ten million YouTube videos on effective and safe drafting and ask an experienced buddy to practice with you.

If you want to draft during an event or group ride (assuming an obvious peloton doesn't already exist), always ask somebody if it's ok if you hope on with their group or on their wheel. You want them to know you're there and be ok with your presence - for their safety and for your own.

Remember that in drafting, it's the follower who is the most likely to get hurt. "Touching wheels" (when the wheel of a drafter touches the wheel in front of them) is far more likely to go down than the bike in front. This is because it's much easier to recover from your back tire stopping (a skid) than your front tire stopping (usually resulting in an endo or end-over-end crash) or leaning into the front rider's rear wheel which can cause the follower's bike to lose steering and slide out. So if somebody is drafting off of you, be a courteous rider and avoid braking, coasting, or other speed changes as much as possible and use ample doses of Rule #1 and Rule #2. And if you are drafting behind someone, never overlap your front wheel with their rear wheel.



Another option for a right turn signal. Photo by Jamie Morningstar



Stop or slowing signal. Photo by Jamie Morningstar

**Rule #4: Connect.**

Cycling is this magical mix of independent effort and connected camaraderie. So enjoy it! When you see somebody with a smashing matching shoe-and-helmet combo, let them know you appreciate their style. Wish other riders on the trail a pleasant morning. If you pass somebody, give them a little cheer or let them know they're looking strong. Always compliment a cute or clever jersey design. Brighten somebody's day out there on the road and support your fellow cyclists.

There are a million other cycling rules, guidelines, niceties, and norms. You'll pick them up over time. In my experience, if you remember these four, you'll be a welcome addition to any group. Happy riding!

Jamie Morningstar is an avid cycle commuter, a passable roadie, and a spectacularly uncoordinated mountain biker who lives, works, and rides in Utah Valley.

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(801) 476-1600  
[thebikeshoppe.com](http://thebikeshoppe.com)

#### **Two Hoosiers Cyclery**

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

## DAVIS COUNTY

#### **Biker's Edge**

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

#### **Bingham Cyclery**

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

#### **Bountiful Bicycle**

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

#### **Bountiful Bicycle**

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

#### **Great Western E-Bikes**

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

#### **Guthrie Bicycle**

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

#### **Loyal Cycle Co.**

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

#### **Masherz**

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

#### **REI**

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

#### **Trek Bicycle Centerville**

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

## SALT LAKE COUNTY

### Central Valley

#### **Cottonwood Cyclery**

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

#### **Flynn Cyclery**

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

#### **Hangar 15 Bicycles**

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

### Salt Lake City

#### **Bicycle Center**

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

#### **BikeFitr**

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

#### **Bingham Cyclery**

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

#### **Contender Bicycles**

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

#### **Cranky's Bike Shop**

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

#### **Gear Rush Consignment**

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

#### **Go-Ride.com Mountain Bikes**

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

#### **Guthrie Bicycle**

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

#### **Highlander Bike**

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

#### **Hyland Cyclery**

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

#### **Jerks Bike Shop**

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

#### **Level Nine Sports**

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

#### **Pedego Electric Bikes**

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

#### **REI (Recreational Equipment Inc.)**

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

#### **Trek Bicycle**

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

#### **Salt Lake Ebikes**

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

#### **Saturday Cycles**

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

#### **SLC Bicycle Collective**

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

#### **Level Nine Sports**

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

#### **Sports Den**

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

#### **The Bike Lady**

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

#### **Wasatch Touring**

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

### South and West Valley

#### **Bingham Cyclery**

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

#### **Go-Ride.com Mountain Bikes**

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

#### **Hangar 15 Bicycles**

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

#### **Hangar 15 Bicycles**

11445 S. Redwood Rd  
S. Jordan, UT 84095  
(801) 790-9999  
[hangar15bicycles.com](http://hangar15bicycles.com)

**Flagstaff**

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

**Sedona**

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

**Thunder Mountain Bikes**

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

**Box Dog Bikes**

494 14th Street  
San Francisco, CA 94103  
415-431-9627  
[boxdogbikes.com](http://boxdogbikes.com)

**Tour of Nevada City Bicycle Shop**

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

**Dr. J's Bicycle Shop**

1693 Mission Dr.  
Solvang, CA 93463  
805-688-6263  
[www.djsbikes.com](http://www.djsbikes.com)

**Fruita**

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

**Over the Edge Sports**

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

**Hoback Sports**

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

**COLORADO**

**WYOMING**

**Jackson Area**

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

**Hoff's Bike Smith**

265 W. Broadway  
Jackson, WY 83001  
307-203-0444  
[hoffsbikesmith.com](http://hoffsbikesmith.com)

**The Hub**

410 W Pearl Ave  
Jackson, WY 83001  
307-200-6144  
[thehubbikes.com](http://thehubbikes.com)

**Teton Bike**

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

**Teton Village Sports**

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

**Wilson Backcountry Sports**

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

**IDAHO**

**Boise**

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

**Boise Bicycle Project**

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

**Custom Cycles**

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

**Eastside Cycles**

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

**George's Cycles**

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

**George's Cycles**

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

**Idaho Mountain Touring**

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

**Ridgeline Bike & Ski**

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

**Spokey Joe's Bikes & Gear**

2337 S. Apple St.  
Boise, ID 83706  
208-202-2920  
[spokeyjoe.com](http://spokeyjoe.com)

**TriTown**

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

**Rolling H Cycles**

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

**Victor/Driggs**

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

**Habitat**

18 N Main St,  
Driggs, ID 83422  
208-524-7669  
[ridethetons.com](http://ridethetons.com)

**Peaked Sports**

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

**Idaho Falls**

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

**Dave's Bike Shop**

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

**Idaho Mountain Trading**

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

**Pocatello**

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

**Element Outfitters**

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

**Element Outfitters**

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

**Rexburg**

**Sled Shed**  
49 East Main St  
Rexburg, ID, 83440  
208-356-7116  
[sledshedshop.com](http://sledshedshop.com)

**Twin Falls**

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

**Spoke and Wheel**

148 Addison Ave  
Twin Falls, ID83301  
(208) 734-6033  
[spokeandwheelbike.com](http://spokeandwheelbike.com)

**Cycle Therapy**

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

**Salmon**

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

**Sun Valley/Hailey/Ketchum**

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

**Power House**

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

**Sturtevents**

340 N. Main  
Ketchum, ID 83340  
208-726-4512  
[sturtevents-sv.com](http://sturtevents-sv.com)

**Sun Summit South**

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

**The Elephant Perch**

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

**NEVADA**

**Boulder City**

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

**ELY**

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

**Las Vegas**

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

**Las Vegas Cyclery**

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

**NEW MEXICO**

**Bosque Mobile Bicycle Repair**

Albuquerque, NM  
[bosquemobilebicyclerepair.com](http://bosquemobilebicyclerepair.com)

**Fat Tire Cycles**

421 Montañito Rd NE  
Albuquerque, NM 87107  
505-345-9005  
[fattirecycles.com](http://fattirecycles.com)

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## WESTERN STATES

## CALENDAR OF EVENTS

## Calendar Guidelines:

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

Submit your event to:

[calendar@cyclingingutah.com](mailto:calendar@cyclingingutah.com) with date, name of event, website, phone number and contact person and other appropriate information.

Let us know about any corrections to existing listings!

## 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](mailto:radcanyonbmx@radcanyonbmx.com), [radcanyonbmx.com](http://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](mailto:kevin@kikphoto.net), [lrbm.com](http://lrbm.com), [radcanyonbmx.com](mailto:radcanyonbmx.com), [RadCanyonLegacyOutdoorSchedule2014.pdf](http://RadCanyonLegacyOutdoorSchedule2014.pdf)

## Advocacy

**Bike Utah** — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy, Jenn Oxborrow, 385-831-1515, [jenn@bikeutah.org](mailto:jenn@bikeutah.org), [bikeutah.org](http://bikeutah.org)

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

**Salt Lake County Bicycle Advisory Committee** — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month

from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT, Helen Peters, 385-468-4860, [HPeters@slco.org](mailto:HPeters@slco.org), [bicycle.slco.org](http://bicycle.slco.org)

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

**Mooseknuckler Alliance** — St. George, UT, We accept all types and styles of riders; most importantly we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, 435-632-8215, [lukas@mooseknuckleralliance.org](mailto:lukas@mooseknuckleralliance.org), [mooseknuckleralliance.org](http://mooseknuckleralliance.org)

**Mountain Trails Foundation** — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, [charlie@mountaintrails.org](mailto:charlie@mountaintrails.org), [mountaintrails.org](http://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](mailto:bonnevilleshorelinetrail@gmail.com), [bonnevilleshorelinetrail.org](http://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](mailto:parleystrail@gmail.com), [parleystrail.org](http://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](mailto:bikeprovo@gmail.com), Aaron Skabelund, 385-207-8879, [askabelund@gmail.com](mailto:askabelund@gmail.com), [bikeprovo.org](http://bikeprovo.org)

**Dixie Trails and Mountain Bike Advocacy** — St. George, UT, Cimarron Chacon, 970-759-3048, [info@graces.com](mailto:info@graces.com), [dmbta.org](http://dmbta.org)

**Southern Utah Bicycle Alliance** — St. George, UT, Southern Utah's road advocacy group., Craig Shanklin, 435-674-1742, [southernutahbicycle@gmail.com](mailto:southernutahbicycle@gmail.com), [southernutahbicyclealliance.org](http://southernutahbicyclealliance.org)

**WOBAC - Weber Ogden Bicycle Advisory Committee** — Ogden, UT, Josh Jones, 801-629-8757, [jsjones@ogdenutah.com](mailto:jsjones@ogdenutah.com)

**Idaho Bike Walk Alliance** — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, [cynthia@idahobike.org](mailto:cynthia@idahobike.org), [idahobike.org](http://idahobike.org)

**Greater Arizona Bicycling Association** — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, [president@bikegaba.org](mailto:president@bikegaba.org), [bikegaba.org](http://bikegaba.org)

**Coalition of Arizona Bicyclists** — Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, [cazbike@cazbike.org](mailto:cazbike@cazbike.org), [cazbike.org](http://cazbike.org)

**Wyoming Pathways** — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, [wyopath.org](http://wyopath.org)

**Bicycle Colorado** — Denver, CO, Statewide bicycle advocacy organization, Dan Grunig, 303-417-1544, [info@bicyclecolorado.org](mailto:info@bicyclecolorado.org), [bicyclecolorado.org](http://bicyclecolorado.org)

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

**Salt Lake Valley Trails Society** — Salt Lake City, UT, Salt Lake Valley's natural surface bicycle trails non-profit., Kevin Dwyer, [kevin@saltlakevalleytrailsociety.org](mailto:kevin@saltlakevalleytrailsociety.org), [saltlakevalleytrailsociety.org](http://saltlakevalleytrailsociety.org)

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

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

## Events, Swaps, Lectures

**August 2-3, 2022 — Big Gear Show**, Park City, UT, Bike and Outdoor gear show for retailers only, Lance Camisasca, [lance@thebiggearshow.com](mailto:lance@thebiggearshow.com)

**September 22, 2022 — World Car Free Day**, Everywhere, UT, Ride your bike and leave the car at home!, None, [noemail@cyclingingutah.com](mailto:noemail@cyclingingutah.com), [worldcarfree.net](http://worldcarfree.net)

**September 23-25, 2022 — North American Handmade Bicycle Show NAHBS**, Denver, CO, NAHBS showcases the talents of individuals around the world whose art form is the bicycle. It aims to be a meeting point both online and in person for frame builders and cycling enthusiasts looking for custom-made bikes, for the sharing of ideas, and the promotion of a special industry with a rich history dating back to 1819, Don Walker, 802-265-1122, [don@handmadebicycleshow.com](mailto:don@handmadebicycleshow.com), [nahbs.com](http://nahbs.com), [facebook.com/nahbs](http://facebook.com/nahbs)

## Gravel Races and Rides

**June 3-5, 2022 — Lost and Found Gravel Grinder**, Lost Sierra Triple Crown, Portola, CA, 101, 61, 39 mile gravel rides, Live acoustic music, excellent food and beverages, Greg Williams, [wllie@sierratrails.org](mailto:wllie@sierratrails.org), Sierra Trails, [info@sierratrails.org](mailto:info@sierratrails.org), [lostandfoundbikeride.com](http://lostandfoundbikeride.com)

**June 4, 2022 — The Dead Swede Gravel Grinder**, Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Sheridan Bicycle Company, 307-763-4481, [info@thedeadsweede.com](mailto:info@thedeadsweede.com), [thedeadsweede.com](http://thedeadsweede.com)

**June 4, 2022 — Weiser River Trail Ride**, Council, ID, A one day gravel mountain bike ride of either 28 or 48 miles on the Weiser River Trail, a rail conversion trail. Shuttles from Cambridge or Council. Snack stops., Ron Hundahl, 208-566-1025, 208-253-4433, [octoberfreak@gmail.com](mailto:octoberfreak@gmail.com), [kotaho.com/annual-bike-ride-weiserivertail.org](http://kotaho.com/annual-bike-ride-weiserivertail.org)

**June 10-11, 2022 — Belgian Waffle Ride - Hendersonville**, QUADRUPEL CROWN OF GRAVEL, Hendersonville, NC., Michael Marckx, 760-815-0927, [mxx@MonumentsOfCycling.com](mailto:mxx@MonumentsOfCycling.com), [belgianwaffleride.bike](http://belgianwaffleride.bike)

**June 11, 2022 — Truckee Dirt Fondo**, Truckee, CA, Three days of activities with a competitive off-road bicycle race featuring the incredible dirt and gravel roads in the Tahoe National Forest, best suited for a gravel/cross bike or a hardtail MTB. 3 course options: 65.1 mi (Long), 58.1 mi (Medium) and 26.2 (Rollout - non timed) + Family Fun Route (15 mi). Benefits the Truckee-based non-profit Adventure Risk Challenge., Clemence Heymelot, 707-560-1122, [info@bike-monkey.net](mailto:info@bike-monkey.net), [truckeedirtfondo.com](http://truckeedirtfondo.com)

**June 11, 2022 — Moots Ranch Rally**, Steamboat Springs, CO, 2 courses, either a 76 or 54 mile route, both are almost 100% gravel and will include a few competitive timed segments, Moots, 970-879-1676, [info@moots.com](mailto:info@moots.com), [moots.com/ranch-rally-is-back-for-2022/](http://moots.com/ranch-rally-is-back-for-2022/)

**June 18, 2022 — Dirty Dingo Gravel Grinder**, Vernal, UT, Come get Jurass-kicked on 1 of the 3 amazing routes through the high Uinta Mountains and Dinosaurland. Choose from 32, 59 or 106 mile routes. It's going to be RAWRsome!, Breanne Nalder-Harward, 801-550-0434, [graveldino@gmail.com](mailto:graveldino@gmail.com), [facebook.com/Dirty-Dingo-Gravel-Grinder-103665632203894](http://facebook.com/Dirty-Dingo-Gravel-Grinder-103665632203894)

**June 18, 2022 — Divide Scramble**, Butte, MT, BikeWalk Montana and The Montana Cycling Project, scenic views of the Continental Divide Route through Montana, fully supported ride offers the Golden Eagle and the Grizzly Route. Golden Eagle 1 (33 mi gravel), Golden Eagle 2 (57 mi gravel) and the Grizzly (68 mi gravel or mtb), the Grizzly is 68 miles of terrain not suitable for beginners with a joint return to Butte., Kathleen Aragon, 406-698-2992, [ridethedivide-montana@gmail.com](mailto:ridethedivide-montana@gmail.com), [ridethedividemontana.com](http://ridethedividemontana.com)

**June 22-26, 2022 — Oregon Trail Gravel Grinder**, Sisters, OR, Chad Sperry, [grinderinfo@breakawaypro.com](mailto:grinderinfo@breakawaypro.com), [oregontrailgravelgrinder.com](http://oregontrailgravelgrinder.com)

**June 25, 2022 — Around the Rock Gravel Ride**, Jackson, WY, This is an annual ride of passage, leaving from Fitzgerald's Bicycles each year on the Solstice Weekend. We'll head clockwise around The Rock (The Grand Teton) on a 50/50 mix of gravel and pavement. 154 miles, 6000 feet of climbing and TOTALLY doable for the average fit rider. Whether you ride for speed or ride for the accomplishment it doesn't matter. The beers taste just as good after! This self-supported, mixed-terrain cycling adventure is a RIDE OF PASSAGE and sure to challenge anyone who takes it on!, Fitzgerald's, 307-201-5453, [info@fitzgeraldsbicycles.com](mailto:info@fitzgeraldsbicycles.com), [fitzgeralds.com](http://fitzgeralds.com)

down an old churning road that runs along the Park's rim and winds you through Pinyon and juniper trees. Through the small town of Barclay where lunch is served at the one room schoolhouse. 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, 775-728-8101, [cathead@algorgevc@clturbonef.com](mailto:cathead@algorgevc@clturbonef.com), [beaverdamgravelgrinder.com](http://beaverdamgravelgrinder.com)

**June 18, 2022 — Ruby Roubaix Gravel Gran Fondo**, Lamolite, NV, Gravel Fondal See the Ruby Mountains like you've never seen them before during this one-day bicycle ride or race beginning and ending in scenic Lamolite, Nevada. Choice of a 20, 36, 62 or full 117 mile loop on pavement, gravel and dirt roads. Ride it or race it!, Ruby Roubaix, 775-389-1862, [info@rubyroubaix.com](mailto:info@rubyroubaix.com), [rubyroubaix.com](http://rubyroubaix.com)

**June 18, 2022 — Dirty Dingo Gravel Grinder**, Vernal, UT, Come get Jurass-kicked on 1 of the 3 amazing routes through the high Uinta Mountains and Dinosaurland. Choose from 32, 59 or 106 mile routes. It's going to be RAWRsome!, Breanne Nalder-Harward, 801-550-0434, [graveldino@gmail.com](mailto:graveldino@gmail.com), [facebook.com/Dirty-Dingo-Gravel-Grinder-103665632203894](http://facebook.com/Dirty-Dingo-Gravel-Grinder-103665632203894)

**June 18, 2022 — Divide Scramble**, Butte, MT, BikeWalk Montana and The Montana Cycling Project, scenic views of the Continental Divide Route through Montana, fully supported ride offers the Golden Eagle and the Grizzly Route. Golden Eagle 1 (33 mi gravel), Golden Eagle 2 (57 mi gravel) and the Grizzly (68 mi gravel or mtb), the Grizzly is 68 miles of terrain not suitable for beginners with a joint return to Butte., Kathleen Aragon, 406-698-2992, [ridethedivide-montana@gmail.com](mailto:ridethedivide-montana@gmail.com), [ridethedividemontana.com](http://ridethedividemontana.com)

**June 22-26, 2022 — Oregon Trail Gravel Grinder**, Sisters, OR, Chad Sperry, [grinderinfo@breakawaypro.com](mailto:grinderinfo@breakawaypro.com), [oregontrailgravelgrinder.com](http://oregontrailgravelgrinder.com)

**June 25, 2022 — Around the Rock Gravel Ride**, Jackson, WY, This is an annual ride of passage, leaving from Fitzgerald's Bicycles each year on the Solstice Weekend. We'll head clockwise around The Rock (The Grand Teton) on a 50/50 mix of gravel and pavement. 154 miles, 6000 feet of climbing and TOTALLY doable for the average fit rider. Whether you ride for speed or ride for the accomplishment it doesn't matter. The beers taste just as good after! This self-supported, mixed-terrain cycling adventure is a RIDE OF PASSAGE and sure to challenge anyone who takes it on!, Fitzgerald's, 307-201-5453, [info@fitzgeraldsbicycles.com](mailto:info@fitzgeraldsbicycles.com), [fitzgeralds.com](http://fitzgeralds.com)

[bicycles.com/ridewithgps.com/events/120834-around-the-rock-2020](http://bicycles.com/ridewithgps.com/events/120834-around-the-rock-2020)

**June 25, 2022 — Monument Valley Bike Race**, Tour de Rez Cup, Monument Valley, UT, The 15-mile route travels along dirt roads and double track in the Gouldings and the Oljeto community. The route is entirely dirt road and includes some rolling terrain. The course will be among some beautiful rocks, with views of formations for which the area is well known., Tom Riggenbach, 928-429-0345, [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), [navajoyes.org](http://navajoyes.org), [runsignup.com/Race/UT-MonumentValley/MonumentValleyBikeRace](mailto:runsignup.com/Race/UT-MonumentValley/MonumentValleyBikeRace)

**July 9, 2022 — The Crusher in the Tushar p/b The Creamerie**, Life Time Grand Prix, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic!, Treva Worrel, [crusher@ltimevents.zendesk.com](mailto:crusher@ltimevents.zendesk.com), [tusharcrusher.com](http://tusharcrusher.com)

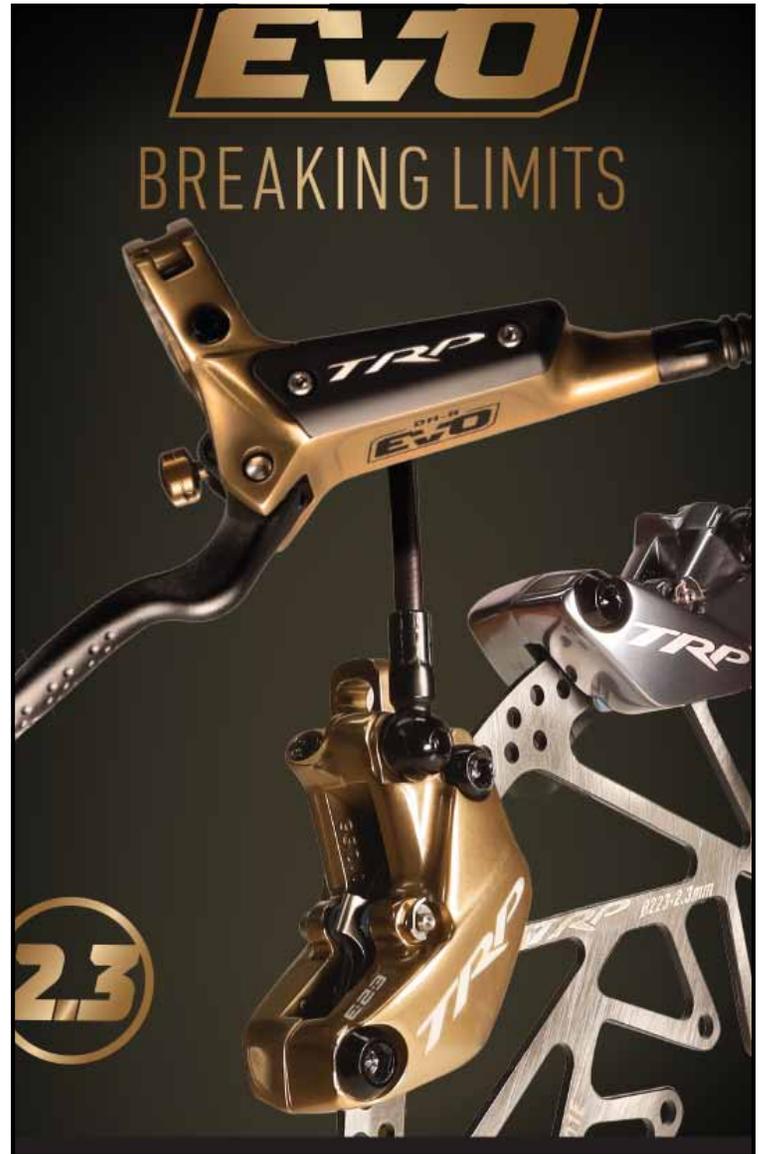
**July 9, 2022 — Joe Cosley Pancake Ride Gravel Grinder**, Whitefish, MT, Back to the Salish Mountain Range, sticking to the north end, featuring some hidden gems that are sure to turn your crank. The ride is limited to 50 individuals. Once the participant cap is reached, that's it. There will be no wait list, or substitutions., Brad Lamson, [joepancakeride.com](mailto:joepancakeride.com), [pancakeride.com](http://pancakeride.com)

**July 10, 2022 — Torreon-Tajique Twice Gravel Race**, Tajique, NM, Hawke Morgan, 505-259-6885, [hawke@bcdracing.com](mailto:hawke@bcdracing.com), [bcdracing.com](http://bcdracing.com)

**July 16-17, 2022 — Ochoco Gravel Grinder**, Prineville, OR, Chad Sperry, [grinderinfo@breakawaypro.com](mailto:grinderinfo@breakawaypro.com), [oregontrailgravelgrinder.com](http://oregontrailgravelgrinder.com)

**July 23, 2022 — JayP's Backyard Fun Pursuit Gravel Ride**, JayP's Backyard Series, Island Park/West Yellowstone, ID, Gravel ride near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNP! 30, 60, 120 mile routes, Jay Petyervary, 307-413-2248, [jaypetyervary@gmail.com](mailto:jaypetyervary@gmail.com), [gravelpursuit.com](http://gravelpursuit.com)

**July 23, 2022 — Crooked Gravel**, Outside Events Cycling Series, Winter Park, CO, Want to ride the high alpine gravel of Grand County? Check out Crooked Gravel in Winter Park. Choose between two separate courses, a 30 mile or a 67 mile ride, that tackle over 5,000 vertical feet on long and winding climbs, earning wide-open descents under the Colorado sky. New in 2022: The 67-mile long course will be a timed segment with a \$5,000 cash purse up for grabs., Tracy Powers, [eventsupport@outsideinc.com](mailto:eventsupport@outsideinc.com), [events.outsideonline.com](http://events.outsideonline.com)



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**July 23, 2022 — The Rift Gravel Race Iceland.** Hvolsvöllur, Iceland. The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It traverses the continental rift between North America and Eurasia - a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable. The Rift , 011-354-626-3332, [info@theriftbike.com](mailto:info@theriftbike.com), [theriftbike.com](http://theriftbike.com)

**July 31, 2022 — Stagecoach Gravel Tri.** Steamboat Springs, CO. 0.5 mile swim, 16 mile gravel ride, 4 mile gravel run. Can substitute a SUP leg instead of the swim. Also Gravel Aquabike. Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**August 6, 2022 — Dirty Bear Gravel.** Big Bear Lake, CA. 50 mile gravel ride, part of the Tour de Big Bear. Chris Barnes, 951-970-6720, 909-878-0107, [bigbearcycling@gmail.com](mailto:bigbearcycling@gmail.com), [bigbearcycling.com](http://bigbearcycling.com), [tourdebigbearcycling-west.com](http://tourdebigbearcycling-west.com), [bigbearcycling.com](http://bigbearcycling.com)

**August 13, 2022 — Morganzo 55 Gravel Grinder.** Belgrade, MT. Gravel grinder, 55 miles, unsupported. Start time: 8am, Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT. Shell Thomas, [thomasthelite@gmail.com](mailto:thomasthelite@gmail.com), Kirk Ahlberg, [info@morganzo55.com](mailto:info@morganzo55.com), [montanacycling.net](http://montanacycling.net), [morganzo55.com](http://morganzo55.com)

**August 14, 2022 — SBT GRVL Gravel Grinder.** Steamboat Springs, CO. 6:30 am on Yampa Street, Steamboat Springs, CO. Four distances: 37/64/104/142 miles with 2000/4000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, [info@sbtgrvl.com](mailto:info@sbtgrvl.com), [sbtgrvl.com](http://sbtgrvl.com)

**August 20, 2022 — Cedar City Fire Road 100 Gravel Grinder.** Cedar City, UT, 100K or 60K options - with over 80% dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [gravelgrinder.com](http://gravelgrinder.com)

**August 21, 2022 — The Last Best Ride Gravel.** Whitefish, MT, 48 and 78 miles, Jessica Cerra, [ridewhitefish@gmail.com](mailto:ridewhitefish@gmail.com), [thebestrideid.com](http://thebestrideid.com)

**August 22, 2022 — Big Sky Spectaculaire Gravel Race.** Bozeman, MT. An 895 mile single-stage, self-supported competitive adventure bike ride around Southwest and Central Montana. 373 miles of gravel in 15 segments. Time bonuses available. Big Sky Spectaculaire, [bsshadadquarters@gmail.com](mailto:bsshadadquarters@gmail.com), [bigskyspectaculaire.com](http://bigskyspectaculaire.com)

**August 27, 2022 — Wasatch All-Road Bicycle Race.** Ventum Racing, Heber , UT. The Wasatch All-Road features the toughest climb in gravel and postcard views in Utah's hidden gem, Heber Valley. The event will offer three challenging distances, local food, entertainment, and a \$10,000 prize purse split evenly between the male and female open categories., Jeff Louder, [jeff@thewasatchallroad.com](mailto:jeff@thewasatchallroad.com), [thewasatchallroad.com](http://thewasatchallroad.com)

**August 28, 2022 — Battle of the Gravel.** Good Dirt Ride, Saverly, WY. The Battle of the Gravel will host 3 self-supported distances - a 21, 68 and 91 miles (we will have water/drink mix/snacks along the way & with the motos). The event will start and finish at the Boyer YL Ranch with a BBQ dinner to celebrate the finish. The ride is semi supported with three stages of food and camping available at the Boyer YL Ranch and in the town of Baggs (20 miles). All proceeds go to support our work with Africa cyclists at [teamafricarisng.org](http://teamafricarisng.org), Kimberly Coats, 307-383-7778, 530-744-8773, [teamwandacycling@gmail.com](mailto:teamwandacycling@gmail.com), [battleofthegravel.com](http://battleofthegravel.com)

**August 31-September 4, 2022 — Rebecca's Private Idaho Gravel Grinder and Festival.** Ketchum, ID. Lifestyle, mountain bike and outdoor festival over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile pioneer) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renown mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queen of Pace" on this beautiful ride that ends in a great down-home party with food, festivities, music, and libations., Colleen Quindlen, 254-541-9661, [colleen@rebeccarusch.com](mailto:colleen@rebeccarusch.com), [rebeccasprivateidaho.com](http://rebeccasprivateidaho.com)

**September 3, 2022 — Fistful of Dirt Gravel Grinder.** Cody, WY. A gravel bike ride of grand proportions. With the Good (22 Miles), the Bad (65 Miles), or the Ugly (105 Miles), there will be a distance fit for everyone. Free gourmet burgers and beer on Friday for participants during packet pick-up. The race is Saturday followed by a dang good after-party featuring food trucks and live music., Janie Curtis, 307-213-0756, [howdayatistfulofdirt.com](http://howdayatistfulofdirt.com), [fistfulofdirt.com](http://fistfulofdirt.com)

**September 9-11, 2022 — Helena Ales for Trails and Last Chance Graveler.** Helena, MT. Support the local trails with a selection of microbrews on Friday then ride on Sunday. This event takes riders on an adventure over beautiful ribbons of gravel in the scenic mountains south of Helena. From smooth and fast to primitive mountain roads this route has it all. 95% gravel, 93 mile course, Ira Miller, [events@helenaunitedcycling.com](mailto:events@helenaunitedcycling.com), [lastchancegraveler.com](http://lastchancegraveler.com)

**September 9-November 11, 2022 — Helena Ales for Trails and Last Chance Graveler.** Helena, MT.

**September 10, 2022 — WYO 131 Gravel Grinder.** Wyoming Gravel Grinder Series, Lander, WY. Hosted by the Lander Cycling Club. Three distances to choose, 40, 70, and an epic 10K elevation 131-mile course, ensures there's a course for everyone. Cash prize purse. Explore the red desert, historic mining towns, and subalpine terrain near Lander, WY. Each course offers breathtaking views, lots of wildlife, and an epic adventure in gorgeous Wyoming. After party sponsored by Melvin Brewing, Gwen Robson, 307-330-3002, [wyo131gravel@gmail.com](mailto:wyo131gravel@gmail.com), [wyo131.com](http://wyo131.com)

**September 10, 2022 — Gunnig Graveler.** Gunnison, CO. An epic 118 mile race/ride starting in and finishing near downtown Gunnison, CO and follows some of Gunnison County's most challenging, remote and scenic gravel and dirt roads. If you don't have the miles but still want a challenge, The Gunnig 60 (ish) and Gunnig 30 will give riders a taste of what gravel riding in Gunnison County is all about. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course., Joel Grimmer, 512-751-8940, [Joel@raceevolutions.com](mailto:Joel@raceevolutions.com), [thegunnigraveler.com](http://thegunnigraveler.com)

**September 10, 2022 — Fitzgerald's Joyride 400.** Idaho Falls, ID. 400 mile gravel bikepacking event from Fitzgerald's in Idaho Falls to Joyride Bicycles in Logan, UT and back., Kevin Emery, [kevinsemer@gmail.com](mailto:kevinsemer@gmail.com), [facebook.com/FitzgeraldsJoyride](https://www.facebook.com/FitzgeraldsJoyride)-Formerly-pioneer-400-4165714058322573

**September 10, 2022 — Ride the Cog.** Hayden, CO. fundraiser for the Hayden Museum, Hayden Museum, 970-276-4380, [haydenmuseum@zirkel.us](mailto:haydenmuseum@zirkel.us)

**September 11, 2022 — Walla Walla Grit.** Walla Walla, WA. This Grit has three course lengths which include long, medium, and short routes. The long course starts at 6 a.m., medium begins at 8 a.m., and the short course commences at 9 a.m., Michael Austin, 509-386-1149, 509-525-4949, [mike@allegrocyclery.com](mailto:mike@allegrocyclery.com), Kathryn Austin,

509-964-8951, [kathryn@allegrocyclery.com](mailto:kathryn@allegrocyclery.com), [rofwallawalla.com](http://rofwallawalla.com)

**September 17, 2022 — Mammoth Tuff (Gravel).** Mammoth Lakes, CA. The short course is around 45 miles with 2,000 feet of climbing and will circle the famous caldera. The long course is around 100 miles with 8,000 feet of elevation gain and travels through the Volcanic Tableland formed by the Long Valley Caldera., Amanda Naumann, [mammothtuff@gmail.com](mailto:mammothtuff@gmail.com), [mammothtuff.com](http://mammothtuff.com)

**September 17, 2022 — West End Gravel Rush.** Nucla, CO. Colorado's West End is an unspoiled and unknown corner of Colorado. Once bustling with mining activity, the area is now a riders dream with a vast network of quiet and minimally travelled gravel roads. It's high desert canyon country, surrounded by big mountain views and dark skies at night. This is a first year, grassroots event where the entire community chips in: no UCI points, no wootis ambitions, or big podiums, but there will be a great post-ride party and some good ol' fashion desert weirdness. Come make a weekend of it and see what the West End has to offer! 45miles, 4000' climbing, 75 miles, 7000' climbing, Tim Tait, [westendgravelrush@gmail.com](mailto:westendgravelrush@gmail.com), [thewestendgravelrush.com](http://thewestendgravelrush.com)

**September 17, 2022 — Salida 76.** Salida, CO. 2 options: Race it like you stole it. Timing and prizes for age and pro categories, Party Pace - No firming, no pressure. Cut-offs still apply, but go on, enjoy yourself! 76 miles of spectacular gravel, views, and friendly competition, 3 stocked aid stations, Full SAG and support, Finish food, beer and party at Riverside Park, Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Kim Nordquist, 303-249-6168, [kim@teamevergreen.org](mailto:kim@teamevergreen.org), Morgan Murri, 303-475-6053, [morgan@desertgravel.com](mailto:morgan@desertgravel.com), [desertgravel.com](http://desertgravel.com), [teamevergreen.org](http://teamevergreen.org)

**September 23-24, 2022 — Belgian Waffle Ride - Cedar City.** QUADRUPEL CROWN OF GRAVEL, Cedar City, UT. The "Hell of the South". 78% Gravel (106 miles), 22% Paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the Parowan Gap and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, [mrx@MonumentsOfCycling.com](mailto:mrx@MonumentsOfCycling.com), Brooke Twitchell, [fbrooke@cedarcity.org](mailto:fbrooke@cedarcity.org), [belgianwafflebike.com](http://belgianwafflebike.com)

**September 24, 2022 — Chino Grinder p/b Lauf.** Chino Valley, AZ. Endurance Cycling Event-Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options., AZ Gravel Rides , 480-452-9767, [AZGravelRides@gmail.com](mailto:AZGravelRides@gmail.com), [azgravelrides.com](http://azgravelrides.com), [chinogrinder.org](http://chinogrinder.org), [azgravelrides.com](http://azgravelrides.com)

## Mountain Bike Tours and Festivals

**June 4-5, 2022 — VIDA MTB Series: Valmont Bike Park.** VIDA MTB Series Flagship Clinics, Boulder, CO. Women's Mountain Bike Skills Clinic offering two 1-day skills clinics, Rachel Gottfried, 949-677-6809, [info@vidamtb.com](mailto:info@vidamtb.com), [vidamtb.com](http://vidamtb.com)

**June 18, 2022 — Divide Scramble.** Butte, MT. BikeWalk Montana hosts scenic views of the Continental Divide Route through Montana. Fully supported ride offers the Golden Eagle 1 and 2 and the Grizzly Route. Golden Eagle 1 (33 mi), Golden Eagle 2 (57 mi) are on the Great Divide Mountain Bike Route (GDMBR), suitable for Gravel and mountain bikes. The Grizzly - 68 miles, is along the GDMBR and also includes a portion of the Continental Divide Trail (CDT- not suitable for beginners) suitable for Gravel or Mountain Bike, depending on skill level, Kathleen Aragon, 406-698-2992, [ridethedividemontana@gmail.com](mailto:ridethedividemontana@gmail.com), [ridethedividemontana.com](http://ridethedividemontana.com)

**June 18-19, 2022 — Tahoe Mountain Bike Festival.** Meyers, CA. The 9th Annual TAHOE MOUNTAIN FESTIVAL will take place this year Saturday and Sunday, June 20-21, 2020, in Meyers, California, celebrating riding bicycles on dirt in beautiful Lake Tahoe, Tahoe MTB Festival , [mevymtb@gmail.com](mailto:mevymtb@gmail.com), [tahoemtbfestival.com](http://tahoemtbfestival.com)

**June 25-26, 2022 — VIDA MTB Series: Snowmass Bike Park.** TENTATIVE, VIDA MTB Series Flagship Clinics, Snowmass Village, CO. Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, [info@vidamtb.com](mailto:info@vidamtb.com), [vidamtb.com](http://vidamtb.com)

**July 3-September 11, 2022 — Glacier National Park Bike Tour.** Whitefish, MT. Multiple dates. Each year Glacier National Park and its Canadian sister, Waterton Lakes National Park, deliver among our highest guest satisfaction rate. The mountains are gorgeous, the riding is invigorating, and the scenery is second to none. This is your year for Glacier16-day tour, 5-nights of

lodging, meals include: 4 dinners, 5 lunches & 4 breakfast, all taxes & entrance fees, lunch en route daily, energy food, liquid refreshments, shuttles and mechanical support., John Humphries, 970-728-5891, [info@lizartheadcyclingguides.com](mailto:info@lizartheadcyclingguides.com), [lizartheadcyclingguides.com](http://lizartheadcyclingguides.com)

**July 9, 2022 — Wildflower Trailfest.** Powder Mountain, UT. A non-competitive, women only mountain bike ride. All ages and levels welcome. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com)

**July 16, 2022 — Pedal for the Park.** Leadville, CO. A fundraiser for our new bike park project. Cloud City Wheelers , [info@cloudcitywheelers.com](mailto:info@cloudcitywheelers.com), [cloudcitywheelers.com](http://cloudcitywheelers.com)

**August 19-21, 2022 — Outerbike Crested Butte.** TENTATIVE, 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@westernspit.com](mailto:outerbike@westernspit.com), [outerbike.com](http://outerbike.com)

**September 2-4, 2022 — Wydaho Rendezvous Teton Mountain Bike Festival.** Teton Valley, WY/ID. Ride epic cross country and lift-access downhill trails, improve your mountain biking skills with clinics hosted by professional coaches at a great price, join group rides, enjoy discounted lift pass access and meet people who love bikes just like you. Don't forget that Wydaho also hosts the largest adaptive bike festival component in North America, with support of two great local adaptive organizations! Wydaho is celebrating 12 years as a family-friendly, grassroots gathering right here in the Teton. IVIAP, 208-201-1622, [info@tetonbikefest.org](mailto:info@tetonbikefest.org), Tony Ferlisi, 208-201-1622, [tony@tetonbikefest.org](mailto:tony@tetonbikefest.org), [tetonbikefest.org](http://tetonbikefest.org), [grandtarghee.com](http://grandtarghee.com)

**September 16-18, 2022 — Albuquerque Dirt Fiesta MTB Festival.** Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, [ElCapitan@Zairides.com](mailto:ElCapitan@Zairides.com), [zairides.com](http://zairides.com)

**September 16-18, 2022 — Caliente MTB Festival.** Caliente, NV, 3rd Annual Once again, but now with a whopping 20+ miles of NEW singletrack! Food, raffles, shuttles, music, games, shenanigans, and more., CAMBA , 775-549-5992, [calientfemb@gmail.com](mailto:calientfemb@gmail.com)

**September 16-18, 2022 — Chuska Challenge Mountain Tour.** Tour de Rez Cup, Red Valley, AZ. The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncompetitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bikeyah. The competitive Mountain Bike Race includes avariety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday. On the Sunday of Chuska weekend, there will be a 55-mile and 35-mile Arizona Endurance Series event on the Cove Classic route, Tom Rigenbach, 928-429-0345, [tomrigan@chuska.com](mailto:tomrigan@chuska.com), [navajoloves.org](http://navajoloves.org), [tunesup.com/Race/AZ\\_RedValley/ChuskaChallengeMountainBikeRide](http://tunesup.com/Race/AZ_RedValley/ChuskaChallengeMountainBikeRide)

**September 18, 2022 — Monarch Crest Crank.** Salida, CO. Mountain bike event along one of IMBA's Epic mountain bike trails with proceeds going to the local nonprofit organization: The Alliance, which helps victims of domestic and sexual abuse. There will be a post-ride party in Salida's Riverside Park featuring live music, free lunch, libations, and games with space limited to 100 riders., Monica Gutierrez, 719-539-6738, [director@alliancechaffee.org](mailto:director@alliancechaffee.org), Becky Rupp, [crestcrank@gmail.com](mailto:crestcrank@gmail.com), [monarchcrestcrank.com](http://monarchcrestcrank.com)

**September 30-October 2, 2022 — Outerbike Moab.** 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@westernspit.com](mailto:outerbike@westernspit.com), [outerbike.com](http://outerbike.com)

## Utah Weekly MTB Race Series

**April 27-August 3, 2022 — Weekly Race Series.** WRS, Sundance, Wasatch County, UT. Wednesday nights, April-August. Venue alternates between Wasatch County sites and Sundance, 5:30 pm Racer check-in and 6:30 pm prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins., WRS Races, 435-200-3239

(Wasatch), 801-223-4849 (Sundance), [aces@weeklyraceseries.com](http://aces@weeklyraceseries.com), [weeklyraceseries.com](http://weeklyraceseries.com)

**May 10-August 11, 2022 — Mid-Week Mountain Bike Race Series.** Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. XC races and Mini Enduro races, Jenn Oxborrow, 385-831-1515, [jen@bikeutah.org](mailto:jen@bikeutah.org), Trilby Cox, 385-831-1515, [trilby@midweekmtb.com](mailto:trilby@midweekmtb.com), [midweekmtb.com](http://midweekmtb.com)

## Regional Weekly MTB Race Series

**May 13-June 24, 2022 — Missoula TGIF Friday Night Race League.** Missoula, MT. Various courses., Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com/events/](http://montanacyclocross.com/events/)

## Utah Mountain Bike Racing

**June 11, 2022 — Wasatch 50.** Intermountain Cup, Heber, UT. The Wasatch 50 (formerly Wasatch Back) course is a truly epic route through some of Utah's beautiful high country. This 21 mile loop (+/-) features roughly 1,700 feet of climbing per lap and tackles almost the entirety of the Coyote Loop trail starting and finishing at the UVU-Wasatch campus., Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

**June 18, 2022 — Fast Times at Richfield ICUP.** Intermountain Cup, Richfield, UT. Check back for complete details., Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

**June 25-26, 2022 — Brian Shredder.** Go-Ride Gravity Series, Brian Head, UT, Downhill and Super D, Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [utahdh.org](http://utahdh.org)

**July 16, 2022 — The Rage at Snowbird ICUP.** Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes. 5-25 miles, 570' elevation gain per lap. Beginning just above the Tram Plaza at Snowbird Center on the dirt road, this 5.1 mile course offers up approximately 570ft of climbing per lap., Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

**July 16, 2022 — El Doce at Pow Mow.** Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 15.2 mi course lap with roughly 1900' elevation gain, 12 hours. Limited to 400 riders., Eric Bauman, 801-399-1773, [eric@goal-foundation.com](mailto:eric@goal-foundation.com), Clairese Miljour, 801-399-1773, [claire@goal-foundation.com](mailto:claire@goal-foundation.com), [elidocetui.com](http://elidocetui.com)

**August 5-6, 2022 — Abajo (Blue Mountain) Enduro.** Monticello, UT. Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts Friday afternoon. A shuttle will be provided from the end of each stage to the start of the following course or to the parking area for the stage., Dustin Randall, 435-590-2741, [info@roamutah.com](mailto:info@roamutah.com), [roamutah.com/abajoenduro](http://roamutah.com/abajoenduro)

**August 6, 2022 — Powder Mountain ICUP.** Intermountain Cup, Powder Mountain, UT, 360° panoramic views all along the course, and promises fast and exciting riding with a starting elevation of 8,200 feet and a maximum elevation of approximately 8,900 feet. 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge., Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

**August 13, 2022 — Soho MTB Race.** Heber, UT, Todd Hageman, [sohobikefest@gmail.com](mailto:sohobikefest@gmail.com), [sohobikefest.com](http://sohobikefest.com)

**August 20, 2022 — Odyssey at Brian Head Endurance.** Intermountain Cup, Brian Head, UT, Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

**August 20, 2022 — Mountain Madness Bike Race.** Vernal, UT, Relay race through the Ashley National Forest Race begins at Iron Springs Campground and ends at Remember the Maine Park., Quin , 435-781-0982, [quintahrecreation.org](http://quintahrecreation.org), [uintahrecreation.org](http://uintahrecreation.org)

**August 27-28, 2022 — Big Mountain Enduro.** Big Mountain Enduro Series, Brian Head, UT, Reversed for its incredible gravity fed descents, technical

single track, and access to hundreds of miles of scenic back country trails beyond the resort boundaries, Brian Head's lift served terrain is accessible to beginner through advanced level riders. This is the only BME race that does not include an e-bike category for 2021., Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**September 3, 2022 — Park City Point 2 Point.** Park City, UT. A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track, 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, [racepoint2point@gmail.com](mailto:racepoint2point@gmail.com), [thepcpp.com](http://thepcpp.com)

**September 11, 2022 — Tour des Suds.** Park City, UT. Presented by Level Crossing Brewery, this is a 7-mile mountain bike climb starting at City Park. Go hard and treat it like a legit mtb race (yes, there are awards) or a crazy costume party on bikes. Either way, it's 2,700' of vert straight up to the finish line at the top of Guardsman Pass. No e-bikes please., Ginger Wicks, 435-640-1168, [ginger@mountaintrails.org](http://ginger@mountaintrails.org), [mountaintrails.org](http://mountaintrails.org)

**September 17, 2022 — 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@enduranc.ceutah.com](mailto:info@enduranc.ceutah.com), [edenepic.com](http://edenepic.com)

## Regional Mountain Bike Racing

## ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond

**June 4, 2022 — Elephant Rock Sunrise to Sunset.** Outside Events Cycling Series, Castle Rock, CO. Looking for a 12-hour endurance trail race that is equal parts challenging and fun? Elephant Rock's Sunrise to Sunset is just that. Kickback with your friends and ride the flowy track of Philip S. Miller Park this summer. Register as an individual or form a team., Tracy Powers, [eventsupport@outsideline.com](mailto:eventsupport@outsideline.com), [events.outsideline.com](http://events.outsideline.com)

**June 4, 2022 — Wente 8-Hour MTB.** Willits, CA. The fastest 8-hour mountain bike race you'll ever do. 3 days of venue access including a private lake for swimming and boating. 8 Miles, 1,745' of climbing and berry-berms for days. Wente is on a private boy scout reservation. It is closed to the public on all days of the year except during race weekend. No trespassing!, Clemence Heymelot, 707-560-1122, [info@bike-monkey.net](mailto:info@bike-monkey.net), [racewente.com](http://racewente.com)

**June 8, 2022 — Frisco Roundup.** Frisco, CO. Jeff Westcott, 970-390-4760, [westy@mvavsports.com](mailto:westy@mvavsports.com), [mvavsports.com](http://mvavsports.com)

**June 10-12, 2022 — Silver Mountain Enduro - North American Enduro Cup.** Montana Enduro Series, Idaho Enduro Series, North American Enduro Cup, Kellogg, ID. Held at Silver Mountain Ski Resort, EW's qualifier, world class trails, national caliber competition, New trails, race categories to include e-bikes\* and more amateur age categories, cut-off times, full on finish line festivities and MORE!, NA Enduro , [naenduro.com](http://naenduro.com), [naenduro.com](http://naenduro.com)

**June 10-12, 2022 — Missoula XC.** US Pro XCT, Missoula, MT. UCI racing short track, cross country racing along with full amateur age group racing. Thursday is the clinic. Friday is the short track racing. Saturday is UCI and Elite XC racing. Sunday is age group XC racing., Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com/events/](http://montanacyclocross.com/events/)

**June 11, 2022 — Fears, Tears, and Beers Enduro.** Ely, NV. Enduro mountain bike event. Tired 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](mailto:krobeg@mwpower.net), Kyle Horvath, 775-289-3720, [kyle.horvath@lynevida.net](mailto:kyle.horvath@lynevida.net), [elynevada.net/fears-tears-and-beers/](http://elynevada.net/fears-tears-and-beers/)

**June 11-12, 2022 — 24 Hours in the Enchanted Forest.** N24, Albuquerque, NM. Everything that you want from a 24 Hour Race. We have an amazing course with epic singletrack winding through meadows, pines and aspens. The Zuni Mountains outside of Gallup, NM are a great place to ride. We have an awesome venue in the ponderosa

to hang out with friends and family and hang your hammock, great party atmosphere with vendors, movies, food, kids activities, and fun for everyone., Seth Bush, 505-554-0059, [ECapitan@ZiaRides.com](mailto:ECapitan@ZiaRides.com), [ZiaRides.com](http://ZiaRides.com)

**June 11, 2022 — Rimrock MTB Dash**, Billings, MT, X-country style mountain bike race. The race is a single track located in Acton Recreation Area, outside of Billings, MT. 4 Different categories include a 6-mile family race, 15-mile Novice race, 15-mile e-bike race, and a 30-mile Open race. Elevation gain: over 15 miles the course varies 1,300 feet. The Spoke Shop, 406-656-8342, [info@spokeshop.com](mailto:info@spokeshop.com), [facebook.com/RimrockMTBDash](http://facebook.com/RimrockMTBDash)

**June 17-20, 2022 — Four Seasons of Horsefooth Challenge**, Fort Collins, CO. This is a grass-roots un-event with no entry fees and no real start times and is ridden on the two solstices and equinoxes in Horsefooth Mountain Park and Lory State Park, Four Seasons of Horsefooth Challenge, 4soh.org

**June 18, 2022 — 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., Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**June 18, 2022 — Lake Tahoe Mountain Bike Race**, Tahoe City, CA, Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap., Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), [kiley@bigblueadventure.com](http://kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com)

**June 18, 2022 — The Bailey Hundo**, Buffalo Creek, CO, 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, in the Buffalo Creek trail system - permitted by the USFS., Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), [baileyhundo.org](http://baileyhundo.org)

**June 18, 2022 — Terrible Two**, Sebastopol, CA, The Terrible Two is our region's version of an epic, and has been running since 1976. There are two challenging routes, neither for the faint of heart. The first, starting at 121 miles is considered a tough century, and a gateway ride to the more formidable Terrible Two 200 mile course. It is a slightly abbreviated version of the Terrible Two and excludes Napa County. It also starts two hours later. Both are equally supported throughout., Steve Saxe, [ridedirector@stccc.com](mailto:ridedirector@stccc.com), [stccc.webflow.io](http://stccc.webflow.io), [stccc.com](http://stccc.com)

**June 18-20, 2022 — Taos Guac-Amole Challenge Mountain Bike Race**, New Mexico Off Road Series, Taos, NM, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), [TaosMTB@gmail.com](mailto:TaosMTB@gmail.com), [nmors.org/taosmtb.org/race](http://nmors.org/taosmtb.org/race)

**June 19, 2022 — Jug Mountain Enduro**, Wild Rockies Series, McCall, ID, Enduro MTB race, Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**June 22, 2022 — VRD Vaos Dash**, Vail Town Series, Vail, CO, Vail Recreation District Sports, 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash](http://vailrec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash)

**June 22, 2022 — Gold Run Rush**, Summit Mountain Challenge, Breckenridge, CO, Multi-segment time trial or enduro only options available., Jeff Westcott, 970-390-4760, [westy@mavsports.com](mailto:westy@mavsports.com), [mavsports.com/the-gold-run-rush/](http://mavsports.com/the-gold-run-rush/)

**June 22-26, 2022 — Junior Bike Week**, Crested Butte, CO, For the sixth year, the biggest kids' bike party on the planet will be held in Crested Butte, the birthplace of mountain biking. A mountain bike festival will be held to celebrate getting more kids on bikes, and we would love to have you join us for both non-competitive festive events as well as competitive racing. Amy Nolan, 970-596-4085, [director@juniorbikeweek.com](mailto:director@juniorbikeweek.com), [juniorbikeweek.com](http://juniorbikeweek.com)

**June 24-26, 2022 — NW Cup Downhill Series (Tamarack)**, Northwest Cup Downhill Series, Tamarack, 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, PRO GRT too, Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

**June 25, 2022 — Spirit Bear Classic MTB Gran Fondo**, Montana Off-Road Series (MORS), Kalspell, MT, XC race held at Herron Park, start 10 am, Shell Thomas, [thomasshell@gmail.com](mailto:thomasshell@gmail.com), [MattButterfield.mbutterfield@spartansmanskhaus.com](http://MattButterfield.mbutterfield@spartansmanskhaus.com), [montanacycling.net](http://montanacycling.net), [runsignup.com/Race/MT/Kalspell/SpiritBearMountainBikeGranFondo](mailto:runsignup.com/Race/MT/Kalspell/SpiritBearMountainBikeGranFondo)

**June 25, 2022 — Helena Enduro**, Montana Enduro Series, Helena, MT, Montana Enduro Series, [contact@montanaenduro.com](mailto:contact@montanaenduro.com), Eric Sivers, [eric@montanaenduro.com](mailto:eric@montanaenduro.com)

[montanabicycleguild.org](http://montanabicycleguild.org), [montanaenduro.com](http://montanaenduro.com), [montanabicycleguild.org](http://montanabicycleguild.org)

**June 25-26, 2022 — Big Mountain Enduro**, Big Mountain Enduro Series, Big Sky, MT, BME Stop #3: 3 to 4 stages per day and upwards of 7500 feet of descending, most of which will be lift accessed, but with some pedal transitions equalling roughly 3000 feet of climbing over both days. Steep and technical., Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**June 25, 2022 — Lutsen 99er**, Leadville Race Series, Lutsen, MN, This race offers 99, 69, 49, 25, and kid distances combined with a weekend packed with fun, adventure and "killer" mountain biking for everyone., Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com/lutsen-99er/](http://leadvillrace-series.com/lutsen-99er/), [lutsen99er.com](http://lutsen99er.com)

**June 25, 2022 — Bear Bait 8**, Casper Mountain, WY, 4th annual, 860 feet of elevation gain per lap with a total distance of 8 miles., Keith Wharton, 307-253-7511, [fatfishracing@gmail.com](mailto:fatfishracing@gmail.com), [bear-bait8.itsyourrace.com/event.aspx?id=8803](http://bear-bait8.itsyourrace.com/event.aspx?id=8803)

**June 25, 2022 — Primal Point-to-Point**, XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, [miller@winterparkresort.com](mailto:miller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series)

**June 26, 2022 — Eagle Enduro**, Revolution Enduro Series, Eagle, CO, This venue for the series will be a big one day backcountry race venturing up into the high country with both technical and high speed courses., David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolutionenduro.com](http://revolutionenduro.com)

**June 26, 2022 — California Dirt MTB Series Race 3**, California Dirt MTB Series, Grass Valley, CA, USA Cycling NCNCA Regional MTB XC Championship, YBONC, [yboncfdn@gmail.com](mailto:yboncfdn@gmail.com), [ybonc.org/events/dirt-classic](http://ybonc.org/events/dirt-classic)

**June 30-July 3, 2022 — Leadville Training Camp**, 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., Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

**July 4, 2022 — Firecracker 50**, Breckenridge, CO, 50 mile mtb race. Ride some of the best single track trails we have to offer., Jeff Westcott, 970-390-4760, [westy@mavsports.com](mailto:westy@mavsports.com), Vince Hutton, 970-547-4321, 970-453-1734, [vinceh@townofbreckenridge.com](mailto:vinceh@townofbreckenridge.com), [breckenridgecreation.com/races-programs/races/firecracker-50](http://breckenridgecreation.com/races-programs/races/firecracker-50), [mavsports.com](http://mavsports.com)

**July 8-10, 2022 — NW Cup Downhill Series (Whitefish)**, Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice, Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening, Sunday racing all categories, Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

**July 9, 2022 — Galena Grinder**, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 40 mile loop; Pro/Expert/SS, 25 mile loop; Sport/Clydesdale, 20 mile loop; Beginner, 10.5 mile loop; and Youth with a 5 mile loop., Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**July 9-10, 2022 — KeyStone Enduro**, Revolution Enduro Series, Keystone, CO, David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolutionenduro.com](http://revolutionenduro.com)

**July 10, 2022 — Silver Rush 50**, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

**July 13, 2022 — Mid Week Melee - Race 2**, Bear Creek Lake, CO, Three distances to choose from including: the Elite Mini Course (1.3 miles), Short Course (4.3 miles), and Long Course (4.8 miles)., Dave Musciani, 303-817-6523, [events@rattleracing.com](mailto:events@rattleracing.com), [rattleracing.com/event/mid-week-melee-2/](http://rattleracing.com/event/mid-week-melee-2/)

**July 13, 2022 — Pennsylvania Gulch Grind**, Breckenridge, CO, Jeff Westcott, 970-390-4760, [westy@mavsports.com](mailto:westy@mavsports.com), [mavsports.com](http://mavsports.com)

**July 15-17, 2022 — NW Cup Downhill Series (Silver Mountain)**, Northwest Cup Downhill Series, Kellogg, ID, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice, Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening, Sunday racing all categories, Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

**July 16, 2022 — Tahoe Trail 100**, Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9367, [youphorielifecontact@gmail.com](mailto:youphorielifecontact@gmail.com), Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), [tahoe-trailmtb.com](http://tahoe-trailmtb.com), [youphorielife.com](http://youphorielife.com)

**July 16, 2022 — Tahoe Trail**, Leadville Race Series, Northstar Village, CA, Leadville Qualifier. The Tahoe Trail 100 offers athletes a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe., Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

**July 16-17, 2022 — Big Mountain Enduro**, Big Mountain Enduro Series, Durango, CO, BME Stop #4: The BME comes to Winter Park in 2021. Taking place on August 28th-29th, this ever-popular event will feature Purgatory Bike Park downhill and high alpine singletrack which is made for hard core mountain bike enthusiasts. Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**July 18-26, 2022 — USA Cycling Mountain Bike National Championships**, Winter Park, CO, Mountain bike national championships and high school cycling festival, Chuck Hodge, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), [usacycling.org](http://usacycling.org)

**July 20, 2022 — VRD Town Mountain Bike Race Series: Beaver Creek Blast**, Vail Town Series, Beaver Creek, CO, Vail Recreation District Sports, 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash](http://vailrec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash)

**July 23, 2022 — Butte 100 Races**, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 14th Annual, Stephanie Sorini, 406-490-7632, [stephaniesorini@butte100.com](mailto:stephaniesorini@butte100.com), [butte100.com](http://butte100.com)

**July 23-24, 2022 — Brundage Mountain Cross Country**, Knobby Tire Series, McCall, ID, Cross country Saturday and DH MTB race on Sunday, Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**July 23, 2022 — Winter Park Sunrise to Sunset**, Outside Events Cycling Series, Winter Park, CO, Race the sun and gear up for the Sunrise to Sunset trail race in Winter Park, Colorado this summer. The 12-hour event is all about balancing camaraderie and challenge. Ride the singletrack course as a relay or race solo., Tracy Powers, [eventsupport@outsideline.com](mailto:eventsupport@outsideline.com), [events.outsideline.com](http://events.outsideline.com)

**July 23, 2022 — Tamarack Trail Party**, Trail Party, Tamarack, ID, Downhill race, Trail Party., .

**July 27, 2022 — Summit Mountain Challenge: Copper Mountain Melee**, Breckenridge, CO, XC, Jeff Westcott, 970-390-4760, [westy@mavsports.com](mailto:westy@mavsports.com), [mavsports.com/copper-mt-melee](http://mavsports.com/copper-mt-melee)

**July 29-31, 2022 — 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 your ride is made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

**July 30, 2022 — Laramie Range Epic**, Laramie, WY, The Laramie Range Epic (formerly the Laramie Enduro) will have two course options, 30/60ish miles, 80% singletrack from smooth and flow to steep and technical. Choose the One & Done to do one lap, or, the Laramie Range Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refreshments and warm, fresh food! Limited on-course camping and room specials, Dewey Gallegos, 307-742-5533, [lterracecreator@gmail.com](mailto:lterracecreator@gmail.com), [laramierangeepic.com](http://laramierangeepic.com)

**July 30-31, 2022 — Steamboat Springs Enduro**, Revolution Enduro Series, Steamboat Springs, CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolutionenduro.com](http://revolutionenduro.com)

**July 30, 2022 — Telluride 100 Mountain Bike Race**, Telluride, CO, 100 mile mtb race, Tobin, 970-417-1751, [tobin@behling.com](mailto:tobin@behling.com), [telluride100.com](http://telluride100.com)

**July 30, 2022 — Race Rendezvous**, XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, [miller@winterparkresort.com](mailto:miller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series)

**August 3, 2022 — VRD Camp Hale Hup**, Vail Town Series, Red Cliff, CO, Vail Recreation District Sports, 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports-activities/vail-race/mountain-bike-racing/camp-hale-hup](http://vailrec.com/sports-activities/vail-race/mountain-bike-racing/camp-hale-hup)

**August 5-6, 2022 — Trestle Gravity Series: Races 1 and 2**, Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, [miller@winterparkresort.com](mailto:miller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series)

**August 6, 2022 — Pierre's Hole MTB Race**, National Ultra Endurance Series, Alta, WY, 12th Annual Registration opens February 21, 2022. The 100 K category will be capped at 250 racers and the 50 K category at 300 racers. There will not be a 100-mile race this year The racecourse is on an IMBA Epic trail at Grand Targhee. The 100 K is a NUE marathon series race, Andy Williams, 800-TARGHEE ext. 1309, [awilliams@grandtarghee.com](mailto:awilliams@grandtarghee.com), [grandtarghee.com/pierres-hole-50-100-mountain-bike-race/](http://grandtarghee.com/pierres-hole-50-100-mountain-bike-race/)

**August 6-7, 2022 — Emerald Mountain Epic**, Mountain Town Challenge Series, Steamboat Springs, CO, 52 mile singletrack in the beautiful backcountry of Routt County with a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Solo and duo team options available, Eli Campbell, [info@emeraldmtnepic.org](mailto:info@emeraldmtnepic.org), [emeraldmtnepic.org](http://emeraldmtnepic.org)

**August 6-7, 2022 — Tamarack Twister & Enduro**, Knobby Tire Series, Donnelly, ID, Cross country on Saturday and enduro race on Sunday at a beautiful venue. Cross Country race, Fast and flow, Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

**August 6, 2022 — Party at Paja**, Trail Party, Los Alamos, NM, Downhill race, Trail Party., [trail-party.com](http://trail-party.com)

**August 6, 2022 — Snowmass 50**, Snowmass, CO, This race will highlight a 25 mile singletrack loop ascending 5000 feet. Solo competitors will have the option of 1 or 2 laps while teams of 2 can race 1 lap each., Aspen Snowmass, 970-923-1227, [contact@aspensnowmass.com](mailto:contact@aspensnowmass.com), [aspensnowmass.com/while-you-are-here/events/audi-power-of-four-mountain-bike](http://aspensnowmass.com/while-you-are-here/events/audi-power-of-four-mountain-bike)

**August 6, 2022 — Maah Daah Hey 100**, Medora, ND, The Maah Daah Hey 100 race course takes you across one of the most majestic single-track adventures in the world, with miles of uninterrupted trail through the heart of the rugged Badlands. Make no mistake, this event will push competitive riders to their limits while giving every participant an experience they will remember for the rest of their lives., [expert-enceland.org](http://expert-enceland.org)

**August 6, 2022 — Colorado State MTB Championship**, Bailey, CO, The course delivers everything you would expect from a XC mountain bike race. It's a 5 mile world cup style course packed with solid climbing, twisty turns, short technical sections, and fun descents., Dave Musciani, 303-817-6523, [events@rattleracing.com](mailto:events@rattleracing.com), [rattleracing.com/event/fangdango/](http://rattleracing.com/event/fangdango/)

**August 7, 2022 — Race Montana Triathlon**, Great Falls, MT, Sprint and Olympic Distances along with the option of a solo or team triathlon. Long and short events are offered for youth participants. Beginner adults can sign up for "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run). All participants get a free pass to the Electric City Water Park on the day of the event., Ron Ray, 406-761-2222, [info@racemf.com](mailto:info@racemf.com), [racemf.com](http://racemf.com)

**August 10, 2022 — Summit Mountain Challenge: Soda Creek Scramble**, Breckenridge, CO, XC and Enduro only options with timed and untimed sections., Jeff Westcott, 970-390-4760, [westy@mavsports.com](mailto:westy@mavsports.com), [mavsports.com/soda-creek-scramble/](http://mavsports.com/soda-creek-scramble/)

**August 13-14, 2022 — Pomerle Pounder DH**, Go-Ride Gravity Series, Abilene, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**August 13-2022 — Leadville Trail 100**, Leadville Race Series, Leadville, CO, One of the most notorious and challenging bike races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

**August 13-14, 2022 — 12 and 24 Hours of Flathead**, Kalspell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park, Tia Celentano, 406-261-1769, [info@24hoursofflathead.org](mailto:info@24hoursofflathead.org), [24hoursofflathead.org](http://24hoursofflathead.org), [facebook.com/24HoursOffFlathead](http://facebook.com/24HoursOffFlathead)

**August 13, 2022 — Enduro Pescado Whitefish Enduro**, Montana Enduro Series, Whitefish, MT, Montana Enduro Series, [contact@montanaenduro.com](mailto:contact@montanaenduro.com), Eric Sivers, [eric@montanabicycleguild.org](mailto:eric@montanabicycleguild.org), [montanaenduro.com](http://montanaenduro.com)

**August 13-14, 2022 — Oak Flats MTB Race**, New Mexico Off Road Series, Albuquerque, NM, Well marked course with a separate kids course and equal pay. Family oriented, spectator friendly, with unique hand made trophies, a positive atmosphere and more. Fast, flowy course with a little bit of everything for everybody. Event Saturday: Cat 3, Cat 2 & Short track for Pro and Cat 1; Sunday: Juniors, Kids, Pro & Cat 1, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), Par, 505-730-2615, [pormanides.ornpnel@gmail.com](mailto:pormanides.ornpnel@gmail.com), [nmors.org](http://nmors.org), [oakflatsmtb.com](http://oakflatsmtb.com)

**August 14, 2022 — Colorado Trail Race**, Durango, CO, The Group Start for the 2022 CTR is going to be Sunday, August 14th, 4:AM, Waterton Canyon TH/North Terminus of the CT. Group Start will again be limited to 74 riders., Jefe Branham, [JWOCKEONE@HOTMAIL.COM](mailto:JWOCKEONE@HOTMAIL.COM), [jwookeone.com/2022-colorado-trail-race](http://jwookeone.com/2022-colorado-trail-race)

**August 17, 2022 — VRD Town Mountain Bike Race Series: Berry Creek Bash**, Vail Town Series, Edwards, CO, XC Race, Vail Recreation District Sports, 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash](http://vailrec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash)

**August 20, 2022 — York 38 Special**, York, MT, Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 vertical feet!, York Fire Rescue, [debbieyork38special@gmail.com](mailto:debbieyork38special@gmail.com), [york38special.org](http://york38special.org)

**August 20-21, 2022 — Snowmass Enduro**, Revolution Enduro Series, Snowmass, CO, Encompassing thousands of feet of descent, you won't want to miss this lift served, two day, gravel filled Enduro., David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolutionenduro.com](http://revolutionenduro.com), [snowmass-colorado-enduro/](http://snowmass-colorado-enduro/)

**August 27, 2022 — Big Sky Biggie**, Big Sky, MT, Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track,

gravel roads and the occasional paved segment, Natalie Osborne, 907-223-0858, [natalie@bigskybiggie.com](mailto:natalie@bigskybiggie.com), [bigskybiggie.com](http://bigskybiggie.com)

**August 27, 2022 — La Tierra Torture Mountain Bike Race**, New Mexico Off Road Series, Santa Fe, NM, Fast and flowy course, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), [nmors.org](http://nmors.org), [core-crew.com](http://core-crew.com)

**August 27, 2022 — Lake City Alpine 50**, Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800 feet). The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event, benefit the Town of Lake City and the Lake Fork Valley Conservancy., Michael Fleishman, [mike@lakecityalpine50.com](mailto:mike@lakecityalpine50.com), [lakecityalpine50.com](http://lakecityalpine50.com)

**August 27, 2022 — King of the Rockies**, XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, [miller@winterparkresort.com](mailto:miller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series)

**September 16-18, 2022 — Chuska Challenge Mountain Bike Race**, Tour de Rez Cup, Red Valley, AZ. The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile non-competitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bihayeh. The competitive Mountain Bike Race includes variety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday. On the Sunday of Chuska weekend, there will be a 55-mile and 35-mile Arizona Endurance Series event on the Cove Classic route, Tom Riggensbach, 928-429-0345, [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), [navajovs.org](mailto:navajovs.org), [runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRace](mailto:runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRace)

**September 17, 2022 — Barn Burner 104**, Leadville Race Series, Flagstaff, AZ. 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer. Jeff Frost, 928-380-0633, [camstbleu@gmail.com](mailto:camstbleu@gmail.com), Paul Anderson, 719-219-9364, [danderson@lifefitfitness.com](mailto:danderson@lifefitfitness.com), [barnburnermtb.com](mailto:barnburnermtb.com), [leadvillaceraceseries.com](mailto:leadvillaceraceseries.com)

**September 17-18, 2022 — Mountain Rats Firebird 50k and 25k Mountain Bike Race**, Eagle, CO. New in 2022- Firebird 25k- now you can choose between the full or short course. Experience uphill grinds and beautiful singletrack. Both the 50k and 25k courses are a great test of stamina and give a culmination of summer training. Racers will have three aid stations (one for the 25k) and will receive a finisher's memento and age group awards. Reid Delman, 303-249-1112, [reid.delman@geminiadventures.com](mailto:reid.delman@geminiadventures.com), Kyla Claudiell, 303-249-1112, [kyla@geminiadventures.com](mailto:kyla@geminiadventures.com), [geminiadventures.com](mailto:geminiadventures.com)

**September 17-18, 2022 — Big Mountain Enduro**, Big Mountain Enduro Series, Bend, OR. Series finals, Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**September 24, 2022 — Coyote Classic Round 1 of 3**, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV. Downhill Mike, 518-624-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootlegcanyonracing.com](http://bootlegcanyonracing.com)

## Utah Weekly Road Race Series

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

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

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

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

**Utah Road Race Series** — Utah Crit Series, Salt Lake City, UT, Fridays, June 10, July 22, Aug 12, Aug 26, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [race2wheels.com](http://race2wheels.com)

## Utah Road Racing

**June 4, 2022 — West Mountain Road Race**, UCA Series, Spanish Fork, UT. Starts at Lincoln Beach, Troy Huebner, 801-427-0852, [troyworkone@comcast.net](mailto:troyworkone@comcast.net)

**June 10-11, 2022 — Kokopelli Moab to St. George Relay**, Moab to St. George Relay, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Unity Park in Ivins. Chad Christensen, 801-234-0399, [info@enduranceutah.com](mailto:info@enduranceutah.com), [kokopellirelay.com](http://kokopellirelay.com)

**June 16-18, 2022 — 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), Critrium (.95 mile closed course, counter clockwise) .

Road Race (20, 40 and 60 mile course) with overall Omnium., Pace Clarke, 435-865-8423, [paceclarke@suu.edu](mailto:paceclarke@suu.edu), Quinn Pratt, 435-572-0007, [usgcyling@gmail.com](mailto:usgcyling@gmail.com), [utahsummergames.org](http://utahsummergames.org)

**June 24, 2022 — Antelope Island Classic**, UCA Series, Antelope Island, UT. Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options. James Ferguson, 801-389-5706, [ferguson8118@comcast.net](mailto:ferguson8118@comcast.net)

**June 25, 2022 — Need for Speed Time Trial**, UCA Series, Corinne, UT. State TT Championship, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**July 2, 2022 — Utah Hill Climb - Snowbird**, UCA Series, Snowbird, UT. Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**July 9, 2022 — Cache Gran Fondo**, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT. Celebrating our 11th year and 3rd year as the only qualifying event in the Western US for both the UCI Gran Fondo World Championship and GFNS (USACycling Gran Fondo National Championship), and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships and top 5 in each category qualify for National Championships. Troy Olaham, 435-764-2979, [olahamtroy@gmail.com](mailto:olahamtroy@gmail.com), [cachegrantfondo.com](http://cachegrantfondo.com)

**July 16-17, 2022 — Salt Lake Criteriums**, USA Cycling Crit Series, Salt Lake City, UT. Professional and amateur categories, expo and more! Benefits the Utah Food Bank. Saturday: Industry, Granary District, Salt Lake City. Sunday: Sugarhouse Park, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), Eric Gardner, 801-640-9173, [saltlakecrit@gmail.com](mailto:saltlakecrit@gmail.com), [saltlakecriterium.com](http://saltlakecriterium.com)

**July 23, 2022 — Powder Mountain Hill Climb**, Utah State Hill Climb Series, UCA Series, Eden, UT, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [utahcyclingevents.com](http://utahcyclingevents.com)?page\_id=135

**July 29-30, 2022 — Saints to Sinners Bike Relay**, Salt Lake City, UT. The Original fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Chad Neumeyer, 801-856-7018, [chad@saintstosinners.com](mailto:chad@saintstosinners.com), [saintstosinners.com](http://saintstosinners.com)

**July 30, 2022 — Mirror Lake Highway Road Race**, UCA Series, Kamas, UT. 150 miles across some amazing country roads and up Mirror Lake Hwy thru beautiful pine and aspen forest, across the highest paved pass in Utah at 10,700 feet, and back on country roads in wide open country. It is a road race, a gran fondo (for those who only want to ride) and can be done as 2 or 3 person relay. Fully supported. Start and finish in Kamas. Troy Huebner, 801-427-0852, [troyworkone@comcast.net](mailto:troyworkone@comcast.net)

**August 6, 2022 — East Canyon Echo Road Race and Fun Ride**, UCA Series, Henefer, UT. State RR championship for 2022. 10 AM start for all courses beginning at Big Rock Campground with the 60 mile option going through Henefer and continuing through Echo Canyon. At it's end, the route will turn back to Henefer and finish at Big Rock Campground. The 40 mile option only rides to the mouth of Echo Canyon and turns back to the campground while the 14 mile option will go up the Hogs Back and turn around to finish at Big Rock Campground with all the other courses., James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

**August 13, 2022 — Sugarhouse Criterium**, UCA Series, Salt Lake City, UT. 2022 State Criterium Championship. Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship. Bike festival too., Jared Eborn, 801-599-9268, [jared.m.eborn@comcast.net](mailto:jared.m.eborn@comcast.net)

**August 20, 2022 — Porcupine Hill Climb**, UCA Series, Salt Lake City, UT. 19th Annual. Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing! , James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

**August 20, 2022 — Wildflower Hill Climb**, Mountain Green, UT. Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event. , Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com)

**August 26-29, 2022 — Hoodoo 500**, Planet Ultra Grand Slam Endurance Series, St. George, UT. 500 mile loop race through Southern Utah.

Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [hoodoo500.com](http://hoodoo500.com)

**September 10, 2022 — LOTOJA Classic Road Race**, Logan, UT. 40th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY. Brent Chambers, 801-546-0090, [info@lotoja.com](mailto:info@lotoja.com), [lotoja.com](http://lotoja.com)

**September 17, 2022 — City Creek Bike Sprint**, Salt Lake City, UT. Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun. James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

**September 17, 2022 — Suncrest Hill Climb**, Utah State Hill Climb Series, Highland, UT. The final climb of this series will feature the Back Side of Suncrest. This climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds. , Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedaywebsites.com](http://racedaywebsites.com)

## Regional Weekly Road Race Series

**May 4-August 10, 2022 — ICE BAR Time Trial/Hillclimb Series**, ICE BAR Series, Pocatello, ID. Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times. May 4 at 6:30 pm, 7:00 pm, June 1, June 29 and July 27 Hill Climbs: Park at Cherry Springs, Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 18 -Crystal Summit (mass start), 6:30 pm.7:00 pm: June 15-Scout, July 13-Crystal Summit (Senior Games), August 10-Scout. Categories: End of season awards for men and women's overall winners of these categories: A's , B's, Master's 50+, Masters 60+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, [lojcpete@isu.edu](mailto:lojcpete@isu.edu), Tony Chesrow, 435-671-2506, [hebertsports@yahoo.com](mailto:hebertsports@yahoo.com), [idahocycling.com](http://idahocycling.com)

**May 24-July 19, 2022 — SWICA Fairground Criterium Series**, SWICA Criterium Series, Boise, ID. Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Every Tuesday except June 7, John Rogers, 208-284-9671, [abcwebdesign@yahoo.com](mailto:abcwebdesign@yahoo.com), [idahobikeracing.com](http://idahobikeracing.com)

## Regional Road Race ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond

**June 3-5, 2022 — Tour of Walla Walla Stage Race**, Walla Walla, WA. Pacific NW premier 3 day Stage Race celebrating it's 24th year. 2nd race of the Washington Stage Race Series - 2 RRs, Crit, Time Trial, Michael Austin, 509-386-1149, 509-525-4949, [mike@allegrocyclery.com](mailto:mike@allegrocyclery.com), Kathryn Austin, 509-964-8951, [kathryn@allegrocyclery.com](mailto:kathryn@allegrocyclery.com), [touwawalla.com](http://touwawalla.com)

**June 4, 2022 — Sawtooth 200-mile Team Challenge**, Boise, ID. 15th annual team relay race from Boise to Sun Valley. 200 and 100 mile route through challenging mountain terrain. 200 mile route consists of 4 or 6 person teams and 100 mile route either solo or 2 person teams. Participants finish with BBQ and Sawtooth brew in beautiful Ketchum., Katie Hedrich, 951-733-5198, [katie@omniogevents.com](mailto:katie@omniogevents.com), [sawtooth200.com](http://sawtooth200.com)

**June 5, 2022 — Regalado Road Race** , Oakdale, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**June 17-19, 2022 — Baker City Cycling Classic**, Oregon Women's Prestige Series, Baker City, OR. Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market. Brian Cimmiyotti, 541-371-3303, 509-374-8424, [scottscycleandsports@gmail.com](mailto:scottscycleandsports@gmail.com), [bakercitycyclingclassic.com](http://bakercitycyclingclassic.com)

**June 23-26, 2022 — USA Cycling Professional Road, ITT, and Criterium National Championships**, Knoxville , TN, Chuck Hodge, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), [usacycling.org](http://usacycling.org)

**June 25, 2022 — Twin Falls Old Town Criterium**, SWICA, Twin Falls, ID. Idaho State Criterium Championships. Terry Patterson, 208-420-0087, [tpatterson@csi.edu](mailto:tpatterson@csi.edu), Twin Falls Old Town Crit, [TFOTCriterium@gmail.com](mailto:TFOTCriterium@gmail.com), [idahobikeracing.org](http://idahobikeracing.org), [toldtowncrit.com](http://toldtowncrit.com)

**June 29-July 2, 2022 — USA Cycling Amateur Road National Championships**, Roanoke, VA. Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), [usacycling.org](http://usacycling.org)

**July 3, 2022 — Leesville Gap Road Race**, Williams, CA. 62 miles for everyone up and over steep Leesville Grade and Grapevine. Gap in California's Colusa County, mostly paved, some gravel stretches. Watermelon Feed at the finish. USAC licensed. , Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**July 9, 2022 — Boise Twilight Criterium**, USA Cycling Crit Series, Boise, ID. 35th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros. , Mike Cooley, 208-371-5175, [mike.cooley1958@gmail.com](mailto:mike.cooley1958@gmail.com), [boisewillightcriterium.com](http://boisewillightcriterium.com)

**July 10, 2022 — Watsonville Criterium** , Watsonville, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**July 17, 2022 — USA Cycling Gran Fondo National Championships**, Asheville, NC. Shawn Brett, 719-434-4200, [sbrett@usacycling.org](mailto:sbrett@usacycling.org), [usacycling.org](http://usacycling.org)



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**July 23, 2022 — Bob Cook Memorial Mount Evans Hill Climb**, Colorado Summit Cycling Series, Idaho Springs, CO. 55th annual, CO State Championship Hill Climb, 27 mile bicycle race and Gran Fondo, that ends on the highest paved road in the United States, Mount Evans, at 14,130', 6000 feet elevation gain. , Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Kim Nordquist, 303-249-6158, [kim@teamevergreen.org](mailto:kim@teamevergreen.org), [bicyclerace.com](http://bicyclerace.com), [teamevergreen.org](http://teamevergreen.org)

**August 4-7, 2022 — USA Cycling Masters Road National Championships**, Albuquerque, NM. Shawn Brett, 719-434-4200, [sbrett@usacycling.org](mailto:sbrett@usacycling.org), [usacycling.org](http://usacycling.org)

**August 6, 2022 — Warnerville Time Trial**, Knights Ferry, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**August 7, 2022 — Patterson Road Race**, Tracy, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**August 13, 2022 — Bogus Basin Hill Climb**, Boise, ID. 51st Annual, 24km/15 miles of uphill, 1000 meters of elevation gain. Starts at 2600 N Bogus Basin Rd in Boise. Troy Lloyd, 208-514-3077, [george@georgescycles.com](mailto:george@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**August 13, 2022 — Lamolite Canyon Hill Climb**, Tentative, Lamolite, NV. 16th annual. Road Race hill climb, 12 miles, 3000 ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolite Grove, 11:30am. Gayle Hughes, 775-753-7789, 775-934-4532, [ekvelo@gmail.com](mailto:ekvelo@gmail.com), Jon Powell, 775-385-4938, [ekvelo@ekvelo.com](mailto:ekvelo@ekvelo.com), [ekvelo.com](http://ekvelo.com)

**August 13, 2022 — The Broadmoor Pikes Peak Cycling Hill Climb**, Colorado Springs, CO. This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9:30 feet and finishing 12.42 miles later at 14,115 feet with an elevation gain of 4725 feet. There is a timed race and gran fondo, with waves starting at 6:13 am. The Sports Corp , 719-634-7333, [info@thesportscorp.org](mailto:info@thesportscorp.org), Jeff Mosher, 719-634-7333 ext 1005, [jeff@thesportscorp.org](mailto:jeff@thesportscorp.org), [PikesPeakCyclingHillClimb.org](http://PikesPeakCyclingHillClimb.org)

**August 13, 2022 — Dunnigan Hills Road Race**, Dunnigan, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**August 14, 2022 — Suisun Harbor Criterium**, Suisun City, CA. 2021 Northern California/Nevada District Criterium Championships. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**August 20, 2022 — San Ardo Road Race**, San Ardo, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**August 21, 2022 — University Road Race**, Santa Cruz, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**August 27, 2022 — Winters Road Race**, Winters, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**September 3, 2022 — Athlone Time Trial**, Merced, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**September 5, 2022 — Il Giro di San Francisco**, San Francisco, CA. 46th annual Labor Day Criterium on the Embarcadero. Challenging 3 corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**September 11, 2022 — Mt. Graham Hill Climb**, Safford, AZ. 8 am, mass start, Nippy Feldhake III, 520-747-2544, [nippy-mr-smarty-pants@uno.com](mailto:nippy-mr-smarty-pants@uno.com), [azcycling.org/event/mt-graham-state-hc-2/](http://azcycling.org/event/mt-graham-state-hc-2/)

**September 16-18, 2022 — Silver State 508**, Mountain West Ultra Cup, Reno, NV. 59th Annual. Founded by John Marino in 1983 and reorganized as "The Toughest 48 hours in Sport". This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across America (RAAM) Qualifier, starts and ends in Reno and traverses across Highway 50, also known as "the Loneliest Road in America". Robert Panzera, 917-543-2670, [robert@ccsd.com](mailto:robert@ccsd.com), Jo Panzera, [jo@ccsd.com](mailto:jo@ccsd.com), [the508.com](http://the508.com)

**September 18, 2022 — Arizona State Time Trial 40K Championships**, Picacho, AZ. Arizona State Individual Time Trial, 40K. Course out & back. flat. first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State licensed, Joey Luciano, [juliano88@gmail.com](mailto:juliano88@gmail.com), [azcycling.org/event/state-time-trials-20-and-40k/](http://azcycling.org/event/state-time-trials-20-and-40k/)

**September 18, 2022 — Oakland Grand Prix**, Oakland, CA. Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](http://velopro1.com)

**September 18, 2022 — 3 Bears TT #1**, Picacho, AZ. State TT championship and tandem, [azcycling.org/event/3-bears-tt-1/](http://azcycling.org/event/3-bears-tt-1/)

## Utah Road Touring and Gran Fondos

**June 4, 2022 — Little Red Riding Hood**, Lewiston, UT. Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. will be available early

January. This event sells out quickly., Penny Perkins, [penperk@centurylink.net](mailto:penperk@centurylink.net), Curt Griffin, [lrb@bbtc.net](mailto:lrb@bbtc.net), [bccutah.org/lrb](http://bccutah.org/lrb)

**June 4, 2022 — Ride the Gap Century**, Ride Southern Utah Road Gran Fondos, 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](mailto:joey@redrockbicycle.com), Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), Ryan Gurr, [info@spingeeeks.com](mailto:info@spingeeeks.com), [rdsouthernutah.com](http://rdsouthernutah.com)

**June 10-11, 2022 — Raspberry Ramble Series**, Salt Lake Randonneurs Brevet Series, Logan, UT. Self-supported brevet 188, 250 or 375-mile in Cache Valley and southern Idaho, 5AM start in Logan, Richard Sturm, 435-462-2266, [richard@eogear.com](mailto:richard@eogear.com), Ken Moss, 801-833-2782, [ba@saltlakearandos.org](mailto:ba@saltlakearandos.org), [saltlakearandos.org](http://saltlakearandos.org)

**June 11, 2022 — Huntsman SportsFest - Run. Ride. Play. Support Cancer Research**, Salt Lake City, UT. An epic ride supporting Huntsman Cancer Institute (HCI). Distances: 25, 50, 75, 100 & 140 miles. 100% of all funds support the mission of HCI., Jen Murano-Tucker, 801-584-5815, [jmurano@huntsmanfoundation.org](mailto:jmurano@huntsmanfoundation.org), [huntsman-sportsfest.com](http://huntsman-sportsfest.com)

**June 25-26, 2022 — Bike MS: Harmons Best Dam Bike Ride**, Bike MS, Logan, UT. Join thousands of cyclists from around the region and celebrate 34 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

435-757-2889, [info@CacheValleyCentury.com](mailto:info@CacheValleyCentury.com), Sammie MacFarlane, 435-713-0288, [Sammie@cgadventures.org](mailto:Sammie@cgadventures.org), CJ Sherlock, 435-713-0288, 435-757-2889, [info@cachevalleycentury.com](mailto:info@cachevalleycentury.com), [CacheValleyCentury.com](http://CacheValleyCentury.com)

**August 27, 2022 — Summit Challenge.** Park City, UT. Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget — all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music. Chelsea Rybak, 435-649-3991, 435-200-0990, [events@discovernac.org](mailto:events@discovernac.org), Kelly Striefel, 435-649-3991, [kellys@discovernac.org](mailto:kellys@discovernac.org), [summitchallenge100.org](http://summitchallenge100.org), [discovernac.org](http://discovernac.org)

**August 27, 2022 — CF Cycle For Life.** Henefer, UT. One of Utah's best supported charity rides. A healthy multi-length challenge, not race, for all level of riders, beautiful ride with five route options - 24, 36, 56, 80, 100 Miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF. Laura Hadley, 801-532-2335, 801-532-8310, [info@cfccf.org](mailto:info@cfccf.org), Erin Hurtado, 801-532-2335, [ehurtado@cfccf.org](mailto:ehurtado@cfccf.org), [lightcf.cff.org/site/IR?fr\\_id=8753&pg=entry](http://lightcf.cff.org/site/IR?fr_id=8753&pg=entry)

**August 27, 2022 — Gran Fondo Salt Lake.** Tooele, UT, 100 miles, the metric century (62 miles), or 30 miles. Held at the Utah Motorsports Campus, through the west desert South of Grantsville, climbing Johnson pass, and back. Minimal traffic on this picturesque desert ride. 6 feed stations on route. Food at the Utah Motorsports Campus after the event. New in 2022: camping onsite, 5k time trial Friday evening, and triathlon Friday evening. Dan Aamodt, [info@stakevents.com](mailto:info@stakevents.com), [GranFondoSaltLake.com](http://GranFondoSaltLake.com)

**September 11-17, 2022 — Tour of Southern Utah.** St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part. Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**September 17-18, 2022 — Moab Century Tour.** Moab, UT. The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for! Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate.

Beth Logan, 435-260-8889, 435-260-2334, [info@skinnytireevents.com](mailto:info@skinnytireevents.com), [skinnytireevents.com](http://skinnytireevents.com)

**September 17, 2022 — Goldilocks Utah.** Goldilocks Bike Ride, Provo, UT. Goldilocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options. Goldilocks has a route that is "just right" for everyone! Jackie Karlberg, 520-227-7720, [karlberg@gracing@gmail.com](mailto:karlberg@gracing@gmail.com), [goldilocks.events/provo](http://goldilocks.events/provo)

**September 17, 2022 — 5 Canyons Bike Challenge.** Sandy, UT. One of the most daunting and beautiful cycling challenges in the country, ascending more than 14,000 feet over 116 miles through all five of Salt Lake City's picturesque riding canyons before finishing at the Utah Capitol building. Comprising three HC climbs and two Category 2 climbs, the ride has more vert than almost any other ride in America and certainly the steepest average gradient. Participants may elect to ride one, two, three, four or all five of the canyons. Greg Hoole, 801-272-7556, [greg@teamwheelsofjustice.org](mailto:greg@teamwheelsofjustice.org), [5Canyons.org](http://5Canyons.org)

**September 23-24, 2022 — 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, 801-479-5460, [npalmer@comcast.net](mailto:npalmer@comcast.net), Tom Jensen, 801-475-7488, [tom.jensen@scouting.org](mailto:tom.jensen@scouting.org), [traptrails.org/bike](http://traptrails.org/bike)

**September 23-24, 2022 — Salt to Saint Relay.** Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories. Clay Christensen, 801-234-0399, [info@enduranceutah.com](mailto:info@enduranceutah.com), [salttosaint.com](http://salttosaint.com)

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

**June 4, 2022 — Just for the Hill of It.** White Bird, ID. Benefit for Syringa Hospital & Clinics Hospice, face the challenging switchbacks of the Old White Bird Grade. Experience 13 miles with a gentle climb starting at Hammer Creek at 1000' and continuing to the summit at 3800'. Breathtaking views. All ages are welcome to come & join in the fun. Cindy Higgins, 208-983-8550, [chiggins@syringahospital.org](mailto:chiggins@syringahospital.org), [syringahospital.org/hill-of-it-challenge.html](http://syringahospital.org/hill-of-it-challenge.html)

**June 4, 2022 — Tour de Lava.** Lava Hot Springs, ID. Distance 16, 32 and 50 miles. All money raised including registration fee goes to Huntsman for cancer research for Prostate Cancer and promoting prostate cancer awareness 1-9 men will get prostate cancer. Simple blood test for PSA.

Jeff Tingey, 208-232-8996, [jeff.tingey.13@gmail.com](mailto:jeff.tingey.13@gmail.com), [barliessports.com](http://barliessports.com)

**June 4, 2022 — Eastern Sierra Double Century.** California Triple Crown and Planet Ultra Grand Slam Endurance Series, Bishop, CA, 200 mile ride including Mammoth and June Lakes, Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**June 5, 2022 — America's Most Beautiful Bike Ride - Lake Tahoe.** Stateline, NV, 100, 72 mile options around Lake Tahoe, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. Curtis Fong, 800-565-2704, 775-771-3246, [tfong@bikethestewest.com](mailto:tfong@bikethestewest.com), [bikethestewest.com](http://bikethestewest.com), [bikeandskitahoe.com](http://bikeandskitahoe.com)

**June 5, 2022 — Elephant Rock.** Outside Events Cycling Series, Castle Rock, CO. The final year of the event, riders won't want to miss the final send off of Elephant Rock. The Colorado cycling classic offers three road courses (44, 60, and 100 miles), a great family ride at 8-miles, a kids race and lots of bikes, bands and camaraderie with the Colorado Bike Expo taking place during the event. Tracy Powers, [eventsupport@outsideinc.com](mailto:eventsupport@outsideinc.com), [events.outsideonline.com](http://events.outsideonline.com)

**June 11, 2022 — Fremont Area Road Tour (FART).** Lander, WY. This event showcases the Lander cycling experience and offers an adventure for the whole family. The group tour begins on Main St with a police escort down our iconic Main St. Riders then take off on the picturesque Baldwin loop before heading up Sinks Canyon for one of the best road rides in the state. 2022 will see the addition of a kids' ride along our scenic creek trail, strollers welcome! Participants at the FART receive 50% off admission to the Lander Brewfest that starts shortly after the ride, making this a great weekend activity! Gwen Robson, 307-330-3002, [fremontarearoadtour@gmail.com](mailto:fremontarearoadtour@gmail.com), Ami McAlpin, 970-394-4423, [landercycling@gmail.com](mailto:landercycling@gmail.com), Amanda Dyer, 307-332-3394, [landercycling@cw.edu](mailto:landercycling@cw.edu), [landercycling.org](http://landercycling.org), [fremontarearoadtour.com](http://fremontarearoadtour.com)

**June 11-17, 2022 — Ride the Rockies.** Copper Mountain, CO. Ride the loop to explore Colorado's Rocky Mountains by bicycle. Starts at Copper Mountain and ends along Colorado's Front Range in Golden. The 2022 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Ride the Rockies, [info@ride-therockies.com](mailto:info@ride-therockies.com), [ridetherockies.com](http://ridetherockies.com), [ventureendurance.com](http://ventureendurance.com)

**June 11-22, 2022 — Tour of Two Forests.** Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**June 12, 2022 — Ride to End Alzheimers.** Fort Collins, CO. Come help fuel cutting edge research by fundraising and riding to help in the discovery of treatment and prevention methods for Alzheimer's. Ride options are available for 20, 50, 70, and 100 mile distances. Sara Prevost, 833-239-7433, [ride@alz.org](mailto:ride@alz.org), [alz.org/ride](http://alz.org/ride)

**June 18, 2022 — Spindarella.** Pocatello, ID, 10th Annual, 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, [spindarella33@gmail.com](mailto:spindarella33@gmail.com), [spindarella33.com](http://spindarella33.com)

**June 18, 2022 — CHAFE 150 Grand Fondo.** Sandpoint, ID. The 150 mile route is a grand loop around the Cabinet Mountains through gorgeous lake and river valleys, encompassing one upriver leg, two downriver legs and one huge lake! In addition, CHAFE offers magnificent 100, 80, 40, and 25 mile routes for riders of any level, Jane Huang, [chafe150@outlook.com](mailto:chafe150@outlook.com), [chafe150.org](http://chafe150.org)

**June 25, 2022 — RATPOD (Ride Around the Pioneers in One Day).** Dillon, MT. Now a virtual ride: RATPOD is now RATPOD Unlimited - Your RATPOD, Your way. You can ride any distance you choose, from anywhere you are located all in support of Camp Make-A-Dream. An oncology camp dedicated to ensuring those affected by cancer can live with and beyond their diagnosis. With just a small donation you can be part of this now national event all to honor those affected by cancer. RATPOD is usually 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](mailto:info@ratpod.org), [ratpod.org](http://ratpod.org), [campdream.org](http://campdream.org)

**June 25, 2022 — Cheyenne Superday Tour de Prairie.** Cheyenne, WY. This long-distance, 100-mile, course route heads out and back from Cheyenne through the open, rolling prairie into the town of Chugwater for a uniquely Wyoming tour. Features 25-, 50-, 75- and 100-mile rest stations/turn around points. Breakfast and lunch are included. Lauren Boothe, 307-757-7166, [lboothe@cheyennecity.org](mailto:lboothe@cheyennecity.org), [CheyenneRec.org](http://CheyenneRec.org), [cheyennecommunityrecreationandevents.enriva.com/events/register/superday-2022-tour-de-prairie](http://cheyennecommunityrecreationandevents.enriva.com/events/register/superday-2022-tour-de-prairie)

**June 25, 2022 — Alta Alpina Challenge.** Markleeville, CA. Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options and more or pick one or more of the famous Alta Alpina passes for a personalized ride (30 miles and up). Fundraiser for the Alta Alpina Cycling Club. Gregg Westerbeck, 877-845-2453, [social@altaalpina.org](mailto:social@altaalpina.org), Michael Bayer, [challenge@altaalpina.org](mailto:challenge@altaalpina.org), [altaalpina.org/challenge](http://altaalpina.org/challenge)

**June 25-26, 2022 — Bike MS: Colorado.** Bike MS, Westminster, CO. With breathtaking mountain views and crisp mountain air, take in the views of Longs Peak, Colorado's most famous 14er, in an area known as one of Colorado's most scenic outdoor paradises. This Bike MS experience offers route options ranging from 32 to 103 miles over two days and is friendly to all abilities with rest stops every 10-12 miles. Lodging, meals, and entertainment based out of Colorado State University in Ft. Collins. Brittany Rondello, 425-647-6846, [brittany.rondello@nmss.org](mailto:brittany.rondello@nmss.org), Erika Bamum, 303-698-6127, [Erika.Bamum@nmss.org](mailto:Erika.Bamum@nmss.org), [bikemscolorado.org](http://bikemscolorado.org)

**July 16-22, 2022 — Tour de Wyoming.** Rock Springs, WY. Bike tour through Wyoming with daily distances from 55 to 70 miles. Amber Travky, 307-742-5840, [atravsky@wyoming.com](mailto:atravsky@wyoming.com), [cyclewyo-ming.org](http://cyclewyo-ming.org), [tourdewyoming.org](http://tourdewyoming.org)

**July 16, 2022 — Tour de Steamboat.** Steamboat Springs, CO. Annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado, taking in Rabbit Ears Pass, Gore Pass, Yellow Jacket Pass, Stagecoach, Yampa and Oak Creek. Four different road ride routes: 26, 46, 66, 116 miles, and a 100 mile gravel route. Katie Lindquist, 970-846-9206, [info@tourdesteamboat.com](mailto:info@tourdesteamboat.com), [tourdesteamboat.com](http://tourdesteamboat.com)

**July 16, 2022 — Death Ride - Tour of the California Alps.** Markleeville, CA. Challenge yourself to the premier cycling event in California. With 103 miles, over 14,000' of climbing, and up to six (6) HC climbs through the stunning Sierra Nevada mountains, this ride is sure to challenge and inspire you! Becky DeForest, 530-694-2475, [info@alpinecounty.com](mailto:info@alpinecounty.com), [deathride.com](http://deathride.com)

**July 16-17, 2022 — Seattle to Portland (STP).** Seattle, WA. The Kaiser Permanente Seattle to Portland (STP) presented by Alaska Airlines Bicycle Classic is a 200+ mile one or two-day ride through western Washington. Heading south from Seattle and ending in Portland, Oregon, the STP is a thrill-

ing back-to-back double century ride through urban and rural settings. Bicycling Magazine calls STP "one of the best cycling events in the nation." Rishan Mohideen, 208-620-0465, [rishanm@casacade.org](mailto:rishanm@casacade.org), [casacade.org/node/6801](http://casacade.org/node/6801)

**July 23, 2022 — Fondo on the Palouse.** Moscow, ID. Starting at 0700 in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way. Jay Clevenger, 208-882-0703, [fondopalouse@gmail.com](mailto:fondopalouse@gmail.com), [fondopalouse.org](http://fondopalouse.org)

**July 23, 2022 — Santa Cruz Mountains Challenge.** Santa Cruz, CA, 45 Miles with about 3,000 feet of climbing. Metric Century (roughly 62 miles) with 7,000 feet of climbing. Century (100 miles) with about 10,000 feet of climbing. Double Metric Century (roughly 135 miles) with 13,000 feet of climbing. Skippy Givens, [century@santacruzcyling.org](mailto:century@santacruzcyling.org), [century@santacruzcyling.org](http://century@santacruzcyling.org)

**August 6, 2022 — Tour de Big Bear.** Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast! Chris Barnes, 951-970-6720, 909-878-0707, [bigbearcycling@gmail.com](mailto:bigbearcycling@gmail.com), [bigbearcycling.com/tour-de-big-bear-cycling-west/](http://bigbearcycling.com/tour-de-big-bear-cycling-west/), [bigbearcycling.com](http://bigbearcycling.com)

**August 6, 2022 — Copper Triangle Alpine Cycling Classic.** Outside Events Cycling Series, Copper Mountain, CO. There's never a bad time to train for a true alpine cycling classic like Copper Triangle. Start high in the Rocky Mountains and climb up to the top of the 179-mile loop creating three Colorado mountain passes - totaling 6,500 feet in elevation gain. New in 2022: A friendly QOM & KOM of Vail Pass, with podium presentations for the top 3 men & women. Tracy Powers, [eventsupport@outsideinc.com](mailto:eventsupport@outsideinc.com), [events.outsideonline.com](http://events.outsideonline.com)

**August 6-7, 2022 — Bike MS: Willamette Valley.** Bike MS, Monmouth, OR. Enjoy some of the most picturesque sites in the Valley as you cross a covered bridge, cruise along golden wheat fields and pedal through Willamette Valley Vineyards. This two-day Bike MS experience offers route options ranging from 21 to 100 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Western Oregon University. Brittany Rondello, 425-647-6846, [brittany.rondello@nmss.org](mailto:brittany.rondello@nmss.org), Emily Rios, [Emily.Rios@nmss.org](mailto:Emily.Rios@nmss.org), [bikems.org](http://bikems.org)

**August 13-14, 2022 — Bike MS: Wyoming's Bighorn Country Classic.** Bike MS, Sheridan, WY. Enjoy the beautiful views of the Bighorn Mountains and get a taste of new and old as you wind through a modern college campus and historic towns of the old west, like Buffalo and Stoney, on this two-day ride. This Bike MS Experience offers route options ranging from 26 to 100 miles over two days and is friendly to all abilities with rest stops every 10-12 miles. Lodging, meals, and entertainment based out of Sheridan College (1 Whitney Way) in Sheridan. Alexis Johnson, 303-698-5403, [alexis.bradley@nmss.org](mailto:alexis.bradley@nmss.org), Mary Keathley, 303-698-8810, 855-372-1331, [mary.keathley@nmss.org](mailto:mary.keathley@nmss.org), Brittany Rondello, 425-647-6846, [brittany.rondello@nmss.org](mailto:brittany.rondello@nmss.org), [bikems.org](http://bikems.org)

**August 13, 2022 — Stoney Valley Century Bicycle Ride.** La Veta, CO, 19th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mile routes, featuring up to 8000-feet of climbing. Kent Hay, [info@spcycling.org](mailto:info@spcycling.org), [spcycling.org](http://spcycling.org)

**August 13, 2022 — Four Peaks Grand Fondo.** Pocatello, ID. One Day: 82 miles. Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you wish. Jeff Tingey, 208-232-8996, [jeff.tingey.13@gmail.com](mailto:jeff.tingey.13@gmail.com), David George, 208-317-2226, [dgeorge@victoryofidaho.com](mailto:dgeorge@victoryofidaho.com), [4PGF.com](http://4PGF.com)

**August 20, 2022 — 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. Margaret Wimbome, 208-317-7716, [edfoundation@s391.org](mailto:edfoundation@s391.org), [91.k12.id.us/22/Content2/about-century-ride](http://91.k12.id.us/22/Content2/about-century-ride)

**August 20, 2022 — The Triple Bypass.** Evergreen, CO. The legendary Triple Bypass is 110 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Vail, CO. 64 and 110 mile options. Sunday Gran Fondo and the infamous Double Triple Bypass, 240 miles. Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Kim Nordquist, 303-249-6168, [kim@teamevergreen.org](mailto:kim@teamevergreen.org), [triplebypass.org](http://triplebypass.org)

**August 21-27, 2022 — Yellowstone National Park Bike Tour.** Big Bend, MT. Multiple dates. Experience the world's first national Park 7-Day tour includes 6 nights lodging/meal/ guide service, entrance fees, daily lunch en route, and more! John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**August 27, 2022 — Venus de Miles.** Lyons, CO. Venus de Miles is for all skill levels and features courses to accommodate any active woman - whether this is your first athletic event or your hundredth. Rolling 32-mile course, a 64-mile metric century, and a 100-mile century course. All courses go through beautiful Boulder County. Fundraiser for Greenhouse Scholars. Greenhouse Scholars, 303-459-5473, [venus@greenhousescholars.org](mailto:venus@greenhousescholars.org), [greenhousescholars.org](http://greenhousescholars.org)

**August 27, 2022 — Enchanted Circle.** TENTATIVE. Outside Events Cycling Series, Red River, NM. The Enchanted Circle Bicycle Tour is a scenic, southwest cycling experience with rolling hills, fast descents and rewarding climbs. Choose between an 85-mile ride or the iconic 100-mile century along the Enchanted Circle Scenic Byway, this New Mexico course travels through some of the most spectacular peaks in New Mexico. Tracy Powers, [eventsupport@outsideinc.com](mailto:eventsupport@outsideinc.com), [events.outsideonline.com](http://events.outsideonline.com)

**August 27-28, 2022 — Bike MS: Pedal los Pueblos.** Bike MS, Albuquerque, NM. Cycle through Albuquerque's majestic, breathtaking scenery with a community of riders dedicated to changing the world for people with MS, one pedal stroke at a time. Take your pick from numerous one-day routes that wind along the frontier, through miles of cat-trail bike trails and soak in the unique diversity and flair of New Mexico. Renata Sahagian, 619-693-8128, [Renata.Sahagian@nmss.org](mailto:Renata.Sahagian@nmss.org), Kymbria Fox, 505-321-8114, [kymbria.fox@nmss.org](mailto:kymbria.fox@nmss.org), [bikemsnewmexico.org](http://bikemsnewmexico.org)

**August 28, 2022 — Golden Gran Fondo.** Gran Fondo National Series, Golden, CO. Starting in historic Golden, CO, this event features long Rocky Mountain climbs and descents, elevations between 5,600 - 11,000 feet above sea level, and a great downtown park atmosphere for the finish line party. Reuben Cline, 765-247-2453, [info@granfondochampionship.com](mailto:info@granfondochampionship.com), [granfondonationalseries.com/gran-fondo-golden/](http://granfondonationalseries.com/gran-fondo-golden/)

**September 10, 2022 — Race the Rails.** Ely, NV. Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages. Kyle Horvath, 775-289-3720, [kyle.horvath@elynevada.net](mailto:kyle.horvath@elynevada.net), [elynevada.net](http://elynevada.net)

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**September 10, 2022 — American Diabetes Association's Tour de Cure Colorado.** Parker, CO, Join IDC as one of the most successful and beautiful fundraising rides in Colorado this September 10th. The mission of the American Diabetes Association is to prevent and cure diabetes while improving the lives of all people affected by diabetes. Lindsay, Mark, Megan, Sasha, 720-855-1102 x7010, [LPhelan@diabetes.org](mailto:LPhelan@diabetes.org), [MTaylor@diabetes.org](mailto:MTaylor@diabetes.org), [MTaub@diabetes.org](mailto:MTaub@diabetes.org), [SReeves@diabetes.org](mailto:SReeves@diabetes.org), [bburcham@diabetes.org](mailto:bburcham@diabetes.org), [diabetes.org/coloradotourdecure](http://diabetes.org/coloradotourdecure)

**September 10, 2022 — Tour of the Moon.** Outside Events Cycling Series, Grand Junction, CO. Want to take an epic trek through the Colorado National Monument? Check out Tour of the Moon and tackle a metric century ride or opt for a 41-mile loop back into Grand Junction. This ride is one of the most important fundraising events benefitting Bicycle Colorado. The event sells out every year so don't miss it. Tracy Powers, [eventsupport@outsideline.com](mailto:eventsupport@outsideline.com), [events.outsideline.com](http://events.outsideline.com)

**September 10-18, 2022 — California Coast Classic.** San Francisco, CA. The Arthritis Foundation's California Coast Classic Bike Tour, presented by Amgen, covers 525 miles from San Francisco to Los Angeles over eight days along Highway 1. Shannon Marang Cox, 909-489-2217, 213.634.3772, [smarangcox@arthritis.org](mailto:smarangcox@arthritis.org), [arthritis.org/californiacoastclassic](http://arthritis.org/californiacoastclassic)

**September 10-17, 2022 — Ride the Rim.** Crater Lake, OR. Ride the Rim Crater Lake offers a vehicle-free way to experience Crater Lake National Park with 25 miles and 3,500 feet of climbing. Events will be held on the 10th and the 17th of September at Crater Lake National Park. All federal guidelines in place for the COVID-19 pandemic will be in place to ensure the utmost safety throughout the events. Discover Klamath, 800-445-6728, [visit@discoveklamath.com](mailto:visit@discoveklamath.com), [ride-thetimeregion.com](http://ride-thetimeregion.com)

**September 10-11, 2022 — Bike MS: Deception Pass Classic.** Bike MS, Seattle, WA. Enjoy breathtaking views as you cross the Deception Pass Bridge providing a one-of-a-kind experience as we come together to reach our goal — a world free of MS. The Bike MS experience offers route options ranging from 22 to 100 miles and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Skagit County Fairgrounds (501 Taylor St) in Mt Vernon, WA. Brittany Rondello, 425-647-6846, [brittany.rondello@ms.org](mailto:brittany.rondello@ms.org), Katie Gambill, 206-515-4569, [katherine.gambill@ms.org](mailto:katherine.gambill@ms.org), [bikems.org](http://bikems.org)

**September 11, 2022 — Tour de Tahoe - Bike Big Blue.** Lake Tahoe, NV. Around Lake Tahoe's 72 Mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. Limited to 2000 participants, Curtis Grogg, 800-565-2704, 775-771-3246, [tgf@biketahoe.com](mailto:tgf@biketahoe.com), [biketahoe.com](http://biketahoe.com)

**September 17, 2022 — Tour de Vineyards.** Outside Events Cycling Series, Palisade, CO. Head to Palisade this fall and enjoy the vineyards, orchards and mesas of Colorado's Western Slope at the 26th annual Tour de Vineyards. Take the leisurely 23-mile route along the Palisade Fruit & Wine Byway, or opt for the 58-mile loop up and over Reeder Mesa. Tracy Powers, [eventsupport@outsideline.com](mailto:eventsupport@outsideline.com), [events.outsideline.com](http://events.outsideline.com)

**September 17-18, 2022 — Bike MS: Waves to Wine.** Bike MS, San Francisco, CA. Join us as we venture from the heart of San Francisco riding across the famous Golden Gate Bridge and overnight in the middle of beautiful wine country. Take your pick from numerous one-day routes with fully supported rest stops along with a community of riders dedicated to changing the world for people with MS one pedal stroke at a time. Renata Sahagian, 619-693-8128, [Renata.Sahagian@ms.org](mailto:Renata.Sahagian@ms.org), John Schlider, 415-439-0402, [john.schliders@ms.org](mailto:john.schliders@ms.org), [waviestowine.com](http://waviestowine.com)

**September 18, 2022 — GFNY Santa Fe.** Gran Fondo New York, Santa Fe, NM. The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe. 81 and 55 mile courses, Michael McColla, [mikeli@bikebikes.com](mailto:mikeli@bikebikes.com), [gfny.org](http://gfny.org)

**September 24, 2022 — Tri-States Gran Fondo.** Mesquite, NV, 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip timed, Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [tristatesgranfondo.com](http://tristatesgranfondo.com), [planetultra.com](http://planetultra.com)

**September 24, 2022 — Mountains to the Desert Bike Ride.** Telluride, CO. 17th Annual, Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway, CO for the Just for Kids Foundation! Choose your distance (72 miles, 101 miles, 104 miles or 132 miles) and pass through golden aspens and brilliant red canyon walls to our destination at Gateway Canyons Resort. Katie Geissler, 970-

708-0566, [director@justforkidsfoundation.org](mailto:director@justforkidsfoundation.org), [justforkidsfoundation.org](http://justforkidsfoundation.org)

**September 24-25, 2022 — Bike MS: Cycle the Silver Valley.** Bike MS, Coeur d'Alene, ID. Spot models and bears high up in the rural mountains of Northern Idaho during this Bike MS experience offering route options ranging from 22 to 106 miles over two days. The routes are friendly to all abilities with rest stops every 8-12 miles. Lodging, meals, and entertainment based out of Silver Mountain Resort (610 Bunker Ave) in Kellogg. Brittany Rondello, 425-647-6846, [brittany.rondello@ms.org](mailto:brittany.rondello@ms.org), Lily King, 206-515-4572, [Lily.King@ms.org](mailto:Lily.King@ms.org), [bikems.org](http://bikems.org)

**September 24, 2022 — Coldwell Banker Denver Century Ride.** Denver, CO. Cycle the City - Discover urban cycling in Denver within a safe, fun & enjoyable experience. 100, 85, 50 and 25 mile courses for every ability. Roll through Downtown Denver, through the burbs, up Lookout Mountain and down the Hogback. Supporting cycling advocacy through ride beneficiary Bicycle Colorado. Start: Shops at Northfield, Bruce Eley, 303-469-7500, [info@denvercenturyride.com](mailto:info@denvercenturyride.com), [denvercenturyride.com](http://denvercenturyride.com)

**September 25-October 1, 2022 — OATBRAN.** Lake Tahoe, NV. 31st annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully supported motel style tour... limited to 50 participants. Curtis Grogg, 800-565-2704, 775-771-3246, [tgf@biketahoe.com](mailto:tgf@biketahoe.com), [biketahoe.com](http://biketahoe.com)

**September 25, 2022 — Tour of the Rio Grande Bicycle Century.** Albuquerque, NM. The flattest tour in New Mexico taking riders from near the Albuquerque International Sunport south to Bernardo and back! Route distances are 39, 62, 78 and 100 miles. This ride is great for first time or beginning season riders. For experienced riders it's an opportunity to crush existing personal best century times! The tour runs parallel with the Rio Grande exposing riders to the more relaxed side of New Mexican life and the beautiful landscape. Michael Wiclaw, 330-518-4708, [metala@metalthegrand.com](mailto:metala@metalthegrand.com), [touroftheriogrande.com](http://touroftheriogrande.com)

**Multisport Races**

**June 4, 2022 — Colorado Triathlon.** Boulder, CO. Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**June 11, 2022 — Jordanelle Triathlon.** TriUtah Points Series, Park City, UT. 21st annual. Enjoy everything from the wildlife and boardwalk 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, [race@triuah.com](mailto:race@triuah.com), [triuah.com](http://triuah.com)

**June 18, 2022 — 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](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**June 18, 2022 — Mt. Pleasant City Triathlon.** Mt. Pleasant, UT. Sprint Triathlon (3.1 mile run/12.1 mile bike/300 yard swim), Mt Pleasant Aquatic Center, Brittany Adams, 435-462-1333, [pool@mtpleasantcity.com](mailto:pool@mtpleasantcity.com), [mtpleasantcity.com](http://mtpleasantcity.com)

**June 18, 2022 — Valkyrie Multisport Relay.** Park City, UT. Spans nearly 100 miles of Utah's spectacular Wasatch Back mountain range. The event pits teams of up to 9 specialized competitors against each other, racing against the clock, and exchanging between trail running, kayak/canoe paddling, marathon, mountain biking, stand-up paddle boarding, open water swimming, and road cycling. Race day consists of four events: Full, Sprint, Marathon, and Half—everything culminating with an all-day Expo (Endurance Sports Summit) at the finish line. Shawn Snow, [info@valkyrirelay.com](mailto:info@valkyrirelay.com), [valkyrirelay.com](http://valkyrirelay.com)

**June 25, 2022 — Lake Tahoe Off-Road Triathlon.** Tahoe City, CA. The swim occurs in one of the clearest, cleanest, and deepest lakes in North America, Lake Tahoe. Tahoe City is also home to some of the area's most treasured mountain biking trails. The bike course features single track and double track, fields of wildflowers, and breathtaking Sierra views. The races start and finish at Commons Beach on the shore of Lake Tahoe. Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [adventureportsweektahoec.com/compete/tahoe-off-road-triathlon/](http://adventureportsweektahoec.com/compete/tahoe-off-road-triathlon/)

**June 26, 2022 — Boulder Sunrise Triathlon.** Boulder, CO. Join in celebrating the start of summer in the triathlon capital of the country, Boulder,

CO. An athlete favorite with its breath-taking sunrise swim, fast bike and smooth run course, all with the flatirons painted in the background. Includes olympic, sprint, Relay, duathlon, Aquabike, 10k, and 5k. Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [www.bbsctri.com/about/desunrise](http://www.bbsctri.com/about/desunrise)

**June 26, 2022 — 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, [cda70.3@ironman.com](mailto:cda70.3@ironman.com), [ironman.com/triathlon/events/americas/ironman-70.3/coeur-d-alene.aspx#7axz50nu9l9P6](http://ironman.com/triathlon/events/americas/ironman-70.3/coeur-d-alene.aspx#7axz50nu9l9P6)

**July 9, 2022 — Cache Valley Super Sprint Triathlon.** Logan, UT. Held at the Logan Aquatic Center. This race is a great pool triathlon with a 500 meter serpentine swim, 12.4 Mile bike on the Mendon Road which is a flat straight paved road out along farm lands. 3.1 Mile Run on the Logan River Trail under a canopy of trees. For those racers who want to do it Olympic style they will do it twice in an F1 format. Joe Coles, 801-335-4940, [joec@onhillevents.com](mailto:joec@onhillevents.com), [onhillevents.com](http://onhillevents.com)

**July 9, 2022 — Logan Tri.** Logan, UT. Cache Valley Super Sprint Triathlon, Joe Coles, 801-335-4940, [joec@onhillevents.com](mailto:joec@onhillevents.com), [onhillevents.com](http://onhillevents.com)

**July 10, 2022 — Boulder Peak Triathlon.** Boulder, CO. Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**July 16, 2022 — Echo Triathlon.** TriUtah Points Series, Coalville, UT. 19th Annual. Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail makes for the perfect event for both seasoned athletes and beginners. 600 rider cap. Dan Aamodt, 385-228-3454, [race@triuah.com](mailto:race@triuah.com), [triuah.com](http://triuah.com)

**July 16-17, 2022 — XTERRA Beaver Creek.** 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@xterraplanet.com](mailto:info@xterraplanet.com), [xterrabeavercreek.com](http://xterrabeavercreek.com)

**July 23, 2022 — Tri Boulder.** BBSC Twin Tri Series, Boulder, CO. One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation. Sprint, Olympic, and Half distances. Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com/triboulder](http://bbsctri.com/triboulder)

**July 23-24, 2022 — Donner Lake Triathlon.** Truckee, CA. One of the best! The Donner Lake Triathlon is a favorite California Triathlon of many triathletes. The venue, setting, and course offer a truly beautiful and challenging experience. Join us in July in Truckee, California! Half Triathlon 70.3, Olympic Triathlon, Sprint Triathlon, Kids Triathlon, Aquabike, Duathlon, Duathlon, Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [donnerlake.com](http://donnerlake.com)

**July 24, 2022 — Steamboat Lake Triathlon.** Steamboat Lake, CO. Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**July 30, 2022 — Burley Idaho Lions Spudman Triathlon.** Burley, ID. The race starts at 7 am with the world's fastest 1.5k swim (current-aided) then a 40k Bike and 10k run. Cade Richman, [info@spudman.org](mailto:info@spudman.org), [spudman.org](http://spudman.org)

**August 6, 2022 — TriathaMOM.** Riverton, UT. Women only triathlon at the Riverton Country Club. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants. Perry Hocker, 801-613-2116, [fact@ustrisports.com](mailto:fact@ustrisports.com), [gotriathamom.com](http://gotriathamom.com)

**August 6, 2022 — Ironman 70.3 Boulder.** Boulder, CO. [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**August 13, 2022 — Wild Ride Mountain Triathlon (USA Triathlon Points).** Wild Rockies Series, Mesquite, ID. Pavedness State Park at Pavette Lake. 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park. This year Wild Ride will contain a kids' Off-Road Triathlon and an inaugural duathlon category. The finish line festivities begin at noon, along with racer feed and music. Yadi Spangenberg, [yadi@wildrockiesracing.com](mailto:yadi@wildrockiesracing.com), [wildrockiesracing.com](http://wildrockiesracing.com), [webscorer.com](http://webscorer.com)

**August 20, 2022 — East Canyon Triathlon.** TriUtah Points Series, Morgan City, UT. 9th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other; with both Sprint and Olympic distance races to choose from. 2-transition point-to-point race, Begins at the beautiful East Canyon Reservoir. The Sprint bike is downhill and fast (please stay safe and in control at all times.) The Olympic bike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods. Dan Aamodt, 385-228-3454, [race@triuah.com](mailto:race@triuah.com), [triuah.com](http://triuah.com)

**August 21, 2022 — 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](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [event@xterra-lake-tahoe/](http://event@xterra-lake-tahoe/), [xterraplanet.com](http://xterraplanet.com)

**August 21, 2022 — Outdoor Divas Triathlon.** Longmont, CO. Union Reservoir, Sprint, women

**Ebikes Can Reduce Carbon Emissions by 98%**

Every car trip replaced by an ebike trip can reduce the "carbon footprint" fouling the atmosphere and causing climate change. With the growing popularity of ebikes and "55% of all trips being under five miles in the U.S., the opportunity for disruption is huge," by replacing the car with the bike. So says a report from a group that has a dog in the fight, Bike Advisor, a website dedicated to getting people out on bicycles.

And those cars making trips of less than five miles "emit 551,940 metric tons of CO2 daily," Bike Advisor says. Car trips (not counting buses and trucks) accounted for 40.5 percent of all transportation emissions in 2020, it says.

And many people who wouldn't take some or all trips by traditional bicycles may be willing to do so by ebike, as they don't get so tired or work up a sweat. Ebikes can do the most good in urban areas where trips tend to be shorter.

"At 5 miles, an e-bike is responsible for 15.55g of CO2 while a car emits a whopping 2020g! This means that by cutting a five mile trip out of your schedule each weekday, the modal shift would see a 540K (tons) daily reduction in CO2 emissions- the equivalent amount of CO2 released by 240 return flights from London to New York," the report states, a 98% reduction in US carbon emissions for this length trip.

Bike Advisor doesn't suggest ways to get people out of cars and onto ebikes, though, and it doesn't factor in weather, or the fact that a car can carry more people or more cargo than an ebike.

You can see the report, including state-by-state potential, Can E-Bikes Replace Short Car Trips?, at <https://thebikeadviser.com/how-much-co2-can-ebikes-save/>.

-Charles Pekow

**Wider Ebike Lanes Increase Traffic Capacity**

A study from China suggests that traffic flows more smoothly when bike lanes are widened to accommodate ebikes.

"We investigated current safety situations and the unique cycling characteristics of electrified bicycles in China, and found that simply widening the non-motor lanes would increase the corresponding traffic capacity exponentially, as well as decrease potential traffic conflicts and promotes safely cycling behaviors," reports "The Need for Wider Non-Motor Lanes: A Study on the Bicycle Electrification Process in China," from researchers at Zhejiang University, published in the Journal of Transport and Health.

In China, ebikes seem to have caught on more than they have in the United States. In some cities where local governments promote ebikes, they can comprise up to 95 percent of bike traffic on some bike lanes at times, the study reports.

See [https://www.researchgate.net/publication/360063808\\_The\\_need\\_for\\_wider\\_non-motor\\_lanes\\_A\\_study\\_on\\_the\\_bicycle\\_electrification\\_process\\_in\\_China](https://www.researchgate.net/publication/360063808_The_need_for_wider_non-motor_lanes_A_study_on_the_bicycle_electrification_process_in_China).

-Charles Pekow

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**Tour de Prairie** **June 25, 2022 Cheyenne, Wyoming**

This long-distance, 100-mile, course route heads out and back from Cheyenne through the open, rolling prairie into the town of Chugwater for a uniquely Wyoming tour!

The Tour de Prairie features 25, 50, 75 and 100 mile rest stations. Breakfast and lunch are included for registered Tour de Prairie riders!

**Registration and event details:** [hub.enmotive.com/events/superday-2022-tour-de-prairie](http://hub.enmotive.com/events/superday-2022-tour-de-prairie)

or [www.CheyenneRec.org/Superday](http://www.CheyenneRec.org/Superday)



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**September 5, 2022 — South Davis Labor Day Triathlon.** South Davis Racing Series, Bountiful, UT. Now a virtual race! Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay; Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi. Novices start at: 8:45am. Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, [john@southdavisrecreation.com](mailto:john@southdavisrecreation.com), [southdavisrecreation.com](http://southdavisrecreation.com), [southdavisrecreation.com](http://southdavisrecreation.com)

**September 9-10, 2022 — The Purgatory 4 Adventure Relay.** Trinidad, CO. Trail run (approx. 6 miles), Paddling (approx. 3 miles), Biking (approx. 15 miles on rugged dirt roads), Shooting Course (shotgun), Jared Chatterley, 719-680-4078, [Jared.Chatterley@trinidad.co.gov](mailto:Jared.Chatterley@trinidad.co.gov), [purg4.com](http://purg4.com)

**September 10, 2022 — Brineman Triathlon.** TriUtah Points Series, Syracuse, UT. 5th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Dan Aamodt, 385-228-3454, [race@triuah.com](mailto:race@triuah.com), [triuah.com](http://triuah.com)

**September 10, 2022 — Harvest Moon Triathlon.** Boulder, CO. Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**September 11, 2022 — Ironman 70.3 Santa Cruz.** Santa Cruz, CA. 70.3 mile course, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**September 17, 2022 — Kokopelli Triathlon.** BBSC Triathlon Series, Hurricane, UT. This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic,



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# SHIFT GEARS

The Huntsman World Senior Games is the largest annual multi-sport event in the world for athletes age 50 and better. The 2022 Games takes place October 3 - 15, in St. George, Utah, and will celebrate its 35th anniversary by welcoming over 11,000 athletes from all around the globe. With 35 different sports, including cycling, mountain biking, triathlon and trail running, all set amid the most beautiful scenery anywhere, you won't want to miss

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

@worldseniorgames    

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



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